

JANUARY 2021 INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 285

"By members, for members; together in friendship for over 30 years."

MONTHLY MEETING: TUESDAY, 12 JANUARY (HELD ON ZOOM: DETAILS ON PAGE 2)

10.30 - 11.30: Dushka Stocklin - *"The Heroine's Journey"*

"I tend to think of life as a journey towards a particular, chosen destination. Unfortunately, we sometimes lose our way, or lose heart and come back to where we started, in order to renew, reflect, rethink and maybe start out again. Journeys not chosen, are sent to us by Life and they are the ones we most often have to take. "

This is what I wrote in my speech which was to be presented in January last year. Little did any of us know what kind of experience Life had in store for us ... a journey that we couldn't say no to; a journey of struggle, grief, pain and losses. In my 2021 presentation, I will be talking about 'The Heroine's Journey' a year later, looking back at how we coped with a pandemic, life, death and different kinds of strength. So, my talk will be richer and deeper than it was initially meant to be.

For those of you who have not met me, let me introduce myself. I was born in Belgrade, in former Yugoslavia and left it in 1982 when I married my Swiss husband. I've lived in seven different countries and left a part of my soul in every place I lived, whilst taking away many gifts from everywhere. Wherever I was it was called home. Therefore, my friends are also all over the world. My life and travelling were closely interwoven. A year later I discovered my passion for Astrology and met a Jungian psychotherapist who became my teacher. She also introduced me to the world of archetypes and counselling.

I was born in the sign of a Leo and think of myself as a Leonessa. As every seasoned Astrologer will tell you many journeys must be made before one can claim the potential and gifts that the sun sign offers. And that, of course, is valid for all signs of the Zodiac. I also have to add that my journey through the joys and pitfalls of Astrology is still unfolding even though I have been studying it and working with it for thirty-seven years. It took me several years of hard work and lots of love and discipline before I took my first client and I remember holding her birth chart with trembling hands. During the pandemic my studies continued and took me to new and higher levels. I felt truly blessed that I have had this passion for growth and studying.

At the next meeting of our Club, I'll talk about the 'Heroine's Journey.' A lot has been written about a 'Hero's Journey' but I believe that we women need to see and accept the uniqueness and beauty of our own blossoming through the journeys we make. We need not only to contemplate our destinations, but also what we take with us and what needs to be left behind. And this year has had a lot to teach us about the priorities in life and what really matters. I'd like to look together with all of you who will join me for this talk forward into 2021, regarding what we have done and what is still possible for all of us.

INDEX OF CONTENTS

Art	8
Advertising	11
Board Members	11
Book Club	7
Breathe, Relax, Feel	7
Bridge	8
Calendar	11
Calendar Coordinator	12
Cancellation Policy	6
Club Dues	3
Cocktail Party	6
Contact Details	12
Gentle Reminder	6
Golf	7
Happy Memories	9
Interest Groups	12
IWCL Facebook	2
IWCL Volunteer Certificate	4
Knitting Group	8
Language Classes	10
Let's Chat in English	7
Mah Jong	8
Monthly Meetings	2
New Year Message	3
Results of Ballot	2
Review of Club Dues	4
Safety Guide Lines	5
Start a New Group	10
Zoom Coffee Morning	4
Zoom Monthly Meeting	2

JANUARY MONTHLY MEETING ... WILL BE HELD VIA ZOOM!

Hi ladies! As we did in May, we will be holding our January Monthly Meeting via Zoom. Below, you will find all the log-in information you need. Please note that you will be on mute as you log in (so you will need to un-mute yourself if you want to speak) and that Sabrina and I will be on hand from 09.50 to help and chat until we open the meeting at 10.00:

Sabrina Nicod is inviting you to a scheduled Zoom meeting.

Topic: Monthly Meeting - JANUARY

Time: 12 Jan 2021 at 10.00 Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting:

<https://us02web.zoom.us/j/84512632410?pwd=SUZrZVJjMG1wWFFncG5PaGdmNm5EZz09>

Meeting ID: 845 1263 2410

Passcode: 874560

I hope that you will be able to join us for the first meeting of the year, and I look forward to seeing you soon. If you need any more details, please get in touch.

Love from Sue X

RESULTS OF IWCL BALLOT AND BYLAW VOTE

Board:	80 = Yes 1 = No	Sue March: President Karen Klaus: Treasurer	Christine Petersen: Vice President Renata Del Grande: Secretary
Charity:	48 = Yes 6 = No	AARDT, Associazione Archivi Riuniti della Donne Ticino.	
Bylaws:	34 = Yes 1 = No		

Therefore the current Board is elected to serve for a second year, the Charity is chosen by a majority and the Bylaws are passed.

Thank you to all the members who took the time to vote, and for your support and confidence in those of us working for the Club on your behalf.

2021 MONTHLY MEETINGS

	2 February	2 March	13 April	4 May
1 June	7 September	5 October	9 November	7 December

IWCL FACEBOOK PAGE

If you would like to join our Facebook page please contact Ann Lutz at: 6900editoriwcl@gmail.com
Please note: you must use a private FB account and NOT a commercial one. Many thanks.

A NEW YEAR MESSAGE FROM YOUR PRESIDENT

Hello, and welcome to 2021 with IWCL! It's a New Year, a new beginning and time to move forward in hope and with positivity. As we start our next Club adventures together, I feel a tremendous sense of gratitude which I want to share with you all.

Thank you, first of all, for your confidence in, and support for, the current Board as we move into 2021. I hope that this year will bring many happy times for IWCL, and that we can begin to share meetings, visits, events and time together once more. Thank you to the super-fab Board Members who work so tirelessly and diligently for our Club to make it all happen.

Thank you to Iris and our new Charity Committee, for reminding us that we can move beyond ourselves to support the wider community and to give back in gratitude for all the good things we have. This is a charity year, and we hope that everyone will support the committee as they raise funds for AARDT.

Thank you to our new Events Chair, Sabrina, who will, I am sure, continue to work hard on our behalf, making sure that our Club celebrations run as smoothly and beautifully as they have always done. It's wonderful to have her as a new Board Member!

Thank you to our amazing Group Leaders, especially those who have continued to meet with their groups throughout last year, even when times got very difficult. They have maintained the bedrock of IWCL and kept us all involved.

Thank you to YOU, our lovely members, for being a part of IWCL and for staying committed to our Club. I am so grateful for your warmth and friendship, and for all the supportive messages to the Board which we have received throughout last year.

I hope that you are all beginning 2021 with optimism and joy. Let's be grateful for everything we have, and let's take on 2021 together!

HAPPY NEW YEAR! Love from Sue XXX

CLUB DUES FOR 2021

CHF 100.–

CHF 125.- IF YOU RECEIVE A POSTAL VERSION OF THE NEWSLETTER

Payments are due by the end of January 2021

To send money to the IWCL Post Account you may transfer funds from your bank to:

International Women's Club Lugano, 6900 Lugano,

IBAN: CH76 0900 0000 6900 6056 1

Bic CODE: POFICHBEXX

Post finance Bern or via your Posta account to:

Account Number: 69-6056-1



**PLEASE USE YOUR REGISTERED IWCL NAME SO THAT
WE MAY TRACK YOUR PAYMENT**

If you have any problems or concerns about making your payment by Posta or on-line banking,
please contact Karen Klaus at: iwcltreasurer@gmail.com

REVIEW OF CLUB DUES FOR 2022

Although we held all our major Club events for 2020 – the New Year Cocktail, the Spring Party and the Brunch - and are hoping still to do the same again in 2021 - it's clear that many members haven't been able to participate as fully as usual in our Club activities for a while. It's been a great pity not to be able to hold our regular Monthly Meetings at Hotel Pestalozzi; from January onwards, we will be holding these via Zoom.

We have decided to keep the same fees for 2021, in anticipation of an early return to normality, and we thank those of you who have demonstrated your support and commitment to IWCL by paying your membership fees already.

However, we intend to review the financial situation in June, taking into account any savings we have accrued by not holding Monthly Meetings, and will consider how best to reflect these in membership fees for 2022.

Very best wishes,

IWCL Board

IWCL VOLUNTEER CERTIFICATION

The IWCL Board is pleased to announce that we have created the '**IWCL Volunteer Certificate**' which can be obtained by writing to Christine Petersen: iwclvicepresident@gmail.com

The aim of the '**IWCL Volunteer Certificate**' is to acknowledge the work done by any of our members who have organised a group for at least a year, or who have served the IWCL by taking care of the many tasks that are vital for the Club's successful function. We hope this will be a welcome addition to the Club's services, so please do not hesitate to contact Christine if you would like your certificate.



The Board

ZOOM COFFEE MORNING!

Friday, 15 January, 10.30

Hi ladies! Join me for a virtual coffee morning via zoom on the 3rd Friday of January. No need to go out in the cold! Let's meet virtually for a coffee and a chat. I look forward to seeing you! Details below...

Sue March is inviting you to a scheduled Zoom meeting.

Topic: Coffee Morning

Time: 15 Jan 2021 10.30

Join Zoom Meeting

<https://us02web.zoom.us/j/89780418298?pwd=QjdmOWEraldKL0t4d21nWTFNSEFRUT09>

Meeting ID: 897 8041 8298

Passcode: 289802

Love, Sue xxx



SAFETY GUIDELINES FOR IWCL EVENTS (IE*)

“JOIN IN, HAVE FUN, STAY SAFE”



As we resume our Club activities as normally as possible after the Summer holiday, we are embracing what the press like to define as “the new normality” that COVID has brought to us. In order to organise major events and our regular Monthly Meeting safely and smoothly, we ask for your help.

This is what is required from you:

1. **ENROL AS REQUESTED FOR ANY EVENT. PLEASE DON'T SHOW UP AT THE DOOR ON THE DAY, AS WE MAY NOT BE ALLOWED TO LET YOU JOIN. WE WILL ADHERE TO A FIRST-COME FIRST-SERVED POLICY FOR SIGNING UP FOR THE NOVEMBER AND DECEMBER MONTHLY MEETINGS. PLEASE CONTACT SUE TO SIGN UP (iwclpresident@gmail.com) THANK YOU.**
2. Ensure that your contact details are correct on our website and in our Directory for contact tracing purposes. If you have only recently changed address or phone number please contact Jonsi at:
iwclmembershipsecretary@gmail.com
3. If you join an event with a guest, please send the organiser full contact details of your guest: NAME, SURNAME, ADDRESS AND PHONE NUMBER
4. Deadlines and cancellation policies are even more important in this new normality, so please respect them.
5. Wear a mask and respect the social distancing policy.
You'll be checked in at every event and meeting and you'll be asked to sign next to your name, stating that you understand the current regulations regarding Coronavirus (please refer to the Federal Office of Public Health [New coronavirus: Measures and ordinances](#)); to certify that you take full responsibility for taking part in events organised by the International Women's Club of Lugano (IWCL) and that you discharge both IWCL and the location hosting the event of any responsibility regarding your own health.

New coronavirus: Measures and ordinances - Federal Office of Public Health FOPH

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/massnahmen-des-bundes.html>

6. Coronavirus regulations are set for a certain period of time and are changed without little notification for the authorities, when possible we will go ahead with events or cancel them even the day before if necessary.

We are confident you appreciate all the effort the IWCL Board and volunteers undertake in organising events and meetings and we are grateful for your collaboration. We look forward to many Club activities together as we move forward.

The Board

THE IWCL BOARD IS PLEASED TO INVITE YOU TO THE

If unable to celebrate in January,
please note that the event will be
postponed to
28 APRIL

**IWCL NEW YEAR COCKTAIL (IE* & CP*)****On 27 January from 18.30 until 21.00**

HOTEL DE LA PAIX ,

Via Cattori 18, 6900 LUGANO

Will be hosted in the big room downstairs

Join us to wish your friends all the best for 2021

IWCL members will enjoy the New Year Cocktail offered by the Club, which includes: welcome drink with refills (drinks are chosen by the Club, if you wish to purchase other refreshments you are welcome to do so at your own expense), finger food and vegetarian lasagna. Companions or friends of our ladies are welcome and will pay at the entrance a fee of CHF 40 p.p.

REGISTRATION IS COMPULSORY: contact Sabrina Nicod by 12 January (note due to the Christmas Holiday Sabrina prefers to receive emails, anyone wishing to enroll by phone may leave a message on her answering machine)

(iwclevengroup@gmail.com)

Mobile: +4179 642 40 18

The Board

Cancellation Policy applies: Members that do not inform Sabrina a minimum of 24 hours in advance that they will not attend this event, or any who have registered for this event and **then simply do not show up will be charged CHF 40.- for themselves plus an additional CHF 40.- for any guest(s) they have registered.**

A GENTLE REMINDER ...

As you all know, the cornerstone of the IWCL since its foundation has been the fact that it is an 'English- speaking' Club. Indeed, the ability to hold a basic conversation in English is the only prerequisite for membership. We, therefore, politely ask all Group Leaders and members to respect this Bylaw when participating in any IWCL group, function, trip or event, in order to avoid any confusion, exclusion or disappointment.

**SPEAK
ENGLISH!****IWCL Board and Chairs****CANCELLATION POLICY (CP)**

Interest Group leaders work very hard to organise their events. It is, therefore, expected that all members respect the Club's Cancellation Policy. If you sign up for an event which you are later unable to attend you will be billed for your share of the costs, unless you are able to find a suitable substitute within the designated time limit. Thank you for your understanding and cooperation.

**The Board**

“BREATHE, RELAX, FEEL!”

Learn to use mindfulness in your daily life ...

Would you like to begin to deepen your self-awareness, to learn something about controlling your emotions, to develop new habits or to break old ones? We shall be meeting every Monday at 18.00 on Skype. If you are interested, please send me an email with your ID Skype. Let's experience mindfulness together, under the guidance of a fully trained and qualified teacher, who is also a well-known member of our Club.

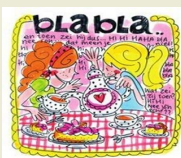


Maria Teresa Paladino

091 994 39 41

info@counselor.ch

LET'S CHAT IS GOING HIKING!



This group will meet at least once a month to explore the hiking trails of Ticino and possibly beyond while chatting about all manner of topics. The hikes will be roughly three hours in length and will include a picnic stop. Participants are kindly asked to pre-register, be equipped with appropriate walking attire



(walking shoes, sunscreen, etc.) and bring a packed lunch and water. (Please note we must always respect the Swiss FOPH COVID-19 guidelines). The goal is not only to hike but, as before, to openly engage, share knowledge, opinions, and experiences around a given theme. Please contact Maria to be included on the distribution list for information about forthcoming walks. Let's getting hiking and chatting!

Maria de la Cámara

079 263 04 65

maría.delacamara@gmail.com

Hanneke Sillekens

076 220 93 19

hannekesillekens@gmail.com

GOLF

Due to Covid restrictions, there will be no golf for the foreseeable future. Thank you.

Marlene Mugglin 091 967 15 47 079 423 68 47 tourservices.lugano@freesurf.ch



BOOK CLUB

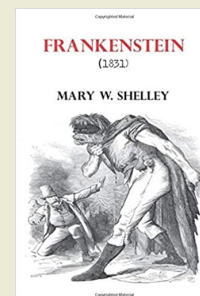
When: Tuesday, 19 January

Book: “Frankenstein” by Mary Shelley

Next: Tuesday, 16 February: “The Eighth Life” by Nino Haratischwili

Time: 10.00 - 12.00

Book club continues via Zoom. For further information concerning the Reading Group or the selected books please put BOOK CLUB in the subject line of your email, thank you.



Nicole Crabtree

076 679 08 65

prekol@hotmail.com

ART GROUP

If you are a member of IWCL why not take the opportunity to come and paint together with us? We are a group of women who enjoy spending time together, with lots of individual creative expressions. Watercolour, Acrylic, Pastels, Charcoal, Pen, Ink etc. Provide your own supplies! Let's inspire each other! Come and share the joy with us! We are meeting on alternate Mondays from 14.00 -16.00 at the Pestalozzi Hotel. Fee for the room is CHF 5.- per person. Any questions please contact Eva.



We will go on with our activities in the Art Group respecting the social distancing policy. Due to the current circumstances with Covid19 we can't expand the group with any more members, but I will be happy to create a waiting list, so please contact me.

Eva Wahlqvist

078 846 75 45

eva@wahlqvist.eu

KNITTING GROUP

KIP is suspended for the time being, our regular members keep in touch through the Whatsapp group. I'll let you know when we start up actual meetings again. Keep safe.

Pam Blake

091 980 45 07

076 229 22 50

pam.blakey@yahoo.com



BRIDGE, ANYONE?

The Bridge group is led by Donatella Vanoni and is for players of all abilities. The group play online so, if you would like to join in, please contact Donatella for more information on how to participate.

Dona Vanoni

079 620 49 33

donavanoni@yahoo.com



MAH JONG

This is a game of Chinese origin, using small engraved tiles for tables of three to four players. Please always confirm your attendance.



We meet as usual every **Thursday afternoon from 14.30 - 17.00**
at the Hotel Pestalozzi.

Please call or write to us for further information. Looking forward to seeing you.



Ruth Sergi-Baumann

079 607 82 62 (also Whatsapp)

ruthsergi@bluewin.ch

Ruth Kaiser

091 606 16 14

wernerkaiser@bluewin.ch

HAPPY MEMORIES



LANGUAGE CLASSES



Italian conversation with Eleonora Girdali will take place on Thursdays from 10.45 - 11.45, either online or in person (if the weather allows us to meet outside).

Contact details: 079 849 09 96 epastoris@gmail.com)



Italian conversation for beginners with Isabella Zardi has restarted. Meetings take place online on Wednesday mornings at 9.30. Ladies interested should contact Isabella.

Contact details: 079 375 24 14



Spanish conversation with Elisabet Subirana will take place online, Thursdays at 13.30.

Contact details: 079 253 56 98 esubirana@bluewin.ch)

English Conversation Lessons will take place on Zoom on Monday, 11, 18 and 25 January. To keep up-dated, please join Karen's Whatsapp chat group.

Contact details: 076 224 90 01 karenclaus600@gmail.com

English Conversation with Linda Denkinger on Wednesdays from 14.30 - 15.30 at the Café Venezia, Castagnola.

Contact details: 079 541 92 02 linflags@bluewin.ch

French Conversation with Claude Perrinjaquet Boni on Wednesday, 20 January from 14.00 to 15.00 at the Hotel Pestalozzi.

Contact details: 079 487 89 92 cm.boni@gmail.com

French Conversation with Louise Forget every Tuesday from 14.00 at LAC.

Contact details: loforget13@gmail.com



STARTING A NEW GROUP WITHIN IWCL

We are always open to new ideas that you might have for groups or events that will interest our members. If you have an interest or passion that you can share with us, please don't hesitate to contact me and we will go through the formal procedures for setting up a new IWCL group.



Sue March

iwclpresident@gmail.com

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 OUR NEXT MONTHLY MEETING WILL TAKE PLACE ON 2 FEBRUARY 2021 AT THE HOTEL PESTALOZZI				1 Italian p.10 English p.10	2 Mah Jong p.9 Italian p.10 Spanish p.10	3
	2	3	4	5	6	7
			French p.10	Italian English	Italian Spanish Mah Jong p.9	8
	9	10	11	12	13	14
		English p.10	Mthly. Mtg. p.1	Italian English	Italian Spanish Mah Jong	15
16	17	18	19	20	21	22
		English	French Book Club p.8	Italian English French p.10	Italian Spanish Mah Jong	
23	24	25	26	27	28	29
		English	French	Italian English Cocktail p.7	Mah Jong	

THE BOARD AND CHAIRWOMEN

President	Sue March	077 924 16 76	iwclpresident@gmail.com
Vice-President	Christine Petersen	078 854 24 68	iwclvicepresident@gmail.com
Secretary	Renata Del Grande	078 862 62 41	iwclsecretary@gmail.com
Treasurer	Karen Claus	076 224 90 01	iwcltreasurer@gmail.com
Editor	Ann Lutz	091 993 20 33	6900editoriwcl@gmail.com
Membership	Jonsi Andrews	091 649 66 13	iwclmembershipsecretary@gmail.com
Hospitality	Catherine Orelli	091 600 97 27	iwclhospitality@gmail.com

ADVERTISING

Conditions of acceptance:

- Acceptance will be at the discretion of the IWCL Board.
- All advertisements must reach Ann Lutz, Via Matorèll 41, 6926 Montagnola or 6900editoriwcl@gmail.com before the 14th of the month preceding publication.
- The IWCL reserves the right to postpone publication.
- All invoices must be paid within 14 days of date of issue.

1/4 page ad in Newsletter 1 x = CHF 80.- 5 x = CHF 350.- 10 x = CHF 600.-

1/8 page ad in Newsletter 1 x = CHF 40.- 5 x = CHF 175.- 10 x = CHF 300.-

Flyer with email version of Newsletter = CHF 60.-

Flyer with postal and email version of Newsletter = CHF 120.- (plus delivery of material)

Website advertising 6 months = CHF 300.-
12 months = CHF 500.-

EDITORIAL TEAM

Editor Ann Lutz
Mailing Lydia Chapman

CLUB NEWS

If you have any personal news e.g. birth, marriage, illness etc., please contact
Waltraud Vitaliano Jansen
091 923 42 69

Contributions to the Newsletter must be received no later than the 14th of the month preceding publication.

Send contributions to:
6900editoriwcl@gmail.com
Ann Lutz

If you would like more information about the Club please contact either our President **Sue March**
077 924 16 76 or iwclpresident@gmail.com
or our Membership Secretary, **Jonsi Andrews**
091 649 66 13 or iwclmembershipsecretary@gmail.com

If you would like to organise an event please contact our Calendar Coordinator
Ann Lutz to check available dates: 6900editoriwcl@gmail.com

INTEREST GROUPS OF THE IWCL

Art	Eva Wahlqvist	eva@wahlqvist.eu	091 971 35 64
Book Club	Nicole Crabtree	prekol@hotmail.com	076 679 08 65
Bridge	Dona Vanoni	donavanoni@yahoo.com	079 620 49 33
Café Français	Louise Forget	loforget13@gmail.com	091 234 28 35
Coffee Morning	Sue March	marchsue@hotmail.com	077 924 16 76
Cooking	Sue March	marchsue@hotmail.com	077 924 16 76
Cultural Events	Sue March	marchsue@hotmail.com	077 924 16 76
English Conversation	Karen Claus	karenclaus600@gmail.com	076 224 90 01
English Conversation	Jan Stanford	bstanford@bluewin.ch	076 681 08 42
English Conversation	Maria de la Camara	maria.delacamara	079 263 04 65
English Conversation	Linda Denking	linflags@bluewin.ch	079 541 92 02
Evening Group	Sabrina Nicod	iwclveninggroup@gmail.com	079 642 40 18
French Conversation	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
Garden Group	Velina Wüst	vel.wuest@gmail.com	091 994 65 32
Golf	Marlene Mugglin	toursservices.lugano@freesurf.ch	079 423 68 47
Italian Conversation (Abs. Beg)	Isabella Zardi	isazardi@bluewin.ch	079 375 24 14
Italian Conversation (Beg.)	Maria Teresa Paladino	info@counselor.ch	091 994 39 41
Italian Conversation (Beg.)	Piera Serra	pieraserra@gmail.com	079 913 68 04
Italian Conversation (Int.)	Eleanora Giraldi	epastoris@gmail.com	079 849 09 96
Italian Conversation (Adv.)	Désirée Della Volta	desi.dellavolta@gmail.com	079 646 24 28
Knitting Group	Pam Blakey	pam.blakey@yahoo.com	091 980 45 07
Ladies' Lunch	Lilo Valli	lilosmile@yahoo.de	079 207 20 92
Mah Jong	Ruth Sergi-Baumann	ruthsergi@bluewin.ch	
	Ruth Kaiser	wernerkaiser@bluewin.ch	091 606 16 14
Moms and Tots	Rocio Tauber	mtlugano@gmail.com	079 919 38 98
Solo Travellers	Maura Koopman	teupi@yahoo.com	079 576 61 44
Spanish	Elisabet Subirana	esubiranacata@gmail.com	079 253 56 98
Walking	Marlene Mugglin	toursservices.lugano@sunrise.ch	091 967 15 47

***If you have changes to the above information, please contact Sue March at iwclvicepresident@gmail.com**