

MARCH 2021
INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 287

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

MONTHLY MEETING
TUESDAY, 2 MARCH

... will be held via Zoom at 10.00

Makiko Shiraishi-Mariani will speak to us about 'Healing Pearls.'

Hi Ladies,

We will be holding our March Monthly Meeting via Zoom. Last March, Makiko was going to present to us her passion and knowledge of pearls, but was prevented by the pandemic. We are delighted that she is able to take time to do so now. 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 unmute yourself if you would like to speak) . Christine and I will be on hand from 09.50 to help and chat until we open the meeting at 10.00.

IWCL Lugano is inviting you to a scheduled Zoom meeting.

Topic: IWCL Monthly Meeting March

Time: 2 March at 10.00 Zurich

Join Zoom Meeting

[https://us02web.zoom.us/j/82764578695?](https://us02web.zoom.us/j/82764578695?pwd=Rmo5NmJEd00yNINoK09FN205Q2Zudz09)

[pwd=Rmo5NmJEd00yNINoK09FN205Q2Zudz09](https://us02web.zoom.us/j/82764578695?pwd=Rmo5NmJEd00yNINoK09FN205Q2Zudz09)

Meeting: ID: 827 6457 8695

Passcode: 459327

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

**INDEX
OF
CONTENTS**

Are you an Art Historian?	4
Art	8
Advertising	11
Board Members	11
Book Club	6
Breathe, Relax, Feel	7
Bridge	8
Calendar	11
Calendar Coordinator	12
Cancellation Policy	3
Charity Announcements	9
Cocktail Party	6
Contact Details	12
Golf	6
Healing Power of Pearls	2
How Can We Help?	3
Interest Groups	12
IWCL Facebook	4
Knitting Group	8
Language Classes	10
Learn to Use Zoom	4
Let's Chat in English	7
Mah Jong	8
Please Check Your Details	2
Power Of You	7
Qigong	5
Sisterhood Circle	3
Solstice Photo Competition	2
Start a New Group	10
Zoom Coffee Morning	4
Zoom Monthly Meeting	2

WEBSITE

Please note that a written and oral presentation of all Monthly Meetings are available on our IWCL website. Please contact Jonsi for your access password.

THE HEALING POWER OF PEARLS



My name is Makiko Shiraishi, "Woman of Truth."

I was born in Japan and grew up in a traditional Japanese family. Since I was a child, I have been surrounded by pearls and pearl jewellery, due to my parents' business. I've had opportunities to touch, play and wear pearls since childhood and have always felt an unconscious attraction to them.

My curiosity later pointed towards the world outside Japan, and lead me to study Cultural Anthropology in the United States and later back at home. Having finished my studies, I decided to work for Japan Airlines as an intercontinental flight attendant, in order to acquire wider perspectives, to travel around the world and to develop multicultural friendships; I flew over to marry in Italy and then settled in Lugano.

After all these years, my attraction towards pearls has never disappeared. It has always been shining inside me and as soon as I had the opportunity, I decided to obtain detailed and specific knowledge and diplomas at gemmological institutions in Japan, Switzerland and Italy.

In this meeting, I would like to share with all of you the charm of pearls, looking at their origins, history, trends, useful tips for their care and maintenance and "shin-ju," which in Japanese means "gem of truth."

Pearl Heals Our Bodies and Souls!

SOLSTICE PHOTO COMPETITION WINNERS!

Thanks to the members who entered their beautiful photos for our Winter Solstice Photo Competition.



Our webmaster finally decided that it was impossible to decide between two members, so we have joint winners! Congratulations to **Auguste Gerosa** and **Ruth Sergi** for their special entries which Luc felt really captured the spirit of Lugano at the Winter Solstice. They both won a Manor voucher.

2021 MONTHLY MEETINGS

13 April

4 May

1 June

7 September

5 October

9 November

7 December

PLEASE CHECK YOUR DETAILS!!

Dear Ladies,

Please make sure that your contact details are correct in the IWCL Directory. If you have changed your address, email or phone number since last year, please tell Jonsi as soon as possible, as she is preparing the new Directory now!

As you know, we honour our long-standing members with an IWCL pin and a signification in the Directory. Do you, or does anyone you know, need a pin for over 25 years of membership of our Club?

Jonsi Andrews

079 753 57 40

iwclmembershipsecretary@gmail.com

LEARN HOW TO USE ZOOM OR SKYPE TO ACCESS IWCL ACTIVITIES

Dear ladies, we are wondering whether any of you would like to learn how to use Zoom or Skype so that you don't have to miss out on any of our Club activities? It's very easy to do, even if you are technophobic!

We can take you through a few easy steps, then you will be able to connect with us on your phone, laptop or computer, and join our meetings, groups and coffee mornings.

Don't miss out! Get in touch with Sabrina, Christine or Sue, who will be very happy to help you.



ARE YOU AN ART HISTORIAN, AN ART CONNOISSEUR OR AN ART CRITIC?

Would you be willing to share your knowledge with other members of our Club?

Several members have suggested that they would really like a seminar (or more!) about art, paintings or sculpture. In these lockdown days, we are hoping to offer some informative sessions via Zoom or Skype, but we really need the expertise of someone who knows what they are talking about!

Please get in touch with Sue (iwclpresident@gmail.com) if you might consider sharing your knowledge with us.



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.

ZOOM COFFEE MORNING!

Friday, 19 March, 10.00

Hi ladies! Join me for a virtual coffee morning via zoom on the 3rd Friday of March. 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...

Topic: IWCL Coffee Morning

Time: 19 March at 10.00 Zurich

Join Zoom Meeting

<https://us02web.zoom.us/j/84886798642?pwd=d2o1ZER2SWI2am9paTZyTEJTeCtoZz09>

Meeting ID: 848 8679 8642

Passcode: 697632

Stay safe, stay strong!

Sue March

iwclpresident@gmail.com



AN INTRODUCTION TO QIGONG WITH IRENE FRÖHLICH**Tuesday, 18 March 14.00 via Zoom****IWCL Lugano is inviting you to a scheduled Zoom meeting.****Topic:** Qigong introduction with Irene Frölich**When:** 18 March at 14.00**Join Zoom Meeting**<https://us02web.zoom.us/j/82226688782?>[pwd=MIJ2ck82ZXpMK3NCdmY4cFZ1OXVuQT09](https://us02web.zoom.us/j/82226688782?pwd=MIJ2ck82ZXpMK3NCdmY4cFZ1OXVuQT09)**Meeting ID:** 822 2668 8782**Passcode:** 752435

I would like to offer the IWCL an introduction to Qigong. Why? Because I feel passionate about this form of **“moving meditation”**. When you discover something you love and know it benefits mind and body, you simply have to share it with your friends. And it's free of charge! Some of you may remember that about 10 years ago I offered you some proper lessons, naturally in person at my home.

What is Qigong? It's "an ancient Chinese practice of holistic healing" according to one definition. It's a balancing of your energy or life-force (Qi or Chi) through gentle exercises and conscious breathing. There are hundreds of flows to learn and practice, but I would simply like to talk to you about the **basic principles** and invite you to **share and try some simple movements and the self-massage that precedes it to unblock stuck energy**. It's helping your body, mind and spirit to stay in harmony, by practising daily for as little as 10 minutes! And the best news: it's simple to learn, needs not even a yoga mat, just enough space to swing your arms.

Ideally Qigong is practised outdoors, best by some water or near trees. It's all about flow, rootedness and connectedness to earth and heaven. I have given lessons about this gentle yet powerful form of meditative exercise also to members of my Lucerne IWCL and would like to invite them too. Wouldn't it be nice to meet up over zoom, join hands spiritually in something that is life-enhancing?

Why am I so passionate about Qigong? I've practised it now for over 35 years and am so grateful that my studies in Shiatsu propelled me to do so. I was told then that Qigong is the best way to replenish Qi, that life-force that flows in our meridians. When you give Qi to heal others you need to find ways to replenish it, and those exercises help you to do so. Regular practice keeps you young and supple.

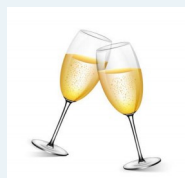
I will tell you more during the session - which will give you a maximum 10 minutes of theory, then perhaps 25 minutes of practical exercises and then time for you to ask questions. It should all fit into a one-hour meeting.

All you need to bring to this hour is: an open mind, well aired quiet room, comfortable loose clothes and no shoes. The beauty is: it's EASY, no contortions, you need not be fit like in yoga. It can be done at **ANY age as long as you are able to stand**.

Irene Frölich

irenefroehlich@gmail.com

THE IWCL BOARD IS PLEASED TO INVITE YOU TO THE



IWCL NEW YEAR COCKTAIL (IE* & CP*)

On 28 April 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 16 April (note due to the Easter 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.**

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, 16 March

Book: "Wisdom of Sally Red Shoes" by Ruth Hogan

Next: Tuesday, 20 April: *The Rosie Project* by Graeme Simsion

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

nicolecrabtree.food@gmail.com



“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 get hiking and chatting!

Maria de la Cámara

079 263 04 65

maría.delacamara@gmail.com

Hanneke Sillekens

076 220 93 19

hannekesillekens@gmail.com

POWER OF YOU

Zoom Session, Thursday, 11 March from 14.00 - 16.00



Hello Ladies,

I am Stephanie Lister, a Clinical Hypnotherapist and Rapid Transformational Practitioner. I am holding a free Zoom session on Thursday, 11 March at 14.00 - 16.00. In this session I will be introducing you to the power of hypnosis and your brilliant subconscious mind. I will be shattering myths about how hypnotists can control your mind, we will explore together how your mind works against you and also how you can make your mind work for you. Everything starts with a thought and I will be showing you how powerful you can be when you are in control of your own thoughts. I will guide you into a gentle, relaxing state of calming hypnosis so you can experience for yourself what it is like to be hypnotised and don't worry hypnosis is a completely natural phenomenon we all go into hypnosis naturally in our every day lives and hypnosis can be used to free us from many issues and symptoms. The theme for our hypnosis session will be "The Power of You".

If you would like to attend this session please email me - spaces are limited to 6 - 8 participants. Please ensure you are in a quiet place (phones switched off) sitting comfortably, with cameras turned on and situated so I can see your face and arms.

Stephanie Lister

stephlister@yahoo.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

Our group is currently meeting regularly on Zoom, if you would like to join this group please contact me to be added to the invitation.



Pam Blakey

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

Due to the Covid restrictions we are NOT playing Mahjong on a regular basis - therefore please contact us for further details! ... but still on **Thursday afternoons** from 14.30 – 17.00 (at Hotel Pestalozzi or another place to be defined).

This is a game of Chinese origin, using small engraved tiles for tables of three to four players.

It is funny, challenging and interesting. Please come along to try.



Ruth Sergi-Baumann

079 607 82 62 (also Whatsapp)

ruthsergi@bluewin.ch

Ruth Kaiser

091 606 16 14

wernerkaiser@bluewin.ch

CHARITY ACTIVITY

Thursday, APRIL 22:

Visit to the Goldmine in Sessa and a lunch & wine tasting at Ristorante Selvatica in Banco

Price: Goldmine & winetasting: 55CHF

Winetasting only: 40CHF

(Fee to be paid to Elgin at day of the event)

AARDT

Associazione Archivi Riuniti
delle Donne Ticino

www.archividonneticino.ch

DETAILS

Our plan is to meet at the parking lot of the goldmine in Sessa at **10AM**. We will be taken into the mine by English speaking guides in groups of 8 people. The tour will last for about 1¼ hour.

Afterwards we will drive to Ristorante Selvatica in Banco where we are expected at **12:30PM** for a wine tasting accompanied by a light lunch.

Our club member *Nerida Deganis* will present us with 4 different wines from the vineyard "Villadoria" while we enjoy a lunch of Asparagus Risotto, a Mousse al Parmigiana Reggiano and a hazelnut crumble.

Due to the ongoing COVID situation we are, of course, facing some uncertainties and should the scheduled date not be possible then we hope to postpone the activity to later in the year.

LOCATION

GOLDMINE:

MINIERA D'ORO DI SESSA

Via miniera, La Costa di,

6977 Sessa

079-127-2080

RISTORANTE SELVATICA

Via Maria Boschetti Alberti 9

6981 Banco

091-224-5353

GETTING THERE

For those of you who don't come by car, you can take the trenino from Lugano to Magliaso station. We will pick you up and drop you back off after the lunch. Please let us know if you wish to be picked up.

IMPORTANT

The visit to the **goldmine** is not suitable for people who suffer from cardiovascular disorder/ diseases, diabetes, claustrophobia or seizures. The visit is not possible in case of serious motor difficulties. Please wear proper clothing and shoes (12°C temperatures inside the mine). Once inside the mine you will be obligated to wear a helmet with headlamp.

SIGN UP

Please join us in this fun activity by emailing, texting or calling Iris or Pam prior to April 15.

CLUB CANCELLATION POLICY APPLIES

We look forwards to hearing from you.

Iris Frowein Nouwen: iris@ifinteriors.com 076-746-9231

SAVE THE DATE

Our next activity will be a visit to Chapel Maria degli Angeli on Mt. Tamaro, guided by one of the architects of Mario Botta's team followed by a picnic on Thursday May 20.

We hope that you can join us for this too!

LANGUAGE CLASSES



Italian conversation with Eleonora Giraldi 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



Italian Conversation for intermediate level with Maria Teresa Paladino. Meetings take place every Wednesday, on Skype at 16.30.

Contact Details: 091 994 39 41 info@counselor.ch

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, 8,15 and 22 and 29 February. 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, 17 March 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
		1	2 Monthly Mtg. p.1	3 Italian p.10 English p.10	4 Mah Jong p.9 Italian p.10 Spanish p.10	5
6	7	8 English p.10	9 French p.10	10 Italian English	11 Italian Spanish Mah Jong p.9 Power of You p.7	12
13	14	15 English	16 Book Club p.6 French	17 Italian English French p.10	18 Italian Spanish Mah Jong Qigong p.5	19 Coffee (Zoom) p.4
20	21	22 English	23 French	24 Italian English Sisterhood p.3	25 Italian Spanish Mah Jong	26
27	28	29 English	30	31	OUR NEXT MONTHLY MEETING WILL TAKE PLACE ON 13 APRIL AT THE HOTEL PESTALOZZI (SUBJECT TO COVID-19 REGULATIONS)	

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 Denkinger	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 (Int.)	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