

MAY 2021

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 289

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



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OF
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Our May Monthly Meeting

... will be held via Zoom at 10.00

Sabrina Nicod invites us to join her to

"Walk the Walk, Talk the Talk - Holidaying in Ticino!"

(Full details on page 2)

Hi ladies! We will be holding our May Monthly Meeting via Zoom. Sabrina is going to tell some of her secrets - she knows lots of beautiful, hidden spots in Ticino to visit safely and without having to travel long distances! 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 would like 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.

IWCL Lugano is inviting you to a scheduled Zoom meeting.

Topic: IWCL May Monthly Meeting with Sabrina Nicod

Time: 4 May at 10.00 Zurich

Join Zoom Meeting

[https://us02web.zoom.us/j/88282076671?](https://us02web.zoom.us/j/88282076671?pwd=cEJMVk9xNDdnSTF6NW9pd3d1Y1A3dz09)

[pwd=cEJMVk9xNDdnSTF6NW9pd3d1Y1A3dz09](https://us02web.zoom.us/j/88282076671?pwd=cEJMVk9xNDdnSTF6NW9pd3d1Y1A3dz09)

Meeting ID: 882 8207 6671

Passcode: 295349

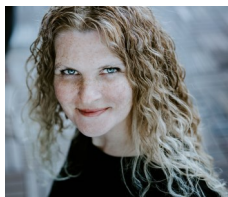
I hope that you will be able to join us for the fifth Zoom meeting of the year, and I look forward to seeing you soon. If you need any more details, or help using Zoom, please get in touch.

Love from Sue X

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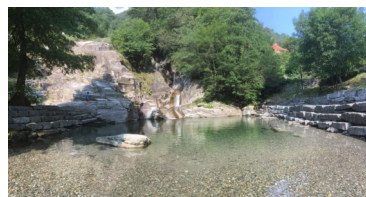
WEBSITE

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.

“WALK THE WALK, TALK THE TALK!”**Holidaying at home in Ticino, by Sabrina Nicod**

Dear ladies,

You know me for organising the official events of the club! I got you dancing at the Lido in Lugano, brunching with your friends in Paradiso and wishing Happy New



Year to your fellow members at De la Paix. I went further, giving you a chance to say “Have a good Summer,” in different locations or saying “Hi again,” at The View. All this with the IWCL Board backing me and now, thanks to your votes, I’m the new Events Chair. I also ran an IWCL charity committee a few years ago with my beloved friends, who all went above and beyond to support me and fundraise for Progetto Avventuno.

What else? When I’m not busy being a mum of two teenagers, cooking and cleaning, I’m also a council member in Sorengo and a wedding planner; my hands are full because it’s my choice and to relax, I walk or discover hidden gems in Ticino and my path is just at the beginning. As you noticed, I said I have kids ... and when I finally got a bit more time on my hands, COVID hit us. But this didn’t stop me wandering around when it was permitted.

So for my presentation in May, I’ll be happy to take you around my re-discovery of Ticino because I’m 100% Ticinese, but been an Expat for 10 years! The rumour is “once an Expat, always an Expat,” so really I just came home! Join me on a field trip. After the speech there will be time to chat about your own experience of our Canton and I will happily collect all the information for a file to share with our members.

What else? Oh yes, I may give you a couple of hints on how to skip queues or get freebies if you know a couple of words in the local dialect! Looking forward to seeing you all there.

Sabrina

2021 MONTHLY MEETINGS

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.

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.



BY POPULAR REQUEST – A SECOND QIGONG TASTER**with IRENE FRÖHLICH****Welcome to fellow members from Lucerne, Stockholm and Cape Town!****Wednesday, 12 May, 14.00 via Zoom****IWCL Lugano is inviting you to a scheduled Zoom meeting.****Topic: QiGong second taster session**

Time: 12 May at 14.00 Zurich

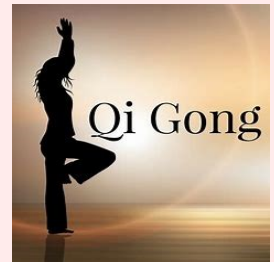
Join Zoom Meeting

<https://us02web.zoom.us/j/85334389404?pwd=UGJNMzA0ODIsaHQwUHZhVm4yaFhnQT09>

Meeting ID: 853 3438 9404

Passcode: 464130

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 practise, 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 and 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 practise 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 and wearing 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**.

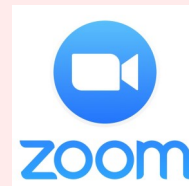
Irene Fröhlich

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.



INSPIRE US IN SPRING!

We know how many of you have skills and talents, and we thank those of you who have already shared them with us. If you have enjoyed QiGong, Meditation, Egyptian Amulets, Hypnosis or any of the other sessions kindly offered by our members, please consider offering a masterclass, or a zoom presentation for an hour yourself. Many of us are keen to learn new things and to enrich our lockdown lives - there's so much you can teach us!



Alternatively, let us know if there is something you would like to learn or discover together with fellow members on zoom. No promises, but we will try to find someone to support it if there is enough interest.

Let's inspire each other in Spring! Contact Renata, our Club Secretary, if you have something to share.

Renata Del Grande

iwclsecretary@gmail.com

ZOOM COFFEE MORNING!

Friday, 21 May 10.00

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

Time: 21 May at 10.00 Zurich



Join Zoom Meeting

<https://us02web.zoom.us/j/85193691852?pwd=dmN2Z0trMU sreIRZU1lzOTBzWmpEZz09>

Meeting ID: 851 9369 1852

Passcode: 165198

Stay safe, stay strong

Love, **Sue xxx**

iwclpresident@gmail.com

EVENING GROUP VISIT TO PARCO SCHERRER

Wednesday, 26 May at 10.00 - PLEASE BE ON TIME!

Dear Evening Group Friends,

We will enjoy a visit to the stunning Parco Scherrer in Morcote, with the chance as well to take a look at the marvellous Indian House.

Date: Wednesday, 26 May

Time: 10.00

Price: CHF 7.- Indian House at visit costs CHF 100, therefore if we have less than 15 people cost may be slightly higher. Park entry is free.

Location: Parco Scherrer
Riva Pilastri 20
6922 Morcote
<http://morcoteturismo.ch/en/scherrer-park/>

Note: The park is uphill, comfortable shoes needed and be aware that if you have trouble walking up and downhill, it can still be done but, the park is definitely not flat.

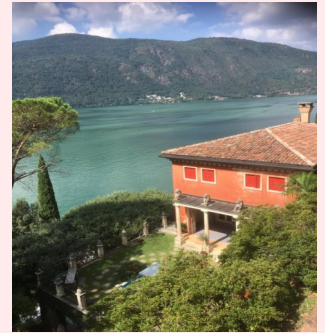
Directions: Upon inscription you'll receive the details

RSVP to: Sabrina by 20 May

Looking forward to seeing you all there!

Sabrina Nicod

iwcleveninggroup@gmail.com



ADVANCE NOTICE - CHRISTMAS FAIR!!

SUNDAY, 12 DECEMBER

FREE TABLES FOR IWCL MEMBERS

CHARITY TABLES

COFFEE BAR

Save your goodies! Start creating!



OPEN DOORS

There are International Women's Clubs in most major cities throughout the world. If you are moving house or visiting for an extended period, you can find out from Jonsi who to contact in the IWC in your new location. She is our Outreach Co-Ordinator and has the Open Doors' World Directory. Get in touch with Jonsi to find out more.

Jonsi Andrews

iwclmembershipsecretary@gmail.com



THE IWCL BOARD IS PLEASED TO INVITE YOU TO THE



IWCL NEW YEAR COCKTAIL

HOTEL DE LA PAIX

Via Cattori 18, 6900 LUGANO

NEW DATE TO BE DECIDED

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 email, 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.-**

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

Note: Time and location are subject to Covid regulations on the day

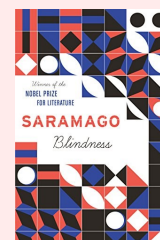
When: Tuesday, 18 May,

Book: "Blindness" by José Saramago

Next: Tuesday, 22 June, "Where the Crawdads Sing" by Delia Owens

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

HIKE – AROUND MONTE ARBOSTORA

When: Friday, 21 May

Meeting point: 09.30 in front of the Tourist Office – Morcote

We walk from Morcote to Alpe Vicania and from there to the church of Madonna d'Ongero - Carona (visit the church) – we return via Torello to Morcote.



The walk takes approximately 4½ hours and the altitude difference is about 700 metres (ascent and descent).

You should be well equipped, with solid hiking boots and be in good shape.

For further information please contact Ursina.

Ursina Hartmann

076 437 78 47

ursihartm@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

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

LADIES' LUNCH

As soon as the restaurants are open again, I will contact members by email to organise a lunch.

Lilo Valli

079 207 20 92

lilosmile@yahoo.de

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



ONLINE SISTERHOOD GATHERING
WEDNESDAY 19TH MAY. 14.00 TO 16.00
WITH KARIN HOCHAPFEL

"THE NINE FACES OF MOTHERHOOD" 2
SEEN FROM THE MATRIARCHAL PARENTING WHEEL

How can I be and remain MYSELF and be a mother and thereby provide my children with the best possible ambiance (on all levels) so that they become free, self-determined, self-thinking, and feeling human beings without us being caught in perfectionism, self-abandonment, or permanent feelings of guilt and self-doubts. The "Parenting Wheel" gives wonderful answers! On the circle of life or "the Star Maiden Circle" of matriarchal origin there are 9 parent positions with all their strengths and weaknesses. If we know our position on the wheel, we can make sure that our children get to know all the other ways of possible parenting. This gives great relaxation and relief for the child and parents. It also opens a completely new LIFE and LOVE space in which we can happily place ourselves as mothers, in the certainty that we are exactly right as we are as parents, but not perfect, and all-indifferent! This being different contributes to the wheel and the wholeness of experience of both parents and children.

Please call Karin to sign up 079 529 83 98

You might think that you don't matter
in this world, **but because of you,**

someone has a favorite mug to drink their tea out of that you bought them. Someone hears a song on the radio, and it reminds them of you. Someone has read a book you recommended to them and gotten lost in its pages. Someone's remembered a joke you told them and smiled to themselves on the bus.

Never think you don't have an impact.

Your fingerprints can't be wiped away
from the little marks of kindness
that you've left behind.

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 09.30. 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, 10, 17 and 24 May. 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, 19 May 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	3	4 Monthly Meeting p.2	5 Italian p.10 English p.10	6 Italian p.10 Spanish p.10 Mah Jong p.8	7
8	9	10 English p.10	11 French p.10	12 Italian English QiGong p.3	13 Italian Spanish Mah Jong	14
15	16	17 English	18 French Book Club p.6	19 Italian English French p.10 Sisterhood p.9	20 Italian Spanish Mah Jong	21 Coffee (Zoom) p.4 Hike p.7
22	23	24 English	25 French	26 Italian English Evening Group p.5	27 Italian Spanish Mah Jong	28
29	30	31	OUR NEXT MONTHLY MEETING WILL TAKE PLACE ON 1 JUNE (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
waltraud.vitaliano@gmail.com

WEBSITE

If you have any photos or information to add to the website please contact:

Ruth Sergi
079 607 8262
ruthsergi@bluewin.ch

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	iwcleveninggroup@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	tourservices.lugano@freesurf.ch	079 423 68 47
Hike and Chat	Maria de la Camara	maria.delacamara@gmail.com	079 263 04 65
	Hanneke Sillekens	hannekesillekens@gmail.com	076 220 93 19
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
Spanish	Elisabet Subirana	esubiranacata@gmail.com	079 253 56 98
Walking	Marlene Mugglin	tourservices.lugano@sunrise.ch	091 967 15 47
Website	Ruth Sergi	ruthsergi@bluewin.ch	079 607 82 62

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