

FEBRUARY 2022 INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 296

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

**DUE TO NEW COVID REGULATIONS YOU ARE REQUIRED TO
BRING A COVID PASS PLUS IDENTIFICATION TO THE
MONTHLY MEETING AND ALL OTHER IWCL ACTIVITIES.**

IWCL MONTHLY MEETING

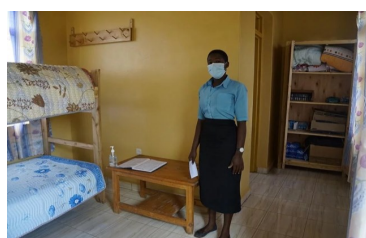
Tuesday, 1 February at the Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9, 6901 Lugano

09.30 - 10.15 Coffee/Tea

10.15 - 10.30 Club Announcements

10.30 - 11.30 Speaker: Katrine Keller



Born and raised in France, I moved to Milan in 1960 where I worked as a photographer, then came to Ticino in 1987. I had previously followed plastic arts training and loved it, so I took the opportunity of having a ceramic atelier and began to work with passion, making exhibitions and teaching to adults and in primary schools.

For Christmas 1997, my students proposed to sell their artwork at the market and donate the proceeds to children in need. It was a real success: CHF 3'000 were given to an association working in Rwanda which shortly afterward invited me to visit them in Africa. In June 1998 I was on the plane!

The country was in ruins, torn, bruised, and divided four years after the end of the 1994 genocide where a million Tutsis were massacred in three months. Shocked but at the same time impressed by the courage and determination of the people, shortly before returning home I met Emmanuel, a survivor, who told me his story: he was trying to help orphans lost in Congo's refugee camps and needing help. He gave me a picture of some kids and I came back sure that it was possible to do something: gathered friends, told the story, and they promised to participate with a small monthly fee.

I started to go there regularly: the children became more and more numerous and good students. We had little money and built a first very simple school in Bukavu (Congo), and a short time later a second one was needed. All would probably have continued for a long time if fate had not decided otherwise.

Destiny took the form of an important donation dedicated to education and we had to formalise our commitment by founding Mabawa association ... and there... the story of a beautiful project begins! I will tell you more about it at the February Monthly Meeting.

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2022 MONTHLY MEETINGS

8 March

5 April

3 May

14 June

IWCL QUESTIONNAIRE:- JANUARY 2022

By now, those of you who have email will have received your IWCL questionnaire via Survey Monkey (please note that it might have gone into your spam box!) Just in case, and for non-email members, here it is again.

Your Board wants to ensure that IWCL is friendly, open and inclusive. We also want to make sure that members can feel safe and engaged at the same time, so here is your opportunity to tell us how we can best serve you going forward in these days when everyone feels nervous and concerned for their health.

Thank you if you have already completed the survey. If not, we urge you to participate, and to send your responses to Sue by the end of February (iwclpresident@gmail.com). We can't promise to provide everything that members want, but we promise to take ALL your comments very seriously and to make a composite response by the end of March.

1. Are there any new initiatives for the whole Club that you would like to see? Please give examples.
2. Would you like more events in the evenings, weekends or outside? Please give examples in each case.
3. If safety restrictions continue, would you like more events via Zoom, and if so, what would interest you?
4. Is there anything else that you can suggest which IWCL could help you with during this time of uncertainty and restriction?
5. Are there any other comments you would like to make?

Thank you for taking part in our survey.

Your IWCL Board

IWCL PHOTOS NOW ON DROPBOX

We are moving all the photos from our IWCL events to Dropbox for easy viewing and downloading. This means that you can at any time go to the link:

<https://www.dropbox.com/sh/oon9x7eyidui009/AAB9s3cAlgxiBt3prgifWPFMa?dl=0>

and click on any of the years to see photos from the events that happened that year.

When you click on any photo, then you can download the photo to your computer, or simply view it. The work to transfer the photos will take time to complete so please be patient. Right now you have available the photos from the 2021 Christmas Lunch and Dinner, and the rest will follow.

We hope you enjoy the photos as much as we do!

Christine Petersen, Vice President

**MOVED HOUSE?
NEW EMAIL?**

Please keep us up to date! Send your new information to Cat:
iwclhospitality@gmail.com

She will keep our database current.

We are preparing the next Directory – deadline for any changes
is the end of March.

Thank you!



**PLEASE DON'T FORGET YOUR
CLUB DUES FOR 2022 (CHF 100.- or CHF 125.- with postal NL)**

Payments are due by the end of January 2022

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: POFICHBEXXX

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 Jan Stanford at: iwcltreasurer@gmail.com



SAVE THE DATE

Scarves and Bags Extravaganza - Sunday, 8 May

WELCOME TO OUR NEW MEMBER

Eva McSorley

Riva Paradiso 32 #107

6900 Paradiso

076 438 02 60

eva@mcsorley.ch



Eva is an American citizen, born in San Francisco, California. Interested in people she describes herself as positive, caring and curious.

NEW YEAR COCKTAIL HIGHLIGHTS

Many thanks to Yvonne Amiconi for taking the pictures

Sabrina on behalf of the IWCL Board



*New
Year
Cocktail*



Save the Date 'for 28th April
for the Oscar Wilde
performance

Join and enjoy theatrical
performances at Hotel Pestalozzi

No. 12345

THEATER TICKET

ROW E12 SEAT 07



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. Please contact Jonsi to find out more.



Jonsi Andrews

iwclmembershipsecretary@gmail.com

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

KNITTING GROUP

If you would like to join our group, please contact me by phone or email. Experienced and novice knitters are welcome so we can share our expertise.



Pam Blakey 091 980 45 07 076 229 22 50 pam.blakey@yahoo.com

LADIES' LUNCH (CP)

There will be no Ladies' Lunch this month.

Lilo Valli

079 207 20 92

lilosmile@yahoo.de

COFFEE MORNING

New Venue: Ristorante Pizzeria Brevia

When: Friday, 18 February from 10.00 onwards

We meet once a month (normally on the third Friday, from 10.00 onwards) for an informal Coffee Morning at Ristorante Pizzeria Brevia, just past Pane e Zucchero, on the other side of Migros. There's always someone to greet you, and if you are new there will be ladies to meet and friendly conversation to be had. It's an opportunity for new and long-standing members to get to know each other. Masks and social distancing rules apply.



There is absolutely no need to sign up, but if you would like to let me know you are coming along, please call me, I will be delighted to hear from you.

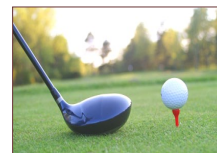
Karen Klaus

karenclaus600@gmail.com

GOLF

We are taking a short break during the winter months but will recommence golf in March.

Tel. 0039 031 928 055. The green fee for 9 holes = Euro 36.- during the week.



Marlene Mugglin

091 967 15 47

079 423 68 47

tourservices.lugano@freesurf.ch

“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

maria.delacamara@gmail.com

Hanneke Sillekens

076 220 93 19

hannekesillekens@gmail.com

BOOK GROUP

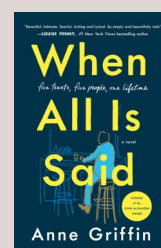
When: Tuesday, 15 February

Where: 10.00 - 12.00 at the Hotel Pestalozzi

Book: "When all is said" by Anne Griffin

March book: "Fresh water for flowers" by Valerie Perrin

April book: "American Dirt" by Jeanine Cummins



This group is open to all Club members and we particularly welcome new participants. If you would like to sign up, please contact Margarita or Hanneke.

Margarita Vincentini & Hanneke Sillekens

iwclbookgroup@gmail.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.

Eva Wahlqvist

078 846 75 45

eva@wahlqvist.eu

PHOTOS FOR WEBSITE

If anyone takes photos of a Club event, it would be great if they could send them to Ruth Sergi so that they may be put on display.

ruthsergi@bluewin.ch



MAH JONG

Do you like to play board games? Why not try MAHJONG?



About 16 years ago we had an Australian lady in the Club who was passionate about this game. She brought all the equipment over here from Perth, Western Australia and started up a **Mahjong group**.



Unfortunately she had to return home to Australia but a few of us still meet **once a week - on Thursday afternoons from 14.30 – 17.00 (at Hotel Pestalozzi)** to play this fascinating game - which is fun, challenging and interesting!

It is a game of Chinese origin, using small engraved tiles, for tables of three to four players. We play the "Western style" (Chinese style is different).

You are very welcome to participate - please contact us for further information!

All COVID restrictions of course apply.

Ruth Sergi-Baumann

079 607 82 62 (also Whatsapp)

ruthsergi@bluewin.ch

Ruth Kaiser

091 606 16 14

wernerkaiser@bluewin.ch

**BY POPULAR REQUEST – ANOTHER QIGONG TASTER,
WITH IRENE FRÖHLICH**

Welcome to fellow members from Lucerne, Stockholm and Cape Town!

MONDAY, 21 February , 10.00 via Zoom

IWCL Lugano is inviting you to a scheduled Zoom meeting.

Topic: QiGong taster session with Irene Frölich

Time: Monday, 21 February at 10.00

Join Zoom Meeting:-

<https://us02web.zoom.us/j/87221043460?pwd=alBhbUJ6bThUZG9CbmtuRIIZeDM4QT09>

Meeting ID: 872 2104 3460

Passcode: 214571

I would like to offer the IWCL another QiGong session. 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 and just enough space to swing your arms.

Ideally QiGong is practiced 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 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 practiced 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 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**.

CULTURAL VISIT - TUESDAY, 8 FEBRUARY, 14.00 (CP)

We have booked a group visit to this incredible exhibition, at the beautiful Villa Ciani in Lugano. It's an amazing opportunity to see more than 100 works by Banksy all in the same location. The cost, which includes an audio guide, is CHF 29.50.

We will meet outside the main door at 13.50.

It's essential to sign up in advance for the group visit before 2nd February.



Sue March

077 924 26 76

iwclpresident@gmail.com

SAVE THE DATE

— — — — —
**SPRING PARTY
 AL LIDO LUGANO
 MAY 20, 2022**

**IWCL BRUNCH
 SUITENHOTEL PARCO
 PARADISO
 JUNE, 2022**

JOIN US!

IWCL BOARD

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 We will meet at 10.00 on Monday, 7, 14, 21 and 28 February at Ristorante Agora, in the Agora Apt. building next to The City Hotel at Piazza Molino Nuovo.

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 (now combined with Louise Forget's group) with Nine Lassere every Tuesday from 14.30 - 15.30 at LAC.

Contact details: lasserrejanine@me.com

French Conversation with Claude Perrinjaquet Boni at the Bar Martini Café, via Funicolare 2, Lugano on Wednesday, 16 February from 14.00 - 15.00.

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

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Monthly Meeting p.1	2 Italian p.10 English p.10	3 Italian p.10 Spanish p.10 Mah Jong p.7	4
5	6	7 English p.10	8 French p.10 Cultural Visit p.8	9 Italian English	10 Italian Spanish Mah Jong	11
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19	20	21 English QiGong p.8	22 French	23 Italian English	24 Italian Spanish Mah Jong	25
26	27	28 English	OUR NEXT MEETING WILL TAKE PLACE ON TUESDAY, 8 MARCH AT THE HOTEL PESTALOZZI			

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	Jan Stanford	076 681 08 42	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.-

INFORMATION ABOUT OUR CLUB

EDITORIAL TEAM

Editor **Ann Lutz**
Mailing **Iris Frowein Nouwen**

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 Group	Hanneke Sillekens	iwclbookgroup@gmail.com	
	Margarita Vicentini		
Coffee Morning	Karen Claus	karenclaus600@gmail.com	076 224 90 01
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	Nine Lasserre	lasserrejanine@me.com	
French Conversation	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
Garden Group	Yelina 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
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:**
iwclpresident@gmail.com