

JANUARY 2022

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 295

"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. *

HEIKE'S ENERGY SESSION! KICK-START 2022 WITH IWCL

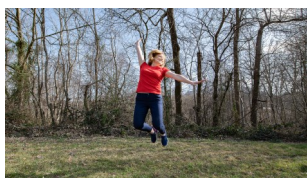


Heike Mischler Pera is German and lives in Lugano. She is a business economist with a background in business development and corporate health management.

Her professional competence in holistic health is her passion. She likes to inspire people to achieve their goals, helping them to maximize their impact, and to thrive in an increasingly complex and demanding world by focusing on developing habits that increase energy and maintain resilience.

Heike is a certified fitness instructor (SAFS / AFAA) with 25 years of fitness coaching experience facilitating all different kinds of fitness classes on company sites as well as personal training. She has been working since 2017 as an Energy for Performance (E4P) coach within different corporate organisations across EMEA regions, mainly in Italy, Germany, Switzerland, and Austria.

When Heike is not helping others ignite their own energy, she spends time with her daughter and husband, not to forget her little Kooiker Hundje dog, which keeps her active and energised as well as enjoying different sports like hiking, fitness, swimming, and tennis.



So, let's kick off the New Year together and get your batteries recharged! What I want to do in my presentation is to improve your engagement and help you get energised for all the things that matter to you the most! During my one hour talk, I will show you how to manage your energy from different resources.

Fill up your full potential, embrace your passions and values! Get your best concentration and awareness, combined with healthy and constructive relationships! Don't forget the right fuel for your body as well as focusing on movement and recovery! The session will be interactive but will include time for reflection.

I hope that you will have fun discovering with me the four dimensions of energy, and see that even small changes can have a big impact on your emotional and physical reserves!

INDEX OF CONTENTS

Art	7
Advertising	9
Board Members	9
Book Group	6
Breathe, Relax, Feel	6
Calendar	9
Calendar Coordinator	10
Cancellation Policy	5
Coffee Morning	5
Contact Details	10
Golf	6
Important Information	2
Interest Groups	10
Knitting Group	5
Ladies' Lunch	5
Language Classes	8
Let's Chat in English	6
Mah Jong	7
Message from President	2
Monthly Meetings	2
Moved House etc.	3
Open Doors	5
Oscar Wilde Play	4
Photos for Website	7
Save the date	3

*** IMPORTANT INFORMATION – PLEASE READ CAREFULLY**

In order to protect the safety of our members, the IWCL Board is obliged to extend the COVID certificate check to all club activities, indoor and outdoor regardless of the number of participants. We therefore kindly ask you to have the following documents on hand when you join each gathering, including group activities:

ID or passport

COVID certificate in paper or on the dedicated app:

<https://apps.apple.com/ch/app/covid-certificate/id1565917320?l=en>

2022 MONTHLY MEETINGS

1 February

8 March

5 April

3 May

14 June

A MESSAGE FROM YOUR PRESIDENT

Hello everyone, and Happy New Year from myself and your new, old (or should I say 'former'?) Board! Thank you for voting for us. We feel grateful and honoured that you have again put your trust in us to lead our Club forward into 2022.

I hope that you have all had a peaceful and happy time during the Christmas period and are looking forward to 'kick-starting' your year with Heike, our January keynote speaker. You won't need to come to the meeting in your gym kit, just with a positive attitude and an open mind!

On the 13th January we will again come together for our elegant, annual Cocktail Party at Hotel de la Paix, and I hope to see many of you there. It's my fond wish that we will feel able to have all our events safely and freely in 2022, without the restrictions of the past two years; nevertheless your Board will continue to adhere to the regulations as necessary to keep you all safe.

We may find that this year becomes our time for 'learning to live well during a pandemic' rather than waiting for it to pass as we have been doing for the previous two years. Whatever happens, we will keep IWCL moving forward in a lively and vibrant way for you. We hope that you, our members, will continue to engage with us; keep participating, keep us informed, tell us what you would like to see happening, come forward with ideas and offer some new activities for groups or Monthly Meetings. As I always say, this is YOUR Club! In September we will be holding another Members' Forum so that you can all have your voices heard.

Thank you to the many ladies who 'get involved' with the life of this Club. Thank you for your generosity and participation last year. As we begin 2022 let's be grateful for each other, for the Sisterhood we share within IWCL. and for the opportunities we have to support our friends and the wider community with our Charity beneficiary AARDT.

I look forward to seeing you all soon.

Love and Blue Skies,

Sue XXX

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!



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

NEW YEAR COCKTAIL
JANUARY 13. 2022
HOTEL DE LA PAIX

SPRING PARTY
AL LIDO LUGANO
MAY 20. 2022

Join us!

IWCL BOARD

**THE IWCL BOARD IS PLEASED TO INVITE YOU
TO THE IWCL NEW YEAR COCKTAIL**



On Thursday, 13 January from 18.30 - 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 2022

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

REGISTRATION IS COMPULSORY: kindly contact Sabrina Nicod by 31 December (note due to the Christmas Holiday Sabrina prefers to receive an email, anyone wishing to enroll by phone may leave a message on her answering machine)

iwclevengroup@gmail.com or +41 79 642 40 18

The Board

CP: 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.

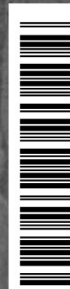
*Save the Date 'for 28th April
for the Oscar Wilde
performance*

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 Brevà

When: There will be **no** coffee morning this month.

We meet once a month (normally on the third Friday, from 10.00 onwards) for an informal Coffee Morning at Ristorante Pizzeria Brevà, 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

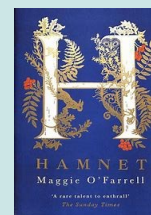
BOOK GROUP

When: Tuesday, 18 January

Where: 10.00 - 12.00 at the Hotel Pestalozzi

Book: “Hamnet” by Maggie O’Farrell (presented by Angela)

Next meeting: “American Dirt” by Jeanine Cummins (presented by Sue)



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



HAPPY NEW YEAR! 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

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, 3 January 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, 19 January from 14.00 - 15.00.

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

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 English p.10	4 French p.8	5 Italian p.10 English p.10	6 Italian p.8 Spanish p.8 Mah Jong p.7	7
8	9	10	11 Monthly Meeting p.1 French	12 Italian English	13 Italian Spanish Mah Jong NY Cocktail p.4	14
15	16	17	18 French Book Group p.6	19 Italian English French p.10	20 Italian Spanish Mah Jong	21
22	23	24	25 French	26 Italian English	27 Italian Spanish Mah Jong	28
29	30	31	OUR NEXT MEETING WILL TAKE PLACE ON TUESDAY, 1 FEBRUARY 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.-

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 Yalli	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**