

SEPTEMBER 2022 INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 301

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

IWCL MONTHLY MEETING

Tuesday, 6 September at the Hotel Pestalozzi

Via Pietro Bianchi,

Piazza Indipendenza 9,

6901 Lugano



SEPTEMBER SOCIAL!

A different style of Monthly Meeting ...

10.30 ONWARDS - PLEASE NOTE LATER STARTING TIME

Our September Monthly Meeting will be a bit different this year! First of all, we will have the presentation of the cheque from Iris, Pam, Elizabet and Makiko (our current Charity Committee) to representatives from AARDT, the Ticino Women's Archive.

This will be followed by a very brief presentation of the current Board Members, especially for all the new ladies who have recently joined IWCL and who probably don't know who we all are.

After this, there will be unlimited coffee, tea, juice and pastries with time to get together to chat and socialise (something that you have requested so many times) instead of a presentation by a keynote speaker.

Finally, some of us will have lunch together in the restaurant at the Hotel Pestalozzi. For this, it's necessary to sign up in advance with Renata, so we know how many tables to put together:- iwclsecretary@gmail.com

We look forward to seeing you all soon!

INDEX

Art	9
Advertising	14
Birthdays in Directory	6
Board Members	14
Book Group	8
Breathe, Relax, Feel	9
Calendar	14
Calendar Coordinator	15
Cancellation Policy	12
Charity	4
Coffee Morning	12
Contact Details	15
Cooking	11
Cultural Visit	7
Dropbox	4
Golf	8
Interest Groups	15
Knitting Group	12
Language Classes	13
Latin Dancing	10
Let's Chat in English	8
Mah Jong	9
Monthly Meetings	2
New English Group	6
New Members	5/6
Open Doors	12
Photos for Website	8
Photos on Dropbox	3
President's Letter	2
Publicise your events	3
Save the day	10
Thank You	3
Welcome Back Cocktail	3
Welcome to New Members	2
We Want You	3

2022 MONTHLY MEETINGS

4 October

8 November

6 December

WELCOME BACK!**A WORD FROM YOUR PRESIDENT**

Hello ladies, and welcome back to another busy and exciting season with IWCL. I hope that you have all had a wonderful summer and are feeling ready to participate in more Club activities!

There's such a lot going on this month; we begin with our 'September Social Monthly Meeting,' with no Speaker but a chance to chat and catch up with your friends after the holidays over coffee. We will present our charity cheque to AARDT and take the opportunity to thank Iris, Pam, Elizabet and Makiko (your Charity Committee) for all their hard work in raising the magnificent amount of over CHF 6,000.- Since both Iris and Pam volunteer at the Archive, I am sure we will find out very soon how the money raised will be used!

I am looking forward to seeing many of you at our 'Welcome Back Cocktail' at Villa Sassa – we are going back there because it was so lovely last year. Do join us - but please don't forget to book your place with Sabrina (details on page 3).

It's great that more and more of you are feeling safer and able to return to Club activities, and fantastic that we have gained more new members. The Cooking Group in September, led by Christine, is offering a Danish SMORREBROD Evening, and our Cultural Visit will be to Bellinzona – a chance to see some new features of the region's capital. A new English Conversation Group is beginning in Sorengo and the Latin Dance Group begins again for those of you who want to practise your slinky moves. All the details appear on page 10 of the Newsletter.

All this, of course, is in addition to our many regular groups. Thanks in advance to our brilliant Group Leaders; the effort and time that you put into your activities is really appreciated and our Club could not function without you. This is also my opportunity to thank the members of the IWCL Board. You are all amazing women and you make a great team – so on behalf of all the members, thanks for what you do for us.

It's important to thank you, our brilliant members, for the support you have given to our initiatives for Ukraine. The cosmetics donated all went to the 'Salita dei Frati Convent Foundation.' The convent was given to the canton at the disposal of refugees for two years. The latter have refreshed it, remade part of the kitchen and bathrooms and furnished the rooms. There are 26 cells with two or four beds for a total of 60 people (elderly and women with children from 8 years old.)

The make-up products were given to the women, who were so delighted that they also asked us for a hair dryer for their nails! The donated products disappeared right away, and made a huge difference to the morale of the women who received them.

These refugees arrived 8 weeks ago to stay 2/3 weeks but since then they have not moved into the apartments offered to them because they are happy being together at the convent. They are so grateful for your donation!

Here we go, into a new season. Let's have fun together!

Love and Blue Skies,

Sue XXX

WELCOME BACK COCKTAIL

Dear Ladies,

The IWCL Board is pleased to invite you to a Welcome Back Cocktail

Monday, 12 September – Villa Sassa from 18.30 to 20.30

Via Tesserete 10, 6900 Lugano - <https://villasassa.ch/en/>

Join us to catch up, to sip a glass of wine and to wish each other “Welcome back after the Summer holidays”, places are limited to allow enough seating for our members. It’s compulsory to sign up with Sabrina Nicod:

iwcleveningroup@gmail.com

Alternatively, find my mobile in your directory. **Deadline to join is Monday, 5 September.**

Members will enjoy this event for free. We include a selection of wines, juice, or water; two drinks per person, plus finger food. Any additional drinks may be purchased at your own expense, guests may be allowed but priority goes to our members.

We are very much looking forward to seeing you soon.

Sabrina Nicod on behalf of the IWCL Board



THANK YOU FOR SIGNING UP!

As you know, we have to book and pay for our big events in advance. It is really helpful that you have all been signing up with Sabrina beforehand. Please continue to do so as we announce the next events – and we look forward to seeing you there!

PUBLICISE YOUR EVENTS IN OUR NEWSLETTER ...

We welcome announcements from members of their events and will always try to publicise them in the IWCL Newsletter if possible. Please note that your event must be free and in English. Send the details to Sue: iwclpresident@gmail.com before the editorial deadline

(the 10th of the month prior to the Newsletter being published – October for November, for example.)

You might enjoy listening to a podcast hosted and produced by Christine Petersen : A Toolkit for a Better Life. This podcast talks about how our bodies and our minds work, and gives you tips and tricks for understanding yourself, being happier in yourself and living a better life. You can find the podcast on Spotify, Apple Podcast and Castbox. You can also find it on the website: www.atoolkitforabetterlife.com

WE WANT YOU ... NEW GROUP LEADERS WANTED

Ladies, we have recently received several requests and suggestions from members for a German Conversation Group. We would love someone to start up this group again. Please do consider offering your skills for an hour a week to some enthusiastic fellow members. Please let Sue know if you might be persuaded:- iwclpresident@gmail.com

If you are genuinely interested in participating in a German Conversation Group (at any ability level) please also let Sue know. There might be the possibility of an external teacher if we have a large enough group...

The Board



**Associazione Archivi Riuniti
delle Donne Ticino**
www.archividonneticino.ch

Dear Ladies,

Thank you to all the members and friends that came to support the Charity Committee during our last event and to all the people that helped us and donated in favour of AARDT during our fundraising.

It has been an exciting and busy time and we are very grateful to you all.



If you wish you can still support us making a financial contribution

Charity IBAN: CH93 0900 0000 6508 8389 5

Account: 65-88389-5

International Women's Club

6900 Lugano

Reference of the charity name: AARDT

IWCL Charity Committee

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/AAB9s3cAlqxiBt3prgifWPFMa?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. We hope you enjoy the photos as much as we do!

Christine Petersen, Vice President

WELCOME TO OUR NEW MEMBERS



Maria Blersch

Via alla Campagna 7
6900 Lugano
079 228 62 82 / 091972 26 49
mariablersch@bluewin.ch

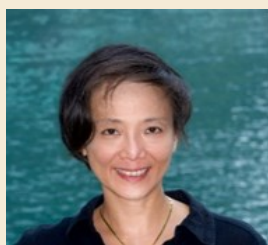
Born in Basel, Swiss citizen Maria, came to Ticino in 1971. Describing herself as joyous, social, and curious, she enjoys travelling, arts, reading, pottery and cooking.



Oana Catrinel Stan

Via Brenno Bertoni 15
6900 Lugano
076 778 66 24
oanastan1@gmail.com

Describing herself as optimistic, hardworking and friendly...Italian, Romanian citizen Oana enjoys reading, trekking and ballet.



Junita Ameld Maiullari

Via Monteggio 39
6998 Monteggio
078 851 63 96
ninitfra@icloud.com

Born in Jakarta, Indonesia, Juanita is adventurous, curious and dedicated. Interested in travel, culture writing and photography. She is a freelance photographer and researcher, particularly those relating to the cultural traditions of the Dayak people of her origins.



Ariana Laudazzi

Via Pietro Capelli 10
6900 Lugano
078 942 27 04
alaudazzi@gmail.com

Curious, determined and busy, Italian born Ariana, is interested in cloud technologies, dance, pottery and travelling.



Heidi Wirth

Via Giuseppe Motta 34
6900 Lugano
079 957 25 28
heidewirth@bluewin.ch

The beauty and positive vibe brought Heidi, of German nationality, to Ticino. She describes herself as happy, curious, and open minded. Hoping to find a home here and meet friends, she enjoys sport, traveling, good food and wine, hiking, dancing, music and art, nature and children.

**Heike Mischler Pera**

Via Prada 1C

6932 Breganzona

079 217 76 16 / 091 960 06 22

Heike.Mischler@bluemail.ch

Heike holds German nationality. She has a teenage daughter, an Italian/Swiss husband and, last but not least, Lucky the family dog. Describing herself as energized and curious, liking to be inspired and to inspire. She enjoys sports and fitness (herself a Health and Energy Coach), as well as reading, learning languages and dogs.

BIRTHDAYS IN OUR DIRECTORY

Some of our members recently proposed that we have a section in our annual Directory which shows members' birth days. It's a very nice idea. Please note that we only wish to include "days", not "dates"!

For example, we would like to include "MEMBER X – 17th January; MEMBER Y – 24th January, etc," but with no years attached! This is so that those ladies who wish to remain discreet about their age can continue to be so!

Therefore, if you DO NOT WISH to have your birth day included in our next year's Directory (2023) please can you contact our Treasurer, Jan, who is going to organise this for us: iwcltreasurer@gmail.com

NEW ENGLISH CONVERSATION GROUP

Jan Stanford will be offering a new English Conversation Group to Club members and the residents of Sorengo at La Cascina once a month starting on Wednesday, September 14 at 14.30. Jan's full contact details are on page 13.

CULTURAL VISIT**Bellinzona Mon Amour
Thursday, 22 September**

We are delighted to be able to offer you an exciting day in the Capital of Canton Ticino!

Please join us at 10.50 in the Government Square (also known as “Piazza della Foca”) near the fountain. In case of bad weather, the meeting point moves 50 meters and we will meet in front of the entrance of Palazzo delle Orsoline.

The Convent of the Ursulines (now Palazzo delle Orsoline) was built in 1738. Its refectory was the home, on 26 August 1803, of one of the first sessions of the Grand Council. The first session of the cantonal parliament was held in the Benedictine Convent on May 20, 1803. In 1848, following the Law on the suppression of Convents, the Ursulines had to abandon the building which was confiscated by the State to make it the headquarter of cantonal powers. The Palace, enlarged and renovated several times over the years, became the definitive seat of the Government from 1881.

The visit is free of charge; however, we have a limit of 20 guests, therefore our cancellation policy will apply (CP). No shows will be charged CHF 10, which will be donated to our charity

The visit lasts 45 minutes and, afterwards, we will have lunch together (location to be confirmed closer to the date).

Sue March

077 924 16 76

iwclpresident@gmail.com

Palazzo delle Orsoline

Piazza Governo 6
6500 Bellinzona

Paid parking close to the square

link to google map: <https://goo.gl/maps/iyFbp9CBRct77ECv8>

Public transportation: by train you can reach Bellinzona easily, from the railway station you'll have to walk 10 minutes to reach Piazza della Foca.

GOLF

We will meet as usual at 11.00 every Wednesday at the Golf Club "Monticello" near Como (first EXIT autostrada A(to Milano after Como) Uscita "Fino Mornasco". The exact address is: I-22070 Cassina Rizzardi (Como) Italy, Via Volta, 63. Tel. 0039 031 928 055.



The green fee for 9 holes = Euro 36.- during the week. **This group will also be active in July and August.**

Marlene Mugglin

091 967 15 47

079 423 68 47

tourservices.lugano@freesurf.ch

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



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, 20 September

Where: 10.00 - 12.00 at the Hotel Pestalozzi

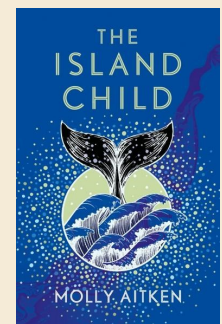
Book: "The island Child" by Molly Aitken

'A haunting tale' Irish Times Twenty years ago, Oona left the island of Inis for the very first time. A wind-blasted rock of fishing boats and turf fires, where girls stayed in their homes until they became mothers themselves, the island was a gift for some, a prison for others.

October book: "The vanishing half" by Britt Bennet

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

"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

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

International Women's Club of Lugano

Save the day!
Let's celebrate IWCL
35th anniversary!

June 6, 2023

35 YEARS
of
friendship

'LET'S LEARN LATIN!'

(...the dancing, not the language!)

Wednesdays, 10.00 - 11.30, Hotel Pestalozzi

Our very successful Latin Dance Group continues weekly from September! Blanca, our own Chilean Senorita, will teach us some more spicy Latin moves as we prepare for another performance at the Christmas Party! No need for any experience, just enthusiasm, comfortable clothes and shoes. The only cost will be your share of the room rental, payable in advance, which will be CHF 35.- or CHF 40.- depending on the number of participants.



The classes will begin on Wednesday, 14 September, and weekly as follows. Places are limited so please contact Blanca in person to reserve yours!

Always Wednesdays from 10.00 to 11.30 - 12 sessions in total.

14, 21 and 28 September
5, 12 and 19 October
2, 9, 15, 23 and 30 November
7 December

Blanca Giovannari

076 817 77 52

Blanca.giovannari333@gmail.com



SEPTEMBER COOKING GROUP (CP)

We have a beautiful, new, purpose-built venue, **La Cascina, Via Cremignone 4G in Sorengo!** Come and check out the view, the facilities, the superb kitchen and dining area!

“A DANISH SMORREBROD EVENING”

Our Cooking Group is open to **ALL MEMBERS** each month – the only requirements are to reserve your place early and to clear up afterwards!! Come and join us so we can learn, cook and eat together. We continue our exciting Cooking Group adventures in September with a **Danish Cold Table Menu**, proposed by Christine.

We will continue to have a carefully timed ‘first come, first served’ approach to reserving a place, with a waiting list made from ladies who contact me by phone, email or sign-up sheet when the initial list is full.

Danish Cold Table: 7 types of fish; 7 types of meat; rye bread

Dessert: Danish Cookies

Wine and Water Included

When: Tuesday, 13 September, 18.30 onwards

Where: La Cascina, Via Cremignone 4G, Sorengo

Cost: Up to CHF 40.- per participant (usually less.) Our cancellation policy applies.

Parking: There is ample free parking. A short, two-minute walk uphill is rewarded by the great location. There is a drop-off point (as we had at Viganello) if you are carrying heavy items. You will receive more details when you reserve your place.

Required: Tea towel, apron, and willingness to clear up afterwards before we leave!

To book your place or for more information (we can accommodate up to 12 people) please contact Sue.

Sue March

077 924 16 76

iwclpresident@gmail.com

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

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

**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

COFFEE MORNING

New Venue: Ristorante Pizzeria Brevia

When: Coffee morning recommences on 16 September

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 Zuccherio, 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.



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

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 recommences weekly from Tuesday, 19 April with Blanca Giovannari at the LAC Cafe. Please contact her if you would like to participate. Initially, all ability levels are welcome.

Contact details: 076 817 77 52 Blanca.giovannari333@gmail.com

English Conversation We will meet at 10.00 on Monday, 5, 12, 19 and 25 September at Cafe 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 Denking on Wednesdays from 14.30 - 15.30.

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

English Conversation with Jan Stanford once a month starting on Wednesday, 14 September at 14.30. Venue: La Cascina in Sorengo.

Contact details: 076 681 08 42 iwcltreasurer@gmail.com

French Conversation (now combined with Louise Forget's group) with Nine Lassere every Tuesday from 14.30 - 15.30 at LAC. **Please note: This group has been suspended until September.**

Contact details: 079 706 06 43 lasserrejanine@me.com

French Conversation with Claude Perrinjaquet Boni at the new venue "La Cascina" in Sorengo from 14.00 - 15.00.

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

German Conversation (If you would to organise this group, please contact Sue. Thank you.)

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
OUR NEXT MONTHLY MEETING WILL TAKE PLACE AT THE HOTEL DE LE PAIX ON TUESDAY, 4 OCTOBER					1 Italian p.13 Mah Jong p.9	2
3	4	5 English p.13	6 Monthly Mtg. p.1 Spanish p.13	7 Italian p.13 English p.13 Golf p.8	8 Italian Mah Jong	9
10	11	12 English Cocktail p.3	13 Spanish Cooking p.11	14 Italian English p.13 Golf Dance p.10	15 Italian Mah Jong	16 Coffee p.12
17	18	19 English	20 Spanish Book Club p.8	21 Italian English Golf Dance	22 Italian Mah Jong Bellinzona p.7	23
24	25	26 English	27 Spanish	28 English Dance Golf	29 Italian Mah Jong	30

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
Events	Sabrina Nicod	079 642 40 18	iwcleveninggroup@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:
6900editoriwc@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: 6900editoriwc@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		
Breathe, Relax, Feel	Maria Teresa Paladino	info@counselor.ch	091 994 39 41
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
	Renata Del Grande	iwclsecretary@gmail.com	078 862 62 41
English Conversation	Karen Claus	karenclaus600@gmail.com	076 224 90 01
English Conversation	Jan Stanford	bstanford@bluewin.ch	076 681 08 42
English Conversation	Linda Denkinger	linflags@bluewin.ch	079 541 92 02
Evening Group	Sabrina Nicod	iwcleveninggroup@gmail.com	079 642 40 18
	Elizabeth Ak	iwcleveninggroup@gmail.com	
French Conversation	Nine Lassere	lasserrejanine@me.com	
French Conversation	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
Golf	Marlene Mugglin	toursservices.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 (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
Latin Dancing	Blanca Giovannari	blanca.giovannari333@gmail.com	076 817 77 52
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