

JANUARY 2023

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 305

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

"Please note that if our Cancellation Policy applies to any event that you sign up for, you will be expected to pay the individual cost to the Club if you do not turn up."

IWCL MONTHLY MEETING

Tuesday, 10 January at the Hotel Pestalozzi

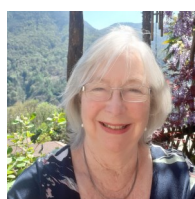
Via Pietro Bianchi, Piazza Indipendenza 9, 6901 Lugano

09.30 - 10.15 Refreshments

10.15 - 10.30 Club Notices

10.30 - 11.30 Speaker: Sharon Parlette

SUSTAINABLE GARDENING



In this first month of the new year some of us may be recalling the extremes of heat and drought that our gardens and balcony plants (and we ourselves) had to withstand in the summer of 2022, and considering what changes we should make in the coming growing season. And in addition, what part, however small, we can play in helping our plants and our planet survive.

Our long time member, Sharon Parlette, will share with us some of her thoughts and experiences in growing flowers and vegetables as a non-expert – and sometimes lazy -- gardener. Whether you only have a cherry tomato and some pots of salad herbs on a window sill, or whether you can indulge in a wildflower lawn and a veg patch, join us and contribute your own experiences and hopes as we plan the new year. No

INDEX

Art	14
Advertising	17
Birthdays in Directory	6
Board Members	17
Book Group	14
Breathe, Relax, Feel	14
Calendar	17
Cancellation Policy	4
Charity Event	10
Club Dues	3
Cocktail Party	8
Coffee Morning	15
Contact Details	18
Cooking	9
German	3
Golf	11
Interest Groups	18
Irène's Happening	5
IWCL Together	4
Knitting Group	15
Ladies' Lunch	13
Language Classes	16
Latin Dancing	14
Let's Chat in English	11
Mah Jong	11
Message from President	2
Monthly Meetings	3
Music Appreciation	6
Official Events in 2023	10
Open Doors	2
Photos for Website	11
Photos on Dropbox	6
Planetarium	12
Publicise your events	3
Save the date	7 and 12
Signing Up	4
Thank You	2
Wine Tasting	5

PLEASE SHOW RESPECT TO OUR GUEST SPEAKERS

As you all know, our keynote speakers each month are volunteers, giving us the benefit of their time and knowledge at our Monthly Meetings. It's up to us, therefore, to show that we appreciate them.

Please can we all make sure that we do the following:-

Try to arrive on time, or if you're late, come in quietly if the presentation has begun.

Turn off your mobile phone for the duration of the presentation.

Avoid chatting with your neighbour during the presentation
and also

coffee/tea will no longer be served once the presentation has begun.

Thank you, ladies

A MESSAGE FROM YOUR PRESIDENT

Hello everyone, and Happy New Year from myself and your Board! Thank you for accepting us again to lead IWCL. We are grateful and honoured that you have again put your trust in us to lead our Club forward into 2023.

I hope that you have all had a peaceful and happy time during the Festive period. Our January keynote speaker, Sharon, will help us to look forwards into the new year by encouraging us all to be greener, to grow, to plant and to be sustainable, whether we have a window box or an orchard!

On Thursday, 26 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. We are hoping to keep you entertained throughout the month as our usual Groups begin again; in addition we have a wine-tasting and a 'Mite-y' Cooking Event as evening activities, and an exciting trip to the Planetarium during the day.

I offer my sincere thanks to the hard-working Board members, who keep IWCL moving forward in a safe, lively and vibrant way. I am so grateful for their support. I want to thank you, our members, who continue to engage with us and who 'get involved' with the life of our Club. I ask you to 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.

Thank you for your generosity and participation last year. As we begin 2023, 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 new charity beneficiary, Casa dei Ciecchi.

I look forward to seeing you all soon.
Love and Blue Skies,

THANK YOU

"I would like to thank the President, the Board and all the other ladies, who offer their work and time to keep our club going (or alive?). My thanks, I suppose, are also in the name of almost all of our members."



Waltraud Vitaliano

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

2023 MONTHLY MEETINGS

7 February

7 March

4 April

9 May

6 June

CLUB DUES FOR 2023 (CHF 100.- or CHF 125.- with postal NL)

Payments are due by the end of January 2023

Since there is a new Swiss payment system, we encourage you to pay directly from your bank account.

Account / Payable to CH76 0900 0000 6900 6056 1

INTERNATIONAL WOMEN'S GROUP 6900 Lugano

Additional information: Yearly Membership Dues

If you need to pay with cash, please contact Renata and she will send you a copy of the new payment slip.

RENEW
DUES

RENEW
DUES

PLEASE USE YOUR REGISTERED IWCL NAME SO THAT WE MAY TRACK YOUR PAYMENT

If you have any problems or concerns about making your payment
please contact Jan Stanford at: iwcltreasurer@gmail.com

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

NEW GERMAN LANGUAGE GROUP

Improve your German language skills! We will work with texts, photos, drawings, imagination and fantasy to become more fluent and correct in speaking.

Level: Depending on the participants, we will find the way to combine pleasure and improvement.

As a teacher of adult language courses, I have a great experience.

Where: Ristorante Al Vecchio Torchio, in Viganello

When: Every first and third Monday of each month, at 10.00

Our first meeting will be on 16 January 2023

What to bring: Paper, pen and colored pencils

Interested: Send an email to: danielamannu@hotmail.com



IWCL: "TOGETHER IN FRIENDSHIP FOR OVER 30 YEARS" - LET'S KEEP IT THAT WAY!

As Winter approaches, and the weather changes, some of us go out less. We might not meet us as often as before, so please remember to check on your friends if you haven't seen them at Club activities for a while. Our IWCL is a 'sisterhood' - let's try to look after each other and make sure we are all ok.

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!

OUR IWCL CANCELLATION POLICY (CP)

... AND WHAT IT MEANS FOR YOU

Please read carefully – thank you.

We are delighted to offer our members a wide range of trips, visits and events. You will be aware that for many of them, especially Cultural Visits, Parties and Cocktails, we have a **Cancellation Policy (CP)** which applies when you sign up. In future, we will be adding a note of the cost to the Club for an individual to participate in an event (e.g. CP CHF 38).

This costing occurs for many reasons; because the organisers have to buy tickets well in advance to take advantage of a group rate; to hire a guide; to buy fresh produce or to secure a venue. It's essential that we know how many people to expect, so we can also fix a price!

When you sign up to attend an event, you are effectively giving your word that you will pay for your place. The Club honours your word by purchasing tickets on your behalf. Sometimes, we have a waiting list of ladies who can take your place if you are unable to attend, but quite often, we don't.

It isn't the business of the event organiser to find someone to cover for you if there is no waiting list – that's your job! The Club will have bought your ticket in good faith, and you will be expected to pay for it whether you turn up or not.

If you sign up for an event, PLEASE make a note in your diary. The LAC doesn't send you a reminder if you have bought tickets to a ballet... and the volunteer event organiser probably doesn't have time to do this either! We just expect you to turn up (as you would to the ballet...)

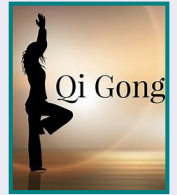
If you find, for whatever reason, that you are unable to take up a place that you signed for, please let the event organiser know – it seems like basic courtesy – and there might be a chance that there's someone on the waiting list! Otherwise, find someone to take your place, or you will be charged. So – if you sign up and fail to show up, please don't be surprised or offended if you receive an email and a payment slip from our Treasurer. You shouldn't expect the other members of the Club to cover the cost of your error, after all.

The Board

ANNOUNCING ... AN IRÈNE FRÖHLICH 'HAPPENING'

Hi ladies, I'm proposing a special surprise evening at my home:

- Where:** Via Cassarinetta 2, 6900 Lugano (next to Hotel Delfino, at Bus stop 2, Santa Birgitta)
- When:** Tuesday, 10 January at. 18.30, finishes ca 21.00
- What:** it will be a surprise, but will include sharing my 40 year old passion for QiGong - where you will be invited to try self-massage and some meditative movement that transform stress into vitality and breathing into relaxation.



I will also share with you my new passion for a bit of magic, with my latest artistic material: crazy fun hats made of Moos Gummi! You will be invited to try them on and take most colorful photos!

There will be some nibbles and harmless drinks. It's free of charge but you can contribute to our new charity and if you wish bring some finger food.

Register directly with Irène: 076 334 55 50

IWCL WINE TASTING

Thursday, 19 January



La Cascina, Sorengo

18.00 -21.30

Discover the new wines in my assortment
and some old favourites

Cost: CHF 20 - including wine and accompanying food

Please confirm as soon as possible or at the latest by
Monday 16 January if you would like to attend

Cheers!
Nerida XXX

Sign up with Sue: iwclpresident@gmail.com

NEW MUSIC APPRECIATION GROUP

I know that there are many of you out there who love music, concerts, opera, singing, concertos and all the other forms of musical entertainment that Lugano has to offer.

BUT how many times do you miss beautiful events because you didn't know about them? **OR** how many times do you not go to wonderful concerts because you don't want to go alone? **AND** how often would you like to find out about musical events that are taking place in our city which might appeal to you?



This is the group for you!! I want to create an informative, interactive group in which we can exchange news of upcoming events, find friends to go along to concerts with and a place to post reviews, comments and critiques.

Please sign up to this 'Music Appreciation Group' so that we can keep each other informed about all the musical events taking place in Lugano. I look forward to hearing from you, and I will get back to you soon with some ideas!

Malu Natali

078 715 13 12

positivo9945@gmail.com

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

Christine Petersen, Vice President

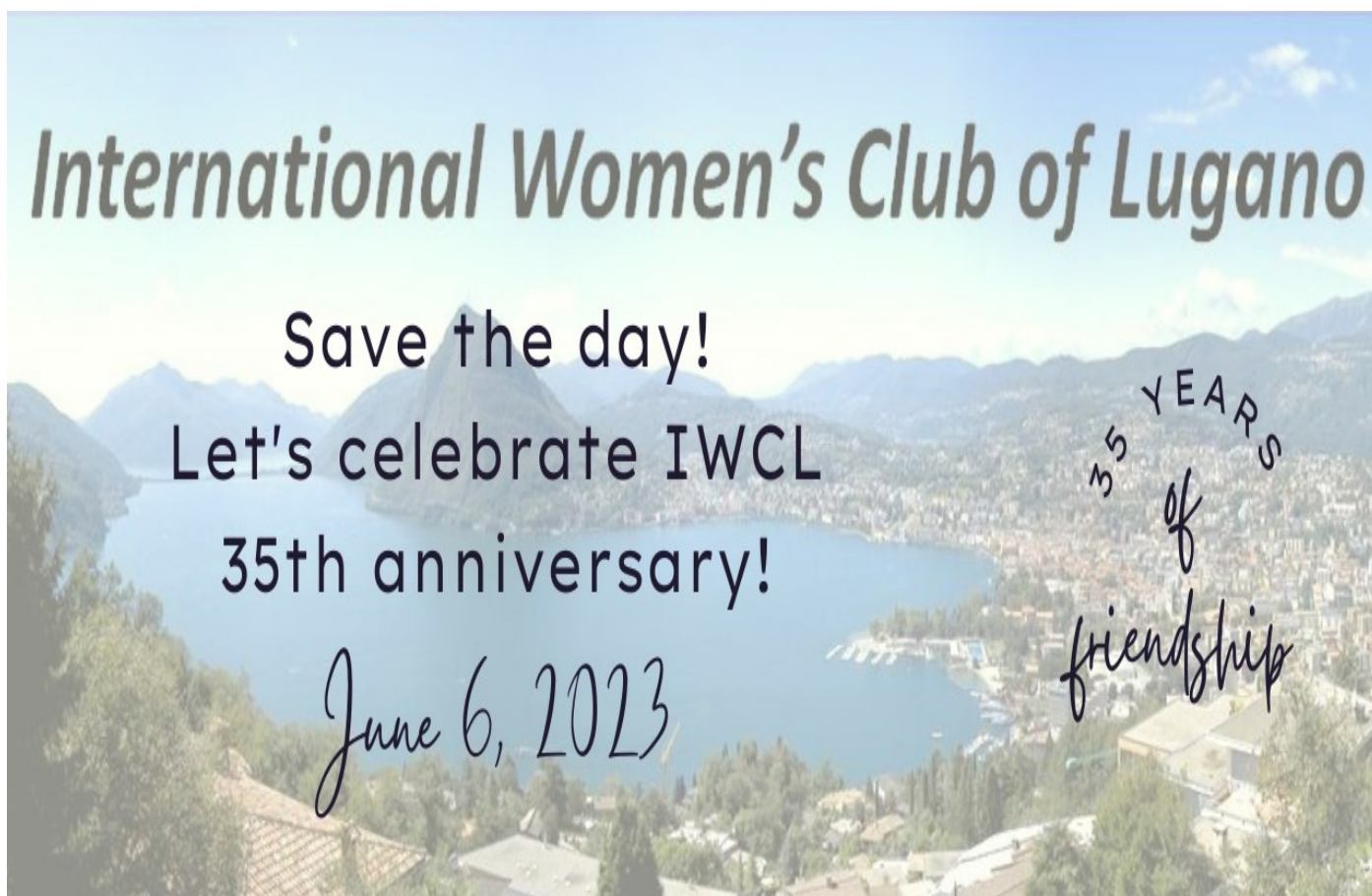
BIRTHDAYS IN OUR DIRECTORY

Some of our members recently proposed that we have a section in our annual Directory which shows members' birthdays. 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 – 17 January; MEMBER Y – 24 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 birthday included in our next Directory (2023) please contact our Treasurer, Jan, who is going to organise this for us: iwcltreasurer@gmail.com





The IWCL Board is pleased to invite you to the



IWCL NEW YEAR COCKTAIL

(CP*)

On 26 January from 18.30 till 21.00

HOTEL DE LA PAIX , Via Cattori 18, 6900 LUGANO

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 pasta. Companions or friends of our Ladies are welcome and will pay at the entrance a fee of
CHF 50 p.p.

REGISTRATION IS COMPULSORY: kindly contact Sabrina Nicod by January Monthly Meeting (note due to the Christmas Holiday Sabrina prefers to receive e-mail, anyone wishing to enrol by phone may leave a message on her answering machine)
e-mail: 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 50.- for themselves plus an additional CHF 50.- for any guest(s) they have registered.

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!

"THE MITE-Y CHALLENGE!"

Tuesday, 10 January, 18.30 onwards

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 January with **THE MITE-Y CHALLENGE**, proposed by **LIZ AND NERIDA!**

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.

So, what exactly is **'THE MITE-Y CHALLENGE'**????



English people love Marmite. Australians love Vegemite. The Swiss enjoy Cenovis.
But which is better? Come and taste these amazing dishes, and judge for yourself!
Liz and NERIDA will try (not) to influence your decision!

Aperitif: Mitey Scrolls, Veggie/Marmite Delights
Starter: Mitey Quiche
Main: Lasagne, Sweet and Sour Chicken
Dessert: Surprise!!!

Wine to Accompany Each Dish

When: Tuesday, 10 January, 18.30 onwards
Where: La Cascina, Via Cremignone 4G, Sorengo
Cost: Up to CHF 40 per participant (usually less). **Red 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, willingness to ensure the kitchen is spotless 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

IWCL OFFICIAL EVENTS IN 2023

Dear Ladies,

We are pleased to inform you that we have set all the dates for the IWCL official events, free of charge for members, please mark your calendars!

Please know all events are posted already in our Facebook Private Group:

<https://www.facebook.com/groups/320791687358>

IWCL OFFICIAL EVENTS 2023 (*CP)

THU, 26 JANUARY 2023 AT 18.30 at Hotel de la Paix, Lugano
NEW YEAR COCKTAIL

FRI, 26 MAY 2023 AT 19.30 at LIDO, Lugano
SPRING PARTY

TUE, 6 JUNE 2023 AT 10.15, this is a whole day event, WE cannot reveal location yet, but we will be back in Lugano at 3.30.
35th ANNIVERSARY IWCL

MON, 18 SEP 2023 AT 18.30 at Villa Sassa, Massagno
WELCOME BACK COCKTAIL

***CP** CANCELLATION POLICY = please note that although official events are free for members, you still need to subscribe to each gathering and in case of no show or late cancellation you will be charged the full cost of the evening.

Looking forward to seeing you at many IWCL events, official or not, we wish you all a great 2023!

IWCL Board

CHARITY EVENT

SAVE THE DATE

SUNDAY, 26 FEBRUARY 18.30
TITLE TO BE ANNOUNCED!



Special presentation at Cinema Lux

GOLF

There is **NO GOLF** this month but we normally meet 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. Please contact Marlene for more details. Thank you.



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. 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 maria.delacamara@gmail.com
Hanneke Sillekens 076 220 93 19 hannekesillekens@gmail.com

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!

Our first Mahjong meeting is on Thursday, 12 January at the Hotel Pestalozzi at 14.30

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!

Ruth Sergi-Baumann 079 607 82 62 (also WhatsApp) ruthsergi@bluewin.ch
Ruth Kaiser 091 606 16 14 wernerkaiser@bluewin.ch

SAVE THE DATE ...**ART WORKSHOP LOCARNO**

Learn about Frida Kahlo and then paint your own portrait (a wide variety of materials will be available)

When: 14 February from 10.30 to 12.30 - break for lunch 13.30 to 15.00

Where: ReCreArte Gallery and studio, Locarno

Cost: CHF 40 - for materials only. Payable on the day in cash or with Twint, debit or credit card

Maximum number of participants: 13

We will travel independently to Locarno, preferably by train. The Gallery is a 6 minute walk from the train station. There is a restaurant close to the Gallery where we can book a table for lunch for those who require it.

More information and sign-up details will be in our February Newsletter.

***VISIT TO THE PLANETARIUM AKA "L'IDEATORIO" (CP)***

Thursday, 19 January from 10.30 to 11.30

Please join at 10.20 outside L'ideatorio

We are happy to organise lunch at Ombrone*



We are delighted to be able to offer you a guided and magical experience "A journey into the cosmos" Join us! From the solar system to the depths of the universe A silent blue marble, suspended in the dark: this is what our planet looks like from space. We will start from here, from our home, to discover galaxies and black holes, extraterrestrial life and space missions. Thanks to the modern digital planetarium of L'ideatorio, anyone can dream of traveling in space, beyond the limits of our solar system. A journey through music and images, with fascinating immersive projections that will take us from the austere panoramas of Mars to the evocative rings of Saturn, up to the most remote nebulae and galaxies. Between myths and legends, far beyond our human borders, in the company of dreams, fears and a lot of wonder. It will be an opportunity to find answers to your spatial curiosities, learning to look at this great little planet that welcomes us, the Earth, with different eyes.

Continued on page 13

L'ideatorio (<https://ideatorio.usi.ch>) is the service for the promotion of scientific culture and the science and society dialogue of the Università della Svizzera Italiana. It is the regional antenna of the Fondazione Science et Cité, a competence center of the Swiss Academy of Sciences and, for some projects, works in collaboration with the L'Istituto scolastico della città di Lugano. The idea is to make science and its challenges in our society accessible and transparent to as many people as possible, fueling a responsible and critical dialogue on scientific and technological progress.

The visit has a basic cost of CHF 100, which we will share amongst participants.

On top, each person joining will pay an entry fee, CHF 10pp, if in AVS CHF 5.

We have a limit of 20 guests; therefore, cancellation policy will apply (CP).

Husbands, partners, and friends are all welcome, IWCL members have of course priority. Please contact Sue for more information and please let her know if you want to join for the visit. Lunch, if you wish to join, will be at Osteria Unione Da Davide, Piázza Gránda 14, 6968 Lugano (Sonvico), at your own costs, details are on the newsletter. Please contact Lilo Valli.

Sue March

+41 77 924 16 76

iwclpresident@gmail.com

How to find the location: L'ideatorio

Palazzo Reali, Piazza del Municipio

6965 Cadro, Lugano +41 58 666 45 20

Paying parking around the area

Link to google map: <https://g.page/ideatorio?share>

By train and bus:

from Lugano FFS station -> line 461 ARL towards Villa Luganese -> Cadro village stop.

From there, a 5 minute walk. Total travel time: about 30 min.

from Lugano FFS station -> bus 4 towards Canobbio -> stop Gerra, from there cross and go to the Cornaredo stop -> line 60 ARL towards Villa Luganese -> Cadro municipio stop.

The stop is next to the house. Total travel time: about 35 min.

from Lugano SBB station -> bus 6 towards Cornaredo -> Cornaredo stop.

From there -> line 60 ARL towards Villa Luganese -> Cadro municipio stop. The stop is next to the house.

Total travel time: about 35 min.

LADIES' LUNCH AT OSTERIA UNIONE DA DAVIDE, SONVICO

Date: 19 January at 12.00

Address: Osteria Unione Da Davide, Piázza Gránda 14, 6968 Lugano, (Sonvico)

Google map to location: <https://goo.gl/maps/auha7zRTBnYSURCF8>

Parking: Autosilo Sonvico, Str. Növa 4, 6968 Lugano (Sonvico)

<https://goo.gl/maps/wx96jdn538MSH3nyZ>

Facebook page: <https://www.facebook.com/OsteriaUnioneSonvico>

Lilo Valli

079 207 20 92

lilosmile@yahoo.de



Some of us will take part in the visit to PLANETARIUM at L'ideatorio in Cadro that morning (information above), and remember to contact Sue March for this activity.

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 any social distancing policies.

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.



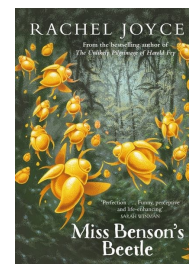
Maria Teresa Paladino

091 994 39 41

info@counselor.ch

BOOK GROUP

We welcome members old and new to Book Group this month on Tuesday, 17 January, 10.00 promptly at Hotel Pestalozzi, for our discussion based on 'Miss Benson's Beetle,' by Rachel Joyce, which will be led by Angela. Come and join us even if you haven't read the book! You might be tempted!



For your diaries, here are the next meeting dates, with our book choices up until the summer break. Please note that, since the Pestalozzi will be charging us 30ChF per session from January onwards, we will all pay CHF 3.- per person at Book Group.

14 February - 'Lessons in Chemistry' by Bonnie Garmus

21 March - 'The 7 Husbands of Evelyn Hugo' by Taylor Jenkins

18 April - 'To Kill a Mockingbird' by Harper Lee

16 May - 'The Lost Apothecary' by Sarah Penner ***

13 June - 'The Miniaturist' by Jessie Burton

19 September

17 October

21 November

19 December

*** This will also be our 'Tuesday Choose-day' for our next book choices

We look forward to seeing you all soon. Happy reading!

Hanneke Sillekens

iwclbookgroup@gmail.com

Sue March

077 924 16 76

iwclpresident@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

COFFEE MORNING

New Venue: Ristorante Pizzeria Brevia

When: Friday, 20 January

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.



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 Claus

karenclaus600@gmail.com

'LET'S LEARN LATIN!'

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

LET'S DANCE!

Back by popular demand is our IWCL Dance Group, this year at the slightly later time of 10.30, but still on Wednesdays.

We will dance together not only the Latin moves from previous groups, but also new styles, both modern and classical, ably led by Blanca and Marina.



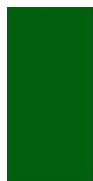
As always, we have a course of 8 sessions, and we pay only for the room rental, divided by the number of participants, to be paid at the first session.

Dates as follows:

February - 8, 15, 22

March - 1, 8, 15, 22, 29

Please sign up with Sue asap: iwclpresident@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 will take place at her house in Breganzona.

Ladies interested should contact Isabella."

Contact details: 079 375 24 14

Spanish conversation weekly 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, 9, 16, 23 and 30 January at Cafe Agora, in the Agora Apt. building next to The City Hotel at Piazza Molino Nuovo.

Contact details: 076 224 90 01

karendlaus600@gmail.com

English Conversation with Linda Denkinger on Wednesdays from 14.30 - 15.30.

Contact details: 079 541 92 02

linflags@bluewin.ch

English Conversation with Jan Stanford. **No lesson this month.** Venue: La Cascina in Sorengo.

Contact details: 076 681 08 42

iwcltreasurer@gmail.com

French Conversation with Claude Perrinjaquet Boni at the new venue "La Cascina" in Sorengo on Wednesday, 25 January from 14.00 - 15.00.

Contact details: 079 487 89 92

cm.boni@gmail.com

German Conversation begins on 16 January 2023 (full details on page 2).

YOUR CLUB NEEDS YOU



We are currently looking for **new Group Leaders for French, Gardening and Cooking.**

If you would be interested in running one of these groups, please contact Sue for more information.



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5 Italian p.16 Mah Jong p.11	6
7	8	9 English p.16	10 Monthly Mtg. p.1 Irène's Event p.5 Cooking p.9	11 English p.16	12 Italian Mah Jong	13
14	15	16 English German p.3	17 Book Group p.14	18 English	19 Italian Mah Jong Planetarium p.12 Ladies' Lunch p.13 Wine Tasting p.5	20 Coffee p.15
21	22	23 English	24	25 English French p.16	26 Italian Mah Jong Cocktail Party p.8	27
28	29	30 English	31	OUR NEXT MONTHLY MEETING TAKES PLACE ON TUESDAY, 7 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
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.-

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	
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	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
German Conversation	Daniela Mannu	danielamann@hotmail.com	
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.)	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
Liaison	Waltraud Vitaliano	waltraud.vitaliano@gmail.com	
Mah Jong	Ruth Sergi-Baumann	ruthsergi@bluewin.ch	
	Ruth Kaiser	wernerkaiser@bluewin.ch	091 606 16 14
Moms and Tots	Rocio Tauber	roocio_cuervo@hotmail.com	
Music	Malu Natali	positivo9945@gmail.com	078 715 13 12
Spanish Conversation	Blanca Giovannaari	Blanca.giovannari333@gmail.com	076 817 77 52
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