

FEBRUARY 2023

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 306

"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, 7 February 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: Heike Mischler Pera (Health & Fitness Coach)



Heike 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 maximise 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 site 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 different sports like hiking, fitness, swimming, and tennis.

Happiness...

What does it mean for each of us and how do we get closer to it? You are invited to join our second monthly meeting of 2023, where we will talk about Happiness!

How are you feeling today? Are you looking forward to the day ahead of you? Are you feeling overwhelmed and under the weather?

Let's see what makes us happy and what are the enemies of happiness. In this session we will also talk about science of happiness. Research results indicate what is most likely to make us happy and what we can do to improve our quality of life.

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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.

**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

2023 MONTHLY MEETINGS

7 March

4 April

9 May

6 June

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

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

NEW! FRENCH CONVERSATION GROUP! NEW!

Improve your French 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 native French speaker, I am delighted to speak my language with you!.

Where: Canvetto Luganese, in Lugano; Vie R. Simeon 14b

When: Weekly, every Thursday from 16.00 - 18.00

Our first meeting will be on Thursday, 9 February

What to bring: Paper, pen and coloured pencils

Interested: Please contact me in advance.

Ilona Pongracz

091 825 33 03

ipongracz@ethika.ch

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

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.

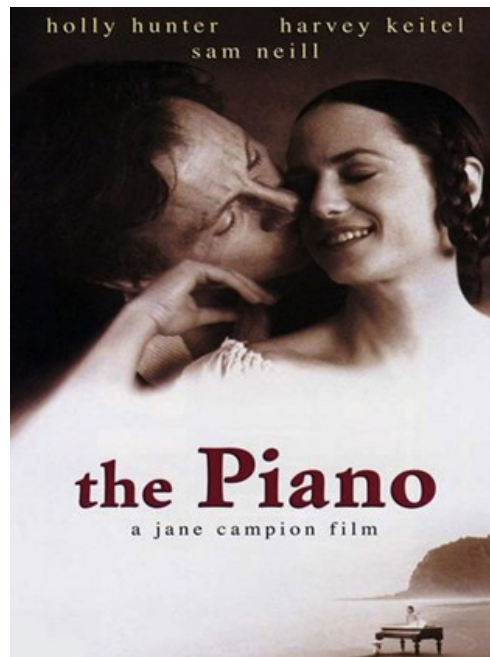
The Board

ADVANCE NOTICE

Can you please block out 10 June on your calendar for an activity with the charity group? We hope to do the visit to the chapel at Mt. Tamaro followed by a picnic.

**CHARITY EVENT
SUNDAY, 26 FEBRUARY AT 17.00**

The **IWCL Charity Committee** is very pleased to invite you with family and friends to our:
Cinema Event at the **LUX in Massagno** on **Sunday, 26 February at 17.00**
to view the 3 Oscar winning film by the famous director **Jane Campion**



We are raising funds for **La Casa dei Ciechi**
and therefore ask for an entrance fee of CHF 20.- per person.

Yours, Christina, Mouna, Francesca, Cindy and Yvonne

Special presentation at Cinema Lux
This event is OPEN TO THE PUBLIC

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

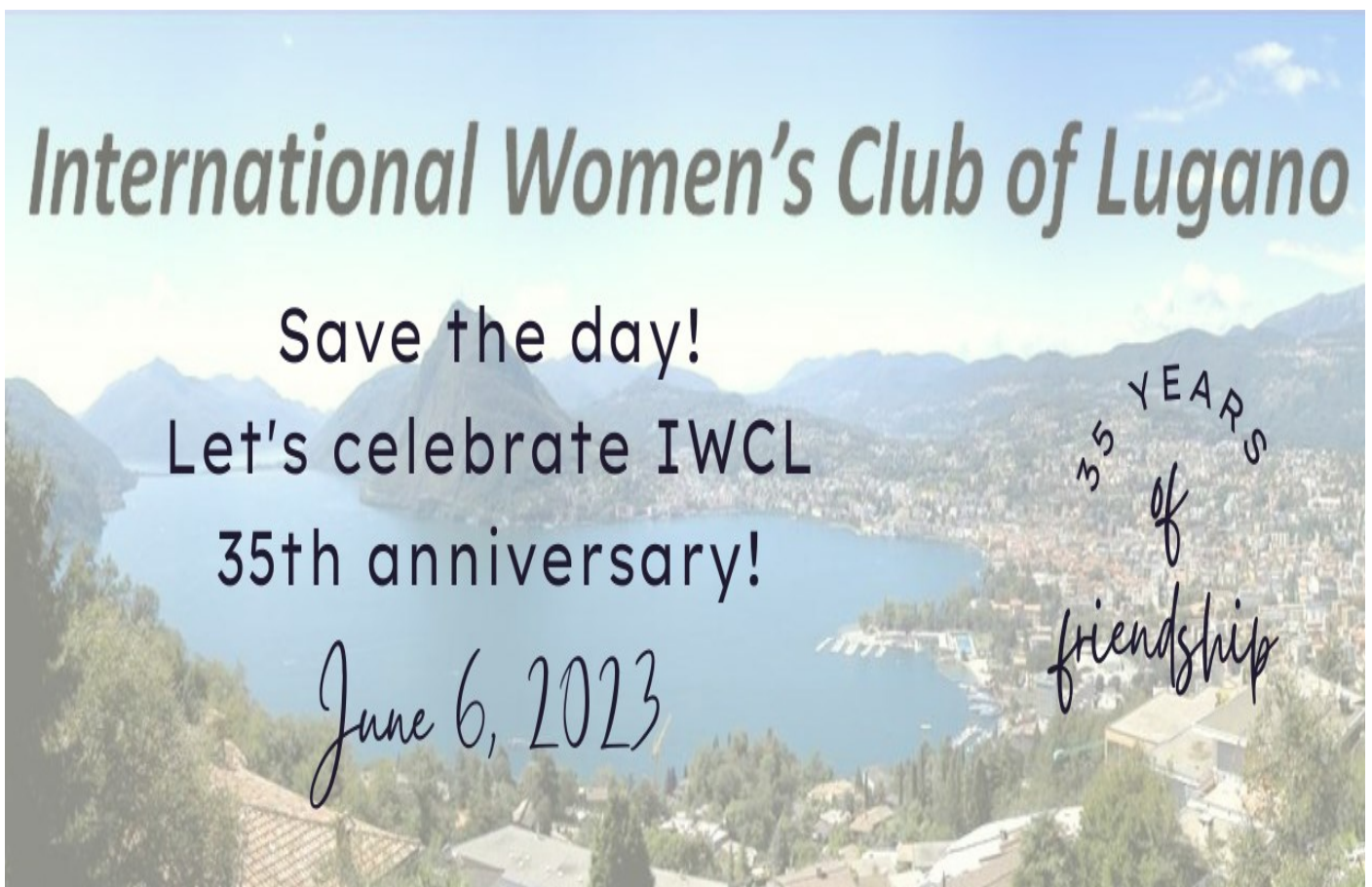
BIRTHDAYS IN OUR DIRECTORY

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"!

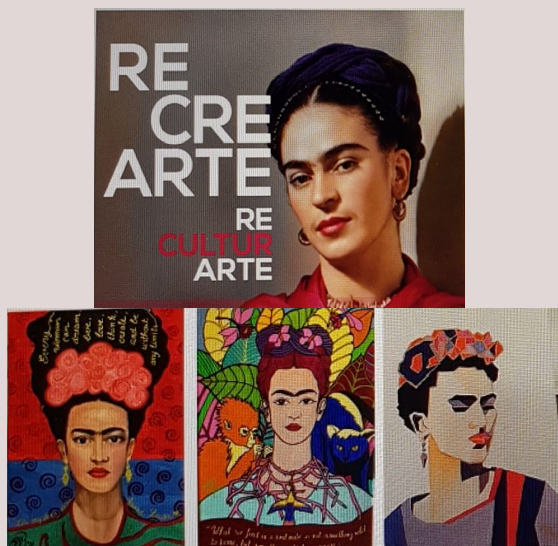
For example, we would like to include "MEMBER X – 17 January; MEMBER Y – 24 January, etc," but with no years attached! This is so that those ladies who wish to remain discreet about their age can continue to be so!

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





HALF-DAY ART TOPIC WORKSHOP IN LOCARNO (CP)



Participate in a 30 to 40 minute presentation by Mexican artist and gallerist Marcela Ruppli-Juin, and discover the fascinating life of the Mexican artist Frida Kahlo (1907-1954). Be inspired by her most important works and learn about her social and cultural impact which was felt worldwide and is still relevant today. Then spend the next 3 hours painting your own interpretation of a Frida portrait (or use one of our traceable outlines) onto a 40 x 50 canvas using acrylic colours, watercolour pencils and/or pastels

When: Tuesday, 14 February

Time: 10.30 - 12.30 break for lunch 13.30 - 15.00

Location: Locarno's "ReCreArte" Art Gallery & Creative Studio.

Cost: (charge for materials only) CHF 40.- per person

Optional: Lunch at "Perbacco" restaurant nearby

There will be a sign-up sheet at the IWCL February meeting on 7 February.

Payment should be made on the day at the Gallery with cash or debit/credit cards or Twint.

Cancellation policy applies.

We will travel by train from Lugano train station with the 9.35 train to Locarno.

Everyone is responsible for buying their own train ticket

For further information please contact Pam.

Pam Blakey

pam.blakey@yahoo.com

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!



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 February with a PINK VALENTINE EVENING proposed by Sue and Sabrina!

Our dress code for the evening is “PRETTY IN PINK”

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.

Aperitivi:	Valentine Nibbles
Starter:	Prawn Cocktail, Smoked Salmon Mousse
Main:	Poached Salmon/Chicken in a Pink Peppercorn Sauce Beetroot Salad Pink Slaw Spicy Rice
Dessert:	Rhubarb Fool Raspberry Trifle
Wines by Nerida:	Pink Fizz, Rose

When:	Tuesday, 14 February from 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, 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

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 on our Facebook page.

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

IWCL OFFICIAL EVENTS 2023 (*CP)

SPRING PARTY - FRIDAY, 26 MAY AT 19.30 at LIDO, Lugano

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

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

***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!

WELCOME TO OUR NEW MEMBERS

Wilhelmina Kwik

Piazza Emilio Bossi 7
6900 Lugano
+31 627 420 546
wrmkwik@gmail.com

Describing herself as openminded, friendly and interested, Netherland born Wilhelmina, enjoys reading and the arts.



Jane Patterson

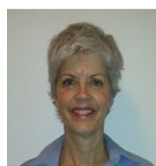
Via Aldesago 19
6974 Aldesago
091 971 7077 / 079 309 5555
jane@janepatterson.com

Jane was born in the USA and holds Italian nationality. With a background as an educator and graphic designer, she describes herself as adventurous, creative and calm...enjoying the outdoors and culture of all kinds.

Anna Mossino

Via Regina 2
6988 Ponte Tresa
091 606 4531 / 079 663 6407
anna.mossinopt@gmail.com

Anna was born in Mendrisio. Describing herself as lively, courageous, and generous, she enjoys gardening, reading, opera and travelling.



Christine Reinero

Via Cabione 3A Apt. 8E
6900 Massagno
081 710 53 32 / 079 764 2501
christina.reinero@sunrise.ch

Christina, whose husband is originally from Lugano, is a Swiss Canadian, born in Montreal Canada. She is interested in painting, reading, swimming, yoga and walking, she describes herself as creative, openminded and easy going.



Annamaria Carzaniga

Via Maria Boschetti-Alberti 5, 6900 Lugano
077 258 43 59 / whatsapp +1 626 991 4160
Annamaria.Damen@gmail.com

While working on her Masters in Milano, she met her Italian husband, who resides here in Ticino. Her three self-descriptive words: passionate, adventurous and artistic. She is interested in nature, hiking, design, art, reading, running, rowing and yoga.

GOLF

Golf begins this month on 8 February. We 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

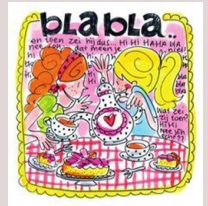
PHOTOS FOR WEBSITE

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

maría.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 17 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!

Ruth Sergi-Baumann

079 607 82 62 (also WhatsApp)

ruthsergi@bluewin.ch

Ruth Kaiser

091 606 16 14

wernerkaiser@bluewin.ch

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

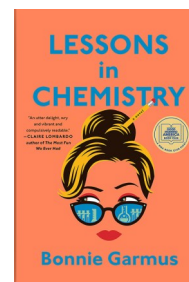
091 994 39 41

info@counselor.ch

BOOK GROUP

We welcome members old and new to Book Group this month on Tuesday, 14 February, 10.00 promptly at Hotel Pestalozzi, for our discussion based on 'Lessons in Chemistry' by Bonnie Garmus which will be led by Nicolette. 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 CHF 30.- per session from January onwards, we will all pay CHF 3.- per person at Book Group.



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 Brevi

When: Please contact Karen for details.

We meet once a month (normally on the third Friday, from 10.00 onwards) for an informal Coffee Morning at Ristorante Pizzeria Brevi, 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 takes 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 Please contact Karen for dates. We meet at the 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 Denkinger on Wednesdays from 14.30 - 15.30.

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

English Conversation with Jan Stanford on 8 February at 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, 15 February from 14.00 - 15.00.

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

French Conversation with Ilona Pongracz at Canvetto Luganese, in Lugano; Vie R. Simeon 14b weekly, every Thursday from 16.00 - 18.00 starting on 16 February.

091 825 33 03 ipongracz@ethika.ch

German Conversation (full details on page 3).

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 Golf p.11 English p.16	2 Italian p.16 Mah Jong p.11 French p.3 German p.3	3
4	5	6	7 Monthly Mtg. p.1	8 English Golf Dance p.13	9 Italian Mah Jong French German	10
11	12	13	14 Book Group p.14 Frid Kahlo p.8 Cooking p.14	15 English Golf Dnce French p.14	16 Italian Mah Jong French German	17
18	19	20	21	22 English Golf Dance	23 Italian Mah Jong French German	24
25	26 Charity p.5	27	28	OUR NEXT MONTHLY MEETING TAKES PLACE ON TUESDAY, 7 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
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
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waltraud.vitaliano@gmail.com

WEBSITE

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

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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
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iwclpresident@gmail.com