

MARCH 2023

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 307

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

"Please note that if our Cancellation Policy (CP) 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 March 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

"NOT ALONE - The Work of The Seagull Foundation"

A presentation by Edo Carrasco and Gianmarco Carpentieri



The Seagull Foundation's mission is to ensure that young people identified by public institutions, in their search for employment, do not feel lost. Unfortunately in Ticino, there are many real situations of family and personal hardship, which can force a young person to have to deal with psychological and emotional problems which later become reflected in the job market placement. Understanding the reasons that lead youth to be in such trouble is a part of the main purpose of The Seagull Foundation, even though taking care of them involves knowledge of their whole experience.

The young people who come to us have feelings that are obviously not positive (impotence, anger, frustration and even fear): our operators need to work on creating the appropriate environment to implement a training programme defined specifically for each individual person according to his or her skills. Current activities set up by The Seagull Foundation in combination with own specific needs aim to bring each young person to a better self-knowledge, so that they can be ready to integrate in social life through reintegration into the workforce.

I feel the value of the work I do in Ticino as I consider myself a lucky person: I grew up in a peaceful family environment, I have a wealthy migratory background, I had an excellent school education with BA and MA degrees in public management, I had a good job that allowed me to have a family with 4 children. And this is what it's all about: our children, their lives and their future.

So this is the reason why I would proudly like to present to IWCL how The Seagull Foundation works in Ticino for young people in need, with a focus on careful social and professional inclusion. It is an honour and a privilege to me to represent The Seagull Foundation: the meeting kindly organised by IWCL is definitely an opportunity to leave an useful mark in Ticino giving trust and stability to our less fortunate youngsters.

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2023 MONTHLY MEETINGS

4 April

9 May

6 June

ARE YOU SERIOUS ABOUT YOUR NEW YEAR RESOLUTIONS??

OnTrack is a group of up to 8 people who each have a **personal or professional goal** or **project** that they want to achieve.

We will meet once or twice a month to share a **space** where we can **discuss, help and support** one another, **stimulate ideas**, and keep ourselves **moving forward**. Enjoy the benefit of each other's **experience and wisdom**.

OnTrack is designed to **increase the likelihood** of your **attaining or moving significantly forward** on your chosen goal in a **non-judgemental, informal, yet structured**, space. **Confidentiality** is very important to us.

We are already 3 members waiting to start in April and look forward to welcome you. If you are interested in joining this group, please contact me.

Piera Serra

079 913 6804

pieraserra@gmail.com

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 next meeting will be on Thursday, 2 March

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

FRENCH COFFEE, ANYONE?

If you are interested in getting together for coffee every Tuesday at 14.00 at the Luini coffee shop by the LAC, I will form a Whatsapp chat with all interested ladies.



Once a group is formed, whoever is able to join us on the day, will need to confirm their presence on our Whatsapp. I will not be a group leader, but I am coordinating this activity so that we can converse in French regularly, starting in April.

If interested, please call me.

Marcela Selmoni

076 331 04 44

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

WELCOME TO OUR NEW MEMBERS**Isabel Bern**

Riva Caccia 6a

6900 Lugano

079 877 98 90/ 074 145 81 00

isabel@bern.life

The location, language and life brought Isabel, a Norwegian citizen, to Ticino. She is interested in nature, culture, food and wine, travelling and socialising. Growing up in Norway, Uganda and Florida, she studied design, marketing, business and Italian. She has worked in fashion, Telecom, architecture and marketing...and loves life!

**Evelyne Lawson**

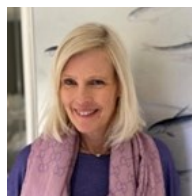
In Basso 9

6821 Rovio

079 401 08 21

Blackcurley49@hotmail.com

Evelyne is enjoying retirement in Ticino. Describing herself as reliable, she occupies her time painting, knitting, and running with her dog.

**Charlotta Rehn**

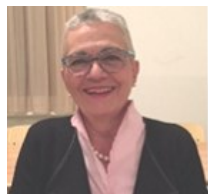
Strada di Fulmignano 21

6972 Ruvigliana

076 506 86 38 / +358 50 330 96 96 FIN

charlotta.rehn@gmail.com

Born in Finland, Charlotta and her husband moved to Ticino to enjoy the climate, surroundings and to be closer to France where they have family. Describing herself as positive, people and family oriented and multilingual, she enjoys literature, Qigong, music, dancing, and outdoor activities. Professionally she was a teacher for special-needs children.

**Daria Basile Trezzini**

Via al Bosco 9

6942 Savosa

079 268 71 54 / 091 967 23 91

daria.basile@bluewin.ch

Daria and her husband have retired in Ticino. They have family in the Swiss German part of Switzerland. Daria herself holds both Swiss and Italian citizenship. She is lively, an easy contact and pragmatic. She enjoys singing and visits a senior care home to sing with the residents. At the moment she is also helping a Tibetan boy learn German.

**Xue Mei Guo**

Via Volta 1

6900 Lugano

079 764 8753

haimei71@hotmail.com

Born in China, Xue Mei came to Switzerland to study hotel management. She went on to work in an acupuncture studio as an interpreter and assistant. She describes herself as openminded, generous and calm and enjoys reading and nature walks.

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

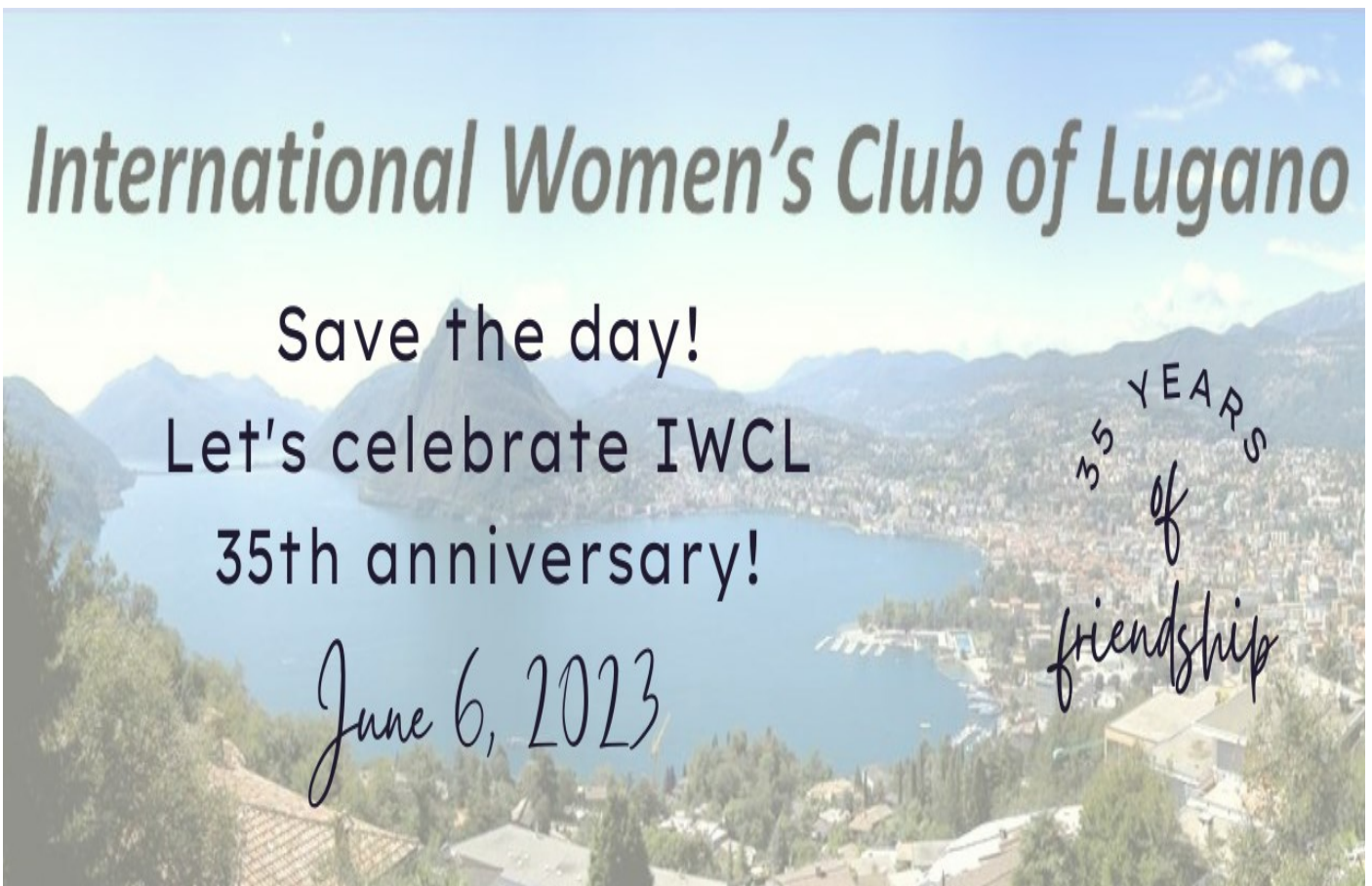
BIRTHDAYS IN OUR DIRECTORY

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





LADIES' LUNCH AT GROTTO SAN MICHELE, BELLINZONA (CP)

We will be having lunch this month in a location with a medieval flair, please join us.

Date: Thursday, 9 March

Time: 12.00

Address: Grotto San Michele, Salita Castelgrande 18, 6500 Bellinzona

Google location: <https://goo.gl/maps/npfiobfmsLKCgabB8>

Parking: Autosilo Piazza del Sole, Piazza del Sole 7, 6500 Bellinzona

<https://goo.gl/maps/3dw1dRr2x22T6GM38>

Please take the elevator located here:

<https://goo.gl/maps/QvDsh5zrcsuagSkP9> to reach the restaurant, it's not possible to drive up to Castelgrande where Grotto San Michele is.

Sample menu: https://castelgrande.ch/?page_id=374&lang=en

Please note that we have a special pricing for our group for the "Menù del giorno" CHF 25 which will include water and coffee. Scroll down the sample menu page and find on the right the link to: "Il menù della settimana al Grotto San Michele", closer to the date of our visit to Bellinzona.

Please sign-up writing to:

Lilo Valli

079 207 20 92

lilosmile@yahoo.de

Some of us will take part in the visit to **Bellinzona Hidden Gems: Palazzo Civico & Museo Villa Cedri**, you will find information on page 10 of the newsletter. Please remember to contact Sabrina Nicod directly if you would like to join the visit.

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.



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 March with an Evening of Elegant French Cuisine, proposed by Linda!

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.

Aperitivo:	Home-Made Pate with salad (Ardennes)
Starter:	Gratin Dauphinois (Isere and Haute Alpes, Savoie)
Main:	Filet mignon de porc à la Normande (Normandy) Ratatouille à la Provençale (Provence)
Dessert:	Clafoutis Limousin (Limoges)
	Wines by Nerida

Dress Code: "Elegant"

When:	Tuesday, 14 March, 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 you 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

BELLINZONA HIDDEN GEMS PALAZZO CIVICO & VILLA CEDRI (CP)

We are delighted to be able to offer you an exciting day in the Capital of Canton Ticino discovering a couple of hidden gems!

Please join us at 10.50 in front of the Town Hall aka “Palazzo Civico” on Thursday, 9 March
We will then have lunch at Grotto San Michele, having chance to admire briefly Castelgrande (UNESCO HERITAGE), **please get in touch with Lilo Valli if you want to join for lunch as well**
(full details on page 8)

The visit at Palazzo Civico is free of charge and as you know there's a cost for Villa Cedri to be shared among guests; however, we have a limit of 20 guests, therefore our cancellation policy will apply: cancel 48hrs in advance or a CHF 20.- fee will apply regardless of the visit being missed.

Amount will cover costs or will be donated to our charity

You can choose and pick which visit you want to attend or join for the whole day, but **do remember to sign up separately for lunch with Lilo Valli!** Looking forward to catching up soon. Please contact Sue to sign up. Thank you.

Sue March

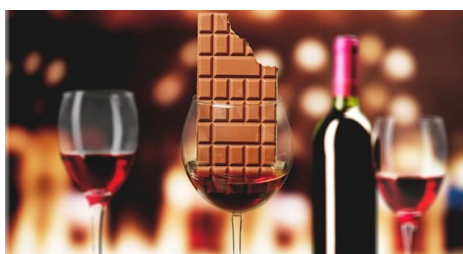
077 924 16 76

iwclpresident@gmail.com

Note: before the date of Cultural Group activity, you will receive all the information regarding locations and parking spot or time of train from Lugano if you prefer to use public transportation.

WINE AND CHOCOLATE (CP)

Tuesday, 21 March



La Cascina, Via Cremignone 4G, Sorengo from 18.00 - 21.30

Cost: CHF 25.-

Includes a different plate with each wine from savoury to sweet. Come and discover different ways to match chocolate with wine

Parking: There is ample free parking. A two-minute walk uphill is rewarded by the great location.

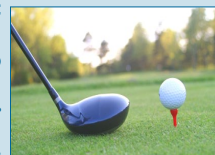
To Book: Please contact Sabrina no later than Friday, 17 March

Sabrina Nicod

iwcleveninggroup@gmail.com

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

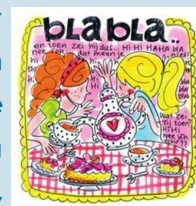
PHOTOS FOR WEBSITE

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

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 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, 21 March at 10.00 promptly at Hotel Pestalozzi, for our discussion based on 'The 7 Husbands of Evelyn Hugo' by Taylor Jenkins which will be led by Sue. 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.

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: Friday, 17 March

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.



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:

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 We will meet at the Cafe Agora, in the Agora Apt. building next to The City Hotel at Piazza Molino Nuovo on 6, 13, 20 and 27 March at 10.00.

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 on 1, 15 and 29 March at La Cascina in Sorengo.

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

French Conversation with Claude Perrinjaquet Boni at the Bar Martini Café, via Funicolare 2, Lugano on Wednesday, 15 March 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.

091 825 33 03 ipongracz@ethika.ch

German Conversation with Daniela Mannu at Al Vecchio Torchio, Viganello every first and third Monday of the month from 10.00. Please bring paper, pen and coloured pencils.

danielamannu@hotmail.com

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
OUR NEXT MONTHLY MEETING TAKES PLACE ON TUESDAY, 4 APRIL AT THE HOTEL PESTALOZZI				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 English p.14 German p.14	7 Monthly Mtg. p.1	8 English Golf Dance p.13	9 Italian Mah Jong French Bellinzona p.10 Ladies' Lunch p.8	10
11	12	13 English	14 Cooking p.14	15 English Golf Dance French p.14	16 Italian Mah Jong French	17 Coffee p.13
18	19	20 English German	21 Book Group p.12 Wine and Chocolate p.10	22 English Golf Dance	23 Italian Mah Jong French	24
25	26	27 English	28	29 English Golf Dance	30 Italian Mah Jong French	31

THE BOARD AND CHAIRWOMEN

President	Sue March	077 924 16 76	iwclpresident@gmail.com
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Editor	Ann Lutz	091 993 20 33	6900editoriwcl@gmail.com
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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
French Conversation	Ilona Pongracz	ipongracz@ethika.ch	091 825 3303
German Conversation	Daniela Mann	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 Giraldo	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**