

JUNE 2023

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 310

"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."

**THE IWCL BOARD IS PLEASED TO REMIND YOU OF THE
DETAILS ABOUT OUR 35TH ANNIVERSARY CRUISE
TUESDAY, 6 JUNE**

10:30 AM boarding starts in Lugano

please be on time and join us to sail away with
Navigazione Lugano, stop LUGANO-GIARDINO

<https://goo.gl/maps/8P8CHYTNF4QeAEJV6>

Be on time or we will leave without you!

10.45 AM departure of the boat and welcome drink.

11.45 AM arrival in Morcote and disembarkation of the guests.

Free time to visit Morcote. If you are looking for a guided tour, we suggest downloading:

<https://smartravel.app/PwKuuTuA9g2oRpBn9>

12.45 PM start boarding in Morcote

Be on time or we will leave without you!

1:00 PM departure of the boat cruise and lunch on board

3.30 PM arrival in Lugano

No-shows CHF 75.-

For information please write to: iwcleveninggroup@gmail.com

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HAPPY SUMMER HOLIDAYS!!!

We have had a wonderful six months with IWCL - so many memorable visits, events and special occasions, all captured in the photo albums on our Dropbox and available for everyone to access and to remember. Thanks to all of you who have contributed to these lovely memories. Thanks to our Board, our Group Leaders and our Charity Committee for their indefatigable work to keep our Club running; and thanks to you, our fantastic members, for joining in! That's what matters!

If anyone feels like organising a spontaneous activity for our members - picnic, aperitivo, swim, coffee morning, lunch - anything that you think we will enjoy over the holiday, please just let me know and I will spread the word. I look forward to seeing you all soon, and I wish you all a beautiful, peaceful, healthy and happy Summer.

Love from Sue XXX

WELCOME BACK COCKTAIL

Monday, 18 September

The IWCL Board is please to invite you to the Welcome Back Cocktail

Villa Sassa from 18:30 to 20:30

Via Tesserete 10, 6900 Lugano

<https://villasassa.ch/en/>

Join us to catch up, to sip a glass of wine and to wish each other "Welcome back after the Summer holiday" places are limited to allow enough seating for our members. It's compulsory to sign up, by writing to:

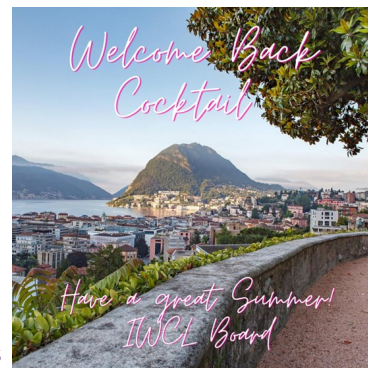
Sabrina Nicod: iwcleveninggroup@gmail.com

Alternatively, find her mobile in your directory. **Deadline to join is 12 September.**

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

We are very much looking forward to seeing you soon,

Sabrina Nicod on behalf of the IWCL Board



IWCL MAILING OFFICER REQUIRED FROM SEPTEMBER

Huge thanks to Iris Frowein Nouwen for all her work as our IWCL Mailing Officer over the last four years.

From September she is moving on, and so we are looking for another volunteer to take over from her. If you have a few hours to spare each month and are able to liaise with Cat, Ann and our printer to ensure that members can receive their Newsletters by post, please come forward.

Our Club relies on volunteers. You are needed. Please contact Sue.

Sue March



iwclpresident@gmail.com

IWCL WEBSITE

Please refer to the IWCL website for information on:

LANGUAGE CLASSES	OPEN DOORS
OUR CANCELLATION POLICY (CP)	THANK YOU FOR SIGNING UP!
IWCL PHOTOS	BIRTHDAYS IN OUR DIRECTORY
YOUR CLUB NEEDS YOU	PHOTOS FOR WEBSITE
RESPECT FOR OUR SPEAKERS	COPY OF THE LATEST NEWSLETTER
ARE YOU SERIOUS ABOUT YOUR NEW YEAR RESOLUTIONS?	
PUBLICISING YOUR EVENTS	

Please contact Jonsi if you need a password to access the site.

WELCOME TO OUR NEW MEMBERS

Maria-Jose Egas Vallejo
Via Vanoni 8
6900 Lugano
mj@mjademy.ch

Maria-Jose born in Ecuador, holds both Swiss and Ecuadorean citizenship. Describing herself as bold, enthusiastic, and inspiring, she is interested in personal development and networking and meeting people from all over the world. She is passionate about teaching and empowering others. A cancer survivor, she is currently doing cancer coaching at a clinic.

Sanja Stankovic
Via Rossolino 8
6833 Vacallo
079 313 34 77
sanik@gmx.ch

Born in Serbia, Sanja hold Swiss citizenship. She grew up in northern Switzerland, has lived in London and Ticino's weather lured her here. Describing herself as open, communicative, and restless, she enjoys hiking and travelling.

Dorothy Keininger
Via Geretta 16
6900 Paradiso
079 536 04 03
dorothy.keininger@gmail.com

American born, describing herself as curious, adventurous, and down to earth. Coming to Ticino to enjoy the beauty and the people, she enjoys hiking, kayaking, cooking, and painting. Enthusiastic about art and culture she is interested in travelling to see new places and cultures.

Ann Loupy
Via Case dei Cavalli 82
6655 Intragna
077 278 85 78
aloupy@gmx.net

Originally coming from California, then living in Berlin, Ann and her husband sought a place that allowed them to be near to nature, having sun, a garden and community...thus, Ticino. She enjoys playing tennis, paddle boating, hiking and creative pottery (ceramics). Also interested in nature, gardening, bioenergy, female hormones, philosophy and psychology. She grew up in "wine country" helping at her grandparents' vineyard and worked in several aspects of the wine business...she is interested in getting to know wines of Switzerland.

Ebony Rayford
Via Principale 6
6914 Carona
079 957 9529
ebony.rayford@gmail.com

An employment offer brought Ebony to Ticino. Ebony's three self-descriptive words are strong, spiritual and funny. She likes meeting new people and making new friends.

WOULD YOU LIKE TO JOIN THE TEAM?

We are always in need of committed, motivated volunteers to continue the work of the IWCL Board. If you are based in Lugano and have regular time to offer to our Club, please get in touch with Sue. There is always plenty to do!!

Sue March

077 924 16 76

iwclpresident@gmail.com

**GIN TASTING (CP)****Thursday, 1 June from 18.00 - 20.00**

La Cascina, Via Cremignone 4G, Sorengo

Cost: CHF 40 (gin tasting, quiz and snacks)

Enjoy an evening in the company of Edinburgh Gin's Brand Ambassador, Philip Kingscott. You'll taste five delicious gins from this craft distillery located in the heart of Scotland's capital. Discover the part Edinburgh played in the history of gin and distilling and learn how a gin originally sold by a couple of gin enthusiasts from the back of their car became the global success story it is today! Running time approx two hours (including a gin quiz!) It'll be possible to purchase the gin you'll taste at the event.



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

Sue March

077 924 16 76

iwclpresident@gmail.com

GOLF

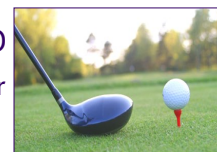
We meet at 11.00 every Wednesday at the Golf Club "Monticello" near Como (first EXIT autostrada A(to Milano after Como) Uscita "Fino Mornasco". The exact address is: I-22070 Cassina Rizzardi (Como) Italy, Via Volta, 63. Tel. 0039 031 928 055. The green fee for 9 holes = Euro 45.- during the week. Please contact Marlene for more details. Thank you.

Marlene Mugglin

091 967 15 47

079 423 68 47

tourserv-

**MOMS AND TOTS**

For more information about Moms and Tots please contact Rocio Tauber. Her email address is: rocio_cuervo@hotmail.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 this month.

If interested, please call me.

Marcela Selmoni

076 331 04 44



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!

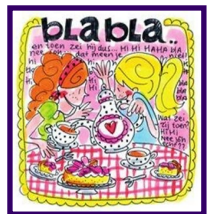
Malu Natali

078 715 13 12

positivo9945@gmail.com

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.

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.

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, 13 June at 10.00 with the historical novel "The Miniaturist" by Jessie Burton. This novel, set in the seventeenth century Amsterdam, a city ruled by glittering wealth and oppressive religion, the atmosphere of Dutch VOC glory and mystery, Hanneke is happy to lead the discussion.

*******This meeting is not at Pestalozzi Hotel*******

We meet at Hanneke's home at 10.00 and please sign up, to get the indications for public transport or parking. We offer a Dutch "koffie met een koekje" as described in the novel, it is our last meeting until the summer break.

For your diaries, here are the next meeting dates, planned at Pestalozzi Hotel.

19 September

17 October

21 November

19 December

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

Hanneke Sillekens

076 220 93 19

iwclbookgroup@gmail.com

Sue March

077 924 16 76

iwclpresident@gmail.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 conclude our exciting Cooking Group year with

A POT LUCK PARTY.

Our dress code for the evening is “PARTY TIME”



Several members have been disappointed recently when the group has been full. This time, there is room for everyone, and the wine is offered. All you need to do is to sign up and bring along a dish to share.

Wines by **NERIDA**

Dress Code: “PARTY TIME”

When: Monday, 5 June from 18.30 onwards

Where: La Cascina, Via Cremignone 4G, Sorengo

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, please contact Sue.

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

ANYONE FOR BRIDGE?

In the past we have had a thriving Bridge Group and recent interest suggests that several members would like to restart this group. If you would like to play Bridge with other members of IWCL, please email our Club Secretary, who will initially co-ordinate this new group.

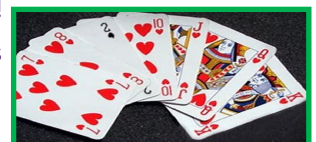


Renata Del Grande

iwclsecretary@gmail.com

THE RETURN OF BURRACO!

We are delighted to inform you that our Buraco Group is starting up again! Donatella has kindly offered to host the sessions at her apartment. She is available 5 afternoons per week, to play or to teach, from 14.00 onwards. Please contact her for more information:-



Donatella Vanoni

079 620 49 33

donavanoni@yahoo.com

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
OUR NEXT MONTHLY MEETING WILL BE ON TUESDAY, 5 SEPTEMBER AT THE HOTEL PESTALOZZI					1 Italian Mah Jong p.5 French Gin Tasting p.4	2
3	4	5 English German Cooking p. 7	6 Boat Trip p.1 French Coffee p.4 Burraco	7 Golf p.4	8 Italian Mah Jong French	9
10	11	12	13 Book Group p. 6 Burraco French Coffee	14 English Golf	15 Italian Mah Jong French	16
17	18	19 German	20 Burraco French Coffee	21 Golf French	22 Italian Mah Jong French	23
24	25	26	27 Burraco French Coffee	28 Golf	29 Mah Jong	30

THE BOARD AND CHAIRWOMEN

President	Sue March	077 924 16 76	iwclpresident@gmail.com
Vice-President	Christine Petersen	078 854 24 68	iwclvicepresident@gmail.com
Secretary	Renata Del Grande	078 862 62 41	iwclsecretary@gmail.com
Treasurer	Jan Stanford	076 681 08 42	iwcltreasurer@gmail.com
Editor	Ann Lutz	091 993 20 33	6900editoriwcl@gmail.com
Membership	Jonsi Andrews	091 649 66 13	iwclmembershipsecretary@gmail.com
Hospitality	Catherine Orelli	091 600 97 27	iwclhospitality@gmail.com
Events	Sabrina Nicod	079 642 40 18	iwcleveninggroup@gmail.com

ADVERTISING**Conditions of acceptance:**

- Acceptance will be at the discretion of the IWCL Board.
- All advertisements must reach Ann Lutz, Via Matorèll 41, 6926 Montagnola or 6900editoriwcl@gmail.com before the 14th of the month preceding publication.
- The IWCL reserves the right to postpone publication.
- All invoices must be paid within 14 days of date of issue.

1/4 page ad in Newsletter 1 x = CHF 80.- 5 x = CHF 350.- 10 x = CHF 600.-

1/8 page ad in Newsletter 1 x = CHF 40.- 5 x = CHF 175.- 10 x = CHF 300.-

Flyer with email version of Newsletter = CHF 60.-

Flyer with postal and email version of Newsletter = CHF 120.- (plus delivery of material)

Website advertising 6 months = CHF 300.-
12 months = CHF 500.-

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	
Burraco	Donna Vanoni	donavanoni@yahoo.com	079 620 49 33
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 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
On Track	Pierra Serra	pieraserra@gmail.com	079 913 68 04
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**



IWCL CHRISTMAS FAIR

Join us!

STALLS, CRAFTS, REFRESHMENTS AND IWCL
RAFFLE

TUESDAY NOVEMBER 7

10PM - 2PM

BOOK YOUR STALL WRITING TO:

SUE MARCH
IWCLPRESIDENT@GMAIL.COM

PRIVATE BUSINESS WELCOME PLEASE
INQUIRE FOR PRICING