

SEPTEMBER 2023

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 311

"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, 5 September at the Hotel Pestalozzi
Via Pietro Bianchi, Piazza Indipendenza 9,
6901 Lugano

WELCOME TO OUR SEPTEMBER SOCIAL

We hope you all had a wonderful, peaceful and joyful summer. Welcome back! As last year, we will begin our Monthly Meeting programme with the opportunity for everyone to get together after the summer to chat and catch up.

10.30 ONWARDS - PLEASE NOTE LATER STARTING TIME

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

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

Finally, some of us will have lunch together in the restaurant at the Hotel Pestalozzi at 12.00. For this, it's necessary to **sign up in advance** with Renata, so we know how many tables to put together:- iwclsecretary@gmail.com. Please don't leave it until the day as this is awkward for all concerned. There will be no sign up sheet available on the day.

We look forward to seeing you all soon.
Love from The Board X

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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:

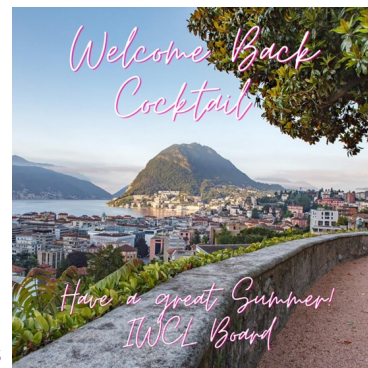
Sabrina Nicod: iwcleveninggroup@gmail.com

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.

IWCL TABLE IN QUARTIERE MAGHETTI

Ladies, we need your help!

Please can you spare an hour or two on SATURDAY, 2 SEPTEMBER?



Jonsi and I will have an IWCL table in Quartiere Maghetti from 10.00 - 16.00 to publicise our lovely Club and what we do. We have pamphlets and smiles to distribute.

We really need some more members to come along and support us, even if only for an hour. We offer free coffee and grateful thanks.

Please contact Sue if you can help: iwclpresident@gmail.com

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

SAVE THE DATE - LADIES' EARLY CHRISTMAS LUNCH

We will meet at 11.00 to chat about Christmas trend décor with Massimo Giudici at his gorgeous flower shop located in downtown Lugano: <https://massimogiudici.com>

Lunch to follow. Location TBC when we open up the sign up sheet.



SAVE THE DATE - 9/10 MARCH 2024

Calling all IWCL artists, makers, writers, creatives of all kinds ...

You are warmly invited to display and sell your work at our Art and Craft Pop-Up Gallery at La Cascina, 9/10 MARCH, 2024

In our Club, we have so many members with masses of skills and talents. We have Group Leaders who love to share their passion for Latin Dance, Mah Jong, Music, Aramaic ...you name it! Let's celebrate all this talent!



We have hired the beautiful building of La Cascina for a whole weekend to host an Art and Craft Gallery to showcase all this creativity. We offer YOU individual tables to display and sell your work, plus the chance to participate in a programme supported by our Group Leaders, of workshops, activities and hands-on experiences. There will also be tasty treats and a Saturday evening dinner.

We want this to be a big event for the whole Club. Your participation would be invaluable, as an artist and/or as a planner, supporter, workshop leader or chef. Please contact Sue asap to book your table, and/or to offer a workshop.

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

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.

**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.



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

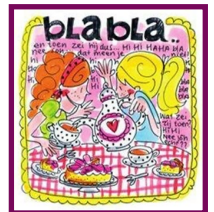
078 715 13 12

positivo9945@gmail.com



LET'S CHAT IS GOING HIKING!

This group meets 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

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.

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, 19 September at 10.00 promptly at Hotel Pestalozzi for our discussion based on 'The Island of Missing Trees,' by Elif Safak, which will be led by Nicolette. Come and join us even if you haven't read them 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 we now all pay CHF 30.- per person at Book Group.

19 September - The Island of Missing Trees, by Elif Safak

17 October - The Miniaturist, by Jessie Burton (postponed from June)

21 November - Birnam Wood, by Eleanor Catton

19 December - Remarkably Bright Creatures, by Shelby Van Pelt

16 January - The Hare with Amber Eyes, by Edmund de Waal

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)

This month, to kick-start our new Cooking Group season, we present something very special, which has never been done before ...

"A TASTING OF SPECIAL ITALIAN GRAINS AND CEREALS!" proposed by Piera.

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.



- Aperitivo:** Black Rice with Salmon and Avocado
- Starter:** Oaten Soup with Seasonal Vegetables and Chick Peas
- Main:** Aubergines with Mushrooms, Tuna and Corn
Black Beans with Mango and Millet
Spelt with Pesto, Anchovies, Tomatoes and Pine Nuts
- Dessert:** Cucchia di Santa Lucia
Barley Coffee

Wines by Nerida to Accompany Each Dish

- When:** Tuesday, 12 September, 18.30 onwards
- Where:** La Cascina, Via Cremignone 4G, Sorengo
- Cost:** Up to CHF 40.- per participant (usually less.) Our cancellation policy applies.
- Parking:** There is ample free parking. A short, two-minute walk uphill is rewarded by the great location. There is a drop-off point (as we had at Viganello) if you are carrying heavy items. You will receive more details when you reserve your place.
- Required:** Tea towel, apron, 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.

Notes:

- Black rice** - subspecies Venus, origin Vermicelli
- Oats** - origin Ethiopia, in Italy since Roman Empire
- Corn** - subspecies Mariano, origin Vicenza
- Millet** - origin India, in Italy since Neolithic Era
- Spelt** - subspecies Monococco, origin Middle East, in Italy since Middle Ages
- Durum Wheat** - subspecies Margherito, origin Sicily

Sue March

077 924 16 76

iwcipresident@gmail.com

LET'S DANCE - KEEP FIT, HAVE FUN, MAKE FRIENDS

Everyone is welcome to join our Dance Group, back by popular demand after the Summer Break, meeting at the usual time of 10.30 - 12.00 on Wednesdays. We will dance together not only the moves from previous groups, but also learn new styles, ably led by our Blanca, as we prepare for Christmas!



This time, we have a series of 12 sessions, and we pay only for the room rental divided by the number of participants; to be paid at the first session. Please sign up with Marina asap. Dates as follows:

20 and 27 September

4, 11, 18 and 25 October

1, 8, 15, 22 and 29 November

7 and 14 December

Marina Marsaglia

marinaporza@gmail.com

IWCL CULTURAL GROUP AND LADIES' LUNCH

OCTOBER 25 - BELLINZONA

VISIT TO IRB: INSTITUTE FOR RESEARCH IN BIOMEDICINE (IRB)

NOVEMBER 20 - BREADMAKING AND

MILL TOUR: CHF 40PP DETAILS ON OCTOBER/NOVEMBER NL OR ON OUR FACEBOOK PRIVATE GROUP

[HTTPS://FB.ME/G/P_CRKSERIOJBRAJAPE/EQIJ3YLY](https://fb.me/g/p_crkseriojbrajape/eqij3yly)

NOVEMBER 30 - LADIES' EARLY CHRISTMAS

LUNCH AND VISIT TO MASSIMO GIUDICI FLOWERS TO DISCOVER THE CHRISTMAS TRENDS DECORATION

*Save
The Date*



Institute
for
Research
in
Biomedicine

mulino



maroggia



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

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**