

DECEMBER 2023 INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 314

"By members, for members; together in friendship for over 35 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."

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IWCL MONTHLY MEETING

Tuesday, 5 December at the Hotel Pestalozzi
Via Pietro Bianchi, Piazza Indipendenza 9, 6901 Lugano

**PLEASE NOTE THAT WE ARE OPENING
THE DOORS AT 10.30.
YOU WILL NOT BE ABLE TO ENTER EARLIER.
THANK YOU FOR YOUR COOPERATION.**

POT LUCK LUNCH

Dear Ladies,

This year we are holding our Christmas Pot Luck Lunch - an event which brings all of us together to share good company and delicious food. Since we have members from over 37 countries, we can be sure of many tasty treats from all around the world! The Club will offer a festive prosecco and the Hospitality team will decorate the room beautifully, as always.

We hope that each member will bring a home-cooked and lovingly prepared dish to share. To ensure that we do not receive too many dishes in the same category, members with surnames from **A - L should bring a sweet dish**, members with surnames from **M - Z should bring a savoury dish**.

If you would like to bring a different type of dish i.e. savoury instead of sweet, please find another lady who is willing to swap category with you. However, if you are unable to bring a dish to share, we will ask you to contribute **CHF 30.-** towards the cost of the party although we much prefer your own creations.

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INVITATION (CP) CANDLELIGHT CHRISTMAS DINNER AT THE HOTEL DELFINO



Our special "ladies only" Christmas dinner will take place this year on **Wednesday, 6 December** at Hotel Delfino, Via Cassarinetta 6, 6900 Lugano. Please note that due to limited places, each member may bring one guest.

Our evening will begin with an aperitivo at 19.00 followed by dinner at 19.45. The cost for the evening will be CHF 95.– per person all inclusive. The registration on the sign-up sheet or directly with Christine for the dinner is binding and there will be no confirmation. No payment beforehand is required, payment directly at the dinner.

**Please let me know which menu you prefer, and if you wish to have
any special seating arrangements.**

No shows will be charged the full cost of the dinner. Deadline for reservations is Friday, 1 December.

Christine Petersen

078 854 24 68

petersen@virak.com

MEAT MENU

Welcome finger food appetisers

Vichyssoise with poached egg at 62° and drops of pumpkin oil and crispy bacon

Tender veal cooked at low temperature with oyster mushrooms and morels

Potatoes dauphinoise

Chocolate trilogy

FISH MENU

Welcome finger food appetisers

Vichyssoise with poached egg at 62° and drops of pumpkin oil and crispy bacon

Scottish salmon pavé with watercress cream

Potatoes dauphinoise

Chocolate trilogy

* * * * *

For any special food requirements or for a vegetarian option, please let Christine know.

CANCELLATION POLICY

Whenever you see the letters **(CP)** next to an event, please remember that, unless you give the organiser the specified number of days' notice of your non-participation, you will be charged the **full price** for the event. This is in accordance with our Bylaws - Article 1: Membership, subsection F on page 6 of the IWCL Directory. This regulation will be **strictly** enforced in the future as we have seen an increase in ladies cancelling at the last moment. Thank you for your understanding.

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.

IMPROVISATION WORKSHOPS

STARTING IN JANUARY 2024

Are you interested in Drama, but unable to commit to a weekly rehearsal schedule? Are you keen to make friends and have fun in an unthreatening environment? Would you like to have some new experiences, feel challenged and work as part of a team?

I am thinking of starting a 'beginners' improvisation group' once a month within IWCL. It's not about comedy or learning to be 'funny' and absolutely no drama experience is necessary, just a willingness to participate (even if you are a bit shy.)

We'll get involved with 'Yes And', Listening, Character, Story, Objects, Scene Work and Games (but not all in the same session!)

I would like to know if there is any interest amongst our members, and whether such a group could work, so please let me know if you might like to join me, then we can work on finding dates.

Sue March

077 924 16 76

iwclpresident@gmail.com

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BROCANTE ANGELI

Via Crocetta 15
6967 Caslano
076 445 55 42

Kindly invites you to come and discover the old fashioned
Ticinese nucleo of Caslano and Brocante.

A special occasion would be on the 7th of December 15.30 with a
book presentation and Ticinese music and singing.

Wishing everyone a Blessed Christmas

Adriana Cloete

Please, note membership must be renewed for 2024 by the end of December/beginning of January. This event is only for 2024 IWCL MEMBERS

The IWCL Board is pleased to invite you to the



IWCL New Year Cocktail

(*CP)

On 25 January from 18:30 till 21:00

HOTEL DE LA PAIX, Via Cattori 18, 6900 LUGANO

Join us to wish your friends all the best for 2024.

IWCL members will enjoy the New Year Cocktail offered by the club, which includes welcome drinks (drinks are chosen by the club, if you wish to purchase other refreshments you are welcome to do so at your own cost), finger food and vegetarian pasta. Companions or friends of our Ladies are welcome and will pay at the entrance a fee of CHF 50.- p.p.

REGISTRATION IS COMPULSORY: kindly contact Sabrina Nicod by January Monthly Meeting.

Note: due to the Christmas Holiday, Sabrina prefers to receive e-mail, anyone wishing to enroll by phone may leave a message on her answering machine, no WhatsApp or TEXT Messages please!
e-mail: iwcleveninggroup@gmail.com Mobile: +4179 642 40 18

The Board

***Cancellation Policy applies:** Members that do not inform Sabrina a minimum of **72 hours in advance** that they will not attend this event, or any who have registered for this event and then simply do not show up will be charged CHF 50.- for themselves plus an additional CHF 50.- for any guest(s) they have registered.

SAVE THE DATE

Art and Craft Pop Up Gallery - 9/10 March 2024 (Contact Sue for more details)

Spring party - Friday, 24 May 2024

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

Please join us for some friendly conversation on Friday, 22 December at Ristorante Pizzeria Brevia, just past Pane e Zuccero, on the other side of Migros. It's also an opportunity for new and long-standing members to get to know each other.



Karen Claus karennclaus@gmail.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.



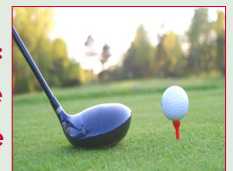
Once a group is formed, whoever is able to join us on the day will need to confirm their presence on our Whatsapp. I will not be a group leader, but I am coordinating this activity so that we can converse in French regularly, starting this month.

If interested, please call me.

Marcela Selmoni 076 331 04 44

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 tourservices.lugano@freesurf.ch

MOMS AND TOTS

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

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

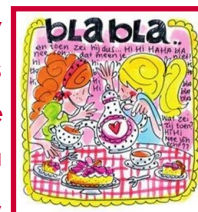
078 715 13 12

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

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, 12 December at 10.00 promptly at Hotel Pestalozzi for our discussion based on "Remarkably Bright Creatures" by Shelby Van Pelt which will be led by Sue. 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.. Please note that we now all pay CHF 3- per person at Book Group.

23 January	"The Hare with Amber Eyes", by Edmund de Waal			
20 February	19 March	23 April	14 May	11 June

Please note that 12 December will be our "Tuesday Choose-day" when we will select our books from February to June. Please let Hanneke have your suggestions asap!

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)

Tuesday, 12 December, 18.30 onwards

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 year with

A Traditional Austrian Winter Dinner, hosted by Irma.

Our dress code for the evening is 'Christmas Sparkle!!!'

Several members have been disappointed recently when the group has been full. Sign up early!

Appetizer: Dark bread with bone marrow and/or egg spread

Starter: Broth with vegetables and Austrian soup garnish

Main: Boiled beef "Tafelspitz"
Potato "Schmarrn" and green cabbage

Dessert: Warm Austrian ricotta strudel with vanilla sauce

Wine Pairings by NERIDA



When: Tuesday, 12 December, 18.30 onwards

Where: La Cascina, Via Cremignone 4G, Sorengo

Cost: Up to CHF 50.- per participant (usually less.) Our cancellation policy applies. Please note that La Cascina is now levying a small charge for the rental, which will be reflected as a share of each participant's cost for the evening.

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, making sure 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

LET'S DANCE - KEEP FIT, HAVE FUN, MAKE FRIENDS 7 and 14 December

Everyone is welcome to join our IWCL Dance Group, back by popular demand in the New Year, at the usual time of 10.30 - 12.00 on Wednesdays.

We will dance together not only the moves from previous groups, but we will also learn new styles, as we prepare for our next Club event!

This time, we have a series of 16 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: January 10, 17, 24, 31 February 7, 14, 21, 28
March 6, 13, 20, 27 April 3, 10, 17, 24

Please sign up with Marina Marsaglia asap:



Marina Marsaglia

marinaporza@gmail.com

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
OUR NEXT MEETING IS ON TUESDAY, 9 JANUARY 2024 AT THE HOTEL PESTALOZZI						1
2	3	4 English German	5 Monthly Meeting p.1 French Coffee p.5	6 Golf p.5 English Christmas Dinner p.6	7 Italian Mah Jong p.6 French Dance p.8	8
9	10	11 English	12 French Coffee Book Group p.7 Cooking p.8	13 Golf English	14 Italian Mah Jong French Dance	15
16	17	18 English German	19 French Coffee	20 Golf English French	21 Italian Mah Jong French	22 Coffee p.5
23	24	25 	26	27	28 Italian Mah Jong	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	079 753 57 40	iwclmembershipsecretary@gmail.com
Hospitality	Catherine Orelli	091 600 97 27	iwclhospitality@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 **Catherine Orelli**

CLUB NEWS

If you have any personal news e.g. birth, marriage, illness etc., please contact
Claude Perrinjaquet Boni
 079 487 89 92
 cm.boni@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	donnavanoni@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	
Events	Sabrina Nicod	iwcleveninggroup@gmail.com	079 642 40 18
French Coffee	Marcela Selmoni		076 331 04 44
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 Mannu	danielamann@hotmail.com	
Golf	Marlene Mugglin	tourservices.lugano@freesurf.ch	079 423 68 47
Hike and Chat	Maria de la Camara	maria.delacamara@gmail.com	079 263 04 65
	Hanneke Sillekens	hannekesillekens@gmail.com	076 220 93 19
Italian Conversation (Abs. Beg.)	Isabella Zardi	isazardi@bluewin.ch	079 375 24 14
Italian Conversation (Int.)	Eleanora Giraldi	epastoris@gmail.com	079 849 09 96
Italian Conversation (Adv.)	Désirée Della Volta	desi.dellavolta@gmail.com	079 646 24 28
Knitting Group	Pam Blakey	pam.blakey@yahoo.com	091 980 45 07
Ladies' Lunch	Lilo Valli	lilosmile@yahoo.de	079 207 20 92
Latin Dancing	Blanca Giovannari	Blanca.giovannari333@gmail.com	076 817 77 52
Liaison	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
Mah Jong	Ruth Sergi-Baumann	ruthsergi@bluewin.ch	
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 Giovannari	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:**