

FEBRUARY 2024 INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 316

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

IWCL MONTHLY MEETING

Tuesday, 6 February at the Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9, 6901 Lugano

09.30 - 10.00 Refreshments

10.15 - 10.30 Club Announcements

10.30 - 11.30

"A Woman in a Man's World"



How does a woman rise to a leadership position in a male-dominated organisation? Especially a military organisation that, at the time, excluded women from many of the positions. In my case, it certainly wasn't due to any grand plan that I had. It takes an attitude that you count, that you are competent and confident, and the gumption not to back down.

I came to United States Naval Intelligence, in Washington, DC, just out of college, with a degree in Physics and Mathematics from Bridgewater State College (in Massachusetts), in 1976. I was a civilian analyst. I only wanted to travel and have interesting work! And at first, that's what happened. I married a sailor – and we promptly moved to Naples, Italy, the first of multiple posts. What I discovered was that, as a 'Dependent' – someone who was there just because of marriage – I was at the lowest rung on the ladder – and couldn't get any job except as a typist! I had never run into stereotyping like that before so I got a Master's Degree in Physics at Wesleyan University in Connecticut so I could teach, then we were off to Japan. Coming back to Washington DC in 1985, I decided I'd had enough of just floating around, of being a 'Dependent' (I do hate that word!). I divorced my husband and went back to Naval Intelligence.

Over 26 years, I rose from an analyst, through various management positions, to the Executive Director of the Office of Naval Intelligence, and then Deputy Director of Naval Intelligence, the highest civilian position in Naval Intelligence, and part of the Chief of Naval Operations Staff. Along the way, I worked with submariners, air crew, engineering and other technical analysts and naval designers. I also did a rotational tour at the Non-proliferation Centre in Langley, VA. Additionally, I represented US Naval Intelligence in talks with my counterparts in many other countries. I've had the opportunity to be underway on two US Navy submarines, refereed a 'disagreement' between the submarine and air communities, and sat at the highest levels of the US Navy establishment.

My husband and I came to Lugano in April of 2019. My husband and I were both retired, and wanted to have some adventure and travel above and beyond what we had both done for the US. We've been out of the workaday crush since 2011.

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MONTHLY MEETINGS IN 2024

	5 March	9 April	7 May	
4 June	10 September	1 October	5 November	3 December

SAVE THE DATE**Spring party - Friday, 24 May 2024****WELCOME TO OUR NEW MEMBER****Charlotte Gervais**

Via Colina D'Oro 7

6926 Montagnola

079 287 50 32

charlotteger@gmail.com



Swedish born, Charlotte describes herself as positive, caring, and reliable. She has retired to Ticino where she enjoys music, art, walking and golf.

COFFEE MORNING

Please join us for some friendly conversation on Friday, 16 February at Ristorante Pizzeria Brevia, just past Pane e Zucchero, on the other side of Migros. It's also an opportunity for new and long-standing members to get to know each other. This month Nadine Matey is our host.

**Karen Claus**

karennclaus@gmail.com

MOMS AND TOTS

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

PHOTOS FROM THE JANUARY IMPROVISATION WORKSHOP

For some months now, we have been asking you to save the date of our Art Gallery. Now it's time for you to express your interest. This is an expensive event, intended to engage all our members, so we want to know who is planning to come along.

We are delighted to invite you to our IWCL

**ART & CRAFT GALLERY
and
CREATIVE WORKSHOPS
WEEKEND
9/10 March
La Cascina
Via Cremignone 4G, Sorengo**



Reworks will be on display in the Gallery throughout the two days, from our own IWCL Art Group and also from our creative painters and makers.

There will be a series of workshops to sign up for at a later date.

You will be able to take a coffee and a snack, and browse your way through our showcased talent.
HOWEVER ... we need you to take a moment now to sign up to say that you will come along.

Please contact Sue **by the end of January** to express your interest:-
iwclpresident@gmail.com

Thank you to all the artists and workshop leaders - no need to get in touch again!
We now need to know who's coming to visit!

**DRAMA GROUP
IMPROVISATION WORKSHOPS**

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?

Thanks to those members who have already expressed interest. I am now offering an initial session on:

Tuesday, 13 February
10.30 - 12.00
Hotel Pestalozzi



Everyone is very welcome to come and try. It's not about acting, or learning to be 'funny' and absolutely no drama experience is necessary, just a willingness to participate (even if you are a bit shy.)

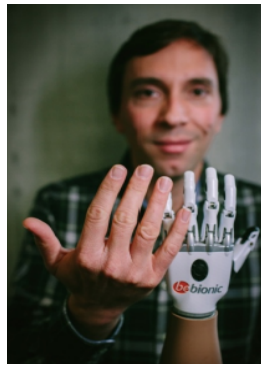
We'll get involved with 'Yes And...', Listening, Character, Story, Objects, Scene Work and Games (but not all in the same session!)

The only thing I ask is that you please let me know if you will join us!

Sue March

077 924 16 76

iwclpresident@gmail.com

CULTURAL VISIT (CP)

We are delighted to be able to offer a visit to Dalle Molle Institute, in Lugano.

The Institute, which is internationally recognised as one of the pioneering centres in AI studies, carries out basic and applied research in the field of artificial intelligence with important spin-offs for both industry and the economy, in cooperation with industry and institutions.

Website: <https://www.supsi.ch/en/idsia>

Visit to the Dalle Molle Institute for Artificial Intelligence

19 February from 11.00 to 12.00

Please join at 10.50 outside Dalle Molle Institute Followed by Ladies' Lunch

Programme - Dalle Molle Institute for Artificial Intelligence on 19 February from 11.00 to 12.00

- 10.50 Meeting outside Dalle Molle Institute, East Campus USI-SUPSI, Via la Santa 1, 6962 Lugano-Viganello
Google map: <https://maps.app.goo.gl/TEZHvDEAki3fxPKDZ>
- Pricing: The visit is free of charge as IWCL is a probono association, however in case of a visit of a probono association a donation to the fund of the SUPSI students in need is appreciated. We are kindly asking you to bring a cash amount that you would like to donate. Thank you.
- 11.00 The visit will last about an hour. We will learn more about the Institute, visit the location and laboratory.
Please be aware they may not be any demo during the visit but, we will witness what they are working on.
- 12.15/12.30 Ladies' Lunch at l'Olive, Via Antonio Fusoni 5, 6900 Lugano.
Please note you need to write to **Lilo Valli** to join at lunchtime (details on page 5).

The visit is free of charge, but we will apply a fee of CHF 20.- for now shows and late cancellations.

24 hour Cancellation policy **(CP)**.

Husbands, partners, and friends are all welcome but IWCL members have priority.

To join our February Cultural Group experience, write to:

IWCL CULTURAL GROUP email: iwclculturalgroup@gmail.com

We choose to offer sign ups at the Monthly Meeting and via email from now on for the IWCL Cultural Group: it's easier to deal with multiple event inscriptions in the same month.

Thank you for your understanding and help.

LADIES' LUNCH

This month we will eat lunch at l'Olivo, Lugano, a lovely restaurant where you'll be captured by the coziness and elegance of the décor and, hopefully, by the food as well.

Date: 19 February
Time: 12.15/12.30
Address: L'Olivo, Via Antonio Fusoni 5, 6900 Lugano
Google map location: <https://maps.app.goo.gl/Y2FW4oJMdRdwBcLF6>
Menu: <https://lolivolugano.ch/en/>



Please note that the lunch menu changes frequently.

Please contact Lilo to sign up.

Lilo Valli 079 207 20 92 lilosmile@yahoo.de

Some of us will take part in the visit to Dalle Molle Institute that morning (information on page 4 of the Newsletter). Please remember to contact the IWCL Cultural Group to join that activity.

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

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.



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". We will recommence playing on **5 February** 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

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

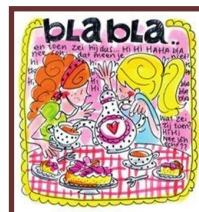
079 263 04 65

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.



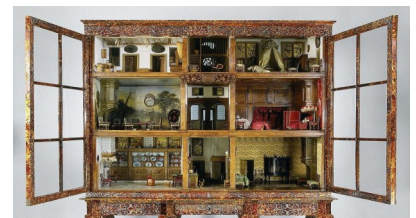
Maria Teresa Paladino

091 994 39 41

info@counselor.ch

BOOK GROUP

We welcome members old and new to Book Group this month on 20 February, 10.00 promptly at Hotel Pestalozzi, for our discussion based on 'Passion India,' written by Javier Moro, which will be presented by Angela. Come and join our Book Group meeting, even if you haven't read the book! You might be tempted!



Here below are the dates for your diaries of our BG meetings up to the summer break, along with the titles you have selected. Thank you for participating in the voting - it was very difficult to choose! Please note that we now all pay CHF 3- per person at Book Group.

19 March - *Mlle Coco and the Scent of Love*, by Michelle Marley

23 April - *The Kashmir Shawl*, by Rosie Thomas

14 May - *The Keeper of Lost Words*, by Pip Williams

11 June - *Lost and Found*, by Jacqueline Sheehan

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

"A Polish Feast!"

Tuesday, 13 February, 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 Polish Feast!' hosted by Agnes!**

Our dress code for the evening is 'Warm and Snug' as we learn how to make some traditional dishes which are enjoyed in every home in Poland.

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

- | | |
|------------------|--|
| Starter:- | BIGOS - a cabbage stew with sausage, onions, herbs and spices
Home-made bread |
| Main:- | ZRAZY - beef roulades with bacon, mustard, onions and dill.
SILESIAN - little dumplings
BEETROOTS - in a cream sauce |
| Dessert:- | Apple and Walnut Cake
Chocolate Sauce
<i>Wine Pairings by NERIDA</i> |



- 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 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.

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

7, 14, 21 and 28 February

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: 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, 5 MARCH AT THE HOTEL PESTALOZZI					1 Italian Mah Jong p.6 French	2
3	4	5 English German Golf p.5	6 Monthly Meeting p.1 French Coffee p.5	7 English Dance p.8	8 Italian Mah Jong French	9
10	11	12 English Golf	13 French Coffee Drama p.3 Cooking p.8	14 English Dance	15 Italian Mah Jong French	16 Coffee p.2
17	18	19 German Golf Cultural Visit p.4 Ladies' Lunch p.5	20 French Coffee Book Group p.7	21 English French Dance	22 Italian Mah Jong French	23
24	25	26 Golf	27 French Coffee	28 English Dance	29 Italian Mah Jong French	

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

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

WEBSITE

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

Ruth Sergi
 079 607 8262
 ruthsergi@bluewin.ch

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
	Nadine Matey	nadine.matey@bluewin.ch	
Cooking	Sue March	marchsue@hotmail.com	077 924 16 76
Cultural Events	Sabrina Nicod	iwcleveninggroup@gmail.com	
	Renata Del Grande	iwclsecretary@gmail.com	078 862 62 41
Drama	Sue March	marchsue@hotmail.com	077 924 16 76
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	
	Elizabeth Ak	iwcleveninggroup@gmail.com	
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	Marina Marsaglia	marinaporza@gmail.com	
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 Giovannaari	blanca.giovannaari333@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**