

MAY 2024

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3 www.iwcl.org Issue 319

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

IWCL MONTHLY MEETING

Tuesday, 7 May at the Hotel Pestalozzi

Piazza Indipendenza 9, 6901 Lugano

09.30 - 10.00 Refreshments

10.15 - 10.30 Club Announcements

10.30 - 11.30 Speaker: Maria-José Egas Vallejo

OUR AMAZING MJ



Transitioning from a seasoned career as a paralegal to an Emotional Intelligence Coach, Maria-José "MJ" Egas Vallejo is a testament to personal transformation. For 13 years, she developed sharp analytical skills in the legal field, however,

her awakening began struggling in an unhealthy relationship, a period marked by over-functioning and difficulty establishing boundaries. This experience became a crucible for change, revealing to her the depths of her own loss of self. She was trapped in a cycle of emotional co-dependency, constantly prioritising the needs of others above her own, and mistakenly equating this self-sacrifice with love. It was a challenging chapter, filled with moments of powerlessness and a nagging sense of unfulfilled potential.

All that propelled her on a path of self-discovery and growth, leading her to pursue coaching certifications in High-Performance, Emotional Intelligence and Resilience. Through that transformative process she reclaimed her destiny, releasing patterns and relationships that no longer served her. This metamorphosis led her to a nurturing and supportive relationship, proof of her growth and newfound understanding of love and self-worth.

Her journey was not without its trials. In 2020, she endured Colon Cancer. This was followed by another daunting diagnosis in 2023, Aggressive Non-Hodgkin's Diffuse Large B-Cell Lymphoma. Despite these hurdles, she navigated treatment with unparalleled grace, determination and even enthusiasm. She leveraged her skills in emotional intelligence and resilience. These experiences deepened her purpose and understanding of people's capacity to overcome adversity and growing through their challenges. Today her main mission is clear: to inspire others to overcome adversity, embrace challenges as opportunities for growth, and become the best versions of themselves. She guides individuals through emotional and psychological stress, bringing them clarity, confidence and courage to create the life they want without burnout, fear, and frustration, using a science-backed and results-oriented Curriculum.

This monthly meeting she will share how to deal with abrupt or forced changes and difficult challenges teaching a framework of resiliency.

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MONTHLY MEETINGS IN 2024

4 June

10 September

1 October

5 November

3 December

NOMINATE A CHARITY BENEFICIARY FOR 2025

It's that time when we ask our members to think about our Charity beneficiary for next year. Our next Charity fund-raising year begins on 1st January 2025; by then we want to have a committed group of members in place ready to begin their fund-raising efforts.



So ... if you have a favourite charity project and would like to lead or join a team for 2025, please contact Sue as soon as possible, who will guide you through the procedure ready for next year.

Please remember that it is not the Board who runs the Charity Committee, but a group of members, who are always supported by the Board!

If you are someone who would just like to volunteer to become a part of the next charity committee, again please let Sue know so that you can get involved when we have a project in place.

SAD NEWS

Our Club has sadly lost Marcela Selmoni. She was the organiser of the "café français", which she absolutely loved to dedicate her time to. Until the end, Marcela did not want to cancel the meetings with the ladies whose company she enjoyed so much. She will be greatly missed, she was a very reserved but extremely caring and sensitive lady."

**MENTOR SCHEME FOR NEW MEMBERS**

If you are a new member and need support with doctor visits, vets, household help, home design/renovation, insurance companies, car registration, etc. or a shoulder to lean onto, you are not alone!

Please feel free to contact:

Isabel Bern

Irene Fröhlich

Maura Koopman

Sharon Palette

isabel@bern.life

076 334 55 50

teupi@yahoo.comsep.ticino@bluewin.ch

***THE IWCL BOARD IS DELIGHTED TO INVITE YOU
TO A SPRING PARTY (CP)***

Friday, 24 May from 19.30* onwards at the
Al Lido, Viale Castagnola 4, 6900 Lugano

All IWCL members will enjoy this evening free of charge. Should you wish to share this beautiful evening with your husband, partner or friends please feel free to invite them.

Price per guest: CHF 60.- to be paid in cash or by credit card at the event.

Price includes tasty food, 2 beverages as well as music for dancing under the stars.

Please note that the Club is delighted to offer 2 glasses of the wine and soft drinks provided.
All subsequent drinks are at your own cost.

You are also most welcome to purchase any alternative drinks (at your own expense)
should you wish to do so.

Remember we have a photographer taking pictures on the night, so feel free to stop him to take your portrait with your beloved friend or, why not, your new CV or social media pictures!

Please let us know if you would like to join us by signing up at the Monthly Meeting,
or by emailing Christine Petersen: iwclofficialevnts@gmail.com no later than Friday 10 May.

Please be aware that the Club's cancellation policy will apply

IWCL members as well as all non-Club members cancelling less than 48 hours prior to the event
will be charged.

The entrance registration desk will close at 20.00, if you know you'll be late
please get in touch with Christine to be sure you are not charged as a no show.
Thank you for your understanding.

MOMS AND TOTS

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

INVITATION (CP)**JUNE APERITIVO AT THE HOTEL DELFINO
TUESDAY, 4 JUNE**

As always, we are holding a special June Monthly Meeting

This year we invite you to a mid-morning aperitivo on

Tuesday, 4 June from 10.00 – 12.00

at the Hotel Delfino, Via Cassarinetta 6, 6900 Lugano.

All IWCL members are of course invited free of charge.

If you bring a guest, the cost is CHF 35 per person.

This includes one glass of prosecco, white wine or orange juice, as well as a lovely aperitivo ricco.

Please register on the sign-up sheet at the Monthly Meeting or directly with Christine

Deadline for reservations is Friday, 31 May.

Please contact: **Christine Petersen** by email at: iwclofficialerevents@gmail.com

MENU

Assorted warm puff pastries

Fried gnocchi with ham

Mini toast with anchovies and burratina cheese

Assortment of regional cheeses

Savory shortbread tartlet with Gravad Lax and guacamole

Raw vegetables with chickpea hummus and Greek yogurt

Chocolate mousse in a small glass

Prosecco, still white wine, mineral water and fruit juice

DRAMA SPECIAL!**AN IMPROVISATION CLASS WITH THE BRILLIANT ACTOR, DIRECTOR AND PRODUCER
AMIT NATHANI****TUESDAY, 21 MAY
10.30 - 12.30 at Hotel PESTALOZZI**

Ladies, this is a fantastic and rare opportunity to work with a really creative and talented specialist. Amit Nathani has facilitated theatrical and musical productions in Panama, England, Italy and Switzerland, and now he's offering us his expertise in a one-off IWCL improvisation class!



Amit runs the Il Vicolo Theatre Company, and Improv Loop which are platforms dedicated to promoting cultural activities and multi-sensory experiences aimed at enhancing cultural exchange.

This approach organically fosters sustainable community development, generating social and cultural impact through innovative artistic activities. His mission is rooted in the belief that the arts can be a powerful vehicle for social transformation and mental well-being, and it is with this in mind that he comes to IWCL.

Amit says, "Improvisation offers many benefits for everyday life. Through the exercises and interactive activities of theatrical improvisation, a person is able to experience learning on an intellectual, physical and emotional level. Personal growth therefore extends beyond the improvement of an improviser, developing every area of one's life, be it personal relationships, professional work or school.

Furthermore, improvisation is an excellent vehicle for leadership development, whether it is self-leadership or leadership of others, as it imparts crucial life skills that every person needs."

**This workshop is your chance to join, learn, have fun and experience something new.
It's for ALL members of IWCL, not just the Drama Group.**

Please sign up with Sue before Friday, 17 May:- iwclpresident@gmail.com

COFFEE MORNING

Please join us for some friendly conversation on at Ristorante Pizzeria Breva, 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. We are meeting this month on Friday, 17 May.

Karen Claus

karennclaus@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

WELCOME

A very warm WELCOME to Luisa. Luisa grew up in Ticino and is still calling the sunny canton her home. Luisa sings in a choir, loves spending her free time hiking/biking in nature and picking fruits and mushrooms. Luisa believes in natural therapy/remedies and is healing patients in her practice for natural therapy in Sorengo. As a mother of three children and grandmother she feels most passionate about her family. Luisa describes herself as caring, open minded, discrete and positive.



Luisa Bruhin

Via Moretto 7

6924 Sorengo

Mobile: 078 908 85 60

Home: 091 967 57 92

Email: luisabruhin@hotmail.com



GOLF

We meet at 11.00 every Wednesday at the Golf Club "Monticello" near Como (first EXIT autostrada A2 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

'SUNDOWNER SPECIAL'



Ladies, we are delighted to announce our new Aperitivo Group!

Once a month, we will meet for drinks '**after work**' in a great venue in and around Lugano. We would love to encourage everyone to join us, and especially those ladies who can't often make it to daytime activities.

Our May Sundowner will be at:

VITTI

(Via Pretoria 2, Lugano Centre)

Thursday, 16 May from 18.30 onwards

Don't forget that you will be paying for your own drinks at this get-together.

It would be great to know that you are coming along; please contact Elizabet at

iwclofficialevnts@gmail.com

If you have a favourite Aperitivo location, let us know and maybe we can organise the next Sundowner there!

YOGA

We are absolutely delighted to announce a FREE monthly yoga class for IWCL members, with a really excellent, fully qualified teacher!

Slow Move Studio
Via Pico 29
Cassarate
6900 Lugano



Time:- 09.45 - 11.00

Dates:- 20 May, 10 June, 8 July, 16 September

This is a really fantastic opportunity for our members to begin or to continue a basic yoga practice. Thanks so much to Laura Hutu for facilitating this programme for us. Here's the information you need:

Class duration: 1hr 15 mins

1. Light yoga, suitable for anyone, does not require any experience
 2. Our studio provides mats, you only need comfortable clothing
 3. Recommendation:- to gain best benefits and avoid discomfort, avoid eating 2 hours prior to the class
- Maximum number of participants per class: 14

To sign up, and to enjoy this brilliant new group, please contact **Laura Hutu**
info@slow-move.ch

ADVERTISEMENTS

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ADVERTISEMENTS

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CLEANING LADY/HOUSEHOLD HELP

Simona, a very kind, responsible and committed lady from Induno Olona, is looking for a position as cleaning lady/household help. If you are looking for support very kindly contact:

Andrea Never

076 413 32 75

Email: neverandrea@yahoo.de

VETERINARY DOCTOR IN AGNO

Dottorssa Paola Juri is the kindest vet I have met so far. She takes care of our pets with a lot of expertise and devotion. I can highly recommend her. **Andrea Never**.

Dott.ssa Paola Juri

Via Pestariso 5

1st Floor

6982 Agno

Tel.: 091 605 3863

MUSIC APPRECIATION GROUP– THANK YOU!

We would like to thank Malu for all her hard work running this group but, unfortunately, she needs to step down.

We 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.

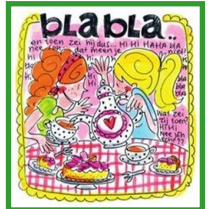
BUT how many times do you miss beautiful events because you didn't know about them? **OR** how many times do you not go to wonderful concerts because you don't want to go alone? **AND** how often would you like to find out about musical events that are taking place in our city which might appeal to you?

This is the group for you!! We would like to continue to have 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.

If you are able to take over this role from Malu, please contact Sue.

**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?

In 2005 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 62/091 630 11 27

ruthsergi@bluewin.ch

Maria Blersch

079 228 62 82/091 972 26 49

mariablersch@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 14 May, 10.00 promptly at Hotel Pestalozzi, for our discussion based on 'The Keeper of Lost Words,' by Pip Williams which will be presented by Sue. Come and join us for another wonderful Book Group meeting, even if you haven't read the book! You might be tempted!



Here is the last date of our BG meeting up to the summer break, along with the title you have selected.

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

Please note that we now all pay CHF 3.- per session at Book Group.

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 Traditional Hungarian Feast, hosted by Ilona.

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.

Our dress code for the evening is 'Glittery!'

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

- Appetiser:-** Hungarian Salami
- Starter:-** Körözött (spicy cheese dip)
Home-Made Bread
- Main:-** Real Hungarian Goulash
All the accompaniments
- Dessert:-** Apple Rétes
Whipped Cream

Wine Pairings by NERIDA



- When:** Tuesday, 21 May, 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 that 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 0779 241 676 iwclpresident@gmail.com

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

Everyone is welcome to join our IWCL Dance Group, back by popular demand, 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: 1, 8, 15 and 22 May
Please sign up with Marina asap:



Marina Marsaglia

marinaporza@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

English Conversation We meet at the Cafe Agora, in the Agora Apt. building next to The City Hotel at Piazza Molino Nuovo on 6, 13 and 27 May.

Contact details: 076 224 90 01 karenclaus600@gmail.com

English Conversation with Linda Denking on Wednesdays from 14.30 - 15.30.

Contact details: 079 541 92 02 linflags@bluewin.ch

English Conversation with Jan Stanford at 14.30 at La Cascina in Sorengo on 8 and 22 May.

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

French Conversation with Claude Perrinjaquet Boni at the Bar Martini Café, via Funicolare 2, Lugano. Please note: there is no meeting this month.

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 10.30. Please bring paper, pen and coloured pencils.

079 120 71 96 danielamannu@hotmail.com

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
OUR NEXT MEETING WILL TAKE PLACE ON 4 JUNE AT HOTEL DELFINO (APERITIVO)				1 Dance p.10 Golf p.6 English p.11	2 Italian p.11 Mah Jong p.8 French p.11	3
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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	Andrea Never	076 413 32 75	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, **Andrea Never** on 076 413 32 75
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	Renata Del Grande	iwclsecretary@gmail.com	078 862 62 41
Dance	Marina Marsaglia	marinaporza@gmail.com	091 941 8563
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
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
Liaison	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
Mah Jong	Ruth Sergi-Baumann	ruthsergi@bluewin.ch	079 607 82 62
	Maria Bliersch	mariablersch@bluewin.ch	079 228 62 82
Moms and Tots	Rocio Tauber	roocio_cuervo@hotmail.com	
Music	Malu Natali	positivo9245@gmail.com	078 715 13 12
Sundowner Special (Aperitivo)	Elizabet Ak	iwclofficialevents@gmail.com	
Website Photos	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**