

JUNE 2024 INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 320

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

INVITATION (CP)

JUNE APERITIVO ON TUESDAY, 4 JUNE
AT THE HOTEL DELFINO
VIA CASSARINETTA 6, 6900 LUGANO



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 rich aperitivo.

Please register directly with Christine

Deadline for reservations is Friday, 31 May.

Please contact: **Christine Petersen** by email at:

iwclofficialevnts@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

INDEX

Art	6
Advertising	9
Board Members	9
Book Group	6
Breathe, Relax, Feel	6
Calendar	9
Charity 2025	2
Coffee Morning	4
Contact Details	9
Cooking	7
Golf	4
Information about IWCL	10
Interest Groups	10
Knitting Group	4
Language Classes	8
Let's Chat in English	5
Mah Jong	5
Mentor Scheme	2
Moms and Tots	2
Monthly Meetings 2024	2
Music Appreciation	5
Sundowner Special	4
Wanted—Dance Teacher	3
Yoga	3

MONTHLY MEETINGS IN 2024

10 September

1 October

5 November

3 December

LAST CHANCE TO 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 committee 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.

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

isabel@bern.life

Irene Fröhlich

076 334 55 50

Maura Koopman

teupi@yahoo.com

Sharon Palette

sep.ticino@bluewin.ch**MOMS AND TOTS**

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

rocio_cuervo@hotmail.com

WANTED - DANCE TEACHER!

Hello! We are the IWCL Dance Group, ready, willing and eager to dance!
We are in search of a leader for our group, which meets at Hotel Pestalozzi
every Wednesday morning.



We already have an administrator, who takes care of bookings and payments; we just need someone who can teach us some moves! We all love to dance, but we aren't teachers! Can you help?

Please contact Marina Marsaglia:
marinaporza@gmail.com

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 Class duration: 1hr 15 mins
Dates:- 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:

- 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

ADVERTISEMENTS

ADVERTISEMENTS

ADVERTISEMENTS

ADVERTISEMENTS

ACCOMMODATION REQUIRED

My daughter-in-law, Marina, has given birth to a little Yanis. The extended family is looking for a new
3,5 or 4,5 room flat, maximum budget CHF 1'700 in the Ceneri area (from Rivera to Taverne,
Sant'Antonino, Camorino, Boggio, etc.) or around Lugano.

Contact Ilona Pongracz – 076 566 63 42 or info@ethika.ch".

Agnes is looking for a 3/3.5 top floor flat to rent in the Lugano area from late July onwards. Flat
should have 2 bathrooms (or 1 full bathroom, 1 toilet), washing machine, dishwasher, and a balcony or
a small terrace. Price: up to 2000 CHF (the cheaper the better - including charges and parking space).

Please contact Agnes via email: a.wludyka@gmail.com.

Thank you!

'SUNDOWNER SPECIAL'

Ladies, we are delighted to continue our evening Aperitivo Group!

Once a month, we 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 June Sundowner will be at:

MARTINI LOUNGE CAFFÈ

(Via Funicolare 2, Cassarate beside Villa Castagnola)

Thursday, 13th June from 18.30 onwards

At this event, you will pay for your own drinks as they are served.

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

iwclofficialevnts@gmail.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

COFFEE MORNING

Please join us for some friendly conversation on 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. We are taking a summer break, but don't worry we will be back in September.



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

MUSIC APPRECIATION GROUP– THANK YOU!

We are still looking for a new leader to run this group.

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?

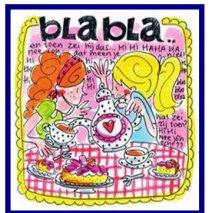
This is the group for you!! We would like to continue to have an informative, interactive group in which we can exchange news of upcoming events, find friends to go along to concerts with and a place to post reviews, comments and critiques.

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.



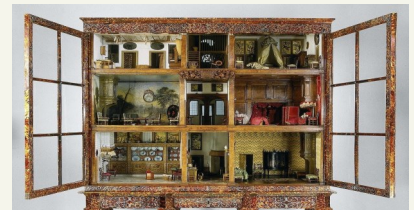
Maria Teresa Paladino

091 994 39 41

info@counselor.ch

BOOK GROUP

We welcome members old and new to Book Group this month on 11 June, 10.00 promptly at Hotel Pestalozzi, for our discussion based on “Lost and Found”, by Jacqueline Sheehan which will be presented by Hanneke. Come and join us for another wonderful 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 end of the year, along with the titles you have selected. However, we now need some volunteers to present the chosen books, so please come forward! Please note that we now all pay **CHF 3.-** per session at Book Group.

17th September - “Still Life”, by Sarah Winman

22nd October - “The Familiars”, by Stacey Halls

19th November - “Portrait of an Unknown Woman”, by Daniel Silva

10th December - “The Keeper of Lost Things”, by Ruth Hogan

25 January - “The Rice Mother”, by Randy Manicka

Since this will be our last Book Group meeting until September, we thought it would be nice to go for a light lunch together afterwards at “Latte Macchiato Bakery and Cafe” in Quartiere Maggetti. Let us know if you will be joining us, as we need to reserve a table.

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 Aramaic Feast!"

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 Aramaic Feast, hosted by Elizabet.



Our dress code for the evening is 'Summery!'

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

Appetiser: Borek (cheese pie)

Starter: Typical Mezze: Conan Salatasi (salad with feta, tomatoes, onions, cucumber and herbs)

Piyaz (bean, onion and parsley salad)

Cacik (yogurt with cucumber, mint and garlic)

Main: Real Dolmas

(Baked vegetables with a filling of rice, meat, tomatoes and spices)

Dessert: Baklava

(Filo pastry layered with chopped nuts and honey)

Wine Pairings by NERIDA

When: Tuesday, 11 June, 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



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 3 and 10 June.

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 5 June.

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

French Conversation with Claude Perrinjaquet Boni at the Bar Martini Café, via Funicolare 2, Lugano. We are meeting this month on Wednesday, 19 June from 14.00.

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
1	2	3 English p.8 German p.8	4 Monthly Meeting p.1	5 Golf p.4 English p.8	6 Italian p.8 Mah Jong p.5 French p.8	7
8	9	10 English Book Group p.6 Yoga p.3 Cooking p.7	11	12 Golf English	13 Italian Mah Jong French Sundowner Drinks p.4	14
15	16	17 German	18	19 French p.8 Golf English	20 Italian Mah Jong French	21
22	23	24	25	26 Golf English	27 Italian Mah Jong French	28
29	30	OUR NEXT MONTHLY MEETING IS ON TUESDAY, 10 SEPTEMBER AT THE HOTEL PESTALOZZI. IN THE MEANTIME, I WISH EVERYONE A WONDERFUL SUMMER!				

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

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, **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
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	
Sundowner Special (Aperitivo)	Elizabet Ak	iwcllofficialevnts@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**