

APRIL 2025

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3 www.iwcl.org Issue 328

"By members, for members; together in friendship for over 36 years."

IWCL MONTHLY MEETING

Tuesday, 8 April at the Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9, 6901 Lugano

09.30 Refreshments

10.00 onwards Club Announcements and Speaker **Pat Camillo**

What is Health? Where Do You Find It? How Do You Keep It?



The word health is used in many different ways. We talk about healthcare, health assessments, health insurance and so on. And yet, there is no one universally accepted definition of health. Health might mean one thing to medical professionals and even nurses, but it might mean something very different to anyone else. The assumption is that we all think about health in the same way. But this is simply not true.

I'm a Nursing Professor, and my research looks at the connection between culture and health. The latest chapter of my work began in Bergen, Norway, in 2022. It's from this ethnographic study that I am now analysing the meaning of health. In my presentation, I'll share the insights that came from my time in Norway and why it led to this current phase of my work. I'll also share where I believe you can find health and some of the less talked about ways to keep it. I'm happy to share my work with you and even more excited to hear your thoughts about it!

INDEX

Art	9
Advertising	12
Board and Chairwomen	12
Book Group	9
Breathe, Relax, Feel	9
Calendar	12
Club Discounts	6
Contact Details	13
Cooking	10
Find Your Photos	7
Golf	8
Information about IWCL	14
Interest Groups	14
IWCL Facebook	5
IWCL Website	5
IWCL Whatsapp Group	3
Knitting Group	8
Ladies' Lunch	5
Language Classes	11
Let's Chat in English	8
Let's Dance	7
Mah Jong	7
Mentor Scheme	5
Moms and Tots	5
Monthly Meetings 2025	1
Murder Mystery Evening	1
Music Appreciation	6
New Members	2
Nordic Walking for Charity	3
Round Table Coffee	6
Silent Auction	2
Sundowner Special	8
Vintage Sale	4

MONTHLY MEETINGS IN 2025

6 May	3 June	9 September
7 October	11 November	2 December

Back by popular request ...

MURDER MYSTERY EVENING

"THE RECIPE FOR DEATH"

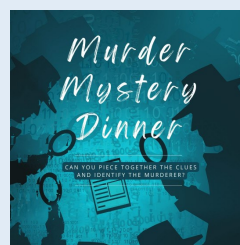
with a
Special 3-Course Dinner

SAVE THE DATE!!!

TUESDAY, 13 MAY

18.30 - until the crime is solved!

LA CASCINA, SORENGO



**TO OUR NEW MEMBERS ELVIRA AND ROBERTA**

Elvira has been working in the field of psychoanalytic therapy for children and adolescences and has published two books in her area of expertise. Elvira is fascinated by the relationships between people. She loves art, painting and music. Elvira moved to Ticino ten years ago.

Elvira Collura

Via Tesserete 51

6900 Lugano

Mobile 076 2957402

elvyproducts@gmail.com

Roberta was born and has been living in Ticino all her life. Roberta describes herself as enthusiastic, empathetic and creative. She feels very enthusiastic about literature, art, sport and cooking and as a mother and teacher she loves life.

Roberta Guidotti

El Riaa 9a

6513 Monte Carasso

Mobile 079 3417242

robertaguidotti@hotmail.com

**SILENT AUCTION
IN AID OF OUR IWCL CHARITY BENEFICIARY
'OLTRE NOI'**

Please Can You Help?

Dear members and friends of IWCL, once again we turn to you to ask for your help. We would like to hold a Silent Auction at one of our Charity events in 2025. We are asking for some special items which might raise money for our beneficiary 'Oltre Noi' with silent bids. We, along with the autistic children and their families, would be extremely grateful if you could please help us by thinking whether you have something special that you can donate, which people might bid on.



We will be happy to come to collect your donations, and to discuss the reserve price with you. You can always contact us for more information. Thank you.

Adriana Cloete, Charity Chair

Claude Boni, Charity Treasurer

cloete.adriana55@gmail.com

cm.boni@gmail.com

CHARITY EVENT NORDIC WALKING EXPERIENCE

Thursday, 17 April, 10.00 -12.30

followed by an optional lunch together at Ristorante Cortivallo

Learn from an expert, Sandra Taddei, from Centro della Salute (Lugano) about posture, movement, use of the poles and everything else you need to know to make your Nordic Walking Experience both helpful and fun.

We will meet outside La Cascina, Via Cremignone 4G in Sorengo at 09.50. Our walk will take us around the area for 2hrs and 30 minutes, returning to La Cascina for 12.30. This is a charity event so we ask CHF 20.- per person for the learning experience.

Please sign up in advance to reserve your place.

Adriana Cloete

cloete.adriana55@gmail.com

IWCL HELP WHATSAPP GROUP

Dear IWCL Members,

In response to our community's desire for more efficient communication, we've established an IWCL WhatsApp group called: "HELP! By Members for Members". This platform allows members to ask questions and receive prompt, concrete answers from our community.

You can post inquiries on a wide range of topics, such as:

- **Service Recommendations:**

- o "Can anyone recommend a physiotherapist specialising in shoulder issues?"
- o "I'm looking for a babysitter for Monday afternoon; any suggestions?"
- o "Does anyone have recommendations for tax advisors familiar with expatriate issues in Switzerland?"
- o "What local fitness classes cater to women's health?"

- **Social Gatherings:**

- o "It's a beautiful day! Who's up for a walk and a coffee?"

- **Travel Tips:**

- o "What's the quickest way to get to Linate Airport?"

- **Weekend Activities:**

- o "Any recommendations for things to do in Lugano this weekend?"

- **Event Invitations:**

- o "I've found an interesting movie/concert; who would like to join me?"

... and many more!

To maintain a respectful and focused environment, please refrain from posting content related to religion, politics, or commercial promotions. Additionally, avoid sharing messages without useful content for the entire group.

**If you'd like to join, please send a WhatsApp message to Maura Koopman at 079 576 61 44,
including your full name.**

Thank you for your cooperation and active participation.



“SAVE YOUR STUFF!”

As you will have seen from your Newsletters, we are planning a **Vintage Sale** at
Hotel Pestalozzi on Saturday, 26 April.



We are hoping for donations of quality, high-end and designer clothing and accessories, such as bags, hats, jewellery, scarves. Your donation can be left at the hotel reception at any time! We are fortunately able to store everything until the day of the sale.

Please save your stuff! Don't throw or give away anything we might be able to sell - but please note that we are asking only for wearable items of high quality.

You are kindly invited to spread the word among your friends, through social channels and among people you usually meet, both for donations and for their support on the day of the sale.

Thank you in advance for your generous help (profits to our Charity, *Oltre Noi*).

The IWCL Board



International Women's Club of Lugano

Join us at our...

Spring Vintage Sale

**Saturday 26 April 2025
10:00 - 19:00**

**at the Hotel Pestalozzi
Piazza Dell Indipendenza 9
Lugano**

... for the benefit of our Club Charity: “Oltre Noi”

**Clothes - Bags - Scarves - Jewelry -
Accessories - Beautiful Shoes (36-37EU)**

Info: iwclvicepresident@gmail.com

MOMS AND TOTS

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

LADIES' LUNCH

Unfortunately, there will be no Ladies' Lunch this month. However, I hope to see you again in May.

Lilo Valli

079 207 20 92

lilosmile@yahoo.de**IWCL WEBSITE**

Please refer to the IWCL website for information on:

OPEN DOORS

OUR CANCELLATION POLICY (CP)

THANK YOU FOR SIGNING UP!

IWCL PHOTOS

IWCL DIRECTORY

YOUR CLUB NEEDS YOU

PHOTOS FOR WEBSITE

RESPECT FOR OUR SPEAKERS

COPY OF THE LATEST NL

PUBLICISING YOUR ENGLISH SPEAKING EVENTS IN OUR NL

Please contact Andrea if you need or have forgotten your password
to access the site

IWCL FACEBOOK PAGE

If you would like to join our Facebook page please contact Ann Lutz at: 6900editoriwcl@gmail.com

Please note: you must use a private FB account and NOT a commercial one. Many thanks.

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 on, 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



CLUB DISCOUNTS

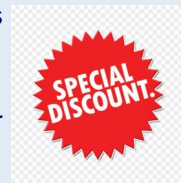
Dear Ladies,

You might not know that we have a page on our IWCL website that shows which hotels and Spas in Lugano give us discounts: <https://iwcl.org/members-discount/>

For example, the Choice Spa has increased their discounts to us. Check out their and the other hotels' deals.

Kind regards,

Christine Petersen
IWCL Vice President



MUSIC APPRECIATION GROUP– THANK YOU!

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.

The Cinema Lux in Massagno (or sometimes Iride in Lugano) show operas that come directly from the Metropolitan Opera New York. Here is the 2024/25 programme.

26th April

Le Nozze di Figaro

(Mozart)

17th May

Salomé

(Richard Strauss)

31st May

Il barbiere di Siviglia

(Rossini)

Renata Del Grande



COFFEE MORNING NEW STYLE : “THE ROUND TABLE”

We are meeting this month on Friday, 18 April (10.30-11.30 hrs) for a coffee and a conversation (“The Round Table”) , at the COOP City ristorante, Via Nassa 22, Lugano.

The theme will be: “Homesick”

Everyone suffers from homesickness from time to time. Why and what are we homesick for? What can we do about it?

Everyone is welcome; registration is not necessary.

Hope to see you at the “Round Table” on 18 April.

Ina Boonacker

inaboonacker-mulder@hotmail.com



LET'S DANCE!

Keep fit, have fun, make friends!

Hi ladies! Come and join our IWCL Dance Group, back by popular demand, at the usual time of 10.30 - 12.00 every Wednesday.

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



This time, we have a series of 6 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:

9, 16 and 30 April

7, 14 and 21 May

Please sign up with Marina asap:

Marina Marsaglia

marinaporza@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

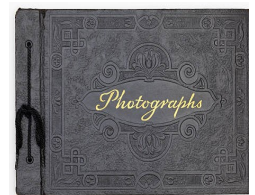
ruthsergi@bluewin.ch

FIND YOUR PHOTOS!

Ladies, did you know that you can see photos from all our IWCL events, going back several years, simply by accessing our Dropbox?

It's really easy to find them - Ann has already sent you the link:-

<https://www.dropbox.com/scl/fo/ai79cbog2dhidhfwzf5i3/h?rlkey=jidl4b7kg5cnf2089rv1pojvg&st=mn0y3jqb&dl=0>



However, if you aren't confident with the technology, but would still like to see the photos, please email Christine at: iwclvicepresident@gmail.com

If you would not like your photos posted, please let Christine know.

'SUNDOWNER SPECIAL'

Ladies, we are delighted to continue our Evening Group activities with a return to the 'apero-buffet' format on **Thursday, 10 April from 18.30 onwards.**

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 April Sundowner will be at:

"ROOKIES & PICCHIO"

Via F. Pelli 13, Lugano

At this event, you will only pay for your own drinks. There is an "all you can eat" aperitivo-buffet. We like to know that you are coming along; please don't just turn up! Please contact Elizabet to sign up.

Elizabet Ak

iwclevengroup1@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.



Marlene Mugglin

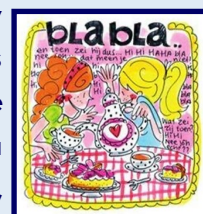
091 967 15 47

079 423 68 47

tourservices.lugano@freesurf.ch

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

maria.delacamara@gmail.com

Hanneke Sillekens

076 220 93 19

hannekesillekens@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

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, 15 April at 10.30 promptly at the Hotel Pestalozzi. Our discussion, based on *'Children of this Land,'* by Serafine Crolla, will be led by Angela. Come and join us for another wonderful Book Group meeting, even if you haven't read the book! You might be tempted!



20 May - 'All the Flowers in Paris,' by Sarah Jio (Sue)

10 June - 'The Heaven and Earth Grocery Store,' by James McBride (?)

16 September - 'The Frozen River,' by Ariel Lawson (?)

We are looking for someone to lead our discussions in June and September. Can you help?

10 June will also be our Tuesday Choose-day where we will select our books up to next December.

Please note that we need to pay for the room each month, so now you can either pay CHF 30.- for the year or CHF 3.- per session at Book Group.

We look forward to seeing you all soon. Happy reading!

Cathrine Orelli

079 902 57 53

iwclhospitality@gmail.com

Sue March

077 924 16 76

iwclpresident@gmail.com

COOKING GROUP (CP)**“A DANISH DINNER”**

“Our Cooking Group has moved back to
Il Grottino Viganello, Via Pergola 5, Viganello
(look for the Lugano flag!)



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 Danish Dinner” hosted by Christine

Our dress code for the evening is “HYGGE”

Several members have been disappointed when the group has been full.

Sign up early!

- Appetisers:** Fresh Cabbage Salad
- Starter:** Chicken and Asparagus Tartelettes
- Main:** Danish Meatloaf (Forloren Hare) Potatoes Gratin
Roasted Carrots and Beets
- Dessert:** Danish Red Berry Pudding (Rodgrod Med Flode)

Wine pairings by Nerida

When: Tuesday, 15 April, 18.30 onwards

Where: Il Grottino Viganello, long standing members will remember this location!

Cost: Up to CHF 50.- per participant (usually less.) **Our cancellation policy applies.**

Please note that the Comune is 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 kerbside parking, and the Autosilo Civico on the corner. There is space out side for the host to leave their car, as you are bringing heavy items, and a bus stop next door!

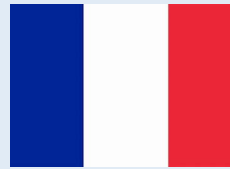
Required: Tea towel, apron, **MAKING THE PLACE SPOTLESS** before you leave!

To book your place or for more information (we can accommodate up to 15 people) please contact Sue.

Sue March

077 924 16 76

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

Italian conversation (Advanced) will take place every Monday at Raffaella's home in Gentilino, from 14.45 - 15.45 Please email her for further details.

Contact details: 079 941 72 03 lella.reverberi@gmail.com

Italian Conversation with Oana Stan. Please contact Oana for more information.

Contact details: oanastan.1@gmail.com

English Conversation We will meet at the Cafe Agora, in the Agora Apt. building next to The City Hotel at Piazza Molino Nuovo on 7, 14, 21 and 28 April.

Contact details: 076 224 90 01 karendaus600@gmail.com

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

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

English Conversation with Pat Camillo will take place every Tuesday, at 14.00 in the Café at Coop City, (4th Floor), Via Nassa.

Contact details: 079 788 0251 Pat.camillo@gmail.com

French Conversation with Claude Perrinjaquet Boni at the Bar Martini Café, via Funicolare 2, Lugano. We are meeting this month on Wednesday, 16 April 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.

Contact details: 079 120 71 96 danielamannu@hotmail.com

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
OUR NEXT MONTHLY MEETING TAKES PLACE ON 6 MAY AT THE HOTEL PESTALOZZI			English p.11 ¹	Golf p.8 English p.11 ²	Italian p.11 Mah Jong p.7 French p.11 ³	⁴
⁵	⁶	Mindfulness p9 Italian p.11 English p.11 German p.11 ⁷	Monthly Meeting p.1 English ⁸	English Golf Dance p.8 ⁹	Italian Mah Jong French Sundowner p.8 ¹⁰	¹¹
¹²	¹³	Italian Mindfulness English ¹⁴	English Book Group p.9 Cooking p.10 ¹⁵	English Golf Dance French p.11 ¹⁶	Italian Mah Jong French Nordic Walking p.3 ¹⁷	Round Table Coffee p.6 ¹⁸
¹⁹	²⁰	English Italian Mindfulness German ²¹	English ²²	English Golf ²³	Italian Mah Jong French ²⁴	²⁵
²⁶ Vintage Sale p. 4 Opera p.6	²⁷	English Italian Mindfulness ²⁸	English ²⁹	English Golf Dance ³⁰		

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
Events	Elizabet Ak		iwcleveninggroup1@gmail.com
Hospitality	Catherine Orelli	079 902 57 53	iwclhospitality@gmail.com
Membership	Andrea Never	076 413 32 75	iwclmembershipsecretary@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 our
 Dropbox 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	Catherine Orelli	iwclbookgroup@gmail.com	
	Sue March		
Breathe, Relax, Feel	Maria Teresa Paladino	info@counselor.ch	091 994 39 41
Club Photographer	Ruth Sergi	ruthsergi@bluewin.ch	079 607 82 62
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	
English Conversation	Karen Claus	karenclaus600@gmail.com	076 224 90 01
English Conversation	Linda Denkinger	linflags@bluewin.ch	079 541 92 02
English Conversation	Pat Camillo	pat.camillo@gmail.com	079 788 02 51
Evening Group	Elizabet Ak	iwclveninggroup1@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 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
Italian Conversation (Adv.)	Raffaella Reverberi	lella.reverberi@gmail.com	079 941 72 03
Italian Conversation	Oana Stan	oanastan1@gmail.com	
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 Blersch	mariablersch@bluewin.ch	079 228 62 82
Moms and Tots	Rocio Tauber	rocio_cuervo@hotmail.com	
Music Appreciation	Renata Del Grande	iwclsecretary@gmail.com	078 862 62 41
Round Table Coffee	Ina Boonacker	inaboonacker-mulder@hotmail.com	
Sundowner Special (Aperitivo)	Elizabet Ak	iwclveninggroup1@gmail.com	
Website Photos	Ruth Sergi	ruthsergi@bluewin.ch	079 607 82 62
WhatsApp Group	Maura Koopman		079 576 61 44

***If you have changes to the above information, please contact Sue March at:
 iwclpresident@gmail.com**