

JUNE 2025

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3 www.iwcl.org Issue 330

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

IWCL MONTHLY MEETING

Tuesday, 3 June at the Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9, 6901 Lugano

PLEASE NOTE THE CHANGE IN TIMING THIS MONTH

09.30 Refreshments **09.45 Discussion forum**

10.15 onwards Club Announcements and Speaker

"Happiness, love based leadership and love based economies".



Born in Scotland and living in Zurich, Mary Lyn Campbell has over 30 years experience at the tertiary, secondary and primary levels of education in various parts of the world. Is the S.T.A.R. (Special Teachers Are Recognised) award recipient from Cornell University, New York and was a participant at

the first "Future of Learning" workshop at Harvard Graduate School of Education. Undergraduate from Duke University and Graduate Diploma from John's Hopkins University. She is an experienced CIS (Council of International Schools) and NEASC (New England Association of Schools and Colleges) Accreditation Team Leader having led teams in Central America, Europe and the United States and is also currently piloting a project on Wellness and Happiness certification for International Schools. Author of several books and a workshop leader, Mary Lyn's current focus of research is love based leadership and love based economies.

Mary Lyn will talk about her journey in education which began almost forty years ago.

For her this has meant that as educators we get to build up each child's belief that they matter. Educational spaces are not simply schools or a business that provides a service. They are the breeding ground for qualities that humanize our children and provide the platform for the generational transfer of knowledge and wisdom. After all, education is a profoundly ethical activity aimed at sharing knowledge and aspiring to cultivate good judgement and wisdom. It therefore becomes the task of all within and outside of an educational system to ensure this story is heard and told by as many others as possible. Currently in her role as a social impact entrepreneur she explores what policies, systems and structures can support the consolidation of happiness and love based interventions in educational and corporate environments.

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MONTHLY MEETINGS IN 2025

9 September 7 October 11 November 2 December

In association with Choice Spa, Pazzallo, the IWCL Board is delighted to announce a:

CONFERENCE AND SPA TOUR - CHOICE SPA

Thursday, 5 June

Programme:

09.30: Welcome coffee / tea

10.00: Start of conference at Choice Spa :

Prevention and management of back pain - Analysis of common causes of back pain and introduction to prevention techniques.

10.45: *Practical exercises GROUP 1:* Strengthening and stretching exercises for the spine

Spa Visit GROUP 2

11.30: *Practical exercises GROUP 2:* Strengthening and stretching exercises for the spine
Spa Visit GROUP 1

12.15: Light Lunch - jar-cooked foods

13.15: End of visit



Places for this interesting morning are limited to 25, and will be allocated strictly on a 'first come, first served' basis, with a waiting list. To reserve your place, please contact Christine before Sunday, 1 June.

Venue: (Via dei Faggi 6A, 6912 Pazzallo – you drive right up to the big multicoloured building and park either inside the car park barrier or up above the car park in the open parking area).

Please car pool when possible. Parking spaces may be limited.

Christine Petersen

iwclvicepresident@gmail.com

THE WOMEN'S HEALTH GROUP (WHG)

The first meeting of the Women's Health Group will take place over Zoom on Wednesday, 4 June at 16.00. Our initial focus will be on the nutritional needs of women. I will share how to use a nutritional app to determine where you might be deficient. Since many are travelling over the summer months, we will meet in July and August over Zoom as well.

If you haven't signed up, there is still time, just send me an email.

Pat Camillo



Pat.Camillo@gmail.com

YOUR OPINION MATTERS!

We haven't had a questionnaire for five years, so here's a new opportunity to tell us what you think about our Club!

Below, you will find a link to a survey which you can click on and complete anonymously (although you can also give your name if you wish!) Please complete this online survey by Tuesday, 10 June.

Alternatively, at our June Meeting (3 June at Hotel Pestalozzi) we will be holding an open discussion forum at 09.45 where you are able to ask any questions and share your thoughts, followed by the chance for you to complete a paper version of the questionnaire if you prefer. This forum will then be followed by our keynote speaker, at the usual time of 10.15.



Please don't hesitate to contact a member of the Board if you have any questions - and we look forward to reading, collating and acting on your responses!

You may click on this link to access the questionnaire: <https://www.surveymonkey.com/r/KXQCTXB>

YOUR NEW IWCL DIRECTORY

Thanks to Cat Orelli, our Database Co-Ordinator, for keeping our IWCL Directory current and correct. As of 1 September, the latest version of your Directory will be constantly available on our website and for you to download as a PDF.

In the meantime, current information about members can be found on our private IWCL website. If you haven't used the IWCL website yet, you can get a password from Andrea, our Membership Secretary.

Andrea Never

iwclmembershipsecretary@gmail.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 need two or three more special items and 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

cloete.adriana55@gmail.com

Claude Boni, Charity Treasurer

cm.boni@gmail.com

ART, CRAFT & WELLNESS DAY 2026

Organiser(s) Needed



Our previous Wellness Days have been bright and beautiful events with lots of member participation in workshops, exhibitions, displays, stalls and pot-luck lunches. We've had dancing, cooking, painting, meditating, self-reflecting, creating and lots of fun.



Here's an opportunity for an individual or a group of members to step up and reshape our 2026 Wellness experience, at a venue and date of your choosing! You have a blank canvas, and plenty of time to plan and prepare!

The only consideration is that, as in previous years, the event has to be self-funding. Time to shine, ladies! If you are interested in taking on the challenge, please let Sue know.

Sue March

iwclpresident@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.

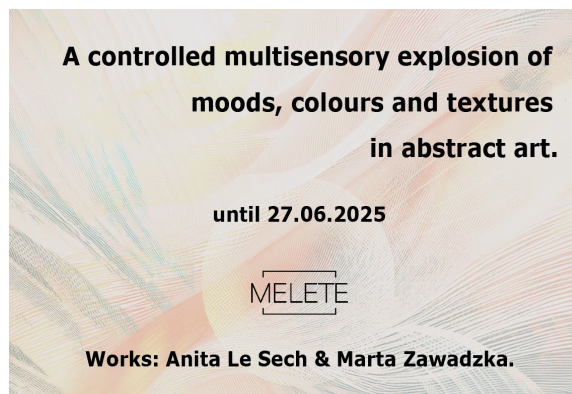
Thank you for your cooperation and active participation.



GUIDED TOUR AT THE MELETE GALLERY

"A controlled multisensory explosion of moods, colours and textures in abstract art".

Wednesday, 11 June



This will take the form of a Zoom call and you will be sent the link after signing up.

'A controlled multisensory explosion of moods, colours and textures in abstract art' is an exhibition that seeks to show that abstract art transcends the boundaries of purely visual perception, embracing a multi-sensory approach that engages the viewer on a deeper, more insightful level, also entering into a polemic with some perceptions of abstraction.

Divided thematically, the works, by two acclaimed artists Marta Zawadzka (Poland) and Anita Le Sech (Jersey), enter into dialogue with each other inviting the viewer to feel, interpret and immerse themselves in the pure energy of artistic exploration, moods and discovery. Each work tells a story, inviting viewers not only to be swept away by their senses by the magic of abstraction, but also to interpret and connect with it through individual thinking, feeling and knowing.

Agnes Wludyka

a.wludyka@googlemail.com

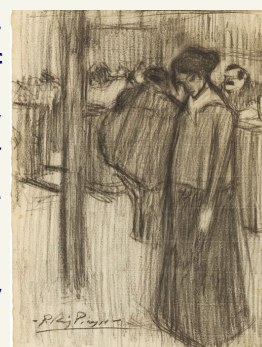
CULTURAL VISIT: BRAGLIA FOUNDATION

RIVA ANTONIO CACCIA 6a LUGANO

Friday, 6 June at 10.00

"Da Sironi a Picasso"

There is a fascinating new art exhibit at the Braglia Foundation in Lugano. Gabriele and Anna Braglia began collecting 57 years ago, and this new exhibition of paintings and sculpture has an unusual focus. Rather than following a specific theme, Mr. Braglia wanted to share works of art with a special sentimental meaning for him and his wife: the first painting they acquired, works by famous artists who were acquaintances and friends of theirs, personal portraits, and even some amusing sketches by Mr. Braglia himself. There are creations by Picasso, Chagall, Depero, Sironi, and Magritte, just to mention a few!



We can have only 15 participants and will have an English-speaking guide. The fee, including the guide, will be CHF 25.-

Please sign up with Sue **BEFORE** Friday, 30 May.

Sue March

iwclpresident@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 soon.

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!

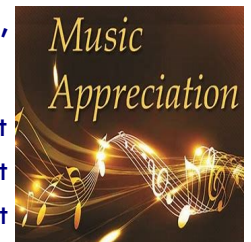
We know that there are many of you out there who love music, concerts, opera, singing, concertos and all the other forms of musical entertainment that Lugano has to offer.

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.

Renata Del Grande



COFFEE MORNING NEW STYLE : “THE ROUND TABLE”

We are meeting this month on Friday, 20 June (10.30 - 11.30) for a coffee and a conversation (“The Round Table”), at the COOP City restaurant, Via Nassa 22, Lugano.

The theme will be: “Being a Mother”.

Everyone is welcome; registration is not necessary.

Hope to see you at the “Round Table”.

Ina Boonacker

inaboonacker-mulder@hotmail.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

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

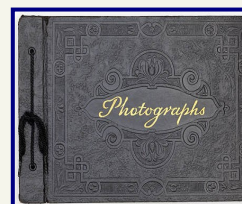
tourservices.lugano@freesurf.ch

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/ai79cbog2dhidhfzf5i3/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 'Aperitivo' format on **Thursday, 26 June 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 May Sundowner will be at:

"AGUA"

Piazza Riforma 1

Lugano

At this event, you will only pay for your own food and drinks.

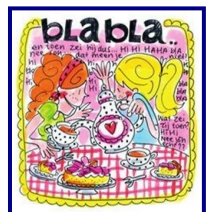
We like to know that you are coming along; please don't just turn up! Please contact Elizabet to sign up.

Elizabet Ak

iwclevengroup1@gmail.com

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, 10 June at 10.30 promptly at the Hotel Pestalozzi. Our discussion, based on **'The Heaven and Earth Grocery Store,'** by **James McBride** will be an open discussion. Come and join us for another wonderful Book Group meeting, even if you haven't read the book! You might be tempted!

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

Thank you all for your book selections for the next few months. We now have the results from the ladies who have voted which will be presented at the June meeting.

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

**“A SUMMER POT LUCK PARTY”****Tuesday, 10 June, 18.30 onwards**

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

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 SUMMER POT LUCK PARTY’ hosted by The IWCL Board**Our dress code for the evening is ‘SUMMERY!’**

This is a special Cooking Group event to celebrate the end of the season. We ask you to bring along a dish to share with other participants (doesn't matter if it's sweet or savoury!) and to help clear up afterwards. There is no other cost, but we would like to know that you are coming along.

Wine by Nerida**When:** Tuesday, 10th June, 18.30 onwards**Where:** Il Grottino Viganello, Via Pergola 5; long standing members will remember this location**Cost:** There will be no charge on this occasion. You only need to bring along your sharing plate. Beverages are offered by The President.**Parking:** There is ample kerbside parking, and the Autosilo Civico on the corner. There is space outside 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 20 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 2 and 9 June.

Contact details: 076 224 90 01 karendlaus600@gmail.com

English Conversation with Linda Denkinger 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 not meeting this month but will recommence in September.

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
	1	2 Italian p.12 English p.12 German p.12 Mindfulness p.10	3 Monthly Meeting And Questionnaire Forum p.1 English p.12	4 Women's Health p.2 Golf p. 8 English p.12	5 Italian p.12 Mah Jong p.8 French p.12 Spa morning p.2	6 Braglia p.5
7	8	9 Mindfulness Italian English	10 English Book Group p.10 Cooking (Pot Luck) p.11	11 English Golf Melete Gallery p.5	12 Italian Mah Jong French	13
14	15	16 Italian Mindfulness German	17 English	18 English Golf	19 Italian French	20 Round Table Coffee p.7
21	22	23 Italian Mindfulness	24 English	25 English Golf	26 Italian French Sundowner p.9	27
28	29	30 Italian Mindfulness	OUR NEXT MONTHLY MEETING WILL TAKE PLACE ON TUESDAY, 9 SEPTEMBER AT THE HOTEL PESTALOZZI. HAVE A GREAT 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
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 0251
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
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