

NOVEMBER 2025

INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3 www.iwcl.org Issue 333

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

IWCL MONTHLY MEETING

Tuesday, 11 November at the Hotel Pestalozzi
Via Pietro Bianchi, Piazza Indipendenza 9, 6901 Lugano
09.30 Refreshments

10.00 onwards presentation of 2026 Board candidates

10.30 Speakers: Martha Bernal and Alexandra Lange Bernal

***"The Heart of Connection: How to Cultivate Presence, Purpose
& Community Across Generations"***



In a world that is constantly evolving, one thing remains unchanged: the human need for connection. Whether through family, friendship, or community, our sense of belonging shapes how we love, live, and lead. Yet as our lives transition, what does it take to stay genuinely connected today?

In this inspiring keynote, Martha and Alexandra, the mother-daughter duo behind the "Ever-Evolving Women's Global Community", invite us to explore The Heart of Connection—a journey into cultivating presence (with oneself), purpose (in one's role), and community (through one's contribution).

Drawing from their intergenerational experience and years of mentoring individuals and groups through personal and relational challenges, Martha and Alexandra share empowering stories and reflections on how our need for connection can be redefined into something we consciously co-create with awareness and intention, rather than something to be found by chance.

Originally from Latin America and now based in Switzerland, Martha Bernal and Alexandra Lange Bernal have lived and travelled the world over the past two and a half decades, getting to know different cultures, languages, and traditions. While studying with renowned teachers in the fields of personal, professional, and spiritual growth, they have made it their mission to value and foster the richness of human relationships through connection and empowerment.

Awarded internationally by the Women Economic Forum (WEF) as "Exceptional Women of Excellence" for their leadership and impact as global entrepreneurs, Martha and Alexandra continue to bridge generational gaps and guide thousands to lead extraordinary lives and relationships.

This insightful talk offers a refreshing perspective to close the year, as well as a hopeful vision for the one ahead—illuminating not only how we can relate to others, but also how we can love, live, and lead with presence, purpose, and community.

INDEX

Advertising	17
Art	14
Board Elections	2/3/4
Book Group	14
Breathe, Relax, Feel	14
Calendar	17
Cancellation Policy	6
Christmas Dinner	7
Club Discounts	9
Contact Details	18
Cooking	15
Cultural Visit	10
Find Your Photos	12
Golf	12
Information about IWCL	18
Interest Groups	18
IWCL Facebook	9
IWCL Whatsapp Group	5
IWCL Website	9
Knitting Group	13
Ladies' Lunch	10
Language Classes	16
Let's Chat in English	13
Let's Dance	8
Mah Jong	12
Mentor Scheme	9
Moms and Tots	9
Monthly Meetings 2025	5
Music Appreciation	11
New Club Directory	6
New Members	8
Present Charity Cheque	5
Round Table Coffee	11
Sundowner Special	13
Women's Health Group	11

BOARD NOMINEES FOR 2026

**THIS YEAR WE HAVE TWO SETS OF BOARD CANDIDATES
BOTH WILL BE PRESENTED AT THE NOVEMBER MONTHLY MEETING**

BOARD PROPOSAL NUMBER 1**PRESIDENT**

My name is Ilona Pongracz and I am of Italian-Hungarian origin. I was born in Switzerland and spent my entire school and professional career in French-speaking Switzerland. I worked for ten years at the International Committee of the Red Cross (ICRC) in Geneva, raising funds for numerous projects. I also served as Vice President of the Swiss Foundation for the UNHCR and organised the annual Fundraising Day in French-speaking Switzerland for around one hundred participants. I launched my own fundraising agency, Ethika, in 2002 and continue to run it today.

Moving to Lugano in July 2022 I became a member of IWCL three months later. Enthused by the people I met there and the activities on offer, I quickly became involved in several of them. "I would be delighted to work as part of a collaborative team with new and existing board members to move the Club forward into an exciting future and bring "change through continuity" ...

VICE PRESIDENT

Dear ladies, you all know me, and what our Club means to me. It's time for us to move forward into a new era, so I am delighted to support Ilona as our next President. Along with myself as Vice President, Adriana as our new Club Secretary, and Jan remaining as our stalwart Treasurer, this Board offers an harmonious collaboration between innovation and stability, change and credibility, challenge and communication.

With Claude as our new Chair of Hospitality, Christine assuming the role of Membership Secretary, Cat continuing to manage the database, Mary Lyn offering relationship and communication support, and the potential for a new Events and Media Co-ordinator, our leadership team has been expanded to show strength in depth.

With five new members and five long-standing members, we encompass many new skills and talents, creating a balance between continuity and flexibility, experience and dynamism. We all believe in friendship, sisterhood, openness, social interaction and teamwork. We want IWCL to be a happy, forward-looking, kind and positive environment where we can all support each other. Please vote for us so we can make this happen.

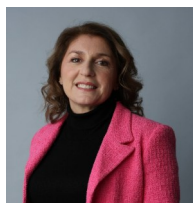
SECRETARY

My name is Adriana Cloete and I was born in Zurich from Swiss Italian parents; I spent the first 10 years of my life there. At the age of ten the family moved back to Lugano where I did my schooling and spent more or less another ten years. My interest of the world took me to the USA, and, later when married to my South African husband, we took our son and spent time in London and France where we lived for twenty two years in the region of Bordeaux. Covid and my elderly mother called us back to Lugano at the end of 2021.

My hobbies are music, dog walking, hikes, languages and different cultures. I strongly believe in the interconnection of people, respect and helpfulness and would be happy to serve as the Club's new Secretary.

TREASURER

Jan Stanford has lived in Ticino for many years with her husband bringing up a family of two boys. She lives in the Malcantone, speaks Italian and has been a member of the Club for the last 6 years. She has worked in the accounting department of both Franklin University and The American School in Switzerland (TASIS) and in the last 12 years before retirement, she managed the Human Resource department of over three hundred employees at TASIS which included being responsible for contracts and salaries. She is both trustworthy and reliable and is excited to be able to continue using her skills as Treasurer for the benefit of the Club members.

BOARD PROPOSAL NUMBER 2**PRESIDENT**

Hello everyone! My name is Elizabet Ak, and I come from a family with Aramaic roots. I was born in Istanbul in 1976 and lived there until I was 13 years old. After that, I moved to Germany with my family, where I completed an apprenticeship as a dental assistant.

In 1996, I followed my heart and moved to Lugano, where I quickly learned Italian in just three months and began working as a dental assistant. I am blessed with three wonderful children: Elio, Paola and Pietro. I decided to pause my professional career to focus on raising my children, during which I was actively involved in moms and tots groups, as well as parent associations at their schools.

My community involvement extends to my church and the women's association of the Syriac Orthodox community, which is part of my Aramaic heritage. Since 2017, I have been a very active member of IWCL, which has helped me grow and mature—especially through my experience in drama with Sue, who kindly offered it as an activity for the club. From September 2024, I have been helping the board organize sundowners and support the club in any way I can.

I love life, helping others, dancing, exploring the world during my holidays, embracing challenges, trying new experiences, and reading thrillers—just to name a few! I am eager to share my positive energy with the new board and all the wonderful members of IWCL, if given the opportunity. Thank you for welcoming me!

VICE PRESIDENT

A German national, I left my home country at the age of 22 with my first husband, moving to Hungary and Romania. Some years later, I arrived in Ticino, pregnant with my fourth child, without speaking Italian and unfamiliar with local life. The IWCL was a lifeline during this time - offering support and helping me feel at home. In the years that followed, I became active within the Club and helped organise a successful IWCL charity initiative in support of the local organisation OTAF.

After my divorce, as my sons left home to attend international universities, I recognised a growing need for student housing and began renting out furnished rooms. During this period I met my second husband, and went on to launch a service business here in Lugano. The early years were not without challenges, but today my little company is well established and employs a team of five women. With a clear and practical approach to finance and entrepreneurship, I was invited - after many years of quiet involvement - to become more active and to join the IWCL Board.

I speak German, English, Italian and some French, and I hold a university degree in Business and Economics. I believe deeply in the strength of women supporting one another, and I look forward to contributing my experience and energy to the future of IWCL. Please feel free to contact me for more information.

Birgid Giorgetti

076 413 76 54

birgid@giorgetti.com

SECRETARY



A German national I grew up in (West) Berlin. My husband and I met in 1983 when we were both working for Schering AG and we started to move around the world. I worked in Human Resources and as an Executive Secretary in Finance in New York, London and Munich. However, the biggest honour of my life was raising our five children whilst relocating to Hungary, Poland, Spain, Italy and within Germany. I was always very active in the PTO of every school our children attended. My husband and I relocated to Ticino in 2021.

I embrace different cultures, speak German, English, Spanish and basic Italian. I love to watch young people develop and am a very optimistic person – there's always a way! Our children were raised bilingual (English/German) and encouraged to be independent, global minded thinkers and to explore the world - which has not always been easy for them or us. In this context I believe the mission of IWCL should be to; help newcomers integrate, develop friendships, provide support especially in difficult times and have fun.

In 2024 Jonsi asked me to assume the role of Membership Secretary, which I am enjoying very much. I hope to make an even greater contribution to the future of IWCL as the new Secretary of the Board.

Please feel free to contact me with questions or suggestions.

Andrea Never

Via Vedeggi 46, 6983 Magliaso

076 413 32 75

TREASURER



My name is Oana Stan.

I was born in East Europe, in Romania at the end of the 70s during the communist period.

I left Romania after I graduated in Law. This first part of my life left deep traces in my personality.

In the early 2000s I moved to Milan and I was completely fascinated by this new world around me: architecture, design, theatres, fashion, food. I stayed in Milan almost 20 years, I had my family, my son, my job in administration and accounting.

I have both Romanian and Italian citizenship, I speak Italian, English, Romanian and French.

In 2015 I moved with my family to Lugano and since a few years I am a member of the IWCL. I will always highly appreciate the warm and friendly atmosphere of the club. I run the Italian conversation group.

I like travelling and discovering new places, reading, art in all its forms and the nature. I will do my best as part of the new Board. My vision about the Club is about friendship, supporting each other and having fun.

MONTHLY MEETINGS IN 2025

2 December

PRESENTATION OF CHARITY CHEQUE

At our November Monthly Meeting, Adriana Cloete, the Chair of our current IWCL charity committee, will present the cheque for the monies raised during this charity year to Patrizia Berger, President of "Oltre Noi."

Many thanks to those of you who have supported our fund-raising efforts this year. We will announce the amount raised on the day!

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:**

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

- **Social Gatherings:**

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

- **Travel Tips:**

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

- **Weekend Activities:**

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

- **Event Invitations:**

- "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.



OUR IWCL CANCELLATION POLICY (CP) ... AND WHAT IT MEANS FOR YOU

Please read carefully – thank you.

We are delighted to offer our members a wide range of trips, visits and events. You will be aware that for many of them, especially Cultural Visits, Parties and Cocktails, we have a **Cancellation Policy** (CP) which applies when you sign up. In future, we will be adding a note of the cost to the Club for an individual to participate in an event (e.g. CP CHF 38,-).



This costing occurs for many reasons; because the organisers have to buy tickets well in advance to take advantage of a group rate; to hire a guide; to buy fresh produce or to secure a venue. It's essential that we know how many people to expect, so we can also fix a price!

When you sign up to attend an event, you are effectively giving your word that you will pay for your place. The Club honours your word by purchasing tickets on your behalf. Sometimes, we have a waiting list of ladies who can take your place if you are unable to attend, but quite often we don't.

It isn't the business of the event organiser to find someone to cover for you if there is no waiting list – that's your job! The Club will have bought your ticket in good faith, and you will be expected to pay for it whether you turn up or not.

If you sign up for an event, PLEASE make a note in your diary. The volunteer event organiser probably doesn't have time to send you a reminder! We just expect you to turn up (as you would to the ballet...)

If you find, for whatever reason, that you are unable to take up a place that you signed for, please let the event organiser know – it seems like basic courtesy – and there might be a chance that there's someone on the waiting list! Otherwise, find someone to take your place, or you will be charged.

So – if you sign up and fail to show up, please don't be surprised or offended if you receive an email and a payment slip from our Treasurer. You shouldn't expect the other members of the Club to cover the cost of your error, after all.

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 available on our website for you to download as a PDF.

DIRECTORY

<https://www.dropbox.com/scl/fi/0gnetds0j86lrnqhr5d58/IWCL-Members-Directory-August-2025.pdf?rlkey=vy7w4n12ljpcj6ctcvgf6c3lo&st=nl7yrqs7&dl=0>

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



CHRISTMAS DINNER AT THE RESTAURANT CIANI (CP)

Piazza Indipendenza 4, Lugano

Tuesday, 9 December

Dress code: "Glamour"

Our traditional Christmas dinner will take place this year at **Restaurant Ciani**. Located between the Palazzo dei Congressi (with parking) and the Ciani garden, this modern and cosmopolitan restaurant is a real gem. Thanks to the famous chef Dario Ranza, originally from Ticino, the restaurant is mentioned in the *Michelin Guide* and the *Gault & Millau Guide*, both highly regarded references !

Our evening will begin with an aperitivo at 19.00 followed by dinner at 20.00.

The cost for the evening will be **(CP)** CHF 92.– per person all inclusive (without the wine at the table which will be paid for by each person).

The registration is with Hanneke (hannekesillekens@gmail.com and 076 220 93 19) and payment is made directly at the dinner.

Please note that **places are limited !**

Deadline for reservations is **Tuesday 25 November**.

For a **vegetarian version** of the menu and any special food requirements please contact Hanneke on 076 220 93 19.

MENU

Aperitivo finger food appetizers with Spumante Blanc de Blanc

Cooked and raw vegetables with lime prawns

Champagne risotto

Black Angus steak with artichokes and olives

Apple tart with cold zabaglione and cinnamon ice cream

Please **ONLY** use email or messaging for signing up (hannekesillekens@gmail.com)

For other information (diet restrictions or practical info.) please phone Hananeke.

A VERY WARM WELCOME TO EVELYN, FRANCESCA AND SYLVIA

Evelyn will be sharing her time between Ticino and Paris. Evelyn used to work as an Executive in the financial service industry and is now devoting her energy to help refugee and immigrant women in the USA and Afghanistan. The last two years she held the position of Chair of the AAWWE, the Association of American Women in Europe. Evelyn loves cooking, Pilates, travelling and meeting new people.



Evelyn

6A Riva Antonio
6900 Lugano
EVISAIA@Me.COM
+39 337 815 656 25



Francesca loves drawing/painting, cooking, discovering new places, visiting cultural events and cuddling animals, especially cats. Francesca grew up in Friuli-Venezia-Giulia and has a psychology degree from the University of Padua. Francesca moved to Ticino with her husband in 2008 and is very passionate about Australia.



Francesca De Giorgio

Via Campagna 8
6980
MEGA829@GMAIL.COM
076 240 82 38



Sylvia lived in Italy for 40 years where she brought up her three children and managed a hotel with her husband. They recently moved to Ticino to be closer to her mother. Sylvia has a strong connection to Greece where her husband grew up. Sylvia loves reading, cultural events, fashion, music, dancing, organising trips and exploring whatever is new and beautiful.



Sylvia Maria Wimmer

Via Trida 8
6948 Porza
Sylviawimmer@gmail.com
079 651 39 97



LET'S DANCE!

Keep fit, have fun, make friends and learn a Show Dance with Heike

Hi ladies! Come and join our IWCL Dance Group, back by popular demand, at the usual time of

10.30 - 12.00 every Wednesday at Hotel Pestalozzi.

Taught by Heike, we will prepare a SHOW DANCE for our next Club event,
the Christmas Pot Luck Lunch!

This time, we have a series of 10 sessions, and we pay in advance only for the room rental divided by the number of participants; to be paid at the first session.

Dates as follows:

5, 12, 19 and 26 November

3 and 10 December

Please sign up with Marina as soon as possible.

Marina Marsaglia:

marinaporza@gmail.com



MOMS AND TOTS

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

IWCL WEBSITE

Please refer to the IWCL website for information on:

OPEN DOORS

OUR CANCELLATION POLICY (CP)

IWCL PHOTOS

YOUR CLUB NEEDS YOU

RESPECT FOR OUR SPEAKERS

PUBLICISING YOUR ENGLISH SPEAKING EVENTS IN OUR NL

THANK YOU FOR SIGNING UP!

NEW COPY OF THE IWCL DIRECTORY

PHOTOS FOR WEBSITE

COPY OF THE LATEST 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.

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**



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

Irene Fröhlich

Maura Koopman

Sharon Palette

isabel@bern.life

076 334 55 50

teupi@yahoo.com

sep.ticino@bluewin.ch



CULTURAL VISIT (CP)

We are delighted to offer members a guided tour in English of the
Baptistry and Church of Riva San Vitale
Thursday, 20 November 10.00 - 11.30



At the foot of Mount S. Giorgio, on Lake Ceresio, is the Baptistry of Riva San Vitale, the oldest Christian monument preserved in Switzerland, which testifies to the distant origins of the village, certainly dating back to a Roman settlement. We will meet outside the Baptistry at 9.50 to begin our guided tour.

“Probably built in the 5th century, the building has an octagonal plan set in a square. Originally it was perhaps surrounded by an ambulatory of which some traces remain on the ground. The interior has deep semicircular niches and a small apse added in a later period. In the centre is the baptismal font (the ancient octagonal pool where baptism was performed by immersion, a practice abolished in the 9th-10th centuries). A second monolithic and circular source was placed on it, probably at that time. In the niches are very precious Romanesque frescoes from the 12th century, representing the Nativity of Christ, the Assumption, the Last Judgment, Christ the judge and the symbols of the Evangelists. In the apse there are traces of a Crucifixion from an earlier period. The floor is partly the original one, with black and white marble tiles.”

The cost of the visit will be CHF 20.- per person **(CP)**

To reserve your place, please contact Claude BEFORE 5 NOVEMBER:

** This visit can be followed by a Ladies' Lunch. Please see the separate announcement and contact Lilo to reserve your place. **

Claude Perrinjaquet Boni

cm.boni@gmail.com

LADIES' LUNCH

This month our lunch will take place after the visit to the Battistero in Riva San Vitale on 20 November. We will dine at the:

Grotto Pojana

via Poiana 63, Riva San Vitale, 6826

Time approx. 12.30/13.00,

(Menu of your choice)

To sign up please contact Lilo.



Lilo Valli

079 207 20 92

lilosmile@yahoo.de

THE WOMEN'S HEALTH GROUP (WHG)

The next meeting of the Women's Health Group will take place over Zoom.
If you haven't signed up, there is still time, just send me an email for more information.

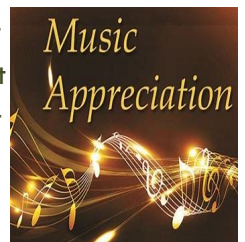
Pat Camillo

Pat.Camillo@gmail.com

**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?



The Cinema Lux in Massagno (or sometimes Iride in Lugano) show operas that come directly from the Metropolitan Opera New York.

OPERA EX NYC

18 October	La sonnambula	Vincenzo Bellini
08 November	La Bohème	Giacomo Puccini
22 November	Arabella	Richard Strauss
13 December	Andrea Chénier	Umberto Giordano
10 January	I Puritani	Vincenzo Bellini
21 March	Tristano e Isolde	Richard Wagner
02 May	Eugene Onegin	Peter Tchaikovsky
30 May	The last dream of Frida and Diego	Gabriela Lena Frank

“THE ROUND TABLE”

“Communication”. What does it mean?

Communication is the process of exchanging information, thoughts and feelings between two or more people through a common system of symbols, such as speech, writing, or gestures.

The next coffee morning, we will talk about communication between two people: Seeing and speaking to each other, call each other, write to each other (via letter or e-mail) or chat with each other. What do you prefer?

If you would like to participate, you are most welcome. You can communicate” your attendance via:

inaboonaacker-mulder@ hotmail.com or WhatsApp at number 079 467 74 57.

Hope to see you at the next “Round Table”, on **Friday 21 November** (10.30 -11.30) at the Coop City ristorante, Via Nassa 22, Lugano.

Ina Boonacker

inaboonaacker-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

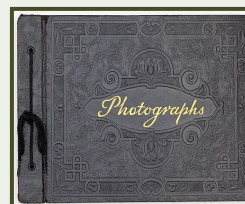
tourservices.lugano@freesurf.ch

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'

Thursday, 27 November from 18.30 onwards

Vitti Restaurant & Cocktails

Via Pretorio 2, Lugano

Join us for our November Sundowner – an easy-going evening filled with drinks, laughter, and fabulous vibes.

Whether you're coming straight from work or just looking for a fun night out, we'd love to see you there. Everyone will cover their own drinks, but the fun and the smiles are, of course, absolutely free.

Please RSVP

✉ Email: iwclevengroup1@gmail.com

☎ SMS/WhatsApp: 076 506 94 60

👉 Please make sure to sign up in advance – no spontaneous arrivals please

Elizabet Ak

iwclevengroup1@gmail.com

HIKE and CHAT

Come hike with us and discover the mountains, valleys and views of the Ticino region. We are a relaxed easy-going group that enjoys nice company and chatting about all sorts of interesting and diverse topics. We meet once or twice a month and hike for about 3 hours with a picnic stop along the way. We try to alternate the level of

the hikes with some easy and some more challenging.

Please contact Maria to be included on the distribution list and keep up to date on upcoming excursions.

So come join us. Enjoy the splendid nature of our region and fresh air fitness. Meet friends and make new friends.

Maria de la Cámara

079 263 04 65

maría.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! Let's inspire each other! We would be delighted to have new members in our group! You are most welcome to come and visit us just to see what we do and who we are! Then you can decide if you want to be part of our group. But if you want to visit us please call me Eva in advance, sometimes we change the dates! Usually we meet every second Monday from 14.00-16.00 at the Pestalozzi. Fee for the room is CHF 5.- per person. Bring your own supplies: watercolours, acrylics, pastels, charcoal, pens etc. Any questions please contact me!

**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, 18 November at 10.30 promptly at the Hotel Pestalozzi for our discussion, based on **“Conclave”** by Richard Harris led by Raffaella. Come and join us for another wonderful Book Group meeting, even if you haven't read the book! You might be tempted!



December - No BG (we decided it was too close to Christmas!)

2026

20 January - Peach Blossom Spring - Danielle

17 February -

17 March -

14 April -

19 May -

16 June -

22 September -

20 October -

November -

15 December -

We are looking for a presenter for the following book:

“Luckenbooth” by Jenny Fagan

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

We look forward to seeing you.. Happy reading!

Cathrine Orelli

079 902 57 53

iwclhospitality@gmail.com

Sue March

077 924 16 76

iwclpresident@gmail.com

COOKING GROUP

“Rise of the Raj”

A Special Indian Menu

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 Special Indian Dinner!’ hosted by Sue and Linda.

Our dress code for the evening is ‘Exotic!’

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

Nibbles:-

Crispy Chappati Chips
Lime and Mango Chutneys
Raita

Starters:-

Chana Masala - chick pea curry
Aloo Gobhi - spicy potato and cauliflower
Bingan Bhaji - aubergine and tomato sambal

Main:-

Kedgeree - fish and rice biryani
Tandoori Chicken
Lamb Korma
Paratas - flaky Indian bread

Dessert:-

Exotic Fruit Salad
Rasmalai - creamy, spiced rice pudding



Wine Pairings by NERIDA

- When:** Tuesday, 18 November , 18.30 onwards
- Where:** Il Grottino Viganello, Via Pergola 5; long standing members will remember this location!
- Cost:** 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 is on the corner. There is space outside for the host to leave their car, as you are bringing heavy items.

To book your place or for more information (we are happy to welcome up to 15 participants) please contact Sue.

Sue March

077 924 16 76

iwcipresident@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 and Intermediate) at Raffaella's home in Gentilino. Please contact Raffaella 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 3, 10, 17 and 24 November. We will also meet one evening for an aperitif nearby. (TBA).

Contact details: 076 224 90 01 karenclaus600@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 on Wednesday, 12 November.

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	3 Mindfulness p.14 English p.16 German p.16	4 English p.16	5 Golf p. 12 English p.16 Dance p.8	6 Italian p.16 French p.16 Mah Jong p.12	7
8	9	10 Mindfulness English p.16	11 Monthly Meeting p.1 English	12 English French p.16 Golf Dance	13 Italian French Mah Jong	14
15	16	17 Mindfulness English p.16 German	18 Book Group p.14 Cooking p.15 English	19 English Golf Dance	20 Italian French Mah Jong Cultural Trip p. 10 Ladies' Lunch p.10	21 Round Table Coffee p.11
22	23	24 Mindfulness English p.16	25	26 English Golf Dance	27 Italian French Mah Jong Sundowner p.13	28
29	30	31 Mindfulness	OUR DECEMBER MONTHLY MEETING WILL BE A POTLUCK LUNCH AT THE HOTEL PESTALOZZI ON TUESDAY, 2 DECEMBER.			

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
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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

INTEREST GROUPS OF THE IWCL

Art	Eva Wahlqvist	eva@wahlqvist.eu	091 971 35 64
Book Group	Catherine Orelli	iwclbookgroup@gmail.com	
	Sue March	marchsue@hotmail.com	077 924 16 76
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	
Drama Group	Sue March	marchsue@hotmail.com	077 924 16 76
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
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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	toursservices.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	iwcleveninggroup1@gmail.com	
Website Photos	Ruth Sergi	ruthsergi@bluewin.ch	079 607 82 62
WhatsApp Group	Maura Koopman		079 576 61 44
Women's Health Group	Pat Camilo	Pat.Camillo@gmail.com	

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