

DECEMBER 2025 INTERNATIONAL WOMEN'S CLUB OF LUGANO

Volume 3

www.iwcl.org

Issue 334

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

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IWCL MONTHLY MEETING

**Tuesday, 2 December at the
Hotel Pestalozzi, Via Pietro Bianchi,
Piazza Indipendenza 9, 6901 Lugano
PLEASE NOTE THAT WE ARE OPENING
THE DOORS AT 10.30
YOU WILL NOT BE ABLE TO ENTER EARLIER
THANK YOU FOR YOUR COOPERATION**

POT LUCK LUNCH

This year we are again holding our Christmas Pot Luck Lunch, an event which brings all of us together to share good company and delicious food.

We hope that each member will bring a home-cooked and lovingly prepared dish to share. To ensure that we do not receive too many dishes in the same category, members with surnames

from **A - O** should bring a savoury dish,
members with surnames

from **P - Z** should bring a sweet dish.

If you would like to bring a different type of dish i.e. savoury instead of sweet, please find another lady who is willing to swap category with you. However, if you are unable to bring a dish to share, we will ask you to contribute **CHF 30.-** towards the cost of the party although we much prefer your own creations.

**It will also be your last opportunity to vote for the
2026 IWCL Board so please don't forget
your ballot forms.**

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MONTHLY MEETINGS IN 2026

13 January	4 February	11 March	8 April	6 May
3 June	9 September	7 October	11 November	2 December

MEMBERSHIP FEES 2026

Please remember to pay your membership fees of CHF 120.–

Account / Payable to CH76 0900 0000 6900 6056 1

INTERNATIONAL WOMEN'S GROUP 6900 Lugano

Additional information:

Please write Membership Fee 2026

If you have any questions about your payment, please contact

Jan at: iwcltreasurer@gmail.com

Thank you for your cooperation.

The Board

**BALLOT FORMS**

By now you will have received your ballot form by post. You will see that it has a number but the forms have been sent out in a random manner so that your vote will remain anonymous. **Only** officially numbered ballot forms will be accepted.

As detailed on the form, you may either post your vote back to Waltraud or Yvonne or bring it with you to the December Pot Luck lunch. The results will be announced at the end of the Meeting.

Your vote is especially important this year since we have two groups of nominees for the 2026 Board, so please take the time to complete the ballot and return it by the official deadline.

Many thanks for your cooperation.

The Board

IWCL WEBSITE

Please refer to the IWCL website for information on:

OUR CANCELLATION POLICY (CP)

IWCL PHOTOS

YOUR CLUB NEEDS YOU

RESPECT FOR OUR SPEAKERS

CLUB DISCOUNTS

MOMS AND TOTS

MUSIC APPRECIATION DETAILS

THANK YOU FOR SIGNING UP!

NEW COPY OF THE IWCL DIRECTORY

PHOTOS FOR WEBSITE

COPY OF THE LATEST NL

IWCL FACEBOOK

OPEN DOORS

PUBLICISING ENGLISH SPEAKING EVENTS

Please contact our Membership Secretary if you need or have forgotten your password to access the site

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



Andrea Never

iwclmembershipsecretary@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:**

- "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.





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 Hanneke.

SUNDOWNER SPECIAL IN PIAZZA RIFORMA



Join us for a festive aperitif under the tree at Piazza Riforma, Lugano,
on Thursday, 11 December from 18.30 onwards.

As this is a busy period, the nearby restaurants don't accept reservations so we'll go spontaneously on the spot. Please note that seating is usually limited - but the lively atmosphere makes it all the more enjoyable"

Everyone will cover their own drinks, so just sign up, come along, enjoy the company, and soak in the holiday spirit in the heart of Lugano. Looking forward to seeing you there.

Elizabet Ak

iwcleveninggroup1@gmail.com

"THE ROUND TABLE"

"Friendship"

Friendship in your youth, friendship as an adult, What is the difference?

As Christmas approaches, we tend to think about all the lovely people in our lives. This could include friends from our childhood, but also friends we met later in life or are meeting now. Is there a difference in those friendships or not?

If you would like to participate, you are most welcome. Let me know by email or WhatsApp.

Hope to see you at the next "Round Table" on Friday, 19 December (10.30 - 11.30) at the Coop City ristorante, Via Nassa 22, Lugano

Ina Boonacker

079 467 74 57

inaboonacker-mulder@hotmail.com



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:

3 and 10 December

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

Maria Blersch

079 228 62 82/091 972 26 49

mariablersch@bluewin.ch

GARDENING GROUP

Our Gardening Group is re-awakening after a long pause. This time we'd like it to be more “hands on”. Bring your secateurs and gloves to each other's gardens. Exchange seeds and plants but also experiences and advice. Even if you only have a balcony with pots of herbs or a room full of house plants, you are a gardener. If you are interested in joining us please contact Sharon.



Sharon Parlette

079 509 99 82

sep.ticino@bluewin.ch

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

“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

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

NEW ART GROUP

Nadia Dueringer is reviving her art group at the Pettiroso in Savosa. If you are interested to join, please contact her for more information.



Nadia Dueringer

077 436 45 74

dueringer@gmx.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

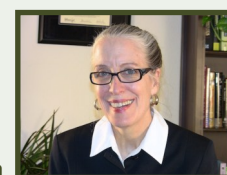
THE WOMEN'S HEALTH GROUP (WHG)

Please contact Pat for more information if you would like to join this group.

Hope to see you soon!

Pat Camillo

Pat.Camillo@gmail.com



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APARTMENT FOR RENT

Vernate

4½ rooms, 150 sq. metres plus 60 sq. metres terrace.

Spectacular 180 degree open lake and mountain view, 3 bedrooms, 3 bathrooms, private laundry, outdoor heated swimming pool, 2 parking spots, high-end finishings, hardwood floor.

For rent from 1 April 2026.

Please contact Claudia for more details: 079 813 50 03



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 meet at the Cafe Agora, in the Agora Apt. building next to The City Hotel at Piazza Molino Nuovo. Please contact Karen for more details.

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, 17 December at 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.

Contact details: 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
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²⁷	²⁸	²⁹ Mindfulness	³⁰	³¹ 	OUR NEXT MONTHLY MEETING IS ON 13 JANUARY AT THE HOTEL PESTALOZZI	

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			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
 our President **Sue March**
 077 924 16 76 or iwclpresident@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
Evening Group	Elizabet Ak	iwcleveninggroup1@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	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	rociocuervo@hotmail.com	
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 Camillo	Pat.Camillo@gmail.com	

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