

IMCZNEWS



MARCH 2008

STAMMTISCH ONWARD AND UPWARD;

HOLDING ONTO YOUR GLASS AND RAISING IT HIGHER

The IMCZ Stammtisch is the Club's longest-running 'event,' taken by the membership in weekly doses (gulps) so that the excitement (thirst) is never quenched. 2007 marked the concerted Parkhotel Stammtisch launch, and since then the attendance statistics curve looks like an ambitious stock burning for inclusion in the SPI. Despite its natural fluctuations (and haven't we had enough of those in the last several months?), the IMCZ Stammtisch could lend the index some added stability. Since surging across the 15-member attendance barrier in September, the event has dropped below that level on only two occasions since; clearly because members were catching their holiday second wind.



Since the AGM in 2008, the average number of attendees has been a proud 23, and 45 different members-20% of Club membership-have put in an appearance. Doesn't that make you want to show up and toast the guys? Networking possibilities abound. The largest single evening attendance has been a record-breaking 29 members.

This occurred on 21 February, when our standard Parkhotel restaurant location was commandeered by the Swedish Week (it was actually three) celebration, prompting a graceful sidestep by the IMCZ Board into the Walchwiler Saal. The higher room fees could be taken in stride through the membership's judicious increase in dues approved at the AGM. The Club extended a gallant invitation to the Zug International Women's Club to help us occupy the larger space and make the evening livelier with better mingling possibilities.

IMCZ President David LeBow and Vice President Michael Dillhyon were joined by three other Board members in receiving our charming guests. Representing the Women's Club were President Meri Müller-de Jong, Vice President Heidi Helfenberger, Secretary Carol Gipson and Activities Coordinator Dawn Ray. In all, some 25 members of the ZIWC graced the evening to make it one of the best attended Stammtisch events on record.

IMCZ Bowling Event Coordinator Steven Butterworth had the opportunity to rave about the success of the first outing at the lanes and entice new attendees, and the available printed copies of the IMCZ News disappeared like sought-after first editions.

So if you can be inspired to come along and push the trend still higher, who knows what statistical threshold might next be surpassed? The opportunity to meet new members, long-standing ones or to give board members an earful (not of beer) is there for the taking. Raise your glass, up attendance, and prosit Stammtisch!

IMCZ

Introducing...
new members

THE IMCZ WELCOMES:

Kwok Ting Lee hails from Malaysia, and is employed as legal counsel with Partners Group in Baar. Besides his native Malay, Kwok Ting speaks Mandarin and English. His interests include literature, photography, creative writing and the martial arts.

Andreas Daniel Käch is Swiss and works with UBS in Zug. Andreas speaks English and Spanish in addition to German. He includes arts, watches, travelling, oldtimers and different cultures among his interests.

Ira Livingston is native New Yorker who grew up in Westchester County.

He graduated in 1965 from the Philadelphia College of Textiles and Science (now Philadelphia University), and worked the majority of his career in the textiles industry. Ira completed more than 30 years of service with Cotton Incorporated in December of 2006 as Senior Vice President of Consumer Marketing. He has lived in Zug since May of 2007, but he and his wife Cynthia maintain homes in Connecticut and New York.

Cynthia Livingston is CEO of licensed watch manufacturer Sequel AG, which has its headquarters in Zug. The couple's two grown sons Andrew and Colin both live stateside. Ira is an avid golfer, enjoys reading, and discussing politics and global business.

Thomas Madsen

is Danish, and is also a speaker of English and German. Thomas is business director of vcare Infosystems AG in Baden-Dättwil.

Among his interests he counts golf, tennis and skiing. Thomas heard about the IMCZ through contact with the Zug International Women's Club.

Remember



to attend the
Stammtisch
every Thursday
evening
18:00 – 20:00.

Join us at the
Park Hotel in Zug.
Through the bar in
the Dining Room.

Happy St. Patricks Day!

future events

MARCH 8TH:
ZIWC Wine &
Cheese Party

MARCH 17TH:
IMCZ Bowling

MAY 20TH:
Tour of Seleger Moor

APRIL 6TH:
See the Large Hadron
Collider (LHC)



CHANGES IN SWISS LAW MAY AFFECT YOU AND YOUR FAMILY.

On 24 October 2007 the Swiss Federal Council mandated the following changes to the Regulation on Admission, Residence and Gainful Employment (VZAE - Verordnung über Zulassung, Aufenthalt und Erwerbstätigkeit), which came into effect on 1 January 2008. The Regulation can be viewed directly in the original German under <http://www.admin.ch/ch/d/sr/1/142.201.de.pdf>. Some of these changes are also integrated into the Ordinance on Foreign Nationals (AuG - Ausländergesetz), which can also be viewed in the original German under <http://www.admin.ch/ch/d/sr/1/142.20.de.pdf>.

Of particular interest for persons employed here in Switzerland may be the following articles from Chapters 7 and 8 of the Ordinance on Foreign Nationals.

CHAPTER 7

- **Art. 43. Spouses and children of foreigners with a C-Permit**
 - Foreign spouses and single children under 18 who live with a C-permit holder have a right to receive a RESIDENCE permit and have it renewed, as long as they live with the permit holder.
 - After an uninterrupted stay of five years, the spouse has the right to a C-Permit
 - Children under 12 have the right to a C-Permit
- **Art. 44. Spouses and children of foreigners with a B-Permit**
 - Foreign spouses and single children under 18 of a B-Permit holder have the right to a RESIDENCE permit IF: they live together with the B-permit holder, there's an "appropriate" place for them to stay and they're not on welfare.
- **Art. 45. Spouses and children of L-Permit holders...**
- **Art. 46. Employment of spouses and children.** Spouses and children of Swiss nationals as well as of persons with a C- or B-permit may take up employment or self-employment throughout Switzerland.
- **Art. 47. Deadlines for bringing in family members...**
- **Art. 48. Adopted children...**
- **Art. 49. Exceptions to the rule of having to live together.** It's not required if important reasons can be given for separate residences and the family unit is still intact.
- **Art. 50. In case of divorce, etc...**
- **Art. 51. When/why you can no longer bring your family in...**

CHAPTER 8, "Integration," has also been upgraded.

- **Art. 54: Considering the amount of "integration" when making decisions.**
The issuance of permits (B- or C-) can be made contingent upon the individual visiting a language or "integration" course.

Note: Article 20 leaves a back door open for the federal and/or cantonal governments to put quotas on the number of permits which allow foreigners to work in this way. They use the word "erstmalig" - first time - permits. It's unclear if someone who already HAS a B permit but is just starting to work would be considered erstmalig or not.

Article 21 states that "foreigners" can only get a work permit if it can be shown that "local" workers can't be found. "Locals" now include the foreigners outlined in Art. 44 above.

It used to be that some nationalities could have their B- turned in to a C-permit after five years. It now seems that everyone must have been here ten years, five of those with a B- Permit (Art. 34). It CAN be issued after five years if the foreigner is "integrated".

Residents of Canton Zug can take their questions to the Office of Immigration (Amt für Migration, <http://www.zug.ch/behoerden/sicherheitsdirektion/amt-fur-migration>), which has the following address and opening hours:

Address	Amt für Migration	Opening Hours	Monday
	Aabachstrasse 1		08:30 - 11:45
	6301 Zug		14:00 - 18:00
	Tel: 041 728 50 50		Tuesday - Friday
	Fax: 041 728 50 59		08:30 - 11:45
	info.afm@sd.zg.ch		14:00 - 17:00

Also available, and perhaps especially helpful for English speakers not yet steady in German, is the Fachstelle Migration (<http://www.zug.ch/behoerden/weitere-institutionen/fachstelle-migration/english>), which operates under the mandate of the Department of Economic Affairs. The Fachstelle Migration is located at:

Address	Fachstelle Migration	Approach	On the right hand side of
	English Welcome Desk		the ground floor Entrance
	Zeughausgasse 9		Haus Zentrum
	Postfach 1258		
	6301 Zug	Opening Hours	Monday - Friday
	Tel: 041 728 22 76		13.30 - 17.00 p.m.
	Fax: 041 728 23 14		or by appointment
	welcome.desk@fsm-zug.ch		



See the Large Hadron Collider (LHC)

BEFORE THE BIG-BANG SIMULATIONS BEGIN

CERN 2008 Open Day: Sunday, 6 April 2008 from 9.00 a.m. to 7.00 p.m.

The world's largest particle accelerator lies 100 meters below ground. The IMCZ invites you to take the plunge and have a look.

In 2008, CERN, the European Organization for Nuclear Research, will commission its Large Hadron Collider. The LHC is the world's most powerful particle accelerator, measuring 27 kilometres in circumference, and is expected to bring advances in our knowledge of matter and the Universe. The LHC will accelerate sub-atomic particles and collide them at the centre of four large detectors, ALICE, ATLAS, CMS and LHCb. The LHC is an exceptional scientific tool employing state-of-the-art technology to further fundamental science. It comprises over 1800 superconducting magnet assemblies and is maintained at a temperature of -271.3°C, just 1.9 degrees above absolute zero. The four experiments that will study the particle collisions are technological triumphs in themselves, the largest of them as tall as a five-story building.



On Sunday 6 April 2008 CERN throws open the doors to the LHC. A range of exciting activities will be organized around the ring, both on the surface and underground.

A diverse program includes visits to the laboratories on the surface and down to the tunnels and experiment caverns, as well as fun activities and workshops for young and old, demonstrations of superconductivity, lectures by Nobel Prize-winners and lots of other surprises at the sites in Meyrin (Switzerland), Préveessin (France) and at all the access points around the ring!

The IMCZ encourages your participation in this once-in-a-lifetime event! The Club is arranging for group transportation, and further details will follow, either in the next edition of the IMCZ News or via e-mail.



News from the Lanes... the IMCZ Bowling becomes a regular Event



Event inspirationalist and lane coordinator Steven Butterworth remarked, "Our inaugural event proved an uplifting evening. President David talks of a spot of rejuvenation, and to be honest it felt like that! A really good 2 hours of talking and bowling, laughing and general enjoyment. For a first event I was pleased that 12 of us were registered, paid up and raring to go. Some high scoring too from several players."

"Otto Steuri walked off with the wine bottle prize with scores of 176, 156, 151 - very consistent scoring. Think nothing of three strikes in a row from the likes of Otto and John Hosking. We even had a resident photographer, our own Ron Sumners." Butterworth made clear to extend his invitation to potential women champions, "Now all we need are more ladies of the bowling variety of course!"

The IMCZ's regular bowling event for Club members takes place on the 3rd Monday of every month: next is March 17. Steven Butterworth has negotiated a splendid 25% discount with the Cherry Bowl in Sihlbrugg (just off the end of the freeway).

The crush of strikes and thrill of spares begins at 19:30, and the event is open to registered and prospective IMCZ and ZIWC members. Early arrival to assure good shoes, a good ball and some liquid calisthenics is encouraged. Reservations are required, since the Cherry Bowl must be notified of how many bowlers to expect. Please contact Steven Butterworth by the preceding Friday via e-mail or phone, spbutterworth@mac.com or 041/790 4172. If you register to bowl and can't attend, you must let him know by the preceding Friday. The IMCZ No-Show policy applies.

The cost for an evening is CHF 20.00 for two hours of bowling and shoe rental, and concludes at 21:30. A bargain indeed for a spot of rejuvenation!



Beside-not behind-every Good Man is a Good Woman

by Meri Müller-de Jong, President, Zug International Women's Club

Gentlemen,

Are your better halves enjoying their days in Switzerland? Are they making friends and seeing this beautiful country? Are they maneuvering (and not just hovering) the culture and rules of their canton? Are they having fun?

If you must answer NO to any of these questions then let me suggest a solution. Introduce them to the **Zug International Women's Club**. We are a social club of over 450 ladies from 80 countries and of all ages. Our home page (www.ziwc.ch) provides full details.

For our strong and active membership we schedule many events and social activities. Coming events include:

- March 8: Wine and Cheese Party in the Pulverturm (IMCZ invited!)
- March 13: Spring Soup Luncheon in the Siehbachsaal, Zug; charity drive event for 2008!

In addition...weekly Stammtisch on Wednesday 09:45 or 18:30 at the Parkhotel, book groups, sport activities and conversation groups! Moms' coffees and kids' playgroups, excursions for all as the weather improves.

Reap the benefits of fostering your better half; for membership information email info@ziwc.ch



For the frequent or occasional flyers among us:

Kulula is an Airline with head office situated in Johannesburg. Kulula airline attendants make an effort to make the in-flight "safety lecture" and announcements a bit more entertaining. Included here are actual examples heard or reported:

On a Kulula flight, (which have no assigned seating) passengers were apparently having a hard time choosing, when a flight attendant announced, "People, people we're not picking out furniture here, find a seat and get in it!"

On another flight with a very "senior" flight attendant crew, the pilot announced, "Ladies and gentlemen, we've reached cruising altitude and will be turning down the cabin lights. This is for your comfort and to enhance the appearance of your flight attendants."

On landing, a stewardess remarked, "Please be sure to take all of your belongings. If you're going to leave anything, please make sure it's something we'd like to have."

On pointing out escape routes, a flight attendant said, "There may be 50 ways to leave your lover, but there are only 4 ways out of this airplane."

On reaching a destination, the following announcement was heard: "Thank you for flying Kulula. We hope you enjoyed giving us the business as much as we enjoyed taking you for a ride."

As the plane landed and was coming to a stop at Durban Airport, a lone voice came over the loudspeaker: "Whoa, big fella. WHOA!"

After a particularly rough landing during thunderstorms in the Karoo, a flight attendant advised, "Please take care when opening the overhead compartments because, after a landing like that, sure as hell everything has shifted."

From a Kulula employee: "Welcome aboard Kulula 245 to Johannesburg. To operate your seat belt, insert the metal tab into the buckle, and pull tight. It works just like every other seat belt; and, if you don't know how to operate one, you probably shouldn't be out in public unsupervised."

IMCZ News Delivery: E-Mail Blitz or Snail-Mail?

Did you receive this newsletter by "Snail Mail"? If the IMCZ News came to you by post, that means the IMCZ does not have your e-mail address on file. Which also means that you're missing out on a lot of Club information.

Numerous event announcements, sign-up deadline reminders or information on cancellations reaches members in a flash via e-mail. Without bombarding you, we'd like to include you in the loop.

If you received this copy of the IMCZ News by post but have an e-mail address, please send it via e-mail to President@IMCZ.com. We'll add it to our membership database and you will start receiving important club information by e-mail right away.

If you don't have an e-mail address but would like to get one, contact President David LeBow at 041/727-1986. The computer geek in him cannot resist, and you'll soon be up and running.

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Board Member bios are posted under the following link: <http://www.imcz.com/Board.asp>. Go ahead and check them out!



Easter Facts: SAVOR YOUR EARLY CHOCOLATE EGG

This year Easter Sunday falls on 23 March 2008. Easter is always the 1st Sunday following the 1st full moon after the Spring Equinox on 20 March. This dating of Easter is based on the lunar calendar used by the Hebrews to identify Passover, which is why it shifts on our Roman calendar.

It is possible that Easter could actually fall one day earlier (22 March) but that is pretty rare. This year is the earliest Easter any of us will ever see during the rest of our lives. Only the most elderly of our population have ever seen it this early (95 years old or above). None of us have ever, or will ever see it a day earlier!

Easter will not be this early (23 March) again until the year 2228 (220 years from now). The last time it was this early was 1913.

The next time Easter will be a day earlier (22 March) will be in the year 2285 (277 years from now). The last time it was on 22 March was 1818. No one alive today has or will ever see Easter Sunday any earlier than it is this year!

Peel that egg nice and slow; there's plenty of time.



IMCZNEWS

Wants Your Input

The IMCZ Board has set itself goals for 2008 of getting members more involved in planning and execution of Club events, improving Club marketing and becoming better known in the local community, and achieving increased member contributions to the IMCZ News.

Are you planning or organizing an event which you would like to have publicized to the rest of the Club membership? Do you have a topic or interest about which you would like to write for the IMCZ News on a regular basis? Would you like to sell or exchange something (golf clubs, a boat, an apartment or house)? Submissions made to Newsletter Editor Andrew DeBoo by the end of a calendar month will be greatly appreciated and considered for publication in the following month's IMCZ News. This would be a commendable way to share your interest or become better known within the Club.

The appearance of the IMCZ News has changed, supported by the professional expertise of graphic designer and photographer Ron Summers. Ron originates from Toronto, Canada, where he built up and ran a graphic design and photography business for over twenty years before meeting his Swiss wife-to-be while vacationing in Australia. Member submissions of photos, particularly from Club events, will gladly be accepted and considered for publication (summers@databaar.ch), and Ron can be thanked personally on a regular basis at the Stammtisch with a toast of his good work.

Nutrition More Seriously: Fatty Acid Benefits and Conflicts of Modern Diet

Contributed by IMCZ member Remo P. Jutzeler van Wijlen, Head R&D Sponser Sports Food Ing. Appl Food Sciences, MAS Nutrition & Health ETHZ

Conjugated Linoleic Acid (CLA) is a naturally occurring free fatty acid found mainly in meats such as beef, lamb and game, as well as dairy products, in small amounts. Ruminants, a sub-order of animals to which those named belong, feed on grasses, which naturally contain linoleic acid, and their digestive systems enzymatically convert linoleic acid into CLA. There is no CLA formation in poultry or non-ruminants (non cud-chewing animals).

CLA is research-proven to conserve muscle and reduce body fat when dieting, and induce an optimum cellular environment for several health aspects! (But can we get it to taste like beer?).

Average CLA intake is probably lower than desirable for most people. Contributing to the decline in CLA intake is that as overweight and obesity awareness grows, weight-conscious people shift their dietary habits from high-fat foods toward leaner meats, low-fat dairy products and vegetarian diets, leading to a further decrease in CLA consumption as well as in other nutrients.

Since pasture-based food production yields several-fold increases in CLA content of dairy and meat products, an adequate daily consumption of full-fat dairy foods from carefully chosen sources is encouraged; dietary energy balance is maintained. Full-fat dairy products are the major CLA providing foods and have several health benefits, e.g. milk calcium is linked with bone health and healthier body weight.

Meat products, in contrast, are minor CLA suppliers in our present diet, except for CLA-rich sources like e.g. lamb or game with a substantial fat percentage. However, meat from grazing animals—aside of yielding protein and being the richest source of vitamins and minerals—can provide other benefits such as omega-3 and mono-unsaturated fatty acids. Hence, hunting down that kangaroo steak in the outback might be the healthier choice compared to buying chicken at the supermarket. Growing evidence suggests that paleo-human nutritional patterns may yield a healthier diet. A more selective, pasture-derived

food selection including 35-40% of dietary energy from fat may possibly supply >3 g/day of CLA, where current rates of sub-optimal consumption lie in the range of 790-1200 mg/day.



Increasing CLA intake necessarily raises the challenge of balancing caloric intake, since CLA is present in the fat fraction of foods. It hardly helps to consume too many calories just to get enough fat-burning CLA! Outcomes of dietary supplementation with CLA from studies of e12 weeks indicate that modest body mass reduction and/or prevention of regain of body fat in overweight/obese subjects is likely. But in an environment where steady fat accumulation is the norm and adiposity is a pandemic problem, even modest improvements on body fat mass potentially achievable with CLA could be relevant. Future research will have to discern if CLA is a marginal, missing, semi-essential nutrient in our present diet. (What we really need is a micro-brewer to figure out how to enzymatically convert the linoleic acid in barley—a grass—to CLA before it gets malted; imagine the possibilities!)

IMCZ
RESOURCES

David LeBow has posted the AGM minutes • President's Report • IMCZ Constitution on the Club's website.

Members can view them by logging into the website and accessing the "Resources" area.



ON A CULTURAL NOTE

Life in Switzerland as seen by some Americans:

you know you've been living here too long when...

- ▶ you defend cartel based economics to a visitor.
- ▶ you think that plaid jackets with flowery ties look sharp.
- ▶ you think one laundry room date per month is fair.
- ▶ you wonder why anyone would want to shop outside of working hours.
- ▶ you understand why Chinese food costs more than normal food.
- ▶ you prefer Swiss wine.
- ▶ you think Thursday night shopping is really convenient.
- ▶ you throw a party and expect everyone to leave by 11:30 pm.
- ▶ you rave about the subtlety of Swiss cuisine.
- ▶ you promote the rivalries between the cantons.
- ▶ you only eat fondue in winter.
- ▶ you complain to your neighbor if he flushes his toilet after 10 pm.
- ▶ you grasp the importance of myriad of insurance offerings.
- ▶ you take part in Jass tournaments.
- ▶ you think the color of your neighbor's curtains an affront to neighborhood sensibility.

Members' Marketplace

*Are you **selling** your yacht (harboured in Piraeus)?*

Your Aston-Martin old-timer with the roll top roof?

A gorgeous view of the Bay of Biscay, with a little bit of house attached?

*Or are you **cashing** in the half of your stamp collection that is finally worth something?*

*Perhaps you're **looking** for all of these things?*

Then ADVERTISE here, in the IMCZ News;

the rates are reasonable-like Ron Sumners' high-interest loans.

Swiss Ski Areas Review

by IMCZ Membership Coordinator Joseph J. Dow

From an early age, I've loved swooping down a mountainside in winter, and after more than thirty years the whoosh of a great run still charges me up. Hailing from Boston, my home mountains were-and still are-Mt. Snow in Vermont, Loon Mountain in New Hampshire and Wachusett Mountain in Massachusetts, and my favorite skis are Stockli and Volkl GS and SL racing models. Being a ski fanatic, I was Captain of NASTAR Corporate Ski Racing Teams in the U.S., and have skied some thirty European resorts, including a guided descent of the Vallee Blanche on Mont Blanc. Areas in Switzerland that have special appeal are Zermatt and Wengen.

Having surveyed numerous slopes in Switzerland, I've begun assessing them according to various criteria, and thought it might be useful to share remarks with people wondering what they can expect from a particular location. This is the first installment of a number of reviews.



Engelberg-Titlis

- Location: Central Switzerland, approximately 1 _ hours from Zug (Zug - Luzern - Engelberg); be sure you get on the half of the train in Luzern that detaches and goes to Engelberg.
- Village: Ok, but not beautiful or charming; the area between the train station and the lift appears industrial.
- Scenery: Very nice, especially views from Titlis and of the Hahnen on the run back to Engelberg. Rotair aerial lift rotates to give good views but is usually crowded with camera-toting, non-skiing tourists.
- Runs: Challenging cruisers; best runs are over at the Jochpass. The runs up at Titlis are uninspiring and it's cold up there. To get back down you either have to take the Rotair down or a nasty yellow downhill route. This can be tricky, since the route might well not be maintained or patrolled. Note: watch your speed! Many runs have blind rises which drop away to the left or right requiring a quick edge set to avoid "going off-piste." Most of the runs seem to always be in the shade, which is good for snow cover but not for sun worshippers.
- Food: In the cafeteria style restaurant near the Joch, the food was decent and not too expensive.
- Conclusion: A good place for a day-trip for accomplished skiers, but there are better resorts a bit farther.

IN GENERAL:

- Look into deals at the SBB with their Snow 'N' Rail packages, especially if you have a _ Tax Card or GA rail pass. For Swiss residents, including foreigners having a B-permit, REGA.CH has a fantastic deal on rescue services (CHF 30.- per person until May 2009) which covers you all around the world.

Look out next month for a review of Flumserberg.



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IMCZ HISTORY *the First 20 Years*

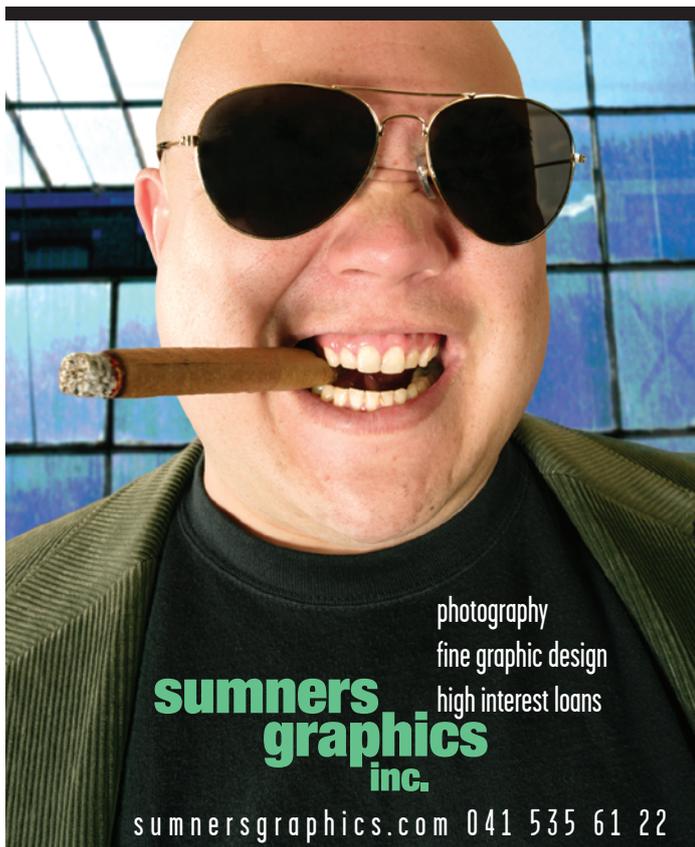
Twenty years of IMCZ history is now available for online perusal at www.IMCZ.com. Club Historian David Harris has assembled the history based upon his 13 years as an IMCZ Board member, as well as notes from and discussions with IMCZ founders. David's summary of the Club's first two decades can be found online in the member resources section of the website. Members can view documents by signing on to the website (Member Login) and then selecting "Resources". Special thanks to David for his years of service to the IMCZ as well for the effort of collecting and publishing the Club's history!

IMCZ New Members Reception, Spring 2008

During the last year the IMCZ's ranks have grown by more than 65 members. The Board wishes to welcome you to the Club and invites you to attend a reception for new members:

IMCZ New Members Reception, Spring 2008
Thursday, 17 April, 18:00 - 21:00
Parkhotel Zug

All IMCZ members - new and veteran - are welcome. Longstanding members are encouraged to meet the Club's new arrivals, while recent entrants are invited to meet the people who have made the IMCZ what it is today. Networking opportunities will abound, drinks and hors d'oeuvres will be provided courtesy of the Club. Reduced-rate parking has even been negotiated with the Parkhotel. Your distinguished attendance will be gratefully appreciated.



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To find out why our customers have relied on APEX for over two decades, log onto www.APEX.ch/En/Home.htm for customer references and detailed project descriptions. For a consultation in English or German, contact David LeBow, Managing Director at 041 727 1986.

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Circulation: 225 plus online download.

Issued: Monthly

Format: A4 vertical, full color.

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Advertising Rates:

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