

IMCZNEWS



SEPTEMBER 2008

EDITOR'S SUBTEXT

Change in American Presidential Campaign?

We are now a step farther. Both Barack Obama and John McCain have presented their respective choices for a running mate in the sprint to the White House. Within some 60 days the tape will be broken, and the world will know with whom we have to put up at 1600 Pennsylvania Avenue NW in Washington, DC for the ensuing four years. Will we really rest more easily?

The selections of candidates for vice president were anxiously awaited, publicly debated and secretly deliberated. Democratic candidate Barack Obama, the eloquent junior senator from Illinois, forged an alliance with Senator Joseph R. Biden, Jr. of Delaware, a man serving his sixth consecutive term in that office. For all his experience as chairman of the senate's Judiciary or Foreign Relations Committees, Biden is prone to proverbial slips of the tongue. Himself a candidate for nomination by the Democratic Party before the race narrowed to a contest between Obama and Hillary Clinton, Biden let slip to a newspaper reporter in January, "I mean, you've got the first sort of mainstream African-American who is articulate and bright and clean and a nice-looking guy. I mean, that's a story-book, man," Biden said.

Was Biden thinking very clearly at the time? It is difficult to say now. Biden spoke both with Obama and reporters afterwards to clarify his remarks, while Obama countered by setting his own candidacy in the historical context of other African-American presidential candidates. A cynic would say that the two are now fulfilling their roles as flip-flopping politicians and making nice to the hilt. Somehow they must have resolved the issue, since now they will be a team and must complement each other to accomplish a goal. Which in general they appear to do. The New York Times has reported that Biden's foreign policy and national security experience are strategic bolsters for the Obama campaign. And from the standpoint of character traits, Obama as exceedingly well-spoken and charismatic balances his running mate Biden's ability to blaviate with the best and sometime cause himself discomfort. The Democratic Party in the persons of its candidates has assembled a balanced ticket.

Over in the Republican camp, something wildly surprising has occurred. Senator John McCain of Arizona, Vietnam war hero, long-

future events

September 5:	IMCZ Golf Day	October 2-3:	Musicals on Tour
September 6:	ZIWC Swiss Summer BBQ	October 10:	ZIWC/IMCZ Oktoberfest
September 7:	Rugby Minis Kickoff	October 12:	Grimselworld Excursion
September 8:	ZIWC Matters of the Heart	October 16:	IMCZ New Member Reception
September 9:	ZIWC Ballenberg Outdoor Museum	October 16-19:	BMW Oktoberfest Zug
September 12:	ZIWC/IMCZ TGIF, Hit Parade Boat	October 20:	IMCZ Bowling
September 15:	IMCZ Bowling	October 29:	Dr. Lukas Eberle's Charity Work in Nepal
September 19:	Kiriat Yearim Charity Golf Tournament	November 7:	ZIWC Fondue Dinner on the Zugersee
September 28:	ZIWC/IMCZ World Heart Day Hike	December 2:	Rinspeed AG Visit
September 29:	ZIWC Business Forum Speaker	December 8:	Gossip, Glitter & Glamor
		December 9:	Gershwin, etc.
		January 28:	IMCZ AGM

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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!

IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Frans Tollenaar originates from the Netherlands, and in addition to Dutch speaks English and German. Frans and his wife Ilseleore Tollenaar-Birkenmayer make their home in Baar. Frans works with Beltrama Investments S.A. Among his interests he counts horseback riding, tennis, golf, yachting and cycling.

Eddy Van den Broeck is Belgian, and speaks a mouthful of languages: English, Dutch, French, German and Swiss German. Eddy works with the Coaching Kreis (Delos Consulting GmbH) in Cham and lives in Hagendorn. His range of interests includes triathlon, snowboarding, windsurfing, ballet and reading.



time political servant but acknowledged party maverick, who emerged as the party's candidate very early in the primary season, has selected a conservative mother of five, a former beauty queen who hunts, fishes, opposes gay marriage, governs the State of Alaska and is even younger than Barack Obama, to be his running mate.

Sarah Heath Palin gained political experience as a city council member and mayor of a small Alaskan town. She was named Ethics Commissioner of the Alaska Oil and Gas Conservation Commission by the former governor of Alaska, stepping down after she grew increasingly disturbed with legal violations and conflicts of interests among Alaskan Republican leaders that went unresolved. She herself became governor of Alaska on the back of a clean-up-government campaign, booting out the man who had appointed her to committee work. A staunch supporter of commercial development of Alaska's natural resources including oil and natural gas, Palin sees the link between global warming and human activity as dubious.

McCain's choice, seen strategically, does not seem aimed at adding political acumen to his campaign, but rather to engage personal appeal and issue-related (abortion, guns, energy resources, gay marriage, women in government, creationism) affinity that will draw splinter conservative groups and middle-ground voters highly attached of particular ideas. McCain contributes the experience here, while Palin as 'the PTA-mom who got involved,' helps blunt some of the rough edges of the senator's irascibility.

The two camps will charge for the finish. Obama and McCain had already begun attacking each other, and with running mates decided the contest to make the other team look uglier, so often the case in American politics, may gain renewed vigor.

A question always posed in selection of a vice-presidential candidate is whether the person chosen would be capable-have the knowledge, wherewithal and stature-to assume the president's mantle if the situation called for it. John McCain is 72, Sarah Heath Palin 44, while Barack Obama is 47 and Joseph Biden is 65.

The candidates' records will receive closest scrutiny. Will the election be decided on the basis of their ability to contribute, lead and serve, with the nation amidst military, economic and social uncertainties? War on two fronts, financial crises, energy prices and the resources debate, problems of health insurance and education await the winners. It would indeed represent change if issues - with genuine media support - took center stage amid the personal-ity frenzy.

Andrew DeBoo
IMCZ Newsletter Editor

IMCZ Luau a Sparkling Hawaiian Treat

Nearly 100 attendees including IMCZ and ZIWC members, their children and guests enjoyed a sun-kissed Sunday afternoon and evening on 24 August as the IMCZ held its Summer Luau, an event that might well demand a sequel. Given the dismal, soaking weather of some of the previous days, the clear skies, bright sunshine and pleasant temperatures made the day especially memorable.

Jovial IMCZ board members greeted guests at the entrance. Those registered received name tags with a Hawaiian rendering of their first name, and colorful leis were available for everyone. Some board members were witnessed wearing grass skirts, with a few extra of these on hand for especially daring guests.

In his brief welcoming remarks from the bandstand stage, organizer and Vice-President Michael Dillhyon outlined the schedule for the afternoon and evening, making clear that the bar was well-supplied with beverages for all ages, and space reserved before buffet service for children's activities under one of the four festive tents.

With waterfront access at Lake Ägeri, Michael Dillhyon and his team took advantage of the superb location to include the water among festive activities. The Hawaii Five-O Outrigger Race pitched four teams of two in paddle boats in a mad dash across the water to round a party boat captained by Karl Hunnisett and supporting judges of fairness and frivolity and steam back to shore. The winners, Margot and James Cummings, received a hard-earned bottle of coconut rum to soothe the stress of over-exertion.

A sumptuous buffet served by Rogenmoser butcher and catering satisfied appetites as well as the eye with grilled ribs, chicken, sausages, pineapple and an assortment of side dishes including sweet potatoes and various salads. Board member John Stuart continued to man the bar with his range of beverage delights. And to top things off, the dessert spread contributed by ZIWC members and the wives and partners of those in the IMCZ tempted many to repeat selections from the sweet table.

With hunger stilled and thirst slaked, culture could take the stage, and did in the person of Claudia, who presented a number of hula dances, explaining their significance and the story behind them. She then invited guests to take the stage with her and learn how to hula with proper grace. Encouraged by the fearless children who took to the music instantly, a number of adult guests - IMCZ board members among them - also swayed to the Hawaiian rhythms, entertaining the other attendees.

Prompted by the invitation, theme and weather to attend the luau in Hawaiian costume, many guests responded by finding that colorful shirt or skirt patterned with palm trees, coconuts or parrots, and donning a flowery lei to match or contrast. Some guests, however, such as Andrew DeBoo, never shirking from going overboard, wore a wild ensemble which began as Hawaiian and exploded in kitsch. For this foolishness the costume contest judges conceded him a bottle of coconut rum, perhaps as an aid to help drown future outlandish displays.

Vice-President Michael Dillhyon personally acknowledged the numerous contributors:

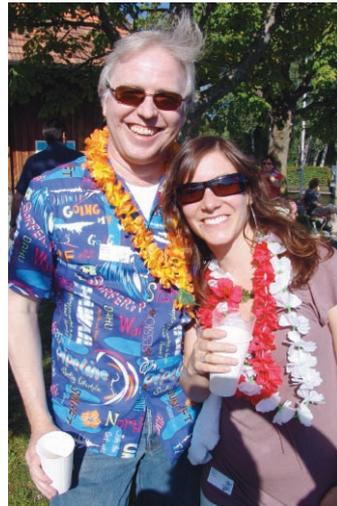
- from the IMCZ, Gordon Mehrtens for the rather unsavory job of taking everyone's monies, John Stuart for the rather savory job of getting everyone a tasty drink, Karl Hunnisett for convincing the pedal boat owner to let a bunch of Hawaiians race around Aegerisee, Ron and Sandra Sumners, Carmen Rettich, Joseph Dow and Garry Martin for their sizable efforts in setup and takedown,
- from the ZIWC all the contributors and servers of tasty desserts and furthermore in particular Gerie Servi, Meri de Jong and Linda Stäger for their immeasurable guidance,
- the caterers Christian Rogenmoser and his gracious wife for their splendid customer service,
- Nigel Cox and SABMiller for donating the beer, and Priscilla Rockrohr for friendly advice,
- Claudia Brüllhardt the hula dancer, for her participation on behalf of AlohaSpirit (and their support of the Na Wai Iwi Ola Foundation),
- the Gemeinde Oberägeri and of course the guests for their enthusiasm and attendance.

The day's sparkling weather was cause for jamboree. The fun had by all may inspire another luau.

Asked to assess the success of the event he remarked, "How can I sum this up? It was a fantastic day: gorgeous weather, a beautiful location, plenty of good food and drink, captivating entertainment and activities, a wonderful crowd, and everybody got lei'd."



EVENT NEWS • IMCZNEWS





ZIWC Summer BBQ

Cool off in the late afternoon, assuage your thirst and conquer your appetite, linger in conversation and wistfully watch the summer sun go down...

The ZIWC is holding a BBQ by the lake in Zug, and the IMCZ is invited! Come and join us as we end the summer with an authentic Swiss barbecue with food, drinks, and entertainment.

All ZIWC and IMCZ members and their families are welcome. Enjoy the lakeside location and catch up with all of your friends.

When: Saturday 6th September 2008.

Where: Siehbachsaal Zug at the Zug Harbor.

Time: from 16:00 onwards till 22.00.

Dinner will be served between 17.30 and 18.30.

Menu: All-you-can-eat BBQ, wine, beer and soft drinks

Price: CHF 30 per person and CHF 10 per child (under 5's are free).

Please pay at the door.

Normal ZIWC cancellation policy applies.

This is a subsidized event, guests add 10.- per person.

Local, original Swiss dancers, Swiss alphorn and accordion players will provide entertainment. Mingle with old friends and meet some new. Snatch a few last rays of sun and put them in your pocket for safekeeping.

Bring the kids, relax and let someone else do the cooking. The lakeside location is perfect for children - with a playground right next door! If there are enough families who register, the ZIWC will organize a children's entertainer to keep the kids amused!

Please RSVP to Linda Staeger at party@ziwc.ch or call 078 739 0540 if you have any questions.

We are looking forward to seeing all of you Swiss enthusiasts there - prize for best dressed/most hilarious Swiss look-alike.

ZIWC Oktoberfest

Let's raise our Mass (1 liter beer glass) and cheer O'zapft is (the beer is tapped). Join us for a traditional Bavarian style Oktoberfest at our local Wiesn with plenty of Bier, Weisswurst & Brezn. Wine & other goodies will be served as well. Come as you are or get in the festive mood & wear your Dirndl or Lederhosen. All ZIWC, IMCZ and partners are welcome.



Date: Friday, October 10, 2008
Time: 18:30 to 22:30
Place: Pfarreiheim St. Johannes (Herti Zentrum)
St. Johannes-Strasse 9, 6303 Zug
Walking distance from Bahnhof and Bus # 11 or 6
Price: 30 CHF per person, payable on entrance.
The ZIWC cancellation policy applies.

Please contact Gerie at hospitality@ziwc.ch by October 8 if you would like to attend or if you have any questions.

Trivia: Did you know the first Oktoberfest was really a wedding party? In 1810, in honor of the Bavarian Crown Prince Ludwig's marriage to Princess Therese von Sachsen-Hildburghausen, the town celebrated for a week. And today, we still drink to that! Prost!



ZIWC IMCZ TGIF

THANK GOD IT'S FRIDAY! HIT PARADE BOAT

(The gentlemen whistle and clap.)

**After a long week, let's all get together to have some fun! All ZIWC and IMCZ Members are welcome!
Go out onto the Lake of Zug for an evening on the Hit Parade Boat.**

(Here they can sway to the beat while taking care not to rock the boat.)

Listen and/or dance the night away to music from the 60's and 70's.

(They're thrilled. That reminds them of when they were teenagers.)

Enjoy a cocktail with friends and kick-off the weekend ahead!

(Cheers are drowned out by people charging down the gangway)

Date: Friday, September 12, 2008,
Time: 19:30 boarding, boat sails at 20:00
Place: Zug Schifffahrt
Landesgemeindeplatz
(Zug Boat Landing)
RSVP: Gerie Servi at hospitality@ziwc.ch by September 9 if you would like to stop by.
Directions: Walking distance from the railway station in Zug, or with the #3 or #6 bus to Casino.

(You can lead a man to water)

IMCZ Board Members

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President@IMCZ.com

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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!



ZIWC Ballenberg Outdoor Museum

The outdoor museum at Ballenberg shows Switzerland as it once was, and the ZIWC has planned a spectacular train journey across the Brunig Pass to go and view it. IMCZ members are invited to attend.

More than 100 century-old buildings from all over Switzerland nestle in a beautiful valley with wonderful views of mountains and forests. 250 farmyard animals, historical gardens and fields, demonstrations of local crafts and many specialities create a vivid impression of rural life in days gone by.

A guide will show us parts of the facility on a 2 hour guided walking tour starting on location at 10:30 am. Having worked up an appetite, there are a couple of restaurants in the area serving typical Swiss meals: Either 'Wirtshaus Alter Bären' or 'Degen', which is smaller and cosy. No seats are reserved so you can choose where you want to go and what to eat.

Good walking shoes, a sunhat (we hope!) and a bottle of water and enjoy this special museum! www.ballenberg.ch



Date: Tuesday, September 9

Time: 8:00 - 18:30

Start: at Zug Railway station at 8:00. SBB offers a RailAway ticket. Departure 08:29 Zug > Luzern-Brunig-Ballenberg

Return: planned on the 16:38 bus/train from Ballenberg with arrive in Zug ca. 1 hour and 50 minutes later.

Cost: RailAway ticket: CHF44.60 with Halbtax card (full price is CHF 72.80) including the train, the bus and the entrance fee to Ballenberg Museum.

Guided Tour: This is subsidized by the club so you only have to pay CHF10 for the two hour tour.

Booking deadline: Friday, September 5, 12:00 pm.

Booking Contact: Malene Perry on Programmebookings@ziwc.ch or Tel: 041 780 1471 or Mobile 079 678 4591.

Important: Malene will always confirm your booking, so if you do not get an e-mail, please contact her. Normal ZIWC cancellation policy will apply.

IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Bryan Cook hails from Australia, and speaks English and some Italian. Bryan is chief financial officer with London Capital Advisers Limited in London. He and his partner Narelle McNaughton reside in Walchwil and have a daughter, Simara.

Joachim Weber is from Switzerland. A genuine language talent, he speaks German, Dutch, Portuguese, French and English. Jörg is executive director with Bank Julius Baer and Co. Ltd here in Zug. He and his wife Francine and son Lucas live in Steinhausen. Jörg's interests include football, music, darts and bowling.

Slainthe Mhath!

Welcome to the whisky experience.

In October I have organised a long weekend adventure to the Highlands of Scotland to experience spectacular scenery, great whisky and the Scottish atmosphere. The tour will be limited to 10 persons and we will leave on Wednesday and return on Sunday. Please contact me for further information if you are interested.

My services and events include;

- ▶ whisky tastings for the beginner or connoisseur,
- ▶ whisky advice, guidance and ordering,
- ▶ Scottish & Irish musicians on tour,
- ▶ travel programmes to Scotland and Cornwall,
- ▶ traditional Scottish Ceilidhs and St. Andrews parties,
- ▶ tributes to Scottish poet Robert Burns,
- ▶ group sizes from 20 - 200, private or business,
- ▶ tailor made events designed to your requirements.

www.thewhiskyexperience.com

Contact details,

e-mail: mark@thewhiskyexperience.com
telephone: 041 534 63 80
mobile: 079 433 30 12

Regards & Slainthe Mhath,
Mark Chesterfield.





ZIWC Business Forum Speaker

The ZIWC Business Forum offers opportunities to network, share knowledge and experience and to hear from experts and inspirational speakers.

The Forum, which focuses on women in business, extends its invitation to the IMCZ to participate in select events. Notably, the 'Kick Off' event for the year will be an inspirational speaker.

Steve Genter is an ex-Olympic Freestyle winner. He will speak about what drives success, the pains and gains and how that has shaped him as a person. We can consider how those lessons translate into our lives and take away some inspiration from a real success story.

Here is a brief profile:

Steve Genter learned to swim at 10 years old. At 11 he joined a local swim club, where he received the name 'Driftwood'. He stayed with this club throughout his swimming career. His winning streak as a swimmer started when he was 14 and began winning the local Junior Olympic competition. Later he became a High School All-American champion. At university, he became water polo and swimming national champion, World Student champion and a Pan-American champion.

In 1972, he became an Olympic swimming champion, winning Gold, Silver and Bronze in Freestyle. In 1974, he moved to Switzerland where he continued to play water polo at national and international level. He then started to compete in triathlons as a hobby and coached others in swimming, water polo, triathlon and basketball.

Steve now works in a computer department, hits the pools on occasions, runs and bikes. He considers himself "a retired sportsman". Come and hear an inspiring speaker reflect on his personal story.

For more information about Steve check out http://en.wikipedia.org/wiki/Steve_Genter and <http://www.sports-reference.com/olympics/athletes/ge/steve-genter-1.html>

- Date:** Monday, 29 September, 2008
- Time:** 18:00 - 20:00
- Place:** Park Hotel, Zug in the Risch Room
- Cost:** CHF 20 to cover the cost of a light apéro from 18:00 - 18:30, and the venue
- RSVP:** Please contact Hilary Kennedy on hrcbusiness@yahoo.co.uk by Wednesday, 24 September. ZIWC cancellation policy will apply to no-shows.

IMCZ New Members Reception, Autumn 2008

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

- Date:** Thursday, 16 October, 2008
- Time:** 18:00 - 20:00
- Place:** Parkhotel Zug
- Cost:** members attend at no cost; drinks and hors d'oeuvres are on the Club until 20:00.

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. Reception attendees who are not yet members will have the option of paying an entrance fee of CHF 30.- or joining the Club outright on the spot.

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.

Corporate HRM Services and Solutions

A Good Start in Zug = Performing Well on the Job!

From time to time, your company needs to transfer management staff from headquarters or from one of your subsidiaries to your offices in the Canton of Zug.

Naturally, you would like to make your transferees feel as welcome as possible and to ensure that they and their families adapt quickly to their new environment.

In addition to arranging suitable housing for your new staff, you want to make sure that their wife and children are well taken care of with regards to the local infrastructure, schooling, transportation, shopping and social life.

Only once these issues are well considered and their needs fulfilled will you be assured that the transferred staff is happy - and therefore working efficiently for the benefit of your company

Therefore it is important that somebody welcomes, accompanies and coaches your new foreign staff and their family to ensure that the integration proceeds smoothly and efficiently.

That's the time to make contact with my office. I have over five years of experience working and living in European and overseas countries and therefore know what it means to live and start work in completely new surroundings.

My 30 years in the Canton of Zug have given me an excellent inside view and considerable important connections, including the local government offices, real estate agencies, law firms and with tax authorities. These connections will be of invaluable assistance to your transferred management staff, particularly in connection with housing and with personal integration in the Zug and Swiss cultural and social environment.

Make an initial appointment with me so that we can discuss how my state-of-the-art service can give your transferred staff a happy, optimal and motivated beginning.

Fritz Neuenschwander Corporate HRM Services and Solutions

Seestrasse 3, 6330 Cham
Phone 041 711 78 21, Mobile 079 823 63 37





Dr. Lukas Eberle's Charity Work in Nepal AN INSPIRATIONAL EVENING

Dr. Lukas Eberle is a Swiss physician with a medical practice in Brunnen, but he is also strongly engaged in humanitarian projects; his work in Nepal is a prime example. The ZIWC's Special Projects Committee last year engaged to support Dr. Eberle's efforts and raised CHF 7750.-, presented to him as a check.

Dr. Eberle wrote to the ZIWC newsletter, "I really cannot say how grateful I am for this extraordinarily generous donation. I guarantee that the total amount donated will be used in its entirety towards the benefit of the poor in Nepal in the form of medicine, operations or urgently required medical resources. With roughly CHF 15,000 we can treat up to 1500 outpatients including medicines, we can undertake up to 150 ear operations and can fit up to 90 hearing aids. You can see how much help we will be able to give, with the amount donated."

Dr. Eberle has offered to present and speak on his work. The ZIWC extends an invitation to IMCZ members and their partners.

Date: Wednesday, October 29, 2008

Time: 20:00; presentation and discussion to last approx 1.5 h

Location: Congress Center (Metalli complex, across the street from the Park Hotel)

Cost: genuine, generous interest in humanitarian medical work

We are hoping to have as many interested people as possible attend this event. It should be a very inspirational and informative evening!

Why not extend the evening and have dinner at the Seerestaurant Casino prior to the event? The menu is listed on www.casino-zug.ch. (Please book your own reservation)
(No food or beverages will be served in the Casino Conference room)

Please contact Malene Perry on programmebookings@ziwc.ch, or telephone at 01 780 14 71 or 079 678 45 91, if you plan to attend. (The Casino/Zug needs to know numbers for the chair set-up.)

Rinspeed Visit



More Than Fantasy Cars

You thought this was just for James Bond? Think again. Better yet, go to Rinspeed AG in Zumikon and get a closer look! This is an early Christmas present. A guided tour will be offered in English, and you can participate.

Date: Tuesday, 2 December 2008

Time: 19:00 - 21:00

Location: Rinspeed AG, Zumikon

Directions from Zug:

Zug	S9	17.38 p.m.
Zürich Stadelhofen		18.30 p.m.
Zürich Stadelhofen	S18	18.35 p.m.*
Waltikon		18.50 p.m.

*The track for the **S18 (Forchbahn)** is outside of the Stadelhofen station.

Costs: CHF 15.- per person.

IMCZ must inform of the number of participants by 30 November 2008. Please register at President@IMCZ.com.

Double Your Oktoberfest Fun

IMCZ members have substantial opportunity this year to indulge their interest, appetite and thirst for Oktoberfest.

BMW Oktoberfest

On a larger scale, the IMCZ has been invited to reserve tables in a traditional Oktoberfest tent, to be set up on the Siemens Building Technologies premises. Music and good humor will abound.

Tables seat ten persons, and must be reserved en bloc. After you've whet your appetite at the ZIWC event, you can really beat the belly drum here! Further information as to time will follow.

Date: Thursday, 16 - Sunday, 19 October, 2008

Cost: CHF 28 per person; each paying guest receives vouchers of CHF 10 for drinks and CHF 10 for food, as well as a CHF 10.- entry voucher.

RSVP: President@IMCZ.com by 15 September.

ZIWC Fondue Dinner on the Lake of Zug

Autumn colors, cool, crisp air. The comfort and chumminess of an evening over cheese fondue with friends and good acquaintances eases the transition to shorter days and longer nights. Come join a cruise on the MS Zug! All ZIWC and IMCZ members and partners are welcome!

Date: Friday, November 7, 2008

Time: 19:30 boarding starts/sails promptly at 19:45

Location: Zug Schifffahrt Landsgemeindeplatz (Zug Boat Landing)

Cost: boat fare CHF 19 per person with Halbtax (without Halbtax, CHF 22 per person); CHF 28 per person for Cheese Fondue and salad

Booking Deadline: Tuesday, November 4, 2008; early signup greatly appreciated!

Contact: Malene Perry on programmebookings@ziwc.ch; Tel: 041 780 14 71 or Mobile 079 678 4591

ZIWC cancellation policy will apply.





Web InSite #5: The Links Pages

Contributed by IMCZ Webmaster David LeBow

We'd like the IMCZ website to be a useful resource for IMCZ members. In addition to the event calendar, a bulletin board and membership information, we have also added a 'Links' section which contains links to internet resources which we feel might be useful to you. You can reach the links section by clicking on the "Links" button in the website's navigation bar.

The main links page is a menu of links to sub-pages, each of which contains links for a given topic area, geographical region, etc. The main links pages has links to the following subsections:

- Club Sponsors
- English-language and other international organizations.

- Social and cultural topics.
- Sports and leisure
- English-language services and shops
- Tourism
- International schools
- Local communities (Gemeinde)
- Cantonal resources
- Federal resources.

In each section we've added links to resources which might be of interest to our members. On the main page and on all of the sub-pages, we have added a link to allow you to point out errors, broken links or to suggest additional links. Requests to have links added to the website are reviewed by the board.

So have a look at the links section of your IMCZ website. Let us know what other items you'd like to see.

"hmmm ... your ad should have been here."

"darn it."



Matters of the Heart Cardiac care for women

Guys, let's face it. You would be lost without the women in your lives. Whether your wife, daughter, mother, partner or friend, I am sure we are all very near & dear to your hearts. What would you do without us?

September is globally recognized as Heart Awareness month. Did you know that heart disease & stroke kills more women each year than cancer, tuberculosis, HIV/AIDS and malaria combined? In light of those alarming statistics, the good news is we can do something about this disease. Through prevention, knowledge and care, Women can fight this disease. To be informed is priceless.

ZIWC would like to invite your partners, mothers, daughters or friends to attend **Matters of the Heart**, an informative evening with guest speaker, **Dr. David Ramsay**, Attending Physician Specialist for Cardiology & Internal Medicine at the Kantonsspital Zug.

Date: Monday, September 8, 2008

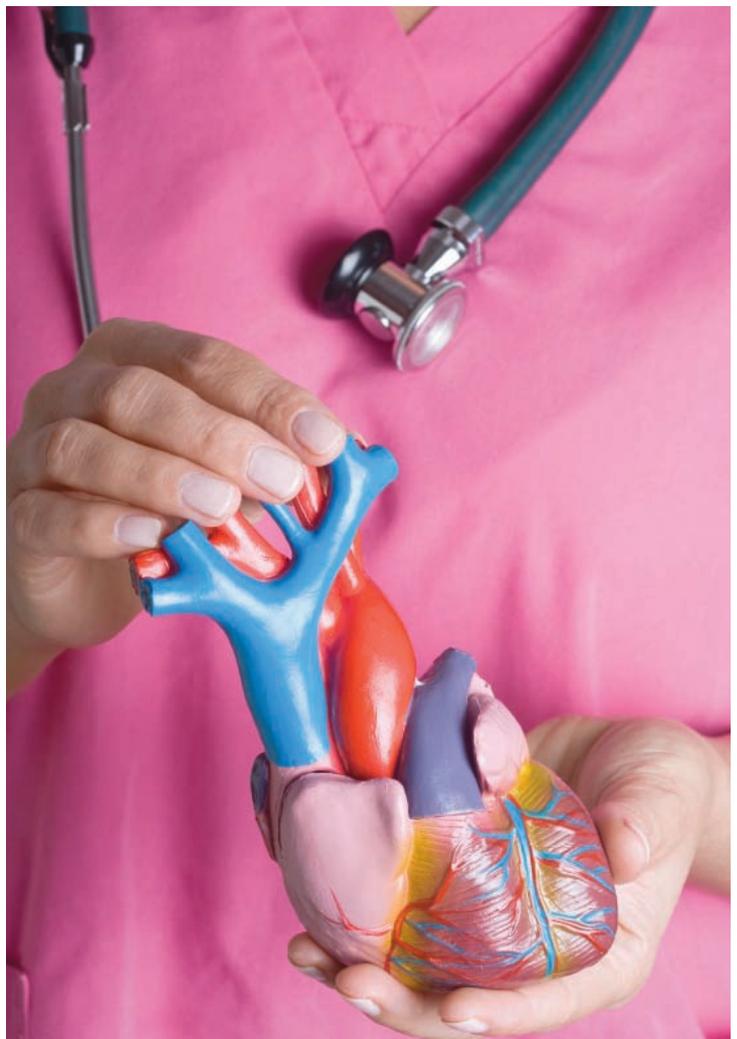
Time: 18:15 to 19:30

Location: The New Zuger Kantonsspital (Hospital) in Baar
Landhausstrasse 11
Conference Room "OPAL" 1st floor

Topics for discussion include Prevention (nutrition & lifestyle), Know your numbers (cholesterol & triglyceride levels), Warning Signs (they are different between men & women) and Difference between heart disease and stroke.

Thank you for passing along this invitation to the women in your life.

Please make sure the women in your life contact Gerie at hospitality@ziwc.ch by September 5th if you would like them to attend.



Body Weight: Control versus Reduction



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

Do you know the difference between body weight control and body weight reduction? You don't? Never mind! Obviously Swiss food legislation authorities do not, either. This month's topic is an anecdote about the bizarreness of legislation in some aspects and the discrepancy between binding mandate and true life.

Swiss food legislation does not accept foods claiming to promote body weight reduction or making any association with slimness. Accepted however, in a corset of prescribed nutritional content, are calorie-reduced meal replacements for body weight control.

On the first hand, this discrepancy is based on a Swiss food law article defining food as necessary for function, maintenance and build-up of the human body. In a desperate leap not to impair this article the term "body weight control" was invented because "body weight reduction" or weight loss in general would not match with "build-up" as the particular law article defines. Well done, one could think.

But what seems clever becomes ridiculous when considering it more closely. The authorities have drawn the lines tight in conditions on how such a meal replacement has to be formulated. Most important, a minimum and a maximum daily energy

content of 3360 kJ and 5040 kJ respectively, has been set. The responsible authorities thereby completely neglect the fact that this constitutes a very strict energy-reduction diet! The average daily energy requirements of sedentary people amount to between 8000 and 10'500 kJ a day, putting this legally prescribed "weight control" regimen right alongside an "FdH Diet," called in the vernacular "devour-the-half".

Warning hints on the label of such meal substitutes are also prescribed. Ironically, one of these cautions against long-term use of such meal substitute products, turning this legally-approved weight-control approach blessed by our health-conscious government into a so-called crash diet!

The detrimental outcome of such short-term dietary energy restriction measures is well-known, the notorious yoyo-effect a typical result of it. Notwithstanding the product quality: such meal replacements and many other so-called weight loss products are very useful and seriously formulated. A precondition of use is flexible, moderate calorie restriction. Nonetheless, instead of creating a working legal instrument to control ingredients and claims, our modern authorities nowadays just deny whatever does not fit the definition of a meal substitute and hide behind a lazy legal compromise.

The upshot is that legislative authorities rather protect out-dated legislation than adapt it to up-to-date evidence and modern food and nutrition science. Undoubtedly today, to define food as providing proper function and maintenance of the human body does not necessarily and narrowly mean the build-up of a healthy body. In many cases, rather, it

means promotion of proper function and maintenance by reducing body mass to thereby arrive at a healthy body. To a nutritionist this seems strikingly clear. The definition of food in the EC has been changed already and is much more generally termed, but the same attitude on weight control and meal replacement products applies.

Instead of scrutinizing existing law and defining more pragmatic legal conditions for the launch of science-based weight management solutions (wow, this term could fit both for weight control and reduction ;-), the executive control organs scrub the market with an iron broom.

The unbiased reader may ask: do our legislative authorities really exhibit good motivation to protect consumers and to promote public health? Or is there perhaps a morsel of protectionism, a pinch of poor market understanding reflected in attempts to withstand (in suit coats that no longer close and bellines fit to burst) changes in law and trumped-up public campaigns? In the light of our contemporary obesity pandemic, rethinking food's role also in terms of weight control and reduction may tip the balance in favor of better health.

Praxis Janis M. Meier

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Tired of being misunderstood?

Amy Jost, past president of the Zug International Womens' Club and current president of the English Teachers' Association of Switzerland, ETAS, is offering group English courses in firms in Zug and Zurich. She teaches business and general English, as well as exam preparation: First Certificate, Business English exams (BEC), etc.

■ Call her today to organize the free testing and placement for your employees and colleagues. With over 20 years of experience, a dynamic and motivating style, outstanding qualifications and references, she's your first choice for meeting your firm's English challenges.



AMY JOST

Amy_Jost@gmx.de
Guggiweg 18, 6300 Zug
041 712 35 48



Building sustainably – An investment in the future

The earth has limited energy resources, which is why energy costs are likely to continue to rise in the future. Building sustainably increases energy efficiency but it often leads to additional costs in the short term. However, there are state and private development programs to help make sure such investments pay off in the long term.

In Switzerland, private households consume nearly 40% of total energy, a majority of which is used for heating and hot water systems. Properties renovated according to ecological standards consume a fraction of the energy when compared with conventional buildings. In light of the expected increase in energy prices, ecological factors should increasingly be taken into account for renovations or new buildings. Such investments pay off in the long term, not only ecologically but often economically as well.

Preferential interest rates and tax deductions

Achieving a higher energy standard when renovating a building can translate into a 70% decrease in energy consumption, thus improving the marketability of the property and generating long-term returns on the investment.

In addition to these benefits, banks also support the construction of ecologically efficient residential property through preferential interest rates. Even solar energy technology is receiving financing from progressive banks, which makes it even more worthwhile to incur the additional construction or renovation costs.

Talking to a bank advisor is a good way to gain an overview of the financial advantages of green construction. In addition, most cantons provide a free energy advisory service. Cost contributions as well as tax deductions for renovations are often granted.

Other sources of information

Detailed information on saving energy is available on the Internet site of the Swiss Federal Energy Agency (www.bfe.admin.ch). There you can find under the services category a list of the cantonal energy information and advisory centers in addition to development opportunities in the cantons.

Some municipalities and utilities companies (e.g. electric companies) offer additional development programs. It is therefore advisable to obtain information on potential development opportunities at these service centers.

UBS Zug, Susanne Thellung, Head UBS Zug



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You & Us



After This; by Alice McDermott

by IMCZ News Editor Andrew DeBoo

Alice McDermott, National Book Award winner for her novel *Charming Billy*, provided the Reading Circle for English Language Literature Zug with material for discussion with her more recent work, *After This*, to be debated at a 11 September meeting at the Stadt- und Kantonsbibliothek.

Mary is a secretary in post-World War II Manhattan, sharing an office with another girl named Pauline, and an apartment in Brooklyn with her father and brother. She is near thirty, and the family is Roman Catholic, which places limitations on how a lady can entertain herself. On her lunch hour she forges through the April wind to spend some moments of silence and light a votive candle.

She would like to marry. What other way is there? But these offerings are slim too, as she is with her narrow hips and flat chest. There is George, an acquaintance of her brother good for a date now and then, but he is, well. And then maybe the man she has seen several times at the sandwich shop where she's gone after lighting candles.

Such is the start of McDermott's tale, capturing her characters in their present absorptions, and in their absorptions with how things may one day be. The Roman Catholic pre-occupation with *Last Things*, with death, judgment, heaven and hell, with the ever-present concern about sin and its effect on our soul, is aptly interwoven as characters move forward, age, grow. Their lives take on new dimensions that they could not have anticipated, usurping attention as present absorptions all the while they continue to look forward.

Mary did not marry George. She married John Keane, and had three children, Jacob, Michael and Annie, with a fourth well on the way. There was an episode, late at night in their suburban home during the spring, when with a storm raging outside a fireman battered on their front door, and her husband, moving through the darkness of the house in the eerie light of the flashed from outside, went to answer. Warned that the huge tree in their front lawn might fall over, John gathered his family in the basement. The children drank milk in the dark and thought the night magical, except for Jacob, who was afraid. And the next day Clare was born, delivered in the living room on the sofa by the neighbor who had stopped in to ask Mary if she and her husband would like him to remove the fallen tree.

The characters grow older. Old wartime injuries act up, and rather than go to a doctor John Keane has his boys build a traction device for his bed, and he lays there in pain, waiting for it to end. In memory and detail McDermott engrosses the reader in their

experience, anticipation and suffering, enticing the reader to adopt a bedside manner and encourage the characters to persevere in what befalls them even when the reader can sense already that although glimmers or echoes of happiness may appear or resound, the underlying shade or tone will be of sadness.

Mary takes Annie to the World's Fair, where they stand hours in searing heat and a long line for admittance to a darkened room in which they stand on a moving sidewalk and pass Michaelangelo's *Pietà*. The enormous sorrow of the mother who has lost not just her son, lifeless in her arms, but also holds the savior of the world.

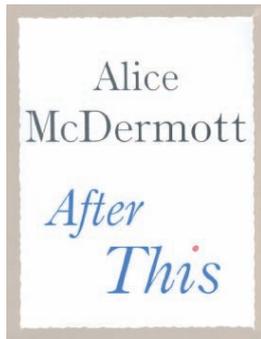
Jacob is drafted to go to Vietnam, and the morning he is to leave to report for duty he drives over to St. Gabriel's, and has Clare called out of class with the excuse he needs to take her to the dentist. She is summoned, they get in his car, and he just drives her through the neighborhoods, down the streets and past the houses of the families that they know, just so he can see it again before he departs.

A few years later, Annie, after the summer when she went with the neighbor girl to a clinic downtown because her friend was in trouble but would not be treated if she went alone, stood with her in the office of Mary Immaculate, the high school for girls, dicking with the secretary about the forms they should not waste time filling out instead of just getting to class after coming late that morning. The telephone rang, and Sister Maureen Crosby answered, calling Annie back. Her mother was on the phone, to say her father was coming to fetch her. Two men from the service had brought news of her brother. Annie collapsed in her friend's arms.

The piercing accounts continue, letting the reader wonder how the characters continue. Even those stages and episodes that do not relate pain or death directly speak of it in veiled language, not necessarily in offhand thoughts or emotions, but in the way that a decision or occurrence, even a kindness - a girl leaning forward to kiss Michael on the cheek before she leaves the crowded bar where they have run into each other and spoken of where they each have been during the last several years, stirring up the memory of how attracted she was to him those years ago and how caddishly he disregarded her - carries an unbearable finality. She looks wonderful; he can see that now. And she is over it; the guy she's living with is nice. She wishes Michael well in teaching those seventh-grade kids.

Clare had not anticipated finding a boyfriend, but a girl the family knew who wanted to make a good marriage with a military family took advantage of the opportunity at a public function to be seen talking to Clare, the girl whose brother had been lost in Vietnam. She suggested Clare go out with a certain boy, and when she did (they had each been told that the other had just gone through a breakup), Clare was surprised and pleased with the luck of his affection. The luck lasts until she is pregnant, meaning her plans for college, and his as well, will be radically altered. They'll be thrust together, and will scrape by into the future, taking the fragments of their hopes like small kindling, huddling to keep sparse flames from being scattered by the wind.

The Reading Circle's next text will be Norman Mailer's modern classic *The Naked and The Dead*. The meeting will take place on 16 October in the Dachraum at the Stadt- und Kantonsbibliothek in Zug. For further information on the Reading Circle please contact Andrew DeBoo.



Musical Trilogy at the Burgbach

PARACHUTE PRODUCTIONS, supported by long-time IMCZ member Hanns Zöllner, continues its series of English language musical entertainment. This undertaking follows last year's successful cabaret show "Greenlight."

- What:** MUSICALS ON TOUR -- the Zug Show Choir, under the musical direction of David Smith, Director of Music at the International School of Zug, will present a journey through the world of musicals, with all numbers being songs featuring a particular city and/or period of history - from Ancient Rome to modern Bangkok.
- When:** Thursday, October 2, and Friday, October 3, 2008; 20:00 h
-
- What:** GOSSIP- GLITTER & GLAMOR - a cabaret style musical evening starring Kate Michaels and David Morell as previously successfully performed at the Zurich festival Warmer Mai. David Smith is accompanying on the piano.
- When:** Monday, December 8, 2008; 20:00 h
-
- What:** GERSHWIN, etc - acclaimed opera singer Michelle Berger and Tom Barthel, music director at the Zurich Opera Studio on the piano present an evening of Gershwin music.
- When:** Tuesday, December 9, 2008; 20:00 h
-
- Where:** BURGBACHKELLER THEATER ZUG, SANKT- OSWALDS-GASSE 3; 041 711 96 30
- Tickets:** www.billett-service.ch and info@billett-service.ch
- Cost:** CHF 38 per event or CHF 105 for the trilogy.

Energy-Saving Bulbs and Environmentally Friendly Lights

contributed by
IMCZ Member Muthana Kubba

It is the sign of the times: energy efficiency is in fashion and saving the planet from a runaway temperature rise is increasingly on every government's agenda. One area we all are asked to address is the humble incandescent lamp. As every child knows, the incandescent bulb was invented by Thomas Edison in 1879. Even after the carbon filament was replaced by tungsten, the efficiency remained miserably low. Most of the electrical energy is puffed away as heat. In fact the heating costs for a large company which replaced all its incandescent lamps with some of energy-saving design shot up considerably. At the same time, of course, its electric bill went down.

Many countries are introducing legislation to stop or limit the use of incandescent lamps altogether. At least one major factory (in Hungary) which makes such lamps is

closing down. The efficiency of such lamps is around 15 lumens per watt of electric energy.

The energy-saving varieties are mostly fluorescent, in which a column of inert gas is ignited and the electric current flows through the ignited plasma. The efficiency of this variety of lamps is around 60-90 lumens per watt. What most people don't know or take into consideration is that these lamps, by nature of how they work, produce a lot of 'electro smog'. Additionally they are not suitable for use in locations where they are switched off and on frequently, such as staircases etc.

In case you are wondering what 'electro smog' is, just put a radio near a fluorescent lamp and listen to the cackling noise that emanates from it. In fact I don't recommend anyone to use such a lamp for night reading near his or her bed. You are guaranteed to get a headache. The lifetime of these lamps, usually around 15,000 hours, will be considerably reduced if they are used intermittently, hence the premium paid to buy them (they are 4-5 times more expensive than incandescent ones) will not be compensated by lower running costs.

Finally, and virtually at the best possible moment in time, the famous LED had arrived. LED stands for Light Emitting Diode. A diode is a solid-state valve which allows electrical current (electrons) to flow in one direction and blocks it in the reverse one. With such diodes if the forward current exceeds a critical amount, it starts to emit light. Solid state light! Direct conversion from electric current into light.

The efficiency should be virtually the maximum theoretically achievable. However, such diodes must include current

limiting resistors which reduced their efficiency slightly. They are 2 to 4 times more efficient than fluorescent lights, furthermore they generate no electro smog and they can be switched on and off as much as needed without any impairment to their life, which is estimated at 70,000 hours. On the down side, they are small by the very nature of their physics. For large lights many diodes need to be clustered together. Also, they are best suited for generating beamed rather than



Torch on a key chain



Hand held torch with built in dynamo for recharging and three very bright LED's

defused light. For alternating current use, two diodes installed back-to-back in parallel are used. As a result, current flows on both half cycles, as well as a current capacitor connected in series, which consumes no energy and improves the power factor of the grid. Notwithstanding these disadvantages, they are still brilliant to use as opposed to all other available alternatives.

A one watt bulb with ordinary household E27 base, for example, gives as much light as a 25 W incandescent bulb.

This gives us something to consider as we move toward the time of year when we will be using artificial light more often. If new lighting fixtures need to be installed, fixtures featuring LEDs might be very attractive.



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FROM THE LANES ... On Strike at the Cherry Bowl

The bowlers' assembly on 18 August was a reduced - select - group of twelve, but these were lucky enough to witness an astounding display of skill by regular participant Otto Steuri, who took home the men's prize for the evening with a three-game total of 519, more than 100 pins better than his closest competitor. Carol Gipson, the ladies' winner, bested her rivals with an evening sum of 382.

After the night's first game, Carol Gipson was well in the lead with a starting score of 133, already more than sixty pins better than her nearest rival. Among the men, Andrew DeBoo finished with 150, nipping Otto Steuri by four pins. The gents' evening looked set for tight competition.

That notion was struck from all minds in the evening's second game, in which Otto Steuri registered six strikes in a row and netted a score of 236, setting the Cherry Bowl's alley record for that lane. As players in the adjoining lanes noticed the roll that Otto was on, they took their time to watch him play. The consistent precision with which he placed the ball was stunning. Mark Murray, who culled 145 pins, followed Otto most closely in that game. Carol Gipson continued her winning ways with a score of 118.

In the final game, John Hosking scored best for the men with 159, and again Carol Gipson for the ladies with 131. For the evening, Otto Steuri with 173 averaged 34 more pins per game than his closest competitor, Andrew DeBoo, while Carol Gipson with an average score of 127 bettered Shelley Murray by an average of 50 pins per game.

Of the dozen bowlers, six broke the century mark in every game, eight scored more than 100 in at least two games, and ten broke 100 at least once. With the Challenge taking place in two months' time, players are gearing up.

IMCZ member Stephen Butterworth's enthusiasm and coordination effort is inspiring and magnetic. The next date is **Monday, 15 September**. The IMCZ's regular bowling event for Club members takes place on the **3rd Monday of every month**. Dates to follow include 20 October, and will be followed on 17 November by the ZIWC-IMCZ Bowling Challenge.

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. Stephen Butterworth has negotiated a splendid 25% discount with the Cherry Bowl (just off the end of the freeway in Sihlbrugg). 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, butterworthsp@gmail.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 - a bargain indeed - and concludes at 21:30.



Grimselworld Excursion

Take an excursion to Grimselworld, an area of stunning mountain views, natural beauty and power. The area produces a considerable amount of electricity. Visit the Grimsel and Susten areas - take a look at a technical masterpiece in the midst of impressive natural surroundings. Descend into an underground world of tunnels, shafts, turbines and generators. Discover the inside of a storage dam. There is no day or night in this hidden world, neither summer nor winter. Website: www.grimsewelt.ch.

IMCZ member and former board member Jack Sami has arranged an excursion to Grimselworld which includes hiking and biking through the area as well as a tour of one of the dams. The IMCZ has a reservation for 20 persons, so be sure to sign up soon.



Date: Sunday, October 12, 2008

Time: 7:45 - 18:30

Location: Handegg/Grimsel, Gelmersee, Gerstenegg, Räterichsboden

Costs: CHF 25/adult, CHF 20/child; includes tour costs and bicycle rental. Meals or refreshments not included.

RSVP: Register at President@IMCZ.com by October 5. IMCZ no-show policy applies.

Itinerary/Agenda:

- 07:45 - meet at Zug railway station (backside in the parking lot)
- Drive with private cars to Handegg / Grimsel, (approx. 105 km) and arrive at approximately 9:30.
- 10:00 - take the "worlds steepest cable car" to Gelmersee
- Hike 2 hours back down the mountain path to Hotel Handegg (good shoes required).
- 12:00 - 14:00 - lunch at Hotel Handegg (subject to change)
- 14:00 h - 14:15 - drive to parking area Gerstenegg, entrance to the underground power station. Meet tour-guide.
- 14:30 - 16:00 - ride bikes for 3 km into the mountain to the power station. Visit power station and crystal-cave.
- 16:00 - 17:00 - short walk to dam at Raeterichsboden, tour inside dam.
- 17:00 - departure for Zug



IMCZ GOLF DAY The Masters 2008

We are organising a golf day for all at Holzhausern. Come out and match yourself against the sterling best of IMCZ.

Date: Friday, September 5th 2008
Time: see program below
Place: Holzhausern Golf Club, CH-6343 Holzhausern
Cost: CHF 20

The program for the day is as follows:

8:30 "The Masters" - an 18-hole Stableford competition.
13:30 A light lunch of beer and sandwiches.
14:15 The "Bucket Challenge"
15:00 "The Back 9" - a 9-hole Texas Scramble competition.
18:00 Prize awards and another chance for a beer.

There will be prizes galore for, more or less, everything you do. So surprise yourself and win one. Everyone will drink to you. Then you can drink to yourself. Again.

The "Masters" tournament will NOT be handicap effective ("handikapwirksam") but the main prizes will be given based on the traditional Stableford rules of scoring.

The cost of the day will be...

18 holes in the morning	CHF 70.-
9 holes in the afternoon	38.-
Some money to buy decent prizes	22.-
Bucket Challenge	0.-
Tell everyone how good you played	Priceless
Total	
CHF 130.-	

To register or for more information contact John Stuart
Tel. 079 215 6871 • e-mail: John.Stuart@homatec.com

Rugby Club Zug Minis Kickoff

The Rugby Club Zug has been running for over 15 years. The first team is currently battling in National B league. The Club boasts a junior section, the Saints. Established 3 years ago, they are doing very well, with over 35 young players.

The Rugby Club Zug announces the start up of the RCZ Minis.

When: Sunday mornings from 9:30 - 11:00

Where: Strandbad Lido in Unterägeri
(please see the RCZ website for map and directions - www.rugbyclubzug.ch).

Kickoff Season: Sunday, 7 September 2008.

Dependent on numbers, two groups will be formed:

- Minis, children up to 8 years old
- Poussins, children from 9 - 11 years old

If numbers allow, more specific age groups will be formed.

It is recommended that children older than 11 be encouraged to join the Saints in Zug.

The Saints have split sessions as follows:

- 11-15 year olds will train Tuesdays and Thursdays from 18:00 - 19:00
- 16 years olds and higher will train Tuesdays and Thursdays from 19:00 - 20:30

Training is in Zug at the Schützenmattwiese, near to the harbor.

Contact: Roger C. Zubler, Saints Manager, at 079/3354088, or Frank Jaskoviak, Saints coach, at 079/4056875.

If you have children who might be interested in playing rugby, please bring them along.

Kiriat Yearim Charity Golf Tournament

Kiriat Yearim is a Swiss charity organization which provides support for traumatized children through a day-care system in Israel, educates Arabic mothers and their children through a mother-to-mother program, and organizes projects, dialogue and integration between Arabic and Jewish culture.

The organization is sponsoring a golf tournament, and IMCZ members are invited and requested to participate.

Date: Friday, September 19, 2008
Time: latest tee time 14:00; followed by cocktails at 'au premier.'
Place: Golfpark Holzhausern, CH-6343 Holzhausern
Cost: CHF 170; this participation fee includes CHF 50 donated directly to Kiriat Yearim.
Larger additional donations gladly accepted.

The tournament will be handicap effective. Prizes awarded for best player (gross and net), longest drive, nearest to pin and hole-in-one.

Confirm: participation by Friday, 12 September
Franziska Suter Schmid, Tel. 041 850 6606
or zentralschweiz@kiriat-yearim.ch
Semra Burla, M 079 415 5057 or semra@burla-ch.com
Reservation with Golfpark Holzhausern by September 14
Golfpark Holzhausern, Tel. 041 799 7010

ZIWC/IMCZ World Heart Day Hike in Zurich

World Heart Day is celebrated globally on September 28 to create public awareness of risk factors for heart disease & stroke and to promote preventative measures such as exercise & a healthy lifestyle. This year's theme is "Know your Risk".

In celebration of World Heart Day, the Swiss Heart Foundation is sponsoring hiking tours in key cantons throughout Switzerland.

Come join us on the Walking for your Heart Hike in Zurich. All members, family, dogs & friends are welcome.

Date: Sunday, September 28, 2008

Time: 10:00

Place: Zurich Rehalp (good connections by S-Bahn from Zurich main station)

Hike: Start at Zurich/Rehalp - Zollikon - Küsnacht to Erlenbach
This is part of the Panorama Trail on the right bank of Lake Zurich Hike rated easy (flat & marked). The event will take place whatever the weather (rain or shine).

Cost: Public Transportation to starting point & back home. No additional cost for the hike. Bring your own water.

Website: www.worldheartday.com or www.swissheartgroups.ch

Please contact Gerie at hospitality@ziwc.ch by September 25th if you are interested in participating in the hike and if you need further information.



contributed by IMCZ Members

A Spot of Logic

If your father is a poor man, it is your fate, but
if your father-in-law is a poor man, it's your stupidity.

Practice makes perfect but nobody's perfect so why practice?

How come "abbreviated" is such a long word?

Behind every successful man, there is a woman
And behind every unsuccessful man, there are two.

Normally wise men never marry but when they do,
they become otherwise

A bus station is where a bus stops.
A train station is where a train stops.
A workstation is where work stops...my desk?

Every man should get married,
after all happiness is not the only thing in life

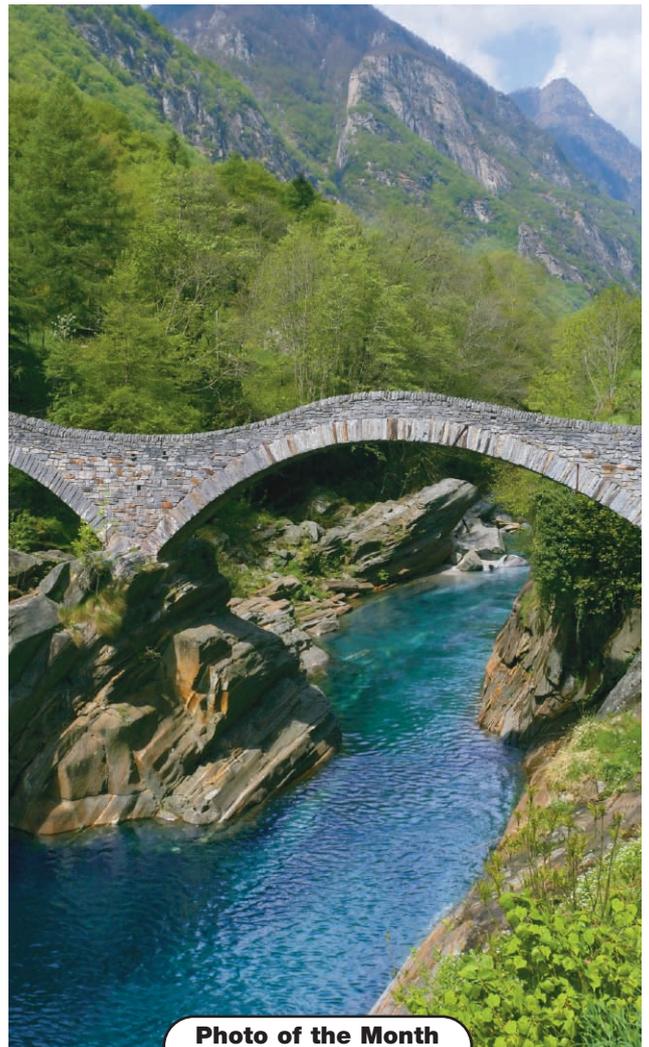


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Lavertezzo • Ron Summers

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David.LeBow@APEX.ch, 041 727 1986.

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hmmm.

This should have been your ad.





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 Members' Marketplace is reserved for unformatted advertisements of 150 characters (approx. 3 lines) of text. These are free of charge to IMCZ members. Advertisements must be submitted as illustrated below.

Longer advertisements cost CHF 30.-

Example:

FOR SALE: gorgeous view of Bay of Biscay with stunning sunsets and high waves. Wee house (12 rooms), dock and yacht included. Call Bill at 041 123 4567.

Members' Marketplace

FOR SALE: SWITEL Internet Phone IP 700K, VoIP phone for a PC, never used because I was stupid and forgot I have a Mac. Duh.
sumners@databaar.ch CHF 30.

Farewell ... adieu

The **IMCZ** wishes well to:

Languid days of Summer ...

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?

Submit your story to Newsletter Editor Andrew DeBoo by the middle of a calendar month to be considered for publication in the following month's *IMCZ News*. 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 Sumners. Member submissions of photos, particularly from Club events, will be considered for publication (sumners@databaar.ch), and Ron can be thanked personally on a regular basis at the Stammtisch with a toast of his good work.

IMCZNEWS Advertising Rates

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