



IMCZ Burns Supper

The IMCZ held its 15th **Annual Burns Supper** on Saturday, 23 January 2010 in the Landhaus Restaurant in Baar. This celebration of the Scottish Bard Robert Burns' 251st anniversary was shared by a record number of men and women, although how we got 90-something people in a room with a maximum capacity of 80, I don't know. Perhaps some lubrication was applied?



If you didn't attend and still want to see men in kilts here is photographic evidence of the event, including toastmaster and event organiser John Stuart, Sergiy Shtangey (dressed more traditionally, or maybe not), Lars Bertram (new IMCZ vice-president), and Patrick Weber, incoming president.

No photos of the bagpiper or haggis this month, but reports suggest the attendees enjoyed both, in one way or another.



ZIWC Cheese and Wine

Come and join us for an evening of fine wine and exquisite cheeses. Hotel Ochsen offers a relaxed atmosphere with a cosy fireplace, excellent service and is a lovely setting for an evening devoted to wines, cheese and hopefully good company. The cheese and wine evening is a social evening, an event perfect for husbands and also for making new friends.

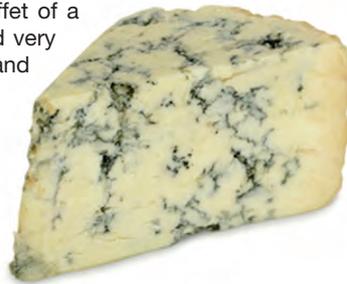
The cheese will be provided by the cheese factory and will be a buffet of a selection of the finest of British cheeses – they are a colourful array and very taste, so if you don't know anything about British cheeses, come along and discover just how tasty they are.

The wine will be served by the Hotel Ochsen staff and you will be able to choose between red and white wines. After the wine, a dessert and some coffee will be served.

All ZIWC and IMCZ members, friends, acquaintances and family are welcome to come to this event.

- Date:** Friday, 26 February 2010
- Time:** 19.00 – 24.00 h
- Venue:** Hotel Ochsen, Zug
- Cost:** CHF 35 per person for IMCZ/ZIWC members and their partners; CHF 45 for non-members
- Contact:** Please RSVP to Linda Stäger at party@ziwc.ch or telephone 079 869 9100 to reserve your place by Monday, 22 February 2010.
- Note:** Normal ZIWC Cancellation Policy applies.

The Party Committee Linda, Nicole, Alexandra and Mary are looking forward to seeing you there and welcoming you! Don't delay – sign up today.



IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Tord Lendau is Swedish and his mother was Finnish. He is from Stockholm and has worked internationally with Medical Device and Biotechnology as president of different companies. Right now he is responsible for biomaterial within Sandvik AB with a number of companies globally. He recently added one more company in the southern part of Germany and decided to locate here in Zug. He is also on the board of some medical device companies in the US and Sweden. He likes skiing, wine and food and is looking forward to meeting new friends here in Zug.

Jonas Lantz is 50+ Swede who is moving to the Zug area for the second time together with his family. He has been working with private placements, funds, cross border leasing, and a lot in the stock market as long as he can remember. Getting old and trying to cut down on working hours, he now concentrates in a few companies where he is on the board and doing some long term investments in the stock market. In his off time he likes to play golf (hcp 11, but never playing accordingly) and do some skiing, if the slope's close to a restaurant. Most importantly, he supports his daughter in her studies in IB at Riverside Campus.

His primary language is Swedish, but he's trying to communicate in English and wants to learn more German.

Marc Bang is Swiss and speaks German, English and French. His interests include golf, art, and music. He was referred to the club by Franz Bachmann.

Joseph Pascuzzi is both Italian and Australian. He enjoys reading, sport and learning. He speaks English and Italian.

IMCZ BOARD MEMBERS

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

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IMCZ AGM 2010

The IMCZ held its **Annual General Meeting 2010** in the Parkhotel Zug on 28 January with 52 members present. As might be seen from the photos here, it all went rather smoothly. The outgoing Board seemed quite delighted that there were no fistfights, lynchings, thrown tomatoes, or use of pitchforks and torches. In fact, the Board was discharged following the financial and auditors' reports without incident. Furthermore, outgoing president David LeBow conferred a few awards and tokens of appreciation to regular Stammtisch attendees and those colleagues leaving the Board.



Not to be outdone, incoming president Patrick Weber offered his thanks to the previous David as well, presenting David with a small token of his own. Also, in light of their conspicuous service to the club, David LeBow and Muthana Kubba were each named Honorary Members.

Mr. Kari Imholz and Peter Sproston were elected to serve again as auditors. Following the meeting, a number of the members present moved to the Parkhotel restaurant for dinner together. Minutes of the AGM are available on the IMCZ website at http://www.imcz.com/Resources/Minutes_of_the_AGM_28_Jan_2010.pdf.



IMCZ Spring Ski Trip to Flims/Laax

Resident ski freak Joseph Dow has planned a ski weekend in the Flims/Laax area for us.

Date: April 10 -11, 2010 (Saturday overnight)



Itinerary:

- Meet at Zug Bahnhof at 5:45 AM on Saturday, April 10; Train at 5:58 AM
- Arrive at Flims Bergbahn approximately 8:30 AM
- Ski Saturday
- Stay 1 night at the Hotel Vorab *** in Flims Dorf with dinner (at own expense) at the hotel's Trattoria Veneziana restaurant (Italian, gourmet pizzas, Surselva bier, etc.)
- Ski Sunday
- Leave for Zug from Flims Dorf around 5:35 PM
- Note: This is a serious ski trip (not difficult skiing, but we will be there to ski)

Booking:

Each participant will book his own room. First come, first served. Please let Joe know when you book, so he knows who is going. If some people want to share a room, they can let Joe know and he will introduce them to any others who contact him with similar requests.

Cost:

Price depends on the specific room category. Range CHF 98 to CHF 110 per person, plus local taxes, including breakfast buffet on Sunday. Lift tickets are CHF54 per day (at spring season rates; 2-day pass is CHF108). Travel costs depend on 1/2-price pass, GA, etc.

Contact:

Hotel Vorab: Kerstin Rost, Tel. 081 920 95 00, info@hotelvorab.ch, <http://www.hotelvorab.ch/>
Joe Dow: E-mail at jjdow@hotmail.com

Booking deadline:

Rooms may be limited so don't delay too long.

IMCZ Investment Forum



The IMCZ Investment

Forum is proud to announce that Bernhard Bauhofer of Sparring Partners GmbH has accepted our invitation to address the Investment Forum on Tuesday, March 2, 2010, at the Parkhotel at 6:30 p.m.



Bernhard, a Club member since June 2009, is in great demand by the global business community, because he's the leading authority on reputation management and frequently appears on Bloomberg and CNBC as well as in the press. For further information, please click on the following links.

[Latest video at Reputation Management](#)

[Bernhard Bauhofer on the reputation of Swiss Banks](#)

His speech will be a great interest to everyone because he will talk about the recent highly damaging developments to the Swiss banking industry's reputation and the likely consequences it will have on its future.

This invitation is open to all Club members; however the maximum number of places will be limited to 50. To ensure your securing a seat, please register with John Henry Smith as soon as possible at investmentforum@imcz.com or by phone 041 781 36 01.

After Bernhard's presentation, participants will conduct a trading exercise that will surely add to the excitement of a great evening!



«Our next removal, we will do again with the friendly team from Weber-Vonesch, Zug», Linda Sørensen explains.

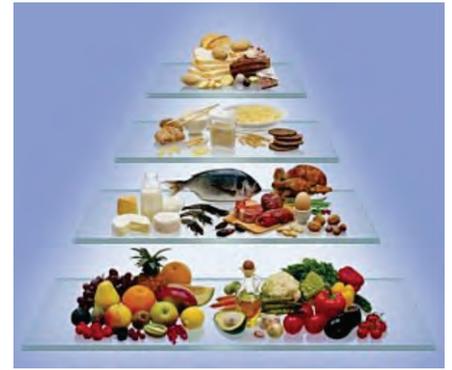


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Low Carb vs. Low Calorie in the Fight against Weight

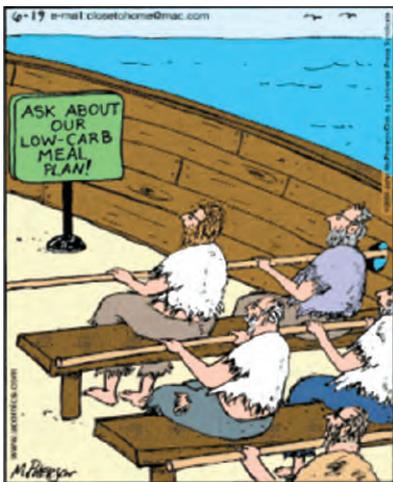


Contributed by IMCZ member Remo P. Jutzeler van Wijlen, Head R&D Sponser Sports Food Ing. Appl Food Sciences, MAS Nutrition & Health ETHZ

In a previous IMCZ newsletter I already talked about emerging evidence on health advantages regarding blood lipid profile of low-carb diets compared to low-fat, and consequently low-calorie diets (fat contains 9 calories vs. 4 calories from carbs or protein). Especially striking is that the so-called DASH diet (Dietary Approach to Stop Hypertension) proved even less effective in lowering blood pressure than a high-protein or a fat-rich diet, i.e., both of them to be called low-carb diets. These results have just been confirmed; an impressive advantage regarding reduction of blood pressure by a low-carb diet compared to the well-known weight-loss medical Orlistat combined with a low-fat diet has been found these days. In spite of a respectable 10% weight loss in both groups during a one year period in 146 overweight participants, only 21% of the patients with Orlistat and a low-fat diet could reduce their blood pressure medication, whereas 47% of the low-carb dieters (without Orlistat) could decrease or even discontinue their blood pressure medication. (Yancy et al, 2010. *Arch Intern Med*)

There are further studies supporting the positive health effects of a low-carb dietary regimen, beyond cardiovascular disease (CVD) risk, but in regards of weight loss. Certainly, overweight is a CVD risk factor per se. But the right way to reduce overweight and body fat has normally been considered to be a calorie-restricted diet, which is most easily reached by cutting down dietary fat because of its high caloric value! Furthermore, fat is also still considered to be unnecessary or even nasty ballast in our nutrition by some, whereas carbs are looked upon as the good guys. But times are changing...

A study in 2003 put obese (body mass index average of 33.6), but otherwise healthy women, for six months on either a very low carbohydrate diet (VLCD) or a calorie-restricted diet with 30% dietary fat



(corresponds to a low-fat diet). Importantly, the VLCD subjects were allowed to eat freely in regards of quantity, i.e. *ad libitum*, no calorie restriction, eat as much as you can! Nevertheless, the VLCD women achieved double the weight loss (8.5 kg vs. 3.9 kg), as well as body fat (4.8 kg vs. 2.0 kg) than their counterparts on the low-fat diet. These results were highly significant with a probability of $p < 0.001$ for body weight, and $p < 0.01$ for body fat. No differences on CVD risk factors could be detected. (Brehm et al, 2003. *J Clin Endocrin Metab*)

A recent meta-analysis confirmed these results (Nordmann et al, 2006. *Arch Intern med*): Low-carb, non-energy restricted diets appear to be at least as effective as low-fat, energy-restricted diets in inducing weight loss for up to one year. The only limitation mentioned is, that low-carb diet induced potential favourable changes in triglyceride and HDL-cholesterol (the "good one") could also be accompanied by potential unfavourable changes in LDL-cholesterol, which should be weighed against each other. Obese people seeking weight loss by

means of low-carb diets should consider this, even though nutritionists nowadays are stepping back from condemning LDL-cholesterol wholeheartedly, but focus on VLDL-cholesterol as the real bad guy. Meanwhile, a second meta-analysis also concluded that low-carb, high-protein diets favourably affect body mass and composition independent of energy intake. (Krieger et al, 2006. *Am J Clin Nutr*)

To finish this column let's (again) imagine a hunter-gatherer diet, which has been commonly accepted to be meat-based, yet non-atherogenic. In spite of high protein intake (19-35%), relatively low carbohydrate intake (22-40%), and a high fat intake (28-58%) compared to Western diets, it is likely that crucial differences in fat quality, including a high content of mono- and poly-unsaturated fatty acids along with a lower omega-6 to omega-3 fatty acid ratio, would have prevented hunter-gatherers from the development of CVD. Other dietary characteristics, for example high intakes of antioxidants, fibres, vitamins, phytochemicals, as well as lifestyle factors with more exercise, less stress, and no smoking, most probably will have operated synergistically. (Cordain et al, 2002. *Eur J Clin Nutr*)

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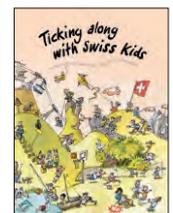
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Restless by William Boyd

Contributed by former Newsletter Editor Andrew DeBoo

In a recent meeting at the Stadt- und Kantonsbibliothek Zug, the Reading Circle for English Language Literature examined William Boyd's novel *Restless*.

Boyd's book is structured as two interspersed narratives. The main character in one turns out to be the mother of the narrator in the other. A woman nearing seventy wishes to inform her daughter of her life, and writes a story about herself.

But why does Boyd slip the chapters of the more recent narrative in between others, told by the daughter, an honors graduate in history from Oxford who ran off to Germany in the early seventies after her father so suddenly died and her mother sold what had been the family home to move into a little house in a remote Oxfordshire village? Why break things up like that?

Because if *Restless* were just about Sally Gilmartin, as she is now called, then we would not need to hear anything of her daughter Ruth. Ruth has returned to England with her illegitimate son Jochen following the collapse of an affair with a touted professor at the University of Hamburg, and now teaches foreign students English on an individual basis, making acceptable money while trying to stay motivated to work on her dissertation.

Sally needs to tell Ruth something, but it cannot be divulged between additions of cream and sugar with a plate of light sandwiches out on the garden terrace of a Saturday afternoon. It must come in installments, because it will undermine everything Ruth ever understood about who her mother was. Who can digest that like a piece of cake? We must observe how Ruth chews this, tries to swallow and doesn't get it down, takes another sip of tea, all while managing being a single mother ruled by her son's needs, needing herself to steer her life in a recognizable direction.

Neither can readers believe that Sally's story is finished; for that Boyd doesn't need to have her alive. There must be something else, some other reason why this woman with the beautiful face and wave in her hair takes up her binoculars and walks down to the wall at the edge of her garden to peer toward Witch Wood beyond the fields, standing beneath the tree for shelter, looking for a glimpse of—what?

Eva Delectorskaya is the daughter of a widower émigré to Paris, who departed

Russia during the Revolution. Eva is an attractive young woman, observant of men and their ways, so at her younger brother Kolia's funeral she notices the fellow standing off to the side in the brown trilby, the soft felt hat with the deeply indented crown and the brim sloping back to front, a style in 1939 more likely to be seen at a sporting event like a horse race. Who would wear such a thing to a funeral?

She sees him again the next day as she exits her office building to go to lunch; he says he would have approached her at the funeral except that her brother had never introduced them. He invites her to a restaurant for lunch (for oysters!), waving away her worries about the time by identifying himself as a client of the shipping firm in which she works. Lucas Romer is his name.

Over the next few weeks he makes himself conspicuous, usually drawing some relation to the meeting and her work, but then taking the opportunity to drop significant revelations in their conversation about his associations with her brother, who had been brutally murdered and robbed after being called out of a political rally. Lucas Romer informs Eva that her brother was in his employ at the time of his death. Who is this man and what does he want? The unsurpassed cheek of him then to find him in the parlor speaking to her father when she arrives home from the office! He has insinuated himself so far that her father also presses Eva to accept the opportunity this suave man offers that she become a British citizen, join the intelligence service and help defeat the growing threat that Nazi Germany represents, if for none of these reasons then out of loyalty to her brother Kolia.

She protests, refuses, not liking at all the sly tactics of this man who from the first seems assured that he will arrive where he wants in the end. Reflection, love and loyalty win out, and Eva is off to Edinburgh by train, where she is met and taken to a countryside location for several weeks of intense training.

Ruth Gilmartin is just a bit undone by her mother's first installment. With whom can she share this? This deconstruction of her mother distracts her. Speaking with another single mother, whose daughter is her own Jochen's pre-school friend, is like a line to shore, a link to someone (like her) with everyday things of which to take care. Her mother tries to be reassuring when they

telephone; yes, it is a shock, but all true, and there will be more, which will lead to greater understanding. Should she be calmed? Escorting Hamid the Iranian engineer to the staircase after their lesson, she sees in the courtyard below the brother of her former German lover, rumored to have been involved with a terrorist network. How can he be here? She thought he was dead.

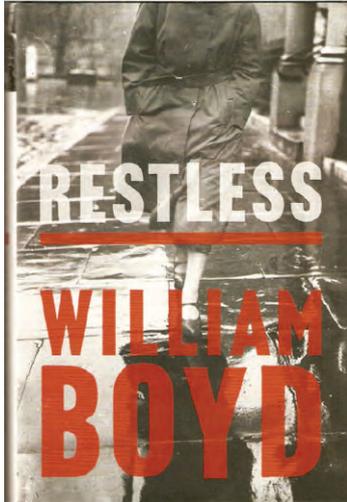
Eva Delectorskaya is now an expert in Morse code, can falsify documents, capture, skin and cook a rodent, has discovered prodigious capacity to observe and remember how people and things look, behave and change, and can tail and elude people without fail. She does not know how to use a parachute, however, "Because Mr. Romer doesn't think it necessary." He shows up infrequently for words about her progress, looking busy, disappearing again for weeks. He has given her to understand, though, that she'll likely be placed first in Belgium.

The next time Ruth sees her mother she provokes her into speaking Russian, and is taken aback by the blithering torrent. She's not joking. But why has she waited so long? And why now, with this salami tactic rather than an all-out smorgasbord of revelation? The time is right for Ruth to know her secrets, her mother says in so many words, "I think someone might be trying to kill me."

Belgium it was then. Romer operated a small team of misinformants disguised as a news agency. If stories the agency crafts and disseminates—it would be no good, of course, to lie all the time; their misinformation must have all the factual substance of honest truth—spur reactions and denials from German or British high command, for example, they are overjoyed. Eva, who is now called Eve Dalton, one of her three possible identities, comes to learn that she is webbed in a system of appearances that must constantly be questioned, in which nothing can be accepted as unquestionable fact. She may share an apartment with her office colleague Sylvia, but she cannot tell whether she is really German, is actually as vulgar as she sometimes behaves, or is even really named Sylvia. Master spider Lucas Romer seems the one who knows everything about everybody and can shake the web when he wishes.

The real spinner, naturally, is William Boyd himself, who in gradual slight turns has managed to tighten all strings. Characters are well drawn, with only enough detail to keep readers curious about them. He has set them loose in a world of uncertainties, and we are naturally concerned for their safety.

Romer takes Eva on a mission to a Dutch border town to observe a secret meeting





between British spies and German commanders, with a Dutch intermediary. Eva plays her role perfectly, including the improvisation when disaster erupts, escapes with her life, but sees the Dutch officer shot to death and the British intelligence agents captured. She makes her way back to Oostende unnerved, but clear in her mind about what she observed.

In the meantime, Ruth's earnest Iranian engineer Hamid, soon to depart for an assignment in Indonesia, has invited Ruth to go with him to dinner. Ruth's next visit with her mother—she and Jochen usually drive to Middle Ashton on Saturdays, with Jochen sometimes staying the night with his grandmother—provides an unsettling turn. Her mother has purchased a shotgun. Here Boyd pierces the fabric of both stories and threads them together. Sally Gilmartin the former spy wants her daughter to help her find Lucas Romer. The stories can no longer pursue parallel courses. They will—must—collide, and it looks to be violent.

Eva's testimony at an inquiry into the debacle that transpired in Holland is so convincing that Romer's team is reassigned to New York, engaged in the effort to convince the United States government to enter the war, aid the European allies, and defeat Germany. Roosevelt is defending American neutrality because he lacks evidence to brook congressional resistance. The reassignment represents a great victory for Romer, and in the whirl of all this Eva and Romer become lovers.

Historian that she is, Ruth sets to tracking Romer down, and establishes he is now a titled retiree, residing discreetly outside London, having turned his wartime experience into a well-connected publishing career and netting a lucrative profit.

The fighting is desperate for the Europeans; stemming Germany's aggression is difficult, though the Russians have managed a stand-off. American participation could clearly tip the balance. In the novel's pivotal sequence, Romer assigns Eva to meet a contact in New Mexico, take possession of some documents, and transfer them to someone else. Travelling alone cross-country, she watches her back, spotting and eluding a pair of tails along the way. Upon contact with the New York base she continues at her discretion, attention heightened.

She takes delivery, and in her state of caution, checks the document. Eva discovers it to be of suspiciously poor quality, whereupon she delays transfer and is subsequently kidnapped at gunpoint, escaping with her life by the point of a pencil—rammed into the brain of her abductor through his eye.

Coached by her mother about what to say,

Ruth arranges a meeting with Romer, posing as a journalist with questions about his wartime activity. He concedes to meet but dismisses her as soon as he realizes she can cause him no harm. Ruth returns to report to her mother, and learns her effort was not for naught; Sally Gilmartin waited outside and followed Lucas Romer home. Now she knows where she can get to him next time.

Circuitously, Eva Delectorskaya returns to New York, aware she has been betrayed. Romer and only three other colleagues knew where she was going and why, so the circle of suspects is very small. Romer has not a whiff of foulness about him, and the one colleague who ran the operation, Morris, rightly admits that she should suspect him. They go over all the details; Morris will check a few things and get back to her.

He unexpectedly calls her in the evening and they arrange a meeting, but Morris misses it. When Eva goes to his flat to clarify it is already crawling with police; another colleague and Romer are already there. Apparently Morris committed suicide.

Eva realizes she must flee, immediately, or else Romer will finish the job of dispatching her. What is behind it all she has no idea, but she must get as far from him as quickly as possible. She slips into Canada, and thus begins a life in hiding, wondering at every turn whether she will be discovered, taking repeated and conscious steps to confound any attempt to find her. She uses her other passports, secures passage to England, adopts the identity of a woman her age who was killed in a bombing raid, seeks out a man, gets married and has a daughter, one they name Ruth.

Ruth follows her mother to Knightsbridge, surmising from the clues Sally left dispersed in her home in Middle Ashton where she'd gone, worried that her mother will try to murder Lucas Romer. She waits with her in her mother's car; Romer will come home eventually. Murder is not part of the plan, Sally informs her, but direct confrontation very much is.

As Romer's chauffeured vehicle pulls up, Ruth calls to him, and as soon as Romer sees Eva (Sally) he gets very quiet. Recovering his manners he invites them in, and through his warnings to Eva that she is still on record as a criminal against the British government, Eva makes clear that the game is up, even pulling out her sawed-off shotgun at one point just to get his reaction. Newspapers the next day carry the notice that Lucas Romer, Baron Mansfield of Hampton Cleeve, has passed away.

The reader might hope that this offers resolution, a denouement in which we can go back to taking things at face value, let go the emotional and intellectual effort of examining every piece of information and experience that crosses our path in the course of a day. Ruth has other things to worry about, after all. Hamid the engineer has proposed to her; he'll be back from Indonesia in six months—what should she do?

Her mother is not the person Ruth thought she was. Are they closer now? Can her mother be at ease? The answer seems clear when she looks out the back windows of her mother's house to see Sally standing off to the side in the cover of the tree at the garden wall, aiming her binoculars over the intermediate fields toward Witch Wood. Boyd has made clear that the story doesn't end, or at least that death remains on the loose, out there and biding its time. In the meantime, we are as watchful as we can bear to be, each of us every day living in our own spy story, wondering, confirming, wanting to trust.

- Other meetings in 2010 will discuss the following texts on the given dates:*
- 04.03. **The Brief Wondrous Life of Oscar Wao**, Junot Diaz
 - 08.04. **The Secret Scripture**, Sebastian Barry
 - 06.05. **Beloved**, Toni Morrison
 - 10.06. **Half a Yellow Sun**, Chimamanda Ngozi Adichie
 - 12.08. **Tree of Smoke**, Denis Johnson
 - 16.09. **Wolf Hall**, Hilary Mantel
 - 21.10. **Cat's Eye**, Margaret Atwood
 - 02.12. **The Children's Book**, A.S. Byatt

The meeting dates are Thursdays, chosen by popular vote, and begin in the Dachraum of the city and cantonal library at 19:30 h. The Circle has a current membership of roughly ten people, and would welcome the active participation of a few more men! For further information please contact Andrew DeBoo at a.deboo@language-refinery.com.



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Next on the Technology Menu, 3-D Television

contributed by
IMCZ Secretary
Muthana Kubba

It is no secret that the market for current TV technology has reached a saturation level. The penetration of television even in developing countries is so high that many are switching over to flat TV screen sets. The manufacturing industry is stagnating and writing red figures for several years in succession. The pressure to innovate and bring about a new product which will generate enough interest to redress the bleak outlook is very high.

Well, the new gimmick which promises to do the trick is just around the corner: three-dimensional televisions, if possible without using special glasses.

The movie houses' owners are also in deep trouble with dwindling margins and red figures. However, they discovered that 3-D films attract a welcome interest and reverses the downward trend. The famous James Cameron movie, *Avatar* is in 3-D technology and is said to be the most successful movie ever; it has even surpassed the *Titanic* epic box office income. This film is released in traditional 2-D, as well as 3-D using three different technologies including *IMAX 3D* formats. Cinema owners are discovering that for a small incremental investment, they can generate large incremental increase in income and profit.



All available technologies for generating the illusion of three-dimensional vision use the same principle, stereoscopic projection, so that each eye sees a separate image. In early days blue-red glasses were used and two images were projected on the screen. Through the blue and red filters, each eye sees a different image, thus generating the illusion of three-dimensional vision. Modern technologies use, among others, polarised light projecting the two images in perpendicularly different polarisations, e.g. one vertical and on horizontal. If the glasses worn to see them were correspondingly polarised so that each eye sees a different image, then the illusion can be generated again. The term Polarised light has entered the vocabulary of scientists and engineers only after the advent of the laser. The laser is the only source of light available which smoothly and consistently generates light of only one frequency (colour). As such it could be easily polarised, as opposed to all other sources which generate light of a multitude of frequencies and strengths and thus can't be polarised in one direction only.

The next variant on the ladder of 3-D vision are the active glasses. These glasses are active in the sense that they have built-in circuits which can receive a synchronising signal and then instantaneously change the polarisation of the glasses by applying the right voltage to them. Naturally this system results in high cost glasses, which may not be suitable for watching movies in cinemas but acceptable for indoor viewing of television programs.



A yet bigger hurdle has to be surmounted before 3-D television becomes an everyday reality. No standards have yet been issued or agreed upon. Unless this is done and soon, we may end up with a similar situation as we did when colour television started in the late sixties, with different mutually incompatible standards being used across the Atlantic (NTSC in the Americas) and within Europe (PAL versus SECAM).

Last and not least is the system developed by Philips of Holland which requires no glasses at all. The television screen of this system is specially made so that two different images can be seen depending on the angle of vision. Movement of between 5-7 cm horizontally (typical distance between the two eyes) at a distance of 3-4 metres in front of the television is sufficient to change the seen image. Attractive as it may seem, this system suffers from the fact that the viewing angle is very small. Typically only two persons can watch a 3-D movie on such a television.

Different technologies aside, there is another, so far unsolved, common problem to all of them: eye strain when viewing 3-D images. It has been observed that a minority of viewers consistently complain of one or more symptoms like fatigue, headache, nausea, blurred vision, sweating and elevated salivation. No tangible medical research has gone into this aspect, which may or may not be worrying for the future of the 3-D technologies now being feverishly developed. No one has discovered as yet why such symptoms are manifested by some people and not by others. One postulate is to do with the way the illusion of 3-D vision is made. In real life near objects require the eye balls to move inwards and at the same time the 'ciliary muscle' contracts to increase the curvature of the lenses in order to keep the image in focus. Contrasting this with the illusion of 3-D created by two separate images, the eyes would similarly move inwards when an object appears near, but the lenses do not need to refocus as in real life, thus confusing the brain and resulting in the said symptoms. This postulate hasn't been proven yet, and more research is needed to resolve it.

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From the LANES...

On Strike at the Cherry Bowl

On 18 January 2010, the Bowling Challenge 2009 was held at the Cherry Bowl in Baar, sponsored by the Zug International Women's Club. This event was traditionally held in November, so the name actually used to match the year in which it took place, but somehow it keeps sliding off the end of the calendar into January. Maybe we'll have another instance of this annual event later this year...

For this running of the derby, we had an even numerical match of men and women: 17 of each. This was especially gratifying since the men seem to outnumber the women so consistently at the monthly get-togethers. The idea of the Challenge is not only to have fun, but to keep score and see which club, the ZIWC or the IMCZ, and record the higher numbers per member. This means we have to exclude the results for any guests bowling, which is why three of the ladies present weren't counted in the overall total for the competition. That left 14 women to stand up to the 17 men (all loyal IMCZ members).

Carole Heller got off to a good start in the first game with a 121, followed closely by newcomer Mary Plumb at 119 and Amanda Brookes with 108. The men refused to worry, bringing in a 185 from Andrew DeBoo, a 167 from David LeBow (back to his old form), and 160 from John Hosking. All three of these scores were

well above the bowlers' averages, leading to the success for the night.

In the second game, Mary Plumb hit 124, Kerstin Hirsch Nägeli bowled a 119, and guest Christine Speicher knocked down 114. These were night highs for all three women. Dawn Ray rolled a 109, dramatically bettering her earlier 72 and topping her 85 average. It was the best game for the 17 women. However, the second was also the best of the three for the men. Phil Woodford (116 avg.) knocked down a whopping 184, Marcel Andrée peaked at 172, and Dave Speicher rolled a 169, high games for these three gentlemen as well.

In game three, Dawn Ray went for the gold, scoring her high game of 127. Carole Heller and Claudia Hützen brought in 117 and 116, respectively. But the men wouldn't quit; another 160 from John Hosking, 149 from Dave Speicher, and 131 from Mr. DeBoo finished off the night.

Some quick calculation of the final scores adjusted with handicaps was all it took to confirm the victory for the men. The IMCZ totalled 6925 Challenge pins, or 495 per member. The men brought down 9099 adjusted pins for 535 each. Our Stephen Butterworth has taken the coveted trophy home on behalf of the IMCZ. Way to go, men!

And speaking of Stephen, he's the one to sign

up with if you want to participate in the monthly bowling event. It's really just for fun, despite the drama above, so even if you've never bowled, come on out.

The IMCZ's regular bowling event for Club members takes place on the **3rd Monday of every month**. The remaining dates in 2010 are:
15 February • 15 March • 19 April •
17 May • 21 June • 19 July •
16 August • 20 September • 18 October •
15 November • 20 December

The evening opens at **19:30**, the actual **bowling starts at 20:00**, and the event is open to registered and prospective IMCZ and ZIWC members. We've got 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 a good glass 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, butterworth.sp@gmail.com or **041/790 4172**. If you have not registered, you will not be able to bowl. 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 a regular evening is CHF 20.00 for two hours of bowling and shoe rental — a bargain indeed — and concludes at 22:00.

From the SLOPES...

Davos-Klosters Ski Review

MADRISA AT KLOSTERS <http://www.klosters.ch/en/winter/mountain-cableways/madrisa.html>

OK, I know I said I would review Lenzerheide this month, but I haven't gotten back there and a refresher day is needed to give you some better information. So, I thought I would tell you about a nice little area I discovered while in Davos – Klosters called Madrisa. This is one of the smaller areas in the region, along with Pischas and Rinerhorn, which is an alternative to the main Parsenn and Jakobshorn areas.

- **Location:** Eastern Switzerland in Graubünden, about 2 ½ hours via SBB from Zug (Zug – Thalwil – Landquart – Klosters – Madrisa). Train all the way to Klosters, then a short, local bus ride to Madrisa.
- **Scenery:** Nice views of the Gotschnagrat on the Klosters side of the Parsenn area and the impressive rock walls, at the top of the area, below the Madrisahorn.
- **Runs:** This is a great place for families, but it has nice rolling runs that would be enjoyed by everyone. There are a few black runs, too, but they are not particularly demanding, although there are some yellow (marked but not maintained or patrolled) downhill routes from the Ratschenjoch. In the middle of the resort is a nice, wide-open area for beginners to get used to skiing more typical runs. The run back to the gondola base from the top is quite nice with twists and turns where you can swoop.
- **Lift System:** Here is the main negative. The whole area is served by surface lifts once you get up to the main area by gondola. The only chairlift is a feeder that brings you back to the main area if you go down the back side. T-bars can be tiring and uncomfortable and most major US resorts have totally abandoned them for these reasons.
- **Food:** On the mountain, there is not much choice for restaurants, but the Bergrestaurant Saaseralp is decent. There is another restaurant, the Berghaus Erika at Schlappin on the run back to the base station and Alberto's, a pizza place at the bottom, which has a good reputation. Before I forget, back over in the town of Davos is a particularly good restaurant, Boccolino in Schneider's Café in Davos Platz. Actually, it is better than good; it is really good with a nice atmosphere and prices that are quite reasonable for a resort area, similar to Zug prices. Their extensive menu ranges from some of the best pizzas I've had in Switzerland to local specialties like Capuns and Pizokel. Their carrot & pumpkin soup is fantastic and even better than the soup on the ZIWC Christmas market cruise, for which everyone requested the recipe. A special treat is their Schneider's hot chocolate, which is homemade with their own chocolate and so much better than the ubiquitous powdered version at most Swiss restaurants. Last time I was in Davos, I ate Boccolino every night. It is that good!
- **Conclusion:** A nice relaxing family area.



Next month's review:
Lenzerheide - Valbella

Think snow! **Joe**



WWW.SELECTIONS

by IMCZ member David Harris

All web sites included in this series are offered in an unbiased way and do not always reflect my personal views; the reasons for bringing them to your attention are that I found them interesting, perhaps offering another point of view and definitely worthy of note.

SWISS CAR REGISTER

<http://www.swisscarregister.ch/>

Talking about a Swiss car industry seems like a non-starter, but look back into history and you will see that there have been many attempts at car construction in Switzerland. This site lists all the known car makes and body builders originating in this country. The owner of the site collects all sorts of information, documents, pictures, tools, requisites, etc., regarding vehicles as well as locations, events and personalities which contribute or contributed to the automobile as a cultural asset.

YIKEBIKE

<http://www.yikebike.com/>

Elegant, sophisticated and 21st century – I talk of the Yikebike, a two wheeled folding electric bike, weighing 9.8kg, with a top speed of 20kph and a range of 10km. YikeBike is a statement about using smart technology to solve the problems of our increasingly congested, polluted, stressful cities. It is the first commercial expression of the mini-farthing concept, created by a bunch of successful entrepreneurs, engineers and dreamers.

INTERPOL

<http://www.interpol.int/>

INTERPOL is the world's largest international police organization, with 188 member countries. Created in 1923, it facilitates cross-border police co-operation, and supports and assists all organizations, authorities and services whose mission is to prevent or combat international crime. Find out about this world famous organisation.

GOOGLE STREET VIEW

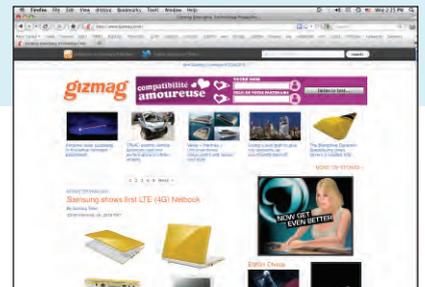
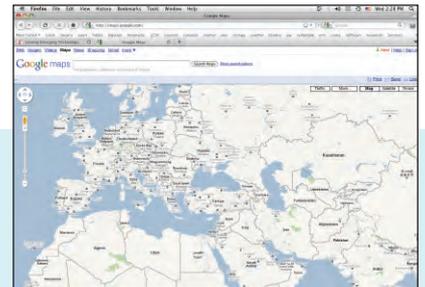
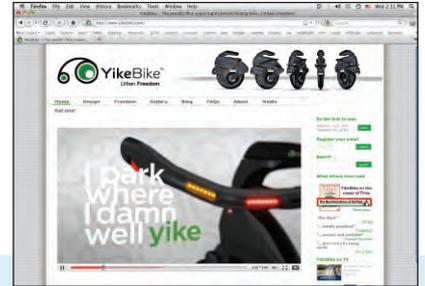
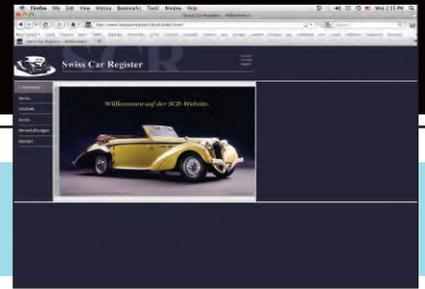
<http://maps.google.com/>

In many parts of the world it's possible to zoom in right down to street level and then travel along the streets – this is called 'Street View'. To get there the easiest way is enter your destination details and click 'search'; once you have entered the general map go to 'help' – click 'map user guide' – click 'views' – click 'using Street Views' – and follow the instructions. 'Street View' is not comprehensive by any means but blue indicator lines on the map aid your search. 'Street View' can be used in Map or Satellite.

GIZMAG EMERGING TECHNOLOGY MAGAZINE

<http://www.gizmag.com/>

A fascinating web site, leading the pack in bringing you up-to-the-minute facts on new and emerging technologies. You can enter the site on a regular basis or, more usefully, you can subscribe and have free automatic updates mailed to you weekly.



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PZULEZ • IMCZNEWS

There were about half a dozen correct solutions received for the December Sudoku. The winner was drawn by the Newsletter editor. Hal Trufan is the winner. Congratulations Hal!
Your drinks on the next Stammtisch are on the house.

In order to be fair to everyone, especially those who receive the Newsletter by mail, and to remove the time factor pressure, the winner shall be drawn from all the correct solutions received on or before the press day, February 25th.

You have all the time in the world to solve this month's puzzle, and send the solution on or before February 25!

In every Sudoku, every digit between 1 and 9 occurs exactly once in each row, column and 3x3 square. Please send your answers to muthana@trasco.ch

Sudoku

		3		7				
				6	4			
4			9	8			1	
		1						2
	7	6				8	5	
9						6		
	9			7	3			5
		7		5				
			4			2		

Solution to December's Puzzle

3	4	6	5	1	9	2	8	7
7	9	8	2	3	6	5	4	1
2	5	1	7	8	4	3	9	6
1	3	5	4	2	8	6	7	9
4	2	9	1	6	7	8	3	5
8	6	7	3	9	5	1	2	4
5	7	3	8	4	1	9	6	2
6	8	4	9	5	2	7	1	3
9	1	2	6	7	3	4	5	8



BITS AND • IMCZNEWS

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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?

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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

Want to create a new or amend an existing web-site but do not have the time or technical knowledge? Contact me for reasonable rates and optimized results. **Stephen Butterworth,**
Spb@entourage-butterworth.net

Farewell... adieu The IMCZ wishes well to:

Hans van den Berg • Christian Schäfer • Sean Morrison

IMCZNEWS Advertising Rates

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electronic by e-mail, .pdf, .jpg, .gif

Advertising Rates:

- Full page, A4 vertical. (19 x 27.7 cm), Fr. 200.-
- 1/2 Page, A5 horizontal (19 x 13.5 cm), Fr. 110.-
- 1/3 Page, vertical (6.3 x 27.7 cm), Fr. 85.-
- 1/3 Page, horizontal (19 x 9.2 cm), Fr. 85.-
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- 1/4 Page, horizontal (19 x 6.9 cm), Fr. 60.-
- Business Card (9.2 x 6.45 cm) Fr. 45.-

Extra costs may be incurred for typesetting, special formatting, etc.
IMCZ Members receive a 20% discount on advertisement costs.

Place your ad for an extended period and receive a discount: get seven months of advertising for six months paid, or receive twelve months for the price of ten.



REMEMBER The Stammtisch every Thursday evening 18:00-20:00