

### IN THIS ISSUE

#### PAGE

- Editorial
- Future Events
- New Members

### EVENTS P.2

Members' News

HEALTH P.4

 Low-carb nutrition in sports TRAVEL AND LEISURE P.6

- The Everglades, Florida
- Shopping for Swiss Watches in Luzern
- "Living in the German speaking part of Switzerland you find your French goes rusty!"

### SPORTS P.8

• From the SLOPES... A long Ski Weekend in **Crans-Montana** 

• From the LANES...

### HUMOUR P.10

Various

- PUZZLES P.12
- Sudoku
- TIDBITS
- Member's Marketplace
- IMCZ Rates
- Corporate Space

# rveys and Meetings

ĦΖ

**RUARY 2013** 

January is the traditional month when our Club holds its annual general meeting in which the activities of the last 12 months are reviewed, the accounts scrutinised and, the old board discharged and a new board elected. It was refreshing to see so many members, many we haven't seen for a whole year, taking the trouble to come in spite of the freezing weather. Many positive issues were mentioned and a few not so positive ones as well. On the positive side is the solid financial condition of the Club with relatively plenty of cash to spend. The Club endeavours to give back this extra cash to the members in form of activities or subsidies. Also the new website is up and running greatly simplifying administration and searching. The other side of the coin are the low participation of the members in many painfully prepared and organised activities. Also many members have not bothered to use the website, update their details or place a photograph of themselves on their accounts' page. It would be so wonderful if we could attach a face to every name in the club.

For the first time in the 33 years of the Club's existence, an electronic survey was carried out in which many members have participated. The results were quite unexpected, and shall certainly help the board steer the Club in the right direction. The survey results are shown in this issue of the Newsletter. May be, such a survey should be performed more often on regular basis.

### Muthana Kubba

Editor

•

•

- THURSDAY FEBRUARY 7, Special Stammtisch presentation by IMCZ member David Kauders on "Austerity or Growth – Why both camps are wrong" Park Hotel 18:30 hours
- WEDNESDAY FEBRUARY 20, Bowling, •
- at the White Line Bowling Centre in Meierskappel.
- THURSDAY MARCH 07, Ermano Bassi former GM "Hertelendy Kastély" in Hungary shall give us his impression and experiences, whilst walking the pilgrim's path from the city of Zug to Santiago de Compostela in Spain. Title of the speech, "Walk to your soul"
- WEDNESDAY MARCH 20, Bowling, at the White Line Bowling Centre, Joint Stammtisch with ZIWC
- THURSDAY APRIL 4, Danilo Bertocchi, & Group leading a discussion on: "Climate Change" •
- WEDNESDAY APRIL 17, Bowling, at the White Line Bowling Centre
  - THURSDAY MAY 02, New Members Reception with food & drinks; Place to be advised.
- WEDNESDAY MAY 15, Bowling, at the White Line Bowling Centre
- SATURDAY MAY 18-25 Visit Amhuinnsuidhe Castle in the Isle of Harris, Scotland, see the midnight sun, • surrounded by eagles, whales, otters and deer. Enjoy fascinating salmon fishing. IMCZ members receive 50% discount
- THURSDAY JUNE 6, Marius Zimmerman, "Franchise & Licensing Systems".
- WEDNESDAY JUNE 19, Bowling, at the White Line Bowling Centre
- WEDNESDAY JULY 17, Bowling, at the White Line Bowling Centre
- WEDNESDAY AUGUST 21, Bowling, at the White Line Bowling Centre
- SUNDAY AUGUST 25, IMCZ Summer Barb-B-Que, Siehbacksaal in Zug, same place by the lake as last year.
- •
- •
- THURSDAY NOVEMBER 07, New Members Reception with food & drinks; Place to be advised.
  - WEDNESDAY NOVEMBER 20, Bowling, at the White Line Bowling Centre
- WEDNESDAY DECEMBER 11, Bowling, at the White Line Bowling Centre



Editor • Muthana Kubba • e-mail: newsletter@IMCZ.com

#### Steve Grundmeier

Steve is from the United States and has been living in Switzerland since January 2012. He has been employed by Emerson for the past 15 years and is currently the European leader for one of the Emerson Process Management business units headquartered in Baar. Steve holds a BS in

Chemical Engineering from the University of Minnesota and an MBA from Southern Methodist University in Dallas, Texas. Steve and his wife Cindy reside in



Walchwil with their two cats. He is quite active outdoors and enjoys hiking and snowshoeing and his hoping to test his ability to ski after many years away from the slopes. He also runs an occasional marathon and is planning to participate in some European running events in the coming years.

### **Bobby Bowen**

Bobby is from the US, originally from Virginia on the east coast and later spending 10 years in the San Francisco Bay area before moving to



Switzerland in 2009. Bobby moved here to open an operations hub and regional headquarters for bicycle brand Specialized, for whom he has worked the past 14 years. Before joining Specialized, Bobby raced bicycles for more than 20 years, with the last three at the US professional level. Along the way, he earned a Bachelor's degree in Chemical Engineering from the University of Virginia. When not working or riding his bike, you can find Bobby fly fishing or tying flies.

continued on page 2

- www.amhuinnsuidhe.com

- •
- WEDNESDAY SEPTEMBER 18, Bowling, at the White Line Bowling Centre
- WEDNESDAY OCTOBER 16, Bowling, at the White Line Bowling Centre

# EVENT NEWS INCZNEWS

# **Club Survey**

Towards the end of last year, between November 7 and December 12, an electronic survey was carried out amongst all members of the Club. Basically, a

Hikes, visits

detailed Questionnaire was sent to all members via Internet, and they were asked to respond to a catalogue of questions.

Out of a total of close on to 280 regular and honorary members, 88 (31.4%) had responded. Amongst those who responded, 59 (67%) of them have replied to all the questions. It is both interesting and instructive to take a look at some of the results:

- 1. On a scale of 1 to 5 the members were asked to rate the following events. The results are shown here:
- Further, they were asked on how often do they actually read the monthly Newsletter. Surprisingly the majority did:
- **3.** Again on a scale of 1 to 5, the members were asked to rate the various sections in the Newsletter. The results are shown here:
- Once more on a scale of 1 to 5 the members were asked to indicate their preferences on the payment method of the annual dues:

The statistics shown do say a lot. To start with, the spectrum among the members is wide but there are no extreme views. The range of preferences is relatively small, whereas when it comes to reading the majority are avid readers of the Neweletter with virtually pone who

Stamm Speeches Stamm Reminders ZIWC joint Stamm 2012 Bowling, Golf etc Stammtisch Summer BBQ Directory Newsletter NMR New Members Reception 2 0 1 3 4 Once every six month [...]: 3.519 Once every three mon [...]: 15.79% Once a month Once every three mon [...] Once every six month [...] Once a month: 90 70% Sudoku Adverts Sport Health Newsletter Culture Science & Tech. Humour & Selctns Editorial Future Events Welcome Column 0 2 2.5 3 3.5 4 0.5 1.5 Paypal Payments Credit Card Paymt Slip Invoice 0.5 1.5 2 2.5 3 3.5

Newsletter with virtually none who never read it at all. For the board, the Events' organiser, the Newsletter editor and the treasurer, there are clear trends and preferences, which ought to be taken into consideration.

In addition, several members did respond to the invitation to add their comments or suggestions, mostly in very constructive ways.

The initiative for the survey came from Max Leyherr, most of the board members contributed to drawing out the questionnaire and Muthana Kubba compiled this summary.

# INCZ WELCOMES:

### Lucas Bragg

Born in Colorado (USA) in 1974, Luke moved to Luzern in November 2012. He left the US at age 18 to become an

exchange Student in L'viv, Ukraine and spent next few years splitting time between Bucknell University (USA) and various parts of Russia. After graduating with a degree in International Relations, Luke worked at JP Morgan Chase



on Wall Street before moving to The Netherlands to join Akzo Nobel to develop the digital marketing capabilities in their veterinary medicine business. Along the way he completed an MSc in Political Science from the University of Amsterdam. The company was sold to Merck/MSD in 2009 and Luke moved to global human health as the Director of Enterprise Architecture. He is fond of hiking, photography, cooking indian food, basketball, archery, and following the exploits of his beloved Manchester United. He resides in Luzern and hopes to live in Switzerland for a long long time.

### Aden Rehms

Aden is from the United States and has been living in Switzerland since 2009, first in Burgdorf and now in Cham. He holds a Ph.D. in Physical Chemistry and a Juris Doctorate. His first career was as a chemistry professor, but now he is a patent attorney. He works for Roche

Diagnostics International AG, where he leads the Patents department. Aden is married, and he and his wife really enjoy the mountains of Switzerland and explore them as often as possible on foot or by mountain bike. He is looking forward to establish



is looking forward to establishing a social network outside of his workplace that allows him to pursue these activities and another passion of his, good beer.

### **Special Stammtisch** Thursday February 7, 2013



"Austerity or growth: why both camps are wrong" is the title of the talk to be given by IMCZ member David Kauders on Thursday 7th February. David intends to give members an original insight into the economic issues facing the world. Park Hotel, Thursday 7th February, 6.30 pm.

| <b>IMCZ</b><br>BOARD MEMBERS  | PRESIDENT<br>Andy Habermacher<br>078 815 8837<br>President@IMCZ.com            | VICE PRESIDENT<br>NEWSLETTER EDITOR<br><b>Muthana Kubba</b><br>079 340 2592<br>Newsletter@IMCZ.com | SECRETARY<br><b>Adrian Luedi</b><br>079 871 7136<br>Secretary@IMCZ.com    | TREASURER<br><b>Max Leyherr</b><br>076 272 3822<br>Treasurer@IMCZ.com |
|---|--|--|---|---|
| Board Member bios are posted under the<br>iowing link: http://www.imcz.com/Board.asp.<br>Go ahead and check them out! | STAMMTISCH COORDINATOR<br>Andrew Joines<br>076 501 7573<br>Stammtisch@IMCZ.com | MEMBERSHIP COORDINATOR<br>Heinz Schaller<br>079 730 2715<br>Membership@IMCZ.com                    | EVENT COORDINATOR<br><b>René Welti</b><br>079 917 6873<br>Events@IMCZ.com | International Men's<br>Club of Zug<br>P.O. Box 4241, 6300 Zug         |

# EVENT NEWS IMCZNEWS

# Saturday January 26, 2013 Burns Night Supper

John Stuart, the Master of Ceremonies of the 17th IMCZ Burns Supper officially welcomed the 70 participants at the Restaurant Castelli and asked everyone to find their respective seats. Each of the attendees had a program to see the flow of the evening. The information included a history of the Burns supper, the list of the mandatory recitals such as the Selkirk Grace, Address to the Haggis, The Immortal Memory, Toast to the Lassies, Reply to the Lassies and the Scottish Highland Pipes. Few of the people understood the old Scottish however everyone listened intensely.

We all learned why Robert Burns makes such an impact on Scots. It's amazing that one person who lived from 1759-1796, a total of 37 years, who's birthday, January 25, is celebrated all over the world. People gather in cities, towns, villages, privately and at organized events in every country in the world to pay tribute to Mr. Burns. Robert Burns's music, ballads and words resonated to all levels of Scottish life in a strong emotional way. And yes, you could feel the buzz in the room as people dressed up in their respective tartans, applauded and listened to the Scottish Highland Pipes and the respective presentations.

For the non-Scotts in the room, the evening provided a great time with a lavish menu that included the traditional Haggis. And yes, each table had a bottle of Scotch Whiskey so no ones glass needed to remain empty for too long.

in the air



There was also a raffle with lots of prizes to be won that added another element of fun

> For those of us who had to catch trains, we might have been the lucky ones, at least we were still sober.

> The evening offered humour, culture, grace,

seriousness, great food, drink and lots of fun. We all held hands as we sang the final song of the evening, Auld Lang Syne. And as we sang all three verses, you could feel the special bond of friendship permeating the room. What a wonderful evening enjoyed by all.

René Welti Events' Organiser





«We were so impressed with the move – it has been the most smooth, easy and stress free move ever for us!» Linda Sørensen

### weber-vonesch

National and international moving | special packing material | packing and unpacking services | vehicles and containers for all volumes | own warehouse | qualified and reliable staff | relocation services

Weber-Vonesch is the right partner for all kind of moves; student flats, houses, offices or even hospitals.



Weber-Vonesch Transport AG | 6303 Zug | Switzerland phone +41 41 747 44 44 | removal@weber-vonesch.ch

# HEALTH IMCZNEWS

# **Low-carb nutrition in sports**

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

A hunter-gatherer diet, also named palaeo nutrition, should ideally consist only of food available in those pre-agricultural times. In principle the development of agriculture should have had little effect on our genes, which are still "programmed" to utilise those foods and did not change much since then.Depending on the climatic region this means varying proportions of meat, fat, plants, fruits, and nuts as the main foodstuff. In pre-agricultural times only fruits and honey were available, but usually not all year round if at all: cereal based carbohydrates sources did not exist. Furthermore, nutritionally important quantities of insects, offal, and animal fat, as well as high-fibre, low-digestible plant parts such as roots and leafs were consumed. Ingestion of readily available, insulin-active carbohydrates from fruits was self-limiting because of their water and fibre content. But you have to know that drinking 250 ml of fresh orange juice as an appetiser or eating the whole fruit - which would correspond to about 750 g (since juice yield is about a third of the fresh fruit weight) is a completely different story. You would not easily swallow such a weight of oranges even as an entire meal! Moreover, juice contains about a third more sugar than raw fruit instead of fibres. In summary, palaeo nutrition is rich in protein, fat, and fibres, but low in carbohydrates.

On the other hand we should not forget that physical activity nowadays is not really comparable with a hunter-gatherer's daily workout - neither our normal working day, nor most competitive sports activities! The physical activity type of hunter-gatherers is described as "persistent hunting". This implies a sustained baiting of animals or continual gathering of edible foodstuff in a moderate intensity. In our present environment a comparable activity would be biking or hiking for several hours in a varying, but mostly moderate pace. Everybody knows that the lower the activity level, the easier it is to chew, swallow and digest without gastrointestinal distress. Our biological make-up is not attuned to maximum performance, but to the optimal use of dietary energy! That is to economically digest and utilise the fuel we eat, because this is essential for survival. In terms



of calories fat provides the highest return of energy, but it is slowly digested and needs more oxygen for combustion. The opposite is true for carbohydrates. That is why it is difficult to digest fat during physical exercise. When exercise is prolonged, the intensity has to be lowered so that the body is able to digest and use an increasing proportion of fat and protein for energy production. One may think of ultra-endurance events, climbing or other expeditions. In contrast, most sports competitions involve maximum performance time to exhaustion exercise and/or sustained high intensity exercise. This means that easily-digestible carbohydrates become more important as an energy source for competitive athletic training both before and after exercise.

Depending on the food matrix a mix of approx. 20 gastro-intestinal hormones is produced during ingestion and subsequent digestion / absorption. The best known are e.g. CCK, GLP1, PYY, leptin, and insulin. Insulin is the central hormone in our energy-yielding

metabolism. Most of you may know insulin because of its function in regulating blood sugar. It attenuates blood sugar level by initiating glucose transport from the blood into the cells. In addition to regulating blood sugar levels, insulin is also the most important anabolic hormone. Circulating insulin blocks lipid oxidation quickly and effectively and enhances energy storage: glucose as glycogen in muscle cells and lipid synthesis in our fat tissues and liver. Furthermore, it promotes amino acid absorption and protein synthesis in muscle tissue.

When carbohydrates are available, the body runs on them rather than on fat, or fatty acids. But because insulin is necessary to replenish glycogen stores and built up muscle mass, carbohydrates are essential for fast energy and muscle recovery. If there is plenty of time, let's say only one training unit per day, it is reasonable to think about lowering dietary carbohydrates significantly. One should also consider the aim of a given activity. Do you want to improve fatty acid metabolism? Or is it about building muscle mass? What and when is the next training unit?

It was often claimed that excess sugar from a diet rich in carbohydrates is turned into and stored as fat. Although there is a metabolic pathway from glucose to triglycerides (storage form of fat), the main pathway is not such a transformation – even on a high-carb diet – but is due to a reduced fat combustion because of the increased insulin peaks and basal levels. The glycemic index (GI) of carbohydrates matters, but in fact it is not the most important factor. The insulin reaction is triggered is more through the proportions of carbohydrates, fat,



protein, and fibres, in a food matrix, rather than by the GI of the carbohydrates contained in them. French fries, for example, show a lower GI than cooked potatoes. Or white bread and glucose indeed show different GI's ( $\approx$  70 vs. 100), but the glycemic load, that is the absolute amount of carbohydrates, is understandably far more important. Remarkably, the time difference between the appearance of glucose in the blood after ingestion of starch (glucose polymer) and pure glucose, as well as the subsequent insulin response, is measured in seconds than minutes! In consequence it is irrelevant in practice.



Energy metabolism adapts to specific physical exercises as does the body. Therefore it is understandable that a change in the daily diet also needs a change in the hormonal level of the gastrointestinal tract. Certain hormones are triggered through fat (e.g. CCK, GLP1, leptin) and protein (e.g. PYY, GLP1), which not only signal satiation but also longer-term satiety. This and a longer retention and digestion time for fat, protein, and fibres (vs.carbohydrates) promote a sustained, constant energy supply with an increased combustion of fatty acids, which is an obvious benefit in prolonged endurance activities of mainly moderate intensity. But in strictly anaerobic, lactic acid forming sports, maximum performance is crucially dependent on the effectiveness of the glucose metabolism. There is no benefit from a low-carb diet before and during competition these sports! But considering a in "species-appropriate" diet and long-term health, it is still advantageous. It works when properly planned and combined with a "performance-oriented", carbohydrate-rich nutrition closer to training and competition.



One has to be aware that an athlete whose metabolism has adjusted to anaerobic sports will be nearly unable to complete a prolonged endurance task of several hours without carbohydrates. He would have to change his metabolism first, or otherwise risk hypoglycemia and light headedness. But even in explicit endurance sports like such as long-distance triathlon, carbohydrates become crucial as a means of competition nutrition. This is because the aim is top performance, and this is only possible when minimal oxygen is used for energy combustion. There are also books about the topic of palaeo nutrition in sports, for those who are more interested. However, I only know of a German book which I recommend: "Mehr vom Sport" by Nicolai Worm, http://www.nicolai-worm.de/ veroeffentlichungen/#8

Finally some thoughts about the socio-ecological consequences of a "human-appropriate" hunter-gatherer diet. No matter whether you look at it from a meat-eating or vegetarian point of view, any pre-agricultural nutrition is a luxury, which is only achievable in our First World. It is impossible to nourish the world population without (intensive!) agriculture. Agriculture, including milk and cattle, permitted the cultural and industrial evolution (you even may call it "explosion") of population. First the omnipresent availability of dietary energy and protein made modern task sharing possible, instead of occupying individuals with nutrient provision. The growing demand for organic, extensively and locally produced food is sheer egoism of the First World. Organic farming is as inappropriate as palaeo nutrition for providing essential nutritional needs of the world's population. The present dairy and cattle industry demands excessive consumption of energy and resources in the medium term. This is a double bind. A scientifically designed ideal diet, adapted to the species, should most probably be rich in protein and fibres with some emphasis on fat, rather than carbohydrates - both for optimal health and (at least partially) for sports nutrition.





• Woodwork • Tiling • Painting and Decorating • General DIY •



Reliable • Efficient • Tidy Fully insured • Competitive rates • No job too small

+41 78 800 0703 • iankarran@ymail.com

«Trust has to be earned anew every day»  $_{\tiny (J.H.\ Pestalozzi)}$  This credo leads us in our daily activities for:

- Independent financial services
- «Family Office Style» wealth management counselling
- Individual asset management

For an investment outlook, an independent portfolio analysis or advice please contact:



Asset Management Partners Georg Rossi Asset Management Partners AG Zugerstrasse 57 6341 Baar-Zug Tel. +41 41 768 83 86 georg.rossi@ampch.net www.assetmanagementpartners.net

# TRAVEL AND LEISURE

# The Everglades, Florida

During my last vacation in Florida, I had the opportunity to visit the everglades. This was a fantastic experience and I would like to share it with you:

The everglades are a subtropical wetland in the southern part of Florida. The Kissimmee River flows into the lake of Okeechobee, a vast expanse of water covering 1900 square kilometres. It is quite shallow, having an average depth of only 3 metres. During the wet season, water leaves the lake, forming a stream of slow moving water. This "river" has a length of approx. 160 km and is 97 km wide. The water flows southwards to Florida Bay crossing a limestone shelf on its way.

### **The Everglades National Park**

Our visit to the Everglades National Park was truly an unforgettable experience. Established in 1947, the everglades national park protects the southern 20 % of the original everglades. One million people visit it each year. It was declared an international biosphere reserve, a World heritage site and a



wetland of international importance. It is thus one of only 3 locations anywhere in the world to belong to all these 3 categories. With a surface of over 600.000 Hectare it is the largest subtropical wilderness as well as the largest wilderness of any kind east of the Mississippi River.

The main attraction of the Everglades National Park is its wildlife. Its network of wetlands and forests, nurtured by the immense amount of water flowing out of Lake Okeechobee, offer important breeding ground for birds.

Mangroves, trees which grow in coastal sediments, are widely spread all over the Everglades. Acting as nurseries these trees offer shelter to many of the 300 species of fresh and saltwater fish in the park.

### A visit to shark valley national park

Although it is called shark valley national park, the animals you will find here are alligators. Situated in the heart of the Everglades, located only a 30 minute car ride outside of Miami.

We visited the shark valley national park on a sunny day end of December. Sun is a very important element for alligators, as it helps them regulate their body temperature.

For those who enjoy a relaxed bike ride, shark valley national park is simply heaven. It features a paved 24 km long round trip which follows a straight course with minor change in inclination. Half way through the trail is an outlook tower which offers beautiful views over the grassland.

Along the path we saw many alligators. Most of them were lying at the side enjoying the

Both Bucherer and Guebelin have their

origins in Lucerne with the first Bucherer

store opening in 1888 and the first Guebelin

store in 1854. Today both stores offer

hundreds of professionally trained personnel

who speak over 25 languages who can

speak in your language of choice. In addition,

everyone speaks English, so English

speakers have it easy. With over a century of

experience in meeting visitor and consumer

### Contributed by IMCZ member Paul Laireiter

warm rays of the sun. Many seemed to be sleeping, but always having an open eye watching over the 2 legged creatures shooting hundreds of pictures of them.

For humans these alligators are usually not dangerous. They feed on birds, turtles, sometimes dogs. That's why dogs are not allowed in the shark valley park anymore. Babies and toddlers attract the interest of alligators as well. Interestingly most of the parents we saw in the park urged their kids to



get a bit closer so they can take a cool photo. One woman even asked the park ranger: "So, if the alligators are dangerous for babies and toddlers, why is it still allowed to bring babies and toddlers in the park?"

Next to the alligators, birds are a big attraction. The birds we saw where Anhinga, Ibis, white egret and great blue Herons.

For more information on the shark valley national park visit: http://www.nps.gov/ever/ planyourvisit/svdirections.htm

Paul Laireiter is a product manager at Garaventa Lifts.

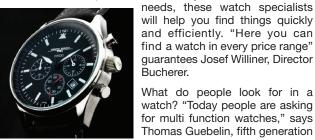
### Shopping for Swiss Watches in Luzern Contributed by IMCZ Board member and Events' organiser René Welti

distance to one another.

Looking for a Swiss watch? How can one see the difference between a Patek Philippe, Rolex, Omega, Swatch or any other Swiss watch of your choice? "Additionally you want to be in an open-air environment where you have the city, the lake and the mountains that Lucerne offers": asks Adelbert Buetler, Chairman of the Lucerne Tourism Board., "all one has to do is to go to the Schwanenplatz, ten minutes walk from the Lucerne train station, the one stop shopping place with the largest selection of Swiss watch brands in the world".

At the Schwanenplatz, there are three stores

bundled close to one another offering all of the more than 80 different Swiss Watch brands: the retail watch and jewellery stores of the giants Bucherer, Guebelin and Embassy. Nearby, along the adjacent Grindelstrasse are also other retail watch stores such as Tag Heuer, Phillipe



Patek, Codex and Omega. This is the only place in the world with such a concentration of Swiss watches within minutes of walking



owner and chairman of the board. In addition to the standard hours, minutes and seconds additional functions are available. These include calendar, e.g. the date and the day of the week. As per Swiss watch industry "Time Piece Collection" there are chronographs (stop watches) with a centre seconds hand, which can be started, stopped and brought back to zero using one or two push-button on the side of the watch. Other functions include a second time zone, alarm, moon phases, repeater, perpetual calendar etc.

# TRAVEL AND LEISURE

How to prepare yourself to shop for a watch? Josef Williner from Bucherer comments: "It's like buying a car; know your price range, 80% know the brand and some even know the model they want to buy". Then, the courteous and professionally trained personnel display the watches. Afterwards, one is "in and out" with time to experience the next thing on the Lucerne visit wish list.

The Schwanenplatz is easy to get to and the Lucerne retail watch stores are open even on Sundays between 15.00 to 18.00 hours. This allows Expats to visit Lucerne watch stores

on weekends after a hike on the Rigi, Pilatus or after a scenic Lake Lucerne boat cruise. The Lucerne public bus transportation system makes it easy to shop in Lucerne's old-town. If one happens to be driving there are quite a few close designated public parking garages close by.

### "Living in the German speaking part of Contributed by IMCZ member Colin Mason. Switzerland you find your French goes rusty!"

While the French speaking part of Switzerland prefer to call themselves *Romands*, the German speaking Swiss refer to this region as "*Welsche*" which has the same etymology as the English "Welsh". 1.9 million people live in *Romandy* (the French name) or 24.4% of the Swiss population. However, there are some differences between the standard Swiss French and the French of France. For example; in the numbering, using "septante" (seventy) instead of "soixante-dix" (sixty ten). But mainly the same and not a big enough difference to be concerned about ... well not for me anyway!

So if you are living and working in *"Welscheland"* you will already be speaking French. So how does someone in *"Deutsch Schweiz"* keep up with their French.



If you are like me and want to brush up your ailing French then where do you go. I contacted many schools in the Geneva area for a one week course but wasn't surprised at the cost and once you have added accommodation and meals, it all seemed excessive. So I decided to look across the border to France, which makes sense as it is their language, plus you can soak up some French culture in the process.

After a quick search on the Internet, I came across an 'école' that not only gives various levels of French courses but also French cookery lessons as well, a chance to improve my own cooking skills.

Soon I was soon heading to France to immerse myself into a course, but decided to pass on the cooking and research the famous wine region of Bourgogne (Burgundy) instead. I enrolled at 'Ecole des Trois Ponts' in the Rhone-Alpes region.

I spent a week on their General French course. We each had 19 hours of group instruction in French: three hours on each of five mornings, and two hours on Monday and Thursday afternoon. The other afternoons were free. There were ten students during my week, about half of the maximum capacity. We were interviewed on Monday morning by Valérie '*un professeur français*', who accessed our competence, or in my case lack of it, in a warm and friendly manner. We were then spilt into several groups with three to four in each class, the spread of ability was well matched and it worked out fairly well.

The teaching was very well executed and I was soon into the *mode de langue*. '*Mon professeur*', Genevieve, questioned us in the first session to find out what our individual interests were. This consisted of mainly talking about oneself in pigeon French and trying not to confuse simple tenses. She referred to her notes she had taken to help us engage in conversation during the week, she was careful to hit the areas where we needed help, and with a good '*sens de l'humour'*, the lessons passed enjoyably. During the course, she typically went around the students systematically on each topic, giving each of us



a chance to speak. The week exposed the usual errors I was making, areas in which I was using English constructions that seemed grammatically correct (to me), but not particularly idiomatic. We also undertook comprehension exercises from an audio, which helped tune my ear for listening (French is a language in which it's particularly hard to separate the words in a spoken stream).

Meals were taken together as a group and speaking French was encouraged around the table. This can be a little daunting for early and intermediate learners, but by the third day, it became much easier and a glass or two of wine always helps! Everyone was patient and supportive with a member of the teaching team eating with us ... like an extended lesson ... but for free! The staff member at the table during meals helped and added to the enjoyment of the meals. And the main course was excellent - particularly, I thought, the entrée and *'fromage'* all followed by a dessert made for a very satisfying dinner. I loved the cheese course, four different cheeses each night, all with a commentary from the *chef*, the region, history, which animals milk and of course how to cut them! *'etiquent de fromage très important en France'* ... which is a particular French idiosyncratic way that leads to many "tuts" if you get it wrong when dining with French friends.



So why did I select this school, I asked the same questions to the other *etudiantes*, during breaks. The general opinion is that we selected this school because it took care of the accommodation, the meals, and all the lessons in-one location, plus full immersion in any level of French, combined with the communal life.

Another returning *étudiant* for his tenth year enjoyed the atmosphere created in a French speaking environment and with free afternoons was able to take excursions and pester the locals or (sadly) catch up with work emails. Some had chosen the school because it is close to Bourgogne, a famous wine region, so at the weekend they could head of to **Pouilly Fuisse** and sample the many famous vintages. Wine tasting was offered one evening from a local vintner which added greatly to the regional experience.

With French cooking courses, Pastry and Baking Courses, Chocolate Making Courses,



and "wine and cheese" courses, there is plenty to keep you and your partner occupied while you brush up your French! Plus, the usual selection of local outings and tours, a week here is one of the most satisfying and relaxing French immersion courses I have had the pleasure of taking.

I was very happy with my choice - it worked well. Check out the school's web site at http://www.3ponts.edu/.

# SPORTS INCZNEWS From the SLOPES...

# A long Ski Weekend in Crans-Montana

Thanks to Joe, our steadfast sports' editor, the Club organised a ski long-weekend in the well known ski resort of Crans-Montana in the Valais. The plan was for the participants to leave Zug by train at 5 am on Friday January 10, and return, late in the evening, on Sunday the 12th. Three skiing days were planned, Friday, Saturday and Sunday. Considering that the trip is almost four hours each way, it was a tall order for members with average fitness and stamina. No wonder that the only two participants besides Joe, chose to leave Zug on Thursday night in order to sleep out the long journey and ski on Friday morning.

Unfortunately the weather turned very bad, with snow, slush and rain falling all day. With virtually no skiing on Friday, we were more

transport in the area. It was possible to see almost all the more prominent mountain peaks from there, Mont Blanc, the Dom, the

The accommodation was simple but fine. The breakfast and evening meals were excellent, and very good value for money. We were hoping to have a view of the lake, after all it was called Hotel du lac, it turned out however that the lake is tiny, and was

than compensated on Saturday the 11th. Cloudless skies, well prepared pistes and not too many people. It was a glorious day. The skiing area is vast; it covers the mountains around both villages Crans and Montana. The infrastructure is first class, even better than what we saw in St. Moritz a year earlier. A maze of gondolas, chair



Weisshorn and the Matterhorn etc.

and T-bar lifts as well as cable cars criess cross the whole area. Of all the lifts, the Cable cars/gondolas going all the way up to Plaine Morte at 2927 m stand out as the most modern and efficient. Almost all of the slopes are gentle, blue to red, with only one not too hard black piste. We had good skiing and Joe even showed us some excellent Ski Acrobatics.

of the mountains, we were also impressed by the free public



Muthana Kubba

completely snowed in!

# Caring for each and all of your insurance needs – your independent broker.

We cover all your insurance needs for business and private, i.e. assets; liability; legal protection; medical aid, as well as wealth management for the planning of your pension... ... as we have been doing since 1982.

Stephan M. Leuthard

### www.gfsa.ch/Insurance.html

(all information online)

# 

### GFSA Insurance AG Postfach 251 6331 Hünenberg Tel 041 781 50 80 Fax 041 781 09 90 mail@gfsa.ch







### 60th event

#### Contributed by IMCZ Member Steve Butterworth

Unfortunately, I could not make it this time, the 60th event; however Otto Steuri kindly ran it for the Club. There were only 5 participants, but as we are a fun loving group, they still managed to enjoy the evening and the bowling.

As you can see, Otto had a good night for a change and took the first prize. Hans-Peter was runner-up, but then he left early and we unanimously agreed that his bottle should go to the next in line which was Dan with 578 pins. It was evidently not one of Beat's better scores but the rest of us were fairly close and so it was quite exciting right up to the end.

| BOWLED | First Name | Surname  | Game1 | Game2 | Game3 | Bowled total | overall_avg | handicap | STRIKES | SPARES | Split |
|--------|------------|----------|-------|-------|-------|--------------|-------------|----------|---------|--------|-------|
|        | Otto       | Steuri   | 163   | 142   | 159   | 464          | 143         | 46       | 7       | 13     | 1     |
|        | Dan        | Rabil    | 116   | 128   | 148   | 392          | 127         | 62       | 9       | 3      | 1     |
|        | Hans-Peter | Schobert | 152   | 134   | 95    | 381          | 116         | 68       | 6       | 6      | 2     |
|        | Adrian     | Lüdi     | 98    | 144   | 123   | 365          | 114         | 69       | 4       | 8      | 3     |
|        | Beat       | Züger    | 128   | 146   | 90    | 364          | 135         | 52       | 5       | 4      | 2     |

| HANDICAPPED | First Name | Surname  | Game1 | Game2 | Game3 | Handicapped | overall_avg | handicap | STRIKES | SPARES | Split |
|-------------|------------|----------|-------|-------|-------|-------------|-------------|----------|---------|--------|-------|
|             | Otto       | Steuri   | 163   | 142   | 159   | 602         | 143         | 46       | 7       | 13     | 1     |
|             | Hans-Peter | Schobert | 152   | 134   | 95    | 585         | 116         | 68       | 6       | 6      | 2     |
|             | Dan        | Rabil    | 116   | 128   | 148   | 578         | 127         | 62       | 9       | 3      | 1     |
|             | Adrian     | Lüdi     | 98    | 144   | 123   | 572         | 114         | 69       | 4       | 8      | 3     |
|             | Beat       | Züger    | 128   | 146   | 90    | 520         | 135         | 52       | 5       | 4      | 2     |



your printing inquiries and orders.



Reprotec AG · Reprografie und Druck · Gewerbestrasse 6 · 6330 Cham Telefon 041 747 00 00 · Telefax 041 747 00 01 · info@reprotec.ch · www.reprotec.ch

# HUMOUR IMCZNEWS

### **Senior Driver**

My neighbour was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up in his front lawn.

He rushed to help an elderly lady driver out of the car and sat her down on a lawn chair.

He exclaimed, "You appear quite elderly to be driving."

"Well, yes, I am," she replied proudly. "I'll be 97 next month, and I am now old enough that I don't even need a driver's license anymore. The last time I went to my doctor, he examined me and asked if I had a driver's license. I told him yes and handed it to him.

He took scissors out of the drawer, cut the license into pieces, and threw them in the waste basket, saying, 'You won't need this anymore,' so I thanked him and left!"

### **English Lesson**

No English dictionary has been able to adequately explain the difference between COMPLETE and FINISHED. However, in a recent linguistic conference held in London, attended by some of the best linguists in the world, Samsundar Balgobin, a Guyanese, was the clear winner.

His final challenge was this: Some say there is no difference between COMPLETE and FINISHED. Please explain the difference between COMPLETE and FINISHED in a way that is easy to understand.

Here is his astute answer: "When you marry the right woman, you are COMPLETE. But, when you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

His answer was received with a standing ovation lasting over 5 minutes and it entitled him to receive a case of 25 year old Eldorado rum for his answer.

### Blind(s) man

On a really hot day, four nuns were assigned to paint a room in their church. After sweating for a few hours in those black robes, they decided to take off all their clothes and paint naked.

An hour later, someone knocked at the door.

"Who is it?" they called out. "I'm the blind man," came the reply. The nuns decided to let him in since he wouldn't be able to see them anyway. They opened the door and led him into the room they were painting. They were surprised when he walked around the room with no difficulty. "Okay, sisters," he said, "where do you want the blinds?"

### The Congress is on fire

A driver was stuck in a traffic jam on the Beltway outside Washington, DC. Nothing was moving. Suddenly, a man knocks on the window. The driver rolls down the window and asks, "What's going on?" "Terrorists have hi-jacked the Congress, and they're demanding a \$100 million dollar ransom. Otherwise, they are going to douse them all in gasoline and set them on fire. We are going from car to car, collecting donations." "How much is everyone giving, on average?" the driver asks. The man replies, "Roughly one gallon."

### **Sportsman Double**

I ended up with an older woman at a club last night. She looked OK for a 61 year-old. In fact, she wasn't too bad at all, and I found myself thinking that she probably had a really hot daughter. We drank a bit, and had a bit of a cuddle and then she asked if I'd ever had a Sportsman's Double. "What's that?" I asked.

"It's a mother and daughter threesome," she said.

I said, "No" - excitedly.

We drank a bit more, then she said that tonight was "My lucky night". We went back to her place.

She put on the hall light and shouted upstairs: "Mum, you still awake?"



Try from our large selection of International Beers

Full selection of International Sports on five screens

Open for lunch and Dinners, serving traditional Pub Food

Special Events throughout the year!

### UPCOMING PUB EVENTS

**Sunday: Games night** 

Enjoy a quiet game of darts, chess or backgammon, or a not-so-quiet game of giant Jenga. For two people or twenty (or more) come down and have some fun.

Mr. Pickwick Pub, Alpenstrasse 11, 6300 Zug • Tel. 041 711 10 04 • pwzg@gastrag.ch • www.pickwick.ch The no. 1 sports pub in town • A great selection of beers • Classic pub food • A British way of life



# 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.

### THE SQUARE KILOMETRE ARRAY

www.skatelescope.org/

The Square Kilometre Array will be the world's largest and most sensitive radio telescope. A global science and engineering project is underway to build the telescope which will address fundamental unanswered questions about our Universe.

### THE FREE DICTIONARY

www.thefreedictionary.com

The world's most comprehensive dictionary: English, Spanish, German, French, Italian, Chinese, Portuguese, Dutch, Norwegian, Greek, Arabic, Polish, Turkish, Russian, Medical, Legal, and Financial Dictionaries, Thesaurus, Acronyms and Abbreviations, Idioms, Encyclopedia, a Literature Reference Library, and a Search Engine all in one!

### THE OFFICIAL 2013 FORMULA ONE WEB SITE

www.formula1.com

The 2013 Formula One season will be the 64th season of the Formula One World Championship, the first race of the season is in Australia.







# GARAGE ZIMMERMANN







**Specializing In ExPat & International Sales & Service** 

-



### **CONTACT MARK SHIRES**

Mark Shires Volvo Fleet & International Customer Sales Factory Trained & 15 Years Experience in Volvo Expatriate, Diplomat & Military Sales Home and Office Appointments

Hagendorn-Cham (Zug) Sinserstrasse 400 Phone: 041 784 50 20 Mobile: +41 (0)79 365 21 88 www.zimmermann-garage.ch e-Mail: mark.shires@zimmermann-garage.ch

**2012 PORSCHE CAYENNE** 2011 XC 90 D5 AWD 2011 XC 60 D5 AWD **2008 TOYOTA YARIS** 2007 NISSAN X-TRAIL

27000 KMS, AUTO. DIESEL 2005 PORSCHE 911 CARRERA S 58000 KMS, FULLY LOADED 25000 KMS, AUTO. DIESEL 55300 KMS, AUTO, DIESEL 72500 KMS, MAN. TRANS 60800 KMS, MAN. TRANS

SALE PRICE 68500.00 CHF SALE PRICE 59900.00 CHF SALE PRICE 58900.00 CHF SALE PRICE 46900.00 CHF SALE PRICE 13500.00 CHF SALE PRICE 14900.00 CHF





# PUZZLES INCZNEWS

### Sudoku

In spite of the very easy puzzle in last month's Newsletter, very few solutions were received.

Understandably, for the Einsteins in the Club it was too easy and the mortals didn't realise that it was their chance to see their name in print. The winner is honorary member Max Lustenberger.

Congratulations Max. You are the lucky winner and your drinks during the next Stammtisch you attend are on the house.

This month's puzzle is more demanding but straight forward. All members irrespective of their skills are invited to have a go. The winner shall be drawn from the pool of correct solutions received.

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

### Solution January 2013 Puzzle

|   |   |   |   |   | _ |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 2 | 9 | 1 | 3 | 8 | 6 | 5 | 7 |
| 3 | 1 | 5 | 7 | 6 | 2 | 4 | 9 | 8 |
| 6 | 8 | 7 | 4 | 5 | 9 | 3 | 1 | 2 |
| 1 | 3 | 4 | 6 | 2 | 5 | 7 | 8 | 9 |
| 2 | 7 | 6 | 8 | 9 | 4 | 1 | 3 | 5 |
| 9 | 5 | 8 | 3 | 1 | 7 | 2 | 6 | 4 |
| 5 | 9 | 3 | 2 | 7 | 1 | 8 | 4 | 6 |
| 8 | 6 | 2 | 9 | 4 | 3 | 5 | 7 | 1 |
| 7 | 4 | 1 | 5 | 8 | 6 | 9 | 2 | 3 |

His drinks during the next Stammtisch he attends shall be on the house. Please simply tell the waiter or waitress that your drink is on the house, he or she shall find their way to the Paymaster, that is yours truly or Max.

The easiest form, in which the solution is sent, is nine rows of nine numbers in a Word document, Excel or email. 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, on or before the last day of the current month.

TIDBITS • INCZNEWS

# 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. <u>These are free of charge to IMCZ members.</u> 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.

## **MCZNEWS** Advertising Rates

**Circulation:** 300 plus online download. **Issued:** Monthly **Format:** A4 vertical, full color. **Ad content delivery:** electronic by e-mail, .pdf, .jpg, .gif

Advertising Rates:

- Full page, A4 vertical. (19 x 27.7 cm),
- 1/2 Page, A5 horizontal (19 x 13.5 cm),
- 1/3 Page, vertical (6.3 x 27.7 cm),
- 1/3 Page, horizontal (19 x 9.2 cm),
- 1/4 Page, A6 vertical (9.2 x 13.5 cm),
- 1/4 Page, horizontal (19 x 6.9 cm),
- Business Card (9.2 x 6.45 cm)

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

Join us in the lobby of the Park Hotel in Zug.

