INTERNATIONAL MEN'S CLUB OF ZUG, P.O. BOX 7212, 6301 ZUG



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🔳 📕 Editor: Muthana Kubba • email: Newsletter@imcz.club • Co-editor: Alan Cattell • email: co-editor@imcz.club 🔳 🔳 MGZNEWS AUGUST / SEPTEMBER 2018

ORIAL Highlight of the Year

Every year, during the month of August, your Club holds its annual barbecue and, invariably, it turns out to be an unforgettable experience. This year, with the theme Australia, will be no exception. Grill masters are rolling-up their sleeves and the band is lining up to play and entertain. Even the unknown factor, the weather, has been accounted for: we will simply move indoors. The venue is the grand Siebbachsaal. All members are urged to sign up and come and bring along their spouses, children and friends to enjoy a great Sunday in Zug.

Muthana Kubba Editor



Introducing... New members THE IMC7 WEI COMES:

Fredrick Barker

Having been born in Lebanon, grown up in Greece and Ecuador, and lived in Canada, the UK and Switzerland, Fredrick is a true citizen of the world. He has an



MBA in finance and Strategy from McGill in Montreal and has devoted his entire career to the international financial markets. Since 2014, Fredrick has lived in Zug with his wife Andrea and two kids. Originally, he came on a 3-year international assignment, but fell in love with the Canton, and decided to stay indefinitely. Among his hobbies are dynamic shooting, gourmet food (cooking and eating), single-malt scotch, cigars (some of you already knew this), chess, music and movies. He enjoys friendly conversations about a variety of topics with different people, from different cultures and backgrounds.

New Members continued on page 2...



2018 IMCZ Aussie Summer Barbecue SUNDAY 26TH AUGUST

Siebachsaal, Chamerstrasse 33, Zug.

invited with spouses and families. Come along and enjoy Australian BBQ



11:30 am till 4:00 pm. This year's theme is "Australia". An unforgettable annual event, all are

food and music. Prices for Members CHF 45.00, Guests CHF 50.00, Children under 12 years, free.

Le Landeron Wine Tasting Trip SATURDAY 29TH SEPTEMBER Departing from Zug at 8:00 am Wine tasting trip to Le Landeron in Neuchâtel, on the shores of Lake Biel.



"Meet & Greet" with the ZIWC **THURSDAY 25TH OCTOBER**

6:00 pm till 8:30 pm Come and meet Members of the ZIWC. Also a ski show is planned, and a ski day in Engelberg will be discussed. Join us at the City Garden Hotel, Zug.

Autumn New Members Reception THURSDAY 8TH NOVEMBER 6:00 pm till 8:30 pm Full details will be given in the next Newsletter

For further Information contact: Mr. Enrico Dell'Angelo

EVENT NEWS IMCZNEWS

Introducing... New members THE IMCZ WELCOMES:

Wolfgang Czepiczka

Wolfgang hails from Germany and moved to Canton Zug last December. He spent the two decades in various managerial positions in the Luxury Retail business, both in Europe and the



US. His final station was in Basel, Switzerland. In March he started a centre for aesthetic surgery and medicine in Cham together with his Greek wife, who was a senior surgeon at the University Hospital in Basel, complete with an operating theatre and two ward beds. The Club wishes the young couple success and good luck in their challenging new venture. Wolfgang enjoys meeting new people and exchanging ideas and opinions with them and finds the Stammtisch an excellent platform to do so. He loves skiing, biking and sailing.

Anthony Haroutunian

Anthony was born in Geneva and spent his childhood there. At the time he was fascinated by anything that flies like birds, kites or aeroplanes; he also found the mechanics of cable

cars intriguing. He studied mechanical engineering then left Switzerland to the study fluid mechanics of hydroturbines in Quebec, Canada. He returned to Switzerland in 2007 and, together with a friend, founded a company specialising in energy efficiency and optimization of buildings. Nine years later, in June 2018 he moved to Zug to discover "Real Switzerland" as Geneva is generally not considered a part of Switzerland. At present he is establishing a subsidiary of a company in Canton Vaud specialising in ecological water treatment plants. He describes himself as 'Lover of life': he enjoys questioning the world, his beliefs, philosophy and spirituality, and loves to learn new things and listen to the viewpoints of others. He likes hiking, windsurfing, glider flying, building and piloting model airplanes, cooking and good wines.

Werner Streicher

Werner hails from Germany and came to Switzerland some 5 years ago. He studied at the University of Illinois in the USA and worked for three years there as a research assistant and teacher in the field of physiology. His main interest has always been how to keep people healthy and reintegrate those who have suffered from diseases, handicaps or impairments. Back in Germany, he became head of therapy and healing practitioner in various therapeutic units specialising in psychotherapy. He helped people suffering from wide range of impairments and disabilities including stress and burnout related conditions. Over a period of 23 years he has occupied various positions as head of health centres, therapeutic head of different rehabilitation clinics as well as head of wellness spas in Germany. He was the CEO of Seeklinik in Brunnen for two years where he developed powerful medical concepts in the field of integrative medicine for prevention of burn-out diseases. At present he is working as a mindful executive in consulting and intuitive coaching. Werner is married and has three grown up boys. He loves hiking, biking and playing his guitar and enjoys meeting people and building bridges between them.

Rhett Selvan

Rhett hails from South Africa and lived in Cape Town till 2014. He holds a BSc in Civil engineering, and for 27 years has specialised in Project and Construction management, He has

had a fulfilling professional career and hopes to be able to share some of his knowledge and experience with a new team in Switzerland. He loves to be involved in the areas of buildings, property and facility management. The prospects of green technology in our future and the possibilities it provides fascinates him. He loves photography and thinks Switzerland offers a variety of canvasses to practice on. Skiing is another passion of his and he'll try to hit the slopes this coming winter as often as possible. He is also a keen motorcyclist and loves travelling and is always on the lookout for new destinations. He used to be a very accomplished deep sea angler and has held many world records over the years. He represented both his province and South Africa for angling and skippering a vessel at sea. His target species were Yellow-fin Tuna and they regularly caught fish of 100 Kg on rod and reel. In competitions they caught these fish using 10 Kg breaking strength line. These were wild times indeed! Rhett is married, his wife is Swiss and they have three grown up children.



Steve Hartley Steve Hartley was born and raised in the United States and has lived in Switzerland since 2007. He graduated with a BBA in Business Administration and a MBA in Finance

and International Business from the University of Missouri. He also holds a bachelors degree in French. Steve has over 20 years of leadership, finance, auditing and project management experience in multinational companies. He worked six years for Pfizer in New York City in Corporate Internal Audit and subsequently in Audit and Internal Control roles in Switzerland at Johnson Electric in Mürten and at Alstom (now GE) in Baden. During the past three years Steve worked as the Operations Manager for an export trading company in Zug. He is looking forward to the next chapter in his life and currently prospecting new career opportunities in Switzerland. Steve enjoys swimming, travel, scuba diving (Certified Divemaster), movies and culture."

Christopher Calder

A banker by profession, Chris lived in Moscow and London before the most recent Swiss chapter in his life. Initially specialising in mergers and acquisitions ("M&A") as well initial



public offerings ("IPOs"), Chris later moved into the family office area primarily looking at metals and mining. Most recently Chris worked as Chief of Staff to the CEO of a bank in Zürich. With a strong enthusiasm for big or small companies developing ideas or business plans, Chris is always up for sharing ideas on business development over a coffee/beer perhaps accompanied by a good cigar! As an avid hiker Chris enjoys nothing more than exploring the lifetime of experiences that Switzerland offers in this respect! When not hiking Chris enjoys gym-based exercise activities as well as reading, especially books on the "Great Game" (the 19th century struggle for supremacy between the Russian and British Empires in Central Asia) and on the Middle East, where he grew up. If you are thinking of choosing Oman for your vacation then Chris can offer a wealth of advice and ideas!





HEALTH IMCZNEWS

Compostable foodContributed Head R&D MAS Nutrit packaging and ecology

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

A hot topic at present concerning food safety is the migration of mineral oil residues from packaging materials into food. What at first thought seems merely a question of forbidding and controlling the substances and materials in question, turns out to be a multiple-factor and multi-industrial problem of the greatest consequence. For several years now consumer safety authorities and manufacturers of food, printing inks and cardboard, as well as processors of recycled cardboard, have been working on this challenging issue.

The underlying problem is the need to use recycled paper and cardboard materials in the manufacture of food packaging materials. These were typically originally printed with mineral-oil based inks, Such inks are a serious health concern insofar as they are potentially carcinogenic and able to migrate – not only when in direct contact with a food – but even from the secondary box packaging through a



polyethylene (PE) foil into a dry (!) food such as rice, cookies, etc. A German study demonstrated more than 250 substances able to migrate, of which a third were not even identifiable. Only part of the substances are absorbed or retained by PE foil. A polypropylene (PP) foil retains migrating substances somewhat better, but still does not block them completely. As a side note, glyphosate (a weed killer used in agriculture) is much less of a concern regarding safety for humans, compared to all the unknown migrating substances from food packaging materials. Of course, there are other agricultural environmental issues surrounding and glyphosate, but I doubt there are much better alternatives; copper use in organic production definitely cannot be the answer.

Simply switching to the use of freshfibre raw material for cardboards and degradable biopolymers is not possible due to: a) the lack of available quantities, and b) its concomitant destructive ecologic consequences. The other obvious idea, to prohibit mineral oil based inks in the print media industry (the main source of recycled fibre) is not practical as a) there still will be recycled fibre material for many years in

Europe, and b) it is unrealistic to persuade other parts of the world to follow. So, a strict prohibition of recycled print paper material for food packaging production would lead to an enormous increase in the demand for first fibre material and, of course, for plastic material substitutes. This is not desirable because of the ecological consequences (forest clearance, petroleum demand, plastic contamination in nature). The best way to go seems to be to use cardboard materials layered with an effective barrier to mineral oils. Of course, this will also have some negative consequences. The recycling of such layered materials becomes more complex and expensive. Moreover, it will increase the need for aluminium (notably a very energy-intensive re-source) due to its perfect barrier properties. It is still an open discussion if this really is the better alternative. The situation shows analogies to the solar industry: the resource-(silicon) and energy-intensive manufacturing of solar panels, along with a highly product toxic waste (silicon tetrachloride), have to be balanced against their restricted lifespan and the use of other energy sources (non-renewable and nuclear).



"We're trying to discourage carrier bag use."



Most of us will plead for a strategy towards "safety first"; ecology second. But one should be aware that very often a "potential risk" is not quantifiable in terms of relevance or probability. Example: a substance being carcinogenic at high doses in rabbits is not necessarily relevant at all in lower doses by a factor 100 or more (low relevance) under reallife conditions, or may only become important if taken daily for 30 years (low probability). The simple truth is that a so-called "safety first" strategy is an illusion. Just because one risk is known does not mean that action to mitigate this risk will not lead to more worrying risks elsewhere, and therefore a worse outcome. What is required is a careful assessment of risk from all factors related to packaging, not just a knee-jerk reaction to one known risk. Despite the undisputed presence of as-yet unknown risks, it is clear that they cannot be responsible for any massive mortality, for it is a fact that life expectancy is still increasing. With increasing age, the probability of cancer increases in any case for various biological reasons. It is the task of experts to identify, to judge, and to present balanced solutions for healthy food. However, it is a political, social, and (unfortunately far too often) ideological discussion to weigh benefits vs. disadvantages and risks. A "Safety first" reaction to known risks only cannot be a sensible approach. Like

all such concerns, the present discussion around glyphosate is very similar and often does not consider the negative impact of not using these materials.

SCIENCE/TECHNOLOGY

Water: what if it is not as simple as H₂O? Contributed by IMCZ member Anthony Har

member Anthony Haroutunian

Introduction

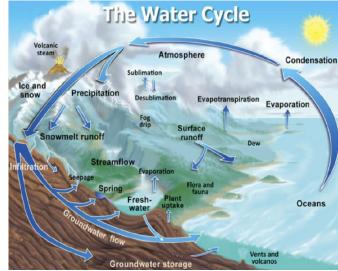
Water... is the core of any living system. Even though it has been studied for a long time, water is much more complex than we thought, and is still little understood. The developments in guantum physics have taught us that in addition to the physical quality of water, the informational field carried by water, at the quantum level, is of primary importance.

In terms of water quantity:

- Human body : contains between 60 and 90% water depending on age, and consists 99% of water, by molecular content !!
- Human brain : contains around 90% water
- Animal bodies : contain between 60 and 90% water
- Plants : contain between 80 and 95% water
- Planet Earth : around 78% of the Earth's surface is covered with water. 96.5% of the total estimated quantity of water on earth is composed of saline water (ocean, seas and bays)

Source : Canada, Alberta Environment

climate change, soil erosion and drying, the water cycle has changed, and has now become mostly a « half hydrological cycle », that is, less water is infiltrating into the ground, leading to more floods, less groundwater, ground temperature changes, salts rising to the soil surface etc.



from the chemical/physical elements, which water has been in contact with, is stored in the quantum information field of the water. even after these chemicals have been totally removed from the water. We discovered that this is also true for electromagnetic fields that water has encountered, musical soundwaves,

and even thoughts and emotions that you have can be communicated to water. In fact, at the quantum level, it seems that all information interacts with water as a vibration or frequency, just as everything seems to be a vibration in the Universe at a fundamental level.

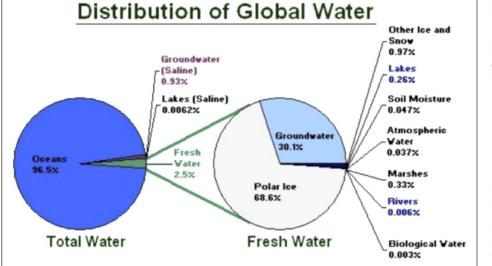
The works of Dr. Jacques Benveniste highlighted this effect of the memory of Dr. Benveniste water observed that blood's immunological response to a very highly diluted bee venom was quasi identical to that of an immune

system in contact with the poison directly, even without any molecules of the poison present within the water. This led him to discover the « memory » effect that water seems to have. Dr. Beneviste concluded that this was the way in which homeopathy also works. His works were discredited by mainstream science, because at the time, science was not yet at a sufficient level to understand it.

Later, the biologist Luc Montagnier, (Nobel Prize winner for medicine/physiology) based his studies on HIV and the DNA on the work of Dr. Benveniste, and obtained results confirming the conclusions of Dr Benveniste. Luc Montagnier was able to recreate DNA from only the electromagnetic waves that are stored in water that has been in contact with a DNA molecule. This electromagnetic information is caught by an electronic device and converted into a digital « music » file. The file is sent by email over a distance of 1500km and is « played » to a pure water sample in which the fundamental bricks of DNA (A, T, G, C) are placed.

The water then recreates a DNA molecule 98% true to the original one, without using any other information. This stunning experiment shows the power of water to store and transmit information.

In summary, it seems to become clear that the information content of water is at least as import as its chemical content. We call this the



When we realize that there is so much water in all the living systems, we can appreciate that its quality (mineral content, pollutants and chemical content, etc.), is very important.

The Water cycle

On Earth, since the total quantity of water is constant, water has a natural cycle as described in the illustration above. The hydrological cycle is important to understand because it's the underlying principle of how the water travels and interacts with nature.

Due to the changes which humans have caused to their environment, such as deforestation, construction of big cities, But when nature is respected, this whole process, gives water its best qualities and a perfect equilibrium for living things when it comes out of the ground after having completed all of its path.

Vibrations and frequencies

From the qualitative point of view, mainstream thinkers consider, that criteria based on chemical content, are the ones which should be used to define water quality and potability. However, with the advances in quantum physics, we now know that water has a capacity for storing information, i.e. a kind of « memory », meaning that some information

SCIENCE/TECHNOLOGY

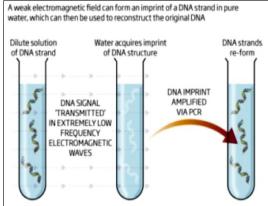


« structure » of water, which is how the polarized molecules are arranged in the liquid. Water behaves as kind of liquid crystal in which information is stored.

In our modern world

In our modern world, we have built water supply systems, with pipes, pumps, vanes, several chemical and physical treatments, and the source of our tap water can be either groundwater, lake water, spring water, desalinated water, rain water, river water, snow or melting ice, etc.

During the path from the pumping station to your tap, water undergoes several treatments and transportation, that impact the chemical content and informational field of the water. Your local water supplier guarantees that water standards are respected from the chemical point of view, however it can't be stressed enough, information is still stored in the water. From the departure from the water treatment station, water goes through kilometers of different pipes, which are sometimes poorly maintained and in very rough shape. When arriving at your tap, the water has lost its fragile equilibrium, structure and information that natural spring water has when it comes out of the ground. Furthermore, it may have absorbed particles of various materials from the pipes.



Drinking water treatment methods

When we talk of drinking water treatment, it can either be at the treatment stations, where drinking water is produced and sent through the distribution network, or at the end user consumption place. At the drinking water production stations, the treatments generally include at least the following steps:

- Flocculation: addition of chemical reactants (types of salts) to make colloids and suspended particles coagulate so that they can be more easily filtered.
- Settling: The water, after flocculation, flows very slowly in very large pools so that the solid particles fall to the bottom.
- Rapid and slow filtering: The water flows through several layers of relatively coarse to fine quartz sand to remove the finer particles.
- Disinfection: This is generally done using UV light in smaller plants, or chlorination, or ozone treatment for bigger plants. The goal is to kill bacteria, viruses or organic elements that could still be in the water.

For end user treatments, the goal is to help treat limestone deposits, rust in pipes, and/or water structure recovery. Water limestone content is called water hardness and is measured mostly in French degrees ($1^{\circ}F = 10mg$ /liter of calcium carbonate). The image below shows the hardness scale.

All of these try to achieve the same thing: transform the hard limestone to soft limestone and create seeds of germination within the water, to avoid limestone deposits. These techniques don't insert any chemicals into the water. Most of them also act to help restore the equilibrium and the structure of the water. The effects on the limestone chemical change are dependent upon the speed of the water through the systems, and thus the system must be controlled precisely.

In contrast, different filtering systems can be used to remove mechanical particles that may be brought in by transport through the network pipes, or the dissolved elements within the water (chlorides, pesticides residuals, heavy metals, etc.). The following are mostly used:

- Mechanical filters : a filtering medium with a defined porosity, to remove particles in suspension. There is either surface filtering (membranes) or depth filtering (filters made of porous thick media).
- Filtering by absorption : for example activated carbon, that can retain on the surface of its particles the suspended particles or elements in solution in the water.

۴	0to 7	7to 15	15 to 30	30 to 40	>40
Water	Very Soft	Soft	Rather hard	l Hard	Very hard

The harder the water is, the more limestone deposits and problems you could have, and the more you will need to use cleaning products and soap to be efficient.

Mostly, three different end-user water treatment methods may be found on the market:

Chemical: injection of chemicals in water to protect pipes and installations from influences of limestone, rust and algae. These systems are generally installed on hot water pipes because problems with limestone deposits increase with temperature. The water becomes unfit for human consumption, that's one of the reasons you should not drink hot tap water.

Physico-chemical: the main technology used is the water softener. This system exchanges the calcium and magnesium ions for sodium ions. The water passes through small beads made of resin and uses salt to furnish sodium ions for exchange. For each ion of calcium or magnesium removed, two ions of sodium are put into the water. If the entering water contains too much calcium and magnesium, the system should not lower the water hardness below 15°F, otherwise the exiting water will lie outside the drinking water standards, containing too much sodium. Therefore, a mix with nontreated water is performed to achieve the recommended value of water hardness (between 7 and 12 °F).

Physical: electrical, electromagnetic, ultrasounds, ultraviolet, infrared, vibrations, vortex, sounds, light, and magnetic systems.

- Reverse osmosis : uses a very fine semi-permeable membrane through which the water is forced under pressure. This eliminates almost everything except the water molecules that are very small compared to other elements.
- Some other micro or ultra-filtration means for specific or industrial applications.

To conclude

As we have seen, water has many aspects. Some we know about, some we are learning about, and certainly there are some that we are not even aware of. The coming years promise further major discoveries about water, changing our view of this still mysterious but very important media in our universe.

I'll be glad to answer your questions or comments, or talk about water at the next Stammtisch ! Feel free to contact me at *anthony.haroutunian@gmx.fr*

Editors Note

The issue of water memory, frequencies and vibrations is scientifically controversial. The claims of Jacques Benveniste and Luc Montagnier could not be replicated in an independent laboratory. The article should, therefore, provide fertile grounds for heated debate and discussion.

SCIENCE/TECHNOLOGY

What3Words

Yes literally, and in a more expanded form; "What three words define your location anywhere on planet Earth?". This new approach to defining locations started about ten years ago when frustration at finding a location consistently mounted, especially in parts of the world where there are no street Names or house numbers. It all became rather difficult and time consuming. Imagine the frustration of emergency services trying to find the location of a woman giving birth somewhere in Africa, where even the postman has difficulty delivering a letter.

One must remember that mobile telephony has made a huge difference, even (or especially) in the most undeveloped parts of the globe. Not only can people now communicate with each other, send or receive money, check the weather forecast, listen to the news but also call emergency services when needed. The infrastructure required to provide mobile services is minimal as compared with that needed for fixed telephony. No cables to be laid or overhead wires to be drawn, no exchanges to be built and maintained. All that is needed are a few antennas with repeaters and an exchange which is usually remotely run and maintained.

This sudden guantal leap in outlook, reach and perspectives for people living in very poor and underdeveloped parts of the world, was of course not accompanied by similar improvements in infrastructure; roads, sanitation, all services etc. The need for an accurate, reliable, simple and easy to use addressing system was obvious. Getting to women in labour is just one example but catastrophes caused by natural or manmade emergencies can make finding and rescuing victims extremely difficult without a proper addressing system.

Grid System

Of course geographic coordinates of latitude and longitude have long been known and used. But they have practical limitations. One second of arc of longitude corresponds to about 31 metres¹, in other words, coordinates given to an accuracy of one second of arc, define a location whose size is 31x31 metres. Not good enough for crowded locations of mud huts, besides how many people can remember and accurately convey their location in degrees, minutes and seconds of



Contributed by IMCZ honorary member and Newsletter editor Muthana Kubba

arc? My present location is 47° 11' 24" N, 8° 29' 16" E, not so easy to remember let alone transmit in such locations.

On the other hand, the new approach divides the whole globe into 3x3 metres squares, all in all $57x10^{12}$ (57 trillion) squares, and for each square a three word code is designated, separated by dots. The words are chosen so that they can be easily remembered, and pronounced. For example my present location is *mashry.salsa.sketch* and that of the City Garden hotel is *quibble.rare.opponent*.

Of course in practice we do not require all of the squares in the grid. To start with all the oceans, polar regions, vast uninhabitable deserts etc, reduce the number of grid squares required to around 15×10^{12} squares. Still a vast number, but one which can be easily encoded by three different words each.

Languages and Implementation

It is straightforward to encode locations using easily remembered and pronounced words in a north European environment, but what about China, the vast Arabic speaking world, or sub-Saharan Africa? Well, I used the map to point to where I lived in Baghdad, and I got similar three words (*stormed.liver.expired*). Once more, I pointed at a location in Beijing, China and got (*treble.cute.learning*). On closer examination, it turns out that the words are chosen from a wordlist of 25'000 words using an algorithm that takes into account word length, distinctiveness, frequency and ease of spelling and pronunciation.

The clever bit about this application is the word-list from which the encoding words are chosen. Amongst the questions asked when signing in, is what language you like to use. This determines which word-list to use in the chosen language. The available languages include Arabic, Finnish, French, German, Italian, Mongolian, Polish, Portuguese, Russian, Spanish, Swedish, and Turkish. In addition, What3words launched further languages at the start of 2018 which include Indonesian, Zulu, Japanese, Korean, and Hindi. The following languages will also soon be available; Chinese

and various languages of India, including Bengali, Farsi and Urdu.

The reason why so much effort is put into making the system available in different languages is the choice of the three words. The same location can have completely different designations in different languages. The words are always chosen to be easily pronounced and remembered in the tongue of the user.



Of course there is an App which once downloaded enables searching for a location if its coordinates are known, or finding the coordinates for any chosen location on a displayed map. There is also a desktop program which does more or less the same thing.

Acceptance and Outreach

The system was originally conceived by Chris Sheldrick et al. in 2013 and a patent application for the core technology was filed in April 2013. It finally took off in 2016 after sufficient capital was acquired. The technology has already proven to be invaluable in disaster zones and refugee camps and its use is spreading quickly.

It is worth noting that a live Internet connection is not a prerequisite for using the system. The algorithm it uses works on any list of the 20 odd languages available. Each list has about 25'000 words and a total of about 10 MB of memory is all that is required to run the app offline on a smartphone with GPS.

On January 10, 2018 Mercedes Benz, which owns 10% of the shares of What3Words, announced that the system would be built into future vehicles. The new A-Class series will be the first vehicle in the world with What3Word on board. Who knows, soon, the three magic words may be included on every business card or even, one day, in telephone book entries.

Further Reading

1. Wikipedia

https://en.wikipedia.org/wiki/What3words 2. Mercedes Benz A-Class

https://what3words.com/partner/mercedesbenz/

3. Tom Tom uses What3words https://venturebeat.com/2018/06/05/tomtom -taps-what3words-to-let-you-find-off-roadlocations-with-just-3-words/

4. What3words voice navigation

¹ The circumference of the Earth at the Equator is by definition = 40'000 km, hence one second of arc is equal to 40'000'000/(360x60x60) = 30.86 metres

TRAVEL AND LEISURE •

Two days on Bürgenstock

At the annual Summer barbecue 2017, I was the lucky winner of the first prize in the tombola; a night in the Hotel Palace on Bürgenstock inclusive spa, boat and funicular for two persons. As, at that time, the luxury resort was still being renovated and the SPA was not yet open, my wife and I choose early summer 2018 for this visit.

Travelling to the Bürgenstock is already a treat. From Lucerne, we got the brand-new ferry boat to Kehrsiten. There, the red funicular was waiting to take us up the steep hill. There we were, in the resort, where once famous people such as Audrey Hepburn, Konrad Adenauer, Indira Ghandi and others have stayed. As we arrived in the morning, our room was not yet available. Anyway, who wants to stay in a hotel room, even a luxurious one, on such a splendid day? We were equipped with our hiking shoes and backpacks and went immediately on our way to discover the environs. A must is the "Felsenweg" that was carved out of the rock to allow the illustrious guests to admire the view of lake Lucerne. We didn't take the Hammetschwand lift which is another highlight on the Bürgenstock, but walked up to the restaurant, where we enjoyed coffee and cake. And on we went. At one o'clock, we got the information that our room was now free. As we were keen to visit the alpine spa, we immediately made our way back. After sweating in the Hammam, a Kneipp application and a short swim in the indoor pool, we went outside to the infinity pool from which one can admire a breathtaking view of the mountains and the lake whilst relaxing in the jacuzzi. Soon it was time to get dressed for dinner, which we had reserved in the Oak Bar and Grill. A culinary highlight was the fermented garlic butter served as a greeting from the kitchen together with delicious bread. Satisfied and feeling like kings we later fell asleep in our elegant bedroom.

Sunshine woke us the next morning. A sumptuous breakfast was waiting, giving us the necessary energy for our second day. After leaving our luggage at the reception, we headed again to the spa. There were offers for gym lessons and Yoga, but time didn't allow us to try everything. Nevertheless, we enjoyed a lesson of water gymnastics just for the two of us. After different saunas, salt water pool, indoor and infinity edge pool, we went upstairs to the big outdoor pool and spa garden. With relaxing in the sunshine, reading and swimming in the pool the afternoon went by and too early it was time to say goodbye to a beautiful resort.

Our sincerest thanks to the IMCZ for this unforgettable gift.

Nico and Reini Lo Cascio

Contributed by IMCZ member Nico Lo Cascio









STAMMTISCH Every Thursday from 18:00–20:30 At the City Garden Hotel



TRAVEL AND LEISURE •

Sailing in the Canary Islands

The Canary Islands are an increasingly popular sailing area. They have reliable weather and, for sailors, most importantly, they have good winds. They offer all-year warm weather sailing in Europe.

Last year I decided to try them out. Three of us took our boat from Gibraltar to Lanzarote– a 5-day passage – and we have been touring the islands off-and-on since.

Canary Islands

They are a group of volcanic islands (still active) in the Atlantic off the coast of Morocco around 28° N. The attraction for sailors is the prevailing winds from the north east and, in particular, the wind acceleration zones which add between 10 to 15 knots (kn) to the windspeed. (1 kn = 1.8 km/h). This means sailing in Beaufort (Bf) 5 to 8 winds!

The height of the islands is what creates these acceleration zones as the wind is squeezed between them (red markings on diagram). Tenerife reaches 3,718m (el Teide), La Palma 2,423 m and Gran Canaria 1,949m. And these heights are just what is visible – the "base" of La Palma is around 4,000 m below sea level!

The acceleration zones are very localised. On our first sail this year, from Tazacorte, La Palma to San Sebastien, La Gomera, near the south of La Palma we were motoring in 3 kn of wind when we saw disturbed water ahead. Within 500m we were in 40 kn of wind (Bf 8) with gusts to Bf 9! Quite exciting.

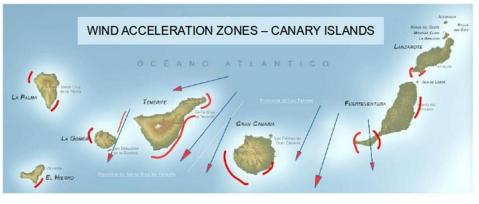
Marine life

Without doubt the marine life is a major attraction of the Canary Islands. We have seen a pod of Orcas, many pods of Pilot Whales and, almost every day, Bottlenose or Atlantic Spotted Dolphins. On one day, just south of Tenerife, we saw three separate pods of Pilot Whales, and a few of them from one of the pods came up to our boat (which was stationary) to within less than a meter and "sang". Normally one should keep a distance – but these Pilot Whales had other ideas. On another occasion, sailing into Santa Cruz in Tenerife at around 8 knots, we were pouncedon by a pod of around 40 Atlantic Spotted Dolphins who played around the boat for 30 minutes or so, with spectacular displays of synchronised jumping and diving close under the boat.

We've also seen Sunfish, Turtles and lots of Flying Fish. On one overnight journey from Fuerteventura to Gran Canaria we found an unfortunate Flying Fish on deck at daybreak. One flight too far. Contributed by IMCZ member and Newsletter Co-Editor Alan Cattell

La Gomera is a spectacular Island whose capital is San Sebastian, the location of the only useful marina. It's a very pretty town and the island itself is very green. There are a lot of well signposted walks in the interior, especially within the national park.

Tenerife is known for cheap package holidays. However, away from the main tourist "hot-spots" it has a lot to offer. There is the spectacular marina on the west coast, Los Gigantes, with its impressive cliffs. There



The Islands

El Hierro is the westernmost island and is off the beaten track. There is little shelter with only one very small, somewhat exposed marina and few anchorages. It's only for the adventurous in settled conditions.

La Palma is a very fertile island which has not yet been heavily developed. Away from the coast, it is surprisingly green – and very mountainous. It is claimed to be the "steepest" island in the world, rising 2,400 m in 10 km. It has two marinas, Santa Cruz de La Palma on the East coast and Tazacorte on the West. Santa Cruz is the capital of the island and is very attractive, but the marina is not well sheltered and there is an annoying surge which becomes dangerous in southerly winds. Tazacorte is a well-protected marina in a very small town but with good connections by bus to other towns in the area. are also a few useful marinas and good anchorages on the south coast which and there is an excellent marina in the capital, Santa Cruz, which is a good place to provision a boat and for shopping generally. It is also a center for mothballing and refurbishment of oil drilling ships and platforms. Agriculture is also a major industry for the island with bananas, pinaples and tomatoes being important crops. A trip to el Teide is worthwhile – where the remarkable lava-strewn, arid landscape can be experienced.

Las Palmas is the capital of **Gran Canaria** and is a major commercial port with oil terminals, container handling and lots of oil related vessels. The marina in Las Palmas is the biggest in the Canary Islands. However, it is impossible to get into from September



TRAVEL AND LEISURE

till March because it's **the** staging-place for yachts preparing for an Atlantic crossing. The Atlantic Rally for Cruisers is the most famous of the organised Atlantic crossing events. Every November approximately 300 boats leave Las Palmas for Saint Lucia, either direct or via the Cape Verdes. Outside of these times there is plenty of space to visit. The north of the island is cool, often overcast and it rains quite frequently. However, the south and the interior are very different with many attractive small towns in spectacular landscapes. There are also the to-be-avoided densely packed tourist beach areas, but outside of these it is a very attractive island.

Fuerteventura is a relatively low-lying island with many visible calderas. It is one of the least developed of the islands and the only useful marina, Grand Tarajal, is very quiet and rather old-fashioned. The island has several impressive beaches created naturally from wind-blown sand from the Sahara.

Lanzarote has two useful marinas, one in the capital Arrecife, and Rubicon in Playa Blanca on the south coast Arrecife is an interesting but rather tired town which has seen better days. Marina Rubicon is probably the best marina in the islands with excellent organisation and facilities. It is on the edge of Playa Blanca so has easy access to the beaches and also the costal cliff walks in the opposite direction.

Overall, sailing in the Canary Islands is an interesting and enjoyable experience for more experienced sailors. Those with an aversion to waves and medium to strong winds would be well adviced to stay away. However, for me the only real negative was the relatively small number of well sheltered anchorages and being able to see the less touristy parts of the islands was a real plus.

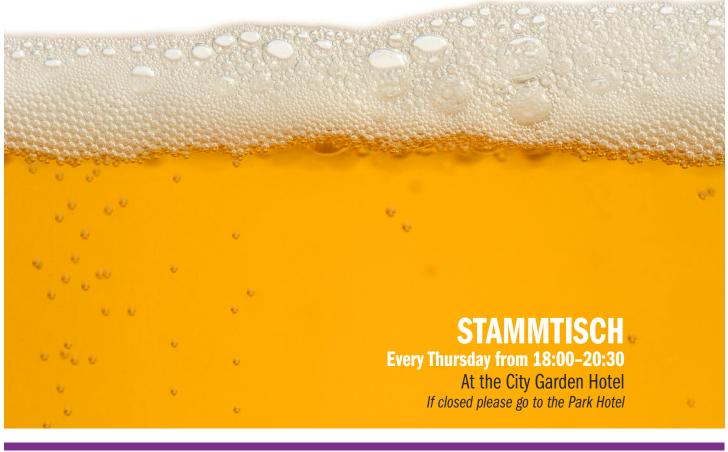
Further Reading

https://en.wikipedia.org/wiki/Canary_Islands

https://www.spain-holiday.com/Canary-Islands/articles/the-difference-between-thecanary-islands

https://www.theguardian.com/travel/canaryi slands





TRAVEL AND LEISURE •

Southeast Asia • Taiwan

As most of you will already know, Taiwan (formerly called Formosa) was ruled by the Japanese from the end of the 19th century until the end of World War II. In 1945 the Japanese ceded it to the Republic of China (ROC), which also governed the Chinese mainland at the time. In 1949, the ROC government retreated to Taiwan when Mao Tse Tung rose to power.

Keelung

After a couple of sea days, we reached Keelung, the harbor of Taipei, the capital of Taiwan. The cruise had originally been billed as the "Ping XI Sky Lantern Festival" cruise, but when we planned our activities, the cruise line had no excursions to this annual event on offer.

After a while exploring on our own, our tour guide gathered us for a lunch of meatball soup and gelatinous meat dumplings in a brown sauce. The term "meatball" is freely used, as the more solid elements in the soup were more like dumplings, and had various flavors, including pork, fish and shrimp. The contents of the more gelatinous dumplings were hard to identify.

For dessert, we went to another establishment further west along Jishan St. for a taro ball soup. The slightly sweet broth Is served cold, and contains starchy little balls, traditionally made from a mixture of taro root and sweet potato flour. Since Margareta was not thrilled by any of these items, and no further meal(s)

Contributed by IMCZ Webmaster Roger Brooks

which to inscribe our wishes for the next year on each of its four sides.

The Chinese New Year typically begins with the new moon in the last week of January or the first three weeks of February. The celebrations in Taiwan culminate with the Sky Lantern Festival, which takes place at the subsequent full moon, two weeks later. The Sky Lanterns were used earlier for signaling, first in war and later for the railroad, but now are used for various kinds of celebrations, and carry the New Year's wishes of the Sky Lantern Festival participants to heaven.

The Sky Lanterns are essentially large paper bags with the mouth held open by a wire



As a result, we booked a day tour together with some other passengers from a private tour operator, so as not to miss this event. We were met at the port of Keelung by a well-kept and well-appointed tour bus which offered more than enough space for the 20 in our tour group.

Jiufen

The tour did not include a visit to Taipei, instead taking us first to Jiufen (also spelled Jioufen or Chiufen), a town in the mountains about half an hour's drive east of Keelung. The name Jiufen means "nine portions". It is attributed to the practice of the original nine families in the village of buying supplies collectively. A member of the community would be sent down the mountain to buy nine portions of various staple goods.

Jiufen owes its present size to a gold rush which took place at nearby Keelung Mountain at the end of the 19th century. Jiufen is located in the Ruifang district of New Taipei City, more a county than a city, which comprises most of northeastern Taiwan, with the exception of Taipei City and Keelung.

Jiufen Old Street

Jiufen is particularly noted for the Jiufen Old Street, which is more like an alley above the newer Qi Che and Qing Bian roads. We entered Jishan Street, the main thoroughfare of Jiufen Old Street, at the eastern end, from Qi Che Road. There was a plethora of shops to explore, many selling exotic foodstuffs. were on the agenda, we secured a bag of unshelled peanuts from one of the shops before leaving Jiufen Old Street.

We exited the Old Street down Shu Qi Road, which is actually a steep, narrow staircase leading down to Qing Bian Road. It is lined by several teahouses in Japanese style. We crossed Qing Bian Road and proceeded further downhill to Qi Che Road where the police station is located and had a brief opportunity to admire the Taoist temple on Jiubin Street before boarding the bus for our next destination.

Shifen

Our small bus took us to Qidu Station in Keelung to transfer to a larger bus for Shifen. Ironically, we met other passengers from our ship on this bus, for whom the cruise director had managed to arrange a Ping Xi excursion at the last minute.

Due to the number of spectators expected (100,000-200,000), local roads were closed to all but shuttle buses for the elderly and disabled, so our bus dropped us off at the side of the Ji Fu Highway by Shi Fen Street. In growing numbers, we walked down Shi Fen Street to the rail line. On the way we could already see sky lanterns wafting aloft.

Sky Lanterns

We then walked along the rail line to an establishment where we were each set up with our own sky lantern and some brushes with



TRAVEL AND LEISURE



bail, which holds a bunch of waxed cardboard. The heat from the burning wax turns the paper sack into a small hot air balloon.

Their invention is usually credited to the Chinese general Kongming in the 3rd century, but some Taiwanese say the practice is much older. As the story goes, villagers would evacuate at the approach of marauding bands and leave a few observers behind in hiding. When the observers thought it was safe to return, they would send up a sky lantern to signal "all clear".

When we had finished preparing our lanterns, we were ushered to a spot on the railroad tracks where we could launch them. The two keys to success in this endeavor are:

To wait until the air in the lantern is sufficiently hot before releasing it.

Not to be on the railroad tracks when the train comes through!

Having successfully absolved our first launch (no doubt as practice for the main event) we were free to explore Shifen for a while. We enjoyed the views of the Keelung River from the JIngan Bridge, which, like the railroad, was originally built to transport coal. It is now an attractive pedestrian bridge. We also enjoyed watching the crowds miraculously evaporate from the train tracks to make way for arriving trains, only to recondense there minutes later!

The Sky Lantern Festival

After reassembling with our tour guide, around 5 PM, we began the pilgrimage to the site of the main event, the group release. The site was not in the town of Pingxi, but near the Shifen Visitor Information Center by the Keelung River (also spelled Chilung). We were impressed at how well the crowds were managed. It took us only around 20 minutes to reach the venue. However, we waited there for about an hour to enter the area.

After entering the area, we were subjected to around 20 minutes of distorted, overly amplified animation, commentary and music, before it was time for our group release. At least some of the commentary was in English! The pièce de résistance was a video depicting the adventures of Pom-Pom Pudding, a vaguely doglike figure in honor of the year of the dog, who then finally appeared on stage.



Planned were 8 waves of lantern releases between 17:30 and 20:30, of which ours was evidently the third. We could observe the first wave, which got off to a late start at 18:00, from our waiting position outside the venue and were already "on deck" in the launching area when the second wave was released.

Local celebrities were on hand to inscribe their wishes on the lead lantern in each wave. A pop group inscribed the second wave lead lantern with their wishes for robust sales of their new album. We were fortunate in two respects to be in the third wave: The timing was excellent, as it was just getting dark when we finally released our lanterns. We were also privileged to have the mayor of New Taipei City inscribe his wishes on the lead lantern.

Unfortunately, the lead lantern failed to rise far. It was soon overtaken by the smaller lanterns, and slowly fell back to earth at the edge of the venue. This is, of course, considered unlucky, as the Mayor's wishes did not reach heaven. Dozens of photographers and video journalists were hard at work the entire time, filming both the celebrities on stage and the public.

After our release, we were hurried from the place to make room for the next wave, while the Mayor made his exit behind a police cordon. We then began the long walk back to our bus pick-up point. Unfortunately, a couple from Texas failed to make the rendez-vous. After waiting in the bus for them for about 45 minutes, the tour operators managed to find out that they had boarded the wrong bus.

After such a long excursion, we were grateful to finally be delivered to our home away from home. In retrospect, there would have been a few more interesting things to see in both Jiufen and in Shifen, had we been better informed. However, despite the peculiar food, the crowds, the modest sanitary facilities and the long waits, it was a fascinating experience we wouldn't want to have missed, if not one we are anxious to repeat.

The festival has generated a lot of tourism and good PR for Taiwan, but it is quite controversial. After all, what goes up must come down. The tour guides assured us that the government provides incentives for the public to collect the detritus, but much of Taiwan is mountainous and/or forested, making it impractical to collect it all. As a result, there are now efforts to develop biodegradable sky lanterns. Of course, this will not alleviate the risk of crashed lanterns starting fires. Sky Lanterns are only allowed in the Pingxi district in Taiwan, and are forbidden in most of Europe.



SPORTS INCZNEWS SLOPES...





The Grosser Mythen is a striking pyramid of rock towering over the towns of Schwyz and Brunnen. As you gaze upon this majestic cone, you cannot fathom climbing it without the aid of full mountaineering gear and extensive expertise. It appears daunting from any angle, not merely having an imposing face with a gentle back side like many other peaks. However, the Grosser Mythen is surprisingly accessible to the average fit person.

So, on Saturday, July 14th, fellow-IMCZer Sergiy Shtangey and I attempted to summit this Swiss marvel of nature:

Grosser Mythen, 1'898 m ü.M

Hiking/Climbing

Our trek began at Ibergeregg (1'406m), where we left the car near a large restaurant with public parking and set out along a path towards the Grosser Mythen. It is also possible to park down in Rickenbach at the base of the new Rotenflue lift and ride up from there to begin. After about 40 minutes, you reach the base of the mountain itself where there is an information placard and an open control gate/chain, which the authorities obviously close when weather is poor and conditions are hazardous.

There is really only one route up the mountain on a rocky but well-maintained path consisting of switchback sections, which can get crowded. The path has been improved in recent years as evidenced by stainless steel chains on some of the walls and steel reinforcements along the edges on parts of the pathway. There is even a concrete-anchored catwalk at one stretch near the top.

I have read reports classifying this white / red / white mountain trail (Bergwanderweg) as a T3-level hike on the SAC scale and I would agree. It's not terribly technical but you should have sturdy footwear. For someone with tender feet like me, I suggest backpacking boots with a firm sole. Additionally, I felt my Leki walking staff was of great help. A word of warning: we

had fair weather with sun and some clouds, but in rainy conditions, this would be a very treacherous climb as the rocks have been polished smooth from all the foot traffic and are a bit slippery even when dry. It took us over two hours to reach the top and ascending was quite strenuous, which stood in stark contrast to the relatively easy hour-long descent.

Scenery and views

Once reaching the summit, we rewarded ourselves with a leisurely, extended period viewing the incredible scenery in every direction and enjoying an Einsiedler Bier and



SPORTS INCZNEWS

a homemade Mandelgipfel. From this vantage point, there are wonderful views of the Kleiner Mythen (1'811m), the Rigi, the Stoos area, lakes and the nearby towns far below.

Food on the mountain

Mythenhaus – There is a small Hütte on the top with limited food choices and outside tables surrounding it. Their specialty is Nuss- and Mandelgipfeli of which my choice, the almond one, was quite tasty. Be careful with the Einsiedler 58cl Lager as you still have to make your way down!

Travel

How to get there: By public transportation, Zug – Schwyz (SBB Train) – Rickenbach (Bus Nr. 3 & Nr. 5) at the Talstation Rotenfluebahn. Just over 45 minutes. **Timeframe:** If we managed to indulge in a well-deserved rest at the top and our elapsed time was $5 \frac{1}{2}$ hours from lbergeregg and back, that should be more than enough time to complete this adventure.



Additional information:

Mythenhaus Grosser Mythen: grosser-mythen.ch Weather on the Grosser Mythen: https://www.srf.ch/meteo/ lokalprognose/ort/grossermythen?id=417242421 Mythen Region: mythenregion.ch Rotenfluebahn: rotenfluebahn.ch Einsiedler Bier: einsiedlerbier.ch

Upcoming:

Ski season is coming and the IMCZ is planning a fantastic ski show for **Thursday**, **October 25th**. It might also be possible to organize a ski day adventure on a weekend day in 2019, if there is enough interest and advanced commitment shown. Mark your calendars and **think snow!**

Don't forget our **Summer Party** This year's theme: Australia

When: Sunday August 26. Starting at 11:30
Where: Siebbachsaal, Chamerstr 33, 6300 Zug next to the Zug marina
Everyone is invited with spouse, kids and friends.
Prices: Members SFr. 45.00, Guests SFr. 50.00
Children under 12 years, free.



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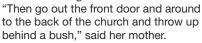
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HUMOUR•IMCZ

For the Sick

A little girl was in church with her mother when she started feeling ill. "Mommy," she said, "can we leave now?" "No," her mother replied.

"Well, I think I have to throw up!" exclaimed the girl.



After about sixty seconds, the little girl returned to her seat. "Did you throw up?" her mother asked.

"Yes," the little girl replied.

"How could you have gone all the way to the back of the church and returned so quickly?" her mother asked.

"I didn't have to go out of the church, Mommy."

They have a box next to the front door that says: 'For the Sick.'"

No Enemies

The preacher's Sunday sermon was "Forgive Your Enemies." He asked how many of the congregation have forgiven their enemies.



About half held up their hands. He then repeated his question. Now about 80% held up their hands. He then repeated his question once more. All responded, except one elderly lady. "Mrs. Johnson, are you not

willing to forgive your enemies?" "I don't have any.'

"Mrs. Johnson that is very unusual. How old are you?"

"Ninety-three," she replied.

"Mrs. Johnson, please come down in front and tell the congregation how a person cannot have an enemy in the world?"

"I have outlived them all", she said with a big smile on her face.

Future Issues

A woman worries about the future until she gets a husband.

A man never worries about the future until he gets a wife.

A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.



Playing Poker

Six retired gentlemen were playing poker in the clubhouse when Herr Meyer lost \$500 on a single hand. Suddenly, he, clutches his chest, and drops dead at the table. Showing respect for their fallen comrade, the other five continue playing standing up. Herr Weber looks around and asks, "So, who's gonna tell his wife?" They cut cards. Herr Suter picks the two of clubs and has to carry the news.



They tell him to be discreet and gentle, and try not to make a bad situation any worse.

Suter goes over to the dead man's apartment and knocks on the door.

His wife answers through the door and asks what he wants? Suter explanes, "Your husband just lost \$500 in a Poker game and he is afraid to come home.' "Tell him to drop dead!" yells the wife.

Seeing a Tree

A vampire bat came flapping in from the night covered in fresh blood and parked himself on the roof of the cave to get some sleep. Pretty soon all the other bats smelled the blood and began hassling him about where he got it. He told them to knock it off and let him get some sleep but they persisted until finally he gave in. "OK, follow me," he said and flew out of the cave with hundreds of bats behind him. Down through a valley they went, across a river and into a forest full of trees. Finally he slowed down and all the other bats excitedly milled around him. "Now, do you see that tree over there?" he asked.

"Yes, yes, yes!" the bats all screamed in a frenzy. "Good," said the first bat, "Because I DIDN'T!"







TUNES FROM AUSTRALIA

Playing at the IMCZ **Annual Summer Party** August 26th

TIDBITS • IMCZNEWS

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 45 67.

Do you like writing? I wrote a book in German about a Swiss expat and am now looking for someone to translate it into English. The text is easy. Call Christian on 041 710 40 12.

IMCZNEWS Advertising Rates

The IMCZ newsletter is delivered bi-monthly to about 200 members representing 20 nationalities. IMCZ members have personal or professional interests in both the international community and in the canton of Zug.

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), 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.-
- 1/4 Page, A6 vertical (9.2 x 13.5 cm), Fr. 60.-
- 1/4 Page, horizontal (19 x 6.9 cm), Fr. 60.-
- 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.

A series of 6 succesive ads in the newsletter (a year's subscription) can be purchased for the price of 5. (see http://groupspaces.com/IMCZ/pages/advertising).



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