

IMCZ NEWS



OCTOBER—DECEMBER 2023

Celebrating Summer in Style



IMCZ at the Fest der Nationen, 2nd September – The Festival of Nations is organised by the FMZ City of Zug, as a celebration of cultural diversity within our community. ZIWC and IMCZ had adjacent stands at this event. IMCZ provided a beer and soft drinks oasis. IMCZ's 'Chief Beverage Officer': Timo Pitkänen managed our stand magnificently and the sponsoring brewery, Feldschlösschen provided bar equipment, support and provisions. Our stand was open from 12PM to 12AM.

An amazing team of volunteers featuring Timo, Cledan, J-P, Tobias, Sasha, Nikola, Sergey, Peter, Richard, Pete, Bill, Robert and Gregor manned the bar and the beer flowed. That's the spirit chaps!

Read more inside this issue.



IMCZ End of Summer Party, 3rd September— We welcomed over 90 guests, a club record. The theme was Western and many adorned themselves with the garb to match. Cowgirls, cowboys, or cowpersons thank you all for making our Summer Party a resounding success with your presence and participation. We loved having you there. IMCZ laid on a full programme of entertainment, including – mouthwatering Food – amazing Drinks – challenging Games – Texas Dancing – Lady Luck Raffle – Country Music – Mixing and Meeting folk from our community and more.

An amazing team of volunteers featuring Timo, Cledan, Tobias, Richard, Pete, Bill, Ian, Robert, Gregor, Suzanne and Kevin as well as Perfect Party, Skippy Dance and the Traveling Dangleberries made for a memorable event in an idyllic setting. Now for next year!

Read more inside this issue.

RICHARD BESWICK, PRESIDENT IMCZ

IMPORTANT NEWS

Dr. Alan Cattell has stepped down as Editor of IMCZ NEWS after long and outstanding service to the Club.

Alan has done a remarkable job as editor, designer, researcher, publisher of learned and humorous articles and club news snippets. Not to mention, his long service as a Member of the Board. Thank you Alan!

Richard Beswick, Interim Editor



Want to know what IMCZ is all about?

Join our **Weekly Stammtisch**, every Thursday at **18:00**. No strings attached!

See our **Events Page** for weekly location: imcz.club/Club-Events



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Keywords: Current Club Affairs, Integration, Privacy, Energy, Zug, Skiing, Healthcare, Education and IMCZ

We warmly welcome new, renewed and pending members

Peter Aschmann	Xavier Clement	James O'Brien	Nicolas Rivet
Max Atanassov	Rudolf Dudler	Evgeny Sitnikov	Kari Sarvanto
Stephan Bickel	Kurt Hoefler	Christopher Stolz	Vadim Harper
Gallus Burtscher	André Kudelski	Jose Luis Valencia	
Nicolas Buser	Peter Lichtensteiger	Keith Letheren	

Do invite your friends to try our Club. They won't be disappointed!

We are excited to usher in our new events for the autumn

OCTOBER	NOVEMBER	DECEMBER
<p>Special Stammtisch: André — Blockchain</p> <p>WHEN: October 5th, 18:00 WHERE: FischerStube, Zug</p>	<p>New Members Reception</p> <p>Date and location to be announced</p>	<p>IMCZ Snow Sports</p> <p>WHEN: Every Wednesday</p>
<p>Special Stammtisch: Antonio - Evolution , Aging and Cancer</p> <p>WHEN: October 19th, 18:00 WHERE: FischerStube, Zug</p>	<p>Wine Circle — Red 2.0</p> <p>Date and location to be announced</p>	
<p>Special Stammtisch: Timbaer — State of the Art Skis</p> <p>WHEN: October 26th, 18:00 WHERE: FischerStube, Zug</p>	<p>External Events</p> <p>Check our Events Calendar, and Zug Tourismus for information on events in Zug</p>	<p>External Events</p> <p>Check our Events Calendar, and Zug Tourismus for information on events in Zug</p>
<p>Regular Stammtisch Every Thursday</p> <p>WHEN: Every Thursday WHERE: Location to be announced</p>	<p>Regular Stammtisch Every Thursday</p> <p>WHEN: Every Thursday WHERE: Location to be announced</p>	<p>Regular Stammtisch Every Thursday</p> <p>WHEN: Every Thursday WHERE: Location to be announced</p>



Summer Events



Trip down memory lane



ZUGER SEEFEST – SON ET LUMIÈRE

WHEN: JULY 2023

This year the Seefest replaced fire with water. The resulting light and water show was truly impressive. After a wonderful overture on July 1st, the Zug Magic Water Show ran daily throughout July, with only a short interruption due to storm damage. With water fountains 40 meters high, water screens, lasers and spotlights, image and video projections, musical accompaniment, Zug joins the ranks of Singapore and Dubai in replacing fire with water and light.



FINLAND LAND OF THE MIDNIGHT SUN, 10'000 LAKES AND 1'000'000 SAUNAS

WHEN: JULY 2023

Our very own Finn, Jukka, kindly invited members of IMCZ to his amazing country house in the wilds of central Finland. We spent a delightful few days enjoying, river swimming, golf, earth oven cooking, sampling delicious Nordic cuisine and of course lounging in the sauna. We have formed a group within the club for those interested and able to travel, We have named this informal group Gallivanter. So far the Gallivanter have been to England, Philippines, Finland and Germany. Other destinations are on our radar.



VAGABOND STAMMTISCH

WHEN: JULY – SEPTEMBER 2023

After many happy months of tenure at Gotthardhof and Bughouse Bar, run by the inimitable Alfie Godenzi, we lost our preferred venue for the Stammtisch and other Events, due to the closure of the locale. We have taken the opportunity to experiment with most of the locales in Zug during the summer months. Our vagabond Stammtisch journey took us to: Freiruum—Café Glücklich - Seeliken Badi- Kurioz—Panorama Bar Schiff—Quai Pasa—City Garden—Pier 41—Im Hof—Brandenberg—Ochsen.



HAPPY BIRTHDAY SWITZERLAND! 732 YEARS OLD! BORN 1291, CONFEDERATED 1848

WHEN: AUGUST 2023

All IMCZ members have strong attachment of residence or citizenship to Zug and Switzerland. Many of us toasted this fair country on Swiss National Day, August 1st. Some went further. Crypto-millionaire Niklas Nikolajsen, who received his Swiss citizenship this year, provided a firework display, twice as big as the traditional Zuger Seefest firework display. An estimated 35 tonnes of fireworks were launched from boats on the lake at 22.30, August 1st.



FEST DER NATIONEN – INTEGRATION MEETS DIVERSITY

WHEN: SEPTEMBER 2023

Fest der Nationen, 2nd September – The Festival of Nations is organised by the FMZ City of Zug, as a celebration of cultural diversity within our community. ZIWC and IMCZ had adjacent stands at this event, situated on the Rössliwiese in the heart of Zug. IMCZ provided a beer and soft drinks oasis. IMCZ's 'Chief Beverage Officer': Timo Pitkänen managed our stand magnificently and the sponsoring brewery Feldschlösschen provided professional equipment, support and provisions. Our stand was open from 12PM to 12AM.

The weather was gorgeous and the event attracted an estimated 20'000 visitors in the space of 12 hours. Our bar was a great attraction and customers did their best to drink us dry.



Summer Events



Trip down memory lane



END OF SUMMER PARTY AND BBQ

WHEN: SEPTEMBER 2023

IMCZ End of Summer Party, 3rd September: We welcomed over 90 guests, a club record. The theme was Western and many adorned themselves with the garb to match. Cowgirls, cowboys, or cowpersons thank you all for making our Summer Party a resounding success with your presence and participation. We loved having you there.

IMCZ laid on a full programme of entertainment, including:

Mouthwatering Food — US BBQ food at its best, produced by the expert hand of Valerie Gitter and her Perfect Party team. We savoured pulled pork, brisket, corn bread, apple pie and more

Amazing Drinks — our resident mixologist Cledan and expert bartender Timo Pitkänen laid on a wonderful selection of drinks from the benign to the malicious.

Challenging Games – those of us still in a fit state for games after the food and drinks participated in the classic American games, such as Corn Hole, Beer Pong, Tug of War and Sack Races.

Texas Dancing — Tia from Skippy Dance treated us to an amazing demonstration of Line Dancing. That so enchanted the guests that most joined a mass line dance to the rhythm of Country music.

Lady Luck Raffle - a generous booty of prizes was donated by local and international companies and some others were purchased by the club. Credit to Glencore, Zuger Kantonalbank, Zug Tourismus, FMZ, Edel +

Weiss and many others for their generous contributions. With so many prizes to choose, lady luck sprinkled fortune widely.

Country Music — to match the occasion, the Travelling Dangleberries, a talented medley of versatile musicians, played three great sets of Country, plus old favourites of other genres too.

With 90 friendly guests, the atmosphere was perfect for mixing and meeting, enabling the making of new acquaintances and renewal of old.

Summer weather was with us, making this a true garden fete.

An amazing team of volunteers featuring Timo, Cledan, Tobias, Richard, Pete, Bill, Ian, Robert, Gregor, Suzanne and Kevin as well as Perfect Party, Skippy Dance and the Traveling Dangleberries made for a memorable event in the idyllic setting of the Siehbachsaal.

IMCZ END OF SUMMER PARTY is deemed to have been a success, based on several messages of appreciation, such as the ones below.



STIERENMARKT ZUG — NO BULL

WHEN: SEPTEMBER 2023

One of Zug's iconic events happened on the 6 & 7 September, the Bull and Cow Market and Auction. Some impressive Swiss Brown Cattle were on display in patting distance from the public. Massive bulls to unnerve a bullfighter, auctioneers rattling off prices in Swiss German faster than the speed of sound, wizened farmers in traditional garb, and all the atmosphere of a county fair. A number of our members enjoyed the event.



OKTOBERFEST

WHEN: SEPTEMBER 2023

7 Gallivanter's headed off to Munich for Oktoberfest 2023. This iconic event attracts close to 6 million visitors over a three week period. Despite the name, the festival takes place mainly in September. Apparently the mismatch of the name has something to do with the weather being better in September. Traditional lederhosen were worn by many of our group. On arrival at the festival we immediately got swept up on the amazing atmosphere and sea of folk in traditional

lederhosen and dirndls and the raucous chorus of Ein Prosit! We consumed some huge tankards of beer, and copious quantities of Schweinhaxe and other Bavarian delicacies. Due to the crowds and lack of prior bookings we could not get into the inner sanctum of tents of the main breweries, but we had great fun on the perimeters.

TESTIMONIALS ON THE IMCZ SUMMER PARTY

'THANK YOU for a good, organized event! Good food, good music, and we even won a haircut, socks, and a cactus'. J.U. IMCZ Member

'Firstly, my family and I attended the BBQ this past weekend and we had a great time. The music and the dancing were highlights. My son and I are interested in pursuing line dancing more. Thank you for organizing such a fun event.' C.K. Non Member

'Good morning Gentlemen, Great fun yesterday - thanks for the great organization, even down to the brilliant weather.' D.C. Entertainer

Upcoming Events

Save the date and sign up at imcz.club/calendar



SPECIAL STAMMTISCH — ANDRE KUDELSKI ON BLOCKCHAIN

WHEN: 5.10.2023

Blockchain is a shared, immutable digital ledger that records transactions and tracks assets in a business network. It is decentralized, meaning that no single entity controls the ledger, and secure, thanks to cryptography.



ANTONIO PALUMBO ON EVOLUTION, AGING AND CANCER

WHEN: 19.10.2023

Evolution is the process by which populations of living organisms change over generations. Aging is the process of becoming older and weaker over time. Cancer is a disease in which cells grow and divide uncontrollably. Evolution and aging are linked because the changes that occur during evolution can also affect how organisms age. Cancer is also linked to aging, as the risk of developing cancer increases with age.



DANO WALDBURGER, TIMBAER GMBH - SHOWING THE LATEST TRENDS IN SKI DESIGN

WHEN: 26.10.2023

Skis are made using a sandwich construction, with a core of wood, metal, or foam sandwiched between layers of fiberglass or carbon fiber. CNC machines are used to shape the core and other components to precise specifications. The components are then bonded together using high-strength adhesives. The skis are then cured under heat and pressure to ensure a strong and durable bond. Finally, the skis are finished with a topcoat to protect them from the elements and give them a smooth glide.

Skippy-Dancers Linedance School

Your address for Linedance ...

- ... Events
- ... Workshops
- ... Parties
- ... Lessons (English & German)
- ... Performances
- ... Bachelor Parties

Our dance room can be rented (180m2)

Sumpfstrasse 24, 6312 Steinhausen



Skippy-Dancers

WWW.SKIPPY-DANCERS.CH

„we love what we do“

Upcoming Events

Save the date and sign up at imcz.club/calendar



NEW MEMBERS' RECEPTION

WHEN: DATE AND LOCATION TO BE ANNOUNCED

A long standing tradition of IMCZ is to hold a NEW MEMBERS' RECEPTION, a welcoming event for new members to meet other members and learn more about the club. The reception typically includes a complimentary Apero of snacks and refreshments, and a presentation on the club's history, mission, and benefits of membership. The event is a great opportunity for new members to feel at home in the club and to start getting involved in its many activities. Look out for details of

WINE CIRCLE – RED 2.0

WHEN: DATE AND LOCATION TO BE ANNOUNCED

Master of Ceremony and Presenter: Ben Grech, IMCZ Wine Sommelier.

Master of Event: Jukka-Pekka Mäkinen, IMCZ Wine Enthusiast and Connoisseur.

IMCZ is proud to announce the 3rd Wine Circle Event. For the second time this relaxed wine tasting will feature exclusively RED WINE. The venue and date of the event are still under review and will be announced shortly. In all likelihood, the venue will be one of the iconic towers of the city ramparts. The date is likely to be in December, before the festive season. There will be a small entrance fee and all guests should bring a bottle of a red wine that is special for them and be prepared to tell us something about it. An Apero will be provided. Look out for details of the event on our Website Events Page in due course and please register!



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VBA FMZ– Integrators of Diversity in Zug. IMCZ Plays a Role

CATHERINE NEWMAN, ZIWC MEMBER AND FMZ EMPLOYEE

International Men’s Club of Zug (IMCZ) has maintained a longstanding affiliation with the VBA (Verein für die Beratung der ausländischen Mitarbeitenden im Kanton Zug), an association that played a pivotal role in the establishment of what is now known as FMZ (Fachstelle Migration Zug) back in 1964. Initially, FMZ was founded to advocate for the rights of seasonal workers in Canton Zug. Recognising that a language barrier hindered many migrant workers from Spain, Portugal, and Italy, local authorities implemented a consultation service conducted in these languages to address their inquiries and provide guidance.

Today, nearly six decades later, FMZ’s information and advice service has evolved to encompass 12 languages, reflecting the evolving cultural demographics in Zug. While the consultation service remains at its core, additional components such as information seminars to address frequently asked questions to a broader audience, German language learning programs, and events including the Festival of Nations have become integral parts of its regular offerings.

On September 2nd, the third FMZ Festival of Nations took place along the lakeside in Zug. IMCZ, in conjunction with FMZ and 30 other foreign associations, gathered to celebrate the rich tapestry of nations and cultures present in the canton. Positioned between ZIWC on one side and the Rössliwiese stage on the other, the IMCZ bar enjoyed a prime location. With 20,000 visitors basking in the blazing sun, the bar operated from noon until midnight. The dedicated bartenders and their support team toiled tirelessly throughout the day to quench the thirst of the attendees and enhance the festive ambiance.

My brief visit to the bar, intended for a simple greeting, gratitude, and a clandestine G&T with the neighbouring ZIWC, took longer than expected. Navigating through the bustling crowd proved challenging, and I unintentionally became entangled in a line dance workshop led by the Skippy dancers. Concerned that the gin might be inducing Stetson wearing hallucinations, I skillfully manoeuvred out of the way and safely returned to the FMZ Info stand.

The festival proved to be a resounding success, with the favourable weather undoubtedly contributing to the high turnout. However, it’s essential to acknowledge the tireless efforts of those working diligently behind the scenes, at the stands, in the kids’ corner, and on the two stages. The incredible atmosphere on the day was palpable, but it con-



cealed the innumerable hours of planning, preparation, and cleanup.

For IMCZ, these efforts were multiplied (or compounded) by the Summer Party scheduled for the following day at the Siebachsaal. I had the pleasure of attending for a few tired hours in the afternoon as a guest and enjoying the fruits of their labour and dangerous Manhattan cocktails. It was heartening to see that the event was also blessed with good weather and a lot of other very happy guests.

Therefore, I extend my hat (chapeau) and heartfelt gratitude to the dedicated individuals at the club who contributed to the Festival of Nations and continued to make the summer party a triumph. Hopefully, the extensive hard work invested proved worthwhile on all fronts.

As the collaboration between IMCZ and FMZ persists, fostering connections among diverse communities in Zug’s society can only serve to fortify our peaceful and secure home, Canton Zug.

JOIN US TODAY!

For more information visit
ziwc.ch

OUR MISSION

Our Mission Is to Connect Women of Zug

To promote both social and professional networking as
well as encouraging the free exchange of information and
resources among our members.





FMZ

Fachstelle Migration Zug

New in Zug together - presented
by the Fachstelle Migration Zug

New in Zug? Find out about life in Zug and get to meet new people

The FMZ presents a series of information and meet ups to learn about life in Zug with other new arrivals. Each week presents a different theme about life in Zug.

Hosted by an FMZ consultant who will provide the information and answers to questions. Learn, share experiences and meet new people. Course 2 commences on Wednesdays from 25.10.23.

Drop in for one or join every week.

Free but registration is required.

Group size: min. 6, max. 15

25.10.2023 - Media, leisure

08.11.2023 - Cultural understanding

15.11.2023 - Housing, living environment

22.11.2023 - Learn German / German tests, German course advice

29.11.2023 - Networking, exchange, information, *apero*

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André Kudelski, Feldhof 17, CH-6300 Zug

Independent advisor with more than twenty years of experience in the financial sector, supporting Swiss and International expat communities and newcomers. Financial guidance without retrocessions or kickbacks. There are various options available – all of which will be presented, for you to decide given your financial goal.

You may contact me via: e-mail: andre.kudelski@kudelski.ch
Mobile +41 79 236 24 40. Languages: English, French, German

New Swiss Data Protection Law

TARRYN RICHARDSON, ZIWC INTEREST GROUPS CHAIRWOMAN



SWISS FEDERAL ACT ON DATA PROTECTION (FADP)

The Revision of the Swiss Federal Act on Data Protection (FADP) came into effect on the 1st September 2023. there is not transition period.

FADP is relevant for all citizens and organisations because the law aims to protect privacy by giving you control over your personal data.

It requires organizations to be transparent about how they collect, use, and share your personal data, and to only collect and use the data that is necessary for a specific purpose. You have the right to access, correct, delete, and object to the processing of your personal data.

The FADP also requires organizations to take appropriate security measures to protect your personal data from unauthorized access, alteration, or destruction. FADP helps to ensure that your personal data is used fairly and responsibly.

The goal is to ensure cross-border exchange of data & protection of personal data (in & outside of Switzerland). FADP applies to both the private & public sector & applies to any website that processes personal data from individuals inside Switzerland, regardless of where in the world the website is located.

GOOD TO KNOW

The original Swiss Federal Act on Data Protection (FADP) came into force in 1992 and was revised in 2023 to reflect the technological and social changes that have taken place since then:

1. Aims to better protect the privacy & fundamental rights of Swiss Citizens - when their personal data is processed & stored online.
2. To ensure companies worldwide remain accountable for the protection of Swiss individuals' personal information.
3. To enhance safety against modern online security problems (data hacking, cyber-attacks, identity theft, fraud etc) and help companies protect important data.
4. To align more closely with EU's GDPR (General Data Protection Regulation).
5. To protect the data of the individual person, rather than also covering the data of legal entities, as was previously the case.
6. To enhance the rights of people to ask organisations what information they hold on them, including what they know, how they use it, who they share it with, and how they obtained it.

IMPORTANT CHANGES

Designing for Privacy: Organisations must consider the latest data security and processing principles at the planning & design stage of applications (website, Apps) keeping the privacy of users in mind. This means building security first applications rather than improving security & privacy features at a later stage or after a security incident.

Reporting Problems: Any data breaches must be reported to Federal Data Protection and Information Commissioner (FDPIC) as soon as possible, and the persons affected by the data breach must be informed as soon as possible (GDPR has a specific time limit of 72hrs).

Getting Permission: FADP focuses on building end users' awareness of the usage of their data & data collection consent. When organisations want to use end-users' information (tracking their use, targeted ads etc),

they need to ask clearly (pop-up etc) for permission. They must advise end-user of their rights & choices, & what they will do with the data. (Website must reveal cooky policies, provide a proper Impressum, privacy policy, & T&C's).

BIGGER PENALTIES

It is no longer the company itself that is the target of criminal proceedings (for data breaches), but also the person responsible (owners & employees). Penalties from the Swiss Federal Data Protection Commissioner will increase from CHF 10,000 to CHF 250,000

Punishment affects every member processing/handling member data (especially management employees) who intentionally break the law. The focus here is on those responsible for the organisation, e.g. primarily management who are responsible for implementing effective internal organisation data protection measures.

"If you do not take any measures on the subjects of information obligations, information requests, technical & organizational measures, & international data transfers, you are acting intentionally or at least accepting breaches of the law (recklessness) & can be punished."

A website is required to obtain consent from users inside Switzerland if e.g., they process - *sensitive personal data* or transfer data to a 3rd country without adequate protection. Personal data is any information relating to an identified or identifiable individual person, e.g., IP addresses. *Swiss FADP defines sensitive personal data to include information about race, health, religious or political convictions, genetics & biometrics, and sexual life.

WHAT IT MEANS FOR CLUBS

Members have the right to know WHAT their data is used for & how long it will be stored.

Action: Create new procedure.

Justify WHY member data is gathered & with which 3rd parties e.g., Google calendar etc. (if any) the data is shared.

Action: Check website cookies, pop ups, Impressum, Privacy Policy, T&C's 2023 compliant. Ensure mandatory opt in to new rules by all members e.g. pop-up. Add to new Data Protection procedure.

Anyone processing or using/accessing member data must be made aware of & trained in data protection & data security.

Action: Create a training & procedure.

Data Breach. Must report to FDPIC & those affected with timeframe (GDPR 72hrs).

Action: Create new procedure.

Corrections to any incorrect data can be requested without having to give a reason.

Action: Create new procedure.

***Photo taking, consent & use** - not part of new data law but DOES require CONSENT!

Action: Discussion, Training for Board & IG leaders

Action: Data Protection Training session/email info to inform members

Photovoltaic Panels are getting better

CONTRIBUTED BY IMCZ MEMBER, DR. ALAN CATTELL

Original article 2831 words, synthesised to size by GPT4

Introduction: Photovoltaic (PV) technology has seen remarkable advancements in recent years. From increased efficiency to cost reductions, the world of solar energy is undergoing a transformation. This article provides a concise overview of these developments and their implications.

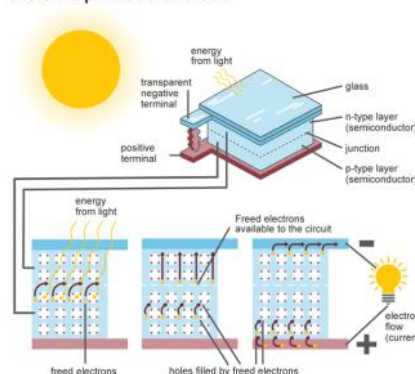
Key Advancements in PV Technology:

- 1. Efficiency:** Modern PV devices convert sunlight into electricity more effectively, thanks to material and manufacturing innovations.
- 2. Cost-Effectiveness:** The production cost of solar panels has decreased, making solar energy more affordable for many.
- 3. Integration in Architecture:** Solar technology is now being incorporated into building materials, allowing for a more aesthetic integration of solar power.
- 4. Environmental Considerations:** The PV industry is focusing on eco-friendly production and disposal methods, including recycling initiatives.
- 5. Flexible Panels:** New materials have enabled the creation of flexible and thin-film solar panels, broadening their application.
- 6. Emerging Materials:** Perovskite solar cells are gaining traction as a potential alternative to traditional cells, promising higher efficiency at reduced costs.

Multi-layer Solar Cells: A Leap Forward Multi-layer or tandem solar cells aim to improve solar energy conversion efficiency. These cells use multiple layers of photovoltaic materials with varying band-gaps to capture a wider sunlight spectrum. By doing so, they can produce more electricity from the same sunlight amount. However, manufacturing these cells presents challenges, including material compatibility, layer deposition control, and cost considerations.

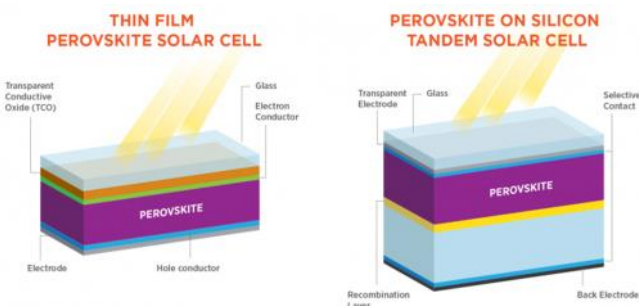
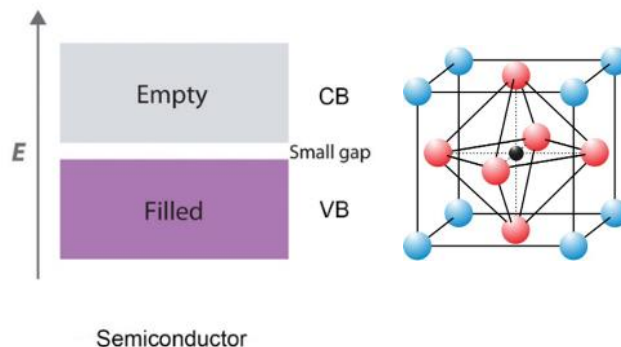
Conclusion: Despite the challenges, multi-layer solar cells offer a promising future for solar energy. With lab-based cells already achieving over 30% efficiency, the potential benefits are significant. As research and technology continue to advance, solar energy will undoubtedly play a pivotal role in a sustainable energy future.

Inside a photovoltaic cell



How Do PV Devices Work? At their core, PV panels are quantum devices made of semiconductors, typically silicon. When sunlight hits these cells, it creates electron-hole pairs. This separation of charges generates a voltage difference, leading to an electric current when connected to an external circuit. However, the efficiency of these devices is influenced by various factors, including material quality, cell design, and environmental conditions.

Perovskite: The New Player Perovskite, a crystal structure, has shown potential in PV cells. Specifically, organic-inorganic halide perovskites have demonstrated impressive properties for solar energy conversion. These materials can absorb a wide light spectrum and have high photovoltaic efficiency. Researchers are working on enhancing the stability and sustainability of perovskite solar cells.



Zug Tourismus – Your guide to Zug and beyond

CONTRIBUTED BY JOEL DE BUREN. HEAD OF MARKETING AND RICHARD BESWICK, IMCZ MEMBER

The International Men's Club of Zug (IMCZ) has now renewed membership of the Zug Tourist Office roster of organisations. We are pleased to have been accepted and look forward to working with Zug Tourismus for promoting events and activities in Zug of interest to both the native and expat residents and visitors. The Tourist Office is involved in the organisation of such major cultural events such as the recent Yodeller Festival. In short, it is a platform for promotion of the benefits of our beautiful canton.

The Zug Tourist Office offers a multitude of benefits to IMCZ, including promotion of our events, networking with other Vereine (associations) and access to a multitude of resources. For example, placement of our posters and flyers, donation of prizes for our Summer Party raffle, invitation to the members reception evening. Their competent team is at our disposal for enquiries about the region.

Zug Tourist Office publications about the canton are very informative and attractively presented. That is why we are providing our readers with a link to the English Version of [#inlovewithzug](#).

You can access the full brochure by [clicking here](#).

Zug Tourist Office is keen to hear the voice of the expat community about what kind of activities and events they appreciate the most. For this reason, they have asked us to distribute Zug Tourist Office survey to readers of the IMCZ Newsletter. With a little luck, you could win a [Pro-Zug](#) card worth CHF 200.00.



Please complete the survey via the link below and provide your email in the survey if you wish to play the competition. Deadline for returns is 31.10.2023.

Link to the [survey](#).

One thing is certain about our region, it offers unparalleled opportunities for outdoor activities. Think hiking, swimming, sailing, paragliding, cycling, skating, skiing, golf, riding and team sports.

Many of our members take advantage of these opportunities. One example is Jukka, a Finnish resident of Zug and active member of IMCZ. He shows the joy he gets from the great outdoors of our region through Alpine skiing with the IMCZ Snow Sport Group. [Read more overleaf](#).

Meet in Zug



zug-tourismus.ch

Skiing, fun sport with friends

CONTRIBUTED BY J-P MÄKINEN, IMCZ MEMBER AND AVID SKIER

Skiing has been nice way to enjoy winter with friends and family ever since I was young. And I am talking now of downhill, as a Finn cross country skiing was option before walking if you were born wintertime.

I took up the sport when I was some 7 years old. That time I was living in Rovaniemi on Artic Circle which offered six months of skiing weather. We were eager with friends and skiing on the river few kilometres on the river ice to closest slopes.

Over the years the sport has offered the motivation to see new places like Colorado Mountains during my exchange student year in the US. When we were living first time in Switzerland numerous friends visited us to ski in the Alps. In those years the groups were up to 30+ eager young adults and the partying was as important as skiing and to sometimes even more important.

We have skied many years with family and friends in Switzerland, often in Sedrun. Sedrun is now part of Andermatt ski resort, but at that time it could be reached only by skiing down and taking a train up.

Moving back to Switzerland I have been able to take up skiing on regular basis. Even though the old knees are already worn out skiing strengthens the muscles and helps to improve the physical condition. And the sunshine on the slopes improves the mental condition for sure.

For that the IMCZ Snow group offers nice set up. Pretty much weekly we make our way to mountains. We like to ski during the week in order to avoid the crowds and pick the days with reasonable weather. The skiing is very relaxed and definitely not competitive, with drinking and eating breaks often enough.

Additionally, Joe Dow organized this year nice ski weekend in Flims-Laax and for the next ski weekend we are planning to go to Davos.

If you are interested in skiing contact Bill Lichtensteiger and he will add you to the WhatsApp group.





You're invited – save the date!

What now? Inflation, Interest Rates and Investments

- Theme:** Zugerberg Finanz experts will address established Expats on the current **economic outlook** and where you can look now for **real return on investments**.
- Date:** November 16, 2023
- Time:** 11:30 a.m. – 13:30 p.m. Presentation including a light lunch.
- Keynote Speakers:** **Timo Dainese**, Founder and Managing Partner
Prof. Dr. Maurice Pedernana, Chief Economist and Managing Partner
Tania Mobayed, Brand Ambassador & Sr. Advisor Expat Desk
- Place:** Zugerberg Finanz, Lüssiweg 47, 6302 Zug
- RSVP:** By November 7, 2023, Registration online, limited seating.
- Registration:** Online at zugerberg-finanz.ch/event or via the QR code.

This is the **first** of a series of English topics presented by Zugerberg Finanz. The **established expats community** has an opportunity to learn about Zugerberg Finanz, current topics in investing and appropriate solutions for Swiss domiciled individuals. Zugerberg Finanz values are based on **trust, proximity, honesty, and transparency**. These are the cornerstones of our growing and successful position as leading local Asset Manager.

Online registration



Choice of Weapon: Which Ski for the Swiss Piste?

CONTRIBUTED BY IMCZ SPORTS EDITOR JOSEPH DOW

There are so many skis available with different specifications that the choice can get quite confusing. Sidecuts, flexes, core materials, etc. can greatly affect your experience. It is likely that most recreational skiers spend about 95% or more of the time skiing on the designated slopes of a proper ski area. Even hoping for the rare in-bounds powder day, a piste ski will still be your best bet.

In my experience, the most important attribute to consider is the width of the ski, particularly the middle waist measurement. My theory seems to be borne out when you notice many ski models will have that number embedded in their name. Depending on your preferred snow surface and favorite part of the season (i.e., mid-winter, spring, etc.), this number will be very relevant to your selection.



1. Classic Slalom Carver / Race Carver, waist: approximately 66 – 72mm

CHARACTER:

This is the best choice for firm, groomed snow and hard, icy conditions. Not the most versatile but a pure classic that seems to be the most common pick of good Swiss skiers on the piste. These skis are race-bred and quickest edge-to-edge. A slalom carver (my personal favorite type) for shorter turns will usually have a slightly wider tip (approximately 120mm) compared to the bigger radius and longer race carver (approximately 115mm tip) but shares a similar waist measurement.

EXAMPLES:

SL carver - quick turns and precision

- **Timbaer Slalom Carver (5er Serie), 115-68-102, 13.0m radius, in 155cm length**
- Anavon ASR, 121-72-107, 12.5m radius, in 156cm length
- RTC Classic Carver 58'er, 115-66-93, 13.3m radius, in 158cm length
- Stöckli Laser SL, 120-66-98, 12.7m radius, in 160cm length

GS carver - smooth, stable, and fast

- **Timbaer Race Carver (5er Serie), 116-70-103, 17.0m radius, in 175cm length**
- Radical Race Carver 3.0, 125-70-103, 14.2m radius, in 170cm length
- RTC Race 75'er, 115-68-96, 18.0m radius, in 175cm length
- Stöckli Laser GS, 118-68-97, 17.1m radius, in 175cm length

3. Freeride, waist: approximately 90 – 100mm

CHARACTER:

The best choice for very soft, wet snow. Freerides are the trendy skis all British tourists request at the rental shop. It handles powder nicely but in-bounds powder days are quite rare in Switzerland. They can handle the soft piste with a floaty, surfboard feel, but you need to realize that edge grip on ice can be sub-optimal.

EXAMPLES:

Freeride - float near the groomed on the snowplow of skis

- Anavon AFR, 132-98-115, 21.5m radius, in 176cm length
- Radical Allmountain 96, 146-96-123, 17.0m radius, in 185cm length
- RTC Freeride, 134-97-120, 19.5m radius, in 184cm length
- Blossom Formula Pure 99, 135-99-122, 23.5m radius, in 188cm length
- Stöckli Stormrider 95, 132-95-123, 20.0m radius, in 188cm length

2. Cross Carver / Allmountain, waist: approximately 70 – 83mm

CHARACTER:

This is the best choice for soft, groomed snow and the most versatile piste ski. It is still good on firm groomed, but the extra width makes skiing thicker, damper snow less strenuous, especially in the Allmountain models, which are slightly wider than the Cross Carvers in this width range.

EXAMPLES:

Cross Carver - versatile and maneuverable

- Anavon ARX, 121-71-106, 14.0m radius, in 164cm length
- RTC Crossride, 123-76-103, 14.1m radius, in 160cm length
- XO V12, 119-70-99, 15.0m radius, in 166cm length
- swissfivestar Royal, 122-72-107, 13.5m radius, in 166cm length
- Stöckli Laser SX, 119-70-99, 14.0m radius, in 165cm length

Allmountain - the SUV of skis when the grooming is less than perfect

- **Timbaer All-Mountain (X-Serie), 124-82-113, 15.0m radius, in 170cm length**
- Anavon ADP 3.0, 128-79-110, 15.0/16.5m radii, in 163/168cm dual length
- Radical Allmountain 82, 135-82-112, 13.5m radius, in 177cm length
- XO V3, 126-77-107, 16.0m radius, in 178cm length
- swissfivestar X-Dream, 138-76-106, 14.0m radius, in 176cm length
- AK Green, 135-82-113, 14.0m radius, in 174cm length
- Blossom Turbo AM77, 131-77-111, 15.0m radius, in 176cm length
- Stöckli Laser AR Classic, 130-83-112, 16.5m radius, in 175cm length

So, choose one (or all) of these suggested ski widths and dial in your best ski experience!



Upcoming Club Skiing Events



Timbaer Ski Presentation

Please see our announcement of the special Stammtisch presenting the Timbaer ski story on Thursday, October 26 in this newsletter issue or on the club website for more information.



Davos Club Ski Weekend

We will travel to Davos for the weekend of March 16 & 17 for our annual club ski event. Accommodation will be the member's own responsibility to book, but we can make suggestions (e.g., Steigenberger Icon Grandhotel Belvédère Davos, Morosani Post Hotel, Hotel National, Hotel Europe, arthausHotel).

Following our tradition, here is my latest recommended list of gear to make your days up in the mountains as comfortable as possible:

SKI GEAR CHECKLIST

- Skis & Bindings (Swiss skis: Timbaer)
- Ski Boots
- Ski Poles (carbon shafts - superior shock absorption & wrist pain relief)
- Ski Outfit – Ski Jacket (insulated) & Dedicated Ski Pants
- Mid-layer Top (a full zip provides versatility)
 - Zip-Jacket, Vest, or Sweater
 - Down, Merino Wool, Fleece or similar
- Base Layer (top & tights)
 - Merino Wool / Microfleece
- Accessories
 - Helmet & Hat
 - Goggles & Sunglasses
 - Neck Gaiter / Scarf & Facemask
 - Ski Gloves
 - Ski Socks & Liner Socks
 - Ski Daypack
 - Cable Ski Lock
 - Tip Ties & Boot Carrier
 - Lightweight Waterproof Approach Shoes
 - Sun Protection / Lip Balm



Additional Information

TIMBAER Swiss Ski: timbaer.ch/en

DAVOS: www.davos.ch/en/

SBB Snow 'n Rail program: sbb.ch/en/leisure-holidays/leisure-offers/snowrail.html

REGA: rega.ch/en/

Swiss ski conditions: snow.myswitzerland.com/snow_reports

If you have questions about the upcoming ski presentation, skiwear or equipment or want a recommendation, feel free to send me an email: [jjdow\[at\]hotmail.com](mailto:jjdow[at]hotmail.com).

Glucosamine and lifespan: who wants to live forever?

REMO P. JUTZELER VAN WIJLEN, HEAD R&D SPONSER SPORTS FOOD

Ing. Applied Food Sciences, MAS Nutrition & Health ETHZ

Glucosamine is a naturally occurring compound found within the body, particularly in and around the cartilage of joints. It plays a crucial role in maintaining the health of joints and cartilage. Glucosamine is commonly taken as a dietary supplement and used to support joint health and cartilage maintenance, especially in cases of osteoarthritis and other joint-related conditions.

There are different forms of glucosamine available, primary glucosamine sulphate and glucosamine hydrochloride. Some studies suggest that the beneficial effects of glucosamine on joint conditions may partly be dependent on the sulphate form. The mechanisms suggested include:

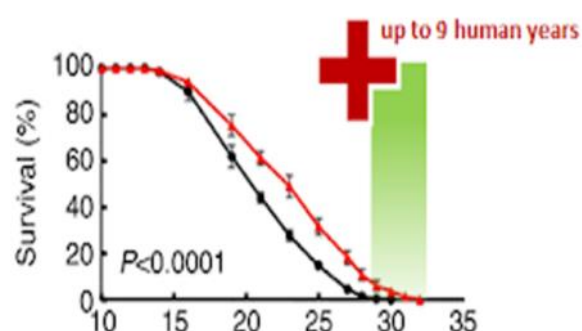
Cartilage Support: Glucosamine is a building block for glycosaminoglycans, which are major components of cartilage. It's thought that supplementing with glucosamine might provide the body with the raw materials needed for cartilage repair and maintenance.

Synovial Fluid: Glucosamine might also stimulate the production of synovial fluid, which lubricates joints and helps them move smoothly.

Anti-Inflammatory Effects: Some studies suggest that glucosamine might have anti-inflammatory properties that could help alleviate joint pain and reduce inflammation associated with conditions like osteoarthritis.

While glucosamine has been studied extensively for its potential benefits on joint health, research into its effects on longevity is not as well-established. In 2014, an experiment could show that bathing roundworms in glucosamine extended their lifespan remarkably. In the same intervention study (Weimer 2014) mice were fed with glucosamine, at the age of 100 weeks, and lived almost 10% longer than their peers in the non-supplemented group. Translated to human years this means starting supplementation at the age of 65 years, resulting in about 8 additional years of lifespan! If this results from mice not stuffing themselves with junk food and living a couch potato life really translates to average Joe and Jane. Moreover, glucosamine improved glucose metabolism in elderly mice indicating protection from diabetes, a life-threatening disease most prevalent amongst the elderly, which obviously may be part of the effect on mortality. Additional analyses revealed that glucosamine mimicked a low-carb diet, despite identical carbohydrate intake of both mice groups, due to its effects on glucose metabolism and amino acid breakdown.

There is, at least potentially, a downside as the possible benefits on longevity come with a trade-off. A low-carb diet as well as mimicking it, reduces also ATP-production, the major energy molecule in our metabolism. A lowered ATP production capacity will also reduce performance, i.e. all kind of physical activity. Not ideal a situation when the anabolic stimulus of physical activity is blunted in case of physical rehabilitation after surgery, injuries, sarcopenia etc. Also cognitive performance is impaired with reduced ATP availability. Nevertheless, several epidemiological studies in humans (Pocobelli 2010, Bell 2012, Zhi-Hao 2020, King 2020) on more than 500'000 subjects suggest that the (more or less) daily intake of glucosamine supplements is associated with reduced overall mortality.



In conclusion, since its beneficial effects on joint health are pretty well-established, and no negative side-effects have been confirmed with common supplemental dose levels, even the mechanistic effects of glucosamine on glucose metabolism ("low-carb diet mimicking") could be a health-promoting advantage to consider supplementation – even though such a massive lifespan extension as shown in the mice study mentioned is only hypothetical and, if at all, possibly far less significant and dependent on many more factors in free-living humans compared to a lab mouse's life.

What is glucosamine?

Glucosamine is the element which is formed by the body and mostly available in the cartilage of bones. It is also named as the compound of amino sugars. It is also the key element in many joint supplements existing in the market.

ZIS ensures children develop a lifelong love of learning

ZURICH INTERNATIONAL SCHOOL (ZIS)

Zurich International School (ZIS) is a leading non-profit day school for local and expat children aged 3 to 18, serving the cantons of Zurich, Zug and Schwyz. Instruction is in English and there is an additional bilingual English/German pathway for children aged 3-9.

The Lower School for students aged 3 to 11 is in Wadenswil, less than 30 minutes from Zug and there is a school bus service available. The Secondary Campus for students aged 11 to 18 is in Adliswil, which is easy by public transport.

ZIS provides an education that ensures children develop a lifelong love of learning. Whether it's encouraging them to challenge themselves, to connect with people from different backgrounds, or to push themselves to take risks and trust in their abilities, the school believes it is about striking the perfect balance – and seeing the person, as well as the learner.

The school has built its outstanding education on a foundation of exceptional teaching, a broad curriculum including the International Baccalaureate Diploma, and a strong focus on science, technology, engineering and math. It's an approach that has opened doors to the world's most prestigious universities.

But ZIS is most proud of how it delivers education. When it challenges students, it does so by getting them to experiment and explore, not by extinguishing their spark. The teachers work hard to connect each student to a subject and find the angle that brings it to life. That's an approach which helps learning stick.

ZIS has nurtured a campus environment that allows students to feel safe and supported, focusing on their well-being and helping them learn approaches to deal with life's challenges. Its education focuses on character as well as achievement, and prizes qualities such as empathy, leadership, teamwork, resilience, patience and passion.

The school also takes the time to help students discover their true passions. Its extensive in-and-out-of-school activities expose students to a broad range of pursuits, so they can discover a hobby or career that may enrich their whole life.

This year, ZIS celebrates its 60th anniversary and is proud to be the longest-accredited international school in Switzerland. It also comes highly recommended by The Good Schools Guide that states: "Families looking for academic rigor and choice, with a good dose of healthy competition, will enjoy their time at this school. The community is welcoming and friendly, staff are well trained and committed - and the quality, purpose-built facilities



support a healthy learning environment. Parents are engaged and students are actively encouraged to become well-rounded individuals." Read the full review at bit.ly/GoodSchoolsGuide-ZISreview.

While you can learn a lot about the school on its website at www.zis.ch, even better would be to visit in person. There are a lot of upcoming open days – visit www.zis.ch/get-to-know – or contact the Admissions Team to arrange a personal visit, by emailing admissions@zis.ch.





Zurich
International
School

Learn. Care. Challenge. Lead.

Discover the exciting opportunities your child aged 3–11 will have at the ZIS Lower School in Wädenswil.

Come to our next Open House or arrange a personal visit to our school.

Virtual Open House: Tuesday, October 31, 17:00–18:30

In-Person: Thursday, November 30, 09:00–12:00



zis.ch

Registration required
zis.ch/get-to-know

ZIS is the longest accredited international school in Switzerland and serves the Cantons of Zurich, Zug and Schwyz.

- **Less than 30 minutes from Zug**
- **Bus service available**



Why International Men's Club of Zug

CULTURAL EXCHANGE: From Switzerland to the world, our members hail from various walks of life, creating a melting pot of ideas and experiences.

LINGUA FRANCA ENGLISH: Enjoy conversing in a common language among our multilingual community in a relaxed atmosphere.

SOCIAL & NETWORKING EVENTS: An exciting mix of BBQs, hikes, seminars on investment, healthcare, travel..., skiing trips, group travels to worldwide destinations and exclusive outings, such as wine tasting in Zug's historic towers or visits to state-of-the-art facilities or exhibitions.

INCLUSIVE COMMUNITY: Not only for men, but also for friends, wives, and partners who are welcome to participate in our events.

COLLABORATIVE INITIATIVES: Joint events with the Zug International Women's Club (ZIWC), including summer BBQs by Zug Lake and the traditional Burns Supper, featuring Haggis, Scottish bagpipes, and rousing speeches.

EXCLUSIVE BENEFITS OF A ZUG CLUB: IMCZ is an accredited Verein of the City of Zug and associated with the Cantonal Office for Migrant Affairs (FMZ), ensuring that we contribute to integration and diversity within our community, as well as benefitting from the wealth of facilities offered by Zug and its environs.

ANNUAL NEW MEMBERS RECEPTION: Every autumn new members are cordially invited to a complimentary evening in one of Zug's historic towers.



Experience it firsthand.
Join our Weekly Stammtisch,
no strings attached!



International Men's Club of Zug (IMCZ)

International Men's Club of Zug (IMCZ)
Postfach 7212, CH-6302 Zug

info@imcz.club

<https://imcz.club/>

<https://www.facebook.com/IMCZug>

<https://www.linkedin.com/company/2058141/>

https://www.instagram.com/imcz_zug/

Principal Officers and Board Members:

President: Richard Beswick
president@imcz.club 079 340 44 32

Webmaster: Bill Lichtensteiger
webmaster@imcz.club 079 378 63 26

Treasurer: Jens Kordetzki
treasurer@imcz.club 076 315 67 69



IMCZ NEWS Advertising Rates

The IMCZ newsletter is delivered quarterly 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, as a .pdf, .jpg or .gif file

Advertising rates:

- Full page, A4 vertical (19 x 27.7cm) Fr. 210.-
- 1/2 Page, A5 horizontal (19 x 13.5cm) Fr. 115.-
- 1/3 Page, vertical (6.3 x 27.7cm) Fr. 85.-
- 1/3 Page, horizontal (19 x 9.2cm) Fr. 85.-
- 1/4 Page, A6 vertical (9.2 x 13.5cm) Fr. 65.-
- 1/4 Page, horizontal (19 x 6.9cm) Fr. 65.-
- Business Card (9.2 x 6.45cm) Fr. 40.-

Extra costs may be incurred for typesetting, special formatting, etc.

Discount for year of advertising –20%.

Discount for members –20% off single adverts, -30% off annual advert.

