





## IMCZ Annual General Meeting

Another year come and gone, and time to take stock of where the club is, where it's going, and who should serve on the Executive Board for the next year. All members are invited to participate in the Annual General Meeting. Following the meeting, members have the opportunity to gather for dinner in the restaurant of the Parkhotel. Note that this year's AGM is on a *Wednesday*.

- Date:** Wednesday, January 26, 2011
  - Time:** 18:00 apéro  
18:30 meeting begins promptly; expected duration of 90 minutes
  - Venue:** Park I and II, (former Walchwilersaal), Parkhotel
  - Cost:** Apéro and the AGM are free of charge;  
dinner following is paid by members individually
  - Contact:** Members confirm their attendance beforehand in writing by January 21, 2011 ' to Ermano Bassi at [events@imcz.com](mailto:events@imcz.com).  
Don't delay; space in the restaurant is limited this year.
- International Men's Club of Zug, AGM Committee  
Postfach 424, 6304 Zug
- Registration should include mention of intent to stay for dinner (à la carte at one's own expense) following the meeting.

The final Agenda for the meeting will be published in the coming weeks. Members wishing to request the addition of agenda items may do so in writing at the e-mail or postal address shown above by 15 January 2010. A preliminary agenda, subject to change, is as follows:

1. Approval of the minutes of the AGM held on January 28, 2010. The minutes can be found online at [http://www.imcz.com/Resources/Minutes\\_of\\_the\\_AGM\\_28\\_Jan\\_2010.pdf](http://www.imcz.com/Resources/Minutes_of_the_AGM_28_Jan_2010.pdf).
2. President's report for 2010
3. Financial report for 2010
4. Auditor's report for 2010
5. Discharge of the Auditors, 2010
6. Discharge of the Board, 2010
7. Election of the President, 2011. The Board nominates Mr. Andy Habermacher.
8. Election of the Board, 2011. The Board nominates the following members:
  - Secretary and Vice President: Dr. Muthana Kubba
  - Treasurer: Dr. Max Leyherr
  - Newsletter Joint Editors: Mr. John Hosking and Dr. Muthana Kubba
  - Membership and Stammtisch Coordinator: Mr. Andrew Joines
  - Events Coordinator: Mr. Ermano Bassi
  - Webmaster: open
  - Board Member: Mr. Patrick Weber
9. Election of Auditors 2011. The Board nominates
  - Mr. Peter Sproston
  - Herr Franz Siebert
10. Budget Proposal, 2011.
11. Any other business

As mentioned, members can gather in the Parkhotel Restaurant following the AGM for dinner at their own expense.

### Board Vacancies

Interested in taking a turn helping our club move forward? We are still looking for a webmaster for next year. Express your interest to any current Board member. We'd love to have your involvement!

### REMEMBER The Stammtisch

every Thursday evening  
**18:00-20:00**

Join us in the Park Hotel in Zug.

IMCZ BOARD MEMBERS				
<b>PRESIDENT</b> <b>Patrick Weber</b> 079 509 5839 <a href="mailto:President@IMCZ.com">President@IMCZ.com</a>	<b>VICE PRESIDENT</b> <b>Lars Bertrams</b> 041 710 5532 <a href="mailto:Vice-President@IMCZ.com">Vice-President@IMCZ.com</a>	<b>SECRETARY</b> <b>Muthana Kubba</b> 041 748 0080 <a href="mailto:Secretary@IMCZ.com">Secretary@IMCZ.com</a>	<b>TREASURER</b> <b>Max Leyherr</b> 041 781 3305 <a href="mailto:Treasurer@IMCZ.com">Treasurer@IMCZ.com</a>	<b>NEWSLETTER EDITOR</b> <b>John Hosking</b> 056 631 6420 <a href="mailto:News@IMCZ.com">News@IMCZ.com</a>
<b>MEMBERSHIP COORDINATOR</b> <b>Hal Trufan</b> 078 633 2072 <a href="mailto:Membership@IMCZ.com">Membership@IMCZ.com</a>	<b>EVENT COORDINATOR</b> <b>Ermano Bassi</b> 041 711 8787 <a href="mailto:Events@IMCZ.com">Events@IMCZ.com</a>	<b>WEBMASTER</b> <b>Phil Woodford</b> 041 758 0940 <a href="mailto:Webmaster@IMCZ.com">Webmaster@IMCZ.com</a>	<b>BOARD MEMBER</b> <b>Paulo Arend</b> 076 310 6737 <a href="mailto:Board@IMCZ.com">Board@IMCZ.com</a>	<b>BOARD MEMBER</b> <b>Roger Brooks</b> 041 790 1090 <a href="mailto:Roger@IMCZ.com">Roger@IMCZ.com</a>

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



## IMCZ Special Stammtisch with Muthana Kubba

Our own Muthana Kubba, steadfast contributor to this newsletter, secretary and Honorable Member of the club, is also the author of a book relating his experiences in Iraq and Europe. He's kindly offered to speak about some of those experiences at (another!) special Stammtisch. See the notice about *Between Two Worlds*, on page 13.



**Date:** Thursday, January 20, 2011  
**Time:** 18:00–20:00  
**Venue:** Walchwilersaal, Parkhotel  
**Cost:** Beverages at individual member's expense  
**Contact:** Ermano Bassi at [events@imcz.com](mailto:events@imcz.com) or by phone at 041/ 711 87 87 – mobile 079/ 633 00 06.

## Air Pistol Shooting Event

Another chance to see if you have a steady hand and can hit your targets. Led by a professional trainer and organized by Max Leyherr.

**Date:** Tuesday, January 18, 2011  
**Time:** 19:00–21:00  
**Venue:** Shooting Stand in the Bunker next to Hallenbad Herti, St.-Johannesstrasse 36, 6300 Zug  
**Meet-up:** Either in the shooting stand or at the entrance to the Hallenbad Herti. I will come to the entrance of the Hallenbad at 18:45 and 19:00 and 19:15 latest to collect all who don't find the bunker. —Max  
**Cost:** CHF 10 (incl. Apéro)  
**Contact:** Max Leyherr at [max@leyherr.com](mailto:max@leyherr.com) or 076/272 38 22 (no mobile reception in the bunker).



## Annual Burns' Supper



Calling all culture seekers... The IMCZ Burns Supper is the biggest Scottish event of the year... well certainly in January.... or at least the second half of January. This is the 15th year that IMCZ will be celebrating the birthday of Scotland's National poet, Robert Burns. We will also be welcoming members of the ZIWC and their guests. It is a unique evening giving the opportunity to taste real Scottish atmosphere, formal and informal at the same time.

The evening will be the traditional Scottish Fare with the rousing sound of bagpipes from our guest piper, a traditional Scottish menu including haggis (don't worry, it's optional), extracts from the works of Robert Burns from our line-up of international guest speakers (one serious, the rest funny), lots of people dressed in kilts and liberal doses of *Uisge'beah* (whisky).

For a whole evening of entertainment and a four course dinner, with plenty drams of the finest Scottish whisky this evening is a "gie-away" for just CHF 65.-.

We would ask that the dress of the evening be in keeping with the traditions of the occasion so a kilt or something similar (or a jacket, tie, etc. if you don't have one) or, as Burns was a man of international outlook, your own national costume (or elements of it).

Remember, the number of guests is limited to 90 so please register now!

**Date:** Saturday, January 22, 2011  
**Time:** 19:00  
**Venue:** The Landhaus Restaurant, Baar  
**Cost:** CHF 65 per person for IMCZ members and their partners; CHF 75 for non-members  
**Contact:** John Stuart at [john.stuart@homatec.com](mailto:john.stuart@homatec.com)

## ZIWC: Ski Day Stoos, Morschach

Come and join fellow IMCZ and ZIWC members and families for a day on the mountain; discover companions at your level, or ski/snowshoe on your own and meet the group for lunch on the mountain (venue TBA). Stoos is a lovely, car-free village with reasonable runs for a day's skiing, as well as a plethora of snowshoeing trails – all taking in the breathtaking views of the Vierwaldstattersee and surroundings.

It takes only 30 minutes to drive from Zug to the bottom of the lift in Morschach. It may be possible to carpool (please enquire at time of booking). Please wear suitable clothing and be prepared for foul weather as well as fine. Event subject to weather and snow conditions. All costs to be met by participants.

**Date:** Saturday, January 29, 2011  
**Time:** 9:00  
**Venue:** Carpark in Morschach for the cablecar to Stoos  
**Contact:** Jacki Griffiths at [programmebookings@ziwc.ch](mailto:programmebookings@ziwc.ch), 041 710 55 22  
**Deadline:** Book with Jackie by Thursday, 27 January, 2011



## Not all trans-fatty acids are alike

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

In the light of emerging new evidence on the maybe not so dangerous as previously believed saturated fatty acids (SFA) a new global killer is rising: trans-fatty acids (TFA). Trans-fatty acids naturally occur in animal-derived food sources in low amounts and, hitherto, also in partly-hydrogenated industrial plant oils. TFA are considered to enhance the risk of coronary heart diseases. But there is a huge difference in the profile of TFA from natural animal or industrial plant origin.

First, vaccenic acid is the most abundant TFA in ruminant milk and fat and the precursor of the beneficial conjugated linoleic acids, some of them also with TFA structure. Second, in partly hydrogenated fat TFA may sum up to 60% of total fat, whereas in animal-derived fat TFA remain below 10% of total fat. In recent years the food industry tried quite successfully to eliminate TFA in their products by hydrogenating the plant oils and fats completely (instead of partly). In consequence, all the unsaturated fatty acids in their plant oils became saturated, too. Or, where possible, native palm fat is used because of its technologically advantageous properties. Both solutions are only partly satisfying regarding health because of a suboptimal fatty acid composition due to their origin.

Very likely due to their different nature TFA from animal sources do not constitute a risk for coronary heart diseases. One of the studies reinforcing this opinion found remarkable results (*Biong, 2008, Int J Foo Sci Nutr*). In spite of a 15% higher dairy fat intake, total intake of SFA was similar, but total daily TFA intake (3.8 vs. 4.7 g) was lower, i.e. advantageous in the higher-dairy fat diet compared to the control group. Another recent study found the most favourable blood lipid profile in subjects with a moderate intake of ruminant TFA compared not only to a high-TFA but also to a low-TFA (from any source) diet. Again another study indicates that specific conjugated linoleic trans-fatty acids of animal origin may reduce total SFA as well as total omega-6 fatty acids (which is advantageous in regards of a beneficial omega-6:omega-3 ratio). Such outcomes debilitate the often heard provisos against the consumption of full-fat dairy food, i.e., a concomitant high intake of SFA and TFA.

A very interesting British study compared the fatty acid profiles in meat-eaters, vegetarians, and vegans (*Rosell, 2005, Am J Clin Nutr*). It was demonstrated that eating meat caused a much higher plasma content of rumenic acid (a conjugated linoleic trans-fatty acid) compared to vegetarians (67%) and vegans (38%). Besides, vegetarians and vegans showed also 30-60% lower contents of the health promoting omega-3 fatty acids and mono-unsaturated fatty acids. What one might call a healthier fatty acid profile in meat-eaters stands in contrast to the widely accepted assumption that vegetarianism constitutes a healthier regimen. Even more, the ratio of the essential fatty acids called linoleic acid to alpha-linolenic acid was also more advantageous (i.e., lower) in meat-eaters than both vegetarians and vegans (21.9, 24.5, and 27.5 respectively). Higher omega-3 fatty acids along with an improved omega-6:omega-3 ratio when consuming animal products was already found many years ago (*Weill, 2002, Annals Nutr Metab*), supporting present evidence.

How these data add to a thinking-over of the actual nutritional fat – especially of animal origin – and meat intake recommendations is uncertain. Studies certainly show that less carbohydrates, more protein and fat (not to forget more fibres) most probably are beneficial to health. But one cannot simply equate the predominating meat and fatty acid profile in nowadays' nutrition with the preferable fat profile. There are important differences between the lipid profiles in food derived from grass- and crop-fed cattle and dairy cows. Nevertheless, in conclusion all of these results provide further support to the theory that dietary ruminant TFA at a high, but naturally achievable intake has no detrimental effect on blood lipids, and that some TFA sub-groups even are health-promoting.

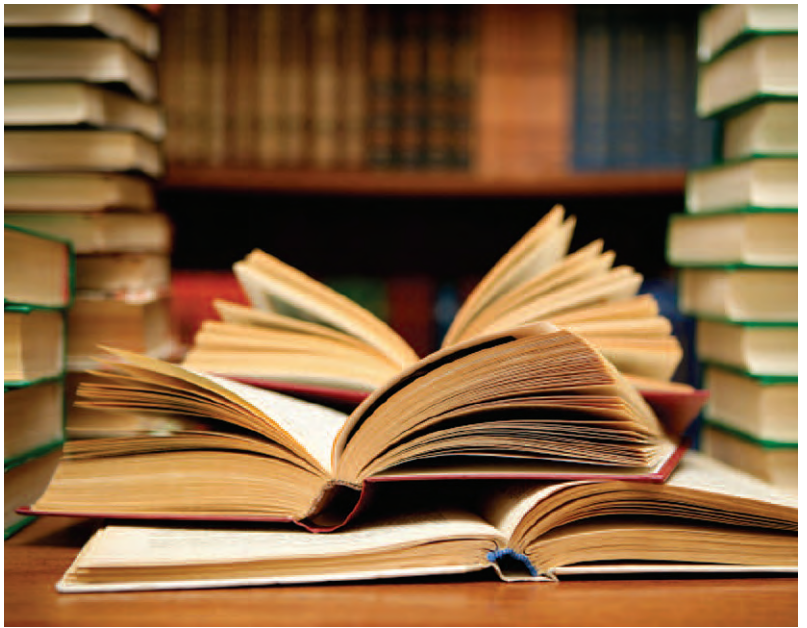




The Reading Circle has selected its roster for 2011, its sixth year of operation, and will meet at the Stadt- und Kantonsbibliothek to discuss the following books:

- 24.02.2011: **Amsterdam**, Ian McEwan
- 24.03.2011: **The Sea, The Sea**, Iris Murdoch
- 28.04.2011: **The Sun Also Rises**, Ernest Hemingway
- 26.05.2011: **Invisible**, Paul Auster
- 30.06.2011: **The Complete Talking Heads**, Alan Bennett
- 04.08.2011: **The Thousand Autumns of Jacob de Zoet**, David Mitchell
- 08.09.2011: **Edible Woman**, Margaret Atwood
- 20.10.2011: **The Finkler Question**, Howard Jacobson
- 01.12.2011: **Censoring an Iranian Love Story**, Shahriar Mandanipur

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



**sumners  
graphics  
inc.**

we build  
websites.

Sumners Graphics is well-known for their awesome photography and print design, but we also put all that effort into website design.

**We just thought you should know.**

[sumnersgraphics.com](http://sumnersgraphics.com)

## Dancing Data

Contributed by IMCZ Secretary Muthana Kubba

Those of you who read the *Economist* would have seen “The Technology Quarterly” in the December 11-17th edition. The last article in this section caught my undivided attention. I have always been aware that in this day and age, the amount of data available and gathered is increasing at an exponential rate. Just take a look at the annual directory of our club. With fewer than 300 records, the database is not even large by any standard; however just contemplate how much information is contained in them.

Each *record* has besides the basic data like name, address, telephone number and e-mail address, a host of other information: nationality, age, hobbies, marital status, number of children, languages spoken, profession, employer, date of joining the club, etc.

We tried to summarise some of these data in the directory, e.g., listing the names of members against various hobbies, against place of residence or nationality. Such statistics are interesting and sometimes quite revealing, e.g., there are more Iraqis than Austrians in our club! However, no matter how one presents those statistics in the traditional ways: bar graphs, histograms or pie charts, we can hardly find trends or reach meaningful conclusions.

Obviously what is needed is a new way of presenting and digesting data, so that it can be analysed and understood with minimal difficulty. Imagine if we had instead of 300 records, 3 million, or, if we were to add one more dimension to our club example, e.g., Stammtisch attendance, how can the data then be presented so that all the various factors and trends are clearly displayed, visualised and understood?

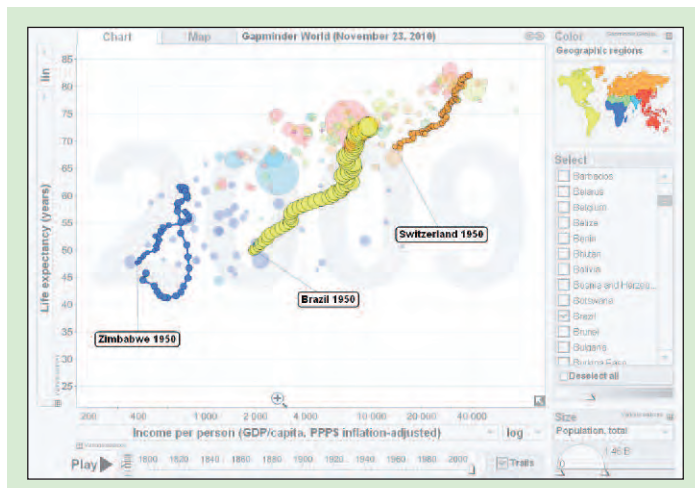
The problem is by no means purely an academic exercise. Supposing it is required to establish the relationship between life expectancy and annual monthly income in the various countries and continents over a period of time of 30 or 50 years. Ponder for a while on the reams of data which needs to be presented and digested in less than five minutes: Average annual income per person and life expectancy over 50 years for almost 180 countries. This has always been the weakness of statistics: a deluge of data, figures and numbers, but no oversight, no way to visualise these data and digest them. No matter how many PowerPoints one makes with all sorts of graphs, the essence has always been missing.

Well this has been true until a certain Professor Rösling from Sweden came on the scene. He devised new ways of visually presenting the most complicated sets of data, in such a way that digesting them and drawing the right conclusions has become straightforward even for the untrained eye, no matter how many dimensions are involved.

### Dancing Bubbles

By way of illustration, let us tackle the problem mentioned above. We need to establish the relationship between incomes per capita against life expectancy, over, say the last 50 years for three countries in three different continents. We also like to show the size of the population of these countries over that period of time.

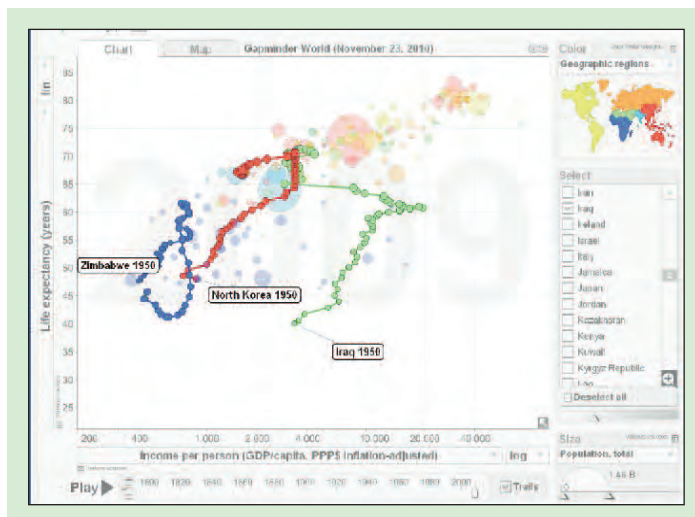
On the vertical scale we have the life expectancy on a linear scale, whereas on the horizontal scale we have the average annual income per person in inflation adjusted US\$. The horizontal scale is logarithmic, i.e. the smaller incomes are stretched in order to make them visible. The sizes of the respective bubbles are proportional to the population of the countries at that particular year. The time scale at the bottom has a pointer which can be moved left or right to display the statistics of the countries in question for any year.



Please take a good look at the graph above. It was obtained by selecting the three countries shown from the right pane, then moving the years pointer to 1950, and clicking “Play”. The year 1950 was displayed in the background, and then slowly the years rolled by, up to 2009. As the years roll by, the position and size of the bubbles changes. For Brazil the size of the bubble increases indicating increasing population, whereas in Switzerland the increase is much smaller. Also the trends are very visible: higher income results in higher life expectancy, furthermore the imprint of President Mugabe in Zimbabwe is obvious.

### Wars and Dictators

Indeed the trail for Zimbabwe is most intriguing. In the later years of the time period in question, decreasing income results in increasing life expectancy. In order to investigate this unusual phenomenon, we look into other countries which had the misfortune of having a dictatorship. I chose, my home country, Iraq, North Korea and Zimbabwe. The resulting graphs are truly telling.



**North Korea:** The vertical bit where life expectancy increased from 65 to 73 years without increase in personal income is typical of a dictatorship or planned economies. Free medical services improved by decree, resulting in higher life expectancies, without any increase in personal incomes. In later years, life expectancy dropped slightly, although average income fell drastically from \$3000 to \$1500. Again this is due to free medical care.

**Iraq:** The effects of wars are clearly visible. Incomes rose steadily over one whole decade (the 1970s), thanks to relative stability and increasing oil revenues, reaching almost \$20,000, then plummeted quickly to \$3000 when the Iraq-Iran war started in 1980, to be followed by the Kuwait war, the crippling UN sanctions and finally the American invasion. Since the invasion, incomes rose steadily, but without a perceptible increase in life expectancy, indicating no corresponding improvement in medical services.

## A Treasure Trove

Mr. Rösling's Internet site, Gapminder, is a true treasure trove. Not only are his programs very user friendly and easy to use and implement, there is a truly vast collection of freely available official data in it. The spectrum covers Child Health, Climate, Disasters, Economy, Education, Global Trends, HIV, Poverty and Technology. Furthermore, the data is up to date and covers a time span of over 100 years up to 2009. The sources for the data are mostly the United Nations or official government agencies. The best part of it, however, is that you can even use your own data to display on his revealing platforms.

In each case, clicking the "Play" button even without ticking any particular country results in a fascinating kaleidoscope of colour-coded bubbles which dance up and down left and right as the years roll by, revealing unseen trends and answering uncomfortable questions.

There is no way for me in this limited space to cover even a small portion of what is on offer or what is possible to do with Gapminder. By way of illustration, here are a few snapshots of what I thought will catch the interest of some of our members and induce them to try Gapminder. I tried to find out if the suicide rates in two European countries (Switzerland and Spain) correlate with any possible factors, e.g., income, unemployment, schooling or participation in the labour force. Here are the results of my search, which clearly shows that there no correlation whatsoever with any of these factors, save possible minor correlation with labour force participation in Switzerland. A very useful tool indeed, especially since Switzerland is notorious for its high suicide rate.

## How to Gapmind

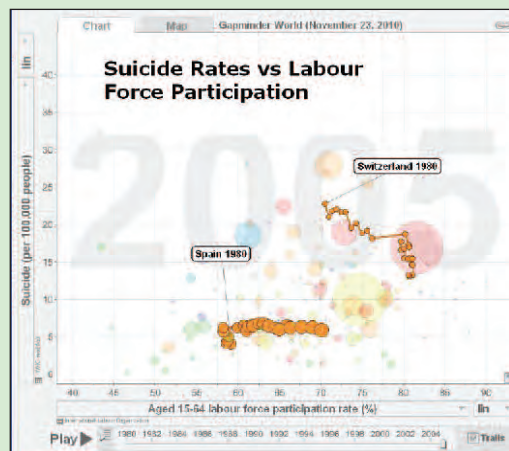
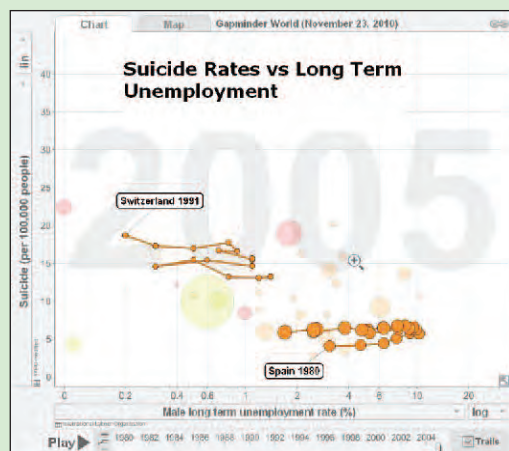
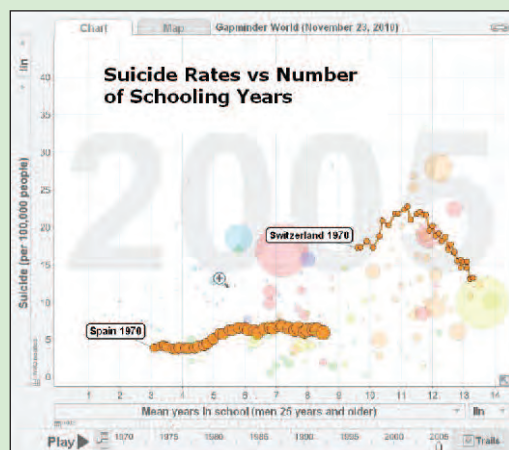
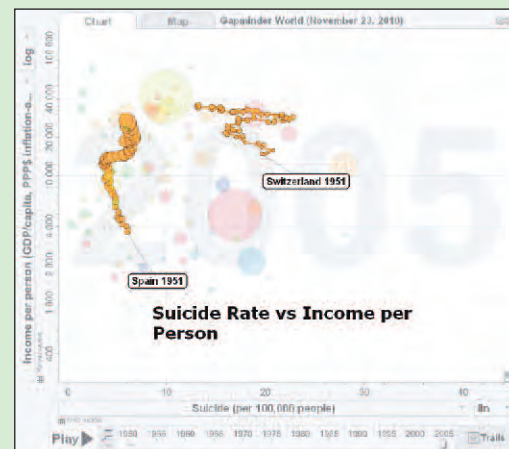
Simply download "Gapminder Desktop" from [www.Gapminder.org](http://www.Gapminder.org) and install it on your computer. Then run Gapminder.desktop.exe. The program runs independently from the Internet.

## Further reading and listening

Check <http://www.gapminder.org/data/> for a list of 438 different statistics ranging from arms exports and imports by various countries from 1960 upwards, to Malaria cases per 100'000. For each of these 438 entries you can run Gapminder and see the trends over the years for the countries involved.

Listen to Prof. Hans Rösling explain his philosophy on data presentation debunking myths about the "Third World"

<http://www.gapminder.org/videos/ted-talks/hans-rosling-ted-2006-debunking-myths-about-the-third-world/>



# Your English Speaking Partner in the Greater Zug Area



**Garage Walter Zimmermann AG**  
**Your Volvo & Renault Team with Quality  
Sales & Quality Service**

**Just Arrived  
Quality Used Cars**

<b>2006 KIA Sorento CRDI</b>	<b>Auto.</b>	<b>CHF 27500.00</b>
<b>2006 LEXUS RX 400h</b>	<b>Auto.</b>	<b>CHF 28500.00</b>
<b>2008 VOLVO S60</b>	<b>Auto.</b>	<b>CHF 29900.00</b>
<b>2009 VOLVO V50 2.0D</b>	<b>Man.</b>	<b>CHF 29900.00</b>
<b>2009 VOLVO XC60 2.4D</b>	<b>Auto.</b>	<b>CHF 56800.00</b>
<b>2009 VOLVO XC90 3.2</b>	<b>Auto</b>	<b>CHF 59800.00</b>



**Mark Shires**

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

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



## Lean back!

You can always **rely** on us.

Your **reliable** partner for printing  
since 20 years.

**repro**tec

Reprotec AG · reprography and printing · Gewerbestrasse 6 · 6330 Cham  
phone 041 747 00 00 · fax 041 747 00 01 · info@reprotec.ch · www.reprotec.ch





From the LANES...

# Event Coordinator Takes (Keeps!) Prize



Here's a suspiciously brief report from Steven Butterworth on the latest round of bowling for IMCZ and ZIWC members and prospective members on December 15, 2010:

It must have been a sign for Stephen left the wine at home and then was top dog winning with the highest game (160) and final total (389) followed by Andy Joines on 383 and Janis Meier on 380 and Roger Dixon on 374 - however the scoring was fairly tightly matched. The first four were only 15 pins apart.

Everyone had a fun evening, lots of chat and laughter and maybe 10 mins before the games testing out the lanes ("Probezeit"). I think that is important, so from now onwards, as soon as I have the full name list before 20:00 we will go to testing.

Lots of strikes and spares!

So that is another year gone by and I look forward to 2011 with Colin Mason's high score in mind!

I would like to wish all the bowlers a pleasant Christmas and a healthy, happy and prosperous new year. Looking forward to seeing you all again in 2011.

— Regards, Stephen

As mentioned, the regular dates for the bowling nights have been changed. The IMCZ's regular bowling event for Club members now takes place on the **3rd Wednesday of every month**. Coming dates in 2011 are: January 19th • February 16th • March 16th • April 20th • May 18th • June 15th

Members are encouraged to come out and cheer for the bowlers if they do not intend to bowl themselves.

The evening opens at **19:30**, the **crush of strikes and thrill of spares starts at 20:00**, and the event is open to registered and prospective IMCZ and ZIWC members. Early arrival to assure good shoes, a good ball and some liquid calisthenics is encouraged. **Reservations are required**, since the venue must be notified of how many bowlers to expect. Please **contact Steven Butterworth by the preceding Monday** via e-mail or phone, [butterworth.sp@gmail.com](mailto:butterworth.sp@gmail.com) or **041/790 4172**. If you register to bowl and can't attend, you must let him know by the preceding Monday. The IMCZ No-Show policy applies. The cost for a regular (not a Challenge) evening is CHF 16.50 for two hours of bowling and shoe rental — a bargain indeed — and concludes at 22:00.

BOWLER	SPARES	STRIKES
Stephen Butterworth	4	8
Roger Dixon	5	7
Rolf Ekman	6	6
Janis Meier	8	6
Andree Marcel	5	5
Colin Mason	4	5
Andy Joines	8	5
Paul Trieglaff	7	4
Erik Naeser	5	3
Jack Sami	7	3
Sheb Powell	7	1
Marius Zimmermann	7	1





## From the SLOPES... **SKI GEAR ESSENTIALS**

### From Ski Jackets to Lift Access Watches *Contributed by IMCZ Member Joseph Dow*

Now that the holidays are behind us, it's time to get down to some serious skiing, folks! So, I decided to compile a list of the various items you might want to get to make your skiing days more enjoyable. Below, you will find a comprehensive checklist that you can print out and use when planning your next ski vacation or day trip. I thought I would also comment on a few essential pieces of gear in more detail:

#### Ski Jacket

Okay, other than skis, this is the first item a lot of us think of when we think about skiing. As I'm always prone to nostalgia, you may have seen me in my 18-year old, French Degre7 jackets. I figured if it ain't broke, why change, right? Well, last year, I gave in and bought a new Kjus ski jacket to update my style, a bit. I thought my Kjus was the cat's meow until I heard about this little Swiss brand, Mountain Force ([www.mountainforce.com](http://www.mountainforce.com)). Wow, are these nice jackets! The style is understated cool; something you could imagine James Bond wearing if the producers weren't being paid off by Bogner (can you believe Bond is wearing an Omega instead of a Rolex? What is wrong with this world?!!) Anyway, I tried on a few Mountain Force jackets and pants recently at Jelmoli and was amazed at how lightweight they seem and how non-restricting they fit. It must be kind of like skiing in a comfy pair of pajamas but without any extra bulk or noisy, flapping material. A quick look at their website reveals a premium, high-end mark with garments loaded with all kinds of high-tech performance materials and construction techniques that some of our members with engineering and science backgrounds will need to explain to me. Ultrasonic welding? Laser-cut bonding? Ceramics laminated into the fabric of the jacket? Huh? It sounds like NASA is now making skiwear! Sounds good to me.



Well, I told you that Mountain Force was a Swiss company. It so happens that the new CEO, Roman Stepek, is the husband of Gerie Servi, a prominent member of our sister club, the Zug International Women's Club! It's funny how it's such a small world here in Switzerland. Hopefully, Gerie will help convince Roman to grant me an interview for an upcoming issue of this newsletter to explain the function of all these high tech features and how they add to our comfort on the slopes.

#### Ski Poles

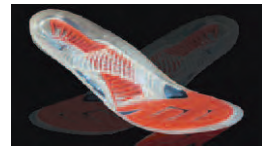
Back in the old days before the advent of shaped skis, good pole plant technique was very important to proper form. At my usual skiing areas in New England in the Eastern US, rock-hard conditions were the norm and the constant shock of pole planting left my wrists painfully sore. I tried every kind of pole, including a pair with a spring shock-absorber in the handles. Then, I discovered the Goode Carbon Composite pole ([www.goode.com/skipoles.html](http://www.goode.com/skipoles.html)). I still have my original pair and they must be 20 years old. Believe it or not, I feel these are my most valuable piece of skiing kit as they completely remove the shock to the wrists. Plus, they are so thin that there is no wind resistance. I cannot understand why this material hasn't completely replaced the aluminum pole by now.



#### Ski Boots and Customization

There is nothing more uncomfortable on a ski day than ill-fitting boots. If you are unlucky like me and have less than perfect feet, you will need some expensive boot fitting and modifications to your ski

boots. Believe me, it's worth every Rappen! All of the major brands make good boots, so get the ones that fit you best. I prefer Salomon because they fit my feet well, after major modifications involving heating, stretching, grinding, aligning, etc. I also highly recommend a custom footbed, which supports your foot, keeps it in the correct position and prevents shifting that can cause friction and irritation to the shin. The Aline footbed ([www.aline.com](http://www.aline.com)) is a stock insert that is as good as most custom-fabricated models at a much lower price. The use of a liner under your ski sock can also help dissipate the friction at the shin.



#### Ski Lock

I know you may think Switzerland is a fairytale land, but let's be realistic. If you have nice skis, which all seem to cost upwards of Sfr. 1,000, it is a smart move to lock them up with a compact combination lock featuring a recoiling cable that fits in your pocket ([www.kryptonitelock.com](http://www.kryptonitelock.com)). I've never had a pair of skis stolen in over 30 years of skiing because I always lock them up.



#### Helmet and Goggles

It seems everyone wears a helmet nowadays. And, I have to say my POC Skull X helmet ([www.pocski.com](http://www.pocski.com)) probably saved my life two seasons ago when I had that big crash at Hoch-Ybrig. However, I still haven't found a suitable facemask that works well with a helmet and doesn't cause the goggles to fog up. Let me know if any of you have a viable solution. Fortunately, I can only think of three days in four seasons where I actually needed a facemask. In New England, it seems every day is a facemask day. Warm or cold, I always wear ski goggles since I wear contact lenses. For flat light conditions, you will want an orange lens but later in the season, it can get quite sunny, especially at altitude in the Valais, so a dark, mirrored lens is a good option. The best goggle I have ever used is the POC Lobes goggle, which comes in many lens colors, including a very dark black lens. It is very easy to switch out the lenses on this goggle, so buying a second lens for different lighting conditions is a good option.



#### Swatch Snowpass Ski Watch

I know you guys like to show off your Rolliers, Pateks and Vacherons, but Swatch makes a line of watches containing a special microchip that can be loaded with your ski pass, whether it is a day pass or a season's pass. ([www.swatch.com/zz\\_en/snowpass/howitworks.html](http://www.swatch.com/zz_en/snowpass/howitworks.html)) You can pass through the turnstiles with a wave of your hand, unless you are at Engelberg, which seems to be the only ski area in Switzerland that doesn't recognize the Snowpass system. Muthana, see what you can do about that, ok?

#### Possible ski trip:

Ermano and I are talking about a possible ski weekend for the IMCZ. Last year, we had a great time. If you guys are interested, you have to let us know.

#### NEXT MONTH:

Hopefully, I will get to one of the smaller areas at Davos or the Parpaner Rothorn at Lenzerheide and be able to give you some insider tips.



## Ski Gear Checklist

### HARDGOODS

- Skis, mounted with Bindings
- Ski Boots, fitted with Custom Footbeds
- Ski Poles (Carbon)
- Helmet w/ bag
- Goggles/ Sunglasses w/ pouch/ case
- Rucksack (15 to 30 l.) w/ ergonomic straps
- Approach Boots/Shoes/Mocs (Gore-tex)
- Armor: Back Protector, Crash Shorts
- ABS Pack & Transceiver (for powder skiing)
- Portable Snow Shovel (for powder skiing)
- Ski Tracers (for powder skiing)

### SOFTGOODS

- Ski Jacket (Insulated or Shell)
- Sweater/ Fleece Jacket/ Down Inner Jacket
- Mid-layer, top/ Turtleneck (Merino Wool or Synthetic)
- Base-layer, top (Merino Wool or Synthetic)
- Ski Pants (Insulated or Shell)
- Long Underwear (Fleece or Merino Wool)
- Wind Brief, Compression Shorts
- Hats
- Face Mask, Balaclava (Silk or Merino Wool)
- Neck Gaiter (Fleece or Merino Wool)
- Ski Gloves, Approach Gloves, Glove Liners
- Ski Socks (Merino Wool) and Sock Liners

### ADDITIONAL ACCESSORIES

- Cellphone w/ Camera
- Swatch Snowpass Watch (in use almost everywhere in Switzerland except Engelberg)
- Swiss Army Knife, Mini-Carabiners
- Tip Ties & Boot Toggle
- Compact Ski Lock (recoiling combination or cable w/ key)
- Ski Bag, Boot Bag, Binding Cover
- Tuning gear: Rub-on wax, polishing roller/cork, diamond stone, base brush, brake retainers
- Sunblock & Lip Balm
- Daily Disposable Contact Lenses (if needed, of course)
- Water Bottles
- Plastic Bags
- Napkins & Tissues
- Snow 'n Rail Pass from the SBB
- Ski Area Trail Map
- REGA card



## Baarer Taxi

041 760 51 51  
078 881 31 66

Airportservice • Regional • 24 Stunden-Service

[www.baarertaxi.ch](http://www.baarertaxi.ch)

[baarertaxi@bluewin.ch](mailto:baarertaxi@bluewin.ch)



Welcome to a classic pub at its best!

**Try from our large selection of  
International Beers**

**Full selection of international Sports on 5 screens**

**Open for lunch and Dinners, serving  
traditional Pub Food**

**Special Events throughout the year!**



## PUB EVENTS

**Monday, January 17 at 19:00**

**Burns Day Party**

Celebrate Burns Day the Scottish Way

---

**Saturday, February 19 at 20:30**

**Live Music with "Shotgun Momma"**

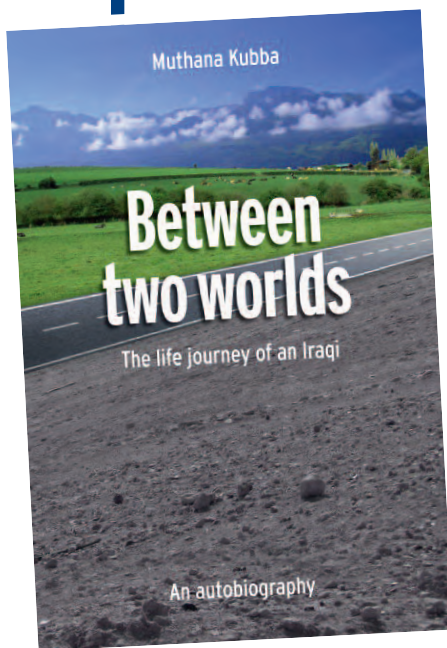
---

**Sundays are Game days at Pickwick Zug**

Come down and have some fun!

# Stories from Baghdad

Come and listen to a unique collection of stories and anecdotes from the land of 1001 nights, by someone who was born and bred there



IMCZ member Muthana Kubba shall give a speech in a special Stammtisch on Thursday January 20, 2011 at the Walchwiler Saal in the Park Hotel. He shall introduce his new book, *Between Two Worlds* and quote some stories from it. Personally signed copies of the book shall be available after the speech

Iraq has dominated the news for well over a decade. The general perception of the country has been overshadowed by Western media reports of violence and upheaval during and after the 2003 war which toppled Saddam Hussein. But what was life there really like, and how is it today? And what are the main differences between this ancient culture and life in the brash West?

One of the few people personally qualified to draw this contrast is Muthana Kubba, an Iraqi, successful first as a respected engineer in Baghdad, and then as an international entrepreneur in Europe. He tries hard to reconcile and understand both worlds.

Join him in a series of journeys from life in the marshes of Southern Iraq to the intricacies of Codecs, from ruthless dictatorship to Swiss mountain tranquillity, from soft spoken academia to vicious grey wolves of the business world, from British decency to blows below the belt. A fascinating trip by any account.

The book is full of real life anecdotes and short stories, and gives a unique personal insight into the inner workings of the Iraqi mind and society, as well as a glimpse into the world of international business and its intrigues. A rare opportunity to experience both sides of one of today's foremost topics.

Muthana Kubba • **Between two worlds** • The life journey of an Iraqi • An autobiography



## HUMOR • IMCZNEWS

### Quickies

War does not determine who is right — only who is left.

Do not argue with an idiot. He will drag you down to his level and beat you with experience.

Evening news is where they begin with “Good evening”, and then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism. To steal from many is research.

A bank is a place that will lend you money, if you can prove that you don't need it.

A clear conscience is usually the sign of a bad memory.

A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.

Some cause happiness wherever they go. Others whenever they go.

To be sure of hitting the target, shoot first and call whatever you hit the target.

Behind every successful man is a woman. Behind the fall of a successful man is usually another woman.

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.

Always borrow money from a pessimist. He won't expect it back.

I used to be indecisive. Now I'm not sure.

Light travels faster than sound. This is why some people appear bright until you hear them speak.



by IMCZ member David Harris

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

## The National Museum of Computing - UK

<http://www.tnmoc.org/>

The National Museum of Computing is dedicated to showing the development of computing in its broadest sense from the pioneering wartime efforts that resulted in Colossus, to the products and systems we use today. The museum is part of the whole Bletchley Park experience, and all visitors to the park can visit the museum free of charge when it is open. The museum houses the Colossus computer, an exhibition of the most complex code cracking activities performed at the Park, and enhances the Park visitors' experience by continuing the history of the development of computing from the 1940s to the present day.



## Cooking for Engineers

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

Have an analytical mind? Like to cook? This is the site to read.



## A to Z World Airports

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

Listed here are contact details and additional information on some 1,600 airports around the world. In most cases the information includes full personnel contacts, airport location, traffic figures, airfield data, cargo and passenger facilities and a map.



## Bach Track

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

If you love classical music, Bachtrack helps you find out what's on near you and plan your trips away. The database has many thousands of the top events across the world: you can search for concerts, opera, ballet or all three at the same time. It is unbelievably easy to pin-point whatever interests you, so you can search for a composer, a favourite performer, a particular place or much else.

## The Bellona Foundation

<http://www.bellona.org/>

The Bellona Foundation is an international environmental NGO based in Norway. Founded in 1986 as a direct action protest group, Bellona has become a recognised technology and solution oriented organisation with offices in Oslo, Brussels, Washington, St Petersburg and Murmansk.





language refinery

- Optimizes structure, content and style of your corporate documents to make them truly representative.
- Focuses on science and technology-based industries, on finance and consulting, applying detailed sector knowledge and analysis and communications experience.
- Supports leading international corporations, CEOs, investor relations, communications, business development, marketing and human resource departments.

**Andrew DeBoo,**  
Managing Director [www.language-refinery.com](http://www.language-refinery.com) / +41 (0)41 760 11 80





Although the December puzzle was quite easy, there was little response to it. Probably the holiday season has to do with the poor response. Holger Infeldt submitted the only correct answer and he is the winner. Congratulations Holger, your drinks for the next Stammtisch are on the house.

With 24 dues, this month's puzzle appears simple; well, it isn't. In fact the Einsteins of the club are invited to show their muscle in solving it. The deadline for receiving solutions is January 31st. The winner shall be drawn from the pool of correct solutions received.

The easiest form in which the solution is sent, is nine rows of nine numbers in a Word document or an email. In every Sudoku, every digit between 1 and 9 occurs exactly once in each row, column and 3x3 square. Please send your answers to [muthana@trasco.ch](mailto:muthana@trasco.ch)

## Sudoku

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

### Solution to the December 2010 Puzzle:

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



## Members' Marketplace

Are you **selling** your yacht (harboured in Piraeus)?  
Your Aston-Martin old-timer with the roll top roof?  
A gorgeous view of the Bay of Biscay,  
with a little bit of house attached?  
Or are you **cashing in** the half of your stamp  
collection that is finally worth something?  
Perhaps you're **looking** for all of these things?

### Then ADVERTISE here, in the IMCZ News;

The Members' Marketplace is reserved for unformatted advertisements of 150 characters (approx. 3 lines) of text. These are free of charge to IMCZ members.

Advertisements must be submitted as illustrated below. Longer advertisements cost CHF 30.-

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

### WANT TO SELL QUEUE MANAGEMENT SYSTEMS?

Member Holger Infeldt represents the Swedish firm Tjeders Industri AB, manufacturer of rather straight-forward systems based on pre-numbered paper tickets for the customers waiting in line, combined with LED displays showing the ticket-number presently being served.\* Holger will give up his activities next year (2011) and is looking for somebody interested in continuing his business. The time required is very limited, so the business is not self supporting but ideal as a supplement for an existing activity.

Contact: [infeldt@swissonline.ch](mailto:infeldt@swissonline.ch) Tel.041/741 1575

\*About 10 years ago Holger introduced the sophisticated computer-based Q-MATIC system in Switzerland (used by the Swiss Post)

## Members' Marketplace

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

**Skis:** Volkl P50 SL Carver, silver w/ yel., 177cm, Slalom carving ski, Sfr.225 Or Volkl P40 F1, red w/ blk, 193cm, GS racecarver Sfr.175. Both w/ Marker bindings. Made in Germany, exc. cond..  
Joe, [jjdow@hotmail.com](mailto:jjdow@hotmail.com).

## IMCZNEWS Advertising Rates

**Circulation:** 255 plus online download.

**Issued:** Monthly

**Format:** A4 vertical, full color.

**Ad content delivery:** electronic by e-mail, .pdf, .jpg, .gif

### Advertising Rates:

- Full page, A4 vertical. (19 x 27.7 cm), 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) Fr. 45.-

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

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

