

IMCZNEWS



AUGUST 2011



Editorial Participation

It doesn't do any harm to reiterate the obvious sometimes, namely that our club is made up by and for its members. As such it can only survive and thrive if its members participate in its activities. Of course our annual barbecue is imminent (Sunday August 14 in Unteraegeri). This, as well as our lively weekly Stammtisch, are among our highlights. However, I am referring to other additional activities: activities which leave a permanent imprint and which can be enjoyed by all the members irrespective of whether they are in town or abroad. I am referring to our monthly Newsletter. Indeed, in the past few years, the Newsletter has evolved into a true face for the club, both admired and envied by other clubs and societies.



Again, it can only thrive and continue to hold its position if the members participate and support it. The contributors have always been the same over the past several months. Their contributions have kept the Newsletter alive, and unreserved thanks and appreciation is due to each and every one of them. But we need more. More variety and more perspectives are called for.

If you have just come back from an enjoyable holiday in an exotic location, spare the club a few hours and write a short essay with a couple of photos. That goes a long way towards livening up the Newsletter. If you just had a very interesting experience in your work, be it meeting an exceptional person or surmounting cultural differences in closing a new deal, tell about it and let us share your experience. Please, do not worry if you think that your English is not sufficient. Every essay shall be edited, but your name shall appear in print, and your contribution shall go into the records.

I sincerely look forward to more contributions and I wish all a great summer time and pray for better weather.

Muthana Kubba
Joint Newsletter Editor
secretary@imcz.com

IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Rohit Saxena

Rohit hails from India, and is a commodity trader. He lives in Affoltern am Albis and likes sports, music and travelling.

David Underwood

David is from USA speaks both English and Spanish. He loves cycling, skiing, fishing, hiking and the theatre.

The Club would love to know more about new members and any elaboration shall be welcome

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- AUGUST 14TH: Annual Barbecue in Unteraegeri, 'Scandinavia at a Glance'
- AUGUST 17TH: Bowling at Bowling Centre, White Line, Meierskappel
- SEPTEMBER 14TH: ZIWC Annual Golf Tournament, Holzhäusern
- SEPTEMBER 21ST: Bowling Competition, Centre White Line, Meirerskappel
- OCTOBER 16TH: Round the lake Walkathon, Start and finish at Pickwick
- OCTOBER 20TH: Joint Stammtisch with ZIWC
- NOVEMBER 24TH: New Members' Reception



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

Join us at the Park Hotel
lobby or back garden





Miscellaneous Happenings

Annual Barbecue in Unteraegeri, 'Scandinavia at a Glance' Sunday August 14



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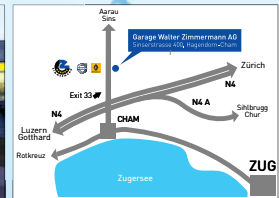
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Board Member bios are posted under the following link: <http://www.imcz.com/Board.asp>. Go ahead and check them out!

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Cow, goat, or sheep milk – does milk belong to a natural diet at all?

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

There are still opposing opinions about the nutritional value of milk. Some point to the fact that a majority of humans lose their ability to produce lactase, the necessary enzyme to digest milk sugar (lactose). Others, including myself, insist on the high nutritional value in many aspects: protein, calcium, phosphor, even milk's fat composition. Another argument is that no mammals, pre-agricultural hunter-gatherers included, drank and drink milk during their adult life. But here is the point where we have to define, what kind of nutrition we are talking about. Given that we want as natural a diet as possible, is it a species-appropriate diet, or is a diet promoting a long-lasting life in good health? Which is the "optimal nutrition"? Milk is a good example for thinking about this argument. If one considers milk as "unnatural" for any of the above reasons, an optimal nutrition in terms of longevity in good health is almost impracticable.

First of all, not all milk is alike. Human breast milk contains a protein ratio of 70% whey to 30% casein, whereas cow's milk protein consists of 20% whey and 80% casein type proteins. Infant formulas are adapted by blending whey and casein protein powders in a human milk like ratio. But goat milk, for example, is much closer to the protein ratio of human milk, contains significant amounts of prebiotic oligosaccharides (for gut health), is low in lactose (also digestible with lactose intolerance), and its fat profile is healthier. The latter is probably partly due to grass feeding and is reflected in higher contents of conjugated linoleic acid, omega-3 and medium-chain fatty acids. Besides macronutrients there are also differences in micronutrients such as immunoglobulins, growth factors, etc., the relevance of which is not sufficiently examined.

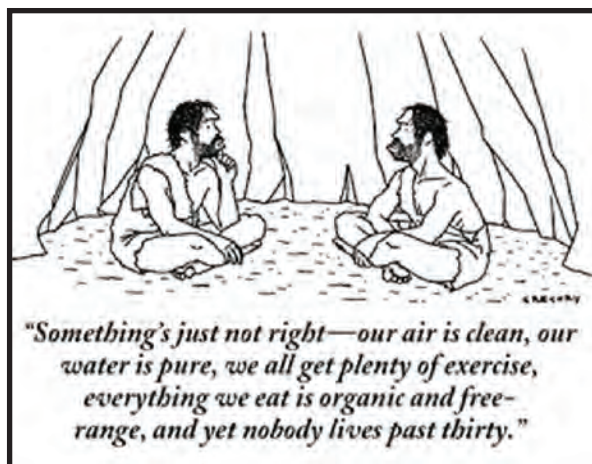
Another argument used against milk is its content of saturated fatty acids (SFA), which is higher than in most plant sources. However, a new meta-analysis – remember: that is about the highest level of evidence – showed no association

between dietary saturated fats and cardiovascular disease risk (Siri-Tarino, AJCN, 2010). 21 studies were jointly analysed. Of the 347'747 healthy subjects some 11'000 developed a cardiovascular disease (CVD). But the results of the analysis found no significant correlation between high intake of SFA and an increased risk of coronary heart disease, stroke or CVD. Interestingly, this outcome contradicts the recently reaffirmed opinion of the World Health Organization (WHO), which still states that replacing SFA with polyunsaturated fatty acids may reduce CVD risk. I mentioned previously that nutritional recommendations do not always reflect the evidence, but often are clouded with health-, socio-, and/or environmental-political motives. This is not necessarily evil, but it is a fact! Under this premise it is understandable that, for example, protein and omega-3 fatty acids recommendations have to be somewhat conservative, seeing the limited resources of our planet and the social implications. Otherwise, a far bigger proportion of our planet's population would have to be considered malnourished – with all its social and political consequences. That is the "achievements" of the WHO and other organisations in their fight against undernourishment would lose a lot of their shine, and their nutrition recommendation



goals would become quite idealistic - if not to say sheer utopia!

It is cynical in a way, of course, but I do not say that optimal nutrition is a must to achieve. I just try to figure out what optimal nutrition would look like. This also can be looked upon as utopian, because we are not able to eat as "optimally" as we know we should, due to the lacking availability in an industrialised world. Anyway, from a fatalistic point of view, optimal nutrition only exists under ideal conditions, i.e. combined with plenty of physical activity and may be to our mid-thirties. Beyond that age we are - biologically seen - leaving the "optimal situation" and "optimal nutrition" becomes our crutch in order to prolong life. Seeing that most of us strive for longevity, we try already in our youth to "optimise" nutrition with that goal in mind. That means we worry about the long-term, positive and negative, effects of nutrition, and try to positively influence our old-age health by enhancing or avoiding the intake of certain ingredients or compounds of our diet. This is probably a different pair of shoes, because we would not have to bother too much about carcinogenicity of certain substances, enough vitamin D and calcium for our bones and teeth, the right fatty acids, etc. if our life span would end in our mid-thirties! But everybody wants to live forever – and stay young, of course. So, drinking milk and milk products is certainly not an "all-natural" part of our diet, but it surely is the most difficult to substitute for with a long healthy life in focus!





The End of Dictatorships

Contributed by IMCZ Secretary and Joint Newsletter Editor Muthana Kubba

As a rule politics do not belong to this Newsletter. However, this article is not about politics, it is much more about media and human nature. The major single instrument of totalitarian forms of governments has always been the use of fear. Instill fear in the heart of each and every citizen and he or she shall abide and accept anything the central government decrees. To this end it was imperative for the central governments of such countries to exercise total control on the media in all its forms.

It is difficult for people who have never lived under such regimes to imagine what it is like to live there. The prying eyes of the censor are everywhere. Post, telephone, fax and telexes are totally controlled, satellite television is not permitted, and foreign travel is highly restricted. The press is used to rubber-stamp governments' actions. Irrespective whether one were in East Berlin under the GDR (German Democratic Republic) regime, Moscow, Harare or Baghdad, it felt the

communication. The onset of mobile telephony and the Internet has made it virtually impossible to stop communication and networking among the citizens away from the prying eyes of the censors.

The mighty, but often competing security services of all such countries are not in a position to arrest or intimidate 300'000 demonstrators. The Arab spring was born and the fear barrier had fallen as definitely as the fall of the Berlin wall. It is remarkably easy for oppressive regimes to stop foreign journalists from entering into their respective countries or if they were allowed in, to insure that they



be accompanied by minders all the time. However, when these mighty security forces are faced with tens of thousands camera phones, it becomes rather more difficult for them to do anything about the clips made. By the time they have beaten up many demonstrators and smashed as many devices as they could lay their hands on, the images would be already uploaded to YouTube. One protester famously said, **"We use Facebook to schedule the protests, Twitter to coordinate them, and YouTube to tell the world about them"**.

The dictators are facing a serious problem and they still haven't worked out how to deal with it. Saddam Hussein banned satellite television, mobile telephones and the Internet in Iraq and thus managed to stay in power and throw his once flourishing country back into the Stone Age at the same time. China has banned the use of the word 'Jasmine' which has been associated with the Tunisian revolution earlier this year which started the ball rolling. Saudi Arabia has tried to bribe its citizens into subservience. Others, like Syria and Yemen, are using their armed forces to mow down their unarmed protesting citizens, risking being accused of crimes against humanity: a serious crime which overrules the non-interference convention. The dust hasn't yet settled in Libya.

International Freedom Day

The final, rather encouraging, conclusion to the new wind of change blowing across the world, is that the days of oppressive regimes, autocrats and dictators are numbered, thank to the technological advances in communication, be it mobile telephony, Internet or Satellite television. The day when the last autocratic regime on planet Earth falls, should be declared an international freedom day.



same: one is living in a big prison. With no feedback, or what one now calls 'checks and balances', the governments of all these countries commit mistakes and blunders, but no one would dare to point them out. The inevitable result, with the lack of initiatives, frustration with governing idiots and planned economies, is a downward spiral of the economies and well-being of their citizens. Only countries with large unearned income were spared total poverty. The joke which circulated in all the countries of the ex-Soviet Union was, "they pretend they are paying, and we pretend we are working"!

Dissidence is dealt with very severely. Anyone who dares criticise an action, point out a blunder or demand freedom of travel or expression is dealt with very severely. The citizens become highly intimidated and the majority isolate themselves out of resignation and frustration.

The above model of government had worked well for many decades due to two major factors: the total lack of communication between the citizens in each of these countries and the principle of non-interference in the internal affairs of other sovereign countries. Atrocities like the massacres by Pol Pot in Cambodia, or of the Tutsis in Rwanda and the Kurds in Northern Iraq were silently tolerated by the world community.

The 21st Century

A new wind of change had started to blow at the onset of the 21st century. The taboo of non-interference had been relaxed when it came to crimes against humanity. However, the biggest change was in



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HAVE YOU PENCILED IN SUNDAY AUGUST 14?

It is the annual club barbecue.
Come along, bring all your family with you.



Eat and drink as much as you like.
Your club is footing the bill!!!

Take a bus, or drive to the Seminar Hotel, Unteraegeri.
Just after the hotel on the left side there is a big public parking lot.
The barbecue is in the park on the right next to the lake.
Barbecue starts at 12:00 !



The Complete Talking Heads, Alan Bennett

Contributed by ZIWC member Ms Helena Lustenberger

In a recent meeting of the Reading Circle at the Stadt-und Kantonsbibliothek, Zug, 'the Complete Talking Heads' by English author Alan Bennett was discussed.

Alan Bennett is a writer, playwright and satirist who has reached 'national treasure' status in Britain after 50 years' prolific output for the stage, radio, TV and film ('The History Boys'). His work reached a wider public in 1988 with the broadcasting of the first set of six 'Talking Heads' monologues, to be followed 10 years later by a further six.

The 'Talking Heads' monologues give voice to a wide variety of characters who are ostensibly fairly ordinary people but who have their particular foibles and secrets. The alcoholic vicar's wife, the poison-pen letter writer, the bit-part actress who seems to act in a soft-porn film without realising it (!), the middle-aged man who lives with his mother and is jealous when she acquires a 'boy-friend': all tell of their lives, unwittingly revealing to the reader their weaknesses and failures.

Although the people portrayed in the monologues talk about their lives with a degree of confidence and self-righteousness, Bennett's gentle satire, which reveals ruthlessly, but does not judge, uncovers the

basic loneliness of these people in their narrow worlds, their fundamental inability to interact and communicate with those around them. They are pretentious, suppressed, inarticulate, 'unreliable narrators' who let the reader see so much more than they themselves can see.

Bennett's allowing the reader to literally get inside his characters' heads gives us an insight which a third-person narrative would not. The reader even finds him or herself sympathising with a child molester struggling to begin life anew but doomed to failure. The narrators are preoccupied with death, illness, guilt, isolation, but also with a determination not to be thought 'common' and an obsession with hygiene. Their efforts to change themselves or their circumstances are doomed to failure because of their own inherent failings and most have a fatalistic attitude. When a

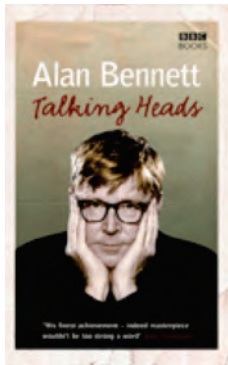
life changes for the better, it is as the result of a deus ex machina: Miss Ruddock, the poison pen writer, finds a new lease of life in prison

and Miss Fozzard an unusual source of pin money in a shoe fetishist.

Bennett's monologues are mostly set in or around Leeds, his home town, and reflect his preoccupations with the drawbacks of modern life, allusions to a vanished past where housewives would spend the greater part of the day 'keeping dirt at bay'. More than any of the other themes touched on in this book, this seems to me to be the over-riding one: keeping 'dirt' in the wider sense of the word at bay, of struggling against the odds to survive in an increasingly malevolent society in which there is no room for those who are not worldly-wise.

Bennett, whose career has its roots in acting, has a wonderful sense of the vernacular and spoken English. I suspect that he had many of the future performers in mind as he wrote (among them Maggie Smith, Thora Hird, Julie Walters and Patricia Routledge). The monologues are engrossing to listen to (they are available on CD), but are equally fascinating in the printed version.

Review by Helena Lustenberger, ZIWC



Coming up in the Reading Circle book roster:

4.8.11 *The Thousand Autumns of Jacob de Zoet*, David Mitchell

8.9.11 *Edible Woman*, Margaret Atwood

20.10.11 *The Finkler Question*, Howard Jacobson

1.12.11 *Censoring an Iranian Love Story*, Shahriar Mandanipur



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Fools rush in where angels fear to tread

by IMCZ member John Henry Smith

"Mistakes are the portals of discovery" wrote James Joyce the world famous author of "Ulysses", who perhaps didn't know much about stocks, but certainly understood the consequences of breaking rules.

Investors who ignore even just one rule and hurriedly pile into a stock often find themselves repenting their haste. There are some golden rules to learn when it comes to sound investing, and one must have the discipline to learn them, because every rule has become what it is; the solution to a particular risk.

The most of us, who have been active in the stocks market for some time, have survived because we diligently sought to learn from our mistakes and have developed a repertoire of responses, just like we all do in our every-day lives. These lessons jump out at us when we are faced with a repeat situation. I, for my part, have forged this experience together into my set of rules to prevent my making the same mistakes again and again. While I acknowledge that this is prescriptive wisdom, the most investors, not surprisingly, are tempted to bend their own rules if they see a great opportunity. After all, there are exceptions to every rule, aren't there?

The first step of walking the line to success is to make sure that stocks in your watch list meet some minimum requirements. A checklist to vet potential leaders is a good place to start. It is often tempting, when stocks begin to climb out of their support bases, to seize the move as a buying opportunity not to be missed. Even experienced investors already holding a large profit cushion in a stock might be tempted add more shares as quickly as they can. But the wise saying, 'Fools rush in where angels fear to tread', is a poetic warning that this kind of behaviour could badly backfire.

The primary purpose of buying stocks as they exit valid support levels is to synchronize your buying with that of institutional investors. This cuts down your risk and makes your buying more consistent.

A big-volume reversal at the bottom of a base is a good sign. But an even larger investor may be waiting to unload shares when the emerging stock hits a given trigger price. Research shows that waiting for a buy point helps minimize that risk.

Another temptation in the current market is to buy a stock that has passed a perfectly formed buy point, but on weak volume.

It's hard at first to grasp that no matter how perfect a technical pattern and a would-be breakout appear if volume is not more than 40% above its daily average, it typically does not convert into an authentic breakout.

It can be even harder to sit out a big-volume breakout occurring before the market moves into a confirmed rally. But the difference between a correcting and a rallying market may be the single biggest factor in determining the level of risk you face.

Applying rules like these takes time and effort, and following them requires the art of discipline. However, the level of reward you earn from keeping to these simple rules can be far higher than bending them in a rush to judgement that can cost you your wings.



Contributed by IMCZ Member Steve Butterworth

From the LANES... **Close Scoring**

Nine people spread over 3 lanes was the order of the game yesterday and some very close scoring indeed.

Lane 3 blazed off with Janis Meier and Stephen Butterworth taking the lead with 138, 133 but in game 2 everyone was eclipsed by the curving power of Otto Steuri on 186. On the third game there were three on 134, Adrian Lüdi, Otto Steuri and Janis Meier.

Bowlers for the night were in order of total scores:- Otto Steuri (432), Stephen Butterworth (398), Beat Züger (382), Janis Meier (378), Erik Neaser (351), Sergiy Shtangey (335), Adrian Lüdi (328), Jack Sami (309) and Grant Holliday (252) - so the two bottles of wine went to Otto Steuri and Stephen Butterworth.

The highest number of strikes went to Adrian Lüdi with 10 followed by Otto Steuri with 9.

The highest number of spares went to Stephen Butterworth with 16 followed by Janis Meier with 11 and Erik Neaser and Beat Züger with 10.

So despite the rather damp and not so warm summer evening, we at least all had an enjoyable evening out, until next time!





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PUB EVENTS IN JULY

Sundays are Game days at Pickwick Zug

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

Confucius Wisdom

Woman asks:

If I sleep with three different men, everyone calls me a slut. But when a man sleeps with eight different girls, everyone calls him a real man. How come?

Man replies:

It's very simple. Confucius said, "When one lock can be opened by 3 different keys, it's a bad lock. But when one key can open 8 different locks, we call it a master key".

Don't Argue with a Reading Woman

Mary decided to take her husband's boat out to sea in order to finish reading a book, away from the hassle of town. A couple of hours later, the Marine Police arrive and the officer asks her what she was doing. She replied,

"As you see, I am reading".

"Very sorry mam. Since you have all the fishing gear on board, and it is not permitted to fish in these waters, I must ask you to come along to the police station. I shall file a complaint against you" said the officer.

She laughed and said, "Very well, I shall file a complaint against you for sexually assaulting me. You also have all the equipment necessary to do so".

Bewildered he looked blankly at her and said, "have a nice day mam"

Prescription

A nice, calm and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?"

The lady replied, "I need it to poison my husband."

The pharmacist's eye got big and he exclaimed, "Lord have mercy! I can't give you cyanide to kill your husband. That's against the law! I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looked at the picture and replied, "Well now, that's different. You didn't tell me you had a prescription."



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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 WORLDS LARGEST TOKAMAT

www.iter.org/

Fusion has the potential to play an important role as part of a future energy mix for our planet. It has the capacity to produce energy on a large scale, using plentiful fuels, and releasing no carbon dioxide or other greenhouse gases. ITER is an important step on the road to fusion power plants; in Cadarache, Southern France, the project is being planned with great respect for the local environment, in keeping with the aim of producing an environmentally benign form of energy.

BUBBLESPERE

www.bubbles.org

Bubbles, being a phenomenon of nature, have always been around, but the sport of playing with bubbles didn't really exist before soap. The Pear Soap Company, in England, was responsible for the 19th century popularisation of both soap and bubble blowing. Bubble toys were largely limited to bubble pipes until the middle of the 20th century.

ENCYCLOPEDIA MYTHICA

www.pantheon.org/

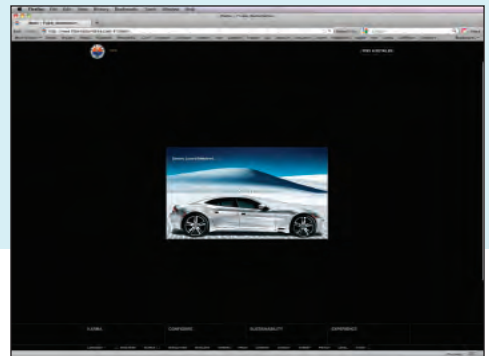
The mythology section is divided to six geographical regions: Africa, Americas, Asia, Europe, Middle East, and Oceania. Each region has many clearly defined subdivisions that will ease your search.

The Folklore section contains general folklore, Arthurian legends, and fascinating folktales from many lands.

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In spite of the rather difficult Sudolu of last month's Newsletter, the Einsteins in the Club did manage to solve it. The winner was the other Roger, Roger Brooks. Congratulations Roger, your drinks are on the house at the next time you come to the Stammtisch.

This month's puzzle is quite straight forward; each and every member who likes to have a go shall solve it. I am very keen to see more members developing a taste for combination and permutation of numbers.

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, on or before the last day of the current month.

Sudoku

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

Solution to July Puzzle:

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



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.

Members' Marketplace

Experienced Trader and Manager: has just been relocated to Zug. He seeks new opportunities in the fields of Commodities, Fixed Income and FX as a Trader, Strategist/Analyst, Asset Manager or Business Developer. He is strong in analytical, position management, trading tactics and strategically capabilities supported by economical and management education. Please contact: Henrik Mikkelsen at 076 610 13 25 or at henrik.b.mikkelsen@gmail.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.



REMEMBER The Stammtisch

every Thursday evening
18:00-20:00

Join us at the Park Hotel
lobby or back garden

