

IMCZNEWS



FEBRUARY 2012



EDITORIAL

Start of the 34th IMCZ year

Another year has started. By this I mean for the IMCZ, of course. After the general meeting we have fresh energy to power on for the remaining 50 weeks before the next AGM. I also take the opportunity to thank our outgoing board members for their hard work, support and commitment. Thank you Ermano Bassi, John Hosking and Patrick Weber. We also have new board members to greet: René Welti, Adrian Lüdi and Heinz Schaller.

The year has already started with a lot of energy even before the AGM we already had a successful ski weekend in St. Moritz. The first Stammtisch special is already behind us with Heinz Schaller talking about diamonds. Not forgetting the first bowling session for the year as well in the hands of Stephen Butterworth. The Burns' dinner was only two days after the AGM. Fun was had by all – thanks again to John Stuart for a sterling job done. The March Stammtisch special is already lined up, the location for the barbecue in summer is already booked and we are planning a visit to Ian Scarr-Hall's castle in the far isles of Scotland. If you have any good ideas for events please do let us know. And if you are a specialist on a subject and think members would be interested in hearing about it you may want to offer your services for a special Stammtisch (or an article in the newsletter).



As we have so many interesting people in our club it would be great if we could make more use of our own internal resources. The same goes for events – many of the current events started as ideas of individuals in the club and have become firm favourites. As I mentioned at the AGM I would like to see more active members and for us to be able to engage in more together.

I look forward to another great year with the IMCZ, meeting all the old faces and the new faces of which there is a regular inflow. I am sure we will have another good year and hopefully we can also achieve our goal of spending more money than we take, in order to give it back to you our treasured members!

Andy Habermacher, President

IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Arnoud Volker

I am a 37 year old Dutchman and I have moved to Zug (Baar) at the beginning of this year. I hold an MSc in Applied Physics from the Delft University of Technology. My experience is project management in the telecoms industry and sales management in the petrochemical industry. The last 2.5 years I spent working as a corporate auditor in Paris, France. Currently I am exploring the Swiss job market in the areas of project management, sales or business development. Apart from this I am also exploring the surrounding areas of Zug in order to pursue my favourite hobbies skiing, hiking, cycling and motorbiking. Especially skiing with all the perfect skiing locations around.

I hope to meet many of you at the oncoming IMCZ's activities!

Manuel Zarauza

Manuel hails from Spain and has just moved into Zug from Seoul to take up employment with a semiconductor company. He is an expert on Energy, Automotive- and LED (Light Emitting Diodes) industry. He is married with one daughter and speaks four language fluently Spanish, English, German and Italian. He likes playing tennis, golf and skiing.

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

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FUTURE EVENTS

- FEBRUARY 15, **Bowling**, Center White Line, Meierskappel, sbutterworth@zugernet.ch
- MARCH 1, **Protecting your wealth**, Special Stammtisch event, presented by Marius Zimmermann 18:00-20:00, Park Hotel

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

Join us at the Park Hotel lobby or back garden



Burns Night – 2012

Contributed by IMCZ member John Stuart
Photos by Andaleeb Lilley



Our Burns' Night this year was another great success. Sixty-six members, guests and non-members enjoyed the comfortable surroundings of the Landhaus Restaurant in Baar. The excellent meal included Cock-a-Leekie soup and, of course, haggis washed down with a variety of good Scottish whiskies. The haggis was especially enjoyed this year so obviously McSween's of Edinburgh have been improving the recipe.

After a complimentary apéro the guests took their places in the main dining room. Andy Habermacher, President of IMCZ, was the Master of Ceremony for the evening. He did a great job of controlling the gradually inebriated guests and introducing the speakers for the evening.

The haggis was 'piped in' by bagpiper Daniel Schütz and then Bruce Mathers gave a wonderful recital for the 'Toast to the Haggis'. Bruce seems to get better every year at this and his animated performance was a joy to watch. We are very lucky indeed to have him on our side.

After dinner, John Stuart gave us the 'Immortal Memory' which is a tribute to Robert Burns, going through his life and works. John recited a few lines from various Burns' poems and the old Scottish dialect was once again brought to life.

Andrew Lilley then 'Toasted the Lassies' in his inimitable style. His hilarious trip through Burns' various relationships with the 'Lassies' had the guests rolling with laughter. Or was it perhaps the whisky doing that?

Vicki Stewart is a newcomer to Zug but she bravely gave the 'Toast the Laddies' speech and it was a sterling performance. She confirmed the rumour that men cannot multi-task. "They can't sit down AND shut up". We could not have wished for a better speaker other than Vicki for this part. She did an excellent job.

Guests were also asked to stand up and tell a joke, sing a song or recite a poem. Lindsay Johnston gave us his rendition of 'To a Fart'. It was hilarious and seemed to translate well for all.

The evening finished with the guests singing 'Auld Lang Syne' accompanied by the bagpiper at midnight, exactly on schedule. By that time the whiskies had been drunk, the haggis eaten and a great evening was over. We hope to do it all again next year!



«Our next removal, we will do again with the friendly team from Weber-Vonesch, Zug», Linda Sørensen explains.



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Creatine, the energy booster for muscles – and the brain!

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

Even the non-sports addicts may have heard of creatine, the supplement widely used not only amongst serious top athletes but also many non-professional sportsmen as well. The reason lies in its fast and remarkable effect on strength and particularly on body weight, i.e. increased lean muscle mass after only 1-2 weeks of supplementation. This sounds too good to be true, but it gets even better: you do not even necessarily have to train to see an effect!

The suspicion now arises that we are talking about a doping substance here. But it is not! Creatine is a natural substance in our body, crucial in the energy production of our metabolism (ATP cycle). Creatine is stored in muscle as creatine-phosphate and restores ADP to ATP by transferring its phosphate molecule, allowing it to begin the energy cycle again (ATP => ADP + phosphate = energy). Since phosphate also binds water and creatin-phosphate (plus water) is stored within muscle cells, it inevitably leads to a swelling of each muscle cell and sums up to a real lean muscle mass (and strength) increase. An eighty kg person can expect a weight increase of about 1-3 kg after 1 week of daily supplementation of about 10 g creatine. One can argue that increased levels of creatine, phosphate, and water in a muscle cell do not constitute muscle tissue. But in fact it is a part of it as is glycogen, the muscle sugar, which also is bound to cellular water. High glycogen and creatine levels in the cells mean also a well hydrated and energetically regenerated state, offering optimal conditions for any metabolic process like energy production. Maximal hydration also increases muscular tonus, a fact that can also be remarked by looking into a mirror.

Our muscle cells are capable to uphold a higher creatine store as long as a minimum supplementation of 2 g per day is maintained. But the resulting increased strength also comes with a higher body weight which can be a disadvantage in many sports, especially

in those with weight classes. Nevertheless, creatine works particularly well in sports requiring maximal power, acceleration- and interval-like strength. The downside is that some athletes are more prone to cramps due to the higher muscular tonus. But the fast and easy-to-measure results – just swallow for a week, stand on a scale and look into a mirror – make creatine the most successful mass market sports supplement. Just remember that “supplement” should be taken literally and serious training should come first.

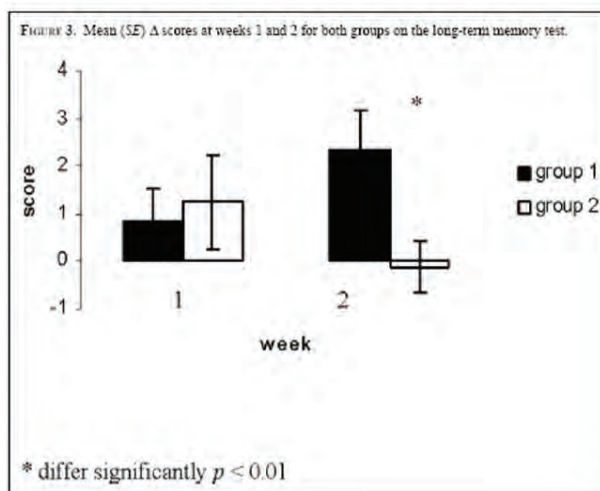
The evidence on many supplements comes from clinical applications (or animal-derived food production). Creatine for example is used in many diseases with muscular dystrophy. But there is evidence that impairment of energy production also plays a role in the pathogenesis of neurodegenerative diseases. The fact that the brain spends about 20% of our overall energy output, underlines the importance of sufficient energy supply to the brain. Therefore, creatine becomes increasingly interesting not just in the treatment of diseases such as Parkinson's, but also for low-dose supplementation (1 g/d) in the elderly in order



to prevent cognitive decline. The graph shows, for example, creatine's effects on long-term memory improvements in people of 76.4 years of age on average (*McMorris, Aging, Neuropsychology, and Cognition, 2007*).

In nature creatine exists almost only in meat, i.e. muscle tissue of animals, which is the source of about half of our own body stores. This is why vegetarians have lower levels of creatine in their muscles. The other half is synthesized from the amino acids glycine, methionine, and arginine by our metabolism. Our inherited ability to store creatine in higher levels than achievable by currently recommended “mixed and balanced” diets, may be another hint that current nutritional recommendations do not necessarily represent the optimum.

ATP: Adenosine-triphosphate;
ADP: Adenosine-diphosphate



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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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Hz. Mevlana and his teachings

Contributed by IMCZ member Ilham Yüksel

Hz. Mevlana (also known as Rumi) is one of the most important religious figures in Sufism. (Hz. Is the abbreviation for the word Hazret which means something similar to the word Saint in the Christian world). Hz. Mevlana was a great Anatolian mystic who was born on September 30th, 1207 in the city of Balkh, Horasan, which at that time was inhabited by Turkic tribes. (Balkh, today is within the borders of Afghanistan). Rum was the name given to a land which was not under Muslim rule and thus Rumi was the title of a person who lived in this land. Despite some Islamic Sultanates in Anatolia during the 13th century, there was generally Byzantine sovereignty in the region.

Due to the Mongol invasion of his hometown, Mevlana and his family had to change their place of residence. Their migration route passed through Baghdad, Mecca, Medina, Damascus, Karaman and ended up in 1228 in Konya upon the invitation of Alaeddin Keykubad, the Seljuk Sultan (Konya was the capital of the Seljuk Sultanate and is located in present Turkey).

Mevlana received his first education from his father at a very early age and learned Turkish, Arabic, Persian, common Greek as well as Classical Greek. He also studied other divine religions along with Islam. He was also trained by other top scholars of that era.

So what is the **"Mevlevi Order"**? This order had found its roots in Sufism. Sufism, as described by Wikipedia, is the inner, mystical dimension of Islam. Classical Sufi scholars have defined Sufism as "a science, whose objective is the reparation of the heart and turning it away from all else but God. According to Sufi believers, it is possible to be closer to God and fully embrace the Divine presence in this life. So going back to our main topic, Mevlevi Order is a way of life based on discipline and rules of conduct. In their conduct, Mevlevis are very kind, graceful and discreet. They never go to extremes in the way they behave or the way they speak. The education in Mevlevi Order was more difficult than the classical Medrese education (Medrese education was similar to today's theology education). The student is taken on a spiritual journey called Seyru Seluk during education which includes self-discipline. The location where formal Mevlevi education was taught is called Mevlevihane. The length of the education and training course at these Mevlevihanes is 1001 days, and it includes, besides the very intensive studies, additional duties and tasks, like dish-washing,

bed-making, cleaning, table service, laundry and shopping. All of these tasks were prerequisites for self-discipline training. Students with other skills and abilities are encouraged to practice them, e.g. playing a musical instrument or singing in rituals. It is also possible to take courses in other disciplines like calligraphy (hat), illumination (tezhip) or miniature.

Those who successfully complete the 1001 days long course, are induced in a special ceremony and are given the title of 'Dede'. To sum up, Mevlevihanes had always served as conservatories or art academies, while providing education on Hz. Mevlana's teachings along with theology and literature. Hz. Mevlana lived most of his life in Konya and his life had changed when he met the Sufi scholar Shams Tebrizi on November 15th 1244. After the death of Shams Tebrizi, he became his successor.

Hz. Mevlana's teachings were based on the concept of "Tewhid", union with his beloved (The primal root) from which he has been cut off and become aloof. During his entire life he worked to restore this broken up relationship with the primal root. He had always believed in the use of music, poetry and dance as a path to reach God. According to him music helped those who devoted themselves focus their whole being on the divine and do this so intensively that the soul was

destroyed and resurrected. This was the idea behind the whirling dervishes, which later developed into a ritual form. He encouraged a mystic dance called "Sema" and listening to music during this practice. In Mevlevi tradition, sema represents a mystical journey of spiritual ascent through mind and love to the Perfect One. In this journey, the seeker symbolically turns towards the truth, grows through love, abandons the ego and arrives at the Perfect One. The seeker then returns from this spiritual journey with greater maturity to love and to be in the service of the whole creation without any discrimination in due to belief, race, class or nationality. Here is a famous verse from Hz. Mevlana to all human beings;

**"Come, come again,
whoever you are, come!
Wanderer, worshiper of fire or
idolater, come!
Come even if you have broken
your vows a thousand times,
Ours is not a caravan of despair, but
a portal of hope, come as you are..."**

According to scholars, Mevlana's life and transformation provide the testimony and proof that people with different religious backgrounds can live together in peace and harmony. His vision, works and life teach us how to reach inner peace and happiness, so we can finally stop the continuous stream of hostility and hatred and achieve the global peace.

Seb-i Arus, the Wedding Day, and the night of Reunion. Every year on December 17th, the night of Mevlana's reunion with his beloved, the Divine, is celebrated. According to Mevlana the time of death is the most beautiful moment in life. At this point I would like to mention a dialogue between Mevlana and his wife just before he died: *"His wife asked him not to leave and wanted him to ask God to let him stay for a little longer. His response was; Am I a thief? Have I stolen someone's goods? Is this why you would confine me here and keep me away from being rejoined with my Love?"* Here we can clearly see his approach to death. For followers of Mevlana, Seb-i Arus is a celebration, like a festival of beauties being offered to the lovers of God. If you like to learn more about Mevlana, do visit Konya on December 17th and participate in these ceremonies. Once there, a visit to the Mevlana Museum and other historical buildings there is almost obligatory. More than two million people make the journey to Konya every year. Here is some suggested further reading:

- The Essential Rumi by Coleman Barks,
- The Soul of Rumi
- Rumi: the book of love



A portrait of Mevlana



A Whirling Mevlevi (Dervish)



Mevlana museum and mosque in Konya



Whirling Dervishes celebrating Seb-i-Arus in memory of Mevlana



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The English language and its Euphemisms

Contributed by IMCZ member Muthana Kubba

I know of no other language which is richer in euphemisms than English. Even Arabic with its huge repertoire of words and concepts doesn't come anywhere near. German you can forget; it knows only white and black.

What does 'Euphemism' actually mean? The word euphemism is derived from ancient Greek, 'eu' means well, and 'pheme' means to speak, i.e. to speak well. According to the English Oxford Dictionary, Euphemism is "an inoffensive or indirect expression that is substituted for one that is considered offensive or harsh." The 'Economist' has a better definition namely it "is a mixture of abstraction, metaphor, slang and understatement that offers protection against the offensive, harsh or blunt." George Orwell, famous for his Animal Farm and 1984 novels had an even better definition for political euphemism, "it is the art of making lies sound truthful and murder respectable". The opposite of euphemism is dysphemism which means substituting an offensive expression for an inoffensive one.



Of course euphemisms exist in every culture and every language. However, they are particularly widespread in the English language. Additionally, due to the fact that English is spoken in widely different continents, different euphemisms evolved on both sides of the Atlantic. The British are probably by far the world champions for euphemisms. Frequently, foreigners who speak very fluent English miss the signals contained in some euphemistic remarks. Let us make a small tour of perhaps some of the more common euphemisms:

Everyday life

"*incidentally*", means now I am getting to the point of the discussion
 "with the greatest respect" means you are wrong and silly
 She is "*plain*" means she is ugly
 She is "*cuddly*" means she is fat
 I have to "*see a man about a dog*" means I want to go to the toilet
 She is "*in the family way*" means she is pregnant
 He is "*economical with the truth*" means he is liar
 He is "*tired and emotional*" means he is drunk
 He is a "*substance abuser*" means a drug addict
 "*Downsizing*" means the sacking of employees
 He is "*pro-choice*" means he supports abortion
 He is "*vertically challenged*" means he is a short person
 We had a "*full and frank discussion*" means we had a huge argument.

War

"*collateral damage*" means many innocent civilians have died
 "*armed intervention*" means blatant aggression
 "*ethnic cleansing*" means the mass murder of civilians belonging to a minority group
 "*friendly fire*" means killing your own soldiers by mistake
 "*neutralise*" means to liquidate an adversary
 "*pacify*" means staging a war to establish peace
 "*freedom fighters*" means insurgents or rebels
 "*relocation centre*" means concentration camps.

People. A person who is:

"*convivial*" means he is a drunkard
 "*sociable*" means unbearably garrulous
 "*ebullient*" means he likes telling cruel stories
 "*austere*" means joyless and depressed
 "*he enjoys female company*" mean he is a womaniser
 "*notable vivacity*" means nymphomania
 "*he lived his life to the full*" means he had an enormous appetite
 "*a confirmed bachelor*" means he is homosexual
 "*a thirsty person*" means a heavy drinker
 "*tired and emotional*" means always drunk
 "*a refuse disposal officer*" means a dustman.

Politics

"*our friends over the river*" means the intelligence services
 "*we work for the government*" means secret service in America
 "*appropriate*" means good
 "*inappropriate*" means bad
 "*challenging issue*" means a ghastly problem
 "*investments*" mean spending
 "*savings*" mean cuts
 "*affected by material error*" means money stolen from the budget

Property

"*bijou*" means tiny
 a "*vibrant*" neighbourhood means very noisy
 "up and coming" means terrifyingly criminal
 "a stone's throw away" means the reach of a powerful catapult
 "*convenient for*" means unpleasantly close to
 "*characterful*" means the previous owner was squalid
 "*scope for renovation*" means the property is decrepit
 "*would suit an enthusiast*" means a ruin fit only for a madman.

Sayings (Winston Churchill)

"*Great and good are seldom the same man*" means great men are not always good men
 "*He has all the virtues I dislike and none of the vices I admire*" means I don't like him
 "*History is written by victors*" means history doesn't tell the truth
 "*Everyone has his day and some days last longer than others*" means life is tough
 "*Eating words has never given me indigestion*" means it pays to be eloquent
 "*If we open a quarrel between past and present, we shall find we have lost the future*" means look forward
 "*If you are going through hell, keep going*" means persevere in difficult times
 "*In wartime, truth is so precious that it should always be attended by a bodyguard of lies*" means lying is permitted during a war
 "*Kites rise highest against the wind, not with it*" means it pays not to run with the mainstream.

Further reading <http://www.economist.com/node/21541767>



From the
SLOPES...

An IMCZ Ski Weekend in St. Moritz

Contributed by IMCZ members,
Joseph Dow, René Welti and
Muthana Kubba

On a cold Friday morning, IMCZ members gathered on platform 5 in the Zug Bahnhof to board the 10:58 train to Thalwil. Fully loaded, each was carrying a pair of skis, two sticks, heavy ski boots and a roller-suitcase. Not an easy task especially when negotiating flights of stairs as we did in Thalwil twenty minutes later to change for the train bound for Chur. There were five of us, David Underwood, Phil Woodford and us, the authors of this article.

The fun started soon after the second leg of the journey began. Settled in the first class carriage with more than a few other passengers, we made ourselves comfortable, and our efficient trip organiser managed to provide an excellent Aperol, including wine and cheese. Two hours later, we changed to the Rhätische Bahn train heading to St. Moritz. There was plenty of snow in Chur, but there was much more as we got deeper into Graubünden. The narrow gauge Albula line is a UNESCO world heritage object. It winds its way from 600 metres above sea level all the way to St. Moritz at 1850 metres, passing through deep gorges, long tunnels and spectacular flyovers.

Upon our arrival in St. Moritz, we strolled through the train station, heard the various hotel chauffeurs yell out their properties, and scanned the various shuttles including a Rolls Royce. René blurted out "Hauser Hotel" and immediately we met our driver, who grabbed our luggage and whisked us up the hill to the centre of town to the Hotel Hauser. We were greeted by the hotel staff and owner, Markus Hauser, who had just returned a few minutes earlier from Zermatt. We were issued our room keys, ski lift cards and voucher for our choice of a free ski service or ski rental. The Hotel Hauser is now in its 4th generation with Markus and his wife Marinda acting as working owners. Their open air Roo Bar was in full swing and that evening their restaurant featured a wonderful "Pioda" menu consisting of myriad varieties of meat and an extensive salad bar which all decided to try later in the evening.

After we settled in, unpacked and freshened up, René offered everyone a mini-tour of the town of St. Moritz Dorf, before our dining extravaganza, and all eagerly followed. He has a special relationship with St. Moritz, since he represented Graubünden Tourism in the US for many years and developed a close working relationship with the St. Moritz Tourist Office. He has also guided many tours to the area both in winter and summer. Well, we couldn't have wished for a better guide. He certainly knows his way about.

As we were centrally located, the ski shop was only a few moments away and we schlepped our skis for servicing and passed

the Corviglia Bahn where we would be riding up to the slopes the next day. In the ski shop, Joe got excited looking at the various equipment, especially the exotic Zai skis, which he has mentioned in one of his previous newsletter articles. We all gasped when we saw the 6'600 CHF & 7'100 CHF price tags for these granite core handmade skis assembled by a single person, who lives in Disentis. With the ski equipment ordeal over, the tour started in earnest and soon we approached the five-star Hotel Kulm.

On the outside wall of the Hotel Kulm building, we observed the inscription of Johannes Badrutt, the first hotelier in the world to invent winter tourism by posing a challenge and convincing the British to come to St. Moritz in the winter of 1864 in the form of a bet.

At the time, there were already many people who had visited St. Moritz in the summer, but Badrutt knew that the Engadine winter had much to offer. In the autumn of 1864, he made a daring bet with his mostly English guests. He waxed enthusiastic about the sunny, pleasant winter days and boasted that they could enjoy his fabulous terrace in their shirtsleeves during this time of year. His guests, familiar with the cold, damp English winter, were skeptical that it could be different in the Swiss Alps. Johannes Badrutt offered them lodging at no cost, if he were proven incorrect.

We now know that this pioneer won his bet! The guests were astonished by the sunny weather and the majestic winter landscape. His British guests remained until springtime, sporting deep suntans and enthusiastically recounting their alpine winter escapades at the Kulm Hotel in St. Moritz to friends back home. The beginning of winter sports in the Alps was born.

Along the way, we checked out some promising restaurants. First, we popped into the Chesa Veglia, managed by the Badrutt Palace Hotel and were told they had three



different restaurants in the building. Despite the receptionist's beautiful Italian, it was impossible to understand her in any other language. Plus, the less formal pizza restaurant was closed and even though we asked nicely, "Can we take a peek?" she was unmoved, so we left.

Famous for its exceptionally delicious chocolates, the Hanslemann chocolate store with its very artistic building façade was next on the list. We barged in enthusiastically and followed the wonderful aromas. Since we only had time for one stop before dinner and wanted to check out the Badrutt Palace hotel, we marched on. Along the way, René walked us into the Steffani Hotel, one of the 1948 St. Moritz Olympic's official properties and pointed out the wonderfully beautiful Arven wood halls and rooms and where the heli skiers come to pop their magnums of wine. Next, we crossed the street and walked into the 4-star Schweizerhof Stuebli-bar, where the locals hang, since it was directly across from the Hotel Hauser. Later Friday night around 10 pm, a few of us would come back to find the place packed.

We continued on our walk for a few more minutes and came upon the Badrutt Palace Rolls Royce, which we saw at the train station, parked in the entrance. A "bellman in tails" assisted us with the revolving door as we walked in. In order to enter the main room, another bellman sternly commanded us to deposit our coats before entering the restaurant and its piano bar lounge area, which we did. We checked out the opulent surroundings, with their ornate wood carved ceilings and original "Italian" paintings, settling on a cushy couch close enough to make eye contact with the piano player, who filled the room with light background tones.

And yes, we had a drink and yes, it was exquisitely expensive, but we all now have a first-hand Badrutt Palace Hotel experience to remember. The walk back to the Hotel Hauser was less than five minutes and although we were more than ready for our "Pioda" dinner,





Engadin St. Moritz Destinations had prepared an informative presentation complete with an Aperol of nicely chilled Prosecco and tasty snacks. We felt like true VIPs. Martin Oester, Market Manager US & UK and Chef In Mirjam provided us with an informative PowerPoint presentation. We should also mention and thank Martin and CEO Ariane Ehrat for providing the IMCZ with promotional materials and St. Moritz Nusstorten sent to our pre-St. Moritz Stammtisch.

The restaurant at the Hauser is located at the base of the hotel, and we were joined there by IMCZ member Ralph Heller and his wife, Carole, a ZIWC member. The atmosphere in the room was comfortable and lively with courteous waiters providing the requested libations. The "Poida" dinner was a Friday night special. A sort of a fondue chinoise, with 12 different sorts of meat to choose from à la discretion: pork, beef, lamb, horse, kangaroo, duck, chicken, fish, shrimp, etc. Each of our tables received a few blazingly hot stones and we delighted in cooking the various meats as we enjoyed each other's company and conversation. Those of us who have good appetites certainly got their money's worth!

Breakfast at 7 sharp on Saturday morning got us ready, and we were on our way to the slopes by 8 am. We made a long pause at the ski shop in order to sort out and pick up our freshly-tuned skis. Soon, we were up to Corviglia station at 2486 metres above sea level.

Sadly, the weather was rough and got rougher all the time. A lot of fresh snow had fallen and there was no time or way to prepare the slopes. Visibility was not particularly good and only the more hardy skiers amongst us, namely Joseph and David, continued to ski.

Later, believing it impossible to top the fabulous "Poida" dinner, we were at a loss at where to eat for the coming evening? René popped his head into the St. Moritz Tourist Office and asked the attractive girls, "What do you recommend for a good local place to eat?" They responded with the Schweizerhof and Waldhaus Hotel as two options for good food at reasonable prices. Since the Waldhaus Hotel is located by the Lake of St. Moritz, it promised an evening view of the "St. Moritz lights." The consensus agreed on the Waldhaus and since the Hotel Hauser van was offered to drive us over, it was a "slam dunk" decision.

We were joined at the restaurant by IMCZer Ilham Yüksel with his wife Berna, his cousin and his wife, who were here on holiday. As we entered the lobby and noticed the whiskey bar, the head waiter had reserved for us a table for nine and escorted us to a private area. Apart from the excellent food, Ilham's cousin turned out to be an accomplished artist. Luckily for us, he is a professional piano player, and we noticed a piano in the corner of the room and were given permission for him to use if so he wished. After ordering and enjoying our meals, it



didn't take much persuasion to get him to give us a most wonderful session of songs accompanied by piano music, all performed solo by him to the delight of the hotel guests, staff and all of us. Thanks to Ilham for introducing us to his talented cousin.

We were just about to get up and leave when a gentleman entered and asked if everything was OK. René inquired if he was Mr. Bernasconi, the owner, and he responded, "Why yes!" René engaged him in some small talk and Mr. Bernasconi described his Whiskey Bar with 2,500 different brands, which is in the Guinness Book of World Records as having the largest Scotch selection in the world. As Mr. Bernasconi noticed our increasing interest in what he was saying, he then offered, "How would you all like a Scotch on the house?" I think we really didn't take him serious and when he repeated, we all gave a nod and a combined, "Yes, thank you so much!" A few minutes later the Head Waiter opened a fine bottle of 20-year old "Waldhaus Label" scotch with nine glasses and started pouring glasses for each. After he finished pouring, he left the half-empty bottle on the table for us to continue to party. We all left the Waldhaus with a very satisfied feeling and an understanding why this place has been voted the best 3-star establishment in all of Switzerland so many times.

Sunday morning saw the weather clear, Joe picked up his demo Sfr. 6'600 handmade granite-core skis, and we were early on the slopes. For the first time, we had the chance to appreciate the extent, size and beauty of the ski area of Corviglia. Compared to what we have been used to in Zentralschweiz, it is truly huge. 24 lifts in total varying from chair lifts, cable cars, and even one T-bar lift. The pistes were so well prepared that we simply flew over them at high speed. We were joined on the slopes by Ralph who certainly belongs to the league of hardy and very good skiers. Ilham and his guests were also skiing and very much enjoying the new surroundings. We all got our money's worth after all.

Meticulous as he is, Joe made a check list for this resort. Here are his findings:

CORVIGLIA AT ST. MORITZ

www.engadin.stmoritz.ch/corviglia

For our IMCZ January Ski Trip to St. Moritz, we had the option of three ski areas around the city: Corviglia / Piz Nair above Dorf and nearest to the Hotel Hauser, Corvatsch on the other side of the valley close to Bad, and Diavolezza near Pontresina. Since the first day was limited by weather and strong winds, our group spent both days skiing and exploring Corviglia.

- **Location:** Southeastern Switzerland in Graubünden, 4 hours via SBB from Zug (Zug – Thalwil – Chur – St. Moritz). It's definitely an overnight destination from Zug.
- **Village:** St. Moritz is more of a city than a village and is full of luxurious hotels and restaurants. Our hotel, the Hotel Hauser, was excellent and is centrally located in St. Moritz Dorf, surrounded by an abundance of restaurants, hotels, and high-end shops. Where else could you demo a pair of 6'600 CHF skis (Zai Spada blau 174, handmade in Switzerland with a core of granite mined from Disentis)?!! Down the hill in Bad, the atmosphere is quieter and less glittery but still very nice with the Hotel Laudinella offering comfortable accommodations.
- **Scenery:** The views of the Engadine valley and surrounding peaks from the slopes of Corviglia are breathtaking.
- **Runs:** The two major areas actually in St. Moritz are Corviglia and Corvatsch. The areas in region combine for a total of 350 km of pistes in all with Corviglia having 71 pistes and a massive 1,201 meters of vertical drop. The runs at Corviglia are fairly wide with a decent pitch but nothing particularly difficult. St. Moritz has good elevation and boasts an average 322 days of sun per year, so the snow quality is superlative and the weather for skiing is usually very comfortable.





- **Lift System:** The Corviglia lifts are modern and fast and the layout allows easy, efficient travel all around the area. There are 22 lifts in total.

- **Food on the Mountain:** The restaurants on the mountain are good but very expensive. When the standard menu is in German and Russian, you know you're in trouble. I had a "bowl" of soup at a restaurant at the Hotel Salastrains for a mere 22 CHF. That's the record for the most expensive cup of soup I've ever had! Restaurant Trutz higher up on the piste has a cozy, rustic feel with good food at a bit more reasonable price.

- **Conclusion:** A good choice for a group trip for skiers of various capabilities with a wealth of other activities for the non-skiers amongst you.

ST. MORITZ LINKS

ENGADINE ST. MORITZ TOURISM:

www.engadin.stmoritz.ch/winter/en/

HOTEL HAUSER: www.hotelhauser.ch

WALDHAUS RESTAURANT:

www.waldhaus-am-see.ch

SKISERVICE CORVATSCH IN

ST. MORITZ DORF:

swissrent.com/switzerland-skiservice-corvatsch-dorf-ski-rental-st-moritz-graubuenden

ST. MORITZ MOUNTAIN RESTAURANTS:

www.stmoritz.ch/en/winter/village/mountains/mountain-restaurants.html

mountains/mountain-restaurants.html

RHAETIAN RAILWAY: www.rhb.ch

From the LANES... with Handicaps

Contributed by IMCZ Member Steve Butterworth

Whiteline can put into the scoring system our Handicaps, if we give them our averages, so everyone, well almost everyone except for Robert Bleser, started with their handicap score added to the start of each game.

There was much fun and some really good bowling ending with wine winners Otto Steuri and Catherine Butterworth. We fixed Robert Bleser, but it was very difficult to beat Otto Steuri when he is in form, which he mostly certainly was last night.

Ten-Pin Bowling, Whiteline – Meierskappel						January 18, 2012		
Surname	First Name	Game 1	Game 2	Game 3	Total Bowled	Tot. with Handicap	Overall Avg 2008	Handicap
Steuri	Otto	159	180	167	506	641	144	45
Butterworth	Catherine	110	131	112	353	623	88	90
Meier	Janis	130	101	173	404	596	120	64
Butterworth	Stephen	122	146	131	399	588	122	63
Naeser	Erik	121	141	120	382	586	116	68
Volker	Arnoud	93	88	96	277	538	92	87
Schobert	Hans-Peter	102	89	140	331	532	117	67
Bleser	Robert	138	148	134	420	420	212	0

As bowled the figures above show some pretty close bowling from everyone and a good welcoming start to Arnoud Volker who now has an average in our system and had some bowling advice from the Rat! He enjoyed bowling so much that he invited his friend Richard Leijten to come for the next session on February 15. After adding the handicaps the wine winners were Otto Steuri on 641 and Catherine Butterworth on 623.

There were plenty of Strikes and Spares. Several had 13 Spares. I wish lots of good bowling and a commitment for the next 12 months of fun.

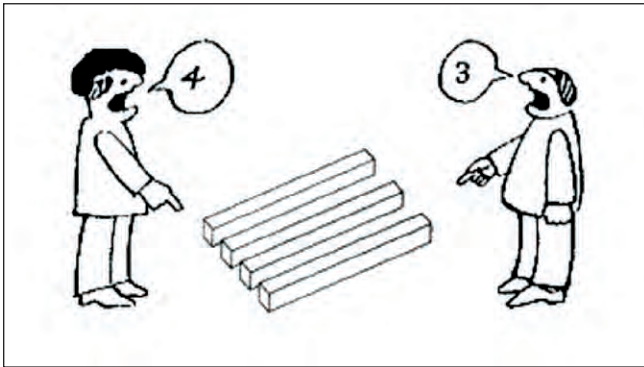


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Optical Illusion



How not to pass an examination

- Q1. In which battle did Napoleon die?
* **his last battle**
- Q2. Where was the Declaration of Independence signed?
* **at the bottom of the page**
- Q3. River Ravi flows in which state?
* **liquid**
- Q4. What is the main reason for divorce?
* **marriage**
- Q5. What is the main reason for failure?
* **exams**
- Q6. What can you never eat for breakfast?
* **Lunch & dinner**
- Q7. What looks like half an apple?
* **The other half**
- Q8. If you throw a red stone into the blue sea what it will become?
* **It will simply become wet**
- Q9. How can a man go eight days without sleeping?
* **No problem, he sleeps at night.**
- Q10. How can you lift an elephant with one hand?
* **You will never find an elephant that has only one hand..**
- Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have?
* **Very large hands**
- Q12. If it took eight men ten hours to build a wall, how long would it take four men to build it?
* **No time at all, the wall is already built.**
- Q13. How can u drop a raw egg onto a concrete floor without cracking it?
* **Any way you want, concrete floors are very hard to crack.**



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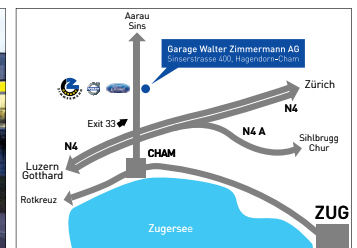
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by IMCZ member David Harris

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.

PALEONTOLOGY

www.paleoportal.org

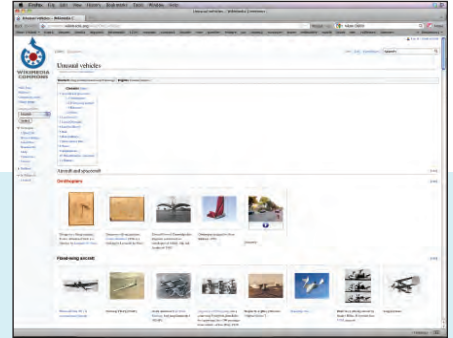
Exploring time and space in North America. Paleontology goes well beyond dinosaurs! It is a dynamic science that seeks to uncover the history of all life on Earth. Paleontologists examine multiple lines of evidence that provide clues to that history, including fossils and how they are formed and preserved, stratigraphy, biogeography, histology, and chemistry. So being a paleontologist means many things.



UNUSUAL VEHICLES

http://commons.wikipedia.org/wiki/Odd_vehicles

An absorbing, interesting and sometimes unbelievable insight into the strange vehicles of land, sea and air developed by man.



VIRTUAL AIRCRAFT MUSEUM

www.aviastar.org

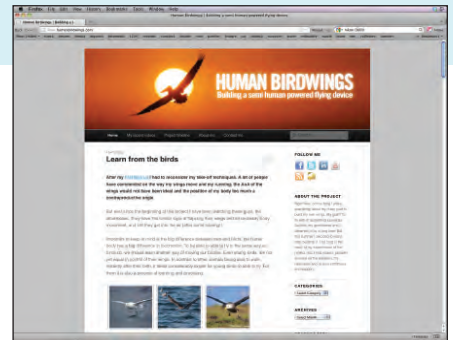
A comprehensive on-line museum for world-wide rotorcraft and fixed wing aircraft. The site opens in rotorcraft – just click the SR71 profile for fixed wing.



HUMAN BIRD WINGS

www.humanbirdwings.com/

This project is about one mans dream – human powered flight. Achieving the seemingly impossible and pushing the limits of human capabilities and technical applications. In a way this site follows on with Ermano Bassi's talk some months ago.



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Sudoku

This month's puzzle is slightly more difficult than last month's, and I look forward to receiving many replies. The winner shall be drawn from the pool of correct solutions received. His drinks during the next Stammtisch he attends shall be on the house. There were many correct solutions to the January Sudoku. According to the hat, the winner is Roger Brooks. Congratulations Roger, your drinks during the next Stammtisch you attend are on the house.

The easiest form, in which the solution is sent, is nine rows of nine numbers in a Word

document, Excel or email. In every Sudoku, every digit between 1 and 9 occurs exactly once in each row, column and 3x3 square. Please send your answers to muthana@trasco.ch, on or before the last day of the current month.

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

Solution January 2012 Puzzle

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



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?
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These are free of charge to IMCZ members.

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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.

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