

IMCZNEWS



DECEMBER 2012



EDITORIAL

Christmas is coming and the goose is getting fat.

Yes, it is that time of year again. Firstly it is another year for IMCZ and secondly it's the festive season with Christmas markets popping up all over Switzerland and a sprinkling of snow to add to the Christmas feeling.

I look back on the year so far, my second as IMCZ President and, and am happy to say it has been another good year. We have had plenty of events, a fantastic summer BBQ, blessed with good weather yet again. We have had a new website which was necessary and after teething problems it is now working well. I hope that you will use to and this will allow all members to get more information and news on upcoming events.

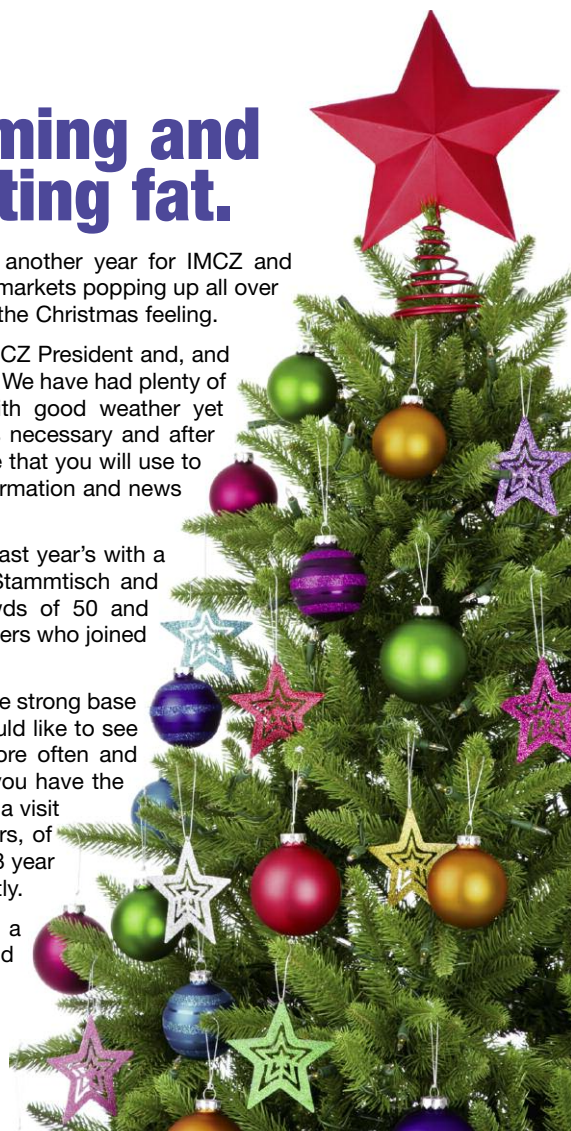
Attendance has been about the same level as last year's with a good 20-30 members coming to the weekly Stammtisch and the New Member's Receptions drawing crowds of 50 and more. We have, as usual had a lot of new members who joined and seen quite a few old faces go.

My wish for Christmas is that we can build on the strong base and increase the attendance of all events, I would like to see the weekly Stammtisch break the 30 mark more often and external events well visited. And on that note you have the chance to do that on Friday 7th December with a visit to the Baarer Brewery. A must for all beer lovers, of which there are many. This is an unofficial 33 1/3 year anniversary party. Please sign up with me directly.

My final wish for Christmas is that you have a fantastic festive season - that you stay healthy and happy and I wish the same for your families too.

Happy Christmas!

Andy Habermacher
President



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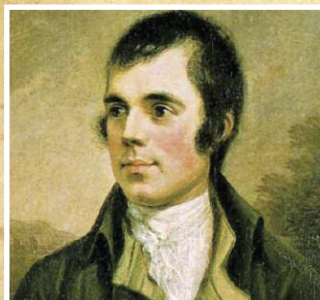
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FUTURE EVENTS

- THURSDAY DECEMBER 6, **Sebastiaan van Doorn**, "How to create a healthy indoor environment"
- FRIDAY DECEMBER 7, **IMCZ celebrates 33 years of its existence**, Brauerei Baar, Two beers and snacks free.
- WEDNESDAY DECEMBER 12, **Bowling**, at the White Line Bowling Centre in Meierskappel.
- THURSDAY DECEMBER 13, **IMCZ member John Stuart playing at Pickwick bar** in Zug 20:00-23:00 pwzg@gastrag.ch
- THURSDAY JANUARY 3, **Andy Habermacher**, presenting his latest book "Neuroleadership - A Journey through the Brain for Business ..."
- SATURDAY JANUARY 5, **Ski outing to Stoos** Instructions for intermediate and advanced skiers by IMCZ member and ski instructor Ian Karran. For more details check with René at echotrails@gmail.com
- MONDAY JANUARY 7, **IMCZ member John Stuart playing at Pickwick bar** in Zug 20:00-23:00 pwzg@gastrag.ch
- FRIDAY JANUARY 11-13, **Ski Trip to Crans Montana**, includes three days skiing and two nights at Hotel du Lac including dinner. For more details check the Flyer
- WEDNESDAY JANUARY 16, **Bowling**, at the White Line Bowling Centre in Meierskappel.
- SUNDAY JANUARY 20, **Visit to the Lucerne Transportation House of Switzerland / Verkehrshaus**. Special guided tour and afternoon program for IMCZ & ZIWC members. Meet 13.15 at the entrance
- THURSDAY JANUARY 24, **Annual General Meeting**
- SATURDAY JANUARY 26, **Burns' Night dinner**
- THURSDAY, MARCH 1, **Ermano Bassi**, GM "Hertelendy Kastély" in Hungary presentation. <http://www.hotel-hertelendy.com>



EVENT NEWS • IMCZNEWS



The IMCZ Annual Burns' Supper

Celebrating the 253rd anniversary of Robert Burns (1759 – 1796)

Saturday, January 26th 2012 at 19:00pm.

in The Landhaus Restaurant, Baar

This year is the 253rd anniversary of the birth of Robert Burns. IMCZ, together with ZIWC, are celebrating it in traditional fashion at the Landhaus Restaurant in Baar on Saturday 26th January 2012.

The evening will be a traditional Scottish Fare with the rousing sound of bagpipes and extracts from the works of Robert Burns from our guest speakers. Quite a few of our members and guests will be dressed in kilts and liberal doses of Uisge'beah (whisky) will keep the evening well oiled. A special consignment of haggis has been ordered from Edinburgh. The speakers have been told to keep it light and put plenty of jokes into the proceedings and, if last year is anything to go by, it should be a great evening.

For a whole evening of entertainment and a four course dinner, with some drams of the finest Scottish whisky this evening is a "gie-away" at just CHF 65,- for IMCZ members and their partners and CHF 75.- for non-members. Included in the price will be an apéro when you arrive, a grand 4-course dinner, plenty of whisky at hand for the toasts and general drinking, an excellent bag-piper and an evening of unforgettable entertainment with 4 guest speakers.

Drinks during dinner (wine, water, etc.) will be at your own expense.

Please keep the dress of the evening within the traditions of the evening, kilt or your own national costume (or part of it), dinner jacket, tenue de ville or jacket and tie.

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

Please send all registrations to: John Stuart

Or you can call him on: 079 215 6871

Alternatively, e-mail him at John.Stuart@Homatec.com

The IMCZ no-show policy applies for this event.

«Trust has to be earned anew every day» (J.H. Pestalozzi) This credo leads us in our daily activities for:

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Our steadfast contributor *Remo P. Jutzeler van Wijlen* is on holiday and shall resume his interesting articles next month.

IMCZ BOARD MEMBERS

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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A Measure of Happiness

Contributed by IMCZ member
Ilham Yüksel

In a study prepared by the UBS Wealth Management, which I came across, I couldn't help wondering if all our members are aware of how very lucky they are for living here in Switzerland. The study was conducted by a team of economists over a period of two months earlier this year. As 2013 approaches the number of political, economic and financial crises all around us seem to keep on increasing but the findings of this report will surely raise yours spirits.

This report was first published in 1970, and has been updated ever since every three years. Surveys on prices, earnings and a host of other indicators are conducted in several cities in Europe, America, Africa, Asia and Oceania. The huge amount of data gathered is used to get a broad idea of how people make their living and how hard they have to work to achieve a, so called, "modern world" living standard. As may be anticipated, the conclusion was that people living in Asia work considerably longer hours, than their counterpart in Europe, but earn significantly less on average.

Altogether 72 cities from around the world were surveyed, using independent observers with more than 50'000 data points collected and analysed. In order to make the data meaningful and comparable (normalised), a basket of goods including 122 different items was chosen. The items were selected on European consumer habits. In order to work out the effective cost of living, the individual positions in this basket were grouped into nine consumption categories. These form the basis for calculating the effective cost of living, as shown in the table below. The percentage figures refer to their weight for the final result:

Food/Groceries	14%
Beverages/Tobacco Products	5%
Hygiene and Healthcare	8%
Clothing	7%
Household and Electronic Dev.	10%
Home	10%
Heating/Dining	6%
Transportation	16%
Misc. Services	24%

Starting with Price levels, it is not a big surprise to see Oslo, Zurich and Tokyo are the most expensive cities in the world. Geneva, Copenhagen and New York follow. Prices of goods and services are lowest in two Indian cities of Delhi and Mumbai. Oslo and Zurich are about 20% more expensive than Western European price levels and Tokyo is 50% more expensive than the majority of cities in Asia.

The price levels in Africa and Oceania are relatively uniform. Furthermore, the prices across the whole spectrum from top to bottom have not changed significantly from those taken three years ago. However, the rankings in mid-range have changed due to changes in inflation and exchange rates. For example, in cities like Auckland and Sydney the price levels increased in US Dollar terms due to appreciation of local currency against the US Dollar. Moscow is another such case, where price levels increased due to appreciation of the Rouble. On the other hand Dublin experienced a relative decline in the price index due to the financial crisis in Europe. For the data to be meaningful, however, the level of wages in all the places where data was collected has to be taken into consideration as well.

The wage level index is calculated on the effective hourly wages for 15 professions. Once it is taken into consideration the picture changes dramatically. For example the price level difference between a city near the top and one near the bottom is a colossal 16.5 times (1650%). However, once the wages are taken into consideration the gap drops down to 3.33 times (333%). In other words a worker from the bottom has to work 3.33 times longer to buy, for example, a big Mac than a worker doing similar work in a city near the top. The top five cities with similar price level indices are Zurich, Geneva, Copenhagen, Oslo and Luxembourg, and bottom five are Kiev, Nairobi, Manila, Delhi and Mumbai.

Comparing Wage levels among different continents expounds shocking differences. The largest wage differences are in the fastest growing region of the world, Asia. The wage levels in Tokyo are twelve times higher than the lowest, Delhi. Wages are closest in North America, with wage levels in New York just 1.3 times higher than Montreal. The wage levels within Europe are quite surprising. The difference between Western and Eastern Europe is four times on average.

Due to fewer salary deductions, Switzerland is better than its peers in Western Europe. Surprisingly, that in spite of all the economic problems and crises, Athens is still ahead of cities like Moscow, Istanbul, Prague and Rio de Janeiro. Also Dublin, another severely affected victim of the economic crisis, is right below Amsterdam and Paris and above Toronto and Montreal.

Naturally, looking at prices and wages alone does not reflect the overall picture, especially living standards in any particular city. Domestic purchasing power has to be taken into consideration as well. Copenhagen has the highest purchasing power in terms of hourly wages, followed by Zurich, Geneva and Los Angeles. Taking annual income as the benchmark, people living in North American cities can afford to buy the basketful of goods on average twelve times

per year, compared to just under ten times for those living in Western European cities. Eastern Europe and South America can only afford to buy the basketful fewer than five times annually. It can be concluded, therefore, that a family of three is dependent on more than one wage earner. With the domestic purchasing power taken into consideration, the top of the list remains the same once more and so does the bottom of the list, with cities like Mumbai, Caracas, Delhi, Kiev, Nairobi, Manila and Jakarta having the lowest rankings.

Additionally, since our lifetimes are finite, we all want to utilise what time we have efficiently. Let us therefore take an example: how long does one have to work in order to buy, let us say, an iPhone in the various cities. Most of you have an iPhone and know the answer at least in this part of the world. According to the study it takes only 22 working hours in Zurich on average, whereas it takes up to 35 hours in North America, 42 hours in Oceania and 48 hours in Western Europe. In Mexico City and Bucharest it takes ten times longer than in Zurich or 220 hours, with Manila topping the list at 435 hours. People living in Africa, South America and Asia need to spend three weeks' salary (assuming 45 hours week) in order to buy an iPhone.

Further interesting details are revealed when we consider the cost of clothing. The cost of a complete wardrobe in Manila, an attractive shopping destination, is only US\$ 410. A wardrobe for men or women is meant to consist of a suit, blazer/jacket, dress, a pair of jeans, shirt, trousers and two pairs of shoes. If department store price tags are used, then the cost would be US\$ 140 for women and 270 for men. The same outfit would cost seven times as much near the top of the index. Generally, Africa and South America are the cheapest for buying clothes, with Western Europe and North America being the most expensive. In Zurich for example the same outfit costs US\$ 1'100 for men and 1'190 for women. Interestingly, Rome is the only city where women's clothing is more expensive than men's (US\$ 910 and 830 respectively)

Conspicuously absent in the above comparisons are the costs of housing, public transportation, home electronics, household appliances, hotels etc. Due to space limitations they shall be the subject of a second article in the next issue of the Newsletter.

It is clear that Switzerland scores tops on every issue which justifies my claim that we are very lucky and privileged to be living here. With this note, I like to wish you all a merry Christmas and a happy New Year.





Exoplanets and Space Telescopes

Contributed by IMCZ honorary member Muthana Kubba

Our understanding of the objects filling skies be they neighbouring planets and moons, our sun the stars, galaxies and indeed the whole universe is based on observations in mostly the visible spectrum of the electromagnetic waves. With the discovery of radio waves, the skies were additionally observed in the radio range of frequencies as well as in the microwave and infrared range.

Of course apart from the naked eye, telescopes are used as far back as Galileo Galilei who was the first to point a telescope at Jupiter and discover its four largest moons. Nowadays, there are huge telescopes placed in locations where visibility is good and optical pollution is low, usually at the top of mountains, e.g. in La Palma, Canary Islands at 2400 m or in Mauna Kea, Hawaii at 4123 m, etc.

Earth bound observations have intrinsic disadvantages. To mention a few: since the Earth is in constant rotation, to observe a certain area in the sky would require continuous compensation usually done by mounting the telescope on an axis parallel to the Earth axis (one end of the axis should point to the north star) and rotating the telescope in the opposite to the Earth rotation. Additionally, the Earth atmosphere which has constant turbulence interferes with the very weak light signals coming from remote parts of the sky. Furthermore most locations are polluted with stray lights from big cities and centres of populations. The biggest disadvantage, however, is the fact that observations can only be done when the sun is below the horizon. Half the time is lost waiting for the sun to set.

With space travel becoming a reality and after man went to the moon and back, the idea of observing the skies from space, away from the atmosphere and other limitations, was born. The Hubble space telescope was launched in 1990 at a cost of \$ 2.5 Billion. Its orbit is equatorial nearly circular low Earth orbit. Its height above Earth surface is 559 km and has an orbital period of just under 100

minutes. Its diameter and the size of its reflection mirror is 240 cm. and can observe the skies in visible light, as well as ultraviolet and infrared waves.

The Hubble Space Telescope was designed to be repaired and overhauled in space. Indeed it was overhauled and repaired a couple of times but is still going strong. Thanks to Hubble the astronomers have been able to discern the farthest galaxies in the Universe going back to within a few millions years after the big bang, or the instant in time when the universe was created, some 18 billion years ago. In other words, the light has taken that long to reach us, so we see them as they were then at the time they were being created.

Are we alone?

Not only understanding our Universe has been at the core of human inquisitive mind, but the more pressing question has and shall always be *are we alone?* The search for extra terrestrial life has been central for most of us for a long time. Apart from the untold science fiction novels and film.

Many of you would know about SETI, or at least you would remember what the acronym means, **Search for Extra Terrestrial Intelligence**. SETI was set up in 1984 to explore the Universe for any sign of life. One of its best known activities is the exploration of the radio spectrum in the skies, for any abnormal signature that might lead to an intelligence of some sort. At one stage they requested volunteers to allow the computing power of their computers to help analyse the deluge of data which they collect daily. I remember in the 90's I used to keep my computer on the whole night, so that it could be used by SETI. (Check setiathome.berkeley.edu).

The sceptics, who think that we are alone, argue that if there were extra terrestrial life, then the odds are it would be much older than ours and it would have left some signature which radio astronomy should have found. That SETI after 30 years of intensive search had found nothing is an indication that we might have to accept that we are alone.

However, at the turn of the century, with improved instruments and better analyses, the thinking about extra terrestrial intelligence shifted. Rather than search the radio spectrum at random for a signature, we should focus our attention on areas of the sky where life is possible or probable. In other words we should be looking for planets which are at the right distance from their stars to allow water to exist in its liquid form.

Observing planets on distant stars is extremely difficult. In fact direct observation is simply not possible. Indirectly, however, it is possible to find such planets. Two indirect ways are used to find such planets, if the orbit of the planet is in line with the Earth, then the brightness of the star shall dip when the planet comes between Earth and the star, otherwise if the orbit is perpendicular to the line of sight, then a slight wobble of the star due to the rotation of a planet around it, can be detected. Altogether over one thousand such planets have been detected, out of which at least a dozen or so are orbiting in the inhabitable range. The word Exoplanets has been coined for all such planets.

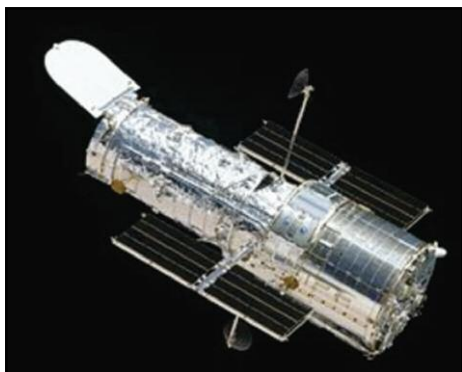
The quest for finding extraterrestrial life has not stopped at the exoplanets. In our solar system there are at least two celestial objects which might harbour some form of life. These objects are moons of solar planets. Europa is the second Galilean moon of Jupiter, and is thought to be covered by ice. However, below the ice, liquid water might exist, and is kept warm by the tidal forces generated from its huge mother planet. Enceladus, is the second moon orbiting Saturn, and is known to have a geyser near the south pole where a plume of water erupts, and falls as snow. In spite of its small size and low surface temperature and the fact that it is locked to its planet (like our moon), still astronomers believe that tidal forces can generate enough heat inside it to support some form of life.

So, now the search must be extended not only to exoplanets but also to 'exomoons'. But how can this be done, since Hubble has been pushed to the limit of resolution to observe wobbles of stars only.

James Webb Space telescope

The revolutionary idea about launching another telescope into space, but not to orbit Earth, instead it should orbit the sun was born sometime ago. It should be far enough from Earth not to be affected by its rotation but not too far so that it could be controlled easily.

One of the interesting freak properties of the Sun-Earth system is that there are five so called Lagrangian points in which a celestial body shall orbit the sun synchronously with the Earth. In the illustration shown, you can think of L1 as the point where the Earth gravity neutralises the sun's, so an object there, shall stay there, at least theoretically. Intuitively, we know that this point L1 is not stable, because any perturbation in the position of the object shall cause it to drift away. It is like a ball on top of a hill, any perturbation and it would roll down. However,



L2 is semi-stable, meaning any movement away from it would cause it to return to the point, i.e. going back to our analogy, the ball is now in a valley, if it moves away from the lowest point it shall return back to it.

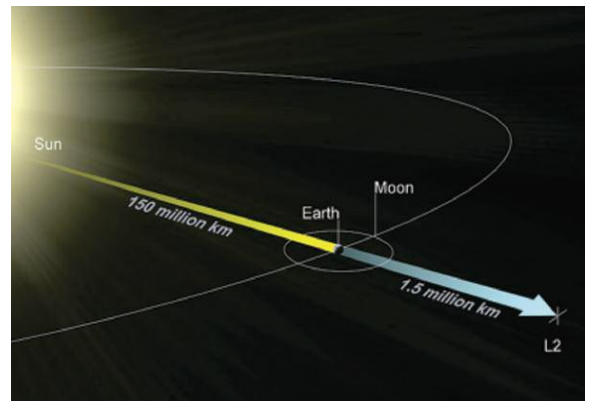
This is exactly where the James Webb telescope is projected to be at the Lagrangian point L2. The distance to Earth is about 1/100th the Earth-Sun distance, reflecting the proportion of their masses. Considering that the distance between Earth and sun is 150 million km, L2 would be about 1'500'000 km up or almost four times further away as our

moon is from Earth. A rocket launched from Earth would take about a whole month to get there.

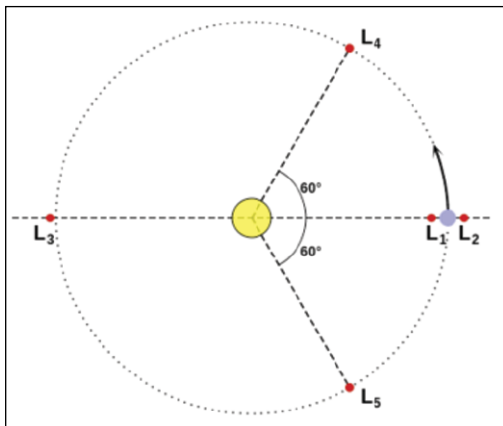
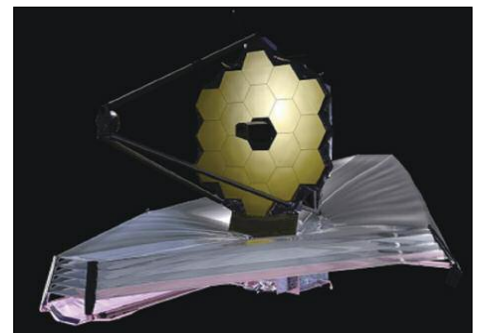
If all the ambitious plans for it were to be realised, then it shall be in a position to see exoplanets and deduce from their wobble if they have moons. If such moons have atmospheres with traces of oxygen in it, then the odds would be that life might exist out there.

The James Webb telescope is due for launch in 2018. It shall be optimised for infra red waves and shall have a huge sun shield in order to keep the detectors at a very low temperature to reduce thermal noise. Its primary mirror is 6.5 metre in diameter. Compared with Hubble's 2.5 m mirror, the collection area is almost seven times larger.

Indeed, we have come a long way from the SETI days and most augurs predict that within the next 20-30 years we should know if we are alone or not, at least within a sphere of up to 20-30 light years away.



James Webb Space Telescope as seen from top with the sun shield



GARAGE ZIMMERMANN



We wish You and Your Family

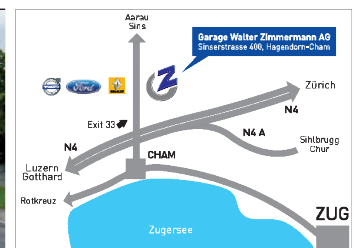
A Merry Christmas and the Best of Luck for 2013

Thank You for a Successful 2012



Mark Shires

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Krav Maga as I experienced it

Contributed by IMCZ member Jean-Pierre Lamaudiere

I. My First Steps into the World of Krav Maga

Facing separation from the ex-wife in 2010, all of a sudden I felt totally alone. Many of you would know the feeling; the whole world was coming to an end. The fact that I had a fairly successful business, with a full work schedule, didn't help and this feeling was haunting me all the time. Previously, I was quite active, doing a lot of sport and having many outside interests, but now I became lazy, watching television or videos most of the time and doing little else.

Once, while watching TV, a presentation of a Krav Maga session caught my attention. I went on the Internet and found a few places where this art was practiced and taught. It didn't take me long to find a training centre not far from where I was living in Lausanne, EIKM (Ecole Internationale Krav Maga) in Mies on the lake of Geneva. With mixed feelings I enrolled for a preliminary period of 3-months.

On my first encounter, I was pleasantly surprised by the "boss", Philippe Kaddouch (PK). He simply suggested that I should come for one or two lessons free of charge. Later, I discovered that this was a trick to find out whether I was truly motivated or not.

It was refreshing to know that the most important thing was not to dress up like a warrior or learn some strange martial arts' katas to imitate those Asian movies, but to learn about ourselves: how to react to an abnormal situation and get the best from ourselves without having to wear special clothes. It was therefore quite a surprise when I asked PK what do I need in order to attend the course, he replied, "your daily clothes". Furthermore the training room had no mattresses and looked like any other normal everyday room.

After a few lessons I was having such a good feeling, that I decided to enroll in the course and was attending five times a week. Through the course of training, I met with some nice people who were also looking to improve their behavior in everyday life rather than trying to imitate a Bruce Lee.

I must say that, as a result, my spirits started to improve and the depression quickly disappeared. Furthermore, I was able to correctly analyze my situation in terms of professional activity as well as in terms of family and other private affairs.

This article is a tribute to my coach who taught me Krav Maga and protected me from using drugs, alcohol etc. He helped me overcome my difficulties and pass through a

critical period of my life. I would like to share my experience and show that Krav Maga's approach enables you to be mentally much stronger, and at the same time enjoy a nice collective sport.

II. The Objectives of the PK Method

From my experience, I consider the PK method suitable for everyone, irrespective of age, sex or level of body fitness. He teaches self defense and how to face aggression both from the technical and physiological points of view.



It is of fundamental importance to develop the right physical techniques and to acquire the correct mental approach. As a result, the reaction to obstacles and decision-making improve, and consequently self-confidence improves as well,

III. Personal Development

The PK's method had resulted in developing and asserting my physical and technical capacities and capabilities. Even my character and personality were asserted. Furthermore, it enabled me to retrieve my basic instincts and be able to make quick, and assertive, decisions when facing complex and risky situations. With hindsight, all such decisions proved to be optimal. The development of such skills was only possible through the essential support of the PK method.

It was the sensation of rediscovering the person I never dared to be any more, both in my professional activity as well as in public or in my private life. In fact, the Philippe's method is based on three elements: the fighting method he teaches, the psychology and the authenticity.

IV. Biomechanics

Though rough at the beginning, no other self-defense or fighting system is as effective and at the same time refined in its intelligence and subtlety as Krav Maga. Philippe has refined this discipline to such a level that only he can put it across. It is no longer Krav Maga, but the future of it: the "PK method" which belongs to him only.



Improving your fitness level wherever it may be, allows you to reach a better potential to carry out the basic or advanced techniques taught by PK. These exercises are drawn from practices in gymnastics, athletics, and other such disciplines of the past. They are very effective and much more useful for the body than the majority of exercises practised in a gym.

As much as any sport the PK method engages all the muscles and joints of the body in all of their planes of mobility. The stretching exercises are adapted to the same objectives.

V. Psychology

Learning how to defend oneself and how to react, requires instinct, aggressiveness (not to be confused with violence), reaction and self-confidence. The PK method include conditioning or reconditioning reflexes as well as dealing with an aggression in order to be able to react in an adequate way to each hostile situation, whether it is physical or psychological.

VI. Authenticity

In certain situations in life, one works without a protective net, so the smallest error could result in disaster, an injury or even death. In such a case there is no room for hazardous techniques. Realistic training gives you the right reflexes and the right moves required in a real life situation, without excessive confidence. No need to lie to yourself, when you are in the training place, you do not come for who you are but for who you are going to be. This is the secret of the success of Krav Maga as taught by Philippe.

VII on Philippe Kaddouch

- He is one of the best known self-defense expert worldwide.
- Head of EIKM - International school of Krav Maga, based in Geneva, Switzerland.
- Head of EIKM instructors in Switzerland, Italy, Holland, Belgium and France, where 250 instructors have been trained.
- After three years as a Krav Maga

instructor Philippe became head instructor at the Sports and combat base of the elite unit of the Israeli Army where he trained 400 instructors.

- In 1990/1992 he taught Krav Maga at Wingate Institute for Sport & Physical Education
- In 1992 he trained the bodyguards of the Brazilian Special Forces.
- In 1993 he supervised the self-defense training of the Israeli Police Force.
- In 1993/1994 he trained bodyguards for private security services in Israel and was in charge of a training program commissioned by the Ministry of Education and Municipality in all secondary schools in Jerusalem and Tel Aviv.
- In 2012, Philippe decided to dissociate himself from Krav Maga. He thought the name has become misappropriated with many illegitimate instructors.

Philippe is an athlete, international expert of biomechanics, strategy and psychology relating to personal security.

When I met with him, he helped me discover a scientific and realistic method which is in constant evolution, well suited with an indisputable approach, a psychological basis for each technique, a new way of approaching each situation in life, a real experience through a pedagogical system that suits every one of us. This explains that although my fellow trainees were of both sexes, of any age or strength, we were able to practice together.

I wrote this article in order to share my experience and to confess that this training really had improved my way of life.



Further reading:

www.eikm.com

www.philippekadouch.com

RTS 1 - "C'est la Jungle"

<http://www.rts.ch/video/divertissement/c-est-la-jungle/4297636-nicolas-burgy-pratique-l-autodefense.html>

Discovery Channel - "SPY"

<http://www.youtube.com/watch?v=zy66zEyXoXQ>



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From the
SLOPES...

Ladies' Skiwear

Contributed by IMCZ
member and sports
editor Joseph Dow

With Christmas fast approaching, many of you may be searching for a nice gift for that special woman in your lives. If you are a ski freak like me, you are probably considering something for her that has to do with your favorite sport. Seriously, what could possibly make her feel better than looking great on the slopes in a new ski outfit, especially living in the winter wonderland that is Switzerland? Well, how about looking great as well as feeling comfortable and warm?

I have mentioned *Mountain Force Skiwear* in some of my previous articles in the March 2011 and 2012 Newsletters. So, I went back to see its CEO, Roman Stepek in Rotkreuz and had a long chat with him about our Club which he knows through his connections with ZIWC, and about the latest developments in skiwear. He informed me about his brand's evolution and newest mission to make women on skis elegant, sexy, yet exceptionally comfortable.

Mountain Force provides the serious skier with a Swiss-engineered and precision-made outfit of the highest possible functionality. In the past, their offerings were very minimalistic with straight-ahead colors and designs, although definitely sleek. This season, colors and patterns have become much bolder and there are more fashion accents that make a statement. They have taken their high-tech, ceramic material and given it the pattern of traditional winter fabrics, such as the classic herringbone, which is then paired with bright-coloured fabric accents that match in color combination with the ski pants. Additionally, small detail accents like rivets found on designer jeans can be seen on some models.

Despite the move to amp up the fashion focus of the brand, they have definitely not abandoned the high-tech approach. It is technology that makes it possible to bring fashion to clothing requiring totally free movement for skiing. They somehow solve the paradox of a slim-fitting, hourglass-shaped garment that is completely non-restrictive with their full 4-way stretch fabric. In a unique construction from the interior to the exterior, all three layers of the outfit (inner lining material, insulation, and outer shell) are 4-way stretch.

As I mentioned in the last article, Mountain Force's ski pants are a particular specialty of the brand, and they have been recognized and highlighted in various articles from the *Financial Times* to *Vogue* to *Playboy*. With ski pants, I've often noticed that even women with a nice slim figures seem to have ill-fitting pants. They fit too loose, look sloppy, and do nothing for them. To address this offense, Mountain Force has really taken the next step by offering made-to-measure ski pants at some of their premier retailers.

For illustration of the Mountain Force look and style, here are a couple of photos of some ZIWC members wearing their Mountain Force outfits. You don't have to go to Rotkreuz to find their products; they are also available at *Berge Pur Outdoor* in Zug and *Jelmoli* in Zurich.

For more information:

Mountain Force AG of Rotkreuz

www.mountainforce.com

Tel. 041 799 80 20

Next Month: Preview of the fabulous **Crans-Montana** ski resort, the location of our upcoming **2013 IMCZ ski weekend**.





From the LANES...

Contributed by IMCZ Member
Steve Butterworth

Fabulous Game

We ended up with 12 avid bowlers. Janis Meier deserves special mention as she made a fabulous first game of 191, just behind the two all time experts we had: Matthew Beaven and Rat Bleser. Everyone except Colin Mason made it into 500 and over for Handicapping. The two wine winners Janis Meier and Beat Züger did great on both bowled or handicapped scores.

A new statistic is born SPLITS, that is when you bowl through the middle and leave pins on either side of a goalpost in the middle, it is then extremely difficult to knock them all over. We have some competitions there too between Hans-Peter Schobert and myself!

All in all it was a very pleasant evening out.

HANDICAPPED SCORES

First Name	Surname	Game1	Game2	Game3	Handicapped	overall_avg	handicap	STRIKES	SPARES	Split
Beat	Züger	188	168	140	655	134	53	8	14	2
Janis	Meier	191	118	107	605	122	63	8	8	3
Maurice	Corten	120	132	113	593	106	76	5	9	3
Gail	Brenton	77	108	105	593	74	101	4	4	
Adrian	Lüdi	150	122	88	567	114	69	6	6	1
Mark	Buck	110	106	109	565	100	80	4	7	3
Hans-Peter	Schobert	112	98	144	558	116	68	2	9	5
Ian	Brenton	92	124	119	551	111	72		12	2
Rolf	Ekman	88	112	75	539	91	88	3	6	
Stephen	Butterworth	106	129	110	537	121	64	2	10	4
Otto	Steuri	142	109	139	525	144	45	4	10	2
Colin	Mason	90	126	93	480	129	57	3	5	1

BOWLED SCORES

First Name	Surname	Game1	Game2	Game3	Bowled total	overall_avg	handicap	STRIKES	SPARES	Split
Beat	Züger	188	168	140	496	134	53	8	14	2
Janis	Meier	191	118	107	416	122	63	8	8	3
Otto	Steuri	142	109	139	390	144	45	4	10	2
Maurice	Corten	120	132	113	365	106	76	5	9	3
Adrian	Lüdi	150	122	88	360	114	69	6	6	1
Hans-Peter	Schobert	112	98	144	354	116	68	2	9	5
Stephen	Butterworth	106	129	110	345	121	64	2	10	4
Ian	Brenton	92	124	119	335	111	72		12	2
Mark	Buck	110	106	109	325	100	80	4	7	3
Colin	Mason	90	126	93	309	129	57	3	5	1
Gail	Brenton	77	108	105	290	74	101	4	4	
Rolf	Ekman	88	112	75	275	91	88	3	6	





A married lawyer had been having fun in his car with his secretary. On getting home, his wife found a woman's panty on the back seat. She tore it apart, screaming, "What the hell is this? What have you been up to??"

The lawyer quickly tried to think of the best strategy and considered to either beg for forgiveness or to be honest and say the truth. Finally he calmly replied: He calmly replied, "You have just destroyed the evidence of the rape case worth a million for me, which I'm handling. You can forget the jewellery you wanted!" She quickly fell on her knees apologizing.

What's the difference between stress, tension and panic?
Stress is when wife is pregnant,
Tension is when girlfriend is pregnant,
and Panic is when both are pregnant.

A young boy asks his Dad, "What is the difference between confident and confidential?"
Dad says, "You are my son, I'm confident about that.
Your friend over there, is also my son, that's confidential."

A woman asks man who is traveling with six children,
"Are all these kids yours?"
The man replies, "No, I work in a condom factory and these are customer complaints".

An old woman was asked, "At your ripe age, what would you prefer to get Parkinson's or Alzheimer's?"
She quickly answered, "Definitely Parkinson's: Better to spill half my wine than to forget where I keep the bottle."

An elderly man confided to his friend on Thanksgiving Day, "I shot my first turkey yesterday. I scared everyone in the frozen food section half to death. It was awesome! Getting old is so much fun!"

Mildred told her son one evening, "my memory has gotten so bad that I changed my computer password to "incorrect". That way, when I log in with the wrong password, the computer will tell me, "Your password is incorrect!"

An old retired sailor puts on his old uniform and heads for the docks once more, for old times' sake.

He engages a prostitute and goes up to her room. Soon he is going at it as well as he could for his age but, needing some reassurance, he asks "how am I doing?"

The prostitute replies, "well, you're doing about three knots."

"Three knots? he asks. What the hell is that supposed to mean?" She says, "You're knot hard, you're knot in, and your knot getting your money back!"

Four old Catholic men and a Catholic woman were having coffee in St. Peter's Square. The first Catholic man tells his friends, "My son is a priest, when he walks into a room, everyone calls him: '**Father**'".

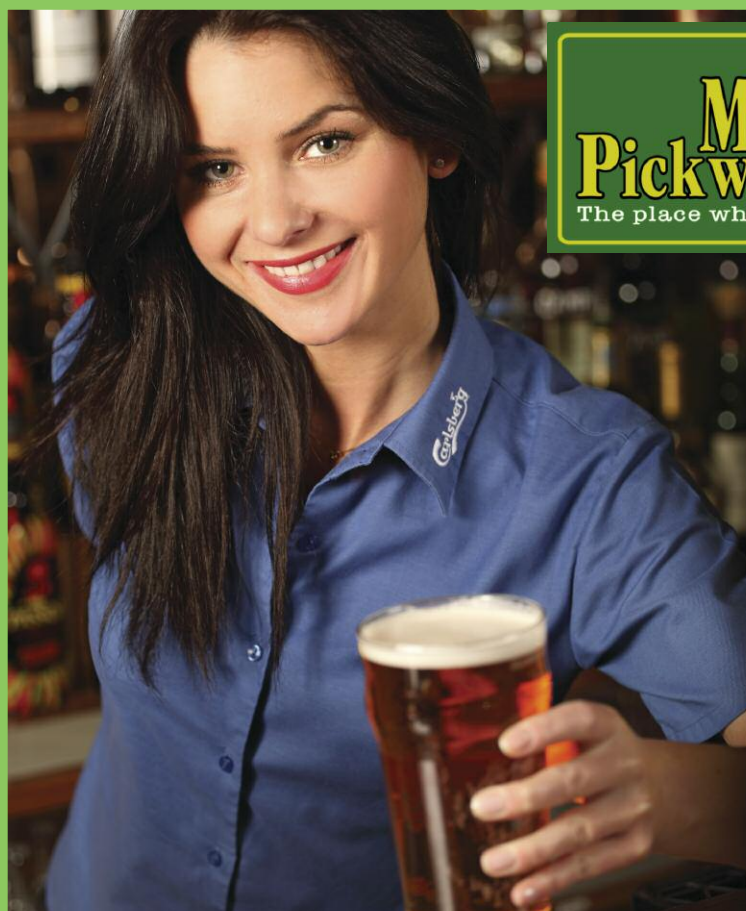
The second Catholic man chirps, "My son is a Bishop. When he walks into a room people call him '**Your Grace**'".

The third Catholic gent says, "My son is a Cardinal. When he enters a room everyone bows their head and says '**Your Eminence**'".

The fourth Catholic man says very proudly, "My son is the Pope.

When he walks into a room people call him '**Your Holiness**'".

A lone Catholic woman was sipping her coffee in silence, looked up. The four men gave her a subtle, "Well....?" She proudly replied, I have a daughter, slim and tall, 40D Breasts, 24" waist and 34" hips. When she walks into a room, people say, '**Oh my God!**'".



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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.

FORMULA 1 2013

www.formula1.com

The 2012 F1 season ended on 25 November with the favourite, Sebastian Vettel, completing the season as third time world champion. To follow the 2013 season the above web site gives all relevant dates and venues and includes the rules and regulations plus technical updates for each team.

DISENO-ART

www.disen-art.com

An immensely interesting site covering various means of land and sea transport plus some aircraft news. Be prepared to spend a lot of time exploring this site.

MARS

<http://1.usa.gov/NASAciosity>

<http://bit.ly/curiositymission>

<http://marsrovers.jpl.nasa.gov>

<http://mars.jpl.nasa.gov/>

The Mars Mission is truly exciting and the engineering involved extremely complex – just watch the simulated multi stage landing procedure. The four web sites given here tell the complete story of the Mars Missions and many more NASA projects.

PORSCHE MUSEUM

www.porsche.com/international/aboutporsche/porschemuseum/

After three years of construction the new Porsche museum is itself an architectural emblem of the Porsche brand. The Porsche Museum houses a Central Department offering all the historical and contemporary knowledge about Porsche. It serves to present the fascinating thrill and diversity of the Porsche brand to world-wide visitors.

ANTIKYTHERA MECHANISM

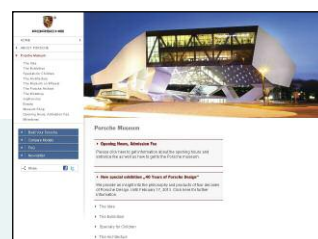
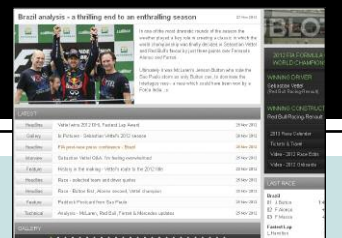
www.antikythera-mechanism.gr

More than a hundred years ago an extraordinary mechanism was found by sponge divers at the bottom of the sea near the island of Antikythera. It astonished the whole international community of experts on the ancient world. Was it an astrolabe? Was it an orrery or an astronomical clock? Or something else?

REACTION ENGINE

www.reactionengines.co.uk

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PUZZLES • IMCZNEWS

Sudoku

The November puzzle was not an easy one, but there were above average correct solutions. Thanks and congratulations to all those who had a go and got it right. The winner is long lost but recently reappeared member, Roger Dixon. Congratulations Roger, your drinks during the next Stammtisch you attend shall be on the house. This month's puzzle is one notch higher in difficulty; I am sure the Einsteins of the Club as well as anyone else interesting in engaging his grey cells shall have fun and satisfaction in solving it. A hint for the unseasoned: do make a table of the frequency of the numbers given, and then concentrate on those with the highest frequency. 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. Please simply tell the waiter or waitress that your drink is on the house, he or she shall find their way to the Paymaster, that is yours truly or Max. 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.

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

Solution to November 2012 Puzzle

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



TIDBITS • IMCZNEWS

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Your Aston-Martin old-timer with the roll top roof?
A gorgeous view of the Bay of Biscay,
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Email Joe Dow, jidow@hotmail.com

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- 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.-
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