

# IMCZ NEWS



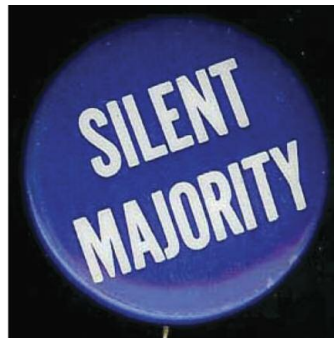
FEBRUARY 2014

## EDITORIAL

### A New Start

With the AGM behind us and a new board in place, we are all set to start a new year, and look forward to a whole package of activities and events. As ever, all the hard work the board members put in to make it a successful year, hinges on your participation and support. The key pin of the Club, our weekly Stammtisch has been averaging about 20-22 attendants. The is less than 10% of the active members, albeit that altogether about 40% of the members have showed up at least once at some function of the Club during the year. This still leaves 60% as a silent majority. It is to that silent majority that the board appeals to take the trouble and show up. We like to meet you, and network with you, and above all we want you to have value for your money!

**Muthana Kubba**  
Newsletter Editor  
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## IMCZ

Introducing...new members

THE IMCZ WELCOMES:

### Nikhil Gupta

Nikhil moved to Zug three and a half years ago and lives with his wife Shaili in Oberwil. He has a passion for Real Estate and developments and currently works for Peakside Real Estate Advisors AG, a European Private Equity firm based in Zug. Nikhil enjoys travelling, road trips and in particular hiking and cycling.



### Haider Naji

Haider hails from Hilla (close to Babylon) in Iraq. He came to Switzerland in 1995 and moved to Zug in 2001. He is a qualified chemist. His Iraqi wife is a gynaecologist and works in a clinic in Zug. He has two grown up sons both studying at the ETH in Zurich. Haider enjoys cooking, music photography and travel. He also loves wandering in the beautiful countryside of Zug.



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## FUTURE EVENTS

- WEDNESDAY FEBRUARY 19, **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- MONDAY FEBRUARY 24, **Visit to the new "Durchmesserlinie" the largest urban construction site in Switzerland, Zurich.** *Roger Brooks*
- WEDNESDAY MARCH 19, **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY APRIL 3, **"A photographer's view of artists at work"** presentation by *Roger Harrison, 18:30 Park Hotel*
- WEDNESDAY APRIL 16, **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- WEDNESDAY MAY 21, **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- WEDNESDAY JUNE 18, **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- WEDNESDAY JULY 16, **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- WEDNESDAY AUGUST 20, **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- SUNDAY AUGUST 24, **Annual Barbecue** *Location to be announced*

## YOUR NEWSLETTER GOES PUBLIC

The board had decided to make the current Newsletter available to everyone.

Visitors to our site [imcz.com](http://imcz.com) can read the current Newsletter under About Us -> Current Newsletter





## The House of the Blind, Sonnenberg, Baar

Actually the proper name of the centre is 'Heilpädagogisches Schul- und Beratungszentrum.' A delegation from the IMCZ went to visit it on Monday January 13, 2014. The director Mr. Thomas Dietziker welcomed the delegates, Max Leyherr and Muthana Kubba. He explained using a Power Point slide show a great deal about the centre. To start with it is not only for the blind and visually impaired children, but covers other types of handicaps, namely those with communication and speaking difficulties and a host of other varieties of disability. Apart from the therapy and instruction premises, there are living quarters in units with up to six or seven persons living in each of them, where the handicapped children live during the week. Some of the children live at their homes and are brought in daily by school buses. There is no canteen in the centre; each unit has to cook for its members in order to promote the community feeling and self-reliance.

The centre has highly qualified staff with exceptionally high ratio of staff/pupils. The total number of what they call 'clients', meaning children they look after in 2012 was 209 against a total number of staff of 161. The centre receives children from most of Switzerland, including Tessin, central and east Switzerland, except the French speaking part which has its own centre in Lausanne. It has an annual budget of over 18 million Swiss Franks. The donations make about 0.02% of it. The delegates handed over the Club's donation of CHF 200, which was thankfully received.



## Amhuinnsuidhe Castle Estate



Some of our Club's members have already sampled this exotic haunted castle, which lies at the furthest remote location of the Outer Hebrides. It is Gaelic speaking and Amhuinnsuidhe Malt whisky drinking. Other members may wish to sample it as well.



This year IMCZ member Ian Scarr-Hall has negotiated a special deal for the IMCZ members. Special rates shall apply for a stay of up to seven days, commencing on June 7th this summer. Further information are available from Ian Scarr-Hall (scarrhall@googlemail.com) or Heinz Schaller (choice-design@choice-design.ch).

Did you know that Amhuinnsuidhe is only 9 latitude degrees away from the North Polar Circle? The day on June 7 is almost 18 hours long. The sun rises at 4:31 am and sets as 22:28.

## ZIWC Spring Book Sale

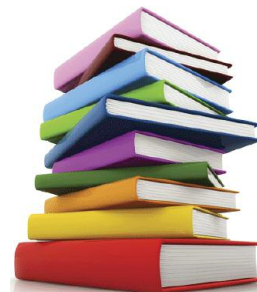
The success of last October's book sale, had prompted the ZIWC to organise an additional spring book sale. It shall be held at the same location:

**"Guthirt", Guthirtstr. 1, 6300 Zug**

on Wednesday April 9, 2014 from 18:00 to 19:00 hours

Come along and enjoy a snack and a drink and browse through thousands of books being given away at CHF 2,00 each. Plenty of parking spaces at Metalli or the surroundings.

If your shelves are full and you have no room for new books, empty them and give all the books you have already read to the ZIWC. Contact Rikke de Romijn at 079 754 20 29 or rikke.de.romijn@datazug.ch



## 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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## The 33rd Annual General Meeting

In a crowded room at the Park hotel, a fairly large crowd gathered at around 18:00 hours to enjoy a pleasant Apéro prior to the AGM meeting which started promptly at 18:30 hours.

The President Andy Habermacher welcomed the assembly and proceeded to go through the agenda, which had been circulated to the members in advance. Board member Roger Brooks, the Webmaster, was excused due to overseas travel. The formal Agenda was quickly worked through with the President's report, Treasurer's report, Auditor's report and the subsequent discharging of the auditors and the board. The new board was then voted in with two new members: Danilo Bertocchi elected to be the event's coordinator and Amit Purohit to be Membership and Stammtisch coordinator. Three members stepped down from their duties and were duly thanked for their outstanding work over recent years: René Welti, Events Coordinator; Heinz Schaller, Membership Coordinator; Andrew Joines, Stammtisch Coordinator.

At last but not least the awards time came. A bottle of the very best New World wine was presented in the name of the Club to each of

- The departing board members for their hard work during their terms at the board: René Welti, Andrew Joines and Heinz Schaller
- The auditors Messers Peter Sprosten and Franz Sieberth
- Joop Hubeling for organising the visit to the Water Treatment plant in Cham
- The top three attendants to the Stammtisch: David Kauders, Urs Odermatt (in absentia) and Ian Stansfield.
- Stephen Butterworth for his unending work for the monthly Bowling event
- Remo Justzeler van Wijlen (in absentia) for his regular health contributions for the Newsletter
- Joseph Dow (in absentia) for his regular Sports section contributions for the Newsletter.

At around 19:45 the AGM was closed and the members proceeded to continue the Apéro.



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## 18th Burns Supper at the Gasthaus zur Linde, January 25th 2014

Contributed by IMCZ member Ian Stansfield

The Burns night was a rip roaring success! The speakers were fabulous and delivered side splitting impassioned orations, some were even vernacular. The lassies were be-gowned and bejewelled. The laddies booted and suited. A considerable number of Gentlemen were wearing the traditional Baratheia Jackets and kilts. Whisky flowed and with the first ticket drawn in the raffle Tracey won a packet of Haggis flavored crisps. The other prizes where almost all different types of whisky.

We arrived about half an hour early and I was surprised that there was already a substantial gathering. One giant guest, wearing a kilt, turned out to be Swiss. He had attended the Swiss Highland Games as a guest. He was invited to try carrying the heavy stone game. He broke the existing record and insisted that he come back every year. The conversations were animated and a good atmosphere was maintained through out the evening.

The master of ceremonies, John Stuart, was masterly and kept us entertained all evening. The highlight of the evening was the arrival of the Haggis. A magnificent specimen that was piped in by the best bagpiper I have ever heard. Bruce Mathers, well ..., if that how is over a Haggis, then men should lock their daughter up! I haven't mentioned all the speakers but they were all exceptional. It would be good to collect the speeches and print them.

From my point of view the only slight down side to the event was the hotel proprietor and his staff. He imposed his presence on the evening more than was necessary; the staff had to be asked to turn down a sporting event that was going on in the kitchen; the staff were talking loudly during the speeches even after having been asked to be quiet. Another member subsequently told me that the hotel had done a better job than the one of the previous year, so maybe I'm just being too picky.

The Cast:

Master of Ceremonies • John Stuart  
Selkirk Grace • Bas Veenendaal  
Address to the Haggis • Bruce Mathers  
The Immortal Memory • Andrew Glass  
Toast to the Lassies • Nicholas Brock  
Reply from the Lassies • Lesley Lang  
Scottish Highland Pipes • Craig Holmquist



The Board of the IMCZ would like to extend its gratitude and thanks to the organisers of this highly successful event, John Stuart and Bas Veenendaal.

As much as we would like to publish all the interesting speeches held, due to space limitations, the editor has decided to publish the most interesting for our members, the reply from the Lassies, with thanks to Ms Lesley Lang for a fascinating speech:

### A Toast to the Laddies

Ms Lesley Lang

Thank you for that honest and amusing Toast to the Lassies Nicholas ...

Good Evening Lads and Lassies. On behalf of my boyfriend Graeme and I want to thank you for inviting us here to join you all this evening. Its a pleasure and an honour for us to celebrate Robert Burns Birthday here in Switzerland. My friends and family are amazed by the number of people here who celebrate such Scottish occasions abroad.

Before I begin I would like to say a special thank you to Nicholas for reciting a verse from my namesake poem from Robert Burns

„Oh say ye Bonnie Lesley“

As she's gaid ore the border  
To spread her conquests further  
And love her but forever

For nature made her what she is  
Thou art a queen fair Lesley,  
Thou art a queen fair Lesley  
The Deil he could na skaith thee,  
He'd look into thy bonnie face  
The powers aboon will tent thee  
Thou'rt like themsel sae lovely  
Return again fair Lesley  
That we may brag we hay a lass

She's gain like Alexander  
To see her is to love her

And never made another.  
Thy subject we before thee,  
The heart o men adore thee.  
Or aught that wad belang thee  
And say a canna wrang thee  
Misfortune sha'na steer thee  
That ill they'll ne'er let near thee  
Return to Caledonie  
Theres naen again say bonnie.

I think this poem only proves how talented Robert Burns was. He managed to write a poem about me before I even was born, and described me perfectly. Don't you agree Graeme?

SO Men ... you made us blush!!! But now its time for you to hush!!!!  
As I am new to the gathering I will begin with my version of how I was invited here tonight!!!

Two nights ago, a message from John.  
Sitting on my train and this is what went on.  
Lesley we're having a Burns Night, an evening to savour  
Oh by the way, can you do me a favour?  
A response to a toast is all that we need  
Please dont make me get on my knees and plead  
Brenda cant do it she doesnt have time  
And Gabys is in Scotland the bloody swine  
Just a small something and oh by the way  
If you could have it ready by this Saturday  
So much to do and so far behind  
we can't help but end changing our mind  
A request such as this often Men spring  
Its no wonder our moods are inclined to swing  
Men come in handy once in a while  
And sometimes they say things to make us smile  
When we can't reach things that are to high  
All we do is call them, easy as pie  
when a spider comes out and makes us flutter  
men can always get rid of a critter.



I am sure Nicholas will agree of writing these speeches for tonight we had many attempts. And this counts for men too. After all why did God create Man first? Because you should always create a rough draft before creating your masterpiece.

Being 27 years old and living with a man gives my relatives in Scotland ample opportunity to harass me about marriage and babies. This leading me to think Lassies!! Before engaging in such risky commitments. I have a question!!! The question we have all thought of while watching Danielle Steel movies!!! What makes a man perfect?? Well from my experience I believe it takes three things.... 1. compromise, 2. commitment and 3. control of the TV

1. Compromise!! Split the workload down the middle and avoid at all costs double standards!! However men do not quiet fully understand this concept. Men define a "50/50" relationship by We cook-they eat; we clean-they dirty; we iron-they wrinkle.

2. Commitment!! To show you look toward a future together ... Being the woman of the partnership we naturally create a warm, clean and happy environment for the man to come home to. We make sure there is always delicious food available, clean clothes hung up and your whisky poured just the way you like it. Bills are paid on time and the social calendar of dinner dates and parties are organised. All men have to do is turn up and try to smile. But how does a man show he's planning for the future? He buys two cases of beer instead of one. Regardless whether we deemed our men to be perfect or not. Whether he looks like Richard Gere or dances like Geen Kelly. Every man who has it all should always be given a woman to show him how to work it ....

I agree with what you say about not disturbing a man reading a newspaper ... or the modern version!! A Laptop!! Lassies I am sure will agree that when the modern man sits down to some harmless web browsing we may as well consider him gone. I love my man in all his glory but after a night were the laptop gets all the attention he faces the ultimatum of its her or me. Call me old fashioned but at least there is a last page in a newspaper.

So Men a little Authentic Scottish Rabble advice on finding a suitable woman!!!

Who but a namesake o the bard	Could make us lassies laugh so hard
A ladies man wis Rab,	tis true Fae him, ye learned a trick ur two
We thank you lads, you made us grin	Tears o laughter flooded in
Aside fae that, we're awfy gled	The toast tae us, wis Robert led!
If aw men followed Rab the Lad	The world widnae be hauf as bad
Advice tae the laddies, world wide	Jist remember, ye NEED a Scottish bride!

So laddies I think that gives you all something to think about and work on. And to finish on a positive note....Your naw that bad.....each and everyone of you have your good points. After all the reason I am living in this beautiful country and have joined you all tonight was for the love of a man.....And on an ever better note.....He is a born and bred SCOTSMAN!!!

And a final thought for the Lassies. Have you ever realised that all our problems start with men??? That by living with a man you put yourself at risk of a , MENTAL breakdown, thus resulting in longterm MENTAL illness. A purely by being a female we must experience MENstruation, and eventually MENopause. A then there are those awful visits we have to the GUYnecologist. And then that dreaded word we dont want to hear HISterectomy!!!

So Lassies despite the excessive football, inability to renew the toilet roll and remember anniversaries we all agree we could live without them...

They put up with our moods, diets and hair do's  
They know to ignore when we buy new shoes,  
Through bad hair days and failed weight loss attempts  
These men before us are awfully nice gents

So Lassies join me in raising your glass to the Handsome Laddies.



## Natural vs. Artificial Vitamins

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

Nowadays we have an ever increasing palette of various food stuffs on offer, from all over the world, at almost any time of the year. We have the choice not only between various commodities, but also between lots of processed foods of numerous brands. The increasing health consciousness of many consumers has become the driving force behind a growing niche market of enriched functional foods. However, besides the ideological preference of purists and ecologists for “all-natural” food and ingredients, a fairly large section of the general population also believes that “artificial” vitamins are not as effective as naturally ones contained in fruits and vegetables. Such provisos are nourished and supported by mass media and consumer protection magazines, which earn their living from scandalizing whatsoever.

First of all, the term “artificial vitamins” has to be fully explained in order to understand what it means. It does not imply synthetic structures or molecules, rather simply the industrial production of vitamins by microbiological, chemical, and/or enzymatic processes. However, an “artificially” manufactured vitamin C (ascorbic acid) is absolutely identical with that extracted from citrus fruits. It is not the origin of a vitamin, that counts, but its structure, which defines its bioavailability and efficacy. If the structure is not identical then it would be named differently and has not the same properties. This can be the case for some vitamins like f.e. vitamin E, which is industrially produced as a mix of its two optical isomers (imagine your left and right hand), and therefore named d,l-alpha tocopheryl acetate. Only the d-form has the

vitamin function. But when in food enrichment the d,l-mix is used, its dosage and declaration has to refer only to its d-form content. Also in nature some vitamin-active substances exist in various forms. There are dozens of vitamin-A active substances categorised in a group called carotenoids. Their vitamin A activity depends on their specific molecular structure. This is the reason, why one often finds on food labels “I.U.” (International Units) for vitamin A and D, which stands for the respective vitamin activity of the contained substances.

But besides the molecule formula also the food matrix is crucial for the bioavailability and, in consequence, the efficacy of a vitamin. For example, a certain amount of fat is necessary to absorb beta-carotene (a precursor of vitamin A). Without fat neither the beta-carotene from carrots nor from vitamin pills would be properly absorbed. Therefore, regarding vitamin uptake, carrots should be eaten with sauce or cooked in butter. And in high-quality vitamin pills the beta-carotene would be provided in emulgated, water-soluble microcapsules to allow absorption.

The consumers of fruits and vegetables not just profit from their inherent vitamin content, but also of so-called secondary phytonutrients, some of which have well-documented health advantages of their own. There are hundreds, or rather thousands of antioxidative phytonutrients. Their effects add on top of the vitamins contained in them. Hence, not the effect or benefit of the vitamin itself is greater, but the whole compound offers other phytonutrients with their own

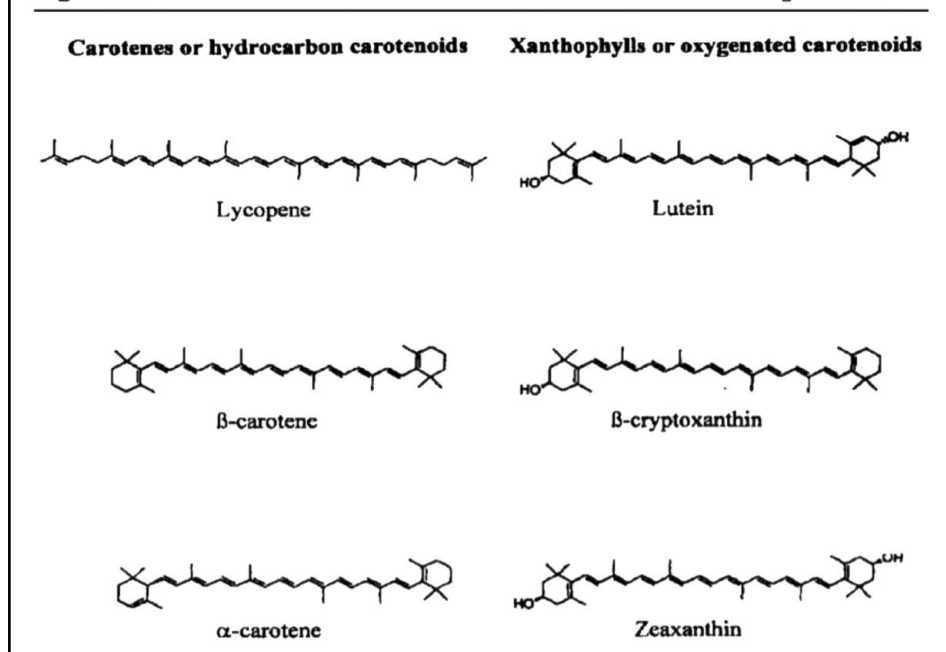


potential health benefits. Nowadays, manufacturers of supplements even add particular phytonutrients to their vitamin products e.g. lycopene or lutein. But it is not possible to really copy the abundance of nature in this respect.

On the other hand, there are also (natural) anti-nutrients in foods to consider. Phytates in cereals and soy for example, which form non-absorbable complexes with minerals like calcium, zinc, and iron. The same applies to oxalate from spinach, beetroot, celery, and rhubarb. Furthermore, some vitamins are less bioavailable in their natural form. Naturally derived folate has to be metabolised into the free vitamin form folic acid, which is the common supplemental and 100% bioavailable vitamin form. In contrast, only about a third of folate is absorbed, subsequently its vitamin value is reduced compared to the “synthetic”, bioavailable folic acid.

An additional aspect is biological variance in natural vitamin content due to provenance, season, cultivation, harvesting point, transport, storing conditions, and so on. To say it like Forrest Gump: “...is like a box of chocolates, you never know what you'll get!” To conclude: both supplemental and natural vitamins have their pros and cons – however, the accompanying factors are crucial for their overall health benefit. The vitamins and their effects are the same as long as they have the same chemical formulae, no matter what origin they have!

Figure 1 Structures of common carotenoids found in fruit and vegetables



## Light Emitting Carpets

Contributed by IMCZ honorary member and Newsletter Editor Muthana Kubba

A new development has just hit interior designers giving them a new dimension to add into large buildings. Carpets can have embedded LED lights built into them. Two major Dutch companies have joined forces to develop this new field. Desso a major carpet manufacturer and Philips of Eindhoven the electronics giant are cooperating to develop and market such carpets.

Illuminated carpets find their use mainly in large buildings such as airports or malls for giving directions or showing relevant notices, including safety exit routes in cases of emergency. It is claimed that illuminated carpets blend with people natural senses to follow the light. Furthermore, the dynamic illuminated patterns can be made, so that directions and arrows can be switched as need arise, whether in large airports, malls or government offices. In any case interior designers have a powerful new tool which they can use in their unending imagination.



## The next generation 500 km/hour Trains

Contributed by IMCZ honorary member and Newsletter Editor Muthana Kubba

It is remarkable that in a couple of days we have to vote on a referendum to sanction huge sums to the national railways to improve their infrastructure and expand their network.

This at a time when even the French TGV (*Train à Grande Vitesse*) Zurich to Paris still runs at a very much reduced speed inside Switzerland. If we remember that the first TGV ran in France in 1961 then we can imagine how far behind the SBB here is. The average speed of the TGV including stops is over 279 km/hour.

In fact when we compare fast trains with Japan, we realise how much terrain has to be covered here in this respect. The Shinkansen or the bullet train started running in Japan between Tokyo and Nagoya in 1964, its maximum operating speed is 320 km/hour. It manages to cover the 515 km between the two cities in three hours and ten minutes, enabling business day trips between them. In fact it such a huge success that the construction costs were recovered in eight

years. I have done the trip in the eighties and all I remember of it, is that the train was fully packed to the last seat. The journey was very smooth and quiet, but I vividly remember what I didn't see: throughout the 500 od kilometres there were only houses and built up areas, not one green patch, wood or clear landscape could be seen!

Now Japan is developing a 500 km/hour train, The Maglev Line. They plan to use superconducting maglev technology to achieve such high speeds. The company tasked with planning the route for the new line, propose to have 86%, or 400 km of it underground and the schedule date for operating it is 2027.

Maglev stands for *m*agnetic *l*evitation, a technology which first developed in the UK but was not pursued for practical applications. At present there are only two commercial maglev transport systems in operation and two under construction. But the technology has been proven, hence

Japan is pushing ahead with realising one major project. In this technology the train levitates magnetically above the rails, hence no wheels or axles are involved. It's traction, acceleration and deceleration are performed electrically with no brakes eating up energy. In fact the only factor which consumes energy is the air drag which can only be reduced by streamlining the train. The superconductors are needed to carry the very large currents required to generate and maintain the magnetic field which causes the levitation. To maintain the superconductors at the very low temperatures needed to make them superconducting requires a considerable amount of energy as well.

In Switzerland there are plans to develop such a system, under the title "*SwissRapide*". It is planning to build a monorail maglev line between Zurich and Bern by 2020, however, very little information is available and the media are conspicuously silent on it.



# Disentis (Mustér) [www.disentis-sedrun.ch](http://www.disentis-sedrun.ch)

Contributed by IMCZ sports' editor Joseph Dow



If you have even heard of Disentis (*also known as Mustér in the Sursilvan dialect of Romansh*), you probably know it mostly as an off-piste freerider's mountain like Andermatt and Lauchernalp. After skiing Andermatt when I first moved to Switzerland and experiencing its rather meager groomed pistes, I put Disentis on the shelf. In fact, for two years, I chose Sedrun over Disentis for the early season "Pisten Weekends" in December, imagining Disentis' pistes were too limited.

After more than five years, I dusted off my list of Swiss ski resorts and finally made the journey to try Disentis 3000. I was so surprised and impressed that I decided to push back my updated review of Zermatt and tell you about this fantastic area. So, now you have the opportunity to visit Disentis before the end of the high season!

**Location:** In Graubünden, between Andermatt and Chur, just over 3 hours via SBB from Zug (Zug – Thalwil – Chur – Disentis or Zug – Göschenen – Andermatt – Disentis.) You have the choice of traveling via Göschenen or Chur, which is good to know if the Oberalp Pass is closed, even for the train, due to heavy snowfall. Once in Disentis, you cross the road and walk up a stone staircase to the vige, the center of town (about 2 minutes,) and take a short PostAuto bus ride directly to the Talstation of the tram.

**Village:** Disentis (1'150m) is quite a large place, more a small city than a village, with a population of approximately 2000 people and a famous Benedictine monastery, the Imperial Abbey of Disentis.

**Scenery:** Absolutely stunning! It's one of the most beautiful ski areas I've ever seen. After Zermatt and Jungfrau, I cannot think of another one that comes close. Around every ridge is another gorgeous vista with rock formations and spires.

**Runs:** Disentis 3000, under the Oberalpstock (3'327m,) has 60km of pisted runs and a large 1'606m of vertical drop. There are two main areas of the resort. The front side of the mountain starting from the chair at Caischavedra, which empties at the next chair at Gendusas, which finishes just above the t-bar leading higher up to almost 3'000m under Péz Ault (3'027m.) These three lifts provide a nice, long ride over curvy, undulating pistes with great views the whole way down. The other main area is located to the skier's right with a chair at Parlet. Above that, runs a t-bar at Dadens, surrounded by towering rock walls. Near Caischavedra, there is a very nice, segregated area for beginners, served by its own t-bars.

**Lift System:** Disentis 3000 has a very modern infrastructure with 15 pisted runs and 10 lifts, including two high-speed chairs and a tram.

**Lodging:** I only went for a day trip, so I have no information on accommodations.

**Food: On the hill:** There are two restaurants at the ski area, one at the top of the tram, Caischavedra panorama restaurant, and Mountain restaurant Lai Alv at the top of the second chair below the t-bar under Péz Ault. I ate lunch at the Caischavedra restaurant, which was a typical cafeteria restaurant with somewhat bland food. I had a coffee at the restaurant higher up on the mountain at Lai Alv, which was a lot cozier with nice views but still a cafeteria restaurant. In addition, there is the Bar Nevada in the middle of the area at Gendusas.

**Conclusion:** Phenomenal scenery; modern infrastructure, nice runs.

**Next Month:** Zermatt Revisited.





## Good start to the New Year

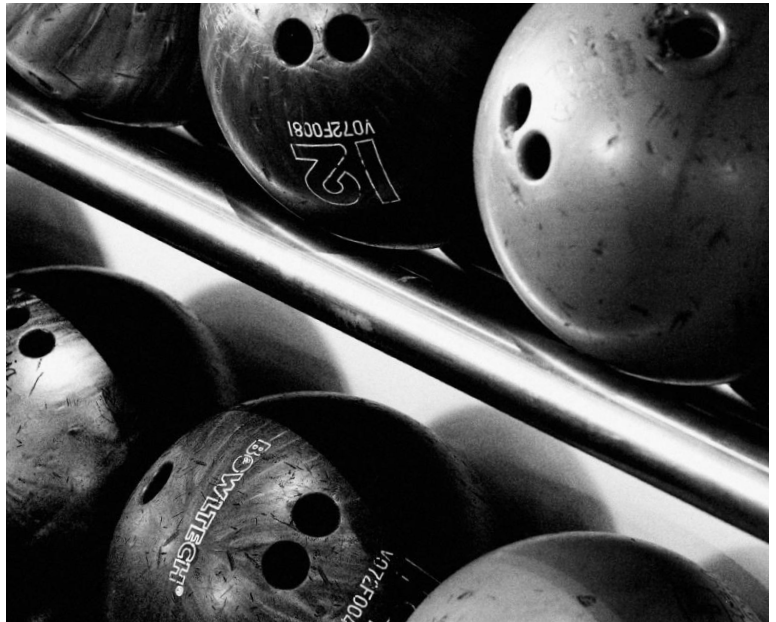
Organised and compiled by IMCZ member Stephen Butterworth

We had a great evening out on Wednesday the 15th of January and I implemented the no-wine-if-not-member policy, with no complaints, so that is now the new policy. Non-members are allowed to play but not partake of the wine, although we were pulling Art's leg that I had forgot the forms for people to sign up for membership as he would have acquired the second bottle of wine had he been a member!

Two stood out last night, Hans-Peter Schobert won the second bottle of wine and some pretty consistent bowling. Beat Züger took the first bottle and really shone like a bright star with his best ever scores in the six years we have been bowling, well done Beat! I played my worst for the six years. Not a good start to the New Year!

We also had a new member Henry Park who is a speed bowler with speeds up to 32 kph, any faster and he would burn a hole in the lane.

With a participation of 11, it was not a bad start to the New Year.



First Name	Surname	Game1	Game2	Game3	Bowled total	overall_avg	handicap	STRIKES	SPARES	Split
Beat	Züger	141	187	183	511	136	52	9	13	1
Art	Siebel	193	146	132	471	141	48	9	11	4
Hans-Peter	Schobert	153	124	131	408	116	68	8	7	2
Dan	Rabil	127	173	107	407	125	60	6	9	1
Janis	Meier	115	163	123	401	124	61	5	11	2
Ian	Brenton	145	108	135	388	116	68	4	9	3
Roger	Dixon	96	130	126	352	117	67	3	10	1
Sergiy	Shtangey	94	145	98	337	115	68	2	7	4
Henry	Park	116	107	99	322		90	2	9	1
Stephen	Butterworth	101	72	105	278	120	64	1	4	2
Gail	Brenton	77	74	99	250	83	94	2	5	

First Name	Surname	Game1	Game2	Game3	Handicapped	overall_avg	handicap	STRIKES	SPARES	Split
Beat	Züger	141	187	183	667	136	52	9	13	1
Art	Siebel	193	146	132	615	141	48	9	11	4
Hans-Peter	Schobert	153	124	131	612	116	68	8	7	2
Ian	Brenton	145	108	135	592	116	68	4	9	3
Henry	Park	116	107	99	592		90	2	9	1
Dan	Rabil	127	173	107	587	125	60	6	9	1
Janis	Meier	115	163	123	584	124	61	5	11	2
Roger	Dixon	96	130	126	553	117	67	3	10	1
Sergiy	Shtangey	94	145	98	541	115	68	2	7	4
Gail	Brenton	77	74	99	532	83	94	2	5	
Stephen	Butterworth	101	72	105	470	120	64	1	4	2



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## British car

This happened to an Englishman in France who was totally drunk. The French policeman stopped his car and asked the gentleman if he has been drinking.

With great difficulty, the Englishman admits in an atrocious English accent that he has been drinking all day because his only daughter got married in the morning to a French man.

He confirmed that he drank champagne and a few bottles of wine at the reception and a quite few glasses of single malt thereafter.

Quite upset, the policeman proceeded to make alcohol test (breath test). With over 2 pro mil. He then looked the Englishman straight in the eyes and firmly announced that under French Law he is under arrest.

The Englishman laughed and said, "but this is a British car, the steering is on the other side, my wife is the driver ... True story



## Wedding Cake

A health forum speaker asks: "Which food causes extreme suffering for years after eating it?"

After a long silence, an old man answered: "Wedding Cake" !!!!!!!



## Looking for work

Three top notch medical doctors, sat at the bar drinking a refreshing beer after a whole day conference on the latest medical achievements.



After the third beer they were arguing whose medical techniques were best.

The Japanese doctor said, 'Medicine in my country is so advanced that we can take a kidney out of one man, put it in another, and have him looking for work in six weeks'.

Then the German doctor said, 'That's nothing, we can take a lung out of one person, put it in another, and have him looking for work in four weeks'.

The British doctor followed up 'In my country, medicine is so advanced that we can take half of a heart out of one person, put it in another, and have them both looking for work in two weeks.'

Finally the Texas doctor, not to be outdone said, 'You guys are way behind. We took a man with no brains out of Texas, put him in the White House and now half the country is looking for work.'



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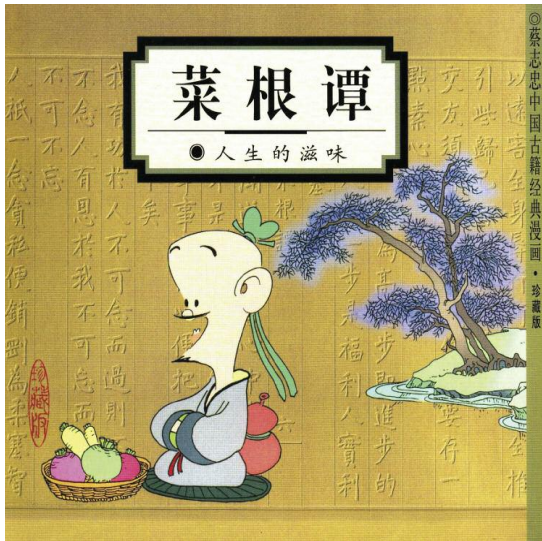
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## Chinese Wisdom

### Man O Man

- When without money, eats wild vegetables at home
- When has money, eats same wild vegetables in fine restaurant.
- When without money, rides bicycle;
- When has money, rides exercise machine.
- When without money, walks to earn food
- When has money, walks to lose fat
- When without money, wishes to get married;
- When has money, wishes to get divorced.
- When without money, wife becomes secretary;
- When has money, secretary becomes wife.
- When without money, acts like rich man;
- When has money, acts like poor man.

### **Man, O Man, never can tell the simple truth!**

- Says share market is bad but keeps speculating;
- Says money is evil but keeps accumulating.
- Says high positions are lonely, but keeps wanting them.
- Says gambling & drinking is bad, but keeps indulging;

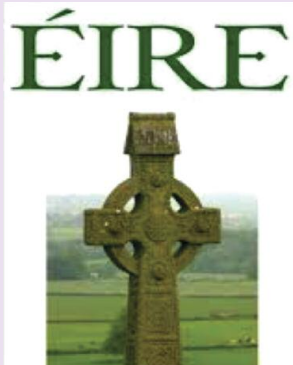
**Man O Man! Never means what he says, and never says what he means!**

## Irish Philo sophy

There are only two things to worry about, either you are well or you are sick.

If you are well then there is nothing to worry about, but if you are sick then there are two things to worry about:

Either you will get well or you will die. If you get well then there is nothing to worry about, but if you die then there two things to worry about:



Either you will go to heaven or hell. If you go to heaven then there is nothing to worry about, but if you go hell then you will be damn busy shaking hands with your friends, you wont have time to worry anyway.

## On Flies and Women

- Question: When you "wait" for a waiter in a restaurant, aren't you a "waiter"?
- Secret of a successful marriage: Wife having beauty secrets and husband having secret beauties.
- Life is like a grammar lesson, sometimes we find the past-perfect and at other times the present-tense.
- Three dreams of every man, to be as handsome as his mother thinks, to be as rich as his child believes, and to have as many women as his wife suspects.
- A woman walked into the kitchen to find her husband stalking around with a fly swatter. "What are you doing" she asked "Hunting flies" he responded. "Good, did kill any?" she asked. "Yep, three males and two females" he replied. Intrigued she asked, "How did you manage to tell them apart?" He responded, "three were on a beer can and two were on the telephone"



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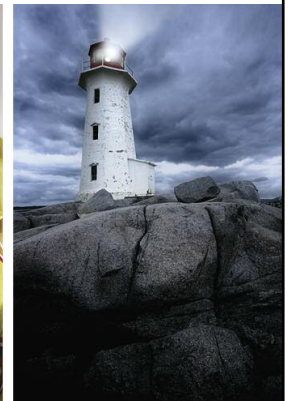
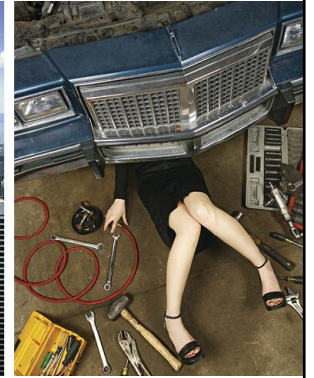
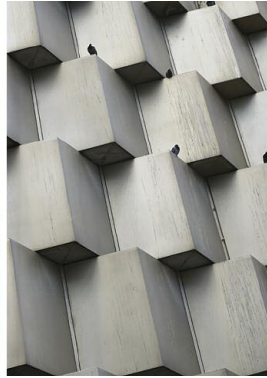


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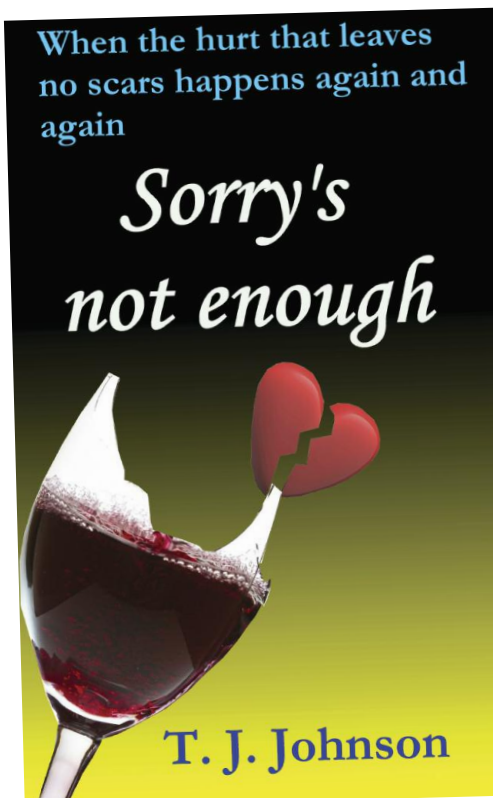


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## *Can Jennifer learn to live with her husband's demons?*

How many times can you say 'I'm sorry' and then do the same thing again?

The alcohol-fuelled torrent of words that pour out of Graham hurt Jennifer every time, but this type of domestic abuse leaves no scars, no bruise on bruise. Graham can't or won't see the abject misery building in Jennifer. He does say 'sorry', every time, but without really knowing what he is saying sorry for.

Jennifer sacrifices her job in Geneva for a return to England, and for a time the verbal abuse stops. Then the emotional rollercoaster of good time-abuse-sorry-silence-good time-abuse starts again, but the peaks are less frequent and the troughs become lower and lower.

Why do abused women allow it to continue? Jennifer goes inside her head to try to find an answer to why it is happening and what she can do about it. In spite of all the hurt she feels the same love for Graham as she had at the beginning, but can she learn to live with his demons, and stop their marriage breaking up?

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Contributed by IMCZ member, Ian Stansfield

All web sites included in this series are offered in an unbiased way and do not necessarily reflect my personal views or those of the IMCZ; the reason for bringing them to your attention is that I found them interesting and informative, perhaps offering an alternative point of view, but above all else definitely worthy of note.

## Researching a famous Author

**War and Peace - Leo Tolstoy - soft copies** <http://www.gutenberg.org/ebooks/2600>

**Anna Karenina - Leo Tolstoy - soft copy** <http://www.gutenberg.org/ebooks/1399>

**Acoustic versions - in the public domain!!!**

[https://librivox.org/search?q=Leo Tolstoy&search\\_form=advanced](https://librivox.org/search?q=Leo+Tolstoy&search_form=advanced)

**Tolstoy Biography** <http://www.online-literature.com/tolstoy/>

**Tolstoy in a short clip with commentary** <http://www.youtube.com/watch?v=9XjN4DCNt6E>

**Tolstoy in a much longer clip without commentary**

<http://www.youtube.com/watch?v=oxHr1ku9DGI>

**Yasnaya Polyana - Count Leo Tolstoy's Estate**

<http://ypmuseum.ru/en/2011-04-13-17-30-44/virtual-tours.html>

**Google Maps - Tolstoy's House**

<https://maps.google.ch/maps?q=%2B54%C2%B0+4%27+27.91%22,+%2B37%C2%B0+31%27+30.06%22&hl=en&ie=UTF8&ll=54.074662,37.527559&spn=0.005546,0.009645&sl=46.813187,8.22421&sspn=3.312098,4.938354&t=h&z=17>

Before 1995, i.e., pre-commercially available internet, I read both Leo Tolstoy's most famous books, War and Peace and Anna Karenina. I recently read Anna Karenina again and am now just in the middle of War and Peace. The books left a deep impression on me and after all these years I am finding even greater respect for these works. The War and Peace version that I'm reading is 1444 pages of densely printed text, which is all action and never loses pace. I have come to the conclusion that great literature is themed on human feeling and emotions. Jane Austin, JK Rowling and many others are occupied in their literature to a great extent with this theme. Stan Lee in the Marvel comics gives all his super heroes lots of emotional problems to deal with. I have trouble understanding my wife, but Tolstoy just launches in there giving his female characters lots of realistic female emotions, some leading up to irrational behaviour. This has led me to wonder about the life of Tolstoy and what in his life could have given them the inspiration to describe emotions. See the links, it turns out that he was a rebel and lived an incredible life, he obviously had strong feelings and recognised them in others.

## Where would we be without the modern fastener?

**Removing and installing a flywheel**

<http://www.w124performance.com/service/w124CD1/Program/Engine/103/03-4100.pdf>

**The development of Modern Screws Page 2 Page 3**

<http://www.instructables.com/id/When-a-Phillips-is-not-a-Phillips-Plus-So-Much-Mor/step3/Security-Fasteners/>

**Torque & Angle** ← Must See!!!! <http://www.elexp.com/tips/AllAboutScrews.pdf>

**The type of screw we should be using** <http://www.elexp.com/tips/AllAboutScrews.pdf>

**Site with Bolt training courses** <http://www.boltscience.com/pages/screw2.htm>

**Resistance to change!**

<http://detailedblock.com/2013/10/26/can-outlaw-fasteners-disrupt-77-year-old-phillips-screw/>

**How to make things at home** ← Not to do with this topic <http://www.instructables.com/>

I was recently reminiscing about this time last year; it was cold and I was working in a farm workshop, which my neighbour had kindly let me use. My car engine needed replacing. I was in the process of join-ing the flywheel to the engine, when the workshop manual instructed me (Link 1) to measure the bolts and if they had stretched too much then I should replace them. Then to add more mystery – tightening torque 30 Nm + 90°!!!!????????? I was asked to tighten them up using a torque wrench to 30Nm, this was fine but why did I then need to turn the bolt though a further 90°? A further infuriating issue was why were there such a bewildering array of different types of fastener (nuts, bolts and screws)? I began a mas-sive internet search to fathom out these perplexions. The reward was an appreciation of how important fasteners are, and what a significant role they have played in bringing the world to its current state techno-logical advancement. Until 1865 all screws were individually made! Without the modern fasteners we would still be pre-industrial revolution, and definitely no space program. The answer to my torque angle conundrum is in the 3rd link (This gentleman has a really interesting, Turkish Astronomer, appearance, but his presentation is intelligible, comprehensive and succinct). This 15 minute presentation is really riveting! Please excuse the pun. For those not interested in fasteners the last link is to a fascinating website about how to make things.



## Sudoku

Again the January puzzle was a straight forward one, but there was very little response. This is why this month's puzzle shall go into the annals of the Club as the easiest ever. If there would be no response again, then perhaps the time has come to stop this series altogether.

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 [newsletter@imcz.com](mailto:newsletter@imcz.com), on or before the last day of the current month at the latest.

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

Solution January 2014 Puzzle

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



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