

IMCZ NEWS



MAY 2014

EDITORIAL

Service Publique

Tuesday, May 9th was a nice warm sunny day, and at 6 pm there were plenty of parking lots near the Guthirtstrasse 1 in Zug. It was there that I stopped to unload all the [English] books I have been reading in the past six months and stock up for the next six months. Once inside, the huge number of books on display, made a good first impression, but what really impressed me was the fact that they were all neatly sorted by subject, and within each subject they were sorted by author, a great and brilliant improvement. The variety of subjects on display was quite large, covering novels, fiction including science fiction, travel, history, business, cooking, children books, etc. There were so many books I was really tempted to pickup, but in the end I forced myself to keep the numbers to a level I can manage till the next sale in six months' time. Finally, I ended up with only 6 books, which should keep me busy till next time.

Providing the opportunity to rotate and recycle English language books in Zug is a great service, a virtual public library. Hats off to the ZIWC (Zug International Women's Club) members, especially to those dedicated souls who organise and run this wonderful event twice a year. In spite of the huge logistical problems involved in collecting, storing, sorting and exhibiting the books, these volunteers do a marvellous job, to the envy of their male peers. It is more than a public library, since one can relax and take a snack with a coffee and a good chat and take as much time as he wants looking through stacks of books. Sadly not many of our members were there. Do remember to keep a look out in six months for the autumn book sale, and do take advantage if this wonderful opportunity to pick your favourite books.

Muthana Kubba
Newsletter Editor
newsletter@imcz.com

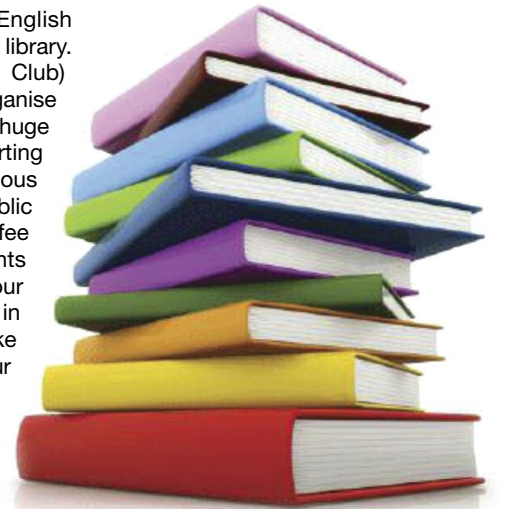
IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Tonny Bech Pedersen

Tonny hails from Denmark. He spent most his working life with the Danske Bank in Copenhagen. His work there took him to several overseas branches which enriched his outlook and added valuable experience. He recently retired and decided to relocate to Switzerland. He is enjoying his retirement but still does some work using the skill he acquired in Denmark. Tonny is married with two grown up children, a daughter who still lives in Copenhagen and a son who is in Hong Kong. Tonny enjoys golf, tennis, skiing and travelling.



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FUTURE EVENTS

- THURSDAY MAY 15, "My Coffee Story" as told by IMCZ member Ragnar Wetterblad ragnar@wetterblad.com
- WEDNESDAY MAY 21, Bowling at the White Line Bowling Centre, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth)
- THURSDAY MAY 22, Spring New Members' Reception, Pier 41, Baarerstr. 41. Danilo Bertocci events@imcz.com
- THURSDAY JUNE 5, Corporate Investment, A presentation by Credit Suisse at Park Hotel, Zug
- WEDNESDAY JUNE 11, ZIWC & IMCZ joint Stammtisch at Park Hotel, Zug 18:30-20:30, events@imcz.com
- WEDNESDAY JUNE 18, Bowling at the White Line Bowling Centre, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth)
- WEDNESDAY JULY 16, Bowling at the White Line Bowling Centre, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth)
- WEDNESDAY AUGUST 20, Bowling at the White Line Bowling Centre, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth)
- SUNDAY AUGUST 24, Annual Barbecue Siehbachsaal, Chamerstr. 24 in Zug
- MONDAY SEPTEMBER 8, Visit to the Pilatus Aircraft Works in Stans 14:00-17:00. More details to follow.
- THURSDAY SEPTEMBER 18, ZIWC & IMCZ joint Stammtisch at ParkHotel, Zug events@imcz.com
- WEDNESDAY NOVEMBER 12, ZIWC & IMCZ joint Stammtisch at Park Hotel, Zug 18:30-20:30, events@imcz.com

YOUR NEWSLETTER GOES PUBLIC

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

Visitors to our site imcz.com can read the current Newsletter under About Us -> Current Newsletter



New Members Reception

The Spring New Members Reception this year shall take place soon.

All members, especially the new ones, are cordially invited to attend.

When Thursday May 22, 2014 starting at 18:00 hours

Where Pier 41 Restaurant, Bar at Baarerstrasse 41, 6300 Zug, Tel 041 728 74 04
Weather permitting in the 'Lounge' outside, otherwise in the Lounge inside.

Who All regular members of the IMCZ are invited. Guests shall be charged CHF 35 each.
The reception is meant to introduce all new members who had joined the club since the last reception on November 7, 2013 at the Casino, Zug

What Finger foods and drinks shall be served free of charge



REMEMBER
The Stammtisch every
Thursday evening
18:00-20:30

Join us in the
Park Hotel in Zug.

CREDIT SUISSE



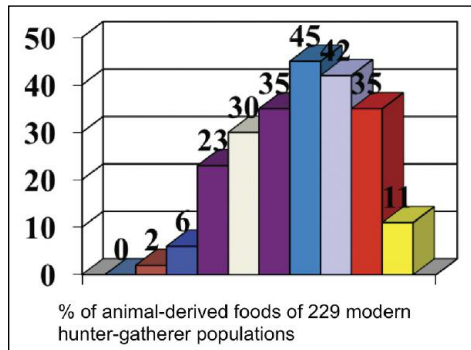
Credit Suisse is giving a presentation on Corporate Investment and Real Estate Highlights at a special Stammtisch on June 5 at our usual venue 6:30 to 7:30 pm. Don't miss this opportunity if you are thinking of buying your next flat soon.

IMCZ BOARD MEMBERS Board Member bios are posted under the following link: http://www.imcz.com/Board.asp . Go ahead and check them out!	PRESIDENT Andy Habermacher 078 815 8837 President@IMCZ.com	VICE PRESIDENT NEWSLETTER EDITOR Muthana Kubba 079 340 2592 Newsletter@IMCZ.com	SECRETARY Adrian Luedi 079 871 7136 Secretary@IMCZ.com	TREASURER Max Leyherr 076 272 3822 Treasurer@IMCZ.com
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Association between eating behaviour, lifestyle and health

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

Our diet undoubtedly has an impact on our well-being and health. The discussion about the healthiest diet often turns around vegetarianism, which is commonly perceived as the ideal form. This positive image is based on, though inconsistent, evidence about lower incidence of hypertension, cholesterol problems, some chronic degenerative diseases, coronary artery disease, type II diabetes, gallstones, stroke,



and certain cancers. Overall, vegetarians have a lower body mass index, a higher socioeconomic status, and – importantly – better health behaviour regarding physical activity, alcohol consumption, and smoking. However, evidence concerning lower rates of cancer, colon diseases (incl. colon cancer), and all-cause mortality are very inconsistent. Besides, the awareness is slowly increasing that lifestyle factors may be more crucial than dietary habits in lowering disease rates. This also seems reasonable from an evolutionary point of view. Human populations live almost all over the globe in remarkably different climates and follow all shades of diet from vegetarian to carnivorous. If physical activity is upheld as programmed in our genes, our diet becomes less important. Many present “healthy diet” recommendations are actually tailored to compensate for an unhealthy lifestyle and – of course – longevity. Fatally speaking, you

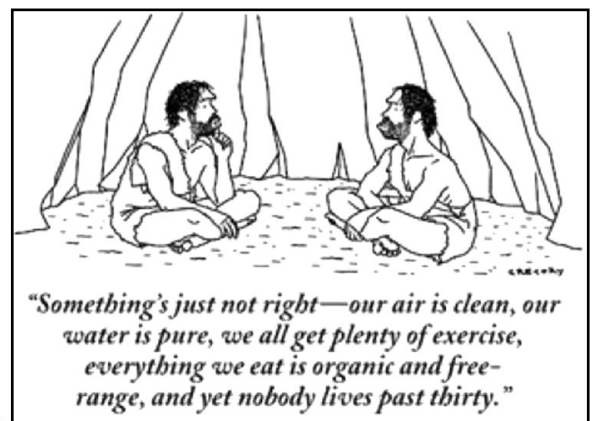
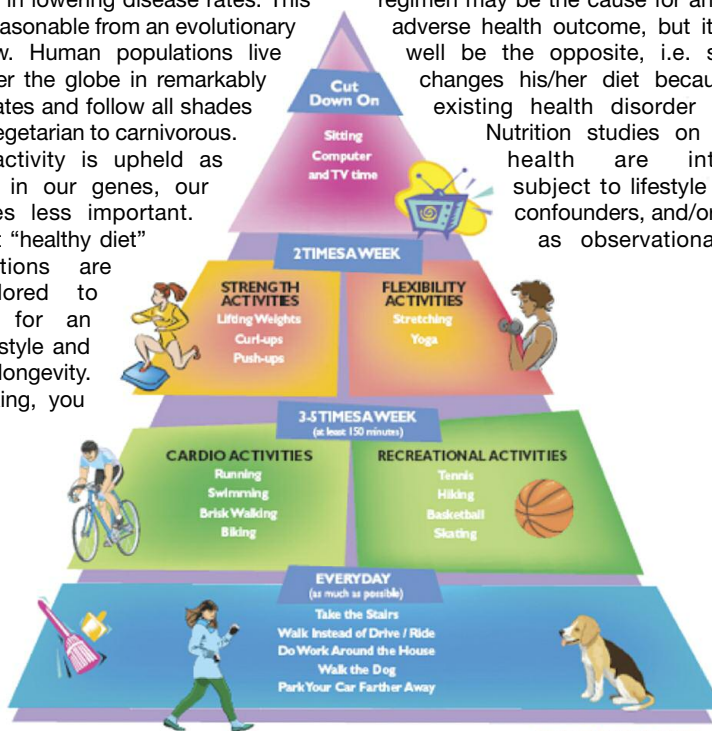
do not have to worry about calcium and vitamin D for healthy bones, if you don’t reach your sixties. On the other hand, you do not have to be overly concerned about your dietary fat intake and its fatty acid profile if you are physically active on a daily basis. Notably, “physically active” in this respect is not achieved by thirty minutes of easy jogging on the treadmill. I am speaking of at least 1-2 hours of moderate exercise. Evolution built humans physically as “persistent hunters”, driving game for hours until its exhaustion. From present evidence about lipid metabolism we know today that the so-called “healthy” unsaturated fatty acids are also prone to oxidation, e.g. during physical exertion or psychological stress, which may cause a cascade of adverse reactions, such as inflammation. In contrast, the notoriously “unhealthy” saturated fatty acids are inert to oxidation (because already saturated) and therefore do not impair health under high loads of oxidative stress.

It is very clear that lifestyle factors such as smoking or physical inactivity impair our health. It is also clear that nutrition is influencing long-term health, but to what extent is very debatable for several reasons. First of all, “long-term” indicates any noticeable or even significant effect during the observed lifespan, which is subject to various other, non-nutritional factors influencing overall health. Secondly, a certain dietary regimen may be the cause for an observed adverse health outcome, but it could as well be the opposite, i.e. somebody changes his/her diet because of an existing health disorder or belief. Nutrition studies on long-term health are intrinsically subject to lifestyle and other confounders, and/or designed as observational studies

due to reasons of feasibility. Observational studies identify associations, but not causal links with the observed effects. Third, it is even reasonable that a certain diet is chosen out of the social behaviour and ethical belief of a person, and that mental or physical diseases emerging in later life are actually due to an individual’s personality and not causally related to a particular diet, e.g. vegetarianism, at all.

This last consideration fits with a recent (observational) study on the association between eating behaviour and health. In this publication (Burkert et al, 2014, PLOS One) from the Institute of Social Medicine and Epi-demiology of Austria it was found that a vegetarian diet is associated with higher incidences of cancer, allergies, mental health disorders, a higher need for health care, and poorer quality of life. Considering the latter three results it is also conceivable that an individual social personality and/or susceptibility is the cause for choosing a vegetarian diet, and not the other way around. Likewise it seems reasonable that meat-eaters, seemingly suffering from higher incidences of colon cancer, obesity, and cardiovascular diseases, fit into a social profile of more extroverted, socialising, self-indulgent individuals, which may be the cause of their higher meat consumption and partly of associated diseases.

Overall, humans evolved to stay healthy on a widely varying ratio of macronutrients, on the condition that our physical activity level is high enough. In this respect, our efforts to strive for the “healthiest” diet are mainly crutches to stretch our biological lifespan and compensate for losses in lifestyle quality. However, a compromise remains a compromise, and, considering individual genetics, one particular healthiest diet does not exist!



The Ultimate Answer to Climate Warming

Contributed by IMCZ honorary member and Newsletter Editor Muthana Kubba

In spite of all the noise about alternative energy, and the billions being invested in it, even if all goes well, which it isn't as of the present time, shall only make a small dent in the huge hunger for energy, especially in the emerging markets. The demand for energy in both China and India is so large at more than 7% annual increase, that the only practicable way to meet it is by building the worse type of environmentally polluting power plants, coal fired power generating plants. If this goes on, then the consequences of the huge increase in CO₂ emissions are truly catastrophic. *We shall thus be leaving a very bad legacy to our grand and great grand children, which would be very hard to reverse.*

Nuclear plants are interesting from the carbon dioxide emission point of view but, as we all know, they have their own problems, which so far have not yet been satisfactorily addressed or resolved. To start with their legacy come from atomic bombs, meaning the reactors could be manipulated to make atom bomb grade enriched Uranium. Hence, politically, they have a question mark. Additionally, all countries which have atomic power stations are struggling with what to do with the radioactive waste products. A serious issue since their halflife (the length of time for the radioactivity to decay to half its value) is measures in hundred of centuries. Above all their biggest problem is that they are very dangerous should anything go wrong. Chernobyl and Fukushima are the more serious examples out of many other mishaps. In fact the Fukushima mishap was so serious that several countries, including Switzerland, had decided to shutdown and decommission all their atomic power stations in the long run. Furthermore in the short run, they have cancelled all plans to build new ones.

A true dilemma, the only real and practicable alternative to fossil fuel burning plants, the atomic ones, are proving too dangerous and thus not practicable. As for renewable energies, even a ten-fold increase in investment in them shall not make a dent with the present available state of the art (see April 2014 article on Bulk energy Storage).

Thorium to the Rescue

Efforts are now being focussed on an entirely different approach, atomic energy for energy production but away from uranium. Both India and China are heavily investing in the development of a new clean reactor for power generation with no implication or reference to weapons technology. The population of these two vast countries almost 31% of the world total population and their hunger for energy as standards of living rise is insatiable. In fact China is building coal fired

power stations at the rate of one per week but even this shall not be sufficient to meet the rising demand.

Unlike uranium, thorium can't be switched to make bombs; additionally it is at least three times more abundant than uranium and hence much cheaper. Without delving too deep into detail technicalities, the **Thorium fuel Cycle** consist of seeding thorium which by itself is not fissionable, with uranium U₂₃₃ in order to provide neutrons. These neutrons convert some of the thorium into uranium U₂₃₃ which again generates more neutrons until a self-sustaining chain reaction takes place. Due to the high melting temperature of thorium 1110 deg C, it is mixed with fluorides of beryllium and lithium in order to lower it to 360 deg C and use the liquid for removing the heat from the fission chamber in thereactor core. Its temperature is raised there to 700 deg C, and the heat is then extracted by a heat exchanger, heating a gas (carbon dioxide or helium), which in turn drives a turbine to generate electric power, and returns to the reactor to be heated again.

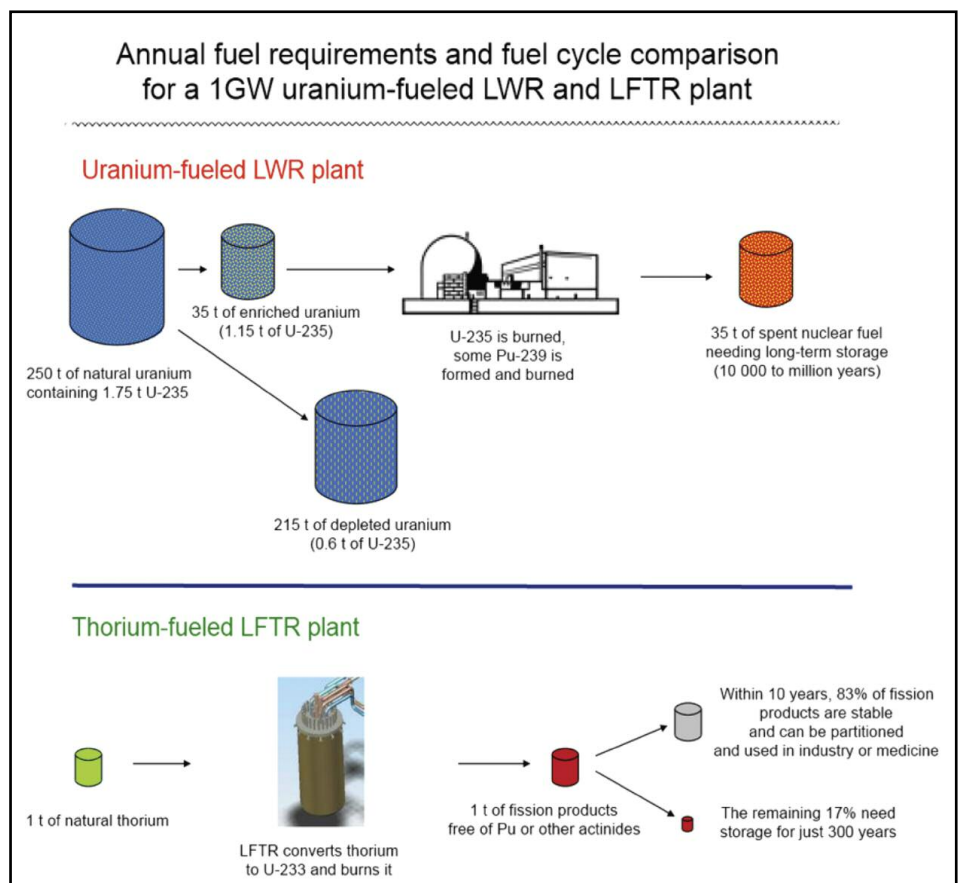
In China, plans are quite advanced to start a prototype reactor using thorium solid fuel in 2015, and in 2017 the Shanghai Institute of Applied Physics hopes to run a reactor using liquid Thorium fuel. India has already one

research reactor working at the Indira Gandhi Centre for Atomic Energy, and the Bhabha Atomic Research Centre in Mumbai is hoping to have a thorium powered reactor running next decade.

One of the key advantages of such a reactor is that it works under atmospheric pressure, simplifying the whole chain of pipes, pumps cores etc. In the light-water reactors commonly used, the cooling water is under extremely high pressure which necessitates steel pressure vessels and must be housed in very strong reinforced concrete buildings in case of accidents. The high pressure reactor require replacement of the core every 18 months, whereas this is not required by the thorium reactors.

Furthermore the waste products are less hazardous and their quantity is less than one hundredth of the quantity of conventional reactors. What is more the half time of the radioactivity of these wastes is much shorter than the uranium based reactor. The best part of it, of course, it can never be used for weapons' production.

Further reading:
[Thorium Reactors Asgard's Fire](#)



Cruising Cape Horn, Part 3

Contributed by IMCZ board member and Webmaster Roger Brooks with photos courtesy of ZIWC member Margareta Pfander

Ushuaia, Argentina (Saturday)

Ushuaia (pronounced "Usuaia" by the locals), situated on the north side of the Beagle Channel, proudly bills itself as the southernmost city in the world, or figuratively, "the end of the world". Puerto Williams, on the southern, Chilean side, is of course further south, but is rather a military base with infrastructure and residences for the families of those stationed there than a city in the usual sense. The first European settlers were English missionaries, who arrived toward the end of the 19th century, but the Argentine government sent the navy soon afterwards to secure their claim to the area, and to build a prison, which was used until the end of the second world war and housed political prisoners, such as the artist, Carlos Gardel, as well as violent criminals.

In port we could see smaller ships preparing to cast off for expeditions to the Antarctic, some with zodiacs piled high on their decks. We ventured briefly into town to buy a map of the area before catching our bus to the Tierra del Fuego National Park. Tierra del Fuego means literally translated "the land of fire", and refers to the entire archipelago at the southern tip of South America. When Magellan first came to this part of the world, he saw the smoke from the fires of the natives and called it the land of smoke, but when the expedition returned to Europe, its patron, King Charles of Spain, said, "where there's smoke, there's fire!", and renamed it the land of fire. The park is huge, and encompasses most of La Isla Grande, the large island which rests between the Straits of Magellan and the Beagle Passage. We only had time to enjoy a few small corners of it,

Ensenada Bay, Lake Roca and Lapataia Bay, with wooded paths, rocky outcroppings and beautiful views of the mountains. The dominant vegetation is the false beech.

The park has a small museum at the Alakush visitor's centre on the shore of Lake Roca, which offers some insight into the lives of the natives before the arrival of European settlers. These early inhabitants are thought to have arrived at least 12,000 years ago, and some recent research suggests that it may have been as much as 20,000 years ago. There is still some controversy as to whether they originally came on foot over the land bridge which crossed what is now the Bering Strait, or by sea on rafts from Polynesia. However, there is general agreement that they first arrived far to the north, and were pushed south by successive waves of immigration. The natives were nomads who lived mostly in dugout canoes, even building fires on a bed of sand in the bottom of their canoes. They wore little, if any clothing, and insulated themselves from the cold by smearing themselves with animal fat, mostly from seals.

At the end of our visit to the park, we assembled on the shore of Lapataia bay to board a catamaran for a more intimate cruise of the Beagle Channel. The channel was named after the famous vessel which carried Charles Darwin around the world under the command of Robert Fitzroy in the early 19th century, but the channel was named during the Beagle's first voyage to Tierra del Fuego (1826-1830); Darwin was aboard during the second (1831-1836). Several incidents of the so-called Beagle Conflict between Argentina and Chile, which concerned some islands between the channel and Cape Horn, took place in the Channel, until a lasting peace was achieved under a new treaty in 1984. While waiting for the catamaran, we watched some more adventurous souls setting off to explore the channel in kayaks! At roughly 28 m. in length the Beagle was somewhere between the kayaks and our catamaran in size. It was sobering to realize that the Beagle was not even as large as one of our cruise ship's stabilizing fins! Our itinerary on the catamaran trip took us past Bird Island, a small rock which is home to a large colony of cormorants, Sea Wolves Island, which is home to a colony of sea lions, and the lighthouse Les Eclaireurs, also situated on a small, rocky island populated by cormorants. Lighthouses in this part of the world are not the imposing edifices we are used to in the northern hemisphere, but are only a few meters tall.



Ushuaia harbour



Ensenada Bay in Tierra del Fuego National Park

Cape Horn, Chile (Sunday)

After leaving Ushuaia, we stopped briefly off Port Williams to clear our further passage to Cape Horn, which belongs to Chile, with the

Chilean authorities. Cape Horn is not, as the name might suggest, the tip of the South American mainland, but instead the southernmost island in the vast archipelago at the southern end of the continent. Cape Horn was first navigated by a 17th century Dutch expedition, whose mission was to find an alternative to the passage through the Straits of Magellan, which was controlled by the Dutch East India Corporation (VOC). Cape Horn was named after the Dutch town of Hoorn, as was one of the expedition's ships, which was lost to fire in Patagonian Port Desire (present-day Puerto Deseado, Argentina). The town of Hoorn had provided much of the expedition's financing and was also the birthplace of Willem Schouten, the expedition's navigator, captain of the expedition's surviving ship Eendracht and one of the expedition's principal shareholders.

We arrived in the vicinity of Cape Horn just at first light around 5:30 AM local time. Cape Horn is notorious for rough weather, but the weather was remarkably calm. This permitted the Captain to circumnavigate the island clockwise, instead of counterclockwise, which is more customary. As we came around the western end of the island, the rising sun behind the island treated us to a double rainbow. Unfortunately only one was visible in any of the photographs we took. The island is



Cape Horn at sunrise

home to a Chilean naval base, where officers are stationed together with their families for 6 month tours of duty, as well as a monument to sailors lost at sea.

After rounding Cape Horn, we enjoyed a leisurely day at sea, punctuated by on-board lectures, a cocktail reception hosted by the Captain and Pilates lessons and culminating with the first of the cruise's two Gala evenings.

At Sea (Monday & Tuesday)

The following day was also planned as a sea day, but we noticed already when we got up that something was amiss. Observing the ship's position on the monitor, we saw that we were still far south of the expected position. As it turned out, one of the passengers had suffered internal bleeding



Les Eclaireurs

which required surgical intervention, and had to be evacuated during the night. This would normally have had no impact on our itinerary, as the ship is equipped with a helipad for such emergency transports. Unfortunately, no helicopter could be found for a timely evacuation, neither in Argentina nor in Chile! As a result the Captain was forced to turn the ship back to rendezvous with a ship of the Chilean Navy, which took on the ailing passenger during the night.

Due to the time lost to this maneuver, it would no longer be possible to make all of the ports on our original schedule. Since our next port

Sympouras elected to sacrifice instead our visit to Punta del Este, Uruguay. During our day at sea, we were fortunate to enjoy a presentation the ship's engineers of the ship's ecology, as well as a visit to the bridge hosted by the captain himself. The captain explained in detail what had happened, and showed us how the helipad had been cleared to prepare for the landing of a helicopter, which then could not be found.

The crew put in a lot of extra work to provide meals and entertainment for the passengers for the following, unplanned day at sea occasioned by the unavoidable delay.

Puerto Madryn, Argentina (Wednesday)

After the emergency evacuation of our fellow passenger, we were scheduled to make port in Puerto Madryn, Argentina on Wednesday, instead of Tuesday, as originally planned. Unfortunately, as we approached Puerto Madryn, fate once again took a hand and thwarted our plans. Local unions protesting the closure of a local seafood processing plant succeeded in closing down the port completely, forcing us to move along without making port, and to reinstate Punta del Este, Uruguay as the next port of call on our itinerary. Once again, the crew was called upon to work extra shifts in order to care for the passengers during yet another unplanned day at sea!

Next month: Uruguay & Buenos Aires

of call, Puerto Madryn, promised a variety of excursions to observe various types of wildlife on the Valdez Peninsula, including penguins, seal and whales, unmatched by later ports on our itinerary, Captain Michael



Prepared but unused helipad of the Celebrity Infinity, seen from the bridge



Contributed by IMCZ sports' editor Joseph Dow

PONTRESINA: Diavolezza / Lagalb

The twins on the other side of the mountain



Last month, I revisited the ski areas above world famous St. Moritz in Graubünden, but I did not want to neglect the fantastic additional skiing in Val Bernina, close to nearby Pontresina. **Diavolezza / Lagalb** is basically on the other side of Piz Bernina from Corvatsch and consists of the twin ski areas of Bernina-Diavolezza and Bernina Lagalb, which are right next to each other and accessed using the same lift ticket. These less-crowded areas are not your typical ski areas with the lifts consisting mainly of two trams, one to each peak, and a single short chairlift at the top of Diavolezza. However, the views of Piz Palü and Piz Bernina and the long, uninterrupted runs are very special. The area maintains late-season conditions long into May with this year's season expected to extend until the 25th of this month.



The Skiing

THE AREAS

- **Bernina-Diavolezza** (*She-Devil*) – This area is great for cruising with long runs, perfectly groomed, Italian-style. So, get your 185cm race stock GS skis tuned up! The black runs like #3 Schwarzer Hang are rather easy for a designated black but are still quite enjoyable. The Diavolezza area has a vertical drop of 973m.

It is also possible to ski down the glacier run along the Vadret da Morteratsch. At 10km long, it is the longest Gletscherabfahrt in Switzerland and takes about 45 minutes to complete. The run is designated as a yellow downhill route, but only the first 300m at the top is supposed to be particularly difficult. I took a look at it, but it is not maintained with grooming and you must take the Rhaetian Railway back from Morteratsch. So, I decided not ski it to make sure I had time to ski the Lagalb area.

- **Bernina Lagalb** – Across the valley, this area is a bit steeper than Diavolezza with more amazing cruising terrain. I did not find Lagalb that difficult, despite its reputation, which may have been formed



before the advent of the winch cat groomer. One local remarked that the runs used to be riddled with moguls. That is no longer the case, which was fine with me.

Red run, #23, called Bernina, which winds around Lagalb to the outside towards Diavolezza, is something very, very special. I honestly think this is one of the best ski runs I've ever skied! Bernina has the perfect pitch to let the skis run without having to check your speed. You just follow the contours of the trail as it winds down the mountain, on and on, for 786 vertical meters.

A portion of the Minor black #22 run, called Couloir, is identified as the steepest run in Canton Graubünden and boasts an 86% gradient. Shaking in my ski boots, I felt it was my duty to you, my readers, to attempt this challenge. With the perfect grooming, the run was not that bad, at all.

- **Freeride Tour Areas** – There are off-piste zones between the two areas, *Tour Val Arlas*, and on the other side of Lagalb, *Tour La Rōsa*, which both can be skied at your own risk, with or without a professional guide.

INFRASTRUCTURE/ CONNECTION:

As mentioned above, the limited lifts consist mainly of a surprisingly modern tram to each summit of the two areas. Usually, I try to avoid riding trams except to get up to the main area in the morning. The trams provide a long, continuous run, but unlike a chairlift or gondola, you lose time waiting for the tram to arrive, fill, and depart for each trip up the mountain. Diavolezza also has a short chairlift at the top that services a few brief, somewhat steep red runs. It is possible to ski to the base of Lagalb from the slopes of Diavolezza, but to return, you must catch the local bus on the half hour.

Views / Scenery

- **Piz Bernina and Piz Palù**

From the top of Diavolezza, you experience gorgeous views of the triple summit of Piz Palù (3'901m) and massive Piz Bernina (4'049m) with its famous *Biancograt* snow ridge.

- **Glüna Plaina** ("Full Moon" in Romansh): Under full moons, during the ski season, skiing is allowed by night, weather permitting.

Places to Stay

You could easily stay in St. Moritz and take a local bus to ski at the Bernina areas, but Pontresina does have some excellent accommodations. The appealing town has its own train station and can be reached from Zug in approximately 4 hours (Zug – Thalwil – Chur – Samedan – Pontresina.) Here are some hotels at which I've stayed and recommend in Pontresina:

- **Hotel Rosatch***/****:** Located in the center of town, this comfortable hotel sports spacious rooms. Also, the service of the staff is exceptional. When asked how I found my room, I mentioned that it was fine, but a bit dark. Moments later, a bright torchière lamp was brought to my room. When I inquired about a shuttle to the train station upon checkout, the staff offered to take me to the train station all the way in St. Moritz, not just to the nearby Pontresina station. www.hotel-rosatsch.ch

- **Schweizerhof***:** This modern hotel, also in the center of town, is very nice. www.schweizerhofpontresina.ch

Food & Drink on the Mountain

There are two restaurants at Lagalb, one at the Talstation and one at the Bergstation. I decided to try the upper location.

- **Restaurant Lagalb Bergstation:** This restaurant, at the top of Lagalb, provides delicious gourmet food. I had a dish call Panzerotti, which was a pancake stuffed with cheese, tomato, and bacon. Although they served it much too hot in temperature, it was very tasty.

Food & Drink in Pontresina

- **Ristorante Nostra Pizzeria in the Hotel Engadinerhof:** Good quality pizza in a restaurant housed within the walls of an old farmhouse dating from 1712. www.engadinerhof.com/pizzeria_E.html

Bottom Line

An uncrowded cruiser's paradise with late-season skiing and lots of unusual off-piste options



For more information:

Pontresina Tourism: www.pontresina.ch;
www.engadin.stmoritz.ch/sommer/de/pontresina

Pontresina Sports: www.pontresina-sports.ch

Diavolezza Skiing:
www.engadin.stmoritz.ch/winter/en/activities/sports/skiing-snowboarding/diavolezza-skiing

Glüna Plaina: www.engadin.stmoritz.ch/gluena-plaina-en ; www.diavolezza.ch

Glacier Run: www.engadin.stmoritz.ch/gletscherabfahrt

Freeride Diavolezza/Lagalb:
www.engadin.stmoritz.ch/freeride-en ;
www.govertical.ch/en



A Tie on the Wine

Organised and compiled by IMCZ member Stephen Butterworth

Well we had a great event, 2 couldn't come because of illness and 1 no-show. Otherwise 10 bowlers and they were all keen and full of the bowling spirits. In the first game Otto Steuri nearly hit the 200 mark, and on the second game Stephen Butterworth won, but like the second game for Otto, Stephen's last game let him down with a poor 90.

A challenge to Henry - well not quite but the fastest ball of the night goes to Beat Züger with 25 kph.

We were going to have a wine problem with Otto Steuri and Beat Züger both on a total of 616!, but thankfully we had not reckoned on Hans-Peter Schobert who on the very last ball of the evening managed to beat Beat and Otto with an excellent 622 and take the wine for the men! Hans-Peter also took the honours for number of splits at 6.

For the Ladies Helen Williams did very well and took the wine bottle with an excellent 583, definitely up there with the higher scorers.



First Name	Surname	Game1	Game2	Game3	Bowled total	overall_avg	handicap	STRIKES	SPARES	Split
Otto	Steuri	198	102	184	484	146	44	6	13	3
Beat	Züger	178	140	148	466	138	50	10	6	5
Hans-Peter	Schobert	171	133	117	421	117	67	8	7	6
Stephen	Butterworth	142	148	90	380	118	66	5	8	1
Ian	Brenton	130	121	127	378	115	68	4	11	2
Phil	Woodford	111	128	127	366	118	66	5	7	4
Helen	Williams	136	85	137	358	107	75	3	10	1
James	Williams	111	103	110	324		82	3	7	1
Gail	Brenton	113	109	79	301	84	93		7	4
Dawn	Lyons	90	79	67	236		82		4	2

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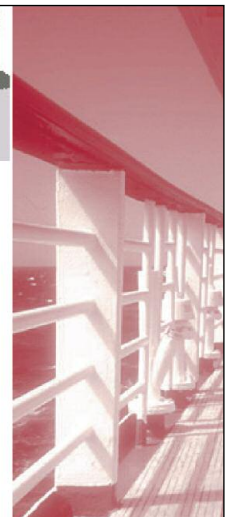
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Gandhi in London

When Gandhi was studying law at University College of London, there was a professor, whose last name was Peters, who felt animosity for Gandhi, and because Gandhi never lowered his head towards him, their “arguments” were very common.



One day, Mr. Peters was having lunch at the dining room of the University and Gandhi came along with his tray and sat next to the professor. The professor, in his arrogance, said, “Mr Gandhi: you do not understand... a pig and a bird do not sit together to eat”, to which Gandhi replies, “You do not worry professor, I'll fly away”, and he went and sat at another table.

Mr. Peters, green with rage, decides to take revenge on the next test, but Gandhi responds brilliantly to all questions. Then, Mr. Peters asked him the following question, “Mr Gandhi, if you are walking down the street and find a package, and within it there is a bag of wisdom and another bag with a lot of money; which one will you take?”

Without hesitating, Gandhi responded, “the one with the money, of course”.

Mr. Peters, smiling, said, “I, in your place, would have taken the wisdom.

“Each one takes what one doesn't have”, responded Gandhi indifferently.

At the barber shop

Two MP's from rival parties somehow ended up at the same barber shop. As they sat there, each being worked on by a different barber, not a word was spoken.

The barbers were both afraid to start a conversation, for fear it would turn to politics.

When the barbers finished their shaves & trims, the one who had the MP from the left party on his chair reached for the aftershave, however, the MP was quick to stop him, jokingly saying, “No thanks, my wife will smell that and think I've been in a brothel.”

The second barber turned to his client and said, “How about you, Sir?”

He replied, “Go ahead; my wife doesn't know what the inside of a brothel smells like”.



Expensive Pen

A secretary got an expensive pen as a gift from her boss. She sent him a 'Thank you note' by email. The boss's wife read the email and filed for divorce.

The email reads:

“Your pen-is wonderful. I enjoyed using it last night. It has extra ordinary smooth flow, and a firm stroke. Initially, however, its tip had to be licked to bring it to working order. I loved its perfect size and grip. Felt like I was in heaven when using it.



I've always desired it and you fulfilled my wish. Thanks a lot.”

CREDIT SUISSE 

Finance Session for IMCZ- June 5th

Corporate, Investment and Real Estate Highlights

Specialists will present facts and outlook from regional and global economic research hosted by Credit Suisse & IMCZ.

Date: Thursday June 5th, 2014

Time: 6:30pm-7:30pm Presentation and Q&A

Place: Parkhotel Zug - Main Floor

Further details, please contact Danilo Bertocchi at events@imcz.com 079 202 4603

This is one of a series of educational topics to be presented by Credit Suisse. The international community has an opportunity to learn about the topics and potential solutions in English as residents of Switzerland.

www.credit-suisse.com



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.

A sharp edge

Kramer Knives - the story of a chef turned Master Bladesmith - <http://kramerknives.com/story/>

Honing a knife - <http://kramerknives.com/sharpening/>

Damascus Steel - Stages of making - <http://kramerknives.com/damascus/>

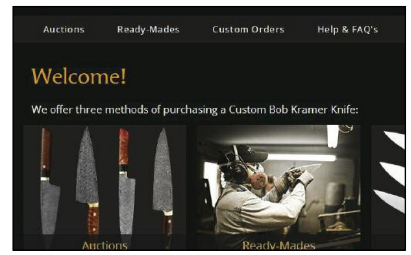
One of only 30 living Japanese sword makers - <http://www.korehira.com/>

The Viking +Ulfberht Sword - 1000 years before its time

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

Courses on making your own knife - <http://www.doorcountyforgeworks.com/Welcome.html>

My son will soon be starting an apprenticeship as a chef. I have a set of chef's knives but wanted to supplement it with a couple of newer items. Whilst looking them up I came across Bob Kramer's very interesting website. He started life as a chef and was never satisfied with the sharpness of his knives. Later, after some study, he started a mobile knife sharpening business and eventually became one of 14 American Master Blade Smiths. The passion with which he goes about his work is infectious. He also did poorly at school because of mild dyslexia. The study and concentration that it took him to achieve the skills must have been truly impressive. The first 3 links pick out the highlights of his site. On the second link are three very short film clips that will certainly help everyone in life who needs a truly sharp knife. The fourth link is about a Japanese sword smith who is also very passionate about his work. For link number 6 you will need to set an hour aside to watch this. There is never a dull moment. 1000 years ago some Vikings were using a very advanced sword. In the film they recreate the sword from raw ore and explain why it was only produced for 200 years, apparently the technology did not emerging again in the west for another 1000 years. On the last link you take a course and forge your own blade.



Cold

Cold - the Book

- http://www.amazon.co.uk/Cold-Extreme-Adventures-Lowest-Temperatures/dp/1471127826/ref=sr_1_1?ie=UTF8&qid=1398923967&sr=8-1&keywords=ranulph+fiennes+cold

Ranulph Fiennes - <http://www.ranulphfiennes.co.uk/>

Ranulph Fiennes interview

- <http://www.theguardian.com/uk-news/2013/nov/10/ranulph-fiennes-extreme-cold-adventurer-interview>

Another Interview

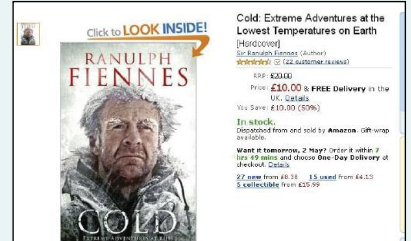
- <http://www.yorkshirepost.co.uk/yorkshire-living/health-family/the-big-interview-sir-ranulph-fiennes-1-3684584>

and another

- <http://www.dailymail.co.uk/news/article-2287843/Sir-Ranulph-Fiennes-lose-MORE-frostbitten-fingers-speaks-frustration-having-abandon-Antarctica-expedition.html>

Obituary Lady Virginia Fiennes - <http://www.theguardian.com/news/2004/feb/24/guardianobituaries.gender>

For Christmas my parents gave me a book. The book was written by Sir Ranulph Fiennes and is certainly one of the most incredible biographies that I have ever read. In 1984 he was described in the Guinness Book of Records as "the world's greatest living explorer". What he has done in the last 20 years defies imagination. He had heart surgery and his ribs were sewn together with wire. After which he attempted to climb Everest, he was also raising money for the Great Ormond Street Children's hospital. On the first attempt he started to have another heart attack. His book casually mentions that he was stood on a small ledge with the void below him and he was trying to find his special heart attack pills. On the 3rd attempt at the age of 65, he became the oldest man to climb Everest. In this condition he also climbed the north wall of the Eiger. Oh I forgot to mention that when he did this he was missing half the fingers on his left hand due to frost bite! After reading the book I was still curious about what drives a person to achieve these things. The links are a collection of interviews and articles about this fascinating person. There is a saying that behind every great man there's a great woman, this seems to be the case here, see the last link. So many people are killed crossing the road or walking along with their hands in their pockets (apparently this is quite common, as when the person trips they cannot use their hands quickly enough to save themselves, thus bashing their head on a hard surface) and yet others survive against incredible odds.





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