

# IMCZ NEWS



JUNE 2014

## EDITORIAL

### What an interesting Bunch

Last week was one of those pleasant moments I thoroughly enjoyed at the New Members' Reception party at Pier 41 café. It was pleasant because we always get a good turnout of between 40 and 60 and I get to see a lot of the longer-term members and faces I haven't seen a while as well as the good 'ole regulars but also and especially those who are completely new to the club. This is a great mix of people. Some have been in Switzerland many years, others have just come, some are local and yet a few are from far-flung places. Their jobs and occupations vary as much as their interests do. The languages and culture varies, as do the reasons for coming to Switzerland.

In short this makes the New Member's reception a thoroughly enjoyable experience. More than that it reminds me of what a great place the IMCZ is because all those things I mentioned above are what we get every week at the Stammtisch as well – the New Member's reception is just a slightly larger version of that.

This variety we can also see in our monthly talk which more often than not are given by members themselves: Ragnar's talk on coffee a couple of weeks ago highlighted some of the fascinating and inspiring things members are up to. Upcoming events will also highlight this namely the Summer BBQ with an Indian theme this year. The board had the enjoyable task of testing the Indian food (at our own expense). So another fun event to look forward to.

In short the reason I am president are exactly the reasons I've mentioned because you're a great bunch of men with fascinating backgrounds and stories to tell and share.

Make sure you come down to the weekly Stammtisch to get involved in this – I do!

**Andy Habermacher**  
President IMCZ

[president@imcz.com](mailto:president@imcz.com)

## FUTURE EVENTS

- THURSDAY JUNE 5, **Credit Suisse Event – Corporate, Investment and Real Estate Highlights**, Park Hotel, 630pm – 730pm [events@imcz.com](mailto:events@imcz.com)
- WEDNESDAY JUNE 11, **ZIWC & IMCZ joint Stammtisch** at Park Hotel, Zug 18:30-20:30, [events@imcz.com](mailto:events@imcz.com)
- WEDNESDAY JUNE 18, **Bowling at the White Line Bowling Centre**, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- WEDNESDAY JULY 16, **Bowling at the White Line Bowling Centre**, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- WEDNESDAY AUGUST 20, **Bowling at the White Line Bowling Centre**, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- 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.
- WEDNESDAY SEPTEMBER 17, **Bowling at the White Line Bowling Centre**, Meierskappel [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- THURSDAY SEPTEMBER 18, **ZIWC & IMCZ joint Stammtisch** at ParkHotel, Zug [events@imcz.com](mailto:events@imcz.com)
- MONDAY 27TH OCTOBER 2014, **Fresh Water Plant visit**, Zug, 1830-1945, [events@imcz.com](mailto:events@imcz.com)
- WEDNESDAY NOVEMBER 12, **ZIWC & IMCZ joint Stammtisch** at Park Hotel, Zug 18:30-20:30, [events@imcz.com](mailto:events@imcz.com)
- SATURDAY 13TH DECEMBER, **ZIWC & IMCZ Christmas Dinner in Casino**, [events@imcz.com](mailto:events@imcz.com)

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## 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



### Greg Hartwell

Greg hails from Hertfordshire in the UK, he came to Switzerland in 2011 and lives in Unterägeri. He works in the commercial interiors industry, and has been travelling globally for the past 30 years, on behalf of some of the world's largest furniture companies. However, now he is self employed and works as a consultant supporting International organisations and personnel development. He is married and has a 10 years old daughter. His wish to bring her up as a multilingual was behind his coming to Switzerland. He and his family love living in Switzerland for the great outdoors and the real seasons, and of course the skiing.

### Felix Sugaba

Felix hails from the Middle Belt in Nigeria. He worked both in the Civil Service and as an administrative officer in Security Mining Company. He moved into Switzerland 19 years ago, and has been heavily involved with the aviation industry since. He co-owned Apex Aviation GmbH and served as its administrative officer. Felix holds a diploma in Public Administration, a bachelor degree in International Relations and a masters degree in Diplomatic Relations from Westminster University, London. Currently, he is the Swiss representative of the London based Global Diplomatic Forum - a non-profit organization that nurtures future diplomats as well as promoting high profile discussion forums around the globe. Felix is married and is blessed with 2 boys - aged 17 & 5 and a 9 year old daughter. He finds passion in meeting people, travelling, country music and football.





## IMCZ

Introducing...new members

THE IMCZ WELCOMES:

### Peter Vieli

Peter Vieli is Swiss and was born in Stansstad, Nidwalden. He studied mechanical engineering and founded his own business, "P. Vieli Engineering" in 1998, later in 2007 he founded another company specialising in water cutting. However, he underwent a complete change five years later in 2012 and went into insurance. He works now for Helvetia Versicherung as a customer consultant where he enjoys meeting new people and advising the new customers.



Peter lives in Baar with his life partner Marianne. In his spare time he likes hiking, skiing and spending time with his family. He is also an enthusiastic collector of watches and a Whiskey lover.

### Maged Mounir

Maged hails from Menia, Egypt, he relocated to Switzerland four years ago. He has been putting all his energies into learning German and upgrading his English and is planning to enroll at the University of Luzern to study International Business.



Maged is married and has one son. He enjoys playing volleyball, swimming, reading, travelling and getting to know people from different cultures.

# Special Stammtisch Thursday May 15, 2014 Huge Markup

In a crowded room at the Park Hotel, members of the IMCZ gathered to listen to Ragnar Wetterblatt tell us about his passion, coffee. He spent most of his adult life with this exquisite product and knows all about it. He showed us photos of the coffee plant and the cherries it carries and how the farmers harvest it and sell it in 69 kg bags. The audience was speechless when he showed them the magnitude of the markup. By the time it reaches the end consumer the total markup reaches all of 6400%. However, the farmers take the bulk of the risk in case of price fluctuations or bad weather. Read all about it in the Finance section article in this Newsletter



## 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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## Dietary protein distribution impacts muscle maintenance

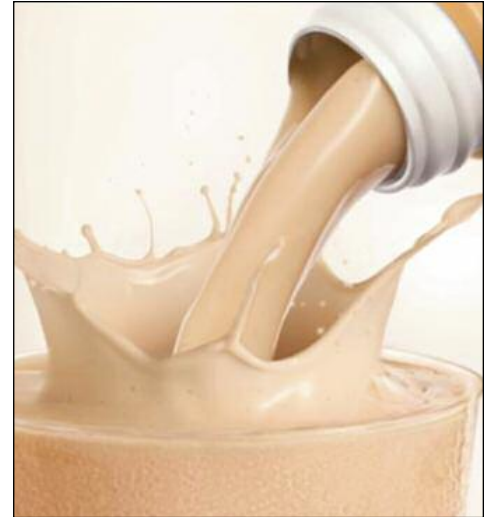
Contributed by IMCZ member Remo P. Jutzeler van Wijlen, Head R&D Sponser Sports Food Ing. Appl Food Sciences, MAS Nutrition & Health ETHZ

It is commonly postulated that 0.8 g of protein per kg of body weight (BW) represents our daily needs. However, it must be stressed that the recommended intake of 0.8 g corresponds to the minimal needs to prevent deficiency. There is growing evidence that a higher than minimal protein intake shows advantages regarding cardiovascular health and body composition. Furthermore, there is also agreement that moderately increasing daily protein intake may enhance muscle protein anabolism.

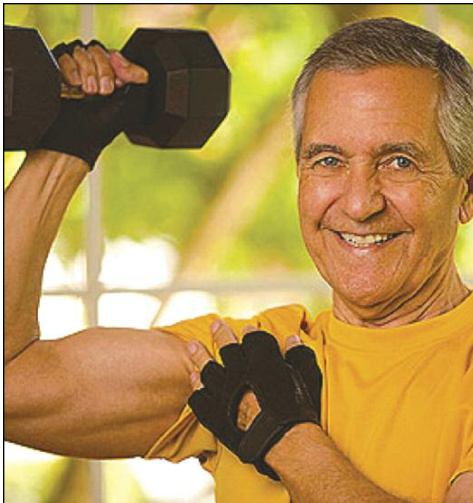
immobility. The beneficial effects of resistance exercise in aging populations are undisputed, but the anabolic response in the elderly is reduced compared to that in younger people.

Because renal function decreases with age, high protein intake is contraindicated in individuals with renal disease. Such advice is based on the fact that dietary protein restriction in chronic renal disease attenuates kidney filtration rates. This is assumed to be beneficial because it relieves the kidneys. However, this effect seems to be present only in the short term. Comparing the first 4 months of protein restricted with protein-rich (0.58 vs 1.3 g protein/kg body weight) diets, a clear renal discharge ( $p=0.004$ ) between the diets was observed, but comparing month 0 to 36 no difference between treatments was seen.

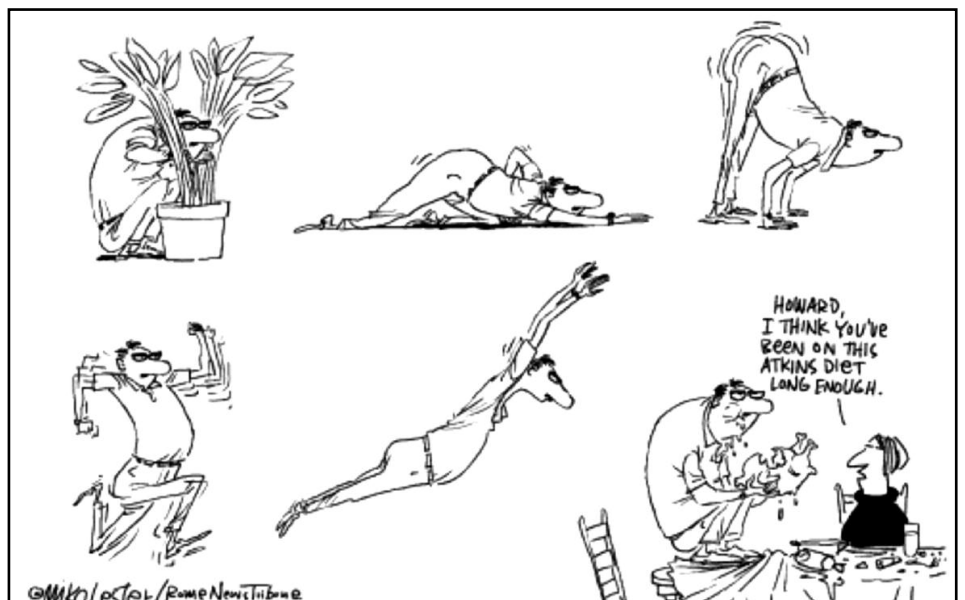
Note that, even with the diagnosis “chronic renal insufficiency”, a daily protein intake of 0.8 g/kg body weight is recommended (Hess 12/03, various sources). This is about as normal a protein recommendation as could come from any dietary organization for healthy people. Translate it into foods, and you end up with a recommended daily intake of dairy products and 3-5 dishes of meat or fish per week. In reference to modern protein supplements which come as shakes, it should be kept in mind that 3-4 such shakes deliver between 60-100 g of protein in total – with a drink volume of about 700-1200 ml. Such a volume of highly satiating drinks obviously self-limits its consumption.



A study supplementing a standardized diet consisting of three main meals (23 g protein, 126 g carbohydrates, 30 g fat) with three between-meal supplements (15 g essential amino acids, 30 g carbohydrates) gives further support for the benefits of an evenly distributed protein intake over the day. Muscle protein synthesis rate increased also approximately 25% compared to the control group without between-meal supplements. In daily life it would be irritating to non-athletes to consider and calculate protein intake of each meal and snacks. However, just being aware of the importance of a distributed timing of protein intake on age-related muscle loss when getting older, or when trying to build up muscle e.g. after injury, and consequently trying to choose a diet/snack providing some protein at all, would be an important and easy step.



Dietary protein intake in western countries is estimated at about 1.0 g per kg BW daily, even though this estimate is questionable per se. Nevertheless, daily protein intake is remarkably unevenly distributed in our culture, with a typically carbohydrate-rich breakfast low in protein and in contrast a protein-rich evening meal. Knowing that muscle protein breakdown and buildup is a continuous process also under sedentary conditions, it is of clinical importance to know how protein intake distribution impacts muscle protein synthesis (i.e. muscle anabolism and catabolism). In this respect, it was recently shown (Mamerow, J Nutr, 2014) that approx. 3 x 30 g of proteins at breakfast, lunch, and dinner resulted in a 25% increase of muscle protein synthesis rate compared to a skewed intake profile of 11 g, 16 g, and 63 g at breakfast, lunch, and dinner, respectively! Even more, this pattern persisted after seven days of habituation to such a dietary profile. Such an outcome is of major importance, considering its independence from any physical exercise. For example, protein influences muscle maintenance under the inevitable progressive muscle loss with age or after injuries and subsequent forced





## The Speed of Time



Contributed by IMCZ honorary member and Newsletter Editor Muthana Kubba

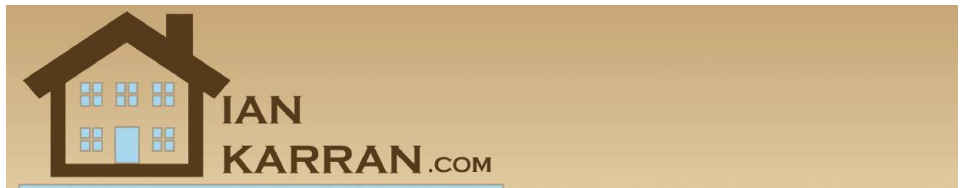
Most of us assume that we always have been, and always will be travelling in time at the same speed, day in and day out, millennia in the past and millennia in the future. True, however, not all living beings on Earth are travelling at the same speed as we do.

Have you ever wondered how does the ordinary housefly manage to outmanoeuvre most of us when we try to swat it? There are many feats in nature which are beyond us humans, but seem to be so very straightforward for other living beings.

Living beings with vision perceive their outside world by processing successive images captured by their eyes. The fastest rate at which we humans process the images is about 60 images per second. This is called the FFT (Flicker Fusion Threshold), and it varies between different creatures. The housefly for example, has an FET of 300, almost five times faster than us humans. To simulate how a fly sees us, take a film with a high speed camera of someone trying to swat it, and then run the film at one fifth the speed.... No wonder the fly has a life span of only 15 to 30 days.

Most of you know that one year in the life of man's best friend is equivalent to seven years of our lives. A ten years old dog is like a man who is 70. However, not many know that the FET in dogs is 90, i.e. 50% faster than us. For dogs television must be very boring to watch. They see it as a succession of still pictures with no continuous motion. Most birds, especially birds of prey have a very high FFT, so do small mammals, and generally most eyed insects.

Mostly the smaller the animal the higher its FFT is, and the slower it sees the world around it compared with us, and of course the shorter is its lifespan.



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## The Story of Coffee

Contributed by  
IMCZ member Ragnar Wetterblad

This article is based on a presentation made by the author on a special Stammtisch on May 15.2014

I have spent half of my adult life working with coffee, a fascinating commodity with a long and interesting history. From its roots in Africa it rose to its position nowadays as one of the most traded commodities in the world.



Coffee is considered a healthy beverage, and the more it is studied, the more advantages seem to emerge. However, this was not always the case. When I started working with coffee in 1984, the views were not so positive. Certainly a radical change has taken place since. Luckily, I had the privilege of working in the whole chain, from its production to roasting and marketing, and that is with all imaginable organisations and companies, from the smallest producers to the gigantic multinationals. It was a great experience and a fascinating eye opener especially with regards to its "value chain".

Observations on the movements of the price of coffee over the past 25 years, reveals that coffee is quite a volatile commodity. The price is very sensitive to weather patterns in the countries producing the coffee, especially Brazil. Frost or drought can have severe



effects. Demand for coffee has been growing steadily for several years, increasing the price sensitivity to anticipated oversupply or deficits.

A closer look at on the price movements and their effects, reveals that the risks involved are extremely unevenly spread along the whole supply chain from producer to the end

user. Almost the total burden of the risk is carried by the producer who, at the same time, is the least well equipped to manage that risk. Only the first station of the supply chain, the farmer, can end up selling his product below cost during a crisis. A very difficult choice especially, as so often is the case, when his only means of survival he has is from planting coffee. When comparing this situation with the high value the product has by the time it reaches the end consumer, the stark unfairness of the present state of affairs is underlined.



Of course, the 'unfairness' to the farmer is the natural result of the free unregulated market forces of supply and demand. It is difficult and maybe not even desirable to do something about it. Supply and demand will always allocate resources where they are needed - and in the end there are risks in all businesses. The uncomfortable truth, however, is the fact that in this business the weakest member in the chain has very little chance to manage this risk. It takes a solid understanding of the instruments needed to "hedge" and it takes very strong finances. We do not find this combination very often with producers and, unfortunately, can't expect this to change any time soon.

I am personally involved in a farm in Guatemala, in Central America since a long time. The farm El Volcan produces both coffee and cardamom. It is a big farm but faces the same problems with unpredictable and volatile market prices as do all coffee farmers. To change the equation and create a less sensitive and less "unfair" value chain we will make some radical changes starting with the coming crop (2014/15). A few chosen roasters will have the opportunity to "become farmers". Through direct ownership of the process (and specific parcels of the land) a strong direct link will be created from the tree to the roaster. Secure supplies at stable prices (cost of production) from their own farm will be an attractive proposal for the roaster. Equally attractive from the farmers' perspective is the prospect of being able to focus on efficient farming without exposure to the price risk. This represents a new value chain and a win-win constellation.

### The value chain

- USD 250.-



- USD 1 250.-



- USD 16 000



- Simply unfair

Not many of you realise the unimaginably huge, almost obscene size of the value increase. (mark up). The producer sells his coffee in bags of 69 Kg, and gets on average \$250 per bag. By the time it makes its journey through the transporting agency, the whole seller, the distributor and finally the roaster, the price of the same bag, rises to \$1250. If he or she use capsules like those sold by Nespresso, then the price would be more than four times the amount.

By the time the end user buys it as a cup of coffee and pays \$ 2 for it, the value of the bag we sold at \$ 250 has increased to a total of \$16000 for that same amount of coffee, a mark up of 6400%.

KC - Coffee - Monthly Nearest OHLC Chart





## Cruising Cape Horn, Part 4

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

### Punta del Este, Uruguay

As a result of cancelling our visit to Puerto Madryn, Punta del Este was reinstated on our itinerary as a port of call. Punta del Este can be considered the “Riviera” of Latin America”. Thanks to its mild climate and beautiful beaches it is a favorite vacation destination of South American celebrities and businesspeople, such as a trader we met on the cruise, who has a second (or perhaps third?) home here. It is situated at the outermost, northeastern edge of the mouth of the Rio de la Plata. Uruguay was first claimed by Spain in the early 16th century, but was first settled by Europeans a century later. Situated as it is between Argentina and Brazil, it was soon contested between Spain and Portugal. It became independent in the early 19th century and subsequently experienced several waves of European immigration, mostly from Spain and Italy.

There are many local attractions in Punta del Este. One of the main ones is to visit the Isla los Lobos (usually translated as “Seawolves Island”, although the creatures for which the island is named are usually called sea lions in English). Because we had already visited the island’s namesake in Ushuaia, this didn’t seem that inviting. In fact, after 4 days at sea, we wanted nothing more than to stretch our legs, rather than get into another vehicle to ride to any of the attractions beyond walking distance. The tender deposited us in front of the impressive Conrad Resort & Casino (the only Conrad in S. America), and we walked along the boardwalk along the Playa Mansa past the Muelle de Mailhos to the head of the point, where the yacht club is located. At the yacht club we watched a group of youngsters set out for sailing lessons in small catboats.

We visited the lighthouse (“Faro”, built in the mid-19th century) and the weather station, and then wandered over to the Plaza de los Ingleses (“British Square”) on the Atlantic side of the peninsula. Here enshrined lies the anchor of the British cruiser, “Ajax”, displayed as a monument to the Battle of the Rio Plata of 1939, in which the German pocket battleship Graf Spee made her last stand

against the Ajax and two other British warships, the Achilles and the Exeter. After inflicting heavy damage on the Exeter (the largest of the British cruisers), the Graf Spee escaped to Montevideo, but was scuttled there by its captain, when he realized that he could not leave port without being attacked by additional British warships lying in wait outside the harbour.

Not much further up the coast is the Playa de los Ingleses (the “English Beach”). Rumor has it that it owes its name to British expatriates who used to take tea there, before the construction of the Rambla General Artigas, a

defeating the British in Buenos Aires and the Spanish in the struggle for Uruguayan independence, General José Artigas is considered the father of the Uruguayan nation.

After stopping at a sidewalk café for a snack and a cup of coffee, we made our way further to the Paseo de las Americas, and the nearby Playa Brava, a beach on the Atlantic side just opposite the Playa Mansa on the Rio de la Plata. The Playa Brava is home to yet another remarkable sculpture, variously referred to as Los Dedos (The Fingers) or La Mano (The Hand), by Mario Irarrázabal. We then returned through the shopping district to visit the



Mermaids by Lili Perkins, Punta del Este

modern highway around the tip of the point, reduced it to a small triangle. Just above this beach we encountered a curious sculpture group of mermaids. Later research uncovered the fact that they were created without any financial support by Lili Perkins, out of seashells which she had collected at the shore.

We then enjoyed a leisurely walking tour through the shopping district. On the way north we admired the Plaza General Artigas, which is home to an open-air market (which was not yet open) as well as to a statue of General Artigas. Thanks to his roles in

market (Artesano) in the Plaza General Artigas on our way back. As we passed by the yacht club, the young catboat sailors were just returning. We made our way back to the Playa Mansa, pausing only briefly at La Vista, a modern tower overlooking the city before catching the tender in front of the Conrad to go back to the Celebrity Infinity. In the evening we enjoyed a wonderful show on board, featuring the lovely and talented singer from Vancouver, Canada, Lovena B. Fox. Her arrival on board had been delayed by our unplanned changes of itinerary; we were lucky to still have the opportunity to witness her performance.



Anchor of the Ajax, Playa de los Ingleses, Punta del Este

### Montevideo, Uruguay

Montevideo is home to half of Uruguay’s population and the seat of its government. There have been many changes of government since Uruguay became independent. Shortly after gaining its independence from Spain, Uruguay fell into civil war. A notable participant in the first civil war, the “Guerra Grande”, was the globetrotting Giuseppe Garibaldi, who is still honored here. The civil wars persisted until the beginning of the 20th century. The president credited with ending them, José



*The Hand by Mario Irarrázabal, Playa Bava, Punta del Este*

Batlle y Ordóñez, proposed a government inspired by that of Switzerland, with an executive council (of 9 members instead of 7) instead of a powerful President. This form of government was not fully realized until the early 1950s. Unfortunately, Uruguayans found the system unworkable, and returned to a more conventional model, based on the Spanish Constitution, in 1967. This constitution was suspended in the 1970s by a military coup but a referendum in the late 1980s reinstated the constitution and restored democratic government.

Montevideo features a large and busy port, where we were able to dock at a pier. From the port, we took a free shuttle bus arriving at the Plaza Independencia (Independence Square), in the heart of the city, around 9 AM. At the western end of the square we saw the only remaining gate from the original citadel. The eastern end of the square was overshadowed by the enormous Palacio Salvo, which at 100m was the tallest building in South America for decades. The square itself is dominated by a 30 ton statue of General Artigas on horseback and also



*"La Diligencia" in Parque Prado, Uruguay*



*Changing of the Guard at the Tomb of General Jose Artigas*

houses his tomb. Ascertaining that a change of the guard at the tomb was scheduled for 1 PM, we decided to board a hop-on, hop-off (HOHO) tourist bus to see as much of the city as possible in the intervening time.

We saw numerous sights "en passant", including several other statues of men on horseback. One of these was the anonymous "El Gaucho" (The Cowboy), a statue by José Luis Zorrilla de San Martín. Another was Manuel Oribe, an early president of Uruguay who was ousted during the first civil war, but returned with support from Buenos Aires to besiege Montevideo for 9 years (fighting against Giuseppe Garibaldi). However, the one I found most interesting was "La Diligencia" by José Belloni, in the Parque Prado, the oldest, largest park in Montevideo. Nearby is a statue of Aparicio Saravia (also on horseback), whose death in 1904 ended the last of the civil wars.

Realizing that time would not allow us to complete the HOHO circuit and still witness the changing of the guard, we got off the bus at the Parque Rodó, by the Play Ramirez, and proceeded back to Independence Square on foot. On the way we encountered yet another equestrian statue honoring Simon Bolivar, who fought throughout South America for independence from Spain, as well as numerous busts, such as one of the tenor, Jose Soler. Arriving at Independence Square with half an hour to spare, we used the time to seek refreshment. Quite by accident we encountered the Israeli couple we had met in Santiago in a bookstore, which featured a restaurant upstairs. After a light, satisfying lunch, we made our way back to the tomb of General Jose Artigas.

We arrived in time to see the next shift of guards approaching the tomb; they even paused to have their picture taken! In the dimly lit mausoleum, we then watched them relieving their comrades. The guards are quite impassive and motionless when they are on duty, and their shifts last for four hours. What a test of endurance!

Having witnessed this spectacle, we then wandered slowly back to the pier through the old city. We paused to admire the fountains and the flea market in the Plaza Constitucion and spent quite a bit of time at the Plaza Zabala, which features at its center a statue of General Don Bruno Mauricio de Zabala, the founder of Montevideo (on horseback, of course). The trees in the square were full of parrots, engaged in voluminous conversation! Nearer to the port was a lively market, "Mercado del Puerto", where restaurants and the stands of artisans in colorful profusion vie for attention.

Back on the Celebrity Infinity, we once again enjoyed an entertaining show in the evening, featuring the comedy, juggling and magic tricks of Steve Carte.

**Next month: Buenos Aires**



## WARM BUT UNEXPECTEDLY SNOWY: Wrapping up the 2013-14 Swiss Ski Season

Contributed by  
IMCZ sports' editor Joseph Dow

On the Weisshorn in Arosa



Aletsch

From St. Moritz in Graubünden to Airolo in Ticino to Aletsch in Valais, snow was everywhere this season! Up in the mountains, I cannot remember a single seriously cold day. Nowhere had more snow than Engelberg. One day on Titlis, I seemed to be the only skier not using a pair of twin-tip, deep snow freeride skis. The season was epic.

Who knew *Global Warming* would bring so much snow? Oh yeah I forgot, this week they are calling it *Climate Change ...* or is it *Global Climate Disruption*? Whatever. It's hard to complain about good weather and fantastic conditions. The science is in and the *Polar Vortex* just means great skiing for Switzerland.

So, for next season, to what do we have to look forward? I am hoping to return to Andermatt to let you know about any new developments at the ski area from the big Sawiris project. Recently, I came upon a temporary exhibit in Zürich from **Andermatt Swiss Alps AG** and went in to ask about any new upgrades to the skiing areas. Now calling the whole ski resort **Skiarena Andermatt-Sedrun**, the developers plan to link up the skiing at **Nätschen** on the Andermatt side with the ski area at **Dieni** (see my review of **Dieni** in the January 2012 newsletter) near Sedrun, via the **Oberalppass**.

The main attraction at Andermatt for good skiers has always been the **Gemsstock Mountain**, which is internationally renowned as an off-piste destination. Its wide open expanses, challenge, and untracked, deep snow make it a paradise for freeriders. However, the existing infrastructure was quite lacking, especially if you were planning to remain on-piste. The single chairlift goes nowhere, the steep t-bar at Lutersee would leave you in a treacherous situation if you fell off (don't laugh, it can happen even to the best of us ... ) so you must spend the day riding the aerial tram, which has its drawbacks as I just detailed in the previous article about



The Gemsstock



Diavolezza. Plus, the Gemsstock's orientation can make it cold and shadowy during much of the season.

There is a lot more sun over on the Nätschen side of Andermatt and the link to Dieni (Sedrun) through the Oberalppass will make for a nice ski area. Currently, there are 17 lifts in place in the whole area and 14 new lifts are planned (7 additional and 7 replacement lifts.) Once the full expansion is completed, Andermatt-Sedrun will become central Switzerland's largest ski area with over 120km of slopes, 85 runs and 25 lifts. The first phase of this expansion is scheduled for completion this coming season, 2014/15. However, the crucial new lifts linking Nätschen to Dieni will not happen until at least 2016. These linking lifts are crucial because when the Oberalppass is closed to the SBB and vehicular traffic, which can happen for days, it is currently not possible to get between the two areas unless you want to travel via Chur!

Here are a few interesting items you might consider for next season:

**Carbon Composite Ski Poles** – Since the early 90s, I've been using a pair of Goode carbon composite ski poles. Actually, I've been using the *same* pair. They last that long and it baffles me as to why carbon composite has not completely eclipsed aluminum in the ski pole market. Of all my ski equipment, I've never had a more successful piece of gear. Maybe the carving style has made the pole plant less important, but I still find it to be quite useful. Skiing on hard, icy conditions in New England for most of my ski life and needing a consistent pole plant with the old traditional "pencil" skis, I experienced a lot of pain in my wrists. During the week, it was fine, but that first run on the weekend would bring back the discomfort. Even aluminum poles with spring shock absorbers in the grips did not work, but when I switched to the carbon pole, the pain disappeared immediately and for good. Besides the amazing shock absorption, the carbon pole has many more advantages over aluminum. Carbon poles have the ability to significantly bend without breaking while snapping back immediately to straight. Other advantages include very low swing weight and reduced wind resistance from the thin profile. Theoretically, a carbon pole can shatter if pushed beyond its bending point, but I have never experienced that in over 20 years of skiing with them, including some big crashes. All the major pole manufacturers, **Leki, Swix, Komperdell, Goode USA**, and others, offer different models in carbon composite construction, which cost anywhere from around 50 to 300 CHF.

**On Cloudbunner Winter Edition** – **On-running** is a Swiss company that makes an unusual running shoe designed with "Clouds," high-tech sole pillows that look like some kind of hollow rubber springs that absorb shock and then lock together when compressed for stability. This season, On came out with a waterproof winter version of their successful Cloudbunner shoe. With their light weight, these shoes could be the perfect pair of footwear to haul around in the backpack on a ski day. However, reviewers of their original shoes complained the sole was not appropriate for winter conditions and it seems the Winter Edition has the same sole shape, if not the same composition. If I get a pair, I'll let you know how they perform.

So, we say good-bye to a wonderful ski season. Enjoy the pictures!

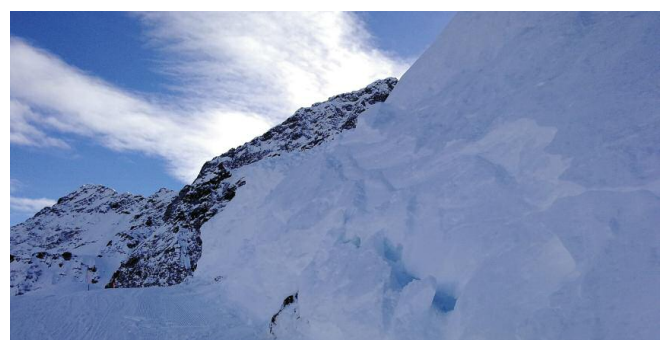
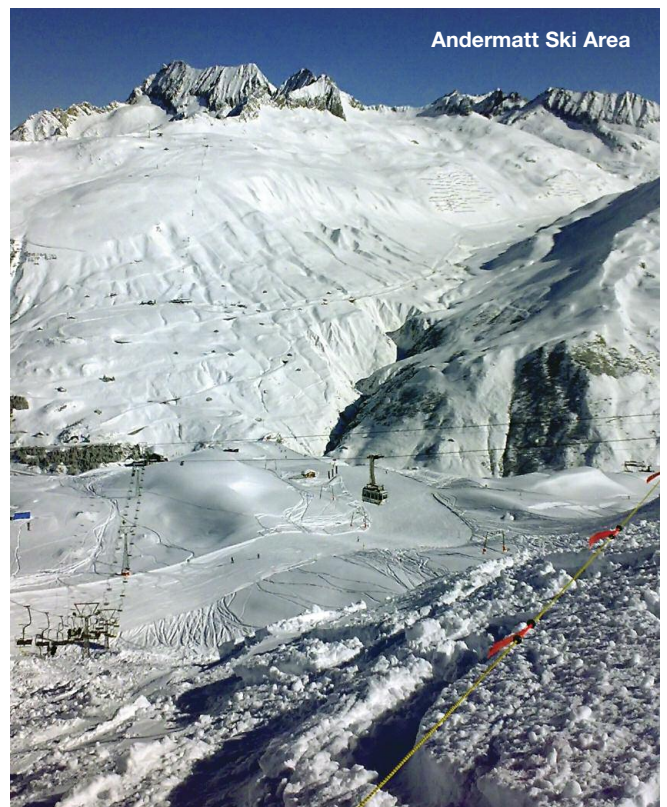
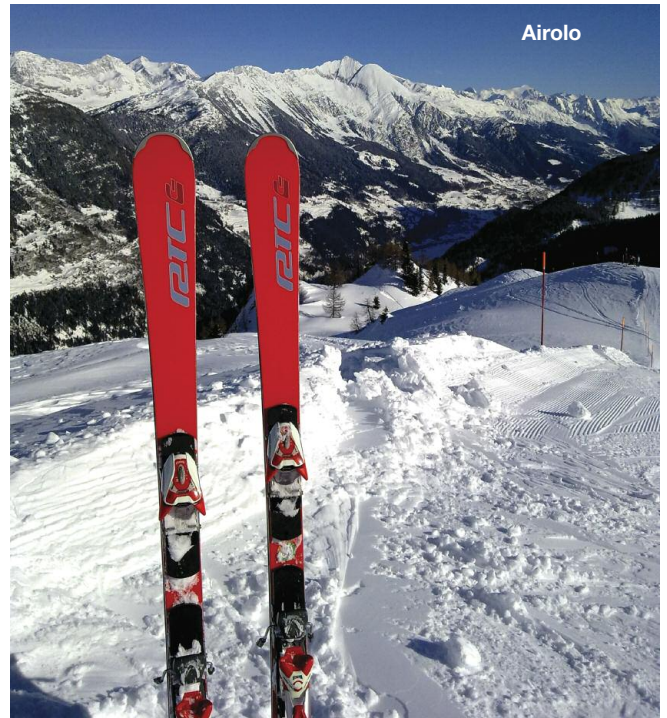
#### Links:

**Andermatt - Sedrun:** [www.anderlatt.ch/en/winter/ski-snowboard](http://www.anderlatt.ch/en/winter/ski-snowboard) ,  
[www.skiarena.ch](http://www.skiarena.ch) , [www.anderlatt-swissalps.ch](http://www.anderlatt-swissalps.ch)

**Carbon Composite Ski Poles:** [www.goode.com/skipoles](http://www.goode.com/skipoles) ,  
[shop.leki.com/en/product.php?product\\_id=56735](http://shop.leki.com/en/product.php?product_id=56735) ,  
[www.komperdell.com/en/soles/alpin/carbon\\_index.php](http://www.komperdell.com/en/soles/alpin/carbon_index.php) ,  
[www.swixsport.com](http://www.swixsport.com)

**On-Running Cloudbunner Winter Edition:**  
[www.on-running.com/en-ch/news/tags/Cloudbunner%20Winter%20Edition](http://www.on-running.com/en-ch/news/tags/Cloudbunner%20Winter%20Edition)

**GW Name Change:**  
[www.frontpagemag.com/2014/dgreenfield/first-global-warming-then-its-climate-change-now-its-global-climate-disruption/](http://www.frontpagemag.com/2014/dgreenfield/first-global-warming-then-its-climate-change-now-its-global-climate-disruption/)





### Close Bowling

Organised and compiled by IMCZ member Stephen Butterworth

We had another great evening with good turnout. The bowling was very close. Hans-Peter Schobert was the one who ruffled the feathers, moved to the top group and rushed off with the wine. Well done Hans-Peter. He had the highest score of the night and the most number of splits - what more could a lad want in life!



| First Name | Surname   | Game1 | Game2 | Game3 | Bowled total | overall_avg | handicap | STRIKES | SPARES | Split |
|------------|-----------|-------|-------|-------|--------------|-------------|----------|---------|--------|-------|
| Roger      | Dixon     | 134   | 105   | 141   | 380          | 117         | 67       | 5       | 10     | 5     |
| Otto       | Steuri    | 116   | 150   | 109   | 375          | 146         | 44       | 5       | 9      | 2     |
| Beat       | Züger     | 137   | 101   | 137   | 375          | 138         | 50       | 7       | 4      | 2     |
| Ian        | Brenton   | 107   | 115   | 140   | 362          | 115         | 68       | 4       | 8      | 5     |
| Adrian     | Lüdi      | 136   | 97    | 122   | 355          | 112         | 71       | 5       | 7      | 1     |
| Gary       | Boshoff   | 90    | 139   | 125   | 354          | 123         | 62       | 6       | 7      | 4     |
| Dan        | Rabil     | 142   | 100   | 108   | 350          | 136         | 44       | 5       | 5      | 5     |
| Phil       | Day       | 109   | 93    | 92    | 294          |             | 84       | 3       | 4      | 1     |
| Laurette   | Boshoff   | 110   | 89    | 76    | 275          | 91          | 84       | 2       | 3      | 1     |
| Gail       | Brenton   | 79    | 115   | 80    | 274          | 85          | 84       | 1       | 4      | 5     |
| Mike       | Brown     | 59    | 96    | 92    | 247          | 97          | 83       | 4       | 2      | 3     |
| Terri      | Werder    | 64    | 91    | 78    | 233          |             | 84       | 4       | 5      |       |
| Wendy      | Mazenauer | 69    | 67    | 88    | 224          |             | 84       | 0       | 3      | 5     |
| Erich      | Mazenauer | 73    | 53    | 50    | 176          |             | 84       | 2       | 1      | 0     |
| Joanna     | Brown     | 25    | 54    | 64    | 143          | 58          | 82       |         | 2      | 2     |

| First Name | Surname   | Game1 | Game2 | Game3 | Handicapped | overall_avg | handicap | STRIKES | SPARES | Split |
|------------|-----------|-------|-------|-------|-------------|-------------|----------|---------|--------|-------|
| Roger      | Dixon     | 134   | 105   | 141   | 581         | 117         | 67       | 5       | 10     | 5     |
| Adrian     | Lüdi      | 136   | 97    | 122   | 568         | 112         | 71       | 5       | 7      | 1     |
| Ian        | Brenton   | 107   | 115   | 140   | 566         | 115         | 68       | 4       | 8      | 5     |
| Phil       | Day       | 109   | 93    | 92    | 546         |             | 84       | 3       | 4      | 1     |
| Gary       | Boshoff   | 90    | 139   | 125   | 540         | 123         | 62       | 6       | 7      | 4     |
| Laurette   | Boshoff   | 110   | 89    | 76    | 527         | 91          | 84       | 2       | 3      | 1     |
| Gail       | Brenton   | 79    | 115   | 80    | 526         | 85          | 84       | 1       | 4      | 5     |
| Beat       | Züger     | 137   | 101   | 137   | 525         | 138         | 50       | 7       | 4      | 2     |
| Otto       | Steuri    | 116   | 150   | 109   | 507         | 146         | 44       | 5       | 9      | 2     |
| Mike       | Brown     | 59    | 96    | 92    | 496         | 97          | 83       | 4       | 2      | 3     |
| Terri      | Werder    | 64    | 91    | 78    | 485         |             | 84       |         | 4      | 5     |
| Dan        | Rabil     | 142   | 100   | 108   | 482         | 136         | 44       | 5       | 5      | 5     |
| Wendy      | Mazenauer | 69    | 67    | 88    | 476         |             | 84       | 0       | 3      | 5     |
| Erich      | Mazenauer | 73    | 53    | 50    | 428         |             | 84       | 2       | 1      | 0     |
| Joanna     | Brown     | 25    | 54    | 64    | 389         | 58          | 82       |         | 2      | 2     |



### The Price of being mean

It was the mailman's last day on the job after 35 years of carrying the mail through all kinds of weather to the same neighborhood.

When he arrived at the first house on his route he was greeted by the whole family, who congratulated him and sent him on his way with a big gift certificate envelope. At the second house they presented him with a box of fine imported cigars. The folks at the third house handed him a selection of terrific fishing lures.

At each of the houses along his route, he was met with congratulations, farewells, cards, and gifts of all types and values.

At the final house he was met at the door by a strikingly beautiful young blonde in a revealing negligee. She took him by the hand, gently led him through the door (which she closed behind him), and led him up the stairs to the bedroom - where they had a most passionate liaison. Afterwards, they went downstairs where she fixed him a giant breakfast: Eggs, potatoes, ham, sausage, blueberry waffles, and fresh-squeezed orange juice. When he was truly satisfied she poured him a cup of steaming coffee.

As she was pouring, he noticed a dollar bill sticking out from under the cup's bottom edge.

'...All this was just too wonderful for words,' he said, but what's the dollar for?'

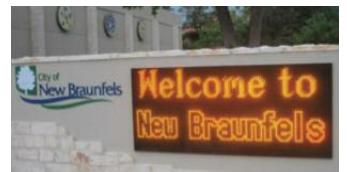
'Well,' she said, 'last night, I told my husband that today would be your last day ...and that we should do something special for you I asked him what to give you?' He said, "...fuck him ...give him a dollar."

She then blushed and added, '...But the breakfast was my idea.'



### Speaking German in Texas

In Texas there is a town called New Braunfels, where there is a large German-speaking population. One day, a local rancher driving down a country road noticed a man using his hand to drink water from the rancher's stock pond. The rancher rolled down the window and shouted, "Sehr angenehm! Trink das Wasser nicht, die Kühe haben darein geschissen." Which means, "Glad to meet you! Don't drink the water, the cows have shit in it!" The man shouted back, "I'm from New York, and I'm just down here campaigning for Obama's healthcare plan. I can't understand you. Please speak in English." The rancher replied, "Use both hands!"



### Wife with bad accident

After a bad road accident, a woman was rushed to the nearest hospital. The doctor on duty examined her, took her blood pressure and checked her pulse rate. Worried about her deteriorating condition, he rushed out to get the needle in order to find out her blood group and organize a transfusion. On the way out he bumped into her husband, he stopped and whispered to the anxious husband who had just arrived, 'I don't like the looks of your wife at all.' 'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'

### A Stunt Pilot

A young lady walks into a supermarket and on her way round she sees the bloke who had his wicked way with her the previous evening, after they had met in a pub. He was stacking washing powder boxes onto the shelves.

"You lying toad" she yells "last night you told me you were a stunt pilot" "No lady" he says "What I said was, I was a member of the Ariel display team"





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.

## Health

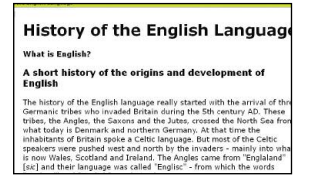
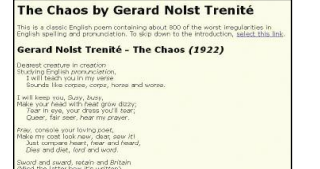
- Quite Interesting - Driving Licenses Clip - <https://www.youtube.com/watch?v=sCgr0pHcahg>
- Sphygmomanometer - <http://www.omron-healthcare.co.uk/our-products/blood-pressure-monitoring/i-c10>
- Peppermint and Liquorice tea = hypertension - <http://www.bloodpressureuk.org/BloodPressureandyou/Mystory/Nikki>
- Missing Millions - <http://www.bloodpressureuk.org/BloodPressureandyou/Mystory/Tom>
- An approved blood pressure tester - <http://www.bhsoc.org/index.php?cID=246>
- A couch potato transformed at 55 - <https://www.youtube.com/watch?v=NPG94VMWPww>

Until 1977, Belgians were not obliged to pass a test in order to obtain a driving licence (the first link is some humour about driving licenses). For people of a certain age with a UK driving Licence, they are allowed to drive a truck up to 7 tonnes without ever having taken a separate driving test. I use it occasionally to help friends' family and myself to move house. In 2008 it was transferred to my Swiss driving licence. Unlike in the UK one is subjected to a very thorough and unpleasant examination by a doctor. This examination is repeated every 5 years until the age of 50 and then every 3 years. A few weeks ago I was once again subjected to this ordeal. During the examination my doctor informed me that I had slightly high blood pressure (hypertension). He recommended me to buy my own Sphygmomanometer (blood pressure tester) and see him again in 3 months' time. This was something as a surprise to me as I have a resting heart rate of 62. I did the research and immediately bought a fully automatic tester (link 2). High blood pressure can be caused by many things; in my case I traced it back to using hydrocortisone cream that I started using about six months ago on dry skin. The cream went straight in the bin and my blood pressure is back to normal. A really surprising example, link 3, is a lady already fit, wanted to become healthier, so she dropped caffeine and took up drinking peppermint and liquorice herbal tea. The liquorice caused the high blood pressure. Hypertension can happen to anyone and at any age. Many people have hypertension but do not realise it. I live a very active life and often walk more than 50 km in a day. I had no inkling that I was going around with this potentially very serious condition. In recent months I have spoken with several IMCZ members with surprise heart conditions. The last link is to a clip that shows someone who was a couch potato until he reached 55. The before pictures are 1 minute 44 seconds into the clip.

## The English Language and Communication

- The Chaos by Gerard Nolst Trenité - <http://ncf.idallen.com/english.html>
- Improved English spelling - <http://www.users.globalnet.co.uk/~choh/german.htm>
- Mark Twain - The Awful German Language - Start on page 5  
- <http://usa.usembassy.de/classroom/Mark%20Twain/Mark%20Twain%20Awful%20Broschuere.pdf>
- A short history of how English developed - <http://www.englishclub.com/english-language-history.htm>
- The Oxford dictionary online - <http://www.oxforddictionaries.com/>
- The Expert - contributed by Roger Brooks - <http://www.leaseweblabs.com/2014/03/expert-lauris-beinerts-comedy-sketch/>

I recently received the poem in the first link from a close friend. It was written c.1920 by Dr. Gerard Nolst Trenité, a Dutch observer of English. It very nicely points out the idiosyncrasies of English spelling. Some time ago I read the proposals made in the second link to improve the language. However at least we don't have the grammar gymnastics found in German. In the 3rd link is Mark Twain's famous appendage to Tramp Abroad. Skip the first 5 pages to get to the English text. For those with German skills the rest of this document is very entertaining. Link 4 is a short history of how the English language developed. Link 5 gives access to the Oxford dictionary. It's also possible to subscribe and find out the entymology (origins, pronunciation and usages) of words. The last link was contributed by Roger Brooks and will be appreciated by Engineers, IT specialists and other experts that have had to communicate with senior managers and non-technical users.



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