

# IMCZNEWS



OCTOBER 2014

## EDITORIAL

### Global Warming and the Summer that never was

One can't help not noticing that the days are getting shorter and the nights longer, the signal for the approach of autumn with its storms and fog. However, we had a pleasant surprise when a run of sunny days greeted us towards the end of September. Indeed it was a pleasant end to the summer that never was. Probably the worst summer this century so far. How does this tie up with Climate Change? Well, I am no expert, but we all yearn for a few weeks of sunny hot weather in order to be able to face the long cold winter, however, the much discussed global warming has certainly not helped ... so far. It is plainly obvious that with all the super-computers, sensors, weather satellites and army of boffins, weather experts and scientists, we are still a long way off from understanding all the forces that affect climate on Earth. Wouldn't it be wiser that before calling wolf, ringing the alarm bells and warning of dooms day approach, that we should try achieve a better understanding of our climate and the forces that affect it? The danger that when the wolf does finally come, nobody would believe them is increasing by the day.



**Muthana Kubba**  
Newsletter Editor  
[newsletter@imcz.com](mailto:newsletter@imcz.com)

## IMCZ

Introducing...new members

THE IMCZ WELCOMES:

### Andria Manfrinato

Andrea was born in Milan, Italy. The year of his birth, 1979, was an important year indeed, for during which we saw McDonald's Happy Meal, Sony's Walkman and the IMCZ were born. Being Italian, I thought I shall find in beautiful Madrid the right location to settle in, but I was proven wrong. Zug has turned out to be my preferred place of choice. So I ended up here together with my wife Blanca, ready to enjoy fully what this place has to offer. We live in Baar, but I work in Zurich for an independent financial consultancy group in wealth management.



I consider myself a very social person and look forward to meeting and socialising with similarly minded people and Club members. In my free time, I like to be with my friends and family or enjoy a good meal. I also love travelling (both on two- and four wheels), reading books and listening to jazz music.

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## FUTURE EVENTS

- WEDNESDAY 15TH OCTOBER, **Bowling at the White Line Bowling Centre, Meierskappel.**  
*This is the 80th Bowling session!* [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- MONDAY 27TH OCTOBER 2014, **Fresh Water Plant visit, Zug, 18:30-19:45,** [events@imcz.com](mailto:events@imcz.com)
- THURSDAY 30TH OCTOBER 2014, **Special Stammtisch Presentation, How to use Physics to relax and energize,** IMCZ member **Sebastiaan van Doorn** 6:30-7:30
- THURSDAY 6TH NOVEMBER, **New Members' Reception** at Restaurant Baeren, Baarerstr. 30, Zug 18:30-20:00 [events@imcz.com](mailto:events@imcz.com)
- WEDNESDAY NOVEMBER 12, **ZIWC & IMCZ joint Stammtisch** at ParkHotel, Zug [events@imcz.com](mailto:events@imcz.com)
- WEDNESDAY 19TH NOVEMBER, **Bowling at the White Line Bowling Centre, Meierskappel** [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- WEDNESDAY 10TH DECEMBER, **Bowling at the White Line Bowling Centre, Meierskappel** [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- SATURDAY 13TH DECEMBER, **ZIWC & IMCZ Christmas Dinner** in Casino, [events@imcz.com](mailto: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](http://imcz.com) can read the current Newsletter under About Us -> Current Newsletter



## Pilatus Aircraft Works IMCZ Visit on Monday September 7, 2014

The summer being what it is, it did rain as usual, but luckily we were already inside the impressive factory. At exactly 14:30 a crowd of 46 visitors assembled at the main entrance of the works in Stans, a stone's throw away from the small airport next door. The majority were of course IMCZ members, some with their spouses, but there was also a sizeable representation of our sister Club ZIWC with their spouses present. Surprisingly, there were 14 guests, not all of them were invited.

For our first stop we were marched upwards three flights of stairs to watch a 20 minutes slide- and film-show on the third floor. We learnt a lot about the history of Pilatus. Founded in 1939 to make mostly pilot training planes, it grew to be one of the leading makers of special trainers which can be used to train pilots to fly various passenger and military planes through specially developed software. So one can train pilots to fly Boeing 777 or Airbus 380 by simply flying a standard PC-12 fitted with the corresponding software.

After the usual welcome, we were requested to don special yellow vests marked in large black lettering, "VISITOR", and asked to stay on the yellow lines and never cross the red ones. Furthermore, we were told that we can take as many photos as we like, provided they are of the Pilatus airplane type PC-12 only! No other plane type may be photographed. Also no staff member may be photographed either.

Thereafter, we were split into two manageable groups and marched to inspect this highly interesting factory. It turned out that Pilatus uses mainly aluminium to construct the planes. It is easily machined and its behaviour is better understood than carbon based composites for which a completely new know how would be required. However, they do use some composites, for certain parts in the planes, e.g. the leading edges of wings. Additionally, we learned that a considerable portion of the constituent parts of the planes are outsourced. The complete airframes including wings are made in Portugal, the turbine engines with propeller aggregate complete with gearbox etc are supplied by Pratt and Whitney except for the new PC-24, which shall be supplied by Williams International. The paint shop available in Stans does not have the capacity to paint all the planes produced, therefore the planes destined for the Americas are flown there unpainted and their paint shop in Colorado, USA shall paint them before they are delivered to the final destination. Pilatus has branches of joint ventured companies in most major countries including China. They deliver their planes to all four corners of the world.

Their star product, however, is the new PC-24 which we didn't have the pleasure of seeing. It is the first twin purely jet plane they are making, all their current planes are turboprop ones, i.e. a turbine driving a propeller through a reduction gearbox. As soon as the PC-24 was announced, at a price of 9 million USD a piece orders poured in and their planned production capacity for the next five years was booked up already. The feature which made all the difference is the fact that it shall be a short start and landing airplane. It shall only need 820 metres long runway to take off and land, as opposed to 1200 metres for their competition.

Three hours passed by very quickly and we were left agast with admiration for their achieving a leading post in a highly competitive niche market. A truly remarkable achievement for a small country like Switzerland, and to crown it all, without any debt in such a capital intensive enterprise.



### 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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## New Members' Reception



**Where:** First floor, Restaurant Bären, Baarerstr. 30, 6300 Zug 041 7110943  
**When:** Thursday, November 6, 2014 starting at 18:30 hours till 20:00 hours  
**What:** Bi-annual get-together of all Club members, especially the new arrivals. The event is heavily subsidised by the Club. Food and drinks are on the house. Delicious Raclette shall be served with bier to go with it. This is a rare opportunity for members who have never shown up to any Club activity so far to come along, meet other members and enjoy a lovely evening with food and drinks for free.



## The Sound of Music

Last Sunday evening (21 September), Margareta and I had the privilege of enjoying one of the most polished, professional productions by a community theater group which I have ever had the pleasure to see (and hear). I am referring to this year's production by the English Theater Group of Zug (ETGZ), "The Sound of Music" in the Dorfzentrum in Rotkreuz. Those of you who follow film may have fond memories of the Oscar-winning film version of 1965 starring Julie Andrews in the leading role of Maria. In fact, the story, inspired by Maria von Trapp's memoirs, was originally a popular musical stage production by the well-loved American duo, Rodgers & Hammerstein, who are also famous for classics such as "Oklahoma!" (based on "Green Grow the Lilacs" by Lynn Riggs) and "South Pacific" (based on James Michener's "Tales of the South Pacific"). "The Sound of Music" recounts Maria Rainer's struggles as a young governess responsible for a widower's seven children in Austria on the eve of the "Anschluss" in 1938.

THE ENGLISH THEATRE GROUP OF ZUG PRESENTS



*The Sound of Music*

The production was flawless with the exception of a slight hesitation at the beginning of one of the musical numbers in the second act. Karolina-Slavka Müller sang the lead role of Maria with an extraordinary combination of warmth and precision, and Kamila Dudova as the Mother Abbess, who sends Maria to her assignment as governess, gave a stirring rendition of the classic "Climb Every Mountain". These singers were ably supported by an extensive cast, including a large choir of nuns, a children's choir, the "Zitherklänge Ennetsee", a 15 piece orchestra and the ebullient Daniel Steiner as Max Detweiler, all under the masterful direction of Timothy Socha, former director of the Music School of Rotkreuz. I was also pleased to see IMCZ members Andrew Glass and Andrew Schofield in supporting roles. Andrew Glass appeared in black tie and tails as a guest at the dinner dance held by Captain von Trapp for his fiancée, Elsa Schröder, and Andrew Schofield joined two other bartenders to serve the theater-going public with remarkable efficiency before and after the show and during intermission.

As so often the case with Rodgers & Hammerstein, the musical features a number of "catchy tunes" (such as "My Favorite Things") which have long since burrowed their way into the "collective unconscious" (with apologies to Carl Jung). We were thoughtfully provided with the lyrics to a few of them at the start of the show, and had the privilege of singing "Do-Re-Mi" and "Edelweiss" along with the cast for an encore. Margareta and I stood up, but no one else seemed moved to do so, so we sat down again. Nonetheless, the English Theater Group of Zug certainly deserves a standing ovation for this performance. Staging such a production requires a lot of effort (much of it behind the scenes) and the ETGZ is always looking for new members. Those interested are invited to visit their website, [www.etgz.ch](http://www.etgz.ch), or to contact Myrtha Schuler at [secretary@etgz.ch](mailto:secretary@etgz.ch).



## Special Stammtisch on Thursday, October 30th, 2014 How to use physics to relax and energize



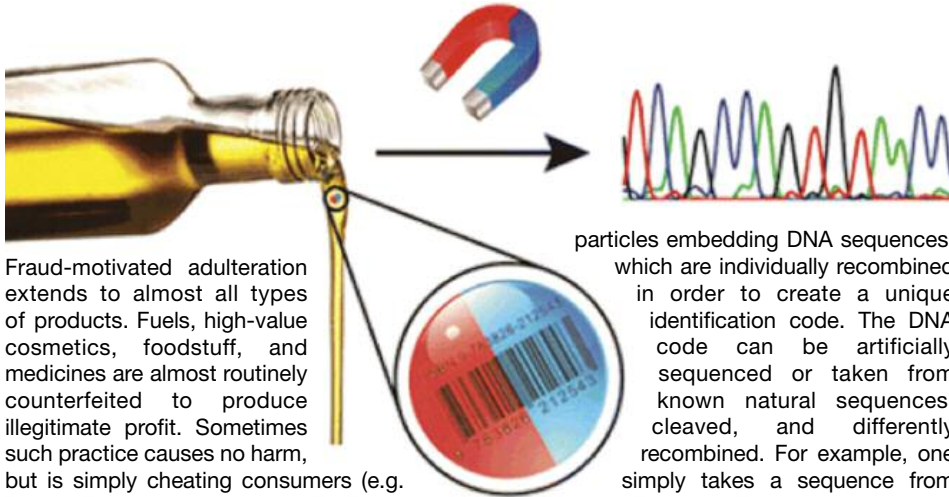
IMCZ member **Sebastiaan van Doorn** shall talk on work- and information-overload as well as time pressure increases stress levels and leads to health issues like sleeplessness, back aches etc. Experience harmonic swings for attaining stress reduction and deepened concentration.

**REMEMBER**

The Stammtisch every  
**Thursday evening 18:00-20:30**  
 Join us in the Park Hotel in Zug.

## Magnetic DNA tagging to counterfeit olive oil adulteration

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



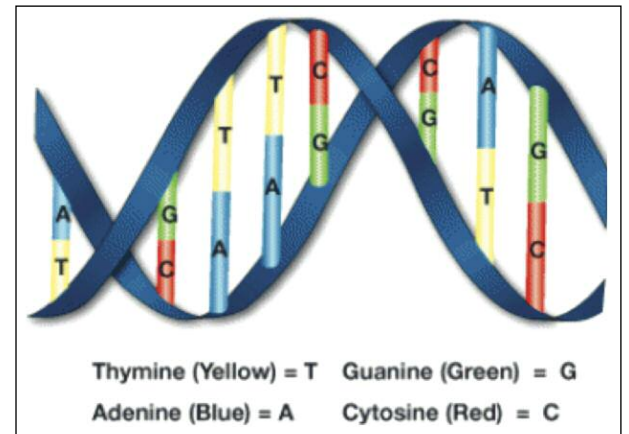
Fraud-motivated adulteration extends to almost all types of products. Fuels, high-value cosmetics, foodstuff, and medicines are almost routinely counterfeited to produce illegitimate profit. Sometimes such practice causes no harm, but is simply cheating consumers (e.g. blending of horse meat into beef lasagne). However, it may also have serious, even lethal consequences to health. The adulteration of infant powder formulas in China with the nitrogen donor melamine to simulate higher protein content (protein is measured by means of nitrogen analysis) caused more than a dozen deaths in 2008. The adulteration of extra virgin olive oil with cheaper oils is also notorious. Being a more profit-oriented case of criminal activity, its significance is high-lighted by the story that some year's official sales of extra virgin olive oil in Italy exceeded even the country's theoretical cultivation capacity.

Chemical analyses of fatty acid profile and markers of heat treatment are commonly used to detect adulteration in such oils. Recently however, Swiss researchers developed an inert tagging method for oil items quite similar in principle to the barcodes found on most products nowadays. It consists of nano-sized

particles embedding DNA sequences, which are individually recombined in order to create a unique identification code. The DNA code can be artificially sequenced or taken from known natural sequences, cleaved, and differently recombined. For example, one simply takes a sequence from tomato (T) DNA, another from

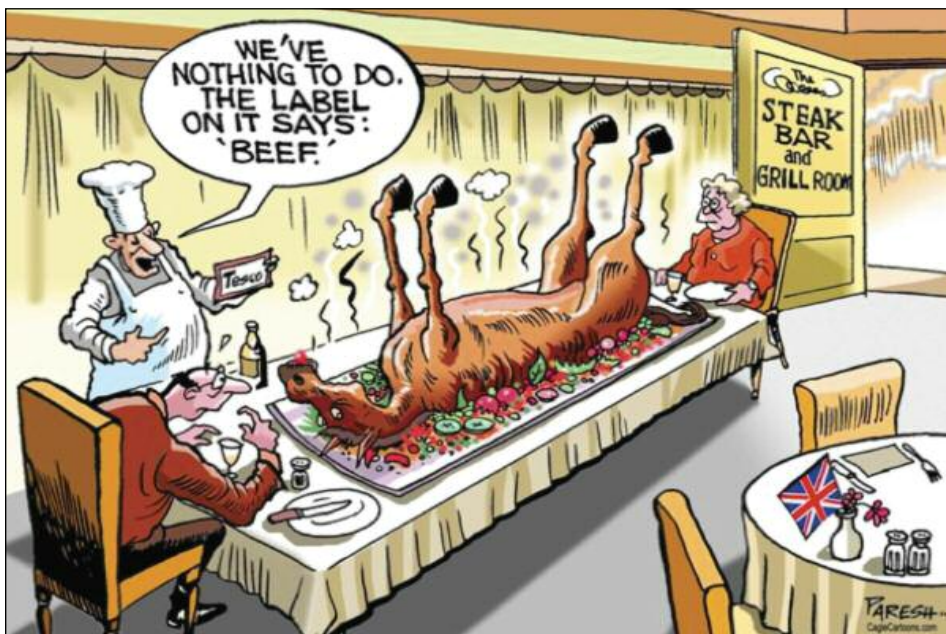
pine-apple (P) and by recombining them in an arbitrary order like P-T-T-P-T, the unique code is ready. The tags have a core/shell structure, made of iron oxide and silica, both common minerals in our nutrition. The iron oxide offers magnetic properties, while the surrounding silica matrix acts as a protective barrier and confers heat stability. These magnetic tags are easily retrieved from oils, identified and quantified allowing verification of authenticity. If the retrieved concentration of these DNA tags is lower than it was originally, then the oil must have been adulterated. It is also a very cheap and fast method of analysis, feasible for most standard labs, according to researchers.

But the main issue will certainly be consumer acceptance. There is a delicate conflict of interest indeed. Do you prefer the guarantee of an extra virgin oil quality, whilst at the same time sacrificing the desired "natural-ness"? DNA sequenced tags have become associated with the "frightening" prospect of genetic engineering, and nanotechnology will not fare any better, for sure;-) It will probably not help much by explaining to consumers that natural remains of various DNA, derived from plants, soil microorganisms, insects, and so on, contaminate any given food during cultivation and processing and exceed that of DNA tagging by many powers of magnitude. A few grams of DNA tags would be enough to mark the whole annual production of Italian



olive oil! There is probably more acceptance of a similar method of DNA tagging in Emmentaler cheese. Since cheese already contains bacteria and their DNA, and no nano-scaling is necessary, the use of specifically tagged bacteria cultures enables the control of authenticity for D.O.C quality (denomination of origin).

Finally, the low costs of such technology (estimated to be ca. 0.02 cents per litre) will certainly establish its use, not only in less sensitive segments, such as cosmetic oils, but also in combating the illegal tax-saving combustion of heating oil as vehicle fuel, where it will doubtless profit from governmental support for obvious reasons;-)



## No Crankshaft Internal Combustion Engines

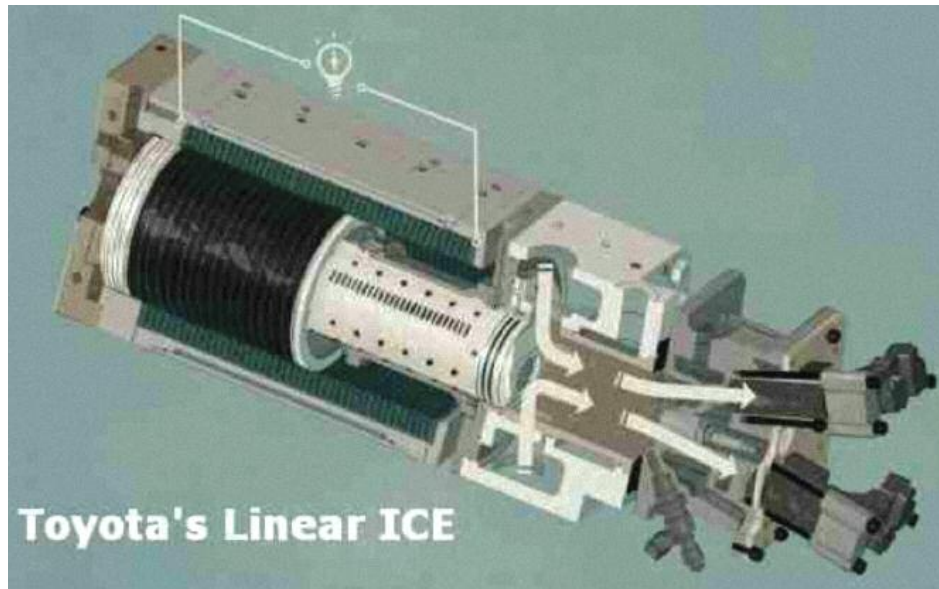
*Contributed by IMCZ honorary member and Newsletter Editor Muthana Kubba*

Ground breaking developments in Internal Combustion Engines (ICE) have been quietly taking place. As we all know, the ICE has been and still is the backbone of all energy conversion devices in which fossil fuels are converted into mechanical energy. Especially in automobiles, the ICE has been very difficult to dislodge, but everywhere else, including diesel electric generators, marine engines, light aircrafts, pumps, you name it, it has been simply irreplaceable. ICE's virtually power every vehicle in the world.

The ICE in all its variants, be it a two- or four-stroke, in-line or V- or boxer-type, is a very complicated piece of mechanical gadgetry. It is full of moving parts, the simplest has no less than 24 different moving parts: pistons with their rings, connecting rods, crankshafts with their bearings, valves with their special mechanism connected to the crankshaft, etc. It is to the credit of the mechanical engineers, that they have become as sturdy and reliable as they are. Due to this mechanical complexity, however, they have limited lifetimes, typically 2000 hours. Usually, you need to perform a major service to your car engine after driving about 200'000 Km (at an average of 100 km/hour, this corresponds to 2000 hours).

### Only ONE Moving Part

The new engine has only one moving part, hence it is much more reliable and also has a considerably longer life. Power is extracted from the engine electrically. A permanent magnet attached to the piston moves inside a coil and generates electricity as the piston moves in and out. Toyota has developed an experimental two stroke engine

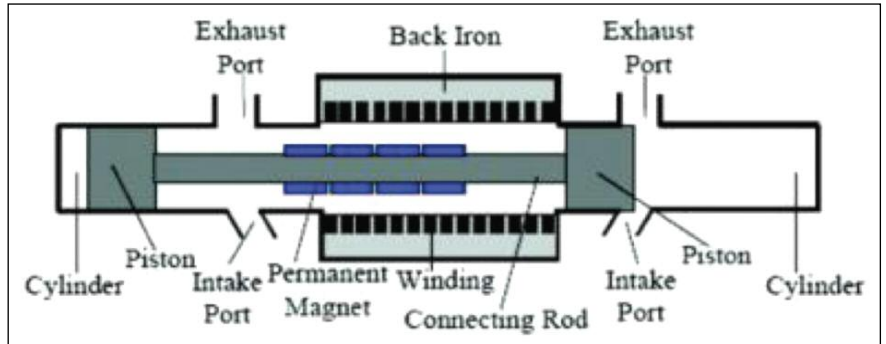


along these lines. It is worth noting that because the piston has no connecting rods to a crankshaft, it is no longer subjected to lateral forces which cause the wear and tear on the rings and the cylinder.

<http://www.extremetech.com/extreme/185789-toyota-develops-high-efficiency-free-piston-no-crankshaft-combustion-engine-to-power-an-ev>

The clip at this [link](#) shows the engine in motion.

Instead of a single piston moving to and fro, a dual piston engine has also been proposed. In this version both cylinders move together with two combustion chambers each end. This has the advantage of not requiring a coiled spring to push the cylinder back after it has been fired.



As with the Toyota single cylinder engine illustrated, the inlet and outlet valves are normally electrically operated, obviating the need for cams and drive shafts. Such engines are ideally suited to charging the batteries of electric vehicles, since their output power is electric and can be used directly for recharging. If you are wondering how one would start such an engine, the answer is quite straight forward: electrically through the coil. By injecting the right current, it would move the piston to and fro until it fires.

The simplicity and reliability of such engines are stunning, yet the ideas behind them are not new. The shake to charge principle has been used for wrist watches, flashlights and smart phones. Gadgets have also been used in backpacks to extract energy from the up and down movement of the pack whilst the person is walking. As expected there are many patents on these ideas, some date as far back as 1959. However, Toyota was the first to actually build a prototype free piston internal combustion engine and demonstrate the principle.

On the down side, the linear engines whether of one or two cylinder design, are not balanced, resulting in considerable vibrations. Efforts are being concentrated on building a double acting engine in boxer format so that the vibrations cancel out. So far synchronising such engines to fire simultaneously over the whole range of speed and power has proven a big challenge. However, there are rumours that Audi will shortly reveal an electric car with a range extender using a balanced double cylinder linear internal combustion engine. The car is said to have a range comparable with that of present petrol engine cars, i.e. above 600 km.

### Further reading:

<https://www1.eere.energy.gov/hydrogenandfuelcells/pdfs/30535bf.pdf>  
[https://www.youtube.com/watch?feature=player\\_embedded&v=QUbBqSu9Hdc](https://www.youtube.com/watch?feature=player_embedded&v=QUbBqSu9Hdc)

## Tips for Self-Defense against Phishing

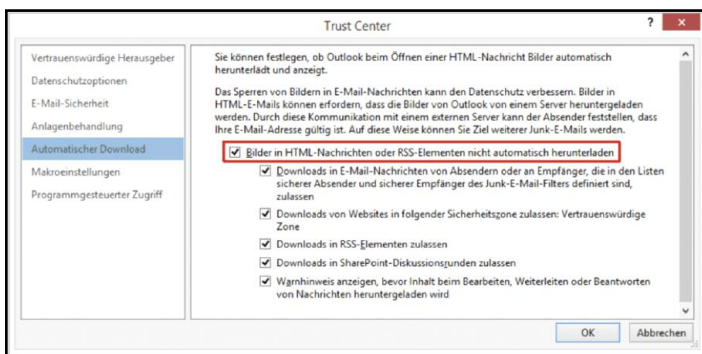
Contributed by IMCZ board member and Webmaster Roger Brooks



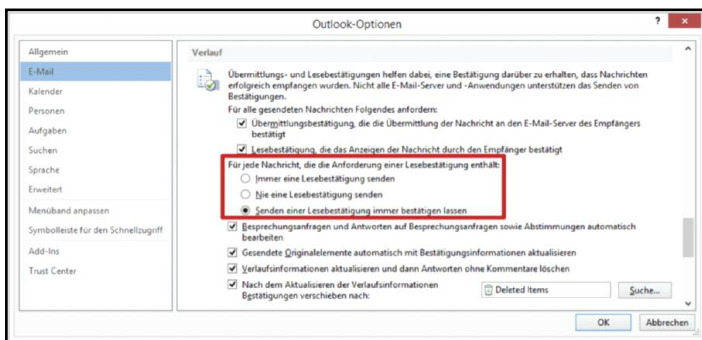
Several IMCZ board members have recently received phishing mails. "Phishing" is when third parties attempt to con you into revealing account access information, which they can then use to impersonate you, steal your assets (money or information) or buy things on your account. Phishing usually takes place by e-mail, but it can

also be done by means of a malicious or manipulated ("hacked") website. The accounts targeted might be e-mail accounts, bank accounts, credit card accounts, PayPal accounts or website accounts for services such as Amazon, Dropbox, Google, iCloud, iTunes, Yahoo and many more. In case other members are receiving such e-mails, here are some tips on how to protect yourself:

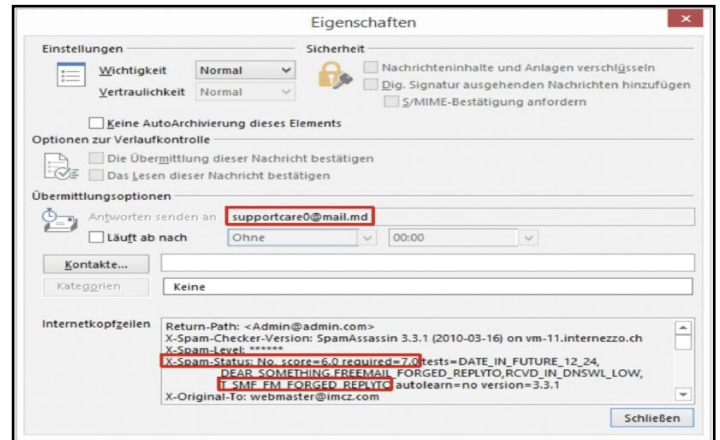
1. Any mail claiming that an account is compromised, impaired or that your Inbox is full, should be regarded with suspicion.
2. Unless the return address belongs to the institution holding the account (in our case show "imcz.com" or "internezzo.ch" as the domain), the mail should be deleted without opening (or even previewing) it.
3. In order to avoid confirming your e-mail address to spammers, you should set your account or mail software to:
  - a. not download pictures automatically.  
This is the default setting for Outlook since 2007:



- b. ask you before sending return receipts. Unfortunately, not all accounts or software offer this possibility. Here is an example from Outlook 2013:



4. Even if the mail appears genuine, it is a good idea to:
  - a. Check the header information, because the return address may be forged ("spoofed"). Here is the header information for a phishing mail received by IMCZ board members, as shown in Outlook 2013:



Many e-mail providers offer some kind of spam-checking, which is usually reported in the header. Note that in this case, even though the internezzo spam-checker did not flag it as spam, it was only just below the threshold (6 out of 7 points needed). The internezzo spam-checker also reports that the return address was forged. Here is the full text of the header, with the suspicious elements highlighted:

```
>>>
Return-Path: Admin@admin.com
X-Spam-Checker-Version: SpamAssassin 3.3.1 (2010-03-16) on
vm-11.internezzo.ch
X-Spam-Level: *****
X-Spam-Status: No, score=6.0 required=7.0 tests=DATE_IN_FUTURE_12_24,
DEAR_SOMETHING_FREEMAIL_FORGED_REPLYTO,RCVD_IN_DNSWL_LOW,
T_SMF_FM_FORGED_REPLYTO autolearn=no version=3.3.1
X-Original-To: webmaster@imcz.com
Delivered-To: webmaster@imcz.com
Received: by vm-11.internezzo.ch (Postfix, from userid 110)
id B420FC1626; Wed, 24 Sep 2014 14:36:28 +0200 (CEST)
X-Original-To: info@imcz.com
Delivered-To: info@imcz.com
Received: from mail.health.gov.ck (thealth.oyster.net.ck [202.65.43.185])
by vm-11.internezzo.ch (Postfix) with ESMTTP id 9835CC1623
for <info@imcz.com>; Wed, 24 Sep 2014 14:36:22 +0200 (CEST)
Received: from [115.246.228.252] ([115.246.228.252] RDNS failed) by
mail.health.gov.ck with Microsoft SMTPSVC(6.0.3790.3959);
Wed, 24 Sep 2014 02:40:24 -1000
Content-Type: text/plain; charset="iso-8859-1"
MIME-Version: 1.0
Content-Transfer-Encoding: quoted-printable
Content-Description: Mail message body
Subject: Technical Support
To: Recipients Admin@admin.com
From: Admin@admin.com
Date: Wed, 24 Sep 2014 18:06:17 -0700
Reply-To: supportcare0@mail.md
Message-ID: MOHSRV08M000JrzF5ld0000144a@mail.health.gov.ck
X-OriginalArrivalTime: 24 Sep 2014 12:40:24.0750 (UTC)
FILETIME=[B64C9CE0:01CFD7F4]
```

Note that the displayed return address does not even have the same domain as the "Reply-To" or the "Received: from" addresses

- b. Avoid clicking on any links in the mail. If you really think that you have a problem with an account, log in to the account in your browser, using the web address you usually use, instead of the link provided in the e-mail.
  - c. If you have inadvertently clicked on such a link, or even opened such a mail, run a complete virus scan on your computer, preferably using a boot CD instead of running it from a hard disk.

Computer security is not just a question of updating your software and using firewalls and anti-malware programs. The weakest link is often the user, especially if one does things under time pressure, without paying enough attention. One of the best defenses against computer crime is a healthy skepticism!



**Welcome to the fabulous  
ZIWC and IMCZ  
Las Vegas Dinner Dance**

**On Saturday, 13 December  
at 7 pm  
Theater Casino Zug,  
Artherstrasse 2-4,  
6300 Zug**



**WITH A LIVE ELVIS SHOW**

## How to plan a holiday!

Contributed by IMCZ member Ian Stansfeld

2013 was a tough year for us and we didn't manage to take our usual two weeks summer holiday. 2014 was the complete opposite. We decided to take the whole of July as holiday and make up for lost time.

For Christmas I had been given a copy of Diccon Bewes book "Slow Train to Switzerland". This describes his re-enactment of the first ever Thomas Cook trip to Switzerland, by the Junior Alpine Club. The original tour was undertaken in 1863 by three young ladies, wearing crinoline dresses and two young men. Diccon undertook it with his mother. Over the internet I procured a copy of the original book, "Miss Jemima's Swiss journal: The first conducted tour of Switzerland". Apparently, it had been lost for a century and was found in a bombed out warehouse in London. I rapidly read this book and was hooked. The first 33 pages can be found at this link:

<http://zurich.britishresidents.ch/wp-content/uploads/2013/03/Miss-Jemimas-Swiss-Journal-pages-0-33.pdf>

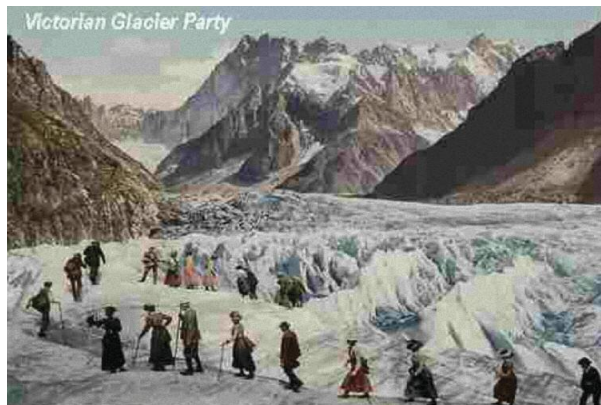
On 14th February 2014, Diccon junior visited Zug and gave a very amusing and pleasant presentation about the original tour and his own re-enactment.

Earlier this year on February 18th, I started a course at the Migros Klubschule for creating websites. This was an opportunity to plan our holiday using the website that I would develop. The plan encompassed routes hotels, interesting side trips and a host of other information. Suddenly in mid-April we decided that we no longer wanted to go on this holiday. Maybe, we had planned it so thoroughly that we no longer needed to go on it. We walk in the Swiss mountains most weekends so we wanted a complete change for our holiday. Finally, we decided that we would do the more interesting parts of the Swiss tour as weekend excursions. The most important for us this year is the Gemmi pass, weather permitting 4th or 5th October.

Almost every year we go on holiday with our Hungarian friends. This usually takes the form of a family beach and culture holiday preceded or followed by a week of gruelling mountain walks. The mountain walks are with a much bigger group of Hungarian friends who I have known since living in Hungary in the early 1990's. My Hungarian friend wrote to me on the 27th February that the mountain holiday would be in Slovenia in the Julian Alps, between 27th of July and 3rd of August. I rarely know more than that about the holiday, at some stage I receive an address or coordinates (This has happened several times, the most exciting was to Bulgaria, 2000+kms and just coordinates for a destination!) and a time and date where we will meet. So long as I pack swimming trunks, torch and mountaineering boots, the rest of my attire is

easily determined. The beach holiday would have to start around the 20th July. We would leave Switzerland on the 19th and drive somewhere.

This simplified our own planning; the target dates were 5th July to 19th July. Tracey is a sun magnet and I am a sucker for ruins, monuments and culture, our thoughts turned to Italy. We imagined a cycling holiday, take the train or plane to Naples, see Pompeii, take a quick trip to Capri (to see San Michele and the Phoenician steps, which I had read about 2 years previously in a book that I found by accident in my cellar) and then cycle back up to Rome for some serious antiquities' indulgence. Then take the train back to Switzerland. How naïve can one be? How big is Italy?



We'd first thought of an extended Italian holiday in 1992. At that time my parents and grandparents (both sets) used to visit us separately. Tracey would show them Hungary for a week and then I would be on holiday as well and we would travel randomly by car far and wide through eastern and Central Europe. Every travel day at 4pm we would start looking out for a pleasant guest house, make enquiries and usually have a very fine evening. In this way we saw Heidelberg, Baden Baden, Melk, Graz, Mariazzell, Vienna, Prague, Pilsen, Salzberg, Munich Venice and many other interesting places. Sadly my grandparents passed away over the intervening years, even our children no longer wish to holiday with us.

On 26th April I ordered the guidebooks and maps; Rick Steves' Italy; Rick Steves' Rome and Rick Steves' snapshot Naples & the Amalfi coast. I also ordered; Streetwise Naples Map - Laminated City Street Map of Naples, Italy; Folding Pocket Size Travel Map and Streetwise Rome Map - Laminated City Street Map of Rome, Italy; Folding Pocket Size Travel Map. I was disappointed to find that if I had only bought the guide to Italy, I could have saved myself some money and not had the duplication. The Rick Steves' guides are crammed with self-guided tours and masses of real information. There are no high definition double spread glossy pictures,

we'll see those when we take the tours. There are museum and church layouts so that you can find what you are looking for. The maps are street plans with 3D representations of the main sites and buildings. This makes orientation very easy.

Over the next few weeks we spent our evenings dipping into the different books. Each excitedly reading aloud some must do or see item that we had discovered.

Reluctantly, we gave up the idea of taking our bicycles and camping. The distances were far greater than I imagined and cycling would take an enormous amount of time. There are cycle routes but the information was sketchy. Italian driving is fun to watch from a distance. Being in the middle of it without armour

plating is unappealing. The prospect of leaving our belongings on a campsite in Italy a land notorious for crime was another factor against. I looked up what type of injections we might need and at the same time dangerous flora and fauna. Asp viper, 4% of untreated bites end in death, mostly tourists; Horned viper, many peasants were killed through lack of anti-venom; Tarantula, need I say more; Violin spider, can cause horrific injury. Camping amongst this lot will have to wait until I can find some more courage.

Our intended itinerary for the Italian part of our month's holiday was:

- Depart Sunday 06.07 and travel from Zug by train and find a base in Sorrento
- 1 day – Sorrento – See Greek street plan and Self-guided walk and relax
- 1 day – Pompeii – to see the ruins and plaster casts of the victims
- 1 day – Capri – follow in the steps of Axel Munthe
- 1 day – Naples – See the Museum – visit a special Pizzeria – see the Neapolitans driving
- 1 day – Climb Vesuvius and visit Herculaneum to see the ruined villas
- 1 day – Amalfi Coast and Pasternum to see the World's best preserved Greek Temples
- Depart Saturday 12.07 and travel by train to Rome.
- 7 days in Rome – (to be firmed up later)







We decided to go by Interrail, but I soon discovered that I would need to do a PhD course on European rail options before I could do it online. The day before our intended departure, i.e., Saturday 05.07, I gave up and went to Zug Railway station for professional help. A young lady helped us. The Swiss booking system didn't contain details for the last leg of our journey from Naples to Sorrento. Fortunately she was Sicilian by birth and had grown up speaking native Italian. She searched the Italian

railways websites and eventually found our connections, and reserved our seats for all the trains.

We decided just before leaving for the train that we would book a room just to be on the safe side. We are definitely losing our sense of adventure. I contacted the hotel Villa Margherita in Sorrento, Maria offered me a double room with ensuite and breakfast included, for and all-inclusive price of 426

Euros for 6 nights. The normal price is 870 Euros so this was a real last minute bargain! This was booked at 07.49 on the day of departure and confirmed at 09:21. We had already set off at 08:00 from Neuheim to catch the train in Zug. We travelled light with a 40 litre rucksack each and a 20 litre cool bag between us.

Our adventure had started.

*USED*

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## Get Ready to Ski: Joe's Essentials for Skiing in Switzerland

Contributed by IMCZ sports' editor Joseph Dow

Ski regions of the world vary and call for different types of clothing and equipment to get the most out of your experience. Some places, like New England in the States, are typically damp and frigid cold with icy conditions. Other areas, the Sierras in California, feature characteristically heavy, thick and wet snow. And still others, such as Utah, boast very light dry powder. So, where does Swiss skiing lie?

Despite Switzerland's reputation as a snow paradise and winter wonderland, I have found the climate in the mountain resorts relatively mild and deep powder snow quite rare on the main marked pistes. In the last five years, I've skied all over Switzerland and can count the days requiring a facemask on one hand. Likewise, I can only recall a few days of deep snow skiing on the designated trails within the ski area boundaries. I would describe Swiss conditions essentially the same as skiing in the Northeast US, except it is a lot sunnier, much less cold and the snow conditions resemble the best day of the season, all the time. So, here are my gear suggestions for resort skiing in Switzerland.



### THE ESSENTIALS LIST

#### Skis & Bindings

- Classic Carver
- Cross Carver (slightly wider)

#### Ski Boots

- fitted by a professional bootfitter

#### Ski Poles

- One word: **carbon**

#### Ski Jackets (Options from which to choose)

- Insulated (modern "classic" ski jacket)
- Softshell (highly breathable)
- Down (very warm; with a durable, waterproof outer material, not an insulation jacket or après ski jacket)
- Shell (very light; can be worn with different forms of optional insulation pieces)

#### Ski Pants

##### Insulation (Options from which to choose)

- **Down Insulation Jacket**
- Synthetic Insulation Jacket/ Vest (e.g., PrimaLoft)
- Wool / Fleece Full-zip Jacket / Sweater / Vest

##### Base Layer

- Merino Wool / Microfleece Base Layer Shirt(s)
- Merino Wool / Fleece Tights

##### Accessories

- Helmet
- Goggles
- Neck Gaiter / Scarf / Facemask
- Ski Gloves
- Ski Socks / Liner Socks
- Sun Protection

**SKIS:** I've tried a huge range of skis and lately, I've come to the realization that I really only need a couple pairs.

Two types of ski handle about 95% of skiing conditions you are likely to experience in Switzerland, unless you are a jibber in the park or a freerider venturing off-piste.

**Classic Carver** – a ski with dimensions typically 114 to 116mm tip, 66 to 69mm waist, and 93 to 100mm tail. If you ski strictly groomed snow on well-maintained trails, this is the ski for you. These are perfect for making precise, technical carving turns at high speeds on hard surfaces. I prefer a pair of these in the colder months during the first half of the season. Back in New England, no other ski is necessary.

**Cross Carver** (also called a "Frontside" ski and a subcategory of narrower models in the "All-mountain" group) – a ski with slightly-wider dimensions and a softer flex than the classic carver; typically 117 to 128mm tip, 74 to 79mm waist, and 101 to 111mm tail. If you ski groomed to spring snow, especially in milder weather when lots of skiers are piling up the loose stuff, this ski is for you. Swiss resorts are much larger than the areas of my youth in Vermont and New Hampshire. Consequently, the runs are not limited to perfectly-groomed trails cut through the trees, and

conditions can deteriorate quickly from warmer temperatures and crowds. The extra width of this versatile type of ski really makes a significant difference in variable terrain. However, the cross carver is still meant mostly for the piste and doesn't sacrifice much hard-snow handling and carving like some of the big rockered fatties.

#### Believe it or not, shorter is better -

While freeride / powder skis are chosen in longer lengths again (up to 190cm), I have found carvers and cross skis can be skied radically shorter than sizing charts recommend, at least with higher-end brands. For a large skier like me, a ski between 150 and 160cm works great. In fact, I felt the 170cm models of these two types of skis were too long and cumbersome and the 160cm ski had ample stability. A 148cm classic carver made skiing on hardpacked piste a complete joy with the kind of maneuverability I had not experienced before with no lack of speed. I don't know if skis this short would perform using a mass-produced recreational model, but I can wholeheartedly recommend the handmade skis from Switzerland's RTC. They are the best I've ever used!

**SKI BOOTS:** All of the major brands make some good boots. I like Salomon and Tecnica, but the key is having the boots fit by a qualified person. Luckily for us, Stöckli's new sports store in Cham has just such a person. They brought Andreas Koelbl over from Telluride in Colorado to run their ski



boot department. Andreas is a master bootfitter and as other IMCZ members will attest, he is the best at what he does. When he was fitting my boots, we were talking about the mechanics of the foot and the discomfort I had when walking. With “flat feet,” I have always had problems requiring custom-made orthotic footbeds. I’ve visited numerous doctors in the States and here in Switzerland, paid hundreds of dollars and francs, and experienced only limited positive results. Andreas looked at my feet, took my orthotics in the back room, added some padding and posting in strategic locations, sprinkled some magic dust, waived his magician’s wand, and solved my problem in a matter of minutes! Finally, no pain in my big toes when walking anymore. Needless to say, he is a very, very busy man.

**SKI POLES:** I recommend poles with carbon/composite shafts for their shock-absorbing properties and durability, as I have mentioned in prior articles.

**DOWN INSULATION JACKET:** Last season, I noticed a new trend in skiwear. A few companies were offering light insulating jackets filled with goose down, meant to be worn underneath another jacket. Now, these jackets are filling the shops with Jelmoli devoting an entire section of the department to down insulation jackets of various brands. Goose down is very warm, exceptionally lightweight, and can compress tightly making these jackets easy to carry along. For Swiss conditions, I recommend an insulated ski jacket and usually wear a couple merino wool jerseys of varying thicknesses under it. I had been carrying an extra heavier wool zip sweater in my pack for cold early mornings and late afternoon blasts, but the new down insulation jacket will give me a much warmer option that is lighter and easier to carry. For those who get overheated easily, this piece also allows the use of a lighter shell jacket throughout the entire season. I can see why they are becoming so popular.

#### Items specific to skiing

**Ski Pants:** Dedicated pants, designed for snowsports, will keep you dry and warm and should be lightweight and non-restricting, unlike a pair of soggy cotton jeans.

**Ski Gloves:** There’s nothing worse than cold, wet hands when you’re on the hill. I like to wear waterproof insulated gloves with a medium-length gauntlet that fits over and does not interfere with the cuff of the jacket.

**Ski Goggles:** As a contact lens-wearer, I always ski wearing fully-enclosed goggles and save the sunglasses for the terrace at lunch. The **Gloryfy** brand is a good option for sunglasses, with both the frames *and* the lenses made out of highly flexible materials, which will survive riding in your rucksack.



### Additional Information:

- **RTC Swiss Handmade Skis from Wallis:** [www.rtc-ski.ch](http://www.rtc-ski.ch)
- **Mountain Force Down Insulation Jacket:** <http://www.mountainforce.com/journal/en/favorite-of-the-week-the-hooded-insulation-jacket/>
- **POC Helmets, Goggles & Body Armor:** [www.pocsports.com](http://www.pocsports.com)
- **Gloryfy Unbreakable Sunglasses:** [www.gloryfy.com](http://www.gloryfy.com)
- **New Stöckli Store in Cham:** Andreas Koelbl, Master Bootfitter, Stöckli Swiss Sports AG, Brunnmatt 4, 6330 Cham; 041 783 86 00, [info@stoekli.ch](mailto:info@stoekli.ch)

*If you have questions about skiwear or equipment or want a recommendation, feel free to send me an email: [jjdow@hotmail.com](mailto:jjdow@hotmail.com).*



# Octogenarian Birthday Party

Organised and compiled by IMCZ member Stephen Butterworth

Yes, the September 17 gathering in Meierskappel marked the 80th its birthday of the Bowling event. Stephen promised to keep it up till its centenary is celebrated on May 18th 2016 thereafter someone else has to take over.

Last month's technical hitch with the lanes, seem to have been sorted out, but some oil rests were still visible. In spite of good weather and the holiday season, ten participants turned up. As Otto Steuri was away, Beat Zuger had it all to himself. He played very well, but ran out of steam eventually on the last game. Just the same and in spite of it being very warm in the bowling alley, he came out top. Well done Beat. The rest had their ups and downs, interspersed the chats and drinks. Overall it was a good social evening.



First Name	Surname	Game1	Game2	Game3	Bowled total	overall_avg	handicap	STRIKES	SPARES	Split
Beat	Züger	169	148	106	423	137	51	5	11	3
Sergiy	Shtangey	122	115	117	354	114	69	4	9	4
Roger	Dixon	120	93	136	349	115	68	5	6	2
Mike	Brown	80	110	92	282	93	84	2	5	2
Ian	Brenton	93	135	103	331	117	67	3	5	2
Janis	Meier	88	101	115	304	124	61	6	5	1
Stephen	Butterworth	93	77	116	286	119	65	1	7	2
Steve	Brown	78	83	63	224		84	3	2	
Terri	Werder	48	92	78	218	73	84		4	2
Johanna	Brown	42	48	58	148	53	84		3	1

First Name	Surname	Game1	Game2	Game3	Handicapped	overall_avg	handicap	STRIKES	SPARES	Split
Beat	Züger	169	148	106	576	137	51	5	11	3
Sergiy	Shtangey	122	115	117	561	114	69	4	9	4
Roger	Dixon	120	93	136	553	115	68	5	6	2
Mike	Brown	80	110	92	534	93	84	2	5	2
Ian	Brenton	93	135	103	532	117	67	3	5	2
Janis	Meier	88	101	115	487	124	61	6	5	1
Stephen	Butterworth	93	77	116	481	119	65	1	7	2
Steve	Brown	78	83	63	476		84	3	2	
Terri	Werder	48	92	78	470	73	84		4	2
Johanna	Brown	42	48	58	400	53	84		3	1

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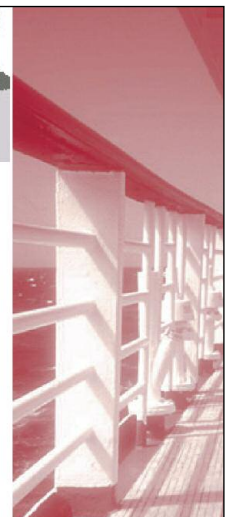
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## Prayer

At dinner, a little boy of 8 was asked to lead the prayer.

"But I don't know how to pray," he replies.

"Just pray for your family members, friends and neighbours, the poor, etc.," says his father.

"Okay," stuttered the boy. "Dear Lord,... Thank you for our visitors and their children, who finished all my cookies and ice cream. Bless them so they won't come again. Forgive our neighbour's son, who removed my sister's clothes and wrestled with her on her bed. This coming Christmas, please send clothes to all those poor naked ladies on my daddy's computer and provide shelter for the homeless men who use mom's room when daddy is at work. AMEN".

Dinner was promptly cancelled

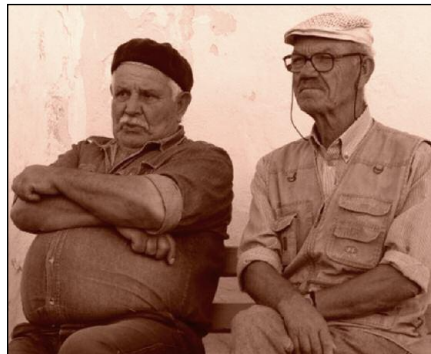
## Sam and Russ

Russ and Sam, two friends, very old and frail, met in the park every day to feed the ducks, watch the squirrels and discuss world problems.

One day Russ didn't show up. Sam didn't think much about it and figured maybe he had a cold or something.

But after Russ hadn't shown up for a week or so, Sam really got worried. However, since the only time they ever got together was at the park, Sam didn't know where Russ lived, so he was unable to find out what had happened to him.

A month had passed, and Sam figured he had seen the last of Russ, but one day, Sam approached the park and -- lo and behold! -- there sat Russ! Sam was very excited and happy to see him and told him so.



Then he said, "For crying out loud Russ, what in the world happened to you?"

Russ replied, "I was in jail."

"Jail?" cried Sam. "What in the world for?"

"Well," Russ said, "you know Sue, that cute little blonde waitress at the coffee shop where I sometimes go?"

"Yeah," said Sam, "I remember her. What about her?"

"Well, one day she filed rape charges against me; and, at 89 years old, I was

so proud that when I got into court, I pleaded 'guilty'."

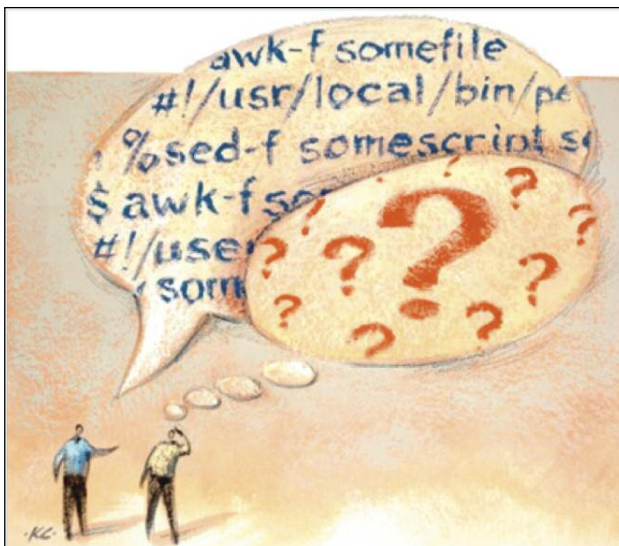
"The damn judge gave me 30 days for lying under oath."

## Speaking English

For non-English mother tongue speakers, English must sound rather queer:

There are no eggs in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?



If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.



## Contributed by IMCZ board member and Webmaster Roger Brooks

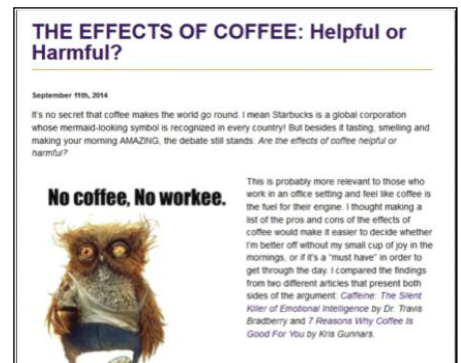
All web sites included in this series are offered in an unbiased way and do not necessarily reflect my personal views or those of the IMCZ; the reason for bringing them to your attention is that I found them interesting and informative, perhaps offering an alternative point of view, but above all else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

### Caffeine

As a confessed caffeine addict, a recent contribution on LinkedIn about caffeine addiction and its potential harmful effects motivated me to investigate further. Here are some of the more interesting links I found:

- <http://newlifehouse.com/addiction-recovery-with-caffeine/>
- <http://www.businessinsider.com/what-too-much-coffee-does-to-your-body-2013-3>
- <http://www.cosozo.com/article/caffeine-quick-lift>
- <http://www.ihcus.com/news-resources/blog/>

The last of these references the above-mentioned LinkedIn article. Much as I enjoy alternatives such as herbal teas, green tea and its South American cousin, yerba mate, the scare tactics haven't made much of a dent in my caffeine addiction! I have reduced my previous intake of about 5-6 cups of coffee a day and a liter of coke a week by about a third, but I am not giving it up completely any time soon, even after retirement. I have been drinking coffee since I was 6, and the only times I abstain completely are when I am sick and can't appreciate the aroma! Several of the articles still claim benefits for caffeine in moderation, and at my age, I don't worry so much any more about long-term effects!



### Blue (or Violet) Potatoes

- <http://healthyeating.sfgate.com/nutrition-blue-potatoes-1634.html>
- <http://healthyeating.sfgate.com/purple-potatoes-nutrition-2182.html>
- <http://www.seattlepi.com/lifestyle/food/article/Blue-potatoes-hit-the-mainstream-1182867.php>
- [http://www.specialtyproduce.com/produce/Purple\\_Potatoes\\_641.php](http://www.specialtyproduce.com/produce/Purple_Potatoes_641.php)
- <https://en.wikipedia.org/wiki/Vitelotte>
- <http://www.all-about-potatoes.com/purple-potatoes.html>

Seeing these at the open-air market in Rotkreuz a week ago made me wonder what is different about them. I don't notice a significant taste difference in comparison to the "garden-variety" (pun intended) white variety, but the compounds responsible for the color, anthocyanins, are claimed to be beneficial for their anti-oxidant properties. A fringe benefit is slightly more iron than white potatoes, but still nothing to compare with iron-rich vegetables like spinach, much less foods such as liver.



### Lander from ESA Probe Soon to Land on Comet

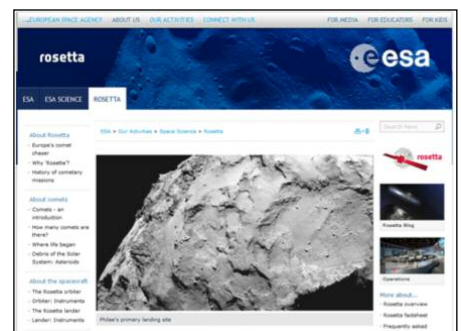
Over dinner recently, IMCZ member and former Secretary Gordon Mehtens (who incidentally introduced me to the IMCZ) reminded me that the ESA cometary probe, Rosetta, whose launch I followed closely back in 2004, is due to land on the comet 67P/Churyumov-Gerasimenko this fall. There has been considerable suspense about the choice of a landing site. Many factors contribute to making it a difficult choice:

- The irregular shape of the comet itself
- The difficulty of matching velocity with its tumbling surface
- Uncertainty about the texture (or firmness) of that surface

Nonetheless, a choice has been made, as recounted in this article:

- [http://www.esa.int/Our\\_Activities/Space\\_Science/Rosetta/J\\_marks\\_the\\_spot\\_for\\_Rosetta\\_s\\_lander](http://www.esa.int/Our_Activities/Space_Science/Rosetta/J_marks_the_spot_for_Rosetta_s_lander)

After the ongoing "attenuation" of the U.S. space program, it is encouraging to read about this showcase project for European cooperation!

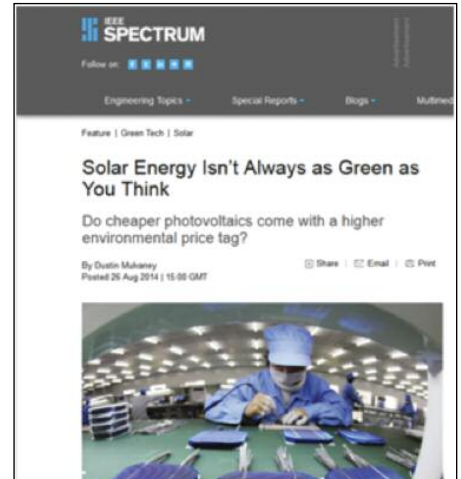


## How "Green" are Photovoltaic Panels?

After Danilo's fascinating description last month of the pains he took to analyse the environmental "footprint" of his prospective automobile(s), it seems appropriate to follow up here with an analysis of another "green" technology which gets a lot of popular press:

<http://spectrum.ieee.org/green-tech/solar/solar-energy-isnt-always-as-green-as-you-think>

As it turns out, the environmental balance of photovoltaic solar panels depends a lot on where and how they are made. Although the conclusions of the article are somewhat sobering with respect to the bulk of panels being sold today, it offers hope of improvement, based on both newer, more environmentally sound manufacturing techniques and better environmental regulation, especially in some of the manufacturing countries, like China, which currently have poor enforcement.



## zentral+

For those of you who understand German, zentral+ claims to be an independent medium for central Switzerland (Lucerne and Zug):

<http://www.zentralplus.ch/>

It is primarily a website, but it came to my attention by virtue of a special print edition which was recently distributed to households. At first glance it appears to have an interesting balance of opinion, with somewhat more in-depth coverage of some local issues than I have seen in either the national media or in the local newspapers.



## Retirement

There is more advice to be had for those recently or soon to be retired, than one can readily consume. However, this article shows an interesting spectrum of possibilities in relatively compact form. In contrast to what the section title suggests, it is not all (or even primarily) about money. Also, unlike other articles in U.S. oriented media, its appeal is not limited to the U.S. readership. In fact it contains ideas that are universally applicable!

<http://money.usnews.com/money/retirement/slideshows/10-retirement-lifestyles-worth-trying>





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