

IMCZNEWS



DECEMBER 2014

EDITORIAL

Christmas Time

Christmas is coming and the goose is getting fat. I probably started last year's December editorial with the same words ... but then again why not it is Christmas after all. Christmas is a good time for the Men's Club - we are fast approaching the end of the year. By now we know, more or less, if the year has been successful or not. It has been. The New members' Reception is behind us and we have welcomed the new members on board, The festive spirit is near and stories of family visits and Christmas holidays are ever present. Also the ski season is fast approaching and for some, it has even already started..

Yes it is a good time – it is also a time with even more interesting events coming up. We have the Christmas Gala Dinner held jointly with the Women's Club: casino tables will be there, Elvis will be there...and I will be there. Food, drinks and entertainment are included in the price.

Also coming up in the New Year is the Annual General Meeting, for which the board are preparing. Volunteers for board roles are always welcome. And not to mention the legendary Burn's night also in January for which preparations are also underway.

Indeed December is a fun time. With that I wish you all a happy and prosperous festive season whatever your religion, a fantastic start to the New Year, a safe start to the ski season for the skiers in the club and hoping to see you at the upcoming festivities and usual Stammtisch events.

Your President

Andy Habermacher
president@imcz.com



FUTURE EVENTS

- WEDNESDAY 10TH DECEMBER, **Bowling at the White Line Bowling Centre**, Meierskappel *Stephen Butterworth*
- SATURDAY 13TH DECEMBER, **ZIWC & IMCZ Christmas Dinner in Casino**, *events@imcz.com*
- WEDNESDAY JANUARY 21ST, **Bowling at the White Line Bowling Centre**, Meierskappel *Stephen Butterworth*
- THURSDAY JANUARY 22ND 2015, **AGM Annual General Meeting**, at the Garden City Hotel, next to Park Hotel 18:00 – 20:00 hours. Secretary *Adrian Lüdi*
- SATURDAY JANUARY 24TH 2015, **Burns' Night Dinner** at the Gasthaus zur Linde Restaurant in Steinhausen, starting at 19:00 hours. Organiser *IMCZ member John Stuart*

YOUR NEWSLETTER GOES PUBLIC

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

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

IMCZ

Introducing...new members

THE IMCZ WELCOMES:

Markus Skupch

Markus grew up in the Eastern Cape, and studied tourism in Port Elisabeth. He then ran a tourism business. Later he moved to Cape Town and started selling mortgages for a bank. He met his future wife Gillian there and they decided to live abroad for "a year or so"... that was 2002! Now, Switzerland is their home. He has two young children which keeps him on his toes. Since coming to Switzerland, Markus has worked in various lines including tourism, commodities (with Trafigura and MRI Trading) and is working now as a financial advisor for the International Team of Swiss Life where he once again is able to advise on mortgages as well as guide clients with their pension plans. Markus is a keen runner (1/2 Marathons), loves to play with his children and enjoys meals with friends, where a bottle of red or a good drop of whisky should not be missing.



Slaven Begic

Slaven hails from Croatia, but moved to Berlin in 1993 when he was only 20 years old. He studied computer science in Berlin and worked since in the IT industry as a software architect for more than 15 years. He relocated to Zug in 2010. Slaven is married and has one daughter. He enjoys basketball and table tennis and likes travelling around the world enjoying fine wines.



Keith Goodenough

Keith was born in London but spent his early childhood in Dorset, England, a demi-paradise which left him a country boy at heart. After getting a mechanical engineering degree from Imperial College of London University, he ran a manufacturing engineering group exporting to over 60 countries, until selling it and taking early retirement. Later he entered the University of Virginia and qualified as a lawyer. He is married to Joan and has one son, Alexander who is also a lawyer specialising in international taxation. Keith enjoys reading, art, economics, politics and pistol shooting. He still likes riding horses if and when available. His wife Joan is a keen horsewoman. He is planning to start a consultancy dealing with international law in the corporate and individual tax and patent fields.



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IMCZ

Introducing...new members

Ronald Livius

Ronald was born in Tilburg, in the Netherlands. From his teenage years he had an interest in working and living abroad. After living in Peru and Spain, he finished his education in Glendale Arizona USA then took up a job in Atlanta Georgia, for AJC International, a global food trading company. After 14 years with them in the USA, he transferred to Zug in 2009 to run their Swiss office. When requested to return to the USA four years later, he decided that 4 years Switzerland was not enough and changed employer to work for a food distribution and trading company PMI in the Baar, developing the markets in Russia, CIS and the Caribbean. Ronald is married and has two daughters, Lena and Elise. He enjoys mountain biking, road cycling, motorcycling, swimming, skiing, hiking: pretty much any outdoor activity one can do in this wonderful country.



Nicolas Gregersen

Nicolas hails from Denmark, he was born in Copenhagen, and studied architecture at the School of Architecture of the Royal Academy of Fine Arts in Copenhagen. He graduated in 2003 and spent two years working in Dubai where he worked on the 'Palm Island' and 'World' projects. Eventually he moved back to Copenhagen in 2007 and worked with top architect firms, as well as teaching as an Associate Professor at the same school where he studied and graduated. He made a clean break in 2013 and focussed on Stock Investing. He manages his own portfolio and is a member of the Board of Executives at Momentum Markets A/S, Copenhagen. He moved to Switzerland with his Swedish born spouse in 2014 who is also an architect. He likes cooking, skiing, hiking, football, swimming and rowing. Being from Denmark, Nicolas finds living close to the mountains amazing, and he loves the nature in Switzerland. Additionally, he loves going for weekend trips to France and Italy to enjoy the more Mediterranean lifestyles and cuisines.



Annual General Meeting

The Annual General Meeting AGM of the Club will take place on Thursday January 22, 2015 at the City Garden Hotel just behind the Park Hotel. The Aperó starts at 18:00 hours. All honorary and regular members are invited to attend and participate in shaping the Club's activities and future. The agenda will be circulated during the month of December 2014.



Nominees for the 2015 Board

The current board nominates the following members for the 2014 board of the Club:



President
Mr. Andy Habermacher



Treasurer
Mr. Ilham Yüksel



Stammtisch and
Membership coordinator
Mr. Danilo Bertocchi



Newsletter Co-editor
Mr. Andrew Schofield



Vice President and
Newsletter Editor
Dr. Muthana Kubba



Webmaster
Mr. Roger Brooks



Events' coordinator
and Public Relations
Mr. Danilo Bertocchi

Secretary
Vacant

Burns' Night Dinner

This is an advance notice for the traditional event with whisky and Haggis which will take place on the Saturday following the AGM: January 24, 2015. The venue will be the same as last year, at the Restaurant zur Linde in Steinhausen but in a larger room. All members and their partners are invited to attend. The steadfast organiser is once more John Stuart.



IMCZ BOARD MEMBERS

Board Member bios are posted under the following link:
<http://www.imcz.com/nc/about-us/board-members-2014.html>. Go ahead and check them out!

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Most time-efficient exercise method to improve body composition wanted?

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

Most adults, and presumably many of the people reading this article, fail to meet the recommended activity guidelines. Whereas lacking aerobic fitness does not overly concern most people, the more visible signs of becoming overweight can be more disturbing to one's self-image. One of the key barriers to getting enough physical exercise is "lack of time". But this excuse is now losing its credibility in the light of recent exercise research.

These days, there is abundant data showing that High Intensity Training (HIT) is a time-efficient way to effect physiological changes that used to be associated with Continuous Moderate Intensity (CMI) training. HIT is characterized by brief bursts of intense exercise separated by short recovery periods. For example, sixteen women with an average body mass index (BMI) of 29, performed 18 sessions of HIT. Each session consisted of 10 x 60 seconds of cycling at ~90% maximal heart rate, interspersed with 60 seconds of recovery time. The sessions were spread over six weeks, i.e. 3 sessions per week. These women reduced their abdominal and total body fat

significantly. Though 0.6 kg average loss of body fat does not sound much on a total body weight of 77 to 79 kg, there was an additional increase in lean (muscle) mass of 0.5 to 0.6 kg! Taken together this is not bad at all, particularly if you look at the minimal time effort. One such session consists of 20 minutes exercise time, 10 minutes for warm-up and cool-down, plus 15 minutes in the locker room!

Furthermore, improved metabolic and cardiovascular fitness could be detected after as few as six HIT sessions over a two weeks period. This program increased muscle oxidative capacity to the same extent as nine times the volume of CMI training! Moreover, a 6 to 15 week HIT program proved to be more efficient in reducing body fat, particularly intra-abdominal fat, than CMI exercise. To further increase the efficiency of the HIT strategy, I recommend running instead of cycling. Running is metabolically more intensive (burning even more calories) because you have to carry your whole body weight. But of course it also makes more demands of your locomotor system. By the way, exercise and

recovery intervals can also be changed to make the program more varied.

There is an interesting side-note for those worrying about missing out on their lunch. In the study mentioned above, half of the women trained in a "fasted" state (i.e. after a period with reduced or no food intake) and half of the group in a "fed" state. The dietary pattern had no effect on changes in body composition. In consequence, you do not have to restrict calorie intake before exercise and unnecessarily suffer from an energy deficit during your exercise bout. Of course, you should also not overfeed, but you can have a snack before and/or lunch afterwards, whatever is more convenient.

In summary, short-term, low-volume, but high-intensity training offers a time-efficient way of improving body composition (while also increasing muscle oxidative capacity) in overweight/obese women. And I am in no doubt that this works just as well for men ;-)



FIGURE 2 Change in total body fat and lean mass analyzed from DEXA scans taken before and 96 h following 6-week HIT in either the fed (FED; white bar) or fasted (FAST; black bar) state. $P < 0.05$ unless otherwise stated.



"You have many weight-loss options: gastric bypass, donut shop bypass, pizza parlor bypass, buffet bypass..."



Memristive Devices & Neuromorphic Applications

Contributed by IMCZ board member and Webmaster Roger Brooks

On Friday 29 November, I had the privilege of attending the above-named workshop, sponsored by the IEEE (Institute of Electrical and Electronics Engineers) and the Uni Zürich. This is already several mouthfuls, so let's start by deciphering these expressions one by one. The IEEE is probably best known as the source of standards such as 802.11 (WLAN) and 1394 (Firewire), but is very much involved in many fields of research and development, particularly those related to communications and computing technology. Attentive readers of this newsletter will no doubt recognize the term "memristive" as derived from the memristor, which Newsletter Editor Muthana Kubba described in the October 2010, July 2012 and August 2014 issues and which was mentioned again briefly in last month's "Selections" column. Neuromorphic applications refer to circuits and systems which seek to emulate the functions of biological nervous systems.

Session presenters at the workshop represented 8 different institutions from Switzerland, Italy, Germany and France. In addition posters and demonstrations were presented from Saudi Arabia, as well as the above-mentioned countries.

What's with Memristors?

As mentioned in last month's "Selections", memristors were probably first brought to the attention of the broader public by HP's announcement of a memristor realization in 2008. However, various possible realizations of this component type have been known for some time. In fact, the HP researchers themselves, never claimed to have "discovered" the memristor, as explained in "A Short History of Memristor Development" ¹.

The current main contenders for realizing memristors can be divided into the following classes:

Phase-Change Materials (PCM)

In devices made from these materials, a minuscule portion of the (mostly crystalline) semiconducting material (generally a chalcogenide) is melted and takes on a glasslike, amorphous form, which exhibits a higher resistance than the crystalline form. Such devices were already described in the 1960s by Stanford Ovshinsky, before the theory of memristors had even been formulated (by Leon O. Chua, in the 1970s). PCM computer memory (PRAM) has already been manufactured in volume by Micron (formerly Numonyx) since 2008 and Samsung since 2009. Samsung has already used this technology in its mobile phones. However, Micron stopped offering its PRAM product earlier this year, presumably because efforts to

increase its density, speed and reliability and to reduce its cost are lagging behind those for conventional (NAND) and other types of non-volatile memory (NVRAM). Nonetheless, IBM is championing this technology.

Reduction /oxidation (RedOx)

Typically, such a device constructs (and destroys) a conductive path in a normally insulating material, such as an oxide. The conductive path may consist of dendrites (filaments) of some conducting material (such as silver) or it may consist of migrating oxygen ions. The migration of oxygen ions in titanium oxide (the mechanism behind HP's memristor) was already studied in the 1960s. Dendrite formation can occur in batteries, and has therefore been known for much longer. Redox technology is behind the resistive memory (ReRAM or RRAM) made by HP, SK Hynix, NEC, Panasonic and Samsung. Some researchers at the IEEE reported on work using hafnium oxide instead of the titanium oxide favored by HP. However, redox type devices can be based on a variety of different compounds, both organic and inorganic.

Ferroelectric Tunnel Junction (FTJ)

Not to be confused with ferroelectric memory (which has been known since the 1950s), this is a fairly new technology (2009), which promises to operate faster and with less

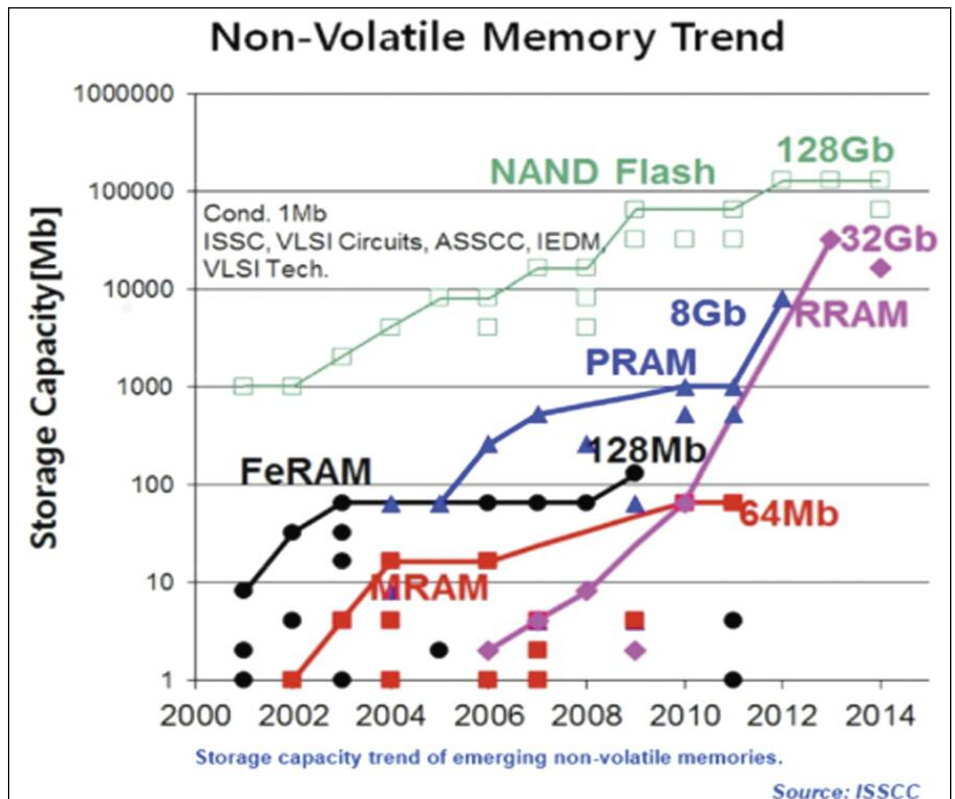
power than the redox approach mentioned above. Those interested in the details of its operation can consult the website of Julie Grollier ⁱⁱ, who was one of the presenters at the workshop.

Magnetoresistive

This technology comes close to the memristor originally envisioned by Chua. The resistance of a thin channel is controlled by the difference in magnetization in two regions. Recent implementations depend on a quantum effect called Spin Torque Transfer to control the magnetization of the different domains. This reduces the current needed in comparison to older techniques. A brief description of how it works can be found in the IEEE Spectrum article, "Spintronic Memristors" ⁱⁱⁱ, and a little more detail can be found on Julie Grollier's previously mentioned website. Memory chips based on this technology are produced by Fujitsu, Samsung, SK Hynix, Renesas, Toshiba, Everspin and Crocus Technology.

None of these types of devices behaves exactly according to Chua's ideal formulation, nonetheless, he suggests that all of them be considered memristors.

Furthermore, memristors have not displaced more conventional memory designs as quickly as anticipated (see diagram). To some extent this is due to features which predestine them for neuromorphic applications.



Neuromorphic Applications

Although memristive technology probably will take over memory applications eventually, the “killer app” is really neuromorphic computing. Certainly computers today are capable of incredible feats, but biological nervous systems are arguably even more marvelous. True, computers have evolved to a point where a computer beat the top contenders in such a quintessentially human endeavour as the television game, “Jeopardy”. However, the computer in question, IBM’s Watson, required a room full of equipment and 80kW of electrical power. IBM has since managed to reduce it to the volume of 3 large pizza boxes, but it still can’t compete with the mere 20W consumed by the human brain!

What makes biological nervous systems so efficient? A key factor appears to be the synapse, which functions as a connector, a storage unit and a multiplier, all in one. IBM’s Watson had 15 Terabytes of memory (a few thousand times as much as a typical modern PC). If we equate a synapse to one byte of memory, then the human brain still has a hundred times more capacity, in a fraction of the space, and with the added functions mentioned before.

Furthermore, the nervous system is asynchronous: it depends on spikes which represent activity, and does not depend on some “master clock”, as most computers do. This increases flexibility and saves energy. It is also the basis of a very simple property which reinforces associations which appear to have a causal connection. The property is called spike-timing dependent plasticity (STDP). As an example, a synapse can receive an impulse, or spike, from the (pre synaptic) neuron which feeds it or from the (post-synaptic) neuron which it feeds. If an impulse is received from the post-synaptic neuron shortly after one is received from the pre-synaptic neuron, this is prima facie evidence of a causal connection, and the “weight” of the synaptic connection will increase. On the other hand, impulses

received in the opposite order will reduce the synaptic weight.

Memristors have some properties which can make them even more suitable for use as synapses than as memories.

They are capable of storing an analog (or at least multi-level) value or “weight”.

If left unused, they tend to lose “weight”: the “fading memory property” attributed to Boyd in 1985. This is undesirable in digital memory, but essential to neuromorphic computing.

Small variations in thresholds or transfer ratios, which are undesirable in deterministic electronics, can provide stochastic noise, which can be useful in biological systems.

Their outputs can easily be cascaded or combined, like synapses feeding a neuron.

They can be easily configured to provide STDP.

So What?

What does this mean to T.C. Mits^{iv}?

Much of the work on neuromorphic applications to date has concentrated on neurons rather than synapses, but the human brain has roughly 10,000 times as many synapses as neurons. This large connectivity ratio is particularly useful for interfacing with the “real” world, something computers are not yet very good at. Correspondingly, this means that the first neuromorphic applications being studied are those for sensory-motor processing, as opposed to cognitive computing.

In the near term, this suggests that we can expect improvement in computer performance of tasks such as pattern recognition, in which computers have historically been poor. Typical applications might be speech recognition, handwriting recognition, and visual identification and tracking of objects, which would be useful to automate driving automobiles.

Longer term, we are slowly being overwhelmed by increasing complexity. Data is growing at 60% per year. Programming applications to address that data effectively, or even to effectively use the increasing computing capacity available for the job, is more and more challenging. Ultimately, neuromorphic computing could result in a paradigm shift which radically reduces our dependence on experts who program systems. Instead of programming computers, we could teach them!

References

In addition to the references in the footnotes, here are a few other sources of information: The Desired Memristor for Circuit Designers (http://www.ece.rochester.edu/users/friedman/papers/CAS_Mag_13.pdf)

Introduction to the Memristor (http://sites.ieee.org/seattle-cas/files/2014/09/The_Memristor_IEEE_Seattle_Final.pptx)

HP Memristor FAQ (http://www.hpl.hp.com/news/2008/apr-jun/memristor_faq.html)

- i “A Short History of Memristor Development”, R. Stanley Williams (http://regmedia.co.uk/2011/12/22/hp_memristor_history.pdf)
- ii “purely electronic memristors”, Julie Grollier (<http://julie.grollier.free.fr/memristors.htm>)
- iii “Spintronic Memristors”, Neil Savage (<http://spectrum.ieee.org/semiconductors/devices/spintronic-memristors>)
- iv T.C. Mits, created by Lillian Rosanoff Lieber (http://en.wikipedia.org/wiki/T.C._Mits)

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Embedded in history in southern Italy

Contributed by IMCZ member Ian Stansfeld

I opened my eyes and found myself in a strange room. I turned over and to my relief found my wife, Tracey, asleep beside me. The mist cleared from my mind and euphoria took over. We were on holiday.

We leaped out of bed, showered, dressed and went down for breakfast. It was 7am and we were informed that breakfast would not be served until 7:30. The friendly waiter smiled and said that he would bring out the breakfast dishes. One of the dishes was mini doughnuts that we found unusual for a breakfast dish, but very delicious.

We were keen to get an early start because we were visiting Pompeii. Pompeii was covered in deep ash by the volcano Vesuvius in AD 79. Although the site was rediscovered in the 16th century, but excavations did not start until 1750. I first read about Pompeii in a book of erotic short ghost stories called "My Fantoms". The stories were written by Théophile Gautier (1811-1872) and translated by Richard Holmes. When I was 16, I was fortunate to find this book in the school library and the content was food for my mind. The story with the title "The tourist", describes a man visiting Pompeii and seeing the plaster cast of a beautiful woman who was killed in the eruption of Vesuvius in 79 AD. He fell in love with the image of the woman and a tears fell on the cast. She suddenly came to life.....

In the intervening years I had also read a great deal about Pompeii. I have a facsimile copy of "Mrs Beeton's Book of Household Management" published in 1861. On page 29 there is a comparison of cooking utensils of ancient, AD 79 and modern, 1861. They are almost the same. Although these kitchen utensils still exist today, we have a vast array of other implements and devices. Ceramic hobs, microwave ovens, dish washers, glass pans, to name a few that have come into common use in the last 50 years. The week before our holiday, I read a fictitious novel, entitled "Pompeii" written by Robert Harris and published in 2009. This tells the story of Pompeii being destroyed by the AD 79

eruption through the eyes of a young aqueduct engineer. The book is interesting because it references the Augusta aqueduct, at circa 140 km, it was the longest aqueduct ever built until the 5th century AD. It also references the letters written by Pliny the younger, whose uncle Pliny the elder was prefect for the Roman Navy based near Naples. When he realised that Vesuvius was a threat he used the Roman navy as rescue boats and died in the rescue. The letters and details of the aqueduct can be found at these links:

<http://www.smatch-international.org/PlinyLetters.html>

<http://www.romanaqueducts.info/aquasite/se-rino/>

We walked the 2 kilometres to Sorrento railway station and took the train to the Pompeii stop. The day was blisteringly hot. We were confronted by a wide selection of ticket options, none of which were the one I wanted to buy. There is a ticket called the "Pompeii card" that can be bought from website - <http://www.tickitaly.com/tickets/pompeii-tickets.php>. The ticket is valid for 72 hours from first usage and covers transport and discounted access to various sites around Pompeii. It cannot be bought on site, or at the plethora of ticket stations outside the site! This took about 30 minutes to deduce. I had to write deduce because I couldn't find anyone who had ever heard of the ticket that I was intent on buying. It was only later when I searched the internet that I found it again.

Pompeii is a huge site and we had been warned that it would take more than a day to see all of it. We were truly impressed. It is

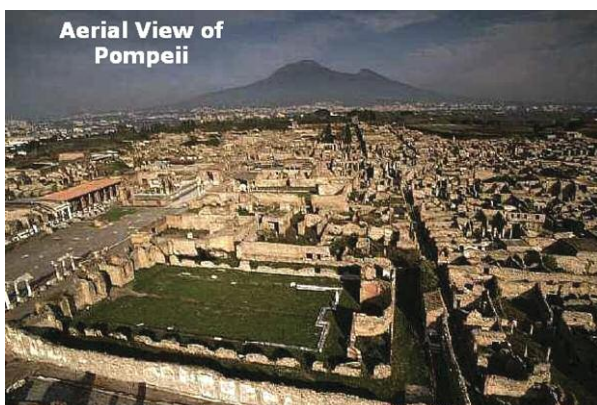
thought to have had a population of 11,000 inhabitants at the time of the eruption. This is a little more than currently live in the parish of Cham (Gemeinde). The town was fortified and we entered through what was thought to be the harbour entrance (Marine Gate). The land surrounding Pompeii has changed so much since the eruption that it is difficult to imagine how far Pompeii is from the sea. We used the self-guided tour in the Rick Steves guide book "Snapshot: Naples & The Amalfi Coast". For armchair tourists there is a great deal of material on Rick Steves website, including audio tours <https://www.ricksteves.com/watch-read-listen/read/guidebooks>. It's important to buy guides and maps before entering the site as once inside you are trapped. On the entire site we only found a single restaurant! There was nowhere to buy a guide book or map inside the site. We didn't have a map but the restaurant manager was able to give me one that had been left behind by another visitor.

Pompeii is thought to have been founded 600 or 700 years BC by the Oscans and was an important trading centre and port. The town was already very old, and the buildings were renewed many times. Life stopped almost immediately at the time of the eruption.

This fantastic website shows a plan of Pompeii and you can drill down to pictures of all the buildings.

http://www.pompeiiinpictures.com/pompeiiinpictures/Plans/plan_altars.htm

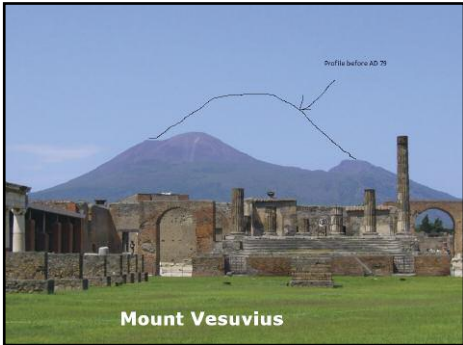
As we got to know the site, we were more and more struck by the organisation. The south east quarter of the main part of the town was



Aerial View of Pompeii



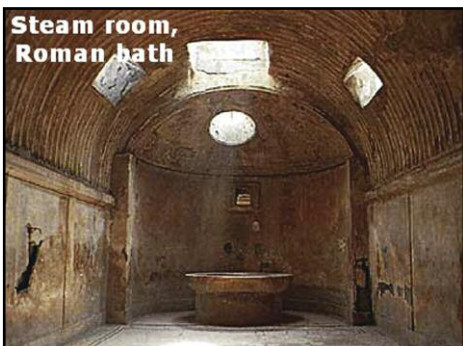
for monumental buildings such as temples; scholastic meeting rooms; council rooms; theatre and the Forum, the great market and meeting place of a roman town. Most of this part of the town has been denuded of its marble covering and little remains to be seen. Unfortunately many of the interesting finds from Pompeii are in museums around the world, especially in the Naples museum. The most impressive view of Vesuvius is looking north from the south end of the Forum. Previous to the eruption this was a dome shaped hill. Now it is a cone with the top quarter of the hill missing. A vast (awesome) amount of material was thrown in to the air. From here we walked north and came to the only modern building on the site. A restaurant and souvenir shop. We had a coffee and a visited the washroom.



Mount Vesuvius

Be warned! There are no toilet seats, no toilet paper, most of the urinals are out of order, but they are clean! This is generally more of an issue for the ladies. Theoretically, a lady, if she had known that toilets don't have seats in Italy, she could have bought an inflatable toilet seat. My imagination starts to work over time when I think about having to blow it up for further visits.

The heat was incredible and we lunched on ice cream that immediately started running as soon as it was out of the gelatier's tub. From here we explored the North West quadrant of the town. There were some large villas and shops. There are no graves in a Roman town



Steam room, Roman bath

as these had to be outside the city walls. Running north of the town are some huge funeral monuments. The houses have fine mosaics and in the entrance hall they keep busts of their ancestors. In places the streets are dug up and lead water pipes can be seen under the pavements. Apparently the lead



Lead water pipes

came from England. These pipes fed the huge villas and also the ubiquitous drinking fountains. The fountains were fed from the Augusta aqueduct. The site is now dusty and barren, but in Roman times it would almost certainly have been green with all the water that came from the aqueduct. The town is built on a shallow slope that falls away to the South. Sluice gates were open daily at the top of the town and a torrent of water washed the streets. There are stepping stones to cross the streets. The carts had standard width axels so that they could straddle these bollards. The



The God of Fertility

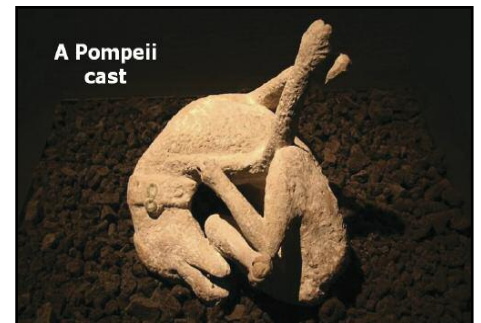
carts left deep ruts in the black basalt stones. On one street the stones were being replaced at the time of the eruption, so that half of the street is completely level and flat and then it immediately changes to deep ruts.

We visited 2 baths. Entry to the baths was free, wealthy citizens built and sponsored the baths. These have various chambers, some hot, some cool, some for steam and also a large outdoor area for exercise. There are also barbells on display. These consist of a metal bar with a stone ball at either end held in place with lead. The baths were stuccoed and very ornate. Outside the baths are fast food joints. After a bath and exercise who wants to go home and cook?

We visited many buildings and learned a great deal about life in the city in Roman time. There were market gardens, bakeries, villas, shops, brothels. The brothel was the most visited building on the site and showed pictures of the services offered. Apparently the ladies were known as wolves because of the cry they made when attracting customers. There were also many slaves in the town. The laws regulating them and their owners were very strict.

We were surprised by the open sensuality of Pompeii. I have read about the bacchanalia, a festival of extreme licentiousness, that was subsequently replaced by the tame and prudish Christmas <https://manofroma.wordpress.com/tag/phallus-c-roman-festivals/> . Even so this does not prepare one for the sight of phalluses everywhere. We were amused to see a painting of an enormous phallus being weighed on a balance scale; the other side had a bag of money as the counterweight. This means that there should be a balance between wealth and virility.

In summary: We explored from 9am until 6pm when the site closed for the evening. We saw a group of archaeologists at work. The site is disappointing in that the most interesting building could not be accessed. However enough remained to give an impression of how the Romans lived. In my opinion, no guide book can do justice to this site. On leaving the site, I bought several books for further reading. A vast number of tourists visit this site and I believe that they should reinvest some of the takings in buying new toilet seats for the ladies.



A Pompeii cast

We had a fabulous day out and returned footsore, happily to our hotel. The remains of our picnic were ravenously consumed, before waking into Sorrento to enjoy the evening's ambiance.



Ancient bakery with mills & oven

Zermatt Ski Test 2014,

Contributed by IMCZ sports' editor Joseph Dow

Another Exceptional Swiss Ski, XO by Exonde



Last year, I had such a good time testing skis at the big November ski test in Zermatt that I decided to go back. Again, I went outside the main building at Trockener Steg, away from the offerings of the big manufacturers, to the area with the small, independent, exotic ski builders. This year, tests were offered by AK Skis (presented at our IMCZ Ski Night in September 2013), RTC Skis (my personal favorite brand), and a few freeski companies: DPS, Black Crows, and Dynafit. As I was leaving the station, I also noticed the new Swiss manufacturer, EXONDE, with their black XO skis.

I first noticed the XO ski in Davos a year or two back when their CEO was giving a private demonstration to a client up on the Parsenn. The all-black ski with white "XO" logo on the tip caught my eye. Its cool, minimalist design was reminiscent of the old AK Black Race ski that bore a simple black P-Tex topsheet with a silver medallion. They look more the kind of skis James Bond would use than would a World Cup racer.

When I heard the ski contained no metal, I thought "this is not a ski for me." I always go for something with a traditional sandwich construction, vertical sidewalls, a wood core and two or three titanal belts. But, when the XO representative said the test was free, I figured a run or two couldn't hurt. Plus, I soon discovered that the ski possessed that magical sidecut I have been raving about the last few

articles: Cross Carver "Frontside" ski, 126mm Tip – 77mm Waist – 107mm Tail (very close to the fantastic early AK The Off ski at 128mm Tip – 77mm Waist), which produces a versatile ski capable of handling both freshly-groomed and variable snow conditions quite well. The XOs are designed to be skied in relatively short lengths and come in sizes 148cm, 154cm, 160cm, 166cm, and 172cm, all available in the two flexes, V3 and V7. They also have a slight rocker in the tip.

The first thing you notice is the light weight of the ski and wonder how can this ski have any stability at speed and how can it hold on hard, icy surfaces (snow conditions: groomed hardpacked snow with some slightly icy patches). Wow, the ski is amazing. It turns very easily, has wonderful hi-speed stability, and tracks nicely on ice. Even a short 154cm length ski performed spectacularly for a big skier like me at 100kg. I was so impressed by the XO skis that I spent the whole weekend skiing exclusively on their models in almost every size and in both stiffnesses.

The key to their stability and grip without adding the metal is the technology that goes into the design and construction of the wood core, which is "an authentic Swiss recipe, secret and unique." Well, I definitely like what's cookin'. Similar to the RTC skis, the XOs are relatively short compared to normal skis but do not seem to lack any performance. I found the 154s very zippy and the 166s nice and smooth, but the 160s seemed to be the perfect fit for me. The 172s were fine skis, but I felt I did not need the ski so

long. The difference in flex did not make that much difference to me but was most noticeable in the longer lengths, where the stiffer V7 flex gave the ski slightly more pop.

Despite being an exotic ski, the XO ski is reasonably-priced and costs about half the price of some of the other elite carving skis, such as RTC. I found the XO ski on sale for 799 CHF (flat) and 1'049 CHF with a Marker binding in some local shops in Zermatt. While I do not think there is any carving ski that can top the RTC, I would definitely recommend the XO ski to the ski enthusiast looking for an excellent piste ski. With its light weight, the XO should also appeal to the woman skier and Exonde produces the colorful Gen Z line of skis for juniors, too. So, if you guys are looking for Christmas gifts for the whole family ...



Additional Information:

- Exonde AG, Thun: www.exonde.com
- Exotic Skis: www.exoticskis.com/exoticskis/list.aspx?mfriD=347
- Zermatt Ski Test Packages (example for next year): www.zermatt.ch/en/Media/News/Ski-Test-Days-on-offer-until-30-november-2014

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





Problems with Two Lanes

Organised and compiled by IMCZ member Stephen Butterworth

A total of 12 participants were present and we had a lively start with lots of fun and laughter. However, problems with two of the lanes showed up but we were soon allocated new ones. Phil Woodford shone with loads of strikes and spares and went on to win the wine for the men. Well done Phil considering that our top players Otto Steuri and Beat Züger were

present. For the ladies, Gall Brenton was the wine winner.

Next month don't forget we are going back a week to the 10th December and hopefully that move clashes less with Christmas parties and holidays etc. Hopefully we will have a good crowd in December to round off the year!

First Name	Surname	Game1	Game2	Game3	Bowled total	overall_avg	handicap	STRIKES	SPARES	Split
Phil	Woodford	105	159	154	613	119	65	9	6	3
Adrian	Lüdi	126	141	113	590	113	70	3	11	2
Otto	Steuri	131	157	151	571	145	44	10	8	5
Sergiy	Shtangey	122	125	110	561	115	68	3	5	5
Ian	Brenton	96	125	131	556	116	68	2	10	3
Janis	Meier	122	144	102	554	123	62	3	11	
Beat	Züger	151	107	128	539	137	51	4	10	7
Stephen	Butterworth	121	115	89	520	119	65	2	8	2
Hans-Peter	Schobert	114	118	87	520	117	67	3	3	1
Gail	Brenton	58	111	89	510	83	84		5	3
Terri	Werder	68	74	70	464	76	84		3	4
Joanna	Brown	46	51	71	420	52	84		2	8

First Name	Surname	Game1	Game2	Game3	Handicapped	overall_avg	handicap	STRIKES	SPARES	Split
Otto	Steuri	131	157	151	439	145	44	10	8	5
Phil	Woodford	105	159	154	418	119	65	9	6	3
Beat	Züger	151	107	128	386	137	51	4	10	7
Adrian	Lüdi	126	141	113	380	113	70	3	11	2
Janis	Meier	122	144	102	368	123	62	3	11	
Sergiy	Shtangey	122	125	110	357	115	68	3	5	5
Ian	Brenton	96	125	131	352	116	68	2	10	3
Stephen	Butterworth	121	115	89	325	119	65	2	8	2
Hans-Peter	Schobert	114	118	87	319	117	67	3	3	1
Gail	Brenton	58	111	89	258	83	84		5	3
Terri	Werder	68	74	70	212	76	84		3	4
Joanna	Brown	46	51	71	168	52	84		2	8



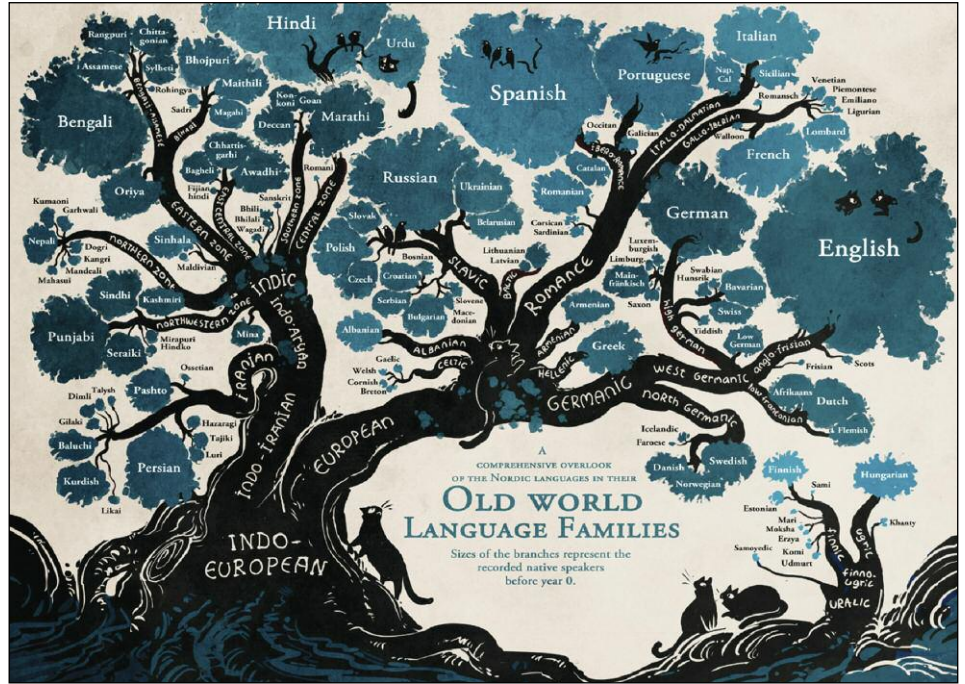


Contributed jointly by IMCZ member and Webmaster Roger Brooks and IMCZ Honorary member and Newsletter Editor Muthana Kubba

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.

On a recent Stammtisch discussion, some MCZ members were surprised to hear that the Finnish language is not only related to the Hungarian language, but also to Turkish. The discussion quickly diverted to family trees for languages. The biggest group being the Indo-European group which shows that both Urdu and Galic belong to the same group. Roger was fascinated and did some research on the issue, here are some of his findings:

- Very artistic tree, widely quoted but very controversial is found under <http://www.ssscom.com/comic.php?page=196>
- The group of languages of most interest is the Indo-European group which is by far the largest language group and covers almost most of Asia and Europe. The following links go in great detail on its history and development, but the most interesting one, which shows the history of branching, going back almost 6000 years is given under this link: <http://armchairprehistory.com/2012/05/15/indo-european-atkinson-gray-and-the-culture-fitting-game/>

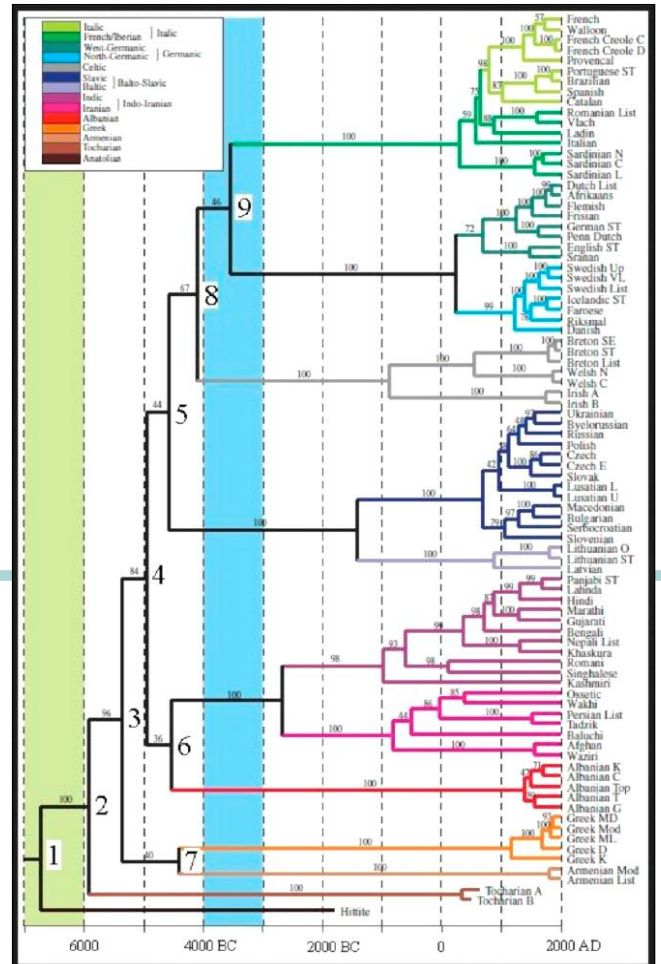


Further links on the same issue can be found at

- http://www.telegraphindia.com/1120824/jsp/frontpage/story_15891210.jsp
- <http://www.mpiwg-berlin.mpg.de/en/news/features/feature36>
- http://www.mpg.de/6325669/Indo-European-languages_Anatolia

- More interesting background information on how languages have developed and spread can be found at the following links:

- <http://phylonetworks.blogspot.ch/2013/11/language-history-and-language-weirdness.html>
- <http://mons-graupius.co.uk/index.php/linguistic/69-origin-of-british-west-european-languages>



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



Words of wisdom

The Dalai Lama was asked once, what surprised him most about humanity, he answered, "Man sacrifices his health in order to make money, then he sacrifices the money to recuperate his health. And then he becomes so anxious about the future that he does not enjoy the present; 'the result being that he does not live in the present or the future; he lives as if he is never going to die, and then he dies having never really lived.'"

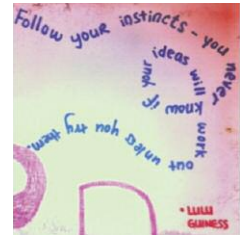
Looking for work

At the end of a long international medical conference, four doctors sat down terribly exhausted on a round table in the bar. After the third beer they started talking shop: The Japanese doctor said, 'Medicine in my country is so advanced that we can take a kidney out of one man, put it in another, and have him looking for work in six weeks'. then the German doctor replied, 'That's nothing, we can take a lung out of one person, put it in another, and have him looking for work in four weeks.' but the British doctor stood up saying, 'In my country, medicine is so advanced that we can take half of a heart out of one person, put it in another, and have them both looking for work in two weeks.' Finally the Texas doctor, not wanting to be outdone said, 'You guys are way behind. We took a man with no brains out of Texas, put him in the White House and now half the country is looking for work.'



Nine words women use that men should heed ... !!

- Fine:** This is the word women use to end an argument when they are right and you need to shut up.
- Five Minutes:** If she is getting dressed, this means half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.
- Nothing:** This is the calm before the storm. This means something, and you should be on your toes. Arguments that begin with nothing usually end in fights.
- Go Ahead:** This is a dare, not permission. Don't Do It!
- Loud Sigh:** This is actually a word, but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to # 3 for the meaning of nothing.)
- That's Okay:** This is one of the most dangerous statements a woman can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake.
- Thanks:** A woman is thanking you, do not question, or faint. Just say you're welcome. (I want to add in a clause here - This is true, unless she says 'Thanks a lot' - that is PURE sarcasm and she is not thanking you at all. DO NOT say 'you're welcome'.. That will bring on a 'whatever').
- Whatever:** Is a woman's way of saying ... Go to Hell
- Don't worry about it, I'll do it:** Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself. This will later result in a man asking 'What's wrong?' For the woman's response refer to # 3.



WELCOME to the fabulous LAS VEGAS

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

Mathematics:

What does it mean to give MORE than 100%?

If: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z represents: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

Then: H-A-R-D-W-O-R-K is represented by $8+1+18+4+23+15+18+11 = 98\%$

and K-N-O-W-L-E-D-G-E is $14+15+23+12+5+4+7+5 = 96\%$

But, A-T-T-I-T-U-D-E is $1+20+20+9+20+21+4+5 = 100\%$

and B-U-L-L-S-H-I-T is $2+21+12+12+19+8+9+20 = 103\%$

and, look how far ass kissing will take you.

A-S-S-K-I-S-S-I-N-G is $1+19+19+11+9+19+19+9+14+7 = 118\%$

So, one can conclude with mathematical certainty, that while Hard work and Knowledge will get you close, and Attitude will get you there, its the Bullshit and Ass Kissing that will put you over the top. Now you know why our politicians get top marks well above 100%... !





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 Your Aston-Martin old-timer with the roll top roof?
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 with a little bit of house attached?
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GARAGE ZIMMERMANN



We wish You and Your Family

A Merry Christmas and the Best of Luck for 2015

Thank You for a Successful 2014



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