

IMCZ NEWS



APRIL 2015



EDITORIAL Springtime

The winter snows came very late this year. In fact most ski resorts opened for skiing only after Christmas. As such, and under the auspices of global warming, it was anticipated that spring should also start early, but we were disappointed. The astronomical start of spring, on March 21st, is already behind us and Easter is next week, but still there are no blossoms on the trees, we have the heaters on and it is snowing down to 800 metre altitude.



The good news, however, is that it will come and birds will start singing, the trees and shrubs will put on their green attire and a new life shall start after the long winter pause. There will be new energy around, it will be the time to make new plans, or implement existing ones, fix the holidays and prepare for the summer with its long days and short nights. The Editors extend springtime wishes to all members, wishing them success, happiness and good health.

Muthana Kubba
Newsletter Editor
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FUTURE EVENTS

- THURSDAY APRIL 9TH **Stammtisch at City Garden Hotel.**
- WEDNESDAY APRIL 15TH **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY APRIL 16TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY APRIL 23RD **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY APRIL 30TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY MAY 7TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY MAY 14TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY MAY 20TH **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY MAY 21ST **New Members Reception.**
- THURSDAY MAY 28TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY JUNE 4TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY JUNE 11TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY JUNE 17TH **Joint Stammtisch with the ZIWC at the Park Hotel Lobby.**
- THURSDAY JUNE 18TH **Our Stammtisch at City Garden Hotel Lobby.**

IMCZ

Introducing...New members

THE IMCZ WELCOMES:

Donald Radberg

Donald hails from Sweden. He has recently come to Switzerland, but the pressure of work in Sweden delayed him. He plans to spend more time here next year. Donald is the managing director of REC Scandinavia AB. He is married and has one daughter and one son. He enjoys football, ice hockey and tinkering with investments.



Dominic Paes

Dominic is a returning member to the club. He was born in Mombasa, Kenya to parents from Goa, India. After completing his primary and secondary education in Kenya, he obtained his BSc and PhD from Trinity College Dublin where he studied microbiology, immunology and microbial genetics. He then moved out of academia to join GSK (GlaxoSmithKline) in the UK. He has worked for 30 years in the pharmaceutical industry. His clinical research projects included the development of several treatments for HIV infection. During his time in the UK he met his wife Catherine and they moved to Switzerland to work for Biogen, a biotechnology company specializing in the development of monoclonal antibodies for Multiple Sclerosis and other immune disorders. They then moved to Biogen in Boston and recently returned to the EU Regional office in Zug. Dominic is the EU Regional Medical Lead for several new products in development, especially those Alzheimer's Disease. In his spare time, Dominic enjoys tinkering with financial investments, hiking, squash, watching sport of any kind, travelling, ornithology, cooking and wine tasting.



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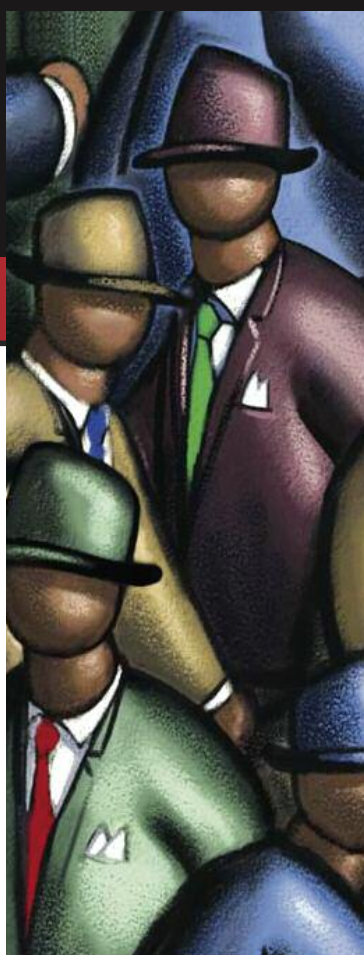
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YOUR NEWSLETTER GOES PUBLIC

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

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





ZIWC Spring Book Sale

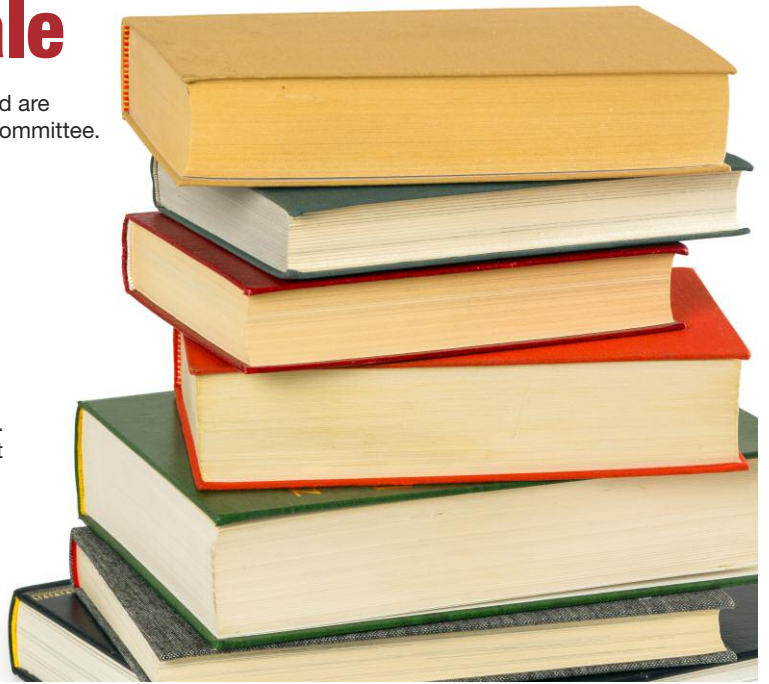
This year the ZIWC are continuing their great "Service Publique" and are organising yet another book sale thanks to their energetic Library Committee.

The venue shall remain the same as last year at:
"Guthirt", Guthirtstrasse 1, 6300 Zug
on Wednesday May 20, 2015 from 14:00 to 17:00 hours

It is only five minutes' walk from Zug main Railway Station.
Parking available at Metalli next door.

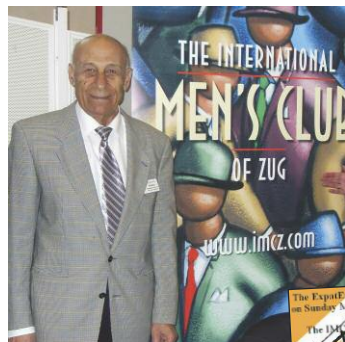
Come along and enjoy a tea with scones generously offered by the ZIWC Business Group, catch up with friends and browse through thousands of books, all professionally sorted by subject and author. It is a give away at CHF 2,00 each. To find out more, please contact Ms Marianne Gordon at gordon.marianne@yahoo.co.uk

If your bookshelves are full and you have no room for new books, empty them and give all those dust collecting books to the ZIWC. Contact Ms Alison MacKinnon at jones.ian@bluewin.ch

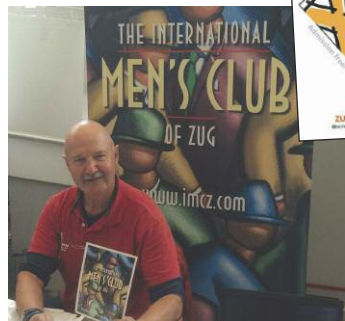
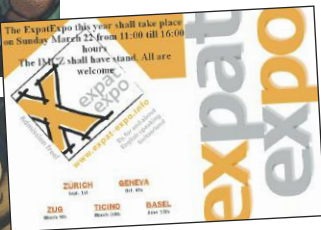


Expatriate Expo

This year's exhibition took place as usual at the Lorzensaal in Cham on Sunday March 22. Our stand was once again located near the entrance between those of the FMZ and the ZIWC. From experience of the previous Expos, when the weather is nice, the number of visitors dwindles as most people prefer to go and enjoy the sun. This time we were lucky, the weather wasn't brilliant, so the number of visitors was above average.



Most of those who stopped at our stand, to take a better look and/or sample one or more of the Easter egg chocolates on offer, were chatted with by whoever was manning the stand. They would exchange a few words to find out who we are and what we do, and would be handed a club's flyer. In one case, a relocation consultant who expressed interest on behalf of her clientele received a small stack of them to pass on. Potential members who showed particular interest would be given a hard-copy Newsletter, usually one of the older issues which had been lying about. We certainly hope that a few additional new members shall join soon.



The stand was manned by at least two board members all the time. Additionally an ex-board member distinguished himself by staying longest at the stand and contributed to the paraphernalia required for the stand: Table cloth, brochures, chocolates etc. Yes, big thanks to René Welti who had just come back from sunny California, where he unveiled the secret beauties of the Swiss Alps to those sun-drenched Californians.



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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Doping substances in dietary supplements



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

Sports nutrition and dietary supplements are under suspicion of containing doping substances, not only because of the prominent cases of Jamaican sprinter Osafo Powell and German biathlete Evi Sachenbacher-Stehle, who were tested positive for DMAA and blamed it on a supplement. It is a frequently used excuse because it seems so plausible. Some substances on the WADA (World Anti-Doping Agency) doping list are indeed authorised for use in supplements in liberal countries such as the USA. For example, DMAA was until recently legally sold as a dietary supplement in the USA. In this respect, it is equally possible that, in the case of the biathlete, the DMAA was not a contaminant or had been fraudulently added, but that a supplement containing DMAA legally was the source. Legal in the sense that it was free for sale as a dietary supplement in the USA, but not in Europe. It is possible that accidental

contaminated products in its range and risk their business model and their very existence due to a positive doping test of an athlete. Many cases of contaminated supplements are dubious, e.g. the recent example of two British track and field athletes who were positively tested for anabolic steroids. Both of them were "heavy users" of supplements and instantly pointed a finger at the manufacturer. The analysis of the products indeed revealed nano-traces of these steroids. Notably, these were the only samples that ever tested positive from the manufacturer in question. Neither was there a positive result from other products of the same batch before or after the incident. Nor did any other athlete using the same products test positive. One of the products in question was a common carbohydrate-electrolyte drink powder for endurance activities with no special ingredients. Why should any manufacturer add anabolics in such a product? In the case of unintentional contamination, how is it possible that the manufacturer is "doping-free" certified by Informed-Sport and never had a case before with his products? The manufacturer is a member of the doping-free label certification organisation Informed-Sport.

foods on the supermarket shelves. No additional anti-doping label is required with such a quality management standard. However, the label does support marketing, supposedly at least. But as demonstrated above, it does not prevent accusations, justified or not, because certification does not specify total batch analysis, but is based on the same principles of HACCP and random sample analysis. Furthermore, independent sampling, at least at the beginning and the end of a production, possibly also of all ingredients, would be necessary to guarantee 100% doping absence. Notably, analyses are not performed for all doping substances, but only for the two groups of stimulants and anabolic steroids, which already raises costs dramatically given the often quite small batch quantities. A complete analysis for all WADA-listed substances would cost several thousand Euros. Nobody is willing to pay this. Moreover, many elite athletes who are under anti-doping surveillance expect instead to be sponsored and receive their products and equipment free of charge.

Banned supplements

Drug Free Sport, which administers drug testing for the NCAA and many professional sports leagues, maintains a list of supplements banned by various athletic associations. These are some of the banned products that promote muscle growth and/or weight loss. All are readily available at stores or online.

PRODUCT	BANNED INGREDIENTS
BSN Endoburn NT	Stimulants
BSN Atro-Phex	Anabolic agent, stimulants
Gaspari Nutrition Novadex XT	Anabolic agent
German American Technologies Jet Fuel	Stimulants
Nutrex Research Lipo 6 Black	Stimulants
Xero Limits NovaTest	Diuretic
Legal Limits Labs	Anabolic agent
H-Drol by Competitive Edge	Anabolic agent

Source: Drug Free Sport

THE COLUMBUS DISPATCH

contamination due to manufacturing various products on the same production lines or even within the same facility occurred. But it is equally likely that an athlete ingested, simply out of ignorance, a supplement sold legally that contained substances banned by WADA. In the case of DMAA, one should also consider its use as a party drug, similar to the use of cocaine among athletes. Last but not least, simple criminal energy of supplement manufacturers, like anywhere else, cannot be ruled out. Examples of this in the food industry such as olive oil fraud, blending beef meat with horse, or adding melamine as a nitrogen source to fake higher protein content are well known. But the same criminal intent can be true for athletes as proven again and again in the past.

Criminal energy is, of course, possible on both sides: athlete and supplier. However, no serious supplement manufacturer wants to have

This case demonstrates several problems. First, food supplements are the perfect suspects and offer a defence strategy for athletes. Second, a certification of a doping-free label does not provide watertight safety – neither for the athlete, nor the manufacturer!

Nevertheless, stakeholders and opinion leaders in the sports sector recommend using only products from certified manufacturers. But the state-of-the-art quality management procedures in the modern food industry (e.g. BRC, IFS, ISO FSSC 22000) already work according to the same principles as specialised anti-doping labels (e.g. Informed-Sport, NSF: The National Sanitation Foundation) due to common allergen measurements. Based on an internal HACCP (hazard analysis of critical control points), the contamination with doping substances has to be considered a critical control point for a sports supplement manufacturer. This risk can only be controlled by complete separation, i.e. avoiding handling or treating doping substances within the same facilities or even better within the same company, in a similar way to the management of allergen substances. If this is respected, the risk of contamination is no greater or smaller than for any processed

It is evident that a real guarantee of doping absence is virtually impossible. Of course this lack of a guarantee is commonplace in many areas of life, but we should not over dramatise it. Instead we should reduce the risk. Just as it is unlikely to be struck by a flash of lightning, it is also unlikely that someone would receive contaminated supplements



from a serious manufacturer who implements state-to-the-art quality management with respect to the absence of doping substances. In

fact, the best "proof" of doping absence is the successful use of a particular brand by Olympic athletes, who are consistently subject to doping controls.





Weather Forecasting

Contributed by IMCZ honorary member, and Newsletter editor Muthana Kubba

In 1987 a concerned citizen in the UK, called the metrological office saying that he thought a storm was coming. However, they reassured him that no such thing was happening. Hours later a hurricane struck and 19 people lost their lives. We have come a long way since 1987, but weather forecasting is still highly unreliable. True, short term forecasting up to 3-4 days is fairly accurate, but anything longer is mere guesswork. The problem with the weather is that there are so many random and completely unpredictable variables which affect it, making long term forecasting simply impossible. Remember last year, we were told that we were going to have a tropical summer here, and how did it turn out? It was one of the wettest and coldest summers I have ever lived through since coming to this country more than 30 years ago.

The importance of accurate weather forecasting can't be overestimated. Just about every human activity is affected by the weather. Think of holiday travel plans, fuel distribution schedules, agricultural produce, yes even our annual August barbecue. If accurate forecasting could be extended from a few days to a few weeks, or even months, it would be a game changing breakthrough.

What does it take?

At present there is a vast amount of weather data readily available live online. Weather satellites cover every corner of the globe, reporting temperature, pressure and wind. Most of the land masses have sensors instantaneously reporting the temperature, sunshine, wind speed and direction, air pressure and pollution etc. at hundreds of

thousands of locations around the globe. Even the oceans have floating sensors, reporting the waves' heights and water salinity as well as temperatures and pressures. Thus, there is no shortage of data, but there is a shortage of computer power to collate, digest, analyse and understand such data and the implications of their patterns. Only then would we stand a chance of being able to make better and longer range weather forecasts.

The effectiveness of any computer in crunching the data and producing usable forecasts depends on its simulation's resolution. Like in cameras, it is the size of the pixel that counts.

The smaller the pixel, the more accurate the simulation would be, but more computer power would be needed to crunch the data in reasonably short time in order to obtain useful results. The present pixel size in use is 12 sq km and the data analysed results are calculated every 6 hours. More powerful supercomputers will reduce the pixel size to 1.5 sq km, and analyse the data once every hour.

The next generation of supercomputers are planned to come on line by 2017. Once they are on and running, scientists believe that five day weather forecasts with 90% accuracy should be possible. It will be possible to issue warnings of extreme weather, storms, gale force winds etc 24 hours in advance.

The benefits of more accurate weather forecasting are truly enormous, not only to individuals, farmers, or corporations but to the whole economy. Just imagine how much could have been saved and how much damage would have been avoided had sufficient warning been

given when the cyclone Lothar which swept across Switzerland uprooting swathes of forests and completely destroying the marina in Zug on December 26, 1999.



The Hardware

In Switzerland the weather supercomputer is in Lugano, and was christened, "Piz Daint" after a prominent peak in Grisons which overlook the Fuorn pass. It is a Cray XC30 computer with a computing speed of 7.8 petaflops (7.8×10^{15} . A Flop is an acronym for Floating-point Operation). In order to give a feeling for the order of magnitude of this speed, it can compute in one day, what a powerful laptop computer would compute in 900 years. Full details can be found under this link.

However, no sooner had this supercomputer been commissioned, than the Metrological offices started thinking of acquiring the next more powerful supercomputer. In the UK they have ordered the next generation already, a Cray XC40 with a speed of 16 petaflops to be commissioned in 2017.

Such is the demand for higher computing power in a quest to improve weather forecasting. The more computing power the more accurate would be the weather forecast and for longer periods of time.

Mind-Controlled gadgets

Contributed by IMCZ honorary member, and Newsletter editor Muthana Kubba

We all tend to take for granted that we can walk, run climb, write and talk seemingly without any effort. It is only when one has the misfortune of a disability or injury that we realise how complex and interlinked these actions are. I remember when a decade or so ago, I had to undergo an operation on my left leg, after its Achilles tendon snapped, I was unable to perform the simplest of tasks. Making myself a cup of tea was straight forward, I would use the crutches to go to kitchen and make it, however, bringing it back to the sitting room was a formidable challenge!

In all these activities, we should keep in mind that the actions in all these activities, no

matter how trivial or complex, is initiated and controlled by the brain. To raise the index finger, for example, the brain sends a pulse to the respective muscle telling it to shrink, to pick an object it sends pulses to both the index finger and thumb muscles telling them to shrink and as soon as it receives feedback from the finger tips that the object has been reached, it tells the muscles to stop shrinking etc.

For people who had the misfortune of losing a part of their bodies, controlling the artificial prosthesis directly by the brain becomes a very pressing and challenging task. Although some neurosurgeons have succeeded in interfacing physical electrodes with human nerves in order to move artificial limbs, the procedure so far has been tricky, expensive and highly specialised.

The alternative approach

A new easier approach has been recently making the rounds. Don't panic! The tool developed to bridge this gap between brain and

the outside world is called, "Mind reading tool". No it was not developed by neuroscientists, but by IT specialists and artists. Basically it reads and interprets the normal brain waves as sensed by electrodes similar to those used by an EEG (electroencephalo-graph). Eight electrodes attached to the scalp measure the brain electrical activity. The signals are connected to a new chip made by Texas Instruments (a leading chip manufacturer). This chip has actually provided the breakthrough. It converts eight analogue signals into a digital output signal. The digital signal is sent by Bluetooth to a computer which can then process it. Basically, the brain signals are amplified, digitised and the sent to a computer for processing.

As you may see from the second link below, the guy gave instructions to the robot by thinking them, the electrodes on his brain pick up the brain waves, which were then digitised and passed to the computer. The computer was programmed to interpret the signals and give the correct instruction to the robot.



Further reading:

<http://spectrum.ieee.org/biomedical/devices/building-mindcontrolled-gadgets-just-got-easier>
Check this clip: https://www.youtube.com/watch?feature=player_embedded&v=RtM2R-L25W0



What is “Americana” music?

Contributed by IMCZ member Tim Dawson-Townsend

Depending on how long you’ve been living in Switzerland, and from where you are from, you may or may not have heard of “Americana music” as a genre.

According to Wikipedia, Americana music is defined as follows:

Americana is an amalgam of roots music formed by the confluence of the shared and varied traditions that make up the American musical ethos; specifically those sounds that are merged from folk, country, blues, rhythm and blues, rock and roll and other external influences. Americana, as defined by the Americana Music Association (AMA), is “contemporary music that incorporates elements of various American roots music styles, including country, roots-rock, folk, bluegrass, R&B and blues, resulting in a distinctive roots-oriented sound that lives in a world apart from the pure forms of the genres upon which it may draw.”

By this definition, a pure bluegrass band might be too narrow to be called broadly “Americana”, but as soon as that band starts pulling in influences from folk music or country music, it qualifies as Americana music. Others define Americana more broadly, to include all authentic “roots” music, with an emphasis on the authenticity.

One characteristic of Americana music is an emphasis on acoustic instruments (although electric guitars are not uncommon), such as fiddle, banjo, mandolin, or any combination thereof. A “real” sound is more valued than slick production values. Many Americana artists write their own songs and they are often released on smaller, independent record labels. Musicians and bands in the genre often

have a strong emphasis on live performances, and often have heavy tour schedules to reinforce that. Sub-genres of Americana music tend to cluster around whether the primary influence comes from the folk music side, the country music side, the indie-rock side, or is indefinable.

Americana music seemed to develop somewhat as a rebellion against the corporate-driven pop music industry, while also freeing musicians from the constraints of the narrow specialties of any particular sub-genre. By the late 1980’s, even country music had in a sense been corrupted by slick corporate marketing machines, producing what could be better described as “country pop” rather than true country music from the days of Hank Williams. Some observers credit the band Uncle Tupelo as being the first Americana band, fusing elements and philosophies of country music and punk rock to make something with its own unique style.

Others say the roots of Americana music go further back, with perhaps the grandfather of Americana music being Bob Dylan, who moved and evolved between folk, blues, rock, and a bit of country.

Some of my favorite Americana artists include:

- Eilen Jewell
- Session Americana
- Tom Russell
- Dwight Yoakam
- Lyle Lovett
- The Steel Wheels
- Nickel Creek
- Miss Tess and the Talkbacks

Want to learn more?

Check out some Americana music web sites, such as online magazine www.NoDepression.com, or the Twangville music blog at www.twangville.com.

A great chance to sample some Americana music live is coming up right in Zürich on Monday, 4th May! The band *Session Americana* from Cambridge (Boston) Massachusetts is doing a charity concert at St Andrew’s Anglican Church. Funds raised will go to church projects and global refugee relief.

The most important information:

Date: Monday, May 4th
Time: 7:00 pm, doors open 6:30 pm
Location: St. Andrew’s Anglican Church community center, Promenadengasse 9, Zürich
Parking: Parkhaus Hohe Promenade
Cost: 30 CHF

SEATS ARE LIMITED! To reserve your seat, send an email to tdt.aurora@gmail.com with your name, mobile number, and the number of seats you require. You will receive a confirmation email that you are successfully on the attendee list.

Payment will be at the door, cash only!
Further Information at <http://aurora-aero.ch/session-americana-live-in-zrich>
Here is a sample from the band’s newest CD: <https://youtu.be/TX2BTMdj9PO>
Or find more examples on Youtube or iTunes!



©Rich Gastwirt





Cruising the Caribbean, Part 1

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

Our taxi deposited us at the terminal in Port Everglades, which is said to be one of the top 3 cruise ports in the world, by number of passengers. All 3 are in Florida, and Miami is said to be #1. Port Everglades is distinguished by serving as home port to some of the largest cruise ships, for example Royal Caribbean's *Allure of the Seas* and *Oasis of the Seas*, which each carry over 5400 passengers.

The Royal Princess

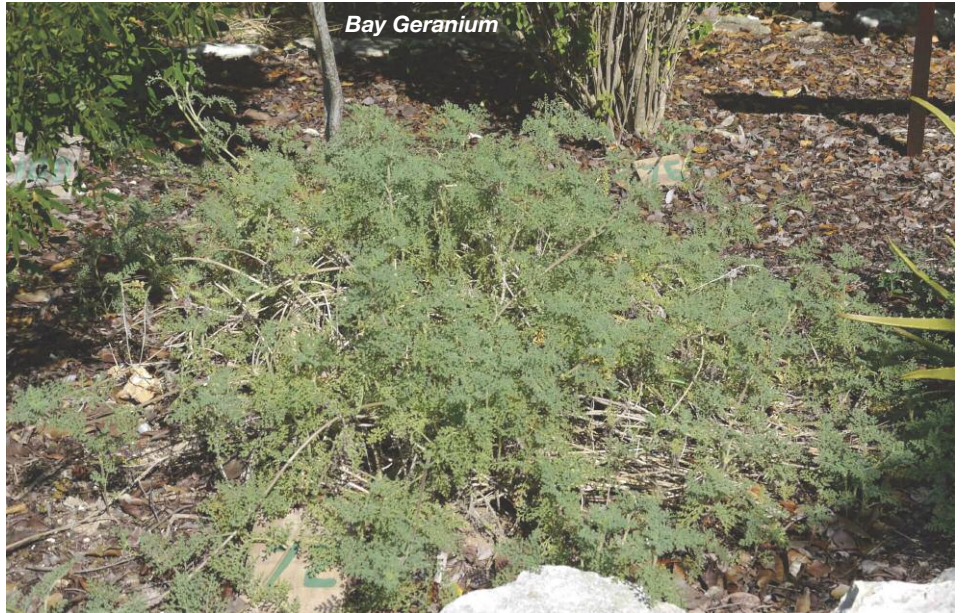
Our ship, the Royal Princess, is the second newest of the Princess line, and one of its largest. It houses roughly 4200 passengers and 1300 crew. Although it is not one of the largest cruise ships (see above), it is in the top ten, and the largest ship we have ever sailed on. Apart from its size, the amenities are similar to those of other Princess ships, featuring two specialty restaurants in addition to the numerous other dining options, two swimming pools, a spa, numerous Jacuzzis and an open air movie screen. The seas were a bit rough the first night, so after the obligatory safety drill we took a light dinner at Alfredo's, which specializes in pizza and pasta.

Eleuthera, Bahamas

Although most cruises start with a sea day to give passengers a chance to explore the ship, the Bahamas are so close to South Florida that we made our first stop early the next morning. The first port of call on our cruise was Princess Cays, a resort owned and operated by Princess on the island of Eleuthera. Eleuthera is a long thin island, with the head of a bird, a body like an eel, and the tail of a whale. It owes its name to Puritan settlers, who arrived from Bermuda in the 17th century and called themselves the "Eleutherian Adventurers", from the Greek word for freedom. At that time the island was uninhabited, as the Spaniards had taken all of the previous inhabitants in the 16th century to work as slaves, mostly on Hispaniola. These "Indians" are variously referred to as Arawak, Taino or Lucayan (in increasing order of specificity) and are ironically thought to have

originally come to Eleuthera from Hispaniola, around the 9th century. The Spanish word "cayo" (Mentioned in the previous article), from which the British "cay" and the American "key" derive, is in turn derived from the Taino word for island.

Harbour and North Palmetto Point. It occupies 25 acres and displays nearly 200 catalogued plant species, most of which are noted for their medicinal properties, such as the Bay Geranium (pictured here), which is said to be effective against colds and flu.



Bay Geranium

Princess Cays is located on the "whale's tail" near the southernmost tip of Eleuthera, on the sheltered, Caribbean side. Since the Bahamas are basically sand bars, beautiful white sand beaches are a given. The Royal Princess anchored offshore and sent us ashore in tender boats. The resort features all kinds of aquatic activity, from fishing to kayaking, snorkeling and boat rides to just relaxing on the beach. We opted instead to leave the resort and take a rather long bus ride, almost halfway up the "eel" part of the island, to visit the [Leon Levy Native Plant Preserve](#).

Of course, the Preserve is also flush with animal life from birds to lizards, snakes turtles and innumerable species of arthropods, such as the Money Bat (actually a moth) and the Golden Silk Orbweaver (a spider).



Money Bat



Princess Cays



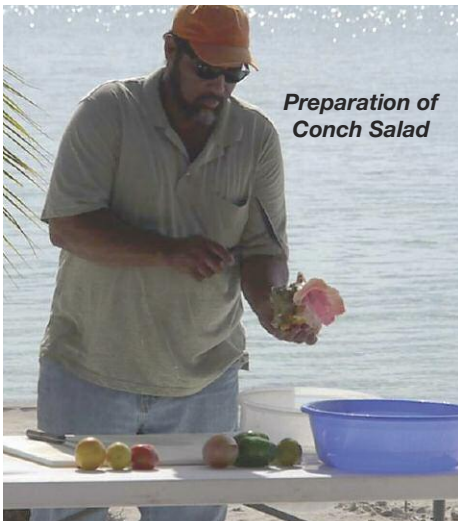
*Golden Silk
Orbweaver*

The park also contains a solar-powered weather station with its own radio transmitter. The time allotted (scarcely an hour) did not allow for a full exploration of the park, but we probably covered about 70%.

On the way to and from the park, we were entertained by our tour guide, Colleen, a real, live “Bahama mama”, who taught us how to weave palm fronds and instructed us in Bahamian idioms, such as:

- **“right here between ‘Oh Lord’ and ‘Thank God’”** (doing all right)
- **“Don’t yuck up my vexation!”** (Don’t make me angry!)
- **“You mix up like conch salad.”** (You have it all confused.)

On our way back, we stopped for a light lunch and enjoyed a couple of demonstrations. The first was of how to make fresh conch salad: We witnessed the removal and subsequent dicing of a freshly harvested (and presumably still living) conch, followed by the admixture of various chopped herbs, fruit and vegetables (seen on the table in the picture) and a liberal libation of lime juice.



*Preparation of
Conch Salad*

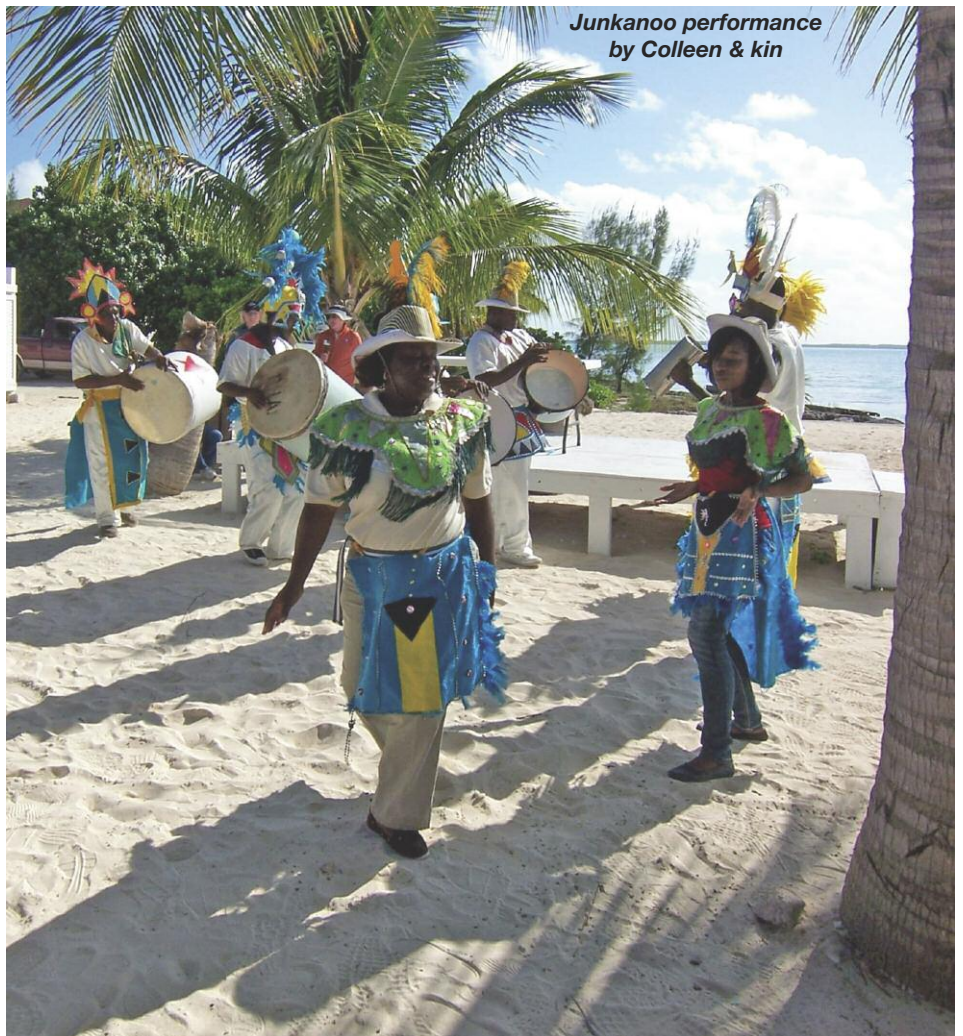


Solar-powered Weather Station

The second was of the carnival-like “junkanoo” a type of group and line dancing with which the slaves originally celebrated the Christmas and New Year holidays. It is said to have been named after a plantation owner, John Canoe, who (in those days, generously) allowed his slaves to celebrate these holidays.

Fresh water on Eleuthera comes almost exclusively from desalination plants. These are driven by electricity which is generated in turn by burning diesel.

After tendering back to the Royal Princess, we enjoyed a shower and dinner at Sabatini’s (one of the specialty restaurants on board) before turning in.



*Junkanoo performance
by Colleen & kin*

King of the Hill: The Best All-around *Ski Made*

Contributed by IMCZ sports' editor Joseph Dow



For years, I've tried all kinds of alpine skis from standard models of the major manufacturers to exotics like the 6'600 CHF Zai Spada, including two seasons where I demoed almost every model in the Stöckli line. I like to use a range of skis for different types of skiing and various conditions throughout the season. If I were to select the best carver ski, I'd opt for the RTC Classic 48'er; the best "freerace" ski, the Hendryx 917; the fastest non-FIS ski, the Hendryx Kobra GLH; the most versatile freeride powder ski, the Whitedot Preacher; etc. However, three skis stand out as the best overall skis I've ever used and do almost everything, except deep powder skiing, at an exceptionally high level. I've tried these three models extensively, in multiple lengths, and even own a pair of two of them. For me, these three models hold the answer to the question, "If I could have only a single pair of skis, what would I choose?"

- **RTC Crossride** (Sidecut dimensions: 123mm-76mm-103mm, in the 160cm length): This is the ski that got me to thinking about whether a single pair of skis could "do it all." I've tried this ski in all three lengths (150, 160 and 170cm), and prefer the 160cm length. In every condition from ice to spring mush, the Crossrides have never disappointed. When I first tried them, the conditions were very hardpacked and the skis behaved very well with a feeling of complete security. Later, I demoed them on a warm spring day with heavy, wet snow conditions. The skis were perfect and handled the difficult conditions with ease. They were so good that I skied down to the shop at the bottom of the run, walked in, and bought a pair on the spot. Despite their high-performance, the skis are very forgiving. On low-visibility days, you can trust this ski. In light conditions that allowed

the Hendryx Kobras to have a tendency to get away from me, the Crossrides were always there. The Crossride is quite a fast ski and has amazing stability and edge-hold, even in the shortest length. It carves beautiful arcs, can make very quick turns with little effort, and is easy to control on even the steepest slopes. *The ski is also available in a ladies' model in the 150cm length with a softer flex.*

- **Exonde XO** (Sidecut dimensions: 126mm-77mm-107mm): For two intensive demo days totaling 37 runs, last November, I tried this ski in all the lengths (148, 154, 160, 166 and 172cm), except the shortest one, in both flexes. All of the lengths were good, but there seemed to be a point, between 160 and 166cm, where the shorter ski had a lot of zip and was just able to maneuver so much quicker. Even the 154 length was stable and held an edge well on some very hard surfaces. That was surprising since the ski has no metal in it, but does possess a very special wood core manufactured within extremely tight tolerances. With its 30% weight savings, the light-weight XO should also appeal to smaller men and women skiers, as well as us big guys. (See my separate article on these fine skis in our December 2014 newsletter).

- **AK The Off** (Sidecut dimensions: 128mm-77mm-110mm; Now called the "Green" or the "Wood"): For years, the AK Off was my favorite ski and the pair I would reach for when I was unsure of the conditions. I never liked the name "The Off" because I felt the ski was a fantastic on-piste ski that was exceptional in variable conditions and slopes that were not freshly-prepared. I've tried the ski in three of the four lengths: **158, 164, 170 and 176cm**. The first time I used my personal pair, a 176cm length ski, they felt a bit strange and I seemed to be forcing the ski into the turn. When I relaxed and let the skis come around, they turned into some of the smoothest carving skis I've ever ridden. Like the RTC Crossride, the ski gives a very secure sensation and forgives mistakes in technique. With the Offs, I skied the very steep Etherolla piste above Veysonnaz and an off-piste chute in St. Anton with ease. I very much preferred the longer 176 length over the 170 length, but I did find the 158 to be a lot of fun. The 158 skis were prepared as demos for my friend's girlfriend, but he and I both decided to give them a try, and he liked



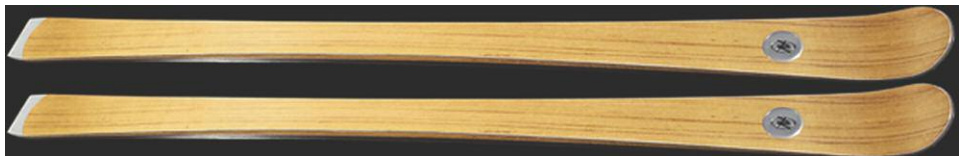
them so much that he bought the skis for himself! For the last few seasons, the sidecut of the Off has gotten progressively wider and the model was finally replaced by the new "Green" with a significantly broader sidecut at 135mm-82mm-115mm and a range of sizes that trend longer: 165, 174, and 183cm. I have not yet tried the Green, but wonder if I would like this wider ski as much as the Off. In parallel to the Off, AK has offered a luxury model with fancy wood topskins, at first called the Black Ebony and now called the "Wood," which mirrors the dimensions of the Off with a current sidecut of 130mm-77.5mm-111mm in lengths of 148, 158, 166, 172, and 178cm.

THE WINNER: RTC Crossride, 160cm length

It is astonishing that a short ski can be exceptionally stable at speed, rock-solid on steep icy surfaces, like a bulldozer in mush, yet have such snap and quickness. The ski simply does everything extremely well. Skiing on a pair of RTC Crossrides is like dancing down the mountain on a magic carpet. It's probably the closest sensation to flying on the ground. By far, the most amazing ski I've ever used and my pick as the best overall ski in the world.

Additional Information:

- RTC Ski AG, Brig-Glis: www.rtc-ski.ch
- AK Ski GmbH, Stansstad: www.ak-ski.ch
- Exonde AG, Thun: www.exonde.com
- Exotic Skis: www.exoticskis.com



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Wine Monopoly

Organised and compiled by
IMCZ member Stephen Butterworth

Although 10 people had signed up to come, only eight turned up. There was one no show and one cancelation. The hard core, eight of us played well. There were not so many strikes during the evening but loads of spares. Hans-Peter, Beat, Otto and Janis all had many spares, but in the end no one could touch Hans-Peter Schobert, so the first bottle of wine went to him. I got the second bottle which make me a wine winner for two weeks in a row.

Sadly, we all had to say good bye to Adrian who is leaving us for Singapore. He might take up our suggestion that he goes bowling over there and mail his figures in.

HANDICAP RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Hans-Peter	Schobert	140	133	148	625	140	116	68	3	15	3	
Stephen	Butterworth	149	151	102	600	134	118	66	2	14	3	
Janis	Meier	133	158	122	596	138	124	61	3	12	5	
Adrian	Lüdi	142	117	142	581	134	120	60	6	8	3	
Otto	Steuri	132	194	116	571	147	147	43	5	12	1	
Roger	Dixon	103	137	124	568	121	116	68	4	10	1	
Beat	Züger	165	118	124	563	136	135	52	4	12	2	
Phil	Woodford	89	118	101	512	103	116	68	1	6	1	

BOWLED RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Otto	Steuri	132	194	116	442	147	147	43	5	12	1	
Hans-Peter	Schobert	140	133	148	421	140	116	68	3	15	3	
Janis	Meier	133	158	122	413	138	124	61	3	12	5	
Beat	Züger	165	118	124	407	136	135	52	4	12	2	
Stephen	Butterworth	149	151	102	402	134	118	66	2	14	3	
Adrian	Lüdi	142	117	142	401	134	120	60	6	8	3	
Roger	Dixon	103	137	124	364	121	116	68	4	10	1	
Phil	Woodford	89	118	101	308	103	116	68	1	6	1	





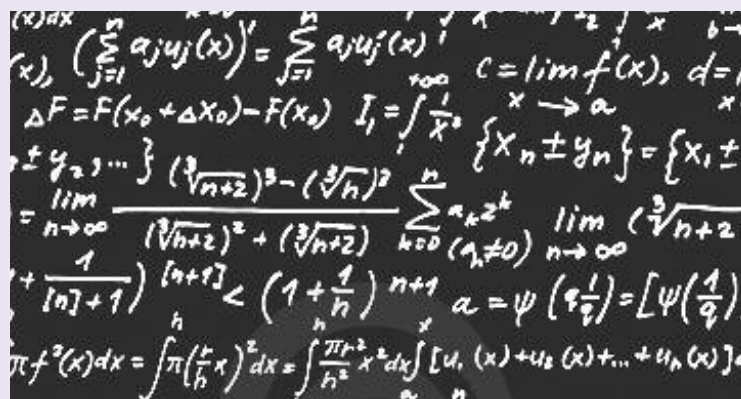
Coca Cola and sex

Two old friends met after many years and talked about the good old times...
 "So, how about your sex life?" asked one.
 "Same as Coca Cola" came the answer.
 "Oh great! ... full of bubbles then?"
 "Nothing like that! Before it used to be Classic, then became light, now it is Zero!"



The Perils of Algebra

A secondary school teacher was arrested today at London's Heathrow International airport as he attempted to board an international flight bound for New York, while in possession of a ruler, a protractor, a pair of compasses, a slide-rule and a calculator.
 At a press conference, a UK Border Control spokesman said he believes the man is a member of the notorious extremist Al-Gebra movement. He did not identify the man, who has been charged by the Police with carrying weapons of maths-instruction.
 'Al-Gebra is a problem for us', the Spokesman said. 'They derive solutions by means and extremes, and sometimes go off on tangents in search of absolute values.' They use secret code names like "X" and "Y" and refer to themselves as "unknowns;" but we have determined that they belong to a common denominator of the axis of medieval with coordinates in every country. As the Greek philosopher Isosceles used to say, "There are three sides to every triangle."



Quick Thinking

A man in Newcastle walked into the local supermarket and asked to buy half a head of lettuce. The attendant working in that department told him that they only sold whole heads of lettuce. The man insisted and demanded to see the manager about his requirement. Walking into the back room, the attendant said to the manager, "Some old b*****d outside wants to buy half a head of lettuce." As he finished his sentence, he turned around to find that the man had followed him and was standing right behind him, so the boy quickly added, "and this gentleman kindly offered to buy the other half." The manager approved the deal and the man went on his way. Later, the manager said to the attendant, "I was impressed with the way you got yourself out of that situation earlier, we like people who can think on their feet here, where are you from son?" "New Zealand, sir," he replied. "Why did you leave New Zealand?" the manager asked. The attendant said, "Sir, there's nothing but prostitutes and rugby players there." "Is that right?" replied the manager, "My wife is from New Zealand!" "Really?" replied the boy, "Who did she play for?"



Windows stuck

A wife texts her husband on a very cold winter morning, "Windows frozen won't open?" Her husband texts back, "Gently pour some lukewarm water over it." Ten minutes later, the wife texts back, "Computer really buggered now."



Hearing Aids

A man was telling his neighbour, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.' 'Really,' answered the neighbour. 'What kind of it?' 'Twelve thirty.'



PUZZLE



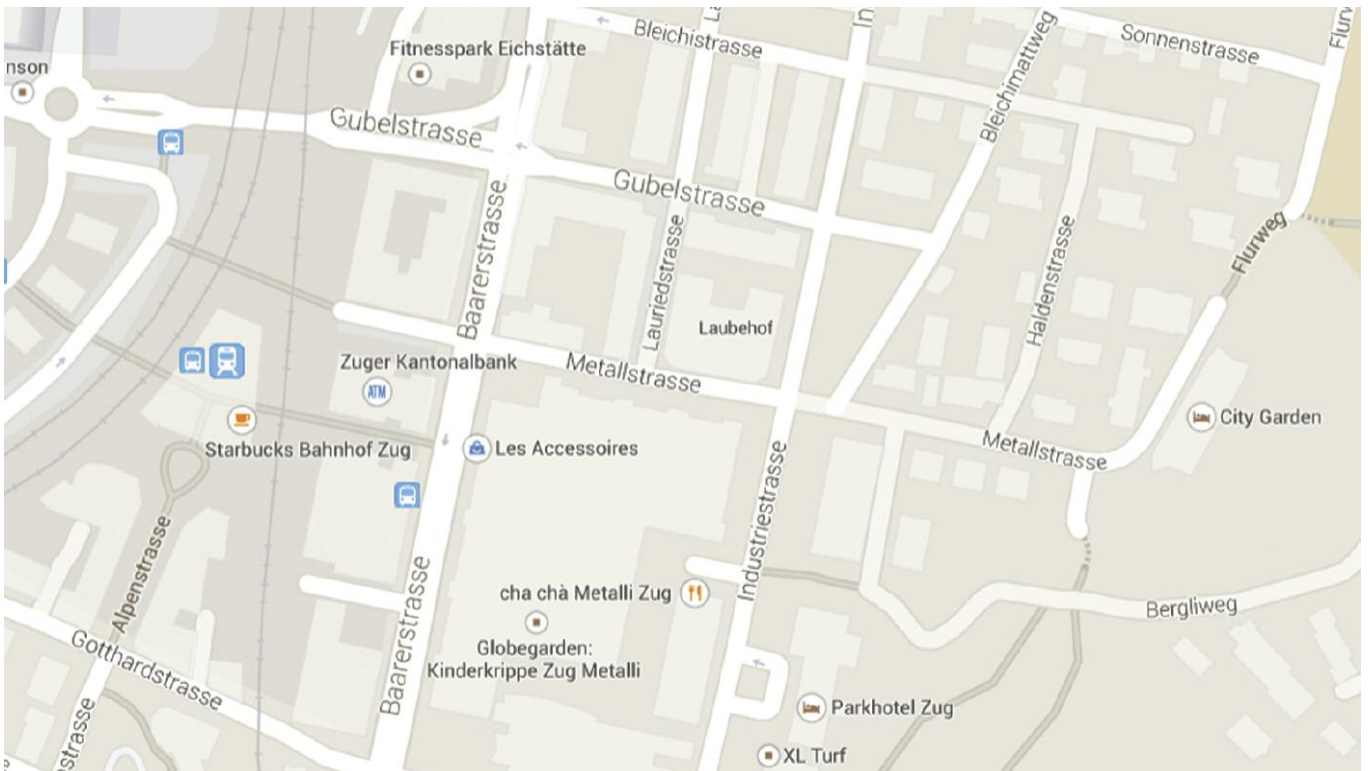
Thanks to our co-editor Andrew who submitted this puzzle, you can now test your prowess in algebra. Free drinks shall be served to the senders of the first three right answers. Please send your answers by email to newsletter@imcz.com

"A woman is 21 years older than her child. In six year's time she will be five times older than her child. But where is the child's father now?"

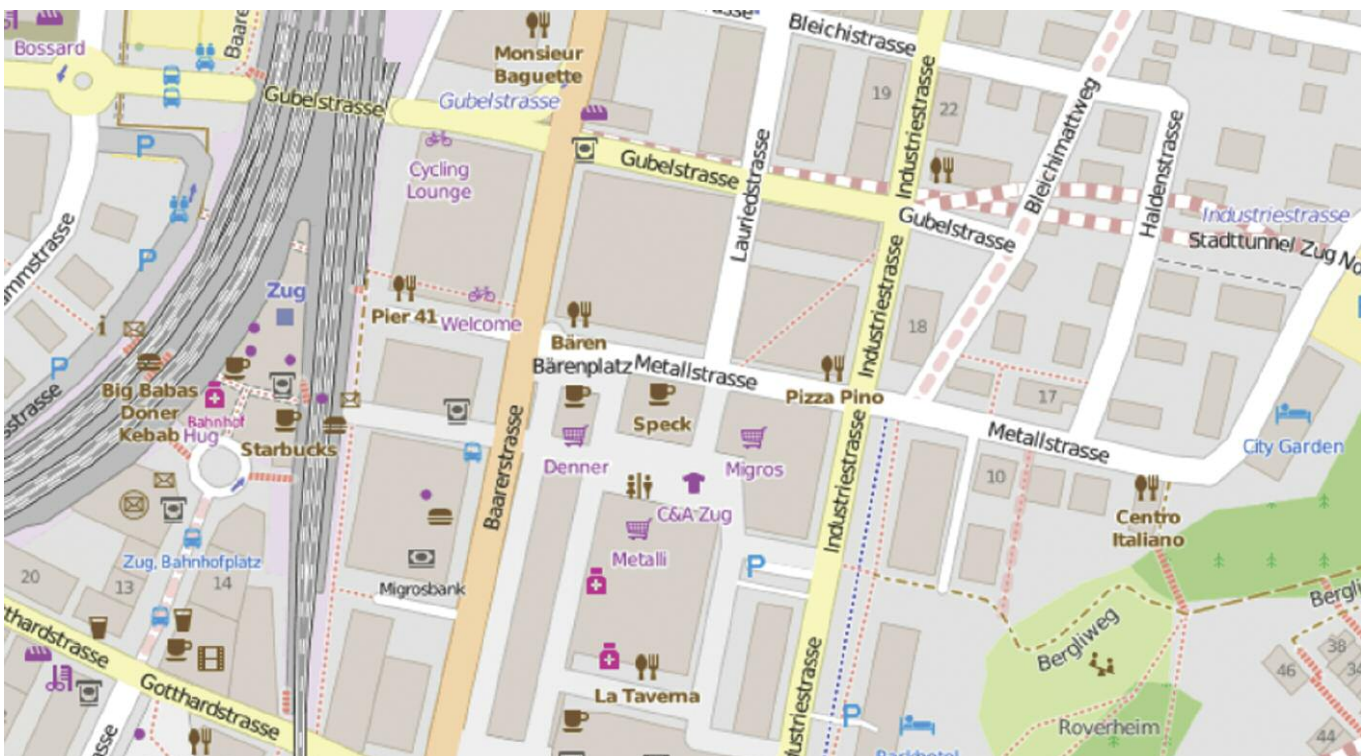
Contributed by IMCZ board member and Newsletter co-editor Andrew Schofield

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.

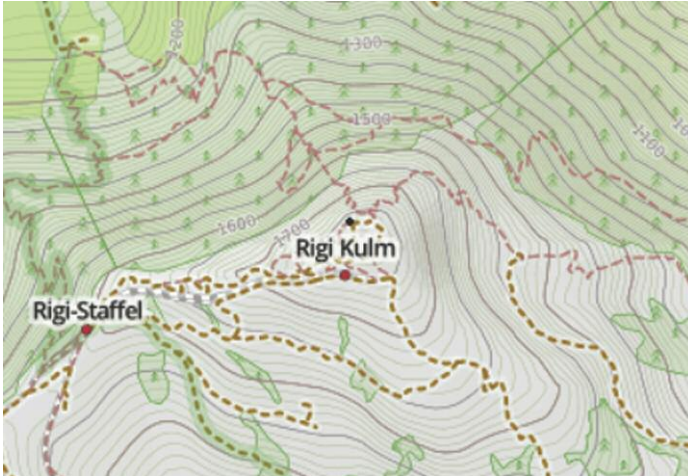
We would all be literally lost without Google maps and Apple maps but it is sometimes refreshing to see a different view of the world. OpenStreetMap.org is a community driven map project with some great maps. For example, if you compare the Google map of Zug around the City Garden:



With the open street map:



The Google map contains “paid” adverts but the open map has everything that users found interesting enough to add to the map.

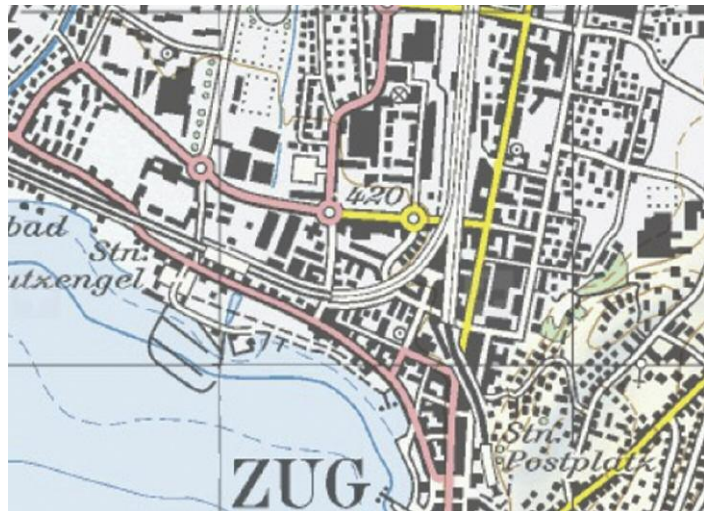


There is a variant available from www.opencyclemap.org based on the same data but which has bike routes marked. These maps also show the contours and footpaths and so are good for planning walks as well. There are numerous “apps” that can use the open street map data, for example <http://gps.motionx.com/>. A further advantage is that, unlike Google maps and Apple maps, the copyright allows you to download maps in advance of your journey so you can load up your phone or tablet when you have a strong and reliable phone or WiFi signal. The open street map project covers the whole world but, being community driven, the degree of detail is variable.

Being something of a map connoisseur, I consider there is nothing to beat the quality of the Swiss Topographical maps:

<http://www.swisstopo.admin.ch/internet/swisstopo/en/home.html>. The paper maps are of course a delight to pore over. There is also a very well designed app but you have to pay per square kilometer for the maps! Maps for the whole of Switzerland are available free of charge on <http://map.veloland.ch/?lang=en>. Despite the name, you can display hiking trails in addition to bike paths. This site is different to those previously mentioned because it displays scans of real maps at the correct scale instead of vector maps which are generated on the fly from numerical geographic data.

This site also allows you to print selected areas of the map at a fixed scale. This is great for walking and cycling if you think that there may be no mobile signal (or you have limited battery life!). You can select whether you want footpaths or cycle paths (or nothing) superimposed on the map.



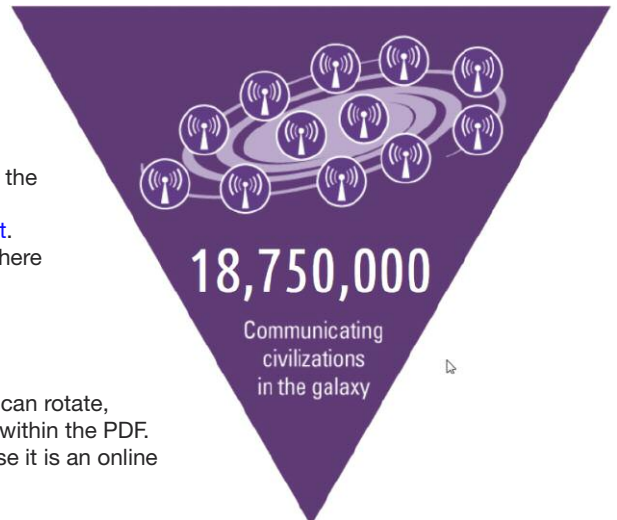
A fun map related site is <https://geoguessr.com/world/play>. This is based on Google maps and displays a random “street view”, taken somewhere in the world. You click the world map to guess the location. The map then displays how far out your guess was. All the street view functions are available so you can cheat by zooming in to read street signs etc.



Ed Fairburn (<http://edfairburn.com/>) is an artist who incorporates maps into his art.



Staring up the clear night sky, you may have occasionally wondered if there are any alien civilizations out there. The BBC has provided a convenient calculator where you can enter your own assumptions to calculate the probable number of civilizations in our own galaxy and also in the entire visible universe. It is based on the Drake Equation (<http://www.space.com/25219-drake-equation.html>) which comes up with some astonishing results by multiplying miniscule probabilities by the immense number of astronomical bodies. The calculator is at <http://www.bbc.com/future/story/20120821-how-many-alien-worlds-exist>. If you do not change the default assumptions then the prediction is that there are 18,750,000 communicating civilizations in our galaxy alone.



Some useful sites

<http://www.pdfescape.com> is an online tool to manipulate PDF files. You can rotate, delete and insert pages, remove the “skew” from scans and edit the text within the PDF. It is not as slick as Adobe Acrobat but is great for occasional use. Because it is an online tool you should probably not use it for anything that is confidential!

<http://www.onlineocr.net/> will extract the text from an uploaded scan, image or PDF (Optical Character Recognition). It can save a lot of typing if you only have a paper copy of a document.

If you are bored with “searching” for the answers to your questions then you could try <http://www.wolframalpha.com/>.

Somewhat less useful sites

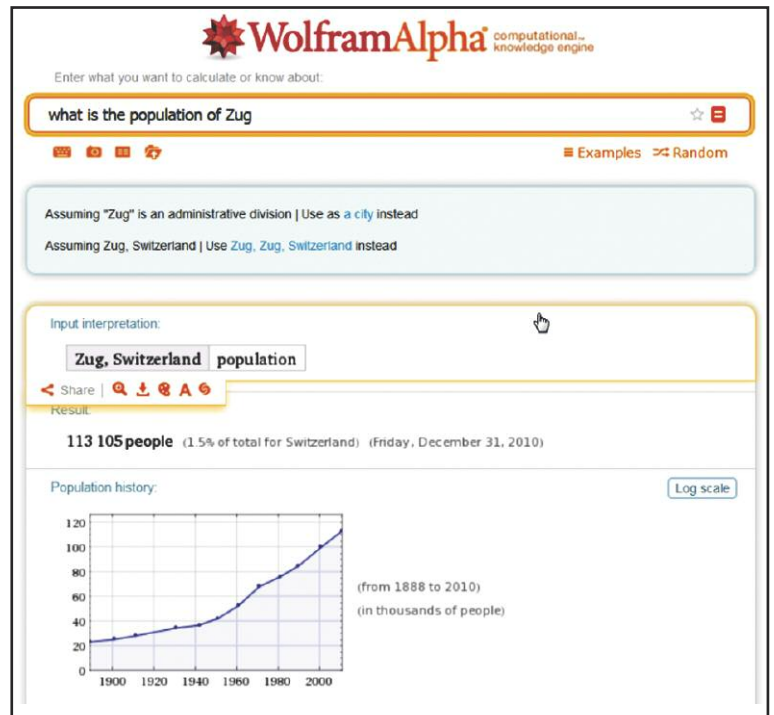
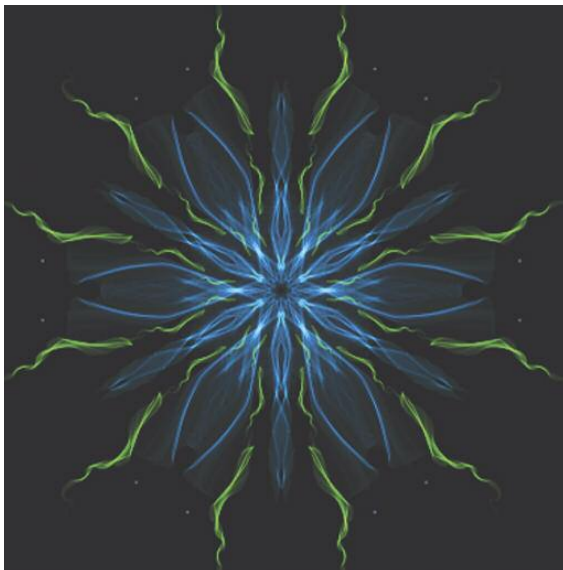
These sites are more for amusement than serving any particular purpose.

<http://simplynoise.com/> plays “white noise” through your computer speakers. It’s supposed to be relaxing.

Definitely not for cat lovers: <http://cat-bounce.com/>

This one is a screen cleaner for dog lovers: <http://www.sanger.dk/>

<http://www.haneke.net/> displays an interesting “blue ball” machine.



Some interactive artistic sites:

- <http://www.taghua.com/>
- <http://weavesilk.com/>
- <http://www.staggeringbeauty.com/>

And if you have conscientiously clicked on every link in this article then you should definitely finish with: <http://www.wwwdotcom.com/>



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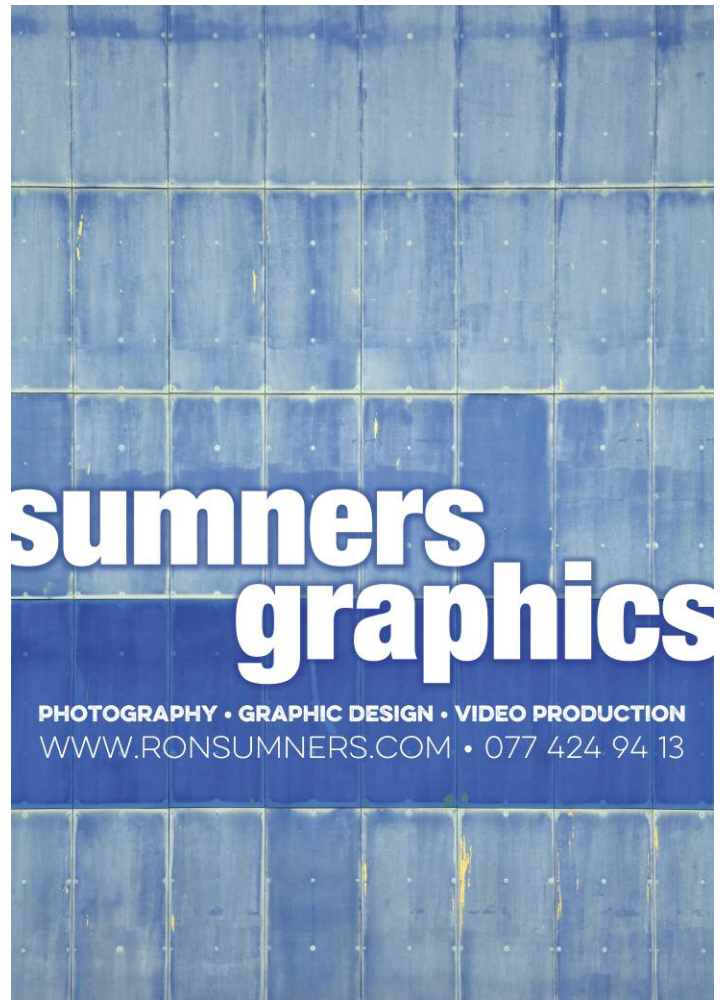
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