

IMCZNEWS



JULY 2015



EDITORIAL Heat Wave

Yes, even the Bundesamt für Katastrophenschutz (Federal Department for Protection against catastrophes) has been involved with a long announcement on the radio. What is it all about? Well we had a couple of days with clear cloudless skies, and midday temperature above 30 degrees. Yes, good nice warm weather, which makes up for the endless rainy and cold days we have become used to, is such an unusual and unexpected phenomenon in the latitudes we are living in. For me, and I dare say for most if not all our valued members, such days are welcome, and hopefully we shall have more of them during this and future summers. For those with short memories, I would like to remind them that during last year's summer, we did not have one single day with clear skies and temperatures above 30 degrees Celsius.

Wishing all members great times during these rare days. Enjoy the endless opportunities offered by the wonderful nature and countryside in this beautiful oasis we are living in.

Muthana Kubba
Newsletter Editor
newsletter@imcz.com

IMCZ

Introducing...New members

THE IMCZ WELCOMES:

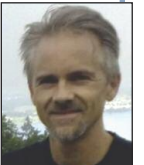
Yi Xie

Yi was born in Shanghai China. He moved to the U.S. for college and grad school after high school and spent a total of seven years in Wisconsin and New York City. Yi studied Economics and International Relationships, focusing on energy and environment. After graduation, he moved to Zug and started working in the commodity industry. Yi enjoys reading, travelling and socializing. He is looking forward to meeting more people from different backgrounds in IMCZ.



Humphrey Cox

Humphrey is a New Zealander born in Edinburgh making him a kind of "ScotchKiwi". He works in the systematic trading arena with his own asset management company. Alpha Perpetuo GmbH focuses on 100% automated trading models. He also helps his wife Patrizia Rosi with their Tea Room called "Mama Rosi" in Baar. His career and family commitments has allowed him travel and live in Hong Kong, Thailand, Florence Italy and Surrey England before finally coming to Switzerland. His sporting passions and hobbies include Running (he has run in both the London and Luzern Marathons), Rugby Union, Skiing, Aikido, fine food, wine and great coffee, of course.



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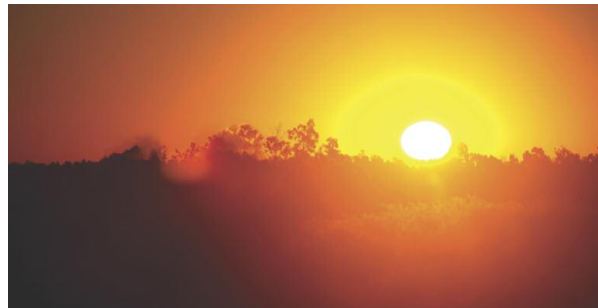
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FUTURE EVENTS

- WEDNESDAY JULY 15TH **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY JULY 16TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY JULY 23RD **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY JULY 30TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY AUGUST 6TH **Stammtisch at City Garden Hotel Lobby.**
- SUNDAY AUGUST 9TH **Hike through the Tamina gorge (Taminaschlucht)**
Mr. Ram Ramphal rr35227@gmail.com
- THURSDAY AUGUST 13TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY AUGUST 19TH **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY AUGUST 20TH **Stammtisch at City Garden Hotel Lobby.**
- SUNDAY AUGUST 23RD **Summer Barbecue. Location to be announced**
Mr. Andy Habermacher President@imcz.com
- THURSDAY AUGUST 27TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY-FRIDAY SEPTEMBER 2-4. **Excursion to World Expo in Milan.**
Mr. Roger Brooks webmaster@imcz.com
- THURSDAY SEPTEMBER 3RD **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY SEPTEMBER 10TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY SEPTEMBER 16TH **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY SEPTEMBER 17TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY SEPTEMBER 24TH **Joint Stammtisch with ZIWC at City Garden Hotel Lobby.**

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



The Tamina Gorge

A circular tour of the famous [Tamina Gorge](#) in Bad Ragaz is being organised by IMCZ member Ram Ramphal. From Bad Ragaz the hiking trail takes you into the depth of the Tamina Gorge. Old Bad Pfäfers was extensively renovated between 1983 and 1995. It includes a monastery and spa museum, which offers changing exhibitions. The entrance to the Tamina Gorge is only a few meters away; here visitors experience the immense power of water up close. Continue via a natural bridge to Pfäfers and return to Bad Ragaz along historic paths (Porta Romana) and past the Wartenstein Ruin. Proposed date Sunday August 9th, 2015. Full details on our [website](#).




STAMMTISCH
 Every Thursday from
 18:00-20:30
 At the City Garden Hotel

The Annual Barbecue

The popular annual club barbecue shall take place next month on Sunday August 23rd. This is a family event everyone is invited to bring along his spouse and kids. If the weather is anywhere as good as we have been enjoying at the beginning of this month, then it shall be a roaring success. The venue has not yet been finalised, but it shall be announced well in time.



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!	PRESIDENT Andy Habermacher 078 815 8837 President@IMCZ.com	SECRETARY Ronald Livius 079 651 8357 Secretary@IMCZ.com	TREASURER Ilham Yüksel 079 955 2287 Treasurer@IMCZ.com	NEWSLETTER CO-EDITOR Andrew Schofield 079 338 0477 Newsletter@IMCZ.com
VICE PRESIDENT NEWSLETTER EDITOR Muthana Kubba 079 340 2592 Newsletter@IMCZ.com	STAMMTISCH AND MEMBERSHIP COORDINATOR Amit Purohit 078 620 0242 Stammtisch@IMCZ.com Membership@imcz.com	EVENT COORDINATOR Danilo Bertocchi 079 202 4603 Events@IMCZ.com	WEBMASTER Roger Brooks 079 583 9935 webmaster@imcz.com	

Protein snacks between meals increase muscle build-up

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

The protein balance in our body over a 24 hour period is governed by periods of net protein degradation and net protein synthesis. Usually, muscle protein synthesis and breakdown are closely matched, resulting in no easily noticeable change in muscle mass. However, the muscle loss due to aging, for example, is facilitated by a combination of factors including the adoption of a suboptimal diet. Similarly, after a debilitating injury, the normal anabolic stimulus to feeding is disrupted and it is difficult for many patients to maintain lean body mass, particularly with increasing age.

In such situations it is often recommended that supplements be taken between meals. It has been shown, however, that the provision of nutritionally dense supplements results in a compensatory caloric redistribution, with the supplement serving as a replacement instead of as a supplement in the true sense. However, a supplement should provide an energetically efficient anabolic response greater than that achieved by ingestion of regular meals only. This should not interfere with, or blunt, the normal anabolic response to protein consumed as part of normal daily meals. This goal is compromised if the stimulus of a supplement is offset by a concomitant reduction in the response to regular meal ingestion.

In this respect, an inter-meal supplement targeting the build-up and/or maintenance of lean body mass should contain sufficient energy and essential amino acids (EAA) to trigger anabolic and anti-catabolic metabolic processes. It should not overly satiate or suppress appetite to the extent that regular meal intake is affected. Nowadays it is known that approximately 10 g of EAA, which is particularly high in leucine, constitutes the triggering effect. It has also been demonstrated that the combined effect of EAA and carbohydrate supplements on muscle protein synthesis is greater than the sum of their independent effects, i.e. they act synergistically. This rationale was tested in a study (Paddon-Jones, *Am J Physiol Endocrinol*

Metab 288, 2005) where 15 g EAA + 30 g sucrose were given to male subjects between main meals three times daily (see graph). Notably, the study design did not involve any physical exercise.

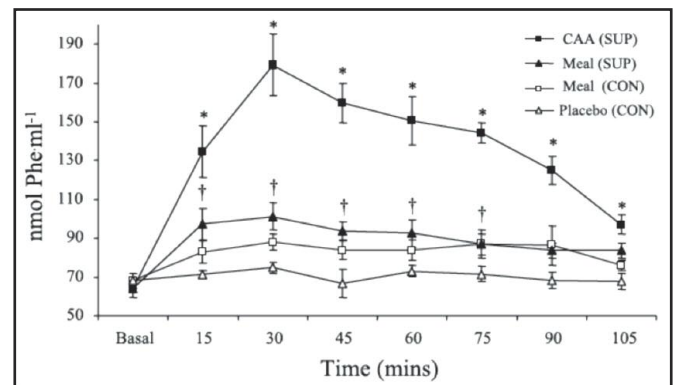
The analysis of net phenylalanine balance as a means of estimating protein balance (see second graph) demonstrates the supplements produced an extra and far greater anabolic effect than ingestion of nutritionally mixed meals alone (each meal delivered also 15g EAA contained in total 27g of protein, 127g of carbohydrate and 30g of fat). Furthermore, the anabolic response of regular meals in the supplement group was not blunted, but identical to the control group. Compared with the supplement group, the control group remained in negative net balance in this study, despite the protein contained in their meals (however, it was just a 16 hour study, compensation later on is possible).

Of course there is some uncertainty that muscle protein synthesis occurring during the 3b to 4 hour period after ingestion translates into measurable changes in muscle mass over a period of weeks or months. It is tempting to speculate that such a supplement regimen would enable sedentary individuals to increase muscle mass without any accompanying physical activity. But it must be noted that providing the optimal conditions of repeated anabolic stimuli is just one part, and small increases in muscle mass due to such stimuli may not necessarily represent a linear or continuous increase for extended periods greater than a month.

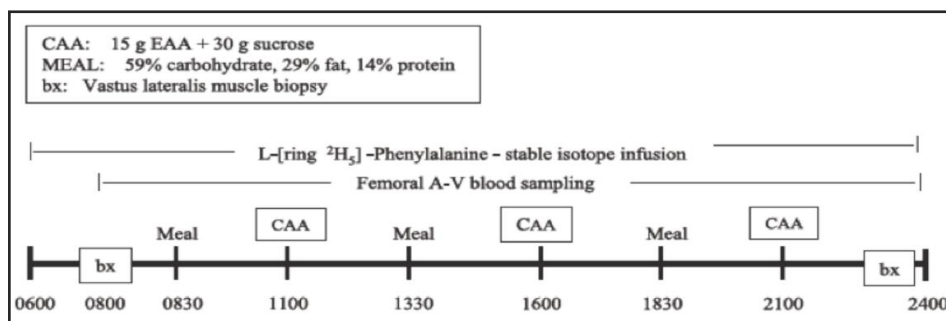
Nevertheless, in non-athletic groups it is often proposed that dietary protein/amino acid supplementation is unnecessary and similar benefits can be obtained by ingestion of enough dietary protein during regular meals.



But, as is clearly visible from the graphs above, the anabolic effect provided by normal dietary protein is much smaller than in response to EAA ingestion. In the current study, the net increase in phenylalanine balance after supplement ingestion far exceeded the response to the meals (in spite of identical EAA content). The most likely difference between the EAA supplement and the meal is the speed of digestion, which blunts the anabolic response of slower



digested dietary protein in a meal. However, it appears that slowly digested proteins such as casein (the main milk protein fraction) produce a greater whole body net protein deposition than more rapidly digested proteins such as whey or amino acids. This reflection closes the circle to the above statement that the provision of the anabolic stimulus is one part, but sustainable achievements of lean muscle mass and its maintenance depends on several factors. A combination of dietary protein, supplemental (fast protein/amino acids + sugar) and physical exercise stimuli in a properly timed combination is the clue.



"Something from the supplement cart?"

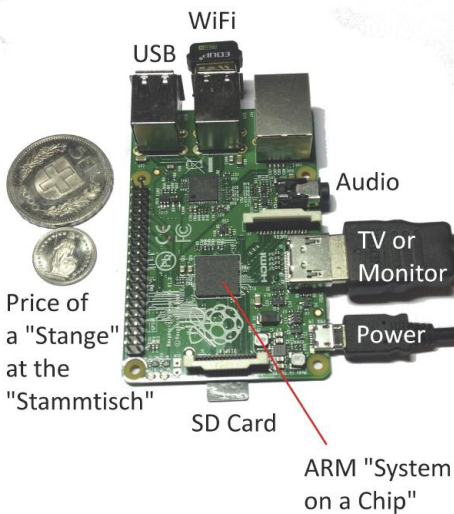
Do you like Raspberries? How about Raspberry Pi?

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

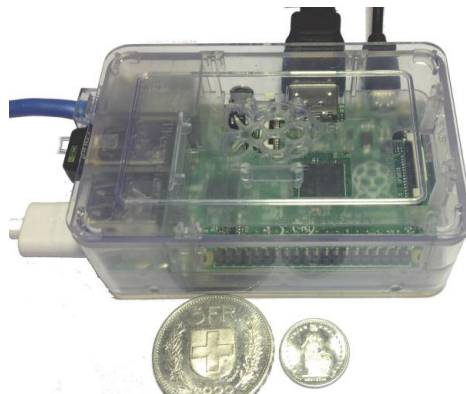
The Raspberry Pi is a low-cost computer a little larger than a box of matches. The “low-cost” is usually quoted as \$25 though in Switzerland the price is closer to CHF 120 for the top-end model including all the additional parts that you are likely to need. This does not include a keyboard, screen or mouse.

So what use is a computer that does not have a screen or a keyboard? Well you can connect a keyboard and screen to create a regular (but somewhat sluggish) computer but the Pi’s primary purpose is to allow you to create small self-contained gadgets that need only the computing power and connectivity that the Raspberry Pi provides. You have probably read about the “Internet of Things” and the Raspberry Pi supplies what you need to build a “Thing”.

Computer for CHF 25



Price of a "Stange" at the "Stammtisch"



Raspberry Pi in its case

Typically, the Raspberry Pi runs a variant of the Linux operating system, which, being freely available, also keeps the cost of projects down. Microsoft has, however, announced that it will make a version of Windows 10 available free of charge for the Raspberry Pi.

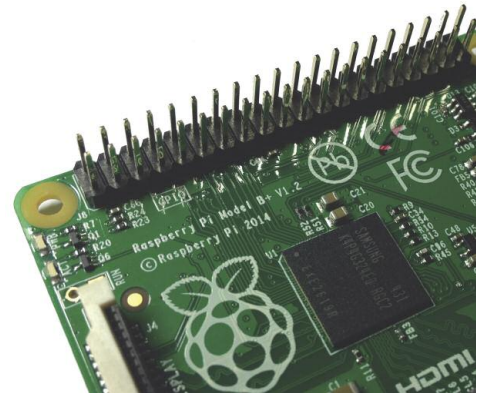
How it all started

The original impetus for creating a small, affordable computer came about in 2006, when Eben Upton, Rob Mullins, Jack Lang and Alan Mycroft, at the University of Cambridge’s Computer Laboratory, became concerned about the decline in the skills levels of students applying to read Computer Science. Previously, typical applicants were experienced hobbyist programmers, but more recently they often had only web development skills and experience with Word and Excel. They realized that computers had become too arcane and expensive to allow the experimentation necessary to get hands-on experience and decided to correct this by developing the Raspberry Pi. The first commercial devices became available in 2012 and the Raspberry Pi Foundation is now a registered educational charity based in the U.K., see <https://www.raspberrypi.org/about/> for the full history.

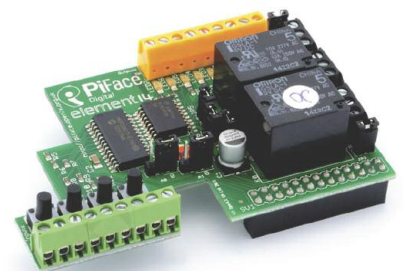
Physical computing

The main feature that really distinguishes the Raspberry Pi from an everyday laptop or

desktop computer is not its price and size but its ability to connect to tangible objects such as buttons, lights, alarms and sensors. This makes programming the Raspberry Pi both useful and fun because you can actually observe the physical effects of the computer’s operation. The connection with the outside world is via a set of pins called General Purpose I/O (GPIO) which are not accessible on an office computer. These inputs and outputs are connected directly to the ARM System On a Chip (SOC) and are not very forgiving if you make a mistake when connecting to them. Also connecting to them, requires soldering and good fine-motor skills. Because of this, it is more convenient to add a PiFace accessory that plugs directly onto this connector. The PiFace (Raspberry Pi + Interface = humorous name) plugs directly onto the GPIO connector and sits above the Raspberry Pi like the second layer of a cake. The PiFace has screw connectors which are more convenient for hobbyists and four push buttons that can be used by programs that you write. Additionally there are two relays which ensure that you can switch external objects on and off without fear of destroying your Raspberry Pi.



The Raspberry Pi and accessories are available from most of the Swiss online electronics supplier, the prices are, not usually, not overly inflated. There is also a specialized Raspberry Pi shop in Zürich at <https://www.pi-shop.ch/>.



Around five million of these devices have been sold and all manner of gadgets have been created. Just a small sample is:

- Talking toys
- A voice and barcode controlled microwave oven
- A nostalgic green and black “tennis game”
- An internet radio
- A shaving mirror with weather, time and stock price display
- A “smart TV” that is worthy of the name

The Raspberry Pi actually has more in common with your smartphone than a desktop or laptop computer. It uses a so called “System On a Chip” (SOC) where the computing power, memory and connectivity are all contained within a single semiconductor device. This chip is not the same as the Intel chips typically used



Commercial Uses

The Raspberry Pi is low cost, versatile and consumes very little power. Nonetheless commercial products that do not require all the physical connectors provided by the Raspberry Pi can be manufactured at far lower cost. Raspberry Pi's are still useful for prototyping and creating specialized test equipment. I am currently developing software for Siemens Building Technologies for a device (manufactured in Zug!) which has many similarities with the Raspberry Pi.

My projects

What Raspberry Pi projects am I working on at home? I have a couple of Raspberry Pi's

spread in pieces on my desk. The first hare-brained project will allow an old fashioned conventional electro-mechanical phone to access the internet. The idea is to have a nostalgic ring and use a single dial rotation to select one of ten "favourite" contacts. The second project is a gadget to display BBC iPlayer on the TV without having to connect a laptop. The progress on both projects is held up only by the need to earn a living and the desire to drink beer on Thursday nights.



Internet Phone of the Future



STAMMTISCH

Every Thursday
from 18:00-20:30
At the City Garden Hotel

Assassins

The English theatre Group of Zug www.etgz.ch is presenting a musical in the Chollerhalle during the month of September. Don't miss the chance to enjoy a darkly witty and touching dissection of the American Dream, accompanied by top professional London West End musicians. Tickets can be ordered directly from [this link](#):



The English Theatre Group of Zug presents

The award-winning,
chilling and surprising
musical comedy

Music & lyrics by

STEPHEN SONDHEIM

Book by

JOHN WEIDMAN

Presented by arrangement with JOSEPH WEINBERGER LIMITED/Musikverlag und Bühnenvertrieb Zürich AG, Zürich on behalf of MUSIC THEATRE INTERNATIONAL of New York.

September 4th, 5th, 11th & 12th at 20:00hrs and September 6th & 13th at 18:00hrs
Chollerhalle Zug: www.chollerhalle.ch - For mature audiences

Cruising the Caribbean, Part 3 Grenada - The Island of Spice

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

Grenada

We visited only the island of Grenada. Grenada (pronounced Gruh-nay dah, to distinguish it from Granada, Spain); the political state of Grenada also includes a group of smaller islands, many uninhabited. These islands comprise the southern portion of the Grenadines. Grenada was originally colonized by the French in the 17th century. However, the British took it from the French in the 18th century, and remained in control until Grenada gained independence in 1974. The population consists mostly of descendants of slaves brought from Africa to work on plantations, as few of the aborigines survived the French colonial period. It is one of the few islands where only English is spoken as the patois or creole spoken on many other islands faded out during the many generations of British dominion.

We docked at the main pier in St. Georges Bay, as the Inner Harbour, so prized by the French during their colonial rule, is too small for large ships like the Royal Princess. On our shore excursion, we first drove along the Carenage and the Inner Harbour and then up the hill to Fort Frederick, overlooking Grenada's capital city, St. Georges. Fort Frederick is the most prominent of four "backward-looking" forts occupying the ridge above St. Georges. Although the fort affords a commanding view of St. Georges and its harbours, the main guns are directed inland, whereas most island fortresses have the guns facing the sea, to defend against naval attack and bombardment. The reason for the unusual orientation is that both the original fort at this location and subsequently the city and fort of St. Georges were once taken back from the British by the French, who landed troops out of range of the original fort's seaward facing guns and then successfully attacked the fort from the landward side.



comes from the same tree. Nutmeg is the seed of the nutmeg fruit, whereas mace comes from a waxy "mesh" layer, which encloses the seed within the fruit. Unlike the other spices, nutmeg is dried and processed indoors, and the processing workers are at risk of lung problems due to the amount of nutmeg dust in the air. At the cooperative I had the opportunity to buy some nutmeg products one doesn't find elsewhere: "NutMed", a nutmeg-based balm for superficial aches and pains, and nutmeg jam, made from the fruit.

After leaving the fort, we drove up the western coast of the island, where we could see fishermen plying their trade in the surf. About two-thirds of the way up the coast, we visited an old plantation, the Dougladston Estates, above the town of Gouyave, which was once famous for producing spices (which it still does) but is now mostly devoted to bananas. Grenada is called "The Island of Spice" because a large variety of spices are grown here. At the Dougladston Estates, locals showed us a number of them, such as allspice, tonka beans, cinnamon, sapote, cloves, nutmeg and mace, as well as cocoa, which is not really a spice. The locals explained their processing and uses, and showed us the drying trays where most of the spices are sun-dried (when the weather cooperates).

After leaving the spice estates, we went down to the Gouyave Nutmeg Processing Cooperative. Nutmeg, which is not native, but was imported from the East Indies, is the most important spice produced in Grenada. Mace

Unfortunately, hurricane Ivan completely destroyed the nutmeg production in 2004, as well as 90% of the homes on the island. To make things worse, Hurricane Emily, while not quite as severe, struck the following year. The production of nutmeg has largely recovered, and Grenada is still a major supplier of nutmeg, second only to Indonesia, but other crops, such as bananas and cocoa are becoming more important. Of course, the most important contributor to the local economy is tourism. Grenada is somewhat more prosperous than Dominica, but still has 30% unemployment. Since Grenada has neither welfare nor unemployment insurance, many locals turn to drug trafficking as a source of income.



St. Georges Harbour from Ft. Frederick

Explanation at Gouyave Nutmeg Processing Cooperative



Our return trip to St. Georges took us through lush rain forest, where we saw many of the plants we had heard about at the spice estates, as well as many other tropical species.

We drove over the mountainous center of the island, where we visited the Grand Etang, a volcanic lake. Although it rained off and on throughout our tour (and this in the “dry season”!) the heaviest rain was reserved for this stop. However, this didn’t do much to dampen the spirits of some local musicians, who did their best to cheer us up!

On the way back to the harbour, we also stopped at the Annandale Falls, the most famous of the countless waterfalls on Grenada.

Despite the long years of British rule, the population, like Dominica’s, is mostly Catholic, owing to the early settlement by the French. It is therefore, like Dominica and the U.S. state of Louisiana, divided into parishes. On our excursion, we traversed the entire length of the island, visiting the three of the island’s six parishes, which occupy the western half of the island.

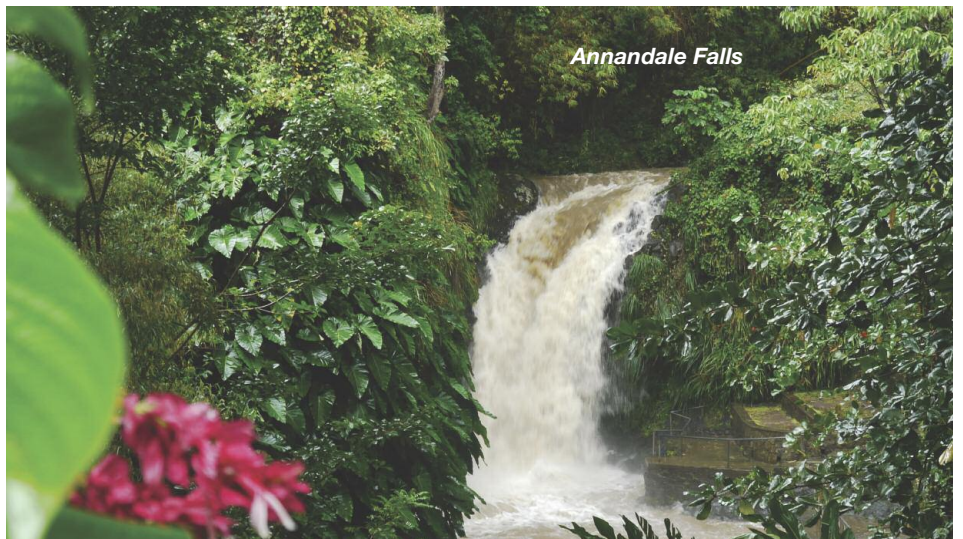
Entertainers at Grand Etang



Nutmeg Fruit, Showing Mace Covering the Seed



Margareta Admiring Bromeliads



Annandale Falls



Bird of Paradise

Contributed by IMCZ sports' editor Joseph Dow



Stealth Fighter

Ride the Lightning: The rise of the eBike

Elektrobikes or electric bicycles (eBikes) are gaining popularity, and Switzerland is at the forefront of this revolution. These electric machines are a welcome replacement for the dreadful moped with its filthy smoke-spewing, two-stroke engine. Every time I hear that old guy, wearing a full-face motorcycle helmet, wobble past my apartment on his rusted moped, I think he should be arrested for single-handedly causing Climate Change! The new eBikes come in different shapes and styles with various levels of power and range. They can be used to facilitate long tours in hilly terrain or to just get around town. The thinking behind the eBike advances the goal of more people riding bikes whether to improve fitness, to be more environmentally-conscious, to increase efficiency, to provide inexpensive transportation, or a combination of reasons.

Years ago, I purchased a non-electric citybike, mostly for short-distance transportation around town without the expense, traffic jams and parking hassles associated with a car. To see some of the sites of Switzerland, I decided I would take my new bike for a long ride. I planned a one-day tour from Meiringen to Bern, along the two lakes on either side of Interlaken. The distance was supposed to be less than 100km, and I figured I could always jump on the train at any point, if it was too much. Unfortunately, by the time I realized I could no longer sit on the saddle or use my left leg, I was in the middle of fields and forest outside of Bern with no train stations anywhere in sight. Even though numerous signs

deceptively showed short distances remaining, they seemed to be measured as the crow flies and the trail meandered around numerous private farmers' fields. After a grueling 10-hour trek (8 hours in the saddle), I limped into the Swiss capital. I also saw little of anything since the route is low by the lakeshores and none of the big peaks are visible. An eBike would have been the perfect tool to extract me from my misery that day.



Shapes & Styles:

eBikes seem to come in all shapes and sizes. Some eBikes look just like normal bikes of various types with the addition of a battery pack, mid-drive motor or hub motor mounted on a wheel, and a controller device, whereas others look more like the dreaded moped. It is even possible to buy a conversion kit and turn a standard bicycle into an eBike.

On a few occasions, I tried the Stöckli E.T. eBike, which I believe is a re-badged eFlow E3. While this model is a purpose-built eBike,

it closely resembles a standard citybike. When at speed, this heavy bike felt like it had a high center of gravity, and I didn't feel particularly comfortable on it. When I'm pedaling my regular bike, I feel I have good control over it, but the power assist with the E.T. made it feel like the bike had a mind of its own. It was a similar feeling to the difference between driving a motorcycle and riding behind the driver. When the driver accelerates, you feel like you are going to roll off the back as you cannot anticipate his actions and your body position is not correct. After my experience with the E.T., I imagine I would prefer the handling of a shorter design with wider tires in the moped style, such as the Moustache lundi 9S, the Flyer C-series or the A2B Metro.

Power Options & Classifications:

The power of the eBike and the speeds it can achieve will determine whether or not you need to register and insure the eBike and have a license and a helmet to operate one.

Pedelec: An eBike uses a Power-Assist-System (PAS) with pedaling activating the electric drive or Power-on-Demand where the electric drive can also activate via a throttle control. Speeds reach up to 25km/h with motor power up to 250W. These are often legally-classified as conventional bicycles, especially using only PAS, requiring no license and allowing them on to trails, bike paths, and in bicycle lanes.

S-Pedelec (Schnell-Pedelec): This type can reach speeds up to 45km/h with motor power up to 500 or 750W. Compared to EU countries and the United States and Canada where S-Pedelecs are not always legal, Switzerland is less restrictive on this class and it is easier to get a license for an S-Pedelec.

Electric Moped/Electric Motorcycle: This class is not considered an eBike, despite the presence of pedals on some models, and can reach speeds above 45km/h with motor power greater than 750W. These are treated as motor vehicles having all the related licensing, registration, insurance and safety equipment requirements.

Safety:

As I experienced, you can really get going on an eBike to the point of not realizing how fast you are traveling. Recently, I saw large signs down by the Casino in Zug warning eBike riders that the bikes can go much faster than one might think. I have also heard of significantly more serious accidents among older people, who are very enthusiastic eBike users, because of the higher velocities. Given the greater rates of speed, a scooter helmet would seem more appropriate than a standard bicycle helmet.

Cost:

Most of the quality eBikes seem to sell in the range of 2'500 to 4'500 CHF, but some of the fast eBikes like the Stealth B-52 Bomber run upwards of 10'000 CHF. The price of a serious DIY conversion kit for your existing "normal" bike, using a lithium manganese battery instead of a cheap, sealed lead acid (SLA) battery, are in the range of 1'000 to 2'500 CHF.

Special Applications:

Some eBikes are very fast, bordering on being classed as a motor vehicle. They look like a lot of fun, but are not really made for the utility purposes of commuting or shopping trips into the city. The Stealth B-52 Bomber and F-37 Fighter are two such eBikes with the Bomber capable of speeds around 50km/hr. In the coming months, I will try to get a test ride and let you know more about them.

A2B



eFlow E3



Stromer-ST1-LTD



Flyer C-Series



Stoeckli E.T.



Gocycle G2 Stealth



Moustache Lundi 26 9S Bosch



ADDITIONAL INFORMATION

eBike Companies:

Moustache: www.moustachebikes.com

Gocycle G2: gocycle.com/

UltraMotor A2B Metro: www.wearea2b.com

Flyer: www.flyer-bikes.com

Stromer: www.stromerbike.com

eFlow: www.currietech.com/eflowebikes

Stöcki E.T.: www.stoekli.ch/ch-de/produkte/bike-velo/elektrobike/e-t

Stealth: www.stealthelectricbikes.com

DIY Conversion Kits and Installation:

BionX: www.nycewheels.com/bionx-electric-motor.html

www.electricbike.com/one-hour-electric-bike-conversion

www.nycewheels.com/electric-bicycle-conversion.html

www.treehugger.com/bikes/6-DIY-electric-bike-conversion-tips.html

eBike Tours:

MySwitzerland: www.myswitzerland.com/en-ch/e-bike.html

Herzroute: www.herzroute.ch/die-herzroute/das-projekt

SwissTrails: www.swisstrails.ch/swisstrails_engl/veloland/veloland_national.asp

Miscellaneous:

Welcome's eBike Tankstelle at Baarerstrasse 43 in Zug:

www.welcomesports.ch/produkte/fahrraeder/e-bikes

Moped Pollution:

cleantechnica.com/2014/05/22/mopeds-cause-significantly-air-pollution-cars-research-shows/

Safety in the news:

www.zug4you.ch/woman_e_bike_rider_found_injured_on_road.html

Helmets:

scooterunderground.ca/products/accessories/Scooter_Underground_Helmets.htm

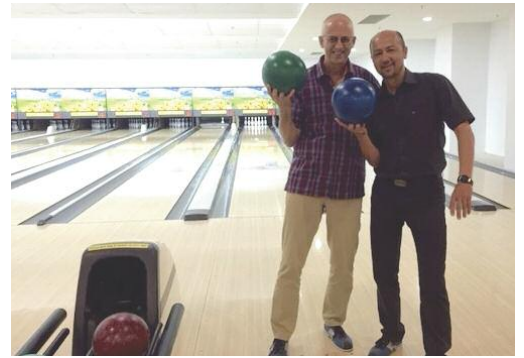
Fast eBikes: www.electricbike.com/10-fastest-electric-bikes



More Splits than strikes

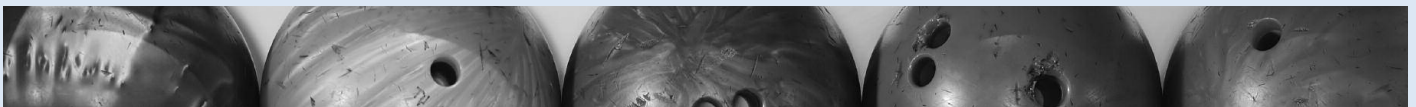
Organised and compiled by
IMCZ member Stephen Butterworth

Only seven members turned up this time. Summertime, holidays and other events do take their toll. The evening was enjoyable as usual, with not too many strikes, but quite a few splits. Thankfully, there was not as much oil as last month. The wine went to Colin who was first, and second went, just, to Otto, even though Hans-Peter was making a real effort to catch him. Congratulations to both. Colin certainly looks as the man everyone should try to beat as the year goes on.



HANDICAP RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Colin	Mason	101	164	134	567	133	130	56	4	12	3	
Otto	Steuri	133	125	148	538	135	145	44	8	8	2	
Hans-Peter	Schobert	100	109	119	532	109	116	68	4	6	3	
Beat	Züger	125	134	111	526	123	135	52	4	5	3	
Stephen	Butterworth	109	105	92	501	102	119	65	3	3	2	
Sergiy	Shtangey	100	102	86	495	96	114	69	2	3	6	
Angelina	Parfenova	59	67	64	442	63	70	84	1	1	4	

BOWLED RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Otto	Steuri	133	125	148	406	135	145	44	8	8	2	
Colin	Mason	101	164	134	399	133	130	56	4	12	3	
Beat	Züger	125	134	111	370	123	135	52	4	5	3	
Hans-Peter	Schobert	100	109	119	328	109	116	68	4	6	3	
Stephen	Butterworth	109	105	92	306	102	119	65	3	3	2	
Sergiy	Shtangey	100	102	86	288	96	114	69	2	3	6	
Angelina	Parfenova	59	67	64	190	63	70	84	1	1	4	



Caring for each and all of your insurance needs – your independent broker.

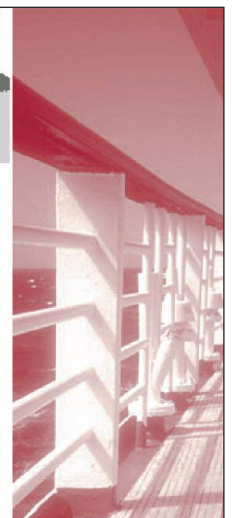
We cover all your insurance needs for business and private, i.e. assets; liability; legal protection; medical aid, as well as wealth management for the planning of your pension...
... as we have been doing since 1982.

Stephan M. Leuthard

www.gfsa.ch/Insurance.html
(all information online)

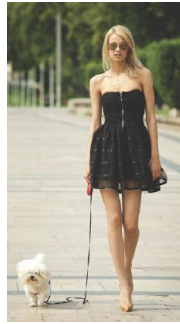


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My New Neighbour

She's single...She lives right across the road. I can see her place from my deck. I watched as she got home from work this evening but I was surprised when she walked across the street and up my driveway and knocked on my door. I rushed to open it, she looks at me and says, "I just got home, and I am so horny! I have this strong urge to have a good time, get drunk, and make love all night long! Are you busy tonight?" I quickly replied, "Nope, I'm free, I have no plans at all!" She said, "Great! Could you then please watch over my dog?" Being a senior citizen really sucks!



Wishes and wishful thinking

Wife: I wish I was a newspaper. So I'd be in your hands all day.
Husband: I too wish that you were a newspaper. So I could have a new one every morning!



Which book?

A bookseller conducting a market survey asked a woman, "Which book has helped you most in your life?" The woman replied, "My husband's cheque book!!"

Advertisement

This is from an actual trial in the UK.

A young Woman who was several months pregnant was sitting in a bus. When she noticed a young man smiling at her. She began feeling humiliated on account of her condition.

She changed her seat and he seemed even more amused.

She moved again and then on seeing him laughing more, she filed a court case against him.

In the court the man's defence was "When the lady boarded the bus I couldn't help noticing she was pregnant. She sat under an advertisement, which read 'Coming Soon - The unknown boon'.

I was even more amused when she then sat under a shaving advertisement, which read: 'William's stick did the trick'..

Then I could not control myself any longer, when on the third move she sat under an advertisement, which read: 'Dunlop Rubber would have prevented this accident..'"

The case was dismissed... the judge fell off his chair laughing...



How is Norma?

A sweet grandmother telephoned St. Joseph's Hospital and timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal, and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you very much. That's wonderful. I was so worried. God bless you for the good news."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me anything"



Lessons in Maths

- Office Arithmetic
 - Smart boss + Smart employee = Profit
 - Smart boss + Dumb employee = Production
 - Dumb boss + Smart employee = Promotion
 - Dumb boss + Dumb employee = Overtime
- Romance Arithmetic
 - Smart man + Smart woman = Romance
 - Smart man + Dumb woman = Affair
 - Dumb man + Smart woman = Marriage
 - Dumb man + Dumb woman = Pregnancy

General Rules

- A man will pay CHF 2 for a CHF 1 item he needs, but a woman will pay CHF 1 for a CHF 2 item that she doesn't need.
- To be happy with a man, the woman must understand him a lot and love him a little, but to be happy with a woman, the man must love her a lot and not try to understand her at all.
- A woman marries a man expecting he will change, but he doesn't. However, when a man marries a woman expecting that she won't change, but she does.
- A woman has the last word in any argument, anything a man says after that is the beginning of a new argument.
- A woman worries about the future until she gets a husband, but a man never worries about the future until he gets a wife.
- A successful man is one who makes more money than his wife can spend, whereas a successful woman is one who finds such a man.



Members' Marketplace

Are you **selling** your yacht (harboured in Piraeus)?
 Your Aston-Martin old-timer with the roll top roof?
 A gorgeous view of the Bay of Biscay,
 with a little bit of house attached?
 Or are you cashing in the half of your stamp
 collection that is finally worth something?
 Perhaps you're **looking** for all of these things?

Then ADVERTISE here, in the IMCZ News;

The Members' Marketplace is reserved for unformatted advertisements of 150 characters (approx. 3 lines) of text. These are free of charge to IMCZ members. Advertisements must be submitted as illustrated below. Longer advertisements cost CHF 30.-

Example: FOR SALE: gorgeous view of Bay of Biscay with stunning sunsets and high waves. Wee house (12 rooms), dock and yacht included. Call Bill at 041 123 45 67.

IMCZNEWS Advertising Rates

Circulation: 300 plus online download.

Issued: Monthly

Format: A4 vertical, full color.

Ad content delivery:

electronic by e-mail, .pdf, .jpg, .gif

Advertising Rates:

- Full page, A4 vertical. (19 x 27.7 cm), Fr. 200.-
- 1/2 Page, A5 horizontal (19 x 13.5 cm), Fr. 110.-
- 1/3 Page, vertical (6.3 x 27.7 cm), Fr. 85.-
- 1/3 Page, horizontal (19 x 9.2 cm), Fr. 85.-
- 1/4 Page, A6 vertical (9.2 x 13.5 cm), Fr. 60.-
- 1/4 Page, horizontal (19 x 6.9 cm), Fr. 60.-
- Business Card (9.2 x 6.45 cm) Fr. 45.-

Extra costs may be incurred for typesetting, special formatting, etc.
 IMCZ Members receive a 20% discount on advertisement costs.

Place your ad for an extended period and receive a discount: get seven months of advertising for six months paid, or receive twelve months for the price of ten.



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