

# IMCZ NEWS



AUGUST 2015



## EDITORIAL Our Annual Barbecue

It was the intention of the board to hold our annual barbecue at the same well tried location next to the Zug marina, the Siehbachsaal. Unfortunately, it was not available this year. After a frantic search for a suitable alternative, we finally landed at a novel new location, and are certain that we shall have a fabulously successful party. The location is at the old Canton hospital at Artherstr. 27. The theme this year shall be Middle Eastern Food. I call on all new members and those who have not been to a club barbecue before to come along and bring your spouse and children with you. Apart from excellent food, there shall be lots of activities, games, bingo and puzzles. If you have guests bring them along too, they shall have the times of their lives. Please register on our website, so we can plan for the appropriate number of participants.

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

## IMCZ

Introducing...New members

THE IMCZ WELCOMES:

### Markus Heidelberger

Markus is a Swiss national, he was born in Lenzburg, Canton Aargau but grew up in Hünenberg, Zug, which is also known by insiders as "Chickenhill". He completed a commercial apprenticeship with Bossard in Zug, then got a degree as a certified accountant, and completed courses in sales and controlling. At present he works with a Zurich based company, C2NM (Company 2 New Market), which specialises in internationalisation and intercultural management. Additionally, he controls a business unit of a rehabilitation clinic. He enjoys reading, sport (skiing, badminton, biking), cinema / theatre and wining & dining. Last but not least Markus loves travelling and meeting people of different cultures from all over the world.



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## FUTURE EVENTS

- SUNDAY AUGUST 9TH **Hike through the Tamina gorge (Taminaschlucht)**  
*Mr. Ram Ramphal [rr35227@gmail.com](mailto: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 at Turkish club, Artherstr 27, Zug (Old Canton Hospital location)**  
*Mr. Andy Habermacher [President@imcz.com](mailto: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](mailto:webmaster@imcz.com)*
- THURSDAY SEPTEMBER 3RD **Special Stammtisch at City Garden Hotel Lobby.**  
*Ms Petra Wülfroth talks about the German Language*
- 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.**
- THURSDAY OCTOBER 1ST **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY OCTOBER 8TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY OCTOBER 15TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY OCTOBER 21ST **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*

## YOUR NEWSLETTER GOES PUBLIC

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

Visitors to our site [imcz.com](http://imcz.com) can read the current Newsletter under About Us -> Current Newsletter

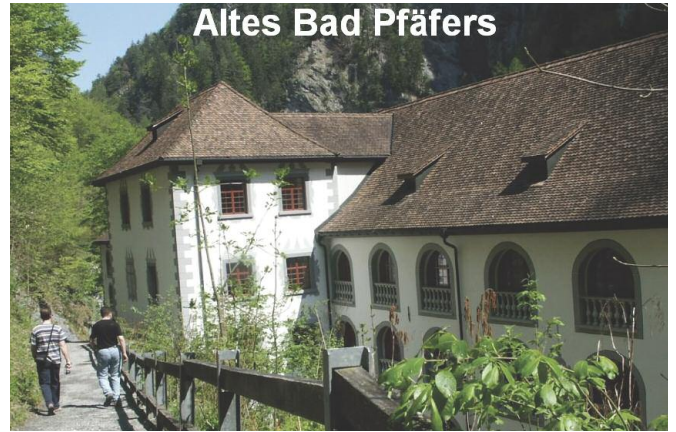
## STAMMTISCH

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



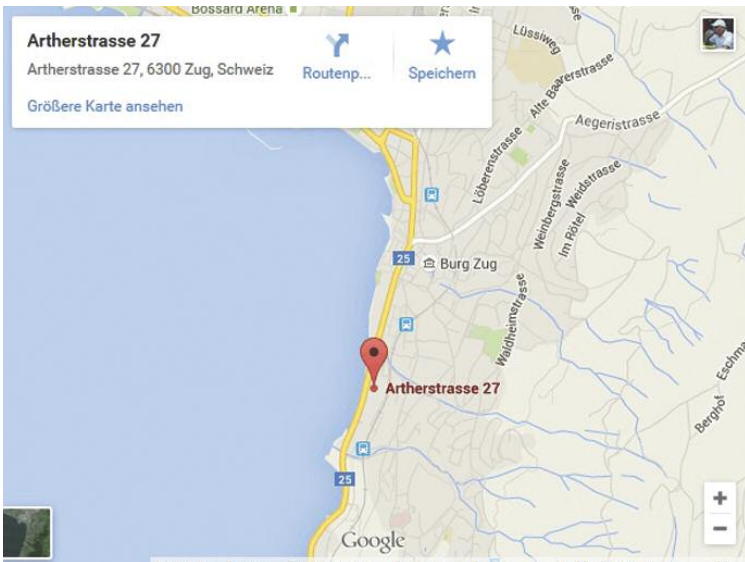
## The Tamina Gorge

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 September 9th, 2015. Meet at Zug station to take the 9:58 train heading to Zurich. Change in Thalwil for the Bad Ragaz train. Full details on our [website](#).



## The Annual Barbecue

The popular annual club barbecue shall take place 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 during July then it shall be a roaring success. The venue is at the Turkish Club located at the old Canton hospital in Artherstrasse 27, Zug. Virtually opposite the Casino, with plenty of parking spaces in the park garage next door. The cost is CHF 35,- per person for IMCZ or ZIWC club members or their respective spouses. Children up to 12 years are free, guests pay CHF 45,- Please register on our website, so we can plan appropriately,



### IMCZ BOARD MEMBERS

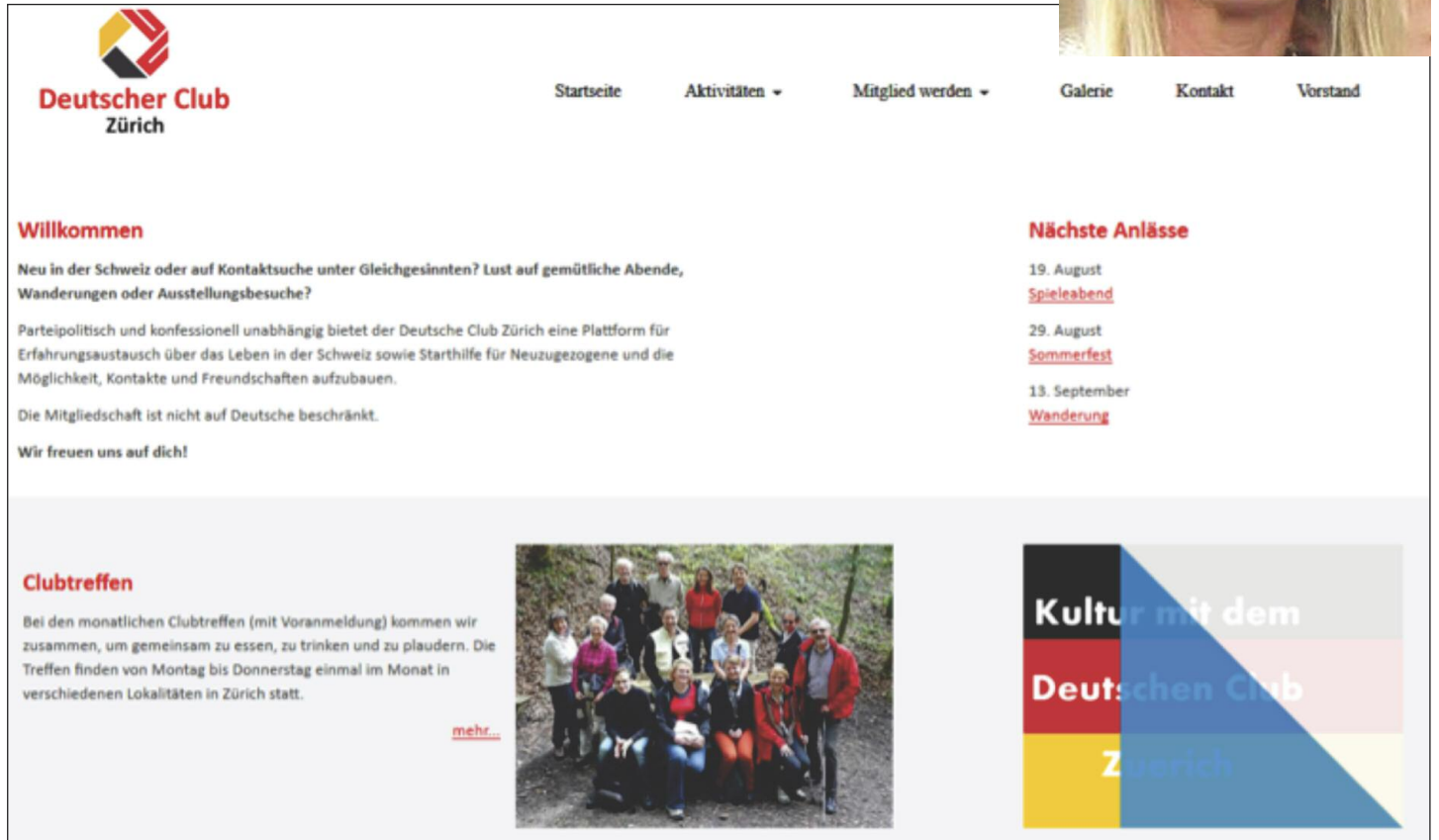
Board Member bios are posted under the following link: <a href="http://www.imcz.com/nc/about-us/board-members-2014.html">http://www.imcz.com/nc/about-us/board-members-2014.html</a> . Go ahead and check them out!	<b>PRESIDENT</b> <b>Andy Habermacher</b> 078 815 8837 President@IMCZ.com	<b>SECRETARY</b> <b>Ronald Livius</b> 079 651 8357 Secretary@IMCZ.com	<b>TREASURER</b> <b>Ilham Yüksel</b> 079 955 2287 Treasurer@IMCZ.com	<b>NEWSLETTER CO-EDITOR</b> <b>Andrew Schofield</b> 079 338 0477 Newsletter@IMCZ.com
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## Special Stammtisch, Thursday September 3, 2015

Dr. Petra Wülfroth from the German Club of Zürich shall make a presentation on the myths of the German language: difficult, hard and unpredictable.

All members who are struggling to learn German should not miss this important event.

**Deutscher Club Zürich**

Startseite    Aktivitäten ▾    Mitglied werden ▾    Galerie    Kontakt    Vorstand

**Willkommen**

Neu in der Schweiz oder auf Kontaktsuche unter Gleichgesinnten? Lust auf gemütliche Abende, Wanderungen oder Ausstellungsbesuche?

Parteilos und konfessionell unabhängig bietet der Deutsche Club Zürich eine Plattform für Erfahrungsaustausch über das Leben in der Schweiz sowie Starthilfe für Neuzugezogene und die Möglichkeit, Kontakte und Freundschaften aufzubauen.

Die Mitgliedschaft ist nicht auf Deutsche beschränkt.

Wir freuen uns auf dich!



**Nächste Anlässe**

- 19. August [Spieleabend](#)
- 29. August [Sommerfest](#)
- 13. September [Wanderung](#)

**Clubtreffen**

Bei den monatlichen Clubtreffen (mit Voranmeldung) kommen wir zusammen, um gemeinsam zu essen, zu trinken und zu plaudern. Die Treffen finden von Montag bis Donnerstag einmal im Monat in verschiedenen Lokalitäten in Zürich statt.

[mehr...](#)

## live music events featuring IMCZ members

- AUGUST 13TH • **Triple Bypass** at Wilerbar, Unterägeri – starts at 7:30pm
- AUGUST 15TH • **Stuart & Reidt** at Grütli Restaurant, Cham – starts at 7pm
- SEPTEMBER 7TH • **Triple Bypass** at Mr Pickwick Pub, Zug – starts at 8:30pm
- SEPTEMBER 10TH • **Triple Bypass** at Wilerbar, Unterägeri – starts at 7:30pm
- SEPTEMBER 11TH • **Grand Crew** at McGee's Irish Pub, Wiedikon
- OCTOBER 1ST / 2ND • **Franziska Hauser & Band** at Hagewo, Wohlen – starts at 9pm
- OCTOBER 16TH • **Franziska Hauser & Band** at Prima Vista Music-Bar, Baden – starts at 8pm
- OCTOBER 22ND • **Grand Crew** at Wilerbar, Unterägeri – starts at 7:30pm
- OCTOBER 31ST • **Grand Crew** at Mr Pickwick Pub, Zug – starts at 8:30pm
- DECEMBER 5TH • **Triple Bypass** at Chollerhalle, Zug



**Stuart & Reidt**  
with IMCZ member  
John Stuart



**Franziska Hauser & Band**  
with IMCZ member  
Ron Sumners



**Triple Bypass**  
with IMCZ member  
John Stuart



**Grand Crew**  
with IMCZ member  
Ron Sumners

Want to be included on this list?  
Please email [sumners@databaar.ch](mailto:sumners@databaar.ch) with your info.



## High beer consumption and mycotoxin exposure

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

It is well known that certain food stuffs have a high risk of being infested by yeast and mould, typically in nuts, cereals, fruits and spices. Many of these microscopic fungi form toxic metabolites on such foods, called mycotoxins. Notably, the most cancerogenic substance known at present is aflatoxin B1, produced by the yeasts *Aspergillus flavus* and *parasiticus*, most often found in nuts. Another common and suspected to be cancerogenic mycotoxin is ochratoxin, found mainly in cereals.

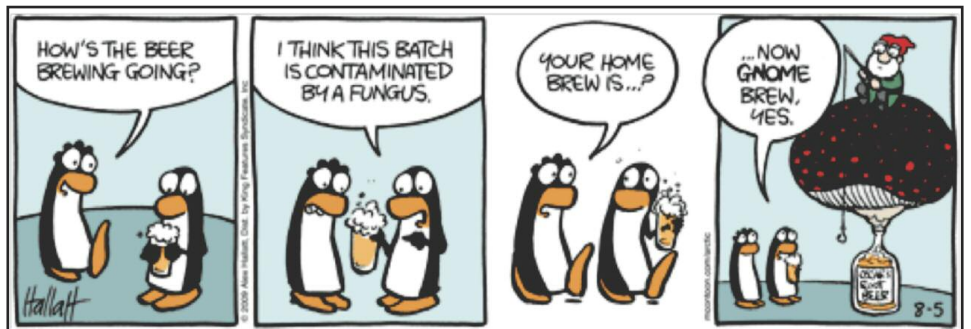
However, because it is so common, and the potential risk of the formation of cancerogenic mycotoxins, the food safety authorities apply tight controls on such food categories. Analyses of each and every single batch at our country's borders when imported is quite common. Such controls focus on products originating from hazardous countries, typically African or South-American origin, where the climate favours the formation of yeast and mould. Also poor hygiene, low industrial food production standards or the non-use of fungicides in organic production may increase the risk of microbiological growth and concomitant mycotoxin formation. In particular, this applies because mycotoxins are often not neutralised by heat treatment which would prevent them from producing microorganism. Due to this fact, contamination with mycotoxins may thus remain undetected by consumers.

Altogether, 16 different mycotoxins were detected in an analysis of 228 dried fruit

samples in Spain and Tunisia. Contamination frequency was 83% in dates, 80% in raisins, 64% in figs, 59% in apricots, and 26% in plums. The most abundant mycotoxins were enniatins (they probably are cytotoxic), followed by aflatoxins and ochratoxin. However, none of the samples from Spain exceeded the maximum levels set by EU legislation. Only thirteen samples from Tunisia exceeded established limits for aflatoxins. They came from travelling street markets, which again stresses the point of less rigorous health and safety controls and measures. But to make this point clear, only continual exposure to these quantities of mycotoxins would pose any danger.

But you do not need to be a lover of nuts, dried fruits and Muesli to be prone to mycotoxin exposure. Also processed foods containing

contaminated ingredients or fermented foods such as beer are potential sources. A recent study showed that the consumption of one litre of beer (with the highest contamination levels) per day would lead to 60% of the maximum tolerable daily intake (TDI) of one mycotoxin (deoxynivalenol), and exceed the TDI of another (HT-2). However, these toxins are less hazardous than the aforementioned and it is believed that from drinking more than a litre of beer of a serious manufacturer on a daily basis would first lead to liver problems than to such of a mycotoxin origin.



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

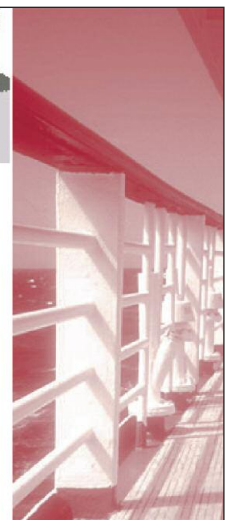
We cover all your insurance needs for business and private, i.e. assets; liability; legal protection; medical aid, as well as wealth management for the planning of your pension... as we have been doing since 1982.

Stephan M. Leuthard

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## An apple a day keeps the doctor away?

Contributed by IMCZ Member Dr. med. Hans Peter Wüest



These times have gone. How many chemicals, fertilizers, pesticides, preservatives and even waxes are in an apple or stick on its skin!

And doctors, haven't we changed their image and forced them into political straitjackets?

Hasn't the medical community adopted managerial attitudes and principles a long time ago?

That's necessary, you may argue. Time is money, money out of my pocket when it comes to medical services. But that's like reckoning without one's host! And who is this host? Have a guess. No, not your health the insurance, not the doctor and not the hospital. It is nature! Nature as it evolves with your body – and soul.

We all want to stay healthy or become healthy or healthier. If we get sick, we take medication or go for therapy or surgical intervention. We take supplements and go to the gym or workout center. Many of us strain their bodies, assuming that stretching muscles and forcing the heart to pump like a machine will be good for their health. Should we get an inflammation, we get a cortisone shot or take antibiotics. We eat beautiful fruits – yes beautiful – and vegetables and prepared meals and snacks.

We believe in our medical and in our food industries. They strive and are run by very healthy companies. The winner seems to be the pharmaceutical industry.

So why question the excellent health system and the food industry? Should we question our own behavior when it comes to our own health? We do have professional advisers and experts. So why care?

Again, to reckon without one's host might not be wise. Particularly if the host is nature with its own laws and rules and forces and powers and miracles.

There are innumerable ways to look at nature. There is one way to look at nature in an analytical and integrative sense which allows us to repeat events and draw conclusions. From these conclusions we can generate hypotheses and try to prove them and to go on to the next level of scientifically understanding nature. This approach allows us to reckon at least in some ways with our host, nature.

To come straight to the point, it seems wise to change the various paradigms that rule our thinking and acting in the realm of health, disease and medical services.

There are a few thousand symptoms recognized by medical societies. And, there are a few thousand diagnostic labels for these symptoms or symptom groups. And, of course there are a few thousand therapies for all these diagnostic labels.

What are we, what are doctors surmising from all these symptoms? The label for the diagnosis or diagnoses? And, simultaneously the scholarly correct prescription, be it a medication, a therapy or a surgical intervention?

Do we, do our doctors recognize the host, nature?

Without the accumulated knowledge of the natural sciences that describe the structures and behaviors of nature, of our body, of the organs, of the cells and their organelles and specific constituent molecules – we are all reckoning without our host, nature.

In the next few newsletters we shall discover the miracles of the molecular behavior in our cells our organs and our bodies.

We will recognize many chances to have nature work even more for our well-being and health and to find a way out of disease and sickness – many times even without medical drugs or surgery.

“If an organ malfunctions you will have to live with it” is the usual paradigm in classical medicine.

But, does it represent nature's facts?

Over decades and more than a century medical science has used and is still using often questionable tools. Testing black-box theories with statistical means is no longer sufficient to evaluate medical diagnostic and therapeutic procedures.

Physics, chemistry and mathematics have far advanced into biology. Biophysics, biochemistry and biomathematics have developed very advanced tools and rendered stunning results.

Harvard Medical School has asked medical illustrator David Bolinsky to visualize the inner life of a cell. The result is incredible. Moving molecules forming structures, working as messengers and performing many other tasks, including that of constituting DNA-molecules. As you will see, there are no static structures in a living body, simply none. Even the molecules constituting cell walls are in constant motion. Everything flows. *Panta Rhei!* Based on these and other scientific discoveries in biology we shall take a closer and quite different look at medicine, at health and disease and at therapies.

Doctors and patients are taking too many things in medicine for granted.

The time has come to take advantage of natural sciences. We have to change many paradigms about medical diagnostics and treatments.

The following articles over the next few months shall throw some light on recent discoveries:

1. What are cortisone and cortisol, and are they as harmless as they say?
2. Does the brain have a lymphatic system? If yes, what are the consequences?
3. Pain, acute and chronic: what molecules are involved? How to diagnose and treat pain optimally?

Although the cell is the smallest unit of life, it is by no means simple. The human body is made up of tens of trillions of cells, that have developed a highly synchronized set of components to carry out the processes that keep the organism alive and allow it to reproduce and adapt to changing environments.

Credit: National Science Foundation

## Information Theory

Contributed by IMCZ honorary member and Newsletter editor Muthana Kubba

Actually IT used to stand for Information Theory, and only lately in the age of the Internet did it change to mean Information Technology. You may rightly ask, "What is the difference?" Well, quite a lot as you shall see.



Information Theory was tackled for the first time in 1948 by [Claude Elwood Shannon](#). He developed the theoretical tools for measuring information and then formalised his ideas by developing the mathematics which describe and quantify information.

At the time, just after the Second World War, information was a loose and general term and no one, certainly none from the scientific community even considered that it might be quantified and measured. Of course everyone knew the difference between a good telephone line and a bad one, but no one knew by how much. There was no way for knowing or measuring the information content of a printed piece of paper, a book or a speech. The capacity of a communication channel to carry information, i.e. the rate at which it transmits the information, was also not quantified.

What Shannon achieved was a true breakthrough. For the first time, it became possible to measure the [information content](#), and to calculate the upper theoretical limits of the capacity of communication channels.

### The basic unit the BIT

The basic unit of information is the bit, short for binary digit. The sizes of computer

memories, disks and files, are all measured in bits or Bytes (8 bits= 1 Byte). However, Shannon was careful to distinguish between the information content of a message in the semantic sense and the size of a message. By semantic is meant the meaning of the message, not just the collections of letters and sentences which make it up. For example if one knew the contents of a message in advance then it has no

information in it for him or her. Suppose you heard on the radio that the Autobahn between Baar and Zug has been closed due to an accident, then if you receive an SMS from your wife warning you that the Autobahn is closed, there would be no information content in the message for you.

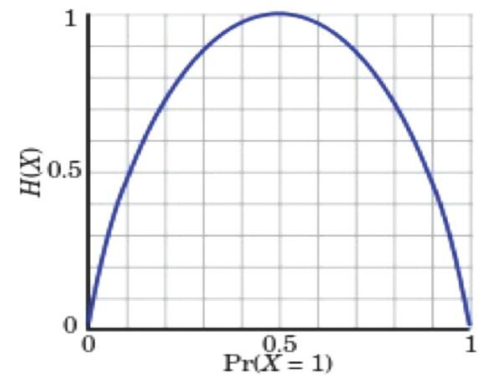
Shannon's starting point was the information content in tossing a coin. Since no one knows the outcome of tossing a coin, the information gained, after tossing it, is one bit. Say a 0 for heads and 1 for tails. Any message therefore, can be expressed in zeros and ones, and the binary numerical system was used to quantify information.

Just as the decimal system represents numbers uses ten symbols, the binary system represents numbers uses only two symbols 0 and 1. Therefore 2 would be 10, 3 = 11, 4 = 100 and 8 = 1000 in binary notation. In practice and in order to avoid too long strings of zeros and ones, the hexadecimal system is usually used to represent numbers in

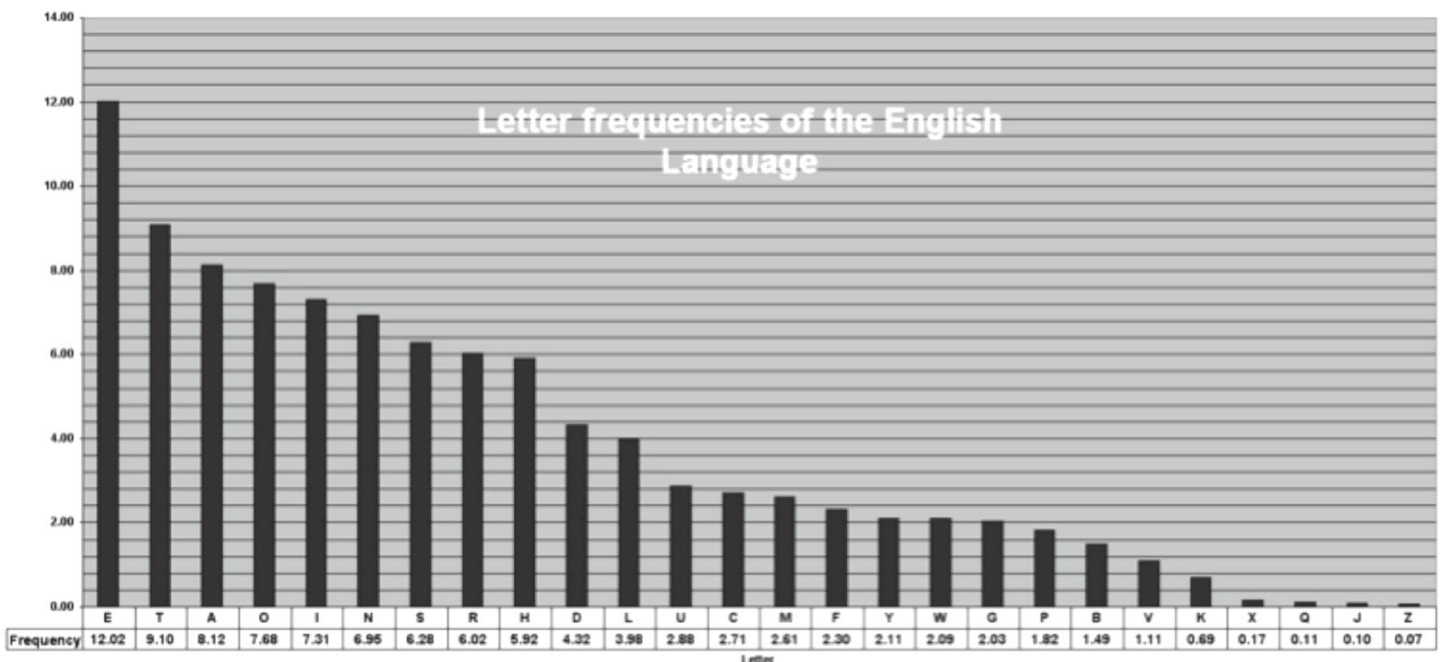
information systems. (The hexadecimal system uses 16 symbols to represent numbers 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, A, B, C, D, E, F. Therefore 10 = 16, 100 = 256 etc.). All the addresses on hard disks and in memory as well as the contents of these locations are normally expressed in hexadecimal notation.

### Information Content in a Text

Shannon's ideas are best illustrated in how to measure information content in a text message. If we go back to our coin tossing mental experiment, we can easily surmise that because we do not know the outcome, meaning that the probability of heads or tails



is equal. An event that has a probability of 1 means it shall definitely happen with a certainty of 100%. Similarly a probability of 0 means it will never happen. Therefore the probability of tails or head is 0.5, which results in maximum information content, namely one bit per toss. If the coin were 'biased' such that more tails than heads would come out, then the information would be less per toss, For example if for 100 tosses, only 10 heads show on average then the probability of heads



would be 0,1 and the information content per toss would go down from 1 bit per toss to 0.5 bit, as you may see from the graph.

*[For those who are not intimidated by equations, this can be represented by  $H = -p \cdot \log_2(p)$  where  $H$  is the information content per toss, and  $p$  is the probability of the outcome. The log is to the base 2. And the minus sign is there to make up for the fact that  $p$  is less than one and hence its logarithm is negative.]*

In a text message, we have to use letter-frequencies as an indicator of how likely they are to be used.

The (non-semantic) information content of say, a text of 1000 letters would therefore be the sums of the probability of each letter (its frequency divided by 100) times the log of this probability to the base 2. Adding the results for all the letters results in the total amount of information the message carries. Needless to say, this is a vast simplification, because the probabilities of combinations, such as two letter probabilities (e.g. a 'u' always follows a 'q' etc), also have to be taken into consideration.

You may well ask, so what? What use is knowing how many bits of information a text

or a book has? Well as in all other science disciplines, such abstract thought models lead us suddenly to ground breaking conclusions. Shannon's contribution was to work out the capacity of communication channels.

## Capacity of Communication Channels

Of course there is no point in working out the information content of text messages in bits, unless we want to send them to someone else. Sending messages involves the use of communication channels. From the outset, Shannon's aim was to arrive at an understanding of information content and how fast could it be sent via communication channels.

However, central to all communications channels, is random noise. In addition to transporting messages, they generate a certain amount of noise and there is always a so-called signal to noise ratio in each and every channel.

Shannon's great contribution was to work out the maximum theoretical limit for the speed at which a communication channel can transport information, for a given bandwidth (range of frequencies it can handle) and signal to noise ratio. The famous formula is

$$C = B \log_2(1+S/N)$$

**C is the capacity of the channel in bits per second, B is the bandwidth in Hertz and S/N is the signal to noise ratio**

Once the upper theoretical limit was known, engineers and scientists were in a position to design and utilise communication channels with full knowledge of their limitations. I guess you would know by now why the New Horizon probe shall take 16 months to send the photos it took of the dwarf planet Pluto, both the bandwidth and the signal to noise ratios are so low that the channel capacity is limited to around 2000 bytes per second.

## Further reading

[https://en.wikipedia.org/wiki/Shannon%E2%80%93Hartley\\_theorem](https://en.wikipedia.org/wiki/Shannon%E2%80%93Hartley_theorem)

[https://en.wikibooks.org/wiki/Data\\_Coding\\_Theory/Shannon\\_capacity](https://en.wikibooks.org/wiki/Data_Coding_Theory/Shannon_capacity)



**JAZZ NIGHT**  
DO 20 ZUG 1  
FR 21  
AUG - 6  
2015  
IGTZ  
IGTZ

**DO 20.08.2015**  
Mothership Caldonia  
RundFunk  
Don & Giovannis  
Island Jazz  
Gläuffig Plus  
Julian von Flüe  
Street Rats  
Paradox Jazz Band  
Black Creek

«Round Midnight Jam Session»  
mit Gläuffig Plus & Friends

**FR 21.08.2015**  
Trumpet Night: Rüdiger Baldauf  
Amadou Diolo  
The Ballroomshakers  
Alina Amuri  
Ludwig Seuss & Band  
Little Chevy  
The Tribe & Zach Prather  
Acoustic Blues Drifters

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mit Little Chevy & Friends

[www.jazznight.ch](http://www.jazznight.ch)



## Cruising the Caribbean, Part 5

### Bonaire & Aruba

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

#### The Leeward Antilles

After leaving the “island of spice”, we made a longer voyage westward, to the Leeward Antilles, more commonly known as the ABC islands: Aruba, Bonaire and Curaçao. The ABC islands still belong to the Netherlands, along with the SSS islands (St. Maarten, St. Eustatius & Saba), located in the Eastern Caribbean. Remember not to confuse the Leeward Antilles with the Leeward Islands, which in English describes the East Caribbean islands north of Dominica (including the above-mentioned SSS islands), even though one could argue that the so-called Leeward Islands also belong to the Antilles and lie windward of the Leeward Antilles. The Dutch territories in the Caribbean are also referred to variously as the Dutch Antilles, the Dutch Caribbean and the Netherlands Antilles, but the latter term (which was the one I was familiar with) is now obsolete, as it technically described a country which was dissolved in 2010.

Like most of the Caribbean islands, the Dutch possessions were originally “discovered” at the end of the 16 century by Spaniards. However, they were taken over by the Dutch West India Company in the 17th century, in what might be seen as the culmination of the Eighty Years War, which began with the Dutch Revolt against the Spanish rule of the Holy Roman Empire in the 16th century. Unlike the islands in the Eastern Caribbean, the Leeward Antilles, which are only about 50 miles off the coast of Venezuela, have a relatively dry climate, and are not threatened by hurricanes. The most popular language spoken is not Dutch, but a creole called Papiamentu (on Aruba, Papiamentu), which is based on Portuguese and West African languages with some contributions from Dutch, English, Spanish and American Indian languages.

#### Bonaire & Aruba

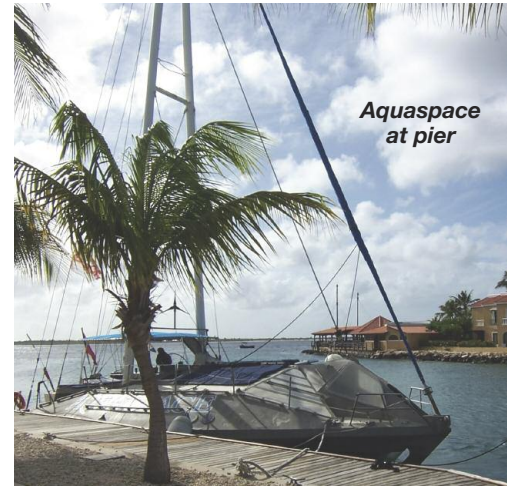
Of the Leeward Antilles, we only visited Bonaire and Aruba. Unlike the other Dutch islands in the Caribbean, Bonaire and Aruba have remained more or less continuously under Dutch control since the 17th century, except for brief periods of British occupation during the Napoleonic Wars.

#### Bonaire

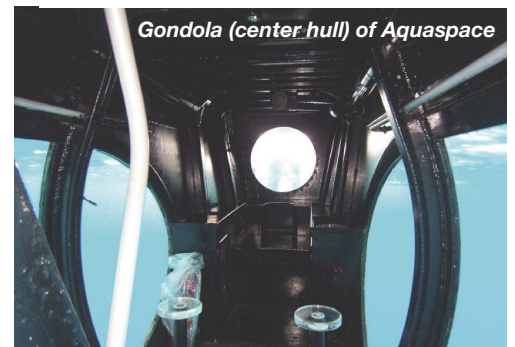
The name Bonaire, does not, as one might easily suppose, come from the French meaning “good air”. Instead it is thought to be derived from “Bonay”, which means “low country” in the language of the Caquieto, an aboriginal Arawak tribe from Venezuela. We made port in the capital city of Kralendijk shortly before noon and therefore had only half a day on Bonaire.

Our time on Bonaire was just enough to enjoy a unique excursion, sailing on a trimaran with a glass center hull. The ship, named “Aquaspace”, was conceived and built by the French naval architect, Jacques Rougerie, who collaborated with Jacques Cousteau. They used the boat for several years to explore the northern Caribbean, but Rougerie was eventually forced by economic exigencies to sell the boat, which passed through American and Dutch ownership (and even a name change) before being purchased by the current, native owner and operator, Edwin Sluis, who introduced himself simply as “Ed”. He is also known as “Captain Dready” for his Jamaican-style dreadlocks.

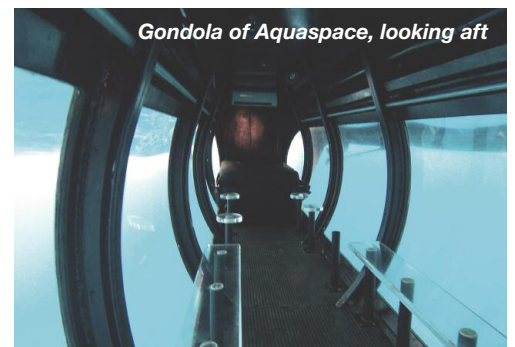
We sailed across the bay to the neighboring island of Klein Bonaire, and then cruised along the coastal fringing reef, all of which belongs to the protected Bonaire National Marine Park. Although Bonaire is famous for outstanding underwater visibility, it wasn’t so good during our visit.



Aquaspace at pier



Gondola (center hull) of Aquaspace



Gondola of Aquaspace, looking aft



Kralendijk Harbour





*Captain & Mate aboard the Aquaspace*



*Ferry to the Atlantis VI*

After a light snack prepared by the Captain's able-bodied First Mate, Babette, we went snorkeling along the reef. Despite the poor visibility, we saw lots of sea life, including angelfish, parrotfish, trumpetfish blue chromis and many types of coral, such as Elkhorn coral and Boulder Star coral.

## Aruba

Our last stop before returning to South Florida was the neighboring island of Aruba. Aruba is only inhabited on the southwestern, leeward side. Although tourism is the major industry in Aruba, mining and oil refining also contribute significantly. We docked at the capital city of Oranjestad.

In the morning, we went on our first submarine voyage, on (or is it in) the Atlantis VI. As the name implies, this is one of several similarly named vessels, which are stationed in various ports around the world for the enjoyment of tourists who want to enjoy the underwater scenery without getting their feet wet. After a brief ferry ride from the port, we transferred to the sub at sea.

Once all were on board and seated, we began a gradual descent, then cruised along the Barcadera reef.

Going a little deeper, we visited the sites of two shipwrecks, the Morgenster and the Mi Dushi. The Morgenster is a freighter which was scuttled by its failing owner for lack of funds to continue operation. Like many such, it is nonetheless a welcome addition to the underwater habitat, as it is colonized by coral, sponges and other sea life. The Mi Dushi is little more than debris, strewn across the bottom of the sea.

The underwater visibility was not much better than in Aruba. Nonetheless, we saw plenty of fish, including angelfish, firefish, various snappers, yellow goldfish and grunts. We finally descended to 140 feet, where we rested briefly on the ocean bottom. Although this was perhaps not as unique an experience as our voyage on the one-of-a-kind Aquaspace, our guide on the submarine voyage informed us that we now belong to less than 1% of the world's population, which has voyaged on a submarine. At roughly \$100 each, this is certainly a very economical way to belong to "the 1%!"



*Aboard the Ferry to the Atlantis VI*



*Pilot of ferry to the Atlantis VI*



*Passengers taking their places aboard the Atlantis VI*

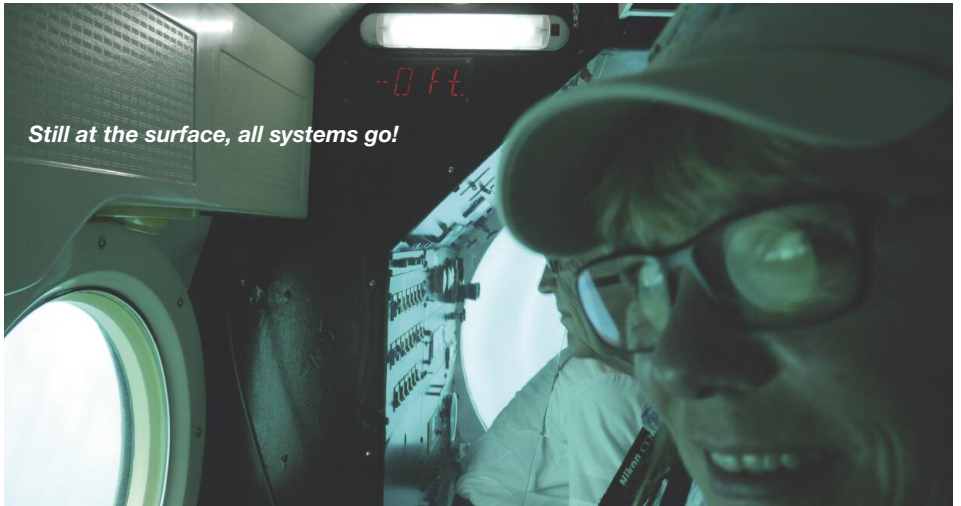


# TRAVEL AND LEISURE

*First Mate of the Atlantis VI*



*Still at the surface, all systems go!*



We returned to the Royal Princess for lunch and then disembarked again to explore the city of Oranjestad. The city is served by a fleet of lovingly maintained trolleys, which run from the port through the shopping district to Plaza Nikki Habibe and back.

We enjoyed touring the city on foot and by trolley, did a little shopping and then returned to the Royal Princess. Once on board, we saw the occasional frigate bird, one of which accompanied the Royal Princess for a while as she left the island.

## At Sea

Our return voyage to Ft. Lauderdale consisted of two sea days, although we could easily have made any of several ports on the way back. For example we sailed right through the Bahamas. This is a somewhat annoying feature of most cruises on the larger cruise lines, which want to give their passengers an opportunity to spend a little more money on board, especially in the ship's casino. Nonetheless we found the cruise very enjoyable, although we don't plan to sail again on such a large vessel.

*Rapt Passengers aboard the Atlantis VI*



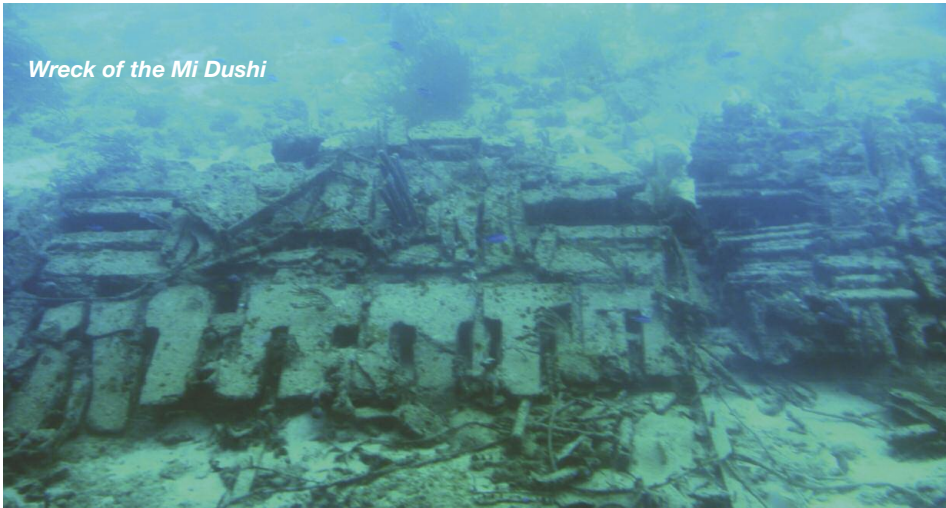
*85 Ft.*

*Pilot at the Helm of the Atlantis VI*



*Wreck of the Morgenster*





*Wreck of the Mi Dushi*



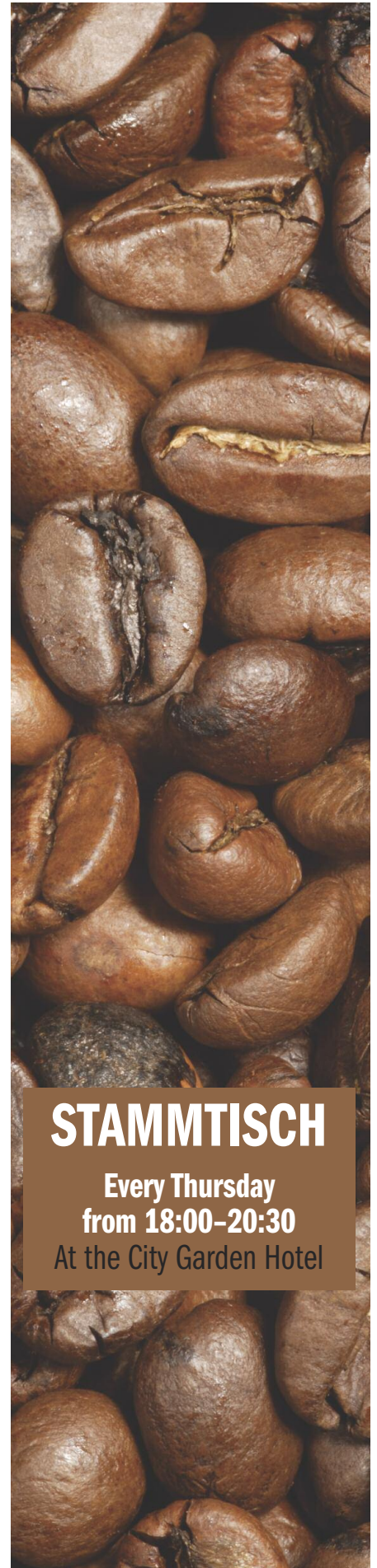
*Nearly touching down*



*Atlantis VI taking on the next group of passengers*



*Streetcar in downtown Oranjestad*



## STAMMTISCH

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



Contributed by  
IMCZ member  
and Sports' Editor  
Joseph Dow

## Long, Hot Summer: Waiting for NFL Football

Last week, I walked by Ochsner Sport at Metalli and skis were already placed out in front of the store for sale! Every online shop is advertising "Christmas in July" sales, and I am really itching for the ski season. But, the thing I'm really anticipating is the start of the NFL (American) football season. As much as I enjoy participating in sports like skiing, biking and volleyball, I have very little interest in watching them as an observer. However, I think American football, not soccer, is the ultimate spectator sport, the closest thing to gladiators in the Coliseum.

Being from Boston, I am obviously a fan of the New England Patriots, probably the greatest NFL franchise in history. The quarterback (basically, the field general, who runs the offense on the gridiron) for the Patriots is Tom Brady, the greatest quarterback of all time with four Super Bowl titles, three Super Bowl MVPs, and six Super Bowl appearances overall. The guy has everything, including a marriage to leggy supermodel, Gisele Bündchen.



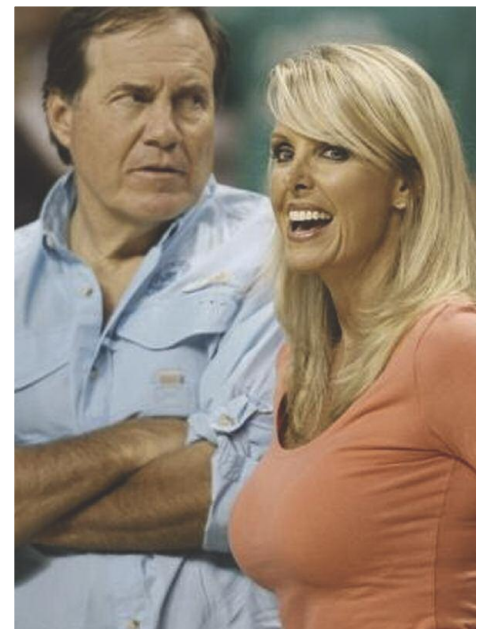
The Patriots also have the greatest head coach in NFL history, Bill Belichick. He's an authoritative curmudgeon, usually appearing in an old hoodie sweatshirt with cut-off sleeves. Saying very little to the press with a gruff, confrontational manner, he keeps coming up with exotic formations and brilliant schemes to stymie and infuriate opponents. Most of the country hates Bill Belichick and his presumed arrogance, but we New Englanders love him.

As a result of their dominance over the last decade and a half, the Patriots are despised by the rest of the country and other NFL teams, owners, and players. The league even went so far as to accuse Brady and the team of improperly deflating footballs to gain some highly dubious competitive advantage, just before the Patriots stunned the Seattle Seahawks, this past February in Super Bowl XLIX. Despite the intense distraction, the Patriots went on to win the Super Bowl, on the strength of an astonishing fourth quarter performance by Brady and a last second, game-winning interception on their own goal line by a rookie cornerback.

Since the Super Bowl victory, the NFL has gone on to fine the team, take away draft picks, and suspend Brady for four games (a quarter of the upcoming season), the same punishment levied on Greg Hardy of the Dallas Cowboys, who threatened, beat and choked his girlfriend before slamming her down on a bed covered with loaded assault rifles, shotguns, and ammo!



Belichick, the coach of the New England Patriots





Gisele, Tom Brady's wife



The Boys - Patriots Receiving Corp

The NFL's logic suggests Hardy's transgressions did not "affect the integrity of the game." Hmmm, . . . okay . . .

The "Deflategate" situation is still playing out with a decision on Brady's appeal of the suspension expected at any moment.\* The circus created by NFL officials and management is beyond ridiculous. The story has dominated all sports stories in Boston for the last seven months with multi-million dollar investigations and a rogue's gallery of NFL executives and owners plotting against the Patriots and Brady. Without getting too deep into the details, the league claims ball boys for the team tampered with the inflation levels of the game balls and Tom Brady was "more probable than not" to have had a "general awareness" of their activities. All kinds of scientific measurements and theories have been put forward in voluminous reports to explain and refute this accusation that footballs were intentionally deflated. No matter that ball inflation had never

before concerned game officials and the two gauges they used (items purchased at a sports store like Ochsner, not precision instruments) did not agree and the readings were not written down.



An entire article on the scientific investigations could be written and that might be something one of our science writers would enjoy tackling for an upcoming newsletter issue! So, if you are bored with the scandals of FIFA and world soccer, here are some links to information about NFL American football and the excitement of the New England Patriots:

## ADDITIONAL INFORMATION

New England Patriots: [www.patriots.com](http://www.patriots.com)

Patriots Pro Shop: [proshop.patriots.com/](http://proshop.patriots.com/)

Super Bowl XLIX: [www.thescore.com/nfl/news/690845](http://www.thescore.com/nfl/news/690845) and [en.wikipedia.org/wiki/Super\\_Bowl\\_XLIX](http://en.wikipedia.org/wiki/Super_Bowl_XLIX)

Internet Sports Radio from Boston: [www.weei.com](http://www.weei.com)

The Wells Report:

[www.scribd.com/doc/264419498/Investigative-Report-Concerning-Footballs-Used-During-the-AFC-Championship-Game-On-January-18-2015](http://www.scribd.com/doc/264419498/Investigative-Report-Concerning-Footballs-Used-During-the-AFC-Championship-Game-On-January-18-2015)

The Wells Report in Context: [wellsreportcontext.com/](http://wellsreportcontext.com/)

American Enterprise Institute's Scientific Study on Deflategate:

[boston.cbslocal.com/2015/06/13/new-independent-study-questions-wells-report-says-unlikely-patriots-deflated-footballs/](http://boston.cbslocal.com/2015/06/13/new-independent-study-questions-wells-report-says-unlikely-patriots-deflated-footballs/)

New Rules on Inflation: [profootballtalk.nbcsports.com/2015/07/26/after-deflategate-nfl-instructs-refs-to-inspect-footballs-more-closely/](http://profootballtalk.nbcsports.com/2015/07/26/after-deflategate-nfl-instructs-refs-to-inspect-footballs-more-closely/)

NFL Audio Pass: [audiopass.nfl.com/](http://audiopass.nfl.com/)

\*Latest Statement:

[itiswhatitis.weei.com/sports/newengland/football/patriots/2015/07/29/tom-brady-defends-himself-in-facebook-statement-i-did-nothing-wrong/](http://itiswhatitis.weei.com/sports/newengland/football/patriots/2015/07/29/tom-brady-defends-himself-in-facebook-statement-i-did-nothing-wrong/)

# A Lady Winner

Organised and compiled  
by IMCZ member  
Stephen Butterworth

The ceiling fans whirred but it was a hot and stuffy evening, which probably did not help for the averages except for the star of the evening, we were all below par. Well done Gail Brenton, you were way over your average, which hopefully means that the handicap will change! Also, well done Otto for trying so hard to catch the one and only Lady of the evening for the honour of the fellows. Well done Ian Brenton with 6 splits, that has to be challenging Hans-Peter Schobert who used to be our resident expert in splits. Other than that we look forward to a slightly cooler next event on: August 19th.




HANDICAP RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Gail	Brenton	94	124	85	555	101	84	84	1	9	3	
Otto	Steuri	142	117	147	541	135	144	45	7	7	2	
Ian	Brenton	125	96	105	524	109	118	66	3	7	6	
Colin	Mason	95	152	108	523	118	130	56	4	5	4	
Stephen	Butterworth	102	125	81	506	103	118	66	2	8	1	
Roger	Dixon	83	69	82	435	78	117	67	1	2	1	

BOWLED RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Otto	Steuri	142	117	147	406	135	144	45	7	7	2	
Colin	Mason	95	152	108	355	118	130	56	4	5	4	
Ian	Brenton	125	96	105	326	109	118	66	3	7	6	
Stephen	Butterworth	102	125	81	308	103	118	66	2	8	1	
Gail	Brenton	94	124	85	303	101	84	84	1	9	3	
Roger	Dixon	83	69	82	234	78	117	67	1	2	1	

## Assassins

The English theatre Group of Zug [www.etgz.ch](http://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](http://www.chollerhalle.ch) - For mature audiences

## A Reminder

For two weeks in a run, every morning a husband kept on saying to his wife, "Today is a fine day".

On the third week the wife couldn't take it anymore and asked him, "What is the matter with you, you have been repeating this sentence every day for two weeks?"

He took a long look at her and said, "When we had our last argument just over two weeks ago, you said, "One fine day, I will leave you", I was just trying to remind you..."



## Bad Memory

A man in his eighties was asked by a friend, "Even at your age you still call your wife darling, honey, love, what is the secret?"



The man replied, "Actually, I had forgotten her name and I am too scared to ask her".

## A Familiar Patient

A weeping woman bursts into her hypnotherapist's practice and pleads, "Doctor, I have been faithful to my husband for the past fifteen years, but yesterday I broke that trust and had an affair!

The guilt is killing me, I just want to forget that it ever happened".

The hypnotherapist shakes his head and says, "Not again....".



## Bagpipes

A Scottish mother visits her son in his New York City apartment and asks, "How do you find the Americans, Donald?" "Mother," says Donald, "they're such noisy people. One neighbour won't stop banging his head against the wall, while the other screams and screams all night long."

"Oh, Donald! How do you manage to put up with them?"

"What can I do? I just lie in bed quietly, playing my bagpipes."

## A Bar in New York

Frank was getting ready to go on a trip to New York for the first time, and was talking to his friend Bill.

Bill: "While you are in New York, there is a bar that you have to go to. When you walk through the front door, you are handed a free drink. Then you can go to the back room and get laid. Come back up to the bar, and you get another free drink. Then you can get laid again. It goes on like this all night."

Frank: "That sounds unbelievable. Have you really been there?"

Bill: "No, but my sister has."



## Christmas Tree

A family is at the dinner table. The son asks his father, "Dad, how many kinds of boobs are there?"

The father, surprised, answers, "Well, son, there are three kinds of Boobs. In her 20's, a woman's are like melons, round and firm. In her 30's to 40's, they are like pears, still nice but hanging a bit. After 50, they are like onions."

"Onions?"

"Yes, you see them and they make you cry."

This infuriated his wife and daughter so the daughter said, "Mum, how many kinds of 'willies' are there?"



The mother, surprised, smiles and answers, "Well dear, a man goes through three phases. In his 20's, his willy is like an oak tree, mighty and hard. In his 30's and 40's, it is like a birch, flexible but reliable. After his 50's, it is like a Christmas Tree."

"A Christmas tree?"

"Yes – the root's dead and the balls are just for decoration."

## Jacking Off

One day Mr. Smith, the president of a large corporation, called his vice-president, Dave, into his office and said, "We're making some cutbacks, so either Jack or Barbara will have to be laid off."



Dave looked at Mr. Smith and said, "Barbara is my best worker, but Jack has a wife and three kids. I don't know whom to fire."

The next morning Dave waited for his employees to arrive.

Barbara was the first to come in, so Dave said, "Barbara, I've got a problem. You see, I've got to lay you or Jack off and I don't know what to do?"

Barbara replied, "You'd better jack off. I've got a headache."



## Do you have a Boss or a Leader?

- A boss drives employees, but a leader coaches them.
- A boss depends on authority, but a leader depends on goodwill.
- A boss inspires fear, but a leader generates enthusiasm.

- A boss says, "I", but a leader says, "We".
- A boss blames for a breakdown, but a leader fixes it.
- A boss knows how it is done, but a leader shows how it is done.
- A boss uses people, but a leader develops them.
- A boss takes credit, but a leader gives credit.
- A boss commands, but a leader asks.
- A boss says, "Go", but a leader says, "Let's go".



## 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.

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- 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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