

IMCZ NEWS



SEPTEMBER 2015

EDITORIAL

Whatever happened to the department store?

A recent article in the weekend edition of the International New York Times bemoaned the declining fortunes of department stores. The article attributed the decline to consumers' preference for paying for experiences rather than wares. This might seem logical, as department stores are called "Warenhäuser" in German, but I feel that it misses the mark. 50 years ago, department stores offered a level of "experience" hard to find in today's "Geiz ist geil" market. I remember my fascination as a child with the animated displays and even rides to be "experienced" at major department stores, such as Wanamaker's in Philadelphia.

The declining fortunes of department stores are, I suspect, rather due to their loss of faith in their own traditional distinguishing feature, the departments. A department store used to be a place where you could go, for example, to the Men's Department, and find a broad assortment of suits from a variety of designers and manufacturers. Now, many department stores have adopted a "collection of boutiques" or "store within a store" concept, which nullifies their essential advantage in comfort and efficiency. Instead of just looking through the suits in the Men's Department, one now has to visit the Tommy Hilfiger boutique, the Ralph Lauren boutique, the J. Lindeberg boutique, the Strellson boutique, etc., etc., in order to see what is available. What happened to the racks or shelves of clothing organized by size, where you could quickly find something to "suit" you without rushing hither and thither from one "boutique" to the next? These can be found, if at all, only in the low-end or outlet-type stores.

In voluntarily dissecting their own product palette, department stores are giving up their unique advantage of presenting wares from a number of different sources conveniently collected by application or target clientele. In doing so, many of them now resemble nothing more than a microcosm of the shopping centres in which they are often embedded. In catering to their customers' supposed loyalty to brands of clothing, they have devalued their own brands. Unless they reconnect with their roots, and reaffirm their Unique Selling Proposition, their decline will only continue.

Roger Brooks, Webmaster webmaster@imcz.com

IMCZ

Introducing...New members

THE IMCZ WELCOMES:

Jesper Nielsen

Jesper was born in Denmark, and moved to Zug in January of this year, after the company he was working for as CEO, was taken over by Landis+Gyr. He has a Masters degree in high voltage power engineering from the Technical University of Denmark, and an Executive MBA in Leadership, Business Development and Innovation from Copenhagen Business School. At present he is working as product manager of smart power grids with Landis+Gyr in Zug. Jesper enjoys practising his German, biking, hiking, skiing, socialising and meeting new people.



continued on page 2

IN THIS ISSUE

PAGE 1

- Editorial
- New Members
- Future Events

HEALTH P.3

- Magic drink with ketones at Tour de France?
- What are Cortisone and Cortisol, and are they as harmless as they say?

SCIENCE/TECHNOLOGY P.6

- Music in my ears

SPORTS P.8

- Snow Kiting
- From The Lanes

HUMOUR P.11

TIDBITS P.12

- Member's Marketplace
- IMCZ Rates
- Corporate Space

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



FUTURE EVENTS

- THURSDAY SEPTEMBER 10TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY SEPTEMBER 16TH **Bowling at the White Line Bowling Centre, Meierskappel** [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- THURSDAY SEPTEMBER 17TH **Stammtisch at City Garden Hotel Lobby.**
- SUNDAY SEPTEMBER 20TH **Easy Hike along the river Rhine (Rheinuferweg)** [Mr. Ram Ramphal events@imcz.com](mailto:Mr.Ram.Ramphal@imcz.com)
- 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](mailto:Stephen.Butterworth@imcz.com)
- THURSDAY OCTOBER 22ND **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY OCTOBER 29TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY NOVEMBER 5TH **Stammtisch at City Garden Hotel Lobby.**
- THURSDAY NOVEMBER 12TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY NOVEMBER 18TH **Bowling at the White Line Bowling Centre, Meierskappel** [Stephen Butterworth](mailto:Stephen.Butterworth@imcz.com)
- THURSDAY NOVEMBER 19TH **Stammtisch at City Garden Hotel Lobby.**
- WEDNESDAY NOVEMBER 25TH **Joint Stammtisch with ZIWC at City Garden Hotel Lobby.**
- THURSDAY NOVEMBER 26TH **Stammtisch at City Garden Hotel Lobby.**



IMCZ **Introducing... New members** THE IMCZ WELCOMES:

Jake Frazer

Originally from Tennessee, Jake is a displaced citizen having spent over half his life living and working outside the US, including Germany, Hungary, Bosnia, Prague, Dubai, and Switzerland. He moved to Switzerland in 2007 and currently lives with his wife two sons and the loyal dog (Unicum) in Luzern in their own multi-cultural world. He has been a partner/executive in a dynamic international logistics firm (TWI AG) for the past 9 years. His professional passions are in organizational development and connecting international partnerships. Jake spends personal time playing/watching soccer & football, strumming the guitar, and exploring wines.



Christian Wagner

Christian was born in Washington DC, but completed his primary schooling in American schools of various countries: the United States, Germany, Turkey, Lebanon and Guatemala. He finished his studies in Switzerland with the equivalent of a bachelor's degree in mathematics and studied law at the University of Zurich. Shortly after becoming a Swiss citizen, he started his professional career with Bank Julius Baer in 1974 where he was assistant head of research, followed by Merrill Lynch with responsibility for dedicated research for special institutional clients and then at Bank Leu, as head of the asset management group. He developed a concept to address the non-discretionary side of the investment business for Citibank Switzerland in 1989 and headed up their advisory unit in Zurich before joining Clariden Bank as head of a new investment advisory unit. He went out on his own in 1998 and still offers investment services tailored to individual client needs and objectives. He goes to gymnastics once a week and likes to ski. Chess and all kinds of card games are among favored indoor activities.



Daniel Grillo

Daniel is an Italian citizen, however he was born and grew up in Southern Brazil. He studied business administration at the UCS University in Caxias do Sul, and has been working in the field of building materials. In particular he was exporting forestry products to North America since 1990. He moved to Zug in January 2015 and started up his own business in the same field with Amber Pine GmbH. Daniel enjoys travelling and socialising. He has developed a taste for Ice Hockey and enjoys watching it.



Thomas Egger

Thomas hails from Austria where he grew up in Lower Austria, Weinviertel. He studied chemistry and mechatronic robotics. He is now between jobs. His hobbies include sailing, chess, horseback riding, reading, photography, statistics and the stock markets.



The Tamina Gorge

Four IMCZ members and one spouse got together in the Thalwil railway station to take the 10:21 train to Bad Ragaz. With the lake of Zurich, the Linth canal and the Wallensee on our left, the uneventful train journey soon ended at Bad Ragaz, a neat, small town with lots of building activity. We were pleasantly surprised to discover that for this summer it has changed its name to Bad RagARTz. It is holding the sixth Swiss Triennial Festival of Sculpture and Art. It is Europe's largest Sculpture Park. The best part was that there were no doors and no entrance fees. The sculptures were along the main town road for everyone to see and admire.



After a coffee break, we reluctantly left the sculpture park and walked towards the Tamina gorge. The distance to the point where the water enters the gorge is 4 Km, the path sloping slightly uphill all the way, with waterfalls every 200 metres or so.

About halfway along the trail, we could see 200 metres above us, an arch bridge under construction. At 265 metres span, we are told that it would be the longest arch bridge in Switzerland. It was indeed a very impressive feat of civil engineering.

Hungry and tired we finally arrived at the entrance to the narrow end of the gorge, where we found a building at least 150 years old. It used to serve as a hotel, spa and restaurant, with thermal baths.

Now it is only a restaurant. We were hoping to have lunch and then inspect the inner gorge itself, but the restaurant was full, and we had the choice of either eating in another small self service restaurant or make the tour first then come back to the restaurant where the headwaiter assured us a table would by then be available, which we all agreed to.

The inner gorge is not unlike the Aare gorge which most of us had seen. It ends in a gallery where the water masses enter the gorge. To the left of the gallery a short tunnel leads to the famous thermal spring hidden behind a glass wall. The water of this hot spring is at a constant 36.2 degree Celsius all year round and, thanks to its mineral content, is very popular especially with those seeking wellness centres.



It was quite interesting to observe a section of a wooden pipe which was used to transport the hot water from the spring to the spa. Nowadays modern pipes are used to take the hot water to the five star Grand Resort Bad Ragaz. As we were leaving, rain caught up with us, and the train was fully packed, but we got home at last taking with us nice memories of a sunny day and wonderful scenery. Thanks are due to IMCZ member Ram Ramphal who organised the excursion.

Muthana prepared a 6 minute video and slide show of the excursion. If you would like to join him on this wonderful trip and get a whiff of the atmosphere and ambiance of the place, do take a look at <https://vimeo.com/137128541>



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
Iham 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

Annual Barbecue

On a pleasant summer day on August 23, a good turnout of members of the IMCZ found their way to Turkish Cultural Centre in Zug. Some found it quite readily, but several struggled a little because of its hidden location at the back of the old Cantonal Hospital. In the end over 40 members, with their spouses and many with offspring gathered in a very pleasant venue, with views over the lake of Zug, lush gardens and a huge indoor hall just in case the weather might play one of its unexpected twists. Our president addressed the audience, welcoming them and their spouses and friends and urging everyone to relax, enjoy the food and participate in the games to follow.

Food was then served. It was a Middle Eastern buffet, with a variety of mezes including several salads, dolmas (rice and minced beef wrapped in grapevine leaves), the famous humus (mashed chickpeas with flour), haydari (thick yoghurt with garlic and dill), Eggplant dip with tomato sauce, piyas (white beans with onions and tomatoes). A grill was set up outside the hall, with lamb chops, chicken on spit's and koftas. The food was very popular and particularly tasty - especially the lamb chops, which were quickly devoured!

The quiz proved to be a challenge showing that members' history of all things Turkish is, unsurprisingly, a little lacking - but it provided some useful insights into the trivia of Turkey (and Switzerland). Lacking belly dancers a group of children decided to put up a small dance show and entertained all the guest with two short shows. This was followed by the raffle with selection of prizes and tokens from generous sponsors, including an overnight stay at the Blockhouse at the Bürgenstock Resort won this year by Tobias. Our Newsletter editor, despite not drinking alcohol managed to win, yet again, a number of alcoholic prizes - one day he might divulge the secret how he manages to do so. This time he won even after leaving early for another private event.

Thereafter, delicious deserts were served and everyone drank a cay (Turkish tea) or a coffee to crown the most successful family event of the year. Thanks are due to IMCZ board member and treasurer İlham Yüksel for organising it.



Oktoberfest Dinner

Our sister club the ZIWC is holding the traditional Oktoberfest dinner on October 30, 2015 at the Pulverturm in Zug. All IMCZ members are invited to come and join with the fun

"Come Dine with Us" Oktoberfest

Friday, October 30, 2015 starting at 18.30 hours,
at the Pulverturm in Zug.

Join us for an evening of Finger Lickin' Rib Stickin' Great Tastin' Barbecue And a bit of "Oompah" and other music!

Starting with an apero, followed by a barbeque of a variety of a bratwursts & chicken, and accompaniments kraut & salads "Bockbier" and wines

Dress code: dirndl or lederhosen if available, or "casual"
"Singles" are welcome - from the ZIWC and IMCZ - we will have a table, or tables, for you!

Price: CHF 50.00 per member / guest - pay at the door
(Includes apero, BBQ & accompaniments and beverages - beer, wine, water, & coffee)

Booking deadline: Friday, October 23, 2015
(space is limited, so book early)

Reservation: reserve on the ZIWC website.

For details or questions, contact Susann by phone (079 651 82 54)
or by email: susann.dundas@datazug.ch

Pool A group of club members decided to start a new event, Pool. The [venue chosen](#) was the Sports Zugerland, at Riedstr. 1A, 6330 Cham. The first session took place on Wednesday August 26.

Six eager IMCZ members showed up with tight competition between Phil Woodward and Amit Purohit. Both won four games in total, but Phil ended up with the wine. The other players were Stephen Butterworth, Roger Dixon, Keith Barraclough and Christian Wagner. All in all, everyone had a good laugh, a pleasant chat and a drink.

Pool evenings are probably due to be back on the IMCZ events list. The enthusiasts of the first meeting are looking into venues and prices. Hopefully the Club will soon announce Pool as a regular monthly event.

Magic drink with ketones at Tour de France?

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



In this year's Tour de France a new super fuel, containing ketones, made the news in the media. Apparently, the drink called "TdeltaS", developed by a British professor, was used by cyclists on the Tour. However, the British winner Chris Froome and his team claimed not to have been using it, according to team manager Brailsford. Notably, ketones are not banned as doping agents by the World Anti-Doping Agency (WADA) since these are natural food contents. However, the rationale behind using them as a performance supplement – legally or not – is highly debatable for several reasons.

Ketone bodies can also be found in meat, cheese and fruits like raspberries, and can be synthetically manufactured from corn. Ketones are compounds normally made by the liver when someone is fasting, on a low-carb diet or during starvation. When dietary glucose is low, the body needs an alternative energy source, mainly for the brain, and switches into a "ketogenic metabolism". A ketogenic diet means much more than just eating fewer carbs though, it implies excluding carbohydrates almost completely from the diet. Some animal and human research

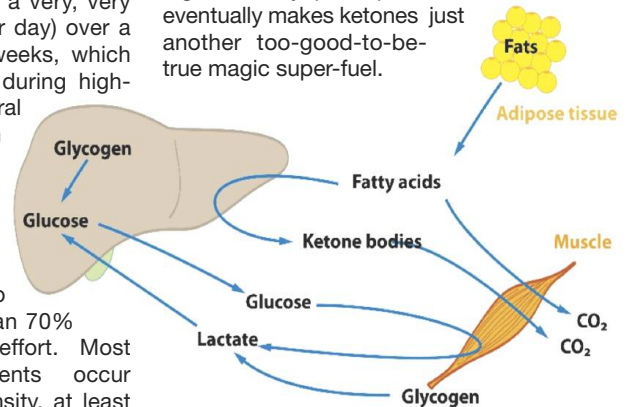
turn is crucial for regulatory approval), and a potentially effective dosage (considering the liver's own production). In particular, there is no market authorisation for ketones apart from their low-dose flavour function in Europe. All other products on sale are clearly illegal!

Nevertheless, taking a closer look at the efficacy of ketones in athletes only raises more doubts. To be an effective source of energy, the metabolism of an athlete needs to be in a ketogenic state. This demands a very, very low-carb diet (max. 30-50 g per day) over a period of at least about two weeks, which impairs recovery, performance during high-intensity training, mood and general well-being. If indeed performing in a ketogenic state, the liver will produce far more ketones than those provided by any amount of supplements and render them irrelevant. Furthermore, ketones are only metabolised up to moderate intensities of less than 70%

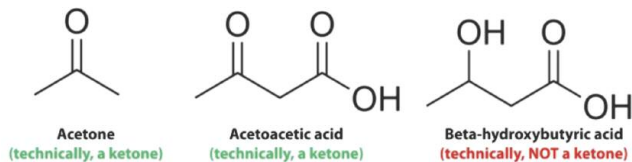
of maximum effort. Most endurance events occur above this intensity, at least during initial start phases and the later stages before finishing. At this point, the body needs glucose, or peak performance is impaired.

There may be benefits in storing glycogen since ketones and fatty acids deliver more

energy per gram than carbohydrates. However, as outlined above, the implications of adopting a ketogenic diet for several weeks', its consequences on training and recovery, and the inevitable impairment of high-intensity peak performance eventually makes ketones just another too-good-to-be-true magic super-fuel.



Furthermore, for non-ketogenic athletes or at higher intensities ketones would as likely as not be ergogenic and potentially inhibit peak performance. At a price of 1000 euros and more per litre, you may think twice about the efficacy (besides safety;-) of a ketone super-fuel!



indicates ketone supplementation can promote efficient fat burning, while preserving glycogen reserves. This, of course, sounds appealing to endurance athletes, but research into ketones and their clinical use has been limited to their use in diabetic patients to compensate for their impaired glucose metabolism.

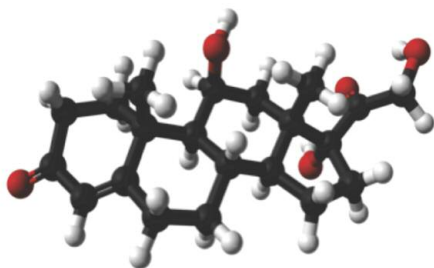
At present, only raspberry ketones are widely approved in Europe – because they are not metabolised well – and are approved as flavouring, not as a nutrient! However, to have a performance enhancing effect, supplemental ketones must be bioavailable. Furthermore, the natural content of ketones in raspberries can reach a maximum of 4.3 mg per kg. The dosages found in ketone-based products on the market (mainly targeting weight loss), range from 100 to 1400 mg per day. That is 26 to 268 times higher than the highest estimated amount from the diet – but much lower than the 150'000 mg that the liver can produce each day! It demonstrates a clear mismatch between what is a natural amount from diet (which in



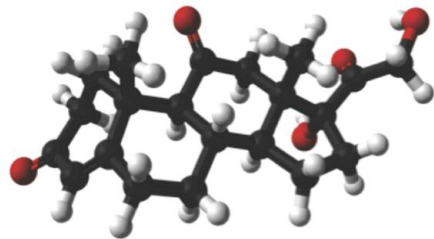
What are Cortisone and Cortisol, and are they as harmless as they say?

Contributed by IMCZ Member Dr. med. Hans Peter Wüest

Cortisol (Hydrocortisone) and cortisone have different structures: cortisol belongs to the aldehyde group, attached to carbon 17; whereas cortisone belongs to the ketone group. Once naturally ejected, cortisol remains active for about three hours; whereas cortisone remains active for only half an hour. Synthetic steroids remain active for much longer.



Cortisol



Cortisone

Most people have either heard of cortisone shots or already had their own experience with it.

In most instances, “inflammation” is the medical indication.

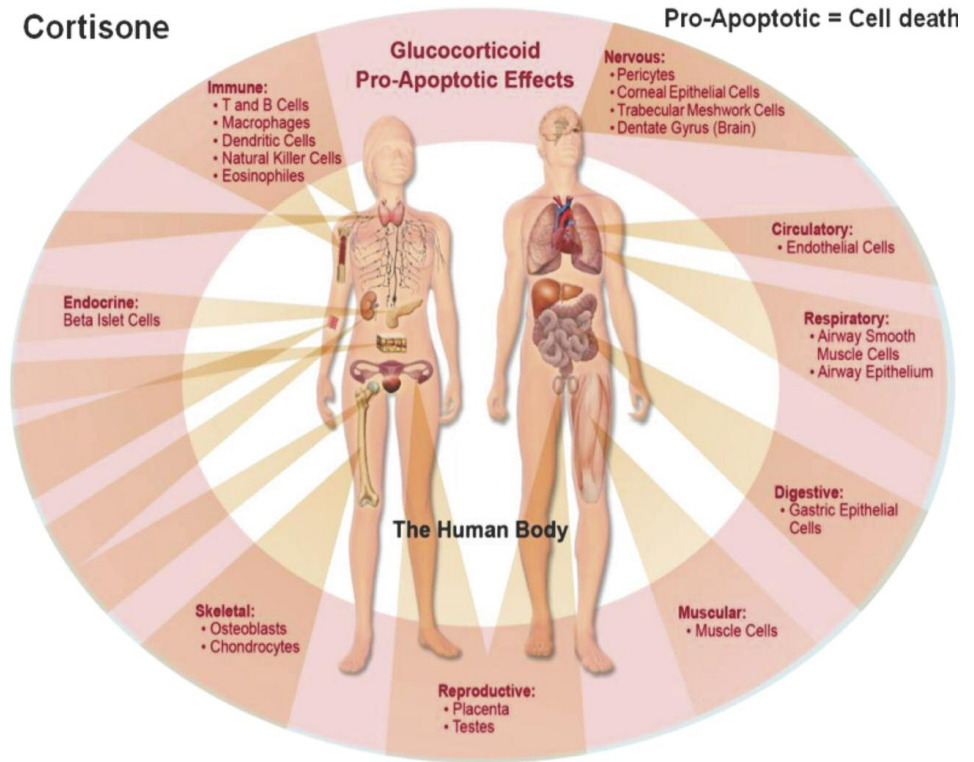
However, not many realise that cortisone not only stops the inflammation it also indirectly diminishes the pain. It is often mixed with a local anaesthetic and the mixture is injected around or into the inflamed tissue.

It all sounds reasonable and logical. However, if you ever ask a doctor, what does cortisone do, you'll always get the standard answer: “It decreases or reduces inflammation”.

Since I have always been very curious, I kept asking my colleagues: “How exactly does cortisone work on the cellular level?”. The bitter truth turns out to be that both cortisol and cortisone kill most the cells that it gets in contact with. The medical profession calls this “apoptosis”.

Since a picture is worth a thousand words! Voilà. All these tissue react with cell death when they get in contact with cortisol or cortisone.

Cortisone



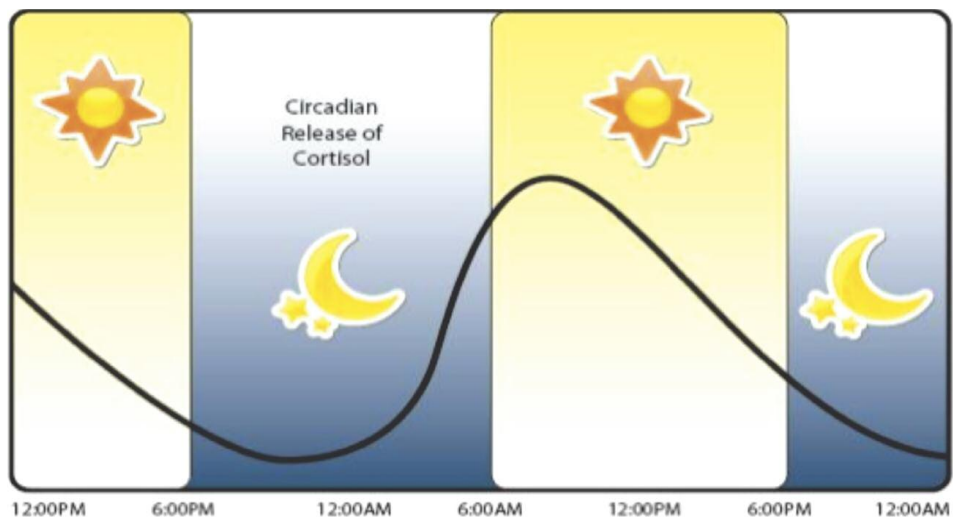
The human body generates its own cortisol which is ejected into the blood stream continuously and naturally by the adrenal cortex. However, its concentration is very tightly controlled by the brain. The daily cycle of the cortisol level in a healthy person is shown below:

Now it would be apt to ask yourself – and your doctor – next time when you are due to get a

cortisone shot, whether it is really necessary or not. Usually they would say, “Oh it is such a minute dosage. Why then do we find brittle tissues when performing back surgery on people who received cortisone injections at the facet joints?”

In the next Newsletter:

Does the brain have a lymphatic system? If yes, what are the consequences?



Music in my ears

Contributed by IMCZ honorary member and Newsletter editor Muthana Kubba

I had the misfortune of being born in a non musical household, and grew up not being able to play any musical instrument. A pity, because I discovered my endless love of music quite early in my life. I made up for my lack of dexterity with musical instruments by acquiring a grand piano as soon as my first child was born. Of all the musical instruments, the piano fascinated me most. I never stopped wondering how is it possible that a fairly simple contraption, consisting of strings and hammers, can produce so many wonderful tunes, tell fascinating stories and can even touch one's heart and soul. Yes, music is a language of its own, a very special language which transcends the spoken languages by several orders of magnitude. What is more, it is a universal language not limited to classical western music. Try listening to some Oud, [Nay](#) (Flute) or [Santoor](#), in spite of the oriental half tones, most of you would find them pleasant, soothing and, yes, even meaningful. On the other hand, just as in spoken language, if you can't understand it, it would be anything but pleasant to listen to. I refer in particular to modern music, which I find painful to listen to.

The KKL in Lucerne

Talking of pleasurable experiences, let us talk about a next door establishment, less than 20 minutes away by train. Yes the KKL, the [Culture and Convention Centre in Lucerne](#). It includes a fascinating and unique concert hall, which is a must see for all residents of Canton Zug. Apart from the extraordinary architecture and uniquely picturesque setting, it has truly world class acoustics. Even when I was sitting on the 7th row of the 4th gallery at the back

with at least 40 metres between me and the stage, I was able to see the whole orchestra and scrutinise each and every musician. In fact, with the aid of opera glasses, I was able to see Barenboim's fingers hitting the piano keys when playing Beethoven's 3rd. An awesome experience enhanced by the perfect acoustics. In point of fact I have never experienced such perfect acoustical qualities in any other hall I had been to before. The Royal Albert Hall and the Festival Hall in London do not come anywhere near.

The Acoustics

The secret of the [concert hall of the KKL](#) is of course its exceptionally good acoustics. In addition a lot of thought had gone into the design and layout of the seating such that both vision and hearing from each and every seat of the 1898 seats it contains, is unimpaired and perfect at all times.

The role of acoustics in enclosures was known in antiquity, and the Romans excelled at constructing theatres with excellent acoustics throughout their huge empire, from Spain to the Middle East. Roman theatres are not to be confused with Roman amphitheatres which were used to hold spectacular events and were not uniform in size or shape. In contrast, the Roman theatres were used for oratory functions and excellent acoustics were a prerequisite. They were mostly of standard size and shape in order to meet the acoustic requirements.

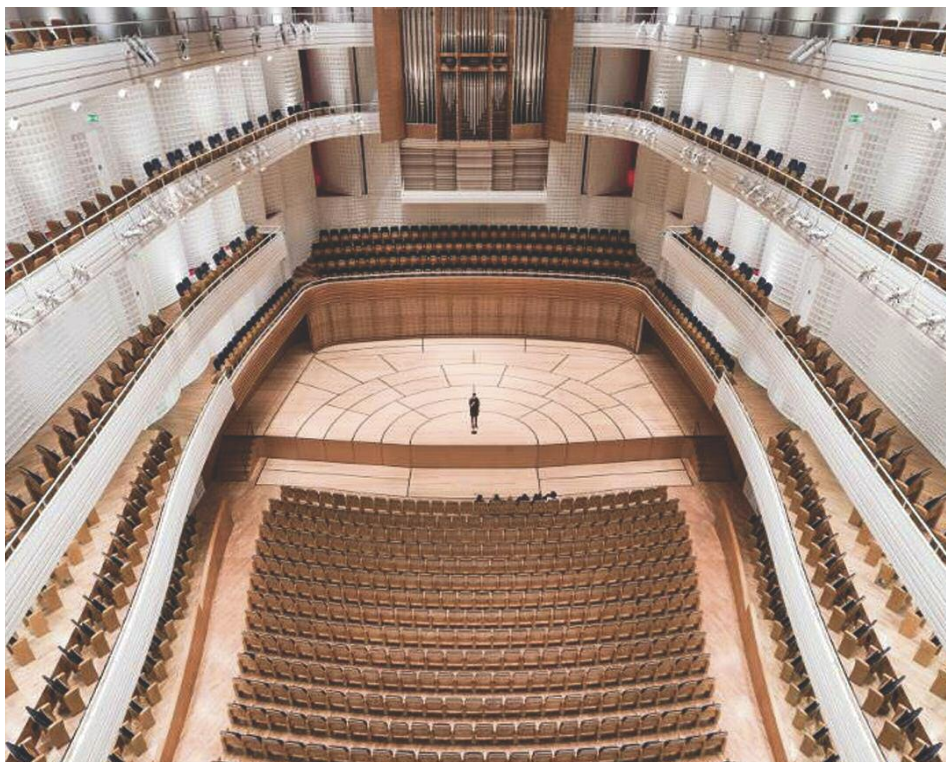


One of the oldest theatres known is the one at [Epidauros](#) in Greece. It has possibly the best acoustics of all ancient theatres. It was discovered under a layer of earth in the Peloponnese peninsula in 1881. Its acoustics are quite extraordinary. Someone standing on the open air stage can be heard in the back rows almost 60 metres away. Historians and scientists speculate that because the acoustics happen to be good, the design was copied later again and again all over the empire.

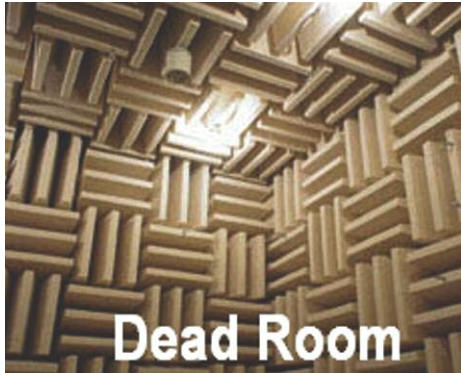
Modern research has shown that the prime reason why the acoustics were good is the fact that the semi-circular rows of stone seats act as a low frequency filter, allowing the higher audio frequencies to pass, and dampening the low frequency ones. Background noise and shuffling are mostly low frequency, so filtering them out makes for good acoustics.

Enclosed and covered auditoriums

It is of course a long way between having good acoustics in an open air arena and a closed and covered auditorium. Whereas in an open air arena filtering low frequencies seems to be the prime way to get good acoustics, in an enclosed and covered auditorium it is the reflections, also referred to as reverberations, which determine the quality of the acoustics. However, there is more to it than just echoes and reverberations. It is possible to build rooms or even halls that have zero echoes and reverberations by covering the walls, roofs and floor by sound absorbing materials. Such a room or an enclosure would be *'dead'*. To be inside one would give the feeling of being totally alone and no longer among the living. It is obvious therefore, that cutting off all echoes and reflections is no solution for an auditorium. Also, I remember that during my college days we were told that cinema houses may not be longer than 34 metres; otherwise the acoustics would be so impaired that the cinema would be a failure. Why this magic figure of 34? Well, it turns out that because



sound travels at around 340 metres per second, and since the human ear begins to discern sounds when they are more than 100 milliseconds apart (100 ms = 0.1 seconds), it follows that echoes, reflections and reverberations become audible for halls longer than 34 metres.



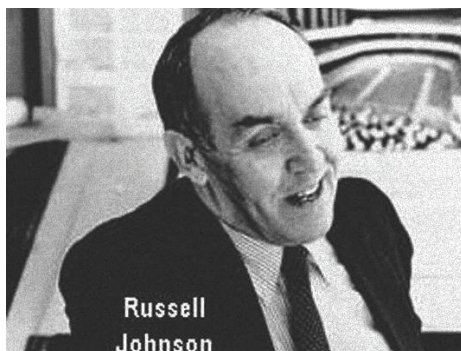
As you may surmise, we are left with a dilemma. The construction of an auditorium with good acoustics must be a compromise between no reverberations and full echoes. Only the human ear can tell where such a compromise would lie.

In a study at Stanford University, it was established that reflections which arrive within 35 milliseconds are not perceived as separate from the direct sounds, rather they tend to reinforce the direct sound. In a further study, a concert hall was considered 'intimate' when the delay time between the direct and first reflection sound is less than 20 milliseconds. Additionally, reflections from ceilings were perceptually not desirable.

The Hidden Secrets of the KKL

In spite of the jungle of conflicting requirements and obvious lack of exact knowledge or science on how to achieve optimal results, the concert hall, which is the showpiece of the KKL seems to have achieved this goal.

The architect behind the complete design of the KKL was the French architect Jean Nouvel, however the person responsible for the acoustics was a New Yorker, the late



Russell Johnson. Born in New York in 1924, he was considered the world leading authority on the subject. He died in 2007.

Russel did not have a silver bullet or one universal solution, rather he had a collection of highly effective tools which he applied selectively to achieve the remarkable results. To start with he used his famous formula 1:1:2 (width, height, length) for optimal dimensions of the concert hall (22 x 22 x 44 m). Note that the length of the hall is 30% more than the maximum of 34 m stipulated in cinemas.

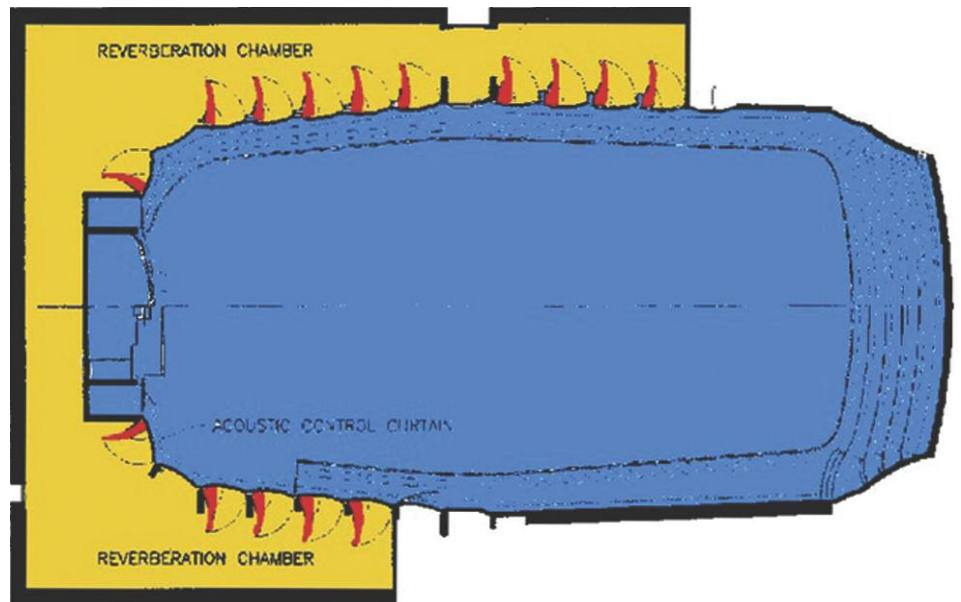
In addition to the optimal dimensions, not many people realise that the Concert Hall actually has a '**reverberation chamber**'. It takes the form of large empty spaces located behind the side walls of the front part of the hall at upper-balcony level. The chamber outlets to the halls are fitted with motorised concrete doors which can increase the hall volume by up to 7000 cubic metres. (The volume of the hall alone is around 19'500 cubic metres).

The acoustics vary depending on the position of the doors. They are opened wider for large

The next item from the box of Russell's tricks is the '**Canopy**'. Everyone who had been to the concert hall seen it, and probably wondered, what is it there for. It hangs above the stage and the front part of the stalls. At first I thought it had to do with the lighting of the stage, but I was wrong. It consists of height-adjustable sound reflectors, designed to allow the musicians to hear themselves with minimal delay. Additionally the canopy can act as an absorbent ceiling: lowering it for chamber music or sparse audiences to achieve more intimate acoustics. It can also be raised up to the ceiling for large ensembles or organ concerts.

Last but not least from the box of tricks are the 20'000 **square plaster relief panels**, sized 20x20 cm. They cover a large proportion of the sidewalls and the doors of the reverberation chamber openings. Their structured surface helps remove any harshness or stridency from the sound.

If you are as fascinated as many of us are, then a visit there to listen to one of the endless concerts is a must. However, if you are technically minded and want to know more



ensembles and closed for more intimate occasions such as chamber music. The reverberation time can also be regulated using curtains inside the reverberation chamber. The combination of chamber doors and curtains allows the hall's acoustics to be fine-tuned to suit virtually any type of music.

In addition there are curtains on the inside wall of the hall. They can be drawn to reduce the reverberation time further, thus rendering the acoustics to be 'drier', which would be more suited to voice-based events.

and actually see and touch all the items above, the KKL has **guided tours**, with experts explaining everything in great detail. The price is steep for a one hour tour, but justified by the wealth of information it offers.



Contributed by IMCZ member Bill Lichtensteiger

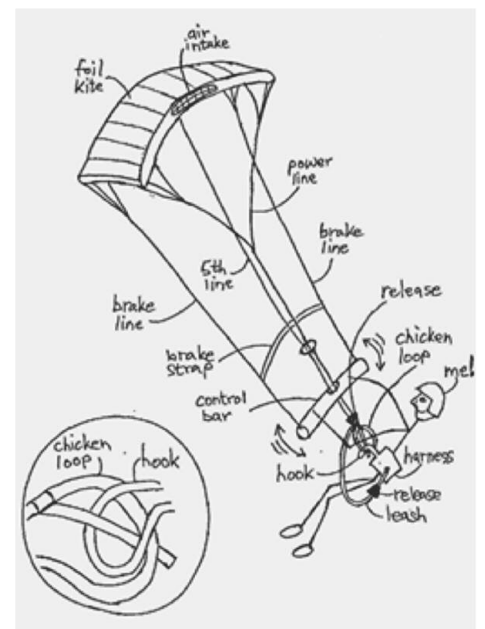
Snow Kiting

As I sit here on my hotel balcony watching the kite surfers jumping on Orkos Beach on the Island of Naxos Greece, I am again reminded that I promised our esteemed editor an article for the Zug Men's Club Magazine. However the article is not about kite surfing, which is done on the water, but about snow kiting, which is done on the snow or on snow covered frozen lakes. The two sports are closely linked and the two complement each other nicely if you are a real kiting enthusiast as you can do kite surfing in the summer and snow kiting in the winter. Some lakes, notably Silvaplanasee near St Moritz in Graubünden, are meccas for both sports because the lake freezes over in the winter plus it enjoys reliable wind which is an essential ingredient for good kiting. Having said that there is a form of indoor kiting popular in Germany which is done inside halls and the lightweight kites are propelled by the skill and dexterous movements of the flyer, but I digress. Snow kiting needs wind. It would be amiss not to also mention the other variations of kiting often seen in the Swiss Alps, namely paragliding and speed flying (also known as speed riding). Paragliding is probably closer to aviation though and involves launching off mountain tops with a huge gliding parachute (hence the name) and then soaring around for hours on end. Speed flying involves a much smaller kite/glider and is practiced on downhill ski slopes. The flyer is usually never far above the snow although there are always extreme forms of any sport and some speed flyers will happily launch off cliffs hoping to find the piste to land on. They are downhill gliders and do

not soar. Both paragliding and speed flying do not require wind; in fact wind can cause complications during take-off and flight. Paragliders try and locate thermals to stay aloft. I will not mention any of these other kiting/gliding variations further but will instead focus on snow kiting, perhaps with the occasional references to its sister, kite surfing, both of which definitely require wind.

I was introduced to snow kiting by a friend called Jens whom I met whilst stand up paddling which is another story; I guess I am just attracted to water and snow sports in all their forms. My first taste of snow kiting was on the previously mentioned Silvaplanasee last winter. Luckily Jens had plenty of spare gear and was able to lend me his small beginner kite and short skis to get started. Safety is an important consideration in snow kiting as the kites can generate enormous power and you are attached to them by a harness with a hook designed not to come off too easily! There are of course emergency braking mechanisms and release systems, which I will describe later. However if you fail to activate these when losing control or losing your head after a crash then you can end up being dragged along unceremoniously at high speed on your back or front across the snow. Therefore it is important to start off by learning and understanding when and how to use these safety mechanisms. The novice snow kiter will begin by learning how to fly a small sized kite without any skis or snow board attached to his or her feet! Yes you can either be on skis or on a snow board when snow kiting. One might think that everyone learns to fly kites as children but those were single line kites with

an area of a piece of paper whilst snow kites are powerful heavy duty pulling machines with two power lines attached to the front corners of the kite and two brake lines attached to the rear corners. The power lines usually join together and are anchored to a harness worn by the kiter using a device called a "chicken loop" which attaches to a hook on your harness. The brake lines are attached to a horizontal bar which slides up and down the power line (the bar has a hole at its center through which the power line can pass). The bar is used for both power control and kite steering. The basic rules are pull the bar to increase power and go faster and push the bar



to reduce power and speed. Pull the left side to go left and the right side to go right. You can also optionally have a 5th line attached to the center of the kite for safety purposes.

When there is only ice and no snow on frozen lakes then kite surfers can reach very high speeds of up to 100 kph (Km per hour) on razor sharp ski edges, even though the wind speed may be much less (you physicists and sailors will understand why). More usually you would be moving at around 30 to 50 kph depending on wind conditions and the size of your kite. Kites come in all shapes and sizes from 2 sq. meters to 20 sq. meters. There are also different types of kite ranging from those with inflatable curved tubes at the leading edge and inflatable spurs which point backwards from the front edge. Inflatable kites are more commonly used on water for kite surfing because they float and can be easily re-launched from the water after a crash. The other types which are more commonly used for snow kiting are called foils. Foils are constructed with lightweight material as a set of tubes which are open at the front edge, causing them to be inflated by the wind itself. Once the tubes are inflated the kite becomes rigid and gains its structure. When the wind stops or the brake lines are both pulled together then the foil kite gracefully collapses and it can be quickly and easily folded away into the back pack again. This is a key advantage especially when kite touring, where each rider ideally has to look after him or herself. Inflatable kites invariably require assistance during take-off and landing because they have their full structure and pulling potential once inflated, even when stationary. A foil kite is also much lighter to carry but may be a little more tricky to launch as it has to fill with wind first. This is usually achieved with a bit of pulling and tugging. Some foil kites trap the air inside them by means of simple flap valves which means they retain the structure when stationary and are not so quickly collapsed and packed away. Foil kites which trap the air inside may also be used for kite surfing on the water.

Setting up on a lake

Again safety is the first consideration when setting up on a frozen lake. It is important to insert an anchoring point in the form of a long purpose-built screw into the ice. The kite's brake lines are then anchored to this screw with a cleat. Thus the kite will not inadvertently be blown away. The anchoring point in itself can be a hazard. Imagine hitting a protruding screw on the ice at speed. Therefore the screw should be covered with a bag or rucksack to make its presence obvious. This can be considered as a base camp on the lake. An additional anchor should also be taken when on the move in case you wish to anchor down again at some other point. When not on a frozen lake an upturned or "stabbed in" ski serves as an anchor on the snow.

You can snow kite both upwind by tacking as well as downwind, just as in sailing. The skis

effectively act as a keel because they offer sideways resistance on the snow. Snow kites can even go uphill which sailors definitely cannot do! It is possible to go on long snow kiting tours in the mountains providing there is enough wind, otherwise you are walking again. Once you have reached the peak you can pack up your kite and enjoy the downhill skiing or snowboarding in the powder away from the crowds. And it's free, no lift tickets are required, only the equipment is needed. A second hand snow kite costs around 600 to 800 SFr. You pay more for so called ultra-lite kites which fly better in light winds and are also lighter to carry. You also need some accessories such as the harness and the ice anchoring screws.



Release systems

So what do you do when you no longer want to be pulled along by your kite? Well the first step is to de-power by pushing the horizontal control bar forwards. If that doesn't allay your fears then you operate the brakes which means pulling on a special strap in front of you which bridges across the two brake lines. This works only on foil kites and effectively prevents air from entering and inflating the kite which causes the kite to collapse. Next there is the "panic button" which is basically a release mechanism designed to open the chicken loop which attaches the kite to the hook on your harness. There is then a separate remaining tether line which attaches the harness to the kites brake line and 5th line if fitted. This prevents the kite from being completely blown away after it is released and the rider can hopefully recover the kite. The final fail-safe mechanism is to release the tether line itself which means total separation and an indeterminate final resting place for the kite. This is a last resort! It has to be said that normally the brake lines alone are sufficient to get out of trouble. Opening the chicken loop is an uncommon event.

It is possible to tow your friends or loved ones on a simple rope behind you if you are feeling confident enough. They may be either be stood on skis or sitting in sledges. You can go for family kite ride, although the bigger the family, the more wind is required or the bigger the kite needs to be!

This video clip (<http://tinyurl.com/ovzfpma>) shows me on my second snow kite outing with a 6 sq. meter foil kite on the Bernina Pass, another popular snow kiting spot. I had forgotten to bring my helmet on that occasion. Please always wear your helmet!

This video clip (<http://tinyurl.com/qejspkd>) shows me performing "high fives" with my friend Jens whilst passing each other on Bernina Pass. I was flying a 12 sq. meter foil kite on that occasion.

Ultimately the snow kiter's aim is to jump into the air by bringing the kite into an overhead position whilst moving forward at speed and at the same pulling hard on the control bar.

The tricky part is achieving a controlled landing. If you want to take a look at some extreme snow kiting which involves a lot of aerial jumps and maneuvers then have a look at this video from Utah (<http://tinyurl.com/pl2dpp2>). I haven't tried this yet myself. That will be for next winter ;-)



If this article has aroused your interest in snow kiting and there is more you would like to know then please feel free to send me an email and I will be happy to answer your questions.

Where to go

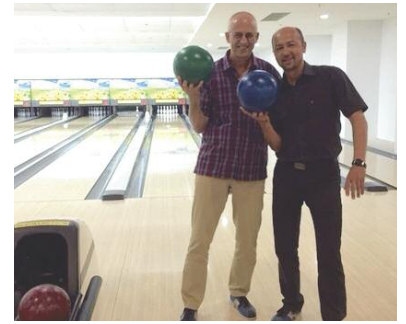
If Silvaplana and Bernina Pass are too far for you to travel then closer places to go around Zug where you can watch snow kites in action on a windy winter's day include Menzingen, Raten and Sihl See. The two essential ingredients are snow and wind and an adventurous spirit is always good. Happy kiting!

Summer Slump

Organised and compiled
by IMCZ member
Stephen Butterworth

The attendance was low, Otto, unusually didn't do so well. Roger Dixon and Sergiy Shtangey outshone all the others. Stephen needed 6 more pins in order to win a bottle of wine, so on the very last shot he rushed and shot down the lane thinking, 'Now of all times I need a strike' Go for it. The result was a disappointing gutter ball. Getting exited surely doesn't help in bowling.

Except for Roger, there was a fair share of splits for everyone. On the whole the evening out was very pleasant. It would take 10 more such evenings to reach the 100th bowling session since 2008, by which time I shall finally stand down. According to the calendar this would be around June 2016.




HANDICAP RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Roger	Dixon	138	114	113	569	122	116	68	6	6	2	
Sergiy	Shtangey	105	125	126	563	119	114	69	3	10	4	
Stephen	Butterworth	103	142	115	558	120	118	66	2	12	4	
Beat	Züger	127	112	127	522	122	135	52	3	11	4	
Otto	Steuri	99	95	133	462	109	144	45	2	8	4	

BOWLED RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Beat	Züger	127	112	127	366	122	135	52	3	11	4	
Roger	Dixon	138	114	113	365	122	116	68	6	6	2	
Stephen	Butterworth	103	142	115	360	120	118	66	2	12	4	
Sergiy	Shtangey	105	125	126	356	119	114	69	3	10	4	
Otto	Steuri	99	95	133	327	109	144	45	2	8	4	

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

A Biker

Joe and Paul, both young engineers agreed to meet up in a café at the edge of a wood for an afternoon tea. Joe got there earlier and Paul was walking along a footpath in the wood towards the café. He was a bit late, but came on a beautiful shiny bicycle. He apologised for being late. Joe asked, "no problem, what happened, and where did you find this expensive bike?"



Paul replied, "You wouldn't believe what happened to me". "Tell me" said Joe with his eyes brightening. Well, I was walking along the footpath in the wood, minding my own business on my way here, when a gorgeous blond young girl on a nice bike, came biking in the opposite direction, her shapely legs showing below her hot pants. I smiled at her and she smiled back, I waved and she waved back. Then suddenly she stopped, threw bike to one side, took off her hot pants and knickers, and laid on the grass, and said 'come and take what you want'.

Wide eyed, Joe, jumped and shouted, "and what did you do?"

"Well" he answered, "I was a bit puzzled at the beginning, but in the end I took the bike and came here", replied Paul.

"You are right, I guess the clothes wouldn't have fit you anyway", said Joe finally.



Divorce Lawyer

A married young lady went to see a divorce lawyer. The lawyer opened the conversation and asked, "So what exactly is the reason why you wish to divorce your husband?" She replied, "We are too similar, almost identical"

With raised eyebrows, the lawyer said, "But that is usually a good sign in a marriage?"

"You do not understand", said the bereft woman, "let me explain"

"I like going to the cinema, so does he"

"I like to go on the beach and take a swim, so does he"

"I like to do some Yoga, so does he"

"I like the theatre, so does he"

"I like cooking, so does he"

"I like men, so does he".

A couple in love

On their first wedding anniversary, the happy couple decided to give the same present to each other: an iPhone. Excited about their new toys, the first thing they learned was how to text each other. The next afternoon the wife went to a coffee shop to meet a lady friend there. She showed her friend her new toy and decided to demonstrate her prowess in using it. She wrote a test message to her husband and after showing it to her friend she pressed the send button:

- If you are sleeping send me your thoughts,
- if you are laughing, send me your smile,
- if you are eating, send me a bite,
- if you are drinking send me a sip,
- and if you are crying, send me your tears.

Soon she received her husband's reply,

- Sorry I am in the toilet. Please advise.



Sleep Talking

A woman asked her house doctor, "My husband talks during his sleep, can you please proscribe something I can give him?" "Sure", says the doctor, "give him a chance to speak during the day".

How old is grandma?, the grandson was asking?

She replied: I was born before: polio shots, frozen foods, Xerox, contact lenses, Frisbees and the pill.



There were no: credit cards, laser beams or ball-point pens.

Man had not yet invented: pantyhose, air conditioners, dishwashers, clothes dryers and the clothes were hung out to dry in the fresh air and man hadn't yet walked on the moon.

Your Grandfather and I got married first, and then lived together.

Every family had a father and a mother.

Until I was 25, I called every man older than me, "Sir."

And after I turned 25, I still called the policemen and every man with a title, "Sir."

In our days there were no gay-rights, computer-dating, dual careers, day-care centres, and group therapy.

Our lives were governed by the Ten Commandments, good judgment, and common sense.

We were taught to know the difference between right and wrong and to stand up and take responsibility for our actions.

Serving your country was a privilege; living in this country was an even bigger privilege.

We thought fast food was what people ate during Lent.

Having a meaningful relationship meant getting along with your cousins.

Draft dodgers were those who closed front doors as the evening breeze started.

Time-sharing meant time the family spent together in the evenings and on weekends? Not purchasing condominiums.

We never heard of FM radios, tape decks, CD's, electric typewriters, yogurt, or guys wearing earrings. We listened to Big Bands, Jack Benny, and the President's speeches on our radios.

If you saw anything with 'Made in Japan' on it, it was junk.

'Making out' meant how you did on your school exams.

Pizza Hut, McDonald's, and instant coffee were unheard of. We had 5 & dime stores where you could actually buy things for 5 and 10 cents.

Ice-cream cones, phone calls, rides on a streetcar, and a Pepsi were all a nickel.

And if you didn't want to splurge, you could spend your nickel on enough stamps to mail 1 letter and 2 postcards.

You could buy a new Ford Coupe for \$600, but who could afford one? Too bad, because gas was 11 cents a gallon.

In my days "grass" was mowed, "coke" was a cold drink, "pot" was something your mother cooked in and "rock music" was your grandmother's lullaby.

"Aids" were helpers in the Principal's office, "a chip" meant a piece of wood, "hardware" was found in a hardware store and "software" wasn't even a word.

We were the last generation to actually believe that a lady needed a husband to have a baby.

We volunteered to protect our precious country.

How old do you think grandma is?

The sender the first correct answer shall get a free drink in the next Stammtisch he comes to.



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.

English teachers required

Flying Teachers Ltd is looking for well qualified English Teachers (to adults) for Oberkirch/Sursee

For more details, please contact
 Frau Margrit Balmer
 at 044 350 33 44
 or send email to:
 flyingteachers-flynn0041@
 applications.recruiterbox.com

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.



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)



GFSA
 Insurance AG
 Poststrasse 24,
 6301 Zug
 Tel 041 781 50 80
 Fax 041 781 09 90
 mail@gfsa.ch

