

IMCZNEWS



JANUARY 2016

EDITORIAL

A New Year, A New Start

We were treated to a true mixed bag from the outset in 2016. The extreme mild weather and generous sunshine were welcome; however, the bigger picture was anything but encouraging. With devastating floods of unheard of magnitude in the North of England, and Eastern US, freezing weather in Western US and Canada, a stock market crash in China, unending conflagration in the Middle East, one can only ask what next?

Well, there were some bright spots. The community of nations has for the first time taken serious measures to tackle climate change and reduce CO₂ emissions. If the resolutions they took were implemented, in spite of the falling prices of fossil fuels, then we might look for a brighter future, and sleep better in the knowledge that our children and grandchildren will not suffer even more extreme weather. Yes, of course there are too many 'ifs', but we mustn't give up hope, there are always surprises around the corner, what is more, we forget that only bad news makes news, the good news is almost always not reported.

Muthana Kubba

Newsletter Editor

Newsletter@imcz.com



FUTURE EVENTS

- WEDNESDAY JANUARY 20TH • **Annual IMCZ / ZIWC Bowling Challenge the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY JANUARY 21ST • **AGM Annual General Meeting, at the Park Hotel 18:00-20:00 hours**
- SATURDAY JANUARY 23RD • **Burns Night Supper at the Gasthof zur Linde in Steinhausen 7:00-24:00 hours** *Bas Veenendal*
- WEDNESDAY FEBRUARY 17 • **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- THURSDAY MARCH 3RD • **The Tiroler Zahlenrad, a presentation by Ms Rosemarie Wagner at the City Garden Hotel, 18:00-20:30 hours** *Ram Ramphal*
- THURSDAY APRIL 7TH • **The Swiss Traffic Laws, a presentation by Dr. Rainer Riek at the City Garden Hotel 18:30-20.00 hours** *Ram Ramphal*
- WEDNESDAY, APRIL 20TH • **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*

IMCZ

Introducing...New members

THE IMCZ WELCOMES:

Eduard Jakob

Eduard was born and raised here in Switzerland to Armenian parents who were living in Turkey. He studied business administration at the SIB, Zürich (Schweiz. Institut für Betriebsökonomie), after training at Credit Suisse he worked with Deutsch Bank (Switzerland) AG and Credit Agricole (Suisse) SA where he was responsible for building up the Private Banking divisions in the CIS (Commonwealth of Independent States) and Turkey. At present he is working for the Baloise Group as a senior wealth manager based in Zug and covering the Cantons of Central Switzerland. He lives in Lufingen near the Zurich Airport but is planning to move to Zug in the near future. Eduard likes to play golf and tennis in the summer and enjoys skiing and going to the gym in winter. He also likes to travel and learn about other cultures. He looks forward to meeting many people from different cultures and backgrounds at the IMCZ.



Erik Quintiens

Erik hails from Belgium. He was born in Hasselt but grew up in Alken, a tiny village in the Province of Limburg, best known for its brewery where the famous 'Cristal Alken' beer is brewed. He holds a Master's degree in Accountancy and has worked for the last twenty years in various senior financial executive roles for several US stock listed companies in the Automotive (Johnson Controls) and Packaging (Crown Holdings) industries. In 2011 he arrived in Switzerland, following the decision of Crown Holdings to move its EMEA (Europe Middle East and Africa) headquarters from Paris to Baar. Currently, he is between jobs. In his free time he tries to keep fit by cycling along Swiss and Spanish mountain roads. Also running, skiing and mountain hiking are some of his additional favourite sports. Erik is a native Dutch (Flemish) speaker. In addition, he speaks fluent English, German and French. He lives in Zug with his wife Katrien and daughter Charlotte (17). Their son Thomas (20) is studying in Amsterdam.



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YOUR NEWSLETTER GOES PUBLIC

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

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





Annual General Meeting

January 21, 2016

The annual general meeting of our club shall take place this year on a Stammtisch date, Thursday January 21. *All members are urgently invited to attend.* Dinner shall be served after the meeting at the Parkhotel restaurant.

Date: Thursday January 21, 2016

Time: Apéro 18:00 Hours, meeting starts at 18:30, duration around 90 minutes

Venue: Parkhotel

Cost: Apéro is free of charge, dinner after the meeting at own cost

The present board recommends the following members for the board for next year:



President
Roger Brooks



Vice President and
Newsletter Editor
Muthana Kubba



Secretary &
Stammtisch
Coordinator
Bill Lichtensteiger



Treasurer
Ilham Yüksel



Webmaster
Andrew Schofield



Events' Coordinator
Ram Ramphal



Public Relations
Andy Habermacher

The final agenda for the meeting shall be published in a Special AGM Newsletter, here is the provisional one:

- Approval of the minutes of the AGM held on 22nd January 2015. The minutes can be found at http://www.imcz.com/fileadmin/user_upload/AGM_2015/fileadmin/user_upload/AGM_2015_Minutes_Final_2.pdf
- Financial report 2015, Ilham Yüksel
- Auditors' report 2015 Peter Sproston
- Discharge of the Auditors 2015
- Discharge of the board 2015
- Election of the President 2016
- Election of the Board 2016
- Election of the Auditor 2016
- Proposed budget 2016
- Honorary members
- Any other business

Members who wish to add any items to the proposed agenda are requested to contact the Club's secretary (secretary@imcz.com)



THE ANNUAL BURNS' DINNER

Saturday, January 23rd, 2016 at 18:30 hours

Gasthaus zur Linde, Bahnhofstrasse 286312 Steinhausen

- 100 m from the village centre • 450 m from Steinhausen station
- Buses number 6 and 8 stop in front • Plenty of parking places.

The apero shall start at 18:30 hours, and the party shall continue until midnight.

Calling all culture seekers... The IMCZ Burns Supper is the biggest Scottish event of the year. This is the 21st year that the IMCZ will be celebrating the birthday of Scotland's National poet, Robert Burns. We will also be welcoming members of the ZIWC and their guests. It is a unique evening providing an opportunity to taste real Scottish atmosphere, formal and informal at the same time.

The evening will include traditional Scottish fare with the rousing sound of bagpipes from our guest piper, a traditional Scottish menu including haggis (don't worry, it's optional), extracts from the works of Robert Burns from our line-up of international guest speakers (one serious, the rest funny), lots of people dressed in kilts and liberal doses of Uisge'beah (whisky).

For a whole evening of entertainment and a four course dinner, with plenty drams of the finest Scottish whisky this evening is a "gie-away" for just CHF 65 for IMCZ & ZIWC members and their partners, CHF 75 for guests.

We ask that the dress of the evening be in keeping with the traditions of the occasion so a kilt or something similar (or a jacket, tie, etc. if you don't have one) or, as Burns was a man of international outlook, your own national costume (or elements of it).

Remember, the number of guests is limited to 70 so please register now! Registration is online.

The IMCZ no-show policy applies for this event.

IMCZ BOARD MEMBERS

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

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Personalized micronutrient supplementation

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



Until now, people could only be given trivial nutritional advice based, at best on particular population groups such as children, seniors and athletes. Personalized nutritional advice, however, would mean individual recommendations based on one's genes, metabolism and physiological state.

Micronutrients play manifold roles in biochemical processes and therefore modulate the regulation of our wellbeing and the development of diseases. With combined analyses of biomarkers, the influence and role of micronutrients in particular processes can be discovered and described.

The complex interaction between genes and nutrition is examined by the fields of nutrigenetics and nutrigenomics, aiming to uncover causal associations between the human genotype (the gene entity of an organism) and phenotype (the expression and observable properties of an organism, produced by its genotype and potential environmental influence, e.g. nutrition). Recording data on phenotypic biomarkers and knowledge of genotypic predispositions may help to give individualized, targeted nutritional advice in order to prevent disease.

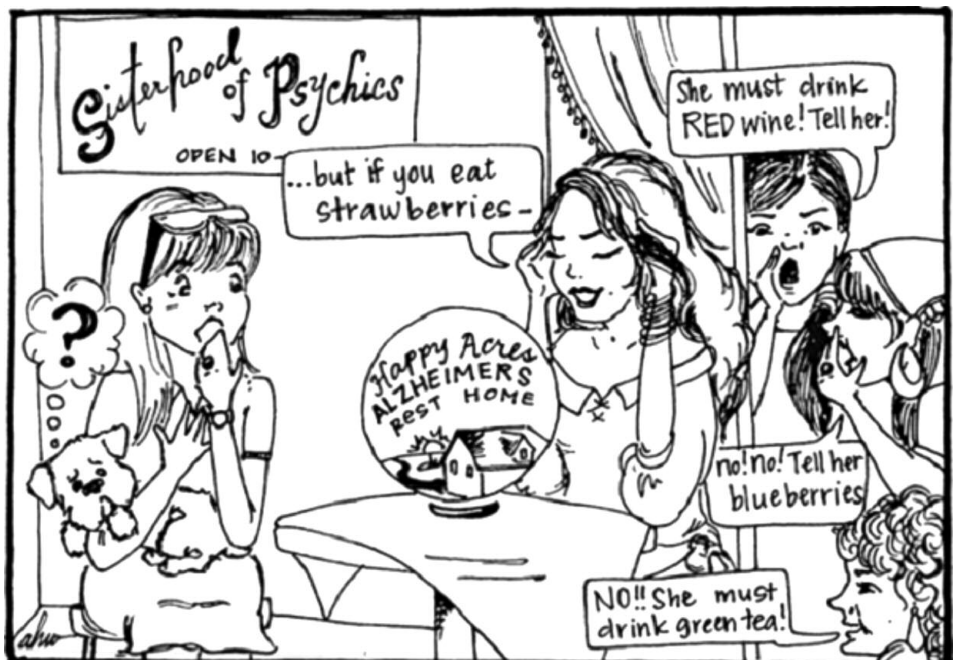
Nutrigenetics covers the analysis of the genetic heterogeneity of the human species and describes variations of metabolically relevant genes (polymorphisms), which are associated with the risk of developing certain diseases. Various polymorphisms have been detected in nucleotide sequences, and identified as candidate genes for an increased disease risk of e.g. obesity, diabetes type II, hypertension, atherosclerosis, etc. For diabetes approximately 40 candidate genes have been

identified, each of which may increase the disease risk by only a small percentage. But simultaneous occurrence of several of these polymorphisms can pretty well predict certain metabolic consequences associated with diabetes, e.g. basal glucose level.

In contrast to nutrigenetics, the field of nutrigenomics occupies research on gene products, i.e. the appearance of biomarkers in the blood such as messenger-RNA, proteins and other metabolites (intermediate substances of metabolism), consequently subclassified in transcriptomics, proteomics,

and metabolomics. As a whole, nutrigenomics analyses the momentary metabolic state of an individual. It allows the verification of known correlations from classic nutrition studies of e.g. omega-3-fatty acids on health, i.e. the reduced expression of genes promoting inflammatory processes and atherosclerosis.

In conclusion, nutrigenetics and nutrigenomics analyze biological data, which allow the individual health state and risk for specific diseases to be determined. Consequently, beneficial nutritional measures can be taken on an individual basis. The success of such measures can be supervised continuously by establishing a nutrigenomic profile of an individual. Such data offers a big advantage to classical micronutrient analysis insofar as it reflects directly the concomitant health benefit or risk as biomarkers, not just a particular micronutrient status. So far, there are no studies on the preventive or therapeutic efficacy of an individualized nutritional intervention based on genotyping (of persons with a comparable genetic risk profile). Establishing the evidence will be a long process, however, because of the need for high numbers of study participants as well as for long examination periods of a study. Both demands are due to the very slow onset and low incidence of envisaged potentially nutrition-related diseases. This leads to the conclusion that, for the time being, we still have to stick with traditional nutrition recommendations for a varied and balanced diet and a healthy lifestyle – whatever this may include;-)

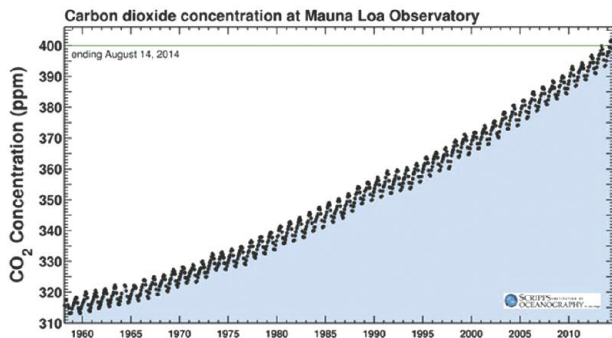


The Ultimate Answer to Global Warming

Contributed by IMCZ honorary member and Newsletter editor Muthana Kubba

Before the industrial revolution started, there was always a happy balance which kept the constituents of the atmosphere stable within close limits for millions of years. The plant kingdom was busy storing up the sun's energy as carbohydrates using up water and carbon dioxide and producing oxygen as a by-product. On the other hand the animal kingdom was busy burning the hydrocarbons using up the oxygen in the air and producing carbon dioxide and water as a by-product.

Since the industrial revolution, however, mankind's increasing hunger for energy, resulted in burning increasing amounts of fossil fuels, be they coal, oil, gas wood etc. In fact the amount of carbon dioxide being pumped into the atmosphere at present is **estimated at 110 million metric tons** every day! At this rate, all the natural mechanisms which have kept planet Earth inhabitable for so long by removing or absorbing the carbon dioxide no longer suffice, with the result that the concentration of CO₂ in the atmosphere has increased steadily.



The slight wiggle in the above graph is caused by the seasons. In the northern hemisphere the concentration decreases in the summer due to the increase in vegetation.

So What?

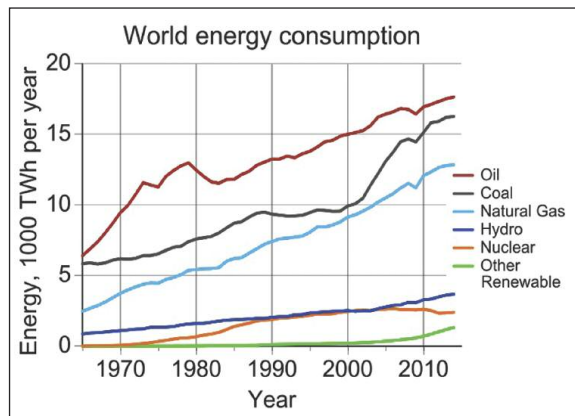
Many would say, or have said, so what? Let CO₂ levels increase, after all the whole mass of CO₂ in the Earth's atmosphere makes less than 0.0008% of its total mass. Well, it so happens that CO₂ is a "greenhouse gas". Greenhouse gases and substances have the strange property of letting in infrared radiation but not letting them out again. This 'non-reversibility' is explained by the fact that such substances are transparent to infrared radiations when they come from a luminous source, but are opaque when the source is not luminous. Glass by the way is also a greenhouse substance, which explains why it is used for verandas and balconies intended for use in winter, thus creating 'greenhouses'.

Not many are aware that water vapour is the most powerful greenhouse gas known.

Without water vapour in the atmosphere the temperature at the equator would be -10°C. Nevertheless, the increase in the level of CO₂ is definitely causing the temperatures to rise. Even if we were to endure the consequences of rising surface temperatures, be they more violent storms and tornados, or rising sea levels, there is a far bigger danger looming. Methane (CH₄) is a much worse greenhouse gas than CO₂. It is at least 100 times more powerful in keeping in the sun's energy. Very large amounts of methane are stored in the permafrost in the tundra at higher latitudes, mostly in Siberia. If the Earth's temperature rises above a certain threshold, methane may start to be liberated, causing even more warming, and so on. Scientists predict that a chain reaction may then set in, causing a runaway rise in temperatures which might make life as we know it impossible on planet Earth.

Countermeasures

Of course all these facts are well known which is what prompted the decisions at the recent climate summit in Paris. Fewer CO₂ emissions were the tenor of the summit. In reality, however, all the goals they were aiming at will not be reached. The hunger for energy, especially in the developing world, is so great that unenforceable decisions alone will simply not do. All the alternative or renewable energy sources that mankind has so far implemented, are only a drop in the ocean. 160 Gigawatt-hours of electrical energy is **consumed worldwide** every 24 hours. 97% of which comes from burning fossil fuels. (Compare this with a 70 litre tank full of petrol in your car that has 679 kWh or 0.000679 GW-hours of energy stored in it). The only energy source which had made a small dent is nuclear energy, but that has its own problems of waste disposal not to mention the safety aspects after the Chernobyl and Fukushima disasters.



What to do ??

At 8:15 am on Wednesday December 9 this year, a power cut took place in small district in Zürich, due to a short circuit in a substation. It took the repair crews three hours and 15 minutes to restore power completely. During the long 195 minutes, the degree of disruption it caused was phenomenal. Trams full of passengers stood still, traffic lights stopped working resulting in total chaos on the streets. Computers, servers and cash dispensers stood still. It all just shows how utterly and totally modern society is dependent on electric energy in order to function. Most of us don't even realise it, because current in this country is available 99.5% of the time.

Due to the fact that modern societies everywhere on the planet are so desperately dependent on energy and on its availability at all times, any talk of reducing energy consumption is wishful thinking. On the contrary, due to rising living standards in Africa, India and China, and falling prices of oil and gas, demand – and hence emission of CO₂ – is forecast to rise exponentially.

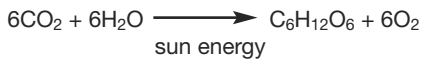
The only practical way of covering the additional demand at present is by burning fossil fuels. Conferences, resolutions, goodwill are all well and good for making the public in the developed world aware of the potential problems humanity is facing, but they will make no dent in the rising emissions. Yes, there are some cosmetic short term measures, e.g. replacing the coal burning power plants which are among the worst polluters by gas burning ones, but that is a short term measure. A few years on, and emissions will rise again as more power plants are built. Renewable energy be it wind, tides, photovoltaic or solar thermal plants will never make a significant dent in the global demand.

What can be done about it? The bottom line is, sad as it may be; there is nothing that anyone can do about it. What is called for, as the Economist pointed out, is **radical innovation**.

If the leaf can do it, then we can do it even better

No, the breakthrough has not yet taken place, but at least there is a light at the end of the tunnel, and humanity may not be doomed by climate change after all. Nature has been doing it for eons, so why can't we mimic it and do it too? The talk is about artificial photosynthesis. Of course we all know that is the most common process on Earth, and yet it has been remarkably difficult to mimic it in the laboratory.

The basic simplified chemical equation for using sunlight to convert water and carbon dioxide into oxygen and carbohydrates (sugar) is:

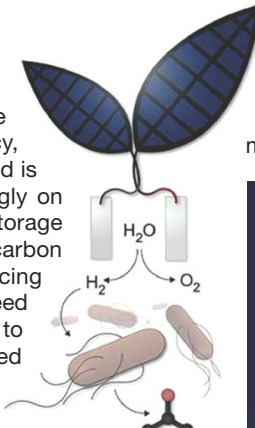


CO₂ is carbon dioxide, H₂O is water, C₆H₁₂O₆ is sugar, O₂ is oxygen.

Since time immortal, the plant kingdom has been converting the sun energy into hydrocarbons and releasing oxygen into the atmosphere, using Chlorophyll as catalyst. Of course, all the fossil fuels we are burning now, were the products of this process over many eons. If we were to succeed in mimicking this process on an industrial scale, then we shall be achieving two goals with one swat: absorbing instead of emitting carbon dioxide, and storing energy.

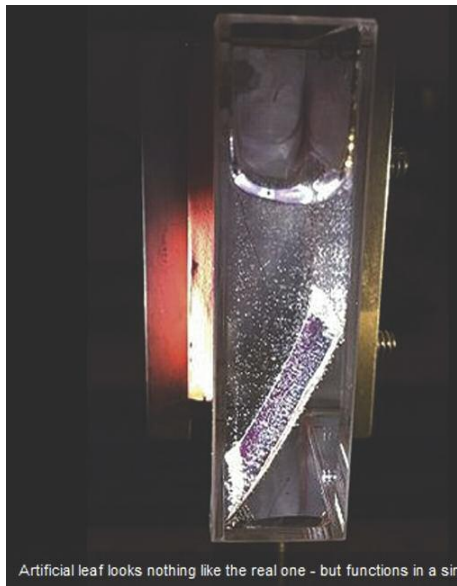
The valiant statement, "If the leaf can do it, then we can do it even better" was first mentioned at a [symposium](#) held in 2009 at Imperial College, London whose motto was "Solar to Fuels and Back Again".

Intensive research is being carried out on artificial photosynthesis on both sides of the Atlantic. The tendency, however, has shifted: and is focusing now increasingly on energy capture and storage rather than scrubbing carbon dioxide and producing hydrocarbons, which need to be burned up in order to extract the energy stored in them. Thus, it would be much more efficient, useful and straightforward, to split the water atoms directly into oxygen to be released into the atmosphere and hydrogen, which can be used as a very efficient fuel.



The Breakthrough

In 2011, a certain Mr. Daniel Nocera, a chemist, stunned the world by demonstrating how water can be broken into its two components oxygen and hydrogen at room temperature by using sunlight and catalysts only. Nocera, who is now at Harvard University in Cambridge, Massachusetts made his 'leaf' out of a photovoltaic material, sandwiched between two inorganic material sheets each coated with a chemical catalyst. The assembly is enclosed in a container full with water vapour. When exposed to sunlight one catalyst prompts the formation of hydrogen gas, other oxygen gas.



Artificial leaf looks nothing like the real one - but functions in a sim

The efficiency of the natural photosynthesis process, ie the ratio of the energy stored in the hydrocarbons generated by it, to the energy of the sunlight absorbed by it is only 1.2%. Mr. Nocera demonstrated that the efficiency of his artificial leaf was about ten times higher. It was also quite stable, his 'leaf' worked continuously for 45 hours without a drop in its efficiency. The catalyst he used was cobalt phosphate.

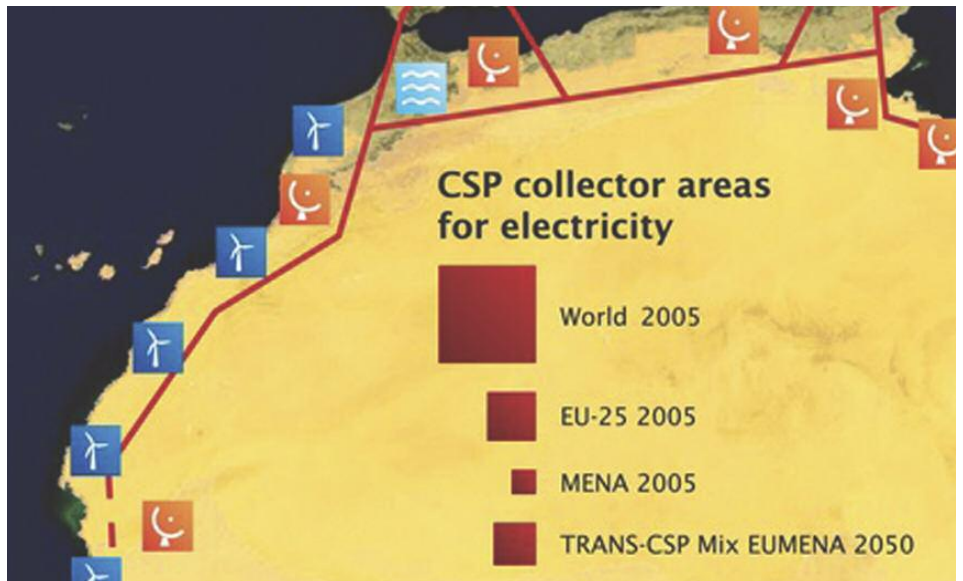
The Nocera leaf, promising as it was, failed to become a marketable device for a variety of reasons, not least of which was the resistive losses in the photovoltaic wafer. Intensive research is being carried out at present to develop the concept into a marketable device.

The Long Road

It is far too early to celebrate and relax that the climate warming will soon be history. By the time the technology is perfected and has matured for industrial production of hydrogen directly from water, the next hurdle will have to be tackled: how to store, transport and use the new energy carrier.

Even if the magnitude and scope of such an undertaking seem to be almost insurmountable, it is still theoretically achievable with present day technology. It is possible to imagine a scenario in which a huge power generating plant in the North African desert is built. It uses the very generous sunlight there to generate hydrogen, which is in turn burnt to drive turbines directly generating gigawatts of electric energy which can be easily transported to Europe to feed its comprehensive high voltage grid and charge all the car batteries dispensing with fossil fuels altogether. A dream perhaps, but all big inventions had started with a dream.

Just for your information and to get a feel for the orders of magnitude, about 27'000 sq km of sun absorbers in the Sahara would suffice to generate all the electricity Europe needs, and about 110'000 sq km to cover worldwide consumption of electric energy. So there is plenty of energy being received daily from the sun, if only we knew how to utilise it.



Further Reading

- <http://eandt.theiet.org/magazine/2015/11/artificial-photosynthesis.cfm>
- <http://www.economist.com/news/leaders/21679193-global-warming-cannot-be-dealt-using-todays-tools-and-mindsets-so-create-some-new>
- https://en.wikipedia.org/wiki/Solar_power
- How artificial photosynthesis works: https://en.wikipedia.org/wiki/Artificial_photosynthesis
- Desertec: <https://de.wikipedia.org/wiki/Desertec>



Advance Care Directive and Adult Protection Authority (“KESB”)

Contributed by IMCZ member Dr. Rainer Riek, attorney-at-law and Public Notary

A few friends are sitting together just before they all turn 75. One of them, Walt, says to the others: “Let’s all celebrate together”. “What a great idea” the others say. “Let’s go to the Lions Pub, they serve good food there”. After the birthday meal they promise to celebrate together again when they all turn 80. Five years later they meet again, all quite fit for their age. One asks where the party should take place. Walt says: “Let’s go to the Lions Pub again. It is easy to access with a walking frame”. After the anniversary they promise again to celebrate their 85th birthday together, if they are still on earth. And indeed five years later they are again making plans for their birthday. One asks which restaurant should be the place to party. Walt says: “Let’s go to the Lions Pub. We have never been there before!”



As funny as the joke may be for people in good health, it becomes very relevant when someone such as Walt loses his capacity of judgement (“Urteilsfähigkeit”), be it due to an accident or due to a disease, permanently or just temporary.

The Swiss adult protection law permits a spouse (or registered partner) to open and deal with mail on behalf of an incapacitated partner, to provide everyday asset management and to undertake all legal acts that are normally necessary to ensure that living expenses are met. However, for other transactions – such as the sale of a property – the consent of the adult protection authority must be obtained.

The advance care directive enables individuals to make personal and financial arrangements in good time to cater for the possibility of them becoming incapable of judgement at a future point in time. Depending on the circumstances, it may therefore be advisable – even in the case of married couples – to draw up an advance care directive appointing a trusted party (often a family member) to deal, for example, with financial and certain administrative matters. If there is no advance care directive, then the adult protection authority in certain circumstances may require a needs-based guardianship and such a

guardian may know you neither as a person nor as a businessman. How should the guardian then make the right decisions?

In particular when a more complex matter arises, such as a banking or property transaction, it might be worth appointing

different and even alternative agents, one taking care of your personal arrangements (such as the celebration of your birthday) and another taking care of your financial arrangements, in particular in the case of a company you own and lead.

For the advance care directive to be valid, the document – like a holographic will – must be entirely written by hand, dated and signed. An alternative possibility is notarisation, which is to be recommended for lengthier documents.

It is recommended that you register the storage location of the advance care directive with the responsible Registry Office and hand a copy to the appointee.

The adult protection law also sets out regulations governing the patient decree. The patient decree enables a person to specify the nursing care and especially the medical treatments which he or she consents to (or rejects) in the event of incapacity and the situations in which that consent or rejection applies. Usually, it is recommended to make two different deeds, an advance care directive and a patient decree.

To come back to the joke mentioned at the beginning of the article, just imagine that the adult protection authority (KESB) had taken over once Walt became incapable of judgement at the age of 81 and the legal guardian did not know Walt’s personal arrangements. The 85th birthday meal would most likely have been celebrated without Walt.

As a rule, it is a simple matter to prepare an advance care directive. For business owners, however, matters may be more complex – requiring careful, expert handling.

To return to the funny part of the joke I would like to conclude that a good friend of my family told me the joke, after just turning 88 this year! Having said this, I wish you all best and good health in 2016!

Dr. Riek works at the law firm, Zwicky Windlin & Partner, Zug (www.zwplaw.ch)

Amt für Kindes- und Erwachsenenschutz (KES)

Amt für Kindes- und
Erwachsenenschutz

Die kantonale Fachbehörde für Kindes- und Erwachsenenschutzes
des Kantons Zug.



STAMMTISCH

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



summers

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GRAPHIC DESIGN _magazines, flyers, newsletters, booklets, ... **PHOTOGRAPHY** _portraits, headshots, architecture, product photography, model portfolios, stock images, event/party, ... **VIDEO** _music videos, corporate interviews, event coverage...

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Shorter than Short: Skiboards, Snowblades, Skiblades and Snowskates or whatever they're called



Contributed by
IMCZ Sports' editor
Joseph Dow



If you read my column regularly, you know I'm a huge evangelist preaching short skis for recreational skiing (see my article on short skis in the May 2015 newsletter). For even well-accomplished, larger skiers, I have a hard time accepting the need for any ski over 160cm for normal resort skiing, unless you encounter a significant powder day before the groomers come out. For maximum fun, I often use my **RTC 28'ers**, 128cm funcarver skis. Those are real skis and serious, handmade pieces of Swiss precision equipment along with the significant price tag you would expect. However, some of that same fun can be had with the variety of short snow tools available, ranging from inexpensive skiblades/snowskates to high-quality skiboards, none of which should be confused with snowboards, the single, wide boards commonly seen on the slopes. In this low-snow start to the season, something different to play around with on the limited terrain might be just the ticket. So, what exactly are these "mini-skis" and what purpose do they serve?

I'm not sure which came out first, the **Kniessl Big Foot** or the **Salomon Snowblade**, but I still have a pair of the **Völk** version, the **Double Trouble** from the 90s. They are ultra-short (95cm), foam-core "mini-skis" with non-releasable bindings, used with regular alpine ski boots. While they can be fun on easy, groomed terrain, they are not suitable for all-mountain skiing in variable conditions.



Stability is an issue and they are more than tricky in soft, thick snow with instantaneous faceplanting sure to follow.

However, I think skiblades are a great, inexpensive option for parents training young children on the bunny slope. I have also observed a few instructors using them during young children's ski classes. It only makes sense as long skis are quite cumbersome when trying to maneuver around and pick up the little ones littering the slope. Weight will also be an issue when you are carrying the kids' and your own gear and skiblades are a fraction of the weight of even lightweight skis.

Skiblades could also be an inexpensive introduction to snow sports for beginners or those with a casual, mild interest, who just want to get out on the beginner slope for a day. Skiblades are considered easier for beginners to use than regular skis. I found that the short length helped develop the proper balance and centered stance for skiing and skiblades have been used for training by racers in the past. The last time I skied at Engelberg, I met an elderly gentleman happily putting down the slope on a pair of ancient Salomon snowblades. The Czech company, **LUSTi**, currently makes modern versions of skiblades, which they call "snow skates" and are available in normal and wide options.

Besides the toy-like snowblades/snowskates, a few companies produce serious, high-quality woodcore skiboards, which are wider, much more solid and suitable to all-mountain skiing and variable conditions, even up to powder snow. Standard alpine ski boots are also used with these boards, although using ski poles is discouraged. Manufacturers such as **RVL8**, **Snowjam**, **Spruce Mountain**, and **Summit** produce numerous models (from 75 to 132cm,) suited to different styles such as tricks, carving/cruising, and powder riding, with some models even rockered.

Skiboards are usually grouped into two or three categories based on length with traditional skiboards being less than 100cm, modern skiboards from 100 to 110cm, and so-called "longboard skiboards" having lengths between 112 and 132cm. The longer the boards, the more stability you have, and the shorter the boards, the more maneuverability possible.

For bindings, skiboards can either utilize non-releasable bindings or riser plates with releasable bindings. Both types have their own pros and cons, including weight, tightness of connection between boot and board, and ease of adjustment to different boots. One big distinguishing factor is that quality skiboards, using fixed bindings, have a 4x4 binding insert pattern, as opposed to the 8-hole system used on the cheap skiblades. The superior 4x4



configuration with its more compact contact area allows the boards to fully flex improving the ride.

Serious skiboarding is an underground sport, almost as obscure as hypercarving (FIS Carving Cup) (see my article on oddities in the June 2013 newsletter) and it has its scene similar to early snowboarding and that of the twin-tip jibbers. Companies such as RVL8 put a lot of emphasis on the graphics of the boards. They engaged various artists to produce the designs and change them each year for the specific models. While it might appeal to teenagers wanting to be cool and alternative, skiboarding is an option for advanced skiers looking for something different, especially when skiing limited terrain or with a group of friends, who are of mixed abilities.



So, choose your weapon and pray for snow!!!



Additional Information:

- **SKIBOARDS:** www.skiboardsonline.com/BRDS.html , www.skiboardsonline.com/forums/showthread.php?t=248&s , sportswonder.com/page/Skiboarding.html&or=478b93deb358a6e8cb1c445c1deb11cf & en.wikipedia.org/wiki/Skiboarding
- **Skiboard Review:** www.skiboardreview.com/skiboards/
- **RVL8 Skiboards:** www.rvl8skiboards.com & www.exoticskis.com/exoticskis/list.aspx?mfrID=185
- **Snowjam Skiboards:** www.snowjam.com/snowjam-skiboards.htm
- **Spruce Mountain Skiboards:** www.spruceski.com/index.html
- **Summit Skiboards:** summitskiboards.com/
- **SNOWBLADES:** www.skiboardsonline.com/p/snowblades.html & www.skiboardsonline.com/forums/showthread.php?t=1218&s=#newpost
- **LUSTi Snow Skates:** www.lusti.cz/eshop-sst-snow-skate-detail-37 & www.lusti.cz/eshop-sst-wide-snow-skate-wide-detail-38
- **RTC 28'er Funcarver Skis:** [www.rtc-ski.ch/en/3121_carving_ski_28er.html](http://www rtc-ski.ch/en/3121_carving_ski_28er.html)





Busy and noisy evening

Organised and compiled by IMCZ member Stephen Butterworth

The last Bowling session of the year took place on December 16, a wet night with low turn out. Again, I didn't play because of my right arm/wrist issue.

We used the low turn out to our advantage and decided to hand out a bottle of wine to the winner of each lane. Beat Züger, who was playing just above average and very well against Otto Steuri, won a bottle. Roger Dixon who was consistent as usual, won the second bottle. Christian Wagner and Barbara Harris were having fun, trying hard to beat each other.

To crown it all, we were the grateful recipients of delicious sandwiches, courtesy of the Porsche company who were playing there as well.

The next Bowling session is due to take place on Wednesday January 20, one day before the AGM. It shall be a joint Club challenge as it used to be. Currently 7 ladies and 3 guys have signed up, so good bowlers please come up and help save our honour.



HANDICAP RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Roger	Dixon	130	126	123	583	126	116	68	6	8	1	
Beat	Züger	160	148	108	572	139	136	52	5	12	1	
Christian	Wagner	114	108	101	551	108	106	76	3	6	3	
Barbara	Harris	85	105	98	540	96	82	84	3	4	1	
Otto	Steuri	134	121	132	522	129	144	45	4	10	5	

BOWLED RESULTS												
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split	
Beat	Züger	160	148	108	416	139	136	52	5	12	1	
Otto	Steuri	134	121	132	387	129	144	45	4	10	5	
Roger	Dixon	130	126	123	379	126	116	68	6	8	1	
Christian	Wagner	114	108	101	323	108	106	76	3	6	3	
Barbara	Harris	85	105	98	288	96	82	84	3	4	1	



Maintenance issue

A hotel guest calls the front desk and the clerk answers, "May I help you?"

The man says, "Yes, I'm in room 858. You need to send someone to my room immediately. I'm having an argument with my wife and she says she's going to jump out the window."



The desk clerk says, "I'm sorry sir, but that's a personal matter."

The man replies, "Listen you idiot. The window won't open ... and that's a maintenance matter."

At the Barbershop



A fellow sat on the barber's chair "I'll have a shave and a shoe shine."

The barber began to lather his face, while a woman with the biggest, firmest, most beautiful real breasts that he had ever seen knelt down and began to shine his shoes.

The fellow said, "Young lady, I discovered a most fabulous restaurant not far from here. They serve the best possible steak in town. I like to invite you to join me tonight for dinner?"

She replied, "I'm married and I am afraid my husband wouldn't like that."

The fellow said, "Tell him you're working overtime and I'll pay you the difference."

She said, "You tell him; you're closer to him".

Hiccups

A woman went to her doctor's office. She was seen by one of the new doctors, but after about 4 minutes in the examination room, she burst out screaming and ran down the hall.

An older doctor stopped her and asked what the problem was, and she explained. He had her sit down and relax in another room then he marched back to the first doctor and demanded, "What's the matter with you? Mrs. Jones is 63 years old, she has four grown up children and seven grandchildren, and you told her she was pregnant?"



The new doctor smiled smugly as he continued to write on his clipboard.

"Cured her hiccups though, didn't it?"

Three Professions

Three professional met at a bar after a long day. By the time they were sipping their third beer, they stated to talk shop. The physician said, "Remember on the sixth day, when God took a rib from Adam and fashioned Eve, this makes him the first surgeon. Therefore medicine is the oldest profession".

The engineer replied, "But, before that, God created heavens and earth from chaos and confusion, thus He was the first engineer. Therefore engineering is an older profession than medicine".

The third guy was a politician, he then spoke up, "But who do you think created all the chaos and confusion?"



Remote Control

Husband and wife are in bed together. She feels his hand rubbing her shoulder.

Wife: "Oh, that feels good."

His hand moves to her breast.

Wife: "Gee, honey that feels wonderful."

His hand moves to her leg.

Wife: "Oh, honey, don't stop."

But he stops.

Wife: "Why did you stop?"

Husband: "I found the remote."



Stop Nagging

An attorney arrived home late, after a very tough day trying to get a stay of execution.

His last minute plea for clemency to the governor had failed and he was feeling worn out and depressed.



As soon as he walked through the door at home, his wife started on him about, 'What time of night to be getting home is this? Where have you been? Dinner is cold and I'm not reheating it'. And she went on and on.

Too shattered to play his usual role in this familiar ritual, he poured himself a shot of whiskey and headed off for a long hot soak in the bathtub, pursued by the predictable sarcastic remarks as he dragged himself up the stairs.

While he was in the bath tub, the phone rang. The wife answered and was told that her husband's client, **James Wright**, had been granted a stay of execution after all. **Wright** would not be hanged tonight.

Finally realizing what a terrible day he must have had, she decided to go up stairs and give him the good news.

As she opened the bathroom door, she was greeted by the sight of her husband, bent over naked, drying his legs and feet.

'They're not hanging Wright tonight,' she said.

He whirled around and screamed, 'for the love of God woman, don't you ever stop?'



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,
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- 1/3 Page, horizontal (19 x 9.2 cm), Fr. 85.-
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