

IMCZ NEWS



APRIL 2016



EDITORIAL Club Activities

Ours is a social Club, and the board is sparing no effort to promote as many activities as the members would like and enjoy. The Future Events column of the Newsletter lays testimony to our Events' organiser and his tireless efforts to generate as many events as possible. Regretfully, however, participation in some of the events has been disappointing, which leaves the organisers at a loss at guessing what to do and how to go about promoting participation in future events. The annual ski outing this year (see write up in this issue), has been particularly disappointing, with only four participants (including the organizer)!

Apart from the announced events, we have many others in the pipeline but are afraid of repeated low participation, e.g. a bike tour around the lake of Zug, a trip on the Bernina

Express, a hike up the Lorze, a boat brunch on the lake of Zug and many others. To all members who read this Newsletter, please take some time and let us know what you like and enjoy. It is only when we have some feedback that we can do better and meet your wishes.

Muthana Kubba
Editor
newsletter@imcz.com

FUTURE EVENTS

- THURSDAY APRIL 14TH • **An Introduction in Behavioral Economics - presentation by IMCZ member Marcel Brusee** 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*
- THURSDAY APRIL 21ST • **Stammtisch with ZIWC, "Meet and Greet"**, at the City Garden Hotel 18:30-20:30 hours *Ram Ramphal*
- THURSDAY APRIL 28TH • **Driving today and in the future. All you need to know about Swiss Roads** a presentation by IMCZ member Rainer Riek, at the Park Hotel, Zug 18:30-19:30 hours *Ram Ramphal*
- THURSDAY MAY 12TH • **New Members' Reception, Introducing all new members, all members are invited.** At the City Garden Hotel, 18:00-20:00 hours. *Finger food, soft drinks and beer are sponsored by IMCZ.*
- TUESDAY MAY 17TH • **ZIWC Spring Book Sale** at the Guthirt, Guthirtstr. 1, 6300 Zug, 16:00-19:00 hours - *Ms Alison MasKinnon jones.ian@bluewin.ch*
- WEDNESDAY MAY 18TH • **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- SUNDAY MAY 22ND • **Visit to Seleger Moor,** Rifferswil 10:30 am *Ram Ramphal*
- WEDNESDAY JUNE 15TH • **Bowling at the White Line Bowling Centre, Meierskappel** *Stephen Butterworth*
- SUNDAY AUGUST 21ST • **Annual Barbecue** at the Siehbachsaal, 6300 Zug 12:00-16:00 hours *Ram Ramphal*

IN THIS ISSUE

PAGE 1

- Editorial
- Future Events
- New Members

EVENT NEWS P.2,3

- Special Stammtisch
- Ski Outing
- Is the IMCZ truly International?

HEALTH P.4

- Evidence-based resistance exercise recommendations for muscle build-up

SCIENCE/TECHNOLOGY P.6

- Fusion

TRAVEL AND LEISURE P.8

- Cruising the Canaries, Part 2

SPORTS P.12

- Tips, Tricks & ... Secrets (maybe)
- From The Lanes

HUMOUR P.15

TIDBITS P.16

- Member's Marketplace
- IMCZ Rates
- Corporate Space

IMCZ

Introducing...New members

THE IMCZ WELCOMES:

Simon Haugk

Simon hails from Germany and had relocated to Switzerland in 2009. Due to extensive travel he decided to live in Thurgau, but moved in January 2015 to Oberägeri. He hopes to do less commuting and get more connected. The IMCZ wishes him plenty of good luck and look forward to seeing him soon.



Martin Casutt von Batemberg

Martin is Swiss and grew up here in Switzerland. He went to international schools including Institute Montana on Zugerberg. At the age of 14 he moved to the United States where he completed his high school education and subsequently went to the University of Florida where he received two degrees: one in Business Administration and the other in German Philology. He moved back to Switzerland in 2003 and worked for Helsana Insurance Group (Zürich) and in 2006 changed to Baloise Insurance Group (Schwytz) working in Brunnen. He is still working there as a key account manager and financial planner. In his free time he enjoys having a good meal coupled with an interesting conversation with new or old friends. He also likes travelling, cigars, clay pigeon shooting, cooking and skiing. Unfortunately he didn't have much success with golf ☹️. Martin is an easy going person, easy to get to know and enjoys having a good laugh whenever he can.



Peter Widdup

Peter hails from Australia, he moved to the UK nine years ago where he worked primarily in financial services and asset management. However, his real passion was skiing and he decided to become a ski instructor. He completed his training as an instructor in Canada and embarked on a ski-teaching career which saw him giving instructions in Australia (yes there are skiing fields in Australia) and St. Moritz. He moved to Andermatt last year and created a ski school there, with emphasis on customer service, simple and clear tuition with native English speaking staff. He also plays golf and has a single digit handicap, but retired from playing cricket since he left the UK. Peter lives in Andermatt all year round where apart from looking after his ski school, he is involved in the development of new accommodation, lifts and runs in the area. His bigger challenge is starting new summer activities for families and holiday makers.





Special Stammtisch at the City Garden Hotel

Compiled by IMCZ Newsletter editor, Muthana Kubba

Prof. Georg Erdmann on Energy

The full title of Prof. Dr. Erdmann's lecture was "The New role of energy companies in the energy transformation".

An almost full house with above average number of guests and potential new members, gathered in the conference room of the City Garden hotel on the evening of Thursday March 3rd to listen to Professor Erdmann. Although he is at the Technical University of Berlin, his presentation rather on economics than on technical aspects. The energy he referred to in his lecture, was mostly limited to electric energy, its generation, distribution and consumption.

In a lively lecture with many questions from the audience, he concentrated on the impact of alternative and renewable energy generation on the existing chain of power generation and distribution. For many of us engineers, it was an eye-opener. Our focus so far has been limited to developing renewable energy sources and methods, and we have not been really aware of their impact and ramifications on the bigger picture.

Of course we knew that because of the intermittent nature of renewable energies, e.g. sunlight, wind and tides, they must be backed up by conventional utilities, be they polluting coal burning ones or natural gas turbine driven, or nuclear plants. If these utilities were not used to capacity they shall be unviable commercially, and have to shut down sooner or later. Additionally, huge investments in high voltage distribution networks would be needed, as more renewable energy generation plants come on line. Such networks may not be economically viable due to low utilisation. Prof. Erdmann covered all these points using extensive slide shows and graphs, emphasising the implications and in what ways politics must act, in order to ensure uninterrupted electric power supplies as well as maximum utilisation of renewable energies.



ZIWC Spring Book Sale

This year the ZIWC are continuing their great "Service Publique" and are organising yet another book sale thanks to their energetic Library Committee. The venue shall remain the same as last year at:

"Guthirt", Guthirtstr.1, 6300 Zug

on Tuesday May 17, 2016 from 16:00 to 19:00 hours

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

Come along and enjoy a tea with scones generously offered by the ZIWC Business Group, catch up with friends and browse through thousands of books, all professionally sorted by subject and author. It is a give away at CHF 2,00 each. To find out more, please contact Ms Jo Brown, secretary@ziwc.ch

If your bookshelves are full and you have no room for new books, empty them and give all those dust collecting books to the ZIWC. Ms Jo Brown would gladly take them.

IMCZ

BOARD MEMBERS

Board Member bios are posted under the following link: <http://www.imcz.com/nc/about-us/board-members/board-members-2016.html>. Go ahead and check them out!

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Ski Outing

At rather short notice, our veteran ski instructor Ian Karran organised this year's outing for Saturday March 19th. This time Engelberg was chosen as our skiing venue. In spite of the truly perfect conditions: blue skies, powder snow and well-prepared pistes, apart from the Engelberg regulars, (Ragnar Wetterblad and yours truly) only one IMCZ musketeer turned up, Roger Dixon. Ian led the three of us over easy and more difficult pistes, giving useful hints, and demonstrating how to improve our skiing techniques. Speaking for myself, I had the best ski of the season, and I guess the rest of the group would say the same.



Mount Titlis, rising to 3020 meters above sea level, is a lovely location, within 50 driving minutes from Zug. It always boasts plenty of snow and has an excellent infrastructure, with a new gondola lift (Titlis Express) having been commissioned this season. There is no shortage of restaurants, although the big crowds made finding somewhere to sit down for lunch a real problem.

For the club's skiers who didn't make it, you missed a great day's skiing. Hopefully, we shall see more of you next time.

On behalf of the participants and the IMCZ board, I would like to thank our organiser and coach, Ian Karran. You have done a great job Ian, well done.

Muthana Kubba



The IMCZ at the Expat Expo

This year your club participated in the annual Expat Expo on April 3rd at the same location in Cham the Lorzen Saal. Our stand was again next to the ZIWC's. Thanks to our president, true teamwork and division of responsibilities as well as clear shift timetables have made complete success of it. According to Andy, at least six visitors to our stand shall definitely join.



Is the IMCZ truly International?

Compiled by IMCZ honorary member and Newsletter editor Muthana Kubba

As a matter of interest, I was looking at the members list on our website and it struck me how many members have the same christian name. So I spent a bit of time and made up a list of all names and their frequency, using all the members on our database, present, past, even deceased. There were altogether 710 names, which constitutes a fairly good sample of our membership pool. It turns out that 34 different names make up 42% of the total membership.

Looking at the names and the different ways each name is spelt, it is easy to surmise the makeup of our members and where our focus for new members should be.

The list shows the names down to 5 members having the same christian name. The complete list down to 2 members with the same name can be viewed [here](#). If you can't find your name on the list, then probably it is because you are the only member who has that name.

For members who are about to get new additions to their family soon, it is very helpful to study the list before choosing a name. Assuming of course the new born is a male.

1	Christian Name	Freq
2	Peter, Pieter	28
3	Thomas, Tom, Tomas, Tuomas	19
4	David, Dave	17
5	Stefan(o), Steve(n,nsen), Stephan, Stephen	17
6	Christian, Christen, Christer, Kristian	16
7	Hans, Hans-Peter, Hanrüdi, Hannes	16
8	Marcus, Markus	16
9	Michael, Mike	14
10	Paul, Paulo	13
11	John	11
12	Will, William, , Willy, Bill	11
13	Andrew, Andrey, Andries	10
14	Marc, Mark	10
15	Robert, Roberto	10
16	Dan, Daniel, Daniele, Danilo	8
17	George, Giorgio	8
18	Ian, Iain	8
19	Adrian	7
20	Martin	7
21	Nick, Nico, Nicolas	7
22	André, Andrea, Andreas	6
23	Christoph, Christopher	6
24	Claus, Klaus	6
25	Karl	6
26	Richard	6
27	Alex, Alexander	5
28	Andy	5
29	Franz, Frans	5
30	Jack, Jake, Jakob	5
31	Jean	5
32	Jon, Jonas, Jonathan	5
33	Phil, Phillip, Philippe	5
34	Roger	5

Evidence-based resistance exercise recommendations for muscle build-up

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

For once, this article is not directly nutrition-related but ties up with dietary protein recommendations, insofar as dietary protein contributes to the growth and maintenance of muscle mass. Obviously, protein alone without a sufficient stimulus from physical exercise is not enough to initiate muscle protein synthesis and hypertrophy. However, the optimal resistance training protocol with regard to muscle build-up is still largely unknown and recommendations are mostly based on assumptions. Various studies examined the multiple training variables in resistance training in recent years. However, the evidence reviewed in 2013 by Fisher *et al* in *Medicina Sportiva* is quite disillusioning on the particular importance of specific exercise methods – that, in fact, may turn out to be rather encouraging for those less interested in resistance training methods and/or lazier in terms of training discipline;-)

Resistance training variables include resistance type (e.g. free-weights, machines), load (weight), number of repetitions, volume (number of sets), repetition duration, range of motion, inter-set and inter-repetition rest, contraction type (concentric, isometric, eccentric), contraction velocity, intensity of effort, and frequency of training. Despite the huge number of different training routines available by combining all of these variables, it is seemingly much simpler to recommend the maximal stimulation necessary for muscle build-up. In short: regardless of the stimulus, the most important factor appears to be

maximum intensity of effort and thus the sequential recruitment and stimulation of as many muscle fibres and motor units as possible until momentary muscular failure (MMF), in order to induce the greatest muscular hypertrophy (MHT). So, what is the most time-efficient way to achieve this goal?

Single sets of exercises seem to attain similar results to multiple sets, and load used and number of repetitions executed do not appear to affect MHT, where sets are taken to MMF. However, muscular tension should be maintained during the set and over the whole range of motion. These two factors are probably crucial in stimulating MHT. It is the intensity, which makes the difference, not the total weight lifted, nor the number of sets or repetitions, nor repetition duration. This means you can lift light or heavy loads and move your weights quickly or slowly, as long as you keep the muscles tense over the whole range of motion and train until attaining MMF. Then there is no difference in the anabolic response. Of course, rest intervals between sets and exercises play a role in acute performance, both in repetitions performed and load lifted, but seemingly, it does not affect hypertrophic gains!

Furthermore, consider using drop-sets, or breakdown sets, where applicable. For example, where muscular force is no longer sufficient to lift a load, the load may be reduced and

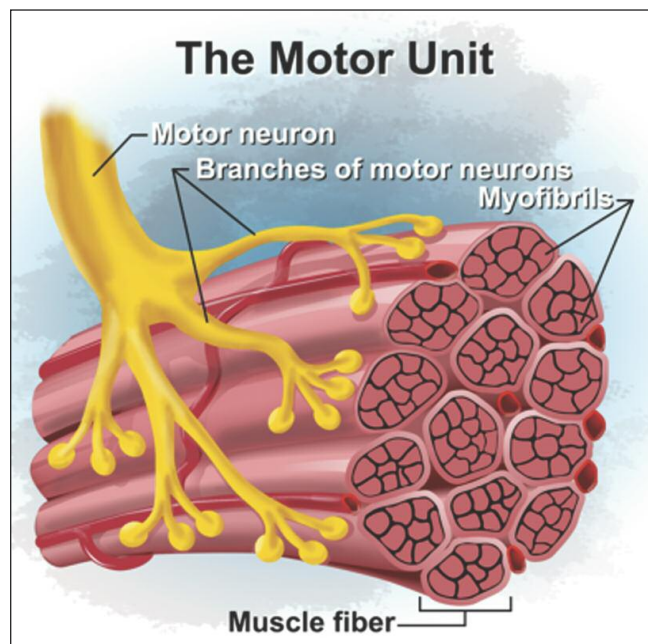


repetitions almost immediately continued. This method will target more motor units and potentially more of them will be activated until their ultimate failure. In addition to this, long rest intervals appear unnecessary.

Thirdly, use different exercises in one workout to activate the same muscle groups. Using different exercises and changing their order influences where and how intense muscle fibres are activated. The activated muscle fibres also vary between individuals, depending on their biomechanical preconditions and muscular balance.

Persons with injuries or a diminished range of motion (ROM) in certain movements might be interested to hear that partial ROM repetitions apparently produce no discernible difference regarding hypertrophic muscle gains compared to full ROM repetitions.

The contraction type influences recruitment and activation of muscle fibres in favour of concentric lifting compared to the eccentric



lowering of a weight. However, the eccentric phase is generally a controlled lowering of a load, rather than resisting the movement. If eccentric training is performed by trying to resist a load through attempting to perform a concentric contraction, there is a greater muscular force than from concentric movement. This suggests that eccentric actions with supramaximal weights, i.e. too heavy to lift in a concentric movement, might be the most beneficial in increasing MHT. Nevertheless, concentric contractions stimulate higher motor unit activation where loads are equal, and both types of muscle action are required to stimulate MHT. Don't forget, supramaximal loads also put a very high stress on joints and tendons and increase overall injury risk.

It is worth noting, that in contrast to existing belief, concurrent endurance training does not interfere with MHT as long as sufficient muscle recovery time is allowed. Furthermore, some evidence suggests that preceding exhaustive aerobic exercise might further enhance hypertrophy above that of resistance training alone. This effect may be due to pre-exhaustion of some motor units, forcing others into action to compensate, thereby increasing work intensity on muscle fibres that are usually less activated or not at all, similar to with the previously mentioned drop-sets: the overloading of some motor units activates other motor units to compensate, eventually leading to a higher intensity and greater anabolic stimulus.

Last but not least, and to prevent you from overly enthusiastic expectations, it is necessary to recognize that genetic factors are probably the most significant variable. As a final remark, I also need to stress that all of the above recommendations are focussed on muscular hypertrophy. It is obvious that improving maximal strength or power are different goals, possibly turning these recommendations invalid or even counterproductive.

Summarized key points for optimal resistance training targeting maximal muscular hypertrophy

- Perform not just one, but several exercises on the same muscle groups. Vary exercise type, machines, free weights, body positions, hand-grips, and exercise order between workouts frequently in order to activate different areas of a muscle and to prevent stagnation. In addition, improved training status also diminishes the rate of hypertrophic response to resistance training.
- Perform only 1-2 sets per exercise until momentary muscular failure, regardless of repetition duration and weight load.
- Forget about rest intervals, but rather change the exercise, in order to slightly vary activated motor units or alternate with exercises for antagonistic muscle groups. This will allow the most time-efficient workout.
- Use concentric and eccentric work, but be aware of safety implications of using supramaximal loads (joints, tendons, injury) on the latter. The inclusion of an isometric phase in exercises should be envisaged where practicable.
- Hold muscle tension during all repetitions and sets. Although there is no clear evidence on the optimal duration of a set until momentary muscular failure, presuming 60 to 90 seconds for practical and safety reasons may be a good guideline. Choose the load accordingly.
- Depending on the exercise chosen, perform drop-sets (i.e. upon muscular failure, reduce resistance and continue until ultimate muscular failure). This will induce the highest possible intensity, by activating the most motor units.
- Perform the range of motion of a given exercise with which you are comfortable. However, be aware that a different range of motion may also influence the number and intensity of motor unit activation, as well as supporting structures (joints, tendons).
- Use a split routine for training different body parts on different days if needed, accordingly to your preference, recovery needs and time re-strictions.
- Finally, maintain a frequency respecting your individual recovery time, usually between 48 to 72 hours of rest between workouts. It appears that even up to three weeks rest from training does not result in significant muscle loss and, in fact, can increase MHT when returning to resistance training.



STAMMTISCH

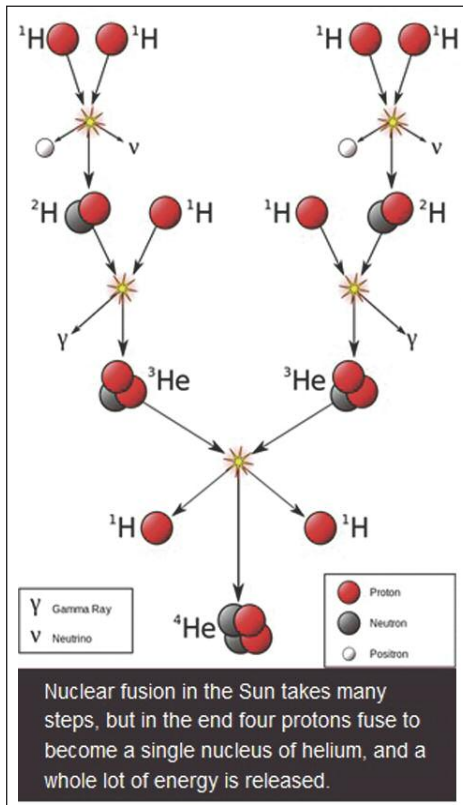
Every Thursday
from 18:00–20:30
At the City Garden Hotel

Fusion

Contributed by IMCZ honorary member and Newsletter editor Muthana Kubba

Since time immemorial mankind has always wondered how is it that our sun emits so much warmth and light at almost constant rate and has done so for as many millennia as humanity can remember. The renaissance and modern science only deepened the puzzle, especially after the telescope was invented and the astronomers came to the conclusion that all the stars we see on our night skies are suns, most much bigger than our own. There must be a mechanism which somehow generates vast amounts of energy, but how and what remained a mystery.

At the turn of the last century, Albert Einstein provided the answer with his Special [Theory of Relativity](#) which he published in 1905. Apart from revolutionising Newton's three laws of motion, he proposed going against accepted wisdom and commonsense by postulating that the speed of electromagnetic waves (light) is constant irrespective of the speed at which a source or an observer are moving towards or away from it. One other side-product of the equations that Einstein developed was that mass and energy are equivalent, or are two different manifestations of the same entity. In other words, mass and energy are interchangeable. His famous equation $e=mc^2$ (e =energy, m =mass, c =speed of light) became common knowledge. Because of the magnitude of the velocity of light (300'000 km/sec) a very tiny mass, can, if converted, release huge amounts of energy, mostly as electromagnetic waves.



The sun and the stars get their energy from the most abundant element in the Universe, hydrogen. Above a certain size, the pressure and temperature at the core of a celestial object become so vast that hydrogen fuses into helium. The mass of the helium produced is less than the mass of the hydrogen which went into producing it. The difference is converted into energy in the form of heat. Yes, the sun is losing weight all the time, because some of its mass is converted into energy all the time. It is estimated that [the sun loses about 4 million tons of its mass every second](#) as a result of the heat it generates. But don't worry, even at this rate the sun will continue to shine for a quite a few more billion years before its fuel runs out.

Fusion on Earth

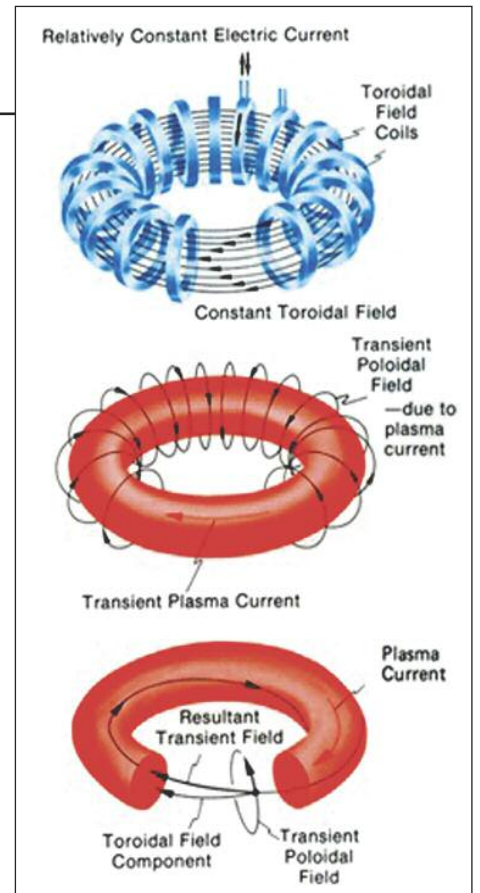
If you think that fusion as explained above has never been possible to achieve on Earth, then you are wrong. By each and every hydrogen bomb which has been detonated on Earth, a fusion reaction has taken place. Hydrogen bombs are also referred to as thermonuclear bombs, because of the way they are constructed. The idea is quite simple: put hydrogen and a conventional atomic fission bomb in a tight and very strong container, then detonate the atomic bomb. The pressure and heat it generates are so high that the hydrogen fuses into helium just like it does on the sun, and a very powerful killing contraption explodes releasing so much energy that even life on earth could be threatened.

These deadly fusion contraptions are not what we are looking for. The fusion reactions they generate is not controlled. We are looking for a controlled fusion reaction so that energy can be generated continuously at a rate which we determine in order to utilise in lieu of fossil fuels.

Controlled Fusion Experiment

It is well over half a century since the first hydrogen bomb was exploded, irrevocably proving Einstein's famous equation $e=mc^2$. Since then scientists and engineers have been tirelessly searching for ways to make a controlled thermonuclear reaction to produce unlimited amounts of energy. Money, big money was then thrown into research projects to this end.

Virtually all attempts were based around 'magnetic confinement', in which a plasma of ionised particles is confined by a strong magnetic field and heated up by continuous bombardment of high energy heavy particles, e.g. neutrons, until fusion takes place. As early as 1950, the first tokamak was proposed by Soviet scientists Andrei Sakharov and Igor Tamm. In this, the plasma is confined in a torus (doughnut shaped ring) by a strong



magnetic field and is heated up to very high temperatures. The word 'tokamak' was borrowed from the Russian. It is an abbreviation of its principle of operation.

First results were promising, and the right mix of atomic particles was detected. According to the scientists and specialists, the only snag was that higher temperatures and pressures were needed. We were told that the breakthrough when more energy would be released than that poured in, was only 10 years away. But this was already more than 50 years ago, and we are still not there yet.

In the last bid to get several more billions of Euros to build a much bigger machine and achieve vast energy levels, [CERN](#) (Conseil Européen pour la Recherche Nucléaire) in Geneva, had to change tenor in order to avoid the embarrassment of promising success in fusion within yet another ten years. They called their machine a particle accelerator "Large Hadron Collider" rather than tokamak. Its purpose was to perform basic research on sub atomic particles. They did get sufficient funds to build the Collider, which is a monster tokamak, 27 km in diameter, which uses liquid nitrogen to cool superconductors that generate very intense magnetic fields to contain the plasma. The word 'Fusion' was completely dropped from their vocabulary; instead they discovered yet one more sub-atomic particle to add to the unending long catalogue of atomic particles. (Such as the Higgs boson). The physicists were euphoric but the engineers had long faces. They were

looking for practical applications and always asked if the enormous cost was justified. [Check this futuristic very interesting clip on, among others, CERN in 3D.](#) (It is a long clip, but the interesting part on CERN starts at about 10 minutes into the clip).

A Breakthrough in Sight

Like many others, I was sceptical that we earthlings would be in a position to imitate the processes of the sun and generate unlimited amounts of energy by converting mass into energy. At least to me the tokamak is simply not suited for the big breakthrough. And sure enough, a simpler but more promising approach is making the news. Instead of generating plasma in a toroid (tokamak) and contain it to stay in the middle using very powerful magnets, then heating it by bombarding it with high velocity particles, the new thinking is to have a pellet of plasma, kept levitating in a vacuum by a strong magnetic field, and then bombarding it with very strong pulsed laser beams, thus raising the temperature of plasma to almost 100 million degrees Celsius. So far this has been a very promising approach which is much cheaper than building huge tokamaks, and the plasma is much easier to control.

Both in the US and in Europe intensive research and huge facilities were built to follow up on this line of research for the ultimate end of generating limitless amounts of energy.

NIF National Ignition Facility

The NIF is located at the Lawrence Livermore National Laboratory in Livermore, California. It is an enormous laser-based inertial confinement fusion research device. Rather than contain plasma in a toroid, this device uses lasers to heat and compress a small amount of hydrogen fuel to the point where nuclear fusion take place. It accommodates the **largest laser** in the world. Although it was commissioned in May 2009, bringing the system to its full capacity was complicated and took until 2012 to complete.

According to the [New Scientist](#), a key milestone has been achieved: Fuel gain was observed, that is more energy was produced than that required to start the reaction. This is very good news, at least no comparable result was observed as yet from a tokamak. However, there is still a long way ahead for fusion energy to becoming a reliable power source.

ITER The International Thermonuclear Experimental Reactor

ITER is a multibillion dollar fusion project being constructed at Cadarache in France, with no fewer than [35 nations](#) collaborating to build and operate it. The major signatories who provide most of the funds are: the United States, the European Union, China, India,

Japan Korea and Russia. Its principle of operation is again a tokamak and it is due to be commissioned sometime in this decade. It is projected to produce 500 MW of fusion energy from 50 MW of input power.

Controlling a Fusion Reactor

Many of us are familiar with how a conventional fission reactor, like those used to generate electric power, is controlled by boronated stainless steel rods which are lowered or raised in order to control the amount of the reactor's output heat. But how to do it with a fusion reactor? It is vital to have a mechanism which automatically prevents a "run away" reaction from taking place. In the familiar fission reactors the Stainless steel rods simply drop down at the slightest fault in order to automatically shut down the reactor. A devastating explosion can take place within microseconds if the shut down mechanism doesn't work properly.

In the case of the fusion reactor, the problem is simpler, in spite of the fact that energy levels could be much higher. The fusion reaction can only be sustained if the plasma is held under enormous pressure and temperature. Failure of the containment or laser excitation would

result in immediate cessation of the fusion reaction. Further, to initiate the fusion, the plasma is bombarded by pulsed extremely powerful laser beams. The frequency and width of these pulses determine the rate of fusion in the plasma. Once a sustained fusion takes place, the temperature of the plasma is controlled by the pulse frequency and width, which is adjusted to keep the fusion rate constant. It is what engineers call, *applying negative feedback*.

Conclusion

With all the billions of US dollars being spent, and all the best brains available engaged, on a world wide scale, there is still no clear evidence that a fusion reactor generating a score of gigawatts of electricity will come online anytime soon. Personally, I don't believe that in my lifetime, such a reactor will be ready. Having said that, the theory is solid and all the experimental results confirm it. The fundamental problem is, however, is not in the theory or principle but in materials science. Someone has yet to prove that it is possible to achieve the incredibly high temperatures and pressure needed using common earthly materials. This is a true challenge to both the tokamak and inertial laser beams proponents.

Further reading

Time Line of Nuclear Fusion • https://en.wikipedia.org/wiki/Timeline_of_nuclear_fusion

Tokamak • <https://en.wikipedia.org/wiki/Tokamak>

European Consortium for the Development of Fusion Energy • <https://www.euro-fusion.org/>

ITER • <http://www.swissinfo.ch/eng/fusion-will-be-cracked--within-30-years-/6974930>

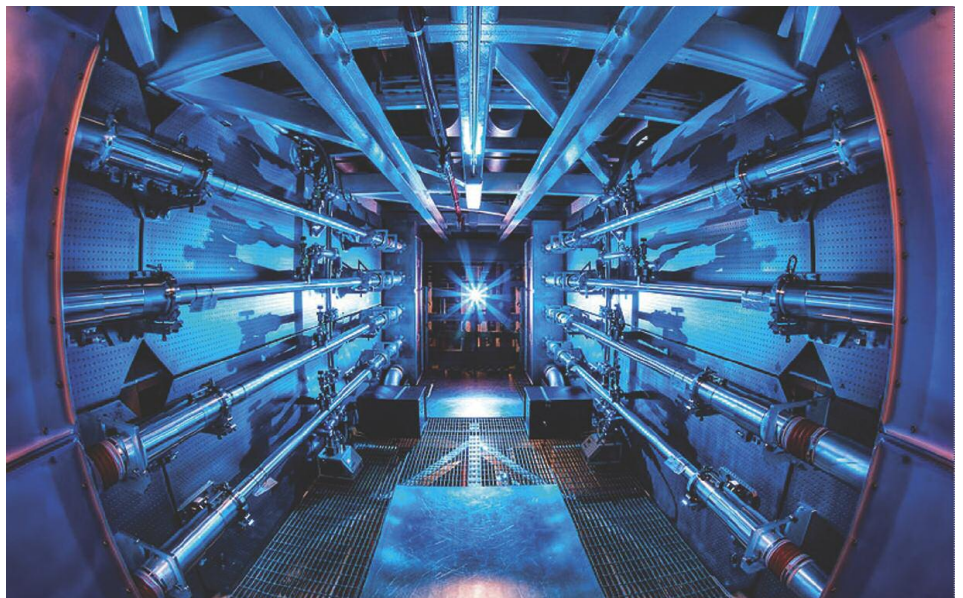
ExtremeTech • <http://www.extremetech.com/extreme/137520-clean-limitless-fusion-power-could-arrive-sooner-than-expected>

https://en.wikipedia.org/wiki/National_Ignition_Facility

<http://spectrum.ieee.org/energy/nuclear/three-alternative-fusion-projects-that-are-making-progress>

<http://spectrum.ieee.org/energywise/energy/nuclear/wendelstein-7x-really-starts-up>

<http://spectrum.ieee.org/energywise/energy/renewables/mit-has-plans-for-a-real-arc-fusion-reactor>





Cruising the Canaries, Part 2

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

Sea Daze

We could have easily visited a few additional ports in the Canaries instead of making the 535 km excursion (each way) to Funchal, Madeira. However, it is customary on cruises to include a couple of sea days, to provide the guests with more opportunity to spend money on board. This practice can still have some benefits for the passengers. A sea day immediately after embarking provides a welcome opportunity to better acquaint oneself with the ship, an opportunity of which we gratefully took advantage. In retrospect, we also appreciated the visit to Madeira, which was in many ways the high point of the trip.

Of course, the cruise lines make an effort to provide a variety of entertainment for the passengers, especially on sea days, but AIDA offers one we hadn't seen before: the "Bayrischer Fr schoppen" or Bavarian morning

they were already known to the ancient Romans in the 1st century, or even to the ancient Phoenicians in the 6th century BC. However, it appears that the Portuguese were the first to settle there, despite a legend that a British couple stranded there in the 14th century. The early Portuguese settlers cleared land for agriculture and began by planting grain, but later found more profit in sugar beets and sugar cane, cultivated with the help of slaves. Christopher Columbus lived on Porto Santo, the 2nd largest island of the group, before his historic voyage to the New World, and exported sugar to Genoa.

English speakers will most likely associate Madeira with the wine of the same name, a fortified wine similar to port (see, or rather listen to, "Have some Madeira, m'Dear", by Flanders and Swann). The production of wine displaced the production of sugar, which

guide told us represented a farmer with a goat and a camel, but more about that later. Having experience with temperature differences between sea level and higher elevations, we didn't let ourselves be misled by the balmy weather in Funchal, but took along a couple of extra layers to wear at the peak. Once there, however, we found ourselves less well prepared than we thought: the wind chill factor left us shivering after our brief excursion to the summit. Our discomfort was rewarded however with spectacular panoramas. After taking a few snapshots, I warmed myself with a cup of coffee from the snack bar in the tourist shop and then visited briefly the exhibit in the neighboring building dedicated to the work of Dr. Rui Silva, a naturalist who dedicated his life to exploring the island and protecting its flora and fauna, especially the "Freira-da-madeira" or Zino's petrel, a maritime bird endemic to Madeira.



Panorama of Pico do Arieiro

pint, taken in the Brauhaus. Apparently this practice is reserved for Sundays in Bavaria, but was practiced on the AIDAsol on both sea days (Monday and Wednesday).

Madeira

We made port in Funchal, the capital of Madeira, just around sunrise at about 8 AM on Tuesday. Unlike the Canaries, there is some controversy about the geological origin of Madeira and its neighbors. They are part of the Tore-Madeira ridge, which is said by some to have resulted from lithospheric buckling, although it is clear that volcanism played a major role in its formation. Madeira itself is the top of a large shield volcano, which was active until roughly 4500 BC. The Madeira Islands, at the summit of the ridge, are thought to have migrated from a position over the Canary hotspot in the Cretaceous era to their present location over the Madeira hotspot.

Although the islands were "officially" discovered and claimed for Portugal in the 15th century by sailors in the service of Prince Henry the Navigator, they already appeared on 14th century charts, and there is evidence that

declined in the 16th century and was moved to Brazil in the 17th century. Indeed, the British who settled on the island in the 17th to 19th centuries dominated the export of the wine (which is named after the island), and were even granted a monopoly on its trade in the early 18th century. However, the name Madeira comes from the Portuguese for wood, which was plentiful on the island before the settlers cleared it for agriculture. Even now, Madeira has more lush vegetation than the Canaries, despite reduced rainfall in the last few years. The predominant wood is laurel, which was long used to build ships.

Pico do Arieiro

Our land excursion took us from the port of Funchal, on the south side of the island, to the north side of the island. Our first stop was Pico do Arieiro, the third highest peak on the central ridge of the island at 1810 m above sea level. On our way there we passed a modern sculpture, which our tour

Ribeiro Frio

Our next stop was Ribeiro Frio, site of a government-operated trout farm, a small restaurant and a chapel at the edge of the natural park of the same name. The breeding ponds are fed by levadas (aqueducts) which bring water down from the island's central massif. After admiring the trout in their various



Trout Pools at Ribeiro Frio

stages of development in these scenic, well-groomed surroundings, I took advantage of the opportunity to sample a small Madeiran Honey Cake (“Bolo de Mel”, actually made from molasses), a delectable treat, at the nearby restaurant.

Santana

We then drove on toward the scenic little town of Santana, which is famous for its well-preserved traditional Madeiran cottages. On the way, we enjoyed some spectacular views of the northern coast and hillsides covered with the endemic laurel forests.



Northeastern Coast of Madeira

Arriving in Santana, we were of course first attracted to the traditional Madeiran farm cottages for which the town is famous. This particular one is especially well-maintained (or renovated) as a tourist attraction. Others, of the same type are still in use as housing but are somewhat dilapidated.

The next thing we noticed was the profusion of flowers and other plants. Even though it was too early in the year for many species to bloom, birds of paradise, custard fruit and many more testify to Madeira’s well-deserved reputation as the “Flower Island”.



Traditional Madeiran Farmhouse in Santana



Nativity Scene at the Santana City Hall

We then took a brief walk around the Santana City Hall, which featured the largest nativity scene, or crèche, which we saw. The Madeirans take the holiday season very seriously, and we saw crèches of every conceivable size and shape everywhere we went, but this one “took the cake”!

After leaving Santana, we drove back to a restaurant in Faial for lunch. We both opted for swordfish, which is a local staple, served with salad and potatoes, but found it a bit disappointing.

Museum of Wine and Vine, Arco de Sao Jorge

Our next stop was the **Museum of Wine and Vine** in Arco de Sao Jorge. Here the

local guides showed us wine making equipment, both traditional and modern, and explained how the eponymous Madeira wine came to be made.

The wine named for the island is now its principal export. It was developed as the result of an accident. In the 15th century, wines taken on board the exploring ships in casks would often “turn” and become unpalatable due to the agitation and exposure to variations in temperature and humidity. By the 16th century Portuguese vintners had discovered that they could stabilize the wine by adding a bit of distilled alcohol. Some sailors reported that the wine tasted better near the end of a voyage than it had

at the beginning, but of course this perception could easily be attributed to subjective distortion, for example, resulting from the euphoric prospect of returning home in one piece, which was by no means to be taken for granted. However, when a few barrels returned unopened from a voyage, they were found by the presumably more objective tasters ashore to be quite tasty, and preferable to the “untraveled” fortified wine. This led the Madeirans to devise methods of simulating the conditions experienced by the wine on a voyage, and they were soon able to reproduce the results predictably. The resulting wine, as a result of being both fortified and aged under controlled conditions, was extremely robust and therefore well-suited to export to the colonies of the New World. It became quite popular, especially in North America. In fact, although it took place a few years before enactment of the notorious tea tax, the British seizure in a tax dispute of a ship carrying a cargo of Madeira which belonged to John Hancock is said to have been one of the events precipitating the American Revolution. George Washington is said to have enjoyed a pint of Madeira daily and his first Presidential inauguration is said to have been celebrated with Madeira. Wine production in Madeira was virtually wiped out in the 19th century by the phylloxera epidemic which ravaged vineyards throughout Europe, but experienced a renaissance in the late 20th century.

We were given many different varieties to taste, aged from 3 to 10 years and varying from sweet to semi-dry. We chose a bottle of 5 year old Sercial (a somewhat drier variety, a little like tawny port) to bring back to Switzerland.



Wine-Making Equipment at the Museum of Wine and Vine in Arco de Sao Jorge

Sao Vicente

Our next and last stop before returning to Funchal was Sao Vicente, a charming old village on the north coast. The first thing we saw was (you guessed it) another crèche.

The next thing we noticed was the astonishing view of the mountains behind the town. The northern side of the island is far steeper than the southern side.



Nativity Scene at Sao Vicente



Clock Tower of the Capela de Nossa Senhora de Fátima on Pico da Cova above Sao Vicente

As a consequence this area was settled later, and the mountain panorama looks much more impressive from this angle. Despite its comparative youth, Sao Vicente boasts a venerable parish church, Igreja Matriz de São Vicente.

As the bus passed through Funchal on its way back to the harbor, we asked to be let off in the city. Below is a map showing the route of our shore excursion.

Funchal

Funchal owes its name to the abundance of fennel found here when it was settled in the 15th century. When we reached Funchal it was already the 12th day of Christmas, but the Christmas spirit showed no sign of ebbing among the Madeirans. Funchal is an especially popular stop for cruise ships on New Year's Eve, because of the lavish



Igreja Matriz de São Vicente



Traditional Dancers on the Avenida Arriaga

fireworks displayed then. However, the Christmas market in town was still well populated with tourists, who bring roughly 20% of the island's revenue.

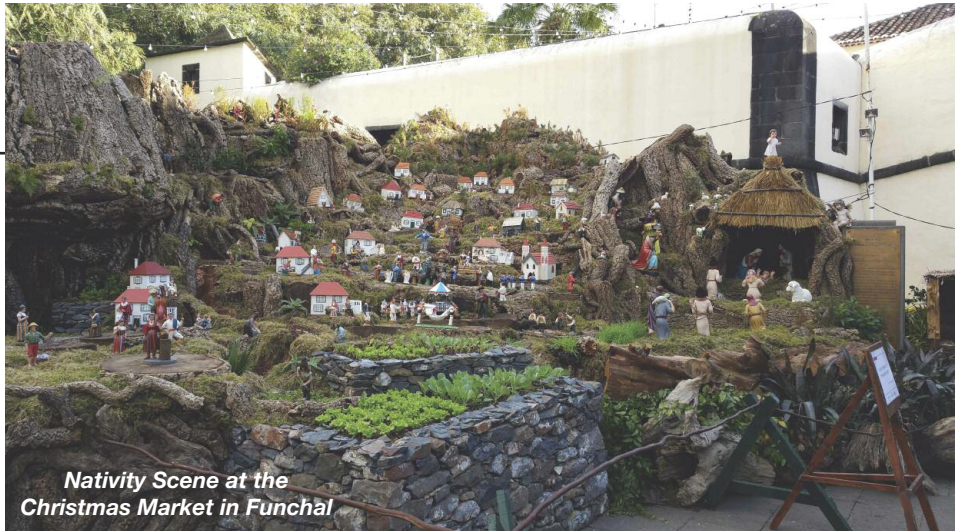
This is only a modest example of the life-sized Christmas decorations which filled the Municipal Garden (right).

Nearby Santa Catarina Park is a miniature paradise, affording an excellent view of the harbour (right).

Our German-speaking guides referred to the sinuous pant below as a Drachenbaum (Dragon Tree), but it is actually an agave, and none of the English names (foxtail, swan's neck or lion's tail) have anything to do with dragons.

From Santa Catarina Park we made our way back to the AIDA Sol on foot.

As we sailed away, I managed to get a panoramic shot of the city's Christmas lights from our balcony.



Nativity Scene at the Christmas Market in Funchal



Christmas Decorations in the Funchal Municipal Garden



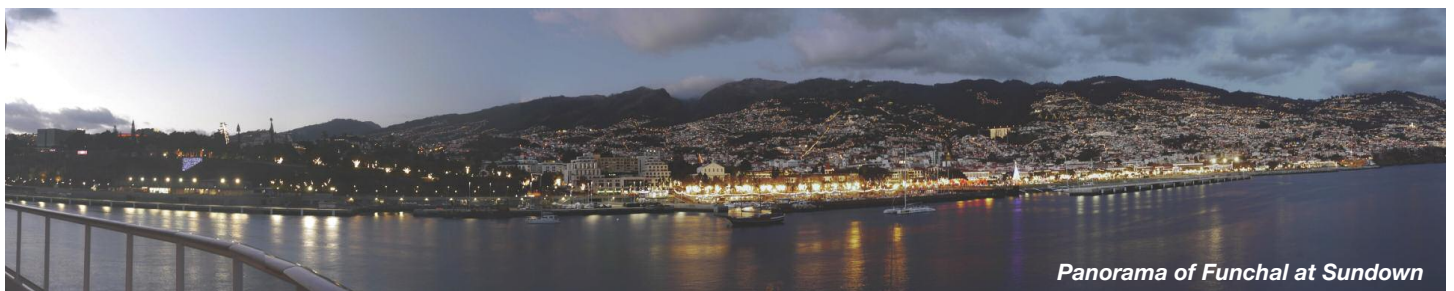
AIDA Sol seen from Santa Catarina Park



Santa Catarina Park, Funchal



Flowering Agave Attenuata



Panorama of Funchal at Sundown



Tips, Tricks & ... Secrets (maybe) for skiing in Switzerland and in general

Contributed by IMCZ Sports' editor Joseph Dow

After putting together a last minute, unexpected ski trip to Zermatt, last month, I started to think about all the inside knowledge I have about skiing, particularly at resorts in Switzerland. So, I decided to write this column and share some of these tips and tricks with you. Usually, I would write something like this at the beginning of the season, but I decided only true fanatics that are obsessed about skiing all the time (and read my column faithfully) deserve to read this!

Here are some thoughts and recommendations about everything from how to ride the lift to getting the most out of late season slush snow ...

Getting On The Chairlift

When loading on to a chairlift crowded with other people, especially nervous beginners, I literally cover my goggles with my right hand to avoid getting the handle of a ski pole in the face. Then, when we're seated and I know a pole isn't coming, I immediately grab the safety bar and establish control over it, usually stopping its downward motion momentarily. I have lost count of all the times some frightened fool has brought the bar down on my head or knee. The biggest offenders are teenage girls. They are far worse than five-year olds.

Be Colorful For Safety's Sake

Recently, I've noticed a lot of people wearing all black, brown, or earthy dark green ski clothing. This season it seems black is "the new black" and many skiwear makers are concentrating on all-black outfits. When it's crowded on the slopes or the lighting isn't perfect, you want to be seen and noticed by other skiers and snowboarders. Some of these dark and earth tone colors blend right in with the background of trees and rock formations.



The craziest thing I saw was a guy in an all bright orange suit standing in front of a lift

tower with a large orange pad. He was essentially invisible. But, that's the exception that proves the rule. **Mountain Force** usually offers a good variety of bright colors in their



line, although even they seem to be going with the latest all-black trend in this year's line (e.g., www.colesport.com/brands/mountain-force.html?limit=all).

On the subject of clothing, I recommend getting one of those down inner jackets, which are easy to pack and carry in your rucksack, in case the weather turns. It is a very versatile piece.

Bring Two Pairs Of Goggles

If you are on a multi-day trip, I would definitely suggest bringing two pairs of goggles, one with a lens for cloudy / low-visibility weather, preferably yellow or orange, and one with a black lens for bright sun. A black lens may be useless at many places, but here in Switzerland with much of the skiing on glaciers and above the tree line, the glare can be intense, making a black lens essential.

A second lens is an option, but I opt for two pairs of goggles for a number of reasons. The lens is more protected in the frame during transport and goggles are light, in any case. Goggles go on sale but spare lenses never do. Sometimes, a goggle on sale is only a negligible amount more than the replacement

lens. If you lose or damage your goggles, you can always get by with the second pair, even if the lens choice isn't perfect for the lighting conditions.

Use Wider Skis For Spring Snow

Even on the piste, a fatter ski will make a world of difference in soft spring snow. You should choose something with a minimum tip width of 123mm and waist of 76mm. I suggest either a pair of **RTC Crossride 160s**, **AK Greens**, or for a less expensive option, **eXOnde XO V3s**. If the snow is really heavy and wet, a short powder ski like a full-cambered **Whitedot Preacher** or a **Hendryx Funkallstic** will keep you skiing when everyone else has called it a day. **Beware:** Skis that are especially broad under foot (in the 100mm+ range) will have a lot less grip on that nasty, corrugated blue ice, notorious in the late spring when the slush has been refrozen and combed by the **PistenBully** overnight. Even on a warm day, that stuff will not soften appreciably until at least 1pm. You might want to invest in a pair of **Dainese** crash shorts with hard plastic protective plates to avoid some seriously-bruised hips.



Also, see various articles of mine in the archives for suggestions about ski types and consider my suggestion to use shock-absorbing carbon ski poles as opposed to traditional aluminum ones.

Take The Train But Avoid The Bus, If You Can

Here in Switzerland, we have a unique way to get to the ski areas: the SBB and its discount **Snow'n'Rail** program. There's no need to worry about driving in snow, fitting tire chains, feeling sleepy or avoiding the stupidity of other drivers, etc. The train is clean and comfortable ... well, at least in 1st Class, and it goes almost everywhere in the country. If you have a large rucksack with clothing and personal items for





your overnight trip, you can usually stow it in one of the lockers available at many of the larger train stations.

However, a few of the ski areas require a **PostAuto** bus ride to the actual lifts, some rides take longer than others. The biggest problem I have with this situation, besides the crowding at peak times, is how the skis are transported.

For some unknown reason, the PostAuto buses in the Valais do not have those canvas curtain-like covers over the ski cage on the back of the bus that seem always present on their buses in Graubünden. If there are wet roads, you will retrieve your skis covered in a film of disgusting road grime. Not only does it make your gloves and the shoulders of your ski jacket filthy, but that schmutz is not something you want in your bindings.

Once on a trip to Veysonnaz, I was returning on the bus, which was totally empty, save for a little old lady and me. The unpleasant driver refused my request to take the skis inside the bus. When I got off, the skis were covered in greasy dirt, which I showed to the driver, who laughed and mocked me. Even though he had claimed not to speak English, he seemed to fully understand the English I responded with. Maybe it's just a French thing?

The SBB does provide heavy-duty plastic ski sleeves at some stations and that is an option although it's a bit of a hassle and somewhat wasteful to deal with a very large, dirty plastic bag. Otherwise, here are some of the areas with train transport the whole way: Arosa, Davos-Klosters, St. Moritz, Andermatt, Scuol, Engelberg-Titlis, Zermatt, Aletsch Arena, Wengen, Grindelwald, Champéry and Airolo. Areas still worth the bus ride are Flims Laax and Belalp.

I also recommend you stand up for yourself with the various services you will engage on your ski trip, be it the bus drivers, the train staff, or the lift ticket personnel. I once went to Zermatt for a weekend and wanted a 2-day ticket, which was much cheaper than two single day passes, but the weather was questionable. The woman at the Kasse assured me that I could bring the second day ticket back for a "full refund," if the lifts were not operating.

Unfortunately, wind was high on the next day and the lifts were indeed closed. I assumed I would not get half the 2-day ticket price back and that it would be much less: the difference between a 2-day and a single day pass. What I did not anticipate or appreciate was the 10 CHF "fee" on top of the reduced refund.

fee." "Administrative fee for what?" "The form." "Huh? You take 10 CHF for a form that you are having me fill out?!! ... Like Hell, get the manager." Well, I got back 40, after all.

Another time, I had a similar experience with the SBB and their demand for an excessive "change fee" when the mountain I had originally picked was also shut down for wind. Even though I had bought the ticket not from the mountain resort itself but through the SBB's own Snow'n'Rail program, the clerk charged me 15 CHF extra beyond the difference in the price of the two resorts and taunted that he could have charged me even more, if he had wanted. The SBB was responsive to my complaint.

Sometimes, you just have to get "American." That line the Swiss sometime use, "You should realize you are a guest here." doesn't sit well with us. (It is no mystery to me why Trump is so popular in the US).

Consider 4* Over 5* Hotels

I'm surprised at the extra efforts I've seen lately at good 4-star hotels as opposed to the complacency at many 5-star hotels. The fancier hotels may have bigger rooms, nicer furnishings and unnecessary luxuries, but they seem to rest on those features.

The last time I was in the Engadine, I stayed at a decent 4-star in Pontresina. I came down from my room and the woman at the desk asked how I had found it. "Fine, if just a bit dark." I remarked. When I returned to the room after dinner, a new lamp had been installed. The next day when I had to go to the train station, the driver asked where I was going and offered to take me all the way to the St. Moritz station, a drive on the highway. When I told him my final destination was the Kempinski, on the other side of town from the station, he cheerfully insisted he take me there. Upon

checkout from the Kempinski that Sunday, I inquired about the possibility of a ride to the train station and was told that all the hotel cars were already put away but a public bus stop was only about 50m away. Hmmm, so much for 5-star service.

I had a similar experience last month at the ultra-modern InterContinental in Davos, which was so high-tech you needed an engineer to show you how to use the elevator but had insufficient staff to serve drinks from the bar or run enough shuttle buses to the ski lifts to avoid crowds and long waits.

In any case, book your hotel stays through **Booking.com**. They always seem to have the lowest price, and I've never had a problem. If you use it enough, you get a "Genius Status," which provides additional discounts on certain properties.

Other Tips

Take a ski lesson, even if you are an accomplished skier. I learn something new and improve my skiing every time I take a lesson. One of our new members, Peter Widdup, runs **Alpine Sports Andermatt**, an international ski school down in Andermatt with custom-tailored programs. He's a great teacher!

For comfort and performance, get your ski boots custom fit. I suggest going to see Andreas at **Stöckli in Cham**. He really knows what he's doing.

Get your skis tuned at a top shop. Voit Sport in Zürich is the best I've found.

Become a member of **REGA**. 35 CHF for a year's membership beats an 8'000 CHF chopper ride down the mountain.

Secrets ... hmmm, I have a few of those, but I don't think I want to go so far as to publish them. Maybe I'll tell you some over a beer at the Stamm sometime ... well ... maybe.

There's still plenty of skiing in many Swiss resorts, so break out your fat skis and "**Think Wet Snow!**"

Additional Information:

- **Booking.com:** www.booking.com
- **SBB Snow'n'Rail:** www.sbb.ch/en/leisure-holidays/day-trips/snowrail.html?leisureTriptem=snow
- **Mountain Force Down Inner Jacket:** www.mountainforce.com/de/kollektion/men-6.php
- **RTC Cross 160:** www.rtc-ski.ch/cross/cross160/
- **AK Green:** ak-ski.ch/en/our-skis/piste/green/
- **eXOnde XO V3:** xo-ski.com/specifications-en.html
- **WDF Preacher:** whitedotsskis.com/preacher
- **Hendryx Funkallistic:** hendryxskis.com/en/skis/funkallistic/
- **Dainese Hard Short:** www.dainese.com/ch_de/hard-short-e1-68941.html
- **Komperdell Carbon Ski Poles:** www.komperdell.com/en/poles/alpin/carbon.php?id=146_2316_10
- **POC Goggles:** www.pocsports.com/en/product/1275/iris-x-zink-orange-nxt-photo
- **Alpine Sports Andermatt (Peter Widdup, director):** www.alpinesportsanderstatt.com
- **Stöckli Cham (Andreas Koelbl, master bootfitter):** www.stoekli.ch/ch-de/stores/storename/cham
- **Voit Sport, Zurich:** www.voitsport.ch/images/videos/Energy.mp4
- **REGA:** www.rega.ch

If you have questions about skiwear or equipment or want a recommendation, feel free to send me an email: [jjdow\[at\]hotmail.com](mailto:jjdow[at]hotmail.com).

Plenty of Spares and Strikes

Organised and compiled by
IMCZ honorary member Stephen Butterworth

There were a perfect 8 participants with one of those unannounced. It would be good for everyone to understand that in order for me to have the right number of lanes booked, that I am informed at least one day in advance who will turn up or cancel. I cannot keep leaving to the very last minute to tell the alley how many people are attending. So from now onwards if you turn up without notice you will not be included. Apart from anything else we have handicaps and I do not always (like yesterday) have the full handicapped list with me.

We on a lighter note had the alley to ourselves for most of the night! This did wonders for the numbers of spares and strikes. So well done Sergiy, Otto and Amit. It was a fun evening and the 1st wine was won by Amit Purohit with the second one going to Otto Steuri. We fixed the lane for Jake Frazer who had not as good a night as in February.

HANDICAP RESULTS											
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split
Amit	Purohit	147	115	135	649	132	102	84	6	8	3
Otto	Steuri	176	173	155	642	168	143	46	8	15	3
Stephen	Butterworth	162	133	128	624	141	117	67	8	9	
Sergiy	Shtangey	115	158	113	587	129	117	67	6	7	3
Roger	Dixon	105	105	135	546	115	117	67	3	10	4
Jake	Frazer	131	114	163	513	136	155	35	5	10	3
Barbara	Harris	104	77	81	502	87	100	80	2	2	2
Christian	Münger	96	75	75	498	82	83	84	1	2	

BOWLED RESULTS											
First Name	Surname	Game1	Game2	Game3	total	this months avg	overall_avg	handicap	STRIKES	SPARES	Split
Otto	Steuri	176	173	155	504	168	143	46	8	15	3
Stephen	Butterworth	162	133	128	423	141	117	67	8	9	
Jake	Frazer	131	114	163	408	136	155	35	5	10	3
Amit	Purohit	147	115	135	397	132	102	84	6	8	3
Sergiy	Shtangey	115	158	113	386	129	117	67	6	7	3
Roger	Dixon	105	105	135	345	115	117	67	3	10	4
Barbara	Harris	104	77	81	262	87	100	80	2	2	2
Christian	Münger	96	75	75	246	82	83	84	1	2	



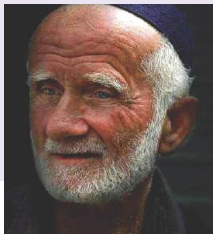
Spelling Checker

A man received an SMS message from his next door neighbour. It read,
 “Bob, I am so sorry. I have been riddled with guilt and I have to confess. I have been helping myself to your *wife* when you are not around, probably more than you. I know it is no excuse but I don't get it at home. I simply can't live with this guilt any longer. I hope you will accept my sincere apologies, and I assure you it won't happen again.”
 Outraged and betrayed he gets out his colt and goes into the bedroom, and without a word shoots his wife.
 Moments later he gets a second SMS from his neighbour,
 “I really should use a spelling checker, that should have been *wiff*”



Reflections of an old Man

First I was dying to finish my high school and start college
 and then I was dying to finish college and start working.
 Then I was dying to marry and have children.
 And then I was dying for my children to grow old enough and earn their living.
 But then I was dying to retire.
 And now I am dying.
 And suddenly I realized that I forgot to live.



Money

To make money, we lose our health.
 To restore our health, we lose our money.
 We live as if we are never going to die
 and we die as if we have never lived

Open Curtains

A woman phoned her neighbour and said,
 “Please remember to close the curtains at night. Last night the whole neighbourhood was watching and laughing at you having sex with your wife”.
 Surprised the husband replied, “The joke is on you. I wasn't even at home last night”.



Rain

A man goes into the confession booth at church.
 “Forgive me father, for I have sinned.”
 “What is your sin, my son?” Asks the priest.
 “Well, about a month ago I was in the library until closing time, and when I wanted to leave it started to rain very heavily and didn't let up. After some time, the librarian and I lost our patience and... well.. partied all night, if you catch my drift.”
 “That is bad but not horrible, my son,” Said the priest, “if it is a one-time slip, God will forgive you.”
 “That's just the thing,” said the man, “about a week ago I helped my neighbour fix her shutters, and when I wanted to go home it started raining heavily and... well.. you know, all night long.”
 The priest remained silent.
 The man covered his face with his hands and started sobbing,
 “What should I do now, father?”
 “What should you DO??” Screamed the priest, “You should the hell get out of here right now before it starts raining again!”



Husband and Wife

A man was fast asleep in bed with his wife.. Suddenly, at 4 o'clock in the morning, a resounding noise came from outside. The woman, sort of bewildered, jumps up from bed and yells at the man “Oh No!, that must be my husband!”
 The man quickly got out of bed, panicked and naked. He jumped out the window, smashed on the ground, picked himself up and went straight through a thorn bush. Then he stood up and started to run as fast as he could to his car..
 A few minutes later the door opens and the man is standing at it, panting hard, with dirt and scratches all over him. He yells: “I am your husband, you mad cow!”
 And the woman answers: “Oh, yeah? And why were you running, you bastard?!?”



Oh my God

Four old Catholic men and a Catholic woman were having coffee in St. Peters Square in Rome.



The first man tells his friends, “My son is a priest, when he walks into a room everyone calls him 'Father'.”


The second man chirps, “My son is a Bishop. When he walks into a room people call him 'Your Grace'.”

The third gent says, “My son is a Cardinal. When he enters a room everyone bows their head and says 'Your Eminence'.”

The fourth Catholic man says very proudly, “My son is the Pope. When he walks into a room people call him 'Your Holiness'.”

Since the lone Catholic woman was still sipping her coffee in silence, the four men give her a subtle, “Well....?”

She proudly replies, I have a daughter, slim and tall, with a beautiful face and stunning figure. When she walks into a room, people say, “Oh my God”... !



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