

IMCZNEWS



JULY 2016



EDITORIAL

Troubled June

We were reminded a few days ago, when after an endless period of wet, cold weather two days of blue skies were granted to us, of the summer solstice when the sun reaches its highest point in the midday sky, all of 66 degrees above the horizon. It was virtually impossible to stand under the sun without head cover for more than 10 minutes. What a stark contrast to the rest of the month. Rain, thunderstorms, more rain and thunderstorms was the regular rhythm otherwise. On an excursion on the river Rhine on one of these two cloudless days, the masses of the water running through it had to be seen to be believed, with lots of streets and beaches completely under water for miles after miles along both sides of the river.

Not only on the weather front was the month of June off the scale, a bombshell was detonated on the 23rd when Britain voted to leave the European Union. The short and long term ramifications of such a vote are too complex to even contemplate. Can you imagine the inner Irish border between Ireland and North Ireland will be an EU outer border, similar to the border between Bulgaria and Turkey. Let us pray and hope that cool heads and dedicated people will try and work out the best possible ways to deal with the new situation.

To crown it all, in spite of the truly incredible goal scored by Xherdan Shaqiri, Switzerland lost to Poland in Euro 2016, due to one single stray penalty kick by Grant Khaka. What a great, great pity.



Muthana Kubba
Editor

FUTURE EVENTS

- THURSDAY JULY 14TH • **Special Stammtisch, a presentation on Persuasive Communication, to be presented by Ms Stefanie Egger, 18:45 at the City Garden Hotel. Ram Ramphal**
- THURSDAY JULY 21ST • **Meet and Greet Stammtisch with the ZIWC. 18:00-20:30 hours at the City Garden Hotel. Ram Ramphal**
- SUNDAY AUGUST 21ST • **Annual Barbecue at the Siehbachsaal, 6300 Zug 12:00-16:00 hours. Ram Ramphal**
- FRIDAY NOVEMBER 25TH • **Visit Gotthard Base Tunnel. Meet Zug Railway Station at 13:30 hours. Roger Brooks**

Don't forget our Annual Barbecue

This year's theme: German

When: **Sunday August 21. Starting at 11:00 o'clock**

Where: **Siehbachsaal, Chamerstr 33, 6300 Zug** next to the Zug marina
Everyone is invited with spouse, kids and friends.

Prices: **Members SFr. 45.00, Guests SFr. 50.00**
Children under 12 years, free.



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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



Special Stammtisch Presentation by Mr. Ben Birdsall



June 9th was a pleasant day, even dry for a change. On this day 23 IMCZ members were enjoying cold beer and excited chats. At around 7:00pm they congregated to listen to Mr. Birdsall give an interesting presentation on Whisky.

Ben is both a writer and a painter. His latest book, "Whisky Burn", documents his trip on an old Vespa through Scotland, where he visited several distilleries. We learned a lot about Scotland and a bit about Whisky. On being asked the difference between 'single malt' and 'blended', he described the latter as being "flavoured industrial alcohol" so it is fairly clear where his preference lies.



IMCZ Lorzenweg Hike, Cham

The weather forecast was not encouraging, but seven sporty persons did turn up for the hike on Sunday June 12th including one from the ZIWC, Jan Frei-Cox. The sky was overcast but it stayed dry. We decided to skip the morning coffee at the posh meeting point in the Swiss Ever hotel, in order to avoid the rain, which according to our iPhones was forecast for later in the day. We were guided by two locals, Gill and Andrew, who expertly walked us through fields and barns towards Hünenberg. Thereafter we crossed the main street towards the Lorze and walked back to Cham on the picturesque path, stopping at a well-kept old water wheel said to date back to Roman times.

The rain did catch up with us, but it was more of sleet than rain and we hurried back. Once in Cham, we enjoyed a proper Sunday lunch at the famous Milsch Südi restaurant next to the headquarters of the Nestlé Company. Yes, some may not know it, but the mighty Nestlé started in Cham, and kept its original building as its Shareholders' register office.

It was a pleasant and enjoyable hike. Many thanks to Ram for organising the event and to Gill and Andrew for planning the route and excellent guidance.

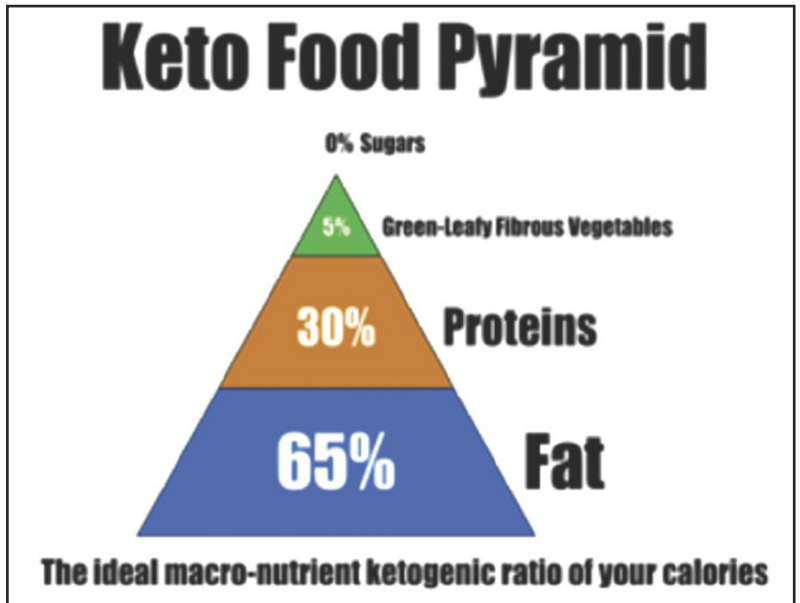


IMCZ BOARD MEMBERS Board Member bios are posted under the following link: http://www.imcz.com/nc/about-us/board-members/board-members-2016.html . Go ahead and check them out!	PRESIDENT Roger Brooks 079 583 9935 President@IMCZ.com	VICE PRESIDENT NEWSLETTER EDITOR Muthana Kubba 079 340 2592 Newsletter@IMCZ.com	SECRETARY Bill Lichtensteiger 079 378 6326 Secretary@IMCZ.com	TREASURER Iham Yüksel 079 955 2287 Treasurer@IMCZ.com
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Ketogenic diet: cutting carbs may starve out cancer cells

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

Back in the 1920s the so-called ketogenic diet was developed to help people with epilepsy. Normally, the body converts carbohydrates into glucose for energy production. But starving or being on a (very!) low-carb diet forces the body to burn fats rather than carbohydrates, by causing the conversion of fat into fatty acids and so-called ketone bodies; the latter serving as a replacement for glucose. The brain depends heavily on glucose for energy production. In case of a lack of available glucose, however, it can switch to the combustion of ketone bodies. Nevertheless, in order to force the body into such a state of metabolism called ketosis, a very low intake of carbohydrates is necessary; usually between 30-50 g per day, but certainly not more than 100 g! Present dietary recommendations say approx. 55% of energy should be derived from carbohydrates, which translates into 340 g of carbohydrates per day for an average adult diet of 2500 kcal. This relationship shows how drastic a change it is to go on a ketogenic diet, with a necessarily high fat and protein intake. It takes several days until the body efficiently forms and runs on ketone bodies. This adaptation is not without (potentially serious!) side-effects such as fatigue, dizziness, hypoglycemia and other disturbances in the mental state and general well-being. Such a diet change should definitely be supervised by a professional nutritionist.

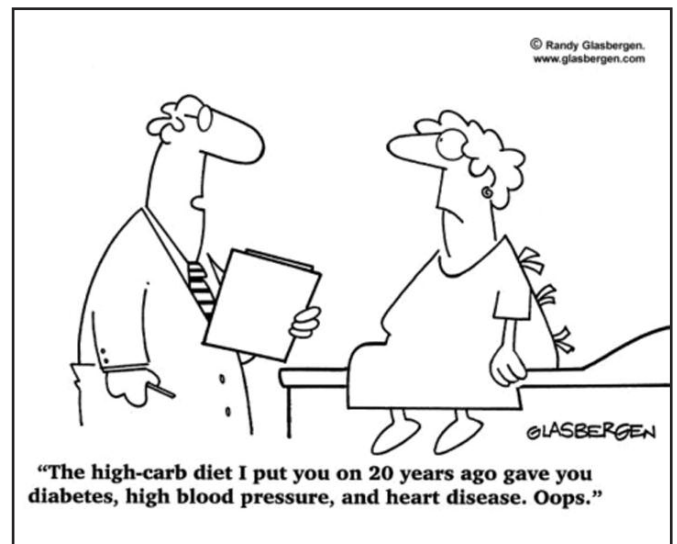
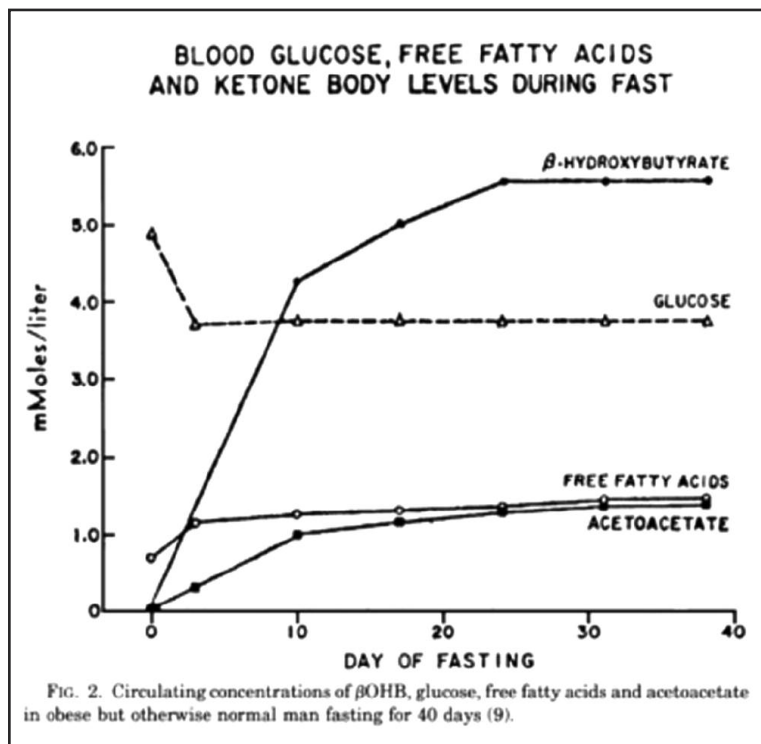


Whereas the ketogenic diet has been used for a very long time to treat epilepsy, especially in kids who did not respond to medication, it is now theorized that it could be used to stave off some forms of cancer. The treatment of brain cancer patients seems to be particularly interesting, in theory, since high levels of ketone bodies (i.e. low availability of glucose to the brain) are associated with reduced seizure frequency in epileptic patients. The rationale behind this is the dependence of cancer cells on glucose to grow, and their inefficiency in using ketone bodies. Therefore, a high-fat, very low-carbohydrate diet in order to reach ketosis came into focus for dietary support of existing cancer

therapies (surgery, chemotherapy, radiation). The ketogenic diet is also applied to diabetic patients, since it consequently leads to a lower glycemic response and a reduced insulin need due to its low carb ratio. However, the most difficult part of such a diet is compliance. Our desire for sweet food is inherent and it takes immense mental strength to sustain a ketogenic diet in the long term.

So far, a ketogenic diet's effects on cancer cells have only been examined in animals, except for anecdotal, though quite compelling, human case studies. In mice, however, a 2012 study found that a ketogenic diet significantly enhances the anti-tumor effect of radiation.

This result also emphasises the fact that such a dietary measure could only serve as an adjunctive treatment, not as a therapy on its own! Brain cancer, tragically, has survival times of between 6 months and two years, despite the known classical medical treatment. If a simple dietary treatment can extend survival time, it is definitely worth exploring it in more depth.



Smart Cities, the Hyperion

Contributed by IMCZ
honorary member
and Newsletter Editor
Muthana Kubba

In recent years, we have become used to things getting smart. Of course, it all started with the mobile telephone, where the difference between the best Nokia with camera and the present day iPhone is like night and day. However, being Smart is not limited to mobile phones. Have you heard of [Smart Vote](#), [Smart Learning](#), [Smart homes](#), [Smart watch](#), [Smart TV](#), [Smart parking](#) and [Smart electric grid](#) etc. The latest addition to the long list of Smart items becoming available is the *Smart City*.

One might rightly ask what the term “smart city” really means. Is it a one more over-hyped technology buzzword like ‘cloud computing’ and the ‘Internet of Things’? According to press releases, almost all big cities claim to be smart. However, on closer inspection they have little to show for it.

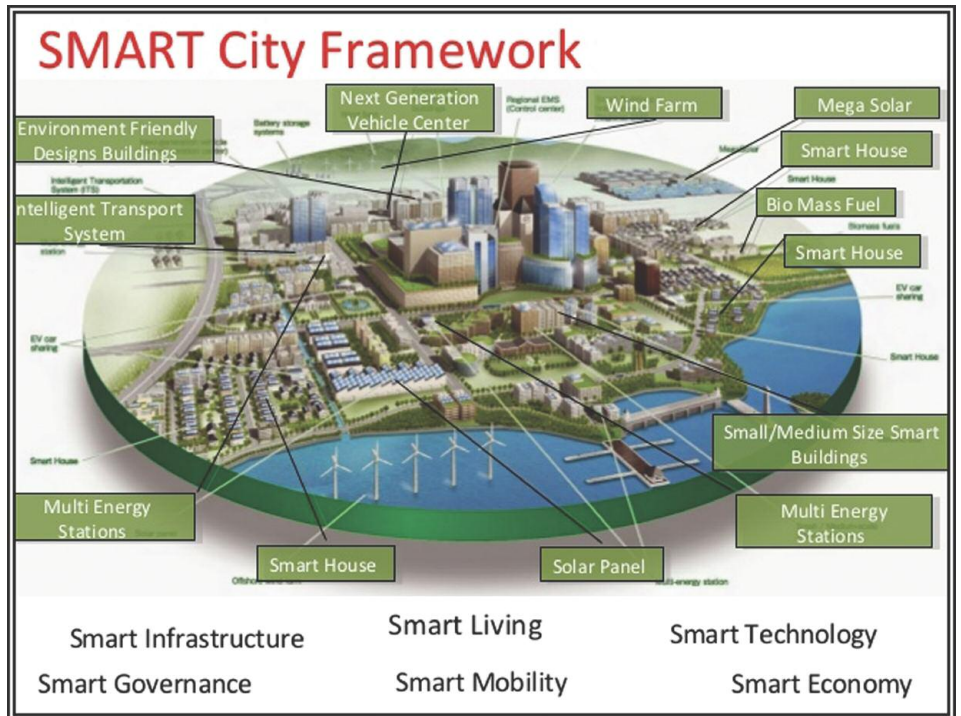
A Smart City is defined as an urban development where multiple information and communication technology solutions are integrated to manage various facets of life in the city, e.g. administration departments, hospitals, law enforcement, schools, power plants, waste management and several other community services. The goal is to improve the quality of life in the city by increasing the efficiency of the community services and fine-tuning them to meet the needs of its residents.

In addition, the Smart City of tomorrow will place innovation and knowledge at the heart of its economic development. It will deliver enhanced liveability and sustainability. It will engage its citizens and connect them with each other and with their local administration and government offices to form one integrated and powerful network.

Criteria of a Smart City have been set out by [Juniper Research](#) (A worldwide research organisation specialising in market expertise). The organisation looked at each city’s ‘intelligent’ capabilities, e.g. the use of smart grids, smart traffic management, smart street lighting as well as how well the city’s agencies work together and how efficiently open data is used. They have ranked Barcelona as the top smart city worldwide. According to several experts the ranking of the top ten smart cities is as follows:

- Barcelona
- Singapore
- Copenhagen
- New York City
- London
- Amsterdam
- Hong Kong
- Dubai
- Rio de Janeiro
- Paris

Yes Zurich is nowhere to be seen.



Barcelona, the World’s Smartest City

It is not just the stunning beauty of the basilica Sagrada Familia which strikes the visitor to this famous city, but its orderly traffic and organisation, which is remarkable. On closer examination, one finds lots of other amenities which are not normally found in big cities. Check the following short list of what you can quickly find there:

- The waste disposal system is pneumatic. The trash is sucked away by pressurised air the minute it is thrown into the trash cans.
- There are free USB charging points inside buses and at bus stops.



- All around the city there are smart parking sensors.
- The bus lines are shown at bus stops and inside buses in a way similar to that used in the metro or underground.
- There are large, Internet-connected, touch-screen maps at bus stops to help passengers plan their journeys.

Yours truly is getting curious and is planning to find out for himself. He has therefore decided to go there in early September and report on his findings.

The Hyperion

In the coming decades, we could see several cities becoming smart. However, we will probably also see whole compounds purpose-built to be smart, in order to set an example to further such developments. One stunning example is the ‘Hyperion’.

The Hyperion is an ambitious project in New Delhi, India. It is planned to be completed by 2020, but will not become a smart city, but rather a smart village accommodating up to 3000 people.

The word ‘Hyperion’ refers to a tree in Northern California, said to be the tallest tree in the world, which reaches up to 115 m in height.

The whole complex is designed by the Paris-based Belgian architects “Vincent Callebaut” and will be 128 metres high comprising 36 storeys, which will include 1000 homes, offices, gyms, restaurants and swimming pools.



The whole complex is designed to be a complete ecosystem, with gardens and plants, including cereal crops. Waste and by-products will be fermented to produce methane gas for energy generation. A tall order indeed, but let us wait and see.

Of course, it may all be wishful thinking, and in the end nothing will come out of it, however, at least enough funds were made available to complete the detailed study and India certainly needs such a magnificent showpiece. Who knows, Narendra Modi may be willing to surprise us all in four year's time.

Further reading

<http://eandt.theiet.org/magazine/2016/05/barcelona-smartest-city.cfm>
<http://vincent.callebaut.org/page1-img-hyperions.html>

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Cruising the Canaries, Part 5

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

Tenerife

After Santa Cruz de La Palma, we visited Santa Cruz de Tenerife, arriving at 8 AM on Saturday. As we had previously seen several of the main attractions of Tenerife on our previous visit in November 2014, our principal goal was to meet with Swiss friends, who had rented an apartment for the winter on the SW side of the island.

Tenerife can boast of two superlatives: it is Spain's most populous island as well as home to Spain's highest mountain, the volcanic Pico de Teide, which we visited on our previous trip in 2014. It was on Tenerife that the Spaniards fought their last decisive battle against the indigenous Guanches near the end of the 15th century. A town named Victoria, about 27 km from Santa Cruz, now occupies the site of the battle.

Tenerife is also notorious as the birthplace of Spanish fascism. It was here that Generalissimo Francisco Franco met with his collaborators in 1936 to plan their military coup.

Santa Cruz de Tenerife

Santa Cruz de Tenerife was the capital of the Canaries until 1927. It now shares that status with Las Palmas de Gran Canaria, where we embarked upon our voyage.

Santa Cruz was the site of three historical naval battles between the Spanish and the British. In the mid-16th century, Admiral Robert Blake succeeded in sinking an entire fleet of 16 Spanish ships in the harbor of Santa Cruz. Fifty



Santa Cruz de Tenerife

years later, Admiral John Jennings was less successful in his attempt to take the harbor during the [War of the Spanish Succession](#).

The most ignominious defeat, however, was suffered by the famous admiral, Horatio Nelson, who lost his right arm in his futile attempt to take the harbor at the end of the 18th century. Santa Cruz was also the last European port of call of the ill-fated *Bounty* on its voyage to Tahiti.

La Plaza de España

Our friends came by bus across the island to meet us at the Plaza de España, previously the site of the 16th century Castillo de San

Cristobal, which was razed in the early 20th century. The dominant elements of the plaza are the cross-shaped Monumento de los Caidos (Monument to the Fallen), built during the Spanish Civil War and honoring its dead, and the large artificial lake added by the Swiss architects Herzog & de Meuron.

Herzog & de Meuron were commissioned with an extensive renovation of the Plaza, which took place from 2006-2008. The plaza was extended to include the Alameda del Duque de Santa Elena, whose restored arch forms a gateway between the plaza and the old town. Underneath the plaza are a multi-level parking garage and a museum showing the remains of the old castle walls. A 360 degree view of the plaza can be found [here](#).



La Plaza de España

Mercado Nuestra Señora de Africa

After meeting our friends, we went for a stroll through the old part of town, keeping to the pedestrian zone as much as possible. We walked up the Plaza de la Calendaria and then continued westward along the Calle Bethencourt Alfonso and the Calle Perez Galdos, where we stopped to enjoy some strong Spanish coffee at a sidewalk cafe.

After reaching the western end of the pedestrian zone, we proceeded south across the Barranco de Santos over the Puente Galceran and then walked back toward the sea to the Mercado Nuestra Señora de Africa. The market and the bridge, Puente Serrador, which connects it to the old town, were built during the 2nd World War as part of a



Mercado de Nuestra Señora de África

program, the “Mando Económico del Archipiélago”, to make the Canaries more self-sufficient and improve their infrastructure.

The Puente Serrador was the work of José Blasco Robles. The market was conceived by the architect José Enrique Marrero Regalado, who was the author of many public buildings on Tenerife. It reminded me of Doctor Who's TARDIS, because it looks bigger on the inside. It has three levels, with the fish market on the underground level, and three courtyards at ground level.

The entrance is flanked by a pair of sculptures. On the right stands a milkmaid (La Lechera) carrying a basket of wares on her head. On the left, a pair of fishermen struggle with their boat. This statue is called “Homenaje al chicharrero”, which translates roughly as “homage to the Tenerifean”.

Auditorio de Tenerife

After a brief lunch break, we made our way back to the waterfront to see what is considered by some to be Tenerife's most

famous landmark. The auditorium was designed by the brilliant but controversial Spanish architect, Santiago Calatrava, who resides part-time in Zürich and is responsible for many imposing structures world-wide, including the [Milwaukee Art Museum](#), the Ponte della Costituzione in Venice, the Peace Bridge in Calgary and the [Museum of Tomorrow](#) in Rio de Janeiro.

A particularly striking feature of the auditorium is the unsupported arc which resembles a breaking wave. Its large unsupported curve was a first at the time it was built. On closer inspection, the surface of the building is seen to be covered in a myriad of tiles, reminiscent of Gaudi. Because of this unique architectural landmark, some refer to Santa Cruz de Tenerife as the “Sydney of the Atlantic”.

A little further down the coast, we found the Parque Marítimo César Manrique. This is a recreational park featuring seawater pools, restaurants, a gym, children's play areas, sports facilities and a small beach. Those of you who have been reading along faithfully will

surely recognize the name of the architect, César Manrique. Unfortunately, the park was closed, but we didn't let that prevent us from taking a look inside.

Directly across the street from the Parque Marítimo César Manrique, we saw the Centro Internacional de Ferias y Congresos de Tenerife, which was also closed. This is a capacious congress and exposition center, also designed by Santiago Calatrava and built around the same time as the auditorium.

Both we and our resident Swiss friends needed some time to shop, so we then retired to the nearby department store, El Corté Inglés and went our separate ways.

Next month we return to Gran Canaria.

Auditorio de Tenerife



Parque Marítimo César Manrique



summers

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100th Session

Organised and compiled by IMCZ honorary member Stephen Butterworth

For the 100th session we had 9 bowlers whilst another 2 enjoyed 3 games of pool and watching the others. So yet another fun evening and some excellent bowling and pool. For the bowlers Rajiv Malhotra and Ian Brenton (to begin with) were really strong.

I forgot to add the handicaps..... so rather than delay the start - we went for once without handicaps, so we ran with only the bowled totals this month.

My surprise to everyone was that the lovely Californian wine was from me, and not the club for once. I wanted to thank everyone for all the support (by turning up) since we started in 2008. So everyone who turned up went home with a bottle.

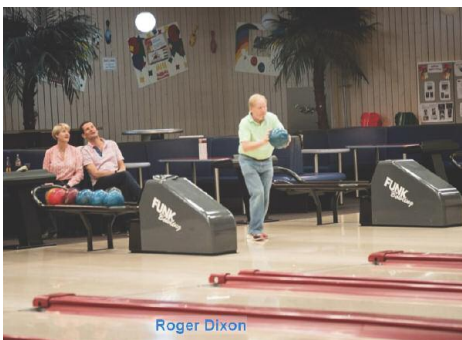
July will see the bowling alley closed for maintenance.

In August if Andras Winkler has recovered from his health issues and also in a position to take over then there should be an event. Let us see what happens. If I have recovered enough, I could be persuaded to carry on afresh. Let us just see how it all pans out.



Otto Steuri

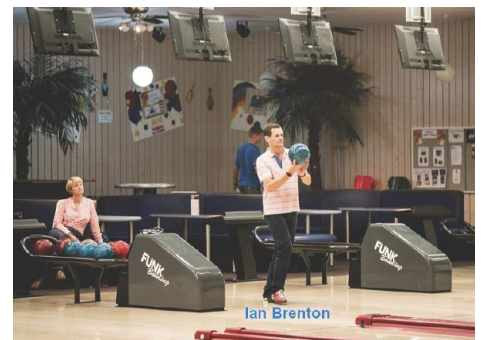
BOWLED RESULTS		Game1	Game2	Game3	total	this months avg	games	STRIKES	SPARES	Split
First Name	Surname									
Rajiv	Malhotra	134	122	184	440	147	3	10	8	1
Otto	Steuri	99	126	165	390	130	3	5	10	
Ian	Brenton	156	114	114	384	128	3	5	8	4
Roger	Dixon	134	101	137	372	124	3	5	7	5
Christian	Wagner	110	94	145	349	116	3	5	4	2
Amit	Purohit	105	126	109	340	113	3	4	8	2
Sergiy	Shtangey	97	113	115	325	108	3	1	9	4
Hans-Peter	Schobert	99	111	113	323	108	3	3	10	2
Gail	Brenton	83	98	76	257	86	3		4	2



Roger Dixon



3 Rajiv Malhotra (Star of the show)



Ian Brenton



Proud Mothers

Four lady friends met at a school reunion 30 years after graduating:

One goes to get food while the other 3 start to talk about how successful their sons became.

The first lady says her son studied economics, became a banker and became so rich that he gave his best friend a Ferrari.

The second lady proudly said her son became a pilot, started his own airline business and became so rich that he gave his best friend a jet.

The third lady, not wanting to be outdone, said her son became an engineer, started his own development company and became so rich that he built a castle of a house for his best friend.

The fourth lady joined them a bit later and seeing the excitement on their faces, asked what all the buzz was about. They told her they were talking about how successful their sons had become and asked her about her son.

She looked down and said her son is gay and he works in a gay bar. The other ladies said she must be very disappointed with her son for not becoming so successful.

"Oh no!" said the lady, "he is doing very well". "Last week, on his birthday, he got a Ferrari, a jet and a castle from three of his boyfriends!"

The other three ladies fainted



I know the whole truth

At school, little Johnny was told by a classmate that most adults hide at least one dark secret - and this makes it very easy to blackmail them, merely by saying: "I know the whole truth."

So little Johnny decides to try it out. When he arrives home from school that day, he convincingly says to his mother, "Mum, I know the whole truth." His mother looks shocked, quickly finds \$20, and gives it to him, saying, "Just don't tell your father."

Quite pleased, little Johnny waits for his father to get home from work, and greets him with, "Dad, I know the whole truth." His father looks shocked, quickly finds \$40, and gives it to him, saying, "Just don't tell your mother."

The next morning, little Johnny is on his way to school when he sees the postman at their front door. The boy decides to try again "Hi, I know the whole truth," he asserts boldly. The postman drops his mailbag, throws opens his arms, and says: "Then come and give your real daddy a great big hug!!!"



Childcare Benefit Complications

On receiving the following letter, a social worker went to his boss for advice:

"Sir, Many years ago, I married a widow out of love who had an 18-year-old daughter. After the wedding, my father came to visit a number of times, and suddenly he fell in love with my step-daughter. My father eventually married her without my authorization.

As a result, my step-daughter legally became my step-mother and my father my son-in-law. My father's wife (also my step-daughter) and my step-mother, gave birth to a son who is my grandchild because I am the husband of my step-daughter's wife. This boy is also my brother, as the son of my father.

All at once, my wife became a grandmother, because she is the mother of my father's wife. Therefore, it appears that I am also my wife's grandchild. A short time after these events, my wife gave birth to a son, who became my father's brother-in-law, the step-son of my father's wife, and my uncle. My son is also my step-mother's brother, and through my step-mother, my wife has become a grandmother and I have become my own grandfather.

In light of the above mentioned, I would like to know the following: Does my son, who is also my uncle, my father's son-in-law, and my step-mother's brother fulfil the requirements for receiving childcare benefits?

Sincerely yours,
Charles Wright"

Five years on, and the case was still being considered.

Grandson earns \$10

An 8-years old boy was raking the leaves with his grandfather when he noticed an earthworm wiggling and trying to get into its hole. Looking down, his grandfather said, "Pointless to try son, you'll never manage to put that wiggly worm into the hole" to which the boy replied, "Grandpa, I bet you \$5 that I can". "OK the bet is on", replied grandfather.

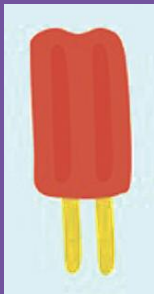
The boy ran into the house, and came back with a hairspray can. He sprayed the worm until it became stiff and put it back into the hole. Impressed, grandfather handed the boy \$5, grabbed the hairspray and ran into the house.

Thirty minutes later, the grandfather came out, called his grandson and handed him another \$5 bill. Surprised, the grandson said, "but grandpa, you have already given me \$5. The grandfather replied, "I know, but this is from your grandmother".



New Tactics required

The only way to pull off a Sunday afternoon quickie with their 8-year-old son in the apartment was to send him out on the balcony with a Popsicle and tell him to report on all the neighbourhood activities. He began his commentary as his parents put their plan into operation.



"There's a car being towed from the parking lot," he shouted.

A few moments passed.

"An ambulance just drove by."

A few moments later: "Looks like the Anderson's have company," he called out. "Matt's riding a new bike."

A few moments later: "Looks like the Sanders are moving." "Jason is on his skateboard."

A few more moments later: "The Coopers are playing in their bedroom."

Startled, his mother and father shot up in bed. Dad cautiously asked: "How do you know they are... playing in their bedroom?"

"Their son Jimmy is standing in their balcony with a Popsicle too."

Priorities

A successful young lawyer had just taken delivery of his new Mercedes roadster and was eager to show it to his colleagues in the office. Suddenly on opening the door when getting out of the car, a huge truck whizzed past from behind and took the side door with it. He jumped out cursing and shouting till finally a policeman showed up.

"My brand new Merc is ruined. Have you noted the truck's registration number?"

"Mmm, let me guess you must be a lawyer?" replied the policeman.

"Yes I am, but what has that got to do with it?"

"You are all so materialistic. All you care about are your possessions. I bet you didn't even notice that your left arm is missing, did you?" replied the policeman.

The lawyer looked down at his side and shouted, "My Rolex!!"





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