

# IMCZNEWS



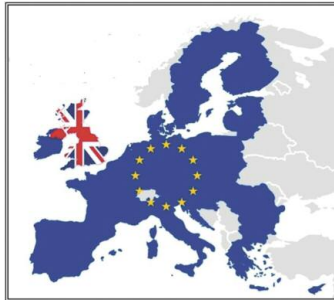
OCTOBER 2016



## EDITORIAL

### Brexit yes or no?

Since I became the Newsletter editor more than five years ago, my motto has always been to avoid religious and political issues. I have relaxed this strict rule, however, on only one issue: Brexit. There are many Brits who are members of our club, after all it is an English speaking club, besides we are living in Switzerland which has one foot in the EU anyway, but refuses to become a full member.



With all these factors on play, I thought a healthy discussion for or against Britain leaving the European Union would be quite relevant.

As anticipated, the two part article contributed by the Newsletter's co-editor, making the case for leaving, has provoked heated discussion, with one member writing a reply calling for Britain to stay. I hope others will come forward and explain why Britain should stay. The Letters to the Editor column is fully open.

**Muthana Kubba**  
Editor

## FUTURE EVENTS

- **THURSDAY 27TH OCTOBER 2016 • Ski Presentation**  
18:30-20:00 hours at the City Garden Hotel *Joseph Dow*
- **WEDNESDAY 2ND NOVEMBER 2016 • ZIWC Autumn Book Sale**  
at the Pfarreiheim, Gutwirtstr. 1, Zug 16:00-18:30 hours  
*Joanna Brown*
- **THURSDAY 10TH NOVEMBER 2016 • Autumn New Members' Reception**, at the Im Hof Restaurant in Zeughausgasse 12, 6300 Zug *Ram Ramphal*
- **THURSDAY 24TH NOVEMBER 2016 • Meet & Greet with the ZIWC**  
18:30-20:00 hours at the City Garden Hotel *Roger Brooks*
- **FRIDAY 25TH NOVEMBER 2016 • Visit Gotthard Base Tunnel.**  
Meet at the AlpTransit InfoCenter in Erstfeld at 13:30 hours. *Roger Brooks*

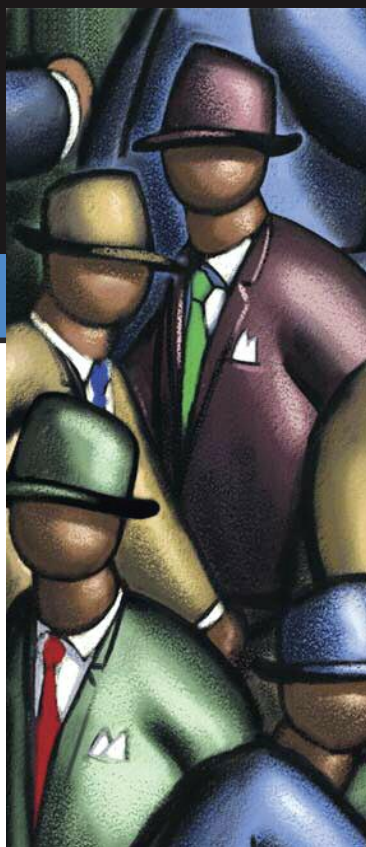
## IMCZ

Introducing...New members

THE IMCZ WELCOMES:

### Guido Schmitz-Krummacher

Guido hails from Germany and has been living in Switzerland for eight years. After completing his national service at the German Army, he studied international law and was qualified as proven German judge. Thereafter, he worked for six years in Angola, Afghanistan and Sudan as a manager for security and logistics for various humanitarian aid organizations. Thereafter he worked for ten years as a senior and managing consultant for a bank/insurance company in Germany mostly advising small and mid-sized companies and their managers in financial matters. During this period he also managed to fulfill the requirements and obtain the EMBA (European Master of Business Administration) degree. After an around the world trip he moved to Switzerland and changed to the HR-industry Human Resources and managed to establish international market place for headhunters and companies from scratch. Today Guido is working as an equity-manager for family businesses, but also taking over operative international projects and board seats as a certified Swiss Board Member. His actual projects are based in USA, Iran, New Zealand and Tonga. His latest growing specialization is the incorporation of companies related to Crypto-Currency, Blockchain and DAO technologies. Guido is married and has two children. He is private pilot in Birrfeld, likes to sail, play soccer, doing fitness, skiing, visiting concerts and all other activities, which are performed in teams and generates a lot of fun!



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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



## STAMMTISCH

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



## Whisky Tasting Event

During the Stammtisch on Thursday September 8, a whiskey tasting event took place at the conference room of the City Garden Hotel. Our Events' coordinator Ram, together with Antje organised and run the event, which was attended by 10 members including one ZIWC member and a prospective IMCZ member. Due to difficulty obtaining the planned Ridgemont Reserve 1792, an excellent bourbon, Woodford Reserve, was substituted. Ram distributed a "crib sheet" about the whiskies to be tasted. Those who participated found it enlightening, if not intoxicating, while a handful of more sober IMCZ members contented themselves with conversation over beer, wine and non-alcoholic drinks on the patio. A good time was had by all.



<b>IMCZ</b> BOARD MEMBERS Thumbnail biographies of board members can be found on our website <a href="http://www.imcz.club">www.imcz.club</a> under 'About Us' section	<b>PRESIDENT</b> <b>Roger Brooks</b> 079 583 9935 President@IMCZ.com	<b>VICE PRESIDENT</b> <b>NEWSLETTER EDITOR</b> <b>Muthana Kubba</b> 079 340 2592 Newsletter@IMCZ.com	<b>SECRETARY</b> <b>Bill Lichtensteiger</b> 079 378 6326 Secretary@IMCZ.com	<b>TREASURER</b> <b>Iham Yüksel</b> 079 955 2287 Treasurer@IMCZ.com
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## Complex carbs no better than sugars on blood glucose

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

This article is one of those that appear to contradict common knowledge about complex carbohydrates and simple sugars with regard to their impact on blood glucose and insulin response. Long-chained polysaccharides such as starch are commonly believed to be slowly digested, leading to a slow and continuous glucose flow into the blood, which in turn attenuates the insulin response in contrast to fast-absorbed sugars, such as sucrose, glucose and maltose. However, most starches are cleaved very efficiently into simple glucose molecules by enzymatic action, which starts in our mouths, and they are absorbed nearly as fast as pure dextrose. This is nicely demonstrated by comparing the plasma glucose curve for potato (which consists mainly of just starch) to that of dextrose, as shown by the top two curves. However, even though the main starch sources in our western nutrition stem from cereals, potato, rice or corn, we do not usually eat pure starch, i.e. not nutrients but complex foods. That's why the plasma glucose curves of other starch-containing foods such as rice, corn and bread are somewhat lower than those of potato and dextrose. This is due to the food matrix, not the starch content itself! The fibre, fat & protein content as well as other ingredients modify the rate at which the stomach empties, causing complexation and delaying enzyme activity, all of which results in a more sustainable glucose supply and an attenuated insulin response in the blood. Furthermore, the acidity of a food seems to slow down gastric emptying, and thereby the digestion of carbohydrates, as indicated by slower glycaemic responses from sour bread types.



Support for the proposition that the impact on blood glucose from our common dietary starch consumption is similar to that from sugars can be found in a recent review of three long-term studies with a total of 3'988'007 subjects, that showed a 33% increase in the risk of diabetes for those subjects with highest overall potato consumption compared to the lowest (Muraki et al, 2016, Am J Clin Nutr). French fries showed the highest correlation. However, while it is tempting to conclude too much from this review, based on the glycaemic and insulin responses indicated, it is more probable that this is an indication of excessive overall carbohydrate consumption (7 potato meals per week!) rather than a clinically relevant discrimination between certain types of carbohydrates or sugars caused by their (minor) differences on glucose and/or insulin response.

Nevertheless, there are some types of polysaccharides with specific digestion-resistant structures, thermically modified by the food industry, for this very purpose. There is also waxy maize starch, consisting of glucose polymer chains that differ from those in most starches, which are less easily cleaved by enzymes, and consequently show a blunted glycaemic and insulin response (at least in certain types of glycogen storage diseases). But again, it is the food (matrix) we eat which is crucial, not just the pure starch.

In conclusion, preconditioned total carbohydrate consumption not exceeding common dietary recommendations. complex or simple carbohydrates do not really make a difference to glucose and insulin response within a complex food matrix. What matters in addition to overconsumption is that one avoids the intake of virtually pure carbohydrates in drinks or snacks, and consumes a complete food matrix. It is the old, conventional wisdom of eating a varied and balanced diet, that counts – not just on a weekly or even daily basis, but for each and every meal.

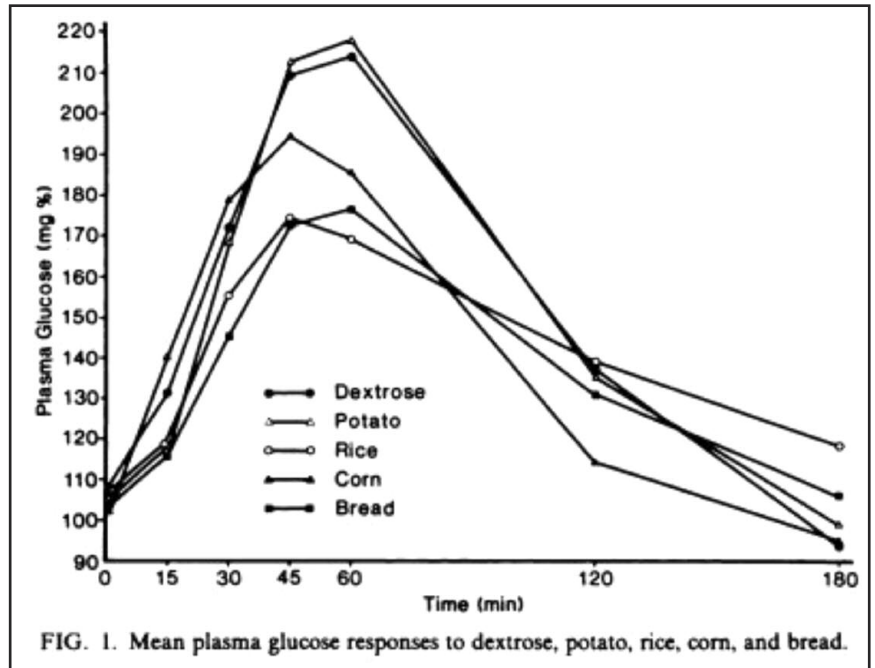
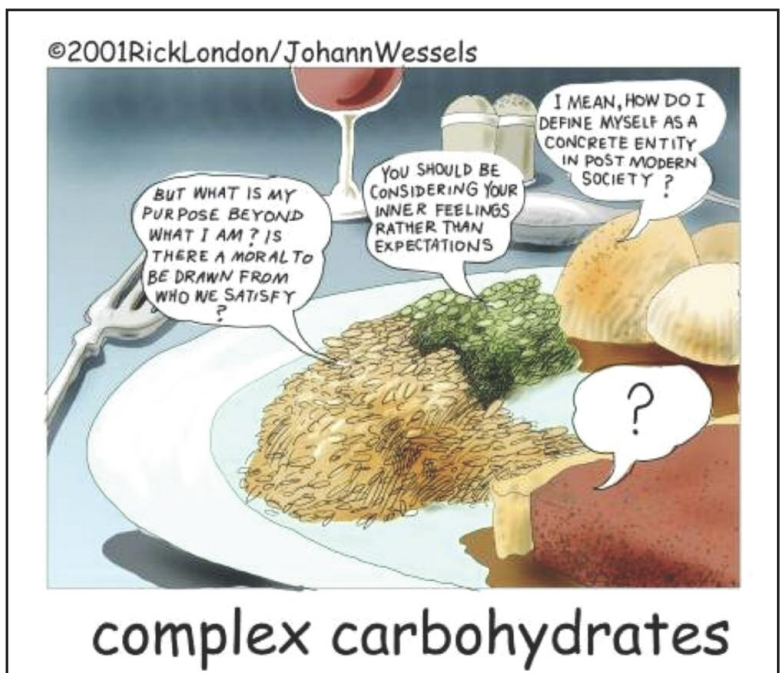


FIG. 1. Mean plasma glucose responses to dextrose, potato, rice, corn, and bread.



## In Defence of Global Warming

Contributed by IMCZ honorary member and Newsletter Editor Muthana Kubba

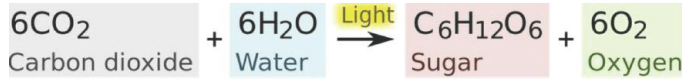
Obviously, I may be touching many a raw nerve with this article; however, all I can hope for is that the readers will muster enough patience to finish reading it before pointing their guns at me.

Since the first organisms using photosynthesis appeared on our planet some 3 billion years ago, the Earth's atmosphere, which was at that time totally devoid of oxygen, started to oxygenate. With the rise in the level of oxygen in the atmosphere, the sun's ultraviolet radiation split the oxygen atoms [O<sub>2</sub>] producing ozone [O<sub>3</sub>]. Ozone acts as a shield against ultraviolet radiation. With the reduced level of ultraviolet radiation, multi-cellular organisms, which had so far inhabited only the oceans, eventually moved to dry lands around 1.2 billion years ago.

The first members of the animal kingdom appeared around 600 million years ago, resulting in the famous Cambrian explosion around 542 million years ago, during which an unusually large number of new species appeared within a fairly short period of time, only to mostly disappear 20-25 million years later. The plant kingdom, however, was spreading fast to cover vast land areas as well as much of the oceans' surface mostly as plankton.

The main distinguishing feature between the two kingdoms is that plants generally do not move whereas animals do. But there is a much deeper difference: plants use water, carbon dioxide and solar energy to survive, producing in the process oxygen and sugars or carbohydrates, whereas animals need oxygen to survive, producing in the process carbon

dioxide, water and energy. The famous [simplified] chemical equation that describes these processes, also called photosynthesis, is:



The animal kingdom does exactly the reverse, oxidising sugars [hydrocarbons] to produce energy with carbon dioxide and water as by-products.

### Cycles of Extinction

Carbon Dioxide is a greenhouse substance. For the uninitiated, greenhouse substances have the property of letting through heat from a luminous source, but blocking it if it comes from a non-luminous one. The sun is a luminous source, its infrared radiation (heat) is therefore, allowed to go through but is then blocked from coming out, since the Earth is a non-luminous source. Glass is a greenhouse substance too, which is why it is used for winter gardens or greenhouses). In other words greenhouse substances trap the sun's heat. Without greenhouse gases in its atmosphere, the Earth would be too cold to inhabit. Its average temperature would then be a freezing minus 18 degrees Celsius. Both carbon dioxide and water vapour are greenhouse gases, which trap the sun's heat and thus make the Earth inhabitable.

It is easy to understand and visualise how and why the Earth's climate fluctuates from humid and very hot to bone dry, bitterly cold and desolate with glaciers extending as far south as Le Havre in France.

At present, in every cubic metre (1000 litres) of air, at sea level, there are 230 litres of oxygen

but only but only 0.4 litres or 400 cubic cm of carbon dioxide, up from 300 cc since 1900. That means there is 575 times more oxygen than carbon dioxide in the atmosphere by volume.

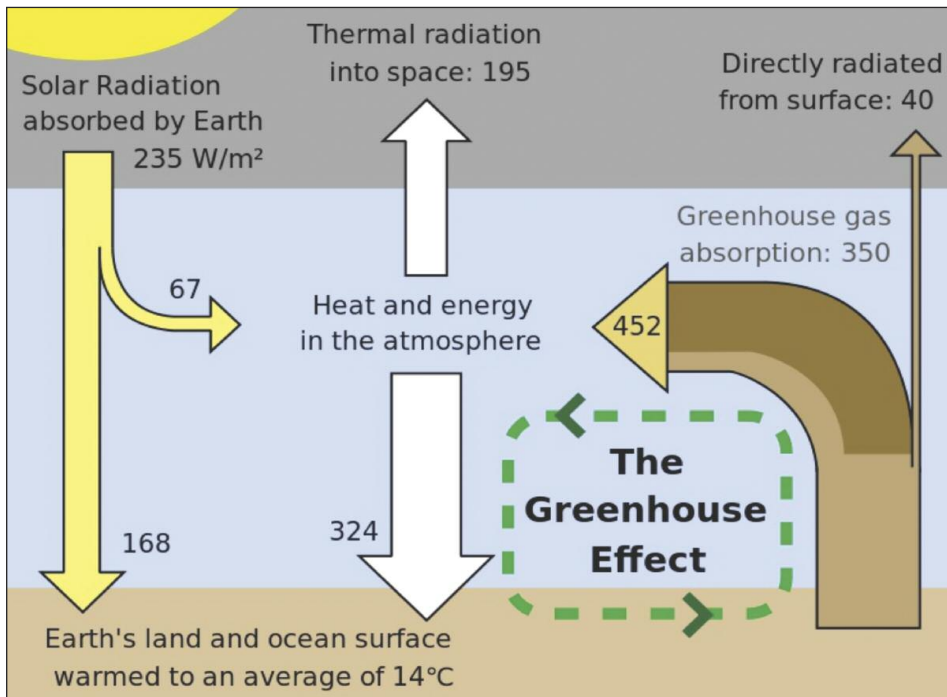
If we consider the same ratio by weight, there would be 253 gm of oxygen to 0.7 gm of CO<sub>2</sub> in one cubic metre of air, giving a ration of 361. The total increase in CO<sub>2</sub> concentration from the preindustrial level is about 33%. However this increase has had disastrous effects on our climate.

Scientists have been able to work out the constituents of our atmosphere going back more than 400'000 years ago. They did it by analysing tiny air bubbles caught up in ancient glaciers. The tug of war between the two kingdoms can be clearly discerned.

The Plant Kingdom came first when there was virtually no oxygen in the atmosphere. Via photosynthesis the plants, started and continued to deplete carbon dioxide and emit oxygen. The process continued until the level of carbon dioxide fell below 200 ppm (parts per million) at which stage the greenhouse effect was reduced so much that the Earth cooled down considerably and glaciers extended over vast areas, and reduced the size of the plants covering the surface of Earth considerably. Parallel to this process, the presence of oxygen in the atmosphere and the prolonged warm temperatures had made it possible for single cell bacteria and later multi-cell creatures to evolve. They do exactly the opposite to what the plants do, they oxidise (burn) hydrocarbons made by the plants and extract energy to live, emitting in the process carbon dioxide. Slowly, with the passage of time the concentration of carbon dioxide increased, the Earth warmed up and the cycle repeated itself. The so-called 'ice-age' cycles can be clearly seen from the graph above, showing the concentration of carbon dioxide going back 400'000 years. The average length of a complete cycle is around 80'000 years.

Since the 'Cambrian Explosion' 542 million years ago there have been roughly 6775 cycles or ice ages. In each of them, thousands if not hundreds of thousands of species of both animal and plant kingdoms perish and become extinct. Every time, however, new species evolve that are sturdier and more resistant to extremes of temperature than the previous ones. The most famous extinction was that of the dinosaurs 64 million years ago. This, in essence, is what drove the process of evolution on our planet, resulting in the development of mammals and ultimately Homo sapiens.

Since the industrial revolution, however, the concentration of carbon dioxide in the atmosphere shot up and is still rising at an alarming rate, as may be seen from the graph below. The vertical scale is in ppm, parts per million.



## A losing Battle

Basically therefore, Global Warming is a natural phenomenon on planet Earth and has always taken place always will. What the industrial revolution has done was to interfere with the process accelerating global warming when it should be decelerating.

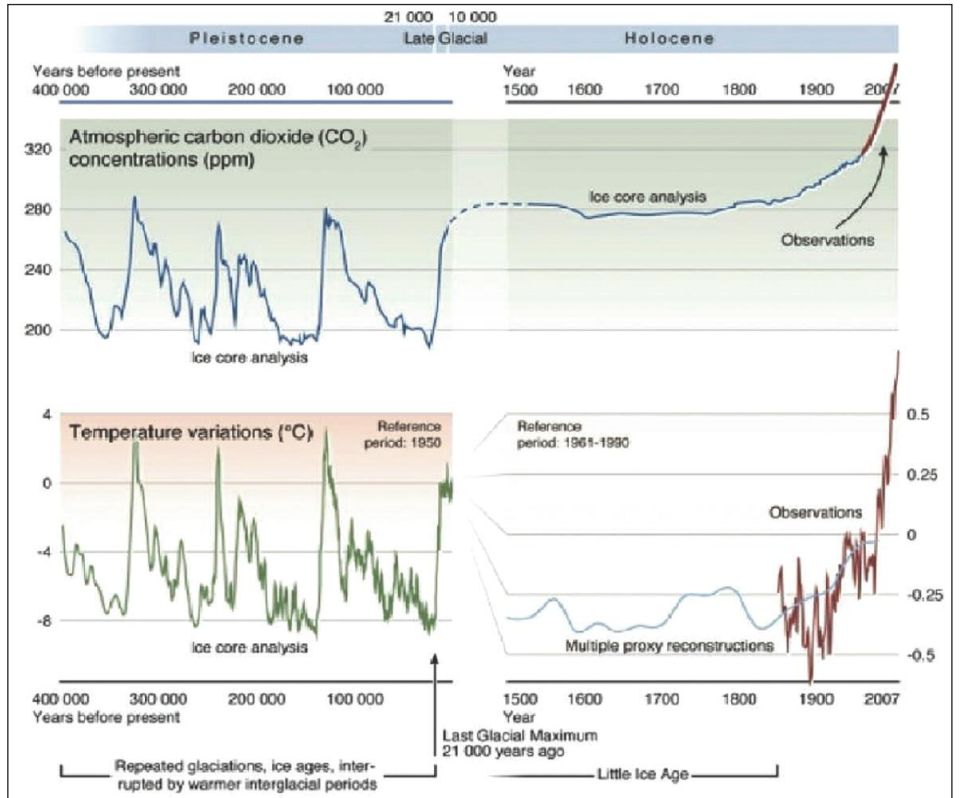
Yes, according to the records, we should be approaching an ice age. The Earth's atmosphere should be cooling down, not warming up. The reason being, as we all know by now, is that more carbon dioxide is being produced by burning fossil fuels than the plants can absorb.

We also know, but not so many dare to say so loudly, that using renewable energies to reduce and finally stop fossil fuels being burnt, is a losing battle. The growth rate of third world countries, both economically and by [population](#) is so rapid, that there is no way fossil fuels will lose their key position as the first choice for energy production any time soon.

The author is of the opinion that all those concerned about the future of our planet under the stress of population growth and more industrialisation are concentrating at the wrong end of the stick. Renewable energy will remain a drop in the ocean for a long time to come. This has been exacerbated by the exceptionally low oil prices.

Furthermore, he contends that the only pragmatic way to deal with global warming is to use the most natural way there is, the way Nature invented in the first place. Instead of spending millions, even billions of dollars on subsidies for renewable energy, which, with the current low oil prices, is a losing battle anyway, Governments should consider, instead, increasing plant coverage. Look at a map of the Earth at 'Google Earth' and you will quickly surmise that almost 40% of the Earth land surface is barren. [Greening the barren and desert areas](#) on our planet should take top priority. This stands a much better chance of catching on and succeeding, because the local populations in the areas in which it would be applied would see the immediate benefits of such schemes and support it.

From a horticultural and engineering point of view, it is quite straightforward. Such barren areas usually have plenty of sunshine. Photovoltaic cells can be used to generate power to drive desalination of seawater by



reverse osmosis. The water does not have to be of drinking water quality; brackish water would do fine for watering the plants. Drip feed watering may be used to increase the planted area and minimise water consumption.

In addition, the vast oceans, covering over 70% of our Planet can be effectively used to deplete carbon dioxide. [Plankton](#) is known to be a very effective carbon dioxide depleting agent. Its growth and coverage should be actively pursued. According to the literature, certain chemicals can enhance its growth considerably, e.g. iron sulphates.

## Conclusion

As always in real life, there is no silver bullet. However, if the focus, energy and resources of mankind were bundled together and concentrated on a pragmatic course of action, we may manage to walk in the right direction. It is absolutely imperative that our attention should shift from renewables to greening. That means depleting carbon dioxide instead of trying to cap fossil fuel usage.

Remember 2016 is the [hottest year on record](#), so who knows how hot 2026 might be? Obviously, this may be our only and last chance to delay and ultimately reverse global warming.



Phytoplankton bloom in the South Atlantic off the coast of Argentina

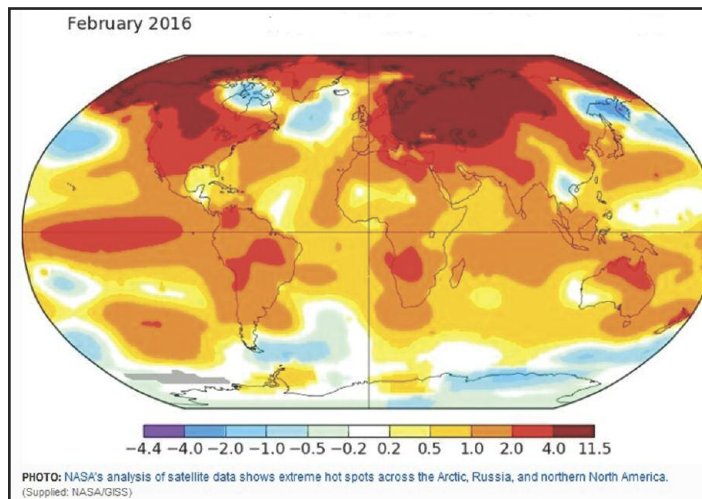
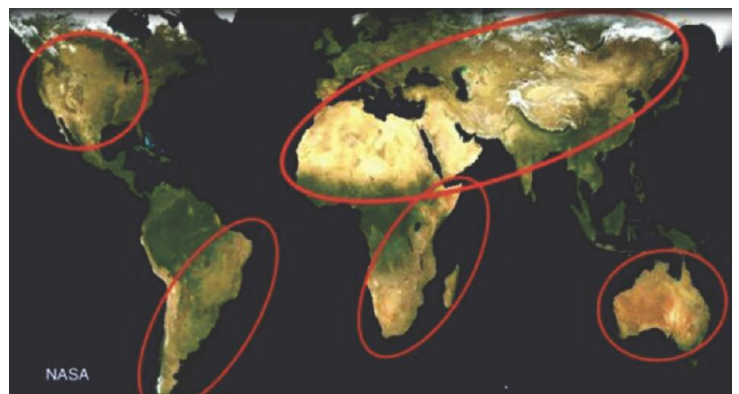


PHOTO: NASA's analysis of satellite data shows extreme hot spots across the Arctic, Russia, and northern North America. (Supplied: NASA/GISS)



## Belgian Beer Culture

Contributed by IMCZ Board member for Membership, Erik Quintiens

Over the coming weeks I shall be taking you on a journey of Belgian Beers from my home country. Initially we set off with an introduction on the Belgian Beer Culture and the various Beer Styles, followed by a monthly review of 2 craft beers. These beers will be on offer at our weekly Stammtisch.

### Beer Production

To say that 'beer is to Belgium what wine is to France' is something of an understatement. While Belgium contributes just 1% of global beer production, it brews 10 times more per head than the global average. And though, at around 2 billion liters a year, it's not the biggest brewer in Europe (that top spot being held by Germany), it certainly wins out on the diversity and versatility of its beer culture.

That's something that is globally recognised. Almost two-thirds of Belgian beer production is destined for export. From that point of view, Belgium is undoubtedly the European champion.

*But what defines Belgian beer culture, making it so unique that it has applied for recognition by UNESCO World Heritage?*

First and foremost, there is the sheer number and diversity of traditional Belgian beer styles, from abbey beer to lambiek. Belgian Beer Styles have a seemingly endless variety of brewing processes, colours, textures, methods of fermentation, yeasts used and of course the knowledge and tradition that goes in to brewing them.

In the early 20th century, Belgium had more than 3,000 breweries and well over 200,000 cafés, which meant there was a café for every five houses. Beer consumption at home may have fallen in recent years, but beer still remains Belgium's favourite drink. The annual per-person consumption of speciality beers is definitely growing.

### More than just Tradition

Besides the beers and brewing itself, beer is never far from you in Belgium. There are several beer museums to be found across the country, and it is even said that the 'saint of beer', St. Gambrinus, is buried in the capital, just metres away from the Brewers House.

The country has a beer festival almost every week of the year, attracting visitors in their thousands, while clubs of beer fanatics gather in most cities and villages. In addition to this, some of the world's top beer specialists are Belgian.

Brewing in this country also goes back a very long time, with its history politics and religion always being closely interwoven with the changing story of beer.

That's vividly reflected today in the ceremonial Knighthood of the Brewer's Mash Staff, held each year on the Belgian Beer Weekend, which appoints new honorary knights, who have proven themselves as true Belgian beer ambassadors.

But let's travel back in time to the beginning, and take a whirlwind journey through the history of beer in nation of the Belgae. In the Gallo-Roman era (3rd-4th century AD) brewing was very much a woman's craft. You'll find remains of villas showing traces of domestic brewing activity in Ronchinne, Anthée and Mette.

Until the early Middle Ages, 'gruut' or 'gruit' was a fundamental part of the brewing process.

This was a jealously guarded secret herbal mix which could include myrica, sage, rosemary, achillea, bay, juniper berries, caraway, aniseed and resins, among other ingredients. The secular breweries of the time were in the hands of powerful brewery guilds, but in time, many small home breweries sprang up on the banks of rivers and streams, as a steady and nearby water supply was, and still is, essential

to the brewing craft. The beers were dark in colour and unfiltered – and the wild yeasting process was often not very well managed.

It was the abbeys and nunneries that helped to take the quality of beer to a higher level. In 974 the German Emperor Otto II granted the first 'gruitrecht' (gruit rights) to the small town of Fosses-la-ville. Hops made gradual inroads as brewers discovered that they prevented the beer from going sour and improved its storage qualities. German abbess Hildegard von Bingen provided a detailed description of the workings of hops in the 12th century.

In the 13th century, the first hopped beers took sail from Bremen to Bruges. Others took different brewing paths. In and around Brussels, in the 'Pajottenland' region, beers were brewed using wild yeasts, a process



Knights of the mash staff

particular to the valley of the Zenne. This gave rise to the regional geuze beers and other fruity varieties such as 'kriek'.

As in the rest of Europe, beer was seen as a healthy alternative to drinking water, which was often of suspect quality. It's estimated that daily beer consumption in medieval Europe reached as much as a staggering one-and-a-half liters per person (!).

During the reign of Joseph II (1783-1787) – and later under Napoleon – the majority of abbeys and nunneries were abolished and

thus, the brewing cauldrons disappeared. Nowadays you only find authentic brewing monks within the Trappist orders, of which the majority are found in Belgium (6 out of 9 worldwide). In contrast to the original abbey beers, Trappist beers are only brewed within the walls of the abbey.

### Beer & Politics

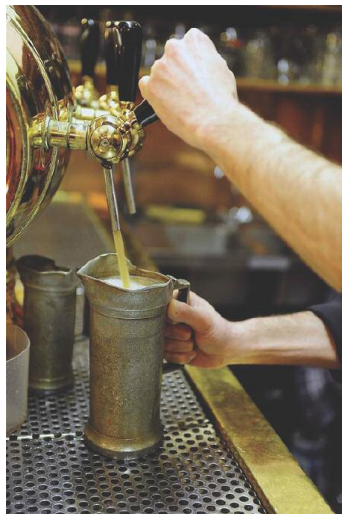
The second half of the 19th century saw a vicious battle between Catholics and anti-Catholics for the mayoral position in several Belgian towns and villages. In many of these places, brewing was the main economic activity and the brewer was also the mayor. This battle for political power often led to many villages having two brewers: one Catholic, one anti-Catholic.

This interaction between politics and brewing is unknown anywhere else in the world, and helps explain the success of small, family-owned breweries, and the high craftsmanship of Belgian brewers.

Small settlements with only a few hundred inhabitants commonly had the choice of as many as ten beers. So there was little trade in beer between neighbouring villages, as each had its own brewery.

In 1870, French scientist Louis Pasteur managed to isolate beer yeast from the harmful micro-organisms that soured the beer. He came up with a yeast purifying method. Not long afterwards, Danish yeast expert Carl Emil Hansen discovered how to cultivate yeast cells by adding sugar to a specific culture originating from one single cell.

Ever since then it has been possible to brew low, or bottom, fermented pilsners. The definitive breakthrough of low fermentation beer in Belgium did not occur until the end of the 19th century. At the time, Belgians were still drinking around 170 liters of beer each, every year.



Lambek from Draught

## Yeast is The Answer

Without yeast there would be no Belgian beer as we know it. In fact, yeasts define Belgium's beer diversity. Some, like "lambiek" beers, are produced through spontaneous fermentation. Others, especially larger, established breweries, cultivate their own yeasts: these strains represent the brewery's signature.

So the worst thing that can happen to a brewer is for his yeast to be contaminated. For this reason, the yeast cultures are maintained carefully, away from the brewery at universities and other places.

Many techniques are available to the brewer. Young beer is sometimes 'cut' or mixed with an older beer; the brewer can also add sugar, honey or caramel; in addition to malt he can use unmalted oats, wheat, spelt or buckwheat; he can add various types of fruits and herbs such as coriander, cumin or star anise...

Great importance is also attached to the brewers' signature: brewers may be artisans but they're also a tad artistic. Some adhere strictly to the existing Belgian beer styles, others interpret them a bit more loosely, or are prepared to leave the well-trodden path entirely – and so new styles are born. The character of beers – such as the very traditional 'agricultural saison' – are strongly determined by specific yeasts. Use different ones, and the resulting beer will certainly taste differently. High fermentation beers will start the fermentation process at relatively high temperatures, producing fruity and herbal aromas.

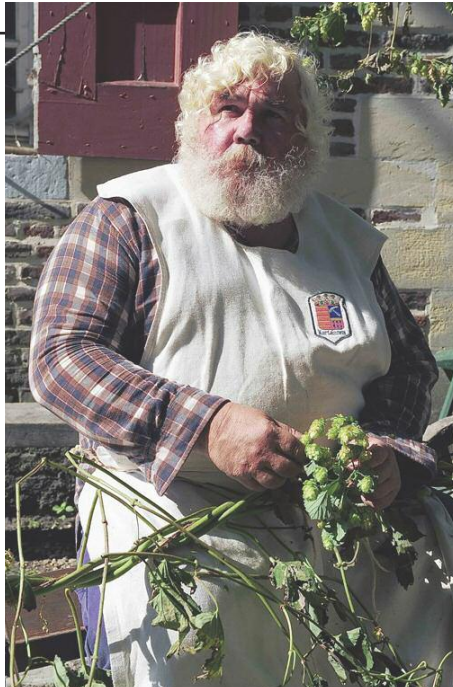
In general, with Belgian beers, the emphasis is on malt rather than hops. Take the wort, add a Belgian yeast strain, ferment, and you could say you have a 'Belgian' beer.

In-bottle re-fermentation, though, is real national characteristic – producing rich sparkling specialty beers with a beautiful collar of froth. For this reason, extra yeast and sugar are added before bottling.

The yeast then acts within the bottle and is often found at the bottom (with unfiltered beers) as a veil of remaining yeast. So careful pouring is vital, unless you want to drink the left-over yeast as well. Some brewers will provide you with a special yeast glass to trap it. After all, it's an outstanding vitamin boost.

## No Hops no Glory

Cultivating hops not only requires a large area of land, but also a fair amount of technical knowledge and expertise. When hops were introduced to Belgian beer centuries ago, monks established extensive hop gardens to meet the high demand for their beer.



Traditional hops harvesting

So the cultivation of hops in Belgium was once extensive. That's changed. Although the region around Poperinge can be called a hop stronghold, in general home-grown hop growing is a shadow of its former glory. Nowadays most hops are imported from the US and Eastern European countries.

The varieties of hops generally used in Belgium have an aromatic rather than a pronounced bitter character. You are not likely to come across real 'hop bombs'. It is more important to have nuances and subtlety of flavour.

The brewers also have a considerable arsenal of malts at their disposal, including heavily roasted caramel and chocolate malts for the dark beers. Candy sugar is added in some cases.

Unlike in Germany, Belgium never saw a beer purity law imposed (the Reinheitsgebot). This means that brewers are not tied to specific ingredients and are free to experiment with herbs and spices, something they love to do. This is where the art of dosage comes in. If you ask the brewers what distinguishes Belgian beer, it won't be long before they tell you about 'balance in the glass'.

The great classics like Westmalle tripel make a great example: everything is perfectly balanced – malt, hop bitterness, mild mouth feel ... When herbs are used, they should never be allowed to dominate and overpower the overall taste of a beer.

So, when tasting different beer styles you may discover a variety of herbs and spices. White

beer often reveals hints of curaçao (orange rind) and coriander. In a 'saison' you can pick up the peppery touches of cardamom. And in the heavy dark beers you can taste liquorice root and star anise.

## Beer is Belgium, Belgium is Beer

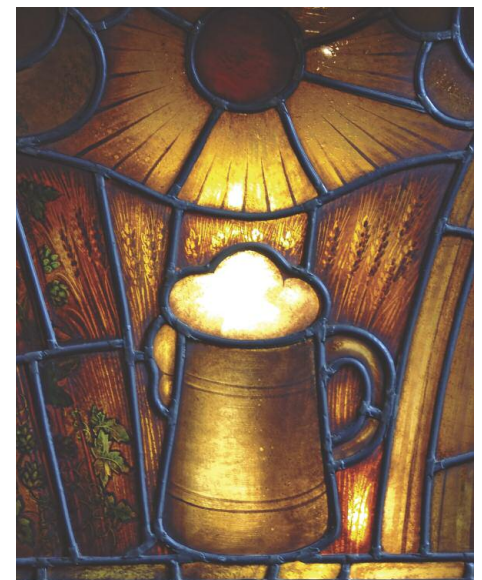
Traditions, and the passing on of trade secrets from father to son, have created a unique Belgian beer culture. After two hugely destructive world wars on its territories, and many years of consolidation in the industry, there are still more than 150 active breweries remaining in Belgium.

The majority of large and medium sized breweries have joined the Federation of Brewers. But there are also dozens of hobby and micro brewers who usually operate on a local level. Many of these manage to do quite well, these days, thanks to the possibilities offered by the export of Belgian beers.

But we're talking about more than just the beer. Belgian beer culture has given birth to a refined beer cuisine. Restaurants now offer a wide choice of beers, use beer in their dishes and serve carefully selected beers with the meal – beer pairing is on a par with the science of selecting wine to accompany your food.

You'll not only be able to experiment endlessly when tasting, but also find out which beer you prefer to have with your starter; which with a particular Belgian cheese; or which to accompany the main course or dessert. In this, Belgian beers are again somewhat unique. They make for the ideal accompaniment because they come in such a wide range and offer subtle – rarely overpowering – aromas and tastes.

Gourmets, you have been warned!



## Barcelona, the Pearl on the Mediterranean

Contributed by IMCZ honorary member and Newsletter Editor Muthana Kubba

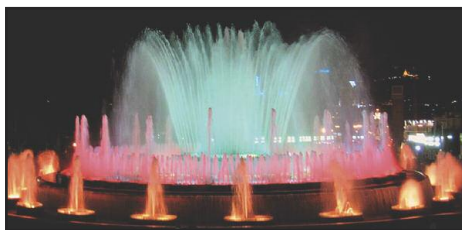
Although Spain was a travel destination for me and my wife several times, it seemed we never had made it to the capital of Catalonia, Barcelona. We made up for this deficit and visited the pearl on the Mediterranean earlier this month. If you recall, this city was classified as the smartest city in the world ([July 2016 Newsletter](#)), so, I was curious to find out for myself how true the assertion is.

Apart from the hassle at the airport on arrival where we waited for three hours for our bags to appear ([don't fly Vueling](#)), the city made a positive first impression on us. It was clean, traffic seemed to flow smoothly, the streets were very wide by any standard, with separate bus and taxi lanes, as well as bicycle and pedestrians' tracks, and that is for each side. Everyone, in particular the pedestrians, seemed to strictly abide by the traffic signals, even if at times the lights took a bit too long to change into green.

### Transportation

We soon found out that the best way to move about in Barcelona is by taxi. The prices for even long rides were very cheap. Compared with Switzerland, they were at least three fold cheaper. No wonder 'Uber' has not even tried to set foot there.

There is an extensive bus network, as well as an excellent underground network, which even competes with the London Underground by the number of lines and quality of service. The tourist office issues combined tickets for all services valid for 1-7 days as needed for a few



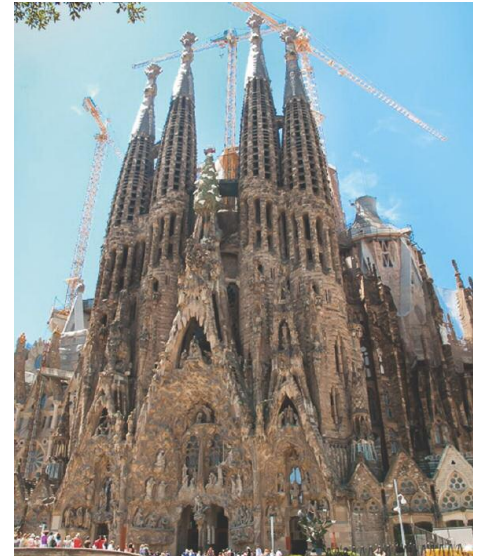
Euros. The tickets are valid for all services with unlimited travel. They are even valid for rides on a cable car service which runs from the harbour to a nearby hill, Montjuïc (Jew Mountain), seat of the International Exposition (World Fair) in 1929 and the Olympics in 1992. The National Palace (Palau Nacional), a beautiful park and the famous magic fountain (Font Màgica) are also there to be seen.

### Sagrada Familia (Sacred Family)

This is by far the most famous tourist landmark of Barcelona. It is by any standard a truly impressive Church of gigantic proportions. It is usually referred to as a basilica or large Catholic Church. It represents the lifework of the famous Spanish (Catalan) architect Antoni Gaudi (born 1852) who tragically died at the age of 73 in 1926 in Barcelona in a tram accident.

Construction of the [Sagrada Familia](#) started in 1882, under the direction of architect Francisco Villar, however he resigned a year later, and Gaudi took over at the age of 31, being Villars deputy then. He radically changed the design and worked continuously on it. By the time of his death 43 years later, only 25% of the basilica was completed. From the outset, it was not intended to be a cathedral (i.e. the seat of a bishop), but its dimensions exceed that of most cathedrals.

In Gaudi's original design, the basilica was to have 18 spires altogether. At present only eight spires are completed: four on the eastern façade and four on the western. Work is still in progress, with at least four giant cranes helping put up the rest of the spires. The tallest spire in the middle, representing Jesus Christ, will be a massive 170 metres high, and said to be one of the tallest in the world. It is planned to complete the *Sagrada Familia* on the centenary of Gaudi's death in 2026, ten years from now.



Antoni Gaudi in 1878



Model of the Sagrada Familia when completed in 2026

### Inside the Sagrada Familia

Impressive as it is from the outside, it is when one gets inside that its overwhelming size, aisles, vaults, huge arching columns and decorations really strike the eye and impress immensely. It has five naves, with the central nave rising significantly above the others.

The façades carry rich symbology and the layout is also full of symbols which can be found on every door and column. The symbols refer to Catalan and Spanish dioceses, and to every church in Latin America. For the engineers among us, the most fascinating aspect of the Sagrada is the static stability of the huge construction. In fact Gaudi's method for static calculations was truly groundbreaking. He created a realistic model for the pressure gradients on the columns by using a knotted rope construction in which the ropes correspond to the columns. His model was upside down, so he used weights on the ropes to simulate the pressure points and the pressure gradient on the columns. With this ingenious method, he managed to design tree-like column structures. (for a complete discussion of this method see [Art & Mathematics in Gaudi's Sagrada Familia](#))

The columns are inclined and branched like







trees. The huge weights of the ceiling and vaults were routed directly through the columns into the ground. There was no need for weight bearing façades or exterior buttresses. The end result was truly spectacular. The interior was transformed into a stone forest of palm trees with lots of light streaming in through large windows and vaults.

The partly inclined columns and pillars, are grooved, creating the impression that the material with which they were made has been stretched. At the top, the pillars branch out so that each pillar can support multiple points of the ceiling. The whole roof of this huge church is supported by such branched columns.

Below ground level there is a museum and workshop, which are well worth seeing. There are several models of this monumental structure at various stages of completion as well as complete workshops with lots of staff working hard to complete the Sagrada for the coming centenary of Gaudi's death.

## Parc Güell

Another piece of unique Gaudi architecture is this famous [park](#), situated about a mile away from the Sagrada Família on a mountain ridge with a fantastic view of Barcelona and the basilica. On acquiring this piece of land in 1890, the industrialist Eusebi Güell asked Antoni Gaudi to create and build a garden city in which nature and a few villas form a symbiosis. The park opened in 1922 with only two out of the planned 60 villas completed. There was no interest in villas at that time, but the park was an instant hit and a great success.

There are two pavilions on either side of the main entrance, with cafes in each of them, followed by a staircase guarded by a dragon. You can hardly see the dragon which is permanently besieged by Chinese tourists taking photos holding the dragon. It is in their mythology.

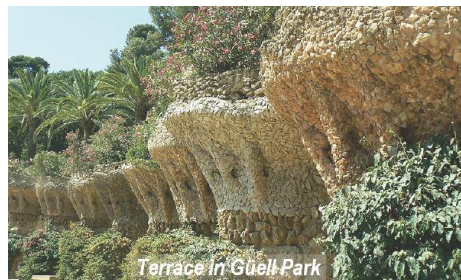
The downwards staircase leads to a large hall studded by 86 Roman-inspired columns. All the columns were slightly inclined borrowing from the design of columns in the Sagrada Família. The columned hall was originally meant to be a market place for the residents. The roof is surrounded by benches studded with



broken ceramics creating multi coloured mosaics.

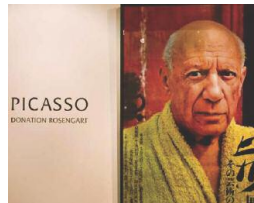
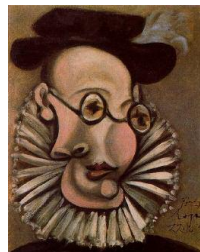
To minimise the intrusion of the roads which were meant to serve the housing complex, Gaudi designed them as structures jutting out from steep hillsides or running on viaducts, with separate footpaths in arcades running under these structures. Gaudi used local stone in a way that integrates the structures closely into

the landscape. There is also a remarkable aviary containing several non-native species of parrots and short-toed eagle.



## Picasso Museum

No visit to Barcelona is complete without a visit to the famous [Picasso Museum](#) there. Of course there are Picasso Museums everywhere, the nearest being the Rosengart Collection in Luzern. (see [August 2013 Newsletter](#)). Google lists four in Spain, three in France and one in Germany. Notwithstanding the large number of museums dedicated exclusively to Picasso around the world, the one in Barcelona stands



out as the most comprehensive, and a visit to it is a must when in Barcelona. It is situated in the old town in a 15th century palace turned to museum. Picasso (1881-1973) spent his early life in Barcelona, so the museum holds several of his early paintings, and houses the most extensive collections of Picasso's artworks. With 4'251 works exhibited, it has one of the most complete permanent collections anywhere to be found.

This museum distinguishes itself from all the other Picasso Museums, in being the only one created during the artist's lifetime. It opened in 1963 ten years before he died. In particular this museum reveals Picasso's relationship with the city of Barcelona, shaped during his youth and adolescence, and continued until he died.

Speaking of Picasso, I can't resist the temptation to recount an interesting incident which took place nine years ago. I was happily sipping my tea with ski friends at the Skihütte in Stand, Engelberg (2500m) during the winter of 2007. A gentleman, I had never seen before, walked up to me. He stopped in front of me,

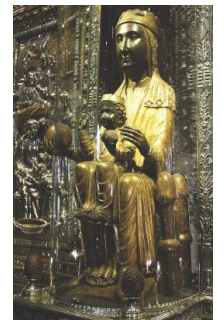
intensely staring at me, then finally said, "You, look like Pablo Picasso!" An honour I do not think I really deserve.

## Excursions

Weather and time permitting, there are a couple of interesting day excursions which can be made to complete your tour of Catalonia.

### a. Montserrat and the Black Madonna

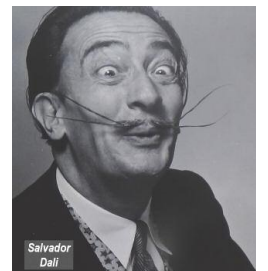
If you have the opportunity, an excursion to mount Montserrat would be very worthwhile. It is a multi-peaked rocky mountain ridge near Barcelona, rising to about 1200 metres and is around 100 km away by road. It is well known as the site of the Benedictine Abbey, Santa Maria de Montserrat, which hosts the Virgin of Montserrat sanctuary. The Abbey can be reached by road, cable cog railway and lies at around 900 metres above sea level.



Very striking are the rock formations on the mountain sides. There are lots of foot paths leading up to them. The Abbey itself is spacious and well appointed. Inside it, one can walk past the Madonna, but we preferred to take a picture from far below.

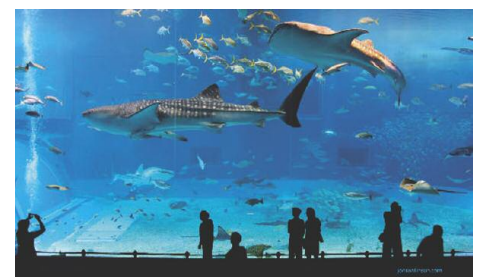
### b. Salvador Dali Museum

The museum lies in the town where Dali was born, Figueres, which lies quite near the Pyrenean Mountains, not far from the French border. Dali (1904-1989) was a surrealist painter with a good portion of eccentricity. His inspiration was a Russian woman, ten years his senior, called Gala. The trip there and back is quite long and tiring, but the museum is well worth seeing.



## Other interesting Sights

To get a feel for the real Barcelona, a walk down the 'Ramble', a 1.2 km long street in the middle of Barcelona, is recommended. Also to be recommended is a visit to the Aquarium near the main marina. We spent a whole morning there admiring the strange deep sea creatures. It is huge by any standard, with the foot paths passing below the water pool, so one can see the fishes from below as well.



## Brexit and the British economy

Contributed by IMCZ member David Kauders

Despite all the noise and poisonous politics of immigration, it is trade and the economy that will determine Britain's future outside the EU. However, I will say a few words about other Brexit topics at the end.

The argument that "the EU needs Britain more than Britain needs the EU" is deeply flawed. Politicians have seized on two simple figures, British exports to the other 27 EU member states and imports from those member states, which showed a negative trade balance in 2014 of approximately £59 bn. This has been repeated endlessly by the media, with the result that people believe the story: a classic case of the Bellman's remark "What I tell you three times is true" in Lewis Carroll's *The Hunting of the Snark*.

Imports into Britain from the EU are recorded according to which EU country they came from, but in the case of goods trans-shipped through another EU port, this does not recognise the original country of shipment if it was outside the EU. If you are shipping containers from the Far East to Europe then it makes logistical sense to bulk them into one container ship to an EU port, then distribute them locally. Rotterdam, and to a lesser extent Antwerp and Genoa, make these transfers easy. Hence what is called the "Rotterdam effect" whereby British imports are erroneously recorded as being from the Netherlands when they are actually from outside the EU. There is a paper in the UK national archives authored by the Office for National Statistics that explains this. See <http://webarchive.nationalarchives.gov.uk/20160105160709/http://www.ons.gov.uk/ons/rel/uktrade/uk-trade/december-2014/sty-trade-rotterdam-effect-.html>

Two prominent British businessmen, Sir James Dyson and Tim Martin of Wetherspoon's, have recently been quoted in the media about the supposed trade deficit. It's obvious that neither of them knows about the Rotterdam effect, and it is equally obvious that business journalists reporting them also do not understand why the import figures are misleading.

What matters to Britain is its exports to the single market. Exports from Britain to the EU-27 (which is the majority of the single market) are available in House of Commons Library Research briefing no. [SN06091](#) which is on the [parliament.uk](#) website. British exports to the EU-27 in 2014 were £230.1 bn. Imports to Britain from the EU-27 were £289.2 bn in 2014. The apparent trade deficit of £59.1 bn is largely due to the Rotterdam effect.

From the statistics times website <http://statisticstimes.com/economy/european-countries-by-gdp.php> nominal British GDP can be found: for 2014 it was £1,788 bn. The EU absorbed 12.9% of British economic output, which is more than the total of all British manufacturing because Britain is more



dependent on selling services cross-border. 5,476 UK-based businesses hold 336,421 financial services passports issued by their national regulator, to do business in other EU member states based on their British regulatory permissions. 8,008 businesses in the other 27 countries hold a total of 23,352 inward passports issued by their regulators to do business in Britain. Britain is currently the European capital for financial services and achieves this through the single market.

What is important to the other EU countries is their own individual exports to Britain. The EU commission negotiates for them all, but it is a mistake to use the aggregate statistics for 27 countries as if they were one single entity.

British import figures from each EU country are published in an Appendix to the House of Commons paper, total value £289.2 bn. Using the *statistics times* source again, the EU-27 have a total GDP of £9,440 bn. A simple calculation will show how much of each of the EU-27 member states' economic output is exported to Britain: £289.2 bn is 3.06% of the EU-27 GDP.

These figures warn us that Britain is far more dependent on its sales to the EU than other EU countries are on their exports to Britain: 12.9% of the British economy is exported to the EU-27, but each of the EU-27 only exports just over 3% of its economic output to Britain. Twenty-seven countries all have their own economic interests to pursue separately. A 3%

loss for each will have little impact on them.

There are two significant outliers in exports to Britain (excepting very small countries such as Cyprus whose overall impact on Britain is insignificant). They are the Netherlands (7.2% of its economy is exported to Britain) and the Irish Republic (11.5% of its economy is exported to Britain). The Netherlands, of course, is explained by the Rotterdam effect. Ireland is explained by ties of history, geography and language.

Digging into the figures like this is not difficult. It reveals a very different picture: that Britain is far more dependent on the EU than the EU is on Britain. There are a number of ways in which this will lead to economic damage to Britain: obvious examples are banks relocating from London to cities in other EU-27 countries, and Japanese manufacturers moving away from Britain as their cross-border supply chains will become uneconomic. Such damage will materialise slowly, starting when Article 50 is triggered, and gathering momentum when Britain actually exits the EU.

### Four Freedoms

One of the many other mistakes being made is to assume the EU will give Britain some sort of free trade agreement without Britain signing up for the four freedoms (goods, services, capital and free movement of people). If Britain chooses not to sign up for the four freedoms then its trade is going to be restricted in some way. This simple table shows the problem:

Britain continues with four freedoms inside EU customs area	Little damage to British economy
Britain continues with four freedoms outside EU customs area but inside single market	Cross-border manufacturing at risk as warned by Japan. Hiatus in trade with non-EU countries.
Britain leaves single market	Tariffs on goods, many services businesses relocate elsewhere

Another way of estimating the potential economic damage is to examine what happened in the years after Britain joined the EU. British exports rose by about 7% in the first few years following membership in 1973. Subsequent completion of the single market for goods caused a further 9% rise in British exports. Leaving and going-it-alone would reverse the gains Britain achieved from joining the EU and the single market. If all 12.9% of Britain's GDP (its exports to the EU of both goods and services) shrinks by, say, 15%, then assuming services behave the same way as goods, total GDP would fall by 1.9%. But since some services need licences (the passport) they cannot be provided from Britain if it leaves the single market, which means they will probably shrink by more than this, seriously affecting jobs.

Another economic problem for Britain is that the EU has 56 trade agreements with non-EU nations (excluding the three single market countries Norway, Iceland and Liechtenstein) which will all need to be replaced if Britain chooses to leave the EU customs union. While some may fall into place quickly, others will take years to renegotiate. There will be a hiatus during which British trade outside the EU will also be at risk of tariff and regulatory damage. Australia is held out as one great new hope, but Australia and the EU are close to agreeing a free trade agreement which will probably be implemented in 2019 or 2020, just as Britain departs.

The story that the EU needs Britain more than Britain needs the EU is completely wrong. The damage will take years to materialise, but the reality is that Britain needs the single market. Britain has a stark choice: allow EU immigration or face rising unemployment as both EU and non-EU trade are hit together. This is the crux of Britain's political problem. Failure to understand how dependent Britain is on the single market will lead to a serious economic decline once Brexit happens.

## The Issue of Sovereignty

In this complex modern world, only rogue dictatorships go-it-alone. The majority of countries share their sovereignty. The EU does indeed have shortcomings of leadership and a democratic deficit. A less insular Britain could have pushed for reform, instead of demanding special favours from a club of

equals. That chance has now been lost. But to stay in the single market, which is essential for British survival, while exiting EU institutions, will mean that Britain will have to accept rules that it can no longer influence. This is the trade-off for not having to accept other EU legislation that Britain dislikes.

The biggest rule-maker, however, is Britain itself. British bureaucrats have been influential in writing EU directives, then gold-plating them back home. Far from cutting red tape, leaving the EU will remove all constraints on the British bureaucracy. In my forthcoming book I give an example of this from financial services.


A previous Brexit article raised the issue of security, but this is not an EU competence. Military security is the province of NATO;

internal security is co-ordinated through Europol and regional security through the Organisation for Security and Co-operation in Europe. The EU commission recognises that more co-ordination within the EU is desirable, but it can only operate in the security arena with the co-operation of the member states. This it is now doing with, paradoxically, the appointment of a British diplomat as Security Commissioner.

This short article has shown that some of the anti-EU arguments are false or misleading. The danger now is that Britain sleepwalks to an economic depression by sacrificing up to one-eighth of its economy.

*David is working on a book about Brexit options and we will tell members when it is available.*






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Time: 4–6:30pm

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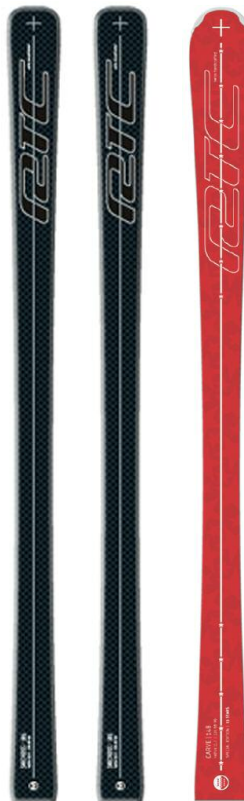
# Get Ready to Ski:

## Joe's Tips for Skiing in Switzerland

Contributed by  
IMCZ Sports' editor  
Joseph Dow



This time, I've enlisted some experts to help you prepare for the upcoming 2016/17 ski season. On **Thursday, October 27<sup>th</sup>**, we are once again presenting an **IMCZ Ski Evening** at the City Garden (CU) hotel in Zug, beginning at **6:30 pm**. This year's presenters cover a broad range of topics encompassing the sport of skiing: building handmade skis, using high-tech material in ski clothing, fitting ski boots, and teaching techniques in skiing instruction.



✓ **RTC Skis** – Completely built in Kanton Wallis, these Swiss handmade skis are simply the best carvers on the planet. In January 2011, Swiss skier Melanie Burgener won the FIS Speed Carving World Cup on a pair of RTCs. Skiing on them for a few seasons has converted me into a huge RTC extremist.

✓ **Kjus Skiwear** – When it comes to combining fashion, style and high-tech function, Kjus is the king of the hill. Smart and comfortable, Kjus is the choice of sophisticated skiers from St. Moritz to Verbier and beyond.

✓ **Master Bootfitter** – Andreas Koebl knows ski boots, how they function and how to make them fit ... perfectly. He's my boot guy and if you are serious about top performance *and* comfort, you need to know him.

✓ **Alpine Sports Andermatt** – Peter Widdup is one of our newer IMCZ members and runs one of the two ski schools in the up-and-coming resort of Andermatt in Kanton Uri. Peter's focus is international and his approach is different from the typical Swiss school of skiing instruction. I'm working on the method and the adjustments he showed me, last season, and can say they have improved my technique quite a bit.



### SKI GEAR RECOMMENDATIONS SKI EQUIPMENT

- **Skis & Bindings**
  - Classic Carver or Cross Carver (slightly wider)
- **Ski Boots**
  - fitted by a professional bootfitter, preferably Andreas!
- **Ski Poles**
  - 100% pure carbon or carbon composite

### SKI CLOTHING

- **Ski Jacket**
  - **Ski Pants** (dedicated ski pants, designed for snowsports) waterproof, stretch material, insulation
- **Insulation**
  - Zip Sweater/ Vest down, synthetic (e.g., PrimaLoft), wool or fleece
- **Base Layer**
  - Shirt(s) & Tights (3/4 length) merino wool/ microfleece



### ACCESSORIES

- Helmet
- Goggles (if you wear glasses, try daily disposable contact lenses)
- Neck Gaiter/ Scarf/ Facemask
- Ski Gloves
- Ski & Liner Socks
- Tip Ties/ Boot Toggle Carrier
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#### Additional information:

- **RTC Swiss Handmade Skis from Wallis:** [rtc-ski.ch](http://rtc-ski.ch)  
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- **Kjus Ski, Golf and Active Apparel:** [kjus.com](http://kjus.com)
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- **Swiss Ski Conditions:** [snow.myswitzerland.com/snow\\_reports](http://snow.myswitzerland.com/snow_reports)
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- **Hotels:** [booking.com](http://booking.com)
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*If you have questions about ski equipment or want a recommendation, feel free to send me an email: [jjdow\[at\]hotmail.com](mailto:jjdow[at]hotmail.com).*



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**Sonntag, 30. Oktober 2016,**  
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## At the Dentist

The other day, a gentleman went to the dentist's office to have a tooth pulled.

The dentist pulls out a freezing needle to give him a shot.

"No way! No needles! I hate needles", the man said.

The dentist starts to hook up the laughing gas and the man immediately objected.

"I can't do the gas thing either; the thought of having the gas mask on is suffocating me!"

The dentist then asks the gentleman if he has any objection to taking a pill.

"No objection, I'm fine with pills". The dentist then returns and says, "Here's a Viagra tablet".

The gentleman, totally at a loss for words, said in amazement, "Wow, I didn't know Viagra worked as a pain killer!"

"It doesn't", said the dentist, "but it will give you something to hold on to when I pull your tooth."



## Sherlock Holmes

One night Holmes and Watson decided to go camping. They set up their tent and fell asleep.

After hearing a noise in the middle of the night they both woke up. Holmes points up and asks Watson what he is able to deduce. Watson looks at the clear sky and sees thousands of stars and says, "Given the number of stars in the universe and the number of planets that orbit around them, there must be other life in the universe. "

Holmes sighs and says "No you idiot, someone stole our tent!"



## Late for work

My boss called me. "Why are you late?!" he asked angrily.

"I was stuck behind a group of bikers." I replied.

He said, "Couldn't you have just asked them to move over?"

"But they looked tough," I replied, "besides the barman hadn't served them yet."



## Beer Lover

Karl, a true Bavarian, was a long time employee at a beer factory there. He loved his job very much and dreamed that one day he will be a beer taster. Beer being the drink he loved most.

One day during his night shift, he lost his balance and fell into the beer fermentation tank. Next morning the security guard announced the sad news that he had drowned in the tank.



Jürgen, Karl's best friend was very sad, he approached the security guard and asked, "May God bless his soul. I hope he didn't suffer a lot?"

The guard replied, "I don't think he did. The security cameras show that he got out of the tank twice to go to the toilet".

## Balance Sheet

Birth is your **Opening Stock**  
What comes to you is your **Credit**  
What goes from you is your **Debit**  
Death is your **Closing Stock**  
Your ideas are your **Assets**  
Your bad habits are your **Liabilities**  
Your happiness is your **Profit**  
Your sorrow is your **Loss**  
Your soul is your **Goodwill**  
Your heart is your **Fixed Assets**  
Your character is your **Capital**  
Your knowledge is your **Investment**  
Your age is your **Depreciation**  
Finally God Almighty is your **Auditor**



## Tunnels

Four people sat in a compartment on a speeding train. One was a beautiful, vivacious young woman, the others were an old, matronly woman, a poor man and a rich man. Suddenly, the train goes through a tunnel. It is completely dark. A loud kiss is then heard, followed immediately by an equally powerful slap. When the train exits the tunnel, the rich man is holding the side of his face in agony, while the poor man is grinning uncontrollably.

The old matronly woman thinks: "Now that's a fine young woman, the poor man tries to steal a kiss in the tunnel and the lady slaps him one – and rightly so!"

The young woman thinks: "Now that's a strange rich man - he'd rather kiss that old hag than me."

The rich man thinks: "Now that's a smart poor man, he steals a kiss and I'm the one who gets slapped."

The poor man is thinking: "Good, soon we'll be through the next tunnel, I'll kiss the back of my hand again and slap that millionaire again."





## Members' Marketplace

Are you **selling** your yacht (harboured in Piraeus)?  
 Your Aston-Martin old-timer with the roll top roof?  
 A gorgeous view of the Bay of Biscay,  
 with a little bit of house attached?  
 Or are you **cashing in** the half of your stamp  
 collection that is finally worth something?  
 Perhaps you're **looking** for all of these things?

### Then ADVERTISE here, in the IMCZ News;

The Members' Marketplace is reserved for unformatted advertisements of 150 characters (approx. 3 lines) of text. These are free of charge to IMCZ members. Advertisements must be submitted as illustrated below. Longer advertisements cost CHF 30.-

**Example:** FOR SALE: gorgeous view of Bay of Biscay with stunning sunsets and high waves. Wee house (12 rooms), dock and yacht included. Call Bill at 041 123 45 67.

## IMCZNEWS Advertising Rates

**Circulation:** 300 plus online download.

**Issued:** Monthly

**Format:** A4 vertical, full color.

**Ad content delivery:**

electronic by e-mail, .pdf, .jpg, .gif

**Advertising Rates:**

- Full page, A4 vertical. (19 x 27.7 cm), Fr. 200.-
- 1/2 Page, A5 horizontal (19 x 13.5 cm), Fr. 110.-
- 1/3 Page, vertical (6.3 x 27.7 cm), Fr. 85.-
- 1/3 Page, horizontal (19 x 9.2 cm), Fr. 85.-
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- Business Card (9.2 x 6.45 cm) Fr. 45.-



Extra costs may be incurred for typesetting, special formatting, etc.  
 IMCZ Members receive a 20% discount on advertisement costs.

Place your ad for an extended period and receive a discount: get seven months of advertising for six months paid, or receive twelve months for the price of ten.

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 Every Thursday from 18:00-20:30  
 At the City Garden Hotel  
 If closed please go to the Park Hotel

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