

IMCZ NEWS



DECEMBER 2018 / JANUARY 2019



EDITORIAL **Adieu**

Editing our monthly, and now bi-monthly, Newsletter has always been a challenge. Chasing the regular contributors and inviting others to contribute was, at times, nerve-racking. Having each and every article reviewed, whenever possible, by a native-speaker was hard, to say the least. Not only is the grammar checked but also the personal style and the specific preference of the reviewer come into play as well. Altogether, there were 84 issues of the Newsletter, which I edited or co-edited, starting from February 2011. In almost every issue I wrote a full feature article, mostly on Science and Technology. Add to that the editorials, the Humour section, New Members bios, Past and Future events and it becomes a full time job. Obviously, it is high time that I hand over the task to younger and more energetic blood.

We are very lucky to have a new member who is highly capable and willing to take over. What is more, he is a native English speaker (does Scottish count?), which makes it far easier for him to review the articles. Our co-editor Alan Cattell, will take over as editor in the New Year. This will be the last issue, which I will edit. Join me in wishing Alan good luck for this task.

Muthana Kubba
Newsletter Editor

Introducing... New members THE IMCZ WELCOMES:

Ronald Girard

Ronald is from Chicago where he was born and bred. Among others, he has been a National Manager for Construction Risk at JP Morgan Chase Commercial Real Estate. He afterwards worked for Siemens as a Senior Project Manager. Before relocating to Zürich, he lived for four years in Denver, Colorado. Ronald is married with four grown up children and three grandchildren. Now retired, he still leads an active life. He likes to ski, bike, hike, motorcycle, travel, cook and to both socialise and engage in lively discussions preferably around a shared good meal with a glass of wine. His favourite hobby now is making custom Downhill Alpine skis. He enjoys meeting new people and is looking forward to meeting and making new friends in the club.



Darren Bates

Darren was born and raised in the UK, He studied Chemistry and got a PhD in ultrasonic engineering from Coventry University. He lived for 16 years in Australia then moved to Switzerland in May 2014. He also moved his company (Cavitus), which he had created in Australia, to Baar, where he worked until April this year. As of September this year he has started a new company, 'Bubble-Tech GmbH'. His specialisation is in the area of ultrasonics. His core business activities are global sales, business development & global key accounts and company start-ups. Darren lives with his partner, Gail Schmierer (Australian), in Baar. His hobbies include golf, cricket, rugby, travelling and most importantly drinking beer.



Roberto Franzo

Roberto was born in Basel but raised in Italy and Switzerland. He studied Information Technology in Basel. Additionally, he got an MBA in New York and a Business Economics Diploma in Zurich. Roberto worked on various projects around the globe and was based in the US, Germany and Switzerland. At present, he is working as Head of Risk, Project and Change Management for a global Pharmaceutical company. He is married and has two grown-up kids. His hobbies include reading, spinning (indoor-cycling) and travelling. He looks forward to meeting other club members and attending more IMCZ events.



New Members' Reception

**November 8, 2018,
Im Hof Restaurant Zug**

The venue for the autumn NMR this year was, yet again, at the Im Hof restaurant in Zug. With around 40 members present, it was a great success. Plenty of light snacks were served and drinks were on the house. Our President gave a warm welcome speech and everyone had a wonderful time.



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FUTURE EVENTS



New Modern Buildings

THURSDAY, 13TH DECEMBER 2018, 7PM TILL 8PM
IN PARKHOTEL.

Jeremy Towler will be showing us how modern buildings are significantly different from the buildings we have grown up with. New materials and new technologies are enabling buildings to be better designed than ever before. Progress in the technical infrastructure of buildings, together with software, the internet and mobile apps are transforming the current generation of buildings, both new and existing, making them more comfortable, productive, energy efficient, and safer places to be.



IMCZ Ski Days with swissfivestar

SATURDAY 2ND AND SUNDAY 3RD FEBRUARY 2019,
THURSDAY, ON MOUNT TITLIS, ENGELBERG AT
SWISSFIVESTAR STORE & MORE.

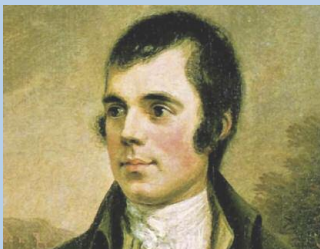
There are two separate days of ski-testing and après ski in this beautiful ski area. We can also meet up for lunch on the slopes if we make a group reservation.

CHF 65.- package deal includes:

- Morning Coffee & Croissants
- 20% discount on day ticket using an SOS.SKI-Card (provided)
- SOS.SKI-FINDER and the SOS.SKI-Card as a gift (value CHF 45.-)
- Free use of swiss five star <http://fivestar.ski> test skis up at Engelberg-Trübsee-Stand-Titlis / Jochpass areas
- Après-ski with aperitif and fine snacks back at the store & more at the end of the ski day.
- Optional extra: cheese fondue + CHF 15.-

Further Details:

- Each participant receives a ski promotion for the purchase of a five star ski with 20% discount (or 35% for a ski from the five star outlet).
- Every skier brings all their own equipment except skis, which will be provided free for testing for the day. Spaces are limited so it is first come / first served.
- The partners of IMCZ members and ZIWC are of course also cordially invited
- Cost: CHF 65.- per person per day
- For more information and registration: contact Joe jjdow@hotmail.com or Enrico eda.itech@gmail.com



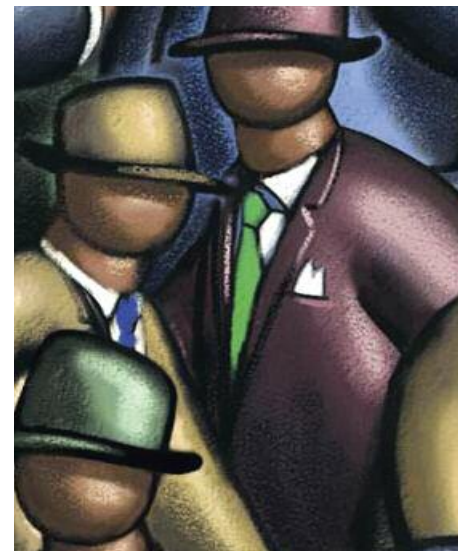
Burns Supper – save the date!

26TH JANUARY 2019 AT BRANDENBERG RESTAURANT.

Once again we will be holding this IMCZ signature event, honouring the birth of the Scottish poet laureate, Robert Burns. The evening will feature traditional Scottish fare, including haggis, “neeps” and “tatties”, as well as the rousing sound of bagpipes and of course, drams of the finest scotch whiskey! We are looking for native Scottish speakers to help with the speeches (in return for a free meal). More details will be posted in due course on the web-site.

Meet & Greet October 25

Our traditional autumn meeting with the ladies from our sister club, the ZIWC took place at the City Garden Hotel on Thursday October 25. It was combined with a presentation organised by IMCZ Sports' editor Joseph Dow for a ski weekend in February next year. More details under full article in the Sports' section and Future Events.



AGM

Annual General Meeting (AGM)

7TH FEBRUARY 2019, LOCATION TO BE CONFIRMED.

Election of the Board for 2019 and review of the 2018 Club activities and finances. More information will follow with a separate invite.

IMCZ BOARD MEMBERS

Thumbnail biographies of board members can be found on our website www.imcz.club under 'About Us' section

PRESIDENT
Bill Lichtensteiger
079 378 63 26
President@IMCZ.club

TREASURER
Ilham Yüksel
079 955 22 87
Treasurer@IMCZ.club

VICE PRESIDENT
NEWSLETTER EDITOR
Muthana Kubba
079 340 25 92
Newsletter@IMCZ.club

EVENTS' ORGANISER
Enrico Dell'Angelo
079 311 78 08
Events@IMCZ.club

SECRETARY
Roy Havermann
032 512 39 60
Secretary@IMCZ.club

WEBMASTER
Roger Brooks
079 583 9935
webmaster@imcz.club

Aspartame – the sum of all fears from sweeteners

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



Artificial sweeteners have a hard time in the media, among conspiracy theorists, people generally sceptical about the food industry and also some scientists. The so-called non-nutritive sweeteners (NNS) have been perpetually accused of increasing appetite, inducing diabetes, causing cancer, or ADHD, and more recently, of altering the gut microbiome.

Furthermore, the research on the safety of NNS is still going on intensively. If alarming results are found, a good share of public awareness is granted. However, scrutinising such data, in most cases shows unrealistic study designs, uncritical transfer of results from rodent studies to humans, and even completely false data, as demonstrated in the following example.

A publication in 2017, “Revisiting the safety of aspartame” in *Nutrition Reviews* (Vol. 75(9), Choudhary et al), concluded that the available literature, “primarily from animal studies” due to “limited human studies”, suggests several health risks of “aspartame and its metabolites”, even consumed “within recommended safe levels”. Now, the author agreed that aspartame is very stable under dry conditions in a temperature range between 30° to 80°C. It was also outlined that milk has approximately 6 times more phenylalanine and 13 times more aspartic acid, than the amino acids which form aspartame, than the same volume of an “aspartame-sweetened beverage”. He also

reported that aspartame metabolites are naturally found, such as e.g. methanol in tomato juice (6 times more) or citrus fruits and juices, vegetables and, of course, fermented food and beverages.

However, if I compare those statements with table 1 from that very study, it does not fit in at all. Most striking, the given values for phenylalanine and aspartic acid in aspartame-sweetened beverages are enormously inflated (corrected by the authors in Volume 76, Issue 11 of *Nutrition Reviews*)! As an R&D professional, developing among other products also aspartame-sweetened drink powders, I can guarantee that the aspartame content lies between 20-40 mg per 100 g of such a drink (prepared and ready to drink)! In contrast, the study’s table 1 suggests a total content of roughly 2 g of both amino acids, as shown. The sheer impossibility of such a quantity becomes clear when calculating the sweetness: aspartame is 200 times sweeter than sugar, which makes a 2 g dose as sweet as 400 g (!) of sugar. However, if we consider the mentioned, realistic 20-40 mg in 100 g, then we are not that far anymore from the cited “6 to 19 times” higher contents of the two amino acids in milk. And the milk values are accurate, from my knowledge.

Still, and as a conclusion, these substantially higher contents in

natural foods give rise to questions about any concerns and study results claiming a safety risk “within the established acceptable daily intake” of aspartame, which is 40 mg per day – and per kg of bodyweight! This is the equivalent of a 50 kg person drinking 10 to 20 litres of an aspartame-sweetened drink a day (20-40 mg aspartame per 100 g), difficult to imagine. And last, but not least, half a litre of milk would provide this amount of both amino acids.

I do not state at this point that NNS have no unwanted physiological effects at all, but I would say that if any, then aspartame is certainly the least “artificial” NNS. Both the US Food and Drug Administration and the European Food Safety Authority conclude that there is no evidence of that aspartame is not safe.

Aspartame’s artificiality comes from its use in non-caloric, non-sweet foods and drinks, rather than from its inherent chemical nature and natural presence. I plan to cover some potential unwanted physiological effects of NNS in my next column.

Table 1 Phenylalanine and aspartic acid content of aspartame-sweetened beverages and other common foods and beverages

Food or beverage	Phenylalanine (g)	Aspartic acid (g)
Aspartame-sweetened beverages (per 100 g)	1.186	0.983
Fat-free or skim milk (per 100 g)	0.175	0.288
Apple juice (per 100 g)	–	–
Tomato juice (per 100 g)	0.026	0.130
Orange juice (per 100 g)	0.043	0.437
Banana (raw)	0.049	0.124
Egg white (raw)	0.686	1.220



STAMMTISCH

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

Truth – and Scientific Truth (or why Science gets things wrong)

Contributed by IMCZ member and Newsletter Co-Editor Alan Cattell

The development of science over the centuries has been impressive and has led to many new discoveries which have impacted humanity, and the planet generally, both positively and negatively. However, many people seem to distrust science and claim specific results are “wrong”. I think that much of this is due to a lack of understanding of what Science is and how it works. Science is not about truth – to me that’s the realm of religion or philosophy. Science is about the ability to understand, and therefore predict reliably and pragmatically, how nature behaves.

The Scientific Method

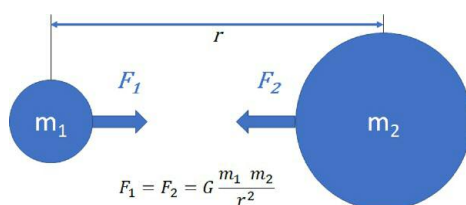
All scientific work takes place against a background of existing documented results – the so-called Scientific Literature. This exists in specialist journals to which scientists submit their findings. Their work is reviewed by their scientific peers to (try to) ensure a reasonable quality. This is the core “resource” for science.

The scientific method starts with either some anomalous experimental observations which don’t fit with what was expected or with a new hypothesis to better predict some phenomenon in nature. Experiments are done to get more data which is analysed and which either confirms or contradicts the hypothesis or leads to a modification of the hypothesis. This experimental / analytical work is the vast majority of the work in science. The results are published for scrutiny – and to allow others to try to duplicate them.

What types of hypothesis are there?

Many types, but three of the most common are:

Mathematical theory. One of the best-known examples is Newton’s law of gravitation which states that the gravitational attraction (F) depends on the mass and separation of objects (below).



Newton’s law of gravitation (1686 AD)

Numerical model – in this case a system is based on a computer model which is refined over time. A well-known example is a weather model.

Conceptual model – this is the used where the way something works is known at a high level, but not at a level of detail which would allow mathematical modelling. Many biochemical systems are understood this way.

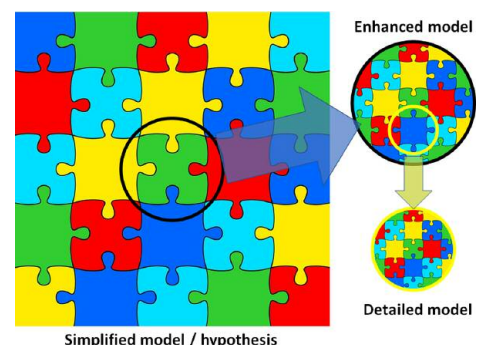
So what leads to “mistakes” in science?

The first and most obvious reason is that the people working on a topic have made a mistake of some type. This often happens when people are working, at least partly, outside their area of expertise. A well-known example is Cold Fusion. In 1989 Martin Fleischmann (a respected electrochemist) and Stanley Pons reported room temperature fusion in an electrochemical cell at a palladium electrode. This work generated a lot of excitement – but every attempt to replicate their work failed. The original experimental work was looked at in great detail and grave errors were discovered. Unfortunately, cold fusion does not exist. However, the point here is that the publication process allowed others in the field to see what they had done in great detail and attempt to reproduce it. They in turn published their negative results.

The second reason for “mistakes” is fundamental to the scientific method. A hypothesis, or model, is NOT true or false – it’s an approximation of reality which allows us to predict behaviour. Outside the intended scope of the model it might be completely wrong.

For example, Newton’s law of gravitation is KNOWN to be inaccurate for massive and fast-moving objects. Hence Einstein’s development of general relativity to account for the deviations to Newton’s theory. However, for most practical applications, Newton’s law is a very good approximation to reality, and much easier to explain than general relativity.

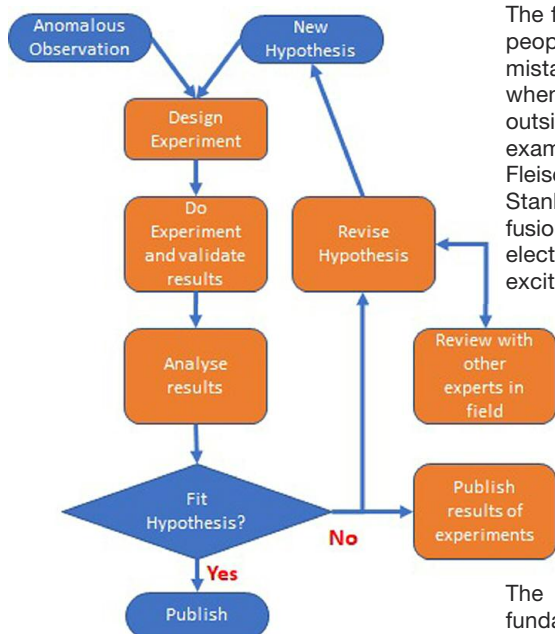
The best way to look at this is to think of models as being “nested”, fractal-like jigsaw puzzles. One starts with a simplified model which is often easy to understand – but not very accurate in predicting results. Then, over time, more detailed work refines the understanding of some aspect of the model, leading to better understanding. This process can be repeated to ever finer detail in many cases.



As an example, think about our understanding of chemicals.

- Atomic theory started with John Dalton in the early 1800’s. The concept of chemical elements was born.
- In the later half of the 1800’s the concept of a periodic table was developed. This was improved with the discovery that it should be arranged by atomic number rather than atomic weight (1914).
- This work was further refined by the discovery of the electron (Thompson, 1897) and the neutron (Chadwick, 1932)
- Niels Bohr developed the electron shell model for atoms in the first half of the 1900’s leading to the periodic table structure we know today.
- But the story didn’t end there – sub-atomic particles were discovered in the mid 1900’s and this led to the development of today’s “standard model” of particle physics – which has a much wider scope (but that’s another story).

However, the point is that for day-to-day chemistry, the Bohr model is more than sufficient for most needs – even though we know it’s wrong in detail. In practical terms, it’s right within its scope.





Despite the success of the standard model, we already know that it's incomplete and not fully correct – but it remains the best model we have today.

Examples of “mistakes” from another field can be found in drug development. When a drug trial is done under the best methodology possible (randomised, double-blind,...) and statistically significant therapeutic results are found without major side effects, the drug may be approved for release. However, it may be that some completely unforeseen consequence arises in people with specific conditions unrelated to the condition for which the drug is approved. It's clearly impossible to test for every possible complication arising from the combination all possible diseases and all other drugs so continual monitoring and reporting of adverse reactions is the only way to catch such issues.

Predictability of results

The accuracy of predictions varies widely depending on the type of hypothesis.

In the case of gravity, based on Newton's model, and its extension by Einstein in his 1915 theory of General Relativity, we have a very accurate model of how the solar system behaves. For example, since the Apollo programme left retro-reflectors on the moon, we can now measure its orbit to a fraction of a millimetre. We know it is increasing by about 38 mm per year. Even the slowing of earth's rotation caused by tidal drag can now be estimated. The gravitational constant (G in the equation) has been measured to be constant to better than one part in 10¹²!

Numerical models are inherently approximate. You all know that weather forecasting is not exact, but it's pretty good on a scale of 50 km - and getting better every year. There's still a long way to go if you want to know how much rain you can expect in a specific location next week – and when it will fall. The limitations are getting enough specific data input for the model and the computational complexity.

Conceptual models often need to be validated for each case through statistical analysis of experimental results. In this case, the predictability of the results is limited to the scope of the experimental work and usually cannot predict reliably outside of this scope.

The other issue which affects the predictability of results from scientific work is the maturity of the field. In the example from Newton before, you need to remember that his work was published in 1686, Einstein's general theory in 1915 and at least one important validation of this theory (gravity waves) were observed only recently for the first time. This topic has been hundreds of years in the making and is now getting quite mature. However, vitamins were only identified at the start of the 1900's, DNA in 1869 (and its structure in the 1950s) and many drug mechanisms are much more recently understood.

Just because a topic is less mature does not mean that the results are less compelling. They may be less theoretically based and more statistically based, but carefully designed experiments and thorough analysis and validation leads to reliable results.

But science thrives on anomalous results

Claims of general “conspiracies” in science are a joke. While it is true that specific companies and businesses may wish to “slant” a scientific story in their favour, science is international and enough is funded by grant mechanisms of some type that such attempts cannot work for too long. The irony is that, when science gets something wrong or anomalies are found, it's actually good news. Such results are an opportunity to look at a subject in more detail, modify a hypothesis and improve our knowledge of the subject. This is where big reputations are made and where a scientist makes a mark (everyone has heard of Newton, Einstein, Higgs, Watson & Crick etc). What that means is that anomalous results are usually pursued energetically. Equally, published results which are later found to be fraudulent or badly erroneous result in a catastrophic loss of reputation for those involved and great difficulty in getting any further funding for their work.

So how can you judge the “truth” of a scientific claim

There are a few simple rules which will help you reach a view – but it's not an infallible guide and mistakes can always happen.

	Positive	Negative
Where are the results first published?	Scientific Journal	Book or newspaper on-line
Who is the author and where do they work? What have they done before?	Good reputation – cited in scientific literature frequently	Dubious reputation – no scientific training
Have they used “best practice” methodology for the experimental work / observations?	e.g. randomised double-blind trial to assess drug effectiveness	Anecdotal or qualitative arguments
For statistical results, how big is the sample size?	Large c.f. effect measured	Small
Who funded the work (ignore this if the work is to test the benefits of a commercially developed product – e.g. drug)	Grant body	Vested interest group

However, to make a proper assessment you need to look at the work in detail and understand the background literature.

Conclusions:

Science continues to develop at a pace and impacts all of us – for good or ill. Our understanding changes continually with new evidence and new models. Changes in our understanding are NOT normally linked to errors, but rather new models and new ways of looking at things.

Unfortunately, there seems to be growing scepticism about science as witness by the growth of incorrect claims, ever wilder conspiracy theories and idiotic hypotheses in popular media channels. I am often asked my opinion on topics like climate change, vaccines, moon landings etc. by otherwise sensible people as if such topics were controversial. But science is NOT about opinions – it's about evidence. So if someone wants to challenge a conclusion, look at the evidence (all of it – not just the bits you like) and see where the analysis was wrong or the methodology failed. If you can't find either, then accept the results. Any opinion not aligned with evidence is “not worth a bucket of warm spit” to mis-quote John Nance Garner.

Giving equal weight to an idiot with a mad theory on a blog (which might just be click-bait) and a published main-stream scientific paper is just not rational.

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



Southeast Asia • Hong Kong

Contributed by
IMCZ Webmaster Roger Brooks

The final port of call on our tour of Southeast Asia was Hong Kong. Hong Kong refers not only to the island of Hong Kong, but also includes Lantau Island, [Chek Lap Kok](#) (where the airport is located), the Kowloon peninsula and over 200 other islands. Hong Kong was first settled some 5000 - 6000 years ago and has been dominated by the Han Chinese for roughly 2000 years. The first European contact was made by the Portuguese, in the 16th century. They were displaced as primary trading partners in the 18th century by the Russians.

The British also established trading posts in Hong Kong in the 18th century, and by the 19th century had displaced the Russians as primary trading partners. Following the opium wars in the mid-19th century, the British established colonial rule. With a brief interruption by Japanese occupation during the Second World War, the British remained in control of Hong Kong until 1997, thanks to a 99-year lease which they had negotiated with the Chinese in 1898.

Under the terms negotiated at the end of the lease Hong Kong is now under the control of the mainland People's Republic of China but continues to enjoy a degree of autonomy.

Kai Tak

We docked at the modern Kai Tak Cruise Terminal on the Kowloon peninsula, across from Hong Kong Island. Kai Tak was previously the site of Hong Kong's airport, which was replaced by the current airport at [Chek Lap Kok](#) in 1998. To make the best use of our two days in Hong Kong, we had booked a car (a Tesla Model S) with an English-speaking driver to take us to the various sites we wanted to see. While waiting to be picked up, I briefly visited the extensive rooftop garden atop the cruise terminal, which also affords a view of Hong Kong Island.



Rooftop Garden at Kai Tak Cruise Terminal



Entrance to the Wong Tai Sin Temple Courtyard

Kowloon

We opted to spend our first day seeing the sights on the mainland peninsula of Kowloon and the second on the island of Hong Kong. The name Kowloon translates to "Nine Dragons", which refer to the ill-fated 13th century emperor Zhao Bing and the eight mountains which he saw on his arrival in Hong Kong. Zhao Bing was the last emperor of the Song dynasty. He became emperor at the age of 7 and died as a refugee in the following year.



Good Wish Garden at Wong Tai Sin Temple

Wong Tai Sin Temple

Our first stop was the Taoist Wong Tai Sin Temple. Due to the difficulty of approaching it by car, our driver let us out at the nearby Temple Mall shopping center, which we walked through to get to the temple. The temple grounds were crowded, but not as much as I had feared, thanks no doubt to the fact that the New Year's observances were over. The temple was built in the early 20th century and dedicated to the eponymous Wong Tai Sin, a deified Taoist monk said to have lived around 300 BCE, who is famous for fulfilling the wishes of his worshippers.



Chi Lin Nunnery

The temple itself includes many halls. The temple grounds are quite extensive and include many statues as well as a park called the Good Wish Garden featuring picturesque bridges and pools stocked with koi.

Chi Lin Nunnery

Our next stop was the Chi Lin Nunnery in the Diamond Hill district of Kowloon. This is a retreat for Buddhist nuns, also built in the early 20th century, but extensively renovated in the 1990s. The walled-in courtyard displays bonsai trees of numerous different species. The building is hand-made of stained cypress, without any nails. There are statues of many deities, including the ubiquitous goddess of mercy, Guanyin.

Nan Lian Garden

Connected to the nunnery by a bridge across Fung Tak Road is the Nan Lian Garden. Like the nunnery, the garden is also in the Tang Dynasty style, but was constructed in the early 21st century based on the Jiangshouju Garden in Shanxi Province. It features two large ponds. The first, the Lotus Pond, has a golden pagoda, called "The Pavilion of Absolute Perfection" on an islet in the middle, connected via two classical wooden bridges, The Zi and Wu bridges. The second, Blue Pond, is stocked with koi.

We took the designated path around the garden, which is designed to show off the various facets of the garden. The garden features carefully chosen rocks and trees, as well as severely wooden structures representing various districts and ways of life.



Wu Bridge & Pavilion of Absolute Perfection, Nan Lian Garden

Walled City Park

We next visited the [Walled City Park](#). The Park was constructed on the site of the original walled city of Kowloon, which was a military stronghold from the 15th to the 19th centuries. It was excluded from British rule in the original lease for Hong Kong, but the Chinese ceded it to Britain when the Qing dynasty fell in 1912. The Japanese demolished much of the walled city during the Second World War, but it was quickly repopulated after the war and by the 1970s had become a densely populated enclave. In the 1980s it was said to be the most densely populated area on earth. The high crime rate and poor sanitary conditions in the neighborhood made it a thorn in the side of both Chinese and British officials who agreed in the 1980s to raze it. Demolition took place in the 1990s, immediately followed by the construction of the current park.

The park features statuary, gardens, ponds and several pavilions in Qing dynasty style. The only original structure is the Yamen building at the heart of the park, which was restored from Qing dynasty ruins. Fragments of the Old South Gate are also preserved.



Model of Kowloon Walled City in the 1980s

Goldfish Market

Our next stop was the famous [goldfish market](#), which extends along Tung Choi St. from Bute St. (where our driver deposited us) to Nullah Rd. As I was getting snackish, I began our little tour by sampling one of the local meat pasties, which our driver had recommended. I wasn't impressed, but at least it held off the hunger for a bit.

The market features not only goldfish (mostly hanging ready to go in plastic bags), but also numerous species of fish, amphibians and reptiles suitable for keeping in aquaria or terraria.

The neighboring alleys and the parallel street to the east, Fa Yuen St., are also lively marketplaces, featuring all kinds of merchandise, but mostly clothing and luggage. Many counterfeit Victorinox rucksacks were on offer.



Topiary and Bonsai in Four Seasons Garden, Walled City Park

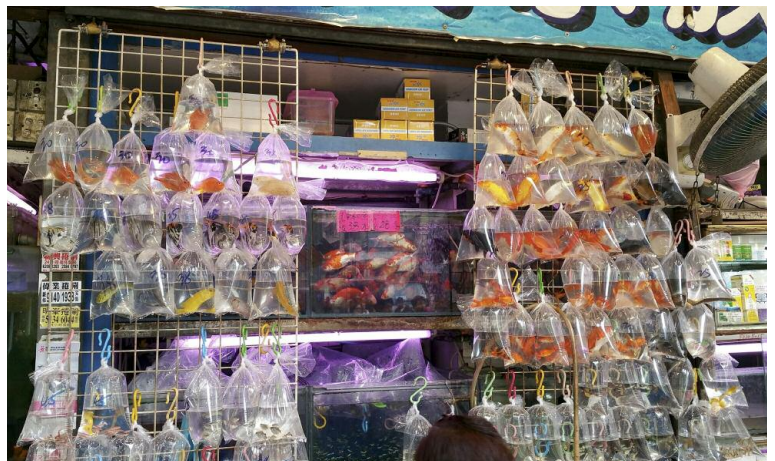
Jade Market

On the last leg of our tour we stopped briefly at the Jade Market, on the loop formed by Battery and Reclamation Streets, north of Kansu St. In addition to the many jade articles there were numerous other decorative items on sale. In some of the stalls one could see craftspeople at work, but most of the products appeared to have been mass-produced.

Tsim Sha Tsui

Having exhausted our tour time (if not ourselves), we headed toward our hotel in Tsim Sha Tsui, a small peninsula of Kowloon directly across from Hong Kong Island. After a brief stop at the Star Ferry terminal, our driver dropped us off at the hotel. As our room was not yet ready, we took a little tour of Tsim Sha Tsui on foot.

We admired the somewhat obscured view of Hong Kong Island across the water and visited several of the local sights, including the Clock Tower of the old Canton Railway, the Hong Kong Cultural Center and the Time Ball Tower. Like its partner in Fort Canning Park, Singapore, the Time Ball Tower was intended to provide



Live Fish for Sale at the Goldfish Market

ships with a way to synchronize their clocks for navigation. The Time Ball mechanism in Hong Kong has been reconstructed based on the original design documents and is one of the few which still function. Ironically, since radio made time balls obsolete, the fall of the Hong Kong time ball at 1 PM each day is triggered by a radio signal.

On our way back to the hotel, we admired the egg-shaped Hong Kong Space Museum, which features a statue of an insect-like E.T. in its entrance court, and the Sculpture "Time Slip" by Stanley Siu in the Salisbury Garden.

Garden of Stars

After checking in, we walked on toward the East Tsim Sha Tsui waterfront, where we had hoped to visit the Avenue of Stars. However, it was closed for renovation. Instead we settled for the Garden of Stars, which is part of the Tsim Sha Tsui East Waterfront Podium Garden.

The Podium Garden is actually on the other side of Salisbury Rd. from the waterfront, but an aerial causeway connects it to the waterfront, and affords views of Victoria Harbor, Salisbury Rd. and the Kowloon skyline. Centerpiece of the Garden is a statue of Bruce Lee in fighting pose. Another aerial causeway connects the Podium Garden to the Signal Hill Garden across Chatham Rd.

Canton Rd

We walked back toward Canton Rd., the high-end shopping district, which features all of the international brands one would expect, then visited a more typically Chinese shopping center, the Harbour City mall, on a pier adjacent to the Star Ferry. The mall was adorned with numerous kitschy dog figures to celebrate the newly started Year of the Dog.

On our way back to the hotel we stopped to admire the fantastic fish sculptures at the Clock Tower Water Pool as well as a junk arriving at the Kowloon Public Pier. Back at the hotel, we enjoyed the light show put on every evening at 8 PM by the buildings around Victoria Harbour on Hong Kong Island before retiring for the night.

Hong Kong Island

The following day, a different driver (with somewhat poorer English) picked us up around noon for a tour of Hong Kong Island. We crossed Victoria Harbour through the Cross-Harbour Tunnel, then paused briefly at Golden Bauhinia Square near the Hong Kong Conference Center to enjoy the view of Kowloon across Victoria Harbour. The skyscrapers in Kowloon were impressive, but those on the island seemed even more dizzying. Afterwards we proceeded through the Aberdeen Tunnel to Aberdeen on the south side of the island.

Aberdeen

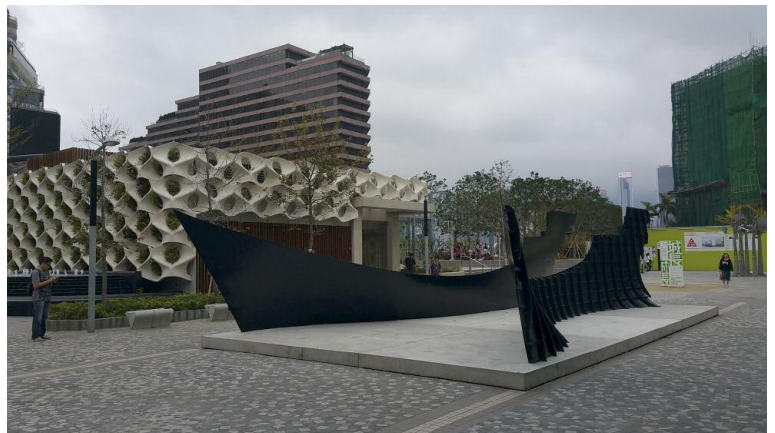
The British made their first landfall in the area in Aberdeen Harbour. They mistook the name of the village for the name of the whole island, which is the origin of the name Hong Kong. By the time they discovered the error, the name Hong Kong was already established as the name of the island, so the British simply renamed the settlement after George Hamilton, the 4th Earl of Aberdeen, who was Foreign Secretary at the time, and later became Prime Minister.

Once notorious as a pirate's lair, Aberdeen is now a quieter part of Hong Kong and is home to the few remaining Tanka fishermen, who live aboard their boats.

Our driver deposited us near the Sham Wan Pier, near the Aberdeen Marina on the Aberdeen Channel. We could see Sampans plying the channel giving rides to tourists.



Canton Railway Clock Tower & Hong Kong Cultural Center



Time Slip in the Salisbury Garden



Fish Sculptures at the Clock Tower Water Pool



View of Kowloon from Hong Kong Island

Jumbo Restaurant

A free ferry brought us from the Sham Wan Pier to the famous [Jumbo Floating Restaurant](#) in the Aberdeen Channel. It was built here in the 1970s and was extensively renovated about 15 years ago.

The restaurant is sumptuously decorated in imperial style and can seat up to 720 guests in rooms of various sizes. We were seated in the Tai Wo Din, the left half of the main banquet hall, which holds 360 diners. The tables are large, and round or oval in order to seat large Chinese families. There were plenty of guests, but the place still felt empty. The food was good, but not remarkable. Then again, we didn't order anything remarkable, not having enough appetite for Peking Duck or anything comparable.



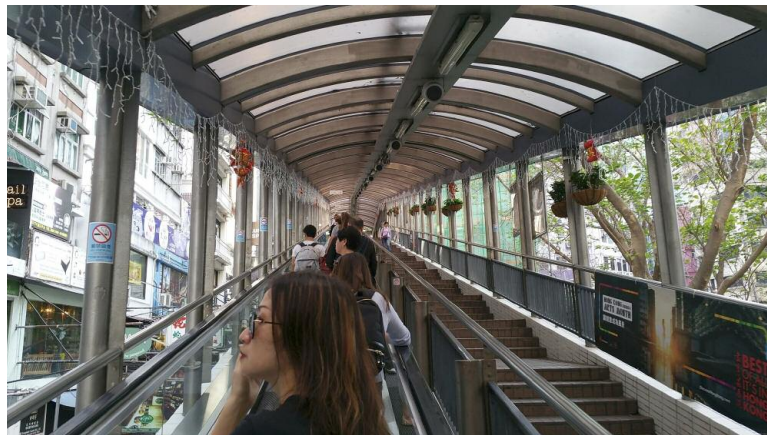
The Jumbo Floating Restaurant

Stanley Market

After lunch. We paid a brief visit to the Stanley Market. Although this is listed as an attraction on many tourist guides, we didn't find it particularly attractive or worthwhile. A lot of souvenir articles were on sale, but I would refer to most of them as "dust collectors".

Queens Rd. Central

We then went back through the Aberdeen Tunnel to the Central District of Hong Kong. Here the city's area has been augmented by aerial walkways accessed by escalators. The system was designed in the 1980s, not only to save space, but to facilitate traffic up and down the steep northern slope of the island. The [Central Mid-Levels Escalator and Walkway](#) system was built in lieu of a cable car or monorail system and is arguably much more efficient and less expensive. It extends along Cochrane and Shelley Streets for nearly a kilometer.



The Hillside Escalator

We entered the system via the Hillside Escalator and rode and walked to the southern end, near Robinson Rd., for an elevation gain over 100 m. Several sections of the walkway feature cafes, restaurants, shops or entrance into shopping centers. On the way back, we descended to street level and walked along Cochrane St. beneath the walkway.

Victoria Peak

The pièce de resistance of our Hong Kong visit was Victoria Peak. At 550 m, it is not high by Swiss standards, but it is the highest on the island and affords views extending over the mainland. The summit is occupied by a forest of antennas and is not accessible to mere mortals. Just a short distance down the hill is the charming but modest Victoria Peak Garden.



Victoria Peak Garden

Several efforts were made during the 19th century to develop Victoria Peak for retreats from the summer heat and humidity, but only began to yield success toward the end of the century as first roads and then the Peak Tram line were built. However, it remains largely the province of hotels, local officials and wealthy villa owners.

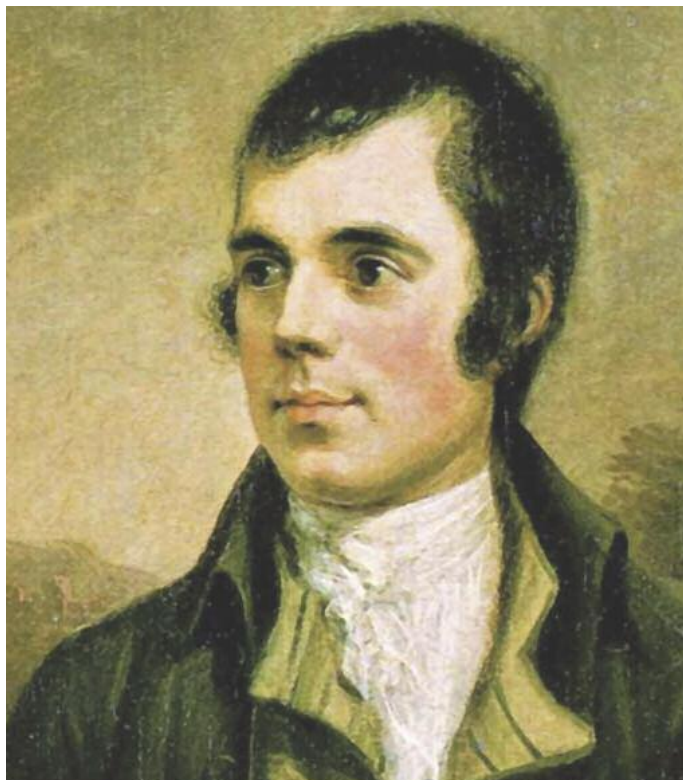
Victoria Peak Tower

Some of the best views can be had from the Peak Tower, the upper terminus of the Peak Tram. It is a shopping and entertainment complex about 1 km down the road from the Peak Garden. The first Peak Tower was built in the 1960s but was replaced by the current one around the turn of the century.

We explored the shopping centers, grabbed a coffee and took (far too many) photos of the various vistas from different parts of the complex. As the sun set over the Chinese mainland, we reboarded our driver's Tesla and made our way to the [Hong Kong International Airport](#) for the long flight back home to Switzerland.



View of Hong Kong from the Peak Tower



THE ANNUAL BURNS DINNER

Saturday, January 26th, 2019 at 18:30 hours

**Wirtschaft Brandenburg Allmendstrasse 3 CH-6300 Zug
brandenberg@remimag.ch**

- Less than 200 m from the S-Bahn station Zug Schützengel
- Parking available across the street.

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

Calling all culture seekers... This is the 24th year that the IMCZ will be celebrating the birthday of Scotland's poet laureate, Robert Burns. We will also be welcoming members of the ZIWC and their guests. It is a unique evening providing an opportunity to taste real Scottish atmosphere.

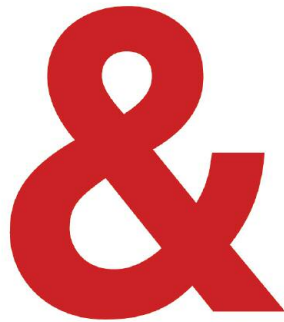
The evening will feature traditional Scottish fare, including the rousing sound of bagpipes from our guest piper, extracts from the works of Robert Burns, entertaining speeches from our line-up of international guest speakers, people dressed in kilts and liberal doses of Uisge'beah (whisky). The menu starts with the traditional "Cock a Leekie" (chicken) soup and the Scottish haggis, but a vegetarian menu is also available.

For a whole evening of entertainment and a four-course dinner, with plenty of drams of the finest Scottish whisky, this evening is a "gie-away" for just **CHF 75** for IMCZ & ZIWC members and their partners, **CHF 85** for guests.

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

Remember, the number of guests is limited so please register [online](http://www.imcz.club/calendar) by the 20th of January at www.imcz.club/calendar.

The [IMCZ no-show policy](#) applies for this event.



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IMCZ SKI SHOW 2018

Contributed by IMCZ Sports' editor Joseph Dow

On October 25th, the IMCZ put on its third Winter Sports Evening in the last six seasons with a good turnout of enthusiastic members at the Park Hotel. The audience learned about handmade skis using the highest quality components, the latest developments in ski boots and custom 3D-printed liners, and the wonders of natural Merino performance wool.

• Radical Sports skis & snowboards

Founder Mark Farner started making snowboards over 30 years ago and now also makes skis. He showed us the construction of a ski from the ground up, displaying all the layers that go into producing a ski. Radical uses top materials: the only board and ski company in the world to exclusively use a pure Carbon Kevlar sandwich construction process with all models being handmade. There is even an insert under the binding area using a different type of wood for binding screw retention.



The current line-up of Radical skis includes a **Race Carver**, an all-around **Carver**, an all-around **Allmountain**, a wider **Freeriders** ski for all conditions and a limited edition **One of Ten** ski with a wider nose for powder with plum wood veneers combined with carbon. All the skis are handmade and based on the superlight pure carbon/Kevlar/wood construction, carbon topsheets, and the best graphite race bases available. The **Full Custom** is a dream ski or board built to measure. The customer determines the shape, flex, handling characteristics and the appearance of their fully handmade snow vehicle.

Of the snowboards, the **Soul Rider** is the most interesting. Radical has gone back to the roots of snowboarding with this board. There are no normal bindings just "foot pads" to give a true surf feeling in deep snow. The special cover sheet made of fine wood veneer and high-quality carbon gives the Soul Rider a really cool look, too.

• Heierling ski boots and custom fitting

This historic Swiss brand, the world's oldest ski boot manufacturer, has been revived and once again produces ski boots under the legendary name. Hans-Martin Heierling, of the famous Swiss family, gave us a fascinating history of the development of the modern ski boot. Ski boots have evolved from leather to primitive plastics to today's high-tech materials. Heierling harnesses the technical know-how and skills emanating from four generations in a family of ski boot designers and manufacturers. Using natural and sustainable high-tech materials like leather, fur, and their proprietary Templast material, they produce the ultimate ski boot. Heierling's Templast outer shell material embodies the essence of high technology, which is applied in Heierling's custom-fit, refurbishable and repairable "h1" boot.

• Tailored-fits 3D-scanned & printed liners and footbeds

Reto Rindlisbacher introduced us to the latest idea in fitting ski boots: custom 3D-scanned & printed footbeds and liners, which match exactly your individual physiology – "for your legs only". The fit is so precise that their ski boot model requires only a single buckle at the top just to keep the shell closed. Their bespoke footbeds and liners guide and stabilize your foot, and dampen and support your movement, to provide perfect, direct power transmission without compromising comfort. Another factor contributing to increased overall comfort is the extreme light weight of the materials.



TAILORED-FITS.com



• **Icebreaker Merino performance wool clothing**

Cécile Schaller showed us Icebreaker's latest fashions using the most natural materials possible (mostly Merino wool) as an alternative to the common synthetics so widely used today. The company stresses that their main purpose is to lead the outdoor industry towards sustainable solutions. More than 85% of their global fabric composition is natural fiber and only 15% is man-made. One interesting fabric is *RealFLEECE*® made out of wool not synthetic, which goes back to the original definition of *fleece*. Most of their products are very useful baselayers and layering pieces, not dedicated hardshells or jackets meant primarily for snow sports. The styles are elegantly simple with a view towards longevity and versatility.



Additional Information

Radical Sports: radical-sports.com

Heierling: heierling.ch

Tailored-fits: tailored-fits.com

Icebreaker: eu.icebreaker.com/en

Berge Pur Outdoor (Icebreaker retailer): bergepur.ch

Exotic Skis: exoticiskis.com

SBB Snow 'n Rail program: sbb.ch/en

Swiss Ski Conditions:

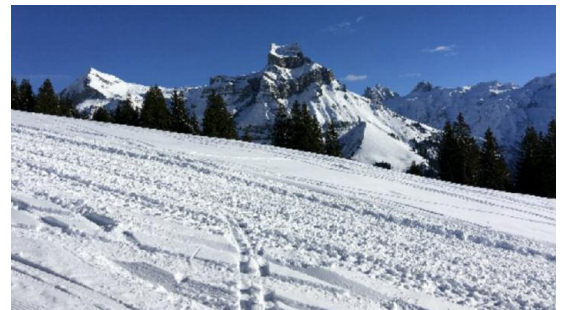
snow.myswitzerland.com/snow_reports

**THINK SNOW!!! THINK SNOW!!!
THINK SNOW!!! THINK SNOW!!!**

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

SKI GEAR CHECKLIST

- **Skis & Bindings** (Swiss skis like Radical, of course!!!)
- **Ski Boots** (custom-fitted by a professional bootfitter (e.g., Heierling, Tailored-fits))
- **Ski Poles** (carbon shafts are a must)
- **Ski Outfit** – Ski Jacket (insulated) & Dedicated Ski Pants (Top Brands: Toni Sailer, Mountain Force, Kjuss, Peak Performance)
- **Mid-layer Top** (something with a full zip provides versatility) Zip-Jacket, Vest, or Sweater
Suggestions: Icebreaker Merino Wool
- **Base Layer** (top & tights)
Suggestions: Icebreaker Merino Wool
- **Accessories**
 - Helmet
 - Goggles & Sunglasses
 - Neck Gaiter/ Scarf and Facemask
 - Ski Gloves
 - Ski Socks & Liner Socks
 - Ski Daypack
 - Cable Ski Lock
 - Tip Ties and Boot Carrier
 - Lightweight Approach Shoes
 - Sun Protection / Lip Balm



A NEW BOOK IN ENGLISH:

Christian Munger

Karl John becomes a manager

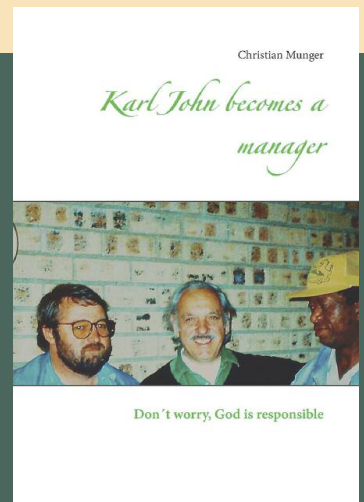
(available at bod.ch, amazon, exlibris or others).

A book about a Swiss who went out into the world. He left Switzerland and made a career in Africa, Canada, and other parts of the world. A story of a life. He succeeded.

Might be interesting for expats. Translated by the former ZIWC club member Lynne Constable.

Could be a present for Holiday season?! 140 pages, 20 historical pictures, CHF 23.-

For questions call Christian 041/710 40 12.



Happy Holidays!



Generosity

A travel agent looked up from his desk and saw an older lady and an older gentleman peering in the shop window at the posters showing the glamorous destinations around the world. The agent had had a good week and the dejected couple looking in the window gave him a rare feeling of generosity. He called them into his office and said, "I know that on your pension you could never hope to have a holiday, so I am sending you off to a fabulous resort at our expense, and I won't take no for an answer." He asked his secretary to write two flight tickets and book a room in a five-star hotel for them. They gladly accepted, and were on their way. About a month later, the old lady came into his shop. "And how did you like your holiday?" he asked eagerly. "The flight was exciting and the room was lovely," she said. "I've come to thank you. But, one thing puzzled me. Who was that old guy I had to share the room with?"



Charm School

Two stunning ladies from Southern US were conversing on the porch of a large white-pillared mansion. The first woman said, "When my first child was born, my husband built this beautiful mansion for me." The second woman replied, "Well, isn't that nice?" The first woman continued, "When my second child was born, my husband bought me that fine Cadillac automobile you see parked in the drive." Again, the second woman replied, "Well, isn't that nice?" Finally, first woman boasted, "Then when my third child was born, my husband bought me this exquisite diamond bracelet." Yet again, the second woman commented, "Well, isn't that nice?" The first woman then asked her companion, "What did your husband buy for you when you had your first child?" The second woman replied, "My husband sent me to a charm school." "Charm school!" the first woman cried. "What on Earth for?" So that instead of saying, 'Who gives a crap,' I learned to say, 'Well, isn't that nice?'



Keeping Fit

Grandpa was celebrating his 100th birthday and everybody complimented him on how athletic and well-preserved he appeared. "Gentlemen, I will tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now." They were impressed and asked how he managed to keep up his rigorous fitness regime. He replied, "Well, you see my wife and I have married 75 years ago. On our wedding night, we made a solemn pledge. "Whenever we had a fight, the one who was proved wrong would go outside and take a walk."



James and Harry

James is walking on a downtown street one day, and he happens to see his old high school friend, Harry, a little way up ahead. "Harry, Harry, how are you?" he greets his old buddy after getting his attention. "Not so good," says Harry. "Why, what happened?" James queries. "Well," Harry says, "I just went bankrupt and I've still got to feed my family. I don't know what I'm going to do." "Could have been worse," James replies calmly. "Could have been worse." A month or so later, James again encounters Harry, in a restaurant. "And how are things now?" he asks. "Terrible!" says Harry. "Our house burned down last night." "Could have been worse," says James, again with total aplomb, and goes about his business. A month later, James runs into Harry a third time. "Well, how goes it?" he inquires. "Oh!" says Harry. "Things just get worse and worse. It's one tragedy after another! Now my wife has left me!" Harry nods his head and gives his usual optimistic-seeming little smile, accompanied by his usual words: "Could've been worse." This time, Harry grabs James by the shoulders. "Wait a minute!" he says. "I'm not gonna let you off so easy this time. Three times in the past few months we've run into one another, and every time I've told you the latest disaster in my life. Every time you say the same thing: 'Could have been worse.' This time, for God's sake, Harry, I want you to tell me: how in Heaven's name could it have been any worse?" James smiles at him: "Could have happened to me."



Parrots

A lady goes to her parish priest one day and tells him: "Father, I have a problem. I have two female parrots but they only know how to say one thing." "What do they say?" the priest inquired. "They say, 'Hi, we're prostitutes. Do you want to have some fun?'" "That's obscene!" the priest exclaimed, "I can see why you are embarrassed." He thought for a minute and then said: "You know, I may have a solution to this problem. I have two male parrots whom I have taught to pray and read the Bible. Bring your two parrots over to my house and we will put them in the cage with Francis and Job. My parrots can teach your parrots to praise and worship. I'm sure your parrots will stop saying that...that phrase in no time." "Thank you. This may very well be the solution," the woman responded. The next day, she brought her female parrots to the priest's house. As he ushered her in, she saw the two male parrots were inside their cage, holding their rosary beads and praying. Impressed, she walked over and placed her parrots in with them. After just a couple of seconds, the female parrots exclaimed out in unison: "Hi, we're prostitutes. Do you want to have some fun?" There was a stunned silence. Finally, one male parrot looked over at the other male parrot and said: "Put the beads away, Francis, our prayers have been answered!"





Members' Marketplace

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 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?
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Advertisements must be submitted as illustrated below.
 Longer advertisements cost CHF 30.-

Example: FOR SALE: gorgeous view of
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 Wee house (12 rooms), dock and yacht included.
 Call Bill at 041 123 45 67.

your text here.

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The IMCZ newsletter is delivered bi-monthly to about 200 members representing 20 nationalities. IMCZ members have personal or professional interests in both the international community and in the canton of Zug.

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Ad content delivery:
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Advertising Rates:

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- 1/3 Page, vertical (6.3 x 27.7 cm), Fr. 85.-
- 1/3 Page, horizontal (19 x 9.2 cm), Fr. 85.-
- 1/4 Page, A6 vertical (9.2 x 13.5 cm), Fr. 60.-
- 1/4 Page, horizontal (19 x 6.9 cm), Fr. 60.-
- Business Card (9.2 x 6.45 cm) Fr. 45.-

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

A series of 6 successive ads in the newsletter (a year's subscription) can be purchased for the price of 5. (see <http://groupspace.com/IMCZ/pages/advertising>).



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