

Newsletter March '26

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Next Meetings

March 3

April 14
May 5
June 2
September 8
October 6
November 10
December 1

Newsletter

Contributions to the Newsletter must be send to IWCLeditor@bluewin.ch no later then the **15th of the month** preceding publication.

 [@international women's club of Lugano](https://www.facebook.com/international.women.s.club.of.lugano)

 [@iwclugano](https://www.instagram.com/iwclugano)

 www.iwcl.org

PHOTOS FROM LAST MONTH'S EVENTS



For more picture go to our [Dropbox](#)

Calendar of March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
2	3	4	5	6	7	8
<u>Breath, relax...</u> p.12 <u>German</u> p.15 <u>English (US)</u> p.16 <u>Art w/ Eva</u> p. 13 <u>Ital. Lang. Salon</u> p.8 Board Meeting	MONTHLY MEETING <u>Italian (Adv.)</u> p.15 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.15	<u>Golf</u> p.12 <u>English (B.)</u> p.16 <u>Let's Dance</u> p.10 <u>Newcomers' apero</u> p.4	<u>Italian (Int.)</u> p.15 <u>French</u> p.14 <u>Mahjong</u> p.11			<u>Dog walk</u> p.8
9	10	11	12	13	14	15
<u>Breath, relax...</u> p.12 <u>KIP</u> p.10 <u>English (US)</u> p.16	<u>Cooking Group</u> p.13 <u>Italian (Adv.)</u> p.15 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.15	<u>Golf</u> p.12 <u>English (B.)</u> p.16 <u>Let's Dance</u> p.11 <u>French</u> p.15	<u>Italian (int.)</u> p.15 <u>French</u> p.14 <u>Mahjong</u> p.11 <u>City Visit</u> <u>Lucerne</u> P.6	<u>Gardinia Zurich</u> <u>Visit</u> p.6		<u>Dog walk</u> p.8
16	17	18	19	20	21	22
<u>Breath, relax...</u> p.12 <u>German</u> p.15 <u>English (US)</u> p.16 <u>Art w/ Eva</u> p.13 <u>Ital. Lang. Salon</u> p.8	<u>Book group</u> p.11 <u>Italian (Adv.)</u> p.15 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.15	<u>Golf</u> p.12 <u>English (B.)</u> p.16 <u>Let's Dance</u> p.11	<u>Italian (int.)</u> p.15 <u>French</u> p.14 <u>Mahjong</u> p.11	<u>Round Table</u> p. 10 <u>Coffee</u> p.8		<u>Dog walk</u> p.8
23	24	25	26	27	28	29
<u>Breath, relax...</u> p.12 <u>KIP</u> p.10 <u>English (US)</u> p.16	<u>Italian (Adv.)</u> p.15 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.15	<u>Golf</u> p.12 <u>English (B.)</u> p.16 <u>Let's Dance</u> p.10 <u>Tea & Flix</u> p.8	<u>Italian (int.)</u> p.15 <u>French</u> p.14 <u>Mahjong</u> p.11 <u>Sundowner</u> p.10 <u>Tennis</u> p.9			<u>Dog walk</u> p.8
30	31					
<u>Breath, relax...</u> p.12 <u>German</u> p.15 <u>English (US)</u> p.15 <u>Art w/ Eva</u> p.10 <u>Ital. Lang. Salon</u> p.8	<u>Italian (Adv.)</u> p.15 <u>Italian w/ Joy</u> p.9 <u>Spanish</u> p.15					

NEXT MONTHLY MEETING:

APRIL 14

ADVERTISING

Conditions of acceptance:

- Acceptance will be at the discretion of the IWCL Board.
- All advertisements must reach Iris Frowein Nouwen by email at IWCLeditor@bluewin.ch before the 15th of the month preceding publication.
- The IWCL reserves the right to postpone publication.
- All invoices must be paid within 14 days of date of issue.

1/4 page ad in Newsletter 1 x = CHF 80.- 1/8 page ad in Newsletter 1 x = CHF 40.- 5 x = CHF 350.- 5 x = CHF 175.- 10 x = CHF 600.- 10 x = CHF 300.-

Flyer with email version of Newsletter = CHF 60.-

Flyer with postal and email version of Newsletter = CHF 120.- (plus delivery of material)

Website advertising 6 months = CHF 300.-

12 months = CHF 500.-

Meet the Board



President

Elizabet Ak

IWCLpresident@gmail.com

076 506 9460



Vice-President

Birgid Giorgetti

IWCLvicepresident@gmail.com

076 413 7654



Secretary

Andrea Never

IWCLsecretary@gmail.com

076 413 3275



Treasurer

Oana Stan

IWCLtreasurer@gmail.com

076 778 6624

Board Assistants

Membership Secretary:

Andrea Never

076 413 3275

IWCLmembershipsecretary@gmail.com

Hospitality & Group coordinator:

Maura Koopman

079 576 6144

teupi@yahoo.com

Social Media coordinators:

Website:

Maria-Jose Egas Vallejo

079 681 1385

mj@mjademy.ch

Eva Antonini

079 621 5793

info@eva-antonini.com

WhatsApp group & Facebook:

Maura Koopman

079 576 6144

Eva Antonini

079 621 5793

Special Event Managers:

Hanneke Sillekens

079 220 93 19

hannekesillekens@gmail.com

Ilona Pongracz

076 566 6342

Newsletter Editor:

Iris Frowein Nouwen

076 746 9231

IWCLeditor@bluewin.ch

Club Information

The International Women's Club of Lugano (IWCL) was founded over 37 years ago. It's purpose is to bring women together in order to share information, resources, hobbies, interests, skills and contacts via a wide variety of informal and formal activities.

The IWCL is a non-profit, non-denominational and apolitical organization run by volunteers.

Our monthly meeting is always on a Tuesday morning at the Hotel Pestalozzi in Lugano.

MEMBERSHIP

- **Membership year runs from January 2026 until December 2026**
- **Annual membership fee for 2026 is Chf 120.-**
- **Account / payable via bank transfer only to:**
CH76 0900 0000 6900 6056 1
INTERNATIONAL WOMEN'S GROUP, 6900 LUGANO
- **Please state your name, surname and Membership fee 2026 in the additional information when making the transfer.**

For further information please contact OANA STAN, the club treasurer: IWCLtreasurer@gmail.com

IWCL Website

Please refer to the IWCL website for information on:

- THE CANCELLATION POLICY (CP)
- A COPY IWCL DIRECTORY
- PHOTOS OF RECENT ACTIVITIES
- A COPY OF THE MONTHLY NEWSLETTER
- And much, much more...

Please contact IWCLsecretary@gmail.com if you need or forgot your password to access the Member's login section of the website.

IWCL WhatsApp Group

If you would like to join, please send a WhatsApp message to **Maura Koopman** at 079 576 6144, including your full name.

To maintain a respectful and focused environment, please refrain from posting content related to religion, politics and advertising. Additionally, avoid sharing messages without useful content for the entire group.

IWCL Facebook & Instagram

If you would like to join the "**members only**" **Facebook** group then please send a request via Facebook to **Maura Koopman**, the group coordinator.

To maintain a respectful and focused environment, please refrain from posting content related to religion, politics, or commercial promotions. Additionally, avoid sharing messages without useful content for the entire group. If you post a photo we ask that you get consent from the people in the photo prior to posting. You are welcome to join us on our **Instagram** page [@IWCLugano](https://www.instagram.com/IWCLugano)

CLUB NEWS

If you have any personal news that you would like to share with the club members, e.g. birth, marriage, illness, death etc, please contact our club liaison: **Claude Perrinjaquet Boni**
079 487 8992 cm.boni@gmail.com

Message from Editor

Urgent: We are looking for Legally trained member volunteers

Dear Members

The board is looking for legally trained members to volunteer to put together a **data privacy group** to study our current by-laws, recommend changes, updates and additions including current privacy laws. If you have a legal background or experience in this field and you are willing to help, please contact the president Elizabet Ak 076 506 9460 or iwclpresident@gmail.com so that we can get started with this very important issue as soon as possible.

IWCL Monthly Meeting

Tuesday, March 3

at Hotel Pestalozzi

Via Pietro Bianchi, Piazza Indipendenza 9

6900 Lugano

Time: 9:30

Speaker of the Month



Film Director & Producer Elettra Fiumi: AI in Films

Elettra Fiumi is the founder of Fiumi Studios based in Lugano. She is an AI Film Director, Producer and Editor with an extensive background in documentary filmmaking and branded content.

She directed Radical Landscapes, the award-winning documentary on Florence's 9999 radical architecture group, and has created films for Netflix, Amazon Prime, BBC, The New Yorker, Estée Lauder, and Longines.

She is part of the Creative Partner programs of leading AI tools including Runway, ElevenLabs Impact, CapCut, Pika, and Sora Alpha, merging documentary craft with generative technologies.

Elettra holds Master's degrees in AI for Business (Italian Tech Academy) and Digital Journalism (Columbia University) and is an alumna of Mount Holyoke College.

She will speak about her artistic journey and career into becoming a leader in AI based films, from the initial idea and concept, the creative and technical process to the final result.

Mentorship for New Members

If you are a new member and need support with doctor visits, vets, household help, home design/renovation, insurance companies, car registration, etc. or just a shoulder to lean on, we are here to help.

Please feel free to contact any of the following ladies:

- Isabel Bern - Isabel@bern.life
- Irène Fröhlich - 076 334 5550
- Maura Koopman - teupi@yahoo.com
- Sharon Parlette - sep.ticino@bluewin.ch

Or contact **Andrea Never**, the club membership secretary:

IWCLmembershipsecretary@gmail.com



Welcome to the New Members

A warm welcome to Monika, Veronica, Cristina, Elisabet, Esra & Monica!

Monika moved to Ticino for retirement and to enjoy playing golf. Monika's interests are medicine, cooking, art and classical music. Monika has an adult son living in France. She describes herself as energetic and funny. She would love to give a lecture to our community about longevity.

Monika Bujanowska

Strada di Carà 20/3, 6936 Cademario
 M: +48 605 360 730 - monika.bujanowska@gmail.com



Veronica came to Ticino for family reasons and academic opportunities as a visiting scholar at the USI. Switzerland has become an important place for reflection, learning and building bridges between her work in Latin America and international networks. Veronica is a political scientist and former political leader of Ecuador. She is deeply interested in democratic governance, women's leadership, public policy and personal as well as creative places where ideas, care and community come together. Veronica is offering to organize a round table talk about democracy, civic engagement and the role of women in building peaceful and resilient societies.

Dr. Veronica Silva

Via Zurigo 16, 6900 Lugano
 Mobile + 41 76 217 4964 - veronica.silva@USI.ch

Cristina describes herself as passionate, curious, open minded and has a background in psychology. She works in communication and loves people's stories as well as their connection and positive impact across cultures. Cristina is heading an NGO and has written books about the topic of kindness. She loves reading, traveling, cycling, long walks/hikes and to discover new cafés, restaurants, culture and languages. Cristina is very much looking forward to meeting new people and exchanging ideas in meaningful conversation. She would love to facilitate talks in a small informal circle about kindness and every day wellbeing.

Cristina Milani

Via Massagno 19C, 6952 Canobbio
 Mobile +39 346 365 5825 - Landline +41 91 921 0068
info@cristinamilani.com

Elisabet is a returning member and eventually moved to Lugano for a fresh start to grow personally, learn new languages and explore new opportunities. Elisabet has run a family hotel for many years and is now working in the field of natural cosmetics in alignment with a conscious and healthy lifestyle. Elisabet loves to cook, play Burraco, travel, meet other people, play golf, read and watch movies. She describes herself as genuine, proactive, open minded and resilient. Elisabet has very kindly opened a Spanish conversation group for IWCL.

Elisabet Subirana Catà

Via Orti 8, 6900 Lugano
 Mobile +41 79 253 56 98 - esubiranacata@gmail.com

Esra followed her marvelous husband to Ticino and has a curious, passionate and open minded personality. Esra loves reading, traveling and cultural events and would like to organize cultural visits and trips for IWCL. Esra used to be an IWCL member in the past.

Esra Jauch

Via Max Frisch 5, 6962 Viganello
 Mobile: +41 76 440 6039 - Landline +41 91 966 7715
esra.jauch@gmail.com

Monica has recently moved to Ticino after living for 30 years in London. Monica grew up in Sweden, her husband is British and her daughter is still living in London. Monica has worked as a psychodynamic psychotherapist and is a passionate tennis player being the captain of one of the teams back home. Hiking would be something Monica would like to try and is offering to set up a tennis double group for IWCL. Monica also loves art, travel, theatre, yoga and film.

Monica Mason

Corso Elvezia 1, 6900 Lugano
 Mobile +41 76 804 9939 - monica@monicamason.com

Special Events this Month

Daytrip to Lucerne

Guided Museum Visit to the **Rosengart Collection** & followed by a typical Swiss Lunch at the "Zu Pfistern" Restaurant in the heart of the city.

When: Thursday, March 12, 2026 - meet at 7:30 - 19:00

Where: Train station Lugano

Cost: Chf 30.-/person (Not incl. train ticket & lunch)

Interested: Contact **Iris Frowein Nouwen** by WhatsApp or email on 076 746 9231 or irisnouwen@mac.com

IMPORTANT: Reservations deadline: Sunday, March 1.

Cancellation Policy will apply from Monday, March 2.

We warmly invite you to join us for a day trip to Lucerne:

- 8:03 - We will meet at the Lugano train station for the 8:03 train to Lucerne. (Please purchase your own train ticket.)
Arrival in Lucerne at 9:41 and a 5 minute walk from the train station to the museum.
- 10:00 - Meeting at the Stiftung Rosengart for a private tour in English.
- 12:30 - Lunch at the "Zunftausrestaurant Pfistern", a typical Swiss restaurant, a 5 minute walk from the Museum.
You can choose between a vegetarian (Chf 23.90-), fish (Chf 25.90-), or meat (Chf 28.90-) day menu, including soup and salad.
- 14:00 - Free time in the city center for some shopping or walking around.
- 17:10 - We meet again at the Lucerne train station to take the 17:18 train back to Lugano, arriving at 18:58

We hope that you will join us for this wonderful day trip! Feel free to call Iris for any further questions.



Gardening Group: Gardinia 2026 - Zürich

Experience a unique garden event at the Messe Zürich.

When: Friday, March 13, 2026 - 8:30 - 19:00

Where: Messe Zürich,
Hagenholzstrasse 48, 8050 Zürich

Cost: Chf 91.20 person
Half price Combo ticket for train & entrance fee
Event'n'rail Gardinia
<https://freizeit.sbb.ch/en/stories/trade-fairs-giardina>

Interested: Contact **Sharon Parlette**
on 079 509 9982 or sep.ticino@bluewin.ch

In need of some inspiration after the long winter, or maybe new garden furniture, summer bulbs or a BBQ?

Giardina 2026 in Zurich is the largest garden exhibition in Switzerland and includes show gardens and suppliers of every accessory you can imagine.

This year it runs from the 11- 15 March and we propose a trip on Friday, 13 March, leaving from Lugano on the 08.30 EC train. Combi tickets are available through the SBB's RailAway travel program. For example a round trip ticket plus entrance would cost Chf 91.20 **if you have a half price subscription.**

Suggested return to Lugano would be the 17:33 or the 18:05 direct trains from Zurich main station.



Newcomers' Aperero

If you joined the Club in 2025 or at the beginning of 2026, this invitation is for you.

When: Wednesday, March 4 - 17:00 - 19:00

Where: Lanchetta Lounge, Via Castagnola 16, 6906 Lugano

Cost: Everyone pays for their own drinks & food

Interested: Reservations are kindly appreciated by WhatsApp

Maura 076 576 6144 or

Eva 079 621 5793

This time, instead of our traditional newcomers' coffee, we have decided to offer something a little different: a sparkling aperitivo – a relaxed and enjoyable opportunity to connect, mingle, and celebrate being part of the Club.

The IWCL Drama group Presents:

Tuesday April 21

"WHO KILLED THE BRIDE?"

An Interactive Murder Mystery performance
with 3-course dinner
(Incl. a glass of Prosecco)

There will be prizes!

When: Tuesday April 21, 2026 - from 18:30

Where: La Cascina, Via Cremignone 4G, 6924 Sorengo

Cost: Chf 45.-/pp

Cancellation Policy will apply after April 17

Interested: Places are limited, reserve yours by emailing **Sue March** at marchsue@hotmail.com



Menu:

Death in the Afternoon cocktail (Absinth & Prosecco) with nibbles

Tapenade Tarts with Black olives, a purple endive salad and a balsamic vinegar dressing

Coq au Vin with riso venere and cavolo nero

Black Wedding Cake with blood sauce

New Club Groups

“Tea & Flix” Group

And Irresistible Cocktail: Lots of laughs, witty dialogues and glamorous Sixties fashion!

When: March 25 (Last Wednesday of the month), 14:00 – 16:00

Where: Address and parking details on the Tea&Flix group chat

Interested: Contact **Giovanna De Lillo** to be included in the tea&flix group chat on 076 376 4499 (No emails!)

We'll watch two episodes of a comic series in English together, with English subtitles (to make understanding easier for non-native English speakers). We chat, have fun and top it all off with an afternoon tea or coffee. Maximum 6 participants!

Other upcoming dates: April 29, May T.B.D, June 3



Italian Language Salon

Conversation, Culture and the Stories Behind Words. A welcoming space dedicated to the pleasure of Italian language and culture.

When: Mondays, from 15:00 – 16:30

Where: At Raffaella's Home

Interested: Contact **Raffaella Reverberi** on 079 941 7203 or lilla.reverberi@gmail.com

If you want to improve your Italian language skills then this group is for you. Each meeting gently weaves together **Italian** conversation, culture and meaning: carefully chosen touches of grammar to keep the language precise and effortless; current affairs and cultural reflections explored through the words of Italian journalists, writers and artists; anecdotes, curiosities, and Greek and Latin etymologies revealing where Italian words come from and the stories they carry.

All of this unfolds over a good Italian coffee, in an atmosphere of simplicity, warmth and shared curiosity. You are warmly invited at Raffaella's home.

Sunday Dog Walk Club Group

When: Sundays, time to be determined

Where: Will be announced on the group chat

Interested: Contact **Maura Koopman** to be included in the Sunday dog walk club group chat on 079 576 6144

A small, friendly WhatsApp group that meets on Sundays for relaxed walks with our furry babies.

Easy walks, good chats and, whenever possible a coffee together.

Dates are shared from time to time, depending on everyone's availability, keeping things flexible and informal.



Sunday Easy Walking Group

Join us for a relaxed Sunday morning walk followed by a lunch.

When: Sunday, April 12 – 10:30

(From May it will be the 1st Sunday of the month)

Where: Will be announced by group leader

Cost: Pay for your own food & drinks

Interested: Contact **Marlene Mugglin** by phone or email on 079 423 6847 or tourservices.lugano@sunrise.ch

If you are looking for a little exercise on a Sunday morning and/or you don't want to eat Sunday lunch alone, then this group is for you. We will take a relaxing walk of about 1 hour to 1 1/2 hour in the Lugano area to end up in a local restaurant or grotto for a light lunch.

New Club Groups(Cont.)

Learn Italian with Joy! Apprendere con Gioia l'Italiano!

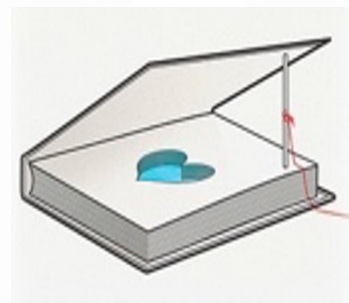
Reading, Conversation, Learning and Friendship.

When: Every Tuesday, 10:00 – 11:30

Where: Hotel Pestalozzi, 6900 Lugano

Cost: Room hire cost will be shared

Interested: Contact **Roberta Guidotti** by phone or email
on 079 341 7242 or robertaguidotti@hotmail.com



"The mind is not a vessel to be filled, but a fire to be lit." 🔥

"La mente non è un vaso da riempire, ma un fuoco da accendere."

"Words create worlds: reading them together is the most beautiful way to inhabit them." 🌐

"Le parole creano mondi: leggerle insieme è il modo più bello abitarli."



Cultural Group

We plan to organize regular outings to Museums, Concerts, Theater, Dance and other Cultural Events in the area and other cities around Switzerland and Italy.

Interested: Contact **Esra Jauch**
on 079 440 6039 or esra.jauch@gmail.com

For the more casual, spontaneous outings, there is an informal WhatsApp group to keep everyone informed. Send a WhatsApp to Esra if you want to be added to the IWCL Cultural group. Feel free to drop ideas or suggestions into the WhatsApp group, this is a group effort!

Padel Group

Padel, anyone?

When: To Be Determined

Where: To Be Determined

Cost: Rental of a court for 2 people is about Chf 20.-/hour each

Interested: Contact **Giovanna De Lillo** by WhatsApp
on 076 376 4499



Padel is a racquet sport that combines elements of tennis and squash.

It is usually played in doubles on a small enclosed court with glass and mesh walls that are part of the game. Easier than Tennis, it's a good way to burn calories while having fun. Is anyone interested in trying it or playing it?



Tennis Group

Ladies Double Tennis

When: Thursdays, Starting March 26 – 11:00

Where: Lido Tennis Club Lugano, Viale Castagnola 10, 6906 Lugano

Cost: There will be a small guest fee per person for the court hire fee

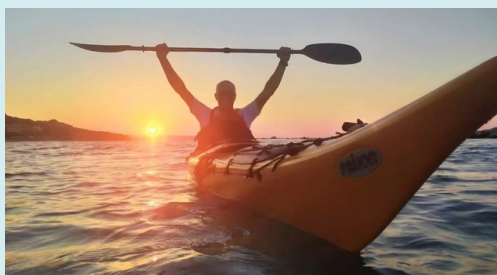
Interested: Contact **Monica Mason** by phone or email
on 076 804 9939 or monica@monicamason.com

We will start the ladies double tennis group on the last week of March, twice a month depending on how many players are available. The location might vary but we will start at the TC Lido in Lugano. There will be a small guest fee p/p paid on the day or a court hire fee if we play at other places.

The level is intermediate, not suitable for complete beginners. However, if someone hasn't played for some time or is a bit rusty, that's perfectly fine. The emphasis is on having good, fun and friendly games.

We are open for more members to join, we are four right now but as everyone travels at times, there will often be someone missing, I am sure.

New Club Groups(Cont.)



Kayaking Group

Discover Lugano Lake and Rivers on a Kayak

When: Lessons start in April

Where: Ticino Kayak club, Canottieri Lugano, Via Foce, 6900 Lugano

Interested: For information and registration contact **Eva Antonini** on 079 621 5793 or info@eva-antonini.com

Beginner lessons and lake excursions will start in April, departing from the Lugano branch of the Ticino club www.canoa.ch, located in the rowing club area (Canottieri Lugano), next to the Lugano harbour.

Regular Club Events

Aperitif Group: Sundowner at ...

Come & join us for a aperitif & a friendly chat

When: March 26, 2026 - from 18:30 onwards

Where: Rookies & Picchio 2.0, Via Ferruccio Pelli 13, 6900 Lugano

Cost: Pay for your own drinks

Interested: Contact **Elizabet Ak** on 076 506 9460 or iwclevelandgroup1@gmail.com

Everyone pays for their own drinks, the venue offers finger foods when you purchase a beverage. Please don't just show up but **sign up** so that Elizabet has an idea of how many ladies are expected. Come along, enjoy the company and relax in the heart of Lugano. Looking forward to seeing you there.



“The Round Table” Group

Theme: Caring for our parents?

When: Friday March 20, 2026 - 10:30 - 11:30

Where: Coop City Ristorante, Via Nassa 22, 6900 Lugano

Cost: Pay for your own drinks

Interested: Contact **Ina Boonacker** on 079 467 7457 or inaboonacker-mulder@hotmail.com

If you would like to participate, you are most welcome. Let me know by email or WhatsApp.

Knitting Group

Come & join KIP (Knitting in Public)

When: Alternate Mondays from 14:00 until 16:30

Where: Coop City Ristorante, Via Nassa 22, 6900 Lugano

Interested: Contact **Pam Blakey** on 076 229 2250 or pamblakey@yahoo.com

KIP normally get together about twice a month. We welcome all makers... Knitting, crochet, embroidery, needlepoint etc.



Regular Club Events

Mahjong

Do you like to play board games, why not try MAHJONG?

When: Thursdays, 14:30 – 17:00

Where: Hotel Pestalozzi, 6900 Lugano

Cost: Room hire cost will be shared

Interested: Contact **Ruth Sergi-Baumann**

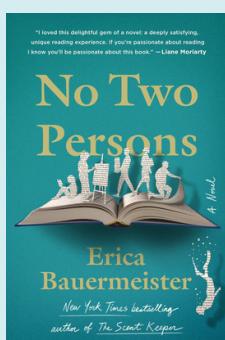
on 079 607 8262 or ruthsergi@bluewin.ch

Since 20 years we play this fascinating game – which is fun, challenging and interesting – on Thursday afternoons.

It's a game of Chinese origin, using small engraved tiles, for tables of three to four players.

We play the "Western style" (Chinese style is different).

You are very welcome to participate.



Book Group

Book of March "No Two Persons" by Erica Bauermeister

When: Tuesday, March 17, 2026 – 10:30 promptly

Where: Hotel Pestalozzi, 6900 Lugano

Cost: Please note that we need to pay for the room each month, so now you can either pay Chf 30.- for the year of Chf 3.- per session at the Book Group

Interested: Join when you are able.

We welcome members old and new to the Book Group this month. Our discussion, based on "No two persons" by Erica Bauermeister will be led by Pam. Come and join us for another wonderful book group meeting, even if you haven't read the book. You might be tempted.

Upcoming books:

- 14 April "Dear Mrs Bird" by AJ Pearce, meeting led by Sue (We will need to find a new date!)
- 19 May "Luckenbooth" by Jenni Fagan, meeting led by Raffaella (Tuesday Choose-day!)
- 16 June "Yellowface" by R F Kuang, meeting led by Danielle

For the rest of the year, we will need to choose some new titles! Don't forget to send your suggestions as soon as possible. ***Tuesday Choose-day*** (22 September, 20 October, November, 15 December)

We look forward to seeing you all soon. Happy reading!

Happy Hiking

If you are interested in hiking in the Ticino area, then join the "Happy Hiking" group

Interested: Contact **Hanneke Sillekens** or **Maria de la Cámara** to be included via Whasapp on the distribution list.

Maria on 079 263 0465 or María.delcamara@gmail.com

Hanneke on 076 220 9319 or Hannekesillekens@gmail.com

There is no designated hike leader for this group.

Members are encouraged to propose and lead hikes either scheduled or impromptu providing the group with details of meeting place, parking area, departure time, duration and difficulty of the hike.

This is a member-led activity intended to explore the mountains, valleys and views of the Ticino region, to spend time in nature and to meet friends/make new friends.



Regular Club Events

Gardening group

Our Gardening Group is re-awakening after a long pause!

Interested: Contact **Sharon Parlette**

on 079 509 9982 or sep.ticino@bluewin.ch

This time we'd like the gardening group to be more "hands on". Bring your secateurs and gloves to each other's gardens.

We can exchange seeds and plants, and share experiences and tips. There will, of course, be visits to garden and exhibitions.

Even if you only have a balcony with pots of herbs or a room full of house plants, you are a gardener.



Breathe, Relax, Feel

Learn to use mindfulness in your daily life...

When: Every Monday 18:00 via Skype

Interested: Contact **Maria Teresa Paladino**

on 091 994 3941 or info@counselor.ch

Would you like to begin to deepen your self-awareness, to learn something about controlling your emotions, to develop new habits or to break old ones? We shall be meeting every Monday at 18.00 on Skype.

If you are interested, please send me an email with your Skype ID.

Let's experience mindfulness together, under the guidance of a fully trained and qualified teacher, who is also a well-known member of our Club.

Golf

Come & join the golf group

When: Every Wednesday - 11:00

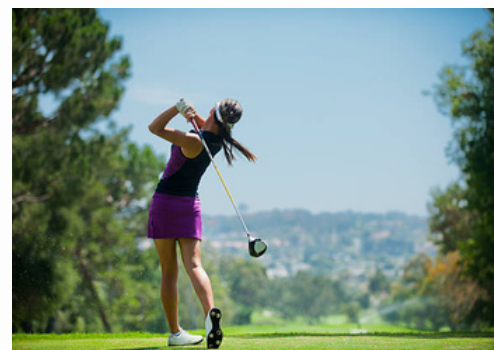
Where: Golf Club "Monticello" near Como (first exit autostrada A2 to Milano after Como)

Via Volta 63, I-22070 Cassina Rizzardi (Como)

Cost: 45.-Euro (fee for 9 holes) during the week

Interested: Contact **Marlene Mugglin**

on 079 423 6847 or tourservices.lugano@freesurf.ch



Wellbeing Circle: The Love Train

All aboard! Join us once a month for a feel-good gathering where connection, conversation, and emotional wellbeing take center stage.

When: Location will be announced before each get together

Interested: Contact **Mary Lyn Campbell**

on 091 994 3941 or marylyncampbell@gmail.com

or **Amaal Hassan**

on 079 245 1682 or amaal.ahassan@gmail.com

Each month, the Love Train rolls into a new topic, creating space to share, listen, and explore together in a fun relaxed, and non-judgmental atmosphere. Come as you are — everyone is welcome. Facilitated with care by **Mary Lyn** and **Amaal**.

Regular Club Events

Cooking Group

"A Gourmet Trip around the Four Swiss Language Regions"

When: Tuesday, March 10, 18:30 onwards

Where: Il Grotto Viganello, Via della Pergola 5, 6962 Lugano
(Look for the courtyard and the CRS sign.)

Cost: Up to Chf 50.- per participant (usually less.)

Cancellation Policy applies.

Please note that the Comune is levying a small charge for the rental, which will be reflected as a share of each participant's cost for the evening.

Interested: Contact **Sue March**

on 077 924 1676 or marchsue@hotmail.com

Our cooking group is open to ALL MEMBERS each month. The only requirements are to reserve your place early and to clear up afterwards before you leave! Come and join us so we can learn, cook and eat together. Several members have been disappointed when the group has been full. Sign up early!

We continue our exciting Cooking Group year with **"A Gourmet Trip around the Four Swiss Language Regions"** hosted by Liz Belometto Blancpain & Rosemary Blancpain.



The Menu:

Antipasti (Italiano):

Cipolle Tonnate, Salame, Buscion

Starter (Rumantsch):

Bundner Gerstensuppe

Main (Deutsch):

Zuri Geschnetzeltes & Rosti

Dessert (Français):

Tarts au Vin Cuit

*Wine pairings by **Nerida***

Parking: There is ample kerbside parking, and the Autosilo Ospedale Italiano on the corner. There is space outside for the host to leave their car, as you are bringing heavy items, and a bus stop next door!

Required: Tea towel, apron, MAKING THE PLACE SPOTLESS before you leave!

To book your place or for more information (we can accommodate up to 14 people) please contact **Sue March**.



Art Group With Eva

Let our group inspire you!

When: Alternate Mondays from 14:00 until 16:00

Where: Hotel Pestalozzi, 6900 Lugano

Cost: The room is Chf 5/person

Interested: Contact **Eva Wahlqvist**

on 078 846 7545 or Eva@wahlqvist.eu

We would be delighted to have new members in our group. You are most welcome to come and visit us and just to see what we do and who we are. Then you can decide if you want to be part of our group. If you want to visit us please call **Eva** in advance, sometimes the dates change.

Regular Club Events

French Conversation Group

Improve your French Language Skills!

When: Thursday, 16:00 – 17:30 (contact Ilona for dates in March)

Where: Pastificio Canvetto Luganese, Via R. Simen 14B, 6900 Lugano

Interested: Contact **Ilona Pongracz** by email or phone
on 076 566 6342 or ipongracz@ethika.ch

Level: We welcome all participants and will find the way to combine pleasure and improvement. As a native French speaker, I am delighted to speak my language with you!



Let's Dance

Keep fit, have fun, make friends and learn a Show dance with Heike.

When: Wednesday March 4, 11, 18 and 25 – 10:30 – 12:00

Where: Hotel Pestalozzi, 6900 Lugano

Cost: The room rental is Chf 300.- for 10 sessions, divided by the number of participants; to be paid on your first session.

Interested: Contact **Marina Marsaglia**
at marinaporza@gmail.com

Art Group With Nadia

Nadia is reviving her watercolor class at the Pettiroso in Savosa.

Interested: Contact **Nadia Dueringer**
on 077 436 4574 or nadia.duringer@gmail.com



IDEA FOR A NEW GROUP, SHARE IT WITH US

If you have an idea for a new group but you are not sure how to go about organizing it yourself, or you would like other members to do it with, you can contact the group coordinator: **Maura Koopman**
at 079 576 6144 or teupi@yahoo.com

Language Classes



Italian for Beginners with Isabella

Where: At Isabella's house in Breganzona

Interested: Contact **Isabella Zardi**
on 079 375 2414



Italian Conversation with Eleonora

When: Every Thursday, 10:45 – 11:45

Where: Coop City Ristorante, Via Nassa 22, 6900 Lugano

Interested: Contact **Eleonora Giraldi**
on 079 849 0996 or epastoris@gmail.com



Italian Conversation with Oana and Roberta

When: Usually every Tuesday, 15:00 – 16:30

Where: Coop City Restaurant, Via Nassa 22, 6900 Lugano

Interested: Contact **Oana Stan**
on 076 778 6624 or [oanastan.1@gmail.com](mailto: oanastan.1@gmail.com)
or **Roberta Guidotti**
on 079 341 7242 or robertaguidotti@hotmail.com



Italian Language Salon with Raffaella (See info in Club Events)

When: Usually every first and third Monday of the month, 10:30 – 12:00

Where: At Raffaella's house

Interested: Contact **Raffaella Reverberi**
on 079 941 7203 or lella.reverberi@gmail.com

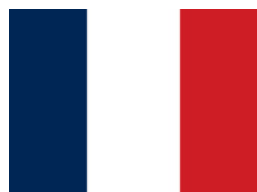


Italian with Joy with Roberta (See info in Club Events)

When: Usually every Tuesday, 10:00 – 11:30

Where: Hotel Pestalozzi, 6900 Lugano

Interested: Contact **Roberta Guidotti**
on 079 341 7242 or robertaguidotti@hotmail.com

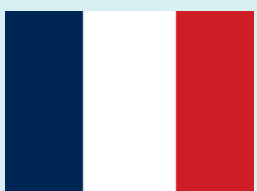


French Conversation with Ilona (See info in Club Events)

When: Thursday, 16:00 – 17:30 (contact Ilona for dates in February)

Where: Pastificio Canvetto Luganese, Via R. Simen 14B, 6900 Lugano

Interested: Contact **Ilona Pongracz** by email or phone
on 091 825 3303 or ipongracz@ethika.ch



French Conversation with Claude

When: Wednesday, March 11, 14:00

Where: Bar Martini Café, Via Funicolare 2, 6900 Lugano

Interested: Contact **Claude Perronjaquet**
on 079 487 8792 or cm.boni@gmail.com



German Conversation with Daniela

When: Usually every first and third Monday of the month, 10:30 – 12:00

Where: At Daniela's house

Interested: Contact **Daniela Mannu**
on 079 120 7196 or danielamannu@hotmail.com



Spanish Conversation with Elisabet

When: Tuesday, 14:00

Where: Cafeteria Agora, Via Orti 8, 6900 Lugano

Interested: Contact **Elisabet Subirana**
on 079 253 5698 or esubiranacata@gmail.com

Language Classes (Cont.)



English Conversation with Karen

When: Every Monday, 10:00 –11:00 and once a month in the late afternoon (Date TBD)

Where: Cafe Agora, Via Orti 8, 6900 Lugano (at Piazza Molino Nuovo)

Interested: Contact **Karen Claus**
on 076 224 9001 or karenclaus600@gmail.com



English Conversation with Linda

When: Wednesday, 14:30 – 15:30

Where: Bar Rosy, Via Preluna 22, 6949 Comano

Interested: Contact **Linda Denkinger**
on 076 541 9202 or linflags@bluewin.ch

Notes of Last IWCL Monthly Meeting

A brief summery of our Monthly Meeting of 03/02/2026

Our president Elizabet welcomed about 60 members on a very snowy Lugano morning.

She reminded members that the membership fee needed to be paid latest by February 16 2026 as to not interrupt the access to the newsletter and club activities.

Maura presented 10 new activity groups, one of them being the Bridge Group that now has already 24 subscribers. All the new groups would be presented in the March newsletter.

It was also decided that the “June brunch” will instead be a “Welcome Back Brunch” held in September.

Josef Fröhlich, our monthly speaker, delivered a very engaging talk about his successful career and experiences as a concert master and musician in London. He emphasized the historical impact on his life and the phenomena of talent but also luck and being at the right place at the right time. We all loved it!

Interest Groups of the IWCL

GROUP	GROUP LEADER	EMAIL	PHONE
Aperitif Group	Elizabet Ak	iwclevenggroup1@gmail.com	076 506 9460
Art Group	Eva Wahlqvist	eva@wahlqvist.eu	091 971 35 64
Art Group (Watercolor)	Nadia Dueringer	nadia.duringer@gmail.com	077 436 45 74
Book Group	Sue March Cat Orelli	marchsue@hotmail.com catorelli3@gmail.com	077 924 1676 079 902 5754
Breath, Relax, Feel	Maria Teresa Paladino	info@counselor.ch	091 994 39 41
Club Photographer	Ruth Sergi	ruthsergi@bluewin.ch	079 607 82 62
Cooking group	Sue March	marchsue@hotmail.com	077 924 1676
Cultural Group	Esra Jauch	esra.jauch@gmail.com	079 440 6039
Dance Group	Marina Marsaglia	marinaporza@gmail.com	
Drama Group	Sue March	marchsue@hotmail.com	077 924 1676
English conversation (American)	Karen Claus	karenclaus600@gmail.com	076 224 90 01
English conversation (British)	Linda Denkinger	linflags@bluewin.ch	079 541 92 02
Evening Group	Hanneke Sillekens Ilona Pongracz	hannekesillekens@gmail.com ipongracz@ethika.ch	076 220 93 19 091 825 33 03
French Conversation	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
French Conversation	Ilona Pongracz	ipongracz@ethika.ch	091 825 3303
Gardening Group	Sharon Parlette	sep.ticino@bluewin.ch	079 509 9982
German Conversation	Daniela Mannu	danielamannu@hotmail.com	079 120 7196
Golf	Marlene Mugglin	tourservices.lugano@freesurf.ch	079 423 68 47
Happy Hiking	Maria de la Camara Hanneke Sillekens	maria.delacamara@gmail.com hannekesillekens@gmail.com	079 263 04 65 076 220 93 19
Italian Conversation (Beg)	Isabella Zardi	isazardi@bluewin.ch	079 375 24 14
Italian Conversation (Int.)	Eleanora Giraldi	epastoris@gmail.com	079 849 09 96
Italian Conversation (Adv)	Oana Stan Roberta Guidotti	oanastan.1@gmail.com robertaguidotti@hotmail.com	076 778 6624 079 341 7242
Italian Language Salon (Med.- Adv.)	Rafaella Reverberi	lella.reverberi@gmail.com	079 941 7203
Italian Joy Group	Roberta Guidotti	robertaguidotti@hotmail.com	079 341 7242
Kayaking Group	Eva Antonini	info@eva-antonini.com	079 621 5793
Knitting Group	Pam Blakey	pam.blakey@yahoo.com	091 980 45 07
Liasion	Claude Perrinjaquet Boni	cm.boni@gmail.com	079 487 89 92
Mahjong Group	Ruth Sergi-Baumann	ruthsergi@bluewin.ch	079 607 82 62
Padel Group	Giovanna De Lillo		076 376 4499
Round Table Group	Ina Boonacker	inaboonacker-mulder@hotmail.com	079 487 89 92
Spanish Conversation	Elisabet Subirana Catá	esubiranacata@gmail.com	079 253 5698
Sunday Dog Walk Group	Maura Koopman		079 576 61 44
Sunday Easy Walking Group	Marlene Mugglin	tourservices.lugano@freesurf.ch	079 423 68 47
Sundowner Group	Elizabet Ak	iwclevenggroup1@gmail.com	076 506 9460
Tea & Flix Group	Giovanna De Lillo		076 376 4499
Tennis Group	Monica Mason	monica@monicamason.com	076 804 9939
Wellbeing Group	Amaal Hassan Mary Lan Campbell	amaal.ahassan@gmail.com marylyncampbell@gmail.com	079 245 1682 091 994 3941
WhatsApp Group	Maura Koopman		079 576 61 44