



The Grapevine

NEWSLETTER OF THE INTERNATIONAL WOMEN'S CLUB OF NYON

February 2018, Issue No. 272



Photo by Kathy Trefalt

Mark Your Calendars

Friday 9 February	-	Coffee Morning
Saturday 10 March	-	Quiz Night
Wednesday 14 March	-	Coffee morning
Thursday 17 May	-	AGM

The Christmas Lunch

The annual IWCN Christmas Lunch was held this year at the warm and cozy Auberge de la Réunion in the village of Coinsins and attended by 27 women.

Lunch was held in a private room, very welcoming and decorated festively. While we sipped our apero of local wine, we were treated to a performance of carols by a Barber Shop Quintet. The first course began with an entertaining little word game organized by our president, Janet.

The meal was sumptuous and plentiful and accompanied by another glass of local wine. Some lucky ladies won poinsettia creations generously donated by the Schilliger garden centre.

A delicious dessert of fruit and sorbet or white and dark chocolate mousse topped off the meal, followed by coffee or tea. It was a very convivial afternoon and a nice way to end the year with good friends.



*text by Deborah McKenna,
Special Events*

From The President



Dear Ladies

I know you won't be reading this letter until late January or February but, as it's the first Grapevine of 2018, I want to wish you all a very happy and healthy New Year. As you know, 2017 was a very special year for the Club and marked its 30th anniversary. We look back with great pleasure on what we did to mark the occasion: the Easter fountain, the human 30 photo and our celebratory tea party. If Seasonal Affective Disorder is making you SAD in these dark days of winter, have another look at the photos and video of that sunny day in June on the IWCN website under News on the Homepage.

The end of 2017

We ended the year with our three traditional Christmas celebrations – the Coffee Morning/Brunch, the Concert and the Lunch. All these successful and enjoyable events are reported on elsewhere in this issue. Organising these events takes a lot of time and effort by many people – the Coffee Team, the Special Events Team, the Charity Committee and all those who volunteer to help those ladies. Their names are far too numerous to mention here. It wouldn't be worth the effort if nobody was there and I'd also like to thank all of you who came to support the organisers. We all enjoy the events more if you enjoy them!

Christmas Presents

Did you find all that you wished for in your Christmas stocking? And have you sent off all your thank-you messages? I hope you didn't have to send any like these:

Dear Auntie

Oh what a nice jumper
I've always adored powder blue
And fancy you thinking of orange
and pink for the stripes
How clever of you!

Dear Uncle

The soap is terrific
So useful and such a kind thought
And how did you know that I'd just
used the last of the soap that last
Christmas brought?

Dear Sister

I quite understand your concern
It's a risk sending jam in the post
But I think I've pulled out all the big
bits of glass
So it won't taste too sharp spread on
toast

These three verses of one of my favourite humorous poems by Mick Gowar make me wonder what we really like to be given as presents. Some of us already have cupboards bursting at the seams and only really want things we can consume or use in some way (but not soap!); some of us like to be given simple homemade presents (but not jam sent by post!) rather than something bought from a department store; some of us appreciate personal presents and wouldn't say thank you for something with a practical use (such as an electric toothbrush!) while others prefer to choose their own jumpers, scarves, gloves or socks rather than having to wear a colour or style they hate when they next visit Great Auntie Maud! Christmas present giving and receiving can be a nightmare and, if it was for you this year, I'm glad that you don't have to give it a thought for the next nine months!

This month's question

You might not choose to have something practical in your Christmas stocking but I'm sure we'd all like our lives to be easier in some ways. The self-scanning devices in our supermarkets make our shopping experience easier and quicker, not to mention being able to shop for our groceries online with home delivery. Remote controls make us forget the time we had to get up from our armchairs to adjust our televisions and other household appliances and some of us now have robot vacuum cleaners and lawn mowers so we don't have to spend time pushing them around. I'd really like a device to empty the dishwasher for me!

If you could invent something to make your life easier in any way, what would it be?

With very best wishes

Janet

Out of the mouths of babes.....

The time when children start to speak is when we really learn what is going on in their heads. Frequently they entertain and surprise us with remarks that are funny, clever or just disarmingly honest. Here are a few examples in response to the question I posed in the December Grapevine.

A three-year-old looked at his balding grandpa. "Why has grandpa got so much head?" he asked.

A little girl came downstairs one morning and said to her grandma, "Someone has taken the outside away." Her grandma realised that the child had never seen fog before.

In the department store a child was heard to ask his mummy, "Are we taking the stairs or the alligator?"

A mother and a little boy were out for a walk and were approaching a side road. "Hold my hand," the mother said to her son. "I don't want to hold your hand. I'll hold my own hand," was the reply.

A grandma was reading her son a story when his mother called out that it was teatime. "Can you pause it please, grandma?" the child asked.

A mother expecting her second child was explaining to her first one that he would be having a little brother or sister. He seemed to understand and to be excited about the prospect of a new playmate but then suddenly asked, "Who will our new baby's mummy be?"

I hope these few stories bring a smile to your faces to start off the New Year.

With very best wishes

Janet

In this Issue

- [2](#) The Christmas Lunch
- [3](#) President's Letter
- [4](#) Out of the Mouths of Babes
- [5](#) Registration & Payment
- [6-7](#) Christmas Concert
- [8-9](#) Charity Committee
- [9](#) Sue Lambert
- [10](#) Welcome New Members
- [11](#) February Coffee Morning
- [11](#) Christmas Brunch Photos
- Special Events
- [12](#) - Quiz Night
- Ophthalmology
- [13-14](#) Travel Blog
- [15](#) Happy Birthday
Madeleine Girod
- [16-20](#) Activities in February
- [21-23](#) Reports on Activities
- [24](#) Shutterbugs

 **l'Espérance**

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Registration and Payment for Club Events

To register for a Club event, please make your payment through a **Bank Transfer**. This is the only way we can trace who has made payments. Please **do not pay by Postal Payment** as it can take up to a month to receive your payment information.

You can use e-banking or the Multimat/Contomat in your bank or at the UBS and you can also deposit the amount via the cashier into the account of the International Women's Club of Nyon at your nearest UBS bank. Please make sure you indicate your name as you are registered with the Club and the reason for payment (i.e. annual subscription, etc.).

UBS Bank Account Name: International Women's Club of Nyon

UBS Bank Account Number: 0228 - E0126365.0

SWIFT Number: UBSWCHZH80A

IBAN Number: CH39 00228 228E 0126 3650 (all numerical zeros)

Postal Code, City 1260 Nyon

Please make your payment at least four working days before the event so that it can be identified on the bank statement. Reservations are not confirmed until payment information has been received.

Treasurer: Anne Fitschen

022 776 04 90

treasurer@iwcn.ch

IWCN Club trips and excursions no-show and cancellation policy

When signing up for a Club event, please take note of the following guidelines:

1. If the booking has been made through a third party (for example a Travel Agency) the terms and conditions of that agency apply in the event of withdrawal or cancellation.
2. For events organised by the Club, payment must be made before confirmation of participation can be given.
3. If you cannot attend an event for which you have registered, cancel as early as possible but in any case 10 days before the event is due to take place. Failing this, you are likely to be charged.
4. Only those who are registered for an event will be allowed to participate on the day so as not to disappoint the people on the waiting list.
5. No-shows will not be refunded.

Advertising in The Digest and The Grapevine

Currently, there is no advertising in The Grapevine. Anyone wishing to advertise to IWCN members should liaise with The Digest Manager.

Club members' **personal** advertisements (bearing only the Club member's name) are free of charge. All advertisements selling single items at over CHF1000, Club member **business** advertisements and **all** non-member advertisements cost CHF35. A link to a website or to a photo in jpg format can be included. The deadline for submissions is **12h00 on Tuesdays**.

Please include your name and address with your advertisement. This is for record and billing purposes. Remember, there is no charge for a message in The Digest that simply gives information or requests it. To send a message to The Digest please email: digest@iwcn.ch

Deadline and contact details for contributions to The Grapevine

Please email information on **Activities** to the Activities Coordinator, Rose Lecoultrre (lecoultrrose@hotmail.com) and any other articles to Helen Drew (editor@iwcn.ch). We welcome copies of your artistic work or photos for the front page, as well as articles of general interest to members, interesting events, useful tips, an unusual holiday experience, ideas for day trips in the area, etc. These all help to make The Grapevine more interesting to other members. The deadline for each issue is **the 10th of the month before the issue is printed**.

The Grapevine Online: IWCN encourages you to protect the environment by using the online version of The Grapevine. You can download each issue at: <http://www.iwcn.ch>. Click on "MEMBER LOGIN" and enter your email address and your unique password, then click "Latest Grapevine". For login problems please contact the Editor.

The Editor reserves the right to cut or edit material and cannot always guarantee inclusion.

The Digest: To receive The Digest, please email the Digest Manager at digest@iwcn.ch.

Christmas Concert - 6 December 2017



After our very successful and enjoyable Christmas Concert of 2016, featuring the children's choir of La Châtaigneraie directed by Rachel Harris Lindop, we decided to repeat the venture this year and invite them to join us again. They accepted enthusiastically and it was a great pleasure for us to welcome back some of the same singers, some new ones, their accompanist Roh Fei Tong Guignard and Rachel, who had put together an entertaining programme of Christmas songs. We were welcomed to Gingins Church by the Chaplain, the Reverend Carolyn Cooke, who urged us all to take a few moments out from the hectic preparations of Advent to enjoy the time of the concert.

The start could not have been more traditional with an excellent solo verse of Once in Royal David's City followed by a candle-light procession by older members of the choir. A selection of more upbeat songs followed. The rather puzzling title of N, N, Voici Venir les Rennes became clear when we realised the words were:

N, N, Voici venir les rennes

O, O Nous aurons des cadeaux

E, E Les enfants sont joyeux

L, L C'est le soir de Noël

The Chipmunk Song, 'Christmas Don't Be Late' must have taken a few of us back to our youth, written as it was in 1958, with one chipmunk asking for a hula hoop for Christmas. Stranger demands were to follow, however, with the amusing song 'I Want a Hippopotamus for Christmas', sung with great gusto by all the children! 'Walking in the Air', the theme tune of the 1982 film of Raymond Briggs's book *The Snowman*, gave us a complete



Peta Tracey

Continued on page 7

Continued from page 6

change of atmosphere with the choir's voices sounding perfectly child-like, innocent and sincere.

The songs were interspersed with congregational carols accompanied by organist Rebecca MacDonald and readings of poems by Peta Tracey and Janet Brown. Tineke Elgersma told us what celebrations there would be on the



Tineke Elgersma

day of the concert in her home country of the Netherlands, as 6 December is St Nicholas's Day. They sounded great fun, involving riotous family hide-and-seek games to find presents and doing forfeits such as 10 press-ups or singing songs before being allowed to open them. She also told us about *pepernoten*, small spicy biscuits, traditionally baked in Dutch homes for St Nicholas's Day and said she had brought some for us to try after the concert.

Once again the weather was fine, dry and not too cold so we could enjoy a chat and a cup of mulled wine or juice and cookies served by members of the Charity Committee and Coffee Team outside the church after the service. There were also plenty of *pepernoten* to go round and I, for one, enjoyed trying them.



Anne Hayes

Text by Janet Brown



Janet Brown

of the concert in her home country of the Netherlands, as 6 December is St Nicholas's Day. They sounded great fun, involving riotous family hide-and-seek games to find presents and doing forfeits such as 10 press-ups or singing songs before being allowed to open them. She also told us about *pepernoten*, small spicy biscuits, traditionally baked in Dutch homes for St Nicholas's Day and said she had brought some for us to try after the concert.

Anne Hayes read a prayer and the concert concluded with an organ postlude of Noël by L. N. Daquin. A retiring collection raised the magnificent sum of CHF1100 in favour of the Lalgadh Leprosy Hospital in Nepal, one of this

The holiday season has come and gone Well not quite!

We continue to receive news and thanks from charities we contributed to in 2015, 2016 and 2017 and would very much like to share them with you. Thanks to you we really do make a difference, and as Helen Keller once wrote: 'Alone we can do so little, together we can do so much.'



Lalgadh Leprosy Hospital

December saw us participate again in the preparation of the lovely Christmas Concert which was so well attended. With the help of the Coffee team (thanks to all the club Christmas elves who braved the cold !) we served mulled wine, juice and cookies after the concert and were delighted at the retiring collection of CHF 1100, in favour of the Lalgadh Leprosy Hospital. Dr. Graeme Clugston (ex World Health Organization) and his wife Meena work tirelessly in one of the world's busiest leprosy hospitals, the Lalgadh Leprosy Hospital & Services Centre, in a remote area of South Eastern Nepal. Here among the poverty-ridden populations, leprosy is still rampant, especially in children. Sadly, many children, disabled and disfigured by leprosy, are frequently hidden or sent away by their families, often excluded from school and rejected by their villages or communities. They have no future.

Here is the email from Dr Clugston

We are soooo thrilled to get your e-mail and the lovely news about the IWCN Christmas Concert held on 6 December ... and the wonderfully generous funds raised for Rescuing Children from Leprosy. Thank you so very very much.. We wish we could have been there at the concert to hear you all sing. Many many thanks from us all – from Meena and me, and from the whole grateful team at Lalgadh Leprosy Hospital. These funds will make a huge difference to many children.

ARAS (previously known as Nyon Social Services)

December also saw us continue the club tradition of donating Migros vouchers to families in need in the Nyon area with Migros kindly adding 5% of the total sum. In 2017 we were able to support 37 children from 25 families, mostly single mothers in poor health and/or unemployed who struggle to make ends meet and who are in part supported by ARAS.

Here is the email from Giulietta Di Giorgio, Responsable Unité Sociale ARAS

Tous les bons ont pu être distribués à temps pour Noël! Les familles étaient toutes enchantées et nous ont priées de vous remercier chaleureusement de ce beau cadeau!

VOIX LIBRES

We supported Voix Libres in 2015 by helping to fund a project in Bolivia called "10,000 filles à l'école". The objective was to send girls from mines, rural locations, slums and garbage dumps to school by providing them with school supplies for a year and to support them by providing "kindness" training for parents, teachers and boys.

We are delighted that the work of Marianne Sébastien, founder of Voix Libres and her organization has been recognized at an international level.

Du lac Titicaca aux mines des hauts plateaux boliviens, la Genevoise Marianne Sébastien traque inlassablement la misère et la détresse depuis vingt-quatre ans. Un engagement exceptionnel salué par l'ONG internationale Human Rights Watch, qui lui a accordé le Prix international des droits humains en 2017. CE PRIX EST LE VÔTRE ! Vous qui nous avez honorés de votre confiance; merci à vous et à toutes les équipes

Previous recipients include the Dalai Lama, Cornelio Sommaruga former ICRC President and Adolf Ogi, former Conseiller Fédéral and special adviser to the UN Secretary-General

Fondation Etoile Filante

In 2016/17 we contributed to the Swiss Foundation **Etoile Filante** which brings joy and leisure activities to children and adolescents who are ill, handicapped or who live with the consequences of a serious accident. Our donation went to financing a number of “*Cartes Etoile Filante*”, which give the child and family free access to museums and excursions in Switzerland.

We received the following Christmas message:

Toute l'équipe Etoile Filante est heureuse des magnifiques moments vécus et partagés tout au long de 2017 et vous souhaite de joyeuses Fêtes et beaucoup de bonheur pour la nouvelle Année.

Baan Dek

In 2016/17 we contributed to the Baan Dek Foundation in Thailand which looks after the children of migrant workers from Myanmar and Laos who work on construction sites in Chiang Mai, Thailand. It ensures that these children go to school, are provided with access to health care and to a vaccination programme and much more.

We were very happy to learn that the foundation won the **2017 MIT SOLVE award for Social Innovation** for the creation of digital applications that can provide disadvantaged children with the opportunity to learn life skills in support of their access to health, education and safety (prevention of mosquito-borne diseases, child protection), as well as soft skills that will strengthen their ability to learn and grow (value of learning, diversity over discrimination). By analysing children's use of the app through embedded monitoring, learning achievement outcomes can be measured and possible needs for e-learning extensions such as literacy and numeracy can be determined. This scalable project could reach very large populations of children with essential knowledge and positive values that will greatly expand their opportunities to thrive socially, professionally, and economically in the future. It will be possible to replicate and tailor for many different populations of marginalized children throughout the world.

By the time you read this we will have presented the 2017/18 Swiss and International Charity Proposals to the IWCN board and hopefully will have been given the go-ahead! Stay tuned...

And while it is admittedly a little late we still take this opportunity to wish you a Happy New Year.

Claudia Martin-Stern and Roseanne Wildman, Co- Chairs, Charity Committee

We are sad to report the death of one of our members

Clare Martin has written this short article about Sue Lambert, her friend and the friend of many ladies in the Club.

Sue Lambert, a member of the IWCN for several years, sadly died at the Clinique de Genolier on 4 January, aged 71, after a short but devastating illness .

Sue and her husband Garry, who was with DuPont, arrived in Switzerland in the early 80s with their two teenage children. She worked initially at UNICEF and then from 1985 to 2006 at WHO in the Department of Family Health.

After her retirement Sue threw herself into as many activities as possible. She played golf, helped out at the bazaars, enjoyed yoga, reading, travelling and was a great cook.

To her friends, family and colleagues Sue was quite simply inimitable. Were you to ask any of them how they most remember her, for sure it would be her unstoppable and infectious sense of humour. She truly had the gift to light up any room.

She will be so missed by so many and our love and sincere condolences go out to Garry, Dom, Sarah and Colin and her three grandchildren whom she adored.

Welcome New Members

Christine Borgen

flyngblueturtles@yahoo.com 021 534 51 81

Originally from the USA, I joined my British husband in the ex-pat adventure, first in Bermuda, then southern Spain, and in 2004 we arrived in this region, first in France, Pays de Gex, and now Switzerland, around the Morges area.

I enjoy running, walking, bicycling, hiking, food, reading, experiencing nature-movies-music-dance-theatre-technology-sciences, learning about new places and people. (Well, to be honest, almost anything!)

As the saying goes, "home is where the heart is", this is home now, and so after many years, I decided it is finally time to make more social connections in the community. So, whilst I know many of you have been in my shoes, this is the first time I have ever joined such a group. I'm excited to meet you!

Marie-Lise Joulie

marie-lise.joulie@foncia.fr 0033 624 85 73 75

After a 20 year career in the private education sector, I took on a new professional challenge in real estate, working mainly with international clients in the south of France. I moved to the Nyon area in 2015 to be closer to my children and grand-children.

I am interested in hiking, qi-gong, golf, gardening and many more activities. I look forward to sharing those passions with other club members.

Sharon Watson

watsonsouteast@yahoo.co.uk 0033 450 28 79 82 / 0033 631 96 73 79

I have been a traveling spouse for the last 15 years and have been living in Vesancy for the past 6 years. My youngest child has just gone to university in the UK and I am now looking for some new interests. I love walking, shopping and socializing and am keen to improve my French. I have been previously very involved in the International Women's Club in Kiev and was the PTA president of my children's previous school. I look forward to meeting you all.

Lesli Bautz

bautz.lesli@bluewin.ch 079 584 66 40

I have been living in Switzerland since 1982 and have three grown children: I am an administrative assistant, translator and English teacher with a passion for IT. My hobbies are gardening, cooking, baking, artwork, sewing and travelling. I am looking forward to meeting new friends.

Patricia Kiralfy

patricia.kiralfy@gmail.com 079 656 16 42

We are a South African family that have lived abroad for the last 10 years. We have just moved to Switzerland from Singapore with our two boys, aged 16 and 13.

Hosai Kakar

786hosaikakar@gmail.com 077 917 5344 / 021 801 78 63

I arrived in Nyon in March 2015 with my husband and our two children. Our daughter, Sana is 11 years old and our son Isa 8 years old and they are at school in Nyon. I look forward to making friends in the area and to improving my French quickly.

Wendy Kuenzli Schaub

Wendyks@bluewin.ch 021 826 04 54 / 079 734 87 64

My name and my accent give a hint of my origins - American mother and Swiss German father who raised me in Connecticut, USA, until I went to study in England and eventually Geneva. Since then I have had a very dynamic and creative professional career working 20 years for US companies with HQs in Europe. I was mostly involved in marketing and my final position was as European Director for an IT company until I went independent in order to have a slower pace of life at home. I dabbled in property sales and other small projects to keep me active but also to have the freedom to travel with my semi-retired husband Kurt (Bernese).

As our two grown children and three grandchildren have just moved to the UK I need another project with a social angle and after 28 years in Romandy it's time for the IWCN.

Patricia Brice

bricep@wanadoo.fr 0033 450 41 6783 / 0033 611 17 40 52

I worked for WHO in Geneva from 1971 to 2003 with 3 years in Nepal from 1996 to 1999. My hobbies include mountaineering, hiking and watercolour painting. I have completed two years training as *conteuse*.

February Coffee Morning

Friday 9 February from 9h00 - 11h00

Les Fontaines Restaurant / Pizzeria, Chemin d'Eysins 45A, 1260 Nyon

Ladies! Join your coffee team for our first time at this new, fashionable and friendly restaurant for a hot drink and a croissant.

Parking is available in front of the restaurant or at Migros Portes de Nyon



Ana Williamson – Coffee Coordinator neveana6@hotmail.com

Christmas Coffee/Brunch

The IWCN Christmas started in fine style on 1 December when 73 ladies came to the Domaine des Biolles in Founex for what has become our traditional Christmas Coffee/Brunch. Thanks to Marilyn Deblue who warmly welcomed us to the beautiful *carnotzet*. Thanks also to Noriko Kojima who accompanied our seasonal sing-song, as you can see from the photograph here.



Special Events



It's time to put on your thinking caps and be prepared to be challenged by Quiz Master David Bramley once again.

Date: Saturday 10 March

Place: La Grande Salle, Nyon Catholic Church, Rue Colombière 18.
(a few minutes walk from Nyon train station or park in Perdtemps)

Time: 19h30 (Doors open at 19h00)

Cost: CHF15 per person to cover cost of rent and prizes

Please bring your own picnic - food, drink and glasses. We will provide water and some nibbles.

Make up a team of 6 with your family and friends and give yourselves a team name.

Send an email to Niki Low nikilow1@gmail.com with this information.

Register in the usual way making a payment to the Club account for Quiz Night.

Ophthalmology in Layman's Terms

Thursday 1 February from 17h30 to 19h30

George Briscoe, who is an Optician and Ophthalmic Instrumentation Specialist, will be giving a presentation on Ophthalmology in layman's terms, covering a wide range of topics including eye anatomy, cataract extraction with intraocular lens implant, procedure for glaucoma treatment and age-related macular degeneration. The presentation will include a short video of cataract surgery performed by one of the world's leading cataract surgeons with whom George has worked for more than 20 years.

Venue: Maison Fischer Prangins. Route de Benex 2, 1197 Prangins. Ample parking nearby.

Cost: CHF5 Nibbles and drinks will be served prior to the presentation.

Please email Yvonne Briscoe at ybriscoe@hotmail.com to reserve your place.

Solothurn, the town of Elevenes



If you take the train from Nyon at quarter past nine in the morning you arrive in Solothurn at eleven. There are eleven museums, fountains, chapels and churches and a clock with a dial that only shows eleven hours. Even the cathedral is built on the principles of eleven and the canton of Solothurn was the eleventh to join the Swiss Confederation.

Solothurn is a fine baroque town on the banks of the river Aare where Italian grandeur is combined with French charm. The French King's ambassadors' lived here from the 16th to the 18th centuries and have left behind a wonderful collection of baroque buildings that give a particular charm to the town. The old town is compact and a pleasant place to wander, with lots of interesting shops and *confiseries*. Along the banks of the Aare are several cafés and in summer it must be a delight to while away some time here. The staff at the tourist office in the middle of town are very helpful and have a free pamphlet with a city tour map in English.



When I visited, on a cold day in December, the Christmas market was in full swing with many local specialities as well as an Art Supermarket which takes place every year in winter from November to January and where young artists sell their works. Some are better than others but a great initiative and very reasonable prices. <http://www.solothurn-city.ch/en/events/main-events/18th-swiss-art-supermarket-in-solothurn.5567.html>

The town boasts eleven churches and I visited two. The most imposing is the Cathedral of St. Ursus which took eleven years to build (1762-1773). It stands on top of an Italian style staircase overlooking the old city and is constructed of light Solothurn marble. To continue with the eleven theme: the façade is three times eleven meters high, the tower measures six times eleven metres and the exterior staircase consists of three groups of eleven steps each. Inside all is light and lofty with an impressive high altar in the shape of a sarcophagus.



The almost more impressive Jesuit Church along the main street is constructed in uniform baroque-style with notable decorative Italian-style stuccowork inside. It is described as one of the most beautiful baroque buildings in Switzerland and is definitely worth visiting.

There are also some impressive museums and the Fine Art Museum stands out in my mind. The emphasis is on Swiss art of the 19th and 20th centuries with some lovely unusual Hodler paintings as well as Matisse, Van Gogh and Jean Tinguely. When I visited there was a temporary exhibition of Swiss National Dress which could have been interesting had it not all been described in German only. <http://www.kunstmuseum-so.ch/>

The other museum worth a visit is the Natural History Museum which is modern and well laid out with some interesting features, including some 150 million-year-old fossilised turtles from the town quarries and dinosaur tracks from nearby. It is a very tactile museum where you can touch and play with most of the exhibits. http://naturmuseumso.ch/app/uploads/2017/01/NMS_Flyer_engl_einzel-2.pdf

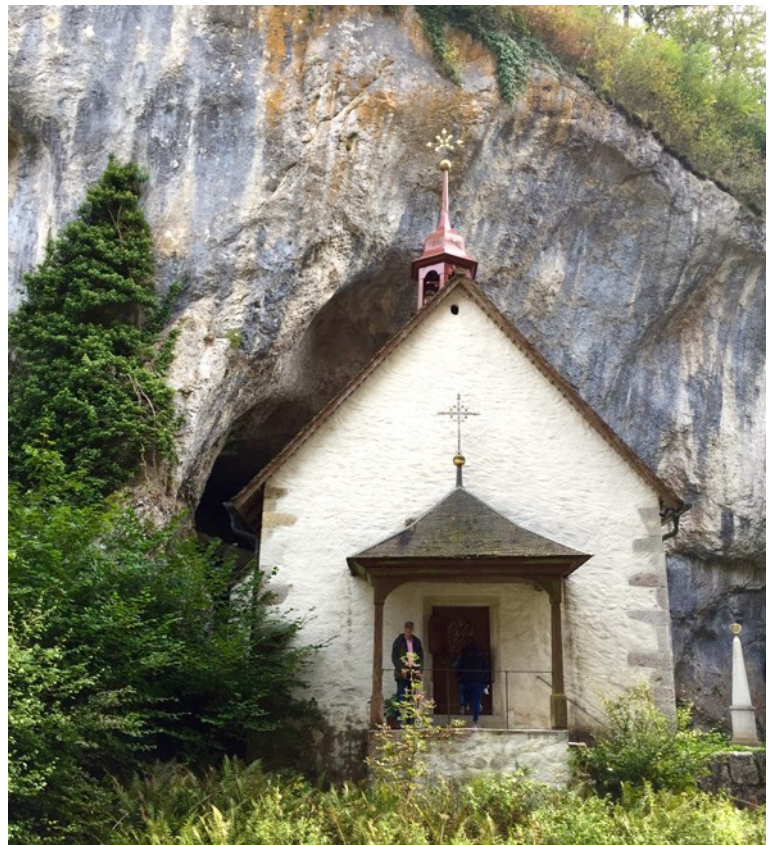
Should you have time on your hands, you might like to go for a wander in the nearby Verena Gorge to visit the Hermitage. It takes only 20 minutes to walk to the entrance of the gorge and then you continue your walk in a beautiful tranquil forest along good walking paths to the hermitage chapels nestled into the rocks. The hermitage has been in existence since the 17th century and features stations of the Cross from 1613 that were restored around 1990. It organizes cultural events such as guided tours, lectures and exhibitions in the Verena gorge, and also offers meditations in the hermitage.

You reach the entrance by following the signs for Einsiedelei or you can take bus no. 4 to Rüttenen, St Niklaus stop. The tourist information office has more information. <http://www.solothurn-city.ch/en/leisure-activities/hiking/verena-gorge-and-hermitage.1207.html>

I was not very hungry and had a modest lunch in the *confiserie/café* “Hofer” in the Gurzeltgasse which was very good. (You walk through the shop to the back where there is lots of space.) There are quite a few good restaurants if you want a bigger lunch, for example: located right on the river at the entrance to the Old Town is the “Solheure” which offers good food in a fun multicultural atmosphere. Or else The Wirthen Guildhall in the heart of the Old Town serves contemporary cuisine in a wood-panelled dining room that retains its original Renaissance feel.

To finish off the eleven theme for your day, you might like to drink a cold local Öufi-Bier (the German translation of eleven-beer) before you leave.

Text and photos by Tineke Elgersma



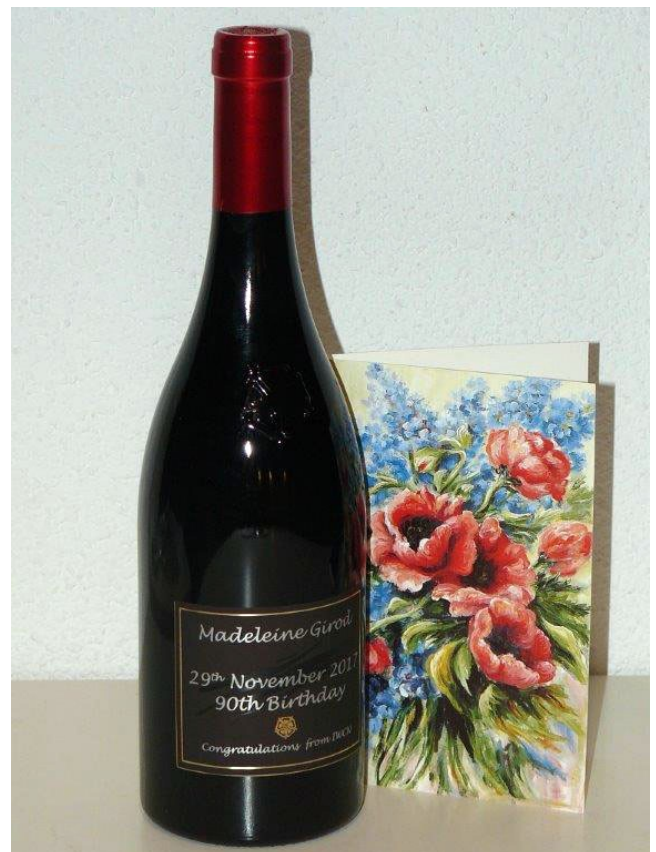
Happy Birthday



On 29 November 2017 Madeleine Girod celebrated her 90th birthday with her family. The following day it was very cold and, despite a bitter wind, Sheila Nicolet, Mary Kehrli Smyth and Sue Mills received a wonderfully warm welcome to Madeleine's lovely home when they called to congratulate her on this very special milestone.

Our gifts of flowers and a personalised bottle of wine were gracefully received. We then spent a most interesting hour or so as Madeleine recounted various snippets relating to her life and travels.

Madeleine is now an Honorary Member of IWCN.



ACTIVITIES

Activities in February

Les Amies du Mardi

Tuesdays

09h30

The activities of Les Amies du Mardi will be as follows :

6 February : Visite avec dégustation Niels Rodin, Agrumier, Borex

27 February: Conférence Chris Christoph chez Sheila Nicolet

For more details please contact

Chair: Sheila Nicolet 022 361 43 49

Coordinator: Ursula Combes 022 366 00 36

smnicolet@bluewin.ch

ucombes@bluewin.ch



Exploration in Conscious Living

monthly

Tuesday 6 February

14h30-16h30

We will meet on **Tuesday 6 February** in Crans-près-Céligny to discuss chapter 5 of our new book for the year

'Polishing the Mirror' by Ram Dass.

Newcomers are very welcome to attend a meeting at any time, with no commitment, then decide if they would like to join the group for monthly meetings which are held on the first Tuesday of the month from 14h30 - 16h30.

Please contact Solange or Stephanie for more information

Leader: Solange de Marignac 022 776 23 57

Coordinator: Stephanie Reisgies 079 126 44 27

solangedm@bluewin.ch

stardust@northrock.bm

Thermal Bathers' Group

Wednesday 14 February

Les Bains de Saillon

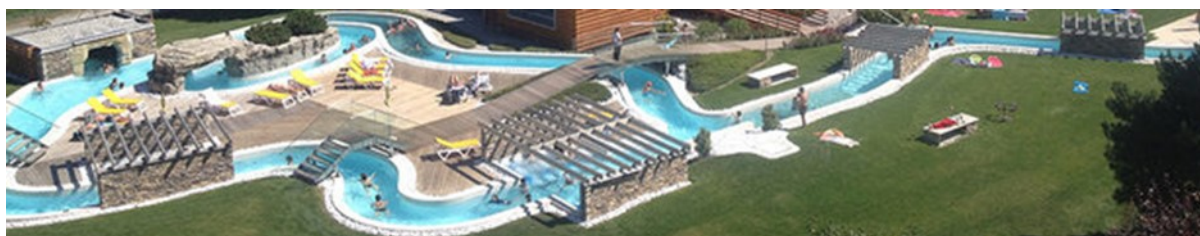
Our February outing will be to the Bains de Saillon. Saillon offers a wide range of facilities: one indoor and two outdoor thermal pools with the usual sprays and jets, there is an outdoor semi-Olympic sized swimming pool. There is a beautiful pavilion area with saunas and a Turkish bath. The newest attraction is a thermal river which winds its way through a jacuzzi cave and past massage beds, propelling you along with its current. You can see more information on www.bainsdesaillon.ch.

We'll meet to car pool at the Signy Centre Car Park Level 3 by the exit at 8h30. The journey takes about 80 minutes and the fare per passenger is CHF20. Entrance fee is CHF26 (AVS: CHF21). Approximately 3 hours in the pool followed by lunch. We aim to be back at Signy by 16h30.

If you would like to join us please send me an email and let me know if you are willing to drive

Joy Waelchli

joy.waelchli@bluewin.ch



Activities in February

Scrabble games

Second Wednesday of each month

14h30-17h30

Wednesday 14 February . We start at 14h30 and end around 17h00 - 17h30. We meet at the Migros Restaurant on the first floor of "La Combe" Commercial Centre in Nyon.

For any additional information on joining or other enquiries contact:

Maya Marcus

079 374 11 16

maya.marcus1@gmail.com

Music Appreciation Group

Thursday 15 February

chez Maria Voermans

14h00

This month Joan Gunby will give the next of her excellent presentations on the History of Opera. She will concentrate on German and French composers of the 19th century. Members who wish to attend are kindly asked to send an e-mail to Maria with copies to Pauline Goodyear and Christina Wasmer to inform them before 8th February. Places are limited to the first 18 to reply. Further details will be given by Christina in a reminder e-mail.

For information on joining the Music Appreciation Group, please contact Christina or Pauline.

Maria Voermans

mwj.voermans@bluewin.ch

Christina Wasmer

0033 078 323 52 98

christina@wasmer.ca

Pauline Goodyear Jones

022 361 48 25

paulinemgoodyear@gmail.com

Radiant Heart Qigong

Wednesday 28 February

Maison Fischer Prangins

16h00-17h00

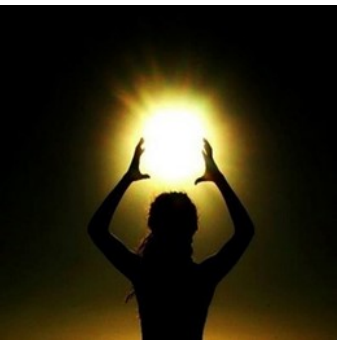
Radiant Heart Qigong teaches a series of graceful, flowing movements that combine meditative stillness and motion. These practices deepen "presence awareness" through physical and energetic alignment and instil a harmony of well-being and balance.

These ancient practices of health and longevity have been developed in Taoist and Buddhist environments to bring well-being and balance. Qigong empowers people with calm clear energy, strength and vibrant health – bringing peace to the body, heart and spirit. Contact:

JoAnne Freeman

076 376 66 92

freeman@swimupstream.ch



Morning Book Discussion Group

Friday 23 February

chez Vreny

10h00

'The Japanese Lover' by Isabelle Allende

We will be discussing 'The Japanese Lover' by Isabelle Allende.

In 1939 as Poland falls under the shadow of the Nazis, young Alma Balasco's parents send her away to live in safety with an aunt and uncle in their opulent mansion in San Francisco. There, as the rest of the world goes to war, she encounters Ichimei Fukuda, the quiet and gentle son of the family's Japanese gardener and unnoticed by those around them, a tender love affair begins to blossom. Following the Japanese attack on Pearl Harbour, the two are cruelly pulled apart as Ichimei and his family, like thousands of other Japanese Americans, are declared enemies and forcibly relocated to internment camps run by the US Government. Throughout their lifetimes, Alma and Ichimei reunite again and again, but theirs is a love that they are forever forced to hide from the world.

As usual, please let me know if you are coming.

Vreny Bessède

022 369 24 91

bessedefamily@bluewin.ch

Friday Walkers

Fridays in February

weekly

9h30

2 February Jo Perry

9 February Maureen Morel

16 February Isobel Shaw

23 February to be arranged

For any additional information on joining or other enquiries contact:

Claudie Wetzel

022 364 28 47

wetzel4@bluewin.ch

Dinah Roberts

022 776 63 18

dinah.roberts@gmail.com

Heather Pashley

022 366 70 36

heather.pashley@hotmail.com

Garden Group 1

14h00-16h00

Tuesday 13 February

Tuesday 27 February

For any additional information on joining or other enquiries contact:

Carmen Dominik

carmen.dominik@gmail.com

<>

Keen Readers' Group

monthly

Friday, 14h00

Friday 23 February

The book for February, originally written in Spanish, is 'Thus Bad Begins' by Javier Marías. Madrid 1980, five years after Franco's death, Juan de Vere takes a job assisting Eduardo Muriel, a film director in the twilight of his career. Muriel is eccentric but charming, an irresistible idol for Juan. But certain people, and forces, loom, among them Beatriz, Muriel's difficult wife; and Dr. Jorge Van Vechten, a mysterious figure implicated in unsavoury rumours involving Muriel. As Juan digs deeper into all three of their lives, the deceptions and loyalties he begins to uncover will change the course of his young life. 'Thus Bad Begins' is an ambitious, sweeping novel of a young man and his country, and of life in the wake of a dictator's reign.

Our hostess is Joan Gunby. Members of the group who have read the book and want to come to the discussion should let her know at least several days beforehand, preferably by email copied to me, Gill Fraser.

Joan Gunby

022 369 31 95

igunby@bluewin.ch

If you are interested in joining the Keen Readers, please contact me:

Gill Fraser

0033 450 20 70 31

gill.fraser@wanadoo.fr

Ski Evasion Mt. Blanc

Thursday 8 and 22 February

Full Day



Ladies, The first snow has fallen in the Mont Blanc Ski Evasion area so I am hoping for a bumper snow year so that we can enjoy some amazing skiing together. This group is intended for good intermediate and advanced skiers. Starting on Thursday 8 February and continuing every two weeks throughout the season, my aim is to cover some beautiful ski areas, tailor the day to the skiers attending and enjoy a lovely lunch on the slopes.

I have a list of skiers so if you would like to join the group please let me know. The location and time of meeting will be dependent upon the snow conditions and I will email the group beforehand with the details.

I look forward to some fabulous blue sky ski days!

For any additional information on joining or other enquiries contact:

Denise Stewart

0033 669 04 46 69

denisestewart58@gmail.com

Armchair Adventures - Wednesday 7 February

From Syria to Cyprus: past crusades and present conflicts by Pamela Harris

When the Holy Land was captured by Turks in the 11th century, Christian knights from Western Europe set out on a crusade to win it back. The resulting conflict lasted for 300 years, during which large castles were built for defence. The knights' journeys took them to Syria and Cyprus, where present-day conflicts have erupted with the same ferocity.

Pamela was lucky enough to travel to Syria in 2010 and to visit the crusader castle of Krak des Chevaliers, the desert city of Palmyra, and the towns of Damascus, Aleppo and Homs. Less than a year later civil war broke out, destroying many of the buildings she will show in her photos.

Cyprus has been the scene of conflict over the centuries, the most recent resulting from the Turkish invasion of 1974, after which the island was divided. On her visit in October Pamela was able to witness how the inhabitants on both sides have coped with a divided land, and to see some of the more spectacular sites of the island: the dramatically situated crusader castles in the North, and the beautifully painted Byzantine churches of the Troödos Mountains in the South.

Venue: Chez Deborah Powell, 10 chemin de Chantebise, Commugny

Time: 18h00 (doors open at 17h30 for drinks and nibbles). We request a small donation to cover costs.

Kindly RSVP to both Jean and Isobel if you would like to attend.

masondavids@gmail.com, isobelshaw@mac.com



The desert city of Palmyra, Syria



Crusader castle of St Hilarion, Cyprus

Photos by Pamela Harris

Genealogy

The genealogy group met on 10 January, for our first meeting of 2018. We took some time out from working on Family Histories to celebrate Yvonne Briscoe's birthday.



Clockwise: Yvonne Briscoe, Moira Muller, Pauline Goodyear, Jo Topping, Sandra Hails, Elisabeth Piskolti, Rosemary Kohler,

Music Appreciation

Photo by Caroline Johnston



For our December meeting, we met at Angelina Brandon's lovely home. We all chose a piece from one of our favourite CDs. There was a wonderful range of music, from medieval carols such as 'Here we come a-wassailing', to 'Adeste Fideles', 'Schubert's Ave Maria', and a folk song about St Nicolas. We had tea with delicious cakes and pastries. It was an excellent start to the festive season for us all.

From left to right, Angelina Brandon, Jocelyne Loney, Roberta Nordmann, Pauline Goodyear, Esther Devine, Christina Wasmer, Rosemary Billinge, Anne-Marie Delaune and Joan Gunby.

English Conversation

Helen Taylor welcomed our group in her home and we all enjoyed having time together before the Christmas break to chat and share some seasonal goodies .



From left to right: Emiko Rode-Shibata, Maryvonne Struna, Rita Grunberger



From left to right : Helen Taylor, Martine Jarraud, Jill Bolingbroke

Cookery Club

We had a pot-luck lunch in a warm joyous Christmas atmosphere at Mabel's house on Friday 15 December.



From left to right: Susie Guignard, Lieselotte Bossert, Nazha Aschenbrenner, Maria Milzow, Mabel Richtering, Deborah Mckenna, Bridget Coddington, Martine Jarraud

Hostess : Mabel Richtering

Photo by : Sumiko Pol-Matsuo

Shutterbugs

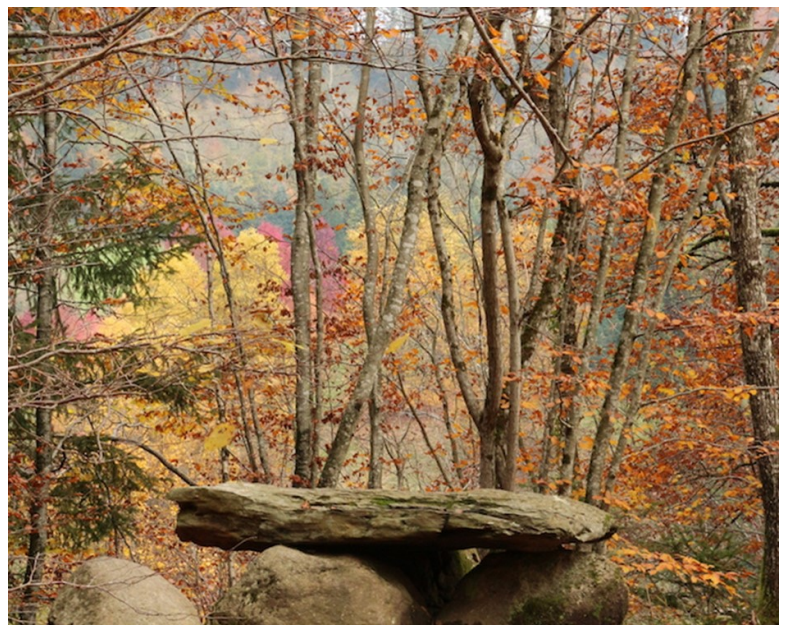
Our theme for November was 'Seats'



It's Cold - Caroline Johnston



Air Chairs - Tineke Elgersma



Ramblers Rocky Rest - Beverley Bartle



Pick a Seat - Kathy Trefalt