



# *The Grapevine*

NEWSLETTER OF THE INTERNATIONAL WOMEN'S CLUB OF NYON

September 2018, Issue No. 277



*AUTUMN by Debbie Keefer*

## Mark Your Calendars

Tuesday 18 September

Activities Fair & Coffee Morning

9h30 - 11h30, Salle Communale, Chésereux

Wednesday 26 September

Kick-Off Brunch

11h00 - 14h00, Bois Bougy Farm, Nyon

## From The President

What have you been doing over the summer? I hope it's been a happy one, whether you have stayed en Suisse or been gallivanting around. Keeping cool has been my priority, although living up in Le Muids meant that it was often 3-4 degrees cooler than down on the plain. A visit from my younger son and his lovely girlfriend coincided (quite deliberately!) with Paléo, so we all spent a couple of happy nights there. Apart from that there have been a few Club things to get the ball rolling.

For those of you who have been or still are involved with the general day to day running of this Club, you will know that Summer doesn't necessarily mean time off. The new members of the Board, Kate and the two Louises, have all had time with their departing counterparts, the two Helens and Ana...and of course Janet has spent quite a few hours with me. A huge thank you to all of them for their time during this handover period.



We had our first Board meeting chez moi early July, and with true dedication all the Board attended. I am delighted that Claire Wood has been elected as Vice-President. What a relief for me to know that she will take over if I am missing in action for one reason or another. At that meeting we ratified Committee Chair people, nominated Board reps to those Committees and were presented with long lists of members of all the teams that help to run this Club. When you get your new Directory, just open the first pages and look at the huge number of active members...and this doesn't list all the activity leaders. I am sure your name has been there if you have been a member for a few years!

Rosemary Kohler and her team have sent off this year's Directory to the printer. It's a huge task and a relief when completed. Claire has also had a huge contribution to make to this publication. On a lighter note, in discussions with Kay Bond, we have tried to choose a 'Spring' colour for the cover so that every time you use the Directory you will be reminded of the Spring Fair next March.

As you know, one of the highlights of the beginning of the Club year is to get to the Activities Fair and put your name down for a few activities. Rose has spent more time than you could imagine getting this organised. At the Activities Fair we are going to 'Launch' the new name badges, a great initiative of last year's Board....I can hear some of you wondering a little about how these are going to benefit us but perhaps you will be more convinced as we use them more and more. For instance, the Activities Fair is a members-only event, so your new badge will be the only way of identifying that you are a Club member. Those of you who drive...just store them in your car so you have less chance of leaving them at home. It's up to you if you wear them but sometimes it will be necessary and most of the time, helpful.

We will distribute these name badges when you come to sign in at the Activities Fair. If our Directories have arrived, we also intend to distribute them at the Fair. If you can't make it they will be posted out.

I was invited to a Special Events Team meeting during the summer. Ruth has a great team and they have some good ideas that they are working on for us for the coming year.... a few tried and tested events and maybe something new. Hopefully you can join us for the first event, the Kick-Off Brunch on 26 September. See details on page 5.

I am delighted to be heading up the Club for the next year and will try to go to lots of events, activities etc. I have been at a bit of a loose end some days during the summer, but Stitchers has continued, so I have at least had my Thursday afternoons occupied.

If you have feedback or suggestions, then email me at [president@iwcn.ch](mailto:president@iwcn.ch). I tend to respond quickly to emails but if you want a chat then my number is in the Directory.

See you soon

*Celeste xx*



# Board Members 2018 - 19



President  
Celeste Shadie



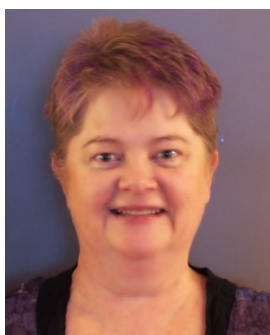
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Activities Coordinator  
Rose Lecoultre



Editor  
Kate Le Strange



Coffee Coordinator  
Louise Robson



Membership  
Secretary and Vice-  
President  
Claire Wood



Special Events  
Coordinator  
Ruth Zamboni



Welcome & Sunshine  
Coordinator  
Sue Mills

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## Assistant Editor wanted

Elise Jeuni, our former Assistant Editor, is now one of the Digest Managers, so we're looking for a new Assistant Editor for

### ***The Grapevine***

If you are interested, please speak to either  
Kate or Celeste at the Activities Fair  
or contact: [editor@iwcn.ch](mailto:editor@iwcn.ch) or [president@iwcn.ch](mailto:president@iwcn.ch)



Printed by l'Espérance,  
Institution for the Handicapped, Etoy.

# Welcome New Members

## Danneka Halverson

danneka.halverson@gmail.com

079 122 22 59

Before relocating to Nyon with my husband for his job, I worked as a paediatric Speech-Language Pathologist at a private practice clinic serving children with autism and other developmental disabilities.

I am an enthusiastic and outgoing Midwesterner who loves cooking, reading, physical fitness (3x marathon runner), art, being outside, and spending time with my husband Alex and our "fur baby" Beau, a labradoodle. Our first real baby was due on 1 August; Swiss National Day, however, Zoe Bell Halverson decided to wait a bit and only arrived on Sunday 5 August.

## Christine Swan

cmswan@bluewin.ch

079 659 70 08

I've been living in Switzerland for over 20 years, initially working in the pharmaceutical industry and latterly as a mum. My kids are nearly grown and will be flown in a couple of years and so it's time for me to start yet another life!

I love walking the dog, taking photos of the things we see whilst out on those walks, knitting, reading, learning new things, meeting new, interesting people, going to the cinema, music, life in general.

## Ann Bergeron

bergeronann4@gmail.com

079 858 76 72

I was born in Quebec and have lived in Toronto, Canada; Connecticut, California; and most recently in Nevada, USA before moving to Nyon. I love to be outdoors, I play tennis on a regular basis and I have two little dogs that I walk every day. I like cycling, swimming, hiking and skiing. I also enjoy cooking, reading, gardening and socialising.

I would like to learn other languages, meet some new people and quickly get busy in Nyon.

## Madeleine Levine

mado@netplus.ch

022 362 60 60 / 078 615 13 15

I was born and studied in Lausanne. However, I have lived, worked and travelled in a number of countries and married an American. I speak French, English, German and Italian. My interests include creative activities such as restoring old furniture, painting on china, to mention just two.

## Joanne Palmer

Jozzpalmer@gmail.com

079 616 74 29

My husband Ben and I have two grown up sons and we moved from Windsor in the UK to Nyon 12 years ago. I also have two dogs which I enjoy walking.

## Yulia Averyanova

averyanovajulia@gmail.com

022 565 30 40 / 079 858 27 15

I am Russian mother tongue but also speak English and French. I have two children, aged 7 and 13. I do not work and so I am able to look after the children. I'm a socially active woman and enjoy painting, reading, fitness, walking, cooking, being with friends and traveling. I take part in several committees in Nyon.

# Welcome New Members continued

## Joan Lambert

[lambertj2008@hotmail.com](mailto:lambertj2008@hotmail.com)

021 828 30 75 / 079 943 70 18

I was a member of IWCN a long time ago at which time I accompanied the choir and was on the excursions committee. Last year I walked the St Francis Path from Florence to Rome (500km in a month) as well as part of St James Way in Germany at Easter 2017. So with retirement I am exploring all the possibilities free time allows.

## Sedef Duru

[sedefduru@yahoo.com](mailto:sedefduru@yahoo.com)

021 652 82 25 / 079 697 97 86

I am an interior designer and art lover and have been living in Switzerland since 1999. I love meeting new people and creating beautiful spaces!



## Kick-Off Brunch at the Bois Bougy Farm, Nyon Wednesday 26 September 2018, 11h00 - 14h00

**Come and enjoy a homemade brunch at the Bois Bougy Farm.** <https://goo.gl/maps/qxXp9df4uJC2>

Includes: Meüsli, cheeses, cold cuts, scrambled eggs, rösti,  
and refreshments including juices, water, coffee & tea.

**COST CHF 37** per person to be paid by Wednesday 18 September.

We are limited to 50 people for this event, so it will be on a first-come first-served basis. See page 6 in this Grapevine for details on how to pay. Locally produced wine will be available at CHF3 per glass.

Parking is available at the farm.

Please contact **Maura Murphy, Special Events Team** ([maura.murphy@bluewin.ch](mailto:maura.murphy@bluewin.ch)), to advise of your intention to attend and then follow up with a bank transfer.

Please note that confirmation will be given on receipt of payment.

# 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](mailto: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](mailto: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](mailto:lecoultrrose@hotmail.com)) and any other articles to Kate Le Strange ([editor@iwcn.ch](mailto: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](mailto:digest@iwcn.ch).

# Activities Fair

Tuesday 18 September

9h30 — 11h30

Salle Communale, Chésereux

The Activities Fair provides members with an opportunity to meet the activity leaders, learn more about their activity groups and sign up for new groups. You can sign up to join groups on that day but it is not a 'Registration Day', so you can contact leaders and join a group before the Activities Fair or at any time during the year, if appropriate and if there are places.

<https://www.google.ch/maps/@46.4011955,6.1700153,17z>

**Parking:** Salle Communale, Chésereux or at the Pool which is very close by and well-signposted.

Most of the group leaders will be there and will be pleased to tell you more about their activities. This is especially useful for new members but it is also a busy and sociable occasion when many members enjoy getting together for a chat over a coffee and patisserie offered by the Club.

The Activities Fair is combined with the

**Club Coffee Morning for September.**



**Please be aware that the Activities Fair is for members only.**



## Book Sale at the Activities Fair

After last year's success, The Charity Committee is once again organising a sale of second-hand books at the Activities Fair. Members are invited to donate **one** carrier bag of books (in excellent condition of course) on the morning of the Activities Fair. All proceeds will be added to the funds that the Charity Committee can allocate to their chosen good causes. Why not make room on your shelves for some new books to enjoy reading by the fire during chilly autumn and winter evenings?

## IWCN Spring Fair joins the Activities Fair

Take advantage of the IWCN Activities Fair on 18 September to find out all about the **Spring Fair**, to be held in Nyon on Saturday 9 March 2019.

Bring your coffee over to the Spring Fair table and chat with the team about the 17 stalls currently planned, and which one you might volunteer to help. Maybe you've even got an idea of your own?

We are especially reaching out to newer members, as this is a super opportunity to meet new friends, have a lot of fun, and generate support for the vulnerable and needy in our communities.

If you cannot attend the Activities Fair, send us an email and we'll forward you the latest list of stalls. Even if you're not there next March, sign up to join in the preparations. We look forward to meeting you!

**Kay Bond: [springfair@iwcn.ch](mailto:springfair@iwcn.ch) or [bond.kay@gmail.com](mailto:bond.kay@gmail.com).**



# Day trip to Avenches – 24 May 2018

Story and Photos by Rosemary Kohler

The IWCN Special Events Team organised a very interesting and varied outing to Avenches on 24 May 2018. The Roman town of Avenches was established just after the birth of Christ and was known as Aventicum. At one time, it had a population of approximately 20,000, had 7 temples, and was the capital of Roman Switzerland.

The remaining extensive Roman ruins at Avenches include the Amphitheatre, where gladiator and animal battles were held. The gladiators were slaves who had no rights, but when a gladiator won a battle, he would receive some money which he used to buy his freedom and later to buy houses. After the last expansion, the Amphitheatre could seat 16,000 spectators.

In the 11<sup>th</sup> century, the Bishop of Lausanne built the tower which sits on the eastern edge of the Amphitheatre. This is the location of the Roman Museum which houses many artefacts including statuary and mosaics. The mosaics depict gods and the culture of the time.

A horseshoe-shaped theatre was built in the 2<sup>nd</sup> century, with a capacity of 12,000. Comedies and tragedies were performed on a relatively small stage.

Between the Amphitheatre and the theatre was the Cigognier Temple, so named because a stork had built a nest on top of one of the pillars. The nest was removed in the late 20<sup>th</sup> century to protect the pillar.

During the Roman period, an image of the Emperor's head appeared on the coins. These coins were important to the Helvetii men, as they used them to emulate the Emperor's hair style and beard.



*Above: Ampitheatre at Avenches*

*below Left: Cigognier Nest; Right: At the Roman Museum*



The Romans taught the local Helvetii how to use stone as a building material. Prior to this, wood was the main building material. Stone for the buildings was cut from the Jura Mountains near Neuchâtel.



*Above: enjoying a ride in a horse-drawn wagon*

*Below: historical harnesses at SNSF*



After a delicious lunch at The Paddock, we toured the Swiss National Stud Farm (SNSF). We observed exquisite craftsmanship in the form of harnesses and landaus, some of which were more than 100 years old. One landau in particular was built in 1800 and came to Switzerland with Napoleon. The SNSF also provides training for classical riding and carriage driving. The riding arena was built in 1908 in the style of Gustave Eiffel, using rivets to secure the steel framework.

The SNSF was established in 1898. During the first 100 years, the SNSF focused on horse breeding. Today the breeding activities focus on the Franches Montagnes breed, which is the only remaining native horse breed in Switzerland. The SNSF owns more than 50 Franches Montagnes stallions. On the day of our visit, more than half the stallions were attending to their duties throughout Switzerland. Breeders also have access to frozen semen, which is stored in the large sperm bank at the SNSF.

Although the breeding program remains important, the SNSF is also involved in research and education. Specialists such as agronomists, biologists, veterinarians, and others conduct research on horse breeding, reproduction, health, husbandry, behaviour and the economic aspects of equine husbandry. Owners, breeders, yard managers and others involved in the industry have access to

the SNSF's equine specialists, who provide support and impartial advice. The veterinary service at SNSF is part of the Swiss Institute of Equine Medicine at the University of Bern.

A horse and carriage ride through the countryside was a relaxing end to a very informative day.

## Coffee Morning 11 June 2018

Held at the Domaine des Avouillons, Gland, Stéfanie Baumgartner provided tours around the farm, including the farm shop. Once it began to rain we sheltered under the eaves of the farm buildings, enjoyed coffee and some farm produce, and welcomed new members.



## Recipe from the Cookery Group

### Spanakotiropita - Spinach and Feta roll

Greek recipe by Susie Guignard

**Ingredients:** 500g frozen spinach - chopped , 1 bunch parsley - chopped, 1 onion - chopped  
2 eggs - beaten, 200 Feta - crumbled, 100g Ricotta, 2 tb dill, pepper, salt,  
5-6 leaves Filo pastry, 50g butter.

**Method:** Combine all ingredients up to salt and set aside.  
Melt 50g butter with 2 tbs water in microwave. Paint on Filo leaves and layer.  
Spread spinach mixture along one long edge and roll. Seal edges.  
Bake at 180°C for one hour.  
Optional: 2 more eggs, less ricotta, more or less herbs and fresh spinach.

## End of Year Lunch – 20 June at Pré-aux-Veaux

The weather was perfect on the day of the End-of-Year lunch when 31 ladies made the drive up through the Jura to the idyllic setting of Pré-aux-Veaux. The drive itself was peaceful, past fields and forest, with the typical fir trees of the Jura and cows grazing amongst them. We were pleased that even those who got lost along the way made it to the restaurant.

The welcome drink and lunch were pleasant. Musical entertainment during lunch was provided by Vreny Bessede, Ursula Klein, Marie-Claude Stetzenmeyer, Ruth Zamboni and Ursula Zehnder, who sang and yodelled some real Swiss songs, learnt at school many years ago.

Lunch was served in a big barn with many large cowbells hanging from the ceiling. These bells are used when the cows are led up the into the mountains to feed on summer pastures, and then again when they are led down to their winter quarters in the village. It is quite a procession in spring and autumn.

Many thanks to the Special Events team for making the arrangements.



Photos by:

Above - Janet Brown

Below - Ruth Zamboni



# ACTIVITIES

Welcome to the new Club year!

Welcome back to a new Club Year! In each September edition of The Grapevine we provide you with a comprehensive listing of all the activities available to our Club members this year. New activities have started and old activities have ceased but there are still many varied groups for all to enjoy. I hope this 'special edition' will inspire you to try new hobbies and make new friends!

## Activities Overview

The following pages will give you details of ALL the available activity groups, arranged according to the day of the week and time they take place with occasional activities at the end. The information about each group is quite detailed and this will not be repeated each month. It is to help you to decide if a group is for you.

This issue of the Grapevine will remain available for your reference throughout the year on the IWCN website [www.iwcn.ch](http://www.iwcn.ch) under Latest Grapevine, 'Sept\_2018'.

Following the overview, there are two further sections:

**Activities in September:** What is happening for that specific month.

**Reports on Activities:** A report of something special that has already happened, often with a few photos.

## Activities Fair **Please see page 7 for full details.**

The Activities Fair provides members with an opportunity to meet the activity leaders, learn more about their activity groups and sign up for new groups. Here are the details about this year's Annual Activities Fair.

**Tuesday 18 September                      9h30 to 11h30                      Salle Communale, Chésereux**

**Parking:** Salle Communale, Chésereux or at the Pool which is very close by and well-signposted.

You can sign up to join groups on that day but, for the benefit of new members, I should make clear that it is not a 'Registration Day' as such and that it's possible to contact leaders and join a group before the Activities Fair or at any time during the year, if there are places.

This event is combined with the **Club Coffee Morning for September.**

**Please be aware that the Activities Fair is for members only.**

I hope you enjoy reading these Activities pages and making your choices.

With best wishes

**Rose Lecoultrre**, Activities Coordinator    079 191 58 03

[lecoultrrose@hotmail.com](mailto:lecoultrrose@hotmail.com)

# Activity Leaders Wanted



Do you have a skill that you could share with other Club members? Now is the time to come forward. Groups for physical activity are always in demand and we don't have many at the moment. Could you offer **yoga, aerobics, running** or **low impact exercise**? Could you help other members to **learn another language** or improve their **computer skills**. And of course we are still looking for someone who could start the **choir** again. More groups for mutual support for those with **chronic health conditions** such as the migraine support group might also be helpful.

Remember that it's possible to share group leadership to lighten the load and lessen the commitment.

We all love taking part in the Club activities, but we need your ideas and your offers of help to keep our list long and varied.

If you have any particular talent and have time to share it, please get in touch with

Rose Lecoultre [activities@iwcn.ch](mailto:activities@iwcn.ch) and Celeste Shadie [president@iwcn.ch](mailto:president@iwcn.ch)

## New Activities

### Finance Group

Gland

21 September 17h00 - 18h30

The mission is to help group members to improve their lives. Each meeting is run by one of our members on a volunteer and rotating basis. The meeting organiser would be responsible for selecting the topic, organising the agenda and nominating speakers from within the group. Occasionally we plan to have guest speakers come in and share their expertise with us.

Please call me for additional information.

Tatiana Harbutt

078 842 71 43

[tatiana.harbutt@sicg.com](mailto:tatiana.harbutt@sicg.com)

### Psychogenetics Next Level

Gland

12 October, 17h00 - 18h30

From here to greater happiness or how to change your life for good. Develop your hidden power to make decisions, to solve problems, complete what you start and reach your goals. Only 2% of the population set goals, according to statistics. And only 32% of those who set goals achieve them. Activate your goals through a group coaching session.

Please feel free to call me for additional information.

Tatiana Harbutt

078 842 71 43

[tatiana.harbutt@sicg.com](mailto:tatiana.harbutt@sicg.com)



## Tuesday Activities

### Nordic Walking

**weekly**

**9h00**

Nordic Walking is FUN and HEALTHY. People of all ages, shapes, sizes and physical fitness levels can do it. It is a gentle and effective total body work-out, at your own rhythm and speed. It does wonders for the fitness of mind, body and soul, exercising in fresh air, year round, with friends old and new! Nordic Walking poles are recommended, but NOT obligatory! No Nordic Walking experience is necessary. WE ALWAYS WELCOME NEW MEMBERS!.

We meet all year round (even during holidays if anyone feels like it) on Tuesdays at the Chésereux School Car Park on Route de la Poste in time for a prompt departure at 9h00. The circuit, on farm roads and through the Bonmont Golf Course, is about 5.5 km and takes around an hour, with everyone walking at their own pace. We are usually 10 – 15 walkers and people come as and when their schedules permit. Suitably clad, some of us brave all weathers. As they say, there is no bad weather only inappropriate clothing.

We generally finish off with a drink at the Chésereux swimming pool café, a further chance to continue chatting with friends. You may even feel like a dip in the pool yourself!

If you would like more information or details on getting to the car park in Chésereux, please contact Brita.

Brita Baker

022 363 19 30

[bakerb@bluewin.ch](mailto:bakerb@bluewin.ch)

### Jura Downhill Ski Group

**weekly**

**9h45-12h00**

This group is aimed at **intermediate skiers**. We meet every Tuesday, weather permitting, at 9h45 at the lift station at Les Jouvencelles or somewhere similar and usually ski until 13h00 and have lunch before making our way home.

As we did last year, we aim to offer two-hour group lessons with ESF for the first four weeks of January for those that would like it. It will be necessary to commit and pay for lessons, in advance, in December. The lessons will be dependent on numbers. Information will be available as we get closer to the season.

Skiers will also be required to purchase a half-day or full-day ski pass, depending on the amount of time they plan to spend on the slopes. Season tickets are also available.

Transport will be by carpool from a central location in Nyon, or participants can make their own way to the resort. This activity is also open to skiers who don't require lessons but would like the company of others skiing at a similar level. Ski dates will continue after the series of lessons, and may include trips to resorts further afield. Further details will be available as the start of the season approaches. Contact Jill or Jane to register your interest.

Jane Dossett

079 912 92 46

[jane.e.dossett@gmail.com](mailto:jane.e.dossett@gmail.com)

Jill Hutton

078 674 24 75

[jilldhutton23@gmail.com](mailto:jilldhutton23@gmail.com)

### Les Amies du Mardi

**weekly**

**9h30-11h30**

The aim of Les Amies is to help improve members English or French in a friendly and relaxed atmosphere. We usually meet in members' homes for a programme organised by a member of the group in either language and on any subject. We have outside speakers, slide-shows and fun discussions, as well as visits to local sites and museums. If you would like more information please contact:

Sheila Nicolet

022 361 43 49

[smnicolet@bluewin.ch](mailto:smnicolet@bluewin.ch)

Ursula Combes – Coordinator

022 366 00 36

[ucombes@bluewin.ch](mailto:ucombes@bluewin.ch)







## Wednesday Activities Continued

### **Introduction to Medical Herbalism**      **monthly**      **9h30**

Beginning in the spring, I will be offering members the opportunity to learn how to make remedies that help boost our immune system using common plants that grow around us. Every month we will learn a new preparation method, including infusions & decoctions, tincture making, infused oils and vinegars, ointments, honeys and syrups. Occasionally, I will guide the group on a walk through local fields to identify and explain the harvesting and preservation of plants which can be used in these preparations.

Venue: to be decided, probably Féchy. Numbers will be limited.

Regula Stapley

076 225 63 31

[registapley1@gmail.com](mailto:registapley1@gmail.com)

## Thursday Activities

### **English Conversation**      **weekly**      **9h30 - 11h00**

The English Conversation Group meets each Thursday morning from 9.30-11.00 at the home of one of the four leaders. The group is for IWCN members whose mother tongue is not English and who wish to practise, improve and gain confidence in speaking English. We are a friendly group of several nationalities who enjoy discussing a wide variety of topics over a cup of coffee.

The group is currently full, and we are not able to accept new members at present. However, if you are interested, please speak to us at the Activities Fair, or contact Dorothy Davies or Helen Taylor. The autumn schedule will be sent to group members in September.

Dorothy Davies

022 776 51 53

[dorothydavies@gmail.com](mailto:dorothydavies@gmail.com)

Helen Taylor

0033 450 20 04 72

[h.taylor@orange.fr](mailto:h.taylor@orange.fr)

### **German for Beginners II**      **weekly**      **10h30-12h00**

You are interested in the German language, but you have little or no existing experience German for Beginners offers an opportunity to gain command of the written and spoken language from scratch. The unconventional approach of the class focuses on pronunciation and spelling as well as on grammar.

Please contact Gabi for more information.

Gabi Scholz

076 748 84 55

[gs.activities@outlook.com](mailto:gs.activities@outlook.com)

### **Bridge**      **weekly**      **13h30 - 16h00**

Bridge sessions for those wishing to improve their play take place at my house in Tannay. I hold at least three sessions a month at different levels. Members of the group receive emails with dates and all other relevant information. Please contact me, preferably by email, if you wish to be added to the list.

Maureen Warner

022 776 18 59

[davandm@bluewin.ch](mailto:davandm@bluewin.ch)

### **Stitchers**      **weekly**      **14h00 - 16h30**

The Stitchers Group welcomes anyone who likes wielding a needle - be it crochet, knitting, embroidery or patchwork. We meet every Thursday afternoon in someone's home to exchange inspiration, tips, hints and naturally lots of chat. We also love exploring places that inspire our work, like quilt festivals, needlework exhibitions, art and other museums. Excursions to local fabric and needlework shops help restock our supplies and make for a great day out. Please contact Niki Low for more information.

Niki Low

079 211 19 03

[nikilow1@gmail.com](mailto:nikilow1@gmail.com)

Rosemary Kohler

022 776 06 03

[rosemary.r.kohler@gmail.com](mailto:rosemary.r.kohler@gmail.com)



## Friday Activities Continued

### Friday Walkers

weekly

9h30

We start somewhere between Morges and the vineyards around Satigny. The walks last 2-3 hours, maybe a little longer in summer and sometimes shorter in winter. If possible we stop for coffee as the social side is at least as important as the exercise! We try to have a day-walk regularly even in winter. For over fifteen years some of us have been on a 3-day walk in June. Members of the group volunteer to lead a walk during the year. We try to find new paths, but good old walks are also offered. The leader of the weekly walk emails details to the group by Wednesday. Group members without email should contact the walk leader for the week whose name is announced in the Grapevine at the beginning of the month (their contact details can be found in the current Club directory). For any additional information on joining or other enquiries contact:

Claudie Wetzel	022 364 28 47	<a href="mailto:wetzel4@bluewin.ch">wetzel4@bluewin.ch</a>
Dinah Roberts	022 776 63 18	<a href="mailto:dinah.roberts@gmail.com">dinah.roberts@gmail.com</a>
Heather Pashley	022 366 70 36	<a href="mailto:heather.pashley@hotmail.com">heather.pashley@hotmail.com</a>

### Cookery Group

monthly

11h00

Do you love to cook and share your creations with family and friends? The Cookery Group will offer you a place to gather and get to know various international cuisines over a delicious meal. The format is simple: we'll gather once a month to enjoy lunch together. Members will take turns as hostess, demonstrating the food preparation and providing the dining space and beverages. The cost of the food is covered by the participants, normally CHF 10.00 - CHF 20.00. The atmosphere is very friendly.

If you are interested in joining the group, and to sign up for further information, please contact the Activity Leaders:

Mabel Richtering	0033 450 40 55 76	<a href="mailto:mabelrichtering@hotmail.com">mabelrichtering@hotmail.com</a>
Sumiko Pol-Matsuo	079 366 97 69	<a href="mailto:sumiko@bluewin.ch">sumiko@bluewin.ch</a>

### Keen Readers' Group

monthly

14h00

The Keen Readers' Group has a nucleus of about a dozen members who read all the books and attend regularly. Other members come whenever the book for discussion interests them. These discussions, usually led by a member of the group, take place in the homes of members and last about two hours, including a break for tea or coffee and cake. Each spring I ask members to suggest books they would like to read and discuss – fiction, biography, history, current affairs. I draw up a list of these and the nine books that get the most votes make up our reading list for the next Club Year. I announce this at our June meeting, when we traditionally have a garden pot-luck lunch before the discussion. Any keen readers who are interested in joining the group should contact me.

Gill Fraser	0033 450 20 70 31	<a href="mailto:gill.fraser@wanadoo.fr">gill.fraser@wanadoo.fr</a>
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### CCC (Cryptic Crossword Club)

monthly

14h30 - 16h00

This is aerobics for the brain! We are a group of cruciverbalists who meet once a month on Friday afternoons in the Manora Restaurant, Chavannes Centre to puzzle over cryptic crosswords for a couple of hours. We look at different types of crossword clues, such as anagrams, container clues, double definitions, hidden clues, sound-alike and reversal clues and put our solving skills to the test on crosswords from various sources. We find that several brains are better than one and it's more fun. You DO NOT have to be an expert to join us as each crossword presents an opportunity to review the style of clues. You DO have to like words and have a willingness to look at them in different ways. We often share clues which have given us pleasure.

An anagram clue: Eric came round for dessert (3, 5) Answer: ICE CREAM

A double definition clue: Where witness should sign? That's putting it mildly (14) Answer: UNDERSTATEMENT

A lateral thinking clue: The more there are, the fewer there are! (9) Answer: ABSENTEES.

This is an aptitude test. If solving that sort of thing would not infuriate you and might even give you a frisson of pleasure, email me to be put on the mailing list.

Janet Brown	<a href="mailto:j.j.brown@bluewin.ch">j.j.brown@bluewin.ch</a>
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## Occasional Activities

### Visual Art Group **monthly**

The Visual Art Group aims to meet once a month. These meetings are held at members' homes/studios and take place on different days of the week depending on the host's availability. Most of last year's meetings were on Friday. During this meeting, we have practical art sessions such as how to paint in watercolour. In summer, we like to go outdoor sketching. We also have a WhatsApp group that enables us to plan informal painting sessions in small groups whenever we are available. Twice a year we have a card making session and occasionally I will teach some European scrapbooking. Anyone interested in joining the Visual Art Group can contact :

Myriam Sprenger 022 565 32 24 [myriamsprenger@live.nl](mailto:myriamsprenger@live.nl)

### Art Excursion Group **monthly**

The Art Excursion group aims to visit interesting exhibitions around Switzerland.

Anita Muir 022 361 46 03 [davitamuir@bluewin.ch](mailto:davitamuir@bluewin.ch)

### Boggle **monthly** **19h00 - 22h00**

Use it or lose it! Boggle is a great word game to exercise the brain! It's quick to learn, never boring and always challenging. With our international group, you also learn words you never knew existed - and sometimes they don't - so the dictionary is always on hand to keep our more competitive members in line.

Gillian Bolingbroke 022 367 10 84 /079 722 84 69 [g.bolingbroke@mac.com](mailto:g.bolingbroke@mac.com)

Deborah McKenna 022 950 06 80 [mckdeb@hotmail.com](mailto:mckdeb@hotmail.com)

### Thermal Bathers' Group **monthly**

Outdoor bathing in naturally heated pools, surrounded by stunning mountain views, is one of our favourite winter activities. No special skills or equipment required – just a swimsuit and towel, and you don't even have to know how to swim. We do six day-trips a year between October and April to different thermal baths in the area. We car share and take turns in driving but if you are not a confident driver or don't have a car available then of course no obligation as we usually have enough volunteer drivers. We leave from Signy around 8h30 and aim to be back by 16h30. Passengers are requested to pay their driver CHF 10.00 -15.00 depending on the distance. Entrance fee and lunch are at your own expense. If you are new to the area it's a great way to experience one of Switzerland's major attractions. If you would like more information and/or wish to be added to the Thermal Bathers distribution list, please send an email to Joy.

Joy Waelchli 022 776 50 00 [joy.waelchli@bluewin.ch](mailto:joy.waelchli@bluewin.ch)

### Women on their own **twice a month** **10h30**

We are a social group with the view to forming new friendships with ladies who are dealing with the constraints and challenges of living life alone. We meet 1st Saturday and 3rd Sunday of each month, 10h30 at the Hotel Best Western, Chavannes-de-Bogis. Anyone interested in joining the group, please contact :

Doreen Knewstubb 021 801 63 33 [d.knewstubb@bluewin.ch](mailto:d.knewstubb@bluewin.ch)

Francine Forrest 022 776 42 22 [francine.forrest@gmail.com](mailto:francine.forrest@gmail.com)

### Mums 'n' Tots **monthly**

Calling all Mums 'n Tots! Join this new Club activity to meet fellow moms in the Club who are interested in meeting for coffee, arranging occasional play dates and planning some fun gatherings in our area. Mums and their children of ALL ages are invited to join in this occasional activity. If you are interested in joining the group, please contact Helene by phone or email for additional details, and to add your name to the group list.

Helene Pasquini 078 661 19 06 [hdescomps@gmail.com](mailto:hdescomps@gmail.com)

## Occasional Activities continued

### Migraine Support Group

As there is no English-speaking migraine support group in the Nyon area, some of us who are 'migraineurs' decided to form our own. We sometimes meet up for a coffee to share our experiences (and to have a laugh), but most of our activity is by email. We exchange articles on treatments, medical research and handy hints. In addition, two of our members belong to the UK association 'Migraine Action', which means we can share their very informative quarterly publication with everyone else.

So we are not exactly an Activity Group but we want you to know that if you suffer from migraine we exist. Please contact us if you wish to join us. You will be most welcome.

Jean Mason Davids 022 950 42 05 [masondavids@gmail.com](mailto:masondavids@gmail.com)  
Helen Carter 0033 450 20 23 18 [hel.carter@gmail.com](mailto:hel.carter@gmail.com)

### E-Bike Group **occasionally**

Would you like to join a group of IWCN ladies for an occasional cycling outing? Pamela Grant enjoys riding her electric bike around the region and is happy to lead the occasional small group to stimulate interest in this activity. She welcomes other e-bikers (or regular bikers who are able to do about 20 kms per hour) to join her on an occasional outing or to share their bike routes to inspire others to keep biking, which you can do even with wonky knees! For further information, and if you are interested in joining this new group, please contact:

Pamela Grant 079 411 82 66 [pamelagrants@bluewin.ch](mailto:pamelagrants@bluewin.ch)

### Regular Bike Group **occasionally**

It's time to ride your bicycle around our beautiful region. We will ride for about one - one and a half hours and then will have coffee in one of the tea-rooms in the region. If you are interested in joining us, please contact:

Rosa Zufferey 079 109 50 80 [rosa.zufferey@gmail.com](mailto:rosa.zufferey@gmail.com)

### Radiant Heart Qigong **monthly**

Qigong empowers people with calm clear energy, strength and vibrant health – bringing peace to the body, heart and harmony of well-being and balance. It embraces action and stillness cultivating mindfulness, concentration, presence and compassion. These ancient practices of health and longevity have been developed in Taoist and Buddhist environments to bring well-being, balance and bliss into direct present wakefulness. Recognition of our oneness with all that is - is no longer a concept, but an immediate experience that arises simultaneously with our normal awareness. This group meets at the Maison Fischer in Prangins. If you are interested in joining, please contact:

JoAnne Freeman 076 376 66 92 [freeman@swimupstream.ch](mailto:freeman@swimupstream.ch)

### Armchair Adventures **monthly**

Would you like to share your 'adventure travel' photos and experiences? Or would you like to enjoy viewing other people's adventures from the comfort of an armchair? Armchair Adventures meets once a month, 17h30 to 19h00 not necessarily on any one fixed day, to enjoy members' travel photos and ideas. Speakers will show their travel photos and describe their journey (embellished with lots of personal anecdotes) and add some history and sociology of the places visited to make for an interesting and lively evening. The Club has a digital projector, and we can help you learn how to make PowerPoint presentations. Some of us still have old slide projectors, so slides are also welcome. We will do all we can to help on the technical side.

Please contact us if you are interested in joining, either as an armchair adventurer or as a speaker. Refreshments will be served, and husbands/partners are welcome.

Jean Mason Davids 022 950 42 05 [masondavids@gmail.com](mailto:masondavids@gmail.com)  
Isobel Shaw 078 642 20 53 [isobelshaw@mac.com](mailto:isobelshaw@mac.com)



# Activities in September

## Scrabble games

second Wednesday of each month

14h30-17h30

### Wednesday 12 September

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](mailto:maya.marcus1@gmail.com)

## Music Appreciation Group

### Thursday 27 September

chez Diane Simmance

14h00

We are happy to announce that this season's programme will open with a talk by Karen McCusker on the life and music of Chopin. Members who wish to attend are kindly asked to send an e-mail to Christina Wasmer and Pauline Goodyear to inform them before 17th September. Places are limited to the first 15 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.

Christina Wasmer

0033 783 23 52 98

[christina@wasmer.ca](mailto:christina@wasmer.ca)

Pauline Goodyear Jones

022 361 48 25

[paulinemgoodyear@gmail.com](mailto:paulinemgoodyear@gmail.com)

## Radiant Heart Qigong

### Thursday 25 September

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.

JoAnne Freeman

076 376 66 92

[freeman@swimupstream.ch](mailto:freeman@swimupstream.ch)

## Morning Book Discussion Group

### Friday 28 September

venue to be decided

10h00

#### **A Gentleman in Moscow** by Amor Towles

Welcome back to our new and hopefully exciting Club year in our Book Group. In case you missed it, the novel we discussed in August was **The Eight Mountains**. This time we go East and have a closer look at the novel

**A Gentleman in Moscow** by Amor Towles, that Ana put forward. Deemed an unrepentant aristocrat by a Bolshevik tribunal, Count Alexander Rostov has been sentenced to house arrest indefinitely. But instead of his usual suite at the Hotel Metropol, he must now live in an attic room while Russia undergoes decades of tumultuous upheaval. Can a life without luxury be the richest of all?

Join us for what sounds like a more than interesting topic and please confirm the venue with Vreny:

Vreny Bessède

022 369 24 91

[bessedefamily@bluewin.ch](mailto:bessedefamily@bluewin.ch)



## Armchair Adventures

Wednesday, 19 September 2018

**Cape Town: where it does not rain mainly in the plain**

**By Kay Bond**

In 2014, the New York Times and London's Daily Telegraph named Cape Town the best place to visit in the world. But just one year later, the water reserves in South Africa's largest city started falling to dangerously low levels. Although Cape Town narrowly missed being the first mega city in the world to run out of water earlier this year, Day Zero remains a black cloud (sic) looming overhead.



*Queueing for daily water needs*



*View of Cape Town from Robben Island*

Kay Bond will share her first-hand experience of living through the water crisis, consider the impact of tourism on scarce water supplies, and look at efforts to circumvent future water shortages in the Western Cape. She will finish by looking at whether Cape Town still is the best place in the world to visit, including a taste of some of its local harvest.

Photos by Kay Bond

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

Time: 18h00 (NB!! 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.

Jean Mason Davids

022 950 42 05

[masondavids@gmail.com](mailto:masondavids@gmail.com)

Isobel Shaw

078 642 20 53

[isobelshaw@mac.com](mailto:isobelshaw@mac.com)

## Music Appreciation Special Event

In May, Club member and professional pianist Noriko Kojima gave us a wonderful concert including works by Mozart, Debussy, Fauré and Chopin, held at the home of Prue Bishop. It was a memorable afternoon, enjoyed by all, as shown in the photo.

*Back row: Rosemary Billinge, Maureen Goodman, Jill Bolingbroke, Pauline Goodyear, Patricia Brulant, Christina Wasmer, Prue Bishop, Betty Frigeri and Katya Bernasconi*

*Front row: Diane Simmance, Isobel Shaw, Monika Wilson, Noriko Kojima, Maria Voermans and Waldtraut Pfyffer*

*Photo by John Bishop*



## Dog Walkers' Last Lunch of the Year

The ladies are hoping to continue occasionally from September on Friday mornings.

Anyone interested in joining the group should contact one of the ladies below:



*From left to right : Sabine Shabetai, Solveig Wilhelmsen, Lorraine Pichard, Lisa Borg, Machteld Anna Kelsey.*

*Photo by Anne Hayes*

## Spanish Intermediate 2

The ladies from Spanish Intermediate 2 enjoyed an end of year luncheon at the Café du Raisin in Begnins.

*From left to right: Françoise Burley, Brita Baker, Susan Trachsel Farmer, Annick Bracke, Debra Kinson, Tracey Everitt (missing Maria Milzow)*



## Medical Herbalism group

Guided tour of the Aubonne Arboretum in search of edible/medicinal plants.



*From left to right: -*

*Diane Budd, Elise Jueni, our guide Marianne Golaz, Jill Bolingbroke, Kathy Trefalt Regula Stapley*

*Photo by Susan Biboso.*

## Monday Walkers

On 28 May, 21 Monday Walkers went for an outing to Les Jardins des Iris at the Château de Vullierens. The weather forecast wasn't good but, in the end, we were very lucky and the sun shone most of the time.

The château as it is today was built in the early 18th century, though there was a fortified building on this land from the beginning of the 14th century. We all met in the restaurant for coffee, after which we were welcomed by John, the English Director of the gardens. Since he has been there the gardens have been enlarged and, apart from the irises, many more different species of flowers have been planted. Amongst others there is a lovely rose garden and a shade garden.

On our walk around the grounds we saw many sculptures, the stone pit where ice was stored and the wine cellars. We also visited the enchanted wood where we discovered fairies, elves and other woodland creatures!



*Photo by Christine Gregory*



*From left to right :Jill Bolingbroke,  
Deborah Powell and MaryAnne Palmeter*

*Photo by Hilary Aziz*

*Photo by Francine Forrest*



## Garden Group

It was a treat for a Garden Group meeting at Janni Engers' to be using the lovely tea set painted by Ronnie Peters.



Photos by Lalita Rochanakorn

*From left to right:*

*Back: Janni Engers, Yanthi Dias, Margaret McShee, Enid Borboën-Ryan,*

*Front: Elfriede Egger, Niki Low, Carmen Dominik,*



## French Literary Club

At the end of June and after having studied the life and works of Beaumarchais, some ladies from Martine Jarraud's French Literature group went to see the play *Le Mariage de Figaro* at the Festival des Jardins in Rolle. It was an outstanding performance!

*From left to right: Ana De Giorgio, Chlorys Champion, Diane Budd, Patricia Brulant, Lotti Bossert, Michèle Peter, Marcelle Hug.*

*Photo by Martine Jarraud*

# Shutterbugs

The Shutterbugs photography group meets on the first Tuesday morning of each month. Our abilities range from total beginners to quite experienced photographers.

We have a set theme every month and members submit one or two photos for the group to view and discuss at the following meeting. We vote on our favourite four, which are sent to be included in The Grapevine.

At the informal meetings we also have presentations and discuss a wide range of photographic topics, as well as putting these into practice to try to improve our photography.

***Theme: Our theme for the month was fruit and vegetables***

*Right: Bountiful Harvest  
Beverley Bartle*



*Right: Fruit with a View  
Caroline Johnston*



*Below: Just Missing the Cream  
Beverley Bartle*



*Right: Onion Rings  
Kathy Trefalt*

