



The Grapevine

NEWSLETTER OF THE INTERNATIONAL WOMEN'S CLUB OF NYON

February 2015, Issue No. 245



Dutch Winter Landscape by Francine Forrest

Mark Your Calendar

- 3 February - Trip to the Kunstmuseum in Bern
- 12 February - Coffee Morning
- 14 March - Quiz Night
- 18 March - Coffee Morning



Charity News

Interview with Hildegarde Medina Emam, founder of VOX Infantis



VOX Infantis founders Hildegard Medina Emam and her husband, Fateh Emam

Last December IWCN members enjoyed the Choir's Christmas Carol Concert in Gingins. The Charity Committee selected the non-profit association VOX Infantis to receive donations collected from the event. The Charity Committee invited Madame Hildegarde Medina Emam, the founder of VOX Infantis, who lives in Lausanne to attend the concert. We had the opportunity to talk with her about her organisation and ask a few questions. In 2010 VOX Infantis built a day-school in Kunduz, Afghanistan, which supports 70 children with education, shelter and food.

Charity Committee: Mme Emam, when you retired from working you created VOX Infantis. Why did you choose to get involved in charity work?

Mme Emam: I had a step-sister working with abandoned babies in Tunisia and I first began working with her. In 2003 VOX Infantis was created and seven years later we built the school.

CC: What motivates you to work so hard to help support the children and adults studying and working at the school in Kunduz?

Mme Emam: My husband was Afghan and we all were touched by the situation in that country at war for over 30 years. There was so much need. I met Shaista, an Afghan woman, living in Germany and working in Afghanistan. She became our delegate and we began our quest to help the children to a life of education that would offer them a future and hope.

CC: How do you finance the school?

Mme Emam: Our non-profit organisation has 100 members and regular sponsors for our ongoing activities. Some members are very active and are responsible for our stalls in the Lausanne market. Six times a year we sell homemade jams and biscuits to benefit the school. Recently, we requested some help from outside sources. I thank you for inviting me to your concert and I would like to thank all the donors. The funds received will supply food for the children. We are very grateful.

CC: We are glad you could share the day with us and enjoy some of the traditional music of our holiday season. We are glad to help VOX Infantis and thank the IWCN Choir and Choir Director, Linda Revkin, plus all those who attended and made a contribution to further the work you are doing in Afghanistan.

Mme Emam: It gives great pleasure to me and my Vox Infantis helpers to raise funds for our children in Afghanistan. Thank you for your donation.

By Michèle Leclère



From the President

Dear Members

February – the Christmas and New Year holidays are long gone and we are already into the second month of the year. I hope you all had a happy time with families and friends over the festive season, and now that we have turned the corner into 2015 we can look forward to spring.

In our game of connecting the Club's acronym to the area in which we live, we continue to discuss the letter "N". And I can see that there will be yet another "N" at the end of the word "Nyon". So – here we go.

National Cantons – have you ever wondered why this small country is divided into 26 cantons? Actually, six of these cantons are only half-cantons and each canton – including the half-cantons - has the same legal right and the same powers in daily life – except when it comes to representation in the Swiss parliament or the voting rights in a referendum. Way back in the past, each canton had its own army and money. From 1353 to 1481 there were eight cantons and they increased to thirteen during the period of 1513 to 1798. From the formation of the modern confederacy in 1815, there were 25 cantons, which became 26 after the secession of the canton of Jura from Bern in 1979. The cantons are very independent, and despite going in the same direction, they conduct their business in their own individual way. In fact, there is a name for their system, Kantönligeist, which translates as each canton having its own identity, culture and history – and they guard it jealously. Each canton has its own flag, which can be seen at the cantonal administrative building – in the communes the communal flag and the cantonal flag are usually on display.

Natural history is right on our doorstep with the beautiful Jura mountains stretching from Geneva to the Rhine. These mountains account for about 12% of Switzerland's surface area and the rocks were formed between 208 million and 144 million years ago. This is the Jurassic period and, although these rocks are found elsewhere, they were first studied in the Swiss Jura in the 18th century. Fossils and dinosaur tracks abound and several tracks of the brachiosaur and carnivore dinosaur have been verified along the route of the forestry road La Heutte, situated between Biel and Sonceboz-Sombeval.

Going round the lake towards Martigny, you pass a small town called Bex. Legend has it that a shepherd noticed that his animals preferred drinking water from two particular springs, and when he tasted it himself, he realized that the water was salty. Between the 15th and 17th centuries, the natural salt mines were developed and they have been worked ever since. A labyrinth network of galleries burrows for 50 kilometres beneath the mountains, and the salt is still mined to this day. A trip to the salt mines for a guided tour on an underground narrow-gauge railway is a perfect way to entertain your visitors on a dismal day as the temperature inside the mines remains at a constant 17° C.



Still on natural wonders, let's go further into the Valais to Riederalp and Bettmeralp and view the mighty Aletsch glacier. This glacier is the largest in all the Alps and is one of the UNESCO World Heritage Sites. It is 23 kilometres long, 1,800 metres wide and has a surface area of 100 square kilometres. The massive ice flow starts at the north face of the Eiger, Mönch and Jungfrau and flows down into the Valais. The melted waters run into the Rhône, which in turn, flows through Lac Léman. Another fantastic trip for your summer visitors to take is the cable car up to 2,647 metres to the glacier from Riederalp or Bettmeralp and view this incredible swathe of ice.

(Continued on page 4)



Veronica Gale

An interesting excursion, while up at Riederalp, is to take a moment to visit the Villa Cassel built in 1899 by Sir Ernest Cassel, a wealthy banker. The wood and stone for the house, was obtained locally, and it all had to be carried 2,000 metres up the mountain on the backs of the local farmers and labourers. At that time, the going rate for the farmers was 2 francs per bag of cement and each journey took between three and four hours. The real test was transporting Cassel's piano up to the villa - four detachments of four men each struggled for two whole days to achieve this task. Famous and influential guests visited Cassel at the 25-room villa, including Sir Winston Churchill, who wrote many of his books there, including the biography of his father, Lord Randolph Churchill. When Cassel died, his eldest granddaughter, Edwina Mountbatten, wife of Lord Louis Mountbatten, inherited the villa and the bulk of his vast fortune.

On our way back down to the lake, we can stop off to visit one of Switzerland's well-known natural resources, the concrete gravity dam, Grande Dixence, at the head of the Val d'Hérens. Built in the 1980s, this is Switzerland's largest reservoir and the highest in the world. It is 285 metres high, 700 metres long and 200 metres wide at the base. The structure contains approximately 6,000,000 cubic metres of concrete and at peak capacity holds 400,000,000 cubic metres of water, generating around 2,000 GWh annually, enough electricity to power 400,000 households. It's quite an experience to walk along the top of the dam and ponder on the immensity and complexity of the project.



Our journey back to Nyon takes us past the Château de Chillon. The first written records of this château date from 1005 AD. From the mid 12th century, the castle was home to the Counts of Savoy. Lord Alfred Byron, who wrote the poem "The Prisoner of Chillon" in 1816 made the château popular as a tourist attraction. The poem is about a

monk and politician from Geneva, François de Bonivard, who was imprisoned there from 1530 to 1536. Byron also carved his name on one of the pillars in the gloomy and dank dungeons, and Henry James used the setting for his novella "Daisy Miller" (1878).

We haven't actually travelled very far in kilometres on this journey, but what wonderful things we have seen and what an amazing history Switzerland has. How was it so ignored in the first half of the 20th century? If you really want to know – visit the permanent exhibition of the history of Switzerland in the Château du Prangins – you will emerge with a very different view of the sturdy people of this beautiful country.

Veronica St. Galy

Veronica

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We welcome copies of your artistic work or photos for the front page of The Grapevine, as well as articles of general interest to members, including texts about your village/town, 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.

Thank you in advance. Helen Drew, Editor editor@iwcn.ch.

 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 for each event.

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 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: CH3900228228E01263650 (all numerical zeros)

Postal Code, City 1260 Nyon

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

Treasurer: Barbara Piderit

022 369 39 46

barbara.piderit@bluewin.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 INFORMATION FOR THE GRAPEVINE AND THE DIGEST

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

Members are entitled to one small free personal or business advertisement per Club year (1 July to 30 June) in The Digest. After that, each small ad in The Digest costs CHF 15 for a personal advertisement and CHF 35 for a commercial (or business) ad. The cost for non-members is CHF 35 for each advertisement. A link to a website or to a photo in jpg format can be included. We are unable to include attachments. The deadline for submissions is at **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, Denise Stewart (denisestewart58@gmail.com) and any other articles to Helen Drew (editor@iwcn.ch). The deadline for each issue is **the 10th of the month before the issue will be 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 "Members' Space" and enter your email address and your unique password.

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.

IWCN Needs You !

Join the many generous women who, in the past, have made it possible for us to enjoy all the Club has to offer. Starting from July 2015 the Club will need a new **President, Membership Secretary, Welcome & Sunshine Coordinator, Coffee Coordinator, Special Events Coordinator and Activities Coordinator**. We will also need three new Nominating Committee members and three reserves. We encourage you to put your name forward for one of these posts, on which members will vote in May 2015.

The Nominating Committee is crucial for ensuring the continuity of our Club. It is our responsibility to prepare a list of suitable and willing candidates for Board and Nominating Committee positions. For more information and/or job descriptions please contact Margaret Ertan at margaret@ertan.ch or any other member of the Nominating Committee.

Your current Nominating Committee members are: Lottie Bossert, Dorothy Davies, Patricia Hamilton, Laura LaFortune and Angela Giacometti Geiger.

We look forward to hearing from you !

Your Nominating Committee Team

By Margaret Ertan

Bazaar News

Our Best Wishes from the Brocante Team

Dear Ladies, Dear Members,

We wish you all a wonderful year in 2015, with eternal sunshine in your hearts.

Many thanks to all the ladies who very kindly brought us their items donated to our Brocante. You contributed to the overall success of the Bazaar and the Brocante Stall! We all have objects in our home that do not mean much or have no use anymore and brocante lovers like to find and buy them.

The benefits distributed to charity gives happiness and relief.

Michèle Leclère



Welcome New Members

DOMINIQUE BÖKER

022 364 5262 d.boeker@sunrise.ch

My family is half-German half-Swiss. I have three sisters living in Germany. I am unmarried and have no children, but I live with my partner of 20 years. I was born in Berlin where I studied to become a Master Optician. In 1995, I came to Switzerland and have been practising my profession ever since with Visilab in Balexert, Geneva, where I work part-time, The rest of my time I spend doing other activities and hobbies that include learning new games, going to museums and art exhibitions, cooking and baking, walking and dancing, arts and crafts, reading, and listening to audio and radio drama. My favorite hobby is gardening and I rent a small garden near my apartment.

Interests: English, German, Bridge, Rummikub, Coffee Mornings, Exploration in Conscious Living, Hiking/Walking, Nordic Walking, Choir, Art, Book Group (French), Cookery, Gardening, Stitches.

Nationality: German. Lives in Gland, Vaud

MARGARET (MARGOT) DENNESS

022 367 1691 / 076 322 6635 mdenness@gmail.com

I retired from UNCTAD in May 2003. Initially I came to Switzerland for a few months but remained here and it is now my home. I have lived at Les Tourniaux, Borex, since 1976 and have seen many changes in the Nyon area. Since retiring I have travelled to Australia, New Zealand, Vietnam, Brazil, Argentina, Chile, Paraguay, Uruguay and Fiji.

I have two children (twins, born in 1980): a son, Pablo, who studied law and is with the Montreux Jazz Festival; and a daughter, Isabel, an environmental scientist/consultant in Sydney, Australia where she obtained her Ph.D. Sports My hobbies include: Aquagym, Oriental Dancing and Nordic walking; Present reading interests: Middle East and European history.

Interests: Spanish, Golf, Hiking/Walking, , Nordic Walking, Thermal Bathing

Nationality: Swiss/English. Lives in Borex, Vaud.

BARBARA DUFOUR

021 825 4754 / 079 489 2669 t.dufour@bluewin.ch

I studied Russian and French at Nottingham University. I taught English to business people in London. I met my Swiss husband, lived in Zurich for 12 years and moved to Rolle in 1989. I have three grown children and two granddaughters and a border collie. I love Cinema, Theatre, Riding and Tennis.

Interests: French, Spanish, Mah Jong, Dog Walking, Tennis, Art, Book Groups (English), Book Group (French). I am looking for a Russian conversation group. I could offer English teaching and help book sorting for the Bazaar.

Nationality: British/Swiss. Lives in Rolle, Vaud.

LISA HARSBARGER

lisabenh@hotmail.com

Interests: French (all levels), Coffee Mornings. Cycling for fun, Dog walking, Hiking/Walking, Thermal Bathers, Book Group (English), Photography.

Nationality: American. Lives in Founex, Vaud.

SUSAN HELFAND

022 776 4954 / 079 546 4474 shelf@bluewin.ch

I am British and came to Geneva from Paris in 1983. Moved to the Nyon area in 1985. I am now a granny and this keeps me busy but shall have time to spend on my many other interests.

Interests: Golf, Painting, Cinema, Theatre, Hiking, and Cooking. I would love to take up bridge again which I hope to be able to improve with help from the club's bridge group.

Nationality: British. Lives in Founex, Vaud.

Welcome New Members (continued)

SOPHIE LEACACOS

024 466 3314 / 079 447 4281 sleacacos@yahoo.com

I am Swiss (originally an American from Virginia), and have lived in Switzerland for over 35 years. I am a longtime member of the IWCN, returning after about 8 years living in Shanghai, China, where I have been teaching and giving piano concerts for charity. Now I live in Aigle, and welcome the chance to see my old friends, make new ones, and to find projects to keep me active.

Interests: English, French, Rummikub, Coffee Mornings, Music Appreciation, Stitches.

Nationality: American & Swiss. Lives in Aigle, Vaud.

NICOLE MACKLEY

022 362 2033 / 0044 7528 844579

Nicole.mackley@gmail.com

We moved to Nyon from North Yorkshire, England, where I worked for myself, providing Marketing/Business consultancy to a range of companies. I supported Helmsley Walled Garden in developing their first Marketing Plan. I volunteered at the Monthly Malton Food Markets and Annual Food Lovers Festival and was project leader for the first Craft Beer event in Malton (Beertown). I have visited Vevey, Switzerland many times over the course of my Marketing career with Nestle and spent 18 months in Lyon, France, and Turin, Italy, teaching English.

Interests: French (all levels), Hiking/Walking, Nordic Walking, Gardening and Photography.

Nationality: British. Lives in Nyon, Vaud.

JO PERRY

078 815 3785 joper7168@yahoo.com

Worked for the Department of Health-Oral Health for 14 years in Australia before moving to U.S.A. with my husband. As I was not able to work there in dentistry, I found my other love: Food. I worked part time in an organic vegetable farm for 8 years and part time as a travel agent for 18 months. I moved to Geneva in August 2014 with my husband and have two boys 14 and 12.

Interests: English Conversation, Coffee Mornings, Cycling, Golf, Hiking/Walking, Downhill Skiing, Cooking, Gardening.

Nationality: Australian. Lives in Versoix, Canton Geneva.

VALERIE SHAW

022 367 1594 / 079 764 3231

valerieshaw07@gmail.com

I am a retired UN staff member. I worked as an Administrative Assistant and this brought me in contact with people of all nationalities and cultures which was very interesting. I am originally from Dublin but have lived in Switzerland for longer than I lived in Ireland. I enjoy reading, music, theatre, cinema, walking and gardening.

Interests: German, Spanish, Hiking/Walking, Line Dancing, Nordic Walking Thermal Bathing, Yoga

Nationality: Irish. Lives in Borex, Vaud.

NIGHAT SYED

022 776 0264 / 079 230 6473 nighatsyed@gmail.com

Married, from Montreal, Canada. Worked in Geneva with United Nations in Human Resources Section. I love to meet new people from different cultural backgrounds.

Interests: Keep Fit, Gym, Nordic Walking, Coffee Mornings, Reading, Music Appreciation, Gardening. Organizing social and cultural events,

Nationality: Canadian. Lives in Commugny, Vaud.

KATHY THOMPSON

079 821 2079 kathy704ktt@gmail.com

Interests: French (all levels), Coffee mornings, Cycling for Fun, Hiking/Walking, Keep Fit, Nordic Walking, Downhill Skiing, Book Group (English), Cooking, Gardening, Photography.

Nationality: British. Lives in Founex, Vaud.

WELCOME AND SUNSHINE TEAM

The Welcome and Sunshine Team held its first luncheon/meeting of 2015 on 9 January at Ana de Giorgio's home to plan their activities for the coming year.

SHEILA NICOLET and **FRANCINE FORREST** have regrettably decided to retire from the team and we would like to thank them for their invaluable service and contribution to the smooth running of the Team's activities during the past years.

Now we would like to add to our numbers and would warmly welcome anyone who would be happy to bring a little sunshine into the lives of people in need and also to welcome new members who may need advice and help in settling happily into our region. Younger members would be especially welcome to help newcomers with young families or those needing help to find homes, jobs or just to meet people of a similar age. If anyone feels that they could help us in any way, please contact Ana de Giorgio at: anadegiorgio@gmail.com.



From right to left
Rosemary Billinge, Beryl
Allardyce, Ana de Giorgio, Sheila
Nicolet, Monika Wilson, Barbara
Metaxas



From right to left
Sheila Nicolet, Monika Wilson,
Barbara Metaxas, Dorothy Davies,
Rosemary Billinge and Beryl
Allardyce.



FEBRUARY COFFEE MORNING

Thursday 12 February 2015

10h00 to 12h00

Chez Deborah Powell

Chemin Chantebise 10 1291 Commugny

GPS coordinates 46.326306, 6.179833



Please join the ladies of IWCN for a cup of friendship and some Valentine's treats!

Whether you only have a few minutes in your busy day, or you have an hour or two, please join us for a cup of coffee or tea. We'd love to see you!

DIRECTIONS and PARKING: From Founex, take the Grand Rue towards Commugny. Just past the Rojalets School, take the first right onto Ch. de la Foge, then continue on Ch. de Chantebise. Deborah's home is on the left hand side, past house # 11. The route will be well marked with balloons and IWCN signs, since some of the street signs are overgrown. Please park on the right hand side of the road across from Deborah's home.

Looking forward to seeing you!

Barbara Metaxas Coffee Coordinator

metaxasbarbara@gmail.com

THE 2015 QUIZ NIGHT: ALL YOU NEED TO KNOW!



When is it?

Saturday 14 March



Where will it be?

Salle du Conseil Communal, Prangins



What time does it start?

19h30 (Doors open 19h00)

Who can come?

Teams of 6 - husbands, partners and friends are welcome

What shall I bring?

Whatever you want to eat and drink (except for soft drinks and crisps)..... and your general knowledge!

How much will it cost?

CHF10 per person to cover room rent and prizes

What shall I do now?

Register in the usual way making a payment to the Club account for QUIZ NIGHT

Send an email to Janet Brown giving the names in your team

j.j.brown@bluewin.ch

Don't delay! This event is always popular and places go fast!

Looking forward to seeing you there! From The Special Events Team

Christmas Lunch 2014

The end of the Club Christmas season was celebrated in fine style at the Restaurant Ecu-Vaudois in Begnins. Forty-eight ladies, including both founder members and some of those recently joined, enjoyed mingling over an apéro in the festive atmosphere of the top-floor dining room under the eaves. After a welcome from Club President, Veronica, they sat down for a delicious lunch with creamy soup, duck or salmon with all the trimmings, followed by a chocolatey Bûche de Noël. Janet Brown then reminded them of what they'd got to look forward to in January in a rhyme reproduced here by popular request.



Above Janet, Hetty and Yvonne and left, JoAnne - the Special Events Team

*'Twas the month after Christmas and all through the house
Nothing would fit me not even a blouse.
The cookies I'd nibbled, their wonderful taste
The pâtés and puddings, all gone to my waist.
Why, oh why did I choose to indulge
When all I have now is bulge after bulge?
When I stood on the scales I got such a shock.
No wonder I couldn't get into my frock.
I looked back on those parties and wonderful meals.
I completely forgot how to be hungry feels.
The wine and the chocolates, the bread and the cheese
And how I'd always said "More? Oh, yes please."*

*I dressed myself in my old baggy trousers
And longingly looked at those slim skirts and blouses.
The jeans and the dresses that are now much too tight
I can't zip them up; I look such a sight.*

*So – away with the last of the sour cream dip
Get rid of the fruit cake, every cracker and chip.
Every last bit of food that I like must be banished
Until all those additional ounces have vanished.
I won't have an ice cream – not even a lick
I'll just have to chew on a celery stick.
I won't have biscuits or pudding or pie
I'll munch on a carrot and quietly cry.*

*I'm hungry, I'm lonely and life is a bore
But isn't this what January's for?
Unable to giggle, life's no longer a riot
Happy New Year to all and to all a good diet!*

I hope it's going well!



Ann, Sue, Brita and Barbara.

Text by Janet Brown
Photos by Rosemary Kohler

Activities in February

Explorations in Conscious Living

Tuesday 3 February

14h30-16h30

Our next meeting of the Club year will be chez Solange in Crans when we will continue discussing our new book "*The Power of Now*" by Eckhart Tolle. Please try and read through Chapter 6 prior to the meeting. Please let Solange know if you plan to come or contact Stephanie for more details.

Solange de Marignac 022 776 23 57

solangedm@bluewin.ch

Coordinator: Stephanie Reisgies 022 361 06 58

stardust@northrock.bm

Thermal Bathers' Group

Wednesday 11 February

Les Bains du Val d'Illeiez



Thermes Parc Val d'Illeiez (Chemin de la Vièze 7, 1873 Val d'Illeiez) nestles in a pretty mountain valley near Champéry. The Centre was opened in 2010 and has spacious, modern facilities and attractive buildings with a lot of glass, wood and stone. The baths are fed by three springs that gush naturally at a temperature between 20°C and 32°C, from a depth of 1,200 metres. The water has a very high sulphur, calcium and magnesium content. The beneficial effects of this water have been widely recognized – though we will be bathing primarily for enjoyment!

The thermal bath complex consists of several indoor and outdoor pools, a natural thermal river and a sauna-Turkish bath area. For further

information see <http://www.thermes-parc.com/en>

We will meet as usual at the Signy Shopping Centre Car Park Level 3 near the exit at 9h00. Car-pooling will be organised and the price per passenger is CHF15. The journey takes about an hour. Entry to the Thermal Centre is CHF22 (AVS 19.50). Afterwards, we have lunch at La Bergerie restaurant next door. This is built from attractive old wood and has a big fireplace in the middle and a warm and friendly atmosphere. The *plat du jour* costs about CHF 24 and drinks are extra. We expect to be back at Signy by 16h30. Bring a swimsuit and 2 towels (one for the sauna area).

If you would like to come, please send me an email indicating if you are willing to drive.

Janet Brown

j.j.brown@bluewin.ch

Mah-jong

Tuesdays

14h00

Come along and join us!

For information on joining please contact

Miryam Peek 022 776 52 53

peek@bluewin.ch



Activities in February

Artists' Group

Friday 20 February

14h00– 16h00

chez Francine Forrest



The Artists' Group will be holding their February meeting at the home of Francine Forrest in Commugny on **Friday 20 February**. The theme of the meeting will be 'Winter in Vaud' and members are invited to bring a piece of their own work on this theme or show a piece of work by an artist of their choice.

In January we were introduced to the concept of 'Art and Wellness' in a workshop animated by Laura Covino Kerpelman and Eileen Wiley. This event proved to be very popular. 'Art and Wellness' focuses on Art as a way to enhance well being, self development, personal growth and self expression.

More IWCN and private workshops will become available throughout the year and will be advertised in the Digest.

We had some very interesting exhibition visits at the end of last year. We visited the 'Courbet in Switzerland' and the 'Imperial China' exhibitions in Geneva. These were organised by our Art history expert, Anita Muir. Please check the 'The Digest' for news of any future exhibition visits.

New members are always welcome, you do not need to be a practising artist but just need to have an interest in Art.

If you wish to join us or for more information please contact:

Janet Eden 021 535 76 09

janeteden@btinternet.com

Laura Covino 022 366 22 26

lkerp@bluewin.ch

Anita Muir 022 361 46 03

davitamuir@bluewin.ch

Music Appreciation Group

Thursday 26 February

14h00

chez Vera O'Hanlon

This meeting will be concerned with the orchestra and it is the third in the series. This time it's the turn of the woodwind; the flute, piccolo, recorder, oboe, cor anglais, clarinet, saxophone, bassoon and horn. We will learn of their development over the centuries, the different ways of playing them, and all will be illustrated by excerpts from classical music.

There will be a limit on numbers - 12 is the maximum - so it's a case of first come, first served. Please ring Vera or send her an e-mail with copies to Maria and Rosemary before 23 February at the latest. Vera will be happy to direct you to her home if you haven't been there before. Parking is restricted so please car-share if possible.



Rosemary Billinge 022 369 16 00

rbe16@hotmail.com

Maria Voermans-Brand 022 566 37 06

mwj.voermans@bluewin.ch

Vera O'Hanlon 022 779 18 36

vohanlon@bluewin.ch

Dates for the Diary

Scrabble	Wednesday 25 February	14h30
Garden Group	Tuesday 3 & 17 February	14h30
Cryptic Crossword Club	Friday 13 February	14h30

Activities in February

Cross-Country Skiing 2015

Mondays

The cross-country ski group meets every Monday at La Givrine railway station at 10h40. The train arrives at 10h38, so you can come up by car or train. We then usually car-pool to neighbouring France where the ski runs are better maintained. With hundreds of kilometres of groomed runs to choose from, we aim never to ski the same run twice in any one season. We normally split into two groups, Gentle and Sporty. Thirty-six ladies are signed up for the group, but we are usually not more than 10 on any one outing. New members are welcome to join us at any time. We can arrange lessons in Les Rousses for beginners.



A season ski pass, covering all of the Swiss and French Jura, bought in Les Rousses at the Office du Tourisme, costs EUR 106. A day ticket costs EUR 8.40. People over 75 ski for free. A Swiss season ticket, bought in St-Cergue, costs CHF 120 for the whole of Switzerland and all the French Jura and also entitles you to a half price day ticket in Haute Savoie. A day ticket costs CHF 10.

Isobel Shaw (gentle group)

isobelshaw@mac.com

Emma Dutruit (sporty group)

egamper19@yahoo.es

Jura Skiing Group

Tuesdays



This group was started in 2012 and is aimed at beginners and intermediate skiers. We meet every Tuesday at 10h00 at the lift station at Les Jouvencelles and ski until 13h00, have lunch and **make our way home**.

Skiers will 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 available.

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.

Wherever possible transport will be by car-pooling from a central location in Nyon, or participants can make their own way to the resort. It is a 30 minute drive. For more information contact:

Sue King 079 870 27 31

s_king1970@hotmail.com

Jane Dossett 079 912 92 46

jane.e.dossett@gmail.com

Activities in February

Armchair Adventures

Tuesday 17 February

17h30—19h00

Chez Isobel Shaw



This month's adventure is to Ethiopia. Isobel Shaw will show her photos of Northern Ethiopia - the classic historical route to the world heritage sites of the ancient capitals of Gonder, Axum and Lalibela. She will discuss the history of the ancient Jews of Ethiopia and the arrival of Christianity in 337 AD. The Christian faith is strong in Northern Ethiopia. There are many early painted churches, churches perched on high cliffs, churches cut out of the living rock - all tended by priests in elaborate vestments and carrying valuable silver and golden crosses. The Simien Mountains are stunning - designated an area of outstanding natural beauty. Isobel also made a three day trek along the rim of the Rift Valley and will show us the agriculture and way of life of rural Ethiopians in the area which was hit by famine in 1983.

Place: chez Isobel Shaw, 8 Chemin du Belvédère, St Cergue.



Please could you reply to Jean or Isobel so that we know numbers for seating. NB In case of limited space, please book your place as soon as you get the electronic version of the Grapevine so that you can ensure a seat.

Drinks and light refreshments will be served and a small donation of under CHF5 would be appreciated.

If you have an unusual travel adventure or a venue to offer, Jean Mason Davids and Isobel Shaw would love to hear from you.

Isobel Shaw

isobelshaw@mac.com

Jean Mason Davids

masondavids@gmail.com

Friday Walkers

The walk leaders for February will be:

6 February	Trish Livingstone
13 February	Jean Mason Davids
20 February	Emma Dutruit
27 February	Valerie Higgins

For any additional information on joining the group or for other enquiries, please contact:

Heather Pashley	022 366 70 36
Dinah Roberts	022 776 63 18
Claudie Wetzal	022 364 28 47

heather.pashley@hotmail.com

dinah.roberts@gmail.com

wetzal4@bluewin.ch



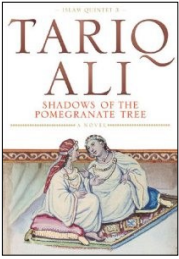
Activities in February

Evening Book Club

Tuesday 24 February

20h00

Auberge de Prangins



The Book Club meets once a month at the Auberge de Prangins at 20h00 for a friendly and lively discussion. Eager readers are welcome. This month's book is 'Shadows of the Pomegranate Tree' by Tariq Ali

For details of the next meeting contact :

JoAnne Freeman

freeman@swimupstream.ch

Friday Morning Book Discussion Group

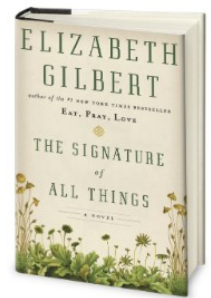
Friday 27 February

10h00

Chez Vreny Bessède

Our next novel is 'The Signature of All Things' by Elizabeth Gilbert. Spanning much of the eighteenth and nineteenth centuries, the novel follows the fortunes of the extraordinary Whittaker family led by the enterprising Henry Whittaker—a poor Englishman who makes a great fortune in the South American quinine trade, eventually becoming the richest man in Philadelphia.

Born in 1800, Henry's brilliant daughter, Alma (who inherits both her father's money and his mind), ultimately becomes a botanist of considerable talent. As Alma's research takes her deeper into the mysteries of evolution, she falls in love with a man named Ambrose Pike who makes incomparable paintings of orchids and who draws her in the exact opposite direction—into the realm of the spiritual, the divine, and the magical. Alma is a clear-minded scientist; Ambrose a utopian artist—but what unites this unlikely couple is a desperate need to understand the workings of this world and the mechanisms behind all life.



I am certain that this book will lead to a very lively discussion. As usual, please let me know if you are coming.

Vreny Bessède

022 369 24 91

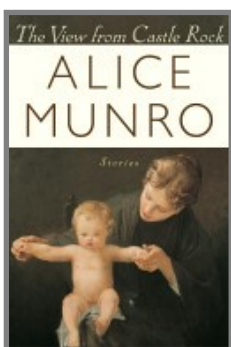
bessedefamily@bluewin.ch

Keen Readers' Group

Friday 27 February 2015

14h00

chez Lorraine Pichard



The book for February is 'The View from Castle Rock' by Alice Munro. The world's finest living short-story writer and winner of the 2013 Nobel Prize for Literature, uses her family for inspiration. What follows is a fictionalised, brilliantly imagined version of the past. From her ancestors' view from Edinburgh's Castle Rock in the eighteenth century to her parents' thwarted ambitions in Ontario, and her own awakening in 1950s Canada, Munro effortlessly weaves fact and myth to create an epic story of past and present, proving that fiction has much to tell us about life.

Our hostess is Lorraine Pichard. 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:

Lorraine Pichard

022 990 15 80

eternalstar76@bluewin.ch

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

Gill Fraser

0033 450 20 70 31

gill.fraser@wanadoo.fr

The Cross-Country Skiing Season Begins!

The skiing this morning was glorious. Perfect conditions, the snow was like silk “deep and crisp and even” with snow diamonds shining in the sun.

We skied about 9 km from Darbella to La Serra and back. It was minus 11 degrees Celsius when we set out and about minus 5 when we returned.

Or Not?



Isobel and Trish

The weather was glorious today, deep blue sky and snow diamonds twinkling in the sunshine, but the snow was so hard and icy that we decided to walk up to the Chalet de la Frasse instead of skiing up.

We had soup and coffee and relaxed in the sun before zigzagging back down the mountain following various snow shoe trails.

Photo and text by Isobel Shaw



Barbara, Dinah, Jane, Denise & Isobel

Happy Bugs—Hotel Owners!

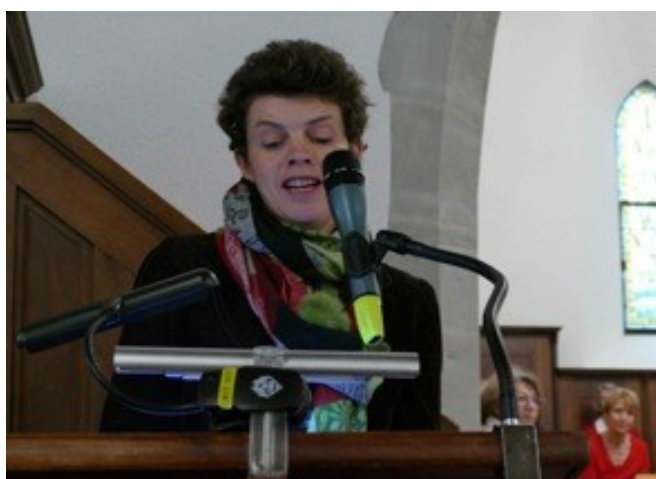
The Gardening Group at Eileen Wiley’s after making homes for bees!

Photo by Carmen Dominik



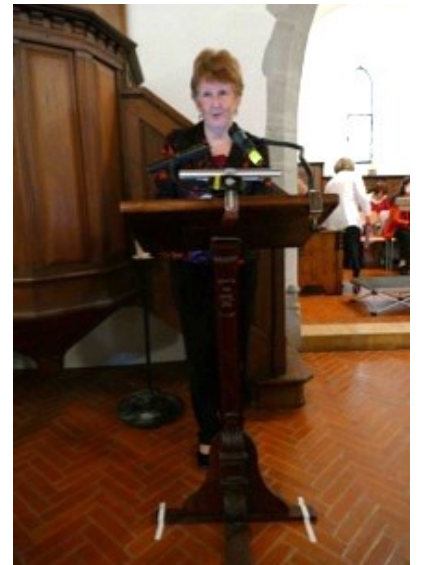
The Christmas Carol Concert

The annual Carol Concert was a great success as usual and a big THANK YOU to all who attended and gave so generously. A selection of photographs by Mabel Richtering’s husband follows showing the festivities.





The Christmas Carol Concert



Shutterbugs

Every day we look through the window to check the weather, see what is happening in our world, or check on that fleeting movement that caught our eye. Here is a selection of how the Shutterbugs interpreted "Through the Window".



'Lake View' by Kathy Trefalt



'It's a dog's life' by Kathy Trefalt



'Can you come out to play?' by Su Trachsel-Farmer



'Riding the MOB to Gstaad' by Jill Bolingbroke