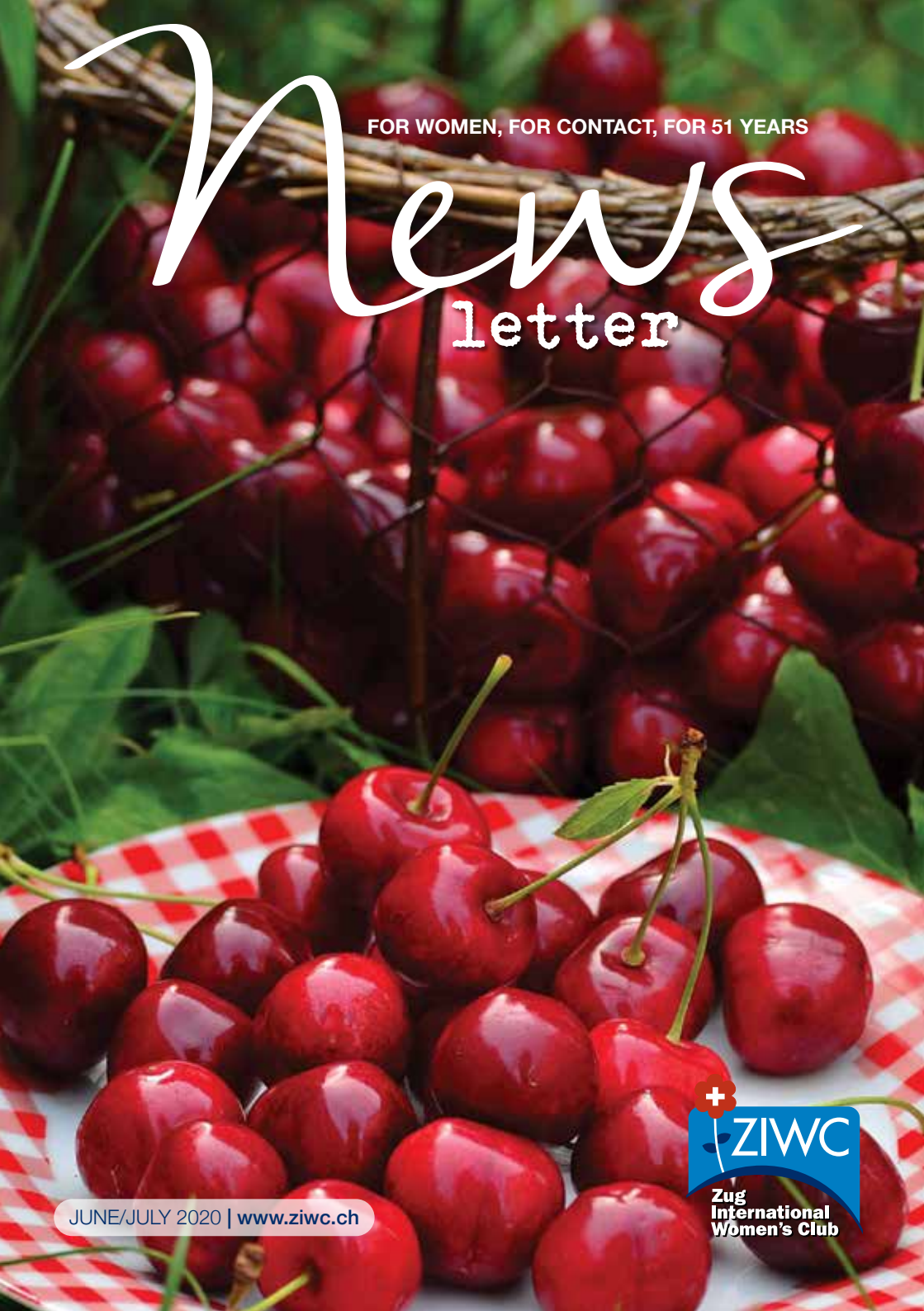


FOR WOMEN, FOR CONTACT, FOR 51 YEARS

News letter

ZIWC
Zug International Women's Club

JUNE/JULY 2020 | www.ziwc.ch

CU RESTAURANT – BAR, LOUNGE & TERRASSE

Are you looking for the ideal location for your event?

The ** Superior** Design Hotel City Garden can be yours exclusively every Saturday (other days on request). Whether it's a wedding reception, a birthday party, a family get-together or a business event, you'll find the perfect offer with us – at a very fair price, too.

The City Garden Hotel with its trendy CU Restaurant, Bar, Lounge and beautiful Garden Lounge with Pavilion is both close to the station and yet in a quiet location on the edge of a small woodland area. Every Saturday the whole location can be yours exclusively for groups of 20 guests upwards. Enjoy an unforgettable and exclusive evening and benefit from special rates for our hotel rooms. On Sunday morning your guests can have a lie-in and then recoup their energy at our Late Risers' Breakfast, served until 15.00.

Talk to us today and discuss your wishes and plans on the premises – no obligation, of course. We're looking forward to your unforgettable evenings.

CU Restaurant, Bar, Lounge and Terrace – the event location in Zug!



Events take place in compliance with the ordinances of the Federal Council

CU Restaurant - Bar, Lounge & Terrasse
Metallstrasse 20, 6302 Zug
Tel. 041 727 44 54
info@cu-restaurant.ch
www.cu-restaurant.ch

CU
SEE YOU
RESTAURANT

Dear Members,

Welcome to the new ZIWC 2020/2021 club year, which started off in a totally unexpected way with the CV19 pandemic and subsequent lockdown. I know it has been a challenging time for everyone and as we look forward to the gradual reopening of Switzerland in the coming weeks, it is my sincerest hope that all of you, your families and your friends remain as healthy and safe as possible.

Future generations will surely study the changes and challenges that the CV19 crisis has brought to our world, even as it has brought them to our club. One of the biggest challenges we faced was the suspension of our many activities and events. Your safety is always our main priority, so even though it was sad, we made that decision with your best interests in mind.

Some of the Interest Groups responded to this challenge by going virtual with new technologies which we would have never considered using before this emergency. I would like to offer my personal thanks to all members who offered free webinars or otherwise volunteered their time for the Club during the CV19 lockdown. I also hope you are enjoying the @home section of the website we created to help each other with practical support and to share ideas and information during the lockdown. Stay tuned and do not hesitate to contact us for any support you might need or to share your wonderful ideas!

We also ran an unusual, virtual AGM, sending out the voting material by mail and post instead of doing it in person. Still, it has been a success and has generated a lot of participation, questions and suggestions which we'll surely consider in our next steps.

I'm thrilled and excited to start this club year with so many first-time board members who come from 10 different countries. Together we will be moving the Club into the Digital Age while still respecting its most-loved traditions. For this reason, we'll be updating our social media presence by making them more modern, user-friendly and linked to the latest needs of our community. We also plan to promote more interaction with the IMCZ.

I know we are all longing to have a good time and see each other again, which is why we are already planning a very special party for once the CV19 emergency is over. I'm looking forward to meeting you all there for a toast!



Best regards,

Cristina Rocco

ZIWC President 2020-2021

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AGM Results

for 2020-2021 are in!

The truly unusual nature of this year's AGM due to the CV19 crisis notwithstanding, it has been a great success. We had the largest participation of members we've seen in the last three years, so THANK YOU all for your time, questions, suggestions, feedback, and your votes. Hearing your voices is extremely important to us.

We are delighted to announce that every proposal in the AGM has been approved! All the details are posted on the ZIWC website, including answers to your questions and comments

We are looking forward to seeing you all in our Special "Back Together" Party. Stay tuned: we will release more details as soon as the Confederation gives us permission to hold large parties.

The 2020/2021 Board



...AGM MINUTES REQUEST...

The AGM minutes and reports have been posted on the website.
However, if any member would like to receive a printed version please send an email to Secretary@ziwc.ch that includes the text "Please send me the printed version of the AGM materials."

Monthly Dinner June

In June we will be going to the Hafensrestaurant, by the lake. Weather permitting, we will be sitting outside and enjoying the amazing sunset over Lake Zug on their wooden deck.

When: Thursday, June 18th, 18:30

Where: Hafenplatz 2, 6300 Zug (Park at the Zug Marina or take the train to Schutzengel)

Group limit: please register online only.

Booking deadline: Please register on the ZIWC website until June 17th

Contact: Valerie Gitter (079 763 46 06, vgitter@bluewin.ch) for questions only.

Menu: We will be choosing "à la carte" from their summer menu

ZIWC cancellation policy applies.



Lunch Club June

Please join Silvia Meuer at the Hafenrestaurant in Zug for our June Lunch Club.

When: Friday, 19th of June 2020, 12:00

Where: Hafenrestaurant, Hafenplatz 2, 6300 Zug, www.hafenrestaurant.ch

Booking: Please register on the ZIWC website.

Booking deadline: Sunday, 14th of June 2020, please, early registration is greatly appreciated :-)

Contact: Silvia Meuer, silvia.meuer@gmx.ch, for questions only

Directions: Bootshafen Zug, on the lakefront

Menu: á la carte: fish, mediterranean meat specialities and vegetarian creations

Cost: Between CHF 25.00- CHF 50.00

Please note: Starters, Dessert and Beverages are not included.

ZIWC cancellation policy applies.

R.E.P.O.R.T

on the Escape to Emmental



On March 12 we went on a beautiful trip to the Emmental Valley

Our first stop was at the Kambly Cookie Factory for a short video tour along with samples followed by shopping for delicious baked goods. We then stopped and had coffee and yet another “shopportunity” at the Aebi Pottery Studio where they make hand-crafted pottery souvenirs including dishes and ornaments.

After our break, we hopped back on our luxury coach and drove to the village of Langnau for our private visit to their regional museum which is in a huge old quintessential Swiss home that most of us can only appreciate from the outside.

After our delicious lunch at the Baeren Restaurant we headed to Affoltern Show Dairy where we enjoyed a tour and learned about the history of the world-famous Emmentaler Cheese. Of course, we had samples and one last shopping experience with some local dairy products to take home to share with family and friends.

We headed back to Zug full of great memories of friendship, fun and obviously cookies and cheese.





We can’t wait to host further escapes with both old and new friends, so if you are interested in being part of the Escape Team, please send an email to **escape@ziwc.ch** as we are always open to more help and ideas!

by Deb Asmus



Event Profile

Summer BBQ

The ZIWC Annual Summer BBQ has been happening annually in Lotte Rhomberg's backyard for the last 15-18 years and has become one of the club's most-loved and most-anticipated events.

Though it was scheduled for June 17th of this year, Lotte and Josy made the decision to keep everyone safe and healthy by postponing it until next year. Because of its special place in the hearts of club members, we at the ZIWC Newsletter thought we would publish a small profile of the event to bring some of its magic to our members as we slowly emerge from the CV19 Lockdown. To do so, we spoke to the co-hostesses and longtime club members Josy Fröhli and Lotte Rhomberg.

For those members who haven't yet had the opportunity to attend, when you arrive at 11am you are given an apéro and directed to one of the various teams preparing the food for the day. There is a lot of variety in the dishes so there isn't a shortage of work to do: salads, vegetables, chicken dishes, meat dishes, and all the trimmings. Afterwards there is, of course, coffee and pastries as well. Once the food is prepared and served, there's nothing left but to eat and enjoy time with each other. In our conversations with Lotte and Josy, they reported that the most popular dishes at the BBQ are the chicken satay, spare ribs, and Josy's Famous Potato Salad.

When asked what they love best about the event, both hostesses stated without hesitation that it's the people who make it special. Lotte said that spending time with such an easy-going group of people that's willing to work and serve each other is a pleasure and as Josy pointed out "It's just nice company." They also pointed out that this sense of community and joy comes as much from working together as it does from anything else. The diversity of the guests was also important to both ladies, since they mentioned being able to catch up with older members as well as getting to know the newer members and their families.

Since we're having to do everything at home for ourselves these days, we asked Lotte and Josy for their tips and advice for hosting our own BBQ. "It really depends a lot on who you're inviting," Lotte told us and explained that it's important to tailor your event to your guests. Josy's advice was to have an indoor space ready just in case the weather isn't good and to do your shopping the day before when you have a clear idea of how many people you're expecting. She also suggested gathering all of your materials (tables, plates, silverware, napkins, etc) the morning of your event to make delegating easier and to prepare your marinades the night before to make them extra tasty. When asked about her recipes, Josy emphasized that it's all just good, simple food. Nothing she makes is terribly complicated, which might just be the secret to her success.

Josie and Lotte said that though this year's BBQ has been postponed, they are hoping to hold it next year and are looking forward to seeing all of us then. They also want everyone to know that they miss you dearly and can't wait to see you again as soon as they can.

Many thanks to Lotte and Josy for their wisdom and for generously agreeing to be interviewed for this article.

by Mical Lewis
Newsletter Chairwoman



New Members

Katalin Jaszberenyi-Szabo, Membership Chairwoman
responds to membership enquiries, updates member profiles, sends out information packs, compiles the annual Membership Directory and writes up the membership news for the newsletter. **membership@ziwc.ch**

We warmly welcome our new members (joined in March and April 2020)

Simone Betzler, Aallen
Susan Pulfer-Jones, Steinhausen
Elizabeth McGinn, Zug
Helga Schaub, Zug
Helen Boston, Cham
Anne-Marie Hoeh, Steinhausen
Anna McPherson, Sins

For details of their addresses, please consult the on-line Membership Directory.

In Loving Memory

Jean Simson

It is with great regret that we must announce the passing of club member Jean Simson who lived in Menzingen. We know that she will be dearly missed, and our heartfelt condolences go out to all who knew her.

Cari Zoellner-Maxey:

It is with heavy hearts that we announce the loss of Cari Zoellner-Maxey, a longtime member of the ZIWC and a shining light in all her communities. Aside from her work as a translator, Cari co-founded the English Theater Group of Zug where she performed in and directed many pieces which delighted the English-speaking community and culturally enriched the canton of Zug. Her enthusiasm, energy and gentle soul will be missed by all. She is survived by her husband Hanns, her daughters Fabia and Astrid and her granddaughters Daria, Sina and Chloe.

June 2020

Remember to check out our website www.ziwc.ch for up-to-date calendar, photos and membership news.

Have you joined our Facebook Group?
www.facebook.com/groups/zuginternationalwomensclub/

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
01 11:00 *Mental Wellbeing Webinar*	02 09:00 Badminton	03 13:00 *Happy & Balanced Life Webinar*	04 19:00 *Mental Wellbeing Webinar*	05	06 Saturday 07 Sunday
08 11:00 *Mental Wellbeing Webinar*	09 09:00 Badminton	10 09:45 Morning Stammtisch 13:00 *Happy & Balanced Life Webinar*	11 14:00 Italian Beginners 15:00 Italian Conversation 19:00 *Mental Wellbeing Webinar*	12	13 Saturday 14 Sunday
15 11:00 *Mental Wellbeing Webinar*	16 09:00 Badminton	17 09:45 Morning Stammtisch 13:00 *Happy & Balanced Life Webinar*	18 18:30 Monthly Dinner 19:00 *Mental Wellbeing Webinar*	19 12:00 Lunch Club	20 Saturday 21 Sunday
22 11:00 *Mental Wellbeing Webinar*	23 09:00 Badminton 19:30 Book Reading Evening	24 09:45 Morning Stammtisch 13:00 *Happy & Balanced Life Webinar*	25 14:00 Italian Beginners 15:00 Italian Conversation 19:00 *Mental Wellbeing Webinar*	26	27 Saturday 28 Sunday
29 11:00 *Mental Wellbeing Webinar*	30 09:00 Badminton				

Welcome to the 2020/2021 ZIWC Board



President: Cristina Rocco

Italy - Zug

Email: president@ziwc.ch

Cristina was born in Italy where she studied Law and got an MBA in business administration. She worked for ABB and Schindler in several countries for 32 years. Now she is focusing on her company organizing special events in Italy. Cristina's hobbies are travelling, reading, cooking and, last but not least, fashion. Since December 2017, she and her 17 year old daughter happily live in Zug and she immediately joined the Club. She is looking forward to starting this new role.



Vice President: Helena Lustenberger

United Kingdom - Hünenberg

Email: vicepresident@ziwc.ch

Helena was born in England but has lived in Switzerland for many years and has Swiss nationality. She gained a degree in English and French and then studied business administration. After working in marketing and then co-running a restaurant, she re-trained as a teacher of English to adults, mostly in the tertiary sector. She is now semi-retired and works as a translator.
Helena has two daughters and four grandchildren, has varied experience in voluntary work and twice previously served on the ZIWC Board. She swims regularly, has run the ZIWC Book Reading group for many years and has lots of other cultural interests.



Secretary: Giuliana Huug

Baar - South Africa - Zug

Email: secretary@ziwc.ch

Giuliana grew up in Baar, Canton of Zug. At age 24 she emigrated with her Swiss-South African husband.
She is a federal certified Marketing Planer and has worked in brand management in the liquor trade for many years in Cape Town. Later, while taking care of her children, she worked from home and ran a 4-star guest establishment.

A single mother since 2010, she moved back to her roots in 2016 with her two children, Mikayla (born 1999) and Brandon (2002). Here she became part of the Engel & Völkers Teams Zug (residential and commercial), supporting the Managing Directors and being in charge of corporate marketing & office management.
Having acquired South African citizenship and preferring to speak English rather than Swiss German after having been away for 24 years, Giuliana very much enjoys being part of the ZIWC.



Treasurer: Silvia Meuer

Germany - Cham

Email: treasurer@ziwc.ch

I was born in Germany and came with my husband in 2016 to Switzerland. Shortly after arriving I joined the Club to get in contact with people. My hobbies are skiing, (Nordic) walking, reading, sightseeing, cooking and baking. I also spent a lot of hours at the gym.



Newsletter Chairwoman: Mical Lewis

USA - Hünenberg See

Email: newsletter@ziwc.ch

Mical was born in California but grew up in Oregon in the USA. She studied English and Folklore at the University of Oregon and then taught Critical Reading and Grammar for an educational nonprofit when she moved to San Francisco, California in 2015. She also helped the same students write and edit their college application essays. Her background is in teaching, editing, presentation, and writing.
Mical joined the club right after moving to Switzerland with her husband in 2019 and now lives in Hünenberg See. She enjoys knitting, crocheting, embroidering, walking, hiking, reading, writing, and gardening.



Interest Groups Chairwoman: Anastasia Tziapoura

Cyprus - Zug

Email: interestgroups@ziwc.ch

Anastasia was born in Nicosia ,Cyprus. She studied in England and worked in England, Cyprus and Greece. She has an Accounting Finance background and has work for the Big 4 as an External and Internal Auditor. She has travelled a lot for her work and moved to Switzerland in 2011 as a trailing wife! She has a 10 year old daughter and now she is preparing for her come back to the work force.
She loves traveling, going out and socializing, meeting new people , going to the cinema, cooking and baking!
She speaks fluent English and Greek and intermediate German.



Escape Chairwoman: Deb Asmus

USA - Zug
Email: escape@ziwc.ch

Deb is from Canada and has lived in Switzerland for 18 months. She retired from Bank Management to move overseas and her hobbies are pottery, golf, travel and hanging out with her dog. She's looking forward to getting to know as many members as possible while planning escapes for the club.



Annual Events Chairwoman: Irazú Arroyo

Mexico - Küssnacht am Rigi
Email: annualevents@ziwc.ch

Irazú Arroyo finished a Bachelor in Communication Sciences and started a company in Mexico. After seven years of learning and achieving success, she decided to start a life-changing journey. She packed a backpack and she started traveling the world while reading tarot. Destiny guided her steps to Küssnacht am Rigi where she founded a Paradise and a beautiful place to establish her companies and dreams. She is exited to share her love, creativity, and passion in every event of the ZIWC.



Hospitality Chairwoman-Interim: Emilia Mini

Italy - Zug
Email: hospitality@ziwc.ch

Emilia was born in Milano where she lived with her husband and 4 children. She worked as an assistant to the CEO of a home textile fashion leading brand and pursued a career as an amateur theater actress. Emilia moved with her husband to Zug at the end of 2017 leaving her grown children in Italy.
Emilia is very people orientated and loves meeting new people. She has a passion for movies, travelling, reading and cooking for friends. She enjoys singing (her husband plays the guitar in a band) as well as walking and swimming.



Website Chairwoman: Leila Narhinen

Finland – Walchwil
Email: webeditor@ziwc.ch

Leila is from Finland and moved to Switzerland in September 2019 with her husband. They have three daughters, and a dog. They have earlier lived also in Sweden and Norway. Leila has wide expecience from various office and administration tasks: accounting, invoicing, payroll, HR. Now she enjoys the liberty of not working full time and being able to participate in the club activities.

Leila is keen on meeting new people. She enjoys outdoor activities with the family such as taking the dog out, skiing and hiking. She also loves reading, baking and cooking.



Advertising Chairwoman: Maria Anselmi

Italy - Zug
Email: advertising@ziwc.ch

Maria has more than 25 years managerial experience in Digital Industry. Now she is the Global Director of Data at Bisnode Dun & Bradstreet and is responsible for 20 countries that manages happily from the beautiful Switzerland. She moved in 2017 here after spending many years in Slovenia and Central Europe. Maria is an "Association-type", believes that non-for-profit groups of like-minded people can achieve enormous result making their environment happier, purposeful and a better place to live.
With this spirit she joined ZWIC in 2018 and is now happy to contribute more to consolidate and further develop the great values that inspire the club. She is a true believer in the power of art, creativity and humanity. She has an 18-year old son on his path to become an artist.
Her motto :"A winner is a dreamer that never gives up"



Membership Chairwoman: Katalin Jászbrényi-Szabó

Hungary – Unterägeri
Email: membership@ziwc.ch

Katalin was born in Hungary. She has a Msc. in Business and Administration. She has 15+ years experience in finance and controlling. Currently, she works in consolidation at Selecta HQ. Katalin moved to Switzerland with her family in 2010. She joined ZIWC in 2011. She has two sons: 11 years old and 9 years old. Katalin enjoys travelling, going to theatre, spending time with family and friends.



Marketing Chairwoman: Viviana Giovannozzi

Italy - Zug
Email: marketing@ziwc.ch

Viviana was born in Rome, Italy. She has a degree in History of Art and a Master in Management of Cultural Heritages. She is a passionate marketing and event manager with over 15 years of experience in the Italian cultural and educational space, quality and transparency.
She moved to Zug in 2015 with her husband and two kids. She is the leader of the Business Networking Group at ZIWC and a Member of Parent Association Executive Committee at the International School of Zug and Luzern.
She loves meeting new people, reading biographies and assays, technology and travelling. She speaks fluent Italian and English and intermediate German and French.

Bar & Lounge



Join us for an Apero after work or a long day. Meet up with other members and share your stories.

Please check the ZIWC website for registration and additional details.

Contact Details: Ingela Stigemar, dent_stigemar@bluewin.ch

The ZIWC cancellation policy applies

IMPORTANT INFORMATION:
Due to COVID19, these activities are suspended and will recommence after the government's restrictions are lifted. More details will be posted on the ZIWC website as they become available, so please check the club's website to stay updated.

July Lunch Club

Please join Mary-Scherrer and enjoy the idyllic atmosphere of the Restaurant Rössli in Hünenberg

When: Tuesday 28th July 2020, 12.00 o'clock

Where: Restaurant Rössli, St. Wolfgang 7, 6331 Hünenberg
willkommen@roessli-huenenberg.ch

Booking: Please register on the ZIWC website

Booking deadline: 24th July 2020

Contact: mary.scherrer@bluewin.ch for questions only.

Menu: Choose from the daily Tagesmenu



Transport information: The restaurant is located at Hünenberg's St. Wolfgang next to the St. Wolfgang chapel.

The parking lot is opposite the chapel and only a few steps away. Carpooling is advisable as public transport does not reach this spot.

The ZIWC cancellation policy applies

Webinars
for Wellness and a Balanced Life

Club Members Heike Haiberger and Yasmina Rauber have been offering their services as Mental Wellness Coach and Professional YAS Coach to their fellow members through engaging Zoom webinars.

If you are interested in joining one of these sessions, please check the ZIWC website's calendar for specific days and times. Future webinars will also be posted to the calendar, so be sure to keep checking.

Note: The ZIWC is not responsible for the content of the webinars or any other online activities hosted by members, nor is it responsible for any technical issues with the links or software being used.





Business
Networking Group

The group focuses on women who are interested in business topics, who are working, managing their company, intending to start up a new company, or are changing their working life.

This group shares knowledge, experiences, information, ideas and techniques. The program includes speeches, brainstorm sections, workshops and coaching sections.

This group meets once a month in the evening, and it is usually followed by an informal drink.



Softskill: resilience. In it for the long run

by Patricia Jehle

Life is like a marathon that takes all our skill and endurance to run and to win, when "winning" means thriving and growing. We all are looking for ways to work on a resilient mind-set to win the race enjoy our lives, to find satisfaction even after set-backs.

On June 2nd Patricia will go through a few practical exercises and show how resilience is all about soft skills and mind-set. We all experience personal and professional set-backs, so how can we not just survive but thrive, despite the bumps in life? Come, have some fun and learn something new.

Patricia is a communication lecturer at the FHNW (M.A. Ed.); she's a mother of three grown children, a wife and a certified (business) coach and supervisor with the European Association of Supervisors and Coaches (EASC) as well as a member of the Swiss Coaching Association. She has been coaching on her own for seven years and she and her family live in the countryside near Baden, Aargau.



Date of the Event: The event will take place after the Summer holidays and the precise date will be advertised soon in the Club`s Newsletter and Website.

Meeting Place: Dachraum, Zug Bibliothek, 5th Floor

Cost: This seminar is free of charge and is also open to non ZIWC members, or women who are willing to join the club in the near future.

Contact Details: Viviana Giovannozzi, bng@ziwc.ch

Please also contact Viviana to be added to the BNG Facebook and Whatsapp Groups, which are used to inform members of the details of each meeting.



July 2020

Remember to check out our website www.ziwc.ch for up-to-date calendar, photos and membership news.

Have you joined our Facebook Group?
www.facebook.com/groups/zuginternationalwomensclub/

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
		01 09:45 Morning Stammtisch 13:00 ***Happy & Balanced Life Webinar***	02 10:00 Contact Coffee 19:00 ***Mental Wellbeing Webinar***	03	04 Saturday 05 Sunday
06	07 09:00 Badminton 18:30 Bar & Lounge	08 09:45 Morning Stammtisch 13:00 ***Happy & Balanced Life Webinar***	09	10	11 Saturday 12 Sunday
13	14 09:00 Badminton	15 09:45 Morning Stammtisch 13:00 ***Happy & Balanced Life Webinar***	16	17	18 Saturday 19 Sunday
20	21 09:00 Badminton	22 09:45 Morning Stammtisch 13:00 ***Happy & Balanced Life Webinar***	23	24	25 Saturday 26 Sunday
27	28 09:00 Badminton 12:00 ***July Lunch Club***	29 09:45 Morning Stammtisch 13:00 ***Happy & Balanced Life Webinar***	30	31	

Escape with your Imagination!

Usually, this newsletter would include a few accounts of the most recent club Escapes, but, alas, the CV19 crisis put a temporary stop to those outings. As we wait for the things to reopen, we can use this time to plan our own personal escapes or at least dream about them.

To help with this, our new board members have written a series of profiles on some uncommon places to visit in their home countries. This will be a recurring section of the newsletter for the next few issues, so be sure to keep an eye out for the next installment.



Visit to Emilia Romagna *by Cristina Rocco*

Even though I consider myself to be Milanese, I was born in Reggio Emilia, a small, cozy town in the province of Emilia Romagna. This region is where Parmigiano Reggiano was invented, is the home of the Max Mara fashion factory, and is also where the Tricolore, or Italian National Flag, was designed. You are sure to find not only some of Italy's most ancient traditions and modern innovations, but also some of her most delicious specialties.



When planning your trip to Emilia Romagna, you should consider these towns:

Parma: This is where they produce the famous prosciutto crudo and it is near to where the famous composer, Giuseppe Verdi, was born.

Modena: Here you can find some of the best aceto balsamico and perhaps book at table at the Osteria Franscescana where the best chef in the world will make you dinner. You can also visit the Enzo Ferrari Museum for a look at the history of the famous car designer. Bonus: Book a factory tour in the nearby town of Maranello where Ferrari cars are made.

Riccione: While it might not have the best sea in Italy, it is absolutely the top for fun, shopping, clubs and trends.

Bologna: Variously called La Dotta (the learned) because it is home to the oldest university in the western world, La Rossa (the red) because of its traditional terra-cotta roofs and political history (always on the left), and La Grassa (the fat) because of its rich culinary is a must-visit for any itinerary. There you can walk up the 500 steps of the Torre Degli Asinelli to get a spectacular view of the red roofs and maybe even of the Alps and the Adriatic sea. One word to the wise: don't be surprised if you are stopped by a strangely-dressed person who asks you equally silly questions; this is just a newly-graduated student from the University of Bologna participating in an ancient tradition of embarrassment that also includes papering the city with their most incriminating photos.

With its culinary history stretching back to the middle ages, this region is considered THE culinary center of Italy. So, try to include as many of the following delights as you can during your visit:

Book a gourmet tour of a Caseificio, or dairy, and taste some fresh Parmigiano Reggiano with or without balsamic vinegar. There is nowhere else in the world that you can taste it fresh and it is so delicious.

Taste the prosciutto, culatello, mortadella bologna and other cured meats wherever you go.

The best cherries in Italy, called duroni, can be found in the Vignola region between Modena and Bologna.

Order the Erbazzione for a mid-afternoon snack and enjoy the delicious interplay of spinach and parmigiano in this traditional cake.

Try the Tigelle & Crescentine and gnocco fritto to enjoy the delicious interplay of the traditional fried dough and local sliced meats and cheeses.

For the meat-lover, try the bolliti misti, a plate of various types of meat cooked to perfection.

In the realm of pasta definitely try the Tagliatelle al Ragu (The original Bolognese sauce), the cappelletti in brood (delicious stuffed pasta in broth), and gramigna con salsiccia (egg pasta with sausage in a cream sauce).

Seek out the famous aceto balsamico and taste it with abandon.





Escape with your Imagination!

A Walk through the Old Artistic Brera District in Milan *by Emilia Mini*

Right behind the Duomo Cathedral, a narrow street, Via Verdi, brings visitors along the Brera artistic district and straight to the new Gae Aulenti's square with its beautiful skyscrapers and the famous "Vertical Wood Tower".

These days this area is very popular among young people for the number of restaurants and bars that stay open until the early morning (part of the "Milano movida") as well as the many antique and art shops. It is also very well-known for the **Brera Academy of Fine Arts** and the **Brera Art Gallery (https://pinacotecabrera.org/en/)**, which prominently contributed to the development of Brera's bohemian atmosphere and its reputation as an artists' neighbourhood.

The Brera Art Gallery hosts, among other masterpieces, the famous **"Cristo morto" by Mantegna, "Cena in Emmaus" by Caravaggio, "Sposalizio della vergine" by Raffaello and" Cristo alla Colonna" by Bramante.**

The name Brera stems from the Medieval Italian "braida", meaning a land cleared of trees or naturally lacking them. This is because around the year 900, the Brera district was situated in just such an area outside Milan's city walls.

At the beginning of 1900 Brera was considered the "street of love" because the most attended and most famous whorehouses were located there. These houses were opened by a law act in 1859 and, after a while, called "case chiuse" (closed houses) because all their windows were walled up in order to stop the ladies from "offering themselves. At that time attending these houses was absolutely normal. All kinds of people, working class, white collar workers, artists and even aristocrats used to get together there. This area inspired many people, including the Milanese poet, Carlo Porta, who dedicated his poem **"La Ninetta del Verziere"** to a woman who worked there.

The houses were finally closed by law in 1958. It is said that, the night before their closure, all the houses hosted big parties. The following day, Indro Montanelli (a famous Italian journalist and writer) published a famous







article in the main Italian newspaper entitled **"Addio Wanda"** ("Bye-Bye Wanda), dedicated to a famous "entertainer." When you visit, you can still see the buildings, but now they host expensive flats.

If you are interested in architecture, you will certainly enjoy the many private and public buildings made in the liberty style that can be found in this district.

During the 50s and 60s, Brera became known as the artists' district because many artists (often at the beginning of their careers) had no money to spend and so used to get together for hours at the "Bar Jamaica," which is still in operation.

So, the next time you are in Milan, just take some time to walk through the district, have a coffee at **"Bar Jamaica" or a dinner at "Osteria dei Poeti"** and… enjoy the unique atmosphere!

Interest Groups

Anastasia Tziapoura, the Interest Group Chairwoman:
manages and coordinates existing interest groups, facilitates the creation of new groups, and promotes interest group activities to the membership.
interestgroups@ziwc.ch

"Participation in physical exercise or training activities is at your own risk.
It is the participant's responsibility to have personal and accidental insurance".

IMPORTANT INFORMATION:

Due to COVID19, some of the activities are suspended and will recommence after the government's restrictions are lifted.

Social Bridge

Resuming Soon

Kathleen Gilmore is starting a day-time bridge group to meet weekly or bi-monthly for fun and social playing for women already familiar with the game.

Contact Details:
Kathleen Gilmore, gilmoreka@aol.com

Connecting and Volunteering

Keen to help shape the society you live in? Looking for an opportunity to connect and integrate with the community around you?

Then contact Heike Haiberger who will support you in finding ways for you to volunteer within local organizations.

Together you can explore which opportunities can be realized depending on personal skills and talents as well as language abilities. Enrich your life and that of others by volunteering!

Contact Details: Heike Haiberger, haiserra@databaar.ch 079 862 11 02

Italian Wine tasting

Resuming Soon

Are you a fan of wine? Don't miss this opportunity! Join this group for a tasting tour through Italian wines.

Group leader Lorella is a certified Sommelier. Membership in this group is limited, but please contact Lorella for space availability and meeting details.

Cost: CHF 10 per session for wine and savory snacks.

Contact Details: Lorella Benedetto, lorella.benedetto@libero.it

Lunch Kino WhatsApp Group

Resuming Soon

Are you interested in movies but your partner is not a movie person? Are you looking for friends with whom you share your passion for movies? Join this group!

How does Lunch Kino work?
We will meet from October to April at the Seehof cinema (Schmidgasse 8 in Zug). The cinema publishes a voucher every 2 weeks in the Zuger Woche (free of charge weekly newspaper). This voucher is for a new movie and is valid for 2 people with a special price of 10 CHF instead of 17 CHF.

Meeting Details: The movie is every second Wednesday at 12:15. From 11:30 it is possible to enjoy a light lunch at the cinema. Members need to have or share a voucher.

Contact details: Emilia Mini at Emilia.salvia@gmail.com or WhatsApp 078 733 12 68.

Book Reading Daytime

Resuming Soon

All women wishing to participate in book reading and discussion are very welcome to join us!

Meeting Details:
Once a month at Ober Altstadt 10, Zug

Contact Details:
Antonia Latter, 076 386 00 05, antonia.latter@bluewin.ch

Book Reading Evening

June: "Educated" by Tara Westover

Currently the event is carried out virtually with Zoom on the last Tuesday of the month. Under normal conditions we will be meeting in a member's home on the same day.

Contact Details:
Helena Lustenberger, Helena.lustenberger@gmail.com

Health Promotion Talks

Resuming Soon

A monthly meeting for those who are interested in information about having a healthy lifestyle and developing healthy habits. We will not treat illnesses, but give information through guest speakers about how to prevent some of them.

Meeting details: We will meet once a month in different locations depending on our guest speaker. The meeting time is approximately at 18:30.

Registration: please use WhatsApp or email Iryna Stampfli

Contact Details: Iryna Stampfli, 079 304 58 08 or idrubkovska@gmail.com

Knit and Natter

Resuming Soon

This is just the group for those interested in knitting and crochet. You will have fun, find encouragement, get professional advice, learn new ideas, and make new friends. People wishing to learn are very welcome.

Meeting Details: Once every three weeks at Ober Altstadt 10, Zug

Contact Details: Antonia Latter, 076 386 00 05, antonia.latter@bluewin.ch

Spotlight Events!

These are member-organized experiences created for other members.

Exhibitions, movies, concerts, sightseeing, day trips and business presentations are examples of what a Spotlight Event may be.

Ski trips, wine tasting, cooking lessons, direct sales parties... the possibilities are endless!

Please get involved and think about organizing an event.

For additional guidelines and more information please contact Anastasia Tziapoura, interestgroups@ziwc.ch

Potential New Interest Groups

ZIWC members have requested additional activities be offered by the Club, and we are now looking for volunteers to share their expert knowledge for the enrichment and fun of fellow members.

If any ZIWC member is willing to set up or lead any Interest Group, please contact Interest Groups Chairwoman Anastasia Tziapoura at interestgroups@ziwc.ch

Last Minute Outings

Resuming Soon

If you are interested in receiving spontaneous invitations to various events, please join this group by texting Valerie.

This group communicates only by WhatsApp.

Contact Details:
Valerie Gitter at 079 763 4606

Badminton

Resuming Soon

Badminton is a great way to get some exercise and have fun at the same time! This group plays every Tuesday morning.

New members are always welcome! Some previous experience is recommended.

Meeting Details:
Every Tuesday at 09:00 at Sports Zugerland, Riedstrasse 1A, Cham.
www.sports-zugerland.ch

Contact Details: Herma Smeele, smeele@bluewin.ch

Fitness Hiking

Resuming Soon

This is a sport fitness hiking group. The group walks with a speedy pace in the mountains around Zug. Please show up FIT for the hike. Every session will take around 2 hours.

The fitness hiking group is now full, however a waiting list is available. Please email Sarah if you would like to be placed on the waiting list.

Contact Details: Sarah Paul 0792799748, Paulfamily@bluewin.ch

We are also seeking a person willing to lead a second fitness hiking group.
Contact Details: Anastasia Tziapoura, interestgroups@ziwc.ch

Mental Training

NEW

Did you know that fear, uncertainty and anxiety cause stress and stress breaks down the immune system? You can now counteract this by consciously supporting the wellbeing of body, mind and spirit via techniques such as: mindfulness, breathing exercises, PMR (progressive muscle relaxation), autogenic training, stress-less tools and mind travel.

"Mental Training" enables you to create coping mechanisms by focusing on the "here and now," calming the nervous system and allowing "time out" to look to yourself and strengthen yourself.

Meeting Details: Every Monday at 11.00 via Zoom
You can join directly throughthe Link on the ZIWC website.

Contact Details: Heike Haiberger, haiserra@databaar.ch or on 079 862 11 02

Note: *The ZIWC is not responsible for the content of the webinars or any other online activities hosted by members, nor is it responsible for any technical issues with the links or software being used.*

Social Walk

Resuming Soon

A weekly social walk for members who enjoy walking at a leisurely pace. We walk on Monday afternoons at 13:30 for 7km/90 minutes (plus a coffee stop!). It is a great way to make new friends!

Contact Details: Kathryn Watson, Watson_760@hotmail.com

We are also seeking a person willing to lead a second social walking group.
Contact Details: Anastasia Tziapoura, interestgroups@ziwc.ch

Conversation Groups



Italian Conversation

If you are a fan of Italy's food, wine, fashion, and culture, here is your chance to learn the nuances of its beautiful "singing" language. Emilia Mini and Cristina Rocco are native Italian speakers and are looking forward to welcoming new ladies!

Are you new to the Italian language or not so confident? From 13:30–14.10 we will have a beginner's basic conversation.

Do you want to keep on learning? Are your conversation skills a bit more advanced? Then continue by joining the more advanced group from 14:30 –15.10!

Meeting Details: Currently, both conversations are carried out Virtually with Zoom.

However, under normal conditions the meetings take place at La Taverna Metalli Zug on the 2nd and 4th Thursday of the month. Each one lasts for 1 hour, but always check the group calendar to make sure.

Contact Details: cristina@italianallegria.com

For beginners: Please contact Emilia at emilia.salvia@gmail.com before joining the class.

German Intermediate

Resuming Soon

This is an intermediate to advanced German conversation group led by Heidi, a German native speaker and teacher. This group is for those of you who have mastered the basics of the German language and now want to practice conversation.

Members of this group must have mastered more than the basics of the language, they should be at least at level B1, however all are welcome to come and try it out.

Meeting Details: Second and fourth Friday of the month, 14:00-15:30 at Buchhandlung Balmer, Kaffeestübchen, Rigistrasse 3, 6300 Zug. Should be there any changes, Heidi will contact every member of the group in advance.

Contact Details: Heidi Helfenberger, 041 741 85 12, hhelfenberger@bluemail.ch

English Intermediate

Resuming Soon

Members of this group read an interesting article or story and discuss it in a friendly atmosphere.

Native speaker Mandy Asimakopoulou, a Cambridge certified English teacher, leads this intermediate level group.

Contact Details: 0767612302 or Mandy.asimakopoulou@gmail.com

We are still looking for native speakers who would like to volunteer in leading any language conversation group at any level.

We are also seeking a person willing to lead the Lunch Club Interest Group.

Please contact Anastasia Tziapoura at interestgroups@ziwc.ch if you are interested.

Hospitality

Emilia Mini, Hospitality Chairwoman
organises regular social events and welcomes new club members and provides information related to the club activities to potential members.
078 733 12 68 | hospitality@ziwc.ch

Morning Stammtisch

Every Wednesday the Club has a morning Stammtisch in the Cigar lounge at the Park Hotel in Zug. Come for a chat, meet friends and make new ones. This is also an ideal time for new members to meet other Club members.

Resuming Soon

When: Every Wednesday, except public holidays, 09:45-11:45
Where: Parkhotel, Industriestrasse 14, 6300 Zug
Contact: Emilia Min, 078 733 12 68, hospitality@ziwc.ch
Karin Resch, +43 664 421 27 75, karin-resch@bluewin.ch
Monika Zeis, 079 899 85 80, monika_zeis_77@hotmail.com

Contact Coffee

Contact Coffees are small, intimate gatherings held at the beginning of each month and are a lovely way for new members to make contact with existing members in a stress-free manner. Generally held in a member's home these events happen in the morning and afternoon and feature coffee and a variety of snacks. Wearing your nametag is helpful, so try to remember to bring it with you. If you are interested in attending, please check the ZIWC online calendar and register online.

Cham Coffee

Karin created a WhatsApp group to keep members informed about attendance. Check the WhatsApp or write if you are attending. If you live in Cham area (Hünenberg, Knonau, …) and are interested in joining the coffee, call Karin to be added to the group

When: Third Thursday of the month, 9.45 – 11.45
Where: Café Plaza, Kirchbühl 5, 6330 Cham
Contact: Karin Resch, +43 664 421 27 75, karin-resch@bluewin.ch

Walchwil Coffee

Join us for a cup of tea or coffee and a friendly chat. All ZIWC members are welcome.

When: Last Thursday of the month, 09:30-11:00
Where: Riviera Café, (opposite the church), Dorfstrasse 19, Walchwil
Contact: Sarah Paul, 079 279 97 48, paulfamily@bluewin.ch



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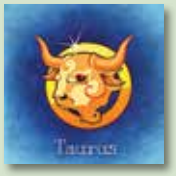
June/July Horsocopes

By Irazú Arroyo



Aries March 21 – April 19

Life has probably been sending you warning signs lately, but you haven't wanted to listen because they aren't comfortable and don't follow your own plans. It's natural to feel that way, but it's important to listen to your intuition even if it's not what you want to hear. It is far better to take precautions and be prepared than to trust blindly. Open your eyes, face reality, and trust your intuition.



Taurus April 20 – May 20

What in your life is holding you back from receiving what you deserve? Maybe you learned a long time ago you were only valuable if you had something to give and that you must not expect anything in return. Now is the time to learn to receive. Energy, resources, and love all require a give and take, so stop giving of yourself without limit. Don't pour energy into anything without getting something back. Set your prices well so that you can get what you deserve. Treat yourself like the valuable person you are.



Gemini May 21 – June 20

If you want to go far, look for a real team. Help and let yourself be helped. This will make the loads lighter and the work more pleasant. Learn to delegate; just because you are capable does not mean you have to do everything yourself. Let others do their part. Don't take one more than you can handle. Now is a good time to build your connection with community, so find like-minded people who support causes that are important to you. Take care in the way you say things and speak as clearly as possible to avoid miscommunication.



Cancer June 21 – July 22

It's normal for you to feel tired after all you've been through but do not doubt your strength. At this moment it might feel like it has deserted you, but it is still there. Now is a time when you should focus on resting and recharging your batteries. If you can avoid too many commitments or there is some way to make your life a little easier, choose that path. Don't stress without reason. Remember, everything is temporary and soon you will have your strength and passion back.



Leo July 23 – August 22

How long has it been since you fed your spirit with activities that you love? We all know how easy it is to fall into a bland daily routine and forget to do the things that motivate our hearts. But now your soul is challenging you to bring it back to life. Find regular time for activities you truly enjoy and this will fill you with energy. Take advantage of the opportunities that are offered and try to be open-minded. Don't try to do it all at once, though. Take your time to make decisions and don't let anyone pressure you. Do not despair, it is all a matter of practice, trial and error.



Virgo August 23 – September 22

It might be tempting to just jump into things, but now is a time to think two or three times before you act. Don't let your ego decide for you and use caution when making decisions. Your current plans have advantages and disadvantages, so give yourself time to think them through and decide what you truly want. If necessary, make a new plan. Remember that you will have to act differently if you want to see different results.



Libra September 23 – October 22

You need to become your own best friend. It's easier said than done, but it is necessary at this time. All too often we look to other people or activities for what we think we need, and we senselessly wear ourselves out looking for is already within ourselves. Eat healthily, rest and take care of your body, your mind, and your heart. Speak kindly to yourself, as if you were talking to a loved one or friend. Enjoy your solitude, find joy in your thoughts and take time to feel your own emotions clearly.



Scorpio October 23 – November 21

You may be experiencing intense feelings of discomfort, sadness and even depression lately, but it's important to differentiate between the drama created by your ego and the true reasons for your feelings. Your mood is a symptom that tells you that something is not right, so be honest with yourself. It's okay to talk about what you're feeling. As you sort through it all, thank and bless your feelings because they have reasons for being and if you face them instead of looking for distractions, it will take you in the direction that your heart yearns for.



Sagittarius November 22 – December 21

Now is a good time to let go of those things in your life that no longer make sense or serve your highest purpose. You know which decisions need to be made: stay away from people who steal your energy, put an end to situations that do not help you grow anymore, and stop doing things that don't support you. It may hurt, it may make you uncomfortable, but you need to get the weeds out of your life to let your flowers bloom fully.



Capricorn December 22 – January 19

Feel the blessing of being connected to your people. Whether far away or nearby, what you have is called community and it's not something that can be taken for granted. The connections that you are making and that you feel in your heart are real and have a reason for being. The most important thing now is the quality of your relationships, whether they are for love, work or friendship. Give yourself the necessary time to build and enjoy your tribe.



Aquarius January 20 – February 18

It is time to allow your mind to expand, so give priority to learning so it can increase your wisdom. Now is an excellent time to start a course, certification, or career that stimulates your intellect and brings you new credentials. Let new knowledge enter so you can innovate in all areas of your life. This will help you feel more secure and have better opportunities in the future.



Pisces February 19 – March 20

Now is a good time to focus on increasing your energy and acting with determination. Remember: You are stronger than you think you are. You've been through a lot, solved many problems and so you have developed an inner strength that lifts you from any fall. Feel your power, feel your determination. You have all the power to meet that challenge you are facing and you can only get better from here.



Want to see your Name in print?

Submit Something to the Newsletter! The voices and perspectives of our members are what make this club so special and we want to hear from you!

So please send your writing, photos, or any other information to newsletter@ziwc.ch

Deadline for submissions for the August/September 2020 Newsletter is the 16th of June 2020

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IBAN: CH40 0900 0000 1752 1935 3

The Club's cancellation policy is applicable to all events that involve a reservation and a monetary payment. Unless otherwise specified, the cancellation deadline is the booking deadline. A member who cancels her participation in an event, after the cancellation deadline, is required to pay the full participation fee of the event. The Club is not responsible for any loss or injury suffered during the course of activities or events.


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