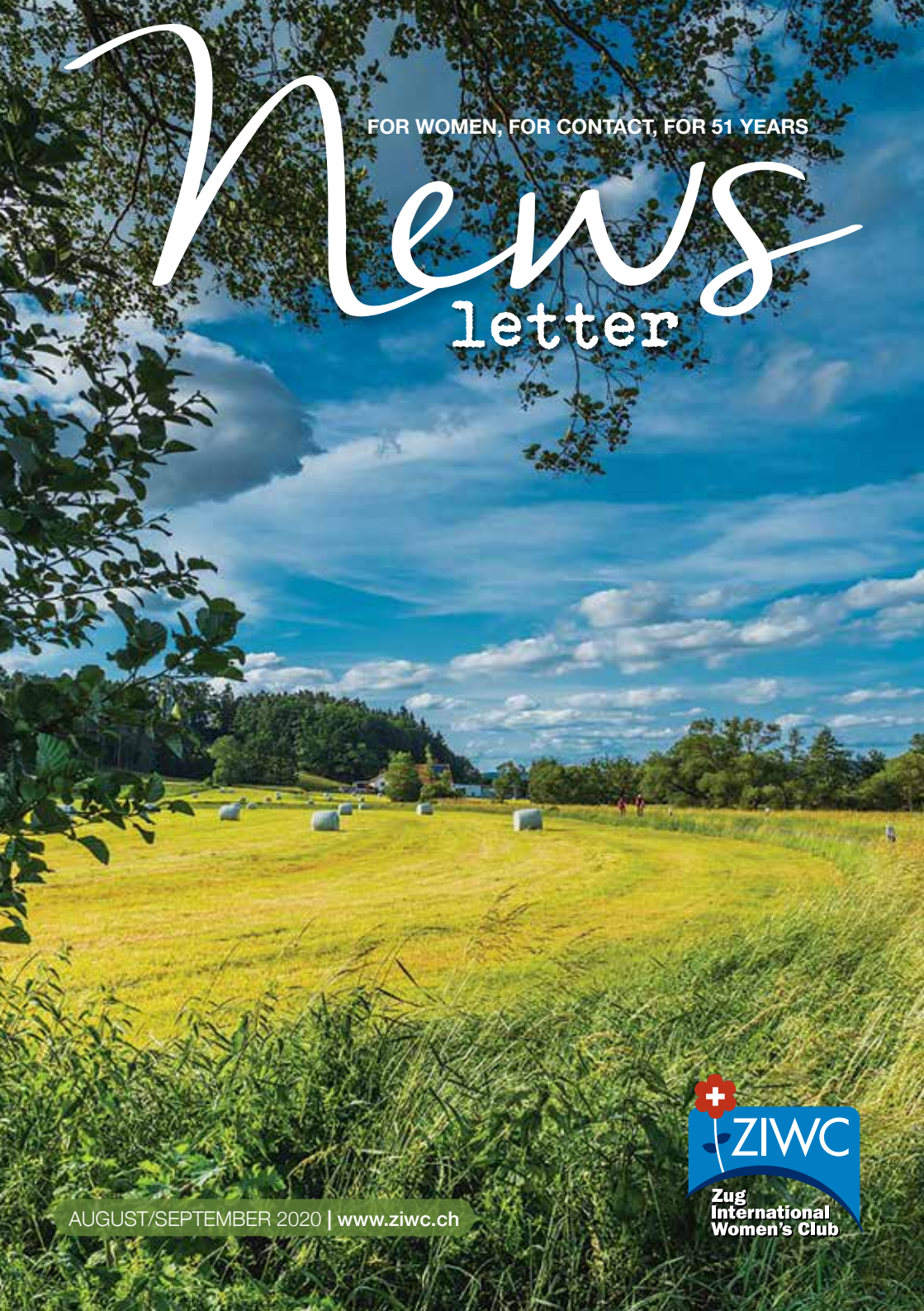
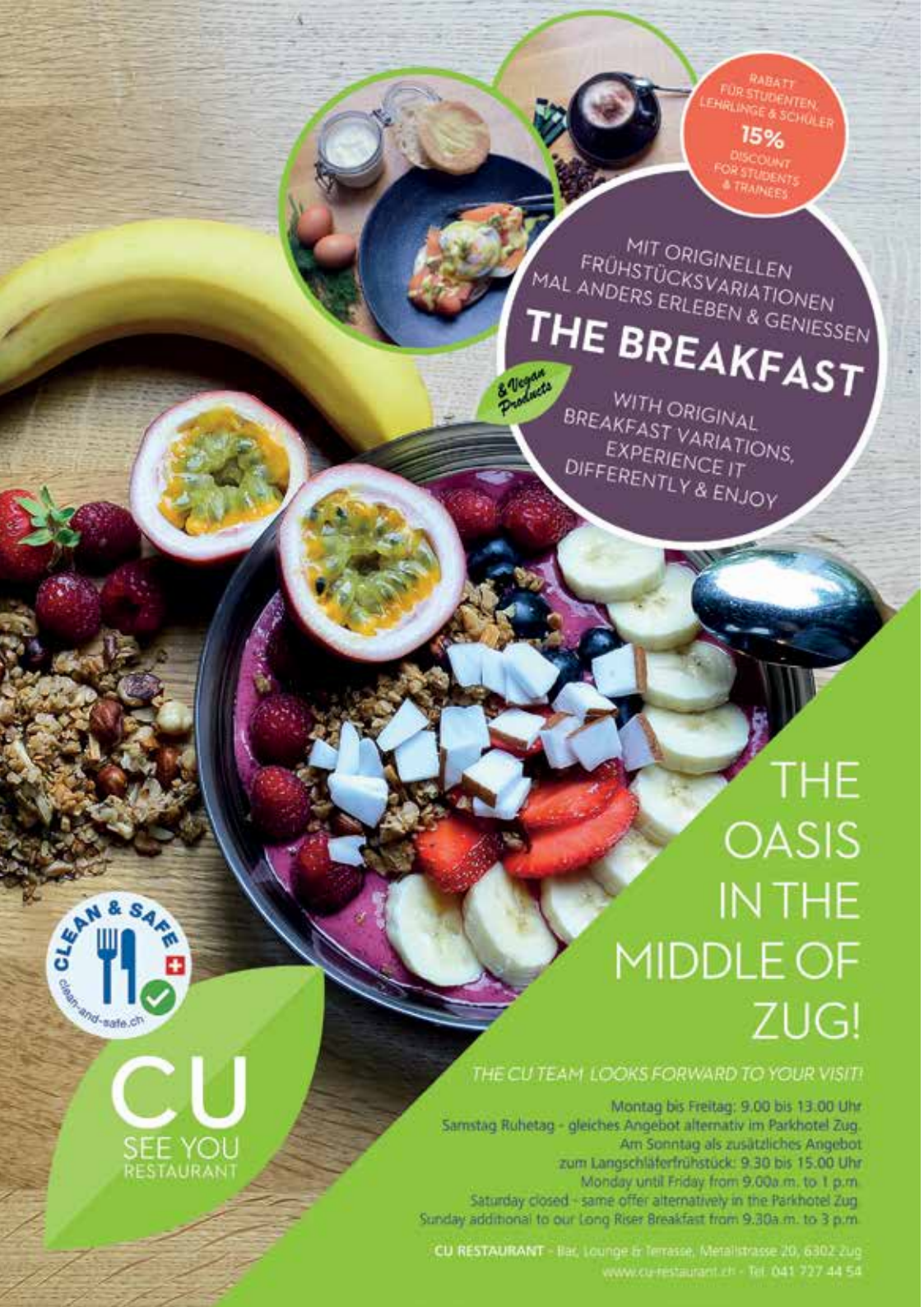

FOR WOMEN, FOR CONTACT, FOR 51 YEARS
News
letter
ZIWC
Zug
International
Women's Club
AUGUST/SEPTEMBER 2020 | www.ziwc.ch



Dear Members

What an extraordinary period this has been! The Covid-19 pandemic has created a truly unprecedented situation that has affected us all! Our hearts go out to anyone who has been impacted by the virus, either directly or indirectly. I hope you all are enjoying the Summer holidays either here in Switzerland or by meeting and spending precious time with your loved ones!

Even during this difficult period when most of our activities were suspended, we were not able to meet and were uncertain as to our planning, we have proved that the Club remains strong and has managed to keep us all together and connected.

We overcame these difficulties through the @Home section of our website and by continuing some of our activities online, like the Monthly Dinners, the Book Reading Group and the Italian Conversation Group. More recently, we have had members initiating new interest groups on online Meditation, on Well Being, on Face gymnastics and even on Gardening.
I want to thank the Interest Group Leaders for their hard work, effort, generous support and their valuable feedback to a current survey, because now we are working on new ideas for the Club based on their feedback and the members` survey results from last Winter! We have proven once more that our club encourages fellowship, fosters friendship among like-minded women and encourages social interaction!
We are always looking to increase the opportunities available to our members, so please consider becoming an Interest Group Leader. If you have an idea for an interest group, do not hesitate to reach out! We will work together to implement your ideas to enrich the club and our community. Send me an email at interestgroups@ziwc.ch to get started.

Once again, I would like to thank everyone for all your hard work, support and commitment to providing social interaction and social growth for all our existing and new members in all areas of life!

I wish you all a great Autumn!

Best regards,



Anastasia Tziapoura
Interest Groups Chairwoman 2020-2021

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Update Facebook Policy

Check out the updated Facebook Policy published on the ZIWC website (under “Members Only”).

And if you haven’t already, consider joining the club’s closed group on Facebook. It’s a great way to connect with other members and share information with the club at large.



Newsletter Chairwoman
Mical Lewis
newsletter@ziwc.ch

Website Chairwoman
Leila Narhinen
webeditor@ziwc.ch

Graphic Design
Karin Dienemann
kdienemann@hotmail.com

Club address:
Zug International Women’s Club, 6300 Zug,
www.ziwc.ch

Advertising Chairwoman
Maria Anselmi
advertising@ziwc.ch

Newsletter Mail-out
Team Newsletter

Printers
Onlineprinters GmbH
www.onlineprinters.ch

Payments to the Club should be made to:
Zug International Women’s Club, 6340 Baar
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.

Save the Date: IMCZ BBQ

The traditional and popular IMCZ Summer Barbecue at the Siehbachsaal will take place on Sunday, 23 August 11am-4pm



ZIWC members and their families are also invited to enjoy an Afro-Caribbean fusion of food and culture.

Ladies willing to help wash up have free entry!

Contact: Helena Lustenberger, vicepresident@ziwc



New Escape Chairwoman



Introducing the New Escape Chairwoman: Amy Egger

Amy was born in Ontario, Canada where she studied and got her BSc in Psychology. In 2001 she moved to Lausanne, Switzerland and studied Modern French at the University of Lausanne. She married a Swiss man and has 3 children.

In 2012 she moved away from Switzerland and lived in Malta for 6 years. On the family's return to Switzerland, they decided to settle in Zug.

Amy loves travelling, hiking, running, playing golf and many more activities. Amy is rather shy but is looking forward to meeting new people and getting to know them better.

August Lunch Club

Please join Monika Zeis at the Parkhotel for our August Lunch Club.

When: Wednesday, 26th August 2020, 12:00 – 14.00

Where: Restaurant Parkhotel Zug, Industriestrasse 14, 6300 Zug, www.hotelbusinesszug.ch

Booking: Please register on the ZIWC website.

Booking deadline: Sunday, 23rd of August 2020. When booking please indicate which Menu you would like.

Contact: For questions only: Monika Zeis monika_zeis_77@hotmail.com



Directions: Restaurant is situated close to Metalli Shopping Center.

Menu: There will be a starter (soup or salad) and a choice between Meat, Fish, Vegetarian

Cost: Between CHF 25 - CHF 29 without Dessert, with Dessert CHF 35

NB: Beverages are not included

The ZIWC cancellation policy applies

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 sessions, workshops and coaching sessions. This group meets once a month in the evening.

Softskill: "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, to enjoy our lives and to find satisfaction even after setbacks.

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.

When: Monday, 31 August at 18:30-20:30

Where: Dachraum, Zug Bibliothek 5th Floor, (doors close at 7pm, so be on time).

Booking Deadline: Please register on the ZIWC website or ZIWC App or send an e-mail to Viviana (bng@ziwc.ch).

Cost: Free of charge and also open to IMCZ member, non ZIWC members and women 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.



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)

Ingrid Erny, Hünenberg See
Dawn Antle, Zug
Sandra Herzog, Hünenberg
Diana Price, Zug
Beatrice Winter, Walchwil
Constance Böhler, Zug

New Member Profile



My name is Diane Price and I arrived in Zug in August. For the past 7 years we have lived in Singapore. My husband was promoted and will now be based in his company's head office in Baar. I enjoy walking, eating out, travelling, reading and cooking. After living with the Singapore humidity for so many years I can't wait to go for walks in the fresh Swiss air. I look forward to meeting you all soon and will be getting involved in some of your social activities.



My name is Bettina Bachmann and I have returned to Switzerland after living and working in many different countries for the past 35 years. Moving to new jobs, houses, schools and meeting new friends has been a fantastic experience for my whole family. Now I am happy to be back in Zug, together with my husband, while our son and daughter both live and work in London. Coming home is sometimes a bit of a culture shock - we have been warned! I am looking forward to joining the activities of ZIWC and become part of this international community, when hopefully our lives will be more normal again.



My name is Beatrice Winter and my interests are golf, travel and water sports. I am Swiss and work for an international company. I used to work abroad in different cities until I changed my job which brought me back to Zug in 2019. Meeting people from all over the world is always interesting and the ZIWC is an ideal platform to make new friends.

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

August Monthly dinner





The August dinner will take place at Puccini. Weather permitting, we will be sitting outside overlooking the Zugersee and watching the sunset. Puccini has a colourful and delicious Mediterranean menu.

When: Thursdsday, 20th August, 18:30

Where: Restaurant Puccini, Vorstadt 26, 6300 Zug, 041 720 04 04

Group limit: Please register online (Calendar/ August 20/Monthly dinner)

Booking deadline: Please register on the ZIWC website until Tuesday, August 18th

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

Menu: We will be choosing "à la carte" (check the menu and prices online)

The ZIWC cancellation policy applies.

Bar & Lounge August

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

Meeting Details:
Tuesday, August 18th at 18:30
Pier 41 Baarerstrasse 41, 6300 Zug

Note:
Registration is mandatory up to 24 hours before the event

Contact Details:
Ingela Stigemar, dent_stigemar@bluewin.ch

The ZIWC cancellation policy applies



2020/2021

Charity Announcement

The ZIWC are proud to announce that the **FRW International Dialogue Association** has been selected as the non-profit charitable organisation to receive our support for the 2020/2021 membership year.







The abbreviation **FRW** stands for Friede, (Peace), Respekt (Respect) and Würde (Dignity), and the **FRW International Dialogue Association** has been dedicated to supporting the integration of refugees and expats across Canton Zug for more than seven years.

FRW volunteers endeavour to make it easier for refugees and migrants to settle in Switzerland; they accompany new arrivals during their first steps into an unknown environment and they help refugees and migrants to find their way in a foreign culture and to build bridges between the various groups in civil society.

The **FRW** has four core areas of focus: **language, encounters, prevention and professional life** which are represented by almost 60 individual projects being managed by 185 volunteers across Canton Zug. As an example, **FRW** has been promoting the learning of the German **language** since 2014 and enables all refugees, regardless of their asylum status, to do so free of charge. This has proven to be incredibly successful and can be seen statistically in cantonal comparisons of work integration.

These 60 projects create a wide range of events and activities which are open to everyone. Anyone can attend any event on the activity calendar, including the local community. For example, there are various cooking teams made up of locals and refugees who cook specialties from their respective home countries. In doing so, immigrants get to know the local cuisine and the Swiss population gets to know specialties from all over the world.

In the focus area of **encounters**, the **FRW** also hosts artistic and creative activities such as the Creativ Groove with music and rhythm every week in the Badabum music studio at the Chollerhalle and the annual big concert called “Monstergroove” for which the weekly meetings prepare. Participants can join any event or not, as they see fit. If they’re not sure how to contribute, they can join any event and try it out to discover their talents. There is no obligation for anyone to attend; they can come and go to the meetings as they like, and they don’t have to pay for anything.

Many believe that it is this relaxed and low-entry threshold offer that makes **FRW** projects so successful. The popularity of these activities is evidenced by the active participation of refugees alongside members of the local communities, which shows that FRW has developed a successful model for an integrated coexistence of different population groups.

The ZIWC are delighted to be supporting an organisation with similar values and aspirations to our own and one which will clearly benefit from the talent and resources we have across our wonderful community of women.

A schedule of specific ZIWC events and activities to support the **FRW International Dialogue Association** will soon be announced and, in the meantime, please keep saving your 5 Rappen coins!

Natalie Madsen-Oesterbye
Charity Coordinator

August 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 Saturday
					02 Sunday
03	04	05 09:30 Morning Stammtisch	06	07	08 Saturday
					09 Sunday
10	11	12 09:30 Morning Stammtisch	13	14	15 Saturday
					16 Sunday
17	18 14:00 Gardening Group 18:30 Bar & Lounge	19 09:30 Morning Stammtisch	20 09:45 Cham Coffee 14:00 Italian Beginners 18:30 Monthly Dinner	21	22 Saturday
					23 11:00 IMCZ BBQ 14:00 Gardening Group
24	25 17:00 Contact Apero	26 09:30 Morning Stammtisch 12:00: Monthly Lunch 19:30 Book Reading Group	27 09:30 Walchwil Coffee 15:00 Italian Conversation	28	29 Saturday
					30 Sunday
31 18:30 BNG					

Escape to the "Am Römerholz" Museum



Join us for a special Art Saturday at the Oskar Reinhart "Am Römerholz" museum in Winterthur.

We will be going on a guided tour of this remarkable collection – one of the best of its kind – of some of the finest European art housed in the collector's stunning residence. You will enjoy the delicate interplay between the architecture and the art housed within. Feel free to join us for lunch afterwards at the villa's restaurant.

Date and Time: Saturday, September 5th at from 11 till 16CET

Where: Meet at Zug Railway station

Departure: 9.03 with S24

Tour to Begin at: 11.00

Return: 16.01 from Winterthur, arrival at 17.10 in Zug

Dress Code: smart casual
You are kindly invited to bring a friend with you if you wish and register them online.

Costs and Payment: 27CHF for members, 42CHF for guests (includes shuttle from Station, access to museum and guided tour in English).

Please pay electronically to our bank account A/C No 17-521935-3 - IBAN CH40 0900 0000 1752 1935 3 and report your name.

Booking Deadline: 25.08.2020

We will have a lovely area on the terrace reserved for the club. Lunch is to be paid locally, but please order the meat, fish, or vegetarian menu in advance online.

Contact: For questions or more information please contact Cristina Rocco by email at president@ziwc.ch or WhatsApp: 0794444056

Please register on the ZIWC website.

The ZIWC cancellation policy applies



September Monthly dinner

The September dinner will take place at the Bären restaurant in Zug, which has a themed Oktoberfest decoration and menu every year. Wear your Dirndl or Oktoberfest blouse if you have one!

When: Wednesday, September 30th, 18:30

Where: Restaurant Bären, Baarerstrasse 30, 6300 Zug (opposite Starbucks, Metalli)

Group limit: please register online (Calendar/ September 30/Monthly dinner)



Booking deadline: Please register on the ZIWC website until Monday, September 28th.

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

Menu: We will be choosing à la carte, from their typical Oktoberfest menu.

The ZIWC cancellation policy applies.



September Lunch Club

Please join Tina Schulz for the September Lunch Club in Arth, at the new restaurant "Don's Deli"

When: Wednesday, September 23rd, 12:00

Where: Restaurant "Don's Deli", Rathausplatz 3, 6415 Arth, www.don-s.ch

Booking: Please register on the ZIWC website.

Booking deadline: Saturday, 19th of September. Early registration is greatly appreciated

Contact: Tina Schulz, tina@rbschulz.de, for questions only, please.

Directions: Downtown Arth, the restaurant is situated right at the little village square

Menu: There will be a starter of soup or salad and a choice between a meat and vegetarian main dish.

Cost: Between CHF 20.00- CHF 25.00

Please note: Dessert and Beverages are not included. Besides being a great chef and fun company, Corine bakes a fantastic chocolate cake and does great desserts for ca. CHF 5.00.

Also, you will find a really nice store inside of the restaurant – interior decoration, candles, dishes etc., plus a great selection of pasta, wine, olive oil, tea and so on.

The ZIWC cancellation policy applies.



Bar & Lounge September

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

Meeting Details:
Tuesday, September 8th at 18:30
Pier 41 Baarerstrasse 41, 6300 Zug

Note:
Registration is mandatory up to 24 hours before the event

Contact Details:
Ingela Stigemar, dent_stigemar@bluewin.ch

The ZIWC cancellation policy applies



Business Networking Group

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

Workshop: "If It's Not Scheduled, It's Not Real" *by Giada Vervello*

If you have great ideas and goals but often get lost and overwhelmed on the way to bring them to reality, if you usually manage to achieve 20% of what's in your weekly agenda, please join us for an interactive workshop. Discover how to move forward, to have a real action plan, to avoid the most common setbacks and to create the supporting environment you need. Giada is a Change Agent & Coach and she helps individuals, teams and companies to face change and design what's next in an agile world. She is passionate about people, change, and new methodologies to make it effective.

When: Tuesday, 29 September, 18:30-20:30

Where: Dachraum, Zug Bibliothek 5th Floor

Booking Deadline: Please register on the ZIWC website or ZIWC App or send an e-mail to Viviana (bng@ziwc.ch).

Cost: These seminars are free of charge and also open to IMCZ member, non ZIWC members and women willing to join the club in the near future.

Contact Details: Viviana Giovannozzi, bng@ziwc.ch



September 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	02 09:30 Morning Stammtisch	03 15:00 Italian Conversation 18:00 Back Together Party	04	05 **Escape** to the "Am Römerholz" Art Collection 06 Sunday
07	08 14:00 Gardening Group 18:30 Bar & Lounge	09 09:30 Morning Stammtisch	10	11	12 Saturday 13 Sunday
14	15	16 09:30 Morning Stammtisch	17 09:45 Cham Coffee 14:00 Italian Beginners	18	19 Saturday 20 Sunday
21	22	23 09:30 Morning Stammtisch 12:00 Monthly Lunch	24 09:30 Walchwil Coffee 14:00 Italian Beginners 15:00 Italian Conversation	25	26 Saturday 27 Sunday
28	29 14:00 Contact Coffee 18:30 BNG	30 09:30 Morning Stammtisch 18:30 Monthly Dinner	31		

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".

NEW Gardening Interest Group

Grow your own!!

Learn how to grow your own vegetables in an easy way on your balcony or terrace.

You will learn all about how to plan, sow, grow and harvest.

Growing up in her mom's kitchen and garden, Émely calls herself a foodie by birth.

Her two biggest passions are cooking and growing her own herbs and vegetables. Since her recovery from cancer she has dedicated her terrace to growing her own vegetables and loves to share her passion, knowledge, and expertise with you.

You do not need "green fingers" because this group is for everybody passionate about food, vegetables, and herbs from the beginner to the seasoned gardener.

Meeting details:
Tuesday or Sunday afternoon
14.00 – 16.00 in Émely's garden in Baar.

Dates of Group on Sunday:
23rd August

Dates of Group on Tuesday:
18th August, 8th September

Address: Früebergstrasse 20, Baar

Contact details: Émely Steegstra-Hendrix, emelyziwc@gmail.com, 077 490 73 74

Registration: Please per e-mail or WhatsApp, stating which group you want to attend



NEW Online Meditations with Light and Face Gymnastics

Anna is a certified cosmetologist and has studied in Zurich, at the Academy of Beauty. She has attended a special meditation course at the Russian Institute of the Topology of Consciousness, and currently continues her studies at the Institute. She has practiced herself, with family members and friends with these meditations and they have proven to be both simple and effective!

Gymnastics for the face is a training of the facial muscles and is in any case particularly useful, since it improves blood circulation, facial contours and relieves muscle tension. Everyone can participate and benefit from the program, regardless of age. Though she is not a certified trainer in face gymnastics, she took several courses and during the webinar she will perform the exercises that she has learned and practices every day!

Women will experience inner harmony from meditation, be filled with light from space, can dismiss obsessive negative thoughts, and light gymnastics of the face will transform them in time making their face a little firmer.

Anna will prepare and distribute a short program for the meeting and what the participants will need to prepare beforehand (i.e. to cleanse the face, remove any jewellery from the hands, prepare a tonic and cream for massaging the face and neck).

The meditation will be harmonized with music and she will initially demonstrate a short head massage to warm up the muscles before moving on to the face for the gymnastics.

She will also present a facial massage with concentration on a certain part of the face and to meditation!

Time of the webinar: every Friday from 18.00 – 18.40 (will be recorded and posted on the Club website on Saturday and Sunday)

Contact Details: Anna Sackmann, a.sackmann@wtm-gallery.ch, at 076 453 32 77

Social Walk

Back after the holidays!

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

Fitness Hiking

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.

Please email Amy Egger if you would like to participate!

Contact Details: Amy Egger at 076 761 91 35, Amyegger@me.com

Back after the holidays!

Book Reading Evening

We will be discussing these books:

August:
"BECOMING" by Michelle Obama

September:
"A long way home" by Saroo Brierly

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

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

Back in October!

Italian Wine tasting

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

Back in October!

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.

Last Minute Outings Group

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

Back after the holidays!

Book Reading Daytime

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



Knit and Natter

Back after the holidays!

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

Mental Training

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 and every Thursday at 19.00 via Zoom.You can join directly through the 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.*

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

Badminton

Back in August!

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

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 are carried out Virtually with Zoom.

However, after the Summer holidays and under normal conditions the meetings take place at La Taverna Metalli Zug on the 2nd and 4th Thursday of the month and each lasts for 1 hour, but always check the group calendar.

Contact Details: cristina@italianallegria.com

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

German Intermediate

Back after the holidays!

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

Back after the holidays!

Members of this group read an interesting article or story and discuss it in a friendly atmosphere. Native speaker Eugenia Loras, a certified English teacher, will begin leading this intermediate level group after the summer holidays.

Meeting Details: On Thursdays at 11.00 – 12.00 virtually until further notice

Contact Details: Eugenia Loras, at 079 588 23 60, evloras@yahoo.ca

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.

IG LEADER Perspectives

To shine a light on our Interest Groups, we thought we'd ask our Interest Group Leaders to share their own, personal perspectives on the groups they run



Business Networking Group

The Business Networking Group (BNG) usually meets on the top floor of the Zug library once a month in the evening. On a regular basis we have 10 to 25 people attending to listen to speakers tell us about their personal and professional experiences or lead workshops. The speakers are almost always members of the club, but sometimes I also bring people from outside the club.

I have led this group since September 2018. Since then, we have talked about different topics that relate to professional life through the perspectives of our speaker who brings stimulating and interesting ideas for us to consider. These meetings have helped to develop a very cool and diverse group of working people.

I have personally spoken twice: once about marketing strategies for small businesses and the second time about how technology is helping small businesses to become more profitable and productive.

Many members have contributed their own topics: we had brainstorming sections with Ingrid S. (who led the group before me) and with Karen V. and Myriam we talked about easy and healthy food to bring to the office and the recommended food for women. Tanja M. talked about a lot of interesting data about the social and environmental impact on the market and the characteristics of two interesting market targets: the millennials and the silvers. Patricia B. talked about her experience as an entrepreneur and how she developed her marketing strategy from scratch and Valeria G. gave practical advice on how best to organize her work and spaces. Irazú A. brought a very interesting point of view on promotion through social media, Monika S. told us what Burnout is and shared practical tips to overcome it and Catherine S. gave us practical advice on how to implement a healthy lifestyle in our daily professional (and private) life.

We also had external speakers: Evelin talked about the Canvas model for sketching your business ideas; Detlef talked about self-awareness and self-confidence by helping us with practical examples to strengthen ourselves; Tiffany talked about what perseverance is and how to apply it to achieve our goals in life and business; Matthias, the owner of a large company in Switzerland, talked about artificial intelligence and the frightening effects that could occur in the world of work.

Thanks to these fantastic speakers, all these appointments have created a genuinely nice group of ladies (and sometimes men from the international men's club of Zug) who meet and contribute to create value for the BNG participants.

Interest Group Leader and presenter: Viviana Giovanozzi at vivianagsa@yahoo.it

Italian Wine Tasting

Are you a fan of wine? Do not miss this opportunity!

Join this group for a tasting tour through Italian wines led by Lorella, a certified sommelier.

The Italian Wine Tasting group started in September 2019 with a group of 10 (maximum for a guided wine tasting!), but quickly it became so popular that there is a waiting list for it at the moment. The meeting is generally held at the attendees' houses in a rotation on Tuesdays and there is a fee of CHF 10 per person to cover the costs of the wine.

In every meeting, Lorella introduces the wine by talking about the region it comes from, the weather it requires and sometimes about a specific aspect of the winemaking process. Then, in a very professional and correct technical manner the tasting begins with the correct savoury snack to match the type of wine offered. The group tastes three types of wines from different Italian regions in every meeting and they always match the current season. So far, tastings were made for many types of wine like rose, red, sparkling, natural, sweet, light and strong ones all extensively covering the famous Italian wine regions.

Lorella has many interesting ideas for her future events and we are looking forward to joining her!

As mentioned before the membership in this group is limited, but please do contact Lorella for space availability and meeting details.

Interest Group Leader: Lorella Benedetto, lorella.benedetto@libero.it

By Lorella Benedetto





Barolo Wine Profile

By Lorella Benedetto

A Bit of History

In origin there was only Nebbiolo, a grape known and cultivated since Medieval times and utilized since 19th century to produce an easily drinkable wine, quite different from the Barolo we know and drink today.

Around 1820, the Marchioness Giulia Tancredi Falletti and her husband, the Marquis of Barolo (a small municipality with about 700 inhabitants in Piedmont in northwest Italy), first experimented with the Barolo winemaking method as we know it today and promoted it at the Savoy Court in Turin. Camillo Benso, Count of Cavour, then spread this harmonious and rich wine to courts all over Europe and today's Barolo was revealed to the world in 1873. At the World Exposition in Vienna it obtained more awards than had ever been seen before. In 1933 it was officially recognized as a "typical wine of high merit" and in 1980 Barolo obtained the certification "Controlled Designation of Origin Guaranteed"(DOCG), the highest designation of quality among Italian wines under local wine law.

The Grape Variety

Barolo is made with Nebbiolo grapes. The name "Nebbiolo" probably derives from the Italian word nebbia, which means fog, since its last ripening extends harvest time to the foggy autumn period. Others say it derives from the grapes' "foggy" appearance due to the waxy white substance that covers them. It is a difficult grape to grow, as it is extremely demanding in terms of soil and climatic conditions, which means it only grows in Piedmont, part of the Aosta Valley and Valtellina (Lombardia region), and very small areas of northern Sardinia. Nebbiolo can also have other synonyms: Chiavennasca in Valtellina, Prunent or Picoltener in Aosta Valley, Spanna in some parts of northern Piedmont.

Climate and Soil

Barolo was born in the Langhe hills near the city of Alba and its famous November Truffle Festival. Surrounded by the Tanaro river on one side and the Apennine Mountains on the other, combining the Mediterranean influences with the Alpine winds to limit the hills' exposure to the cold northern airs. The valleys and the hills create different microclimatic conditions and together with the temperate climate transmit to the grapes specific fine and intense aromas. Moreover, the sudden temperature changes between night and day during the grapes' ripening balance the sugar accumulated in the grape and the acidity of the wine, creating a high quality wine. Characteristics in the soil are another key factor for the quality of the wine. Over the course of millennia clay, marl, sand and gypsum formed in the Langhe, giving the wine floral and fruity aromas, an elevated alcohol percentage and great balance.

The Wine

Barolo is considered the Italian wine "par excellence" and is often called the "king of wines and wine of kings."

It is composed of 100% Nebbiolo grapes and the vineyards must respect precise prerequisites (clay and calcareous soils, exclusive hillside locations, altitude between 170 and 540m above sea level, sun exposure, etc). Barolo is aged for a minimum of 38 months (at least 18 of which must be in wooden barrels) for Barolo and 62 months (at least 18 of which must be in wooden barrels) for Barolo Riserva. The wine must then be released on the market respectively from January 1st of the fourth year following harvest and from January 1st of the sixth year following harvest.

The wine should be served at a temperature of between 18° and 20°c in a colourless wineglass made of glass or crystal, smooth sided, thin and enough large for adequate aeration of the wine. This allows the more complex aromas, derived from wood and long aging to come forward and spread. The wine characteristics express a complex, full bouquet that evolves for a long time without losing its fascination, class and great importance. Barolo is garnet red in colour with orange highlights. The nose is complex, persistent and intense. Fruity and floral notes (violet, vanilla) are accompanied by more spicy and tarry notes. In the mouth it is powerful, balanced and elegant, and the persistency is very long.

Thanks to its rich structure (the alcohol percentage is between 13% and 15%), it is perfect in combination with strongly flavoured food like roasted or braised red meats, game and truffles). For a simple snack, Barolo goes well with strong cheeses, such as Castelmagno and Bra.

An Excellent Vintage

For a superlative gift, just to amaze friends or for your private collection here are some the vintages considered excellent for Barolo: 1947, 1971, 1982, 1990, 1997, 1999, 2001 and 2004.

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 garden of the City Garden Hotel (or inside the lobby in case of bad weather). Come for a chat, meet friends and make new ones. This is also an ideal time for new members to meet other Club members.

Before coming for the first time, please get in touch with one of the hostesses.

When: Every Wednesday, except public holidays, from 9.30-13:00 in the Garden of the City Garden Hotel in a special area reserved exclusively for the ZIWC. In case of bad weather, we will move to the lobby.
Where: City Garden Hotel Metallstrasse 20, 6302 Zug
Parking: There are a few slots free of charge in front of the City Garden Hotel and there is also a big parking area behind it (on the right). Parking is free of charge for restaurant guests and members must validate the ticket at reception.
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

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
Dates: 20/8 and 17/9

Walchwil Coffee

Why not come and 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
Dates: 27/8 and 24/9



August
Contact Evening Apero

Cristina Rocco is looking forward to welcoming you to an August Evening Apero at her apartment in Zug. We'll have a typical Italian Aperitivo, so you might not need dinner afterward.

All members are invited to join her to deepen friendship. If you would like to attend, please register online.

When: 25th August 2020 from 5.00 to 7.00

Where: Aabachstrasse 10, 6300 Zug, 5th Floor

Space limits: 15

Booking Deadline: 23rd August, please register online

Contact: For questions: Cristina Rocco – cristinarocco64@outlook.com 07944440056

Directions: 4 min. walk from Zug Railway station – in front of Cantonal offices

The ZIWC cancellation policy applies

September
Contact Coffee Afternoon

Emilia Mini is really excited to welcome old and new members to her apartment in Zug. This will be the perfect opportunity to catch up! Do not forget to your nametag!

When: September 29th from 2.00 to 4.00

Where: Waldheimstrasse 3, 6300 Zug, 2nd Floor

Space limits: 12

Booking Deadline: September 22nd, please register online

Contact: For questions: Emilia Mini emilia.salvia@gmail.com 078 7331268

Directions: Parking is available opposite to Waldheimstrasse n. 1 or along Fadenstrasse. If using public transport, take bus No. 13 from the Station to Obersack. Bus stop is Sternwarte. Take Oberleh and then turn left to Fadenstrasse. Go straight to reach Waldheimstrasse. It is only 7 minutes walk away from the bus stop.

The ZIWC cancellation policy applies.

Escape with your Imagination!

As borders slowly reopen around us, we at the ZIWC want to continue to inspire your future travel plans. So here is the next installment of the Escape with your Imagination series. Sit back, relax and travel to Paris on the TGV courtesy of Vivi Jensen.







Escape to PARIS by Train…Part I

Have you ever visited Paris by taking the train from Zürich to Gare de Lyon? Let me tell you, it is the most wonderful way to travel. First class on a TGV all the way to Paris is pure bliss and takes only 4 hours.

The Gare-de-Lyon

is a bustling place, and you feel the magnetism immediately upon arriving. It is one of the busiest train stations in Europe and home to many long-distance trains. Built in 1900 for the World Exposition, it was named after the southern city of Lyon, where the trains to Marseille always made a stop. It is in the eastern part of Paris, in the 12th arrondissement, just north of the Seine, and the building is imposing with a large clock tower on one corner, very much like the one on Big Ben in London.

Le Train Bleu

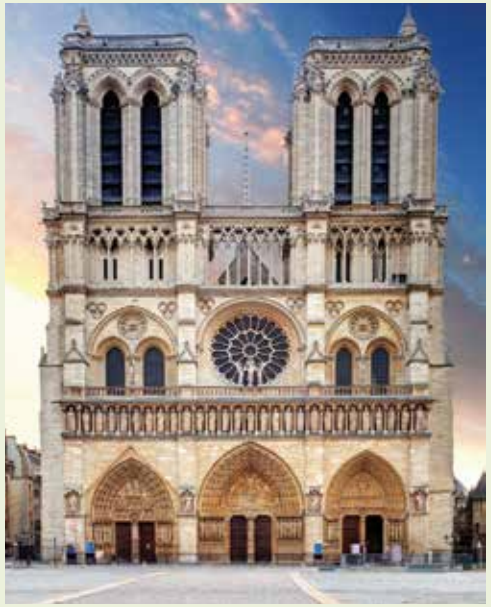
The station is huge with multiple levels and on the first you will find the renowned restaurant Le Train Bleu, built in 1901. That alone is worth a trip just to try out. The ambience is incredible, and the food! I had asparagus with salmon and followed it with a strawberry tart.

Where to Stay

In Paris I prefer to stay in one of the small hotels on Quay d'Orsay in the 7th arondissement. Facing the Seine with its many boats passing back and forth all day and night, there is always something to look at.

Across the Seine on the opposite side stands the world-famous Louvre museum. That alone merits several visits and it's always best to take it a little at a time.

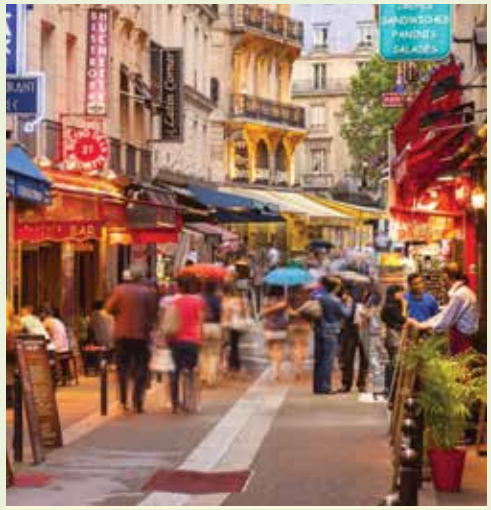
To the northeast, nestling on the Île de la Cité, is the Notre Dame Cathedral with its magnificent twin towers. It is lit up at night and is an incredible sight to behold.



The First Evening in Paris

I usually have a cold supper in my room in front of the large French windows overlooking the Seine.

I go to the Latin Quarter right behind the Quays and buy some crunchy bread and cheese, olives, ham and tomatoes, creamy yoghurt and a small bottle of claret, Cellier des Dauphins, for example, from Côtes du Rhône. The delightful little bottles are ideal souvenirs to take home.



It is heavenly to sit and feast upon that, listening to the evening traffic on the Quays, while looking out upon the Seine and the landmarks on the other side. Paris is always teeming with life.

The Latin Quarter, home to the Sorbonne and named after the learned elite who spoke Latin back in the day, is a Bohemian place, bustling with people at all hours and abounding with delicatessens, boulangeries, mini-markets, restaurants, galleries, antiquarian bookshops and antique shops.

By Vivi Jensen
BA(Hons)Humanities with Art History

Community Calendar

Here is a small selection of interesting events happening in Zug and the surrounding area, including Zürich for your consideration.

Because of the unpredictability of the CV-19 situation, remember to double check with the event or Gemeinde website to make sure the event is actually happening.

August 2020

August 16th:

What: Summer music at the lake. Rigispatzen Küssnacht. A brass band Sunday concert on lake Ägeri featuring the 20-person Rigispatzen Band.
When: 11:30am-1:30pm
Where: Fairground at the lake in Oberägeri
Cost: Free

August 22nd:

What: Cultural Festival Baar 2020. A food festival with authentic, traditional dishes from different cultures as well as crafts, art, performances, live acts, shows, music, singing from all over the world
When: 12pm-2am
Where: The Rathausplatz, 6340 Baar
Cost: Free
Details: https://www.zugkultur.ch/XaCVJJ/kulturfest-baar-2020-baar

August 28th:

What: Sommerfäscht Goldau. A cozy street festival with music, catering, games and fun for children and a sociable atmosphere in the village of Goldau organized by the "Freiwillige Feuerwehr Goldau."
When: 6pm-11:59pm
Where: Parkstrasse, 6410 Goldau
Cost: Free

September 2020

September 5th:

What: Steinhausen Village Festival. Organized by a local association celebrating an anniversary, this festival takes place in the village square and is a celebration for young and old alike.
When: All Day
Where: Steinhausen Village Square, 6312 Steinhausen
Cost: Free

September 9th–10th:

What: Stierenmarkt Zug. An annual bull market where farmers from all over Switzerland come to buy and sell animals as well as compare the results of their breeding programs. Includes a petting zoo and festivity tent.
When: 9:30am to 5:00pm



Where: Stierenmarktareal, Chamerstrasse 56, Zug
Cost: 8 CHF for Adults (Day Pass), Children 16 and younger Free of charge; Free admission after 5pm
Details: https://www.zug-tourismus.ch/de/kultur/events/top-events/stierenmarkt

September 19th:

What: Zug Art Night. Museums, galleries and cultural centers in Zug, Baar and Cham open their doors from 5 p.m. to midnight and offer encounters with artists, guided tours, readings, performances and musical performances.
When: 5pm-12am
Where: Galleries and cultural centers in Zug, Baar, and Cham. See www.zugerkunstnacht.ch for more details.
Cost: Free



September 27th:

What: SlowUp Zürchsee. On this day roads around lake Zürich are closed to cars so that people from near and far can enjoy the scenery on any non-motorized device. Bring your bike, skates, or walking shoes to enjoy this part of the city without automotive distractions. There will be food available in the villages along the route.
When: 10am-5pm
Where: a 30 km (19 mile) route between Meilen, Rapperswil-Jona and Schmerikon. See https://www.slowup.ch/zuerichsee/de.html for more details.
Cost: Free

September 29th:

What: Gruezi Switzerland Talk by the FMZ. An introduction to the main cultural differences between Switzerland and other countries to help you better understand Swiss culture and feel more confident and content in Zug.
When: 6pm-7:30pm
Where: The FMZ Chamerstrasse 50, Zug
Cost: free - but registration is required. Register on FMZ website: https://www.fmzug.ch/en/courses-and-events/grueezi-switzerland.



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August/September Horoscopes



Aries March 21 – April 19

Your emotional side is supercharged this season which gives you the energy you need to solve difficult issues. Take this opportunity to file down your rough edges and learn to express what you are feeling more clearly. The emphasis here is on telling the truth so you can heal your heart. Write a letter to your partner, family, or friends (even if you never send it) so you can get it out and let it go.



Taurus April 20 – May 20

This will be a bit of a crazy season for you, Taurus. Be prepared for a lot of seemingly "unreal" things to happening in your life, but don't panic. The key here is to make space in your life for the unknown and unexpected: Let yourself be surprised by life. You will be tempted to protect yourself by becoming rigid, but true protection and enjoyment come from being flexible and going with the flow.



Gemini May 21 – June 20

This season is one of learning for you, Gemini, and the key is to listen to the different perspectives without becoming emotionally involved. Speak very carefully and stay away from emotional blows and verbal altercations. Going to extremes won't help you at all. Don't take anything personally right now and stay focused on learning all you can from the world around you.



Cancer June 21 – July 22

There is a lot of strength available to you this season, Cancer, but take care not to overdo it with your bad habits and excesses. You have everything you need to achieve your tasks and excesses will only hinder your efforts and harm your system. Look to a friend or partner to help keep you on track. It's ok to need help and to enjoy their support.



Leo July 23 – August 22

Leo, a season of change is upon you! Get ready for a lot of movement in your life: returns, moving house, displacement, interesting work proposals and lots of personal growth. Stay alert for opportunities and do not give into indifference or apathy. Take a positive attitude towards what is happening in your world and don't be afraid of all the change. Take deep breaths and stay grounded.



Virgo August 23 – September 22

A new door has opened in your life, Virgo, and through it will come appreciation, changes in your status, and new achievements. Take these positive changes as the result of something you've worked for and enjoy it. This is a blessing specifically for you. Stay alert for new and interesting projects taking shape out of these changes.



Libra September 23 – October 22

This is the season of self-care for you, Libra. Don't turn away from any hurts and disappointments from you past that might come up. You have what you need to heal yourself through honesty and self-love. This kind of work takes a lot of energy, so be sure to take good care of yourself and get enough sleep. Don't let your ego or despair derail your efforts.



Scorpio October 23 – November 21

This is the beginning of a very profitable new cycle for you, Scorpio. New horizons, new processes, interesting new people and job offers are all coming your way.
Enjoy the freshness of this new start, but don't get complacent. Keep your eyes open for opportunities and take time to listen both to yourself and to what the Universe is telling you.



Sagittarius November 22 – December 21

You've been under a massive amount of strain from stress and worrying, Sagittarius, and this season you need to focus on taking care of yourself. Get enough rest, eat well, and meditate if you can. Remember that you are in control of how to respond to a situation and try to fix any energy "leaks" in your life. These are things that take your energy without giving anything back. Stopping these leaks will help you manage any stress in your life.



Capricorn December 22 – January 19

Capricorn, this is the season of self-discovery for you. If you've been feeling "off" for a while now is the time to take a good, hard look at yourself and get to the bottom of the problem. It's likely that you'll uncover things from your past that you'd rather not think about but facing these head on will help you understand and heal yourself. You have all the power you need for this important work.



Aquarius January 20 – February 18

There is a lot going on in your world right now, Aquarius: lots of ideas, projects, and thoughts are flying around. You might feel saturated and overwhelmed. The solution is to take a deep breath and focus on only one thing at a time. You can't do everything at once, so pick one project or idea and work on it until it's done. Focus and patience are the key.



Pisces February 19 – March 20

If you've been feeling trapped and without options lately, Pisces, the problem might be inside of you rather than in the outside world. You're not actually in a prison, but rather you've spread yourself too thinly. The answer is to focus on just one of your objectives at a time. Choose what to focus on with your heart, not your head and you will be able to move forward easily.

By Irazú Arroyo

To make you **smile :)**

Where do polar bears keep their money?
In a snow bank.

A ghost walks into a bar and orders a shot of vodka.
The bartender says, sorry we don't serve spirits here.

What do you get when you cross a vampire with a snowman?
Frostbite

What do you call a cow with no legs?
Ground beef

What kind of tree can you fit in your hand?
A Palm tree

Why did they stop giving tests at the zoo?
Because there were too many cheetahs

Why do hummingbirds hum?
They don't know the words!

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 October/November 2020 Newsletter is Tuesday, September 1st, 2020



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