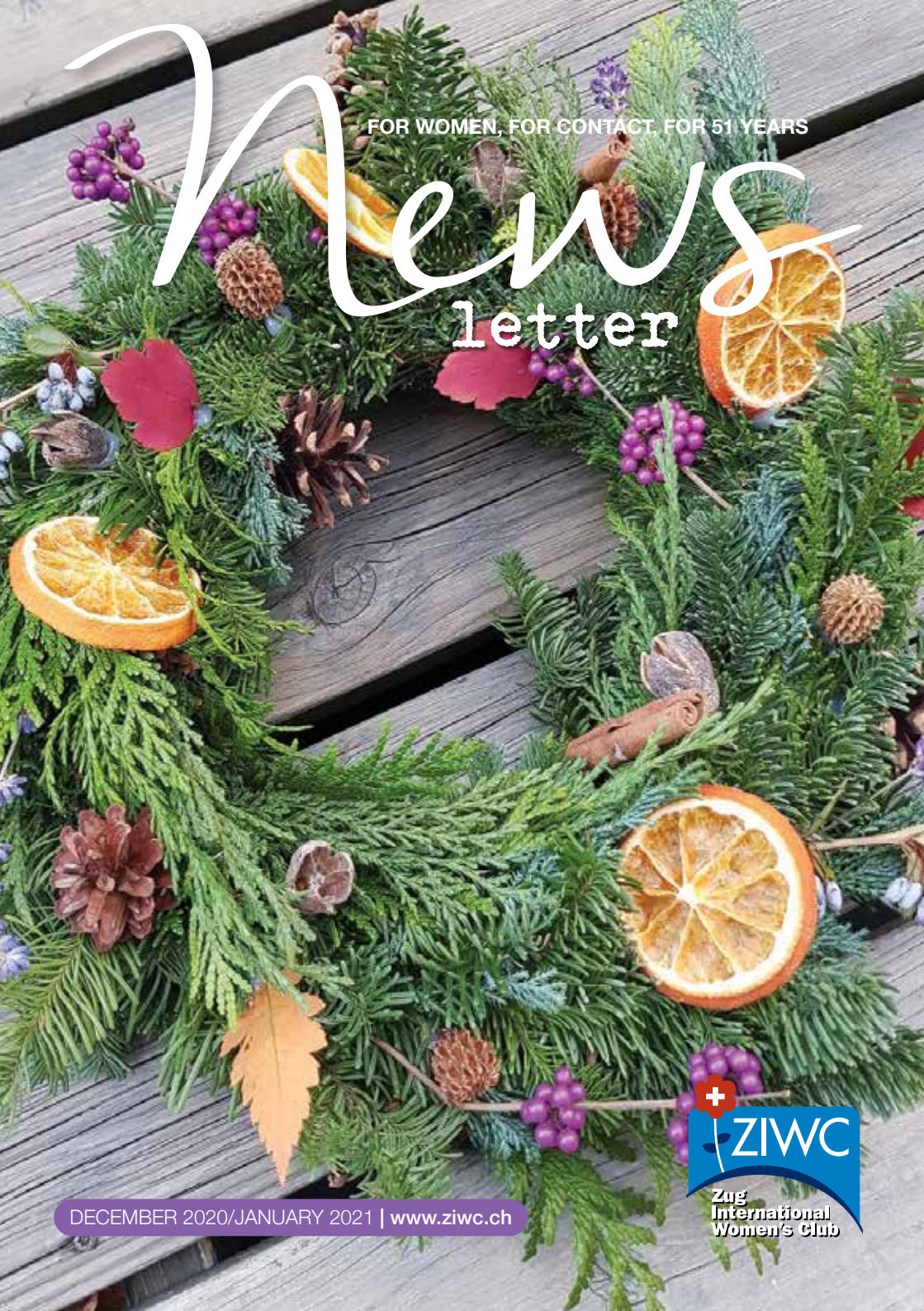

FOR WOMEN, FOR CONTACT, FOR 51 YEARS
News
letter
ZIWC
Zug
International
Women's Club
DECEMBER 2020/JANUARY 2021 | www.ziwc.ch

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02. NOV. - 23. DEZ. 2020

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Volksmusik

Dear Members,

As your Newsletter Editor, I have thoroughly enjoyed putting together the beautiful puzzle that is the ZIWC newsletter. It's been a joy and an honor to share our content with you. It's been challenging, too, given the constantly shifting regulations and safety measures, but I've done my best to keep the newsletter relevant, interesting and informative. I've had great fun and I hope you've enjoyed it as well.

I also want to extend a special thank you to those of you who have written and contributed articles to our Newsletter. Your work has brought a vibrancy and sense of meaning to this publication and made it just that much more special and interesting to our readers. Your voices and unique perspectives are thoroughly appreciated! And I know I now have a few more places on my travel list.

As I contemplate the upcoming Christmas season and the end of one of the strangest years in my lifetime, I find myself struck by the kindness, resilience and grace I've seen in our community over the past year. We've been tried and had our hearts broken, but over and over again we still manage to reach out and support each other with kindness and care. And that's the spirit that I hope to take with me into 2021.

To do this, I encourage each and every one of you to join me in making a commitment to reach out to each other to share that sense of love and grace. Do what you can. If you can't connect in person, pick up the phone, write an email or maybe even a physical letter (what's more fun than receiving mail?). So let's connect with each other and make sure the Christmas candles shine out all the brighter this year as a reminder that the grace you have shown during these uncertain times is a gift that we can hold in our hearts to remind us of all that is warm and bright.



Warm regards

Mical Lewis

Newsletter Chairwoman 2020-2021

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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 September and October 2020)

Started	Last Name	First Name	Location
01.09.2020	Vigand	Elina	Oberägeri
02.09.2020	Nolan	Gillian	Steinhausen
04.09.2020	Mandri-Bossart	Yvonne	Zug
24.09.2020	Wörrlein	Andrea Monika	Menzingen
28.09.2020	Kerqeli	Anita	Zug
01.10.2020	Elias	Petra	Baar
02.10.2020	Yu	Sophie Fei	Baar
02.10.2020	Kospanova / Volkova	Anel	Immensee
13.10.2020	Bishay	Valentina	Zug
13.10.2020	Vandionant	Veerle	Walchwil
22.10.2020	Theodorika	Charis	Zug
26.10.2020	Savova	Silvia	Baar

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

Children's German lessons

German lessons for children from 3 to 5/6 years old in Baar, Neuheim, Oberägeri, Steinhausen, Unterägeri, Walchwil and Zug. For more information visit **www.wunderfitzundredeblitz.ch or call 041 780 54 28**

Announcing the ZIWC Board Nomination Committee

for the Year 2021/2022

The Nomination Committee is comprised of the following people:

Chairwoman Amy Egger: escape@ziwc.ch
Helena Lustenberger: vicepresident@ziwc.ch
Karin Resch: karin-resch@bluewin.ch

The nomination committee has been tasked with helping to find replacements for those board members who are stepping down.

We are looking to fill the following board positions starting on April 1st, 2021

- Treasurer
- Advertising Chairwoman
- Hospitality Chairwoman
- Marketing Chairwoman
- Membership Chairwoman
- Newsletter Chairwoman

If you are interested in making friends and having fun while supporting our club's activities, please contact any member of the nomination committee for more information.

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.



New Annual Events Chairwoman Announcement

Introducing, Gillian Nolan, Our New Annual Events Chairwoman!

My name is Gillian Nolan and am a new arrival to Zug, having emigrated here from Dublin, Ireland, in July 2020.

I have had a 20-year career in various Finance and Treasury but am now taking a career break to settle into our new home in Switzerland with my husband and three children.

In our spare time, we all love to explore the outdoors together, go hiking and hill walking and of course enjoy the wonderful skiing that Switzerland has to offer.

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wolf-coiffure.ch

… Cancelation …



Basel Christmas Market
Thursday, December 3rd

We regret to announce that the Basel Christmas Market has been cancelled and so the planned Escape on December 3rd will not take place.

Thank you for your understanding.

Editor's Pick **Top 5** *Christmas Albums*

These are my go-to albums to create Christmas cheer. I hope you enjoy them as much as I do.

Mical











1. To Drive the Cold Winter Away
   Loreena Mckennitt
2. Celtic Christmas II: A Windam Hill Collection
   Windam Hill
3. That's Christmas to Me
   Pentatonix (Acapella)
4. Ella Wishes You a Swinging Christmas
   Ella Fitzgerald
5. Christmas
   Michael Bublé

Postponed: The Great Gatsby Ball



We regret to announce that the Great Gatsby Ball has been postponed due to the most recent government restrictions.

But don't put your fringed dresses and lavaliers into long-term storage just yet!

We've tentatively rescheduled it for May 2021 and we can't wait to dance the night away with you in the Spring.

Please check the ZIWC website and calendar for any further updates.





Samichlaus Breakfast

You are warmly invited to join the ZIWC for our traditional Samichlaus Breakfast at the Parkhotel in Zug. We'll start with a festive glass of Prosecco and then savor a delicious breakfast buffet of baked breads, fruit salad, Birchermüesli, cold meat cuts, egg dishes, smoked salmon and a variety of cheeses as well as yoghurts. This is a wonderful way to share the magic of the Swiss Christmas season with your ZIWC friends!

All government guidelines and social distancing measure will be respected.

This is a very popular event, generously sponsored by the club. Advance booking only; places are strictly limited to 40 people.

When: Friday 4th December 2020 from 9 to 11.30 pm

Where: Parkhotel, Industriestrasse 14, Zug

Cost: Full Year/New Members 25 CHF
Returning Members 30 CHF

Payment: Zug International Women's Club, Post Finance, 6340 Baar.
A/C No 17-521935-3,
IBAN CH40 0900 0000 1752 1935 3.

Food & Beverages: Arrival Prosecco (sponsored by ZIWC). A brunch buffet and mini desserts.

Registration: Please register online or call Emilia at 078 733 12 68

Booking Deadline: Friday, November 27th

Contact: For questions only:
Emilia at hospitality@ziwc.ch
or 078 733 12 68; Gillian Nolan at annualevents@ziwc.ch or 079 617 20 45

The ZIWC cancellation policy applies.



The NEW ZIWC website is Live!

It's new, fresh and a little bit different from the old one, so we invite you to take some time to check that your membership details are correct and familiarize yourself with the new features.

If you have any questions, don't hesitate to contact the Web Editor at webeditor@ziwc.ch.

Are you looking for somebody to help you with your German?

I am a Swiss native German speaker and I have more than fifteen years of teaching experience. No matter if you are a beginner, or you do have some German knowledge, with my Skype classes I will guide you along your learning process. We systematically build vocabulary and grammar structures. I work with an interactive and communicative method, so that very quickly you will be able to understand, speak, read and write.



Top 5 Christmas Crafts

1. Oranges Studded with Whole Cloves (Pomanders)
2. Cookie Cutter Ornaments
3. DIY Hot Cocoa in a Jar
4. Popcorn and Cranberry Garland
5. Paper Snowflakes













Advertise Your Business
on the ZIWC Website!

What better way to make sure your business gets noticed than by putting an ad up where it will have over 4000 contacts? It's an easy process and members get 50% off of the full advertising price!

If you're interested, click the "Advertise With Us" button on our website or email our Advertising Chairwoman directly at advertising@ziwc.ch.



December
Monthly Dinner



In December, the date will be decided two or three days before and published on the Club's website, Facebook Page and in the Last Minute Outings Whatsapp group.

Time: 18:30 (Join any time after that)

Where: Virtual via Zoom! The Zoom link(s) will be published on the online platforms mentioned above.

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

italianallegria TAILORED EVENTS 2021 program

May	Sicily the beauty of baroque
June	Graduation party
September	Opera in Verona
October	Gourmet Truffle & Iconic wines Experience
November	Black Friday and La Scala

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www.italianallegria.com
ciao@italianallegria.com

Sunday
Brunch

Sunday brunch for ZIWC ladies who can't make the Wednesday Stammtisch.

If you can't join our Wednesday Stammtisch and would still like to meet other club members, we invite you to come to Brunch!

The Brunch Factory in the Freiruum in Zug has a special table reserved for ZIWC members until 14.30. You can choose between different type of eggs, crepes or Russian breakfast.



There will also be something extra offered to ZIWC members.

It's the perfect place to chill out after a hard week at work and meet other interesting women in a lively and international location.
www.brunchfactoryzug.com

When: Sunday, December 13th at 10:00

Where: The Freiruum

December 2020

Remember to check out our website www.ziwc.ch for the 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 09:00 Badminton 19:30 Book Reading Evening	02 09:30 Morning Stammtisch	03 11:00 English Intermediate Group	04 09:00 ***Samiclaus Breakfast*** 09:15 Hiking Group	05 Saturday 06 Sunday
07 13:30 Social Walk	08 09:00 Badminton 09:15 Accountability Tuesday	09 09:30 Morning Stammtisch	10 10:00 ***Cooking Group*** 11:00 English Intermediate Group	11 09:15 Hiking Group 17:00 Italian Beginners & Conversation	12 ***Art In Public Spaces: The Light Tour*** 13 10:00 ***Sunday Brunch***
14 13:30 Social Walk	15 09:00 Badminton	16 09:30 Morning Stammtisch	17 11:00 English Intermediate Group	18 09:15 Hiking Group	19 Saturday 20 Sunday
21 13:30 Social Walk	22 09:00 Badminton 09:15 Accountability Tuesday	23 09:30 Morning Stammtisch	24	25	26 Saturday 27 Sunday
28 13:30 Social Walk	29 09:00 Badminton	30 09:30 Morning Stammtisch	31		



At home is, where life learns to dance.

www.engelvoelkers.com/zug

E&V Zug Properties AG, Neugasse 15, 6300 Zug
Phone +41 41 728 77 11, zug@engelvoelkers.com

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Escape to the World of Snow



Due to the uncertain times, we are keeping some options open for some fun January escapes.

Grindelwald will host the 39th World Snow Festival this winter. It is a celebration of ice-cold art, where international artists design figures and sculptures out of metre-high blocks of snow. The festival takes place on January 22nd, 2021 and the theme is "Mountain".

Date & Time: Friday January 22nd
10:00 – 16:00

Where: Grindelwald Bärplatz & Eiger+ Square

Departure: TBD

Costs: Transportation is covered by members.

Contact: For questions or more infomration please contact Amy Egger by email at escape@ziwc.ch or by phone at 076 761 91 35.

Please register via the ZIWC website.

The ZIWC cancellation policy applies.

Bar&Lounge

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



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

Contact Details: Ingela Stigemar, dent_stigemar@bluewin.ch

IMPORTANT NOTE – Due to the current situation of COVID 19, the activities of the Group will be suspended until further notice. During this period, please check the ZIWC website for dates, registration and additional details.

The ZIWC cancellation policy applies.





Swiss Mountain Escape

- First floor apartment
- Sleeps up to six in three bedrooms
- Open plan kitchen and living room
- Underground car parking
- Locker & heated boot room
- Free wifi access
- All bed linen and towels are provided

Jan Livesey
+41 798 445 341
swissmountainescape.com

With stunning mountain views and spacious interiors, this is a lovely apartment in Les Crosets in the heart of Portes du Soleil. Ideal for families or friends, Swiss Mountain Escape is conveniently located for both summer and winter activities.

Les Crosets (altitude 1,668m) is in a beautiful sunny bowl between Champéry and Morgins, in the Valais region of southern Switzerland. Within two hours of Geneva, it makes a great destination for family ski holidays or summer escapes.

Swiss Mountain Escape

January
Lunch Club



Please join Denise at the restaurant Chez Ladure on the Baarerstrasse for our first lunch in 2021!!! The chef Jérôme will spoil us with French and/or Italian plates.

When: Thursday, 14th January 2021, 12:00 o'clock.

Where: CHEZ LADURE, (Hotel Zugertor), Baarerstrasse 97, 6300 Zug

To get an idea of the food style have a look at *http://www.zugertor.ch/media/docs/gastronomie/Chez-Ladure-MENU-2018-Englisch.pdf* will have a menu for our group.

Booking: Please register on the ZIWC website.

Booking deadline: Tuesday, 12th of January, 2021, please, early registration is greatly appreciated :-)

Contact: Denise Ouellet, questions only please denise.ouellet.ca@icloud.com,

Directions: From Zug toward Baar, on Baarerstrasse, corner of Aeussere Güterstrasse that leads to the Zug's Ökihof. Ten minutes walk from Zug Bahnhofplatz. There is pay parking next to the Ökihof.

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

Cost: Between CHF 20.00- CHF 30.00

Please note: Dessert and Beverages are not included.

The ZIWC cancellation policy applies.

January
Monthly Dinner



Last year, we really enjoyed our Thai dinner at one of the best Thai restaurants in the old town of Zug: the Gothärdli am See. The restaurant is close to the Postplatz and they will be reserving a private room for us again on the second floor. We are looking forward to repeating this experience.

When: Wednesday, January 20th at 18:00

Where: Restaurant Gothärdli am See, Seestrasse 3, 6300 Zug, 1st floor. Take the bus to Postplatz, or park there or at the Casino. The restaurant is near Brasserie Löwen.

Booking deadline: Please register on the ZIWC website until January 19th at midnight. If it is not possible to meet that day (due to the pandemic) check the website and the club's Facebook page. You will find a link to join the dinner virtually (via Zoom).

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

Menu: We will be choosing "à la carte" from their delicious Thai menu.

The ZIWC cancellation policy applies

Hospitality

Due to the latest federal government decisions, Contact Coffees held in members' homes are suspended.

Emilia Mini who has done a wonderful job as the Hospitality Chairwoman, is moving back to Italy at the end of the year.
She will remain in the position until a new candidate can step in.

The Hospitality Chairwoman welcomes new club members, provides information related to club activities to potential members and organizes a monthly contact coffee. If you are interested in this position, please email Emilia at 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
Where: 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. 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 their ticket at reception.
Contact: Emilia Mini, 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
Denise Ouellet, 076 434 18 45, denise.ouellet.ca@icloud.com

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

Cham Coffee

Karin has created a WhatsApp group to keep members informed about attendance. Check WhatsApp or email her if you are attending. If you live in the 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

Escape to the Lucerne light festival



Between 7 and 17 January 2021 Lucerne will again become a gathering place immersed in light!

The third edition of the Lilu Light Festival Lucerne finds artists from all over the world showcasing light in all its manifold and fascinating facets. Discover creative light installations on a heart-warming winter walk and experience an attractive side program designed to appeal to all the senses. For eleven days, the squares, tourist attractions and alleys of the city of Lucerne will be artfully illuminated between 6 and 10 p.m.

If members show interest in this outing, we will organzie a group escape to see these lights together.

Contact: For questions or more infomration please contact Amy Egger by email at escape@ziwc.ch or by phone at 076 761 91 35.

Please register via the ZIWC website.

Aeschbach Chocolate Escape Review



On the 22nd of October we escaped to the Aeschbach Chocolate Factory. We had a lovely guided tour accompanied by one of their chocolatiers. We explored our senses, most particularly our sense of taste, with the many samples provided along the way. We then got the opportunity to make our own chocolate bar and finished with a nice coffee among friends in the ChocoCafe.

We can't wait to host further escapes with both old and new friends, so if you are interested in joining the escape team, please send me an email at escape@ziwc.ch as we are always open to more help and more ideas.

January 2021

Remember to check out our website www.ziwc.ch for the 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 Saturday 03 Sunday
04 13:30 Social Walk	05 09:00 Badminton	06 09:30 Morning Stammtisch	07 11:00 English Intermediate Group	08 09:15 Hiking Group	09 Saturday 10 Sunday
11 13:30 Social Walk	12 09:00 Badminton 09:15 Accountability Tuesday	13 09:30 Morning Stammtisch	14 11:00 English Intermediate Group 12:00 Monthly Lunch 15:00 Italian Conversation	15 09:15 Hiking Group	16 Saturday 17 Sunday
18 13:30 Social Walk	19 09:00 Badminton	20 09:30 Morning Stammtisch 18:00 Monthly Dinner	21 10:00 Cooking Group 11:00 English Intermediate Group	22 09:15 Hiking Group 10:00 ***Escape to the World of Snow***	23 Saturday 24 Sunday
25 13:30 Social Walk	26 09:00 Badminton 09:15 Accountability Tuesday	27 09:30 Morning Stammtisch	28 11:00 English Intermediate Group 15:00 Italian Conversation	29 09:15 Hiking Group	30 Saturday 31 Sunday



www.aquasportplus.com

Hallenbad Loreto, Zug

(Mondays 19.15-20.00 April-October)
(Tuesday 17.15-18.00 December – March)
(with variable water depth)

+

Zuwebe, Baar

(Thursdays 18.00-19.30 all year)
(only shallow water!)

Water aerobics (Aquatic fitness), is similar to land aerobics, in that it focuses on cardiac training however water aerobics differs in that it adds the component of water resistance and buoyancy in an enjoyable atmosphere with music.

Take a look at our Website!



www.fitnessprivat.ch

Primelweg 5

6405 Immensee

A fully equipped fitness studio just for you – train with friends, family and colleagues - it's up to you!

No subscriptions – pay as you go!



Covid Disclaimer: Unless otherwise specified, all Interest Group Activities will continue normally, either in person or virtually, for the foreseeable future. Please contact each Interest Group Leader for the most up-to-date information on their group before attending because government regulations are changing rapidly. Thank you for your patience and understanding.

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".

Cooking Group

Diane Price, the Interest Group Leader of the new Cooking group is inviting you to join and share your experiences with her!

"Whilst in Singapore I was part of a cooking group which I really enjoyed. I found it fascinating to learn and try recipes from the other group members' home countries and then share the delicious food with them. You can prepare anything from a main course, baking item or even a 3-course meal! The beauty of these groups is the flexibility - cook whatever you want.

No pressure on anybody or expectations - even a salad is fine. You really do not need to be a great cook to host a session - I am certainly not! The idea is to get new recipe ideas and meet up with people to share the food. If you get different nationalities in a group, it is nice if they prepare something from their own countries. I am really enthusiastic in leading a similar group here in Zug."

The group meets once a month on a Thursday and in due course we could even have meetings every 2nd week or even have additional evening or weekend sessions. We are aiming for a group of 6 members to keep things manageable.

If you will be hosting the group, you will normally arrange to meet at around 10 am for a coffee before the session starts. The host will have planned what you are going to cook and will provide copies of the recipe(s) to the group members.

Upcoming Meeting Dates:
Thursday December 10th at 10.00
Thursday January 21st at 10.00

Contact details:
Diane Price, pricefamily1@aol.com, 079 192 75 35

Registration:
Please register in the group by e-mail or WhatsApp

Accountability Tuesdays Group

Do you work alone in your business or at home and would like the support of virtual colleagues to keep you focused?

Then join our Accountability Tuesdays Group. At the beginning of the session everyone shares the tasks that they will work on. We work in 25-minute sprints with a 5-minute check-in and stretch break at the end of each sprint.

This group is suitable for members who seek the accountability that comes from committing to a fixed time to get their work of preference done in a group setting. Members who work in an office environment on solitary tasks are also welcome to join.

Members who want to dedicate time to get concentration-intensive work done. This can be work for their business/ job, coursework, or personal work such as paying bills, doing taxes, etc. It is not suitable for women who are doing housework, gardening, or similar work.

Meeting Details: We meet twice a month on the 2nd & 4th Tuesdays of the month. We start at 9:15 and continue for 2 hours. The time can be adjusted accordingly, and members may join and leave as they wish.

The dates for December are Tuesday the 8th and 22nd.

The dates for January are Tuesday the 12th and 26th.

Always check for the assigned dates on the Club website Calendar.

Location: A Zoom Repeating link is uploaded and advertised on the Club website and Facebook page.

Contact details: Ingrid Slembek at slembek@acm.org

Gardening 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.

Émely calls herself a foodie by birth growing up in her mom's kitchen and garden. Her two biggest passions are cooking and gardening, as in growing her own herbs and vegetables.

Since her recovery from cancer she 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 beginner to seasoned gardener.

Meeting details: Tuesday afternoon

14.00 – 16.00 in Émely's garden in Baar.

Meeting Dates: The group will stop and restart again in February

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 they want to attend

Social Walk

A leisurely weekly social walk for members who want to make new friends

We walk on Monday afternoons at 13:30 for 7km/90 minutes (plus a coffee stop!).

Contact Details: Kathryn Watson, Watson_760@hotmail.com

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 or Amyegger@me.com

Book Reading Evening

We will be discussing these books:

December 1st:
"The Testaments"
by Margaret Atwood

Meetings are held at members' homes.

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

Potential New Interest Groups

We are still looking for native speakers who would like to volunteer in leading any other than the existing language conversation groups at any level.

If any ZIWC member is willing to set up or lead any Interest Group, please contact Interest Groups Chairwoman Anastasia Tziapoura

Contact Details:
Anastasia Tziapoura,
interestgroups@ziwc.ch

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

Spotlight Events!

Spotlight Events 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

Lunch Kino WhatsApp Group

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?

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

IMPORTANT INFORMATION: Due to COVID19 precautionary measures, Seehof cinema has suspended the Lunch Kino planning until the end of 2020 and will reconsider its decision in January 2021.

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

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

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 or 079 862 11 02

Knit and Natter

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

Badminton

Badminton is a great way to get some exercise and have fun at the same time!

The badminton group plays every Tuesday morning. New members are always welcome and some previous experience is recommended but not necessary!

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

Contact Details: Gillian Nolan, Gillianenolan@gmail.com

NEW Leaders Wanted for New and Existing Interest Groups

- **Fitness Hiking Group**

Due to the successful Fitness Hiking Group and the many additional requests for participation we are looking for someone to lead a second hiking group in order to accommodate all our members' requests!

- **Book Reading Group**

We are looking for a Leader for a new Afternoon or Evening Book Reading Group! If you would like to start and lead such a group, please contact Interest Groups Chairwoman Anastasia Tziapoura at interestgroups@ziwc.ch

- **Tennis Interest Group**

The Tennis Interest Group is looking for a new leader to re - organize its activities. Many ladies in our club love playing tennis so if you are interested in leading the Group, please contact Meren Schawalder-Siems for more details at 041-711-76-74.

- **Italian Language Beginners Group**

The Italian Language for Beginners Group is looking for a new Leader to continue its activities. It is a closed Group with its members and currently meets in conjunction with the more advanced Italian Conversation Group. If you would like to lead such a group, please contact Interest Groups Chairwoman Anastasia Tziapoura at interestgroups@ziwc.ch.

- **Lunch Kino WhatsApp Group**

The Lunch Kino WhatsApp Group is looking for a new Leader to continue its activities. If you would like to lead such a group, please contact Interest Groups Chairwoman Anastasia Tziapoura at 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. Cristina Rocco is a native Italian speaker and is looking forward to welcoming new ladies!

Are your conversation skills intermediate or advanced and you want to keep on learning? Then this conversation Group is for you!

Meeting Details: Currently the meetings take place at La Taverna Metalli Zug, on the 2nd and 4th Thursday of the month at 15.00, and last for 1 hour, but always check the group calendar.

It must be noted that in the case of government regulations / restrictions applied, the group meetings will be held virtually via zoom and this will be communicated in advance to the group members via WhatsApp.

Contact Details: cristina@italianallegria.com

Important Information:
The Italian Language Beginners Group will be suspended until we have a new leader who will be willing to lead the existing group. The beginners' group is for participants who are new to the Italian Language or not so confident, and when resumed, it will be running from 14:00 – 15.00 just before the advanced Italian conversation group.

German Intermediate

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 at 041 741 85 12, hhelfenberger@bluemail.ch

English Intermediate

Members of this group discuss a topic through questions in a friendly atmosphere. Through our discussion we distinguish strong points and difficulties in the language and at the end of the lesson, important notes and grammar are analyzed.

This intermediate group is led by Eugenia Loras, a native speaker and certified English teacher.

Meeting Details: On Thursdays at 11.00 – 12.00 virtually via Skype

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



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English Afternoon Tea: CHF 36.00 per person
English Afternoon Tea: CHF 48.00 per person
including a glass of champagne

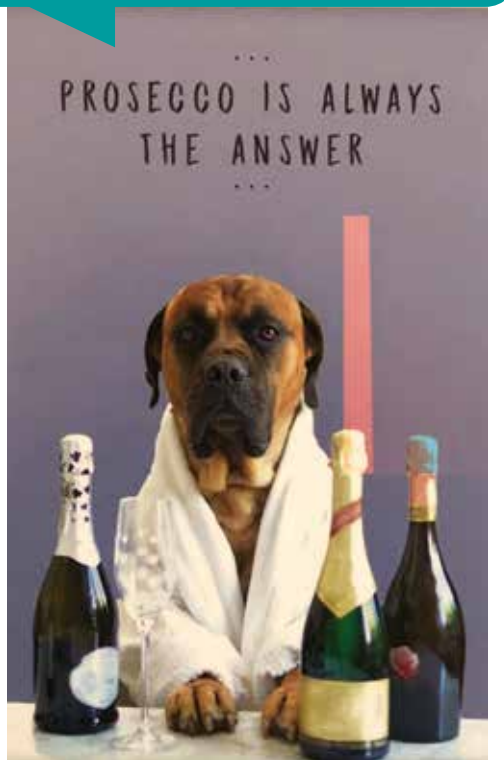
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Prosecco Wine Profile

Not long ago I invited some German friends over for an Italian dinner and they brought me a postcard that says: “Prosecco is always the answer.” And it’s so true! After all, Prosecco is the best-known Italian sparkling wine in the world, with more than 466 million bottles sold worldwide in 2018. And in July 2019 the Conegliano and Valdobbiadene Prosecco area became a Unesco World Heritage Site: such an important milestone!



A Bit of History

Prosecco has an ancient origin reaching back to the Roman period where a similar wine called “pucino” was produced from grapes cultivated around Trieste. During the 1750s, cultivation of the “glera” grape variety (the white grape used to make prosecco today) spread in the hilly Conegliano Valdobbiadene area about 50 km north of Venice. Prosecco didn’t become famous until the 1900s when the latest production technologies gave it a boost and in August 2009, Conegliano Valdobbiadene became Italy’s 44th DOCG. During the last 300 years, wine makers made great progress cultivating the grapes that produce Prosecco, thanks to Italy’s first School of Viticulture and Oenology. Founded in 1876 in Conegliano, it continues to be an important scientific and technological research centre. Today, 80% of the total production of Prosecco happens in the Veneto region around Treviso where the better Italian-classified Prosecco DOCG, the “Conegliano Valdobbiadene” and the “Colli Asolani,” are. The remaining 20% comes from the Friuli Venezia Giulia region.

I lived in Conegliano for 3 years and, thanks to my interest in wine, I did a lot of tasting in the area. During these trips I visited the winery of a woman who inherited a hill from her father (in the local dialect hill is “Col”, like Cru in France, and the name of the hill is often reported on the label). During the visit, I saw her gently take a bunch of grapes from her vine to show it to us and kiss it like a son…well… then I truly understood the commitment and love of winemakers!

The Grape Variety

Glera, the main component of Prosecco, is a white, semi-aromatic grape variety with long, large bunches and golden-yellow berries. Previously known as “prosecco,” this grape took the name “Glera” in 2009 to protect the

Prosecco designations of origin and reduce confusion. Glera constitutes at least 85% of the grapes used in making prosecco. The remaining 15% are represented by other varieties like verdiso, perera, bianchetta, pinot and chardonnay.

Climate and Soil

The area of Conegliano Valdobbiadene is between the Alps and the Adriatic Sea, so the vines enjoy the combination of Alpine breezes and the temperate climate of the sea. The soil has a mixed composition of marl, clayey limestone, marine sandstone and raw clay. These characteristics give Prosecco its aromas of fresh apple, peach and pear.

The most esteemed Prosecco is obtained from grapes of "Cartizze," a selected 107-hectar-area of vineyards southwest of Valdobbiadene with a particular combination of soil and climate. Because of its exclusivity, Cartizze is recognized as a CRU. Only 1 million bottles are made each year, so it's very hard to find. When you buy it, make sure the denomination on the label is "Prosecco DOCG Valdobbiadene Superiore di Cartizze," to be sure you've got the true one.

The Wine

Prosecco is produced with the "Charmat Method," also called Martinotti (from the inventor) or the Italian method, to distinguish it from "Champenoise Method," used for Champagne. It is normally used for aromatic and semi-aromatic grape varieties to avoid losing their primary aromas and obtain fresh and fragrant sparkling wines. It allows for a speedy second fermentation, which takes place in stainless steel tanks (autoclavi) that contain up to 60,000 litres, at controlled temperature and pressure for between 20 days to 6 months. According to the intensity of sweetness, Prosecco is classified as "brut" (up to 12g of residual sugar per litre), "extra dry" (12-17g) or "dry" (17-32g).

Lastly there is the "Millesimato," which means a product obtained starting from the grapes of a specific vintage, or at least 85% of the grapes harvested that year, which must be indicated in the label.

The wine should be served at a temperature of between 6° and 8°.

The colour is straw yellow with greenish hues and a fine and persistent perlage. The nose has hints of pear, peach, green apple, lime and fresh flowers like wisteria and acacia. In the mouth there is acidity and sapidity well balanced with the creaminess of the perlage.

The alcohol percentage is low (between 11,0% and 12,5%), so Prosecco is excellent with apéros, delicate first courses, white meats and grilled fish. Truthfully, it's perfect for any meal. After all, "Prosecco is always the answer!"

By Lorella Benedetto

Want to see your Name in print?

Submit Something to the Newsletter!

The voices and perspectives of our members is what makes 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 December/January 2020 Newsletter is Sunday, January 3rd 2021.



Caroline Rohwer

HAIRDRESSING

