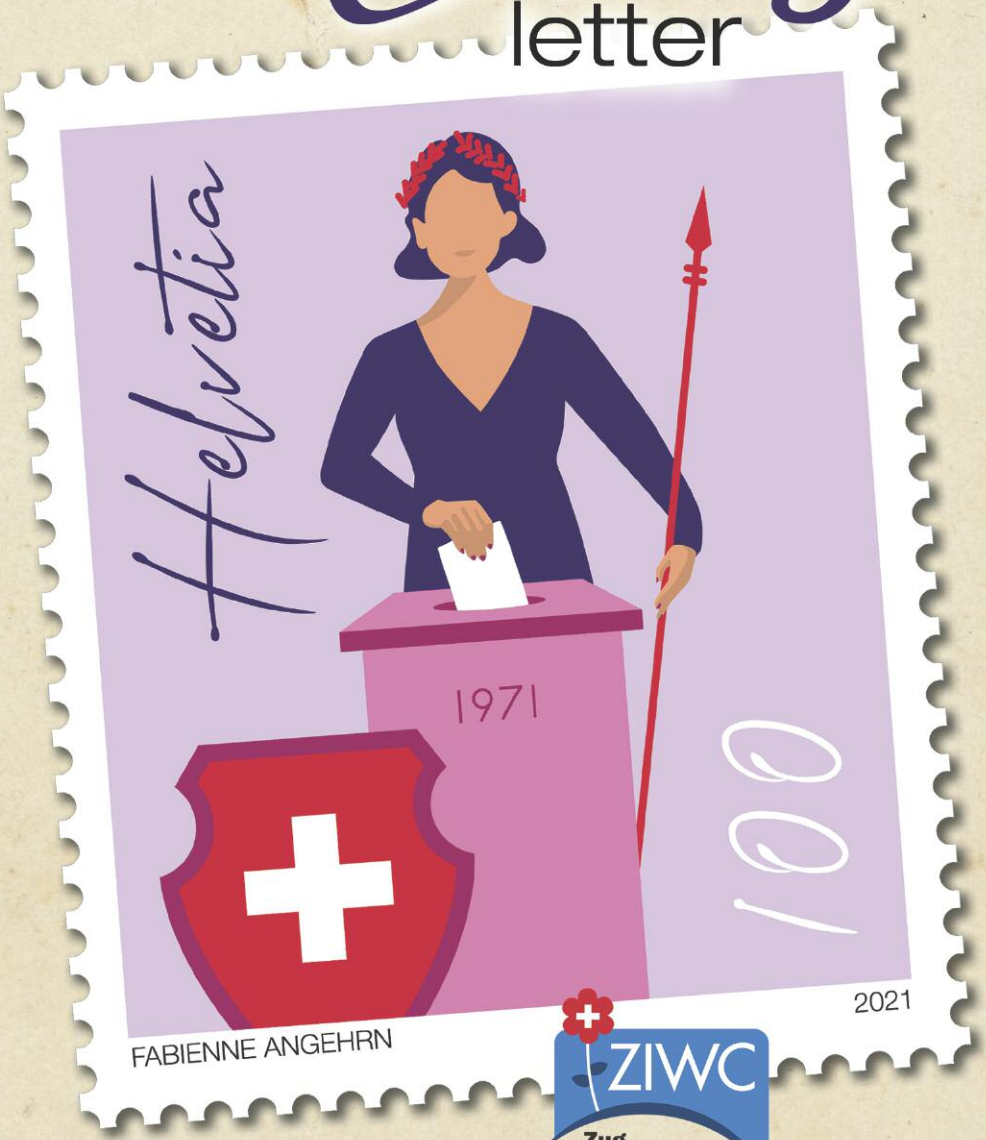
News letter

FOR WOMEN – FOR CONTACT – FOR 54 YEARS



ZIWC
Zug International Women's Club

APRIL / MAY 2021 | www.ziwc.ch

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BRUNCH TO GO

www.parkhotel.ch/en/brunch-to-go



Dear friends,

I emigrated to Zug last summer with my family from Dublin, Ireland. Having not lived abroad since I was 22, I was nervous and a little anxious to move out of my comfort zone, leaving behind all of my family and friends. I attended the first ZIWC party in many months as Covid was hitting the world by storm. I had never attended one before and walking into a room full of ladies without knowing one person was pretty daunting, but I have never felt so welcomed. I chatted with so many inspirational international women all with their own stories to tell. I walked away from the evening knowing I had made some friends for life and I was excited for my new life here and what it might bring.

Little did I know I was soon to be the new chairwoman of Annual Events for ZIWC. It will be tough to fill the shoes of Irazu who did an amazing job with the Back Together Party back in August, but I will do my best!

Though we had to postpone our Gatsby Gala Ball which was due to be held in late November, we've tentatively rescheduled an event for early summer 2021, so keep an eye on the calendar as it is regularly updated. Our traditional Samiclaus Breakfast on December 4th in the Park hotel was a big success despite the smaller numbers, and everyone felt the Christmas spirit while celebrating safely with social distancing and smaller tables.

It may feel like 2021 is shaping up to be similar to 2020 with a lot of talk every day of Covid and vaccines and cancelled events etc, but I am very much a glass half full kind of person. I do feel very privileged to be living here in Zug with an abundance of things to do on our doorstep. So, with this early start to spring and in the words of the Beatles song "Here Comes the Sun" in mind, let's get away from Marie Kondo-ing the apartment and take a stroll around the lake or the Wald or get the endorphins pumping by turning that jog into a run!



I look forward to meeting new joiners and long-serving members in the coming months and getting to hear more about the great things that Switzerland and Zug has to offer.

Warm wishes
Gillian Nolan,
Annual Events Chairwoman

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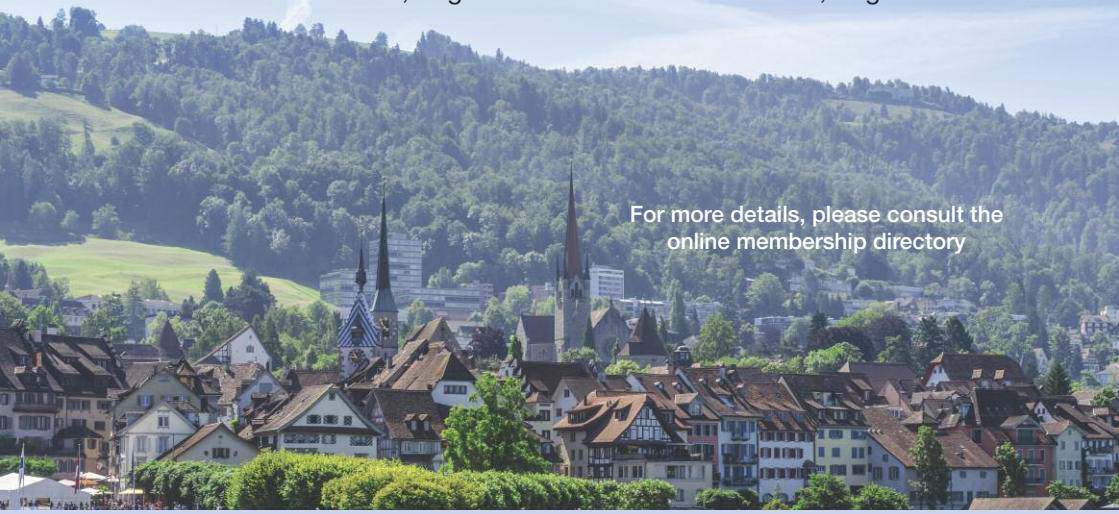
New Members

Anne-Lene Groll, Membership Chairwoman ad interim
Responds to membership enquiries, updates member profiles, compiles the annual Membership Directory and writes up the membership news for the newsletter. Email: **membership@ziwc.ch**

We warmly welcome our new members

(joined in January and February 2021)

Caroline Steiner, Hünenberg
Claire Hauxwell, Hünenberg
Julliet Maina, Zug
Roxanne Lorimer, Zug
Stormy Berney, Zug
Jessica Gaines, Zug



For more details, please consult the online membership directory

Newsletter Chairwoman
Mical Lewis
newsletter@ziwc.ch

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Leila Narhinen
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www.ziwc.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.

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Dear Members,



It is with great pleasure that I can inform you that as of April 2021, Ailbhe Fallon will take over as Lunch Club Coordinator for our Club. Ailbhe is an accomplished Irish business woman and we are so lucky to have her in our community.

The role of Lunch Club Coordinator is a rewarding one and having served in that capacity for 3 years I know the value of having an activity like the monthly Luncheon for the Club members.

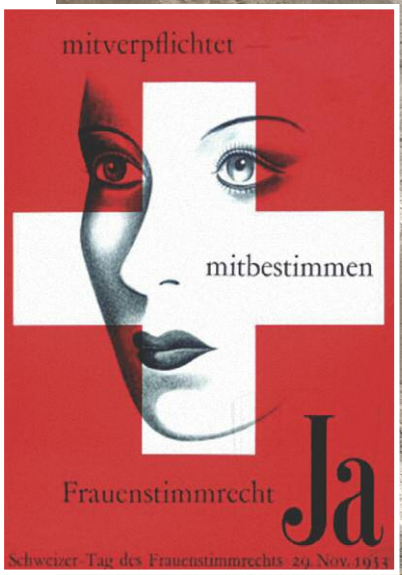
As you know, the Club offers a monthly Lunch throughout the year, except December, which is arranged by volunteers. Any club member can suggest a restaurant and offer to host the Lunch for the Club. With different members hosting the Lunch there is a nice variety of places and food and something to suit everyone.

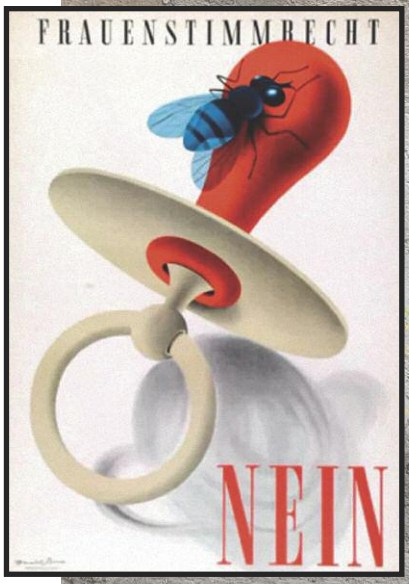
Thank you Ailbhe for stepping up and I know you will find great satisfaction in taking on this role.

The photo was taken at our last 'real' Lunch get-together on a late Summer's day in Arth, Ailbhe stands to my right.

Vivi Jensen

Who will cook Sunday lunch **if Mother is out voting?**

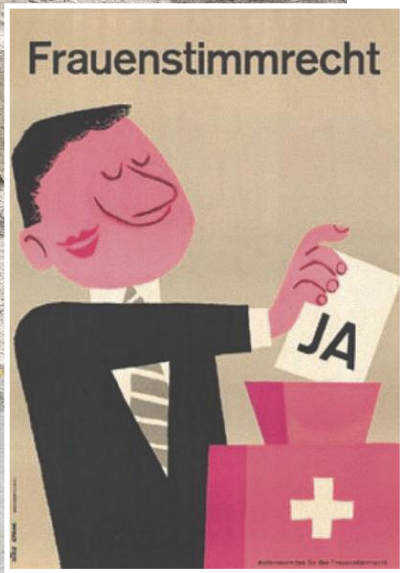




On 7 February 1971, after more than 100 years' campaigning and more than 70 attempts at municipal, cantonal and national level, women were finally granted the right to vote on national issues and local elections by 64% of the men who voted.

Why did it take so long? There were many reasons: men were unwilling to concede power and influence; the country was very conservative and the traditional division of roles between the sexes deeply ingrained. Women's sphere of influence was confined to the 3Ks: Küche, Kinder, Kirche (kitchen, kids, church), and that meant going to church, not playing any role. Men feared that women's brains were "too feeble" to deal with complex political issues and some women were happy to leave such responsibilities to their menfolk. However, not all women were married and many professions such as practicing law were long closed to women because they did not have the right to vote. Conservative men worried that if women could vote, there would be more influence from the left and the influence of the rural population would decrease. The Catholic church was also not in favour of women's suffrage, whereas in more protestant, urban areas, there was more support.

The great fear of strong women was reflected in the posters advocating a 'Nein': showing a 'Mannweib', an ugly caricature of a woman in a suit and tie (do we want such women?); fathers pushing prams, flies on pacifiers as the mother neglects her duties ('who will cook Sunday lunch if the woman is out voting?'). Posters in favour of giving women the vote tended to show Helvetia, young and rejuvenated to improve the image of Switzerland. Mostly, these posters implied that men would be doing the women a great favour by 'giving' them the vote and appealed to their gallantry, symbolized by illustrations of a bunch of flowers.







Over the years, women of all classes and backgrounds campaigned strenuously for their rights. On 1 March 1969, 5,000 women and men marched to Bern, led by Emilie Lieberherr, who demanded, rather than asked for, the right to vote. By that time, Switzerland was being criticized internationally as being one of the last countries in the world to allow women a basic human right. That march had a great effect and by 1971, most politicians could no longer afford to oppose the initiative, which came from the grassroots movement, not the government.

On 6 June 1971, women were allowed to vote for the first time and in October 1971, the first national elections with the participation of women were held. 11 women were voted into the National Assembly (Nationalrat) and one woman into the upper chamber (Ständerat). The first Bundesrätin (Federal Counsellor) was Elisabeth Kopp in 1984 and canton Zug finally got its first Nationalrätin in the person of Manuela Weichelt in 2019! Famously, voters in canton Appenzell Ausserrohden declined to give women the vote until forced by the Swiss supreme court following appeals by private individuals.

Today, 42% of the representatives in the National Assembly are women, and there are currently three female Federal Counsellors (out of 7). Studies have shown that women's influence on politics has led to more progressive outcomes; more support for social





and socio-political issues, health, education and environmental issues. Women politicians are more likely to be open-minded, less aggressive, less likely to dominate and more solution-oriented than men.

What has happened since 1971? In 1988, the new marriage law (Eherecht) made both partners, man and woman, joint heads of the household, so women no longer had to get their husband's permission to get a job, have their own bank account etc and in 1981, the Equal Rights Amendment (Gleichstellungsartikel) was supposed to give women equal rights, pay and opportunities. However, we are still a long way from that.

By Helena Lustenberger



More information on events this year and links:

https://ch2021.ch/ in four languages

https://www.frauenzentralezug.ch/angebot/zuger-frauenstimmen
watch videos of local young women talking about their lives today and send in your own video!

https://www.frauenstimmrecht-zug.ch/
here you can order a calendar free of charge;
it is made up of postcards which can be used afterwards.

https://news.hslu.ch/50-jahre-spaeter-viel-erreicht-viel-zu-tun/

A project in Lucerne recreating historical posters by today's students. The posters will be seen on the streets of Lucerne from 3 February.

8 March: Internaitonal Women's Day
6 June: Anniversary celebrations

Film: die Göttliche Ordnung (The Divine Order) 2017 dir. Petra Volpe



APRIL Business Networking Group (BNG)

Workshop: Starting Your Own Business in Switzerland

The focus of the workshop is to present the legal and formal requirements involved in starting your own business in Switzerland. Areas covered:

- different types of companies (sole proprietor; LLC;JSC)
- immigration laws; permits
- Social Security requirements
- financials: book-keeping; basics of taxation; tax due by companies; tax due by shareholders' income v dividends.

This workshop is aimed at people with an international background who want to start their own business or people who have started already and would like to know more about how to continue in a more formal way.



Speaker: Katharina Lasota Heller

klh@lexcellence.swiss

Katharina is an international legal professional with over 20 years' experience. After finishing law school, Katharina completed her doctorate at the Max-Planck Institute in Münich and did post-graduate studies in Sacramento. She also completed a short E-Commerce course for executives at Harvard University.

Her work is mainly focused on representation of international clients interested in doing business in Switzerland and giving advice related to employment and immigration laws to expats in Switzerland. She is enthusiastic about new technologies, data protection and shared economy.

When: Tuesday 13.04.21 18:30 – 20:30
Where: Bibliothek Zug 5th floor, Kirchenstrasse 6 - St.-Oswalds-Gasse 21, 6300 Zug
In case of lockdown we'll move the workshop to Zoom
Cost: Free of Charge
Booking deadline: 12.04.21
Please register on the ZIWC website event calendar

This seminar is open also to IMCZ Members or non ZIWC women, who are willing to join the club in the near future. If you are not a member, kindly contact **interestgroups@ziwc.ch** to get your free trial.

Contact bng@ziwc.ch if you want to be added to the BNG Whatsapp group (ZIWC members only).

About BNG

The group focuses on women who are interested in business topics, who are working, managing their company, intending to start up a new company, or are changing their working life.
This group shares knowledge, experiences, information, ideas and techniques.
The program includes speeches, brainstorm sections, workshops and coaching sections.
This group meets once a month in the evening, and it is usually followed by an informal drink.

Due to the latest Federal Government decisions, Contact coffees, Stammtische and Area Coffees are suspended until further notice. Please consult the online club calendar for the latest updates or call Veerle at 077 505 12 13.

Hospitality

Veerle Vandionant, who took over from Emilia Mini, is eager to start welcoming and entertaining you as the ad interim Hospitality Chairwoman.

Morning Stammtisch

Due to the Covid restrictions, our weekly Wednesday Stammtisch has been happening virtually since the beginning of January. This has been a great success and we will meet in this way until the government tells us otherwise. We hope to resume to our usual gathering soon, so you will find details for both options below.

So, for now join us online for a chat, meet friends and make new ones in our virtual room. This is an ideal opportunity for new members to meet other club members.

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

When: Every Wednesday, except public holidays, from **9.30-12.00** in the lobby of the City Garden Hotel. A special area is reserved exclusively for the ZIWC members.

Where: City Garden Hotel – Metallstrasse 20, 6302 Zug
OR in the ZIWC Zoom Room (link available in the club's online calendar).

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.

Contacts: Veerle Vandionant, 077 505 12 13 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

Subject to change due to Covid-19 restrictions, please consult the club calendar for the latest updates or call Veerle at 077 505 12 13.





Cham Coffee

Karin created a WhatsApp group to keep members informed about attendance. Check the WhatsApp Group or write if you plan to attend. 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

Next dates: *Suspended until further notice. Please the consult the club calendar for the latest updates or call Veerle at 077 505 12 13*

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: Restaurant of Hotel Aesch, Hinterbergstrasse 31, 6318 Walchwil

Contact: Sarah Paul, 079 279 97 48, paulfamily@bluewin.ch

Dates: *Suspended until further notice. Please the consult the club calendar for the latest updates or call Veerle at 077 505 12 13*

German lessons for children from 3 to 7 years old in Baar, Neuheim, Oberägeri, Steinhausen, Unterägeri, Walchwil and Zug.
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April Lunch Club

Aklin Restaurant at the Zuger Zytturm in the Altstadt, Zug



Wednesday 21 April 2021

Please join **Ailbhe Fallon** at the Aklin Restaurant for our April Lunch Club.

When: Wednesday 21 April 2021, 12:00 o'clock.

Where: **Restaurant Aklin** at the Zuger Zytturm, Kolinplatz 10, 6300 Zug https://www.restaurantaklin.ch/en/

Booking: Please register on the ZIWC website

Booking deadline: **Saturday 17 April 2021** (early registration is greatly appreciated, please)

Contact for Questions (only): Ailbhe Fallon, ailbhe.fallon@fallon-currie.com

Directions: Old Town Zug District, up the stairs on the right of the Zytturm, from Kolinplatz.

Menu: **to be confirmed including vegan option**

ZIWC cancellation Policy (Article 4.f) applies: 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 reservation (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.

Accident Insurance: Participation in any club event is at your own risk. It is each participant's responsibility to have personal and accident insurance.

Share Your Talents!





Dear Members,

We have endless potential in our club for friendship, support, learning, sports and – why not? – **business**.

Are you a photographer, a musician, a decorator, a cake designer? We want to work more actively with our members and we know you have many hidden talents…so please make yourself visible on our website!

Just go to **Members Only -> Happening Now** on our website and tell us about your talent using the submission form. Your talent will be visible on the blog!

One of our main aims is to support each other and therefore we will give first priority to our members before going to the outside market when we're looking for services and suppliers.

We're looking forward to reading about **YOU** on the website!

--The ZIWC Board



Spotlight on ...



the Keys to Manifestation

Daniela Franco, an Intuitive Holistic Healer, will help you understand how your thoughts create your reality, the power of your beliefs and your energy field. You will learn why focus, motivation and positive affirmations are NOT enough to achieve your goals and she will help you set effective cues in your environment to best support you in achieving your goals.

She will guide you to rediscover your inner source of strength, power and light and you will gain a better understanding of universal energy and manifestation. You will learn simple tools for your daily life to calm and center yourself anytime.

In this workshop you will receive a free, guided and personalized session as well as amazing tools for your daily life! At the end of the workshop, a special offer will be presented for those interested in doing deeper work in a one-on-one appointment.

When: **Thursday 08.04.21 18:00 – 20:00**

Where: Virtually via Zoom **https://zoom.us/j/4070640640**

Cost: Free of Charge

Booking deadline: 07.04.21
Please register on the ZIWC website event calendar

This workshop is open also to IMCZ Members or non ZIWC women, who are willing to join the club in the near future.

If you are not a member, kindly contact **interestgroups@ziwc.ch** *to get your free trial.*

The ZIWC takes no responsibility for the content of the webinars or any other online activities, for their cancellations and for any technicalities of the internet connections and links.

April
Monthly dinner

The **April dinner** is planned at the **Tisch & Bar** restaurant which is always beautifully decorated as a Swiss chalet. Parking is available by the restaurant or 50m away on the main street that goes towards Cham.



When: Thursday, April 15th, 18:30

Where: Tisch & Bar restaurant, Holzhäusernstrasse 4, 6343 Risch/Rotkreuz.
If it is not possible to eat at the restaurant, you will find a link to a Zoom in the club's calendar, the club's FB page and the Last Minute Outings Whatsapp group to join online.

Registration: please register online on the Club website (Calendar/April 15th/Monthly dinners).

Booking deadline: Please register on the ZIWC website by Wednesday, April 14th.

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

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

ZIWC Cancellation Policy (Article 4.f):
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Please advise your guests of this policy.

Accident Insurance:
Participation in any club event is at your own risk. It is each participant's responsibility to have personal and accident insurance.

2021 program

September	**Opera in Verona**
October	**Gourmet Truffle & Iconic wines Experience**
November	**Black Friday and La Scala**

Book NOW your unforgettable experience
5% discount for ZIWC

- Private exclusive villa rental
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- Destination Event and Wedding







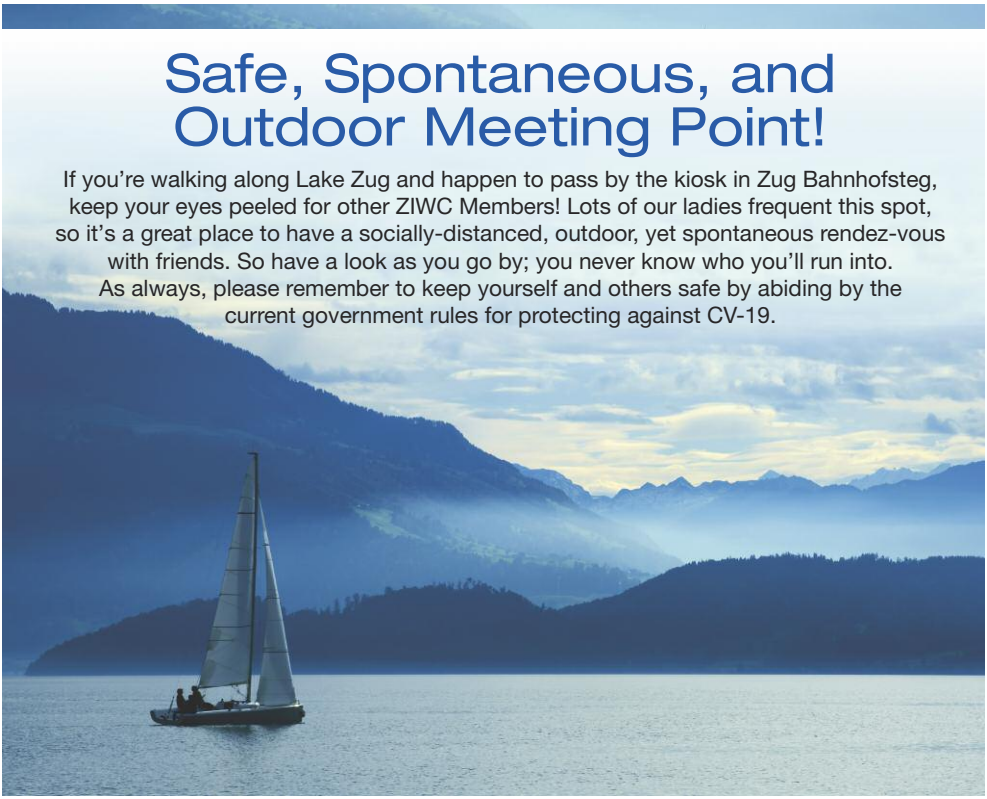


+41 767348839
6300 Zug, Switzerland
www.italianallegria.com - ciao@italianallegria.com

Step into the magic!

Safe, Spontaneous, and Outdoor Meeting Point!

If you're walking along Lake Zug and happen to pass by the kiosk in Zug Bahnhofsteg, keep your eyes peeled for other ZIWC Members! Lots of our ladies frequent this spot, so it's a great place to have a socially-distanced, outdoor, yet spontaneous rendez-vous with friends. So have a look as you go by; you never know who you'll run into. As always, please remember to keep yourself and others safe by abiding by the current government rules for protecting against CV-19.



April 2021

MONDAY	TUESDAY	WEDNESDAY
		
5	**6** 9:00 **Badminton** 14:30 **Gardening Group**	**7** 9:30 **Zug Stammtisch**
12 11:00 **Astro-Coffee** 13:30 **Social Walk**	**13** 9:00 **Badminton** 9:15 **Accountability Tuesdays** 18:30 **BNG**	**14** 9:30 **Zug Stammtisch** 18:30 **AGM** ***Register on the club calendar***
19 13:30 **Social Walk**	**20** 9:00 **Badminton** 14:00 **Gardening Group**	**21** 9:30 **Zug Stammtisch** 12:00 **Monthly Lunch**
26 13:30 **Social Walk**	**27** 9:00 **Badminton** 9:15 **Accountability Tuesdays**	**28** 9:30 **Zug Stammtisch**

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/

Some events have been suspended as per BAG decisions. Please consult the website calendar or call the organizer of the event you wish to attend for the most up-to-date information

THURSDAY	FRIDAY	WEEKEND
1 11:00 **English Intermediate Group** 16:00 **Italian Conversation**	**2**	**3** SATURDAY **4** SUNDAY
8 10:00 **Cooking Group** 11:00 **English Intermediate Group** 18:00 **Spotlight Event**	**9** 9:15 **Hiking Group**	**10** SATURDAY **11** SUNDAY
15 9:45 **Cham Coffee** 11:00 **English Intermediate Group** 16:00 **Italian Conversation** 18:30 **Monthly Dinner**	**16** 9:15 **Hiking Group**	**17** SATURDAY **18** SUNDAY
22	**23**	**24** SATURDAY **25** SUNDAY
29 16:00 **Italian Conversation**	**30**	

Escapes

Due to the uncertain times and the ever-evolving Government restrictions and decisions regarding gatherings, we on the Escape team and the entire ZIWC Board are still working hard to find outings that are available at this time. As of March 1st, we are allowed to gather in groups of 15 outside however, the restriction of only 5 people indoors is still in place. We are eagerly awaiting further information.

In addition to the options mentioned in the last newsletter, here are some more ideas we have been working on.

Please check the club's website or Facebook page regularly for the most up-to-date information. Or contact Amy Egger Escapes Chairwoman at escape@ziwc.ch or 076 761 91 35.

Potential Escapes:

Morges Tulip Festival 1st April to 9th May



The 50th Annual Tulip Festival will take place in Morges between the beginning of April and the beginning of May. In addtion to the beautiful display of the amazing tulips that will have been planted in early March, this year will have other exciting activities such as wine tasting by some local vineyards and what is touted to be a spectacular Sound and Light show, and more. As this was also my own stomping ground for over 12 years, I would love to show you around to a few special spots. Keep your eyes on the website for further details.

Castle Visit with Wine Tasting.



How does a visit to a gorgeous castle followed by a wine tasting sound? I know I would be absolutly delighted to organize this trip. We would be treated to a two-hour tour of the vineyard and castle before finishing in the cellar for a private wine tasting.
Watch the ZIWC website for the upcoming details.

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ENGEL&VÖLKERS

By Saakje Daalhuijsen-Beijnen

OPEN DOOR

More and more women these days are on the move, either on their own or with husbands whose professions are taking them to places far away from their home countries. In many cases they have had to give up professional careers, leave family and friends, are faced with a foreign language to learn and a new culture to come to terms with. All this can be daunting, but the immediate contact with women in similar situations provided through Open Door's connections with International Women's Associations makes this difficult time easier. With a variety of activities and the forming of new friendships, living in a new place can become an exciting and stimulating experience and for these reasons the inter-club network of Open Door is greatly valued.

A BRIEF HISTORY

Elisabeth Samman started "Open Door" in Stockholm in 1980. Whilst travelling with her husband, a Rotarian, the hospitality extended to him by fellow Rotarians in foreign cities made such an impression on her that she thought this could help members of International Women's Associations to have a similar reciprocity in "opening their doors to each other" when visiting or moving to another country.

Initially established with nine International Women's Associations, the 'Open Door' network is administered by means of a Directory of member associations with club and contact details of Presidents and International Coordinators. Each association agrees to nominate an **International Coordinator (ICO)** to welcome IWC members to their clubs as guests, at monthly meetings and other club activities as well as exchanging newsletters and correspondence. The current chair is Marja van Loopik from the Netherlands.
Today there are over 60 clubs around the world and countless women have connected and made friendships.

AIMS and OBJECTIVES

'Open Door' aspires to facilitate and promote inter-club contact and communication between International Women's Associations which are non-political, non-religious and non-commercial and where membership is open to all nationalities. Its main objectives are:

- To be an immediate point of contact for a member from an affiliated Association moving to or visiting a town or city where a "Sister Club" exists.
- To grant guest status at a monthly meeting to meet groups of expatriate and like-minded women provided she presents her membership card or introduction letter from her Association to the International Coordinator of that Club
- Give priority of membership to Open Door members wanting to join a Club where there is a waiting list.
- Help and advise new Associations and provide help and support to Clubs where needed.



To learn more about Open Door's objectives and methods, visit the website at **http://www.opendoorworldwide.com**

My personal experience as the ZIWC Open Door Coordinator:

When I took over the position in 2013, I wasn't sure what I could expect from being a member of a worldwide organization. Every second year a different Women's club hosts and event and that same year I had the pleasure of representing the ZIWC at the 2nd International « Get2Gether » at the International Women's Club Frankfurt-am-Main/D. The Frankfurt host club organized a weekend with a great program full of interesting presentations, a cultural program, a bit of sightseeing, and a historical evening with local culinary specialities. A group of more than 150 ladies from nine different countries and representing 21 Clubs from all over Europe attended the program. During those three days I met many interesting people from different cultures and learned about how their clubs work. As it turns out, there are more similarities than differences between the clubs.

Being Open Door Coordinator is more of a "background job" and doesn't cost you a lot of your time. I send a Seasonal Card on behalf of our Board in December, but the most important thing is that I stay in contact with other IWC Clubs so that I can advise members who move to other countries and try to get in touch with a new Women's Club in their new living-area and need help finding a new club. Of course, nowadays everybody can find a lot of information on the Internet, but sometimes it is easier to request via the IWC Coordinator, for example to give priority of membership to an Open Door members wanting to join a Club where there is a waiting list, or if they need a recommendation letter for their new club.

OPEN DOOR



In this way much is being done to help each other through contact with women of different nations, by promoting mutual understanding, furthering cultural exchanges and cultivating friendships which altogether lead to a richer and broader understanding of each other.

As soon as I'm able to travel "Covid" free again, I'm certainly planning to meet with the new Open Door Chair, Marja van Loopik.

So if you're relocating, going home on leave or just going on an extended visit to a different city, please contact Saakje for details of the sister clubs there.

Saakje Daalhuijsen-Beijnen
ZIWC Open Door Coordinator 2013-2021
Coordinator for the ZIWC Archive

E-Mail: daalhuysen@bluewin.ch
Website: www.opendoorworldwide.com
Website ZIWC: www.ziwc.ch
Mobile: +41 (0)77 407 59 98

English Afternoon Tea



14.30 – 16.00 Friday / Saturday / Sunday
except (July & August)
English Afternoon Tea: CHF 36.00 per person
English Afternoon Tea: CHF 48.00 per person
including a glass of champagne
Restaurant Seefeld at the Seminarhotel Tel. +41 41 754 61 61
Seestrasse 10, CH-6314 Unterägeri Sha@seminarhotelagerisee.ch

SEMINARHOTEL
AM ÄGERISEE

sweet and savoury
We serve sweet and savoury delicacies with freshly-brewed tea: sandwiches, avocado, organic egg, Aegeri cheese, country ham, Scottish smoked salmon, scones with strawberry jam, small cake, shortbread, almond tart, fruit tart

May
Monthly dinner

The **May dinner** is planned at **CAPRA,** in Cham. You can walk from the Cham train station to the restaurant. Capra has delicious hamburgers and salads, as well as other seasonal, informal dishes.

When: Thursday, May 6th, 18:30

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

Where: Restaurant **CAPRA**, Sinserstrasse 8, 6330 Cham. If it is not possible to eat at the restaurant, you will find a link to a Zoom in the club's calendar, the club's FB page and the Last Minute Outings Whatsapp group to join online.

Registration: please register online on the Club website (Calendar/May 6th/Monthly dinners).

Booking deadline: Please register on the ZIWC website by Wednesday, May 5th.

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



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

ZIWC Cancellation Policy (Article 4.f):
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 reservation (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. Please advise your guests of this policy.

Accident Insurance:
Participation in any club event is at your own risk. It is each participant's responsibility to have personal and accident insurance.



May Lunch Club

CHEZ LADURE, Zug **Wednesday 19 May 2021**

Please join **Denise** at the restaurant Chez Ladure on the Baarerstrasse for our May event.

When: **Wednesday 19 May, at 12.00**
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. We will have a menu for our group.
Booking: Please register on the ZIWC website
Booking deadline: **Saturday 15 May 2021** please, early registration is greatly appreciated!
Contact: Denise Ouellet, denise.ouellet.ca@icloud.com, for questions only, please.
Directions: From Zug toward Baar, on Baarerstrasse, corner of Aeussere Güterstrasse that leads to Zug's Ökihof. Ten minutes walk from Zug Bahnhofplatz. There is paid parking next to the Ökihof.
Menu: To be confirmed.
There will be a set starter, soup or salad and a choice between Meat, Fish and Vegetarian.
Cost: CHF 20.00 - CHF 30.00
Please note: **Dessert and Beverages are not included.**

ZIWC cancellation Policy (Article 4.f) applies: 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 reservation (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.

Accident Insurance: Participation in any club event is at your own risk. It is each participant's responsibility to have personal and accident insurance.



MAY Business Networking Group (BNG)

Demystifying Branding with Hayley Milne Payne

The topic of branding has the ability to excite small business owners, but also to overwhelm them. Using her more-than-15-years of professional experience in brand management and design, Hayley aims to eradicate those fears, make it effortless and motivate small businesses or start-ups to benefit from its value. She will provide insights into the process required to create a fully cohesive brand identity, covering tips and tricks on how to use it to grow your brand and provide some stability whilst you develop and evolve.

Hayley Milne Payne **info@craftychameleon.ch**

Hayley completed her Masters in Creative Arts Business and got her first break working on the marketing team for the Chelsea Football Club in 2006. She relocated to Switzerland in 2007 and worked as a Brand Manager and Creative Services Manager at top sports marketing agencies in central Switzerland and is now the founder of Crafty Chameleon where she practices as a brand designer, consultant and trainer. She specialises in brand design development, presentation concepts and technical training.

When: Thursday 20.05.21 18:30 – 20:30

Where: Bibliothek Zug 5th floor
Kirchenstrasse 6 - St.-Oswalds-Gasse 21
6300 Zug
In case of lockdown we'll move the workshop to Zoom

Cost: Free of Charge

Booking deadline: 19.05.21
Please register on the ZIWC website event calendar

This seminar is open also to IMCZ Members or non ZIWC women, who are willing to join the club in the near future. If you are not a member, kindlycontact **interestgroups@ziwc.ch** to get your free trial.

Contact **bng@ziwc.ch** if you want to be added to the BNG Whatsapp group (ZIWC members only).

About BNG

The group focuses on women who are interested in business topics, who are working, managing their company, intending to start up a new company, or are changing their working life.
This group shares knowledge, experiences, information, ideas and techniques.
The program includes speeches, brainstorm sections, workshops and coaching sections.
This group meets once a month in the evening, and it is usually followed by an informal drink.

May 2021

MONDAY	TUESDAY	WEDNESDAY
		
3 13:30 **Social Walk**	**4** 9:00 **Badminton** 14:30 **Gardening Group**	**5** 9:30 **Zug Stammtisch** 17:30 **Spotlight Event**
10 11:00 **Astro-Coffee** 13:30 **Social Walk**	**11** 9:00 **Badminton** 9:15 **Accountability Tuesdays**	**12** 9:30 **Zug Stammtisch**
17 13:30 **Social Walk**	**18** 9:00 **Badminton** 14:30 **Gardening Group**	**19** 9:30 **Zug Stammtisch** 12:00 **Monthly Lunch**
24	**25** 9:00 **Badminton** 9:15 **Accountability Tuesdays**	**26** 9:30 **Zug Stammtisch**
31 13:30 **Social Walk** 17:30 **Spotlight Event**		

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/

Some events have been suspended as per BAG decisions. Please consult the website calendar or call the organizer of the event you wish to attend for the most up-to-date information

THURSDAY	FRIDAY	WEEKEND
		1 SATURDAY
		2 SUNDAY
6 10:00 **Cooking Group** 11:00 **English Intermediate Group** 18:30 **Monthly Dinner**	7 9:15 **Hlking Group**	8 SATURDAY
		9 SUNDAY
13	14	15 SATURDAY
		16 SUNDAY
20 11:00 **English Intermediate Group** 16:00 **Italian Conversation**	21	22 SATURDAY
		23 SUNDAY
27 11:00 **English Intermediate Group** 16:00 **Italian Conversation**	28 9:15 **Hlking Group**	29 SATURDAY
		30 SUNDAY

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.
Contact: **interestgroups@ziwc.ch**

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

IMPORTANT INFORMATION:

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

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

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

Last Minute Outings WhatsApp Group

If you are interested in receiving spontaneous invitations to various outings, please join this group by texting Valerie. This group communicates only by WhatsApp.

Contact Details: Valerie Gitter 079 763 4606

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 savoury snacks.

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



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 or antonia.latter@bluewin.ch

Badminton

Badminton is a great way to have some exercise and 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, 6330 Cham. www.sports-zugerland.ch

Contact Details: Gillian Nolan, Gillianenolan@gmail.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, Amyegger@me.com

Social Walk

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

Gardening Interest Group

Grow your own!!

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

The vegetables gardening group still has spots for vegetable loving ladies who'd like to (start) growing them themselves on their balcony, terrace or in the garden. For ladies who don't have a garden and don't have the opportunity to garden on their balcony or terrace, can still opt-in for the allotment in Hünenberg. However, we will only decide on getting that land if we have enough ladies willing to really commit to doing the work. There is no big financial involvement needed as we can get the plot for free.

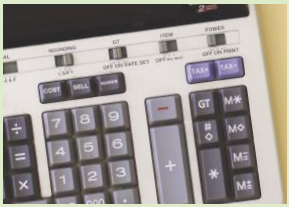
Meeting details: Tuesday afternoon 14.00 – 16.00 in Émely's garden in Baar.

Upcoming Meeting Dates: **6th of April and 4TH of May**

Address: Früebergstrasse 20, Baar

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

Registration please per 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 welcomed 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 **April are Tuesday the 13th and 27th**.
The dates for **May are Tuesday the 11th and 25th**.
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

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 on a Thursday once a month 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.

The dates for **April is Thursday the 8th**.
The dates for **May is Thursday the 6th**.

Contact details: Diane Price, pricefamily1@aol.com, 079 192 75 35
Please register in the group by e-mail or WhatsApp

Business Networking Group (BNG)

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.

The events for April and May will be available soon and will be advertised on the website of the Club.



Astrology Coffees Group

Carolina Terwogt came to Switzerland in 1985 after having spent 16 years in South America and has 2 children aged 46 and 48. She has lived in Zug, specifically in Wädenswil, Baar and recently moved (hopefully for the last time) to Meierskappel in the Canton of Luzern. She is interested in art and loves music and reading. She is a Psychological Astrologer and studied at the Faculty of Astrological Studies (FAS) situated in London. She gave a talk about astrology to the ZIWC years ago as well as to the Int. Women's Club of Luzern.

Here's her description of this new group: I am now retired but I am still occasionally asked to do chart interpretations. So, I thought of doing what I did years ago for the ZIWC, that being Astro coffees. They were always very exciting for the members and we had lots of fun. The meetings took place once a month and while having our coffee, I would discuss the sign of the month; like the Capricorns in January, the Aquarius people in February etc. I would also explain certain aspects or planet positions in the charts of the ladies who were attending or even for their children, husband, or parents! Anyone interested in the sign of the month could join in! It was a great success.

Meeting details: We will meet once a month on the 2nd Mondays of the month at 11.00. The time can be adjusted accordingly, and members may join and leave as they wish. Anyone wishing to participate must send a message to Carolina so that she books a table to accommodate the number of persons attending.

The dates for **April is Monday the 12th**.
The dates for **May is Monday the 10th**.
Always check for the assigned dates on the Club website Calendar.

Location: The meeting will be at the Park Hotel, Industriestrasse 14, 6302 Zug

Contact details: Carolina Terwogt at c.e.terwogt@gmail.com

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.

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 16.00, 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 has been 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 15:00 – 16.00 just before the advanced Italian conversation group.

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

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

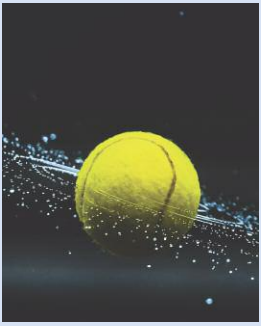
Potential New Interest Groups

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

NEW Last-Minute Tennis WhatsApp Group

Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? Well, Adriana Schiraldi who comes from Argentina and loves playing tennis, would like to invite you to the New Last-Minute Tennis What's Up Group which will begin its activities in February!



Initially, Adriana will be monitoring the invitations/postings within the group but at a later stage any member can propose and organize singles or doubles games and will be responsible for arranging all the details ie. reserving the court and stating if it is for a single or a double game. The group members must be intermediate and/or high-level players (not beginners) who will enjoy practicing their beloved sport and at the same time making new friends within the Club community! This group will communicate only by WhatsApp, so if you are interested in being part of it, please join by texting Adriana!

Contact Details: Adriana Schiraldi at 079 744 17 46

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 Afternoon or Evening 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.

Escapes in Your Imagination: South Africa

by Alice Helfenstein

I was born in Johannesburg, South Africa and lived there most of my life. I came to Switzerland in 2004 and have since married my Swiss husband, Gallus. Even though I love this beautiful country, I often think of my homeland and some of its beautiful "Hot Spots," especially when it comes to safaris.

South Africa, known for its incredible natural beauty and abundant wildlife, is the ideal safari destination. Besides its 18 national parks, there are many private game reserves and lodges where one can spend a tranquil, peaceful and relaxing well-deserved holiday or weekend.



One place in particular that comes to mind is the renowned Sanctuary of Peace - the Kruger National Park-- which is one of the best wildlife game reserves. The big attraction there is seeing the famous "Big Five:" elephant, lion, leopard, rhino and buffalo. It is home to an impressive list of species from trees, fish and amphibians to reptiles, birds and mammals. In the Park, one can drive around in the comfort of your own vehicle or take one of the organized game drives with experienced guides who have a wealth of information and go out of their way to make these outings exciting.



Our family travelled to Kruger National Park at least once a year and on one memorable game drive we were fortunate to see a Leopard sitting in a tree. Its muscular body hugged the contours of the branch, looking like a piece of gold and black velvet. Seconds later the cat vanished into the undergrowth. It is very difficult to see a Leopard normally, but we were at the right spot at the right time.

We also saw a group of Zebra with their youngsters on the same drive. Remarkably, foals are born with legs almost the same length as the adults, so they can enjoy protection when predators are on the hunt. They are more common in Kruger Park, so you always get a good chance to look at them and study their behavior. They have excellent eyesight and hearing, can run at 60 km per hour and can pack a powerful kick. I was just glad that the Leopard didn't jump onto one of these beautiful animals and make a good meal of it! Many visitors go specifically to see 'A Kill' and they spend hours waiting, in anticipation, for this to happen. Not so great for the faint hearted!

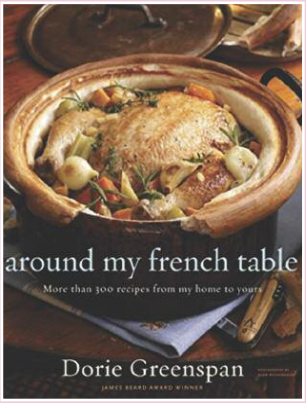
Finally, to get an idea of what a typical Safari in South Africa is like, you must close your eyes and imagine the perfect combination of bush, forests, wide open spaces, clear skies and sunny weather. See the abundance of wildlife roaming the grasslands around you and the African sun setting in the distance. This is something all nature lovers should experience at least once in a lifetime.



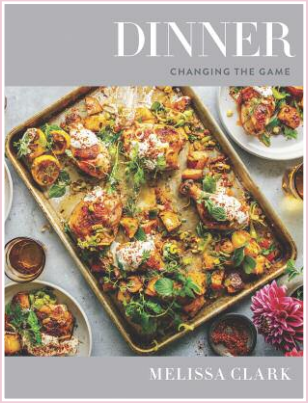
Editor's Pick: Top 5 Cookbooks

As Spring produce starts to return to the grocery stores, I thought I'd share my favorite cookbooks with you all. These books focus primarily on simple meals made from easy-to-find ingredients while also providing a lovely variety of flavors from which to choose. I especially recommend the Spiced Beef Pancakes on page 268 of "Simply" and the Greek Yogurt Saag Paneer on page 185 of "Love and Lemons Everyday." And the Gougères recipe on page 29 of "Around My French Table" is pretty fantastic as well. Plus, these books make great gifts for the cooks in your life. Enjoy.

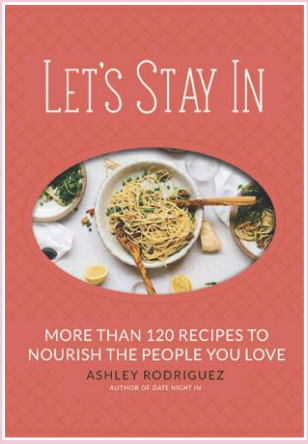
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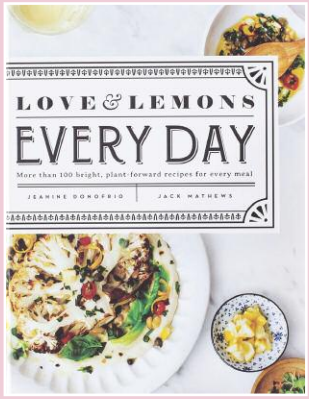
Around My French Table
by Dorie Greenspan



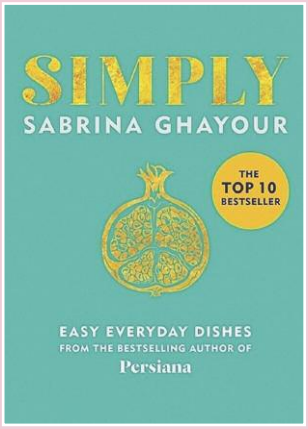
Dinner Changing The Game
by Melissa Clark



Let's Stay In
by Ashley Rodriguez



Love & Lemons Every Day
by L.B. Hathaway



Simply
by Sabrina Ghayour



What did the blanket say to the bed?
Don't worry, I've got you covered.

Why did the traffic light turn red?
You would too if you had to change in the middle of the street.

Can February March?
No, but April May.

Did you hear about the carrot detective?
Yeah, he got to the root of every case.

What kind of lights did Noah use on the ark?
Flood lights.

What's the difference between a guitar and a fish?
Well, you can't tuna fish…

What's the best time to go to the dentist?
Tooth-hurty.

What goes up when rain comes down?
An umbrella.

What do you call a bee that lives in America?
A USB.

What did one volcano say to the other?
I lava you!

How does a scientist freshen her breath?
With Experi-mints!

What was the first animal in space?
The cow that jumped over the moon.

How does a cucumber become a pickle?
It goes through a jarring experience.

Why did the teacher wear sunglasses to school?
Because her students were so bright!

What time do ducks wake up?
At the quack of dawn.

To make you smile :)

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 June/July 2021 Newsletter is April 23rd.

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