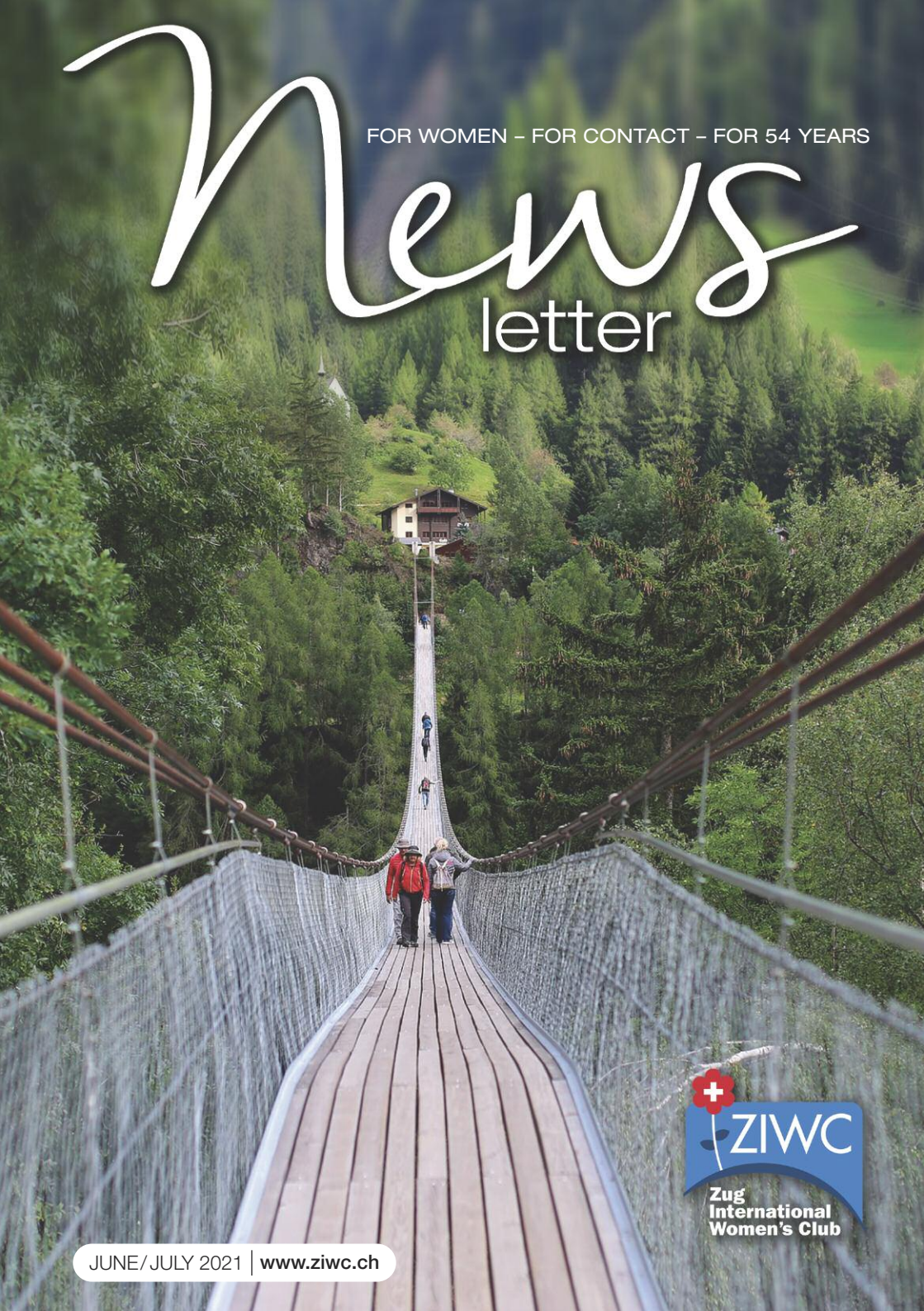
FOR WOMEN – FOR CONTACT – FOR 54 YEARS

News letter



ZIWC
Zug International Women's Club

JUNE/JULY 2021 | www.ziwc.ch

Daily

delivered
or
picked up

from CHF 32.00

★★★★

PARKHOTEL

ZUG

BRUNCH TO GO

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



Dear Members,

Welcome to the new ZIWC 2021/2022 club year and thank you for your trust re-electing me as President! I'm honored to start this club year with board members coming from 12 different countries. This shows how ZIWC is unquestionably international and inclusive.

Despite some Members leaving Switzerland, we welcome more than 30 new Members, in just 3 months! No doubt ZIWC is becoming ***"the place to be"*** for Zuger women.

Last year I wrote that we wanted to move the Club to the digital age, but none of us would have ever expected how Covid could have forced us to make this change at such a speed. Our Web Editor built a fantastic new Website. Please keep populating our Website with your recipes, travel reports, *Share Your Talent* and other suggestions. Also, thanks to ***@happeningNOW*** and Zoom we kept some of our traditional appointments allowing many of to feel less lonely.

I know we are all longing to have a good time and see each other again. In this issue you can see we are full of new *Escapes* ideas and a very special party to be held as soon as possible, in compliance with BAG rules.

This means we have to be flexible. Be sure to keep checking the Website and events will pop-up there when there is not enough time to get them into the Newsletter. So stay tuned and always have a look at our ***event calendar online***!

We'll be growing our networking potential and we'll organize more appointments for working women and mums.

I'm also looking forward to hearing your voice, feel free to contact me by phone or email. Looking forward to meeting for a toast!



Best regards,
Cristina Rocco
ZIWC President

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New Members

Anne-Lene Groll, Membership Chairwoman • Email: **membership@ziwc.ch**

We warmly welcome our new members

(joined in March and April 2021)

Aoife Brady, Zug
Ann Cocquyt, Zug
Gay Saxby, Cham
Nina Kuznetsova, Zug
Fulya Sahinoglu, Zug
Hermina Tarfulea, Cham
Susanna Celén, Zug
Birgit Knapp, Unterägeri
Joanne Milston, Oberägeri
Taina Mäkinen, Zug
Alicia Toledo, Baar
Aynur Eleanor Ergun, Cham
Angela de Hartog, Hünenberg
Monika Klein, Zug

Astrid Berndt, Baar
Vanya Aleksandrova, Zug
Katrina Tretyakova, Zug
Kathy Bohan, Zug
Shirley Saxton, Cham
Ann de Buys Roessingh, Oberwil
Alexandra Casagrande, Cham
Catherine Brander, Cham
Giada Dall'O, Baar
Isabella Arndorfer, Hergiswil
Lies de Groot, Walchwil

For more details, please consult the online membership directory

Newsletter Chairwoman
Stormy Berney
newsletter@ziwc.ch

Advertising Chairwoman
Yvonne Mandri-Bossart
advertising@ziwc.ch

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webeditor@ziwc.ch

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Printers
Onlineprinters GmbH
www.onlineprinters.ch

Club address:
Zug International Women's Club,
6300 Zug,
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.

3rd Party Ad Disclaimer: The Club's Newsletter contains advertisements from third party businesses and has no control over their content and the quality of services advertised. The use of such information lies solely at the readers' own discretion or risk. Further, the ZIWC does not explicitly and implicitly endorse third parties in exchange for advertising nor does any advertising influence editorial content, products or services.

Escapes

Escape to Stanserhorn on the Cabrio

Join us for an exciting trip on the world's first Cabrio Gondola.

We will be taking an adventurous ride on the world's first open air gondola to the top of the Stanserhorn. Members will have the option to ride inside the gondola or on top in the open air. On a clear day we will be treated to a magnificent view over much of Central Switzerland. Once at the top, we can enjoy the beautiful mountain air and more stunning views. Then we can stop for a coffee in the self service restaurant, before heading back down.

Date and Time: Tuesday, June 8th 8:30

Where: Zug Bahnhof

Departure: 8:31 with the IR70 direction Lucerne with connection on the S4 to Stans

Costs: CHF 25 per person
Transportation to and from Stans to be covered by Members. One way ticket with Halbtax is CHF 9.70.

Booking deadline: June 1st

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

Please register via the ZIWC website.
The ZIWC cancellation policy applies.



Tandem Language Conversations

Tandem is a method of language learning based on mutual language exchange between tandem partners. Ideally each participant is a native speaker in the language the other wants to learn. Both partners meet with the aim to learn each other's languages. Time is equally divided so that the exchange of language learning is distributed fairly.

Therefore, if you are interested in learning a new language or improving an existing one, post in the New Tandem Conversations Blog. It is on our Website under "Happening Now". There you can post which language you wish to learn / improve and which language you offer at a native level.



Through the Blog postings, you can find your Tandem partner and arrange where and when to meet! Communicate directly to your tandem partner by visiting the Member Directory for contact information.

In upcoming Newsletters, The Club will also advertise the language learning requests that were posted on the Blog on our Website.

ziwc.ch/tandem-language-conversations/

June Lunch Club

PARKHOTEL, Zug



Thursday, 17th June 2021

When: Thursday, 17th June, 12:00 o'clock.

Where: The June Lunch (host to be confirmed) will take place at PARKHOTEL • Industriestrasse 14, 6302 Zug https://www.parkhotel.ch

We will dine outside if restrictions are still in place on dining indoors.

Booking: Please register on the ZIWC website

Booking deadline: **Friday, 11th June** (early registration is greatly appreciated, please)

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

Menu: **to be confirmed**

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.

ZIWC Lunch Club

The Lunch Club was created by long-standing member Vivi Jensen, as an opportunity to get together over lunch, while exploring the restaurants of Zug and neighbouring areas. The Lunch Club meets once a month, usually on the third Thursday.

Vivi has recently stepped down as Lunch Club Coordinator, and Ailbhe Fallon has taken up the challenge of filling her - always pretty - shoes!

Each Lunch Club event is hosted by a member. The host undertakes the liaison with her chosen venue, including selecting the menus and confirming the final numbers. If any member would like to suggest a restaurant and/or volunteer to host a lunch from August through to February 2022 (except December), please contact Ailbhe at ailbhe.fallon@fallon-currie.com



Learn to drive a motor boat on beautiful lake Luzern

It's much easier than you think !



- Preparation in English for all aspects of the Swiss Motorboat Driver's Licence practical and theory examination.
- Get your licence for motorboats with engines above 6Kw (8HP)
- Flexible training times – 7 days a week, all in English
- Single or group lessons (Maximum 4 people)
- Weekly training courses or intensive training courses available in English
- Practical training can be done in parallel with preparation for the theory examination.
- Practical training can be taken on the school motorboat or on the client's motorboat.
- We will help you complete all the Cantonal Shipping Office application forms for both theory and practical tests to be taken in English. (also available for those living outside Kanton Luzern)

For more information call Simon on +41 (0)79 716 07 76.
or check out our website. www.wave-sport.ch / info@wave-sport.ch

New Afternoon Book Club

If you are interested in reading a new book and discussing it with other Club Members over a coffee on a Monday afternoon, please join Diane in our new Afternoon Book Club.
The books will be chosen in turns by all members of the group!
Meeting Details: Once a month on a Monday at 14.00 - the place of meeting will be decided among the group members
Contact Details: Diane Price at pricefamily1@aol.com or 079 192 75 35



Bar&Lounge

June and July

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

Meeting Details: Usually on a Tuesday, once a month, at 18:30

Please check the Website Calendar for the dates for June and July or contact Ingela Stigemar, dent_stigmar@bluewin.ch

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

The ZIWC cancellation policy applies.





Thank you!

100 JAHRE COIFFURE ITEN

intercoiffure iten
intercoiffureiten.ch | 041 750 18 42

JUNE

Business Networking Group (BNG)

Workshop: Financial Aspects of Retirement Planning for Women

by Keren-Jo Thomas

The workshop is dedicated to women who want to be in control of their financial situation today and in the future. It will focus on the retirement system in Switzerland and the financial aspects of retirement planning for women.

Pension provision is one of the cornerstones of ensuring a comfortable retirement. As women live longer than men, they often find themselves with smaller pension pots. Keren will share the best ways for women to save for their pension early on in life. She will also help women make informed decisions about how they can achieve the retirement they are looking for. The choices we make during our lives can have profound and long-term effects. In later life many women find themselves with regrets of 'what might have been' or searching for their true purpose. In this workshop Keren will share the story of how she decided to focus on her dream to help women achieve their financial goals and dreams.

Keren will talk about:

- How to create more awareness of your current financial situation and budgets
- How to improve your financial outlook for retirement considering current income, expenditures with life events, and chosen saving/investment strategy
- How to calculate your financial situation at the beginning of and during retirement



Speaker: Keren-Jo ThomasSpeaker

www.kerenjothomas.com

Keren started her career with HSBC in the UK in 1991, specialising in private banking. She moved to Switzerland in 2008 to join an international financial advisory company. She is a member of the London Institute of Banking & Finance, an associate member of the Chartered Institute for Securities & Investments and the Finance and Leasing Association. With over 30 years of experience in the financial services industry, Keren has the skills and passion to help women to achieve their financial goals. She enjoys being a speaker for groups and she focuses on the topic of financial planning for women.

When: Tuesday 22.06.21 18:30 – 20:30
Where: Zoom
Cost: Free of Charge
Booking deadline: 21.06.21
Please register on the ZIWC website event calendar

This seminar is also open to IMCZ Members and non ZIWC members, 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.*

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.

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

The Hospitality team is pleased to inform you that after 4 months of successful virtual Stammtisches, the weekly face-to-face Stammtisch can resume.

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

With the new Covid-19 regulations, we are able to meet again, but for the time being, outdoors at the Park Hotel.

When: Every Wednesday from 9.30am till 12noon, except public holidays

Where: Park Hotel, Industriestrasse 14, 6302 Zug
We will be outside on the restaurant or bar terrace.
Don't forget that mornings can still be chilly, so please wrap up.
There will be NO Stammtisch on a rainy day.

Parking: Parking is available at the hotel. Your ticket needs to be validated at the 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

After the success of the virtual Stammtisch, we will keep a **Monthly virtual Stammtisch** so anyone travelling or unable to join the weekly in-person Stammtisch, is able to join us if they want.

When: Starting Tuesday, 25th of May, every last Tuesday of the month, from 10am till 11.30am, (excluding July, August and public holidays)

Where: Please register on the Club's Calendar and follow the link provided

Should you have further questions, do not hesitate to contact us at hospitality@ziwc.ch or call Veerle on +41 77 505 12 13

Regards,
Veerle for the Hospitality Team



Escapes

Escape to the REGA Headquarters

Join us for a tour of the REGA Headquarters at Zurich Airport.

Have you ever been curious about REGA? Have all your questions answered on this guided tour. We will be given a presentation on REGA operations, explore the hangar, take a peek at helicopters undergoing maintenance, possibly the ambulance jets, too and finish the tour with a film. The guided tour will take approximately 2 hours.

Date: Monday, June 28th
Time: A group will be leaving from Zug train station on the IR 75 at 13:58 to Zurich airport and then connecting to the 739 Bus to the REGA Center. Members are responsible for their transportation costs. A one way ticket with Halbtax is CHF 9.80.

Where: REGA Headquarters, Kloten

Tour: Begins at 15:15 and lasts around 2 hours

Cost: CHF 10.00

Booking deadline: June 18th

Contact: For questions or more information 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.



German lessons for children from 3 to 7 years old in Baar, Neuheim, Oberägeri, Steinhausen, Unterägeri, Walchwil and Zug.
For more information visit **www.wunderfitzundredeblitz.ch** or call 041 780 54 28

Wunderfitz und Redeblitz GmbH



Ladies!

If you find yourself wanting company for a talk, a coffee or even help with shopping or a gardening buddy, don't hesitate to reach out to the Board at info@ziwc.ch or call Gillian on +41 79 617 20 45.

We look forward to hearing from you and spending more time with you!

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



«FINITENESS – Celebrating Life»



A Look at Death Across Time and Cultures – The funerals of the YANOMAMI Tribe

Lecturer: **Cristian Violatti**

The idea of «western attitudes» and thus our expectations regarding death and personal behaviour.

The «final message» - Solace connected to Celebrating life: in other words, once we can accept our finiteness, we have more energy to handle life with respect - thus - enjoy and celebrate life.

The talk will be both entertaining and informative. Discussion regarding the different attitudes that humans have had towards death across different cultures and times.

A more planned structure is as follows:



1. **Avoiding Death**. (10 mins)
This is perhaps the oldest attitude: our desire to avoid or at least delay death for as long as we can. I will present a few examples from China and Egypt where people were searching for the secret of eternal life.

2. **Denying Death**. (10 mins)
Some cultures find it hard, sometimes impossible, to accept death and let the dead go. Here I will share some examples from the past (in the Inca culture, the dead king, turned into a mummy, would continue ruling) and today (the Torajan people of Indonesia keep their dead in their houses and retrieve their dead to clean them and party with them).

3. **Processing Death** (10 mins)
There are so many ways that the dead can be disposed of. I will bring a few examples (so far, I have a good one that is reported by Marco Polo). This section is an introduction to look into one of the most interesting ways of disposing of the dead, the Yanomami tribe.

4. **The Funerals of the Yanomami Tribe** (10 mins)
I will go through the ceremony and its meaning.

5. **Final Message** (5 mins)
After reviewing so many cultures, the final message would be about inviting the audience to attempt to look at the way we deal with death from 'outside' our cultural habits. History has the power of liberating us from the repetitions by looking into the unfamiliar. Our attitude towards death is just one more out of thousands of possibilities.

When: Thursday 10.06.21, 19:00 – 20.00
Where: V-ZUG AG, ZUGORAMA, Baarerstrasse 124, 6302 Zug
(Stadtbahn-Bahn S1, Exit «Lindenpark», ZVB Bus Nr 3 «Baar-Lättich-Oberwil» ,
Bus stop «Kistenfabrik»)
Cost: Free admission, Collection Plate – Palliativ Zug
Registration required: daniela.bussmann@palliativ-zug.ch

Information about the event is on the Club Calendar.

June
Monthly dinner

In **June** we will be going to **Henry's** (previously GG6), by the Bossard Arena in Zug. Their chefs offer an international menu which includes delicious and innovative vegan/vegetarian food. Their modern green walls and wooden decor create an original atmosphere which reflects their attention to detail evident from plating to the freshness of their ingredients.





When: Wednesday, June 9th, 18:00

Where: General-Guisan-Strasse 6, 6300 Zug
Take buses 6 or 16 to "Stadion"
If driving, park under the Bossard Arena or at the Herti Center.
We will reserve 2 or 3 tables for 4 people each (based on current government restrictions).
*If the weather is too cold or rainy and the restrictions of sitting outside only are still in place, please check the website calendar or contact me to confirm.

Booking deadline: Please register on the ZIWC website by June 8th
(only if the registration is closed can you call me on the same day)

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

Menu: We will be choosing "à la carte" from their international menu.
You can call the restaurant before if you have any dietary restrictions and let them know.

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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.

italianallegria Unique Escape



Sicily

Truffles

Verona









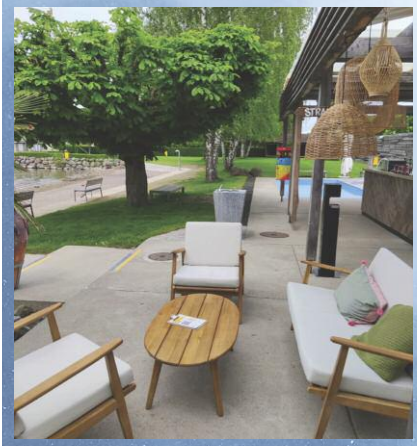








ciao@italianallegria.com





www.strandbad-zug.ch

Did you say brunch at the badi?
Strandbad Zug has had a true re-opening.

The stunning mountain view and dive tower are still the same, but the furniture and menu have been spruced up! Throw pillows and settees from which to enjoy cocktails. Feeling peckish? Spanish tortillas, Sri Lankan curries, proper Fish & Chips, fresh salads, pizzas made on site and so much more. Let's all meet at the Strandbad!

June 2021

MONDAY	TUESDAY	WEDNESDAY
	1 9:00 **Badminton Group** 14:00 **Gardening Group**	**2** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
7 13:30 **Social Walk**	**8** 8:30 **Escape Stans**	**9** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Monthly Dinner**
14 11:00 **Astrocoffees** 13:30 **Social Walk**	**15** 9:00 **Badminton Group**	**16** 9:30 **Zug Stammtisch** 13:30 **Social Walk** 18:00 **Board Meeting @CU / Park Hotel**
21 13:30 **Social Walk**	**22** 9:00 **Badminton Group** 9:15 **Accountibility Tuesdays** 18:30 **BNG Event**	**23** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
28 13:30 **Social Walk** 13:30 **Escape REGA**	**29** 9:00 **Badminton Group**	**30** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**

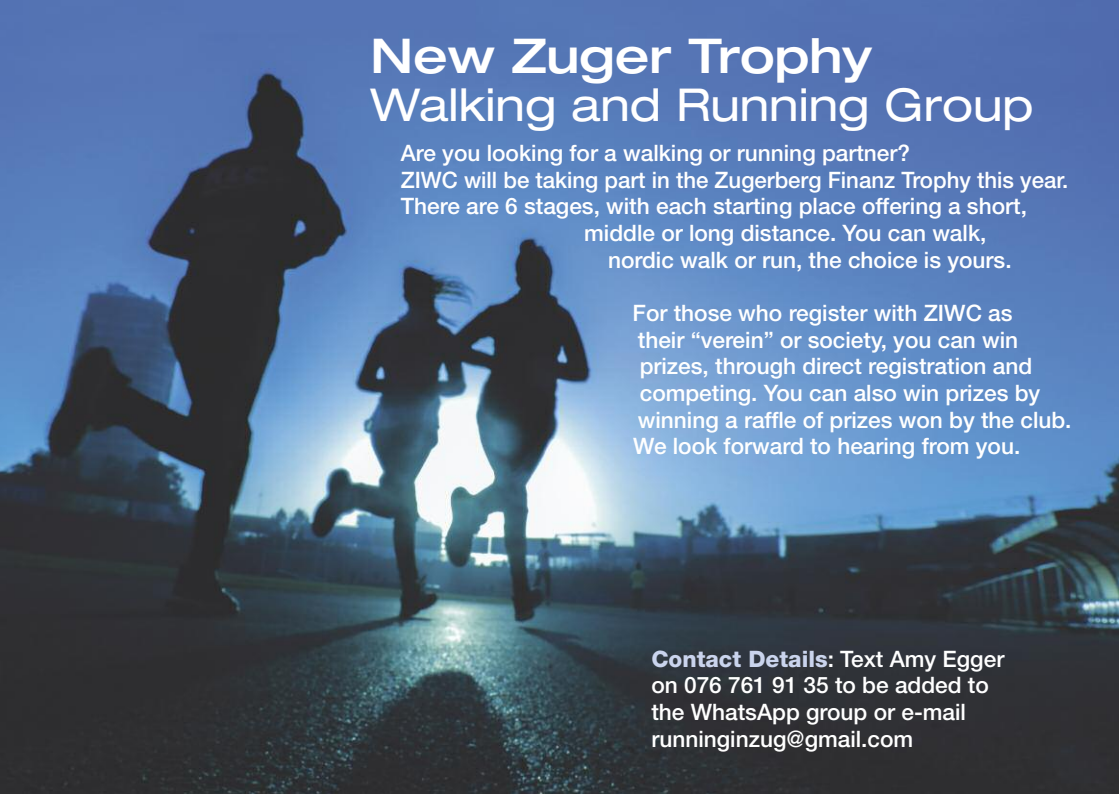
Remember to check out our website www.ziwc.ch for up-to-date calendar, photos and membership news.
Have you joined our Facebook Group?
www.facebook.com/groups/zuginternationalwomensclub/

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
3	4	5 SATURDAY 6 SUNDAY
10 11:00 **English Intermediate Group** 16:00 **Italian Conversation** 16:00 **Finiteness - Celebrating Life**	11 9:15 **Hiking Group**	12 SATURDAY 13 SUNDAY
17 11:00 **English Intermediate Group** 12:00 **Monthly Lunch**	18 9:15 **Hiking Group**	19 SATURDAY 20 SUNDAY
24 10:00 **Cooking Group** 11:00 **English Intermediate Group** 16:00 **Italian Conversation** 9:15 **Hiking Group**	25	26 SATURDAY 27 SUNDAY







New Zuger Trophy
Walking and Running Group

Are you looking for a walking or running partner?
ZIWC will be taking part in the Zugerberg Finanz Trophy this year. There are 6 stages, with each starting place offering a short, middle or long distance. You can walk, nordic walk or run, the choice is yours.

For those who register with ZIWC as their "verein" or society, you can win prizes, through direct registration and competing. You can also win prizes by winning a raffle of prizes won by the club. We look forward to hearing from you.

Contact Details: Text Amy Egger on 076 761 91 35 to be added to the WhatsApp group or e-mail runninginzug@gmail.com



New Intermediate Walking/Hiking Group

As of Wednesday, April 7th, the New Intermediate Walking/Hiking Group will run walks of around 1.5 to 2.5 hours every Wednesday afternoon.

There may be some hikes in the mountains, but they will be done at an intermediate pace, with short stops if necessary. The group members will take turns in choosing and leading a walk. If you want to exercise and make new friends at the same time do join our new group!

Meeting details: Every Wednesday at 13.30
Contact details: Jan Frei at jan.freicox@outlook.com or 079 335 76 69
If you are not a member, kindly contact interestgroups@ziwc.ch to get your free trial.



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ENGEL&VÖLKERS

Watch the Website

Make certain to visit ziwc.ch on a regular basis. As we await further updates and with constantly changing regulations, the website is the best place to find the most current and accurate information about all of our events. Those planned and those for which planning is simply not possible at the moment.

Events such as wine tastings, alpine wild orchid hunting or our long awaited Bonenkai party, which we hope to hold in June.

A bonenkai, or “forget-the-year party” is a party to forget the trouble and stress of the past year and to start anew. The idea is that both good and bad things have happened over the past 12 months, but you've made it! So it's time to let go of any negativity towards the unpleasant things and start fresh! We hope you will join us.

Watch the Website for the latest updates on details.



ZIWC on Social Media

With our ever modernizing world, the ZIWC Board members have taken the Club by the hand and led us into the deeply enriching world of Social Media: the perfect vessel for sharing our activities and expanding our reach to new members.

Of course, we already have our Website ZIWC.ch This is the best source of up-to-date details of activities. Be sure to check it on a regular basis so as not to miss out.

WhatsApp – This smartphone application allows easy and free communication to individuals or groups. You might have noticed many of our new activities include WhatsApp groups. All you need is a mobile phone number and the app.

Linkedin – this is an online platform that stores a professional profile. It connects you to professional experiences, allows you to showcase milestones, skills and interests and supercharges your networking. Mention your ZIWC membership in your profile and connect your Linkedin Profile to the ZIWC profile.

Facebook – this platform needs no introduction. A wonderful place to share stories, photos and even videos. Share your personal adventures with other club members or post photos of Club Activities.

The newest Social Media addition ... an **Instagram** account has been created for the club. It’s a great way to help the club grow. The aim is to build a profile of what the club offers. Use the #ziwc if posting something in your own personal Insta account. Then on stories, we can share on the club Insta account.

For those that don't use an Instagram account, here is a short description of what it is: Instagram is a visual social media platform used to share pictures and videos. It should not be text heavy. It is more of a mobile application than a desktop application and requires a smartphone.

If you are not comfortable posting, feel free to send Gillian Nolan, the Annual Events Chairwoman, pictures through WhatsApp with a short description of what you are sending her. ***if sending her pictures of members, please ensure to get their acceptance first of being posted on Social Media.

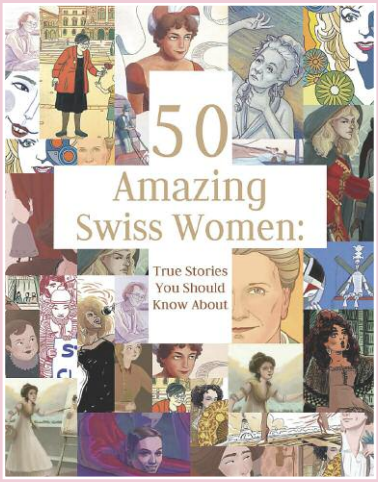
In the meantime, go give the account on Instagram ZIWC a follow and have a browse. Happy posting!

Book Review:

50 Amazing Swiss Women: True Stories You Should Know About

While researching a previous book, 'Swisstory', author Laurie Theurer realized that accounts of Swiss history did not often feature women. She researched the topic and came up with a long list of inspiring women. She reduced to a short list of 50, with the main criteria being diversity. In a record three months, along with four other women authors, Laurie and Bergli Books published in time for the 50th anniversary of women's right to vote in Switzerland.

The book was made possible by crowd-funding and sponsorship. It is available in German and French, so you can practice your languages! The target age group is 9+ to make it accessible to girls and young women. I found it a really enjoyable read, despite being slightly older than 9! The women portrayed are a mix of historical and contemporary. They come from all walks of life, showing girls that they can achieve anything they want to in life, even if they come from disadvantaged backgrounds and against the odds. There is space at the back of the book for the reader to add another amazing person and draw their own portrait.



Read about women whom you have probably heard of, such as Madame Tussaud and Tina Turner, but also the first female engineer in Switzerland, a stunt woman, a football referee, a spy and many successful businesswomen. I marvelled at the diversity and learnt a great deal about the women who helped shape Switzerland at a time when they couldn't vote, own property or even work without their husband's permission! A common trait among these women was not only personal ambition but also the desire to improve the lot of other women.

This book is beautifully illustrated and reasonably priced, and it is a hard back. Give it to all your nieces, godchildren and grandchildren and they can keep it and treasure it. You can also give it to those friends of yours who are learning German or French. I guarantee you will be amazed.

https://www.bergli.ch/products/50-amazing-swiss-women-true-stories-you-should-know-about

Helena Lustenberger

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.

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 – 15.30 in Émely's garden in Baar.

Upcoming Meeting Dates: **June 1st and July 6th**

Address: Früebergstrasse 20, Baar

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

Registration per e-mail or WhatsApp, please



Astrology Coffees Group

My name is Carolina Terwogt and I am a Psychological Astrologer. I studied at the Faculty of Astrological Studies (FAS) in London. I gave talks about astrology for the ZIWC years ago and for the Int. Women's Club of Luzern. I am now retired but I am still occasionally being asked to do chart interpretations. So, I thought of doing what I did years ago for the ZIWC ... Astro Coffees.

The Astro Coffees were always exciting for the members and we had lots of fun. The meetings took place once a month. While having our coffee, I would discuss the sign of the month, like January is Capricorn, February is Aquarius, etc. I would also explain certain aspects or planet positions in the charts of the ladies who were attending or for their children, or for their husband, or for their 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 Monday 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 **June is Monday the 14th**.
The dates for **July is Monday the 12th**.
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

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 about 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.

During the months of June and July the meeting days will change to the following:

- **The date for June is Thursday the 24th**
- **The date for July is Tuesday the 6th**

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



Hybrid Schooling:
at Institut Montana you do not miss a single day of school

Since the first days of Institut Montana, the school has been striving to use the best modern technology and the most progressive teaching methods. That is why during the challenging times of COVID-19, the school management invested a lot of resources into software, hardware and professional development for teachers to introduce an addition to a traditional teaching model called hybrid schooling.

What is Hybrid Schooling?

Hybrid Schooling is a combination of traditional classroom experience and online lesson delivery.

Students on hybrid schooling are able to keep their normal school timetables, including art classes and extra-curricular activities. As they are still virtually present in class, they have to concentrate on the assignments, as well as exchange with the teacher and the class. This hybrid interaction boosts their productivity level compared to standard online learning.

Furthermore, small class sizes of on average 10 and maximum 15 students allow teachers at Institut Montana to pay very close attention to each and every student, no matter if he or she is present at the class or virtually attending.

When is Hybrid Schooling beneficial?

At Institut Montana, we believe that Hybrid Schooling is beneficial when used for:

- students who should be in quarantine during the Coronavirus,
- for international students coming from abroad, while waiting for their visas and permits, • for families who travel a lot and wish to have their children with them for some time, • for teachers who may be delivering lessons remotely from their home, which is sometimes the case during the current pandemic.

Institut Montana even offers “Hybrid Trial days”, which allow interested students to get to know the faculty, possible classmates and have a glance at the academics from their home, in case they are not able to visit in person. This allows the school to assess the student, as a part of a new digital admission process.

So far, the school is proud of the positive parents' feedback:

"Thank you for organizing Anna's Hybrid Trial Day. She "came home" from school very excited and energized. As parents, we get great satisfaction out of seeing this love of learning and participation in our daughter. The technology worked smoother than expected for a day without training. I think the full classroom experience can be closely approximated through the setup you demonstrated today. Anna even had something to say about her classmates with the enthusiasm of having met them in person. She is also adamant that she will record her voice for ¨Stay¨ in Choir".

Full implementation of hybrid schooling into the daily school life helped Institut Montana to ensure the safety of all the students and staff members, as well as efficient learning off the campus. Both students and teachers have quickly adapted to the new schooling methods and already take advantage of its benefits during the circumstances mentioned.

Future Plans: Hybrid Schooling as an excellent additional service

Institut Montana believes that schooling on campus offers the biggest advantages for all the students. It cannot be substituted, especially for younger students, who need full attention and close human interaction with their teachers and friends. The school is remaining open, even during official holidays, to ensure a second home for the boarding students who need it. At the moment, hybrid classes are held regularly due to the coronavirus quarantine and visa restrictions, either with some students or a teacher not physically present in class.

Institut Montana believes that Hybrid Schooling will never substitute the in-person education students need, as well as its secluded paradise of healthy living on the Zugerberg at 1000 meters above sea level, with fresh mountain air and its own spring water. Hybrid Schooling can only enrich this experience.

Nevertheless, the plan is to keep on investing more resources to develop Hybrid Schooling even further to provide families and students with an additional service that can be used in any situation where a student would be missing precious days of education. It is important to note that hybrid schooling can only take place while the student is predominantly on campus.

INSTITUT
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ZUGERBERG

July 2021

MONDAY	TUESDAY	WEDNESDAY
		
5 13:30 **Social Walk**	**6** 10:00 **Cooking Group** 14:00 **Gardening Group**	**7** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
12 11:00 **Astrocoffees** 13:30 **Social Walk**	**13**	**14** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
19 13:30 **Social Walk**	**20**	**21** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
26 13:30 **Social Walk**	**27**	**28** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**

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** 18:00 **Monthly Dinner**	2 9:15 **Hiking Group**	3 SATURDAY 4 SUNDAY
8	9 9:15 **HIking Group**	10 SATURDAY 11 SUNDAY
15	16 9:15 **Hiking Group**	17 SATURDAY 18 SUNDAY
22 12:00 **Monthly Lunch**	23 9:15 **Hiking Group**	24 SATURDAY 25 SUNDAY
29	30 9:15 **Hiking Group**	31 SATURDAY SUNDAY

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July Lunch Club

Restaurant Aesch - Walchwil **Thursday, 22nd July**

Please join **Ailbhe Fallon** at Restaurant Aesch.

When: **Thursday, 22nd July, 12:00**

Where: Restaurant Aesch, Hinterbergstrasse 31, 6318 Walchwil
https://www.restaurant-aesch.ch Option to eat outdoors if the weather permits.

Booking: Please register on the ZIWC website

Booking deadline: **Friday, 16th July** (early registration is greatly appreciated, please)

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



Getting to Walchwil: Travel by train or bus to Walchwil Bahnhof, and the restaurant is a 12 minute walk up hill. If needed, Ailbhe can arrange for you to be driven from the station to the restaurant and back. If driving, there is ample parking at the restaurant. The car park is situated below the restaurant.

Menu: To be confirmed.

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.



Cooking Club

It was our Group's first Cooking session in 2021 and it was a total success! Such great fun and laughs. Much better than we could ever have hoped!!! We cooked tossed potato mince pie as well as bread and butter pudding!
The Host was Diane Price The Cooking Interest Group Leader
Participating members: Yvonne, Vijaya, Lilia and Tania













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.



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

The Group will resume its activities in September!

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, as proposed by Valerie, please join this group by texting her. This group communicates only by WhatsApp and only reply if you are willing to join the outing!

Contact Details: Valerie Gitter 079 763 4606

Fitness Hiking

This is a sport fitness hiking group. The group walks at 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



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





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

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





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 getting 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 **June are Tuesday the 8th and 22nd**.
The Group will resume its meetings after the summer holidays in September.
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

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
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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 Whatsapp 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 practising 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



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.

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 you can find more information on the Club Website or contact 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 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

The Group will not be meeting in July and beginning of August.
It will resume its activities on August 16th.
Please check the website calendar for any updates.

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

The Group will not be meeting in July and beginning of August.
It will resume its activities on August 19th.

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

NEW Leaders Wanted for New and Existing Interest Groups

Business Networking Group (BNG)

We are looking for a new active and enthusiastic leader for our existing Business Networking Group! The group focuses on women who are interested in business topics, who are working, managing their company, intending to start up a new company, or are changing their working life. This group shares knowledge, experiences, information, ideas and techniques. The program includes speeches, brainstorming sessions, workshops and coaching sessions. This group meets once a month in the evening. If you'd like to know more, please contact Interest Groups Chairwoman Anastasia Tziapoura at interestgroups@ziwc.ch

Fitness Hiking Group

Due to the success of the 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! If you would like to 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 Maren Schawalder-Siems for more details on 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 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.



New WhatsApp Group
Girls About Town



GirlsAboutTown is a new group which will embrace and encourage spontaneous outings suggested by any group Member. The group uses WhatsApp to communicate these impromptu meetups.

You simply propose an idea: a ship cruise, going for a drink, a lake stroll, a dip, or maybe watching a movie. The possibilities are endless.

The suggestion can be communicated such as ... “It’s a nice evening and I’d love to have a drink by the lake ... would anyone like to join me?” or “I’m planning to visit the Art Museum Kunsthaus Zug on June 23 ... is anyone interested?”

When you join GirlsAboutTown, you will be added to the WhatsApp list. If you have a suggestion for an outing, send a message to the WhatsApp group, including relevant details.

Whoever is interested can communicate directly to the group, to the Member who suggested the outing or simply just turn up. If you are not interested, there is **no need** to reply.

These outings will operate only through WhatsApp. If time permits, the proposing Member/organiser can ask the Web Editor to post on the Website ‘Happening Now’ section.

If you are interested, send a WhatsApp with your **full name** to the Vice-President on 079 243 64 39.

Try Going Digital!

The digital newsletter has the same great content with the added bonus of being the most up-to-date, more eco-friendly and easier to share.

Are you ready to switch?
Log into your account at ZIWC.ch and go to your profile in “My Membership.” Select “Digital Newsletter” under “How Would You Like to Receive Our Newsletter?”
If you have any questions or concerns, email Stormy at newsletter@ziwc.ch .



July
Monthly dinner

In **July** we will be going to the **Hafenrestaurant**, by the lake, at the Zug marina. Weather permitting, we will be sitting outside and enjoying the amazing sunset on the lake of Zug from their wooden deck. Last year we saw a double rainbow over the lake after dinner.

When: Thursday, July 1st, 18:00

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

Where: Hafenplatz 2, 6300 Zug
(Park at the Zug Marina or take the train to Schutzengel)
We will reserve 2 or 3 tables for 4 people each (based on current government restrictions).
*If the weather is too cold or rainy and the restrictions of sitting outside only are still in place, please check the website calendar or contact me to confirm.

Booking deadline: Please register online, on the ZIWC website until June 30th (only if the registration is closed you can call me on the same day)

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

Menu: We will be choosing “à la carte” from their summer menu.





ZIWC Cancellation Policy (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.

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