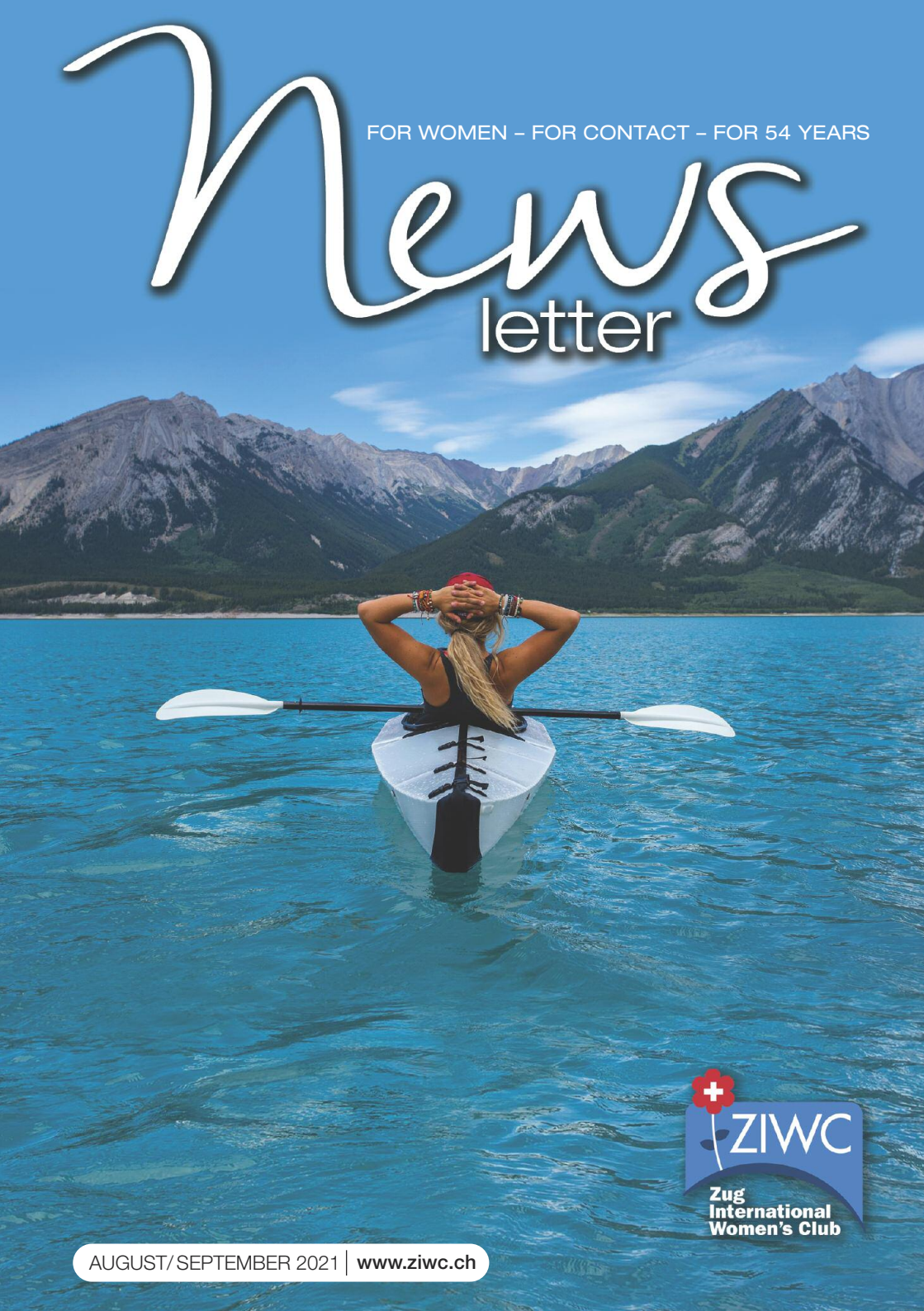
FOR WOMEN – FOR CONTACT – FOR 54 YEARS

News letter



ZIWC
Zug International Women's Club

AUGUST/SEPTEMBER 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 Wonderful Ladies,

Summer is coming to an end. Hopefully, we all have been blessed to create precious memories with family and dear friends. Perhaps in Switzerland, traveling abroad or visiting our home countries!

With the unprecedented situation of the pandemic, we have had our lives, daily routines and habits changed. But here we are still: strong, aiming high, with a positive view of the future!

Despite the extraordinary situation, ZIWC retained most of its Members and attracted many new ones! ZIWC's increased presence in social media and via word of mouth, keeps our membership active and growing. Those dear Members who relocated, they remain a precious part of our Club.

Adjusting to changing conditions, we still connected via Zoom, but also grasped every opportunity to meet in person when allowed! The vaccination programme's progression will lead to even more freedom! Therefore, come and join our new Astrocoffees, Intermediate Walking/Hiking, Afternoon Book Reading Club, Zuger Trophy Walking and Running and spontaneous Girls About Town Groups!

Our Club stayed strong, retained long standing friendships and created new experiences. This proved, once again, ZIWC's solidarity, internal support, flexibility and ability to quickly adjust to new challenges!!

I would like to personally thank all the Interest Group Leaders for their hard work, effort, and generous support at every opportunity to keep our Club offering its Members attractive activities. I also want to thank all our Members who actively participate in these fabulous activities. Last but not least, thank you to the precious support from our fellow-club IMCZ International Men's Club of Zug.

We always welcome new ideas and opportunities for new Interest Groups. We are flexible and can adapt at short notice! Leading an Interest Group is easy and I can always support you and walk you through the details! Reach out with your ideas to interestgroups@ziwc.ch and we will work on them together! So, let's all start meeting up in person, as we are used to, and enjoy each other's company again!!



I wish you all a great, healthy and happy autumn!

Anastasia Tziapoura
Interest Group Chairwoman

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New Members

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

We warmly welcome our new members

joined in May and June 2021

Carolina Vargas, Rotkreuz
Gerda Baas, Walchwil
June Stoll, Rotkreuz
Cathy Sunshine, Blickensdorf
Zizi Celik, Baar
Daliah Gonset, Zug
Sylvia Nadig, Cham
Sharon O'Byrne, Walchwil
Sandra Heim, Zug
Lucinda Cottrell, Zug
Sarah Van Nevel, Zug

Tina Donovan, Neuheim
Teresa Hedinger, Zug
Robynne Mc Arthur, Steinhausen
Birgit Buron, Zug
Dorothea Winckler, Baar
Melanie Dubach, Zug
Stephanie Mateo, Baar
Nicole Renggli, Zug
Agnès Reicke, Walchwil
Gabriela Zotakova Hjorter, Zug
Isabelle Brannemo Gemperle, Zug
Victoria Hoerst, Zug
Arlett Hoff, London

For more details, please consult the online membership directory

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Stormy Berney
newsletter@ziwc.ch

Advertising Chairwoman
Yvonne Mandri-Bossart
advertising@ziwc.ch

Website Chairwoman
Leila Narhinen
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Proofreader:
Helena Lustenberger

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Graphic Design
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sumners@databaar.ch

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.

FMZ: Fachstelle Migration Zug

By Helena Lustenberger



Did you know that there is a place in Zug where you can go to for help with all the questions that you have about Zug life - big and small?

For over 50 years this Canton Zug support service (not to be confused with the local government office Amt für Migration) has been helping both foreign and local residents of Zug to find out what they need to know from A-Z. Since helping the migrant seasonal workforce understand their rights in their own languages in 1964, the FMZ has expanded to offer advice in 12 languages, reflecting the diverse community of Canton Zug.

The team at FMZ doesn't just offer information in foreign languages but they have a deep understanding of the challenges for newcomers to Switzerland. Whether you have questions about parking, rental laws, legal advice about divorce, residency, social security or finance, if they do not know the answer then they are a phone call away from the expert who does.

For the most frequently asked questions, there are regular seminars in various languages to explain topics such as education, finding work, healthcare, insurance and other important subjects.

FMZ also organises the Zug Host Programme, which connects newbies with longer-term residents in their community to improve their knowledge of Zug and to make new local friends. They are always looking for volunteers. This is also a good way for ZIWC members to practice their language skills and meet new people as it works both ways! Guidelines are provided, but essentially, you can do what suits you and your mentee.

FMZ has worked with ZIWC to run various events, the advantages being that the information is delivered in English by the relevant local authority. This way members get the opportunity to ask their own questions and make new contacts.

The FMZ welcome desk is open Monday to Thursday for quick questions but for more complex issues, make an appointment. A 30-minute newcomer consultation is free. Further 30-minute consultations cost 5 or 10 francs each, depending on your income.

Visit the website (available in 11 languages) to see what else they have on offer.
www.fmzug.ch



Escapes to Kussnacht am Rigi Golf

Join us for a tour of the Kussnacht am Rigi golf course.

We will be treated to an exclusive tour of the golf facilities by Golf Manager, Herr Schuler. This will be followed by a fine apero served overlooking the 18th green.

Date: 17 August 2021 at 17:00

Meeting point: We will meet in the car park of the Kussnacht am Rigi Golf Course.

Tour: The tour of the golf facilities will take approximately 45 mins then followed by an Apero.

Costs: CHF 50 per person.

Booking deadline: Please book no later than 10 August 2021.

Contact: For questions or more information please contact Amy Egger by email at escape@ziwc.ch or phone at 076 761 9135.

Registration on the ZIWC Website only. The ZIWC cancellation policy applies.



Comprehensive real estate
market knowledge
built on extensive local experience
&
backed by an international network

Gladly contact us for a free and non-binding valuation of your property.
Shop Zug, Neugasse 15, 6300 Zug, Phone 041 728 77 11

ENGEL&VÖLKERS

NEW Moms and Toddlers Group



What if you are new to Zug and haven't had a chance to make new friends yet?
What if you don't live near your family?

Being a new parent is certainly rewarding, but also challenging at times. It is always good to have a group where you can learn from other parents, ask others questions, develop friendships with other mums, plus share in the joy of raising children.

New mothers or those with young children can seek socialising, friendship and support from other mums, as well as playmates for their pre-school children. You can find lifelong friends in such a group. A real beacon for those who are feeling isolated or are new to our community.

Mums in these groups can arrange any type of activity, for example: stroller walking, playdates, coffees, meeting by the lake, visiting playgrounds, planning short trips with their children, etc. They can exchange knowledge, views and experiences with regards to health issues, school system and parenting in general!



Starting such a group is a great way to bring mums and toddlers together! If you are interested in leading such a group, please contact Anastasia: interestgroups@ziwc.ch.

SEPTEMBER

Business Networking Group (BNG)

How to become a Board Member or build your Board for greater impact?



Get insights into boards, how they function, the different types and how to find board opportunities or alternatively, board members for your company

At the end of the event, you will walk away with:

- Profound board knowledge that is not overwhelming
- Information that sets you apart from others who are seeking to become a board member or establishing a board
- The opportunity to join a network of decision takers
- Live Q&A and inside information from the Board Owl team

Speaker: Delphine Trabaldo Togna

Delphine Trabaldo, co-founder and Head of Business Development & Partnerships at Board Owl, will talk us through the fascinating world of boards. She will talk about the added value of an efficient board as well as the benefits of being a board member.

When: Monday 20 September
Time: 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 September
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 sessions, workshops and coaching.
We meet once a month in the evening, and it is usually followed by an informal drink.

Contact Cristina Rocco on 079 444 40 56 or **bng@ziwc.ch**
Let us know if you want to be added to the BNG Whatsapp group (ZIWC Members only).

August Lunch Club

<Pop-Up Secret Garden> at the CU Restaurant for a limited time only!

Please join **Monika Zeis** for this new restaurant experience.





When: **Thursday 19 August**

Time: **12:00**

Where: **Pop-Up Secret Garden @ CU Restaurants**
City Garden Hotel, Metallstrasse 20, 6302 Zug
www.cu-restaurant.ch

Booking: Please register on the ZIWC website

Booking deadline: **Friday 13 August**
(early registration is greatly appreciated, please)

Contact for Questions (only): Monika Zeis
Monika_Zeis_77@hotmail.com

Menu: The new concept focuses on "Cuisine with an Oriental Touch" as well as Lebanese dishes and refreshing drinks. Menu for the Lunch TBC.

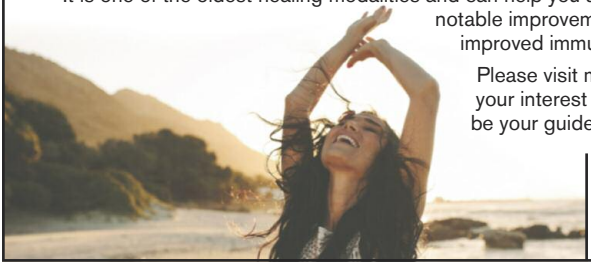
If you need to cancel please email the Lunch Club Coordinator Ailbhe Fallon on or before 13 August 2021 • ailbhe.fallon@fallon-currie.com

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Are you sick and tired of being sick and tired? *Then* **REJUVENATE REVITALIZE RESET**

We are bombarded daily with environmental toxins that undermine our health. Detoxing through herbal supplements, juices and fasting help unburden the body and improve almost every ailment. It is one of the oldest healing modalities and can help you achieve your health goals. The most notable improvements are weight loss, better sleep, improved immunity and clearer thinking.

Please visit my website **www.juliajus.com** and if your interest is awakened I would be honored to be your guide on your path to optimum health.



Julia Jus
INNERGETIC HEALTH CONSULTANT



Come Celebrate With Us!

Celebrating Wonder Women and the 50th anniversary of women's voting rights in Switzerland

That is more than enough reason to have a party to celebrate YOU fantastic ladies!

When: 30 September from 18:00
Where: The Park Hotel in Zug
What: Flying apero riche & cocktails • Seated dinner with truffle pasta
Wine and water included • Music and keynote speaker
Why: Because our Members are marvellous
Who: Members 45 CHF / Non Members & walk-in 60 CHF

Everybody can enjoy our fabulous club

Registration by 19 September
Payment Online or to IBAN CH40 0900 0000 1752 1935 3.

Come celebrate with us! We look forward to seeing you!
Contact: annualevents@ziwc.ch or 079 617 20 45
If COVID restrictions result in event cancellation,
there will be a reschedule or refund.

ZIWC is now a member of SWONET

Swiss Women Network

By Andrea Wörrlein

The SWONET (Swiss Women Network) Foundation was founded in 2014 by President Petra Rohner and currently offers 147 women's organisations a common platform.

The aim is to show the diversity and strength of the network and to offer an overview of the activities and the respective focus of the member organisations.

The SWONET platform gives a woman the opportunity to obtain an overview of networks so that she can decide which suits her and her current needs.

ZIWC is now a happy member of SWONET (see all member organisations here: www.swonet.ch/organisation/).

Find more information about SWONET here:
Web: www.swonet.ch/
LinkedIn - www.linkedin.com/company/swonet/
Facebook - www.facebook.com/swonet.info
Twitter - www.twitter.com/SWONET_ch

Benefits for ZIWC Members

The SWONET foundation has entered into a partnership with CSS Insurance (www.css.ch). In addition to a lot of interesting and useful content relating to our topics, the SWONET Foundation was able to agree that the women's organisations and their members receive discounts on selected supplementary health and property insurance (*Zusatz- und Sachversicherungen*). For example, ZIWC Members can obtain a 10% discount on supplementary health insurance / daily allowance (*Zusatz/Taggeld*), as well as property insurance (*Sachversicherungen*). This is particularly valuable in today's world.

If you are interested, you can contact Serena Pangione and her colleagues from CSS Insurance via the SWONET CSS landing page:
www.swonet.ch/partner/css-versicherung-swonet-gesundheitspartner/

Business & Networking Day

The annual SWONET conference, the Business & Networking Day, will take place on 3 September 2021 in Aarau. The purpose of the event is to promote networking between the SWONET member organisations and interested women, also on a personal level. Every year between 300-350 women meet to take part in the programme, make new contacts and maintain existing ones. More information is available at www.businessandnetworkday.ch.

Women Digital

Digitisation opens important doors to greater networking among women. It is a MUST that women not only be part of this development, but also exert an influence. Many women generally want to deal more intensively with the tools of digitisation, regardless of whether they are professionally relevant or not. If more women are to pursue careers in digital professional fields, successful women must take on a visible role model function. SWONET DIGITAL will therefore be a platform that not only focuses on information on current developments in the area of gender equality and digitisation, but also makes leading women visible in the digital environment. More information here: www.swonet.ch/digital/ueber/



Share Your Talents!

Dear Members,

Not only does our Club offer friendship, learning, sports, escapes and more. Why not offer support for our fellow Members' talents and businesses, too?

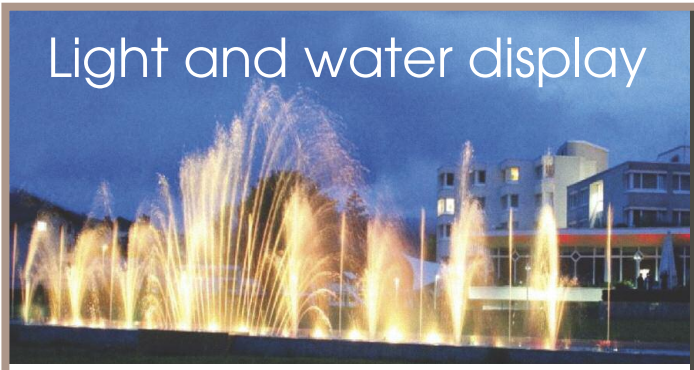
Our Members are photographers, musicians, designers, animal sitters. We want to support our members' talents and professions ... so please make yourself visible on our website!

Simply go to **Members Only -> Happening Now** and register your business talent using the submission form. Your talent will be visible on the ZIWC Website and will give your fellow Members the opportunity to support you.

ZIWC will give first priority to our Members when we're looking for services and suppliers. For example: Cristina provides destination events in Italy and Members get a 5% discount on fees. Valerie does catering and cooking classes. Helga shared that she has a talent in Feng-Shui.

We're such a diverse Club with a large variety of backgrounds. We are looking forward to reading about YOUR talents on the ZIWC Website!

Light and water display



A unique spectacle not to be missed!
Accompanied by music and harmonious colour changes, fountains spray jets up to ten metres into the air.
The 23-metre-wide fountain complex in front of our hotel contains 30,000 litres of water with 1,800 water jets and 36 LED spotlights. Biggest in Switzerland!

Restaurant Seefeld at the Seminarhotel
Tel. +41 41 754 61 61
Seestrasse 10, CH-6314 Unterägeri
Sha@seminarhotelagerisee.ch

SEMINARHOTEL
AM ÄGERISEE

The fountain display takes place during the summer months from April until October, every Wednesday and Friday evening at around 9 p.m free of charge. On all other days, we offer this on request and service charge.

Activity Group Spotlight

With so many wonderful Activity Groups, we want to take the opportunity to spotlight groups to make certain our Members know what is on offer.

Knit and Natter

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



The studio in the old town where we meet to knit and crochet!



Antonia Latter, snug and warm under her hand knitted blanket.

Some of the delightful items you can make.







NEW Fit and Kicking Group!



The new Fit and Kicking Book Club Group will focus on non-fiction books which cover the latest scientific findings on health and wellbeing with the aim to improve quality of life and vitality. The group will review one non-fiction book each month. Topics will be wide ranging and will include any aspect of healthy living which we deem to be of interest such as stress reduction, gut & brain health, sleep and more. The group will meet via Zoom on the second Tuesday of every month from 14:00 – 16:00. The session will focus on a set of predefined questions with time allocated to discuss experiences and questions. If you are interested, please contact the Interest Group Leaders Jan and Caroline, and register on the Club Website prior to the meetings.



Disclaimer: This group will not provide medical recommendations of any sort. Each participant must decide what information or activities they would like to include in their life. All medical conditions should be addressed with an authorised medical practitioner.

When: Tuesday 10 August / Tuesday 14 September
Contact: Jan Frei jan.freicox@outlook.com
Caroline G. Hoem at cghoem@outlook.com

You will find the Zoom Link of every session on the ZIWC Website event calendar where you can also register for the meetings.

August 2021

MONDAY	TUESDAY	WEDNESDAY
		
2 13:30 **Social Walk**	**3** 9:00 **Badminton**	**4** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
9 13:30 **Social Walk**	**10** 9:00 **Badminton** 10:00 **New Fit and Kicking Group**	**11** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
16 13:30 **Social Walk**	**17** 9:00 **Badminton** 14:30 **Kussnacht Golf tour and Apero** 18:30 **Bar & Lounge**	**18** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
23 13:30 **Social Walk**	**24** 9:00 **Badminton**	**25** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting @ Zug Bibliotek**
30 13:30 **Social Walk**	**31** 9:00 **Badminton**	

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
		SATURDAY
		1 SUNDAY
5	6 9:15 **Hlking Group**	7 SATURDAY
		8 SUNDAY
12 10:00 **Cooking Group**	13 9:15 **Hlking Group**	14 SATURDAY
		15 SUNDAY
19 9:45 **Cham Coffee** 11:00 **English Intermediate Group** 12:00 **Monthly Lunch** 18:00 **Joint Stammtisch with IMCZ**	20 9:15 **Hlking Group**	21 SATURDAY
		22 SUNDAY
26 9:30 **Walchwil Coffee** 11:00 **English Intermediate Group**	27 9:15 **Hiking Group**	28 SATURDAY 11:00 **Guided tour of the city** Art in public space www.stadzug.ch/rundgaenge
		29 SUNDAY **IMCZ Party**

Hospitality

Veerle Vandionant - Hospitality Chairwoman
organises regular social events and welcomes new Club Members.
She also provides club activity-related information to potential new members.

Stammtisch

The Hospitality team is pleased to host our *Stammtisch* again. With the new COVID-19 regulations, we are able to meet again, indoors with all the regulations in place.
Please bring your mask as this is mandatory when moving around.
Once seated the mask can be removed.

When: Every Wednesday, 9:30–12:00, except public holidays
Where: Park Hotel, Industriestrasse 14, 6302 Zug
Parking: Parking is available at the hotel. Your ticket needs to be validated at the reception.

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: every last Tuesday of the month, 10:00–11:30,
(excluding July, **August** and public holidays)
Where: Please register on the Clubs 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

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, 10:00–11:45
Where: Café Plaza, Kirchbühl 5, 6330 Cham
Contact: Karin Resch 43 664 421 27 75 karin-resch@bluewin.ch

Walchwil Coffee

Why not come and join us for a cup of tea or coffee and a friendly chat?

When: Last Thursday of the month, 9:30–11:00
Where: Restaurant of Hotel Aesch, Hinterbergstrasse 31, 6318 Walchwil
Contact: Sarah Paul 079 279 97 48 paulfamily@bluewin.ch



Contact Coffee Morning

In these strange COVID times, we managed to host 3 get-togethers. 2 contact coffees and 1 contact drink. All were held at Members' lovely homes. We are looking forward to many more.

Due to COVID-19 restrictions, we had a restricted number of attendees, mainly new Members. Here are some wonderful images from the great get-togethers.









August Contact apero at Veerle's

Veerle is looking forward to welcoming longstanding and new Members to her place in Walchwil. This will be a great opportunity to catch up after the Holidays.

When: Tuesday 24 August 18:00–20:00
Where: Artherstrasse 25, 6318 Walchwil
Space limit: 12
Booking deadline: please register online before 16 August
Contact: Veerle Vandionant 077 505 12 13
Directions: there is car space on the road, Walchwil Station is 7min walk, Bus 5 Lido stop

On the look-out for:

The Hospitality team is looking for someone who is wanting to host a monthly coffee morning in Unter or Oberaegeri. (Agerital)
Please contact Veerle for more details on 077 505 12 13

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

Wunderfitz
und Redeblitz GmbH

Charity News

This year, the Board has again committed support to the **FRW Interkultureller Dialog** to continue the club's efforts last year, which were adversely affected by the restrictions of COVID.

The FRW Interkultureller Dialog is a Zug charity of 180 volunteers who enable, through various projects, people from different cultures and lifestyles to live together in peace (*Friede*), mutual respect (*Respekt*) and with dignity (*Würde*). They help migrants and refugees to learn the local language and customs. They provide cultural and freetime activities to aid integration. In the local community, they strive to raise awareness and tolerance. In this way, everyone benefits. www.frwzg.ch

The club can help by fund-raising to help finance projects, by sourcing materials to be used in the projects (eg laptops, sewing materials, drawing materials) and by raising awareness in the community.

In order to do these things, we need volunteers to help with ideas, fund-raising, sourcing materials etc. If you would like to help in any way at all, please get in touch with Helena: vicepresident@ziwc.ch. Every gesture would be much appreciated.



Helena Lustenberger,
Vice President,
Charity Coordinator 2021-22

Image:
A celebrated project
in the local community,
the Ship Of Tolerance

The International Men's Club of Zug invites you to our

Big Greek Summer Party

on the Lakeside of Zug!

Sunday, 29th August, 2021

11:00 – 18:00 at the Siehbachsaal
Chamerstrasse 33, 6300 Zug



FEATURING
Triple Bypass rock band.
"The beat goes on"!



Beer: SFr 3
Wine: SFr 5 glass / SFr 20 bottle
Cocktails: SFr 10
Ouzo: cost price

Greek Singing and Sirtaki Dancing, Quiz, Raffle with Prizes.
A selection of Greek culinary specialties

Admission (including food and soft drinks) :
60 SFr for IMCZ & ZIWC members and partners, 70 SFr for guests,
30 SFr for children 8 -12 and designated helpers, children under 8 free.

Please register at: https://imcz.club/Club-Events

Bar&Lounge

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



August

Meeting Details:
Tuesday 17 August, 18:30
Pier 41 Baarerstrasse 41, 6300 Zug

September

Meeting Details:
Tuesday 14 September, 18:30
Pier 41 Baarerstrasse 41, 6300 Zug

Note: Registration is mandatory latest 24 hours in advance of event.

Contact Details:
Ingela Stigemar, dent_stigemar@bluewin.ch

ZIWC Cancellation Policy Applies



italianallegria Unique Escape



Sicily
Truffles & Barolo
Opera in Verona

















ciao@italianallegria.com
5% discount for ZIWC

September Lunch Club

Restaurant Theater Casino, Zug

Please join us at this lovely lakeside venue:

When: **Thursday 23 September, 12:00**

Where: **Casino Restaurant**, Theatre Casino, Artherstrasse 4, 6300 Zug
www.theatercasino.ch/restaurant

Booking: Please register on the ZIWC website

Booking deadline: **Friday 17 September** (early registration is greatly appreciated, please)

Contact for Questions (only):
ailbhe.fallon@fallon-currie Ailbhe Fallon 078 698 51 60
(call ot text, not WhatsApp please)



Menu: This restaurant has a special lunch menu which changes regularly according to the season and produce available, and always features a vegetarian option.

If you need to cancel please email the Lunch Club Coordinator Ailbhe Fallon on or before 17 September
ailbhe.fallon@fallon-currie.com

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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.

2021 September

MONDAY	TUESDAY	WEDNESDAY
		**1** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
6 13:30 **Social Walk**	**7** 9:00 **Badminton** 14:00 **Gardening Group**	**8** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
13 11:00 **Astrocoffees** 13:30 **Social Walk**	**14** 9:00 **Badminton** 14:00 **New Fit and Kicking Group** 18:30 **Bar & Lounge**	**15** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
20 13:30 **Social Walk** 18:30 **BNG Board Owl**	**21** 9:00 **Badminton** 16:30 **Italian Wine Tasting**	**22** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting Invite IG Leaders (17:00)**
27 13:30 **Social Walk**	**28** 9:00 **Badminton**	**29** 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
2 11:00 **English Intermediate Group**	**3** 9:15 **Hiking Group** 14:30 **English Tea** **Seminar Hotel**	**4** SATURDAY **5** SUNDAY
9 11:00 **English Intermediate Group**	**10** 9:15 **HIking Group**	**11** SATURDAY **12** SUNDAY
16 9:45 **Cham Coffee** 11:00 **English Intermediate Group** 16:00 **Italian Conversation** 18:00 **Joint Stammtisch with IMCZ**	**17** 9:15 **Hiking Group**	**18** SATURDAY **19** SUNDAY
23 11:00 **English Intermediate Group** 12:00 **Monthly Lunch**	**24** 9:15 **Hiking Group**	**25** SATURDAY 11:00 **Guided tour of the city** Art in public space www.stadzug.ch/rundgaenge **26** SUNDAY
30 9:30 **Walchwil Coffee** 10:00 **Cooking Group** 11:00 **English Intermediate Group** 16:00 **Italian Conversation** 18:00 **Evening Party at Park Hotel** **Come Celebrate With Us!**		

Escapes

Escape to English Afternoon Tea at Seminar Hotel

Join us for a traditional English Afternoon Tea at the Seminar Hotel in Aegeri.





We will be enjoying a nice English Tea served with both sweet and savoury delicacies; freshly brewed tea, sandwiches, avocado, organic egg, Aegeri cheese, country ham, Scottish smoked salmon, scones with strawberry jam, small cake, shortbread, almond tart and fruit tart. Feel like adding some sparkle? You can also add Champagne to your order. Please feel free to wear your finest English Tea hat, I will be wearing mine!

Date and Time: Friday 3 September 14:30-16:00

Where: Seminar Hotel, Aegeri

Costs: CHF 38 per person for English Afternoon Tea
+CHF 12 per person to add a glass of Champagne

Booking deadline: 27 August

Contact: For questions 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.

September Monthly dinner

The **September dinner** will take place at Restaurant **Puccini** in Zug. Weather permitting, we will be sitting outside overlooking the lake of Zug and watching one of the last sunsets of the summer from outdoors. Otherwise, we will be sitting inside. Puccini has a colourful and delicious Mediterranean menu to choose from.

When: **Wednesday 15 September, 18:00**

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

Booking deadline: Please register on the ZIWC Website (Calendar/September 15th/Monthly dinner) until Tuesday 14 September

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

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

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.



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.

Meeting Details: The next meeting will be on **21 September, at 16:30**

Location: Reussblick 4, 6331 Hunenberg. The room booked is big and well aerated, the location has plenty of parking.

Contact: Lorella Benedetto 078 652 13 96
lorella.benedetto@libero.it

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!

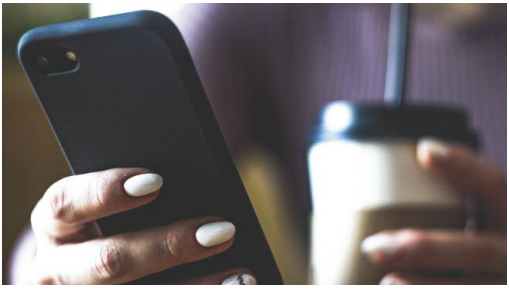
Contact: Valerie Gitter
079 763 46 06

Book Reading Morning Group

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: Antonia Latter
076 386 00 05 or antonia.latter@bluewin.ch



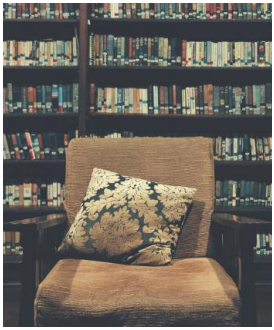


Afternoon Book Club

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: Diane Price at pricefamily1@aol.com
or 079 192 75 35



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: Gillian Nolan 079 617 20 45
Gillianenolan@gmail.com





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!

Meeting Details: Every Friday at 09:15

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

Intermediate Walking / Hiking Group

The Intermediate Walking/Hiking Group does 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: Jan Frei, jan.freicox@outlook.com
or 079 335 76 69



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: Kathryn Watson
079 222 98 80
Watson_760@hotmail.com



Zuger Trophy Walking and Running Group

Are you looking for a walking or running partner? We 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*, you can win prizes both through direct registration and competing or by winning a raffle of any prizes won by the Club.
We look forward to hearing from you.

Contact: Amy Egger on 076 761 91 35 to be added to the WhatsApp group or on runninginzug@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 certainly am 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 August is Thursday the 12th**
- **The date for September is Thursday the 30th**

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

Astrology Coffees Group

My name is Carolina Terwogt and I am a Psychological Astrologer and studied at the Faculty of Astrological Studies (FAS) in London. I gave a talk 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 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 very 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 the Capricorn, February is Aquarius people etc. I would also explain certain aspects or planet positions in the charts for the ladies who were attending or for their children, husband, or parents! Anyone interested in the sign of the month could join in! It was a great success.

Meeting Details: Once a month on the 2nd Monday of the month at 11:00.
The time can be adjusted 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 group will meet next September, Monday the 13thth.

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: Carolina Terwogt, c.e.terwogt@gmail.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: First Tuesday of the month in the afternoon at 14:30 – 16:00 in Émely's garden in Baar.

Upcoming Meeting Date is 7 September
Address: Früebergstrasse 20, Baar

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

Registration please per e-mail or WhatsApp



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: Cristina Rocco 079 444 40 56 cristina@italianallegria.com

The Group will not be meeting in August and beginning of September. It will resume its activities on 16 September. Please check the ZIWC 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 analysed. 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: Eugenia Loras 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 19 August. Please check the ZIWC Website Calendar for any updates.

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: Adriana Schiraldi 079 744 17 46



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 programme 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

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.

German Language - intermediate

The German Language and conversation group is looking for a new Leader to continue its activities. There is a great interest from members of our Club so 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.

Spotlight Events and Potential New Interest Groups

Spotlight Events are member organized experiences. Exhibitions, movies, concerts, business presentations, ski trips, wine tasting, cooking lessons, direct sales parties, the possibilities are endless! Interest Groups are Members who share their knowledge for the enrichment and fun of fellow Members. For example, a native speaker who would like to lead a conversation group. To lead an Interest Group or organize an event, contact Interest Groups Chairwoman Anastasia Tziapoura at interestgroups@ziwc.ch.

Flashback!

Our Club members are so dynamic! They have incredible histories, accomplishments and unique experiences. Perhaps you were one of the first women to work for the UN, maybe you attended a small concert of a not so well known future megastar (The Beatles, Elvis, etc.) Did you go on vacation only to have monkeys rummage through your room? Take us on a stroll down memory lane. Share your unique experiences with us, momentos and all. Contact: newsletter@ziwc.ch

Escapes

Höllgrotten Forest Tour

On 28 May we were treated to a very informative forest tour by Lea Flükiger from the *Direktion des Innern Amt fur Wald und Wild*. We learned how to identify the seedlings of some of the trees. It was explained to us why and where some trees in our forests are cut. We also learned that our forest workers have more than just the trees to think about while keeping our forests in a state to be enjoyed by all visitors to the forests. We would like to thank Canton Zug for offering this amazing and informative tour. A brochure is available to anyone in the club who would like one.





Orchid Hike

ZIWC Fitness Hikers treated to a spectacular hike among the Orchids on Wildspitz

In early June, some of our Fitness Hikers enjoyed the amazing orchids blooming in a highly unlikely place. The location was that of the 1806 landslide from Wildspitz to Goldau. According to the official guide, there are 24 sorts of orchids to be found in this location. Our keen observers were able to locate 15, including one very special find - the very rare Fly orchid. We look forward to returning again next year when the orchids return for their annual show.



10,000 Doves

Walk through the doors of Gut Hirt Church and cast your gaze towards the heavens. More than ten thousand origami doves float in the celestial direction. A Wing & A Prayer: A Memorial Installation. The more than 10,000 doves represent those lost in Switzerland to the COVID pandemic. Notice that some of the doves are blue and white, those are for our Zug residents who were victims of COVID.



Members of the community, of all ages, pitched in to fold the origami doves. Some folding a few, other individuals folding more than 1,000! Then, again, the community came together and spent days hanging the thousands of flying doves. School children alongside adults, arms in the air, attaching the doves overhead, to remember those we lost. The memorial installation, open to all, is available for public viewing through the Autumn. Free entrance, just walk in. Pass by during late afternoon setting sun hours and see how the sun streams in through the stained glass window panes. They paint the doves - awash in color. Take a peek or come in and stay awhile. Perhaps one of the doves represents someone you lost. Gut Hirt, Baarerstrasse 62, 6300 Zug

In Loving Memory

Irene Elizabeth (Betty) Lichtensteiger-Baker: With sorrow, we announce the passing of the head of the ZIWC's library committee. She worked tirelessly to raise money to buy English books for libraries in Canton Zug. Always cheerful and smiling, Betty's joyful demeanour will be greatly missed. 1927–2021

Andreia Bove: It is with heavy hearts that we announce the loss of Andreia Bove. She was a long-standing Member of ZIWC. Remembered as generous, kind and friendly, she will be missed by all. Andreia was a sculptor. She invited ZIWC Members to her home in Walchwil and shared her love for art with her fellow Members in her studio. Our heartfelt condolences go out to all who knew her. Rest in Peace. 1935–2021

Sira Gulekjian: Sadly, a longstanding ZIWC Member left us on the 8th of May while sleeping peacefully. After several weeks of health challenges, the time had come. She appreciated the moments that she could spend with her family and friends. Sira's loved ones will reflect on her life and grant her final wish, continued support of **Bird's Nest Armenian Orphanage** in Byblos, Lebanon where children ages 4-18 are educated and well cared for. Sira is survived by her daughter, fellow ZIWC Member, Tania Mobayed, and her three loving grandchildren. We know that she will be dearly missed. 1939–2021

ekz-zugerland.ch

Let's go shopping

Welcome to the Shopping Centre Zugerland with 50 shops and the biggest Migros Supermarket in Central Switzerland.

MIGROS + 50 Shops

zugerland
Shopping in Steinhausen



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