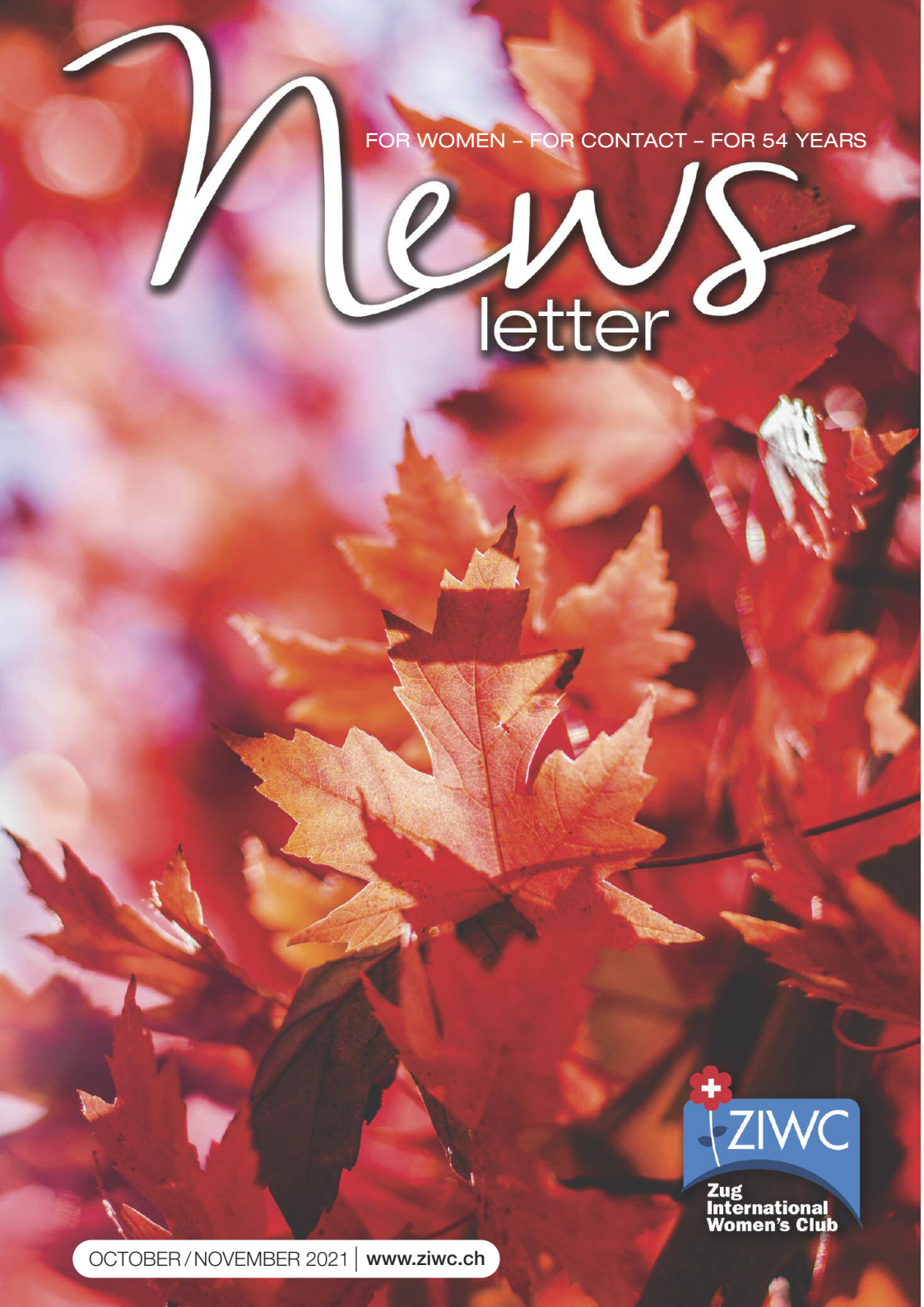

FOR WOMEN – FOR CONTACT – FOR 54 YEARS
News
letter
ZIWC
Zug
International
Women's Club
OCTOBER / NOVEMBER 2021 | www.ziwc.ch

RESTAURANT
BÄREN
ZUG



BÄRE METZGETE
11TH - 30TH OCTOBER 2021
MONDAY - SATURDAY FROM 17.30 H

FRIDAY & SATURDAY WITH LIVE MUSIK

The 'Metzgete' is an autumn tradition in Switzerland which has experienced a tremendous revival in the last few years. A traditional serving must include black pudding and liver sausage together with 'Gnagi' (knuckle of pork) and different cuts of bacon. Boiled potatoes are the traditional side dish, which we serve sprinkled with parsley. Sauerkraut provides a great source of vitamins and slices of apple give this hefty dish a touch of sweetness.

Get in the mood with traditional Swiss folk music played in a cosy, relaxed atmosphere. Marlis and Thomas look forward to welcoming you to the Bären.

Restaurant Bären Zug · Baarerstrasse 30 · 6302 Zug
Tel. 041 711 09 43 · info@retaurant-baeren-zug.ch

EIN BETRIEB DER HOTELBUSINESS ZUG AG

Verband Schweizer Volksmusik

Newsletter introduction,

Exactly a year ago I took on the position of Hospitality Chairwoman and here I am writing my first welcome letter to you, our dear Members.

Hospitality during COVID proved challenging, so we had to come up with ways to stay as close to our Members as possible, both new and long-standing ones. This included different ways to welcome potentially interested ladies but also to promote contact between existing Members.

Welcome calls were arranged with new Members, and I got to know the most interesting, cosmopolitan, enthusiastic and energetic women! It really made me look forward to meeting them in person and I hope they felt the same about meeting existing Members.

COVID resulted in our in-person meetings such as the weekly *Stammtisch* going virtual for some months. The monthly Contact Coffees were also thoroughly missed in the first half of the year. The resuming of it all was a success: we had three great, well-attended get-togethers and for the coming months, Contact Coffees and/or Aperos have been scheduled. We are grateful to new Members for being so enthusiastic and offering to host.

Our weekly *Stammtisch* at the Parkhotel is becoming increasingly popular. Members of all ages are stopping by. Even working Members are taking a coffee break with us. I am so pleased to see how we have become such an important part of people's weekly routine. I feel so energised and positive because of all these enthusiastic ladies!

From January this year until now, we have welcomed 55 new Members. I would like to thank the Hospitality team for all their support and commitment. The monthly Cham and Walchwil coffee mornings are particularly successful.

The Board carries on working hard to propose many types of events, coffees, lunches, drinks and outings.

Details of all the upcoming events can be found in this newsletter. Enjoy reading it and I look forward to seeing you soon. Don't forget to check our website regularly for updates and new events.



Warm regards,
Veerle Vandionant
Hospitality Chairwoman

Contents:

6-7 Dinner Outings
8-9 Cold Swimming
10 Girls About Town Halloween
13 BNG Event
14 October Calendar
16 Escape to Milan
18 Hospitality
20 November Calendar
25-31 Interest Groups



New Members

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

We warmly welcome our new members

who joined in July and August 2021

Ioana Bucur Rotkreuz
Astrid Fogarty Walchwil
Lauren Davies Cham
Claudia Förtig Immensee
Annette Meiners Neuheim
Jane Turvill Zug
Amy Challenger Buonas

Dawn Antle Zug
Julija Utkina Zug
Esther Zoutman Immensee
Nicole Sepp Zug
Pamela Saredi Oberägeri
Caroline Summers Steinhausen
Andrea Bühler Zug

For more details, please consult the online membership directory

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Stormy Berney
newsletter@ziwc.ch

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Yvonne Mandri-Bossart
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Website Chairwoman
Leila Narhinen
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Proofreader:
Helena Lustenberger

Newsletter Mail-out
Graphic Design
Ron Sumners
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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**. Unless otherwise specified, the cancellation deadline is the booking deadline. A member who cancels her participation in an event after the cancellation deadline or does not show up, is required to pay the full participation fee of the event. **Free events will incur a 25 CHF administrative charge**. 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.



October Lunch Club

Gasthaus Degen, Hünenberg

Please join **Helena Lustenburger** at this traditional venue.

When: **Tuesday 19 October**
Time: **12:00**
Where: **Gasthaus Degen**, Chamerstrasse 9, 6331 Hünenberg https://www.gasthausdegen.ch
Booking: Please register on the ZIWC website
Booking deadline: **Thursday 14 October** (early registration is greatly appreciated, please)
Contact for Questions (only): Helena Lustenberger
helena.lustenberger@gmail.com, 041 780 43 07

Menu: We will choose from the daily menu, samples of which can be seen on the website:
https://www.gasthausdegen.ch/
The original Gasthaus Degen was moved from Hünenberg to Ballenberg, where you can still eat. Today's Gasthaus Degen prides itself on making guests welcome, providing good food and service.

Getting there: There is plenty of parking behind the restaurant.
Bus: 41 or 51 to Hünenberg Dorf bus stop.

If you need to cancel please email: Lunch Club Coordinator Ailbhe Fallon
ailbhe.fallon@fallon-currie.com, or call/text 078 698 51 60 on or before Thursday 14 October

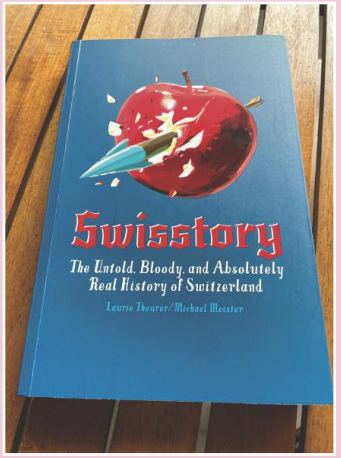
ZIWC cancellation Policy (Article 4.f) applies: The Club's cancellation policy is applicable to all events that involve a reservation. Unless otherwise specified, the cancellation deadline is the reservation (Booking) deadline. A Member who cancels her participation in an event, after the cancellation deadline, is required to pay the full participation fee of the event.

Book Review:

‘Swisstory’: The Untold, Bloody and Absolutely Real History of Switzerland

By Laurie Theurer/Michael Meister (Bergli 2019)

The title of this book will tell you that this is not a typical, dry, humourless traditional history book. On the contrary, this is a lively, hilarious and beautifully illustrated work which will appeal to people of all ages. Taking the reader from the Ice Age and mammoths through to the present day, it features lots of Baddies, including hideous and horrible Habsburgs and beastly Burgundians. Learn how the Swiss were undefeated in battle for hundreds of years by the use of cunning tricks such as the Swiss Pike Square or Hedgehog Defence and how, when they stopped ‘kicking butt’ on their own behalf, they reinvented themselves as mercenaries and ended up as Swiss Guards.



You will also learn how the Industrial Revolution in England led to the development of mountaineering in Switzerland and the many ways in which cow pats can be deadly. How did Napoleon drag the Swiss into the Age of the Enlightenment and found the Helvetic Republic, which eventually became the Helvetic Republic (A.k.a.Confoederatio Helvetica or CH geddit)? After having a temper tantrum, Napoleon brought the Industrial Revolution to Switzerland. Waterpower was discovered; the textile and chemical industries followed but the downside was horrific child labour.

Swiss myths and legends are investigated and explained, such as Tell, of course, the Rütli Oath, Federal Charter and so on, but did you know that the alphorn was once outlawed? Do you know how to insult people in 4 Swiss languages? What exactly is ‘Direct Democracy’ and how does it work?

American author Laurie Theurer is erudite and makes good choices in the topics she covers to make them informative but also entertaining and above all, appealing to the modern reader in the same way that ‘1066 and All That’ made British history fun to generations of Brits in the past. The illustrations by Michael Meister are equally amusing and attractive and the judicious use of only black, white and red is a gain (lots of blood!) rather than a loss.

However, the author does not shy away from including less fortuitous aspects of Swiss history such as the role played by the country during the Second World War (just how did they manage to stay neutral?) and the appalling fate of the ‘Contract Children’ (Verdingkinder), the repercussions for the victims of which are felt to the present day.

The book also gives Swiss women of historical importance (including witches and mountaineers) a voice, something often lacking in traditional history books, but then this book is far from traditional and will perhaps revive or ignite an interest in history in readers. I even learnt a new verb: to summit! ‘Swisstory’ will take you on a roller-coaster of emotions and I guarantee you will be entertained and enlightened.

Helena Lustenberger

Monthly dinner

October

The **October dinner** is planned at the **Tisch & Bar** Shopping-Restaurant. The restaurant is very nicely decorated as a Swiss chalet. It has a little shop in which you can buy very nice presents and decorations for your house.

When: **Wednesday 27 October, 18:00**

Where: **Tisch & Bar**, Holzhäusernstrasse 4, 6343 Risch/Rotkreuz, 041 790 33 88. Parking is available by the restaurant, or 50m away on the main street that goes towards Cham (there is a sign).

Booking deadline: Please register on the ZIWC website by 26 October (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself).

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

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

November

The **November dinner** will take place at **Landhaus Stiererecк**, the Austrian restaurant in Cham, well known in this area for its delicious Schnitzels, Knödel, Goulasch and Kaiserschmarren (shredded pancake).

When: **Thursday, November 11th, 18:00**

Where: Restaurant **Landhaus Steirereck**, Luzernerstrasse 14, 6330 Cham, 041 781 06 60 (just 3’ walk from the Cham train station). Park by the Cham church or library.

Booking deadline: Please register on the ZIWC website until November 10th (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself).

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

Menu: We will be choosing “à la carte” from their typical **Austrian** menu.

ZIWC Cancellation Policy (Article 4.f):

The Club’s cancellation policy is applicable to all events that involve a reservation. Unless otherwise specified, the cancellation deadline is the reservation (Booking) deadline. A member who cancels her participation after the cancellation deadline, or does not show up, is required to pay the full participation fee of the event. Free events will incur a 25 CHF administrative charge. 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.

By Amy Jost

Baby, it's cold outside

How cold water swimming changes you

Have you ever seen swimmers in the local lakes in the winter? Have you wondered what motivates them to do such dangerous and uncomfortable things? If so, read on.

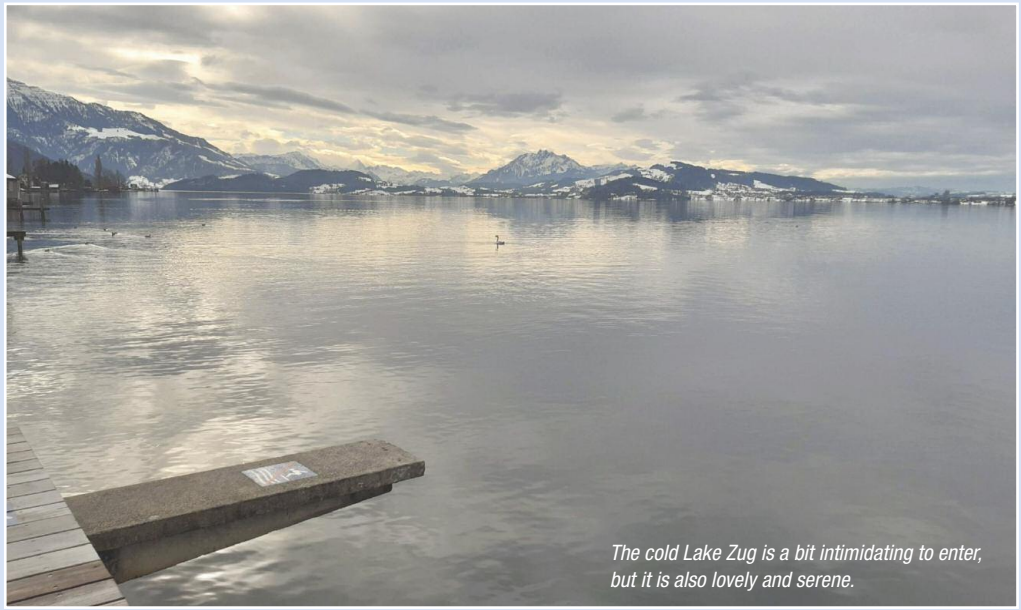
Getting Started

Growing up in the American Midwest, in summer I was always the first one in the water and the last to get out. But, when I lived in Bavaria, the incredible lakes in the area between Munich and the German Alps, were much larger than those I'd known at home. It was a fascinating and terrifying experience for me - swimming further and further from the shore towards the other side, while not knowing how far I could swim.

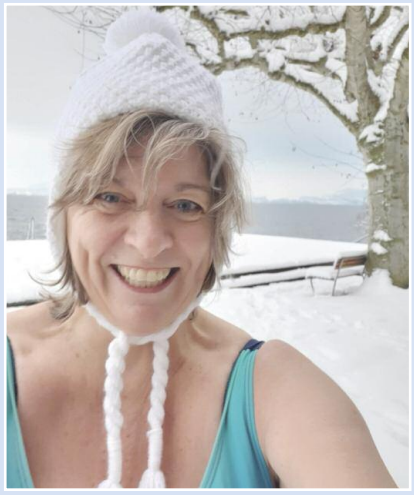
One summer, about 30 years ago, I read of a sponsored lake crossing, 3.4 km. Boats offering rescue to any swimmers who couldn't make the distance. I signed up, jumped in, and hoped not to have to be rescued.

Emboldened by the surprising accomplishment of my first lake crossing (albeit with absolutely shattered muscles), my love of open-water swimming, or OWS, began. Many thousands of kilometers have been swum since that auspicious day. If you're timid to leave the shore, consider following my lead with a sponsored crossing. www.swimsports.ch/de/schwimmkalender.

Since moving to Switzerland, I have spent decades swimming regularly in the lakes and rivers. Some of my favorite swimming spots have a thrill factor, for example starting a swim by jumping off a boat at the base of Rhine Falls, with 600,000 liters per second of water charging down. Others are spectacularly beautiful, such as in Lake Brienz, a glacier-fed, cold, turquoise body of water. Impossibly clear which is a bit spooky since it looks so unreal. However, most days you will find me with wet hair after a swim in Lake Zug.



The cold Lake Zug is a bit intimidating to enter, but it is also lovely and serene.



Amy braving the cold.

Taking the plunge

Swimming in cold temperatures can be deadly from hypothermia or organ failure due to unnecessary stress on your heart and circulatory system. Cold water exposure is to be taken seriously.

One vital step to avoiding terrible outcomes is building your tolerance through careful, regular exposure. Don't start cold water swimming in January. Simply extend your lake or river swimming season. Don't stop swimming when the 'Badi' closes.

Another step is to pay attention to your body's reactions. Do you shiver? Do your toes cramp? Some cold water swimmers find wearing wetsuits helpful. Many swimmers enjoy cold water swimming with that extra layer of protection. Additional equipment to improve your experience includes: thermal booties, gloves and a cap. These pieces of gear truly help me in my typical 20-minute swims (below 10 C).

Mind over matter

It is tough to get into cold water. The initial reaction is a quickening and shortness of breath called **cold shock response**. This must be anticipated and overcome to enjoy the water. Additionally, you will feel pins and needles on your exposed skin. Enter slowly to allow your system to adjust.



A rainy, cold November evening sunset swim in Lake Zug can be magical!

This painful entry lasts about 2 minutes. But if you stick it out, you will be rewarded. It is not comfortable to swim in 0° water. But if you can turn down the noise down in your mind and venture into a swim, it can be a truly religious experience. Try to focus on being in nature and your solitude, while controlling your breathing. For those who reach this phase, the peace and tranquility in the empty lake is a rare and precious gift.

Safety first

The worst part of any cold water swim is warming up afterwards. Once you are dried off, dressed warmly, and drinking something warm, move quickly and vigorously. This is key to getting the core warm again, but it isn't enough. I also sit under a warm blanket with hot water bottles.

I usually don't take a hot shower for at least a half an hour. The reason is not only the feeling of pins and needles as the hot water hits my still semi-frozen skin, but the 'after drop' when your core body temperature drops post-swim. When you swim in cold water, your body pulls the warm blood from your limbs and centres to your core and vital organs, which is why your hands and feet get cold first.

The reverse happens when you exit the water. Your body says, “Oh, we can warm up our fingers now” and sends the warm blood back to your extremities. While the cold blood from your hands rushes to your core. This is why cold water swimming shouldn’t be taken lightly. Not only do you need to build your resistance to exposure to cold temperatures, your body needs to learn to make this rewarming process effective. The Outdoor Swimming Society has a lot of great information, including tips on how to best avoid ‘after drop’ here:
https://www.outdoorswimmingsociety.com/warming-up-after-drop/

If after reading this you are considering trying cold water swimming, consult your doctor. Some health conditions worsen under exposure to extreme temperatures. Additionally, always swim with a friend or have a friend wait for you on the shore. But never let your friend(s) coax you into the water if you don’t feel well or convince you to stay in longer than you want to. This is a uniquely individual sport in that respect. Everyone must make healthy decisions for themselves, even if the crowd is doing something else.

Perhaps my stories and tips from over 100 cold water swims has piqued interest in some fellow swimming members. Maybe it has given some insight to who those lunatics are swimming in the winter? I wish you happy swimming even if, baby, if it’s cold outside!

Health Benefits of Cold Water Swimming

According to the UK IPRS Health Insurance Company, these are the benefits from cold water swimming:

1. It boosts your immune system.
2. It gives you a natural high.
3. It improves your circulation.
4. It increases your libido.
5. It burns calories.
6. It reduces stress.
7. It’s a great way of socializing and making new friends.

City Tour *Art in public space*

The artist and cultural mediator Karen Geyer is presenting a selection of works of art which are found in Zug public spaces. These 90 minute walks are done in German and English once a month.

The route is chosen anew every time, according to a special topic. Immerse yourself in the world of, works of art in public space - via passages that you may never have before taken.

The meeting point is in front of the Zug library. The tours take place in all weather. The tours are free, but please be certain to bring a mask.

Sponsored by the city of Zug. www.stadtzug.ch/rundgaenge

Dates 2021, guided tour in German
September 25, 11:00 • October 30, 11:00
November 27, 11:00 • December 11, light tour, 16:30

Dates 2021, guided tour in English
September 25, 13:30 • December 11, light tour, 18:30





Samichlaus Breakfast

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

All government guidelines and social distancing measures will be respected.

This is a very popular event, generously sponsored by the club. Advance booking only; places will be limited.

When: Friday 3 December 2021
Time: 9:00 - 11.30
Where: Parkhotel, Industriestrasse 14, Zug
Cost: Full Year/New Members 25 CHF • Returning Members 30 CHF
Payment: Zug International Women’s Club, Post Finance, 6340 Baar. A/C No 17-521935-3, IBAN CH40 0900 0000 1752 1935 3.
Food & Beverages: Arrival Prosecco (sponsored by ZIWC). A brunch buffet and mini desserts.
Registration: Please register through the Website
Booking Deadline: Friday 26 November
Contact for questions only: Gillian Nolan at annualevents@ziwc.ch or 079 617 20 45
The ZIWC cancellation policy applies.

Escapes

Cailler Chocoloate factory and Gruyere Castle





Join us for a tour of the Cailler Chocoloate factory and Gruyere Castle.

Date: October 26 2021

Departure: We will take a Coach Bus from the Zug train station Kiss and Ride at 7:45 am and arrive in Broc at approximately 11:00 am with a small coffee stop along the way.

Tour: Maison Cailler - We will start the tour with a guided tour in English of the chocolate factory. After the tour of the Maison Cailler we will board the coach again and go to the medieval city of Gruyere. Here we will have a guided tour of the cheese-making process in Gruyere Traditions restaurant with a glass of wine and cheese sampling followed by a lunch where we can choose from the a la carte menu.

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Following our lunch, we will visit the Castle of Gruyere and the old village of Gruyere. We will return to Zug on the coach and arrive back at approximately 18:00.

Dress code: please dress according the the weather and wear comfortable shoes.

Costs: 85 per person NOT including lunch. Lunch will be ordered by the Members from the a la carte menu.

Booking deadline: Please book no later than October 12.

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

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

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

OCTOBER

Business Networking Group (BNG)



Tell your story, it is your best marketing tool

A story can put your whole brain to work. For over 27,000 years, since the first cave paintings were discovered, telling stories has been one of our most fundamental communication methods. When we are being told a story, things change dramatically. The brains of the person telling a story and listening to it can synchronize. At this event, Giselle will share with you her journey as a woman in the watchmaking world and her mission to empower women worldwide.

Speaker: Giselle Rufer Delance
(giselle.rufer@delance.com)

Giselle Rufer feels that she has a mission to inspire and motivate women to be all that they can be. She created Delance in 1996; the company is celebrating its 25th anniversary this year. Her creation, the Delance watch, serves as a model of creativity, courage and excellence for all entrepreneurs, women and men alike. As a featured speaker at many conferences, Giselle Rufer shares her knowledge with all those who dream of creating their own business. The driving force in Giselle Rufer's life is to be in harmony with herself, to do what she loves doing, for those whom she loves. She is a creative, receptive and open person who loves to use her energy and enthusiasm to impart her working philosophy to others.

Her story, "Butterfly in a Storm", "Papillon dans la Tempête", "Mariposa Rebelde" and "Schmetterling im Wind" by Diana S. Zimmerman can be found on Amazon.
You can take a look at Giselle's English interview

When: Tuesday 12 October
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: 11 October
Please register on the ZIWC Website event calendar. The ZIWC cancellation policy applies.

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).

October 2021

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/

Please note the changes to the Club's cancellation policy on p.4

Please note all events will be per BAG (Federal Office of Public Health) regulations, including COVID certification requirements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
				1 9:15 **HIking Group**	2 SATURDAY 3 SUNDAY
4 13:30 **Social Walk**	5 9:00 **Badminton** 14:30 **Gardening Group**	6 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	7	8 9:15 **HIking Group**	9 SATURDAY 10 SUNDAY
11 13:30 **Social Walk**	12 9:00 **Badminton** 14:00 **New Fit and Kicking Group** 18:30 **Event - Tell Your Story, it is your best marketing tool**	13 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 17:30 **BNG Special Apero for working women**	14 10:00 **Cooking Group** 15:00 **Italian for beginners** 16:00 **Italian conversation**	15 9:15 **HIking Group** **Italian Wine Tasting Special W-E**	16 SATURDAY **Italian Wine Tasting Special W-E** 17 SUNDAY **Italian Wine Tasting Special W-E**
18 13:30 **Social Walk**	19 9:00 **Badminton** 12:00 **Monthly Lunch**	20 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	21 9:45 **Cham Coffee** 11:00 **English Intermediate Group** 15:00 **Italian for beginners** 16:00 **Italian conversation** 18:00 **Joint Stammtisch with IMCZ Winetasting for Charity**	22 9:15 **HIking Group**	23 SATURDAY 24 SUNDAY
25 13:30 **Social Walk**	26 **ALL DAY - Escape to Gruyere** 9:00 **Badminton**	27 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Monthly Dinner**	28 9:30 **Walchwil Coffee** 11:00 **English Intermediate Group**	29 9:15 **Hiking Group**	30 SATURDAY 31 SUNDAY **Halloween GirlsAboutTown**



Escapes Milano for Black Friday shopping

Join us for a shopping trip to Milano.

We will be heading to Milano for a day of shopping and sight-seeing. Black Friday is a day known world-wide for getting some great deals and we will be in the heart of the fashion district of Milano. For those who wish, some of us will also be walking around Milano to take in the sites and architecture that Milano has to offer.

Date and Time: Friday November 26 at 8:00

Departure: By train at 8:00 to arrive in Milano for 10:50.

Return: 15:10 and arriving in Zug train station at 18:00.

Costs: The train cost is 102 CHF for those with a Halbtax.

Booking deadline: November 19 and please let me know what kind of SwissPass you have.

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

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

Halloween with the GirlsAboutTown WhatsApp group

For the Halloween celebration, do look out in the "GirlsAboutTown" WhatsApp group for a spontaneous outing that will be suggested by its members.
Don't forget to register beforehand to the Group by sending a WhatsApp message to the administrator, Helena Lustenberger on 079 243 64 39, with your full name!



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ciao@italianallegria.com

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November Lunch Club

Zunfthaus Kreuz, Oberwil bei-Zug

Join us at this lovely Italian restaurant by the lake.

When: **Thursday 18 November, 12:00**

Time: **12:00**

Where: **Zunfthaus Kreuz**, Artherstrasse 108, 6317 Oberwil bei Zug
https://www.zunfthauskreuz.ch

Booking: Please register on the ZIWC website

Booking deadline: **Friday 12 November** (early registration is greatly appreciated, please)

Contact (for Questions only): Ailbhe Fallon: Lunch Club Coordinator
ailbhe.fallon@fallon-currie.com or 078 698 5160 (call or text please)

Menu: to be confirmed.

Getting there: There is very limited parking at or near the restaurant. However, Bus B3 from Metalli/Bahnhof takes you to Oberwil, Restaurant Kreuz in 7 minutes, and the B5 from Walchwil Bahnhof takes 12 minutes. There are also regular trains from Zug Bahnhof to Zug Oberwil, 5 minutes' walk from the restaurant.

If you need to cancel please email: Lunch Club Coordinator Ailbhe Fallon ailbhe.fallon@fallon-currie.com, or call/text 078 698 51 60 on or before 12 November

The ZIWC cancellation policy applies. Please see p4.

Hospitality

Veerle Vandionant - Hospitality Chairwoman
Organises regular social events for members. Welcomes new and potential Club Members.

Stammtisch

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, 9:45–12:00, 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.

Cham Coffee

Karin has created a Whatsapp group to keep members informed about attendance. Whatsapp or email her if you will be attending. If you live in the Cham area (Hunenberg, 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

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ENGEL&VÖLKERS

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

Our last get-together was a Contact apero in August at Veerle´s place in Walchwil, ending in members exchanging contact details. We were a pleasant mixed group of long standing and new members.







October + November Contact coffee

Watch for the email invite that will be sent soon.



2021 November

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/

Please note the changes to the Club's cancellation policy on p.4

Please note all events will be per BAG (Federal Office of Public Health) regulations, including COVID certification requirements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
1 13:30 **Social Walk**	**2** 9:00 **Badminton** 14:30 **Gardening Group** 16:30 **Italian Wine Tasting**	**3** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting @ Zug Bibliotek**	**4** 11:00 **English Intermediate Group**	**5** 9:15 **Hiking Group**	**6** SATURDAY **7** SUNDAY
8 13:30 **Social Walk**	**9** 9:00 **Badminton** 14:00 **Book Club** **Fit and Kicking Group**	**10** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**11** 11:00 **Cooking Group** 11:00 **English Intermediate Group** 15:00 **Italian for beginners** 16:00 **Italian conversation** 18:00 **Monthly Dinner**	**12** 9:15 **HIking Group**	**13** SATURDAY **14** SUNDAY
15 13:30 **Social Walk**	**16** 9:00 **Badminton** 18:30 **Seasonal Event**	**17** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 17:30 **BNG Special Apero for working women**	**18** 9:45 **Cham Coffee** 12:00 **Monthly Lunch** **Joint Stammtisch with IMCZ**	**19** 9:15 **Hiking Group**	**20** SATURDAY **21** SUNDAY
22 13:30 **Social Walk**	**23** 9:00 **Badminton**	**24** 9:30 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting @ Zug Bibliotek**	**25** 9:30 **Walchwil Coffee** 11:00 **English Intermediate Group** 15:00 **Italian for beginners** 16:00 **Italian conversation** 18:00 **LIZ Apero Event**	**26** **ALL DAY - Black Friday Milan** 9:15 **Hiking Group**	**27** SATURDAY **28** SUNDAY
29 13:30 **Social Walk**	**30** 9:00 **Badminton**				

Bar&Lounge

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

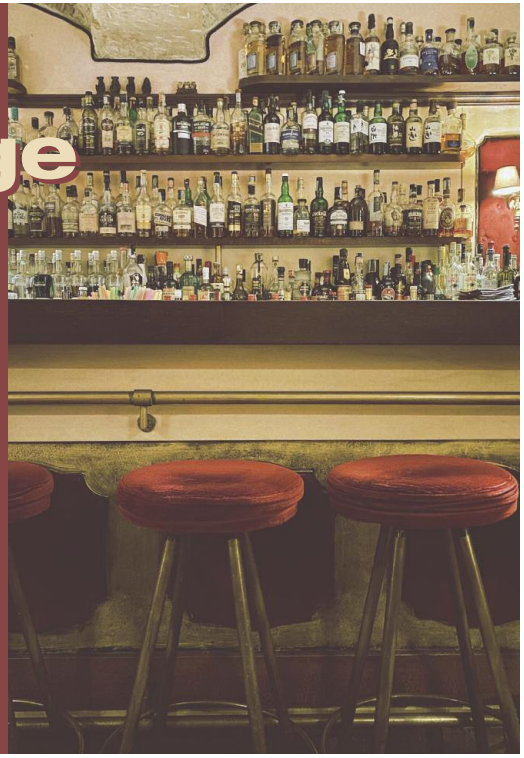
October / November

Meeting Details:
Usually Tuesdays, once a month at 18:30

Please check the Website Calendar for the Dates of October and November or contact Ingela Stigemar, dent_stigemar@bluewin.ch

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

ZIWC Cancellation Policy Applies





Thank you!

100 JAHRE COIFFURE ITEN

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Seasonal Evening

The Seasonal Evening is an exciting event hosted by the Club during the Festive season. Come and enjoy an evening with friends and delicious food and drinks. In keeping with tradition, all the delicious food is provided by our members. We would like to ask you to help us create the menu of the evening by bringing Apero food or a savoury or sweet dish for the buffet.

There will be an opportunity to indicate your chosen dish closer to the date. Alternatively, if you do not have time to make something, you can join us by paying an entrance fee of Chf 35.00 instead.

When: Tuesday 16 November, 18:00
Where: Pulvertuam, Zugerbergstrasse, 6300 Zug
Parking: Available at Parkhaus Casino (in Gehdistanz)
Registration: Please register online www.ziwc.ch
Booking Deadline: Friday 5 November. Event limited to 30 guests.
Cost: Chf 35.00 entrance fee if you are not bringing a dish.
Payment: pay directly with credit card from website or into the bank account with your name as a reference and 16/11. IBAN CH40 0900 0000 1752 1935 3.
Contact: Gillian Nolan, annualevents@ziwc.ch

We are looking for volunteers to help with this event on the day. This involves setting up, decorating the venue, meeting and greeting guests and organizing the buffet. If you are interested in helping or would like more information, please contact Gillian Nolan.

ZIWC Cancellation Policy: COVID restrictions will imply reschedule or refund

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

English Afternoon Tea



14.30 – 16.00 eyery Saturday

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

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

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

INVITATION TO A

Winetasting

Weinengel (Cham)

THURSDAY 21 OCTOBER 2021 | 7-9PM

TASTING OF WINES FROM THE ENGEL WINERY IN UESSLINGEN, ISELISBERG. THE WINEGROWERS WILL BE PRESENT TO SHARE THEIR EXPERTISE.

Cost: CHF15 for ZIWC and IMCZ members / CHF20 for guests
All proceeds will go to our Charity, FRW Interkultureller Dialog.

Please register via our website by Monday 18 October.

We suggest you come by bus (bus 41 to Hünenberg Dorf).
The bus stop is only a few metres away from the location.

For questions, contact Helena:
vicepresident@ziwc.ch or phone 041 780 43 07
The ZIWC cancellation policy applies

Where: 'Gemeinschaftsraum Treff', Eichengasse 9, **6331 Hünenberg**
(courtesy of KONTAKT Hünenberg)



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 **2 November, 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

Interested in receiving spontaneous invitations to various outings, as proposed by Valerie? Then join this group by texting her. This group communicates by WhatsApp and you only reply when you are going to join the outing!

Contact: Valerie Gitter 079 763 46 06



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





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

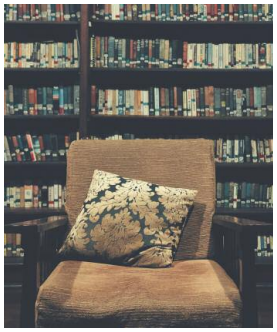
Contact: Antonia Latter 076 386 00 05 or antonia.latter@bluewin.ch

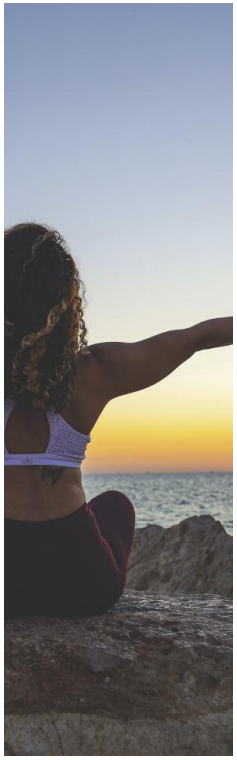
Afternoon Book Club

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





Book Club - Fit and Kicking Group!

The new Book Club - Fit and Kicking 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 be meeting in person on the second Tuesday of every month from 14:00 – 16:00. The location will be decided and communicated to the members shortly before each meeting. 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 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 a Doctor or other authorized medical practitioner.

Meeting Details: The next meetings will be on Tuesday, 12 October, 14.00 • Tuesday 9 November 14.00

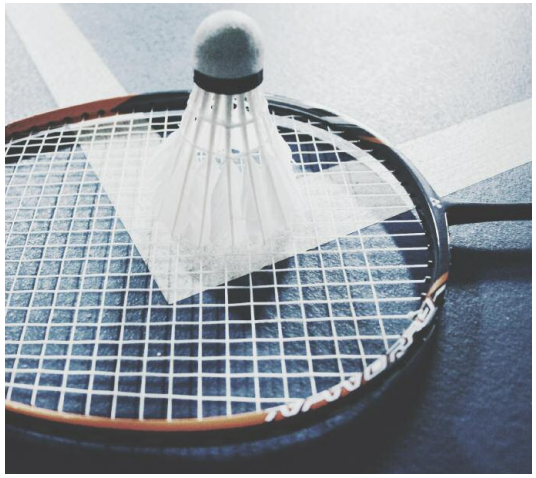
Contact: Jan Frei at jan.freicox@outlook.com or 079 335 76 69
Caroline G. Hoem at cghoem@outlook.com

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: Gillian Nolan 079 617 20 45
Gillianenolan@gmail.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

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

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



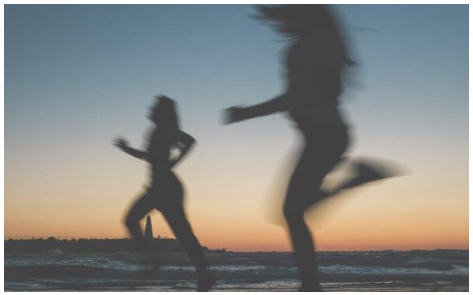




Zuger Trophy Walking and Running Group

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.

The next meeting dates will be the following:
- **Thursday 14 October**
- **Thursday 11 November**

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

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 Dates are:
Tuesday, October 5 and Tuesday, November 2

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 NEW Beginners Group & Intermediate/Advanced Group

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. Marina Cesena and Cristina Rocco are native Italian speakers and are looking forward to welcoming new ladies! Are you new to the Italian language or not so confident? From 15:00 – 16:00 we will have a beginner's basic conversation. Do you want to keep on learning? Are your conversation skills intermediate or more advanced? Then continue by joining the more advanced group from 16:00 – 17:00!

Meeting Details: Currently the meetings take place at La Taverna Metalli Zug, on the 2nd and 4th Thursday of the month, and last for approximately 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: Beginners Group: Marina Cesena at mcesena62@gmail.com
Advanced Group: Cristina Rocco at cristina@italianallegria.com or 079 444 40 56

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: Eugenia Loras 079 588 23 60 evloras@yahoo.ca



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 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 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

Tennis Interest Group

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

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.

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.



August Lunch Club at The Secret Garden



BNG August Apero

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

"Switzerland: through the eyes of an Expat"

When ?
Thursday, 25th of November 2021
From 18:00 to 20:00

Where ?
Supercomm LiZ Institut AG
Baarerstrasse 8, Neustadt-Passage
6300 Zug

Who ?
Presented by Mischa Schneider,
Key Account Manager, LiZ AG
+41 (0)58 787 07 17

What ?
- What is the Swiss Language Passport and how to get it ?
- What is a FIDE language certificate ?
- How can Supercomm help you to get the right language certificate ?
- Including an Apero and open discussion

Supercomm Group
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12 languages taught

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www.supercomm.ch/en/

Why Volunteer?

- To meet new people and make new friends
- Grow your network
- Use your skills and learn new ones
- Boost your self-confidence and self-esteem
- Improve your German
- Get a say in the organization or club you are involved in
- Looks good on your CV: shows initiative and public-mindedness
- You might help others and that makes you feel good (instant Karma)
- You can integrate more easily in your community
- Gives you something to look forward to
- It gives you something to talk about in social situations (or to bore your partner with)
- It distracts from your own problems and might help put them into perspective

What's not to like?

Do something for the club, join a local non-profit (sports, charity etc), help run a neighbourhood project etc etc. Society depends on volunteers and everyone benefits. Start with a couple of hours and don't overreach yourself. You won't regret it!

Here is an example of a volunteer opportunity.
Benevol Zug d'Bauhütte is a new café for meetings and advice. It open its doors on September 1, 2021 at St. Oswalds-Gasse in Zug, Tue - Fri, 9:30 - 16:30. A pastor is always available for conversation. The cafeteria team is looking for volunteers. Are you interested? Perfect German not required. Contact: info@benevolzug.ch to find out more about d'Bauhütte.



In Loving Memory

Lilli Gottschalk 19.2.1923–3.8.2021: We are sad to announce the loss of long-standing, loyal member Lilli Gottschalk, at the age of 98! Lilli lived in Baar. She will be missed by many members of the club. Lilli remained a member of the ZIWC until earlier this year when the infirmities of old age restricted her activities, but she didn't want to leave without saying how much she appreciated the club throughout the years. We will miss her.

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

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Shopping in Steinhausen

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SWISS GYMNASIUM
INTERNATIONAL SCHOOL



330	45	10	ENRICHED ACTIVITIES
STUDENTS	NATIONALITIES	AVERAGE CLASS SIZE	ART, SPORTS, MUN, ENTREPRENEURSHIP, SCIENCE & TECHNOLOGY

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