THE Magazine

FOR WOMEN – FOR CONTACT – FOR 54 YEARS

DECEMBER 2021 / JANUARY 2022 | www.ziwc.ch















ZIWC
Zug International Women's Club



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Dear Members,

It's hard to believe a year has gone past since my last welcome newsletter! As things return to normal, after an unsettling year and a half, we got to enjoy a fabulous end of summer party in the Park Hotel in September. More than 50 wonderful ladies celebrated the voting rights of women in Switzerland, joined by our keynote speaker Eva Wimmer (founder of FRW Intercultural Dialogue). We had a super raffle that raised over 600 CHF for charity with amazing prizes and delicious food. This was a very well-attended event after a quiet year. It was nice to catch up and meet with both new and long-standing members.

As we head into winter and the clocks have changed, the evenings are darker and the days shorter. It's not always easy adjusting to this, but there are plenty of activities that the club has to offer including social walking, hiking, snow shoeing, our weekly *stammtisch*, cooking classes, our last-minute outings, our many escapes on offer, our traditional Sami Chlaus breakfast and much more. These things allow us to catch up with friends, get some much needed exercise and meet new members. In our busy lives we can sometimes forget that a catch-up with friends can be the best medicine and even an online virtual meet-up can help many people feel more connected.

In March we are looking forward to hosting our first Gala Ball in a number of years. In the past, this has traditionally been held in December - keep an eye on the website for further details. We look forward to welcoming partners at this event as well as many new members.

We want to make sure you are always in-the-know so please remember to check the online calendar or our closed Facebook group to get the most up to date information.



Looking forward to meeting you at some of our activities soon.

Warm regards,
Gillian Nolan
Annual Events Chairperson

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New Members

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

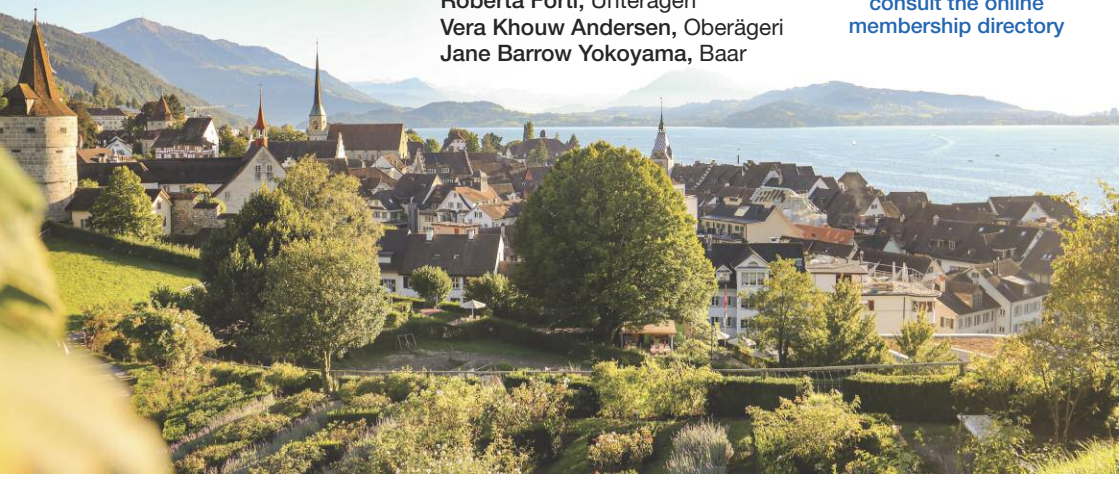
We warmly welcome our new members

Rita Hadorn, Cham
Korina Puskas, Walchwil
Lucy Harrison, Finstersee
Zeina Hatem, Baar
Orsolya Hegedus, Schmerikon SG
Monika Kümin, Cham
Vanessa Vachon, Zug
Elke Dorfmeister, Zug
Aude May, Zug
Lilian Keller, Zug

Rebecca Dandekar, Buonas
Annika Pfister, Amriswil
Gintare Robert, Zug
Piia Fredrikson, Zug
Nadja Fischer, Bonstetten
Anais Hoareau, Zürich
Tammy Bütler, Cham
Carole Hafizoglu-Engler, Cham
Symone Genovezos
Charlotte Holme, Oberwil
Roberta Forti, Unterägeri
Vera Khouw Andersen, Oberägeri
Jane Barrow Yokoyama, Baar

Shilpa Sukumar, Walchwil
Antje Knutsen, Zug
Katrina Evans, Weggis
Stefania Colombo, Walchwil
Liliana Winkelmann
Jasmine Jus, Zug
Laura Latacz, Zug
Jessica Hehmeyer, Zug

For more details, please consult the online membership directory



Newsletter Chairwoman
Stormy Berney
newsletter@ziwc.ch

Advertising Chairwoman
Yvonne Mandri-Bossart
advertising@ziwc.ch

Website Chairwoman
Leila Narhinen
webeditor@ziwc.ch

Proofreaders
Helena Lustenberger
Suzy Andricopoulos

Newsletter Mail-out
Graphic Design
Ron Sumners
sumners@databaar.ch

Printers
Onlineprinters GmbH
www.onlineprinters.ch

Club address:
Zug International Women's Club,
6300 Zug,
www.ziwc.ch

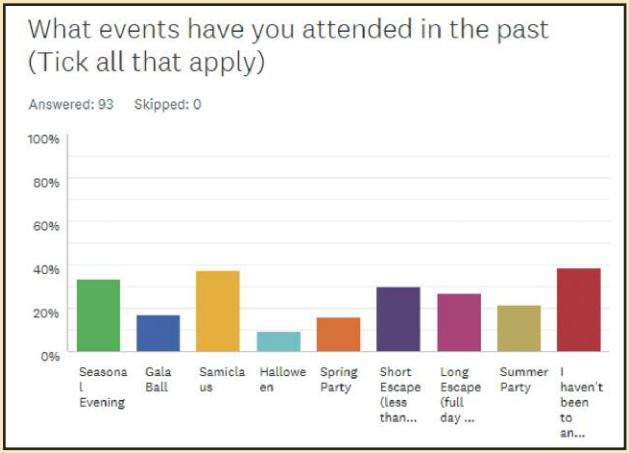
Payments to the Club should be made to:
Zug International Women's Club, 6340 Baar
IBAN: CH40 0900 0000 1752 1935 3

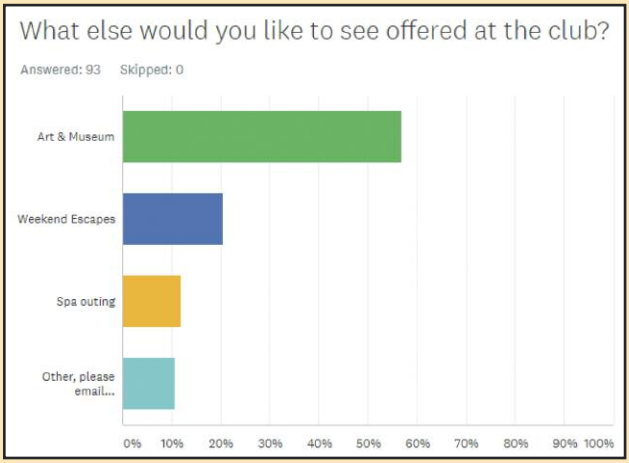
The Club's cancellation policy is applicable to **ALL events that involve a reservation**. Unless otherwise specified, the cancellation deadline is the booking deadline. A member who cancels her participation in an event after the cancellation deadline or does not show up, is required to pay the full 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.

Questionaire Summary

- 37% of the Club's Members answered the survey.
- An overwhelming majority of 98% are satisfied with the Club events and Escapes offered despite Covid playing a large part of the last 1.5 years of our lives.
- 90% of the responses received were satisfied or somewhat satisfied with the selection of *Stammtisch* offered. For the other 10%, we offer the Bar & Lounge, GirlsAboutTown and Business Networking Group (BNG) outside core working hours for ladies that are working.
- 40% of the all responders had not attended an event at the time of the survey.
- 50% would like to attend a Gala event. As you voted, we are looking to hold a Ball in March 2022 opening the event to husbands and partners also.
- 70% prefer to attend an event in the morning or evening. We offer a wide selection from a weekly *Stammtisch*, monthly lunches, evening Apero, Spotlight events, Bar & Lounge, monthly dinners, Escapes, last minute outings and planned events. There is something for all ages at different times.
- 50% of respondents were interested in BNG offerings by The Club. If you would like to see a topic covered under BNG, please feel free to email The Club BNG@ziwc.ch with suggestions.
- 60% want more Art & Museum tours offered. We recently offered tickets for the Art International Zurich Tour, Art in Public Spaces and the planned escape to Zurich on 1st Oct for an Art tour.
- Almost 50% would like other sports added to the club. We hope to start stand up paddle and golf interest groups in the coming months. We would encourage members to fill in their profiles and keep an eye on the Happening Now section of the website. Alternatively, please email any suggestions to our info@ziwc.ch email address.
- Again we would ask our members to volunteer if you want to lead a group! Our club is always on the lookout for new ideas and new leaders. We have an appetite for some new groups, we just need our members to offer a little of their time if possible.
- A number of people selected that they wished to be added to the GirlsAboutTown WhatsApp group. Please send your full name and mobile number to vicepresident@ziwc.ch in order to be added to this group.





The Zug International Women's Club's Wonder Women Party

The Zug International Women's Club's Wonder Women Party in honour of 50 years of women's voting rights in Switzerland - a complete success!

On September 30, 2021, we celebrated a lavish party for the first time in over a year! The motto was "Celebrating Wonder Women" in honour of 50 years of women's voting rights in Switzerland.

Over 50 Members, long-term as well as new, mingled while enjoying a *"flying aperitif riche"* with appetisers and a seasonal menu in the light-flooded garden room of the Parkhotel Zug. Covid certificate rules were respected.

In her speech, ZIWC President Cristina Rocco emphasized the need to overcome remaining gender stereotypes and focus on individual strengths. Children in particular need to be supported to grow beyond stereotypes.

Eva Wimmer, the founder of the FRW Intercultural Dialogue, introduced herself and her aid organisation in her keynote address. She praised the women who fought for the right to vote for women 50 years ago in the face of many challenges. In an inspiring speech she emphasised the advantages of volunteering not only for society but also for the volunteers themselves. The ZIWC has been supporting this Zug charity for two years, especially in the current challenging situation. Eva Wimmer thanked the club for not only collecting money, but also for raising awareness of the problems of newcomers to our society.













Intercoiffure Wolf by Monika Klein | Reiffergässli 3 | 6300 Zug | Tel. 041 711 18 83 | www.intercoiffurewolf.ch

Eva Wimmer acted as a fairy godmother at the raffle for the benefit of the FRW Intercultural Dialogue, which was generously supported by the Members who were present. Many of the advertisers in the Club Newsletter and local businesses were kind enough to donate prizes for this popular part of the party.

The ZIWC Board Members and everyone involved in Club activities are volunteers. They invest their time, skills and talents to create a welcoming environment for the local and international community of women in Zug.









"Hands on Art"
Spotlight Event

We live in a fast-paced world where the pressure to perform is present in every aspect of our lives. Being the best version of yourself all the time can be stressful and exhausting. In this different art workshop you will have the chance to relax, let go of creativity-killing perfectionism and create art as a form of therapy. You may have no talent in art but you can have more creativity in your life and bring back your playfulness and your ability to let go and relax when you are creating art.

- You will rediscover your creative flow by triggering your intuition.
- You will explore techniques, colours and art tools to fill a blank canvas.
- You will learn how to beat your inner critic and you will gradually feel more confident in expressing yourself through art.
- You will discover how soothing painting is for your well-being.

Speaker: Laura Lataczc

info@hands-on-art.com www.hands-on-art.com

Laura is a certified Art Therapist. She can help you learn how art can release negative feelings such as stress and anxiety. Making art under her supervision will enable more self-reflection and eventually help you to find more balance and overall positivism in your life.

When: Tuesday 14 December
from 10:30 – 12:30

Where: SO20 Haus Zum Lernen,
St.-Oswalds-Gasse 20 6300 Zug

In case of Lockdown, we'll move the workshop to Zoom

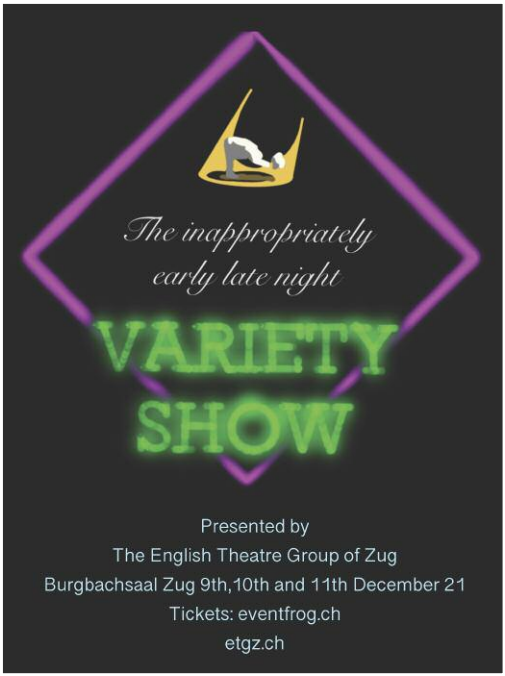
Cost: Free of Charge

Booking deadline: 13.12.21

Please register on the ZIWC website event calendar

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

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



ZIWC Lunch Club 2022

Since restaurants reopened earlier this year, the Lunch Club has been going strong again.

For 2022, I am planning to make a few changes so that Members who have other interests and commitments on a Thursday, such as working or volunteering, will have more opportunity to join our Lunch Club from time to time.

I'd love to hear your suggestions and ideas for venues - especially if you would like to be involved in hosting a lunch.

So please do get in touch with me, and let's get 2022 rolling!
ailbhe.fallon@fallon-currie.com or 078 69 85160

By tradition, we don't have a Lunch in December, but we plan to have lunch early in the New Year - details to follow.

Save the date:
Wednesday 19 January 2022, 12:00–14:00

In the meantime, I wish you a very, very Happy Christmas and a Joyful New Year.

Ailbhe Fallon
ZIWC Lunch Club Coordinator

Members enjoying the September Lunch Club at The Casino





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GIFT Ideas



It's beginning to look a lot like Christmas and that means, time to get the presents wrapped! But what to buy? Some of our Members have contributed unique ideas to help you with gift buying ideas.

Upcycle

Fellow Member Ranie Sahadeo has a wonderful idea for upcycling jeans. She uses jeans and other recycled materials to create durable and fashionable bags. Each is strong, has inside lining and pockets. Contact her on ranie@internet.is to order yours.





Gift of Laughter

Did you know Zug has its very own English-language comedy night? You can purchase gift certificates from the Casino and slip in the Comedy Night schedule for a gift to tickle the funny bone.
www.theatercasino.ch/en/program/gift-vouchers





Urban Surfing

Hang 10 at the Oana indoor surf center at the Mall of Switzerland . You can buy gift certificates for lessons or group surf sessions. Open to children and adults of all levels. oana.surf/citywave-surfen/
Other indoor sports gift certificates include parachute simulation at the IFly wind tunnel or indoor golf simulation at Sports Zugerland.



Brazilian Chocolates

Cham offers us a chocolate master from Brazil, Elaine Pacheco. She makes a Brazilian praline, called the Brigadeiro! These handmade delicacies are as beautiful as they are delicious. Free of artificial colours and preservatives and made with the highest quality Swiss chocolate. Check her out on Instagram @braline_gourmet or visit her website Bralinebrigadeiro.business.site





The Wee Budget

Perhaps the kids want to get in on the fun of giving, too? However, small budgets can be challenging in Switzerland. A great tip for items a child can afford, but also be proud of giving - the *brocki* and *Oekihof*. Used jewellery or table knick-knacks are just a few of the items that can be purchased for spare change.





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ENGEL&VÖLKERS



Escapes to the Basel Christmas Market

Join us for a tour of the Basel Christmas Market.

Date: Tuesday 7 December 2021

Departure: Zug Bahnhof. We will take the Interrail train from Zug at 9:29 from Platform 5.

Tour: Everyone will be free to enjoy the Market at their pleasure. There will be no organised lunch or tour. We can then all get the train back together or head back individually.

Costs: The cost will be the train ticket price. Please book your ticket in advance.

Booking deadline: Please book no later than 3 December, so we can arrange the meeting details.

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

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



We Want You!

Ladies, we are happy to report there will be a few open positions on the ZIWC Board for next year. This is an opportunity to participate in leading the ZIWC as it continues to grow and blossom.

Would you like more information? Do you have a recommendation of a member who you think would make a great Board Member? Maybe YOU are interested in joining this dynamic and diverse group of women?

Contact Veerle Vandionant, the Nomination Committee Chair, at hospitality@ziwc.ch to make your club even better.

Positions available this year:

- Vice President
- Web Editor
- Interest Groups Chairwoman
- Annual Events Chairwoman
- Advertising Chairwoman
- Escapes Chairwoman
- Membership Chairwoman



THE ONLY THING MISSING HERE IS YOU!

Group and private lessons from December to March at Klewenalp and Stockhütte

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ADULTS
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SNOW SPORTS EXPERIENCES
You can find more on our hompage.

We look forward to welcoming you in our ski and snowboard school!

COVID-19 PROTECTIVE MEASURES
The swiss ski- and snowboard school Klewenalp-Stockhütte takes all necessary precautions to ensure the health of our guests and instructors.

FURTHER INFORMATION
www.sssklewenalp-stockhuette.ch
skischule@klewenalp.ch
079 643 45 80 – Klewenalp
079 439 19 55 – Stockhütte

QUALITY
Our Passion

Italian Wine-Tasting Group's Trip to Franciacorta



On a sunny weekend in mid-October, the intrepid Italian wine-tasting group, led by our sommelier, Lorella and expert events organiser, Cristina, went on its very first field trip to Franciacorta, in Lombardy.

We were accommodated on the idyllic shores of Lago d'Iseo in the Araba Fenice Hotel and felt as though we were floating on the water itself. Friendly and patient drivers from Paltours chauffeured us from winery to winery, where we tasted various Franciacorta wines and learned a lot about wine production. The tour culminated in a visit to the famous Berlucchi Winery, set like the other wineries in glorious countryside bathed in autumn sunlight.

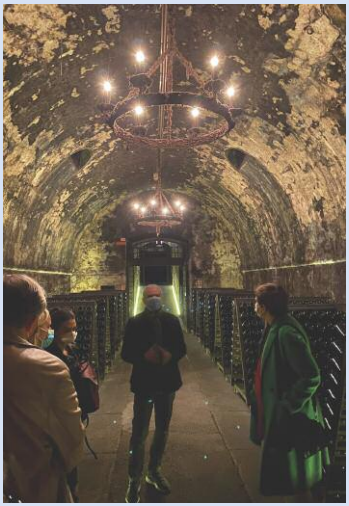
The cultural and historical attractions of the region were highlighted in a walking tour of the town of Brescia, mostly associated with industry but which is actually a treasure-trove of art and archaeological sites. The historic centre of the town features generously-proportioned squares, beautiful architecture from Roman times, the Middle Ages, the Renaissance and the Enlightenment and the contrasting dismal remains of the Mussolini era. Our charming and erudite guide, Elena, fluent in English, dazzled us with 2,000 years of historical sites and culture.



A real treat on the third day saw us boarding a ferry for a short boat trip across the Iseo lake to reach Monte Isola, practically a mountain in the middle of the lake, declared one of the most beautiful villages in Italy, where we had lunch al fresco in the gardens of a medieval castle overlooking the lake, followed by a lakeside promenade in search of Ferghettina sparkling wine in its iconic square-based bottle.



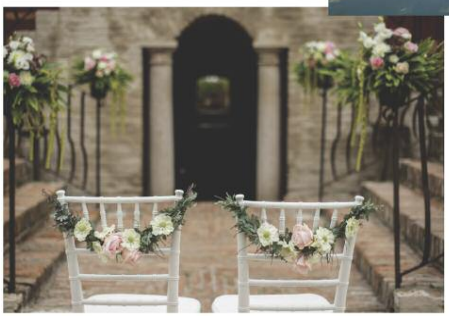






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A glorious weekend, in great company, came to an end as we boarded the evening train in Brescia to take us back to Zug. We left with wonderful memories, more knowledge of Franciacorta's sparkling wines and the culture of the region. We also brought back the odd bottle and iconic fluted glass as souvenirs of an unforgettable trip. We all hope this will be the first of many field trips to come!

Helena Lustenberger
for the Italian-wine tasting group





December 2021

MONDAY	TUESDAY	WEDNESDAY
		**1** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
6 13:30 **Social Walk**	**7** 9:00 **Badminton** 19:00 **Emotional Intelligence Monthly Workshop**	**8** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 17:30 **BNG Apero for working women**
13 13:30 **Social Walk**	**14** 9:00 **Badminton** 10:30 **Spotlight Event Hands On Art** 14:00 **Book Club Fit and Kicking Group**	**15** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting Zoom**
20 13:30 **Social Walk**	**21** 9:00 **Badminton**	**22** 13:30 **Intermediate Walking/Hiking Group**
27 13:30 **Social Walk**	**28** 13:30 **Intermediate Walking/Hiking Group**	**29**
		

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.

THURSDAY	FRIDAY	WEEKEND
2 11:00 **English Intermediate Group** 15:00 **Italian for beginners** 16:00 **Italian conversation** 16:00 **Italian Wine Tasting**	**3**	**4** SATURDAY **5** SUNDAY
9 11:00 **English Intermediate Group**	**10** 9:15 **Fitness Hiking Group** **Escape to Basel Christmas Market (NEW DATE)**	**11** SATURDAY **12** SUNDAY
16 9:45 **Cham Coffee** 11:00 **English Intermediate Group** 16:00 **Italian Conversation** **Potluck Dinner** **Joint Stammtisch with IMCZ**	**17** 9:15 **Fitness Hiking Group**	**18** SATURDAY **19** SUNDAY
23 9:30 **Walchwil Coffee**	**24**	**25** SATURDAY **26** SUNDAY
30	**31**	SATURDAY SUNDAY





Hospitality

Veerle Vandionant - Hospitality Chairwoman
Organises regular social events for Members.
Welcomes new Club Members. She also provides information, related to our Club activities, to potential new members and current 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 COVID certificate with ID or a negative PCR-test.

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.

NO Stammtisch on 22 and 29 December
We will resume 5 January 2022

Cham Coffee

No Cham Coffee in December !!!

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 (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

No Cham Coffee in December !!!

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: Riviera Café, Dorfstrasse 19, 6318 Walchwil
Contact: Sarah Paul 079 279 97 48 paulfamily@bluewin.ch



Contact Coffee Morning

Gill kindly hosted our September coffee morning in Steinhausen. We welcomed 4 new ladies who were extremely happy to gather interesting information from long-standing members.

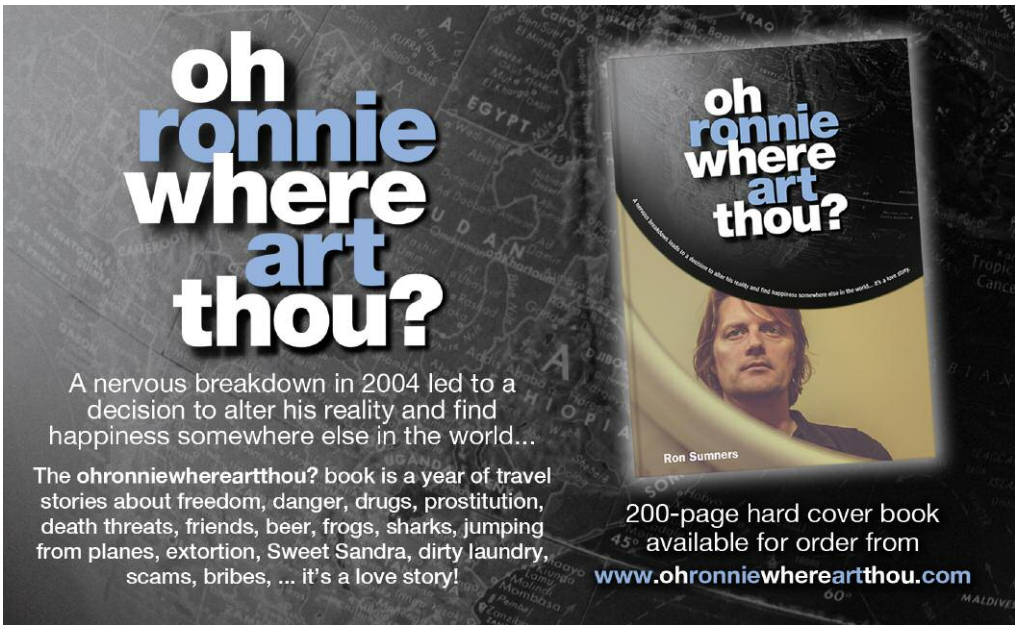


January *Contact coffee*

You are most welcome to join us at Diane's, who will host our 1st contact coffee in 2022. We will share and learn about the different ways we each celebrate Winter holidays in our home countries. Hope to see you there!

Where: Edenpark W4, Hasenbuelweg 20, 6300 Zug
When: Tuesday 11 January 2022 10:00–12:00
Max capacity: 10
Registration deadline: Registration deadline: 7 January 2022

Please contact: Diane on 079 192 75 35 or Veerle at hospitality@ziwc.ch or 077 505 12 13



January Monthly Dinner

In **January** we will be going to the **Ristorante & Pizzeria Fischmärt** in the old town of Zug. Good **Italian food** needs no further explanation!

When: **Wednesday 26 January 2022 at 18.00**

Where: Fischmarkt 15, 6300 Zug (Park at the Casino or bus to Postplatz)
Please register online. (send an email to webeditor@ziwc.ch if you cannot register online by yourself)

Booking deadline: Please register on the ZIWC website until 25 January

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

Menu: We will be choosing *à la carte* from their delicious **Italian** menu (check menu of the restaurant and photos 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.

English Afternoon Tea



14.30 – 16.00 every 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

SEMINARHOTEL
AM ÄGERISEE

sweet and savoury

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

Bar&Lounge

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

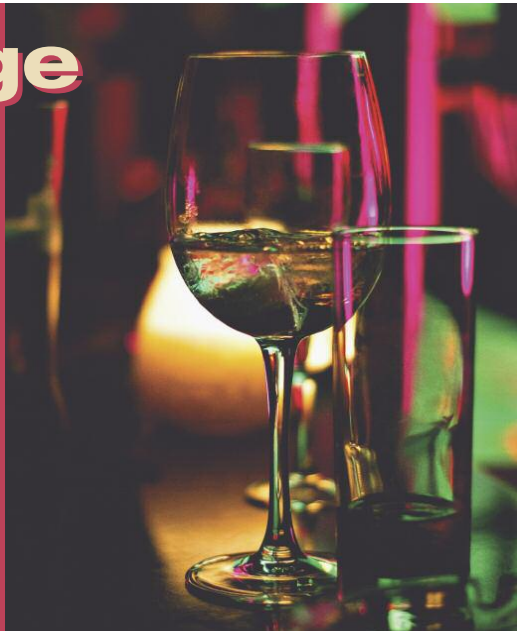
December / January

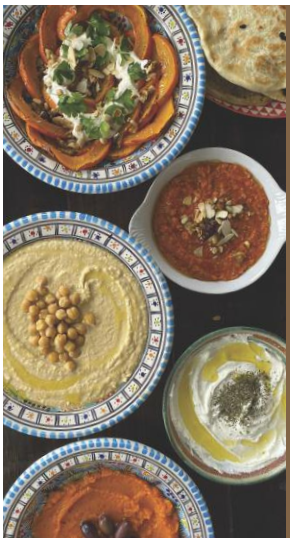
Meeting Details:
Usually Tuesdays, once a month at 18:30

Please check the Website Calendar for the dates for December and January or contact Ingela Stigemar dent_stigemar@bluewin.ch

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

ZIWC Cancellation Policy Applies





New TAPAS & FRIENDS Group!

Hablas español? Studied Spanish in college? Is your partner Mexican? Lived abroad in a Spanish speaking country? Learned Spanish while travelling in South America or maybe online? Then this new interest group is for you! We will be meeting every 2-3 months to go out for tapas, cook a paella or Mexican food together, see a film in Spanish, visit a Frida Kahlo art exposition or go see a Latin singer. We will exclusively speak Spanish during these outings and you will be able to learn new words and remember those that you haven't used in a long time…
This group will mainly meet in the evening, during weekdays.
If you are interested in being part of this group, send a mail or a WhatsApp message to Valerie Gitter vgitter@bluewin.ch 079 763 46 06

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

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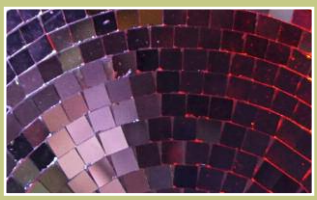
January 2022

MONDAY	TUESDAY	WEDNESDAY
	**Save The Date** **11 March** **ZIWC Gala Ball**	
3 13:30 **Social Walk**	**4**	**5** 13:30 **Intermediate Walking/Hiking Group**
10 13:30 **Social Walk**	**11** 9:00 **Badminton** 14:00 **Book Club** **Fit and Kicking Group** 19:00 **Emotional Intelligence Monthly Workshop**	**12** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting @ Zug Bibliotek**
17 13:30 **Social Walk**	**18** 9:00 **Badminton**	**19** 9:45 **Zug Stammtisch** 12:00 **Monthly Lunch** 13:30 **Intermediate Walking/Hiking Group** 17:30 **BNG Apero for working women**
24 13:30 **Social Walk**	**25** 9:00 **Badminton**	**26** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Monthly Dinner**
31 13:30 **Social Walk**		

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.

THURSDAY	FRIDAY	WEEKEND
		1 SATURDAY
		2 SUNDAY
6 11:00 **English Intermediate Group**	7 9:15 **Fitness Hiking Group**	8 SATURDAY
		9 SUNDAY
13 10:00 **Cooking Group** 11:00 **English Intermediate Group** 15:00 **Italian for beginners** 16:00 **Italian conversation** **Lulu Light Festival**	14 9:15 **Fitness Hiking Group**	15 SATURDAY
		16 SUNDAY
20 9:45 **Cham Coffee** 11:00 **English Intermediate Group** **Joint Stammtisch with IMCZ**	21 9:15 **Fitness Hiking Group**	22 SATURDAY
		23 SUNDAY
27 9:30 **Walchwil Coffee** 15:00 **Italian for beginners** 16:00 **Italian conversation**	28 9:15 **Fitness Hiking Group**	29 SATURDAY **Burns night with IMCZ TBC**
		30 SUNDAY
		

Escapes

Escape to the Lilu Light Festival Lucerne



From 6 to 16 January 2022, Lucerne will once again become a luminous meeting place! At the 3rd Lilu Light Festival Lucerne, artists from all over the world will present diverse and fascinating facets of light. Discover creative light installations on a heart-warming winter walk and experience an attractive supporting programme for all the senses. For eleven days, squares, sights and alleys in the city of Lucerne will be artistically illuminated from 18:00 to 22:00 every day.

Date: A group will be heading to Lucerne on Thursday 13 January at 18:03

Meet Place: Platform 4 for the IR 75.

Tour: Everyone will be free to enjoy the light show at their pleasure. We can decide to return on the train of our choice.

Costs: The cost of the escape will be the train ticket price. Please book your ticket in advance.

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

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

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 December, 16:00**

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 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 an authorised medical practitioner (Doctor).

Meeting Details: The next meetings will be on
Tuesday 14 December 14:00
Tuesday 11 January 14:00

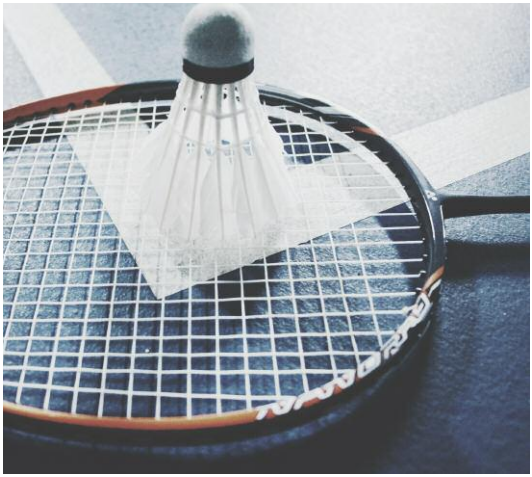
Contact: Jan Frei at jan.freicox@outlook.com or 079 335 76 69
Caroline G. Hoem at cghoem@outlook.com

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! This group is managed via WhatsApp. If you would like to join, please send your mobile number.

Contact: Jan Frei on 079 335 76 69,
jan.freicox@outlook.com





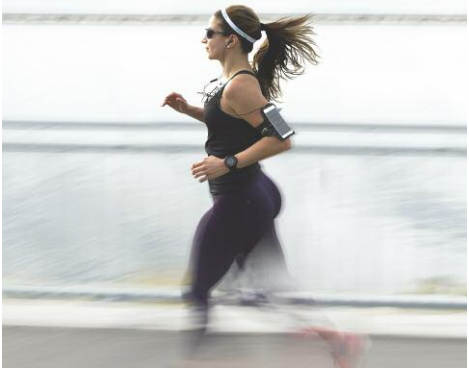


Zuger Trophy Walking and Running Group

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

The Zuger Trophy group is currently suspended until the season restarts in February.



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.

Meeting details:
December - no meeting
January - Thursday 13 January

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.

Address: Früebergstrasse 20, Baar

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

Registration please per e-mail or WhatsApp

The group will resume its activities in February and members that are interested in joining the group can send a message to Emely in advance before the meetings begin in February.



Conversation Groups

Italian Conversation
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 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



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 organise singles or doubles games and will be responsible for arranging all the details ie. reserving the court and stating if it is for a single or a double game. The group members must be intermediate and/or high-level players (not beginners) who will enjoy practising their beloved sport and at the same time making new friends within the Club community!

This group will communicate only by WhatsApp, so if you are interested in being part of it, please join by texting Adriana!

Contact: 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.



Girls in Town WhatsApp group

"Girls in Town" will embrace and encourage spontaneous outings suggested by **any** member, such as a ship cruise, going for a drink, a stroll to the lake, watching a movie etc. Suggestions might be ... ***"it's a nice evening and I'd love to have a drink and/or stroll by the lake… would anyone like to join me?"*** or ***"I'm planning to visit the Art Museum Kunsthaus Zug on June 23 … would anyone like to join me?"***

When a member of the WhatsApp list has a suggestion for such an outing, they can send a message to the group recipients and inform them as to what the details of the outing suggestion are. From then on, only whoever is interested in joining, can either turn up or communicate together with the member suggesting the outing if they want to go together. These outings will operate only through WhatsApp. If time permits, the proposing member/organiser can ask the Web Editor to post on the Website 'Happening Now' section.

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

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!

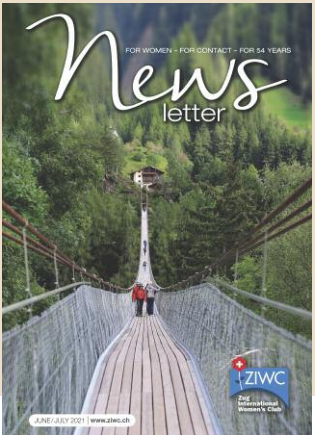
Spotlight Events are member-organised experiences created for other members. Exhibitions, movies, concerts, sightseeing, day trips and business presentations are examples of what a Spotlight Event may be. Ski trips, wine-tasting, cooking lessons, direct sales parties, the possibilities are endless! Please get involved and think about organising an event.
For additional guidelines you can find more information on the Club Website or contact Anastasia Tziapoura at interestgroups@ziwc.ch.

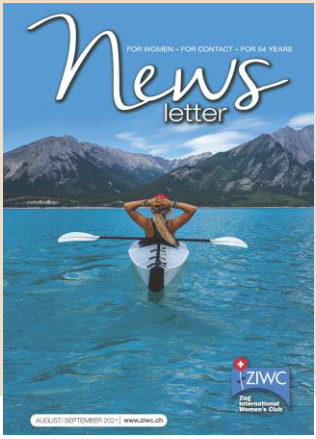
Flashback!

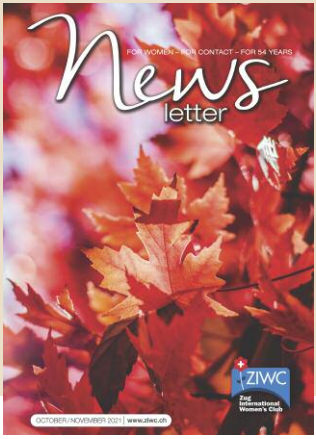
Our Club Members are so dynamic! They have incredible histories, accomplishments and unique experiences. Perhaps you were one of the first women to work for the UN, maybe you attended a small concert of a not so well known future megastar (The Beatles, Elvis, etc.) Did you go on vacation only to have 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

Name The Magazine Competition!

The ZIWC Newsletter is officially a magazine! However, without a name! Do you have any ideas? Please send all potential names to newsletter@ziwc.ch A vote will determine which name will be used. The winning submission will be awarded a bottle of Champagne. In the case of multiple submissions of the same name, the first one who submitted will be credited.











Change Your Password

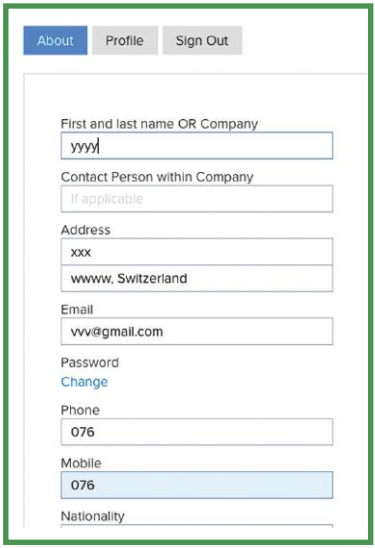
Many Members have asked how to change their password.

Leila Närhinen, our Web Editor, has kindly shared detailed instructions.

Go to '**My Membership**' and Sign in on the ZIWC.ch website.

If you do not remember the password to sign in, not a problem. Simply request a new one. You will receive it by email and you can then log in with that new password.

Now, to change a password. Sign in. Go to 'My Membership'. There you will see a page (see photo) with three buttons towards the top '**About**', '**Profile**' and '**Sign Out**'.



This page will have multiple fields including; name, address and email. After '**Email**' you see '**Password**' and then a blue rectangular button '**Change**'.

Click on this button and a blank rectangular field will appear. Now write in a password. Note this password so you will not forget it. Scroll down to the bottom of this page and save the changes by clicking on '**Save & Continue**'.

You now have a new password.

ekz-zugerland.ch

Let's go shopping

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

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