ZIWC
Zug International Women's Club

MAGAZINE

Connect!

JUNE / JULY 2022 | FOR WOMEN • FOR CONTACT • FOR 54 YEARS

BOARD MEMBERS 2022–2023



www.ziwc.ch

CONNECT WITH ZIWC
Facebook page: www.facebook.com/ZIWCZugInternationalWomensClub
Facebook group: www.facebook.com/groups/zuginternationalwomensclub
Instagram: www.instagram.com/ziwc100/
LinkedIn: www.linkedin.com/company/ziwc



★★★★
PARKHOTEL
ZUG

SONNTAGSBRUNCH
À DISCRÉTION
jeweils von 10.30 bis 14.00 Uhr

Der Sonntag ist der Verwöhntag der Woche.
Die Uhr wird dabei einfach ignoriert und
Frühstück & Mittagessen verschmelzen zu einer
einzigen langen, ausgiebigen Mahlzeit.

Kinder 0 - 10 Jahre gratis
Kinder 11 - 15 Jahre CHF 20.00
Jugendliche ab 16 Jahre CHF 62.00
Erwachsene CHF 62.00

Bei mindestens drei Kindern über 10 Jahre pro Familie
verrechnen wir Ihnen nur zwei Kinder!

SUNDAY BRUNCH
ALL YOU CAN EAT
Every Sunday between 10.30 a.m. and 2 p.m.

Have a relaxed start into the day
and enjoy a wide variety of culinary delights
at our Sunday Brunch. You will not
only find a classical breakfast buffet to
begin with, but also warm dishes and,
last but not least, a distinguished
selection of desserts

Children 0 - 10 years free
Children 11-15 years CHF 20.00
Youngsters from 16 years CHF 62.00
Adults CHF 62.00

If your family has at least three children
over the age of 10 we are only going
to charge for two children!

Reservation:
Parkhotel Restaurant
Tel. 041 727 47 47
info@parkhotel.ch

Dear Members,

Welcome to the new Club year! Once again, we are confronted with external circumstances in Ukraine beyond our control, however, we as a Club value diversity, integration and mutual respect, so will continue to meet the challenge and hope for a fast solution to the war.

Life is so precious and filled with beauty that we should all be able to enjoy it in peace, no matter our nationality or ethnicity.

From our local point of view, we have finally been able to meet without restrictions and our activities have restarted at full speed with a fun Gala Ball, all the possible Escapes we could organise and also a couple of wine–tasting weekends. As well as the traditional and successful Interest Groups such as Hiking, Cooking and Gardening, we are delighted to enjoy the new German Conversation group, Golf and Art and Culture activities thanks to Members volunteering to share their knowledge with us.

After two years, we finally met in person at the AGM. Thanks to an extremely healthy balance sheet, we will be announcing a gift to all our Members, as well as sharing future plans and also some statistics about our Members.

The Club is evolving, the average age of our Members has decreased and about half are working or self-employed, while others continue to manage households. Consequently, we'll offer more activities after 17:30 and at weekends.

A special thanks goes to Andrea, our Marketing Chairwoman, who has refreshed our presence on Social Media. I'm sure you've read the many articles in the local press and on the Web.



Last but not least, this year we will mark the 55th anniversary of our wonderful Club.
The traditionally splendid party is planned and you can read the details in the following pages.

We are looking forward to celebrating with all the amazing women who make our Club so special.

Cristina Rocco
2022/2023 President

Contents:

5 **Terrific Trieste**

6 **Wine and Truffle Escape to Piedmont**

8 **Spotlight Event - Change your Energy, Change the World**

9 **Save the Date - Sunset Jazz Apero / BNG June Event**

16 **55 Years ago it all began…**

18 **55th Anniversary Party Invitation**

20 **FRW Interkultureller Dialog Zug**

21 **Zoo Paradise in Oberaegeri**

33 **AGM 2022**

New Members

Susan Laudenbacher,
Membership Chairwoman
Email: **membership@ziwc.ch**

We warmly welcome our new members

Lydia Steinegger, Zug
Betsy Ballew, Ebikon
Edel Cronin, Zug
Eva Piccon, Cham
Jackie Meyer, Cham
Suzane Kontrec, Baar
Marianna Ioannou, Zug
Anna Modenkova, Hunenberg See
Carla Kapiklan, Allenwinden
Daniela Picciotto, Zug
Prachi Deshpande, Baar
Martha Baladis, Zug
Elisabeth Johans, Hagendorn
Amal Zayed, Cham
Olivia Van Oostrom, Baar
Kathleen Stafford, Zug
Nynne Lawaetz, Steinhausen
Elena Gabduikhaeva, Walchwil
Silvia Graemiger, Zug
Helena Feriel, Zug
Bridget Walker, Unterageri
Maleeni Egli, Menznau
Vanashree Naidoo, Zug
Raffaella Di Summa, Zug
Sarag Van Dun, Kussnacht
Laura Arbelaez, Zug
Katia Kavkasidze, Hunenberg



Magazine Chairwoman
Suzy Andricopoulos
connectmagazine@ziwc.ch

Advertising Chairwoman
Birgit Knapp
advertising@ziwc.ch

Website Chairwoman
Lucy Harrison
webeditor@ziwc.ch

Proofreaders:
Helena Lustenberger
Stormy Berney
Émely Steegstra-Hendrix

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

Printers
Onlineprinters GmbH
www.onlineprinters.ch

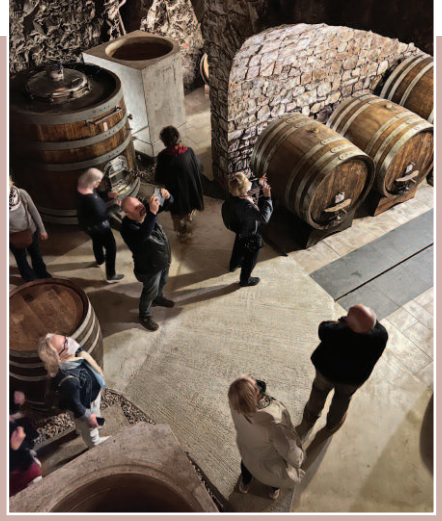
Club address:
Zug International Women's Club,
6300 Zug,
www.ziwc.ch

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 and a monetary payment. Unless otherwise specified, the cancellation deadline is the booking deadline. A member who cancels her participation in an event, after the cancellation deadline, is required to pay the full participation fee of the event. The Club is not responsible for any loss or injury suffered during the course of activities or events.

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

Terrific Trieste!!!



Written by Carol Stull

We climbed aboard the bus early on a Thursday morning anticipating the wineries we were about to discover. At each stop we were welcomed as VIP guests. We shared delicious meals of meat, fish, pasta, cheese and desserts around tables filled with lively conversations.

We learned the intricacies of wine making - literally from the ground up. From the grapes in the vineyards, the underground caves and soil, through the harvesting and aging processes, then onto the marketing, bottling and distribution until ultimately the sampling of the finished product. Sometimes we even got a taste directly from the barrels! Some were small wineries run by generations of families, others were larger, run by sophisticated equipment. All were fascinating.

When in Trieste we were treated to tours of the city, a castle, and of course more food and fun. We learned history, art, architecture all while enjoying the sights and sounds of a wonderful vibrant city.

Equally delightful was getting to know our fellow passengers during this eventful weekend. My eyes were opened to other ZIWC activities and local events. Learning about other cultures and backgrounds was the biggest bonus of being part of the group and is why I am so thankful for the organisers and all my fellow ZIWC members.

I highly recommend you jump on board the bus at the next opportunity for more adventure and discovery.

Until then-
Sante!



Escapes

Wine & Truffles ESCAPE to Piedmont with the Italian Wine Tasting group



Join us in Piedmont with the Italian Wine Tasting group.

Date: **Sat 5 - Tue 8 November 2022**

Location: Piedmont, the Langhe

The Experience:
- Private coach for the return trip from Zug to Piedmont.
- We'll visit 7 wine producers and taste their wines.
- We'll walk in the forest looking for truffles (and eat them!*)
- We'll go to Barolo, Alba and other iconic villages
- We'll have some cultural visits and also free time

Prices per person: Single room 1,590 CHF / Double Room 1,530 CHF.

Max group size: 20 people- first come first served,
so if interested please get in touch as soon as possible!

* Truffles are charged separately based on personal choice and consumption

More details on ZIWC website or contact escape@ziwc.ch.
The ZIWC Cancellation Policy and Accident Insurance rules apply,
please refer to page 4 for details.



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

June Lunch Club

Join us for the ZIWC June Lunch Club at **Restaurant Seefeld**



When: **Thursday 23 June**

Time: **12:15**

Where: **Restaurant Seefeld**, Seminarhotel,
Seestrasse 10, 6314 Unterägeri
Restaurant Seefeld has a lovely terrace so
if the weather is kind, we will dine outside.

Booking: Please register on the ZIWC website

Booking deadline: midnight **Monday 20 June**
(early registration is greatly appreciated
by the restaurant please)
https://www.seminarhotelaegerisee.ch/en/restaurant/restaurant-seefeld/

Contact: Ailbhe Fallon at ailbhe.fallon@fallon-currie.com or on 078 698 51 60

If you need to cancel please e-mail the Lunch Club Coordinator Ailbhe Fallon
on or before **20 June 2022**.

ZIWC Cancellation Policy and Accident Insurance rules apply,
please refer to Page 4 for further details.

Spotlight on ....

Change your Energy – Change the World

Daniela Franco, an Intuitive Holistic Healer, will give you undeniable proof of how your thoughts create your reality and the power of your beliefs.

Not only will you get a scientific explanation, but you will see it with your very own eyes! You will understand why focus, motivation, and positive affirmations are NOT enough to achieve your goals and discover what has been missing all along.

In a time when life and world challenges are so present, you will learn how to get calmed and centred anytime with simple tools even a kindergartner can use!

At the end of the workshop, a special offer will be presented for those interested in doing one-to-one deeper work.

When: **Wednesday 15 June 2022**
Where: **Zug Bibliothek Dachraum,** St.-Oswalds-Gasse, Postfach 21, 6301 Zug
Time: **19:00-20:30**
Cost: Free of charge
Booking deadline: **Monday 13 June 2022** by midnight

Please register on the ZIWC website event calendar.

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

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

The ZIWC disclaimers apply to this event.



SUMMER SUNSET **JAZZ APERO**

Join us for a spectacular sunset from the Zugerberg! The private green garden of the Guggital Hotel is reserved for us to enjoy the evening with a live Brazilian jazz band & international soft music, a selection of finger foods & cooling drinks. We look forward to reconnecting with existing members & meet new faces as the summer begins!





Date: **Friday 24 June**, 18:30–22:30

Registration: ZIWC website or email Tania: annualevents@ziwc.ch

RSVP: June 10 or earlier! Limited spots available.
(Club Cancellation and Accident Insurance Rules apply)

Price: 55 CHF for ZIWC and IMCZ members
75 CHF for non-members
30 CHF for members' children age 16+

Price includes: Apero riche, soft drinks and 1 alcoholic beverage
Location: Guggital Hotel, lots of parking, bus no. 11: Guggital
Hotel: **https://www.hotel-guggital.ch/doku.php/en:start**

For an overnight stay to wake up to the sunrise, please book on the hotel website.

Business Networking Group (BNG)

This group is for members who are interested in the world of business, innovation and enterprise, whether you are working at present or not.

Whether you are running your own business, employed, taking a career break or re-engineering your working life, we plan that the Group will provide opportunities to share knowledge, experience, skills, ideas and inspiration provided by sister members or invited guests…

and of course on occasions we just kick back for end-of-day drinks with women who share these interests!

Next date: 29 June 2022
Time: 17:30–19:30
For further information and to register please see the website.

Contact: Ailbhe Fallon at BNG@ziwc.ch

007 JAMES BOND BALL

Glamour, elegance and enthusiasm were on display at the ZIWC 007 Gala on March 11, 2022 at Neuhof Kulinaria in Baar. The evening had a sharply decorated theme and a guestbook ready to celebrate again after almost two years of event closures. The live music band Triple Bypass and the charming decor welcomed our lovely lady members and their gentlemen to set the stage for joyful conversation, laughter and dancing with passion and energy. This type of event was long overdue for our Club, especially as it finally reunited in person our ZIWC Members, who previously had to make the best of home-office and Zoom lifestyle activities. Our ladies and gentlemen were dressed up and ready to celebrate as over 50 guests shared fine and exquisite dining prepared by Beat.







The food and bar offerings were flowing with attentive service among our eight tables. Happily many new ZIWC Members also attended, offering the long-established Members to meet new faces and an opportunity for the new Members to experience our time honoured ZIWC community values. Our President Cristina Rocco and Julija Utkina announced highlights for our post-COVID comeback goals for the club and thanked the IMCZ for their support in the participation of the 007 Gala.

The live band rocked the dance floor, raised us from our seats and set the stage for James Bond enthusiasts as we participated in board games and a lottery with prizes.

We appreciate your feedback for future ideas for events! For interest in helping out in the creation, planning and production of future Annual Event themes, please contact annualevents@ziwc.ch.

Thank you to Julija Utkina and the Committee for starting our 2022 with class!

June Monthly Dinner

In June we will be going to a real ***trattoria italiana***, at the end of the lake of Zug, in **Arth**. I recommend you to carpool (due to limited parking space) and enjoy the riviera of the Zugersee while you get ready for authentic Italian food. The restaurant has a big terrace by the lake, which we can enjoy in good weather.

When: **Wednesday, June 8th**

Time: **18.30**

Where: **Bacco**, Zugerstrasse 1, 6415 Arth

Booking deadline: Please register on the ZIWC Website by 7 June.
If you can't register online by yourself, send a mail to webeditor@ziwc.ch

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

Menu: We will be choosing from their authentic Italian menu, à la carte.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 4 for further details.





Did You Know?

that past issues of the ZIWC Newsletter and Connect Magazine are available on our website? If you look under the Members Only section, sign in with your login and password and click under ZIWC Magazines you'll find pdfs of our publications dating back to Dec 19/Jan 20.

Details at **www.ziwc.ch**

Hospitality

Veerle Vandionant - Hospitality Chairwoman
Organises regular social events for long standing and new Members.
Welcomes new Club Members. She 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.

When: Every Wednesday, 10:00–12:00 (except public holidays)
Where: Park Hotel, Industriestrasse 14, 6302 Zug
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: Cafe Plaza, Kirchbuhl 5, 6330 Cham
Contact: Karin Resch on +43 664 421 27 75 or at karin-resch@bluewin.ch

Walchwil Coffee

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

When: Last Thursday of the month, 9:30–11:00
Where: Riviera Café, Dorfstrasse 19, 6318 Walchwil
Contact: Sarah Paul on 079 279 97 48 or at paulfamily@bluewin.ch

Aegeri Coffee

With the Cham and Walchwil area coffees going strong, we are delighted to announce that we have a significant number of Members in the Aegeri area. The Coffee had its premiere in January. The first few coffees will take place at Tina Niederer's historic Bommerhüttli, a little outside of Unteraegeri. Going forward, the location might change so check with Tina shortly before the event.

Don't miss the opportunity to meet other Members for a lively get-together in the Aegeri area! Please register on the website calendar.

When: Last Tuesday of every month
Where: Bommerhüttli, a little outside of Unterägeri
Contact: Tina on 077 479 13 11

June
Contact Coffee – Apero/Cocktails

Valerie has kindly offered to host our June get together for new and longstanding Members, at her place in Immensee.

When: Tuesday 7 June - 15:00-17:00 Contact Coffee / 17:30-20:30 Apero/Cocktails
Where: Ribetschi 1, 6405 Immensee
Max capacity: 15 per event. Register ONLINE for one or the other.
Attending both is not an option.
Registration deadline: 3 June 2022
Please contact: Valerie on 079 763 46 06 to coordinate what you will bring.

Valerie's home is very near the Immensee train station (which connects via Arth-Goldau or Rotkreuz). There are several parking spaces outside but still recommend car pooling when possible.

Hope to see you there!

Yearly Summer BBQ
at Lotte's

Lotte & Josy will be hosting the yearly Summer BBQ for the last time.

When: Wednesday 15 June at 11:00 for apero and to help prepare the food
Where: Zugerstrasse 18, Hausen-am-Albis
No Max capacity: Register ONLINE
Registration deadline: 10 June 2022
Please contact: Josy Fröhli at froehli@sunrise.ch or Lotte Rhomberg on 044 764 05 59 for further questions.

The cost for food and drinks will be divided among the participants and should be approx. 22 CHF per person

ZIWC Cancellation Policy and accident insurance apply for these events, please refer to page 4 for details.





June 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
		**1** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**2** 9:30 **Golfing Gals Group** 11:00 **English Intermediate Group**	**3** 9:15 **Fitness Hiking Group**	**4** SATURDAY **5** SUNDAY
6 13:30 **Social Walk**	**7** 9:00 **Badminton**	**8** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:30 **Monthly Dinner**	**9** 11:00 **English Intermediate Group** 15:00 **Italian For Beginners** 16:00 **Italian Conversation**	**10** 9:15 **Fitness Hiking Group**	**11** SATURDAY **12** SUNDAY
13 13:30 **Social Walk** 19:00 **"Wellness Matters" Workshop**	**14** 9:00 **Badminton**	**15** 10:00 **Zug Stammtisch** 11:00 **Lottie's Traditional BBQ @ their home** 13:30 **Intermediate Walking/Hiking Group** 19:00 **Spotlight Event - Change your energy, change the world**	**16** **Joint Stammtisch with IMCZ**	**17** 9:15 **Fitness Hiking Group**	**18** SATURDAY **19** SUNDAY
20 13:30 **Social Walk**	**21** 9:00 **Badminton** 12:25 **Arts and Cultural Events** 14:00 **Book Club** **Fit and Kicking Group** 16:30 **Italian Wine Tasting** 18:30 **Bar & Lounge**	**22** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**23** 10:00 **Cham Coffee** 11:00 **English Intermediate Group** 12:15 **Monthly Lunch** 15:00 **Italian For Beginners** 16:00 **Italian Conversation** 18:00 **BOARD MEETING**	**24** 9:15 **Fitness Hiking Group** **Sunset Jazz Apero @Guggital**	**25** SATURDAY **26** SUNDAY
27 13:30 **Social Walk**	**28** 9:00 **Badminton** 14:30 **Aegeri Coffee**	**29** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 17:30 **Business Networking**	**30** 9:30 **Walchwil Coffee** 11:00 **English Intermediate Group**		
					

Reminiscing over 55 years...

Over the forthcoming editions in this 55 anniversary year we will run a series of short articles with some ZIWC history, anecdotes, photos and documents to tell of the Club's early days and how it has developed into the Club as it has become. Saajke Daalhuijsen as a long-time member and Club Archivist sets us off with a little early history…

'55 years ago in 1967 it all began with a small announcement in the Amtsblatt …

"Two English Girls married to Swiss Husbands would like to meet other English speaking women with a view to starting occasional coffee mornings. Please write under cipher LE62{ to Amtsblatt"

Nine ladies replied to Jeanie Seifert's announcement and the first coffee was held at her home. Within 2 months there were 25 members and ZIWC became established. The first ZIWC Stammtisch was held at Treichler Cafe in Zug. The group started to invite speakers for events, held handicraft evenings and before long, members could participate in a range of activities.

Some longtime members will remember some of these early days and that it takes a lot of inspiration and effort to make all the activities possible. During this Anniversary Year we would like to recount to newer members how we started, how we have enriched lives by being a member of our Club.

In our Club we enjoy celebrating the nice moments of life, for example over a cup of coffee, a lunch or a glass of wine, but also through friendships and community we also support those who need a bit of extra help, whether by the organisation of charity events, by offering a shoulder to cry on or a listening ear to support those suffering with illness or other problems in life. We hope during the Anniversary Year 2022-2023 we will include in our Connect Magazine a few pages of "ZIWC History" to show all our Members how much this Club has offered in the past and continues to offer our International and Swiss community now and into the future.



You are cordially invited to attend the Zug International Women's Club's 55th

Emerald Anniversary Party on Saturday, 17 September, 2022

at the Restaurant Aklin am Zytturm, Kolinplatz 10 in Zug.

55 YEARS WITH ZIWC 1967–2022

Apéro at 11:00 at the Rathaus,
Fischmarkt/Unteraltstadt
(around the corner of Restaurant Aklin),
followed by a three course lunch at Restaurant Aklin

MENU

Starter • Autumn Salad with Italian house dressing

Meat Main • Veal shoulder roast, Cognac & Honey Sauce, noodles and seasonal vegetables

or

Fish Main • Zuger Trout Filet poached Zug style, Wine & Herb sauce, wild rice and seasonal vegetables

or

Vegetarian/Vegan Main • Autumn Creation of red cabbage, apple, pear, chestnuts and cranberries, Cremini mushroom sauce and Camargue rice

Dessert • Coupe Jack – Vanilla Ice cream with fresh fruits

Drinks • Water, wine, coffee and tea

Costs • CHF 55 / ZIWC members only
Please RSVP by September 10th, limited seating available.

Special Anniversary Raffle (please bring cash money with you)
we have collected some wonderful prizes for this event.
All proceeds go to the Charity project **Kinder- und Jugendheim Lutisbach in Oberägeri**

Registration

Please register online:
www.ziwc.ch/membersonly/Calendar/September 17, 2022/Anniversary Lunch

If you have any questions, please contact Saakje Daalhuijsen,
daalhuysen@bluewin.ch or call her on 041 855 08 17

Please give us the following information at registration:
Your menu choice: Fish, Meat or Vegetarian/Vegan
Special dietary requirements can be shared per email to daalhuysen@bluewin.ch



Payment due by September 10th.

Please use online payment, via credit card
or to the Club bank account as follows:
ZUG INTERNATIONAL WOMEN'S CLUB
PostFinance Account Number: 17-521935-3
IBAN-Number: CH40 0900 0000 1752 1935 3

In the „Mitteilungen Zahlungszweck" area,
please write your name and '55th Anniversary Lunch'.
Normal ZIWC Cancellation Policy Applies.

55th Anniversary ZIWC Zug International Women's Club

FRW Interkultureller Dialog Zug

For the last two years, our Club has supported this Charity, which helps refugees in our Canton to integrate with the local community and live together in peace (Friede), with mutual respect (Respekt) and dignity (Würde). These are aims which resonate with the aims of the ZIWC in helping women to integrate and connect within our community.

We have raised nearly 3000 CHF to support the FRW, but also donated pads, pens, pencils, sewing machines, material and other goods that can be used in their workshops. One of their many activities is teaching languages to refugees, especially German, an essential integration tool. We were thrilled that three ladies from our Club recently volunteered to teach/converse with Ukrainian refugees in English. The charity also organises events where refugees can meet the locals at communal meals for example, and we hope to be able to promote this and similar events in our Club in the future.

The Club will be supporting a new charity for the forthcoming financial year but I will continue to support the FRW on a private basis as I have done since their founding 10 years ago. Please check out their website and see if there is anything that you could do to help and volunteer yourself: **https://www.frwzg.ch/**

Helena Lustenberger
Charity Coordinator 2020-2



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



Zoo Paradise *in Oberaegeri*

The yarn bombing event in Oberaegeri was the perfect outing for members of the club's Knit and Natter Group.

This event has turned the lakeside park near the swimming pool into a zoo paradise where trees are decorated with all kinds of animals and sealife, beautifully crocheted and knitted by the local community.



The Knit and Natter group was fortunate to have a unique guided tour by one of its members, Jane Barrow Yokoyama, who was involved in creating and mounting some of the exhibits on show.

It is the second yarn bombing event staged by Aegeri Farbig, the idea of two neighbours Fiona Barbagallo and Ynke Feenstra. The two friends originally started it as a Covid project and hundreds of craft lovers have taken part.

The ZIWC Knit and Natter group is led by Antonia Latter and meets in Zug every three weeks on a Tuesday afternoon.

If you are looking for inspiration or encouragement, and you would like to join us, please contact Antonia on 076 386 00 05 or email antonia.latter@bluewin.ch

By **Penny Cartier**

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

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

ENGEL&VÖLKERS

July Lunch Club

Join us for the ZIWC July Lunch Club at **Rössli Restaurant- Hünenberg**

This fine restaurant is a great favourite of Club members! If the weather (and the wasps!) are kind we will dine outside.



When: **Tuesday 19 July**
When: **12:15**
Where: **Rössli Restaurant,**
St. Wolfgang 7, 6331 Hünenberg
https://roessli-huenenberg.ch
Booking: Please register on the ZIWC website
Booking deadline: By midnight Friday **July 15 2022**
(early registration is greatly appreciated, please)
Contact: Ailbhe Fallon at ailbhe.fallon@fallon-currie.com
or on 078 698 51 60

If you need to cancel please e-mail the Lunch Club Coordinator Ailbhe Fallon on or before 15 July 2022.

ZIWC Cancellation and Accident Insurance rules apply, please refer to page 4 for details.





July 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
				1 9:15 **Fitness Hiking Group**	2 SATURDAY 3 SUNDAY
4 13:30 **Social Walk**	5 9:00 **Badminton** 14:30 **Gardening Group**	6 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	7 9:30 **Golfing Gals Group**	8 9:15 **Fitness Hiking Group**	9 SATURDAY 10 SUNDAY
11 13:30 **Social Walk**	 12	13 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	 14	 15	16 SATURDAY 17 SUNDAY
18 13:30 **Social Walk**	19 12:15 **Monthly Lunch**	20 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	21 10:00 **Cham Coffee** **Joint Stammtisch with IMCZ**	 22	23 SATURDAY 24 SUNDAY
25 13:30 **Social Walk**	26 14:30 **Aegeri Coffee**	27 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **BOARD MEETING**	28 9:30 **Walchwil Coffee**	 29	30 SATURDAY 31 SUNDAY
					

Interest Groups

Charis Theodorika, the Interest Group Chairwoman,
manages and coordinates existing interest groups, facilitates the creation of new groups and promotes interest group activities to the membership.
If you are not a Member, kindly contact the Interest Groups' Chairwoman to get your free trial at **interestgroups@ziwc.ch**

For all interest groups:

- *Participation in physical exercise or training activities is at your own risk. It is the participant's responsibility to have personal and accident insurance.*
- *Please always check the Club website Calendar for information and updates or changes regarding Meeting details (date, time and location) for all of our events.*

Business Networking Group (BNG)

The group focuses on women who are interested in business topics, are working, managing their company, intending to start up a new company, or are changing their working life.

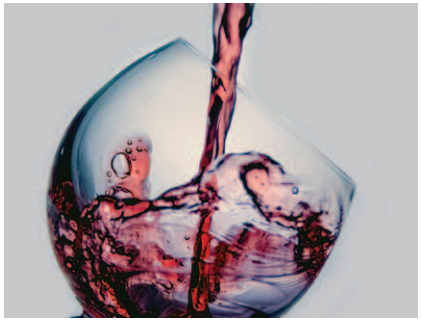
Contact Details: Ailbhe Fallon at bng@ziwc.ch.



Italian Wine Tasting

Are you a fan of wine? Join this group for a tasting tour through Italian wines. The Group meets once a month on a Tuesday and the cost is 15 CHF per session for wine and savoury snacks.

For meeting and location details please check the Club website or contact Lorella Benedetto at lorella.benedetto@libero.it and on 078 652 13 96.





Knit and Natter

This is just the group for those interested in knitting and crochet. You will have fun, find encouragement, learn new ideas, and make new friends. The Group meets once every three weeks at Ober Altstadt 10, Zug

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

Last Minute Outings WhatsApp Group

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

Contact Details: Valerie Gitter on 079 763 4606

Tapas & Friends Group

Hablas español? We organise regular meetings to go out for tapas, cook Mexican food together, see a film in Spanish, visit an art exposition or go to a concert. We will speak exclusively in Spanish and will mainly meet in the evening on weekdays.

Contact Details: Valerie Gitter at vgitter@bluewin.ch or on 079 763 4606.

New Arts and Cultural Events Group

An art expert will organise visits to museums, galleries, art exhibitions and some concerts. Most tours will start from Zug Bahnhof. The meetings will be held on a Thursday once a month unless otherwise stated.

For cost, meeting and location details please check the Club website or contact Shefika Balaban Brandenberger at gulsef08@hotmail.com or on 076 421 3835.





Bar & Lounge

Join us for an apéro after work or a long day. Meet up with other Members and share your stories. The group meets usually on a Tuesday, once a month at 18:30. Registration on the Club Website is mandatory up to 24 hours before the event.

Contact Details: Ingela Stigemar at dent_stigemar@bluewin.ch.

NEW – Golfing Gals Group

Do you enjoy golf? Join our golfing interest group! On the first Thursday morning of the month, at 9.30, we meet at Golfpark Holzhäusern to practise together for an hour. Then we stay for a coffee and a chat. We can also organise spontaneous rounds of golf.

If you are interested, send a WhatsApp message to Stormy Berney on 076 499 5071 for joining and for specific details.



Wellness Matters *The Fundamentals* Workshop Series

At this last workshop in June, you'll discover the relationship between the fundamental elements of wellness and how they each play their part and contribute to your overall well-being. You will be introduced to an integrated way of managing your health and wellness and explore the interconnection of the six aspects of wellness.

Contact Details:
Natalie Madsen-Oesterbye at
nmadsenoesterbye@icloud.com





Book Club - Fit and Kicking Group!

The club focuses on non-fiction books which cover the latest scientific findings on health and wellbeing with the aim of improving quality of life and vitality.

The group will review one non-fiction book each month on a Tuesday afternoon from 14:00 to 16:00.

Important - This group will not provide medical recommendations of any sort.

Contact Details: Caroline G. Hoem
at cghoem@outlook.com
or on 078 683 3116.

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 Details: Antonia Latter
at antonia.latter@bluewin.ch
or on 076 386 0005.



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!
The Group meets weekly on a **Tuesday** at **09:00**.

Contact Details: Basia Powell
at uciechosia@yahoo.co.uk
or on +41 79 715 5137

Please note that the group will stop its activities in July and August.





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.The group meets every **Friday** at **09:15**.

Contact Details: Amy Egger
at eggeramy@gmail.com
or on 076 761 9135.

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!) and 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 Details: Jan Frei at
jan.freicox@outlook.com or on 079 335 7669.





Intermediate Walking / Hiking Group

The Group leads 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 and meet every **Wednesday** at **13:30**.

Contact details: Jan Frei at jan.freicox@outlook.com
or on 079 335 7669.



Cooking Group

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 group meets on a Thursday once a month.

Contact details: Lesley Kearney at lesley.kearney@btinternet.com on +44 7725 811 707.

Please note that the group will resume its activities from September onwards.



Gardening Group

Grow your own!!

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

You'll learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, from beginners to seasoned gardeners.

The Group meets on the First Tuesday of the month at 14:30 – 16:00

Contact details:
Émely Steegstra-Hendrix
at emelyziwc@gmail.com
or on 077 490 7374.

Zuger Trophy Walking and Running Group

We will be taking part in the Zugerberg Finanz Trophy on **Tuesday mornings** at **9:00**. There are 6 stages, with each location offering a short, middle or long distance ranges. You can walk, nordic walk or run, the choice is yours.

Contact Details: Amy Egger
at eggeramy@gmail.com
or on 076 761 9135 to be added to the WhatsApp group.

Please note that the Zugerberg Trophy has a summer break from 17 July until 13 August.



"Kaffeeklatsch" - German Language Conversation Group

"Jeweils am Mittwoch von 8.30 bis 10.00 Uhr sprechen wir Deutsch und lernen gleichzeitig etwas über Schweizer Geschichte, Politik oder andere aktuelle oder kulturelle Themen". If you have a relatively good (passive) understanding of German but are looking for an opportunity to practise (active) speaking, this is a good opportunity to improve your conversation skills.

For meeting and location details please check the Club website or contact Agnès Reicke at agnes@reickeglaus.ch or on 079 693 2393.



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. We welcome beginners to the Language at 15:00–16:00 and more advanced at 16:00–17:00 at La Taverna Metalli Zug!

Contact Details:
Beginners Group: Marina Cesena at mcesena62@gmail.com
Advanced Group: Cristina Rocco at cristina@italianallegria.com or on 079 444 40 56.

English Intermediate

Members of this group discuss a topic through questions, distinguish strong points and difficulties in the language and at the end of the lesson, important notes and grammar are analysed. The group meets 'virtually' via Skype every Thursday at 11:00–12:00

Contact Details: Eugenia Loras on 079 588 23 60 or at evloras@yahoo.ca

The Group will stop its activities at the end of June and we are currently looking for a new leader to continue the activities after the holidays.

Girls About Town WhatsApp group

'GirlsAboutTown' embraces and encourages any **spontaneous** outing suggested by any member, such as a ship cruise, going for a drink or a stroll to the lake or watching a movie for example. These outings will operate only through the WhatsApp group.

Contact Details: Send a WhatsApp with your **full name** to Helena Lustenberger on 079 243 6439.





Last-Minute Tennis WhatsApp Group

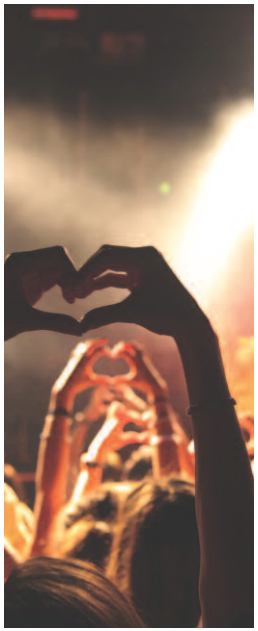
Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? The group members must be intermediate and/or high-level players (not beginners) and will communicate only by WhatsApp

Contact Details:
Adriana Schiraldi on 079 744 1746.

WANTED New Leader for the Existing English Intermediate Group as of July 2022

The English Language Intermediate group is looking for a new Leader to continue its activities as of July 2022. 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 Charis Theodorika 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, Charis Theodorika, 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 Charis Theodorika at interestgroups@ziwc.ch.

AGM 2022

Once a year we come together for our Annual General Meeting to:

- make our voices heard
- take part in decision making
- say thank you to the outgoing Board
- welcome the new Board &
- reconnect with other members

We are happy to announce that the club will be in once again in good hands with

- President: Cristina Rocco
- Vice President: Émely Steegstra-Hendrix
- Annual Events: Tania Mobayed
- Escape: Alicia Toledo
- Hospitality: Veerle Vandionant
- Interest Groups: Charis Theodorika
- Magazine: Suzy Andricopoulos
- Marketing: Andrea Wörrlein
- Membership: Susan Laudenbacher
- Secretary: Giuliana Hug
- Treasurer: Lilia Pascua-Volejnicek
- Website: Lucy Harrison

A big thank you for the outgoing board members Helena, Yvonne, Gillian, Amy, Anastasia, Anne-Lene, Stormy and Leila.

You did an awesome job!

By **Elina Vigand**







ekz-zugerland.ch

Let's go shopping

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

MIGROS + 50 Shops

zugerland
Shopping in Steinhausen

INSTITUT
MONTANA – My Place to Grow®
ZUGERBERG

Swiss International Day & Boarding School – Since 1926

SUMMER SESSIONS

Learn. Grow. Move. Meet.



Arts and Creativity | Business and Leadership | Science and Technology | Sports, Events and excursions | Language Classes English and German

Institut Montana Zugerberg
Schoenfels 5
6300 Zug, Switzerland

Tel. +41 (0)41 729 11 77
summer-sessions@montana-zug.ch
montana-zug.ch

CAROLINE ROHWER
hairdressing

Native English speaking stylists

Ober Altstadt 9, 6300 Zug, 041 / 210 93 93

