ZIWC
Zug International Women's Club

MAGAZINE

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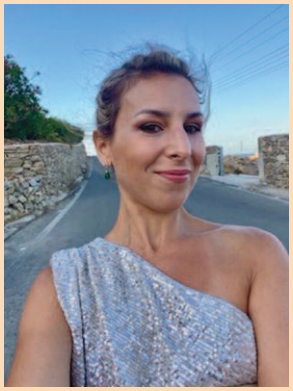
Dear Members,

I hope you all are enjoying the Summer holidays either here in Switzerland or by meeting and spending precious time with your loved ones!

Our Club continues its activities and enriches them with new ones such as the Golfing Gals Group and the Arts and Cultural Events Group, proving that it has stayed strong and that it encourages fellowship, fosters friendship among like-minded women and encourages social interaction!

We are always looking to increase the opportunities available to our Members, so please consider becoming an Interest Group Leader. If you have an idea for an interest group, do not hesitate to reach out! We will work together to implement your ideas to enrich the Club and our community. Send me an email at interestgroups@ziwc.ch to get started.

As a new Interest Groups Chairwoman, I would like to thank everyone for all your hard work, support and commitment to providing social interaction and social growth for all our existing and new members in all areas of life!



I wish you all
a great autumn!

Best regards,
Charis Theodorika

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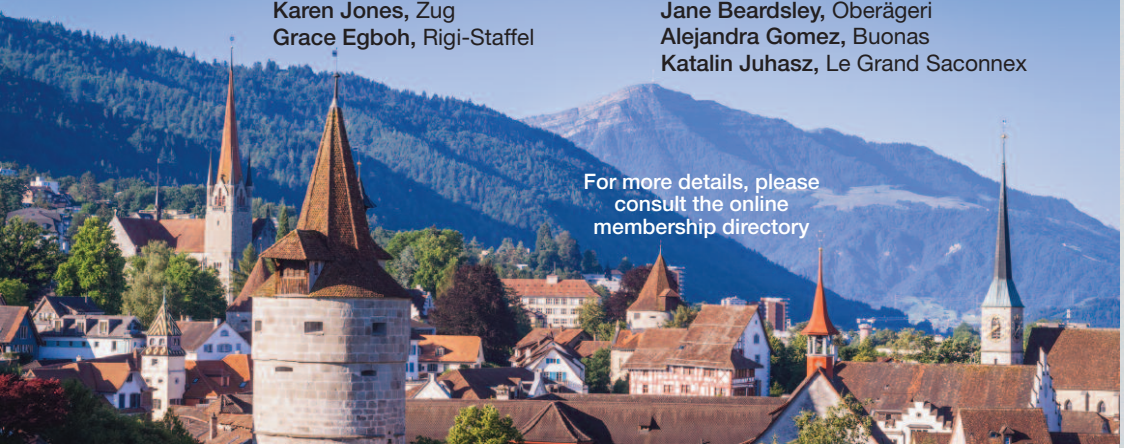
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Talent Showcase Review

New Members

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

We warmly welcome our new members

Caroline Dekeuleneer, Walchwil
Heidi Schumpf, Risch-Rotkreuz
Tamara Pardieck, Mettmenstetten
Eleni Tsipouriari, Cham
Maggie Atanassova, Zug
Martine Jus, Neuheim
Louise Worth, Zug
Shaili Poddar, Walchwil
Gabriella Ferenc, Zug
Karen Jones, Zug
Grace Egboh, Rigi-Staffel
Mary-Anne Kedda, Baar
Daria Solovei, Meggen
Olga Fernandez, Steinhausen
Khadijah Kadwani, Cham
AJ Cripps, Zug
Jennifer Cannon, Steinhausen
Judith Belmonte, Baar
Marina Honig, Zug
Alexandra Bär, Hünenberg
Jane Beardsley, Oberägeri
Alejandra Gomez, Buonas
Katalin Juhasz, Le Grand Saconnex



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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.

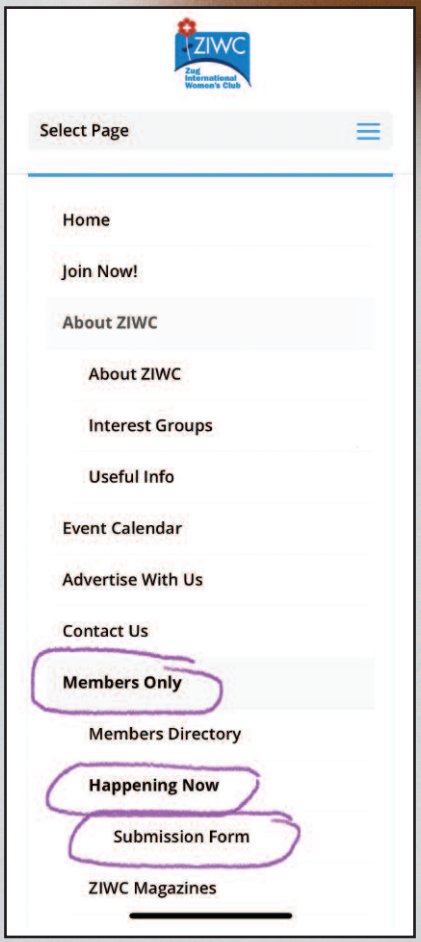
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NEW Club No-Show Policy: Any Member who makes a reservation for a free event who has not cancelled within the agreed deadline or has not given notice to the event organiser of non attendance will incur a 25 CHF fine.

Happening Now!

Would you like a Club forum on the ZIWC website, where Members can post...

...useful bits of information, tricks, a restaurant or film review, pose a question or ask for a service?



Well, we actually have that facility tucked away deep in our site, and we'd love to make it more accessible and interactive.

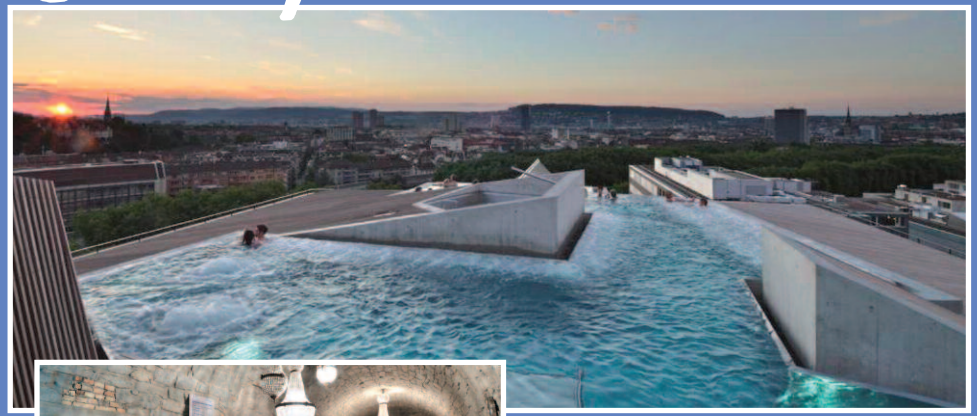
We are renaming this section as 'Share!' Meanwhile, continue to access the content submission form via the toolbar headings:

Members Only > Happening Now > Submission Form

Why not submit a thought or idea, and with the talents of our Web Editor and Board team, help us get this interactive forum off the ground?

'Share!'

Escapes Ladies' Spa Day and Lunch







Join us for Ladies' Spa Day and Lunch.

Date: **Tuesday 30 August 2022**

The Experience:
A wellness day at the Hürlimannbad & Spa Zurich followed by lunch at the B2 Hotel Boutique Wine Library is the perfect way to have a good time together and completely switch off from everyday life. The spa will be open exclusively to women only for this event.
Included in admission:

- Roman-Irish Spa Ritual
- Aperitif and small bottle of Prosecco Rosé
- Bath towel and bathrobe
- Tea and 'Aqui' water

Location: Hürlimannbad & Spa Zurich and B2 Hotel Boutique
https://www.aqua-spa-resorts.ch/en/hurlimannbad-spa-zurich

Departure: 9:00 am - meet at the Zug Bahnhof
We will travel by train together to Zürich Enge and return after lunch.
Approximate return time is 15:00 (2 hours at spa, 2 hours lunch)

Cost: Spa 78.50 CHF; Lunch will be paid individually (dishes range from 20-45 CHF)

Booking details and deadline: Please register via the ZIWC calendar on the website.
RSVP no later than August 19.

Contact: For questions or more information, please contact Alicia Toledo at 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

August Lunch Club

Join us for the ZIWC August Lunch Club at **Roof Garden Restaurant, Globus, Zurich**

Our Lunch Club events are a great chance to get together for lunch and a chat - or even a discussion of current affairs!- in relaxed surroundings.
For our latest Lunch offerings we will be exploring venues that are just a little bit different…



When: **Friday 26 August**

Time: **12:15**

Where: **Roof Garden @ Globus**
Schweizergasse 11, 8001 Zürich. This beautiful rooftop restaurant is situated at Globus Zürich just off Bahnhofstrasse. **www.roofgarden.ch**

Details: The Lunch menu provides a choice of mezzo or single plate dishes; we will choose the food in advance. We will meet directly at the restaurant for 12.15.

Booking: Register on the ZIWC website or by calling/texting Ailbhe Fallon +41 78 698 51 60 (no WhatsApp please).

Booking deadline: The number of places available for this special Lunch is strictly limited so please register early if you want to make sure of a place. Registration will close when all of the places reserved have been taken or by midnight on 22 August (whichever is sooner).

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

Lotte & Josy's *last* Summer BBQ

Lotte, Josy and their husbands hosted their yearly Summer BBQ for the last time.

We had a great turnout and a wonderful time.

THANK YOU so much and hope to see you around at one of our Club activities.







August Monthly Dinner

In **August** we will be going to the **Hafenrestaurant**, by the lake at the Zug marina. Weather permitting, we will dine outside, whilst sipping on a Hugo or an Aperol spritz on the wooden deck and enjoying the amazing sunset of lake Zug. For less inviting weather, we will dine inside.

When: **Wednesday 31 August, 18:00**

Where: Hafenplatz 2, 6300 Zug (Park at the Zug Marina or take the train to Schutzengel)

Group limit: Please register online for the dinner or send Valerie a Whatsapp (on the day of the event, in case of last minute cancellations and there is availability)

Booking deadline: Please register online, on the ZIWC website by 30 August. If you can't register by yourself, please send an email to webeditor@ziwc.ch.

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

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

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





Save the Date! Lunch Club in next few months

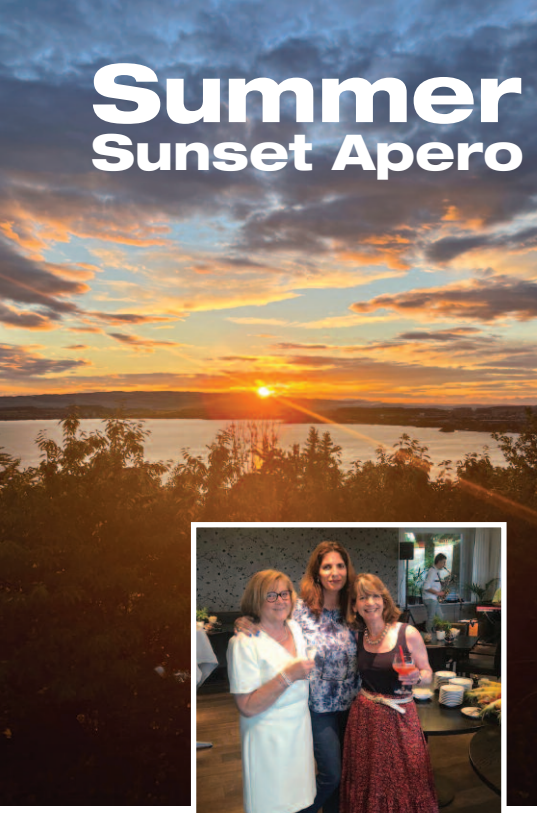
October Lunch Club: We will be dining at Level Sushi, Fischmarkt 2, Zug

Date: Tuesday 18 October
Time: 12.15
Registration: by midnight Saturday 15 October

November Lunch Club: Thursday November 24 at 12.15. *Updates to come…*



Summer Sunset Apero at Guggital







The event was oversubscribed and though it was sunny all week, on that day it poured. Raincoats and umbrellas were required and not sandals and summer dresses. We were warmly welcomed by Party Committee Team Tania Mobayed, Christine Blanshard and Susan Laudenbacher. The event was at the historic Guggital Hotel with a panorama view of Lake Zug.

The food was delicious and varied with a centre table decorated with a carved summer fruits showpiece and we had plenty of cocktails and prosecco to start off the evening. The rain petered away and the glowing skyline became luminous. In the end we could go to the terrace and see the amazing view and take good photos.

The Brazilian Jazz Band Bossa Nova Club played a Latin beat and with the addition of Botter Maio and his saxophone, it was time to dance away the evening. As the tables cleared, we had time for coffee and delicious homemade ice cream and strawberries.

Our party gift was a bottle of Engelwy Müller Thurgau white wine. What a splendid evening with promises of breezy warm summer days.

Jessy D Silva





Botter Maio Music Productions present:

Rodrigo Botter Maio solo performance (guitar & voice)
Duo with accordion,
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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*.

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 uses 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 at karin-resch@bluewin.ch or on +43 664 421 27 75

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 at paulfamily@bluewin.ch or on 079 279 97 48

Aegeri Coffee

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

Don't miss the opportunity to meet other Members for a lively get-together in the Aegeri area! Please register on the website calendar and contact Tina to be added to the whatsapp group for latest updates.

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

September contact coffee

Our first get together after the Summer we will be in Steinhausen.
For this morning coffee your host will be Robynne McArthur.

When: Tuesday 13 September, 10:00 – 12:00
Where: Hochwachtstrasse 45, 6312 Steinhausen
Max capacity: 10 per event. Registration ONLINE through the club calendar.
Registration deadline: 9 September 2022
Please contact: Robynne on 076 575 7942 or Veerle at hospitality@ziwc.ch or on 077 505 1213.

There are plenty of visitor car spaces or free parking on the road. Nearest bus stop is Oele.

Hope to see you there!

October contact coffee / drinks

will be shared nearer the time



ZIWC *in the Community*

This June we had the opportunity to pitch our ZIWC stall at the Gemeinde Cham's Neuzuzüger Anlass or Newcomers' Welcome Event. Thanks to Andrea, our Marketing Chairwoman, we were able to have this opportunity to meet and greet some of Cham's new residents, tell them a bit about who we are, what we do and what we offer by way of social events and bringing the international community and Swiss community together. We were met with much enthusiasm and interest and hopefully have generated some membership signups! It was great to be invited by Gemeinde Cham in recognition of the fact that Cham and all municipalities of Kanton Zug have an international community that wishes to be integrated into the community at the local level and indeed, Swiss citizens that would like to be part of ours. We continue to welcome new Members whether new to Zug, or Switzerland or have been here their whole lives!

Suzy - Magazine Chairwoman







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ZIWC *Business Networking Group*

Upcoming Apéro Dates 17:30 - 1930:

Thursday 18 August
Thursday 29 September
Wednesday 12 October
Wednesday 9 November

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

If 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!

If you would like the latest information about BNG activities please join our emailing list and/or BNG WhatsApp group: send an email with your full name and contact details to:

BNG Co-ordinator Ailbhe Fallon at BNG@ziwc.ch or on 078 698 5160.





August 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 13:30 **Social Walk** **Swiss National Holiday**	**2**	**3** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**4** 9:30 **Golfing Gals Group**	**5** 9:15 **Fitness Hiking Group**	**6** SATURDAY **7** SUNDAY
8 13:30 **Social Walk**	**9**	**10** 8:30 **German Conversation** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**11**	**12** 9:15 **Fitness Hiking Group**	**13** SATURDAY **14** SUNDAY
15 13:30 **Social Walk**	**16** 9:00 **Zuger Trophy Walking and Running Group**	**17** 8:30 **German Conversation** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**18** 10:00 **Cham coffee** 17:30 **BNG Apero** **Joint Stammtisch with IMCZ**	**19** 9:15 **Fitness Hiking Group**	**20** SATURDAY **21** SUNDAY
22 13:30 **Social Walk**	**23** 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 14:00 **Book Club** **Fit and Kicking Group**	**24** 8:30 **German Conversation** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting**	**25** 9:30 **Walchwil Coffee** 11:00 **English Intermediate Group**	**26** 9:15 **Fitness Hiking Group** 12:00 **Monthly Lunch**	**27** SATURDAY **28** SUNDAY
29 13:30 **Social Walk**	**30** 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 10:00 **Ladies Day Spa**	**31** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**			








Escapes

Fondation Beyeler Mondrian Exhibit and Old Town Basel Walking Tour



Join us for Fondation Beyeler Mondrian Exhibit and Old Town Basel Walking Tour.

Date: **Tuesday 27 September 2022**

The Experience:
Together with the ZIWC Arts & Culture Interest Group we will enjoy lunch at the Fondation Beyeler restaurant followed by a tour of the Mondrian Evolution exhibit.
Afterwards we will go to the old town of Basel for a guided walking tour.

The Mondrian Evolution exhibit marks the 150th anniversary of Dutch painter Piet Mondrian's birth. As one of the most important artists of the avant-garde movement, Mondrian shaped the evolution of painting from figuration to abstraction.

Location: Fondation Beyeler and Old Town Basel.

Departure: 10:00 - meet at Zug Bahnhof.
We will travel by train together to Basel and return after the walking tour at approximately 17:00.

Cost: Exhibit 25 CHF; Walking Tour (tbc); train ticket and lunch to be paid individually (dishes range from 8-35 CHF).

Booking details and deadline: Please register via the ZIWC calendar on the Website.
RSVP no later than 13 September.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch or Shefika Balaban Brandenberger - Arts & Culture Interest Group leader.

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

Save the Date! Future Escape... to Oktoberfest Zürichsee (event inclusive of partners)

Date: Saturday 29 October 29, 2022

The Experience: An evening Escape to enjoy with your partner! This event celebrates Bavarian tradition with music, food and of course beer.

Location: Seedamm Plaza, Pfäffikon



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ENGEL & VÖLKERS

How **ZIWC** celebrated their Anniversaries over the years...



by **Saakje Daalhuijsen**

It was a tradition for Past Presidents to organise a party event in the anniversary year. Additionally the Board would organise small events to celebrate each milestone. The 40th anniversary celebration was the last event the Past Presidents organised, they felt it was time that a younger generation took over. For subsequent anniversaries a committee was formed with regular Members. For all those special anniversaries, our Members were duly invited with beautiful printed invitations. After the 35th anniversary we had 'ladies only' parties. Only on special events like the Christmas Golden Gala Ball during the 50th anniversary year in the Casino in Zug, were husbands and partners also welcome to celebrate. Original invitations are kept in the ZIWC Archive.

From the archives...

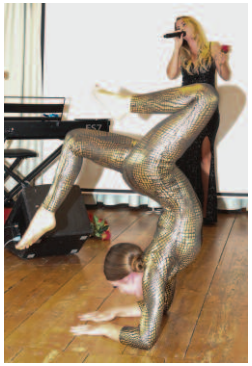
1972 – 5 years: The first five years of the Club was up-and-down in terms of membership, I cannot find any festivities in the archive for the first anniversary celebration.

1977 – 10 years: Celebrated with a dinner-dance party in Hotel Rössli in Steinhausen. 'Theatre' entertainment was provided, written and performed by former Board Members. Husbands and partners were invited.



1982 – 15 years: Celebrated at the Saal Heinrich Von Hünenberg. Past presidents dressed in their bathing suits and net stockings, performed a dance to strip music and jumped out of a huge birthday cake made of styrofoam. Despite some objections from some Past Presidents at the 'costume' choice, everybody participated in the end. All Past Presidents wore white dresses throughout the evening. Husbands and partners were invited.

1987 – 20 years: Located at Schloss Lenzburg. Past Presidents wore period costumes through the whole evening, in keeping with the castle theme, danced a 'minuet' together with their husbands, also in matching costumes. The costumes were rented from the Opera House in Zürich.



1992 – 25 years: Celebrated at the Magic Casino Degersheim. Husbands and partners were invited and a quiz was organised for the long bus journey there. The hotel, the museum and the magic show provided all the entertainment required. All Past Presidents were in attendance. Each President was head of a table and silver top hats with the year on it were placed as centrepieces, fitting for this silver anniversary.

1997 – 30 years: Held at Park Hotel Vitznau. An elegant luncheon was held for ladies. Buses to Küssnacht am Rigi were organised and a beautiful party boat was ready and waiting for boarding. An Apéro was served during the boat's trip to Vitznau. The present Past Presidents lined up in front to introduce the event and a few of them gave a small performance, dressed in Swiss farmer's shirts and hats.





2002 – 35 years: Held at Hotel Fürigen in Fürigen, above the lake of Lucerne. Buses were organised to make the trip to the restaurant through the scenic route of the Axenstrasse. Performance artists Fun fact: 'Servös Nervös' were hired to be funny waitresses who reminisced over the previous 35 years.

2007 – 40 years: Held at the Palace Hotel Lucerne, a ladies only event. Past Presidents represented Club activities such as Contact Coffee, Gardening, Golf, Party and Culture through the art of pantomime. A rendition of 'Wouldn't it be loverly' from the musical 'My Fair Lady' was sung by a young girl accompanied on the piano by a Member. The song had new lyrics, telling the story of a newcomer arriving in Zug looking for friends and finding ZIWC. The My Fair Lady theme was extended to the dress code: all ladies wore hats of all sizes, all colours, all styles, it was great fun. One member was even dressed as Eliza Doolittle.

A Halloween party for kids was organised later in the year and ZIWC made a book donation to Zug Library.

*... continued on the **ZIWC** website.*
For years 2012 to present day, go to www.ziwc.ch/happening-now, our Members only section of the ZIWC website and scroll down to find the ***'How ZIWC celebrated their Anniversaries over the years...'*** post.

September Lunch Club

For our September Lunch we are planning to take a Lunchtime trip round the Zugersee dining on Pasta!

https://www.zugersee-schifffahrt.ch/erlebnisse/alle-erlebnisse/erlebnis/pasta-mittags-hit/

When: **Tuesday 20 September 2022**
The boat departs from Zug Bahnhofsteg at 12:15 and returns at 14:57

Please register your interest on the ZIWC Website (or if you have no access to the internet, by calling or texting Ailbhe Fallon on 078 698 5160 - no WhatsApp please) by 26 August so that we can secure sufficient places together.

Each member will then be asked to book and pay for their own place.

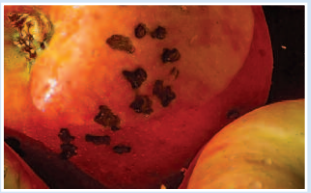
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September 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
			1 	2 9:15 **Fitness Hiking Group**	3 SATURDAY 4 SUNDAY
5 13:30 **Social Walk**	6 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 14:30 **Gardening Group**	7 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	8 9:30 **Golfing Gals Group** 11:00 **English Intermediate Group** 15:30 **Italian Conversation for everybody**	9 9:15 **Fitness Hiking Group**	10 SATURDAY 11 SUNDAY
12 13:30 **Social Walk**	13 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 10:00 **Contact coffee**	14 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	15 10:00 **Cham Coffee** 11:00 **English Intermediate Group** **Joint Stammtisch with IMCZ**	16 9:15 **Fitness Hiking Group**	17 SATURDAY **55th Anniversary Lunch** 18 SUNDAY
19 13:30 **Social Walk**	20 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 12:15 **Monthly Lunch**	21 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	22 11:00 **English Intermediate Group** 15:30 **Italian Conversation for everybody**	23 9:15 **Fitness Hiking Group**	24 SATURDAY 25 SUNDAY
26 13:30 **Social Walk**	27 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 14:00 **Book Club** **Fit and Kicking Group** 14:30 **Aegeri Coffee**	28 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	29 9:30 **Walchwil Coffee** 11:00 **English Intermediate Group** 17:30 **BNG Apero**	30 9:15 **Fitness Hiking Group**	31 SATURDAY 
					

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 any updates and changes regarding the dates, time and location of all 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.



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





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.



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.

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! We meet at 9:30 on the first Thursday of the month at Golfpark Holzhäusern. We practise together for an hour, then stay for a coffee and a chat. We organise spontaneous rounds of golf as well.

If you are interested, send a WhatsApp message to Stormy Berney on 076 499 5071 to join and to receive a message on the day for specific details of where to meet at the Golfpark.

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.



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.





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 resume its activities on 23. 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.



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 meets every **Wednesday** at **13:30**.

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





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.



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 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 will resume its activities on 23. August.



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.

"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 ***For everybody***

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! We'll have conversation for beginners and more advanced, always open to give some grammar insights if needed.

Meeting Details: Thursdays **from 15.30 to 17.00**

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



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.

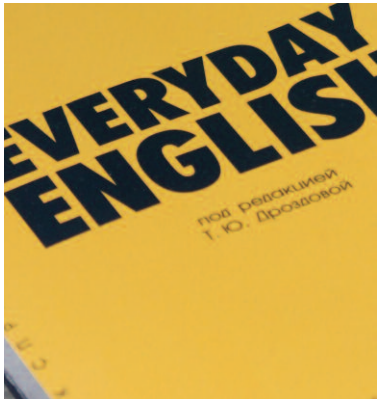
Contact Details: Send a WhatsApp with your **full name** to Helena Lustenberger on 079 243 6439.

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.





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 Lucy Harrison, a native speaker and certified English teacher. Meetings will run via Zoom on Thursdays 11:00-12:00.

Contact Details:
Lucy at Lucyhvharrison@gmail.com
or on 076 231 43 69.

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.

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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Shopping in Steinhausen

ZIWC SHOWCASE

Event 14 May 2022

Our Club is full of Wonder Women who have skills and talents, who create and design and who successfully run their own businesses. Not all Members are aware of this, so the Board decided to give these ladies the chance to show off and present their expertise. The centrally-located Siehbachsaal was hired and Members offered the chance to exhibit at a token cost.

In order to give as many Members a chance as possible, as many tables as possible were provided, which were fully booked up and in the end, demand exceeded supply. Language classes were offered along with food, wine, herbal tea and Kombucha. Services on offer included lifestyle coaching, skincare products, party services and destination events, floral prints and hand-made stationery. Floristry, bridge classes, ceramics and photography contrasted with decluttering advice, a library service, fitness training and interior design. In short, an amazing array of expertise and something for everyone. All of this to the enchanting rhythms of Bossa Nova music provided by Club Member Alcira.

It was unfortunate that the Siehbachsaal furniture could not be taken outside and that the rooms were rather crowded (lessons were learnt for next time!) but it was a fine day and many Members, friends and families took advantage of the opportunity to pop by and sample the goods on offer. All in all, a successful day worth repeating at some time in the future! Meanwhile, perhaps all those talented ladies and others, still to be discovered, might be interested in participating in the Club's BNG Interest Group?

My thanks go to all the Members and non-members who participated and visited and all those who gave their time and energy to staff the ZIWC info stand.

Helena Lustenberger



































In Memoriam

Marianne Hablützel
Marianne Hablützel, who died in March, was President of the ZIWC from 1974 to 1975. She was very proud of being the first Swiss-born President of the Club and was also very proud of her Glarus roots.

Before coming to Steinhausen to live, she had lived in New York for several years and enjoyed a taste of American-style club life. Joining the ZIWC was a perfect opportunity for her to share her talents for organising events and making many new friends. Over the years she served the Club in various positions. In addition to her native Swiss German, she spoke fluent English, Spanish and French and when she moved to Ticino about 15 years ago, added Italian to her language skills.

Marianne was most vivacious and hospitable despite her many, many operations. She was greatly supported throughout her life by her loyal husband Werner who, sadly, also died recently.

We extend our sincere condolences to their daughters Monique and Nicole and their families on the loss of Marianne and Werner.

Ingrid Arwas / Fiona Schaller / Gerda Wickart

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