ZIWC
Zug International Women's Club

MAGAZINE

Connect!

SEPTEMBER 15 / OCTOBER 2022 | FOR WOMEN • FOR CONTACT • FOR 55 YEARS







www.ziwc.ch

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O' ZAPFT IS!

17.09. - 8.10.2022

GAUDI & MUSI FOR GIRLS & BOYS -
BAVARIA IS AGAIN A GUEST AT THE BÄREN!

MO - SA ab 17.30 Uhr, warme Küche ab 18.00 Uhr.
Restaurant Bären Zug, Baarerstrasse 30, 6302 Zug
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Informationen zum Angebot auf www.restaurant-baeren-zug.ch

EIN BETRIEB DER HOTELBUSINESS ZUG AG

RESTAURANT
BÄREN
ZUG

Dear Members,

Whilst writing this Magazine intro I am still enjoying my vacation in Spain. I hope you all had a lovely summer too and managed to recharge your batteries, spending time with loved ones and in the fresh air.

This year at the Club we were able to adapt hospitality gatherings around COVID regulations, enjoying many in person get-togethers and events, which has been great for connections and our well-being. This year, we warmly welcomed 66 new Members, with monthly contact coffees and aperos in full flow. It has been absolutely fantastic to be able to spend time together with ladies of all ages and backgrounds (…we also had children and even the odd pet joining us as we really are a Club that welcomes everyone!).

Our weekly Stammtisch at the Park Hotel remains very popular as seeds of contacts and friendships are planted here. We were also delighted to be able to bring back our monthly coffees in Cham, Walchwil and Aegeri, which are successful and well-attended. I have to say that this is also only possible because of the help and dedication of the Hospitality team. So here is a big 'thank you' to these wonderful ladies!

I hope you are fully recharged for the remainder of the year as we have plenty of exciting and inclusive things in the pipeline for you! The new Board has many ideas and initiatives so please stay tuned as we do hope to see a lot of you at these events. Keep checking our online Calendar on a regular basis in order not to miss out. I would like to remind everyone that signing up for activities or gatherings needs to be done online. I am aware that some of our longstanding Members do not have access to or are not comfortable with computers, so please ask a fellow Member to sign you up or get in touch with one of the Board Members and we will happily help.

I hope you enjoy this month's Magazine – happy reading!



Looking forward to seeing you soon at one of our events.

Warmest regards,
Veerle Vandionant
Hospitality Chairwoman

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New Members

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

We warmly welcome our new members

Fabiola Hermans, Oberägeri
Fanny Van Dyck, Zug
Alexandra Seclaman, Baar
Andaleeb Lilley, Zug
Raquel Montero-Coello, Zug
Isabelle Grenier, Zug
Alexandra Patru, Zug
Alexandra Christodoulopoulou, Zug
Anne-Jeanine Van Oosterhout, Walchwil



For more details, please consult the online membership directory

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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 otherwisespecified, the cancellation deadline is the booking deadline. A Member who cancels her participation in an event, after thecancellation 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.

Club No-Show Policy for 'Free Events': 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.

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

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.

Escapes

Oktoberfest in Zug with IMCZ





Join us for Oktoberfest in Zug with IMCZ

Date: **Friday 30 September**

Time: **Table booked from 17:30 – 23.00**

The Experience:
Join us, together with Members from the Men's Club (IMCZ), at the Bären restaurant in Zug for a fun-filled evening. The Bären offers live music and Bavarian fare. A 10-20 person table has been reserved for a pay-your-own-way event for our members and guests alike.
https://restaurant-baeren-zug.ch/event/weiss-blaue-wochen/

Booking: Please register via the ZIWC calendar on the website.

Contact: For questions or more information, contact Alicia Toledo at escape@ziwc.ch

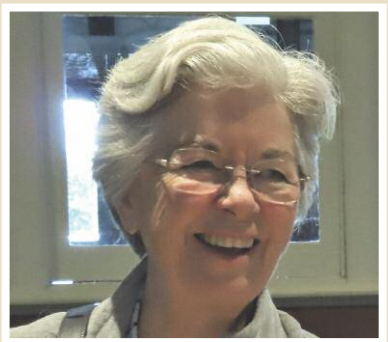
The ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to page 4 for details.

NOTE: This event replaces the previously advertised Oktoberfest Zürichsee on October 29, which has been cancelled.

RESTAURANT BÄREN ZUG

Meet the Members

Beth



My name is Beth Vermaak, and I was born (a long time ago!) in South Africa. My parents were both South African born, but all of my grandparents were British - 3 of them Scottish. After I finished school, I studied Social Work at University in Johannesburg. In 1971 I married a fellow (Afrikaans) South African. Just over a year after we married, we decided we wanted to live in Europe. My husband worked for a large international company, and through them was fortunately able to find a job in Switzerland, which became our permanent home when we became Swiss in 1986. During the late 1980s and the 1990s we were lucky enough to live in Germany (Baden-Baden area), the USA (Michigan) and Japan (Tokyo). My husband retired in late 2000, and we moved to Zug the following year. Since then, we have been spending a large part of each winter in South Africa.

In November it will be 50 years since we first came to Switzerland.

I love the scenery, the lakes and the forests of Switzerland, and the alpine meadows. I also love the beautiful Swiss cows and the festive tradition of taking them to their higher summer pastures and bringing them down again in the Autumn. I love the food, and the chocolate of course. And I really like the efficient public transport system, and Swiss efficiency generally.

While living in Japan I started to learn the Japanese art of flower arranging or Ikebana, which I managed to continue learning on my return to Switzerland and still have as a hobby. I also enjoy reading and sewing when I have enough time.

I heard about ZIWC when I was a member of the Zurich International Women's Association in the 1980s, and after I had been in Zug for quite some years, I decided to join ZIWC in order to meet international women from the area. I've now been a member for 15 years.

I mainly participate in the Stammtisch on Wednesday mornings, and also like to attend some of the monthly lunches.

I enjoy meeting and getting to know women of all ages from many different countries and from many different walks of life. There is a warmth and welcoming attitude among the members of ZIWC and towards newcomers.

As this is your Connect! Magazine we thought it would be rather lovely to feature more of you, the Membership, within these pages. We are thrilled to introduce Alice and Beth who tell us a little about themselves and what brought them to ZIWC.

Alice



My name is Alice Helfenstein and I live in Baar with my husband Gallus. I am 78 years old and I have two daughters - one lives in London and one lives in Walchwil. I have also been blessed with four grand-daughters and now a new great-grand-daughter who turns 1 year soon.

I was born in Johannesburg, South Africa, in 1943 and lived there most of my life.

I worked as an accountant and married my first husband in 1967. We were together for many years but unfortunately it didn't work out and we got divorced in 1990.

I met my present husband, who incidentally is Swiss, and decided to move to Switzerland in 2004 to enjoy my retirement here. My father was born in Winterthur and travelled when he was very young to work as a confectioner in Johannesburg. We always maintained connections here with family and friends.

My hobbies include reading, cooking, baking and walking - all keeping me very busy and happy. Unfortunately, I do not get involved in any business projects anymore because I love to just relax and socialise with friends.

My daughter Natalie, who was living in London when I arrived here - realised I was missing all my friends in South Africa and decided to search online for a Club or organisation which enabled me to meet people. She luckily found the ZIWC Ladies Club in Zug and encouraged me to go and investigate! Well, after my first visit, I loved it and never looked back! I have been a Member now for 14 years.

I attend the Wednesday Stammtisch regularly for a coffee and chat. I also join in at the Lunches and certain events organised by the very efficient Committee Members.

A big 'thank you' to all the ladies who work so hard to keep the fabulous Club going for us.

Wonder Woman

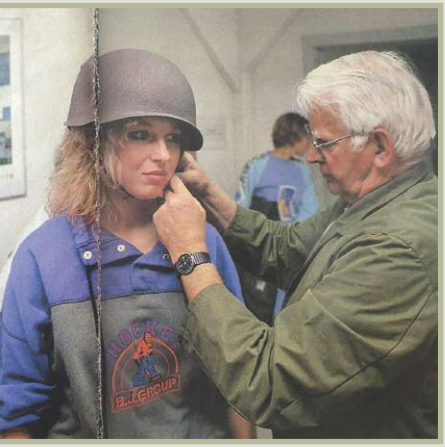


You might know that military service for men is obligatory in Switzerland but did you know that women also serve on a voluntary basis – in growing numbers? An early recruit was our Secretary, Giuliana Hug. Giuliana was a tomboy as a child who loved playing Cowboys and Indians and whose hobby was a fascination with fighter planes. Her hero was Chuck Yeager, the first man to fly supersonic.

At the age of 22, Giuliana enlisted as a radar operator looking out for enemy planes using the military's surveillance system. She was delighted to be sent to the airfield at Dübendorf, where there were Mirage jets parked outside! In those early days, the basic training was short but Giuliana quickly learnt how to handle a pistol and was sent off on guard duty, standing outside through the freezing cold nights. The discipline of army life was tough, she suffered from lack of sleep, endured long hikes with backpacks and the discomfort of wet clothes, but the food was good and Swiss soldiers would get weekends off to take home their washing to Mami and catch up on their sleep.



Before long our Kim Basinger-lookalike heroine caught the eye of the press; she and her comrades were interviewed in a weekly magazine and photographed wearing the gas masks they wore whilst working and also whilst crawling through obstacles during combat practice. The women were motivated and ready to learn, and they also had a positive effect on the behaviour of the male soldiers. Soldiers in active service learn to deal with difficult situations, accept decisions, work in teams under harsh conditions, all of which are useful lessons for life. Army life can be a career for women too.





Giuliana



In addition to getting up close and personal with fighter planes, Giuliana enjoyed the camaraderie, field training and pushing her personal limits. On one memorable night after spending a few days on a damp mountain, sleeping in a barn, washing in a cow trough and being unable to even remove her contact lenses for days on end, Giuliana and her fellow soldiers had to climb a hill. At the top, a restaurant opened especially for them and she had 'Kafi Zwetschge' (weak coffee with plumb schnapps) to warm her up. It was the best Kafi Zwetschge of her life.

Nowadays, women recruits are given the same training as men and aside from the regular army, can serve in the civilian service, the Red Cross or on peace-keeping missions. As you can see from the pictures of Giuliana, a Swiss female soldier can indeed look glamorous!

Would she do it again? Why don't you ask her?

Do you know any special women with hidden talents or a secret past who could inspire others? We would like to portray them. Get in touch with the team at connectmagazine@ziwc.ch.

Helena Lustenberger



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ENGEL&VÖLKERS

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 2775

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 9748

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.

Don't miss the opportunity to meet other Members for a lively get-together in the Aegeri area! Please register on the website calendar as spaces are limited to 8 for now.

When: Last Tuesday of every month
Where: Bommerhüttli, a little outside of Unterägeri
Contact: Tina on 077 479 1311

Contact coffee / Drinks

The gatherings for the coming months will be announced via our Web calendar





September Monthly Dinner

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

When: **Wednesday 28 September**

Time: 18:00

Where: Restaurant **Landhaus Steirereck**, Luzernerstrasse 14, 6330 Cham (just 3 minutes' walk from Cham train station). Various parking options in Cham include by the church, Rigiblick parking house or by the library (Lorzensaal). www.steirereck.ch

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

Booking deadline: September 27

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

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

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





Interest Groups for Younger Members

Are you a young ZIWC Member aged roughly 18-25? Or are you a Member who has a family member who would like to reach out to other young people? We are interested in facilitating connection for younger Members. If this idea resonates with you, please get in touch to see if you can help form, lead or take part in an Interest Group specifically tailored to connecting with like-minded young women in Zug.

Email interestgroups@ziwc.ch to connect!



ZIWC Business Networking Group

Upcoming Apéro Dates 17.30 – 19.30:

Thursday 29 September • Secret Garden, Metallstrasse 20, Zug
Wednesday 12 October • Fischerstube Bar, Unter Altstadt 12, Zug

Please register on the website so that we can ensure that we have enough places reserved - these are busy venues!



Save the date: Thursday 10 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 51 60.



September 2022

MONDAY	TUESDAY	WEDNESDAY
		
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**
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**
19 13:30 **Social Walk**	**20** 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 12:15 **Monthly Lunch** 18:30 **Bar & Lounge**	**21** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
26 13:30 **Social Walk**	**27** 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 10:00 - 17:00 **ESCAPE: Beyeler Foundation Visit** 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** 18:00 **Board Meeting** 18:00 **Monthly Dinner**
		

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

THURSDAY	FRIDAY	WEEKEND
 1	2 9:15 **Fitness Hiking Group**	3 SATURDAY 4 SUNDAY
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
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
22 11:00 **English Intermediate Group** 15:30 **Italian Conversation for everybody**	23 9:15 **Fitness Hiking Group**	24 SATURDAY 25 SUNDAY
29 9:30 **Walchwil Coffee** 11:00 **English Intermediate Group** 17:30 **Business Networking Group**	30 9:15 **Fitness Hiking Group**	SATURDAY
		 

October Lunch Club

In **October** we will be dining at **Level Sushi, Fischmarkt 2, Zug**



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: **Tuesday 18 October**

Time: **12:15**

Booking: Please register on the ZIWC website or - if you have no web access - by calling/texting Ailbhe Fallon +41 78 698 5160 (no WhatsApp please).

Booking deadline: by midnight Saturday 15 October

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



October Monthly Dinner

The **October** Monthly Dinner will take place once again, by popular demand, at **My Oriental Cuisine** in Baar, where we enjoyed several months ago shrimp dumplings, crispy beefs, delicious curries, duck specialties and Phad Thai amongst other Asian dishes. Their service is very friendly and their food is amazing. www.myorientalcuisine.ch

When: **Wednesday, 26 October**

Time: 18:00

Where: Langgasse 4, 6340 Baar. Some parking places are available behind the restaurant. Bus stop: Oberdorf.

Group limit: 14 Members. please register online (Calendar/October 26/Monthly dinners)

Booking: Please register on the ZIWC website.

Booking deadline: Tuesday, 25 October. If you can't register by yourself, please send a mail to webeditor@ziwc.ch

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

Menu: We will be choosing *à la carte* from their **Asian** menu.





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



Stop the Press!!

ZIWC SHOWCASE Saturday 26 November 2022

Siehbachsaal
Die Nähe zum See lädt zum Verweilen und Feiern ein



Following the success of our Showcase of the wonderful ZIWC and Zug business talent in May (see August/September CONNECT magazine), we decided that the event should be repeated.

The Siehbachsaal in Baar - the venue for our May Showcase - has been booked for Saturday 26 November, just the right time to show off your ideas for Christmas and New Year gifts! And now we need to get down to making it happen….

The coordination and planning will be undertaken by the Business Networking Group, and Ailbhe is looking for Members to be part of a small Showcase Committee. If you would be interested in getting involved in making the Showcase a success, please email Ailbhe at the details below.

While ZIWC Members will get priority, exhibiting will be open to guest businesses - so if you are interested in showcasing your business and talent, best get in early: Booking will open for ZIWC members on **September 16**.

BNG Co-ordinator: Ailbhe Fallon, contact Ailbhe at BNG@ziwc.ch
Please include your mobile phone number in the email if you would like to join our BNG WhatsApp group.

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

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October 2022

MONDAY	TUESDAY	WEDNESDAY
		
3 13:30 **Social Walk**	**4** 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group** 14:30 **Gardening Group**	**5** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
10 13:30 **Social Walk**	**11** 9:00 **Zuger Trophy Walking and Running Group**	**12** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 17:30 **Business Networking Group**
17 13:30 **Social Walk**	**18** 9:00 **Zuger Trophy Walking and Running Group** 12:15 **Monthly Lunch**	**19** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**
24 13:30 **Social Walk**	**25** 9:00 **Badminton** 9:00 **Zuger Trophy Walking and Running Group Fit and Kicking Group** 14:30 **Aegeri Coffee** 15:30 **Italian Conversation for everybody** 16:30 **Italian Wine Tasting**	**26** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Monthly Evening 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

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		1 SATURDAY
		2 SUNDAY
6 9:30 **Golfing Gals Group** 11:00 **English Intermediate Group** 15:30 **Italian Conversation for everybody**	7 9:15 **Fitness Hiking Group**	8 SATURDAY
		9 SUNDAY
13 11:00 **English Intermediate Group** 15:30 **Italian Conversation for everybody**	14	15 SATURDAY **55th Anniversary Lunch**
		16 SUNDAY
20 11:00 **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** 11:00 **English Intermediate Group**	28 9:15 **Fitness Hiking Group**	29 SATURDAY
		30 SUNDAY

Seasonal Evening

Join us for our traditional event to share and be thankful this November. The seasonal event for our ZIWC Members will take place at a new and meaningful venue. The food and dessert offerings will be traditional, giving our tasters plenty of choice, particularly with speciality sweets. Please register with enthusiasm for a warm night of chatter, delicious dishes and entertainment.

Located at the foot of the Zugerberg the St. Michael Pfarramt has parking and public transportation nearby. Food contribution options are listed in the online registration page, cooks and bakers please get ready to give and receive. If you are short of time, you may choose to skip cooking and pay a supplementary fee, which is also appreciated. The charity group will raffle wonderful items and it can be a lucky night for many ladies.







Date: Wednesday 23 November

Time: 6:30pm-10:30pm

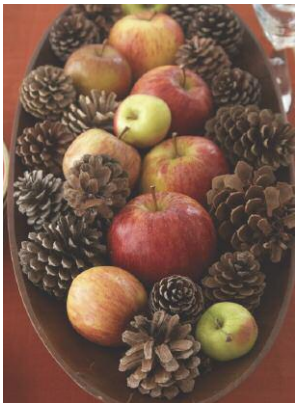
Place: St. Michael Pfarramt, top floor, Kirchenstrasse 17, Zug

Registration: Via the ZIWC website or Tania (annual events Chairwoman) at annualevents@ziwc.ch.

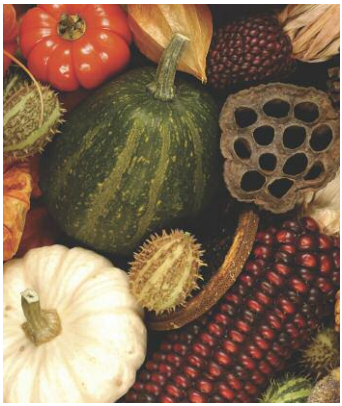
Price: 10 CHF if you bring a dish (to serve 6 people) 35 CHF for non cooks/bakers

RSVP: November 10 or earlier is appreciated

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







The ZIWC Cooking Club
is welcoming new Members!

Many of our cooks have recently relocated and our Group is looking for new Members with whom to make lovely food! We are a friendly bunch and would welcome anyone who is interested in cooking and sharing recipes.

How it works: we take it in turns to host; this entails planning and providing the ingredients for one or more dishes. The hostess decides how many Members she can accommodate - typically 4-6 depending on the size of the kitchen, and places are allocated on a first come first served basis via the WhatsApp group.

On arrival the hostess explains the menu and the ladies decide who is going to prepare which dish and then we all cook using the recipes provided by the hostess. Of course, the best bit of all is when we sit down together and enjoy what we have cooked and take copies of the recipes home with us.

It's a great way to make friends and to learn new recipes from all over the world in an informal and relaxed environment.

If you are interested in joining, please contact Caroline at cghoem@outlook.com.

The sessions typically last from about 10 am to 2 pm but as every meeting is so individual, it is entirely up to the hostess.

Please contact Caroline if you are interested so that the Group can continue!For further meeting details see the Interest Group pages.









Save the Date!

November Lunch Club:
Thursday November 24 at 12:15

Restaurant Neumühle
Bahnhofstrasse 9, Baar
https://www.restaurant-neumuehle.ch

Cancellation: if you need to cancel please do so by email to ailbhe.fallon@fallon-currie.com or calling/texting 078 698 5160 (no WhatsApp please) by the registration deadline.

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

Arts and Cultural Events Group

Our Art expert Shefika will organise visits to museums, galleries, art exhibitions and potentially some concerts. Most tours will begin 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 on 076 421 3835 or gulsef08@hotmail.com

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.

Date: Tuesday 13 September
Time: 16.30
Location: Reussblick 4, 6331 Hunenberg (Helena Lustenberger will be hosting)
Fee: 15 CHF
The booked room, situated in a private building, is big and well-aerated and the area has plenty of parking.

Booking and Contact Details:
Please confirm attendance with Lorella Benedetto at lorella.benedetto@libero.it or on 078 652 1396



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.



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.

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 – 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 50 71 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





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.

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

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.

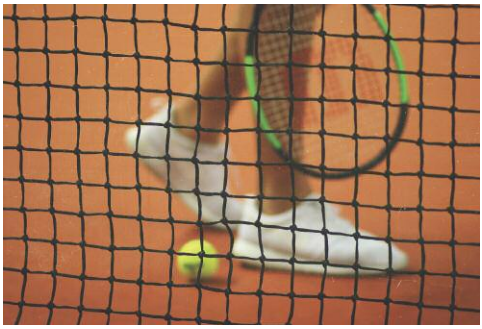
For meeting and location details please check the Club website or contact Agnès Reicke at agnes@reickeglaus.ch or on 079 693 2393.

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.



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

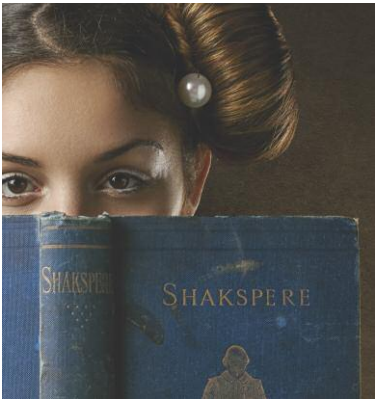
Contact Details:
Adriana Schiraldi on 079 744 1746.

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.





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 4369.

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.



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

Frauenzentrale Zug

The Frauenzentrale Zug (Women's Centre) is a non-profit organisation that was founded in 1969 as an umbrella organisation for all women's organisations in Zug. It is run by a voluntary board and a professional office. It is politically independent and non-denominational.

For more than 50 years, the Frauenzentrale has been actively providing services and support for women in need. They also offer refuge for men, young people and children.



Equality of women and men in the world of work, family, politics and society is the ideology of the Frauenzentrale Zug. To achieve this aim, they work together with the authorities and various institutions. Finances are generated via membership fees, donations, and by generating income via offering various services and running two second-hand shops - the Brockenhaus.

The Brockenhaus sells used goods and is responsible for the bulk of income that sustains the Frauenzentrale. It also provides an important social service, offering inexpensive goods and meaningful recycling of wares to the public, as well as offering a social network to volunteer helpers.

One of the centre's services is running the centre of expertise 'eff-zett', which comprises six specialised departments. People in difficult situations can turn to the eff-zett for advice and help. Parenting classes are also on offer.

The services of the eff-zett include:

- Alimony collection and advance payments
- Contact point for self-help
- Victim counselling
- Couple, family or individual counselling
- Sex and pregnancy counselling
- Separation, divorce or family mediation

Without volunteers, there would be no Frauenzentrale. The commitment and dedication of individuals, be it through providing financial support, volunteering, or serving in an honorary function on the board, committees or workgroups is invaluable.

Are you seeking advice or interested in volunteering?
For additional information, please contact the Frauenzentrale.
Consultations are also available in English.

www.frauenzentralezug.ch

Tel. +41 41 725 26 66
E-mail info@frauenzentralezug.ch

References:
www.frauenzentralezug.ch and www.zug4you.ch websites

ekz-zugerland.ch

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Save the Date!

Strasbourg Christmas Market

December 5-6 2022

Escape to Strasbourg Christmas Market!

We will be travelling by train to spend an evening and the next morning together visiting one of the most beautiful Christmas markets in Europe.

Details soon!





New Baby!

We would like to congratulate our Member Roxanne Lorimer who gave birth to a little baby girl on 12 August 2022. Welcome to the world Alexandra Emily!

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