ZIWC
Zug International Women's Club

MAGAZINE

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NOVEMBER / DECEMBER 2022 | FOR WOMEN • FOR CONTACT • FOR 55 YEARS



Club Board Members among those joining together to celebrate 55 years of ZIWC

www.ziwc.ch

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Facebook group: www.facebook.com/groups/zuginternationalwomensclub
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Dear Members,

Autumn is in full swing; with cool air, early sunsets and changing leaves. There is even snow in some parts of our Canton. As the Annual Events Chairwoman, I look forward to seeing you at the Seasonal Evening on 23 November. The theme is thankfulness, which is especially meaningful as a long-awaited full-sized 'post-Covid closures' event.

Here in Zug, we have many reasons to be thankful, from our friendships to well-networked living, the easy pleasures of nature to high quality health facilities. Often taken for granted is our freedom and shelter. The world is blighted by many difficult circumstances that we in ZIWC have recognised and supported through our get-togethers. Caring, giving and sharing are ways to be thankful. Seeing long-time Members continue to participate, giving a welcoming smile and an offer to help integration of those new to Zug comes naturally to our ZIWC Members. This is why, as a long-time Member of 21 years, I always try to be visible and say thank you for being here year after year. I hope that you share the same feelings and encourage friends and colleagues to join our Membership.

As a Member, I enjoy meeting bright, professional, open-minded, innovative women. Our Club provides for many cultures, ages and needs. It is with a proud and thankful heart that I contribute to the Board of the ZIWC and enthusiastically offer you the Annual Events programme. Many of these events I did with my late mother. Remember to look for special interest events via our social media portals and our GirlsAboutTown Whatsapp Group, offering vibrant learning, culture and simply fun, connecting experiences. And don't forget - tell your friends to register for the Seasonal Evening in November!

See you soon,
Tania



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ZIWC Emerald Anniversary Party

It was unusually cold outside for September, but on Saturday, 17 September 2022, 70 elegant ladies, including 12 past presidents, joined together for a stylish, sparkling apero in the Zug Rathaus to mark our club's 55th anniversary.

Laughter, the clinking of glasses and lots of chatter filled the 400-year-old walls of the historical building as we all gathered together to hear the address of our current President, Cristina Rocco, focusing on the achievement of women in our 55 years' existence and how much has changed in our society.



Empowered by the generous servings of sparkling wine and fortified by the delicious and delicate finger food, we adjourned for luncheon to the traditional restaurant Aklin under the famous Zuger Zytturm, the landmark of our town. Aklin is always a haven of warmth and style and on this occasion the ambience, the impeccable and attentive service and the excellence of the kitchen did not disappoint.

The pretty fresh flower arrangements on each table in the colours blue, red and white were symbolic of our club language, English, and we dined under the soft light of shining crystal chandeliers on a seasonal autumn salad, followed by a choice of roast shoulder of veal with a divine cognac and honey sauce, homemade pasta and fresh vegetables, or poached local Zuger trout fillet with wild rice.









For dessert a beautiful ice cream coupe Jack creation was served followed by coffee.

The entire celebration had been meticulously masterminded by our Vice President Émely and Saakje and it would not have been complete without a special charity raffle in aid of the Kinder und Jugendheim Lutisbach in Oberägeri.

The Club offered some wonderful and very generous gifts from the sponsors and the ladies were all eager to buy their tickets for the super prizes! The raffle team almost ran out of raffle tickets, such was the huge demand!

Dear ZIWC Board, Émely and Saakje – many, many thanks - it was an absolutely amazing gathering of so many ladies of all generations and of all nationalities, and it in every way depicted the mission of our club – a club for friendship and support.

by **Karin Resch**



















New Members

We warmly welcome our new members

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

Julie Small, Cham
Julie Gallagher, Hünenberg
Tanja Homeister, Oberägeri
Tanja Hager/Gymi St. Klemens, Ebikon
Bettina Bjerregard, Zug
Elena Murillo, Luzern
Marije De Jong, Risch
Michelle Wafer, Zug
Alicia Ioannou, Zug



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www.ziwc.ch

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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.

ZIWC Lunch Club

Our Lunch Club venue for November is will be at a new (to this group) place:
Restaurant Neumühle, Bahnhofstrasse 9, Baar www.restaurant-neumuehle.ch

When: **Thursday 24 November, 12:15**

The menu is seasonal; the current lunch menu which is available on the website, will give you a flavour of the style.

Restaurant Neumühle is very accessible - just across the road from the station at Baar.

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 22 November

Contact: 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.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 6 for further details.



November Monthly Dinner

The **November dinner** will take place at **PRISMA Ristorante**, another 'Italian gem' that not many people know, in the curve going from Zugerland (Steinhausen) into Cham. The restaurant is family owned and served by its owners, Roberto and Antonia and their close relatives.

When: **Wednesday, 9 November, 18:00**

Where: Restaurant **Prisma**,
Hinterbergstrasse 24, 6312 Steinhausen
There is enough parking in front of the restaurant.

Booking deadline: Please register on the ZIWC website by 8 November (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself)

Contact: Valerie Gitter (079 763 4606, vgitter@bluewin.ch) for questions only..

Menu: We will be choosing "à la carte" from their authentic Italian dishes.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 6 for further details.



Escapes

Discover Unexpected Chianti Classico Masterclass



Do you love Chianti? Do you know the difference between Chianti and Chianti Classico? Join our Masterclass to discover and taste 8 different Chianti Classico, presented by Italian producers, with small Italian nibbles!

Date: **Wednesday 30 November 2022**
from 17.30 till 19.00
Wine and Dine menu optional from19.00

Where: **Restaurant Prisma**
Hinterbergstrasse 24, 6312 Steinhausen
Bus Number 6 departs every 30 minutes from Zug Bahnhof stops at Cham, Riedstrasse and walk 160m. Alternatively take the train S5 from Zug Bahnhof and get off at Steinhausen Rigiblick, it is a 5min walk to the restaurant. There is customer parking available.

Cost: Full Year / New Members / IMCZ Members: 10 CHF
Returning Members (Lapsed members returning after 1st Oct): 15 CHF / Guest: 15 CHF
Wine and Dine option 96 CHF per person, see website for full details

Registration: Please register online

Booking deadline: 15 November 2022

Payment: You can pay online with credit card or to our bank account
Zug International Women's Club, Post Finance, 6340 Baar.
A/C No 17-521935-3, IBAN CH40 0900 0000 1752 1935 3.
If you have question please send a mail to lorella.benedetto@libero.it and we'll answer asap.

CV19 Updates: In case of changing in CV19 safety rules the Club will reschedule or refund members based on Board decision.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 6 for further details.

Autumn is *letting go* –
of situations that crush your heart and drain your energy.
An inspiring coaching helps you ...
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... and enjoy your life in freedom.
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What to wear and pack for a winter hike





As the days start to get cooler and shorter, I start thinking about how to repack my backpack for the next season. It's always important to think about what you 'need' to bring versus what you would 'like' to bring. Also important is for how long you plan on hiking.

The first item that gets added to my backpack as soon as the snow flies in the mountains are my chains. These have proven indispensable on multiple occasions.



At the same time, I tend to add my headlamp, although for the Friday Fitness hikes this should never come into play. I also recently purchased an emergency blanket and have added it to my list of essentials for winter hiking.

As for clothing, I always have an extra pair of socks in my bag along with a change of top. I just don't like hiking with wet feet or feeling cold from sweat. Back in my backpack for the winter are my vest, hiking skirt, gloves, hat, neck warmer and gaiters.

It may seem like a lot, but all of the items have come in handy on at least one of my hikes. As we are walking you may seem very warm but as soon as you stop for any reason the body quickly cools off; this is why I am a huge fan of layering. That way I can pull layers off or on at any time and feel comfortable.





So don't be afraid to get out there this winter and hike, just make sure to pack your backpack with all the essentials and have a good plan for where you plan to go.

By **Amy Egger**







ZIWC interviews
Monika Klein



Ms Klein in October 2020 you decided to dare to do something new and took over a company. This step holds many opportunities but also risks. You are a ZIWC member. We are interested to know how you fared in the process?

It has always been my wish to start my own business. But before I could realize it, like many other women, I put my professional development on hold in favour of my family. In addition, there were several periods of time living abroad. I have always worked, including as a self-employed person, but it was only now that I was able to fulfil my wish to have my own hairdressing salon.

What makes being a businesswoman so exciting for you?

I enjoy building a team, and promoting and shaping talent. We want to develop a great offering for our customers and that includes social components as well as craftsmanship. I like challenges. Only with a continuous focus on team development and customer satisfaction have we managed to overcome the problematic lockdown period.

Describe your state of mind when everything suddenly came to a halt with Corona?

Only two days after opening, we had to close again. I am not predisposed to depression or panic. In stressful situations, I react in an extremely solution-oriented way. I think ahead and that drives me. We have proactively used the time. In particular, we have expanded the possibility of online training to improve our skills.

Have you been able to retain your staff during this time?

My team is very important to me. I have invested a lot in their development and I also see myself as having a social responsibility toward them. Fortunately, I was able to keep all my employees. We didn't even have to go on short-time work or apply for aid.

What advice do you give to women in general who are thinking about opening a business?

It is very important to have a financial basis or enough reserves. You can't know everything and that's why you need specialists. Financing must be arranged in such a way that one can afford this support as well as adequate marketing. If these important tools are missing in the planning, it is easy to get into trouble from the very beginning.

I also recommend networking. You learn from the experience of others and it is good to realise that you are not alone with your current problems.

The pandemic has been very challenging for all of us, but it has also taught us a lot. Within a very short time, we have expanded and learned to use the digital possibilities eg the advantages of online training.

Finally, we are, of course, interested in a tip from you when it comes to new trends and looking good?

Fortunately, there are no more fashion dictates today. It is much more important to appear true to type. The health of the scalp and hair now plays just as big a role. The trend is still very much the bob in different lengths and variations. The colours are soft and feminine. Whether this is still valid in autumn/winter, I will experience live in Paris in September. I am very happy that these important occasions for our profession are taking place again.

We are a network of women from very different nations and cultures. What are your intercultural experiences in relation to the demands and expectations of your clients?

Zug is a special place and you meet all nationalities here. In our profession, however, it is much more decisive that people today are fundamentally individual. We have to respond to this first and foremost. Nationality is rarely in the foreground.

Dear Ms. Klein, thank you for this inspiring interview and we wish you all the best for the future.

Monika Klein – Intercoiffure – Reiffergässli 3, 6300 Zug – Tel.: 041 711 1883



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

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 at karin-resch@bluewin.ch or on +43 664 421 2775

NO coffee in December

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

NO coffee in December

Aegeri Coffee NEW SETUP

We will get together for a chat and laugh so please pop in when it suits your schedule.
A Whatsapp group has been set up so please ask to be added if you are interested in joining us.
Don't miss the opportunity to meet other Members for a lively get-together in the Aegeri area!
Please register on the website calendar or via the Whatsapp group.

When: 2nd Thursday of every month, 10:00–12:00
Where: Pete's place, Zugerstrasse 20, 6314 Unterägeri
Contact: Veerle Vandionant on 077 505 1213

NO coffee in December

Contact coffee / Drinks

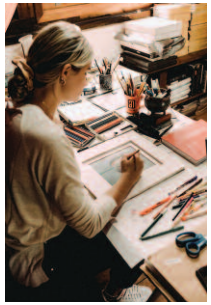
The gatherings for the coming months will be announced via our Web calendar





STOP THE PRESS !!!
ZIWC SHOWCASE 2023






While ZIWC had taken an option to hold a Showcase of Talent before Christmas, we have decided that more time should be taken to make plans for a bigger, better and more high profile event in 2023.

The coordination and planning will be spearheaded by the Business Networking Group, and the Showcase will be run by and for ZIWC members, with guest exhibitors also welcome.

With this in mind, our Club is looking for members who would be interested in getting involved in the planning and activities necessary to make the Showcase a success. The project will start in earnest in the New Year. In the meantime, if you have any thoughts about the timing and potential venues do share them. All ideas will be gratefully received - especially if you are willing to get involved.

Please email Ailbhe: BNG@ziwc.ch

BNG Co-ordinator: Ailbhe Fallon, email: BNG@ziwc.ch

Send Ailbhe an email with your phone number if you would like to join our BNG WhatsApp.

ZIWC Business Networking Group



When: **Thursday 10 November**

Where: Xaloc Tapas Bar, Poststrasse 13, 6300 Zug

Time: 17:30 - 19:30 or later if you would like to share tapas

https://xaloctapasbar.ch/helloworld/

Escapes

Einsiedeln Christmas Market

Date: **Friday 25 November, 2022**

The Experience: A day trip to the Christmas market in front of the fantastic backdrop of the Einsiedeln monastery and enjoy the entire main street with its own special charm. Browse cosily-decorated sales stands, take in the festive Christmas lights and the large Christmas tree on the monastery square.

Location: Einsiedeln Abbey, Kloster Einsiedeln, 8840 Einsiedeln

Departure: 16:00 from Zug. Location TBD. Travel by private coach. 30 min travel time. Return to Zug 9:30pm.

Cost: ZIWC Member Coach charter will be covered by ZIWC. Food, shopping, entertainment are at the individual's expense.

Booking details and deadline: Please RSVP no later than 11 November, via the ZIWC calendar on the website.

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




ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 6 for further details.

ZIWC Business Networking Group
New Year Apéro - *Save the Date*

Wednesday 18 January 2023

If you would like the latest information about BNG activities or have an idea for an event relevant to this group, please join our emailing list and/or BNG WhatsApp group by sending an email with your full name and contact details to:

BNG Co-ordinator Ailbhe Fallon on BNG@ziwc.ch
Ph: 078 698 51 60

November 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.6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
	**1** 9:00 **Badminton** 12:15 **Art & Cultural Event** 14:30 **Gardening Group**	**2** 8:30 **German Conversation** ***Kaffeeklatsch*** 9:30 **Cooking Group** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**3**	**4** 9:15 **Fitness Hiking Group**	**5** SATURDAY **Truffle & Wine in Piedmont** **6** SUNDAY **Truffle & Wine in Piedmont**
7 13:30 **Social Walk** **Truffle & Wine in Piedmont**	**8** 9:00 **Badminton** **Truffle & Wine in Piedmont**	**9** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Monthly Dinner**	**10** 10:00 **Aegeri coffee** 11:00 **English Intermediate Group** 15:30 **Italian Conversation for everybody** 17:30 **Business Networking Group**	**11** 9:15 **Fitness Hiking Group**	**12** SATURDAY **13** SUNDAY
14 13:30 **Social Walk**	**15** 9:00 **Badminton** 14:00 **Book Club** **Fit and Kicking Group**	**16** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**17** 10:00 **Cham Coffee** 11:00 **English Intermediate Group** **Joint Stammtisch with IMCZ**	**18** 9:15 **Fitness Hiking Group**	**19** SATURDAY **20** SUNDAY
21 13:30 **Social Walk**	**22** 9:00 **Badminton**	**23** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:30 **Seasonal Evening St Michael, Zug**	**24** 9:30 **Walchwil coffee** 11:00 **English Intermediate Group** 12:15 **Monthly Lunch** 15:30 **Italian Conversation for everybody** 18:30 **Board Meeting @ Bibliothek**	**25** 9:15 **Fitness Hiking Group**	**26** SATURDAY **27** SUNDAY
28 13:30 **Social Walk**	**29** 9:00 **Badminton** 9:15 **Fitness Hiking Group**	**30** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 17:00 **Chianti Classico Masterclass & Dinner**			
			 	 	  

Escapes

Strasbourg Christmas Market



Date: **Monday 5 December, 2022**

The Experience: A day trip to the festive Strasbourg Christmas Market, considered one of the most beautiful in Europe. The market features 300 stalls, kilometres of fairy lights, the majestic Great Christmas Tree, dazzling shows and concerts.

Location: Pl. de la Cathédrale, 67000 Strasbourg, France

Departure: 08:15 we will meet at the Zug Bahnhof to take the 08:30 train together to Strasbourg. The journey takes 3 hours and 20 minutes with two train changes. Noon arrival in Strasbourg. We will leave Strasbourg at 19:00, to arrive back in Zug at 22:28. If you would like to spend the night in Strasbourg, contact Escape Chairwoman Alicia directly - limited rooms are reserved.

Cost: The round trip train ticket will be covered by ZIWC for ZIWC Members. Food, shopping, entertainment are at the individual's expense.

Booking details and deadline: Please RSVP no later than 21 November, register via the ZIWC calendar on the website.

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

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 6 for further details.





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ENGEL&VÖLKERS



Sami Chlaus Breakfast



The Annual Events team is delighted to invite you to join us for our traditional and popular December event. A morning of meeting our fellow Members in the final month of 2022 to close the year in a delicious and festive way.

When: Tuesday 6 December, 2022
Time: 9:00 am

Where: Parkhotel Zug, Industriestrass 14, Zug, Hotel located behind the Metalli shopping centre. Hotel parking is available in the Metalli car park.

Cost: Members CHF 30
International and Continental buffet will be provided with prosecco toast drink, juices, coffee & tea included

Special Diets: For any other special dietary requirements, please send an email to annualevents@ziwc.ch

Booking Details: Please register online via the Club website by 26 November

Payment to: Zug International Women's Club, Post Finance, 6340 Baar.
You can pay online with credit card or to our bank account
IBAN CH40 0900 0000 1752 1935 3

For any questions, kindly send a mail to annualevents@ziwc.ch.

For urgent inquiries, please send an SMS to Tania on 079 610 7144.

CV19 updates: In case of changing CV19 safety rules, the Club will reschedule or refund members based on a Board decision.

ZIWC Cancellation Policy and Accident Insurance rules apply.
Please refer to Page 6 for further details.

The Festive Season in Zug

As we come into this holiday season with darker evenings, it's great to get a few things in the calendar to lighten your spirits. Get through the interminable fog that hangs in the lowlands of the Canton by partaking in some of these local offerings!

- An English tour of the permanent exhibition at Burg Zug at 14:00 on 6 November
- The English Comedy night offering on 29 November theatercasino.ch/programm
- Grüezi Switzerland, a crash course in Swissness run by the Fachstelle Migration on 30 November fmzug.ch/en/
- A Christmas concert presented by the Zuger Sinfonietta on 10 December at the Theater Casino (check out their calendar for various events).
- Art, music and storytelling offerings at the Biblothek (library) Zug in a multitude of languages. Fondue! bibliothekzug.ch
- A cosy evening, with a traditional Fondue at the Bossard arena chalet fondue-chalet-zug.ch/ or experience a fondue as varied as the Zug population. The Haffen offers a menu with a 100 different Fondues. Be sure to book. hafenrestaurant.ch/
- How about a quick jaunt to Zurich? The Kunsthaus Museum in Zurich offers free entrance on Wednesdays, they have a wonderful collection from the old masters, impressionist and contemporary art. kunsthaus.ch/
  The Lichthalle Maag has an immersive Monet experience until 23 November, and a Paul Klee meets Elektronika until 19 November. monets-immersive-garden.ch/en
- If you're feeling cold, add warmth and pampering at the Rigi Kaltbad pool and spa. A stunning alpen view from the heated pool. Special candlelight evenings on 26 November and 10 December, but be sure to book ahead of time. aqua-spa-resorts.ch/de/mineralbad-spa-rigi-kaltbad

If you find something interesting to brush away those winter blues, share it on the Club Facebook page. Or maybe through the Club's GirlsaboutTown Whatspp group you might find some like minded company to join you or for a moonlight snowshoe or Glühwein at a local market.



December 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 11:00 **English Intermediate Group** 15:30 **Italian Conversation for everybody**	2 9:15 **Fitness Hiking Group**	3 SATURDAY 4 SUNDAY
5 **Xmas Market Strasbourg** 13:30 **Social Walk**	6 9-12 **SAMI CLAUS BREAKFAST** 9:00 **Badminton** 9:30 **Cooking Group**	7 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	8 13:30 **Intermediate Walking/Hiking Group**	9 9:15 **Fitness Hiking Group**	10 SATURDAY 11 SUNDAY
12 13:30 **Social Walk**	13 9:00 **Badminton** 18:30 **Italian Wine Tasting**	14 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting @ Bibliotek**	15 11:00 **Cham Coffee** 11:00 **English Intermediate Group** **Joint Stammtisch with IMCZ**	16 9:15 **Fitness Hiking Group**	17 SATURDAY 18 SUNDAY
19 13:30 **Social Walk**	20 9:00 **Badminton** 14:00 **Book Club** **Fit and Kicking Group** 18:00 **Italian Conversation** **Xmas Potluck dinner**	21 8:30 **German Conversation *Kaffeeklatsch*** 13:30 **Intermediate Walking/Hiking Group**		23 9:15 **Fitness Hiking Group**	24 SATURDAY 25 SUNDAY
26	27 9:00 **Badminton**	28 13:30 **Intermediate Walking/Hiking Group**		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

Arts and Cultural Events Group

Our Art expert Shefika 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.

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 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.



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.

Book Reading Morning Group

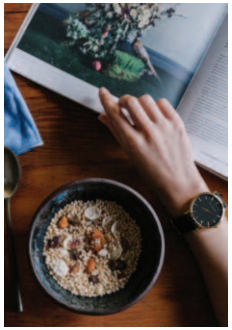
All women wishing to participate in book reading and discussion are very welcome to join us!

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.

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

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 stop in October and will resume its activities in April 2023.

Cooking Group

ZIWC cooking club is welcoming new members! We are a friendly bunch and would welcome anyone who is interested in cooking and sharing recipes.

How it works: we take turns to host, which 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. Places are allocated on a first come first served basis via the WhatsApp group.

On arrival, the hostess explains the menu, the ladies decide who prepares each dish and then we all cook following the recipes provided. Of course the best bit of all is when we sit down together and enjoy what we have cooked and take home copies of the recipes.

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 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.

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.

Please note that the Gardening Group will not take place in December and January and will resume its activities in February 2023.



"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!

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

Contact Details:
Beginners Group: Marina Cesena at mcesena62@gmail.com
Advanced Group: 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

Looking for someone to join you in a walk, drink, outing, museum or restaurant visit or cinema trip? Post a message on this WhatsApp chat! You can also suggest spontaneous group outings or point out social events you might think will be of interest to Members. (No advertising your own business).

To join send a WhatsApp message 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.



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!

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.



ZIWC and Charity through the Years



Charitable giving has always been a part of the Club ethos, because we all realise that we are lucky and privileged to live in a country where the social security system is well developed. However, there are people in our society who need a bit of extra help to make their life easier. Every Club year the Committee, with agreement from the Board, chooses two projects to support: a Swiss project and a project abroad.

The Special Projects Committee has always found new ways to find attractive events for our charities. Highlights were an 'Ascot Party' Zuger Style, flea Markets, silent auctions for the more exclusive gifts, seasonal evenings, Samichlaus Breakfast and many more.

We have supported many worthy projects through the years and whether local or a project abroad, a suggestion for a project due to personal interest or commitment can be made by any Member. For every project we have been able to support we have raised a sizable contribution. Examples of past projects include the Frauenzentrale Zug, the Torball Club Blindenschule Baar; Sister Fernanda's Children Home in Romania, Ear Surgery Camp in Nepal (the volunteering carrying staff was a team of Swiss specialised surgeons), Asha Education in India and FRW Interkultureller Dialog.

How do we get all those wonderful donations?

Through our long lasting contacts a lot of companies were happy to donate. Myself and other Charity coordinators actively seek charitable donations. The support from the Zuger local community was enormous, almost every company donated, sometimes we even received cash. A company who donated a generous amount, rather than spend their Christmas budget on gifts for their business clients, gave it to us!

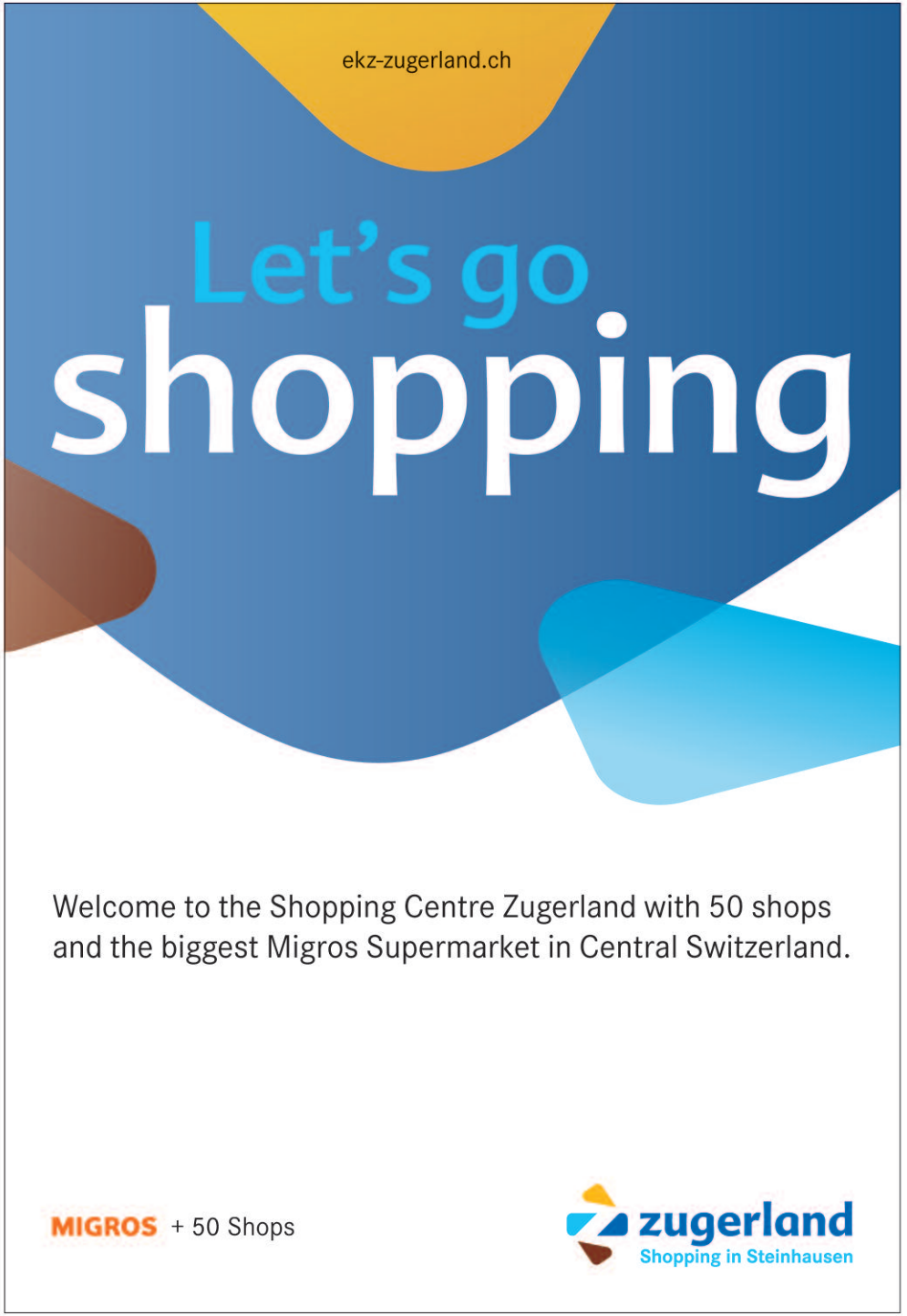
It always gives us a good feeling to know that there are still a lot of companies who support us. The past few years have been very difficult for businesses and organisations and getting free gifts was really challenging, but with the help of Members we manage to collect a wonderful range of prizes every year.

Which Projects are we supporting during Club Year 2022-2023?

For the Club year 2022-2023, we have chosen two projects: our first raffle was held at the 55th Anniversary Lunch in aid of the Kinder- und Jugendheim Lutisbach in Oberägeri. Several sponsors donated wonderful and very generous gifts, we almost ran out of raffle tickets, such was the demand! We had a fantastic result, the raffle and a bag full of 5-Rappen coin member donations gave the wonderful result of 1400 CHF. Kinderheim Lutisbach will use the money to buy toys for the children.

At this November's Seasonal Evening we will organise a raffle to collect money for Hof Rickenbach, a home for people aged 35-65 years who suffer with dementia. In Switzerland we have about 7500 young people who are affected. In this former monastery, in Rickenbach, Luzern, residents have a daily task and have the feeling of purpose by helping in the kitchen or the gardens to take care of the vegetables. Some people live there on a permanent basis, some only for a short time to give a break to their carers, an intensive job which takes a huge amount of dedication. For more information see www.hofrickenbach.ch

Saakje Daalhuijsen-Beijnen



Vivi's journey to Rome

On a rather grey day I received an invitation from an old friend to come and visit her in Rome. I immediately decided to go. Not only would we catch up on the last 10 years, I could explore the city with her and benefit from all her insider knowledge. I booked well in advance to be sure of a good seat in a first-class carriage from Zug to Rome.

Departing Zug at 10.00 am on Friday, the adventure began sooner than I'd expected, as I failed to locate first-class coach number 11 on the long train. I hastened to board at the front of the train as the signs had indicated to that being the right end to be. The train was moving but oh dear, though I'd found seat no.11 I was unfortunately not in carriage 11! Right, I thought, I will simply walk through all the carriages until I reach number 11. However there was no throughway, because the trains were closed units, so to speak, no chance of just walking through. Catching the attention of the harassed-looking train conductor I elicited the answer, that carriage 11 was in the rear-section of the train. I had to get out at Bellinzona and then run as fast as I could to reach it via the outside of the train - with 5 minutes of stoppage time to make the transfer. So here I was with a first-class ticket, but no seat. It was a full service with many other passengers standing in the walkway. Going through the Gotthard Tunnel I read that it is the longest train tunnel in the world at 57 km. I had to concur that it indeed felt 57km, what with standing up trying to hold on to the luggage and the railing at the same time!



At Bellinzona I raced out and ran towards the end of the train, passing the train conductor again who shouted, 'Der Zug fährt ab!' I ran to the nearest open door and threw myself inside. Not quite there yet- now I was simply walking and walking on the fast-moving train while the seat numbers continued to elude me. Finally, having located the right couch by asking people, I found my seat and slumped down, totally exhausted but finally ready to enjoy my train ride.

Upon alighting in Milan, there was a throng of people, a virtual sea of bodies, all like me wanting to locate their ongoing connections. The big 'Partenza' board announced many trains going in all directions, but I was fairly confident because, how difficult could it be to find the train to Rome? Then I saw it, Roma Termini, I looked no further, Gate 18. This I could find! An agile individual walked in front of me at a good pace, he seemed to know his way around and I followed in his slip-stream, easy-peasy, there was the gate and couch and seat were easy to locate and I was all set. Roma here I come!

Alas, a big man was sitting in my seat, oh dear, not again! I politely told him, that, regrettable as it was, this was my seat, expecting him to remove himself smartly, but instead he told me, NO, this was his seat! Then I showed him my ticket, no more discussion, surely. Looking at it he said, triumphantly, 'You have the wrong train!' and, indeed, the number was different from his ticket, I had importantly neglected to note the train number on the board…

Oh, well, I thought as long as it gets me to Rome... now to find an unoccupied seat, no easy thing, as like me, everyone else having reserved beforehand. Unfortunately, my seat was being enjoyed by someone else on another train. Having found a free seat it was a nerve-wracking moment at every station, whether I would be ousted by a prior claimant. More often than not I was…



Predictably the conductor came by, 'You're on the wrong train', he said, oh dear I worried, would I now have to pay a fine? But he simply told me you won't get to Rome before late evening, this train goes through the scenic route via Genova and through Toscana stopping at Firenze, Pisa, Portofino, even Civitavecchia before Rome and would take about 6 hours. What an adventure, I thought, here I am having the chance to see all those places en route to Rome so I decided to relax and enjoy it.

Trying to telephone and text my delay was difficult because of poor connection but one of my many seat companions was a savvy Roman lady who told me, 'just wait until Genova, then your signal will get through. And, sure enough, everyone on the train started talking and messaging once we reached Genova.

Pulling into Roma Termini around four hours later than originally planned, I was by now expecting the throng of people that met me and I weaved my way outside to get in line for a taxi that could take me to my hotel in the Vatican area. Driving through the eternal city in the wonderfully, balmy September evening, with its many illuminated monuments, was a fantastic experience, and by then I could have gone on to take another train, a seasoned traveller, moi! As it was, I met up with my friend, who had reserved a table for us in a quaint restaurant in Borgo Pio, where we dined on delicious, freshly-grilled tunafish with vegetables and polenta and drank Vermentino white, and as we sat there under the starry Roman sky, I decided it had been worth it and I was ready for the adventure of exploring Rome on foot.

Homemade Christmas



There's nothing more charming than having homemade touches to your Christmas decor, whilst being light on the purse and a more environmentally-conscious option for your family.



Here are three of my favourite things to make for my home in the festive season.

1) Dried orange slices - these can be prepared up to eight weeks before Christmas. Cut 1cm slices of orange, oven dried and cooled and threaded with ribbon on string. Can be hung on a festive branch or Christmas tree.
2) Festive paper tags - do you have last year's Christmas cards lying around or saved? With a pair of crinkly cut scissors (or normal!) cut out shapes from your cards to make present labels or table place settings.
3) Simplify Christmas wrapping- use cotton and rattan sacks to store presents which can be reused year on year. Or use recyclable brown paper, bind with twine and decorate with sprigs of seasonal foliage.

Suzy Andricopoulos

Does plastic surgery make you happy?



Be honest, we've all had that moment when we wish we could change something about our appearance.

More and more people are opting for cosmetic surgery to change what they individually perceive as imperfections. But does it really work? And is what advertising is promising realistic? Which techniques have proven successful? And when does it become an addiction?

Time and again, doubts are raised as to whether surgery can improve factors such as self-esteem or happiness.

In the meantime, there are various scientific researches on the subject and they confirm that aesthetic surgery can lead to more joy of life, satisfaction and self-confidence.

We live in a world where it is not so easy to escape the given standards of beauty. As soon as one does not meet the requirements, one easily gets into a situation where one questions oneself.

But do you really want to react to this circumstance with a drastic intervention? A cosmetic operation, with all its consequences, needs to be well thought out, because there are also risks. In order to decide in favour of it, you should be completely sure and be positive about the changes that may be permanent.

We were able to get Dr. Markus Handle (plastic surgeon, trained in Switzerland and Brazil) to give us an insight into this world. He runs plastic surgery training and treatment centres in Innsbruck and Vienna. Since January 2022, he also has a practice in Baar (www.purecell.ch). He is happy to take time to introduce us to the secrets and background of plastic surgery.

You will get a great chance to ask lots of questions, of course also of a critical nature.

Dr Handle will be opening his practice up for questions to Members who are interested to attend.

Date: Thursday 12 January 2023
Time: 18:00–20:00
Place: Pure Cell AG, Marktgasse 15, 6340 Baar
Registration Details: Via the ZIWC website or email interestgroups@ziwc.ch

THE FACE

BY PURE CELL

Save The Date
Spring Swing Gala

Let's swing into Spring in an elegant and charming setting with high end cuisine. The restaurant at the Theater Casino is our location, the cool breezy terrace will offer our apero with a first class view. Dance is focal point of this occasion, as well as networking among members and guests. Let's start with the spirit of Spring together.

March 31, 2023, 7pm - 12am
Restaurant Casino Zug, Artherstrasse 2-4, Zug



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