ZIWC
Zug International Women's Club

MAGAZINE

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JULY / AUGUST 2023 | FOR WOMEN • FOR CONTACT • FOR 55 YEARS



www.ziwc.ch

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Dear Members,

Whilst writing this welcome note, I am enjoying the beautiful Swiss nature at its best during the lovely sunny summer weather. But summer months don't mean our activities will pause!

Our weekly Stammtisch will be at the City Garden Hotel because of Park Hotel reconstruction works. We will remain at the City Garden until mid October. Area coffees in Cham, Walchwil and Aegeri will continue for July and August.

As of now the monthly lunches, dinners, last minute outings and the Bar & Lounge will fall under 'Hospitality' as social gatherings. July will have a monthly lunch but no dinner or Bar & Lounge gatherings. In August, those three activities will resume, check the Magazine or online calendar for dates.

Last year we recruited 96 new Members with a variety of nationalities, backgrounds and ages. I can proudly share that 97% of potential Members who came to have a look at the Club, whether through a Stammtisch, Bar & Lounge, monthly lunch, dinner or a BNG session, enrolled. This is thanks to the support of the Hospitality team including Karin Resch, Monika Zeis, Vivi Jensen, Sarah Paul, Christine Blanshard and Denise Ouellet. The Hospitality host always goes the extra mile to make people feel welcome and listened to. Can you believe our Club represents 51 different nationalities? Our International Club has exceptional character, where women can feel a sense of belonging, able to express themselves and share experiences.

I wanted to quickly touch on attendance to organised activities. Unfortunately we have been experiencing high numbers of people signing up and then not attending. We often have limited spaces and high levels of interest. We therefore kindly ask that should you need to cancel your attendance, please inform the organiser in time so we can pass your space on to someone on the waiting list (For details on our no show policy see page 4). We thank you for your cooperation!

As always, check our website regularly for calendar updates and our bi-weekly email with the latest events. Having trouble signing up for an activity or finding the right contact person? Please, don't hesitate to contact any Board Member who will be happy to help.



I wish you all a wonderful, relaxing summer whether you are staying in Switzerland, going abroad or heading back home to spend some time with family and friends.

See you soon!
Warm Regards, **Veerle**.
Hospitality Chairwoman

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New Members

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

We warmly welcome our new Members

Katsura Suzuki, Walchwil
Hanan Khan, Walchwil
Linda Sharpe, Zug
Cathy Sunshine, Baar
Antje Knutsen, Zug
Jo Charles, Zug
Larissa Merryweather, Arth
Gabriele Brandl, Zug
Catherine Newman, Neuheim
Diana Njenga, Baar
Marta Bribian, Zug
Torborg Chetkovich, Zug
Isabel Van den Brande, Risch
Anja Fragodt, Buonas
Laurence Van den Abeele-Bosteels, Oberägeri
Melanie Winiger, Luzern
Astrid Katharina Berndt, Baar
Leontien Van Rooijen-Aaldering, Zug
Hedi Gyarmati, Zug
Immaculada Herrera, Walchwil
Edith Koster, Cham
Ananda Schommer, Zug



Magazine Chairwoman
Suzy Andricopoulos
connectmagazine@ziwc.ch

Advertising Chairwoman
Betsy Ballew
advertising@ziwc.ch

Website Chairwoman
Bettina Bjerregaard
webeditor@ziwc.ch

Proofreaders and
content contributors:
Helena Lustenberger,
Stormy Berney

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

Printers
Onlineprinters GmbH
www.onlineprinters.ch

ZIWC
Zug International Women's Club

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

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

The Club's cancellation policy is applicable to all events that involve a reservation and a monetary payment. Unless 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.

Oh What a Night!





All the 'Uptown Girls' and 'Downtown Boys' gathered to gyrate their hips to favourite 80s dance classics for an IMCZ and ZIWC joint event extravaganza. 'Friday Night Fever' took over the Bughouse Bar in Zug on 12 May 2023. Once the word was out, this fab evening —brainchild of IMCZ and ZIWC Presidents Richard Beswick and Cristina Rocco — was quickly oversubscribed with 63 members strutting their stuff on the dancefloor! It was clear that many Members had dived to the back of their wardrobes to recreate the vibe of this energetic decade.

The Bughouse Bar was identified as the cool place to hang out by the ICMZ guys and was dutifully prepared by Tania Mobayed and Susan Laudenbacher, who skillfully transformed it into Zug's version of NY's Studio 54 with their glitter ball wands!

The resident DJ Andrew loaded the first disc and the floor throbbed to the music late into the night. The dancers were fuelled by exotic drinks and delicious Mediterranean 'food on the groove' produced by Tania and the **Restaurant Gotthardhof (Bundesplatz 16, Zug)**. This kept the energy levels up and the competition on the dancefloor was hot. The dance winners Shelly and Ben and best 80's outfits Timo and Christine (me!) certainly set the bar high.

Thank you to all who attended with such impressive enthusiasm. Special thank-yous to Alfie of The Bughouse for his help and involvement. Again, thanks to Richard and Cristina for the idea and Tania and Susan for taking the idea and bringing to life such a happy, successful party.

By **Christine Blanshard**





Board Members 2023-2024

Board Member Names and Contact Details

President: **Cristina Rocco** • president@ziwc.ch
Vice President: **Émely Steegstra-Hendrix** • vicepresident@ziwc.ch
Secretary: **Giuliana Hug** • secretary@ziwc.ch
Hospitality Chairwoman: **Veerle Vandionant** • hospitality@ziwc.ch
Annual Events Chairwoman: **Tania Mobayed** • annualevents@ziwc.ch
Escape Chairwoman: **Alicia Toledo** • escape@ziwc.ch
Membership Chairwoman: **Susan Laudenbacher** • membership@ziwc.ch
Magazine Chairwoman: **Suzy Andricopoulos** • connectmagazine@ziwc.ch
Treasurer: **Christelle Powlowski** • treasurer@ziwc.ch
Advertising Chairwoman: **Betsy Ballew** • advertising@ziwc.ch
Marketing Chairwoman: **Melika Yildrim** • marketing@ziwc.ch
Webeditor: **Bettina Bjerregaard** • webeditor@ziwc.ch
Interest Groups Chairwoman: **Tarryn Richardson** • interestgroups@ziwc.ch



Board Members from left to right (front row): Susan Laudenbacher, Giuliana Hug, Cristina Rocco, Émely Steegstra-Hendrix, Tania Mobayed, Suzy Andricopoulos.
Left to right (back row) Betsy Ballew, Tarryn Richardson, Melika Yildrim, Bettina Bjerregaard, Veerle Vandionant, Christelle Powlowski, Alicia Toledo.

Honourary Member

It was our honour to present **Karin Resch** with an honorary Membership at this year's AGM. Congratulations Karin for your much appreciated dedication to ZIWC!





New Board Member

Interest Group Chairwoman: **Tarryn Richardson**

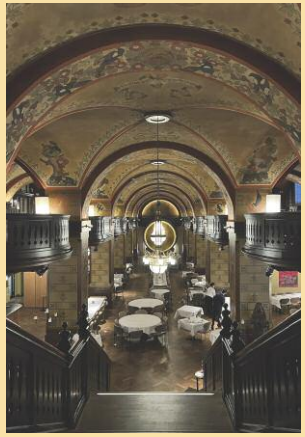
We wholeheartedly welcome Tarryn to the Board for the forthcoming year. Tarryn is responsible for the coordination and communication of all Interest Groups within the Club and is the one to approach with new ideas or suggestions. We thank you for your engagement!

Escapes

Over the past few months we have had some lovely Escapes together.

In April we visited Bern, the capital of Switzerland. Considering the weather had been quite questionable that month, we were fortunate to not get rained on as we enjoyed a walking tour of Bern's old town. Our guide, Thomas Meyer, presented an informative history lesson, which included some rather interesting locations and facts about the city. Some stops on our tour included Parliament Square, Einstein's former residence, many unique fountains and the Zytglogge. If you are interested in a similar tour, this guide was booked via the Bern Tourism office. The tour was followed by a delightful lunch at the Kornhauskeller Restaurant. The restaurant is an architectural and artistic gem and the menu specializes in Bernese seasonal and traditional fare. Bern was quite lovely and perfect for a day trip.

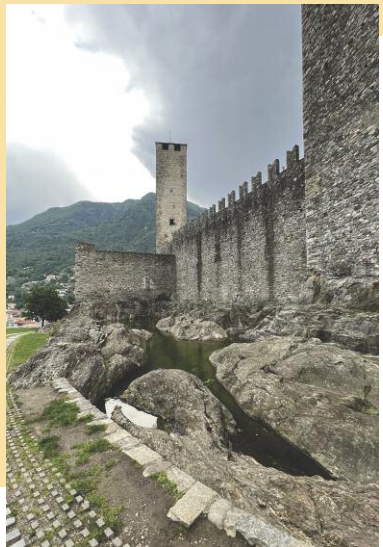






May brought us the opportunity for two Escapes. The first was a visit to Bellinzona to visit the three castles. Located only a little over an hour south of Zug via SBB, we began our day greeted by the sun and the extremely practical Artù tourist train. The Artù was a great alternative to hiking up to the castles and also provided a lovely way to see the sights along the way of this charming town. Our first stop was the Sasso Corbaro Castle at the highest elevation of the three, followed by the Montebello at the midway point. We then took a break to have a leisurely lunch at the Casa del Popolo. After our delicious Italian meal we made our way to the largest of the three castles, the Castelgrande. From the Castelgrande our group split up into two. One returned to Zug while the other continued exploring the town before returning home a while later. A wonderful time was had by all.





We turned up the adrenaline for our other May Escape with a canyoning trip in Ticino. Led by expert guides from Ticino Adventures, our brave group of ladies powered through their fears and quite literally jumped into this experience. The Boggera canyon featured stunning pools and streams where we were able to slide, jump and abseil our way back down to our starting point. It was an extremely empowering day full of encouragement towards each other. We are looking forward to offering similar experiences in the future.

Due to summer holidays there are no Escapes scheduled for June-July. For the remainder of the year, keep your eyes on the Club Calendar for future Escapes to: Milan, Paris, Oktoberfest and Christmas Markets!







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.

Stammtisch

The Hospitality Team is pleased to host our *Stammtisch* again.

When: Every Wednesday, 10:00–12:00 (except public holidays)
Where: **Stammtisch will be at the City Garden hotel during the months of July, August, September up till mid October**

Cham Coffee

Karin has a Whatsapp group to keep Members informed about attendance. Whatsapp or email her if you will be attending. If you live in the Cham area (Hünenberg, Knonau...) and are interested in joining the coffee, call Karin to be added to the group.

When: Third Thursday of the month, 10:00–11:45
Where: 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

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: Vivi Jensen at vivi.jensen@icloud.com or on 076 824 4898

Contact coffee / Drinks

There will be NO contact coffee/drinks in July & August.



Bar & Lounge

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

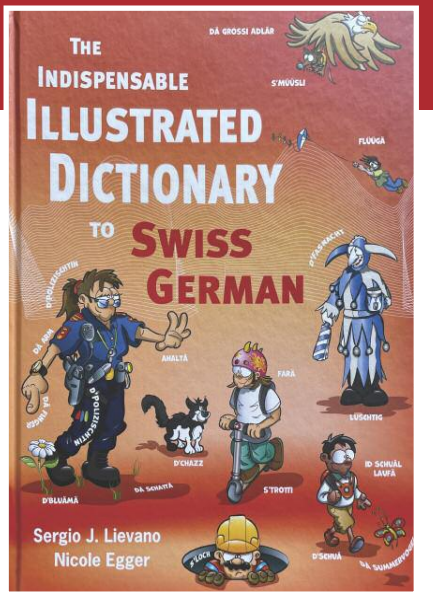
LATEST NEWS

There will be no Bar & Lounge in July
Next date: Tuesday 8th August
Time: 18:30
Location: Kurioz, Pilatusstrasse 1, 6300 Zug



Book Review

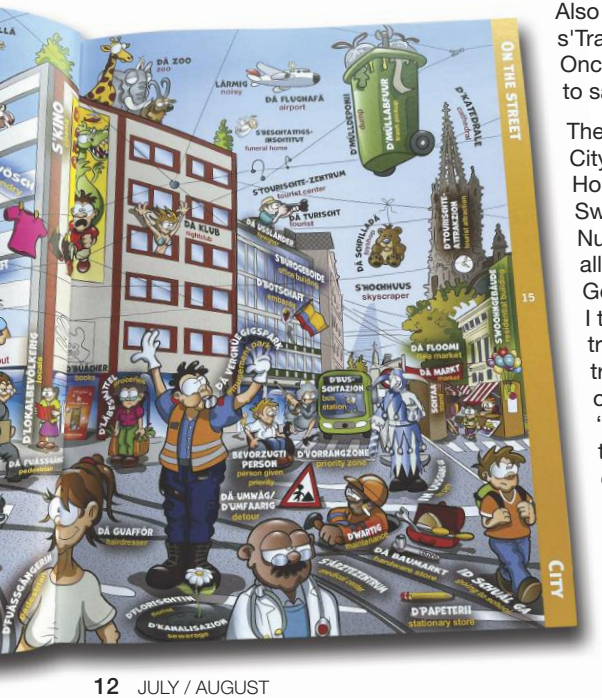
The Indispensable Illustrated Dictionary to Swiss German



Sergio J Lievano and Nicole Egger,
Bergli Books 2022 ISBN 9783038691228

As Swiss German is a spoken, rather than a written language, and there are so many different regional dialects, any attempt to organise it into dictionary form is going to be a challenge. So why do it and why should you be interested? Well, Swiss people nowadays communicate increasingly in dialect on social media and you will find it spoken all around you. You might be curious as to what people might be saying about you (including your offspring who might pick it up from friends)! You can also learn a bit more about Swiss life.

This is a dictionary with a difference: it is divided into sections which are illustrated and labelled with the appropriate words written in phonetic language, a key to which is given right at the beginning of the book. A topic like 'City' is illustrated with cartoon figures over two double-page spreads. A figure is labelled in Swiss German and the American English translation, for example d'Schtatt = town. Also included are adjectives and phrases: s'Tram verwütscha = catching the tram. Once you get the hang of it, it can be fun to say the words out loud.


ON THE STREET
City
D'APOTEEKE
D'BANK
D'BUSHALTESTELLE
D'KANALISATION
D'POLIZEI
D'POST
D'SCHUEL
D'SPITAL
D'TANKSTELLE
D'TOILETTE
D'VERKEHRSREGLERUNG
D'VORRANGZONE
D'ZOLLAMT
D'ZUGSTATION
D'ZYTGLOCKE
D'ZYTUNG
D'ZYTUNGSKIOSK
D'ZYTUNGSVERKÄUFERIN
D'ZYTUNGSVERKÄUFERIN
D'ZYTUNGSVERKÄUFERIN

Meet the Members
Saakje Daalhuijsen-Beijnen

Saakje, a long standing, extremely dedicated Member, earned the Honorary Member (Lifetime Membership) award at the 2022 AGM. Saajke kindly answered a few questions about her time with ZIWC.



When did you come to Zug and how did you become a ZIWC Member?

My husband Rob and I arrived,with our 2 children Wesley and Marouschka, 25 years ago in Oberwil-Zug. My husband's company introduced me to ZIWC. I became a Member immediately and since that moment ZIWC has been a part of my life. Even my kids, as teens, helped at ZIWC events (and it was a good way for them to earn pocket money!)

What have you enjoyed and valued about the Club?

I enjoy the diversity, international life and what I have learned from other's cultures and traditions. I love to meet socially and have lots of fun, but being a Member of ZIWC means being part of a group of fantastic, uncomplicated women with whom you share good and bad times. Women who care for each other in times of need, an extra shoulder you can rely on when you get seriously ill or need to care for someone in your family.

How have you been active within the Club?

I started with the **Hospitality Committee**, then I joined the **Party Committee**. I helped with many events, for example the ZIWC Millennium 2000 Christmas Gala Ball. It is hard to believe the Millenium Party was 23 years ago! Festive and elegant, 200 guests had a wonderful evening.

In 2002 I became **Advertising Officer**, a post I held for 13 Club years. (This position did not have voting rights until 2015). I attended every Board meeting and raised a substantial advertising income. The surplus went to Charity, Anniversary and extra Club events. I thus became involved in the charitable wing of the Club. Using the substantial network I had amassed, through advertising, I continue to use it to collect free gifts for our Charity Projects. Last year the Board asked me to take over as Charity Coordinator which I accepted with pleasure. We not only receive gifts but regularly we receive cash donations.



I started the never-ending job of managing the ZIWC Archive in 2006. All the 'old' Club paperwork (directories, newsletters and magazines) is stored in the Zug Library and the Staatsarchive of Canton Zug. Bit by bit I have sorted out old files from the interesting things such as newspaper articles, special invites, etc. I make digital scans of the AGM Minutes and Financial Balance sheets. However, dear Members, send me snaps of the events you join. We hardly have any pictures in our Club Archive! Please send them to: daalhuysen@bluewin.ch



10 years ago, I became the Open Door Coordinator connecting our Club with International Women's Clubs from around the world and exchanging Seasonal Greetings. When Open Door Clubs celebrate an anniversary, everybody gets an invite to join the festivities. Once a year I try to visit the international club in The Hague, the Open Door President/Chair is Dutch. When we celebrated our 55th Anniversary last year, six clubs followed the invite and travelled to Zug.

How has the Club has changed and what do you wish for it going forward?

The main differences today, from 25 years ago: firstly, social media. Do you have to congratulate somebody, send a text message. Forgotten something at the supermarket, send a text message, etc. etc. I feel it's much nicer to receive a card instead of a click/send via WhatsApp. Secondly, ladies used to come to Zug because of their husband's job, today half of our Members have a job. Thirdly, the pace of life is much faster!

Saakje Daalhuijsen-Beijnen
Sattel, June 2023



Meet the new **Hospitality Team!**

First Hospitality meeting (with the Monthly Dinner, Lunches, B&L hosts) at the Secret Garden of the City garden hotel in Zug.

BN
BUSINESS NETWORK

Business Network

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, 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!

For further information please contact Ailbhe Fallon at BNG@ziwc.ch





Apero Dates for your diary!

Venue Secret Garden at City Garden Hotel, Metallstrasse 20, 6302 Zug

- Thursday 13 July • 17:30 - 19:30
- Thursday 24 August • Apéro 17.30 followed by (optional) networking dinner
- Thursday 14 September • 17.30 - 19.30

July Lunch Club

Bastille Day Lunch at Gasthaus Rathauskeller, Zug

rathauskeller.ch



When: Friday 14 July

Time: 12.15

We haven't dined at this historic Restaurant in the Altstadt for many years, so the nice outdoor terrace which has since been put in place for summer months has tempted us back for Bastille Day!

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).

Cancellation deadline: By Midday 12 July 2023: 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).

As we often have a waiting list we kindly ask you to contact the host whenever you need to cancel so another Member can take your place. Thank you for your cooperation.

ZIWC Cancellation and Accident Insurance policies apply, please see page 4 for details.

Bank Accounts, Insurances, Authorities, Contracts, Taxes, Financial & Wealth Planning

Kudelski & Partners

André Kudelski, Feldhof 17, CH-6300 Zug

Independent advisor with more than twenty years of experience in the financial sector, supporting Swiss and International expat communities and newcomers. Financial guidance without retrocessions or kickbacks. There are various options available – all of which will be presented, for you to decide given your financial goal.

You may contact me via: e-mail: andre.kudelski@kudelski.ch
Mobile +41 79 236 24 40. Languages: English, French, German

July 2023

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 SATURDAY
					2 SUNDAY
3	4	5 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	6	7	8 SATURDAY
					9 SUNDAY
10	11	12 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** **BNG Apero**	13 10:00 **Aegeri Coffee** 17:30 **BN Networking Apero**	14 12:15 **Monthly Lunch**	15 SATURDAY
					16 SUNDAY
17	18	19 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	20 9:30 **Walchwil coffee** 10:00 **Cham Stammtisch**	21	22 SATURDAY
					23 SUNDAY
24	25	26 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	27	28	29
					30
31					

ekz-zugerland.ch

Let's go
shopping

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

MIGROS + 50 Shops

zugerland
Shopping in Steinhausen



Share!

Our top 3 Ice cream and Cocktails!

Summer is here and there are so many amazing places to sample ice-cream and cocktails in Zug. Here are our top tips:

For ice-cream in and around the Old Town …

- Lucy Goose - Seestrasse 17, Zug. Small shop located on the lakefront by the aviaries and pizzeria San Marco. Great flavours, large selection of sorbets and toppings. 3.50 CHF for a single scoop and for each additional scoop add another 1.50 CHF. **lucygoose.com**
- Caffeteria - Gelateria Mont Blanc, Kolinplatz 6, Zug. New location in the cool of the old town side streets. You can stop and sit, take coffee or a sandwich. 7CHF for a medium sized tub. **montblanc-zug.ch**
- Gelateria Speck - Homemade ice cream served by the boat station 'Bahnhofsteg' on the lakefront. Take a seat and enjoy the spectacular views. **speck.ch/standorte/gelateria-am-see/**

For summer sundown cocktails …

- Quai Pasa Buvette. Along the lakefront promenade you'll find this 'good weather only' location where the vibe is like being in the French Riviera. Try a Zug Mule or a Swiss Negroni! **quai-pasa.ch**
- Fischerstube - Unter Altstadt 12, 6300 Zug. This hidden gem in the old town is great for all weathers but has its own little lakefront terrace. The cocktail menu is extensive and they'll make up anything you can dream up to your requirements. Try the Pimms No 1 cup or the Rigi mojito! **Fischerstube.ch**
- Skylounge - Uptown Building General-Guisan-Strasse 6, Zug. Sundowner with a view of lake Zug from above. Try the Hokkaido or the Samurai for a Japanese cocktail twist. **uptown-gastro.ch/en/**



Lucerne Summer Festival:
Concert and Lunch



Limited Edition Event hosted by Ailbhe Fallon-Currie

The Lucerne Summer Festival is offering a "Debut" series of lunchtime concerts presenting young artists. A Tages-Menü lunch is available at the Bellini Locanda Ticinese at the special price of two for 30 CHF (incl soft drink).

Ailbhe has purchased **six tickets** for the concert performed by the wonderful Isata Kanneh-Mason and **six places** at the restaurant for lunch after the concert.

Five of the tickets are available to **ZIWC Members only** for this special event. In order to be fair to all, Ailbhe asks that those who are interested in one of the places (one per Member) register their interest on the website - see booking deadline below. One of our Board Members will then draw the five names out of a "hat" containing the name of all those who register.

Good Luck!

LUCERNE FESTIVAL

The Details
Date: **Tuesday 29 August**
Location: Lukaskirche, Morgartenstrasse 16, 6003 Luzern
Time: Concert starts at 12:15

lucernefestival.ch/en/lunchconcerts
lucernefestival.ch/en/program/isata-kanneh-mason/1934
Booking Details and Deadline: Please register interest on the website by 8 August.

ZIWC Cancellation and Accident Insurance policies apply, see page 4 for details.

Fest der Nationen 2023

Fest der Nationen

Saturday 2 September

People from over 120 nations live in Zug. The Festival of Nations, where local and immigrant residents meet, is taking place for the third time. As in previous years, this event will be a culinary and cultural trip around the world on the Zug lake promenade and to experience the diversity of the Zug population.

ZIWC and IMCZ are taking part this year with our own stands and invite you to help support the Club to represent the internationality of Zug!

We are looking for you! Volunteer Members who would be willing to support us by offering a few hours of your day on the 2 September to help man the stand, serve light food and drink or help with logistical support. The more volunteers we have, the more success we will have to support each other and promote our Club!

For all interest or queries please contact vicepresident@ziwc.ch as soon as possible so we can get planning before the summer. We look forward to hearing from you!

August Lunch Club
High Season Lunch at Theater Casino Zug



We will be holding our first Lunch Club on a weekend at the lovely lakeside restaurant at Theater Casino Zug, on the terrace (assuming good weather!)

When: **Saturday 26 August 2023**

Time: **12:15**

Who knows, if the weather is fine we may be able to dine outside!

Registration: Via the website or - if you have no web access - by calling/texting Ailbhe Fallon +41 78 698 5160 (no WhatsApp please).

theatercasino.ch/restaurant/Speisekarte

Cancellation by midday 24 August: 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).

As we often have a waiting list we kindly ask you to contact the host whenever you need to cancel so another Member can take your place. Thank you for your cooperation.

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.

Save the Date:
September Lunch Club Adventure @ Seerestaurant Fischerstube, Lauerz

https://www.seerestaurant-fischerstube.ch/seerestaurant/



Date: Thursday 14 September

This restaurant is accessible by public transport (train from Zug to Arth and bus to Lauerz - 28 minutes total!) for those who do not wish to drive.

Who knows, if the weather is fine we may be able to dine in the lovely outside Terrace!

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).

Cancellation by midday 12 September: 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).

As we often have a waiting list we kindly ask you to contact the host whenever you need to cancel so another Member can take your place. Thank you for your cooperation.

Verein MUNTERwegs

Ein generationenübergreifendes Mentoringprogramm

We interviewed Miriam Hess, co-founder of MUNTERwegs with responsibility for activities in the Zug area to tell us all about her youth mentoring organisation.

MUNTERwegs, founded in 2009, aims to strengthen the bridge between cultures and generations with its mentoring programme. MUNTERwegs links volunteers and children/young people with or without a migration background. Volunteer mentors (aged 18+) agree to spend eight months of their free time with a child or young person from a socially disadvantaged family background and strengthen their personal development in the process. This mentoring programme offers both individuals a variety of opportunities to make fruitful contacts and gain valuable experience, thus contributing to integration, cultural participation, and equal opportunities.

Miriam outlined how MUNTERwegs began, “In 2009, I founded this association together with a friend. The idea came from our professional experience, we both worked as teachers and therapists in integration work. However, we felt we had reached the limits of our work and wanted to find a ‘bridge builder’ for these children with a migration background - in other words, someone who could mediate between home and school, but also between the cultures, and help the children to feel more comfortable and strengthened in their new environment. We were guided by a mentoring model that I got to know at an international conference in Malmö, Sweden. The head of this programme was at the time also our mentor and supported us with her rich experience in setting up this mentoring programme.”



MUNTERwegs is a non-profit association based in the canton of Zug. However, the programme is also organised at various locations in German-speaking Switzerland.

MUNTERwegs only accepts association members who are actively involved as local managers or who are involved in the organisation of the mentoring programme (currently five members). Mentors therefore do not have to pay for association membership, the offer is free of charge. However, they receive a one-time expense allowance of 400 CHF. To date, MUNTERwegs has supported approximately 850 volunteers.

Volunteer mentors must go through a comprehensive application process. This involves getting to know each other personally at an initial information evening followed by; an interview, a written application with references, a review of references by the MUNTERwegs local manager, careful matching according to the preferences/desires of mentor and mentee or families, and a criminal record check of the volunteer.

Regarding the benefits to volunteers of the programme Miriam told us: “It is very important to us that the MUNTERwegs programme is a lively experience for both sides! Many volunteers appreciate the shared encounters with the child/young person and the intercultural exchange. They gain new perspectives and experience a foreign culture. They very often find the experience to be meaningful and enriching. During the MUNTERwegs programme, the mentors gain an exemplary insight into the living environment of these children or young people, broaden their awareness of socio-economic life contexts and learn the consequences of migration. And of course, the interaction with the young mentee also teaches sensitive communication.”







All committed mentors of MUNTERwegs association receive:

- a MUNTERwegs certificate
- free further training/coaching on the topics of learning, health promotion, language promotion and trauma education
- a one-time expense allowance of 400 CHF
- 72 hours of credit if they are volunteers with membership of Zeitgut Lucerne or Kiss Cham/City of Zug
- recognition of commitment in the form of ECTS points for social work students of the Lucerne University of Applied Sciences and Arts (practical work in the field of social work, socio-culture, social pedagogy), the University of Basel, the Lucerne University of Teacher Education - Health Promotion and the Zug University of Teacher Education
- credit points within the framework of the relevant CAS subject for students of the ISZL (International School in Zug/Lucerne

MUNTERwegs holds regular information events and welcomes new volunteers. For more information, see munterwegs.eu or contact Miriam Hess directly on info@munterwegs.eu

Sunday, 3 September 2023

IMCZ Summer Party

Every year the International Men’s Club of Zug (IMCZ) holds an end of summer party at the lakeshore villa and garden, Siehbach. IMCZ and ZIWC (co-sponsors) and friends always participate in this iconic event.

Each year the party features a different culture by highlighting the cuisine, music and party style. Previously, IMCZ Summer Parties have included Brazilian, Greek, African, Australian themes. This year the chosen country is the USA with its renowned barbeque cuisine, Country and Western music, cowboy culture, fun and games. That means delicious veggie and meat dishes galore! They’ll be plenty of toe tapping music from the likes of Dolly Parton and Willie Nelson with line dancing. Dress code - ‘on the ranch’, be ready for games such as horseshoes and more, all in an idyllic and spacious setting.

The party will run from the middle of the day until the evening. There will be plenty of entertainment for the kids, so they won’t be bored and there’ll be space for the grown-ups to do their thing.



Register up to 5 days before the event, this is mandatory. This is so we can get the catering just right and avoid waste.

Registration will be opened in June on the IMCZ website. imcz.club/calendar

Save the date! Join us for the best party of the year!

Queen Victoria puts Cham on the Map

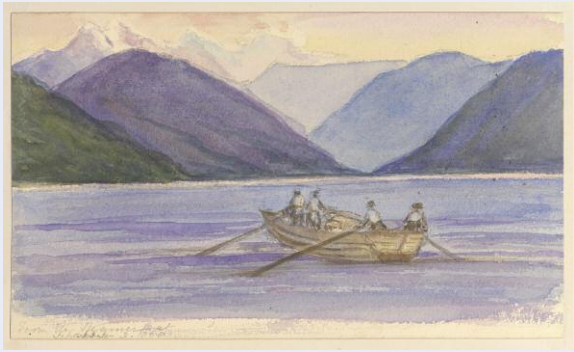


Switzerland has never had any royalty to call its own but seems to be fascinated by European royals, if articles and photos in newspapers and magazines are anything to go by. Zug is not the most famous tourist destination in Switzerland by a long way, but it has always attracted assorted royalty, one of the most recent being Prince Philip in 1981, when he stayed at the Freudenberg mansion in Buonas to go four-in-hand driving (and apparently Kafi Kirsch drinking!).

However, one of the most famous and dramatic visits was made by Queen Victoria in 1868. The British Queen often visited Europe for holidays with her husband, Prince Albert, and she spoke several languages. In 1861, she lost her mother and later that year her beloved Albert and was overcome by grief. She shied away from public appearances as she didn't want the British public to see how much she was suffering. She had to deal with various political crises and had already survived several assassination attempts. It is now thought that she suffered from postnatal depression (and she had 9 children). If anyone needed a holiday, it was Victoria.

Queen Victoria travelled to Switzerland incognito using the title Duchess of Kent (her father had been Duke of Kent). She travelled to Lucerne, where she was greeted by many curious onlookers. Her journey took her to the Tellskapelle, Brunnen and Küssnacht. She went up the Rigi and the Mythen mountains, Pilatus, the Brünig pass and Engelberg – she certainly got around, often riding on horses which had accompanied the royal party. Victoria was an avid sketcher and painter of water colours and recorded her impressions of the landscape she saw.

On 18 August, the Queen sailed to Brunnen then travelled by coach to Schwyz, along past the Lauerzersee to Goldau and Arth where she saw the devastation caused by the landslide (now the site of the Tierpark Goldau). Victoria recorded her impressions in her diary so we know that, as the weather cleared and she reached Zug, she was very taken with the journey along the lake through Walchwil and Oberwil. Following the long journey, however, the horses needed a rest, so the 10-strong party stopped for a rest in Cham, at the Raben restaurant near the station, just in time for Afternoon Tea!



Naturally, the Queen had brought her own tea with her, which she took in the garden restaurant. Her Majesty was not much taken with the Raben facilities, however, and seemed disappointed that nobody was there and nobody recognised them. Journalists from the local press had recognized the Queen and her party, however, which included two servants in kilts (one of whom was most probably John Brown, who was very close to the Queen and whose relationship with her was the subject of a great deal of gossip). Having found the Raben garden 'unpoetic', the Queen went for a walk and was so taken with the scenery with a view of Rigi and Pilatus that she recorded the scene in a water colour.

It was also rumoured that she partook of some Zuger Kirsch!

chamapedia.ch/wiki/Prominente_G%C3%A4ste?fbclid=IwAR1ZoIlb1BMa91E3mR5YXoU7CpK9JJFLXtjpogIUzP3rFRuYjJVshEJVV1A

August Monthly Dinner

In August, to enjoy the last sunsets of the Swiss summer we will be going once again to the end of the lake of Zug to **Bacco**, a real **Italian trattoria**, situated in **Arth**. We recommend you to carpool (due to limited parking space in front of the restaurant) and enjoy the Riviera of the Zugersee while you get ready for authentic Italian food. The restaurant has a big terrace by the lake, in which we can sit if there is good weather to enjoy the sunset of our lovely lake.



When: **Thursday, August 31st, 18:00**

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

Group limit: 14 members, please register online (Calendar/August 31st/Monthly dinners).

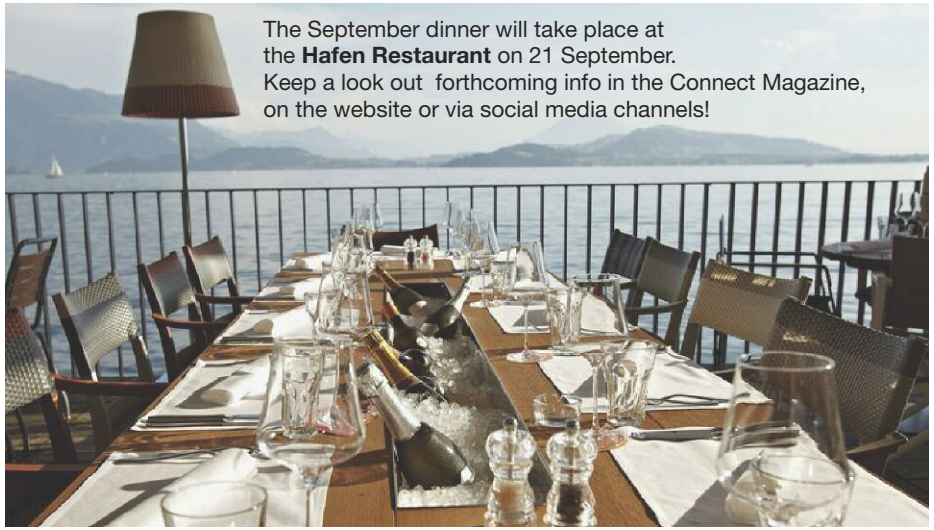
Booking deadline: Please register on the ZIWC calendar by August 30th. If you can't register on your own, or need to cancel your registration please send a mail to webeditor@ziwc.ch or send Valerie a Whatsapp

Contact: Valerie Gitter (079 763 46 06, vgitter@bluewin.ch) for any questions or if you need to cancel your registration after the booking deadline.

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

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.

Save The Date!



The September dinner will take place at the **Hafen Restaurant** on 21 September. Keep a look out forthcoming info in the Connect Magazine, on the website or via social media channels!

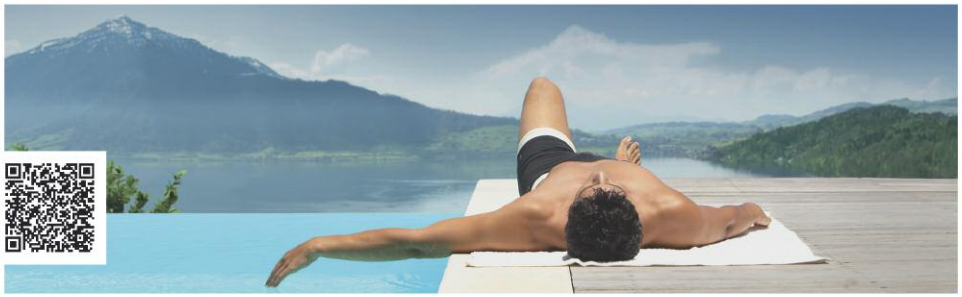
August 2023

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	2 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	3	4	5 SATURDAY 6 SUNDAY
7	8 18:30 **Bar & Lounge at Kurioz**	9 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	10 10:00 **Aegeri Coffee**	11	12 SATURDAY 13 SUNDAY
14	15	16 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	17 **Join Stammtisch with IMCZ**	18	19 SATURDAY 20 SUNDAY
21	22	23 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	24 10:00 **Cham Coffee** 17:30 **BNG Apero**	25	26 SATURDAY 12:15 **Lunch Club** 27 SUNDAY
28	29 12:00 **Potluck Monthly Lunch**	30 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	31 9:30 **Walchwil coffee** 15:00 **Italian Conversation Beginners** 16:00 **Italian Conversation** 18:00 **Monthly Dinner**		

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Stand Up! Comedy Night & Apero

Fun, jokes and laughs with friends and Members in English on a weeknight in the international little big city of Zug! Stand Up Comedy featuring intro by Andaleeb Lilley and guest star Ben Delahaye.

When: Thursday, 28 September 2023 from 20:00 to 22:00
Where: **Location in Zug- To be confirmed!**
Cost: IMCZ & ZIWC & Friends (over 18s) **25 CHF**
Dress code: Casual
Menu: Sandwiches, salads and small BBQ
Drinks: Cash bar

Registration: Please register online on our website - By 22 September.
For queries contact annualevents@ziwc.ch

Booking & Payment Deadline:
Zug International Women's Club, Post Finance, 6340 Baar.
A/C No 17-521935-3,
IBAN CH40 0900 0000 1752 1935 3.
Please state “Stand Up 2023” and the names of all the guests on the payment

ZIWC Cancellation Policy and Accident Insurance rules apply, see page 4 for details.



Interest Groups

SPOTLIGHT ON...

Knit and Natter

Antonia has been running the wonderful knit and natter group for more years than she can pinpoint. At first the group ran at Members' homes but after charming a local landlord into allowing the ladies to meet at a central location, she has based the group at Ober Altstadt 10, within the beautiful cobbled streets of the old town.

Antonia used to be a handicraft teacher and is a specialist in knitting and crochet. She loves to support people with their specific project goals, whether an absolute beginner learning the basics, or those more advanced looking for guidance to make a gift for a loved one. She particularly enjoys the relationship-building the group encourages, and is looking to invite Members interested in joining their fun, relaxed, and enjoyable group.

Antonia offers her group at Ober Altstadt 10, Zug, meeting generally every 3rd Tuesday of the month at 14:00, communication is by group Whatsapp.

Contact Antonia at antonia.latter@bluewin.ch or on 076 386 0005. She looks forward to hearing from you!















Cooking Group

Are you a FOODIE and have a passion for cooking but would like to be inspired and hone your skills?We are a multi-national group of enthusiastic cooks: some amateur, some professional, but yearning to learn new recipes and skills with other like-minded ladies. We rotate in each Member's home, usually on the first Tuesday of the month (pending holidays) from 9:30-13:30. The hostess decides how many Members she can accommodate: typically 4-6 depending on the size of the kitchen. Places are allocated by whoever first responds on the WhatsApp group. The hostess plans a simple or complex meal and provides the recipes: one dish or several dishes: for meat eaters or vegan in a fun exchange of skills and abilities for a hands-on cooked meal to sit down and enjoy together. If this speaks to your heart, please consider joining the ZIWC cooking group by contacting Donna Byron Sequeira at donnabyron@mac.com



From left to right: **My Phoung, Émely, Caroline, Rebecca and Bettina**



Donna photographing Émely

Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website, contact Tarryn Richardson the Interest Events Chairwoman for your free trial at interestgroups@ziwc.ch

- *Participation in physical exercise or training activities is at your own risk. It is the participant's responsibility to have personal and accidental insurance*
- *Please always check the Club website calendar for any updates and changes regarding the dates, time and location of all our events.*

Arts & Cultural Events Group ■ G. Shefika Balaban Brandenberger organises visits to museums, galleries, art exhibitions and some concerts. **Contact**: Shefika at gulsef08@hotmail.com or on 076 421 3835.

The Business Network ■ For members who are interested in the world of business, innovation and enterprise. If you are running your own business, employed, taking a career break or re-engineering your working life, the Group will provide opportunities to share knowledge, experience, skills, ideas and inspiration provided by sister members or invited guests and also meets for end-of-day drinks with women who share these interests! **Contact Details**: Ailbhe Fallon at bng@ziwc.ch.

Last minute outings ■ 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

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.

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 0005.

Book Club ■ Fit and Kicking Group! This group 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. One non-fiction book is reviewed each month. **Meeting**: 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 ■ A great way to have some exercise and fun at the same time! New Members are always welcome. Some previous experience is recommended but not necessary! **Meeting Details**: Weekly on Tuesdays at 9:00

Social Walk ■ A weekly social walk for members who enjoy walking at a leisurely pace. Mondays at 13:30 for 7km/90 minutes (plus a coffee stop!). 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 ■ Walks of around 1.5 to 2.5 hours, Wednesday afternoon at 13:30. There may be some hikes in the mountains, but they will be done at an intermediate pace, with short stops if necessary. **Contact Details**: Jan Frei at jan.freicox@outlook.com or on 079 335 7669.

Fitness hiking ■ 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. Every Friday at 09:15. **Contact Details**: Amy Egger at eggeramy@gmail.com or on 076 761 9135.

Gardening Group ■ Grow your own!! Learn how to grow your own vegetables in an easy way on your balcony or terrace. You learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, Information and material is aimed at novice vegetable gardeners. No group in July and August. **When**: Second Tuesday of the month at 14:30 – 16:00. **Contact Details**: Émely Steegstra-Hendrix at emelyziwc@gmail.com on 077 490 7374

Last minute WhatsApp Tennis ■ 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 ■ 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.

Italian Conversation Beginners and Intermediate/Advanced ■ Your chance to learn the nuances of this beautiful 'singing' language. We welcome beginners to the language at 15:00 – 16:00 and more advanced speakers at 16:00 – 17:00 at La Taverna Metalli Zug! **Contact Details**: Beginners Group: Marina Cesena at mcesena62@gmail.com Advanced Group: Cristina Rocco at cristina@italianallegria.com or on 079 444 4056.

Kaffeeklatsch - German Language Conversation Group ■ 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. **Time**: Weekly on Wednesdays at 8:30 – 10:00. For meeting and location details please check the Club website or contact Agnès Reicke at agnes@reickeglaus.ch or on 079 693 2393.

Tapas and Friends ■ 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.

Potential New Interest Groups If you have an idea for a group and are happy to set up, or are interested in taking on a vacant Interest Group Leader spot, please contact the Interest Groups Chairwoman at interestgroups@ziwc.ch.

Spotlight Events! 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 Tarryn at interestgroups@ziwc.ch.

FMZ

Fachstelle Migration Zug

ZIWC is a member of the Fachstelle Migration Zug. We are proud to support their work in integrating newcomers to the Canton by offering volunteering opportunities to those looking to give back to our international community. We will feature a series of their programmes over the coming editions.

Zug Host Programme for newcomers

Canton Zug introduced the Host Programme for newcomers in 2019.
The programme relies on the support of volunteers allowing newcomers from abroad to register with FMZ and be paired with a local or well-connected "host".

The pairs can then explore Zug on a "Tour de Zug", visiting museums, participating in sports, meeting for coffee, etc. Ideally, the pairs meet 1-3 times and often form long-lasting friendships.

Interested? The next host/newcomer programme meeting is as below

Location: Siehbachsaal, Chamerstrasse 33, 6300 Zug

Date: Tuesday, 29.09.2023

Time: 17.00–17.45 Host Conference (hosts only)
18.00–19.00 Newcomer and Host Conference (all welcome)

Registration: welcome.desk@fmzug.ch

https://www.fmzug.ch/neu-in-zug/host-programm
More information and registration





A Weekend in Rome
A Member's Story

Saturday dawned bright and sunny, with tickets for an 11:30 visit to Galleria Doria Pamphilj in Via del Corso. The Roman sparrows serenaded our breakfast in the little hotel courtyard.

We walked to the Pamphilj, a privately- owned palazzo near Piazza Venezia, a Roman gem, filled with antiquities and art: masterpieces by Bernini, Caravaggio, Raphael and many others, but the portrait by Velázquez of Pope Innocent X is probably the most impressive. Velázquez was famous for the way he handled light, colour and form, which made his images so clear, they could almost have been photographs. I had to stop myself from reaching out to touch, so realistic is the painting technique.







Having had our fill at Pamphilj it was time for some sustenance. The day was more than 30 degrees. We found shade at a quiet trattoria nearby. They served us a delicious lunch: tuna-fish salad with black olives, tomatoes, hard-boiled eggs and vinaigrette dressing, crunchy bread and an ice-cold Pelegrino, blissful.

Next, on to explore the Roman boutiques' abundance of attractive leather goods, lingerie, clothing, perfumes, etc. In a shop, one is treated like a friend, and they have all the time in the world for you. Hence it is hard not to buy something.

We continue on to Caffè Greco, near Via Condotti, opened in 1760. It is a magnet for artists and celebrities alike, the very place to while away an afternoon or evening. Tea, drinks and cakes galore are served by the charming waiters in morning dress.

Our dinner reservations took us to Assunta Madre. People were attired in ripped jeans, sneakers, low-cut tops along with long tresses and sunglasses, the style of hip Romans. We had no holes in our trousers, so we felt somewhat under-dressed.

The delicious food was served with a flourish. Dinner was fresh crabs with vegetables, and a Tiramisu, made at the table.

Next day, we visited Villa Borghese, which we walked to from the Vatican. Set in its own huge parkland, the magnificent Villa houses a collection of art and antiquities, begun in the 17th Century by Cardinal Scipione Borghese, nephew of the then Pope. Everything is breath-taking, but I'd say the famous Bernini marble-sculptures alone are worth a visit.

Such is the demand that we could not enter one minute before our ticketed time slot. The huge number of visitors forces you to move on all the time. Totally different from our experience the day before at the Pamphilj.

That evening, after a cosy dinner with my friend, we walked to St. Peter's. We once again admired the awesome sight against the Roman starry night. It had only been a weekend in Rome, but what a tremendous time we had had.

By **Vivi Jensen**

Did you Know?

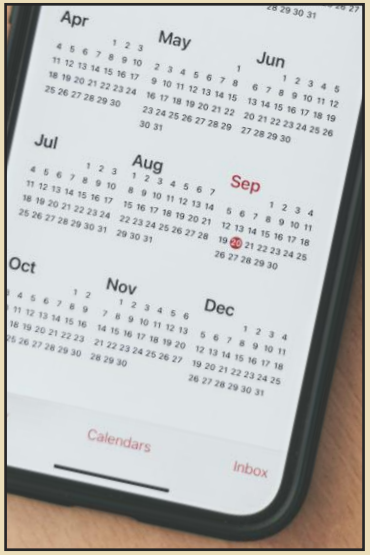
For the whole of July In 2023, the Zug Magic water feature will take place on the lakeside promenade in Zug.

4-minute water shows à la Las Vegas will take place daily between 6:00 p.m. and 9:00 p.m.

At 9:40 p.m. to 9:58 p.m. the water feature becomes a multimedia show. Powered with sustainable energy with zero emissions.



Save The Date!



September Dates for your diary

FEST DER NATIONEN • Saturday 2 September
IMCZ Summer Party • Sunday 3 September
Stand Up! Comedy Night • Thursday 28 September

Coming Soon…

Tell us if you are interested as soon as possible so we can plan our logistics for the event. We look forward...

Escape

- Oktoberfest - mid September, partners welcome
- Weekend in Milano
- Christmas Markets

Share!

CSS Insurance/SWONET Foundation

Through our Membership of the Frauenzentrale Zug and affiliation with the SWONET Foundation, a Women's Network, ZIWC Members can benefit from a small reduction in their health insurance premium if insured with CSS Insurance, including all the other members of your household. All you have to do is fill in the form on this website:

https://swonet.ch/partner/css-versicherung-swonet-gesundheitspartner/

and send it to **Serena Pangione serena.pangione@css.ch**

The website above also includes other information on health and other issues (in German).

Questions: you can contact Helena on 041 7804307

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swiss women network

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