ZIWC
Zug International Women's Club

MAGAZINE

Connect!

NOVEMBER / DECEMBER 2023 | FOR WOMEN • FOR CONTACT • FOR 56 YEARS





www.ziwc.ch

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

The last two months of the year can be such a blur. At the beginning of the year November and December are so distant, yet suddenly here we are and it seems to go by in an instant! However, these months bring so much nostalgia and celebration.

For many it's the time we usually take a moment to reflect on the past months as well as make plans for the year ahead. Personally, I get very introspective and think about the times in the past year where things went well and also not so well. I ask myself did I take care of myself mentally and physically. I take stock of what I have learned from this and ponder how present I was as a wife, mother, sister, friend and as a member of the community, and get intentional on how I can do better. Most importantly, I sit in gratitude for all of it. For everything good, bad and sideways.

I also think about how as the Escape Chair I can create unique experiences for you, our Club Members. I can confidently say I look back fondly on the wonderful adventures we have taken together. The biggest escapade by far was the canyoning trip in Ticino. I will never forget how the ladies empowered each other to get out of our comfort zones and take the jump. Quite literally!

This is something I love about the ZIWC: to be able to hold on to all the special moments we have shared together. The beautiful community we have, which was established by the founders 56 years ago. Special friendships started because of this wonderful Club. It is heartwarming to see ZIWC traditions still very much alive and the newer activities being so well received. If you are a new Member, there is so much to look forward to!

As we wrap up 2023 there are still some lovely occasions where we can gather together, such as our annual Seasonal Evening (November 16), Einsiedler Christmas Market (December 1), Samichlaus Breakfast (December 6), Colmar Christmas Market (December 12) or at the many wonderful activities organized by our Board and Interest Group leaders. Our plans for 2024 are also rather exciting so always check the ZIWC event calendar and future issues of Connect! for updates.



Cheers to 2023 and here's to 2024!

With gratitude and warmest wishes,
Alicia Toledo
Escape Chairwoman

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New Members

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

We warmly welcome our new Members

Susanna Blaser, Cham
Maria Isabel de Oliveira, Baar
Lourdes Buser, Walchwil
Kerryn Eyers, Kent, UK
Michelle Kennedy, USA
Nancy Vytlacil, USA
Jie Gao, Oberarth
Bridget Storrie, Zug
Krisztina Arpasi, Aarburg
Teuta Gasi, Oberwil
Yvonne Weaving, Unterägeri



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www.ziwc.ch

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Zug International Women's Club,
6340 Baar
IBAN: CH40 0900 0000 1752 1935 3

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

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.

We Support Each Other

We want our valued Club to be a place where there is mutual respect, and that women can feel safe to be themselves without being judged.

We value openness and honesty, and encourage questions and issues to be brought directly to those in organisational positions who are best placed to address said questions.

We seek to progress and improve our Club by having issues brought forward in an objective and respectful manner, and value constructive input from all our Members. We rely on the generosity of proactive Members with time to dedicate to the Club to maintain these values, and on p6 we list a few upcoming posts on the Board.

With this in focus we'd like to remind our Members of our Code of Conduct.

We are committed to providing a friendly, safe and welcoming environment for all, regardless of gender, sexual orientation, ability, ethnicity, socioeconomic status and religion (or lack thereof).

Our Members are expected to:

- Show consideration and respect in your speech and actions.
- Refrain from demeaning, discriminatory, or harassing behaviour and speech either in person, in writing or online.
- Respect the volunteers' efforts who make the events possible to create a pleasant atmosphere
- Attempt collaboration before conflict directly with the person. If needed, seek mediation.
- Respect Club constitution, membership directory and cancellation policies.

For the full Code of Conduct see our website link here **ziwc.ch/ziwc-code-of-conduct/**



Join our Team!

We're taking some time to do some future planning, and that means we will have the following Board positions open in the next Club Year. For interest or more information please contact Veerle, head of nominating committee at hospitality@ziwc.ch.

Open positions (as of 1 April 2024 and at time of publishing)

Annual Events Chairwoman
Interest Groups Chairwoman
Marketing Chairwoman
Secretary



Board Member Names and Contact Details

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

Giving Back with ZIWC

The Seasonal Evening together and accompanying charitable money collection with a raffle are long-standing traditions in our Club, and this year won't be different.

Let us introduce our Seasonal Evening Raffle Charity of choice to you: **MUNTERwegs**.

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. For a more in-depth article on MUNTERwegs see p24-25 of our July/August edition of Connect! Magazine.

In addition, we'd like to encourage our Members to collect all their **5-Rappen coins** and bring them to the Seasonal Evening (or November stammtisch and coffees). We will donate the proceeds to the **ZKF (Zuger Kantonaler Frauenbund) Weihnachtsbriefkasten**, an initiative giving donations to families living below the minimum income level in Zug. The Weihnachtsbriefkasten (the Christmas Letter Box) aims to bring joy to those seeking support with Christmassy wrapped groceries, talks, visits and tips to brighten up the festive season.

Christmas is a time of peace and reflection. Family and friends come together, people pay attention to each other. Unfortunately, however, not everyone can spend the holidays so carefree.

Collect your 5 Rappen!

We're still collecting! Don't forget to bring them to the Seasonal Event (see above) or any ZIWC event including your regular Stammtisch. it's not too late to start collecting!



SEASONAL EVENING

Join our traditional and annual event to share ZIWC's new and longtime friendships this November with a 'Harvest Festival' theme. We anticipate lots of international dishes cooked and donated by our Members. We would particularly appreciate contributions such as **quiche, roasted veggies, poultry, potatoes, pumpkins, sweets of the season**. Please register with enthusiasm for a warm night of community and culinary delights.

Food contribution will be listed in the registration, cooks and bakers please get ready to give and receive. If you are low on time, skip cooking and pay the fee. The charity group will raffle wonderful items, it will be a lucky night for many ladies.

When: Thursday 16 November 2023 Time: 18:30–22:30

Where: St. Michael Pfarramt, Upper Floor, Kirchenstrasse 17, Zug

Cost: Non Bakers: 35 CHF • I'll bring a dish: 10 CHF

Dress code: Harvest colours & festive attire

Menu: We'll all be surprised by the variety of food cooked by our Members!

Drinks: 2 wine bottles per table (1 red & 1 white) and still water included per table. Additional wine can be purchased if desired.

Entertainment: Classical music trio performance led by Franziska Kannewischer

Registration: Please register on the website - early registration recommended so we can plan our menu.

Contact & Info: annualevents@ziwc.ch

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

How to get there: Located at the heart of the Zugerberg, parking is nearby at the Casino and public transportation with buses 1, 2, 5, 6, 7, 11

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



Gin & Divas Bar at the Fest der Nationen

The third Fest der Nationen, organized by the FMZ (Fachstelle Migration Zug), took place on Saturday 2 September in glorious sunshine down by the lake in Zug. The event is to celebrate the 130 nations who live in canton Zug and allow them to present their culture. A total of 26 glamorous Club Members had volunteered to run the bar during the day and some early birds, led by Émely and Cristina, helped by Giuliana, Donna and Elina got down at 7.30am and set up a very professional bar with a well-organised back office (which was envied by our neighbours, the IMCZ).

Some of the ladies had met a few days before to do a trial run and discover the magic ingredients for the Club's signature drink. A total of 26 Members worked 4-hour shifts plus handover time to run the stand. All the ladies involved were also encouraged to do an online course outlining alcohol laws to make sure no spirits were served to minors.

The bar sold gin cocktails and prosecco exclusively. There were 10 gins from 10 different countries and one alcohol-free version. The most popular gins were the Italian Malfy Arancia and the Portuguese barrel-aged ones. The divas were well-instructed and provided with the recipes by our catering expert Émely, which also involved citrus fruits and herbs. Grissini and olives were also offered with the cocktails. The meticulous preparation ensured a very attractive and professional bar.

The stand proved extremely popular and provided a wonderful showcase for our Club. Many conversations were held with the thousands of visitors to the event and flyers and Club magazines handed out to interested ladies. There were also requests for us to hold our gin bar at future events.



The bar was officially open from 12 midday to 12 midnight and then there was a clear-up and handover, which lasted until about 1.30am, so it was a long day for the responsible Board Members especially. Thanks go to the 26 volunteers who organised, set-up and did shifts. A lot of fun was had by all and resulted in 900 CHF being raised for our charities.



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 Parkhotel, Industriestrasse, Zug**

NO Stammtisch on Wednesday 27th December and 3rd January 2024

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

NO Cham 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 Walchwil coffee in December

Aegeri Coffee – NEW VENUE

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: Cafe Brändle, Zugerstrasse 23, 6314 Unteraegeri
Contact: Vivi Jensen at vivi.jensen@icloud.com or on 076 824 4898

Contact coffee / drinks

NO contact coffees scheduled in November & December
as a lot of other gatherings are happening in these months.






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.
The Bar & Lounge gatherings for **November & December** will be announced online - via our social media or our bi-weekly mail
Registration on the Club Website is mandatory up to 24 hours before the event.

Contact Details: Ingela Stigemar at dent_stigemar@bluewin.ch





taç is pronounced «touch» and represents our personalized touch for every single guest.

the taç offers an ambience which is modern and connected to nature with a pinch of the orient to leave you dreaming. We stand for natural high-performance results and well-being.

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the taç

YOUR exclusive AVEDA Hair Salon in Zug!

What makes an AVEDA Salon different?
The name AVEDA came from Ayurveda.

AVEDA was founded on the belief that all things are connected and on the idea that beauty is about more than simply looking good, but about feeling better about yourself too. The AVEDA culture is less about the bottom line and more about making a difference in the world.

We share exactly the same mission as AVEDA and offer enjoyable rituals for our guests.





Recently, we also offer a Scalp & Hair Professional Salon Treatment using a HeadSpa Shampoo-Bed which is a first in Switzerland.

The 75-minute HeadSpa includes Scalp Analyses, Treatment and Massage.
You can book this exclusive service only at the taç Hair Salon.

For more information, follow us on Instagram at @thetac.ch or call us on 041 711 07 07.

Give your Hair and Scalp a spa day and book your appointment with us.

Best regards
YOUR the taç TEAM

the taç AG • Gubelstrasse 7 • 6330 Cham • **www.thetac.ch**

November Lunch Club

Aigu Restaurant at ParkHotel Zug

restaurant-aigu.ch
Aigu Restaurant, at the Park Hotel, will open on 23 October 2023 and we are taking the opportunity to explore this new restaurant for our November lunch.

aigu
Restaurant & Bar

Our lunch will take place on
Wednesday 15 November at 12:15.

The new restaurant promises traditional Swiss and French dishes, with a modern twist, created from seasonal, local produce.

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

Places are limited to 12.

Cancellation by **midday** on Monday 13 November - if you need to cancel please do so by email before the deadline to ailbhe.fallon@fallon-currie.com or calling/texting 078 698 5160 (no WhatsApp please).

Please note: **there will be no Lunch Club in December**.

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.

November Monthly Dinner

Ready for an exotic experience? For those who love **Asian** spicy food, this is the place to be! Immerse yourself in the culinary scents and flavours of the best Thai cuisine, served with class in a very modern environment. Try one of their fantastic curries, Phad Thai, delicious soups or chicken Satay skewers. They also have **fantastic cocktails** (Mai Tai, Rising Sun, Magic Melon, Blue Lagoon and others).

When: **Thursday, 2 November, 18:00**

Where: **SIAM Garden**
Suurstoffi 10, 6343 Rotkreuz (take the train to Rotkreuz or park in front of the restaurant)

Group limit: 12 members. Please register online (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself or you need to cancel your registration)

Booking deadline: Wednesday, 1 November

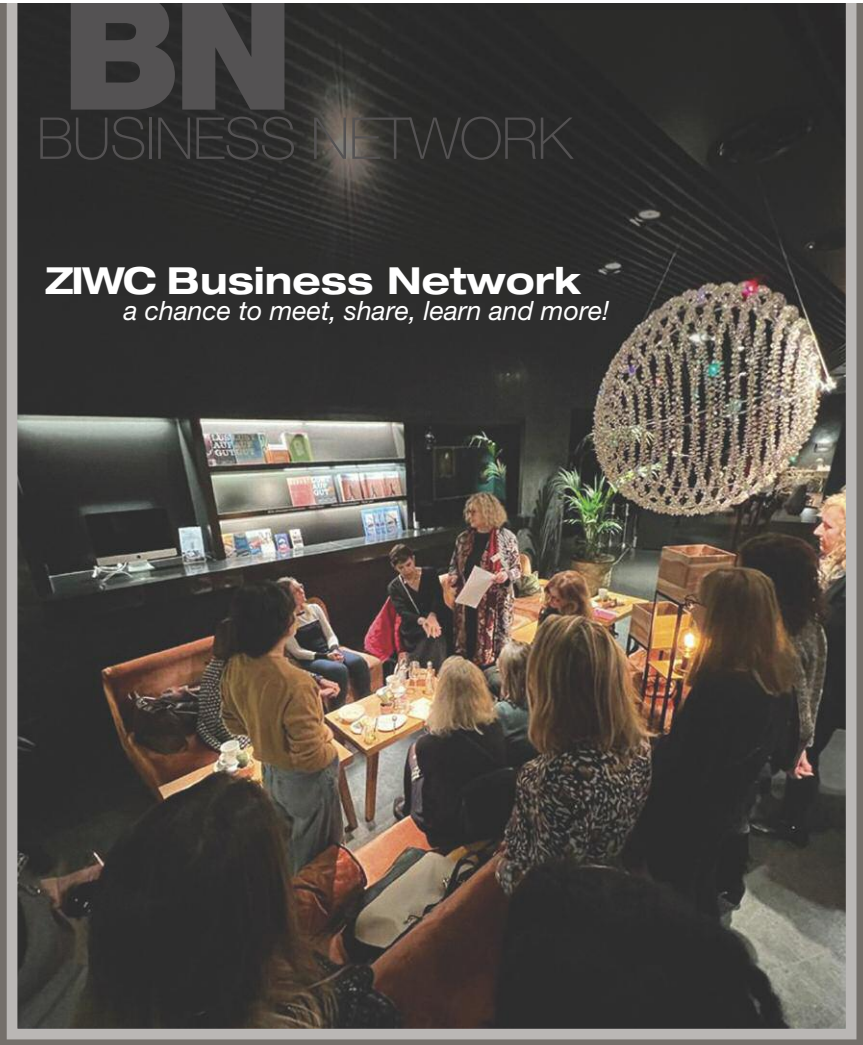


Contact: Valerie Gitter at vgitter@bluewin.ch or on 079 763 46 06 for any questions.

We will be choosing “à la carte” from their delicious **Asian menu**.

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.

Please note: **there will be no Monthly Dinner in December.**



In 2024, we are planning a series of business-related events, an opportunity to explore and learn in sessions led by Members for Members. These sessions will be followed by discussion over drinks for those that wish to join.

Those who attended our September Apéro, including new members **Elzbieta Kus** and **Krisztina Arpasi**, shared ideas on topics on which they would value expert input (from improving their LinkedIn page, to increasing social media visibility and launching new products in Switzerland). They also provided suggestions about what they could share with other network members.

We invite all ZIWC Business Members - whether you have been to a Business Network Apéro or not – to contact Ailbhe Fallon on BNG@ziwc.ch with suggestions for topics on which you would value input and with skills/expertise which you could share.

BUSINESS NETWORK APERO

During the past year our regular Apéro networking events have become more and more popular, with existing and new Members finding them an easy way to get to know others who have - or are re-thinking - careers, run businesses or are providing opportunities and services for women to grow and prosper.

Our November Apéro takes place on Thursday 9 November from 17:30 - 19:30 @ Secret Garden

secretgarden-zug.ch/english

And as we won't meet again until the New Year, if enough of us are available we will reserve for dinner as well - please register your interest in dining on the website.

Note: No Business Network Group meet up in December.
New Year apero in January - details to follow.





Escapes

Christmas Markets in December!

Einsiedeln Christmas Market

Date: Friday 1 December 2023

The Experience: A day trip to the Christmas market in front of the fantastic backdrop of the Einsiedeln monastery, the entire main street has its own special charm. Cosily decorated sales stands, festive Christmas lights and the large Christmas tree on the monastery square are highlights.

Location: Einsiedeln Abbey, Kloster Einsiedeln, 8840 Einsiedeln

Departure: Please arrive in good time for a 16:00 prompt departure from Zug Bahnhof pick up zone (Kiss and Ride). Travel by sprinter van. 30 min travel time. Return to Zug by 22:00 approximately.

Cost: ZIWC Members: The trip will only take place with a headcount of 15. Cost of coach charter 25CHF per person.

Booking details: Please register via the ZIWC calendar on the website. Be sure to register quickly and motivate friends to sign up!

Booking deadline: Please RSVP no later than 12 November.

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



Escapes

Colmar Christmas Market

Date: Tuesday 12 December 2023

The Experience: A day trip to the charming Colmar Christmas Market. Come along as we visit this gingerbread looking town full of holiday spirit. Food, shopping, lights and music all await!

Location: Colmar, France

Departure: Please arrive in good time for a 12:00 departure. We will meet at the Zug Bahnhof to depart promptly by sprinter van. The journey takes approximately 3 hours. Return 19:00, estimated arrival in Zug 22:00.

Cost: ZIWC Members: The trip will only take place with a headcount of 15. Cost of coach charter 55 CHF per person

Booking details: Please register via the ZIWC calendar on the website. Be sure to register quickly and motivate friends to sign up!

Booking deadline: Please RSVP no later than 1 December.

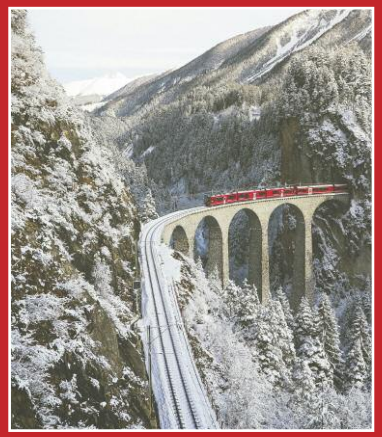
Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch

For both Escapes, the ZIWC Cancellation and Accident Insurance policies apply. Please see page 4 for details.



Happy 175th Birthday Helvetia







Have you ever wondered what the 'CH' on your car number plate stands for? It represents the official Latin name for the Swiss Confederation, Confoederatio Helvetica, and this year we celebrate Helvetia's 175th birthday.

Many myths surround the history of Switzerland, but it is only in fairly recent times that a loose association of cantons with different languages, currencies and even weights and measures became the Switzerland we know today. Following the invasion by Napoleon and his establishing of the Helvetic Republic, the old elite and patrician families held the power in their localities. Still, after Napoleon's downfall in 1813, the increasingly influential middle classes wanted more democracy. They were inspired by liberals from other parts of Europe who sought refuge in more liberal parts of Switzerland. Gradually, tensions rose between liberals and conservatives, Protestants and Catholics, resulting in the 'Sonderbund' war starting on 3 November 1847 which cost around 250 lives. The 'Sonderbund' of 8 conservative cantons, including Zug, was defeated in 27 days, leaving the way free for a new start and a new state which would seek to unify the different elements.

This seemingly impossible task was accomplished by 23 visionary men from all over Switzerland, led by Ulrich Ochsenbein, in just 50-odd days. They agreed on a common foreign policy, a common currency, and the abolition of interior customs duties. The confederation would have the competence to build a polytechnical university, roads and railways. These measures, once established, drove the beginnings of the industrialization of the confederation and boosted the ambitions of the educated middle classes. But who would run the still unformed country?

After much argument, a two-chamber system based on that of the USA: representatives of the cantons in the Ständerat and those from the nation in the Nationalrat. There would be a central government, the Bundesrat (Federal Council). The proposals were met with much conservative opposition but prevailed. The liberals or 'Freisinnige' at the time were revolutionary.

So, the first democratic elections were held, a Bundesrat elected; seven men from the FDP, the liberals. The Catholics were not yet included and the social democrats would have to wait for decades.

The revolutions which were gripping Italy, France and other European nations no doubt fired the imaginations of the Swiss liberals fighting for a more democratic country, and the Swiss Confederation proved to be a role model and a success story, its neutrality bringing peace to the small Alpine country surrounded by Europe's warring nations, who watched Switzerland with suspicion.



Of course, the constitution established in 1848 was to be subject to many changes in the coming years. The country was governed by industrialists such as Alfred Escher who didn't want the uneducated to interfere in their plans. The building of the railways by private individuals and consortiums drove the thriving economy. However, industrialisation also brought poverty and hardship and many emigrated. The privileged became more so. Suffrage was anything but universal, Jewish people were discriminated against until 1874 and of course, women did not have the right to vote. That would not come until 1971.

The revolutionary constitution of 1848 heralded a period of peace and prosperity for the country and later changes to the constitution. The most important occurred in 1874, enabling direct democracy and referendums, which further laid the basis of prosperity in Switzerland, creating favourable conditions for the development of industries and service sectors. However, social security, democratic suffrage and prosperity for the majority would be a hard-won fight by those not born into the privilege of the few.



Stand Up! Comedy Night & Apero Review

'From the Disco night at the bottom of Zug to the Comedy Night at the top!'
The ZIWC's Comedy Night at Panorama 24 at Park Tower was an evening to remember. The Annual Events team hosted 42 attendees from ZIWC and the IMCZ who mingled over Apero and Hors-d'œuvres from the Im Hof bar, the panoramic views from sky high added to the charm. Andaleeb Lilley's delightful warm-up set the stage for Ben Delahaye's side-splitting expat tales. The event was a testament to the vibrant community spirit and the shared love for laughter. For those eager for more comedy nights, explore upcoming shows at the Theater Casino Website.









Meet the Members

Julie Gallagher



Hi, I am Julie Gallagher.

I am South African, but have been living in Zug, Switzerland for the past 15 years. Originally, my husband and I worked on secondment for two years with Deloitte Zurich and even though we returned to Johannesburg, within a year we were back! I always joke that once you live in Switzerland, you always find your way back.

We have lived in Rotkreuz and Oberwil bei Zug but are now settled in Hünenberg; in fact we just recently became Swiss citizens. German lessons were the biggest challenge to get over, but I slowly but surely came to grips with it. I would highly recommend joining a conversation group like the Kaffeeklatsch German Conversation Group offered by the Club.

When I first joined the Club, I was drawn to all the events that they host; but what I really enjoy most is that one can just catch up for a quick coffee down the road every month and hear about all the local happenings but also ask all those typical foreigner questions. Without fail I learn something new every time and have a good laugh too!

I have two teenage daughters, Zara and Bailey and twin ragdoll cats. And when I am not looking after them (the cats, mostly!) I have a little shop in Hünenberg Dorf: In Good Company Gifts. Even though I am a chartered accountant by profession, I have always enjoyed entertaining and crafting, and so having a part time business is the perfect combination of the two.

In fact, this year I am doing a trial Gift Wrapping Workshop with some of the ZIWC ladies; and if all goes well this is something I hope to do on a more regular basis for the Club. I guess that is where the strength of the Club lies: there is a whole range of activities to suit everyone and at every stage of life. And a few of my favourite things in Zug?

The Medieval Festival in the Old Town in September
Be Kind Middle Eastern Restaurant in Hünenberg
And of course all the Christmas Markets!

November 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** 8:00 **Mrs Sporty** 8:30 **German Conversation** ***Kaffeeklatsch***	**2** 9:30 **Book Club – Walk the talk!** Philosophy for a good life (*WAS fit & kicking book club) 18:00 **Monthly dinner @Siam**	**3** 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	**4** SATURDAY **5** SUNDAY
6 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English Class Zoom**	**7** 8:00 **Badminton** 9:55 **Arts & Cultural Group, Day trip to Basel** 18:30 **Bar & Lounge**	**8** 8:00 **Mrs Sporty** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	**9** 10:00 **Aegeri Coffee** 17:30 **BN Apero @City Garden**	**10** 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	**11** SATURDAY **12** SUNDAY
13 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English Class Zoom**	**14** 8:00 **Badminton** 16:30 **Italian Wine Tasting**	**15** 8:00 **Mrs Sporty** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 12:15 **Lunch Club**	**16** 15:00 **Italian Beginners & Grammar** 16:00 **Italian Conversation - intermediate & advanced** 18:30 **Seasonal Evening ZIWC Members only**	**17** 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	**18** SATURDAY **19** SUNDAY
20 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English Class Zoom**	**21** 8:00 **Badminton**	**22** 8:00 **Mrs Sporty** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	**23** 10:00 **Cham Coffee**	**24** 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	**25** SATURDAY **26** SUNDAY
27 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English Class Zoom**	**28** 8:00 **Badminton** 9:30 **Cooking Club**	**29** 8:00 **Mrs Sporty** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	**30** 8:00 **Mrs Sporty** 9:30 **Walchwil Coffee** 15:00 **Italian Beginners & Grammar** 16:00 **Italian Conversation - intermediate & advanced**		 
					

December 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** 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group** 16:00 **ESCAPE: EINSIEDLER CHRISTMAS MARKET**	**2** SATURDAY **3** SUNDAY
4 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English Class Zoom**	**5** 8:00 **Badminton**	**6** 8:00 **Mrs Sporty** 9:00 **SAMICHLAUS BREAKFAST**	**7** 9:30 **Book Club – Walk the talk!** Philosophy for a good life (*WAS fit & kicking book club)	**8** **Public Holiday** **MARIÄ EMPFÄNGNIS**	**9** SATURDAY **10** SUNDAY
11 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English Class Zoom**	**12** 8:00 **Badminton** 12:00 **ESCAPE: COLMAR CHRISTMAS MARKET**	**13** 8:00 **Mrs Sporty** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	**14** 10:00 **Aegeri Coffee** **Italian: traditional Xmas dinner**	**15** 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	**16** SATURDAY **17** SUNDAY
18 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English Class Zoom**	**19** 8:00 **Badminton** 16:30 **Italian Wine Tasting**	**20** 8:00 **Mrs Sporty** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch**	**21** **Joint Stammtisch with IMCZ**	**22** 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	**23** SATURDAY **24** SUNDAY
25 	**26** 	**27** 	**28** 	**29** 	**30** SATURDAY **31** SUNDAY 

Lichtliwege at Advent 2023

For a dose of evening Advent romantic Christmas spirit, what better way to live the experience than to visit a winter Lichtliweg or illuminated walking path in your area. This year, five areas in and around canton Zug are set to create beautiful walkways; this forthcoming festive season promises to be as successful as in previous years.

Cham: From 2- 26 December on Fridays, Saturdays and Sundays from 17:30, 110 lanterns will be illuminated in Villette park. Glühwein at Restaurant Villette and Rieslingsuppe provided by Engelwy can be enjoyed at a stand at Hirsgarten. For entertainment on each Advent Sunday and more info see cham-tourismus.ch/liechtliweg.

Baar: The official opening is usually on the Friday before the Christchindlimärt Baar and usually ends on the 1st or 2nd Sunday in January. Daily from 17:00- 22:00. Detailed programme on the homepage: www.lichterweg-baar.ch.

Zugerberg: From 6 December 2023 to 7 January 2024, numerous candles will light up the path from the Zugerberg mountain station to the Zugiblubbi House, where the nativity scene is located. The Zugerberg Railway will run every quarter of an hour between 17.00 and 21.00 during this period. The candles are lit from around 4.30 pm. www.zbb.ch/freizeit-oase/zugerberg-erlebnisse/lichterweg/.

Hünenberg: The Path of Lights will shine again from 24 November 2023 to 5 January 2024. The route offers a contemplative atmosphere and a wonderful view of Lake Zug. www.zg.ch/behoerden/gemeinden/hunenberg/de/gemeinde/freizeit-und-kultur/Anlaesse-events/lichterweg.

Sattel Hochstückli: The 2km long circular path over the spectacular suspension bridge will be illuminated with countless lanterns every Saturday from 18.00 to 22.00 from 2 December 2023 to 9 March 2024. The cosy mountain restaurants invite you for a warming drink and hearty dinner. www.erlebnisregion-mythen.ch/de/buchen/erlebnisangebote/winterangebote/laternenweg/

IMCZ Summer Party 6 September



When we sat down with the IMCZ's president (Richard Beswick) in May to discuss the next summer event of their club, I came up with four different ideas but he had already chosen the theme '**Country and Western**', which coincidentally was one of my four!

What was funny was that he had written this theme into Chat GPT to give him ideas for the party, which were again, the same as the ideas I had written on my paper. So, all we had to do was make these ideas come to life: cowboy hats and boots, rustic tables with hay and horse shoes, line dancers, live country and western music and Texan-style food: barbecue pork ribs, brisket, pulled pork, chili con carne, barbecue chicken, baked potatoes with cheese and bacon, corn fritters, cornbread and for dessert, a selection of American-style cheesecakes, brownies, ice-creams and fruit platters.



Kids also had a hot dog station, which was also enjoyed by some adults. At the end of the garden was the bar, from which margaritas, beers, wine and other beverages could be picked up.

The weather was fantastic and while some kids and adults were playing games with ropes and horseshoes, others were enjoying the line dancing workshop. Some were catching up with each other under the tent or by the bar and others were going for the second or third time to the buffet to get more ribs or cheesecakes. With a full house of 90 people and 5 band members, the event was a great success and fun for everyone who attended.

by **Valerie Gitter**





Share! New e-platform for Zug Residents - eZug

eZug is a digital platform and app for Zug residents. Using the app (available on apple and android platforms) you can obtain digital services and official, legally valid documents.

With the eZug smart government solution, you can quickly and easily request and manage documents, pay, identify yourself online and sign online. All conveniently with your smartphone.

For more information and other commune services visit **ezug.ch/en**

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ST. KLEMENS



TO MAKE AN APPOINTMENT 041 429 32 32
FOR MORE INFORMATION ST-KLEMENS.CH

YOU'RE INVITED – SAVE THE DATE!

LEARN ABOUT THE SWISS SCHOOL SYSTEM

LERNEN SIE DAS SCHWEIZER SCHULSYSTEM KENNEN

Thursday
JAN 18TH
15–16 h

Time	15–16 h Presentation followed by afternoon tea
Speaker	Tanja Hager, Principal
Interpreter	Céline Hotz, English and History Teacher
Place	Gymnasium St. Klemens, Kaspar-Koppstrasse 86, 6030 Ebikon
RSVP	By December 22, 2023, Registration online

Your child's future – it's never too early to plan for it! Do you know how the Swiss school system works?

The Swiss school system is considered exemplary worldwide because it gives every individual the chance to fulfil their potential: There's no graduate without perspective! Take the opportunity to get to know the Swiss school system. It's never too early to plan for your child's future. We will show you various possible educational paths for your child. You will also get to know the Gymnasium St. Klemens over coffee, tea and some savoury and sweet snacks. The Gymnasium St. Klemens offers German-speaking children of expats excellent opportunities to successfully integrate into the Swiss school system.

ONLINE REGISTRATION

A fateful day in St. Wolfgang on Christmas Eve

Have you ever enjoyed a pleasant lunch in the restaurant Rössli in St. Wolfgang, Hünenberg, perhaps with the ZIWC, and gazed at the bucolic valley below, with views to the Reuss and beyond? The next time you visit this seemingly idyllic setting, you might like to consider its not so peaceful history.

Hünenberg is a village in Ennetsee which is home to the ruins of a small castle dating from the Middle Ages. The Knights of Hünenberg were the most important medieval noble family in the area of Canton Zug. They also possessed the castle St. Andreas in Cham and the Wildenburg in Allenwinden. The decline of the family began in the 14th century and the family moved to other parts of the country and their properties were sold or fell into ruins.

The 'Burg' was built on a small hill in the Reuss valley, giving it a good view of the surrounding land. Further along the valley, and also part of Hünenberg since 1934, is the hamlet of St Wolfgang, with its gothic church built in 1473 on an important trade route from Lucerne to Zurich. St Wolfgang lived in the 10th century and legend has it that people who were troubled by illness and plagues prayed to him for help. Frescoes in the church illustrate his story and a large bell in the churchyard, called the Pilgrim's Bell, reminds visitors that this was once an important place of pilgrimage.

St. Wolfgang today is still a peaceful hamlet with its church, pastor's house, a couple of houses and restaurants. But the tranquility belies its historic past.

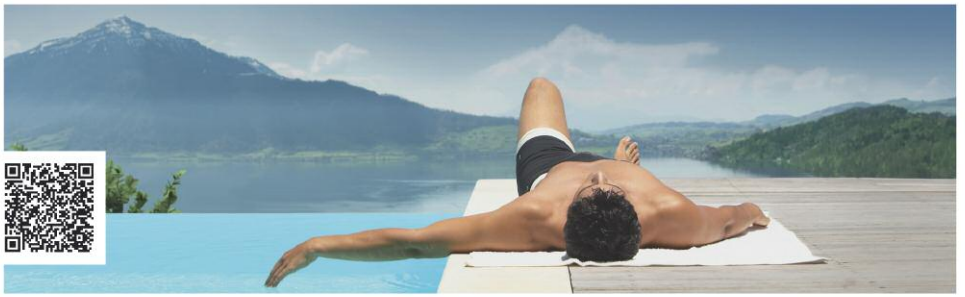
The Totenhalde, the steep slope west of St. Wolfgang, was the scene of a battle in 1388 in the aftermath of the famous Battle of Sempach (1386)- a Swiss victory over the Austrian Habsburgs at which many Habsburg leaders, including Duke Leopold, were slain. The victory helped turn the loosely allied Swiss Confederation into a more unified nation and is seen as a turning point in the growth of Switzerland.

On Christmas Eve, 1388, a Habsburg retaliatory raid ravaged the area of Hünenberg and its surroundings. Homesteads were looted and went up in flames. The Zug soldiers under their bailiff Hans von Hospental had wanted to take back the looted goods from the Habsburgs and an unsuccessful battle at the Totenhalde on this festive day ensued. 42 Zug soldiers died, including men from Hünenberg and the leader Hans von Hospental. The Habsburg invaders were later driven out by Swiss troops and a truce was signed in 1389.

So, next time you sit on the lovely terrace of the restaurant Rössli, spare a thought for those previous residents of Hünenberg from days gone past, and be thankful not to be living in the Middle Ages!



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www.motorschiff.ch



Women in the Community

We are grateful for our wonderful ZIWC Club for providing an active community for those seeking international friends and connections. Have you ever wondered how the local communities of the Swiss women of Zug are networked? Perhaps you've received a booklet through the post with events, courses and flea markets listed. The Zug Cantonal Women's Federation (ZKF) claims 7000 such members and is an umbrella organisation for 14 women's associations within the communities or gemeinde of Zug (we are supporting the ZKF as one of our charities this Club year, see p 6). There is at least one association in each of Zug's eleven communities. Each one is autonomous, but the respective presidents meet twice a year to collaborate. In Steinhausen for example there are 500 members alone: The age range goes from 25 upwards, most of them are in their 50s and older.

Women's communities originally emerged from both the Reformed and Catholic parishes and have always been politically independent. The associations still belong to the parishes, but the members do not have to. All women are allowed to join, regardless of their status, age, nationality or religion. In the past, the range of services was intended to help with everyday family life. Then as now, the social aspect was very important. Nowadays, the programme focuses more on handicraft and creative courses, lectures, excursions and sports. Within a community, members network and support each other.

Our Member Julie Gallagher (see page 8) is a member of Hünenberg's community association kontakthuenenberg.ch/ and has found it an invaluable way of becoming integrated into her local community, especially as her children attend international schools. For a membership fee of 25 CHF she has been able to participate in events such as a Manga sketching course with her children, Advent wreath making and candle dipping just before Advent. Though (Swiss) German is the language of communication, the other participants appreciate a few words in German and then are more likely to offer their own words of English. The main objective is after all, connection. She is a member of a sub-committee and now offers her own skills to the community.

The Frauengemeindschaft of Cham has a similar set-up, and added to their offering are language conversation classes. There is also the possibility of youngsters taking a babysitting course which then gets them on a babysitter list that can be offered to those seeking help in their neighbourhood.

Fancy taking the plunge to meet ladies of your neighbourhood?
Here is a list of women's associations in your community.

Neuheim • The aim of the Neuheim Women's Community is to spend valuable time in the community and to exchange ideas. The association has 190 members and is 110 years old. **fgneuheim.ch/**

Hünenberg • The association was founded in 1975. Kontakt Hünenberg has more than 850 members. They want to enrich village life with various activities and promote cohesion. **kontakthuenenberg.ch/**

Rotkreuz • The Rotkreuz Women's Association has 350 members. The association has existed since 1939. They want women's groups to continue to be successfully involved in public life. **frauengemeinschaft-rotkreuz.ch/**

Samichlaus Breakfast



The Annual Events team welcomes ZIWC Members to our traditional December event. Our theme is Red and White to complement the festive mood of December. We will look forward to the holidays and bring 2023 to a close amongst our dear Members. This is a special year as our venue has a NEW Look and as expected, a delicious buffet!

When: Wednesday 6 December 2023 at 09:00-12.00

Where: Parkhotel Zug, Industriestrass 14, Zug.

Cost: CHF 35

Dress Code: Seasonal with RED and WHITE themes.

Menu: International and Continental buffet
Special Diets: For special dietary requirements, please send an email to annualevents@ziwc.ch

Beverages: Prosecco toast drink, juices and coffee & tea included.

Entertainment: Festive background music.

Registration: By NOVEMBER 27. Please register online

Booking & Payment Deadline: **November 28**
Zug International Women's Club, Post Finance, 6340 Baar.
IBAN CH40 0900 0000 1752 1935 3

How to get there: Hotel located behind Metalli.
Parking in underground car park.

If you have questions, kindly send an email to annualevents@ziwc.ch and reply will be asap. If urgent, please sms at 079 610 7144.

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

Cham • Four years ago, the association celebrated its 100th anniversary. Today the women's association in Cham has almost 900 members. They want more women for the local associations who will promote their values and get involved in the community and promotion in their large network. **frauengemeinschaftcham.ch/**

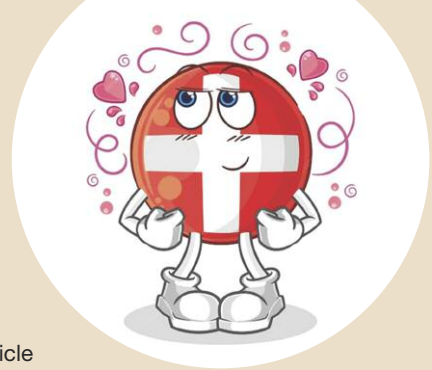
Unterägeri • The aim of the Frauengemeinschaft Unterägeri is to foster a happy community, solidarity and mutual help. The association has over 300 members and was founded in 1917. **frauengemeinschaft-unteraegeri.ch/**

Baar • The aim of the St. Martin Women's Community is to promote fellowship, especially among women, through organised courses, lectures and events. The association currently has 420 members and will celebrate its 100th anniversary in 2025. **fg-baar.ch/**

For further groups see the ZKF website. Happy Integrating! /zkf.ch/ueber-uns/

Ref: Zuger Zeitung 10.02.23 Nora Baumgartner

Integrating made Easy!



“o wad some pow'r the giftie gie us to see oursels as ithers see us!”*

Earlier this year, the Tages-Anzeiger newspaper published an article on the difficulties ‘Expats’ and non-Swiss people find in making new friends among the locals and integrating generally, so they offered some tips on how to achieve this**.

1. **Join a *Verein* – a club or society.** Probably 50% of the Swiss belong to at least one verein with people who share a common interest, whether it be gymnastics, breeding rabbits, collecting mushrooms or politics. Whatever your hobby, there will be a society you can join. Friendships are slow to develop in Switzerland. People tend to be less mobile than in other countries and their friends are often those they grew up with or met at school. Joining clubs will help you make friends more quickly – look how many friends you have made since joining the ZIWC!
2. **Have a baby or get a dog.** Both usually involve joining courses on how to child- or dog-parent and you will automatically meet others doing the same, so no need to search for topics for small talk. Both get you out for walks too, where you will meet other like-minded parents.
3. **Be a bit ‘bünzlig’ (pedantic).** Switzerland is a land built on consensus, often achieved by its inhabitants making rules and sticking to them. So, stick to the laundry plan and don’t hang out your washing on a Sunday (or clean your car). Don’t make a noise over lunchtime, after 10pm and on Sundays and public holidays. Otherwise, some Bünzli will stick a note in your letterbox, probably anonymously, or snitch on you to the Powers That Be. It goes without saying that Bünzlis are over-punctual and expect you to be too.
4. **Learn the language.** Yes, it is sometimes boring and frustrating to attend courses and do your homework and when you try out your German in the shops or the restaurant, you will be rewarded for your efforts either by a torrent of Swiss German or English spoken between gritted teeth. However, your old lady neighbour will appreciate your efforts and it will make your life in your new verein easier.
5. **Learn the code.** ‘Das ist interessant’ usually means what you have said is rubbish. ‘Speziell’ means anything but special in the positive sense and is nearer to strange or weird. Listen to the tone of voice. It’s also handy to know that ‘Ja, also…’ means that the conversation is over.
6. **Don’t complain about the price.** Yes, Switzerland is expensive and coffee in Italy is cheaper and often better but the Swiss don’t want to hear that.
7. **Don’t show off or flaunt your wealth.** This will not win you friends amongst the understated population.
8. **Plan.** The Swiss tend to be less spontaneous than some. If you suggest going for a drink or a coffee, they are likely to get their diary or online calendar out and suggest a date two months hence. Don’t be offended – it is just that they are very busy with yoga, dog-walking, cross-bow firing and other activities with their vereine.
9. **Take your shoes off.** If, after several months, you have the honour of being invited to somebody’s house, arrive on time, maximally 10 minutes late but preferably not. (For business meetings, not a minute too late). Take a small present such as flowers or a bottle of wine. Most important – take your shoes off or at least offer to.
10. **Stick to the public transport etiquette.** Public transport – ÖV – is excellent, so leave the car at home. You might meet colleagues from work or your new friends from the verein, so make sure you stick to the rules: avoid long, noisy phone conversations, use headphones to listen to music and never put your feet on the seat.
11. **Be informed.** Becoming naturalised is a long-term project at the end of which you can vote and elect representatives. Meanwhile, it is a good idea to inform yourself of the major issues preoccupying your new friends. Direct democracy means that current political debates and issues are important for the Swiss. They take an interest and like to discuss these in order to decide on how they are going to vote. If you don’t keep up with the news, you will feel left out.

*Quotation is from the Robert Burns poem ‘To a Louse’ 1786
**Translated from the original German. Tages-Anzeiger, March 2023

Get in Touch!

Do you have any tips on how to make friends among your new workmates and neighbours? Let us know by writing to connectmagazine@ziwc.ch and win a copy of ‘Hoi: your new Swiss German Survival Guide’.

German lessons for children from 3 to 7 Years old in Cham, Menzingen, Oberägeri, Steinhausen, Unterägeri, Walchwil and Zug.
For more information visit **www.wunderfitzundredeblitz.ch**
or call 041 780 54 28



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

Silver Stars
Dine & Dance

Let's escape early in 2024 and reach for the Silver Stars-Étoiles d'argent! You guessed it, the theme colour is silver or white with a twist of French flair! Welcome the New Year in style with the ZIWC! A captivating performance by guest ballroom dancers awaits with a festive ZIWC atmosphere, accompanied by delightful music, so dress to impress. This elegant evening will include dance and fine dining at the newly-renovated très jolie Parkhotel "aigu," with new exquisite southern French inspired culinary delights conjured up by chef Marcel and team. Both Members and friends of ZIWC & IMCZ are welcome!

When: Early 2024, date to be confirmed.

Where: aigu Restaurant & Bar in Parkhotel Zug, Industriestrasse 14, 6302 Zug.
www.restaurant-aigu.ch/en

How much: ZIWC & IMCZ Members: 125 CHF
Non-Members: 160 CHF
Juniors of guests up to 25 yrs old and students: 80 CHF

Dress Code: **Formal dress – optional black tie**

Menu: **French inspired cuisine**

Drinks: One bottle of red, one bottle of white wine and carafes of table water per table are included in the ticket price, Additional wine, beer, alcohol, soft drinks can be purchased from the bar.

Entertainment: Guest Entertainment , Ballroom dancers and DJ

Registration: Please register online on the ZIWC website - availability is first come first served as there is LIMITED SEATING. Please include requests for seating with others in the registration. For any questions or dietary requirements please email Tania at annualevents@ziwc.ch.

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

Booking & 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
Please state "Silverstars2024" and the names of the guests on the payment.

How to get there: **https://www.restaurant-aigu.ch/en**
Parkhotel Zug located behind Metalli,
Parking available, bus and train at Metalli

Interest Groups



SPOTLIGHT ON...
NEW GROUP!
Zumba® Toning
with
Chelle Pawlowski

A bit about Chelle...

I'm originally from France, but I lived in Northern California for 12 years. There, I participated for many years in jazz dance and Afro-Brazilian dance fitness as well as cardio kickboxing and Pilates programmes. In 2010, I moved further away from my favourite gym and decided to start a side hustle teaching classes myself. I started with a Zumba® licence in 2010 which I completed with a group fitness certification from the Aerobics And Fitness Association of America (AFAA). Since then, I have taught dance fitness classes at community and fitness centres in California, Germany and Switzerland. As I wanted to support my class participants more effectively, I started learning personal training in 2016 and later nutrition coaching. In 2019 I turned my side hustle into my dream job and helped many women achieve their fitness goals at my own fitness studio in Zurich Wollishofen until year-end 2022. In Switzerland, my fitness offering is recognized by health insurance companies. I currently absolutely love teaching Zumba® and Zumba® Toning classes. The reason is simple: every class feels like a party!
Come join me, I guarantee you will have a blast! Got questions? Feel free to drop me a message via Whatsapp.



About the Class...

Join our **FREE** invigorating Zumba® Toning class and experience the perfect blend of dance, strength training, and uplifting music. Shed stress, boost bone health, and sculpt your body while grooving to Latin and international beats. Embrace a fun-filled fitness journey with like-minded women, and let's dance our way to better health and happiness together.

Every Monday at 5:30 pm at Gewerbestr. 10 in Cham.
Contact Details:
Chelle Pawlowski on 078 925 0505

Book Group "Walk the talk! Philosophy for a good life"

(previously fit and kicking)

***"…. don't tell me that you have read books – show me what you have learned by thinking better….."* Epictetus (c. 50 – c. 135 AD)**

Philosophy is the study of the fundamental nature of reality, knowledge and existence. This group focuses on non-fiction books which cover the latest scientific findings on health and wellbeing. Also books that have descriptions on life experiences that can give us ideas for a good life can be the book of the month. Topics will be wide-ranging and will include any aspect of healthy living which we deem to be of interest such as stress reduction, attitudes, problem-solving, communication, gut & brain health, sleep and more. The group meets in person once per month on Thursday mornings from 09:30-11:30.

Upcoming meets: **2 November and 7 December**

Disclaimer: This group will not provide medical or psychological recommendations of any sort. Each participant must decide what information or activities they would like to include in their life. All medical conditions should be addressed with a doctor or other authorised medical practitioners.

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



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

Cooking Group

Are you a FOODIE and have a passion for cooking but would like to be inspired and hone your skills? Come join our group of some amateur, some professional ladies yearning to to learn new recipes and skills. We rotate in each member's home by consensus date. If this speaks to your heart, please consider joining the ZIWC cooking group by contacting Donna Byron Sequeira at donnabyron@mac.com.

Golfing Gals Group ■ NOTE - on hold until Spring 2024

The Golfing Gals are enthusiastic golfing ladies at every level who practice and play regularly. Nothing is strictly organised, we just group together as it fits. We share our tee times and practice times in our Whatsapp group. If you fancy joining, please send a whatsapp to Émely Steegstra-Hendrix on 077 490 7374.

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.

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 9:00-10:00, Sports Zentrum Zugerland. Contact Basia on 079 715 5137.

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.

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 email your name & mobile number to interestgroups@ziwc.ch
*If you are interested in leading the Monday Social walk please email: interestgroups@ziwc.ch.

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!!* NOTE - on hold til Spring 2024

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, from beginners to seasoned gardeners. When: First Tuesday of the month at 14:30 – 16:30. **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 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! **Beginners group** currently looking for new group leader.
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.

English Conversation Class

Weekly on Mondays 18:00-19:00. Classes will be via Zoom.
For interest contact Alicia Ioannou at +44 7905 710 322.

Mrs Sporty

Offering Members free classes on Mondays, Wednesdays and Fridays from 08.00 - 08.45 at St Martin's Park Pavillion in Baar. Contact Sandra at 079 739 3552 or at club276@club.mrssporty.ch

Potential Bridge Club

Teresa Hedinger would like to seek out interested Members to form a Bridge Club for friendly play once a month (no competition). She is unable to lead a group but could help support. For any interest please contact Tarryn at interestgroups@ziwc.ch

Potential New Interest Groups

If you have an idea for a group and are happy to set it up, please contact Tarryn, Interest Groups Chairwoman 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. The possibilities are endless! For additional guidelines you can find more information on the Club Website or contact Tarryn at interestgroups@ziwc.ch.

ZUGERBERG FINANZ



You're invited — save the date!

What now?
Inflation, Interest Rates and Investments

Theme:	Zugerberg Finanz experts will address established Expats on the current **economic outlook** and where you can look now for **real return on investments**.
Date:	November 16, 2023
Time:	11:30 a.m. – 13:30 p.m. Presentation including a light lunch.
Keynote Speakers:	**Timo Dainese**, Founder and Managing Partner **Prof. Dr. Maurice Pedergnana**, Chief Economist and Managing Partner **Tania Mobayed**, Brand Ambassador & Sr. Advisor Expat Desk
Place:	Zugerberg Finanz, Lüssiweg 47, 6302 Zug
RSVP:	By November 9, 2023, Registration online, limited seating.

This is the **first** of a series of English topics presented by Zugerberg Finanz. The **established expats community** has an opportunity to learn about Zugerberg Finanz, current topics in investing and appropriate solutions for Swiss domiciled individuals. Zugerberg Finanz values are based on **trust, proximity, honesty, and transparency**. These are the cornerstones of our growing and successful position as leading local Asset Manager.

Online registration

Zugerberg Finanz · +41 41 769 50 10 · info@zugerberg-finanz.ch · www.zugerberg-finanz.ch/event

Recap of Club Dates for your Diary

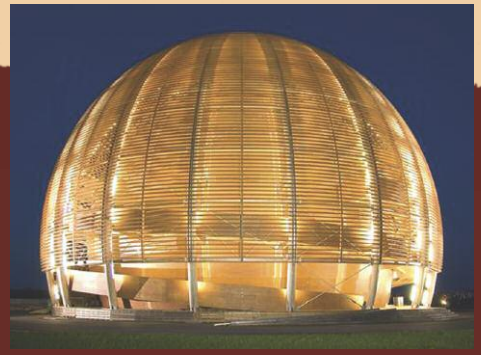
- **Seasonal Evening:** **Thursday 16 November**
- **Sami Chlaus Breakfast:** **Wednesday 6 December**
- **Silver Stars Ball** **Early 2024**

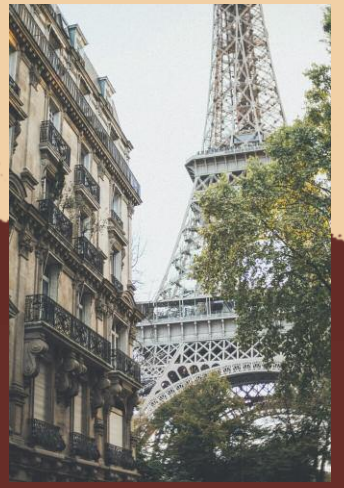
Coming Soon…

Escapes in 2024 to look forward to!

Keep your eyes on the ZIWC event calendar for upcoming Escapes such as:

- The Cité du Temps: Omega Museum and Planet Swatch
- CERN Science Gateway tour
- Overnight trip to Paris
- Whiskey tasting and more!







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