ZIWC
Zug International Women's Club

MAGAZINE

Connect!

JANUARY / FEBRUARY 2024 | FOR WOMEN • FOR CONTACT • FOR 56 YEARS



www.ziwc.ch

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Dear Members,

As you may know, these are my last months as President and it's time to look back before saying goodbye.

I moved to Zug in 2016, two days later I joined the Club and after just a few weeks, I became a Board member. This Club helped me immensely to integrate into Zug; it has given me new friends, lots of laughs, and even some tears.

These seven years have seen many changes and thanks to the support of the Club's network, I have been able to overcome them. My daughter grew from a child into a young woman and the Club helped me cope with the accompanying 'empty nest syndrome'. During the Covid pandemic restrictions, keeping the Club going and participating in the many online activities made me feel less alone. Talking to our Club Members, I discovered amazing life stories and learnt new things about other cultures and countries. Many of you have been a source of inspiration, a joyful presence and a provider of precious support, and for these gifts I thank you.

I have always appreciated the spirit of positivity, proactiveness, mutual gratitude, support and the authentic desire to get to know each other better which permeates the Club. It resists the negativity and even toxicity of the few and for me this is the true spirit of the Club, which has enabled it to thrive and provide a supportive community for 56 years, no mean achievement.

More than anything, I would like to thank all the other Board Chairwomen with whom I have worked. We shared goals, laughs, special events but also challenging and stressful moments. I will miss our Board meetings full of inspiration, ideas and positive energy with the aim of always improving the Club. We were a dedicated group that was able to overcome any difficulty together. Serving on the Board has been an honour and a privilege.

I enjoyed serving as President so much that I never noticed the incredible number of hours, dedication and work this position requires - working from a plane, a hotel room with rubbish WiFi, sometimes in the middle of the night (apologies to recipients of messages at crazy times!). However, the passion and commitment were always worth it.



The future of the Club, with Émely at the helm as the designated President bringing her positive energy and enthusiasm, is assured. I look forward to enjoying our wonderful Club as a Member amongst all you wonderful women.

Thank you for this incredible journey together and for everything you have taught me. See you soon.

Cristina Rocco
ZIWC President (2020-2024)

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New Members

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

We warmly welcome our new Members

Anisa Zafar, Baar
Charlotte Hagmann, Baar
Leslie Hammond, Zürich
Bogna Pienkowska, Walchwil
Jialu Wang, Hünenberg
Julie Besner, Walchwil
Ilona Weiss, Edlibach
Margaret Curtin, Zug
Arita Silapetere, Zug

Julie McCreedy, Zug
Mansi Shah, Zug
Shatha Nasser, Zug
Sofia Filippi, Cham
Nagla Abulkheir, Horw
Marit Pless, Neuheim
Irmgard Scheidel, Walchwil
Stutee Parmar, Oberägeri
Katrina Sommer, Walchwil

Alessandra Ginsburg, Neuheim
Regina Staub, Cham
Dana Ghiorghiu, Zug
Roxana-Cristina Petrus, Malters
Evani Andrade, Feusisberg
Karen Nordier, Walchwil
Shahana Nathan, Rotkreuz
Gretta Antonescu, Zug
Ann-Katrin Fehrenbach, Ottenbach



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

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

Printers
WIRmachenDRUCK
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Club address:
Zug International Women's Club,
6300 Zug,
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.

Join our Team!

Many thanks to those who have expressed interest in being part of the Board for the next Club year. We are busy matching skillsets to our posts but if you feel you have time and energy to contribute to the Club and are unsure of which position would suit you, please contact Veerle at @ hospitality@ziwc.ch.

Open positions

Annual Events Chairwoman
Interest Groups Chairwoman
Marketing Chairwoman
Membership 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: 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

Silver Stars
Dine and Dance Ball

Welcome in the spring in style with the ZIWC!

Join us for the Silver Stars Dine and Dance, a night full of surprises.
Starting with the location: the venue is walking distance from Zug Railway Station but will not be disclosed until the day before!
This elegant evening will include apero, dining and dance plus some performances and prizes awarded to the best dancer and the best outfit of the night.
You guessed it, the theme colour is **silver** or **white**. Anticipate captivating performances and a festive ZIWC atmosphere accompanied by delightful music. Dress to impress…
Both Members and friends of ZIWC & IMCZ are welcome!

Date: Friday 22 March 2024

Time: 18:30 – Midnight

Where: Surprise location, walking distance from Zug railway station

Prices: 125 CHF ZIWC & IMCZ Members
160 CHF Non-Members

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

Menu: Meat, fish, vegetarian; options available on website from mid-Jan

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

Entertainment: Guest Entertainment, DJ and more…

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 requests. For any questions or dietary requirements please email annualevents@ziwc.ch.

Booking & Payment Deadline: **29 February, 2024**
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.

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

ZIWC Charitable Donation to Hof Rickenbach

On the 14th December, our charity coordinators, Vice-President Émely and Saakje Dalhuusen went to visit Hof Rickenbach, to present a total of 2100 CHF, collected over the course of multiple ZIWC events throughout the year.

Hof Rickenbach were absolutely thrilled to receive our donation. They rely fully on donations and therefore are very aware of how valuable they are.

Hof Rickenbach in Lucerne is a centre specialising in the residential care of primarily younger people (under 65) afflicted with dementia. They offer residential, holiday and day care, to all dementia sufferers of all ages, providing a home-from-home experience.

Émely and Saakje were shown around the facilities and met fitness instructor Monika Schweizer. She told them about how their screen-enabled equipment gives patients who have little communication ability to still engage with the world, as the cycling programme takes them through real ‘virtual’ environments, for example Amsterdam, England and the Netherlands.

On behalf of Hof Rickenbach we want to convey their warm and heartfelt thanks to all our Members for their generosity, which truly means so very much.







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*.

When: Every Wednesday from 10:00–12:00 (except public holidays)
Where: Park Hotel, Industriestrasse 14, 6302 Zug

Parking is available at the hotel. Your ticket needs to be validated at the reception.

Cham Coffee

Karin has 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 – NEW VENUE

We will get together for a chat and laugh so please pop in when it suits your schedule. The group is coordinated via a Whatsapp group 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 the 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

January Contact Coffee

The first contact coffee of the year will be at Veerle's place in Walchwil.
Please register online via the Club Calendar.

When: Monday 15 January from 10:00–12:00
Where: Artherstrasse 25 (3rd floor) 6318 Walchwil
Contact: Veerle Vandionant at hospitality@ziwc.ch or on +41 (0) 77 505 1213 to coordinate what you want to bring.

Veerle's place is reachable with bus nr 5 stop Lido Walchwil – or train stop Walchwil and a 5 minute walk. There are some parking spaces on the road but car pooling where possible is recommended.

Hope to see you soon!

As there are always people on the waiting list our cancellation policy will be applied (see page 4 for details). Thank you for your understanding.

February Contact Coffee

To be confirmed.
Keep an eye on the Club calendar.



February Lunch Club

Our first ZIWC Lunch of 2024 is on Thursday 8 February to coincide with the **46th Zuger Chesselete 2024 zugerchesslete.ch/**

The venue for this lunch will be **Le Bar du Boeuf ochsen-zug.ch/en/restaurant-bar/le-bar-du-boeuf/** right at the heart of the action for those who wish to see Zug Carnival in all its glory!

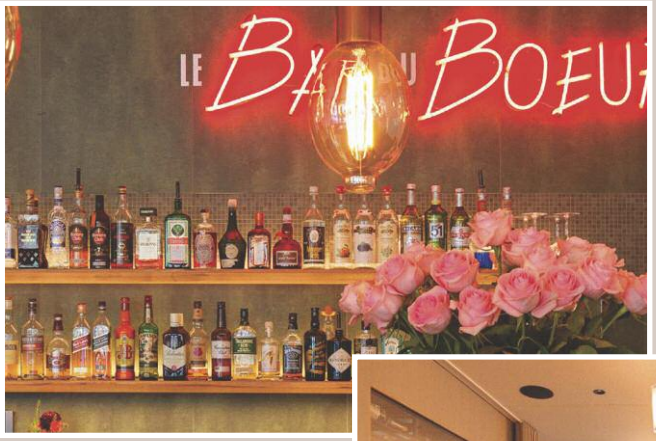
Le Bar du Boeuf is on the ground floor of City-Hotel Ochsen Zug, Kolinplatz 11, Zug and we will meet there at **12:00**.

The lunch menu at Le Bar du Boeuf changes weekly and features meat, fish and vegetarian options; the menu will be available online nearer the date.

There are only 12 places available so please register on the website or - if you have no web access - by calling or texting Ailbhe Fallon on +41 78 698 5160 (no WhatsApp please).

Once these places are filled you can contact Ailbhe to be placed on the waiting list for cancellations.

Cancellation by **midday on Monday 5 February**; 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).





Save the date!

March Lunch:
20 March 2024 – 12:15

Lunch at Ristorante Wartstein in Hünenberg

https://ristorante-wartstein.ch/

JANUARY AND FEBRUARY DINNER CLUB

In 2024 we will be 'travelling around the world' to try different foods and flavours. From Thailand to China, from Morocco to Perú, from Mexico to Italy amongst other countries, we will be touring with our tastebuds in 2024. Are you ready for a trip around the world?

January Monthly Dinner

In January we will go, like every year, to the delightful **Gotthardli am See Thai restaurant** in the old town, serving authentic Thai dishes with a lovely setup and decor. The restaurant is situated very near to Postplatz on the first floor of Seestrasse 3.



When: **Thursday, 25 January, 18:00**

Where: **Gotthardli am See**
Seestrasse 3, 6300 Zug. Park in the old town or the Casino or take the bus to Postplatz.

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 24 February

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

Menu: We will be choosing 'à la carte' from their authentic Thai menu.

February Monthly Dinner

The Chinese New Year starts on 10 February and lasts until 24 February 24th. According to the Chinese calendar it will be the year of the dragon. Chinese wear red to start the new year to bring them good luck.

We might follow this and wear some red for this evening dinner.



When: **Thursday, 22 February 22, 18:00**

Where: **Dragon Schatz**
Luzernerstrasse 10, 6343 Rotkreuz.
Parking available at the back of the restaurant, in the underground parking. Or take the train to Rotkreuz and it's a 5-7 minute walk.

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)

Dress Code: Wear a red blouse or dress, to have a lucky year.

Booking deadline: Wednesday, 21 February

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

Menu: We will be choosing 'à la carte' from their authentic Chinese menu.

BN
BUSINESS-NETWORK



ZIWC Business Network

a chance to meet, share, learn and more!

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 was a 'blast' with new and regular Members sharing their SuperPowers and aspirations.

Using these aspirations as a springboard, we plan a great programme of Members for Members events during 2024, with Members sharing their insight, knowledge and experience. These events will provide a unique opportunity to explore the topics with our ZIWC experts followed by discussion over an Apéro. For example:

February Business Network Event - Decentralised Identity: role in the right to privacy with Allison Fromm https://www.linkedin.com/in/allisonfromm/

March Business Network Event - Making an Impact in the Social Media Universe with Elina Vigand https://www.linkedin.com/in/elinavigand/

Registration for these events will open January 2024.

Business Network Apero

The ZIWC Business Network welcomes in the New Year with an ***Apéro (with a twist….)*** on **11 January, 17:30 - 19:30** at our regular Apéro haunt Secret Garden in Zug.

The ZIWC Business Network Apéro is open to all, including non-members and guests of members; **please register** on the ZIWC website as it is the only way that we can ensure that we can accommodate everyone…

We invite all ZIWC 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.



Escapes

CERN Science Gateway

Date: Thursday 29 February 2024

The Experience: A day trip to the fascinating CERN Science Gateway. CERN works to help uncover what the universe is made of and how it works. During our visit, we will be guided through a tour of the facilities and interactive exhibits and dine together. Truly a remarkable facility and worth visiting.

Location: Espl. des Particules 1, 1217 Meyrin

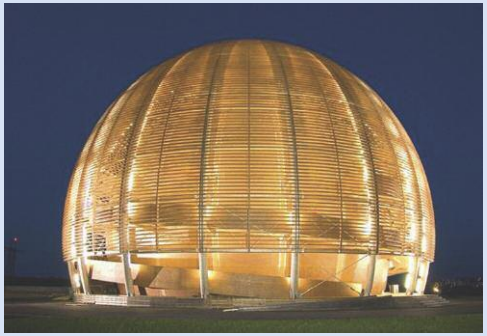
Departure: Please arrive in good time for a 7:30 SBB departure from Zug Bahnhof. The journey to CERN is 4 hours. Return arrival time in Zug will be approximately 22:00 hrs.

Cost: CERN admission is free of charge. ZIWC Member meals, shopping, and entertainment are at your own expense.

Booking details: Open to ZIWC Members. Register via the ZIWC calendar on the website.

Booking deadline: Please RSVP no later than 9 February.

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





Escapes

Cité Du Temps: Omega Museum And Planet Swatch

Date: Thursday 7 March 2024

The Experience: Join us as we visit the world's watchmaking capital city for lunch followed by a guided tour of the stunning Omega Museum and whimsical Planet Swatch. We will learn about the history and process of bringing these timepieces to life and perhaps you might decide to purchase a timepiece as well!

Location: Nicolas G. Hayek Str. 2, 2502 Biel

Departure: Please arrive in good time for a 9:00 SBB departure from Zug Bahnhof. The journey to Biel is 2 hours. Return arrival time in Zug will be approximately 20:00 hrs.

Cost: Cité du Temps admission is free of charge. ZIWC Member meals, shopping, and entertainment are at your own expense.

Booking details: Open to ZIWC Members. Register via the ZIWC calendar on the website.

Booking deadline: Please RSVP no later than March 1st.

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.



Meet the Member
Lucia Staub-Azario



Lucia certainly puts the 'international' into the Zug International Women's Club. As a long-standing Member she was kind enough to share a little bit about herself with us…

Lucia was born in Italy near Rome, but didn't stay there too long. As a young child she moved to French Guyana with her family, her father had a construction business that over the years was to take his young family all over the globe. The next family posting was to Belem, Brazil, and she fondly remembers holidays spent in Manaus, the capital of the vast state of Amazonas and main departure point for the surrounding Amazon Rainforest. These holidays involved rich experiences like canoeing in the Amazon and experiencing the diversity of the world-famous natural ecosystem firsthand.

By now a young adult, Lucia and family had moved again and were settled in Nigeria, when Lucia met a young Swiss man from Menzingen. He was a hotel manager there and the two of them soon fell into step with each other, so much so that he brought her back to his native Zug, no doubt to introduce him to his family. Marriage in Zug followed soon and Lucia became Swiss.

As her husband was a hotel manager for the Westin group, life quickly took them out of Switzerland, this time to Malawi, both of them now involved in the hotel business. This proved to be a time rich in culture, adventure and connection with interesting people from all around the world. They were involved in the opening of a new hotel in Bloemfontein, South Africa, where Lucia joyfully told of encounters with many notables, including film stars, tennis players and formula 1 drivers. Further adventures took them to Namibia and Johannesburg, where Lucia's first child, a son, was born. Detroit, USA was to be the next and last work destination that, though proving enjoyable enough, was not enough to distract from the pull of a permanent home to bring up the family. This pull brought them back to Baar, Zug, where their second child, a daughter, was born. At this time Lucia joined ZIWC on the recommendation of a friend, where she found her international community within her new home country.

Lucia has never lost her adventurous spirit and to this day enjoys travelling all over the globe to see new places, visit family and sometimes to rekindle fond memories of beloved moments past. In between things she enjoys family time in Zug and finds opportunity to partake in ZIWC events. What she appreciates about the Club is the flexibility that Membership brings, to do a little or a lot, depending on what your interests are. Lucia particularly enjoys the annual SamiChlaus breakfast, has attended many a Seasonal Evening and a Stammtisch every now and then.

It was a pleasure to chat to you Lucia and we hope to see you at a Wednesday Stammtisch one day soon!

Seasonal Evening November 2023



The Seasonal Evening was a hit! From festive autumn colours and imaginative decorations, to a delicious choice of traditional soups, hams, cultural delights and desserts prepared and presented with great care, it truly was a celebration of our harvest. The Annual Events team, Tania, Émely, Susan, Melanie, Christine, Olga and Karin orchestrated a theme and service to provide a warm welcome. The kitchen team professionally overseen by Emely was excellently organised. A talented trio of flautists led by Fanziska Kanniwicher played classical Mozart pieces to grace our time together. The lottery and generous prize gifts organised by Saakje Daalhusen added much fun and meaningful monetary contributions for the benefit of MUNTERwegs, the Club's Charity of the year. But of course, the best part of the evening was the company of the 55 lady attendees who enjoyed a lovely *apero* planned by Christine Blanchard and Sylvia Nadig of Engelwy. I'm grateful to be a part of a community of women who are warm, welcoming and engaging. Thank you ZIWC Events Team for the time and care you gave to creating a Seasonal Evening to delight!



Contributed by **Jessica Hehmeyer**.





Girls about Town
In Zug old Town!

On a cold, damp Saturday in November, an intrepid group of ladies met up at the Zytturm astrological clock in Zug for a tailor-made tour of the hidden gems and secret alleys of our lovely city. Our guide was Pauline, who has years of experience doing such tours, especially in English. Time didn't allow us to go up the Zytturm tower (get the key from the souvenir shop round the corner) but we did hear an explanation of the symbols of the astrological clock with its moon showing the phases of the moon as it turns from black to gold.

Everybody learned something they didn't know, even after years of living here. Did you know the origin of the name 'Zug'? It comes from the Old High German word ziuge (from ziehen) the Fang (catch of fish), so to pull fish out of the water. In the Middle Ages, this also became used as a legal term to mean a place where fishing was allowed (as opposed to privately-owned fishing grounds). The name evolved from being applied to a settlement of fishermen, to the name of the village, as it was in those days.

Pauline pointed out a few of the more obvious landmarks which we could explore in the future at our leisure, including the Burg castle, town wall towers, Kunsthaus Art Museum, Kapuziner tower and the churches of St Michael and St Oswald, but we concentrated on lesser-known attractions.

Zug's old town is still very much intact with part of the city walls and its towers still standing. We saw where some of the old buildings have been repurposed over time, where grain used to be stored (town library) and which building housed prisoners, unmarried mothers, school children and other strays (Burgbachschulhaus) before eventually becoming a regular schoolhouse.

We discovered the former prison where delinquents were kept, the Chaibeturm, next to the Restaurant Schiff at the bottom of the 'Goldgasse' alley. The Goldgasse doesn't get its name from Gold but from the Swiss German word for Geröll or 'Groll', meaning 'stones'. We heard about Greth Schell, whose statue is at the bottom of Unteraltstadt and who is resurrected every Fasnacht Monday. Greth Schell used to take her drunken husband home in a basket on her back and was much ridiculed for it.

The 'Wöschhüsli': was the location where women from the old town used to do their washing. It was too dangerous to boil water over a fire in houses made of wood. Two wash-houses still exist in the old town but lie outside the city walls. The one near the Casino was rebuilt in 1826 and later enlarged. In 1959, two automatic washing machines were installed and in 1960, a shower. For 40 cents, you were given a towel and some soap, thus fulfilling an important social function for residents of the old town buildings without adequate sanitation. This practice remained until 1995 (!). In 2003, locals collected money for a renovation and part of a wall dating back to the 13th century was discovered. The wash-house is now used as an atelier for a local artist.



The Maria Hilf chapel in the Sankt-Oswalds-Gasse was a further hidden gem, with a beautiful wooden ceiling, a baroque altarpiece and paintings of the Zurlauben family.

We saw the Münz, where the town coined its own currency up until the end of the 18th century, the 'Gloriettli' garden house adjacent, which is privately owned and looks as if Marie-Antoinette might step out of it any minute (see the photo), the statues in the old town of Wolfgang Kolin and the one above the fountain in the Hirschenplatz which was moved when the Neugasse was built.

We also paid a visit to the Memorial of the Attentat in 2001 at the Regierungsgebäude (Zug Parliament building) as well as many more historic and cultural places of interest, gathering lots of ideas of where to show visitors and where to go and explore more ourselves. Zug is bursting with history and culture and all within walking distance. We only had time to visit a few interesting places and still less time and space to describe everything here.

Zug Tourism offers tours every Saturday during the warmer months, also in English, and there are also sometimes tours of special interest to women. Keep a lookout on the Zug Tourism website:

zug-tourismus.ch/en , zugerstadtfuehrungen.ch/

There are also regular art and culture tours organized by the City of Zug (Kunst im öffentlichen raum/Art in public spaces). These are usually advertised on our social media channels. www.stadtzug.ch/rundgaenge

This tour was organized within the GirlsAboutTown Whatsapp group. For more info, see the Interest Groups page.

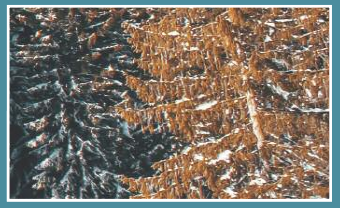




January 2024

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	3 8:00 **Mrs Sporty**	4 9:30 **Book Club – Walk the talk!** Philosophy for a good life	5 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	6 SATURDAY
					7 SUNDAY
8 8:00 **Mrs Sporty** 17:30 **Zumba® Toning class** 18:00 **English conversation via Zoom**	9 9:00 **Badminton**	10 8:00 **Mrs Sporty** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 16:00 **Italian conversation**	11 10:00 **Aegeri Coffee** 17:30 **BN New Year Apéro Secret Garden in Zug**	12 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	13 SATURDAY
					14 SUNDAY
15 10:00 **Contact coffee @ Veerle's** 17:30 **Zumba® Toning class** 18:00 **English conversation via Zoom**	16 9:00 **Badminton** 9:30 **Cooking Group**	17 8:00 **Mrs Sporty** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	18 10:00 **Cham Coffee** **Joint Stammtisch with IMCZ**	19 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	20 SATURDAY
					21 SUNDAY
22 8:00 **Mrs Sporty** 17:30 **Zumba® Toning class** 18:00 **English conversation via Zoom**	23 9:00 **Badminton** 12:00 **Meeting at Zurich HB to go to Maag Licht Halle "Imagine Picasso!"**	24 8:00 **Mrs Sporty** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	25 9:30 **Walchwil Coffee** 16:00 **Italian Conversation** 18:00 **Monthly dinner Gothardli am See**	26 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group** **IMCZ Burns Night**	27 SATURDAY
					28 SUNDAY
29 8:00 **Mrs Sporty** 17:30 **Zumba® Toning class** 18:00 **English conversation via Zoom**	30 9:00 **Badminton**	31 8:00 **Mrs Sporty** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**			
					

February 2024

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 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	3 SATURDAY
					4 SUNDAY
5 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English conversation via Zoom**	6 9:00 **Badminton**	7 8:00 **Mrs Sporty** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	8 10:00 **Aegeri Coffee** 12:00 **Monthly lunch** Le Bar du Boeuf Hotel Ochsen on Schmutziger Donnerstag 16:00 **Italian Conversation**	9 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	10 SATURDAY
					11 SUNDAY
12 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English conversation via Zoom**	13 9:00 **Badminton**	14 8:00 **Mrs Sporty** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	15 10:00 **Cham Coffee** 16:00 **Italian Conversation** **Joint Stammtisch with IMCZ**	16 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	17 SATURDAY
					18 SUNDAY
19 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English conversation via Zoom**	20 9:00 **Badminton** 9:30 **Cooking Group** 16:30 **Italian Wine Tasting** 17:30 **BN Decentralized Identity Alissom Fromm**	21 8:00 **Mrs Sporty** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	22 9:30 **Walchwil Coffee** 18:00 **Monthly Dinner Dragon Schatz**	23 8:00 **Mrs Sporty** 9:15 **Fitness Hiking Group**	24 SATURDAY
					25 SUNDAY
26 8:00 **Mrs Sporty** 17:30 **Zumba® Toning** 18:00 **English conversation via Zoom**	27 9:00 **Badminton** 14:30 **Gardening Group**	29 8:00 **Mrs Sporty** 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**			
					

ZIWC supporting the Zuger Frauenbund

On Wednesday 6 December, Saakje and I had the pleasure of handing over the ZIWC cheque of 500 CHF to the Weihnachtsbriefkasten programme of the Zuger Frauenbund. We met Ursi Gasser, team leader of the Weihnachtsbriefkasten Project (Christmas Post Box project).



The Zuger Frauenbund do incredible work not only in providing Christmas food boxes, but above all, staying in touch personally with vulnerable members of the community all year round. As a result of this personal contact they really get to know what kind of help is needed and that makes their help highly efficient and right on point to tackle whatever life throws at these individuals.

Ursi talked to us about a family struggling to make their money last the full month as they fall outside the social security net by just 70 CHF per year. Normally they can just about get by, until of course something unexpected and non-budgeted occurs, like a child falling and damaging one of his relatively new shoes or trousers. Just a few of these little incidents can tip this family into difficulties and that's where the Zuger Frauenbund steps in. And not only with initiatives like the Weihnachtsbriefkasten Project, where they provide families like this one with some extra food they normally couldn't afford and some gifts for the children during the festive season, but also during the rest of the year where they can be contacted to help pay the bill for those new shoes or clothes.

Another example was a single mum tasked with additionally caring for her elderly mum, who hadn't been to a hairdresser in years and during a personal chat it became clear she would really appreciate going to the hairdresser again. The Zuger Frauenbund stepped in. They contacted a hairdresser nearby, paid the visit in advance and sent her to get her new hairdo.

The Frauenbund don't give money, rather they provide support by paying bills or giving vouchers, which is a great way to ensure donations are spent where they are needed the most.

Contribution by **Émely Steegstra-Hendrix**, Vice-President ZIWC 2022-2023



Learn to read or improve your reading with Jane Chamberlain

Help your children learn to read, or improve their reading in a playful, effective way. Use the much-loved Phonics programme to get off to a great start and develop a love of literacy. I have many years of experience including children who need extra support and would be happy to meet you to learn about your goals for your children.

Email: info@chamberlainenglish.ch
or call Jane @ 078 603 5931

Samichlaus Breakfast December 2023

The Samichlaus Breakfast on 6 December 2023 was one of the best events of the year, and we were almost 70 Members at the newly refurbished Parkhotel in Zug. After the Apero in the lovely bright atrium, live music played on the piano by James Lilley (Andaleeb Lilley's son) and after meeting and greeting each other we went into the breakfast room. The atmosphere was Christmassy and warm with tables decorated with red poinsettias and candles. Members old and new mingled, prosecco in hand, enjoying the reunion and basking in the friendship that is the essence of Club. We were treated to a sumptuous brunch buffet and a surprise visit by SamiChlaus who brought his helper Schmutzli along. There was much merriment as he entertained us and a few lucky ladies were picked out to receive gifts, if they could give the right answer to his quiz about Zug. Fortunately all could, and none had to endure the attentions of Schmutzli!

The 5th Annual Event of the year, spearheaded by Tania Mobayed and her helpers was a great success. Susan Laudenbacher facilitated the visit of Samichlaus and Schmutzli, aka the President of the Men's Club Richard Beswick and Men's Club Member Andrew Glass. Karin Resch scoured the Brockenhaus for the lovely candleholders and other decorative finds. Lots of thanks to the donors of gifts, charity leader Saakje and the support of the Membership in seasonal colours, and the tireless efforts by all behind the scenes with the service of the hotel and Annual Events team members, as usual, resulted in another spectacular Annual Event.

By **Vivi Jensen**







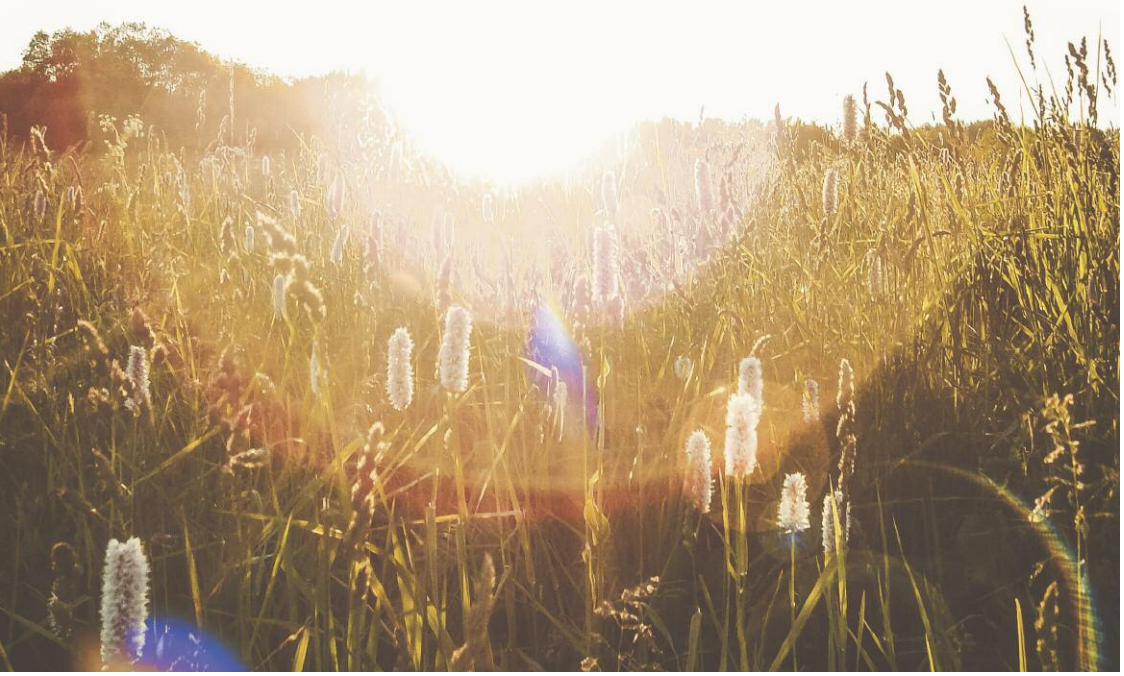




Annual General Meeting Tuesday 7 May 2024

The Annual General Meeting is an important date in the Club diary, as it is THE opportunity for all Members to come together, listen to the President give the Board's feedback on the running of the Club over the previous year, to hear the predictions and wishes of how the Club will be run in the course of the year ahead and have the opportunity to give feedback and approve the budget going forward. This is your opportunity to help shape our Club and we encourage all Members, new or long-standing, to be an active part of this interesting evening.

Be sure to put the date in the diary! Voting papers will be distributed in the pages of March/April's Connect! Magazine.



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

Wunderfitz und Redeblitz GmbH

A wet but wonderful Escape to Colmar!



On a wet and dreary morning in early December, a group of us met at the Zug Bahnhof greeted by a very cheerful Alicia. Her sunny disposition and warm welcome made us all soon forget about the miserable weather forecast! We jumped on board the sprinter van and we swiftly departed for the Christmas markets in Colmar.

Alicia's amazing organisation and attention to detail didn't go unnoticed with each of us being provided with a lovely goody bag at the start of our journey. The drive to Colmar went by quickly with all of us eating and chatting.

On arrival in Colmar, we explored the beautiful Christmas markets where all our senses were stimulated by delicious aromas, wonderful food and colourful Christmas decorations.

Our day was wonderfully memorable and I'm sure I can speak on behalf of everyone who was there when I say that Alicia did an incredible job. Thank you for a great day Alicia and I am certainly looking forward to the next Escape!

Stutee Parmar

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

GYMNASIUM
ST. KLEMENS

KURZZEIT-
GYMNASIUM
personal & close-knit

TAGES-
SCHULE
structured &
supported
learning

UNTER-
GYMNASIUM
7. & 8. grade

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

Charity Afternoon Tea
March 2024



The ZIWC Charity Committee is delighted to invite you to our special Charity Afternoon Tea at the beautiful tearoom Umami in Cham. Your participation fee includes 8 CHF paid to our chosen charity MUNTERwegs, but please don't forget to bring your coins as our PiggyBank will be there too.



When: **Thursday 14 March 2024 14:30-17:00**

Where: Umami Tearoom, Schulhausstrasse 1, Cham

How much: 8CHF, open to ZIWC Members only

Menu: Afternoon Tea
vegetarian version possible to book at registration

Drinks: **Different teas and 1 glass of Prosecco included. Any other drinks can be ordered and paid privately.**

Also Featured: We will provide a big table for a little book sale with proceeds of course for charity too. Contact Émely if you want to donate books in good condition for the sale.

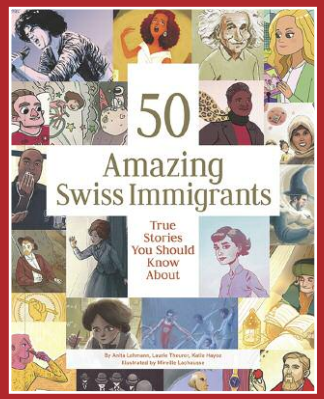
Booking Details and Deadine:
Please register online by: **5 March 2024**
Either online by credit card or to our bank account
Zug International Women's Club, Post Finance, 6340 Baar.
IBAN CH40 0900 0000 1752 1935 3
Please state "Afternoon Tea" and the names of the guests on the payment

How to get there: By S1 train towards Rotkreuz/Luzern from Zug station every 15 minutes to Cham station. From there it's a 5 minute walk. Alternatively Bus 6 departs every 15 minutes from Zug Bahnhof and stops right in front of the tearoom at bus stop Cham Gemeindehaus. The nearest car park is Parkhaus Mandelhof, alternatively Parkhaus Lorze is nearby too.



If you have any questions, kindly no phonecalls; please send a mail to vicepresident@ziwc.ch and we'll answer asap.

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



Book Review

50 Amazing Swiss Immigrants

by Anita Lehmann, Laurie Theurer, Katie Hayoz, illustrated by Mireille Lachausse.
Bergli Books • ISBN 978-3-03869-147-1 • pp 112

A quarter of the population of Switzerland, about 2 million people, have moved here from other parts of the world. What are their motives? Finding new opportunities, a better life, education, love, escaping war or persecution, even scandal. Some have no choice.

Following in the steps of the very successful, crowd-funded, '50 Amazing Swiss Women', this collection of portraits of men and women from all over the world and from different eras illustrates the diverse biographies of immigrants who have come to Switzerland, some staying, some moving on, but they all have something in common: they all left behind everything they knew and they made an impact.

In the foreword, Rocio Restropo, a migrant from Colombia, writes about the difficulties of finding work in Switzerland, even for those with qualifications. It led her to set up her own association, 'Découvrir', to help bring employers and migrants together. This book celebrates people who have come to Switzerland and made a difference. Our ZIWC is a community made up of migrants and locals who provide mutual support and a glimpse of other cultures by meeting others from different backgrounds. The stories in this book are inspirational and may even inspire you to make a difference yourself! There will be some familiar names and some you have never heard of before. Marguerite Weidauer-Wallenda brought the first roller-coaster and electric-powered bumper cars to Switzerland, Brigitte Lembwadio Kanyama was the first black woman to set up her own firm and independently practise law in this country. Nicolas Hayek is associated with Swatch watches but he essentially saved the Swiss watch industry by turning around 20 other watch brands in Switzerland.

Read about the fate of Pauline Buisson, an enslaved woman from Santo Domingo or Mehari Afewerki from Eritrea, a deaf person who created the first Swiss restaurant run by deaf/ hard-of-hearing people and works to improve integration of the hearing impaired into the mainstream community.

Otto Frank and Einstein are featured but so too is Einstein's wife, Mileva Marić, who studied maths and physics at the ETH in 1896, one of the few places in the world that accepted women students to study these disciplines. She contributed greatly to Einstein's work but sadly did not receive due recognition, though she did benefit financially from his Nobel prize win!

There is a story of a former *sans-papiers* and of a toddler who fled with his family from the Bosnian wars and grew up to become a famous footballer. There are the stories of a famous actress who as a child nearly starved to death in the war, a woman who made a significant contribution to drone technology and the first woman to lead and manage a Formula One racing team!

A common theme is immigrants coming from all over the world to Switzerland and working to help others in their communities. They have to overcome difficulties all immigrants face: leaving behind loved ones, a familiar culture, often having to survive on very little, having to learn a new language and way of life. Women, especially, often have the handicap of being illiterate. "There are women coming up more and more and all they need is to be given that chance and that opportunity" (Monisha Kaltenborn Narang). Male immigrants are featured too, of course, but the stories portraying women will be of special interest to readers in the ZIWC and hopefully, provide inspiration. There is a quotation at the bottom of the page from each featured immigrant. My favourite is: "Carpe the hell out of that Diem!"

The book is beautifully illustrated and suitable for readers from 8-108. Teaching materials are also included. The book is also available in French and German editions.

Review by **Helena Lustenberger**

SWIM AND SAUNA
Winter by the Zugersee

Swimming in lake Zug beyond the warmer late summer months happened to me quite spontaneously this year, probably to do with the ridiculously mild autumn and longer badi season we enjoyed, but without quite realising it I became one of the many before me that have been enticed by the vigour and subsequent invigorating feeling that follows a dip in a cold water environment. It also helped that Zug has for the first time caught up with the increasingly popular trend of experiencing a sauna before and after a cold dip, with Cham Badi popup-sauna.ch and subsequently Zug Männer Badi loyly.ch/portfolio/zug hosting a lakeside pop-up sauna offering, bookable by the hour online.



So what is this new hobby I have stumbled upon and is it really as good for me as it feels?

This hot cold exposure is something also known as 'contrast therapy'. As the name suggests, this involves alternating between contrasting hot and cold temperatures. First, the body is exposed to heat, which causes the blood vessels to expand, increasing the flow of blood and oxygen. Then, the body is exposed to cold through a low-temperature water immersion, which causes blood vessels to constrict. The health benefit claims are numerous: easing of pain, improvement in skin health, improved circulation, increased longevity, immunity and improved mental health. Studies have indeed shown that cold water therapy can indeed provide a mood boost onlinelibrary.wiley.com/doi/10.1002/lim2.12, and in one case report pubmed.ncbi.nlm.nih.gov/30131418/ alleviated the need for prolonged anti-depression medication over the course of a treatment period.



Why should this be the case? The notion that cold water therapy has healing properties was first touted in the 4th Century BCE by Hippocrates to allay 'lassitude'. Nordic countries have done hot/cold immersion for millenia. More recently, cold water immersion has been shown to cause a spike in the stress hormones cortisol and adrenaline, which when done repeatedly can result in a reduced stress reaction and therefore an increased tolerance to overall stress. In addition, the exposure to cold water causes the release of dopamine, the feel-good hormone. Heat exposure warms, relaxes and detoxifies. Couple that with friends and a social occasion and the combined energy intensifies the experience.

But is this a hobby for everybody? There are certain rules that should be heeded to ensure a safe and successful experience. Certainly individuals suffering from high blood pressure, cardiac issues or vascular illnesses should avoid swimming in cold water. So to those with chronic illness or who are pregnant: if in doubt or before trying it out, consult your doctor.

The following are tips to ensure your hot/cold experience is a success:

- Have someone with you
- Enter cold water slowly, don't jump in, keep your head dry, wear neoprene shoes and gloves in particularly cold water
- Staying a minute in the water per degree temperature ( ) is a good rule to follow, and less is also good too!
- Have warm dry towels to hand for your exit and one for the sauna
- Stay hydrated! Have 1.5l of water with you

By **Suzy**, Connect! Magazine editor

FMZ

Fachstelle Migration Zug

The Fachstelle Migration Zug will be running courses in the New Year, check out their website for details. **fmzug.ch/en/**.
Up and coming offerings include:

Grüezi Switzerland

Wednesday, 17th January 2024
18:30 - 19:45
Fachstelle Migration Zug (FMZ)
Chamerstrasse 50, 6300 Zug (1st floor)
10 CHF
fmzug.ch/en/new-in-zug/gruezi-switzerland

New in Zug together

Find out about life in Zug, get to meet new people

Dates 2024: Wednesdays 18:00 -19:30
Course 1 - 18:00 -19:30
Subjects TBC
08.05.2024, 15.05.2024, 22.05.2024 (from 18:30), 29.05.2024, 05.06.2024
Registration for 2024 will open in January
fmzug.ch/en/new-in-zug/new-in-zug-together



Interest Groups

SPOTLIGHT ON... 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.

SPOTLIGHT ON...

Art and Culture with Shefika

Shefika was interviewed by our Interest Groups Chairwoman Tarryn about her life with Art.

Tell us a little about yourself & how you discovered your love of art?
My love of art started when I began painting as a little girl around 4 years old and has continued until now.

What role does art/the artist have in society?
Artists play a crucial role in society. Through their work, they reflect the myriad facets of humanity, nature, and everything in between. Art delves into hidden realities, unearths deep emotions, and stirs feelings of love, care, wonder, anger, and joy. It acts as a mirror, allowing individuals to see themselves, their innermost thoughts, and ideas. Without art, we would struggle to connect with our deepest feelings and tap into our soul's power.

What art do you most identify with & why?
As a human being, I find myself drawn to the profound humanistic aspects of life – the raw emotions, the uncharted territories of the soul. Self-discovery is paramount. It's like uncovering a hidden treasure within oneself. I express this through my art – fantastically grounded paintings, intricate techniques, whirling dances, and soulful music.



What's your strongest memory of Art & Culture during your childhood?
My strongest memories as a child are taking part in school art exhibitions with my paintings and in some cultural events as a dancer.

What's your favourite artwork?
I have not only one but several favourite artworks with different kind of techniques for example:



i. This is an Turkish traditional EBRU, that I painted with water with natural pigments on paper.

ii. This one is an oil painting with a Life Flower symbol on canvas 5 x 70 cm.

iii. This is also an oil painting on canvas.

Several of my paintings are sold out. It is possible to see them on **www.gulsefika.com**

Describe a real-life situation that inspired your love of art & culture.
To truly understand love, one must observe how a person lives. For me, love is the profound connection with my soul. Equally important is how we interact with others, animals, and life itself. If we could momentarily forget our existence, our physical forms, and the "reality" we perceive on Earth, we might unlock deeper inner beauties. This realisation fuels my passion for painting and dancing.

What do you dislike about the art world?
I hesitate to express dislikes about the art world because every piece, painted by an artist with their unique emotions, reflects their existence in this world. Each work carries a purpose, even if its shape, form, or message doesn't resonate with me personally.

Should art be funded & What role does arts funding have?
Artists often rely on funding to sustain their livelihoods. The role of funding extends beyond mere survival—it empowers artists to create freely and explore possibilities. These resources enhance the quality of their work and broaden their creative perspectives through global experiences.

What do you think could/should be improved in the world of arts & culture?
Throughout history, everything has evolved, including the arts. Rituals and cultural events serve as touchstones, connecting us to our roots and shared humanity. These developments allow us to better understand our past and, ideally, transform in positive ways.

What do you think could/should be improved in arts & culture in SWITZERLAND?
In Switzerland, Swiss people hold a strong affinity for their own cultural events, such as the annual Fasnacht. These traditions persist year after year. However, I believe that to foster a deeper understanding of other nations' arts, Switzerland should engage in more cross-cultural exchanges. By connecting with other countries, we can enrich our artistic perspectives and encourage growth.


ii.


iii.

Favourite or most inspirational place?
I have several. In Switzerland, the Basel Beyeler Foundation stands out as a wonderful museum. Beyond Switzerland, the Istanbul Modern Art Museum and the Sabanci Museum in Turkey also inspire me. When it comes to natural art, Cappadocia in Turkey and the awe-inspiring landscapes of Santa Fe, the Grand Canyon in Arizona, and the Modern Art Museum in New York all hold a special place in my heart.

Does art have to be beautiful or meaningful?
No. ART should be free ... But what is important for me, that artists should not copy from others ... So art should be original.

Should art be personal or universal?
Artists create from their personal existence, intelligence, and emotions. Yet once exhibited, their works belong to others—the interested viewers and the world at large.

Should artists be open about their process and technique?
Each artist has their unique perspective on their work. Whether to share their process and techniques openly is a personal choice.

What is the power of art?
Art's strength lies in its originality and freedom of creation. It has the capacity to awaken, provoke thought, raise awareness, and evoke emotions. For any individual, encountering a particular form of art can be profoundly impactful.

With thanks to Gül Shefika Balaban Brandenberger.

If you are an Interest Group leader who would like you or your group to be featured in a future edition of the Magazine, send an email to Suzy at connectmagazine@ziwc.ch. We'd love to hear from you!

Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website, contact 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. **Next meeting**: 20 February

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!!* **Resumes February 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: Last Tuesday of the month 14:30 – 16:30. New Members to contact Émely Steegstra-Hendrix on 077 490 7374. Dates: 27 February, 26 March

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

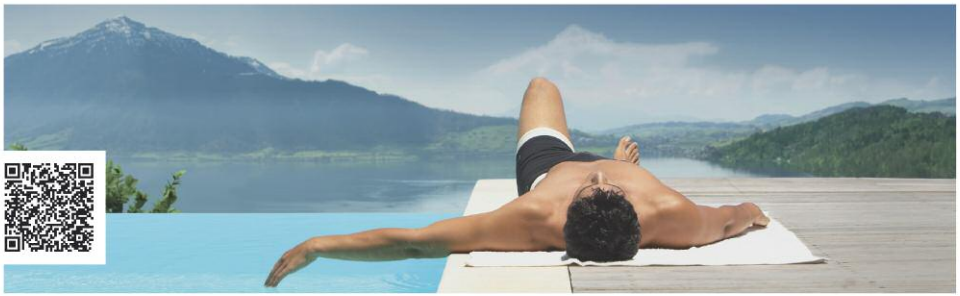
Potential New Interest Groups

If you have an idea for a group and are happy to set it up, please contact the 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 write to interestgroups@ziwc.ch.

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IN MEMORIAM
ZIWC Member Fari Evans

We are sorry to inform you of the death of a long-standing ZIWC Member Fari Evans. She was born in Persia and moved to the UK to study midwifery, which was not allowed in Persia at that time. Fari meet Graham soon after qualifying and together they moved to Switzerland. She worked as a midwife for many years at the Andreas Klinik in Cham where she delivered over 1000 babies.



Save the Date!

March Lunch Club: 20 March 2024 - 12.15:
Lunch at Ristorante Wartstein in Hünenberg ristorante-wartstein.ch/

AGM: 7 May 2024

Escapes 2024

Escapes in 2024 to look forward to!
Keep your eyes on the ZIWC event calendar for upcoming Escapes such as:

- Panoramic train ride
- Escape room event
- Indoor skydiving
- Indoor karting
- Overnight trip to Paris in autumn
- and more!



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