ZIWC
Zug International Women's Club

MAGAZINE

Connect!

MARCH / APRIL 2024 | 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,

With the Club year coming to an end we are keenly looking forward to a new exciting one ahead. I can look back on two amazing years as VP with the incredible joint effort of pulling off the most fun bar at the Zuger Fest der Nationen last September and handing over several impressive cheques to the different charities supported by the Club as my personal highlights.

This month you'll receive your membership renewal reminder and of course we hope you decide to stay a part of this fantastic Club for another year. Thank you for your continued support and participation.

If you have decided not to renew your membership, please let our Membership Chairwoman know so we can archive your profile. And if you've moved, your personal details have changed or you haven't checked your online profile on the ZIWC website for a while, please do log in and make sure all your information is still accurate. Be assured, the info in your profile will only be used anonymously for statistics provided to the Board in order to help us ensure the Club offerings are best suited to our Membership demographic.

Also in this edition of the Connect! Magazine, you will find the 2024 AGM Agenda and the all important voting ballot for the new 2024-2025 Board. With great pleasure we present to you a new proposed Board with some changes and new Members joining forces to make sure our wonderful Club will continue to provide you with plenty of great, interesting and entertaining events, gatherings and parties to come.

As your presidential candidate I want to thank you for casting your vote and if you have any questions, observations or suggestions to share, please feel free to reach out to me. I hope to see many of you in person at our AGM on 7 May 2024, please save the date in your diary already as it is an important meeting for us, and your chance to be heard, give your input and participate in shaping the new Club year, so please take advantage of this opportunity.

At the moment of writing, I am personally looking forward to another '5th Season', also known as Fasnacht or Carnival, beginning with the traditional SchmuDo —or Schmutziger Donnerstag— lunch. And before we wrap up this Club year there are still many exciting activities and events to participate in.

By the time you read this, you will still be able to sign up for our special Charity Afternoon Tea, the monthly luncheon or dinner, a special Business Network workshop about the use of LinkedIn and Instagram for your personal branding, the 'Silver Stars' Dine & Dance, a special Irish Dancing workshop for St. Patrick's Day or join one of our many diverse Interest Groups.



I hope you enjoy reading the new edition of our Connect! Magazine and look forward to meeting you at some of our activities soon.

Warm regards,
Émely Steegstra
Vice President

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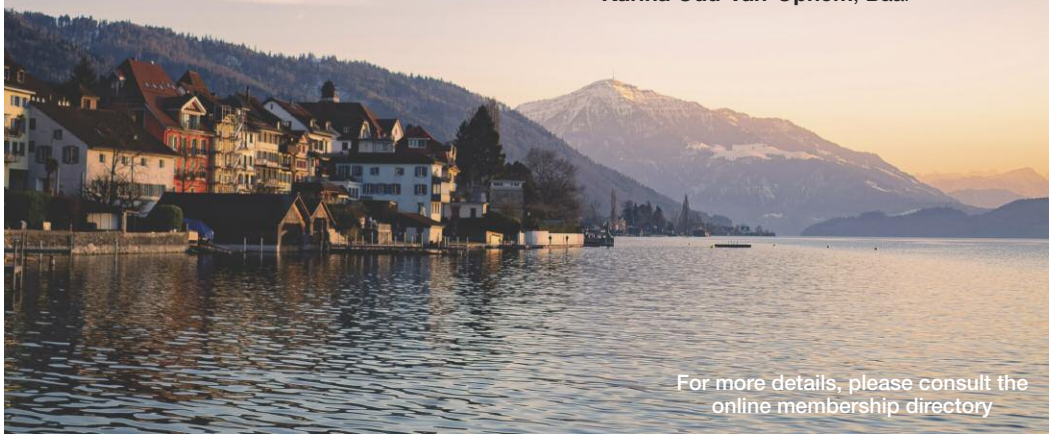
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New Members

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

We warmly welcome our new Members

Ursula Bjornson, Zürich
Claudia Haller, Udligenswil
Denise Bühler, Hagendorn
Mariia Fufaieva, Zug
Madaline Keros, Unterägeri
Patricia Zimmer, Hausen am Albis
Nicola Vinall, Zug
Priscilla Lutalo, Zug
Vanessa Zimmer, Zug
Gunhild Kindler, Hünenberg See
Karina Oud-van-Ophem, Baar



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Zug International Women's Club,
6340 Baar
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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.

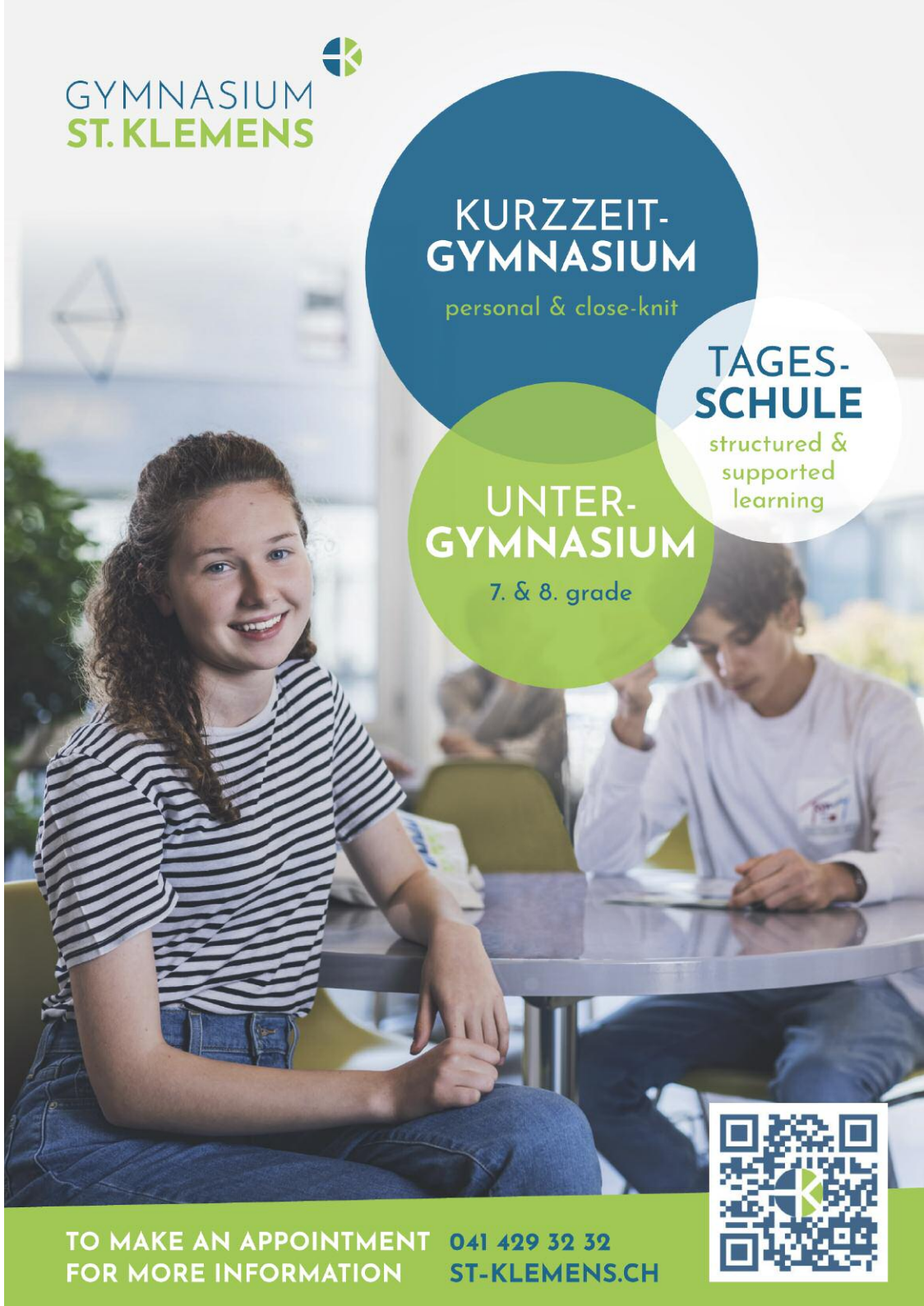
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TO MAKE AN APPOINTMENT 041 429 32 32
FOR MORE INFORMATION ST-KLEMENS.CH

The 56th Annual General Meeting of the Zug International Women's Club

We are glad to invite our Members to the Siebachsaal in Zug for our Annual General Meeting

Tuesday 7 May 2024

Live @ Siebachsaal Zug from 18.00 to 20.00 approx **

Agenda and voting details

By 28 March 2024 Members shall vote for

Approval of New Board Members 2024-25

President • **Émely Steegstra**
Vice President • **Susan Laudenbacher**
Advertising • **Betsy Ballew**
Annual Events
Escape • **Alicia Toledo**
Hospitality • **Fanny Van Dijck**
Interest Groups • **Veerle Vandionant**
Marketing • **Marlena Jaszczyk**
Membership • **Mary-Anne Kedda**
Magazine • **Suzy Andricopoulos**
Secretary • **Leontien van Rooijen**
Treasurer • **Chelle Pawlowski**
Website • **Bettina Bjerregaard**

Please vote using the attached form

By Monday 28 March 2024 Members should
- Send any motion, objections, suggestions, questions or observations

By Tuesday 30 April 2024
- Members should register online for the AGM (as you would for any other club event) – No late registrations will be accepted. If you are not online, please RSVP by SMS to the Giuliana Hug on 076 483 0107.
- Proxy should be sent either by mail to AGM@ziwc.ch or by post to Giuliana Hug, Hofstrasse 35 – 6300 Zug
- Final AGM Agenda and reading material will be posted in the event Calendar.
- The Treasurer's Financial Report will be available on the website.

Vote, motion and proxy should be sent in writing, by mail to AGM@ziwc.ch or by post to Giuliana Hug Hofstrasse 35 – 6300 Zug



About Voting

Voting will be by simple majority vote of Members present, as well as any proxy votes. You may provide your proxy to another Club Member, in writing, if you wish to have that person represent your voting interests at the AGM. Please send your signed proxy statement to AGM@ziwc.ch or to the Club Secretary by 30th April 2024. In the event of a tie, the President has an additional casting vote.

PROPOSED AGENDA

18:00 Apéro

18:30 **Business of the Current Board**:

1. Approval of the minutes of the 2023 AGM (Vote 1)
2. Report from the President, Cristina Rocco 2023-2024
3. Report from the Treasurer, Chelle Pawlowski for the Annual financial closing as of 31 March 2024
   - Auditor's Report 2023-2024
   - Approval of the 2023-2024 Treasurer's Report (Vote 2)
4. Any other business of the outgoing Board

19.20 Break

19.30 **Business of the Incoming Board**:

5. New Board Members 2024-25 (announcement of result)
6. Budget for 2024-25 (Vote 3)
7. Election of auditors for the year 2024-2025 (Vote 4)
8. Annual fees 2024-2025 (Vote 5)
9. Any other business of the new Board

** In case of National change in rules for a live meeting, the AGM will take place by Zoom the same day and time and all registered members will receive a link.





Annual General Meeting 7 May 2024

PROXY VOTING FORM

The undersigned

_____

_____

_____

(Print name and address)

Being a Member of the Zug International Women's Club, hereby appoints

_____

_____

(Name and address of appointed person)

To vote on my behalf at the Annual General Meeting of 7th May 2024

This form is only valid if submitted to the Secretary one week before the AGM

Date _____ 2024 MEMBER Signature _____

To be sent by 30th April 2024

The 56th Annual General Meeting of the

Zug International Women's Club

AGM 2024

Please CUT OUT, PRINT, VOTE, SIGN, SCAN or TAKE a PICTURE and return the signed form either by email to AGM@ziwc.ch or by post to Club Secretary Giuliana Hug Hofstrasse 35 – 6300 Zug.

VOTING FORM TO BE SENT BY 28th March 2024

VOTE - Approval of New Board Members 2024-25

President • **Émely Steegstra**
Vice President • **Susan Laudenbacher**
Advertising • **Betsy Ballew**
Annual Events
Escape • **Alicia Toledo**
Hospitality • **Fanny Van Dijck**
Interest Groups • **Veerle Vandionant**
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Membership • **Mary-Anne Kedda**
Magazine • **Suzy Andricopoulos**
Secretary • **Leontien van Rooijen**
Treasurer • **Chelle Pawlowski**
Website • **Bettina Bjerregaard**

Yes	No	Abstain

MEMBER Name in BLOCK LETTERS _____

Date _____ MEMBER Signature _____

Motion, objections, suggestions, questions or observations

_____

_____

_____

_____

_____

Welcome to our New Board Members for 2024-25



Marlena Jaszczyk • Marketing

My name is Marlena and I enjoy hiking, skiing and being in nature. Since moving from London to Switzerland with my partner, I have had the best time making friends through ZIWC which I am very grateful for. I would be honoured to be able to take over the Marketing role and be able to give back to the Club.

Mary-Anne Kedda • Membership

Mary-Anne was born and raised in Zimbabwe, and completed her final year of schooling and university education in South Africa. She has a PhD in Human Molecular Genetics and a Masters in Public Health, and has had a long career in academia, leading medical research positions in South Africa, Australia and Switzerland. Mary-Anne left Australia and moved to Zug in 2022 with her husband and two much-loved, very well-travelled cats. She joined ZIWC later that year and is delighted to be able to contribute to the goals and successes of the ZIWC through this role. Mary-Anne works full time for a MedTech startup based in Zurich, and enjoys travelling, walking, reading, knitting, crocheting and gardening in her spare time.



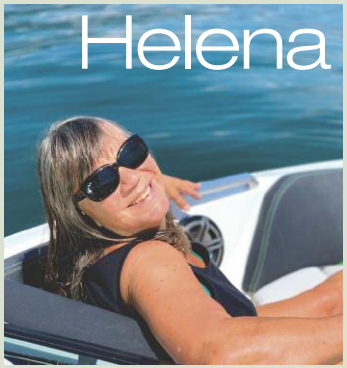


Leontien van Rooijen • Secretary

Hello Ladies, my name is Leontien van Rooijen and I'm from the Netherlands. My husband and I moved to Zug last August. We have two sons aged 23 and 21 years old and they live in the Netherlands. I joined the ZIWC to get in contact with ladies in and around Zug. The reason to join the Board is to become more involved, meet new people and make new friends. My husband and I love to travel. We also go to the Netherlands often for work and to see the children, family and friends. I was a flight attendant for over 15 years and since stopping, I have given myself the title 'project manager'. I like to make sure everything is well organised and want to take care of the people I love. I go to the gym and walk to balance my love of nice wine and food.

Meet the Member

Helena Lustenberger



We had the pleasure of interviewing long-standing and active Member Helena about her time and relationship with ZIWC.

Dear Helena, how did you first come to be in Zug?

I got a job at an American company in the marketing department after completing my post-graduate business studies. In order to get a work/residence permit, I had to marry my Swiss fiancé (we were too young to marry but it was the only way in those days). I got the first job I applied for and my husband followed suit.

When did you first become a member of ZIWC? What have been your active roles?

My Swiss boss told me about the ZIWC as his wife was a Member, so I joined more or less straight away, well over 40 years ago. Pretty quickly, I joined the Board as a Secretary and was also responsible for typing the Newsletter on a stencil. I got permission to reproduce it at work with the help of the caretaker and had to mail it out as well. It was nerve-wracking typing on the stencil as you couldn't make any mistakes! I've been on the Board twice since, ran a book club for over 20 years, helped at book sales for the Library Committee, represented the Club at the consultation process for the new Integration Law in about 2011, which was fascinating and a great networking opportunity, and also many other small roles, including Charity Coordinator 2020-2, helping where needed. It was always fun! Now, I am on the Connect! magazine team, which I love.

How do you see changes in the Club over the years for positive/negative?

I think the Club has become more inclusive and there is less snobbishness. There are certainly more ladies who work and many who own their own businesses. Of course, now the Club is also run on a much more professional basis, with affiliations to other clubs in Zug such as the Frauenzentrale, we have a very attractive Club magazine and a great variety of activities to choose from. We play an active part in the social and cultural life of Canton Zug. Sometimes there can be clashes of culture and personality within the Club, perhaps not surprising in a community of over 300 independently-minded ladies, however, it also shows that Members are taking an active interest in the Club and that it is not an easy task that the Board has in reconciling all these conflicting interests.

What does the Club mean to you, what would you wish for it in future years?

I have made many friends in the Club over the years and have had countless enjoyable experiences. I wish for our Club for the future that more Members would take an active part in volunteering for the various roles that need to be filled and to make a contribution, especially those who have strong opinions on how things should be run. Volunteering involves learning and using existing and new skills, networking, getting brownie points for your citizenship application and much more. Above all, you can make new friends and have a lot of fun. It is the best way to integrate.

And about you?

I love literature, the cinema, travel, learning languages, swimming, the sea (especially rock pools and fossil-hunting) and lots more. I help organise events for Kultur Hünenberg and have many Swiss friends through being a member of various clubs. Since becoming a granny, I have also got a good excuse to go on see-saws. I also run the GirlsAboutTown Whatsapp group for the ZIWC, which highlights and occasionally organises social and cultural events and currently has 79 members, so is one of the biggest interest groups.

FMZ
Fachstelle Migration Zug
Chamerstrasse 50
6300 Zug



Foreigners & Integration Act Information Evening

Inform yourself about the law, your rights and obligations

Dates: Information seminar Foreigners & Integration Act

In English: Wednesday, 20th March 2024. 18:00 - 19:30
For more information and registration visit
fmzug.ch/en/new-in-zug/foreigners-integration-act-aig

Join our Editorial Team!

Our Connect! Magazine continues to go from strength to strength and is not only a valuable source of Club information in our paper and pdf forms but also a way of showcasing our Club to friends, family, new arrivals to Kanton Zug and as a marketing tool at promotional Zug events.

Do you have an interest in being part of our editorial team, in writing feature articles, do you have an eye for editing and proofreading or want to be more involved in the Club?

If so please get in touch with Suzy, Magazine editor and Chairwoman at connectmagazine@ziwc.ch. We look forward to hearing from you!



Hospitality

Veerle Vandionant - Organises regular social events for long-standing and new Members. Welcomes new Club Members and provides information related to our Club activities.

Stammtisch

The Hospitality team is pleased to host our Stammtisch again.

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

When: Third Thursday of the month, 10:00–11:45
Where: Cafe Plaza, Kirchbuhl 5, 6330 Cham
Contact: Karin Resch at karin-resch@bluewin.ch or on +43 664 421 2775

Walchwil coffee – NEW VENUE as of April

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: Restaurant Aesch, Hinterbergstrasse 31, 6318 Walchwil
Contact: Sarah Paul at paulfamily@bluewin.ch or on 079 279 9748

Aegeri coffee

We will get together for a chat and a laugh so please pop in when it suits your schedule.
Please ask to be added to our Whatsapp group 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: Second Thursday of the month, 10:00–12:00
Where: Brändle, Zugerstrasse 23, 6314 Unteraegeri
Contact: Vivi Jensen on 076 824 4898 or at vivi.jensen@icloud.com





Contact coffee / drinks

March Contact coffee

Our Spring contact coffee will be at Christine's place. Please register online.

When: Tuesday 19 March from 15:00–17:00
Where: Hörndlirain 21, 6318 Walchwil
Space limit: 12
Booking deadline: Online registration open till 15 March
Contact: Christine on +44 7885 911116 or at hospitality@ziwc.ch to coordinate what to bring.

Christine's place is reachable by train (2 mins up from Hörndlirain stop)
or from Zug via bus nr 605, stop Hörndlirain (7mins up from the lake).
Car pooling 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.

April Contact coffee

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

March Lunch Club

Please join us for Lunch at Restaurant Wart wart.ch/

This lovely restaurant reopened in 2023 under new ownership. The menu is ever-changing and seasonal - the website wart.ch/mittagsmenu will give you a flavour - with the menu for our visit available online nearer the date.

Restaurant Wart is situated at **Wart 1, 6331 Hünenberg** - which is a lovely countryside setting; for this reason car sharing may be the best way of getting to lunch!



Date: **Wednesday 20 March**
Time: 12:15

There are **10 places** available so please register on the website or - if you have no web access - by calling or texting Ailbhe Fallon on 078 698 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 Friday 15 March 2024**: 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) so that your place can be released and/or allocated to those on the waiting list.

April Lunch Club

We're going to Lunch at Brasserie Löwen by the lake in Zug loewen-zug.ch/en/.

Brasserie Löwen is a well-known landmark on Landsgemeindeplatz right by the lake in Zug.

The brasserie serves a Lunch Menu of the Day from which we can select our choice (always includes meat, fish and vegetarian options).



When: **Thursday 18 April 2024**
Time: 12:15
Location: Landsgemeindeplatz 1, 6301 Zug

There are **12 places** available so please register on the website or - if you have no web access - by calling or texting Ailbhe Fallon on 078 698 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 18 April 2024**: 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) so that your place can be released and/or allocated to those on the waiting list.

MONTHLY DINNERS

We continue our journey around the world to try different cuisines. We started the year in January in Thailand, and flew in February to China to celebrate their New Year. In March and April we will travel to Morocco and Perú. Such different cultures and such different food, from mouth watering tagines and couscous, to Pisco Sour and ceviche. Are you ready to follow us around the world?

March Monthly Dinner

We will visit the hidden gem Dörfli Douar in Allenwinden (Gemeinde Baar). Moussa, the owner of this restaurant, has a separate room in his restaurant decorated like Morocco, where he serves delicious tagines in their original earthenware pots. We will exclusively be eating tagines (chicken, lamb or vegetarian), so please choose your option when you sign up (and remember what you ordered) so that our chef is prepared.



When: **Thursday, 28 March**
Time: 18:00
Where: **Douar (Dörfli Douar)**, Dorfstrasse 7, 6319 Allenwinden. doerfli-douar.ch.
Menu: Choose between chicken, lamb or vegetarian options when you sign up online
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: Tuesday, 26 March
Contact: Valerie Gitter on 079 763 46 06 or at vgitter@bluewin.ch for any questions.

April Monthly Dinner

Have you ever tried Peruvian food? If not, you're in for a treat and a mouthwatering experience. We have already visited Pikante Peruvian Cuisine and Pisco Lounge with the Tapas & Friends group and since then, we have always talked about going back. Join us in Luzern to try some of the best South American flavours, starting with a Pisco Sour, continuing with ceviche, causa, and many other unforgettable dishes.



When: **Thursday, 11 April**
Time: 18:00
Where: **Pikante Peruvian Cuisine and Pisco Lounge (Hotel Rothaus)**, Klosterstrasse 4, 6003 Luzern (041 248 4800). pikante-luzern.ch
Parking: Street parking outside the restaurant, or contact the hotel directly for hotel parking instructions. Carpooling is recommended from Zug.
Menu: As Members may be unfamiliar with Peruvian cuisine, Valerie will suggest several dishes which will be ordered according to the tastes of participants and the bill to be divided equally. Drinks will be paid separately. Menu will include ceviche, salads and fish/meat dishes and some sides.
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: Friday, 5 April (required by the restaurant for big groups). If you have not cancelled your registration by this date and you can't attend, the restaurant might require you to pay for a meal. Club Cancellation policy applies, see p 4 for details.
Contact: Valerie Gitter on 079 763 4606 or at vgitter@bluewin.ch for any questions or to be on a waiting list for cancellations.

BN
BUSINESS NETWORK

ZIWC Business Network



March Business Network Event: Using LinkedIn and Instagram for Personal Branding



A Member to Member event with Elina Vigand

We all know what a difference Elina makes to ZIWC visibility on our social media channels; now she is going to share her knowledge and expertise with all ZIWC Members who would like to enhance their brand whether for personal or professional reasons.

Elina's hands-on, interactive workshop will not only enhance your understanding of LinkedIn and Instagram, but also provide guidance on creating/enhancing your LinkedIn profile and using Instagram effectively.

Registration is open to all ZIWC Members, especially those who run a business, are in the corporate world, are looking to make a career shift or return to work.

About Elina: Passionate about opportunities to digitise and improve user experience!
linkedin.com/in/elinavigand/

When: Thursday 21 March, 2024
Where: Haus zum Lernen, Sankt-Oswalds-Gasse 20, 6300 Zug (opposite the library)
Time: 17:45 doors open, event from 18:00-20:00

This will be an interactive event with plenty of opportunity for discussion and questions. Following the event, we will adjourn to a local wine bar to continue networking over an Apéro. This event is open to all ZIWC Members.

If you are not a ZIWC Member but would like to attend this event, please contact Ailbhe Fallon at BNG@ziwc.ch

Registration: by 20 March 2024
Costs: 15 CHF including an Apéro beverage.



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





ZIWC Business Network - Spring Apéro

On April 17, 2024, we invite all who enjoy our Business Network events, even if we haven't seen you in a while, and all who would like to be part of our Network, to join us for a Network ***Apéro*** in the relaxed surroundings of the Secret Garden lounge.

Secret Garden in Zug: 18.00–19.30
https://www.restaurant-secretgarden.ch/en

This is a drop-in event so don't worry if you can't make it for the start - it would be lovely to catch-up. All ZIWC Members welcome and if you are not a member yet you are welcome to come along and meet us. Our events have become very popular so **please register** as it is the only way that we can ensure that we can accommodate everyone comfortably.

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 with other Members.

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

On the Origin of Tourism in Canton Zug 1884-1914

When foreigners think of Switzerland as a tourist destination, they might think of the Rigi, Lucerne, Interlaken, Vevey and so on, but how many think of Zug as a destination?

And would you have guessed that tourism first came to Aegeri before it discovered the rest of the canton? Mark Twain and Queen Victoria popularised the Rigi but F. Scott Fitzgerald's doomed hero, Dick Diver in 'Tender is the Night' (1934) opens a clinic in Aegeri (where the local language was apparently French in those days!).

So, how did tourism come to our small but beautiful canton?

From 1844, rail travel gradually replaced the less comfortable and more expensive stagecoaches, to transport not only people but also goods, a development which led to a general economic upswing thus stimulating the expansion of infrastructure such as roads and funiculars. Central Switzerland's lakes and mountains attracted tourists from all over Europe and those wishing to expand their horizons and/or escape the cholera at the end of the 19th Century. The St. James-Compostela pilgrimage route, which passed through Zug and Cham, raised the profile of these small towns to walking pilgrims.







A crisis in the silk and some cottage industries caused by industrialisation and emigration in the early 1880s prompted local doctor Hürlimann to initiate a Verein with the aim of beautifying and promoting Unteraegeri, so in 1884 the 'Verschönerungsverein' was born. This also attracted patients for his children's clinic and local Kurhäuser (health spas) for those who wished to benefit from healing waters, whey and milk. Soon, the Verein helped found a steamship company and in 1902-8, supported the building of the monument at Morgarten, which attracted school classes, other clubs and guests.
To facilitate travel, the Verein also strongly encouraged the building of a bridge in 1910 over the Lorzentobel (Lorze gorge) and then a tramline in 1913 to run over it.

Between 1900 and 1914, the tourism industry in Switzerland flourished and many small 'beautification' and marketing societies were established in canton Zug. These initiatives were taken up by local entrepreneurial businessmen which led to the creation of parks, bathing establishments (Badeanstalt or *Badi*), promenades with benches to rest, rowing boats and open-air summer festivals. By 1908, six of the eleven Zug Gemeinde had their own tourist organisations, putting up traffic and Wanderweg (hiking trail) signs. The economic crisis of the Thirties prompted the 'Ennetsee' regions of Risch, Cham and Hünenberg to start promoting their own interests in 1936.

Alpine tourism, which began at the end of the 18th Century, had long since led tourists and adventurers through the Zug area en route to the Rigi and Lucerne but in 1848, there were still only two guesthouses in Zug; the Hirschen and the Ochsen, where Goethe stayed. The boom in road, rail and lake transport and the opening of the Vitznau-Rigi cog railway in 1871 further boosted the tourism industry. By 1870, there were two hotels on the Zugerberg, the Felsenegg and the Schönfels, the latter even housing Queen Wilhelmina of the Netherlands on a visit in 1898. The catastrophe in Zug of 1887 (Vorstadtkatastrophe- see Connnect! Magazine May/June 2023 archive) had also made Zug internationally famous.

So, it was on the initiative of local businessmen, hotel owners and the like, that the Zug area acquired its tourism infrastructure. The main marketing strapline was 'Ruhe and Erholung', or 'peace and quiet and recuperation', in contrast to better-known tourist destinations with their casinos, bathing establishments, dances and commercialism.

By 1890, Zug had its own 'beautification' Verein, which also encouraged local residents to keep the streets clean. From 1892, the Verein organised a lake festival with fireworks, music and evening boat trips on the lake, which proved very popular with local residents and in 1912, there was even a show with aeroplanes, a great attraction.

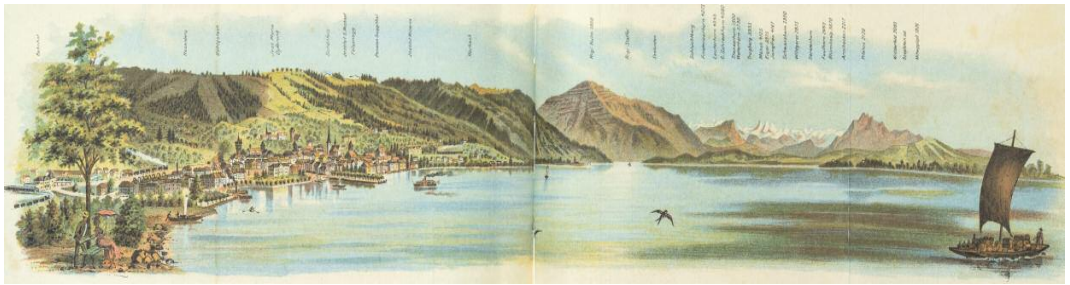
At the turn of the century, winter tourism began to develop, with skiing and sledging down the Zugerberg, facilitated by the inauguration of a funicular railway in 1907, an ice rink at the Allmend in 1912 and the Zug railway station in 1893. The tourist agencies produced posters, postcards, brochures, guide books and even stamps to promote the region.

The authorities in Zug seem to have had a rather ambivalent attitude to tourism in their town. On the one hand, it brought prosperity, but it also entailed costs, which they were keen to leave to local businessmen and innkeepers to cover. The businesses argued that tourism brought jobs and promoted local industries but the authorities seemed more worried about 'law and order' and discouraged 'Fremde' or non-locals from staying more than 14 days without proving their respectability (!). They wanted the rights and property of landowners respected and discouraged outdoor festivals, especially on Saturday nights, which might disturb the Sunday peace.
The 'Polizeistunde' or curfews were to be respected. There were complaints about seasonal workers cluttering up park benches. However, the local authorities did contribute in 1895 towards the costs of a small chalet on the Kolinplatz which provided typical tourist information such as train times, accommodation and sight-seeing. This quickly became popular with local residents, who consulted it on such diverse topics as taxes, housing and kindergartens.

In the years leading up to the First World War, it was the various local tourist offices in canton Zug who fought for better roads, trams and general infrastructure, financed largely by local businessmen and then by local authorities with taxpayers' money, on which they had to successfully vote.

In 1995, the Zug tourist office acquired professional premises and in 1997 was named Zug Tourismus, which continues to promote the interests of Zug as a tourist destination, popular with locals and visitors alike. It is still run as a Verein or club and its board members hail from tourism, business and politics though open to members or partners from all walks of society.

Source: Tugium 39/23 • Sonne, Molke, Parfümwolke 1997



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: 58 CHF, 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.

Silver Stars
Dine and Dance Ball

Welcome spring in style with the ZIWC!

Join us for the change in season with a silver lining at the sparkling Silver Stars Dine & Dance. An evening filled with fine dining, lovely company and great dancing. This elegant evening will include apéro, a three-course dinner, drinks and dance plus special entertainment and prizes for the best dancer and best dressed. Dress code? You guessed it, the theme colour is **silver** or **white**. Captivating performances will compliment a truly festive ZIWC atmosphere, accompanied by delightful music, so dress to impress…
Members of ZIWC and IMCZ and non-Member friends are weclome!

Date: **Friday 22 March 2024**

Time: 18:00 – midnight

Where: We will gather for a **first drink at Café Glücklich** before we, accompanied by some special entertainment, walk 300m to our dinner location: **Restaurant Meating**. (meating.ch)

Prices: 125 CHF for ZIWC & IMCZ Members
160 CHF non-Members

Dress Code: **Formal festive attire in the silver and white theme, optional black tie**

Menu: Three-course dinner with a starter including a seasonal salad and a small soup with fresh garlic bread, a main course (meat, fish or vegetarian - please choose during online registration) and a dessert buffet.
Meat: Entrecote Café de Paris, with fries and vegetables
Fish: Grilled Salmon with fennel-orange salad and potato mash with herbs
Vegi: Freshly homemade ravioli with asparagus

Drinks: Aperitive, water, white wine, red wine and coffee/tea are included as are other non-alcoholic drinks until the budget is reached. Additional drinks can be purchased at the open bar.

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. Let us know if you want to be seated with others. For any questions or dietary requirements contact Émely by email at vicepresident@ziwc.ch or Whatsapp 077 490 7374.

Booking & Payment Deadline: **10 March 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.

How to get there: Café Glücklich (www.cafe-gluecklich.ch/) is directly at the Zug railway station exit where the buses turn; Alpenstrasse 16, Zug.
We strongly advise you to travel with public transport to this event, but plenty of (mainly paid) parking is available around Zug station - see P&R Parking, Grafenaustrasse parking or Coop City Parking.

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

March 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 9:15 **Fitness Hiking Group**	2 SATURDAY
					3 SUNDAY
4 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class**	5 9:00 **Badminton**	6 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	7 16:00 **Book Club "Walk the Talk"** **ESCAPE: The Cité du Temps: Omega Museum and Planet Swatch - Dept: 9:00**	8 8:00 **Outdoor morning fitness** 9:15 **Fitness Hiking Group**	9 SATURDAY
					10 SUNDAY
11 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class**	12 9:00 **Badminton**	13 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	14 10:00 **Aegeri Coffee** 14:30 **Charity Afternoon Tea**	15 8:00 **Outdoor morning fitness** 9:15 **Fitness Hiking Group**	16 SATURDAY
					17 SUNDAY **IRISH DANCING**
18 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class**	19 9:00 **Badminton** 9:30 **Cooking Group** 15:00 **Contact coffee** 16:30 **Italian Wine Tasting Group**	20 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 12:15 **Lunch at Ristorante Wartstein in Hünenberg** 13:30 **Wednesday Hiking**	21 10:00 **Cham coffee** 15:30 **Italian conversation** 17:45 **BN Event: Using LinkedIn and Instagram for Personal Branding** 18:00 **Joint Stammtisch with IMCZ**	22 8:00 **Outdoor morning fitness** 9:15 **Fitness Hiking Group** 18:00 **SILVER BALL**	23 SATURDAY
					24 SUNDAY
25 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class**	26 9:00 **Badminton** 14:30 **Gardening Group**	27 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	28 9:30 **Walchwil coffee** 16:00 **Italian conversation** 18:00 **Monthly dinner**		
					

April 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/

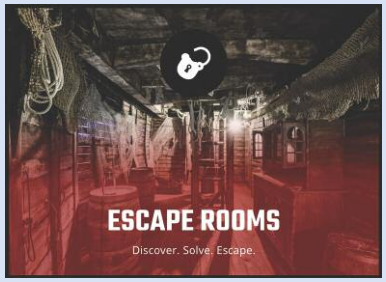
Please note the changes to the Club's cancellation policy on p.4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
1 17:30 **Zumba® Toning class**	**2** 9:00 **Badminton**	**3** 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**4** 9:30 **Book Club "Walk the Talk"**	**5** 8:00 **Outdoor morning fitness** 9:15 **Fitness Hiking Group**	**6** SATURDAY **7** SUNDAY
8 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class**	**9** 9:00 **Badminton**	**10** 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**11** 10:00 **Aegeri Coffee** 16:00 **Italian Conversation** 18:00 **Restaurant Pikante Luzern**	**12** 8:00 **Outdoor morning fitness** 9:15 **Fitness Hiking Group**	**13** SATURDAY **14** SUNDAY
15 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class**	**16** 9:00 **Badminton** 9:30 **Cooking Group** 16:30 **Italian Wine Tasting**	**17** 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 17:30 **BN Apéro**	**18** 10:00 **Cham coffee** 12:15 **Lunch Brasserie Löwen** 15:30 **Italian Conversation** 18:00 **Joint Stammtisch with IMCZ**	**19** 8:00 **Outdoor morning fitness** 9:15 **Fitness Hiking Group**	**20** SATURDAY **21** SUNDAY
22 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class** 18:00 **English conversation via Zoom**	**23** 9:00 **Badminton**	**24** 8:00 **Outdoor morning fitness** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**25** 9:30 **Walchwil Coffee**	**26** 8:00 **Outdoor morning fitness** 9:15 **Fitness Hiking Group**	**27** SATURDAY **Action World Escape Room, Golf, Laser Tag** **28** SUNDAY
29 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class**	**30** 9:00 **Badminton** 14:30 **Gardening Group**				
					

Escapes

Action World Escape Room, Golf, Laser Tag







Date: Saturday 27 April 2024

The Experience: Three fun activities in one! First, we will channel the super sleuth in us and solve the mystery to break out of a themed Escape room. Next, mini golf on a course unlike any other you've experienced. Finally, we get our adrenaline pumping as we compete in laser tag. A day just for us ladies to release our inner child and have some fun and laughs together.

Location: Bachstrasse 27, 8912 Obfelden

Departure: 13:15 from Zug station.
Activity booking is from 14:00 until 19:00.

Cost: 40 CHF

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

Booking deadline: Please RSVP no later than 12 April.
Limited to 20 spots.

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

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

Escapes

Whiskey Tasting Evening



When: Tuesday 14 May

Time: 19:00

The Experience: We are thrilled to bring you the first in a series of two whiskey tastings this year. The first evening will take us through a flight of Japanese whiskeys. Our Sommelier will guide us through the different types offered as we learn how the whiskey manufacturing and drinking tradition arrived in Japan and has developed into a world-renowned industry. Further details will be announced soon.

Keep your eyes on the ZIWC event calendar for the final details!

Get Your Jig on this St. Patrick's Day!

Join us for an exhilarating Irish Dancing Workshop on 17 March, and experience the magic of Irish culture firsthand!

About the Instructor: Inspired by the iconic Riverdance and the legendary Michael Flatley, Émely brings years of experience teaching Irish dancing across various dance schools in the Netherlands. With a passion for dancing, tradition and music, you're in expert hands!

What to Expect: Get ready to immerse yourself in the rhythm and energy of Irish dance! In this workshop, you'll learn a full dance in formation, mastering the intricate steps and dynamic movements that define traditional Irish dancing.

Attire: No need for tap dance shoes! All you need are smooth shoe soles—leave the sneakers at home and dance in style!

Date & Time: 17 March, 14:00-17:00

Location: YunSong Akademie, Bachweid 3, 6340 Baar

Costs: 15 CHF

Registration & Deadline: online by 9 March
We need a minimum of 7 participants for the workshop to take place, so reserve your spot today and make this St. Patrick's Day one to remember! Register online to secure your place, for questions you can send Émely a Whatsapp on 077 490 7374. Don't miss out on the craic!





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Cultivating Sustainability:

Exploring the Multifaceted Benefits of Urban Gardening



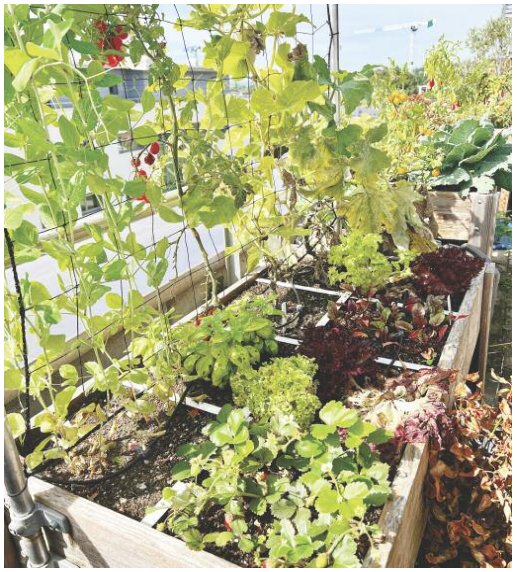
In the bustling landscapes of our cities, amidst towering skyscrapers and busy streets, a green revolution is quietly taking root. Urban gardening, once a niche pursuit, has blossomed into a vital practice with far-reaching benefits for both individuals and communities. From rooftop gardens to community plots nestled in concrete jungles, urban gardening offers a plethora of advantages that extend beyond the simple act of growing plants.

At its core, urban gardening is a celebration of sustainability. By cultivating food and greenery within city limits, urban gardeners drastically reduce the carbon footprint associated with food production and transportation. Locally grown produce requires fewer resources to reach consumers, mitigating the environmental impact of long-distance shipping and packaging. This localised approach not only reduces greenhouse gas emissions but also fosters a deeper connection between urban dwellers and the food they consume.

Urban gardens serve as oases of biodiversity in concrete-dominated landscapes. By cultivating diverse plant species, urban gardeners provide vital habitats for pollinators, birds, and beneficial insects. These green sanctuaries contribute to the conservation of urban biodiversity, supporting ecosystems that are essential for the health of our planet. In a world grappling with habitat loss and declining biodiversity, urban gardens offer a beacon of hope for coexisting harmoniously with nature in urban environments.



Studies have shown that gardening can reduce stress, anxiety, and depression, while promoting physical fitness and overall well-being. Whether it's digging in the soil, sowing seeds, or harvesting ripe produce, urban gardening cultivates not only healthy bodies but also resilient minds. Tending to plants provides a therapeutic escape from the stresses of urban life, offering moments of tranquillity and mindfulness amidst the hustle and bustle.





Urban gardens serve as outdoor classrooms, providing invaluable opportunities for education and skill-building. From teaching children about the life cycle of plants to empowering adults with the knowledge to grow their own food, urban gardening fosters a culture of lifelong learning. By reconnecting urbanites with the natural world and the food they eat, urban gardens empower individuals to make informed choices that prioritise sustainability and environmental stewardship.

Urban Gardening is good for your body, mind and soul. As we look towards the future, let us cultivate not only gardens but also a collective vision of urban spaces that are green, vibrant, and sustainable for generations to come. And if you feel intrigued, ready to give urban gardening a try, join our Gardening Interest Group to learn how you can grow your own on a balcony, terrace or rooftop with minimal physical effort and in just 10 minutes per day maintenance time.

Émely Steegstra



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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Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website, contact us 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, this Network 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 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

The Golfing Gals are enthusiastic golfing ladies at every level who practise 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 afternoon from 16:30 for approx. 2 hours at a private venue in Hünenberg. The cost is 25 CHF per session for wines and savoury snacks. For meeting and location details please check the online Club calendar or contact Lorella Benedetto at lorella.benedetto@libero.it or on 078 652 1396. **Next meetings**: 19 March & 16 April.

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 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

GirlsAboutTown is a Whatsapp group open to all Members who wish to advertise a social event (not their own business), suggest an outing, look for company on an outing etc. in the Zug region. Contact Helena Lustenberger on 079 243 6439 giving your full name and mobile number.

Italian Conversation

Your chance to learn the nuances of this beautiful 'singing' language.
We welcome you to practice your Italian at 15:30 at La Taverna Metalli Zug!
Contact Details: Cristina Rocco at cristina@italianallegria.com or on 079 444 4056.
Dates: 21 March, 11 April, 18 April, 9 May, 16 May.

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 Bridget Storrie +447747446380.

Outdoor Fitness Morning

Members are welcome to join the outdoor class (Ger/Eng) of the Mrs Sporty fitness school for free on Mondays, Wednesdays and Fridays from 8:00–8:45 in St. Martins Park Pavilion in Baar.

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 interestgroups@ziwc.ch

Potential New Interest Groups

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

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365 days a year.





BOOK A SHIP

Decluttering

The new year is often the time for setting new goals, new hobbies, new habits and fresh perspectives. But if you're like me it's not until the spring where I really feel ready to take on some of the new ideas that have been percolating. With the change of season, longer days and milder temperatures, things seem, well a bit easier to deal with. So in line with the traditional 'spring clean', I often have the urge to purge my living surroundings, to clear out-grown, out-used items, pull back on accumulated disorder and create a more calm, streamlined and more aesthetically pleasing space. There's so much information on the benefits for one's mental health! There are also so many methods to help you do this, you might be a Marie Kondo fan and assess whether your possessions 'spark joy', have a 4-step method (Clear out, Categorise, Cut out, Contain), a 90/90 minimalist method (have I used the item in the last 90 days? Will I use it in the next 90 days?) or prefer a friend or professional declutter to help get the job done.

A subsequent challenge for me, however, is what do you do with the stuff you want to clear out? How to get rid of things in the most responsible way? Here in Switzerland, we know that simply throwing items, if not wasteful and unenvironmental, is pretty costly and labour intensive (no street pick-ups for example). Here are a few ways I have found that might help those of you in a similar predicament.

Selling items: For items that have some life in them or hold some value check out ricardo.ch, Switzerland's version of eBay. This is for the most part a German website, but using a simple translator app means you can easily create a German-friendly listing. I have sold a bunk bed, two electric outside blinds and a Barbie house recently for reasonable prices. Alternatives include tutti.ch, marko.ch and even online shops like galaxus.ch offer a second sale marketplace. In the social media world, Facebook Marketplace is a great option, though harder to sell something for a higher price, but great if you're looking to find a new home for something and want a little bit of cash (or avoid the cost of dumping it). So too are local Facebook groups, such as 'Second hand in Zug', Verkaufkreis Zug, Spielzeugbörse Schweiz (for toys), 'Buy, Sell, Free or Exchange in Zug/Zurich/Luzern English Group'. The list goes on!

Other: For items you just want out of your hair there are more Facebook forums such as Zuger helfen Zuger, Free Shop Ukraine Zug, and our own ZIWC page. You might have your own neighbourhood WhatsApp group, or might want to ask on a social media group forum if anyone knows anyone in need or collecting for a particular charity that could benefit from that bag of clothes or an old shelving unit.

When you just want to clear and take a load of stuff in one go, there are a multitude of Brockenhäuser or thrift shops in the Canton. See here for a listing brockisearch.ch/brockenhaeuser/zug/. Be warned, they only take things in very good condition that can be resold.

For old books I recommend a place called Halle 44 halle44.ch/, a centre located in Baar that provides work and skill-building opportunities to those out of formal employment. They have a library for which they take all books (those of no use will be recycled) and a bike repair workshop too.

And failing all that, there is of course the Öekihof! Happy decluttering!





GEMEINNÜTZIGE GESELLSCHAFT ZUG

WIRKT, WO NÖTIG – SEIT 1884



Gemeinnützig means non-profit, but it also implies for the general good.

The GGZ is a social welfare organisation in Zug with a history stretching back over 125 years. It stands for social justice and an open, tolerant society in which every person bears personal responsibility. Flexibility, innovation and initiative are the hallmarks of GGZ. To this day, the work of those responsible at GGZ is based on voluntary work. The Gemeinnützige Gesellschaft des Kantons Zug (GGZ) was founded in the Adler restaurant in Allenwinden in 1884. The founding period and the following decades were characterised by many private initiatives and sponsorships, where the state at the time was unable to provide any or sufficient infrastructure and services. Accordingly, the GGZ was initially committed to helping sick children, apprentices, convicts and the mentally ill. In 1886, a fund was set up to establish a children's sanatorium for poor, chronically ill children. A year later, part of Zug sank into the lake (Vorstadtkatastophe- see Connect! Magazine May/June 2023) and the GGZ made all its cash available to the victims.

During the following years, various private individuals and benefactors, notably Adelheid Page, contributed funds towards supporting disadvantaged children and people suffering from tuberculosis. In 1912, the Adelheid Clinic was founded, which still exists today, as a rehab centre.

The GGZ has promoted various projects such as subsidies for affordable housing, homes for children, playgrounds, TB vaccinations, a drug therapy station, a Spitex counselling centre, a job exchange and projects to give temporary jobs to the unemployed. Currently, the GGZ is involved in a wide range of social, educational and cultural, child and youth and health projects. These include the GGZ holiday pass, Podium 41, Zuger Märlisunntig, Kunsthaus Zug, Bildungsclub Zug and the Job Caddie mentoring programme. The GGZ also manages two of its own funds and uses them to support various smaller and larger cultural and social projects in the canton of Zug, funded by members, donors and legacies.

The GGZ Holiday Pass organises around 350 exciting and varied events for primary school children during the first three weeks of the summer holidays. ■ The social enterprise GGZ@Work is committed to the professional and social integration of welfare recipients and asylum seekers. ■ The Sennhütte is an inpatient therapy centre on the Zugerberg for people suffering from addiction. ■ Learning languages, deepening knowledge, realising creative ideas - the Loreto leisure centre offers a wealth of opportunities to leave everyday life behind. ■ The Horbach School for children with special needs is a school recognised by the Canton of Zug. From primary to lower secondary level, pupils receive individualised support in the day school and at the boarding school. ■ As a rehabilitation centre, the Adelheid Clinic cares for patients after operations, with diseases of the musculoskeletal system, the nervous system and the internal organs. ■ The Zuger Neujahrsblatt magazine (read it in your library) is a traditional contribution of the GGZ to the cultural life of the Canton of Zug. ■ KiBiZ is the leading provider of supplementary family childcare in the canton of Zug and has been running daycare centres and day family services in the Zug municipalities as a non-profit organisation since 1975.

The GGZ institutions are run by professionals but the GGZ is always looking for volunteers to provide skills and know-how, whether as help with the GGZ Holiday Pass, as a mentor in the “Job Caddie” jobs programme for young adults or as active support with their food aid programme “Tischlein deck dich”.

If you are interested in any of these programmes, whether to volunteer, find a job or benefit from them yourself, or you would like to support them financially, you will find out more on their website: **https://ggz.ch/**

January
Monthly Dinner

On a cold January evening 14 ladies met in the delightful Gotthardli am See Thai restaurant, a real insider tip and a gem of a dining establishment in the Zuger Altstadt. In the warm and cosy wood-panelled Stübli on the second floor we enjoyed delicious authentic tastes of Thailand reminiscent of sunshine and holidays. Exquisite curries, rice and noodle dishes tastefully presented and perfectly seasoned were served by very friendly and attentive staff. Our group was loud and animated and fuelled by the wonderful culinary delights. The conversation topics were manifold and most interesting.

Thank you to Valerie for again suggesting such a much appreciated dining experience in such a lovely ambiance. We already look forward to our next trip to China in February!

by **Karin Resch**





Save the Date!

Escapes 2024

Escapes to look forward to from May through to December 2024
Ladies, keep your eyes on the ZIWC calendar for Escapes being planned for the coming months! Here are some in the works already:

- Whiskey Tasting
- Zurich Observatory Visit
- Witches Tour
- Murder Mystery Activity
- Park Seleger Moor visit
- Weekend in Paris
- And much more!



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