ZIWC
Zug International Women's Club

MAGAZINE

Connect!

MAY / JUNE 2024 | FOR WOMEN • FOR CONTACT • FOR 56 YEARS

BOARD MEMBERS 2024–2025



www.ziwc.ch

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Dear Members,

What a journey and an exciting year it has been!

As I reflect on the past Club year, let's celebrate our achievements, continuous development and the many connections with other individuals, both within and outside of our Club. Over the past year, the ZIWC has continued to support and add value to our Membership with our current advertising partners, whilst also gaining momentum establishing prospective partners. I am looking forward to serving the Club and the website redesign and being the Advertising Chairwoman in 2024-25.

Betsy Ballew,
Advertising Chairwoman 2024-25



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New Members

Mary Anne Kedda,
Membership Chairwoman
Email: **membership@ziwc.ch**

We warmly welcome our new Members

Catherine Waring, Cham
Kateryna Shyrkova, Zurich
Simone Merkli, Zug
Annet Brown, Cham

Elisabeth Bergström, Baar
Daryn-Lee Cronson, Zug
Nicola Fine, Zug
Ann Nijs, Walchwil

Julliet Maina, Steinhausen
Johanna Van Hunsel, Zug
Karolina Baranowska, Zug



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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.

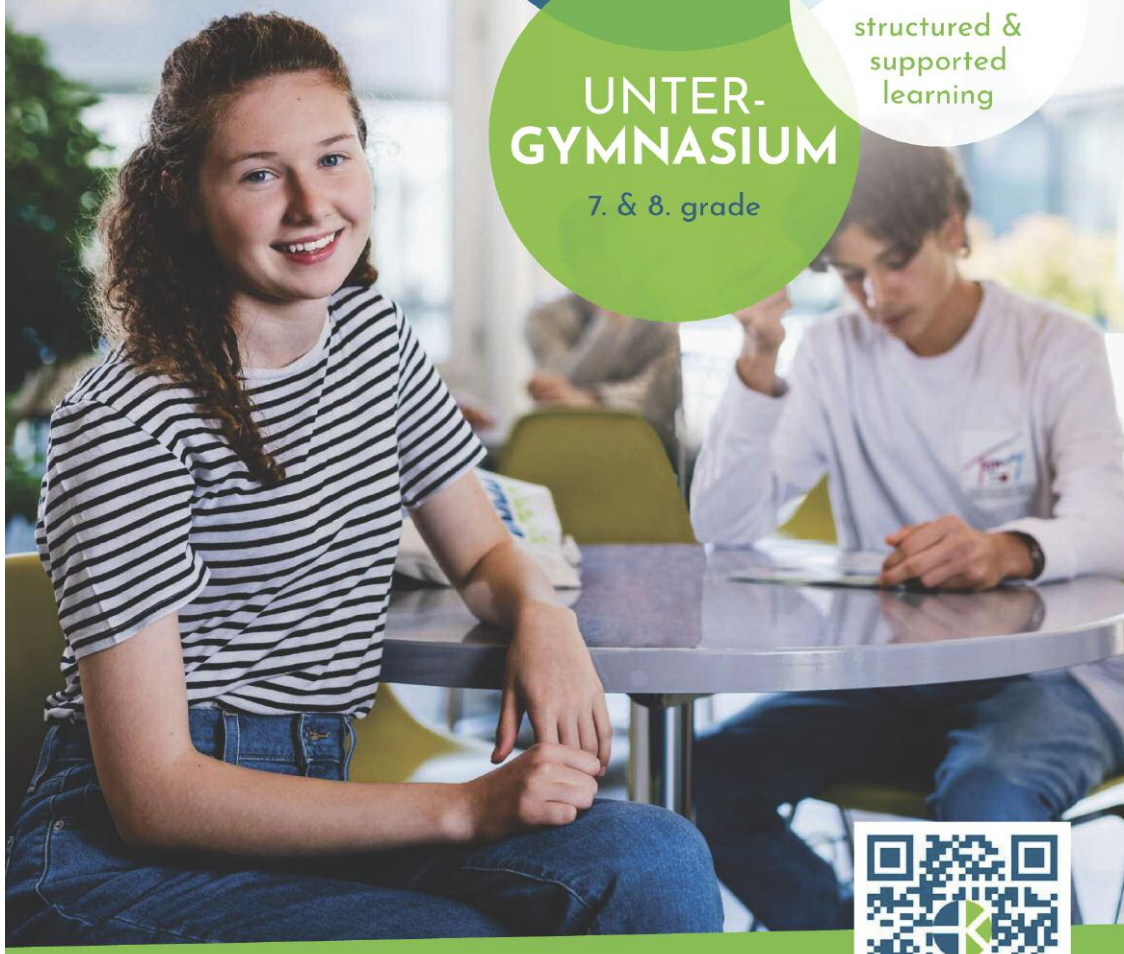
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ZIWC 2024-25

Your Board for 2024-25



President • **Émely Steegstra**

I am keenly looking forward to a new exciting Club year as your President. Having served as VP for the last two years I am excited to steer the Club ready for great things to come in the future. And with my love of exciting things, you can guess where you'll find me...



Vice President • **Susan Laudenbacher**

I am excited and honoured to embark on my new role as Vice President. I eagerly anticipate engaging in our Club's social and charitable projects, embracing both challenges and new experiences along the way. Working and socialising with our wonderful Members and Board is always a pleasure.



Advertising • **Betsy Ballew**

I am looking forward to serving the Club 2024-25 for my second year as Advertising Chairwoman. I will be steering a website redesign and hoping to set up a mothers and kids Interest Group in the coming year.



Escape Chair • **Alicia Toledo**

It has been a pleasure to organise Escapes for our Members over the past two terms. I am honoured to be selected to serve a third term as chairperson and have some wonderful activities for us to experience together this year. Check the ZIWC web calendar and Connect! Magazine for coming details and reserve your spot. We have an exciting line-up and I look forward to seeing you!



Hospitality • **Fanny Van Dyck**

After almost 2 years with ZIWC, I am thrilled to enhance my membership with a role in Hospitality. Having spent more than 25 years abroad and enjoyed getting to know new cultures and people in 7 different countries, I believe to have a good foundation to understand the importance of feeling welcomed in a Club - that is open to mutual understanding & respect, and that is a warm space where friends can be made and support can be found. The importance of networks and relationships cannot be underestimated, as it often is a vehicle to help us all move forward, enjoy the moments of the day, and create memories that last forever.



Interest Groups • **Veerle Vandionant**

I am very much looking forward to my fourth year on the Board. I will execute my role as Interest Group Chairwoman with the same enthusiasm as I did my Hospitality role. Please do step forward if you would like to set up and lead an Interest Group as we would be delighted to add new ideas to the list.



Secretary • **Leontien van Rooijen**

I'm from the Netherlands and 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.



Magazine Chairwoman • **Suzy Andricopoulos**

I can't quite believe I'm starting my third term as Magazine chairwoman, I have not only enjoyed the Magazine editing and editorial team lead role, but being an integral Member of ZIWC. I am proud of the work we have done to encourage integration within our Swiss community and particularly appreciate the intergenerational aspect of this Club, something I think can be quite lacking when forming new networks. I am excited to take the Magazine - in tandem with my fellow Board Members - from strength to strength over the coming year.



Marketing Chairwoman • **Marlena Jaszczyk**

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.



Membership Chairwoman • **Mary Anne Kedda**

Mary 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.



Treasurer • **Chelle Pawlowski**

I am very honoured to serve for my second term our amazing community while championing our mission of empowering women.



Website Chairwoman • **Bettina Bjerregaard**

For my second term I am focussed on improving our website system and we are now working together with external help to change our offering. I am excited to see the result and to be able to work with a more intuitive system for the benefit of both advertisers and Members in the future.

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

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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

We Appreciate You!



We celebrated our Members who work tirelessly over the year giving their time to help at our various events, promotional functions and who run regular interest groups. Thank you so much for your passion and dedication to the Club!
@Shed Market, Zug

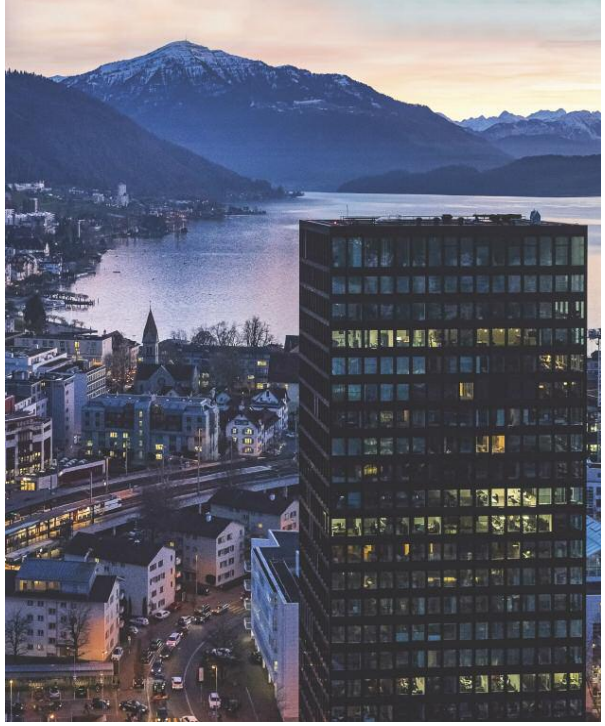






Zug Tourism

an Interview with **Dominic Keller,** CEO of Zug Tourismus



Following our journey back in time to the origins of tourism in Zug in the last edition of Connect! Magazine, we interviewed Dominic Keller, CEO of Zug Tourismus to get an update on Zug tourism today.

The tourist office has been organised as a *Verein* since its inception. What are the advantages of this format?

We are a Verein because we feel it is important to focus on the people living in this area and we don't want to be just a professional marketing organisation looking to make a profit. We have a Leistungsvereinbarung (service agreement) with our members, the city and the canton, to provide information, promote the region and to market local events. Other partners are local businesses with connections to tourism services, companies such as ZVB and Etter Kirsch. We also have income from Kurtaxe (tourist tax), merchandising, selling services and we have partnerships with Zürich Tourism and Switzerland Tourism.



What do you think is the ESP of Zug as a tourist magnet?

In Zug, you can come by train, go to the Kunsthaus, go to lunch, then go to the Zugerberg in one day. It's like a village! Everything is close by and so provides high experience value. Situated in the heart of Switzerland, Zug is easily accessible by public transport. There is a mixture of tradition, history and modern international architecture. First-time visitors are often surprised at how beautiful our canton is, with its cherry trees and breath-taking sunsets. The quality of life is high and it is a great bonus to be able to walk or cycle along by the lake, which is not possible in other regions. We have digital maps for travel, bike trails and mountain bike trails.

Who is your target audience and what sort of tourists do you want to attract?

Our main focus is to attract Swiss tourists from Central Switzerland but also more and more people from western Switzerland and Ticino. The good transport connections favour this. Locals are also very important and we have many attractions to interest families, expats, those interested in culture and lifestyle, as well as historical monuments such as the Morgarten monument. There are projects with many other stakeholders to promote art tours and Crypto valley tours, for example. We advertise in national newspapers and on digital platforms.

What are your priorities for the future?

Space is very limited here so we want to appeal to the premium sector, not mass tourism; individuals, not big groups. We want quality tourism and – increasingly important – sustainable tourism. We have recently joined the 'Swisstainable' national programme and are working together with our partners to ensure that we as a company and as a destination offer sustainable tourism, prioritising nature, public transport and so on. One manifestation of this is replacing the traditional summer lake festival with fireworks and multiple food stands on one day with the month-long Zug Magic show by the lakeside, with only one high quality gastronomy outlet. The new experience with new sustainable technology proved to be a great success and drew people from the whole region as the news spread. The Stadrat along with other sponsors have assured finance for the next four years. It would be nice to have more hotels, but we are working together with Zurich Tourism to provide a wider tourist experience. We are full of ideas and enthusiasm here at Zug Tourism and look forward to working with the ZIWC in the future.

https://www.zug-tourismus.ch/en





Meet the Member



How did you first come to be in Zug?

We moved to Zug in 2022 after my husband was offered a job in Switzerland. We have enjoyed exploring the area ever since.

When did you first become a Member of ZIWC?

I heard about the Club when I first moved to Zug two years ago, but I didn't join until last year after attending a coffee gathering hosted by a Member, and the great atmosphere encouraged me to join the Club.

What do you enjoy about being a Member?

Since I was working remotely, meeting new people was a challenge. That's why I like being a Member of ZIWC. It provided a wonderful opportunity to connect with diverse people from different backgrounds and cultures. The Club activities have been a fantastic way to explore new places, meet new people, and try new things together.

A bit about you - hobbies, interests!

I recently transitioned from working as a User Experience designer and I'm currently enjoying some well-deserved time off! I read a lot, mainly history, psychology and fiction books. I also love exploring the beautiful Swiss countryside by hiking, getting lost in the scenery, visiting new cities, and discovering art museums. For some quiet creativity, I've gotten into embroidery - it's surprisingly relaxing and a great way to unwind.

Quick-fire questions
- favourite place for coffee, favourite restaurant, favourite scenic location?

For a truly unique and relaxing experience, I wouldn't say I have a favourite coffee shop or restaurant in the traditional sense. My favourite way to enjoy a coffee or meal is by grabbing a takeaway and heading down to the lake. There's a certain tranquillity about sipping a coffee or having lunch with that breathtaking view of the lake. My favourite spot is definitely a quiet place near Mänibach where it feels isolated and less crowded. Sitting by the water, watching the boats go by, and breathing in the fresh air is pure bliss! It's my ultimate escape and a great way to unwind.

FMZ Fachstelle Migration Zug

FMZ Present... Inheritance law

Thursday 20th June 19:00 @KBZ
Where there's a will there's a way.

Do you have a will?

It's not just about finances - it's about ensuring peace of mind for you and your loved ones, especially if you live abroad.

Having a will is a safety net and can provide an invaluable sense of security for you and your family. It means knowing that your children will be looked after by trusted guardians if something happens to you. It also allows you to specify exactly how you want your assets to be distributed. And with women statistically living longer, it's a way to plan with confidence, including health care directives that ensure your wishes are respected even if you can't speak for yourself.

While 'breadwinners' often take on the task of estate planning to provide for their families and protect hard-earned assets, it is vital that the (sometimes) non-working partner is involved and understands the implications. Whether it's setting up trusts or choosing guardians and executors who understand their circumstances, it's about creating a mutually agreed roadmap for the future that gives everyone peace of mind.

Planning for the future becomes even more complex in an international environment such as Canton Zug, where financial, legal, and cultural issues may differ, and where family residency status may be another unwelcome consequence of an unexpected death.

FMZ, in collaboration with Diedrichsen Baumgartner Law www.dblaw.ch, is organising a free event in English on Thursday, 20 June 2024 at 19:00 at the KBZ in Zug. As we expect this event to be sold out, seats will be offered on a first come, first served basis on the evening of the event, and standing room only thereafter.

A limited number of reserved front row seats will be held for ZIWC Members.
To reserve a seat, please email cathy.newman@fmzug.ch before Sunday 2nd June 2024.

Ultimately, estate planning is about more than numbers - it is about creating security for you and for generations to come. Taking the time to plan will give you the peace of mind that comes from knowing you've prepared for whatever life may bring, no matter where in the world you call home.



Hospitality

Fanny Van Dyck - Organises regular social events for long-standing and new Members. Welcomes new Club Members and serves as a point of contact for all Club events.

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 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

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

Monthly area coffees !!

Due to the many Bank Holidays in May we have changed some of our monthly gatherings.

Please take note that these changes are for the month of May only.

Thursday 16th May:
10:00 Cham Coffee at Café Plaza //
10:00 Aegeri coffee at Brändle

Thursday 23rd May:
9:30 Walchwil coffee at Restaurant Aesch



Bar & Lounge

Join us for an apero after work or a long day.
Meet up with other Members and share your stories.
We meet once a month at 18:30, mostly on Tuesdays.
Registration on the Club website is mandatory up to 24 hours before the event.

Keep an eye on the Club calendar for the next get-together

Contact details: Ingela Stigemar at dent_stigemar@bluewin.ch



ZIWC Lunch Club

lots of fun and the chance to chat over lunch..



May Lunch Club

Our Club Lunch is always an opportunity to catch up with other Members over an interesting meal!

On **Wednesday 15 May**, we have a booking for **10** Members at KURIOZ Bar & Kitchen at 12:15 kurioz.ch

KURIOZ is a great favourite - the food is always imaginative and a little quirky; the menu will be available on their website from the weekend before the event.

June Lunch Club

And on **Thursday 20 June**, we will be (take away dining) at the Restaurant at the Theatre Casino in Zug theatercasino.ch/en/restaurant



We have reserved for 12 Members at 12:15 with a choice from the seasonal menu which includes meat, fish and vegetarian dishes. Who knows, if we are lucky we may be able to dine outside in the sunshine!

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

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

Cancellation by the Monday before the lunch (**Monday 13 April and 17 June**): if you need to cancel please do so by email before this 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.

Watch this space:
July Lunch will be at the beautiful **Hotel Schweizerhof** by the lake in Luzern!

ZIWC Dinner Club

May Monthly Dinner

Do you like Mexican food such as guacamole, fajitas, burritos, quesadillas, tostadas and summer cocktails like Margaritas, Daiquiris, Mojitos, Piña Colada? Then join us at the end of May to feel the spicy and fun atmosphere of Latin America. Please note that there will be some loud Latin music played during the dinner, so be prepared for some noise!



When: **Thursday, 23 May, 18:00**

Where: Restaurant **Juanito's**, Vorstadt 20, 6300 Zug. Take the bus to Postplatz, park at and walk from the Coop City parking, or walk from the Zug train station.

Group limit: 14 Members. Please register online (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself)

Booking deadline: Wednesday, 22 May

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

Menu: We will be choosing à la carte' from their **Mexican / Tex-Mex** menu and will try their delicious cocktails.

June Monthly Dinner

After our 'trips' to **Thailand**, **China**, **Morocco**, **Perú**, and **Mexico**, we will land in June in **Italy**, where "la vita è bella", before we are off to our well deserved summer holidays. Join us at the Italian restaurant **Puccini** by the lake of Zug. We will be choosing à la carte from their wide assortment of antipasti, salads, carpaccio, risottos, pasta and pizza and finish off with a cold limoncello.



When: **Thursday, 27 June, 18:00**

Where: Restaurant **Puccini**, Vorstadt 26, 6300 Zug. Take the bus to Postplatz, park at and walk from the Coop City parking or walk from the Zug train station.

Group limit: 14 Members. Please register online (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself)

Booking deadline: Tuesday, 25 June

Contact: Valerie Gitter on 079 763 4606 or at vgitter@bluewin.ch for any questions.

Menu: We will be choosing 'à la carte' from their wide Italian menu

If you decide to cancel your reservation to any dinner, please let the webeditor@ziwc.ch know (if it's a long time before) or inform Valerie by Whatsapp (079 763 4606) if 3 days before or less, so that somebody else can take your place if you can't make it.

BUSINESS NETWORK

ZIWC Business Network Member-to-Member Events Update

Our Club has a wealth of talented, entrepreneurial Members willing to share their knowledge and experience to benefit all Members. We are lucky and hugely grateful to those take part.

February saw the first of our new Member-to-Member event series with Allison Fromm, a banker turned Blockchain, Crypto-currency and Decentralised Technologies specialist, bring ZIWC Members up-to-speed on why we need to know and care about Bitcoin and other decentralised technologies.

And it is important! Did you know that Crypto-Valley Zug has 25 publicly traded blockchain projects with a combined market value of $373 billion and 9 privately traded blockchain companies with a combined value (estimated) of $9 billion?

If you missed the event and would like to know more, Allison is happy to make her presentation available. Please contact Ailbhe on bng@ziwc.ch



Our March Member-to-Member event featured two Members who really know how to make you stand out!

Elina Vigand - who masterminds the ZIWC social media presence - is a Data-Driven Problem Solver, who uses her knowledge, insight and experience to drive strategic marketing decisions for her clients. In Personal Branding using LinkedIn & Instagram, Elina gave a practical step-by-step masterclass showing how you can customise your LinkedIn and Instagram presence to enhance your visibility and tell *your* story *your* way rather than conforming to templates. Elina provided detailed take-away material and a workbook which she will review for all who complete it, providing one-to-one feedback to take you forward.



Andaleeb Lilley will be known to many Members as a creative photographer and storyteller (not to mention comedienne). Andaleeb's presentation was packed full of tips for preparing for a photoshoot - from getting the right overall look to wearing a good bra!

NEXT EVENTS:

A private tour of **Freitag® AG** has been postponed to September. Watch this space.

Business Network 'Show and Sell' Apéro event, an opportunity for Members to give a short presentation about their businesses/products. This event will be in June/July, so if you would like the chance of a place on the programme please contact Ailbhe at bng@ziwc.ch.

ZUGERBERG FINANZ



INVITATION
How Fit is Your Swiss Pension?

Theme: Pension Pillar II system & 3a portfolios, Pension Capital Withdrawal impact, the "portable pension" and performance expectations based on THE real returns. Join us to refresh your knowledge on Swiss pension system's recent laws, understand Vested pension options and see our Zugerberg Finanz philosophy.

Date: May 23, 2024

Time: 18:30 – 20:30 p.m. Presentation followed by Q&A and light dinner.

Speakers: **Timo Dainese**, Founder and Managing Partner
Tania Mobayed, Brand Ambassador & Sr. Advisor Expat Desk
Thomas Aregger, Private Clients & Pension Expert
Prof. Dr. Maurice Pedergnana, Chief Economist and Managing Partner

Place: Zugerberg Finanz, Lüssiweg 47, 6302 Zug

RSVP: Latest by May 14, 2024, limited seating.

Online registration

This is a tailored event for the Established Expats (EE) community. It is an opportunity to learn about current topics in investing and appropriate solutions for Swiss domiciled individuals. Zugerberg Finanz is a 24 year old asset manager, managing over 3.8 billion chf portfolios for: private persons, BVG vested pension II holders, corporate institutions and family offices, offering affordable entry levels.

Zugerberg Finanz
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www.zugerberg-finanz.ch/event

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Perfect Your Elevator Pitch*

BUSINESS NETWORK

A Member to Member event with Yasmina Rauber

Yasmina Rauber is passionate about supporting and coaching women to find their voice and purpose, and to love their dream. yascoaching.com/about-yas-coaching/
As a long-standing member of our Club, Yasmina is giving Members the opportunity to take part in a bespoke workshop which will equip you with a new or updated Elevator Pitch on which to build taking forward your dream.

**Elevator Pitch: a brief statement that explains either who you are, what your product is or company does or what you would like to achieve…It should take no more than a short elevator ride and no longer than a minute.*

When: Wednesday 15 May, 2024
Where: Haus zum Lernen, Sankt-Oswalds-Gasse 20, 6300 Zug (opposite the library)
Time: 18.00 (doors open 17.45)
This will be an interactive workshop with plenty of opportunity for discussion with the objective of leaving the session with a strategy and statement ready to go.
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: 15 CHF including one Apéro

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March Charity Tea and Booksale

ZIWC hosted a wonderful afternoon at Teehaus Umami in Cham. Donations were collected and together with funds from previous events given to our charity of the year, MUNTERwegs.







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

Escapes

Action World Escape Room



Date: Saturday 25 May 2024

The Experience: Channel your inner detective using clues, solving riddles, and accomplishing tasks necessary to break out of a themed Escape room within the time limit.

Location: Bachstrasse 27, 8912 Obfelden

Time: 16:00 until 18:00

Cost: 33 CHF per person

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

Booking deadline: Please RSVP no later than 11 May. Limited to 10 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

Japanese and Swiss Whiskey Tasting



When: Wednesday 19 June 2024

Time: 19:00

The Experience: Thrilled to bring you the first in a series of two whiskey tastings this year. The first of the series is a flight of 6 Japanese and Swiss whiskeys and apero. Our Sommelier will guide us through the different types offered as we learn how this tradition arrived and flourished in Japan and is also a growing industry here in Switzerland. Come for the whiskey and stay after for the live jazz and deliciously crafted cocktails!

Location: Bahnhofstrasse 30, 6300 Zug

Time: 16:00 until 18:00

Cost: 120 CHF per person

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

Booking deadline: Please RSVP no later than June 5. 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

Cheese Passport Visits



We have a special series of Escapes planned for the months ahead inspired by the Swiss Tourism Board. If you are a cheese lover, this is for you! Living in a country known for its delectable cheeses, what better way to appreciate the process than to visit some factories where they are produced?

In this series, we will discover the following:

"You'll find so much to discover as you explore these landscapes. You'll notice some similarities between them, but plenty of differences too, both geographical and cultural. You will find out why cheese produced using the same ingredients tastes so different from region to region."

The Tourism Board provides visitors with an official cheese passport book for free where we will collect a stamp at each of the factories we visit. Upon completing all four visits you will receive a lovely Grand Tour Snack Box with a Victorinox Swiss Cheese knife and a piece of delectable cheese. The gift is valued at 75 CHF.

The cheese passport is available on location at the four show dairies, regional tourist offices, or via the My Switzerland website.



The dates of these Escapes are as follows and will be open for registration via the ZIWC web calendar:

- **June 17 Gruyère**
- **August 5 Einsiedeln**
- **September 2 Emmental**
- **November 4 Appenzeller**

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

Escapes Gruyère

Cheese Passport Visit No. 1 and City Visit

Alicia is hosting a series of Escapes exploring the wonderful world of Swiss cheeses. Gruyere is destination no.1…



Date: Monday 17 June 2024

The Experience: Come along on this day trip as we visit our first stop in the official Swiss Cheese Passport, the Maison du Gruyère factory, followed by lunch and a visit to this charming and picturesque town.

Swiss Cheese Passport: The passport is available for free on-location at the cheese factories we will be visiting in 2024 or you may order one to your home via myswitzerland.com/en-ch/microsites/ch/the-swiss-cheese-passport/

Location: Place de la Gare 3, CH-1663 Pringy-Gruyères

Time: 9:00 – 18:00

Cost: 12 CHF per person. Fee includes admission to the cheese factory and a snack and refreshment during our journey.

Transportation Cost: ZIWC subsidises a portion of the cost of transportation for Members. This cost is dependent on the total number of participants and category of SBB pass holder (GA, Half, none). The total of which will be communicated 2 weeks before the date of the Escape.

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

Booking Deadline: Please RSVP no later than 3 June.

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.



Silver Stars

Dine and Dance Ball

We have had to reschedule the Silver Stars Dine & Dance party to 7 June and hope that many more can join us that day.

This elegant evening will include Apéro, a 3-course dinner, drinks and dance. Special captivating performances of an internationally renowned Mentalist/Magician await within a real festive ZIWC atmosphere, accompanied by delightful music.

You guessed it, the theme colour is **silver** or **white** and as we have special prizes for the best dancer and best dress, make sure you dress to impress.

Both Members and friends of ZIWC & IMCZ are welcome! Registration is open via the online calendar. Existing registrations are still valid, but if you have any questions please contact us on annualevents@ziwc.ch

Date: **Friday 7 June 2024**

Time: 18:00 – midnight

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

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

Dress Code: **formal festive attire in or with an element of silver, optional black tie**

Menu: 3-course dinner with a starter including a seasonal salad and a small soup with fresh garlic bread, a meat, fish or vegetarian main course (please choose at registration) and a dessert buffet.
Meat: Entrecote Café de Paris, with fries and vegetables
Fish: Grilled Salmon with a seasonal salad and potato mash with herbs
Vegi: Home-made fresh ravioli with seasonal filling

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

Entertainment: Entertainment by Mentalist/Magician Severino, DJ Neil … 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 (annualevents@ziwc.ch) or Whatsapp (077-490 7374).

Booking & Payment Deadline: **31 May 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 is directly at the Zug railway station exit where the buses turn; Alpenstrasse 16, Zug. The Dine&Dance location is a 350m walk away. We strongly advise you to travel with public transport to this event, but plenty of (mainly paid) parking is available around Zug station like on the P&R Parking, Grafenaustrasse parking or Coop City Parking.

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

May 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** 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 16:30 **Italian Wine Tasting**	**2** 9:30 **Book Club "Walk the Talk"** 15:30 **Italian conversation**	**3** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**4** SATURDAY
					5 SUNDAY
6 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class** 18:00 **English conversation class**	**7** 9:00 **Badminton** **AGM - Annual General Meeting**	**8** 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**9** 15:30 **Italian conversation**	**10** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**11** SATURDAY
					12 SUNDAY
13 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class** 18:00 **English conversation class**	**14** 9:00 **Badminton** 16:30 **Wine Tasting in Zurich**	**15** 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 12:15 **Monthly lunch at Kurioz** 13:30 **Wednesday Hiking** 18:00 **BN Perfect your Elevator pitch**	**16** 10:00 **Cham coffee** 10:00 **Aegeri coffee** 15:30 **Italian conversation**	**17** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**18** SATURDAY
					19 SUNDAY
20 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class** 18:00 **English conversation class**	**21** 9:00 **Badminton** 9:30 **Cooking Group**	**22** 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 12:30 **Art & Cultural group: Tree Enea Museum Rapperwil**	**23** 9:30 **Walchwil coffee** 18:00 **Monthly dinner at Juanitos**	**24** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**25** SATURDAY **ESCAPE: Action World Escape room**
					26 SUNDAY
27 8:00 **Outdoor morning fitness** 17:30 **Zumba® Toning class** 18:00 **English conversation class**	**28** 9:00 **Badminton** 14:30 **Gardening Group**	**29** 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**30** 	**31** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	
					

June 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/

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
					1 SATURDAY
					2 SUNDAY
3 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	4 9:00 **Badminton** 16:30 **Italian Wine Tasting**	5 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	6 9:30 **Book Club "Walk the Talk"**	7 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike** 18:30 **Silver Dine & Dance**	8 SATURDAY
					9 SUNDAY
10 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	11 9:00 **Badminton**	12 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	13 10:00 **Aegeri Coffee** 18:00 **BN Apero**	14 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	15 SATURDAY
					16 SUNDAY
17 8:00 **Outdoor morning fitness** 9:00 **ESCAPE: Cheese Passport visit 1 GRUYÈRE** 18:00 **English conversation class**	18 9:00 **Badminton** 9:30 **Cooking Group**	19 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 17:00 **ESCAPE: Whiskey tasting**	20 10:00 **Cham coffee** 12:15 **Monthly lunch at Theatre Casino** 18:00 **Joint Stammtisch with IMCZ**	21 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	22 SATURDAY
					23 SUNDAY
24 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	25 9:00 **Badminton** 14:30 **Gardening Group**	26 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	27 9:30 **Walchwil Coffee** 18:00 **Monthly dinner at Puccini**	28 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	29 SATURDAY
					30 SUNDAY
					

What did the Romans ever do for us?



(apart from viaducts, aqueducts, etc?) And what did they do for us in Zug?

Helena Lustenberger investigates...

In 15 BCE, Caesar Augustus' adoptive sons, Tiberius and Drusus invaded the land of the Helvetii and Rhaeti and central Switzerland became part of the province of Obergermanien. The Romans built roads, temples, theatres and public baths and promoted large-scale cultivation of the land. The local population adapted and benefited from the prosperity, which only came to an end with the invasion of the Alemanni in 3CE. The Romans developed existing technology from the Phoenicians and the Greeks, such as Archimedes' screw, refined to carry water uphill to feed the aqueducts.

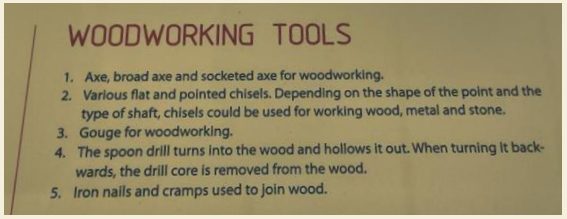


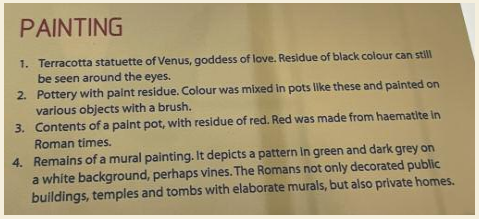
Looking around you in Zug, there is not much evidence of Roman dolce vita, however, In Canton Zug evidence of Roman occupation has been found all around the northern half of Lake Zug. In 1944, a marshy plain near Cham-Hagendorn was drained and well-preserved components of a wooden **Roman mill** were discovered, including the hub and some blades. The mill used water to power the millstone mechanically and the raised headrace drove the water wheel more efficiently. The find of one of the oldest examples of a water mill north of the Alps caused a sensation at the time. The mill was built around 231CE and was in use until about 269CE until it was destroyed by flood, having been repaired twice in the meantime. In those days, Cham-Hagendorn was nearer the lake and the river Lorze was nearby. Some sort of wheat was ground in the mill.
In our canton, the remains of **six Roman manors** have been discovered, three in Risch, one in Zug (Loreto, with a burial place), one in Baar centre, one in Cham (Heiligkreuz), with the mill in Hagendorn. Such manors were sometimes built by legionnaires. Another exciting discovery of a seventh has been recently made in the Aebnetwald (north of Hagendorn and approaching Knonau), geoelectric/geomagnetic measurements have found outlines in the ground of wall structures, probably a maximum of 2.5000 m2. Finds indicate an elevated lifestyle with murals, wine, olive oil and fish sauce from the Mediterranean. It is not clear what the building was used for but as excavations continue, more should be revealed.

Water distribution: To supply their towns with fresh water, the Romans built waterworks and aqueducts, which carried fresh water from natural springs to distribution points on the edge of town.



Roman aqueducts are still a feature of the landscape today e.g. in Vindonissa (Windisch, Aargau), which supplied water to Windisch up until 1897! Water pipes made of lead, ceramic or wood carried water to bathhouses, public houses, drinking fountains and affluent private houses, where water was drawn from taps, usually made of bronze. To prevent damage, lead pipes were sometimes laid in stone gulleys. Roman water channels have a natural gradient so that gravity makes the water flow automatically from its source to a reservoir near the city.





Construction: stone was already used to build but the most important and versatile material was wood. The wood-working joints used in buildings and furniture were so good they are still used today. A variety of wood-working tools such as chisels, axes, gouges, and spoon drills have been found in the Zug area. Two kinds of baked roofing tiles have been found: flat ones and semicircular ones across the raised edges to prevent leaks. Roof tiles came in standard sizes and were mass-produced in tileworks. Roofs were flat. Until the Romans arrived, all the houses in northwest Europe were built of wood, mud and thatch. The Romans introduced stone as a building material.

Crafts: there was mass production of pottery and tableware using plaster moulds and terra sigillata to make dishes waterproof and decorative patterns were stamped into the wet clay. Reusable moulds were also used for bronze and glass and for brick production. In the Cham-Hagendorn area, near the watermill, around 215-231CE (dendrochronologically dated), there was a sanctuary built on an island between two waterways where at least 23 terracotta statues were found. Many were statues of Venus. Such statues were displayed in sanctuaries or in shrines in the home. Iron bells were also rung during ceremonies in shrines, as well as being hung on cattle as they still are today. The Lorze at Hagendorn was also used as a rubbish dump, so later was the source of many finds, especially ceramics.



Food and drink: The Romans imported their favourite food and beverages and the cherry was first cultivated in Switzerland by the Romans. Peach pits found in Cham-Hagendorn proved the existence of the first peach trees north of the Alps.

Comfort breaks: You would probably recognise a Roman toilet as being fairly similar to ours today in design, apart from the fact that there was usually a row of latrines with stone or wooden seats, so you could chat to your fellow soldier. Sponges on a stick were used instead of toilet paper. Toilets were built at the lowest point of a fort, for example, so that sewage would cause no problem. Wastewater was removed by extensive sewer systems and discharged into rivers or the sea.



What have the Romans…Monty Python:
https://www.youtube.com/watch?v=Qc7HmhrgTuQ

https://zg.ch/de/sport-kultur/archaeologisches-kulturgut/ur-und-fruehgeschichte
The special exhibition High-Tech Romans can be experienced at the Museum für Urgeschichte (Archaeology museum) in Zug until 23 June 2024. It is very hands-on and there are lots of extra-mural activities for all age groups.

https://www.urgeschichte-zug.ch/ausstellungen/sonderausstellungen

https://www.urgeschichte.ch/archaeology-society-zug/

By **Denise Bühler**

Escapes to CERN



The 29th of February was a great day for a mind-blowing trip to CERN, the largest particle laboratory in the world. I didn't fully appreciate the size of it until we were there, nor did I understand exactly what went on (not saying I do now!). My general summary of what CERN is:

A physics laboratory 60 - 100 m deep underground, consisting of a large 27 km ring (Large Hadron Collider) accelerating two proton beams guided by supermagnets, cooled to -271 degrees celsius (which takes months to cool down to this temperature and is colder than deep space), high-speed protons crashing into each other to recreate the big bang on a minute scale, detecting the behaviour of the resulting quark-gluon plasma, so that theories can be tested about what the universe is made of and how it works. I'll leave the details to the experts!



Time flew by on our way to Geneva as there was plenty of entertaining conversation with 20 other Members of the ZIWC and a few men from the Mens' Club. The escape brought back fun memories of school trips; we each received a little packed lunch and Alicia was always on the ball, making sure we knew where to be next, including when we had to walk purposefully so that we wouldn't miss our connecting trains (protons guided by a superconducting magnet, perhaps).

It was lunchtime when we arrived at CERN and our first stop was lunch at the Big Bang Café. After lunch, we had time to roam the exhibits and gift shop. Many of the exhibits allowed first-hand experiments and featured short videos of CERN scientists explaining different topics. I loved that the scientists come from all over the world, and they all have the same passion, which could be felt all around us - the energy around CERN was not only inside the LHC!



To appreciate the size of the LHC, we were taken by bus to two different sites across the border in France, each bus ride was about 10 minutes long. Our first stop was to ALICE (the site of A Large Collider Experiment), where quark-gluon plasma is detected and studied. Our tour guide, Alexei, who is also a scientist at CERN, was extremely engaging and knowledgeable, from the brief history of CERN to the details of the physics. Although the information was sometimes overwhelming, we were all intrigued. There's so much more to learn and I would love to go again. I highly recommend a trip to CERN.

By **Vivi Jensen**

Escapes A Wonderful Escape to The Watch Museums in Biel!

On a bright March morning a group of 17 Club Members took off from Zug headed for Biel, the world's watchmaking capital, also known as Cité Du Temps. We were going to visit the Planet Swatch and Omega Museum. There was a delightful bonhomie from the start, because we were being led by Alicia Toledo, who has the most infectious humour!

Two hours later we arrived in Biel and a short bus ride took us to the museums. What a surprise! The Planet Swatch building alone is worth seeing, designed by the Japanese architect Shigeru Ban, it is a futuristic-looking structure that is joined to the Omega building in an elegant sweep. Then you see a Swatch Drive-thru! Why not? Fast food, fast watches.

The Swatch exhibition is very impressive with 6000 models on display. Everything is shown in chronological order, making it easy to follow the progress. The Swatch adventure kicked off in 1983, when Nicolas G. Hayek was brought in to revive the declining industry, hit by the Japanese competition. He enticed watchmakers from La Chaux-de-Fonds in the Jura mountains to come down to Biel, where they started making watches, inspired by the world's slimmest watch, Delirium Tremens (Delirium très mince) developed by Ebauches SA in 1979.



Afterwards it was time for the Omega Museum and we simply walked through into the next building. A huge golden Astronaut greeted us, an ideal photo op for our group, and then Omega staff handed us little devices that explained every exhibit in detail. First we entered a space-like cubicle, where we were shown a film, which explained what goes into the creation of the Omega watch.The iconic timepieces are all about 'action and movement' and are even resistant to the elements, it is no surprise, therefore, that they were chosen for the James Bond movies, the Olympic games and the US space mission. Omega, founded as Le Generale Watch Co by Louis Brandt, has created timepieces since 1848. Their gold Greek Temple pocket watch won a Grand Prize at the Universal Exposition in Paris 1900. James Bond wore the iconic Sea Master, which together with the Speed Master & the Rail Master were created back in 1957. Many others followed and most have gone on to become Omega icons.

A lot of history to digest and we now needed a good lunch. Alicia again guided us to the right place, La Rotonde, near the station. Here we enjoyed a good meal while chatting about our visit. After lunch there was even time for a little 'Stadtbummel', before we departed Biel.

What a superb outing for the 17 lucky Members who took part. Thank you everyone, and especially Alicia Toledo, for making this day so wonderfully memorable.

Interest Groups

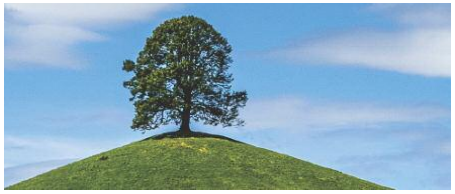
SPOTLIGHT ON...

Zugerberg Finanz Trophy

A clever and free way to get the people of the Canton of Zug moving. Walking, running or cycling.

The Zugerberg Finanz Trophy is a yearly challenge that starts in March and is open till October. There are already a bunch of ladies signed up to walk the ZFT registered routes. We do this as ZIWC verein and socialise, exercise and help the club hit the Top 5 so we can win 500 CHF. We do not have specific dates that we walk.





We have a whatsapp group **you can join, so you know when others are doing the walks. You can be added to the Whats app group *only after you have signed up on ZFT webpage and set up your profile and have ZFT ID* More information and registration can be found on the website at:**

Zugerberg Finanz Trophy - permanent eingerichtete Zeitmessstrecken
Zugerberg Finanz Trophy (zugerbergfinanz-trophy.ch)

Register and include Zug International Women's Club (ZIWC) as your verein and let's get some kilometres on the ranking list. When you are ready to go, you can contact Veerle on WhatsApp, so she can add you to the group so you can walk with fellow Members: 077 505 1213.

What you need to know to get started and join us :

When: Between March 23rd and October 4th
Where: There are 6 locations : Steinhausen, Baar, Ennetsee, Menzingen, Zug and Aegerital. Normally, the start of the location changes every 4 weeks, however, this year being an anniversary year, all the locations (except Menzingen) are open during the Entire Zugerberg Trophy season.
Who: Anyone !!!
It is open to anyone and everyone. Just make sure to include your favourite verein (ZIWC) when registering. Also note it is also open to supporters. So register your family and get them out there with you.
How: Make sure you have registered and go to a starting point. Choose how you will record, either with the mobile app (you can scan the QR code at the starting point), use the stamp card (only at the official location of the month), Strava (link your strava account), or enter your time manually on the website.
Prizes: There are prizes for participating. There is a really gorgeous Panorama photobook of Zug, cool socks, towels, sports bag, hoodie and more !!! And very importantly, each club ranked in the top 5 can win up to 500 CHF. Currently we are in 2nd place but the more we move the further we go!

Looking forward to see as many of you out there !
Amy Egger

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365 days a year.





BOOK A SHIP

Interest Groups

Potential Mum & Kids Group

Parents need a social network - would you like to meet other ladies (and occasionally the dads as well) in the Club with children? Have you ever thought it would be fun if the ZIWC had a Mums and Kids Group, where there can be spontaneous play meetups and/or picnics as well as a monthly planned outing, for example, spending the day at an animal park and grilling a cervelat? If so, we would like to hear from you. WhatsApp message Betsy Ballew at 078 676 97 27 or e-mail interestgroups@ziwc.ch to share your interest and want to be added to the WhatsApp group.





Art and Culture Group

Meeting Date: 21 May

We will be visiting the **Tree Enea Museum Rapperswil-Jona, Buechstrasse 12, 8645 Rapperswil. This place is a hidden paradise with sculptures, several trees and a nice atmosphere.**

Meeting will be at **Tree Enea Museum** at 13:30





I would recommend for those who want to join, to meet at Zug train station around 12.30 and share a ride with each other from there.

Please contact Shefika on 076 421 38 35 if you want to be added to the Art & Cultural whatsapp group or sign up online for this outing.

Deadline for signing up online: Monday 20 May

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! There will be a beginners and advanced group on separate courts as long as there are at least 2 players.
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**: 1 May and 14 May in Zurich.

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!!*

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: 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 +44 774 744 6340.

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.

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

This group focuses on non-fiction books which cover the latest scientific findings on health and wellbeing. Also books that have descriptions on life experiences that can give us ideas for a good life can be the book of the month. Group lead: Caroline G. Hoem. Contact at cghoem@outlook.com or on 078 683 3116. Disclaimer: This group will not provide medical or psychological recommendations of any sort. Each participant must decide what information or activities they would like to include in their life. All medical conditions should be addressed with a doctor or other authorised medical practitioners.

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.

Rome out of season?



Yes, winter is a great time to visit Rome.
Hardly any tourists so you only mingle with Romans!

The train journey took just over 8 hours due to Gotthard Tunnel repair, but as we pulled into Roma Termini the city lay bathed in golden sunset. With no queue at the taxi rank the cheerful driver soon brought me to my hotel.

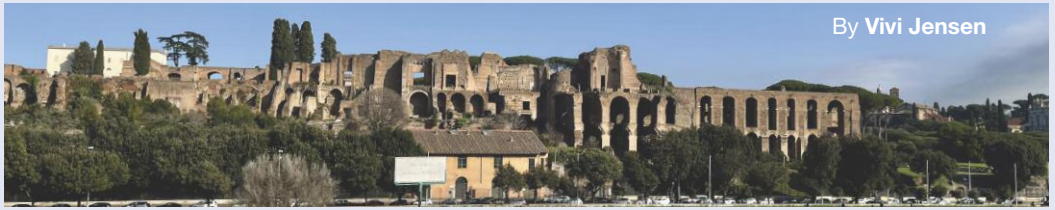
Rome is like a film set covering seven hills on the banks of the Tiber and while walking the cobbled streets you cannot help thinking about its history, which, according to legend, dates back to 753 B.C. when it was founded by Romulus.

This time round I wanted to visit the little-known Palazzo Colonna which lies tucked away by the Piazza S.S. Apostoli. It houses one of the largest art collections in Rome of ancient, medieval, renaissance and 18th & 19th century art and is only open on Saturdays. The Orange trees were laden with fruit and it felt like spring as we strolled towards Piazza Navona, passing the Spanish Steps, a famous meeting point for travellers, and Hotel Hassler, Audrey Hepburn's favourite, on the way. In a quaint trattoria we enjoyed a tuna salad and a glass of wine. Little breaks are important when you are a tourist.



Sunday was another warm day with temperatures around 16 degrees and we took the 'Hop On-Hop Off' sightseeing bus. It was a great idea, as you could simply get off at any point and rejoin the tour later. We started at Vaticano and then came to Piazza del Popolo, S. Maria Maggiore, Colosseum, etc.. Nearing Vaticano again, we wanted to get off at the next stop but this time the bus did not stop at Piazza del Popolo! Oh dear. We urgently needed a public convenience but the bus kept going up along the Borghese Park, the third-largest park in Rome! No conveniences in sight. We simply had to wait for the next stop, which came at Piazza Barberini. Off we trotted and the first thing we saw was Hotel Bristol. In a case of 'needs must' we bravely walked in, asking for the restaurant. On the way we spotted the toilets one story down and we entered the most luxurious powder rooms, flowers everywhere and lovely toiletries. Heaven! Walking back we were approached by the porter, and for a moment we feared we had been rumbled but he just wanted to inform us that the hotel also had a rooftop restaurant. Phew! Next time in Rome, I will make a point of visiting.

Then we headed to Borghetto Flaminio, the flea market in Piazza della Marina, which specialises in vintage items from Gucci, Cavalli, Armani, Dolce Gabbana and other designer labels. They charged an entrance fee to discourage less serious vintage hunters and was good fun if you love bargain-hunting. Sundays are ideal for visiting the Markets in Rome, with a Gelato in hand it is truly La Bella Vita.



By **Vivi Jensen**

Montana Open Day

Board Members Tania, Betsy, Émely and Marlena pictured promoting our Club at Montana's recent open day in March. Thanks to all for a job well done and keeping us well networked in the community!







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Stepping Stones is an English-speaking school focusing on an Early Childhood Curriculum. Our goal is to provide an environment where children can enjoy learning through various activities that are well-planned and expertly structured. Our approach helps them develop skills and concepts essential for primary school and future learning.

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Badi Season 2024



Even today, people still enjoy long summer evenings on the lakeside

Despite a bitter cold snap that is upon us at the time of publishing (where on earth did spring go?), we are in fact gearing up for the beginning of the summer bathing season, when mid-May, the various cantonal bathing areas will open for us to enjoy the beautiful alpine backdrops, the sublime sunsets and the refreshing waters of lake Zug.

The first bathing establishment in Zug was opened at Seelikon in 1882. The wooden building contained separate areas for women and men, six bathroom cells with showers and a supervisor's office. The main function was personal hygiene, and bathing took place in screened sitz baths in the basement. The first “diving and swimming festival” took place in 1889 and until 1950, great importance was attached to the spatial separation of the non-swimmer pools for men and women. Later, more bathing establishments and beaches were built around Lake Zug, and swimming and sunbathing became a social event. Since then things have relaxed somewhat, with ever more plentiful offerings of food, music and festivals dotted all around the lake and even a Baden or Badi for freikörperkultur (FKK or nudist) to be enjoyed. So whatever your preference, sandy beach, diving towers, mountain panorama, lawn, under the trees, by the lake or would you rather be in the heart of the city? Zug has the right Badi for every preference and entry to the city's seaside resorts is free for all visitors.

Here is a list of Zug’s substantial Badi offerings.

Strandbad Zug: With a sandy beach, a family friendly vibe and a restaurant and lounge offering, it really feels as if you’ve landed somewhere in the mediterranean.

Seebad Bruggli Zug: Situated by the campsite, this Badi is set in pure nature. Bring a picnic here or grill some cervelat. Beach volleyball and SUP board hire is available.

Seebad Seeliken: Located in the Altstadt, the perfect place to come after work for enjoying the beautiful Zug sunset.

Siehbach Badi Zug (previously known as the Männerbadi): Another Badi located near the town, this Badi has a privately run snack and drinks bar and often hosts parties and music events.

Badi Beiz, Strandbad Hünenberg: This Badi has it all, a secluded area, a large childrens’ play area, restaurant and activities such as yoga, volleyball and football. A section of the restaurant can be hired for private events.

Choller Delta Naturbad Zug: At the outlet of the old Lorze, in the middle of the nature reserve of the city of Zug, swimming has become established for lovers of nudist culture.

Badi Trubikon Oberwil: With a lovely small sandy beach and a romantic bathing house, you can swim and read here alone and away from the hustle and bustle especially at off-peak and off-season moments.

Seebad Walchwil: A children's and non-swimmer pool is located by the restaurant. A diving tower, a swimming raft and a bouncy trampoline are available to action enthusiasts.

Strandbad Cham: Another local hit for all the family, the trees on the spacious lawn offer sufficient sun protection for hot summer days. A children’s pool and covered non-swimmer water area accompany a protected non-swimmer area in the lake. There is a newly designed playground and for those looking for something more active, there are beach volleyball courts and ping pong tables. The Cham water ski club is located in the beach area and there is a full restaurant offering.

Tellenörtli Oberwil: This spacious, natural outdoor swimming pool in Oberwil offers wonderful views of the lake and mountains. Large old trees provide shade on the wide lawn and the shallow stream delta of the Brunnenbach invites children to play and explore.

Hirsgartenbadi Cham: This relaxed Badi next to Villette Park promises a chilled time with a unique view, you can chill on the lawn or have fun with a game of table tennis or table football. The Hirsi Seelounge, set in a beautiful location, offers a small selection of fresh and homemade dishes. You can also rent stand up paddles here.

Seebad Wildenmann Buonas: This is a beautiful and peaceful spot on the western shore of Lake Zug. You can sunbathe on the spacious and well-maintained lawn, there are changing rooms (including rentable annual cabins) and the rental of deck chairs, parasols, kayaks or SUP equipment. A kiosk offers refreshments.

Strandbad Lido Unterägeri: Situated higher in the Ägeri valley, the Ägerisee offers a fresher Badi experience. Fully equipped with restaurant and sports facilities, this charming lake spot with diving boards and beautiful views is perfect for those living nearby or for those looking for a change to the offerings of the Zugersee.

For locations, opening times and more general information please visit zug-tourismus.ch/en/badis-am-see ***Happy Summer Season!***

Save the Date!

July Lunch Club

Hotel Schweizerhof… see future postings for details.

Escapes 2024

Einsiedeln

Cheese Passport Visit No. 2 and Monastery Visit
Date: **Monday 5 August 2024**

The Experience: Come along on this day trip as we visit our first stop in the official Swiss Cheese Passport, the Milchmanufaktur Einsiedeln AG followed by lunch and a tour of the Monastery.

Swiss Cheese Passport: The passport is available for free on-location at the cheese factories we will be visiting in 2024 or you may order one to your home via My Switzerland website.



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