ZIWC
Zug International Women's Club

MAGAZINE

Connect!

JULY / AUGUST 2024 | FOR WOMEN • FOR CONTACT • FOR 56 YEARS



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Dear Members,

I am deeply honoured and grateful for the trust and confidence you have placed in me by electing me as your Vice President. Your support means the world to me, and I am excited to serve such an inspiring and vibrant community of women.

Our Club has always been a beacon of camaraderie, support, and empowerment. Together, we have achieved remarkable milestones and created lasting memories. As your Vice President, I am committed to continuing this legacy and working closely with each of you to bring our shared vision to life.

Together with our amazing Board Members we are committed to engaging and inspiring our Members to participate in more Club events, Escapes, Interest groups, lunches and dinners, underlining the social aspect of our Club and supporting new Members in their efforts to integrate into the Swiss way of life.

By the time you read this, the new Club year has kicked off with the AGM, lunches, dinners, language courses, hiking within this beautiful landscape that Kanton Zug offers us, fitness courses, coffee mornings, the Business Network event and to end the month of May, an Action World Escape Room day. My thanks go to all the participants but most of all to the organisers for their tireless commitment and loyalty to this wonderful Club.

Thank you once again for your vote and trust. I look forward to collaborating with all of you and embarking on this exciting journey together.



Warmest regards,
Susan Laudenbacher
Vice President

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New Members

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



We warmly welcome our new Members

Ewa Żarnotal, Neuheim
Sarah Ghitis Block, Zug
Annina Maier, Oberägeri
Fanny Lavigne, Zug
Lydie Hüsler, Zug
Andrea Lenke, Oftringen
Stephanie Alavedra, Zug
Jennifer Steward, Baar
Andrea Bardi, Obfelden
Nilla Marino, Affoltern am Albis
Brigitte Kracke, Meggen
Silvia Sommer, Hünenberg
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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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AGM May 2024,
and thank you Cristina Rocco



On 7 May, Members of ZIWC met at the Siehbachsaal to vote on the previous year's activity, approve the plans for the forthcoming year and vote in the new Board Members. We thanked Tania, Melika and Giuliana for their previous tenure on the Board and their dedication to the Club. In particular we saw out the presidential term of Cristina Rocco, who has been unique in serving as President for a full four years, the first President to do so (after a rule change to allow a Board maximum four year term).

We want to thank Cristina for her service to the Club. She arrived as an active ZIWC Member and immediately took on the role of Membership Chairwoman. Two years later she was voted in as President, alongside a full-time corporate job, not to mention her passion and 'hobby' job, event planning in Italy!

Cristina's term saw many positive changes and unpredictable upheavals. She began by overseeing the set-up of a new website and encouraged a better management workflow with use of a communal online drive for the Board. She stressed the importance of keeping handover and historical records of the roles of Board Members for future incumbents to the role. Cristina encouraged enthusiastic Members on to the Board with similar visions of growth. She also had a vision of ZIWC's place in Zug society and beyond, by establishing connections with other women's groups and clubs, thus growing our network and standing as an important part of our community.

Then COVID hit, a tumultuous time now in the distant corners of our memories. Cristina steered the Club through this time incredibly successfully, a challenging time for the survival of all Clubs. Events were moved to Zoom as we adapted to the changing methods of socialising. Newcomers, now bereft of the usual social channels, were encouraged to maintain a point of contact with Club Members, whether remotely or via permissible Stammtisch meetups. It is testament to Cristina's leadership that ZIWC continued to thrive and grow during this time.



Cristina's corporate legacy endures within the Club. Club budgeting is professional and each Board Member is accountable for their expenditure. The Board operates as a coherent body in a collaborative and consultative manner. We thank you Cristina for this legacy which we aim to build on over the next presidential phase with Émely at the helm.

Helena Lustenberger
awarded Honorary Membership

The AGM saw the awarding of Helena with a well-deserved honorary Membership. Anyone who knows Helena knows her dedication to the Club, going back for years over the course of her life here in Zug. Helena has proven this dedication through Board Membership, Interest Group leadership and maintains active participation in Club events, whether in promotional, local interest, community focussed or social arenas. Her latest incarnation is as an integral part of the editorial team of these Connect! Magazine pages. What would we do without her eagle eye!

Thank you for your friendship and dedication to ZIWC Helena and long may it continue!



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Silver Stars

Dine and Dance, June 2024

On Friday 7 June we gathered at restaurant Meating in Zug for the big ZIWC Silver Dine & Dance. All guests took the theme seriously and showed up in silver attire, with Karina winning the prize for Best Dressed.

We were welcomed with a special ZIWC Cranberry Smash cocktail and a delicious tomato panna cotta appetiser, before we sat down for dinner at the most beautifully decorated tables with flowers, candles and diamonds.

The mentalist Severino engaged with the guests during the apero, giving a sneak peak into the puzzling world of reading somebody's mind. Between the courses of the exquisite three-course meal, Severino continued to wow with his performance. With enthusiastic participation of the guests he absolutely blew us all away.

After dinner our DJ Neil got us moving to all the tunes we love. Olga won the prize for the best dancer. In the end it was 2 am when the last beats of music were heard over Grafenaustrasse in Zug.









George Ham Page (1836-1899):

a pioneering Expat who cemented Cham's position on the map.



Canton Zug is well-known for its expats from all over the world. The Nestlé company is one of the biggest in the world. It is, however, not so well-known that an American expat in Cham and the Nestlé company have a common history.

George Ham Page was the first general manager of the Cham-based Anglo-Swiss Condensed Milk Company. In the 33 years of his business career, he turned the simple milk condensing company into a global corporation. He was a man of action with rough edges, a remarkable personality and 'the soul of the company'.

Born in a log cabin in Palmyra Township, Illinois, in 1836, Page was the first white child born there. His parents, young settlers from New Hampshire, were hard-working Methodists who valued sobriety and modesty. After a brief stint teaching at his uncle's school, Page returned to farming. During the Civil War, he worked for the War Department in Washington, D.C., and in 1866, he followed his brother Charles to Europe.



Charles Page had experience in Switzerland, having served as a vice-consul in Zürich. Remembering the benefits of condensed milk during the Civil War, the Page brothers decided to establish the first condensed milk factory in Europe, choosing Cham for its available labour, dairy farming, and proximity to the new Lucerne-Cham-Zürich railway. The company adopted the 'Milk Maid' brand, featuring a girl balancing a pail on her head, and registered it as one of Switzerland's first trademarks.

Despite his business acumen, George Page's uncouth behaviour—such as standing naked at windows and spitting—initially shocked the locals. However, his strong character and principles earned him respect over time. He was considered bossy, opinionated and stubborn. He refused to speak the local dialect but learnt standard German. Page was known locally as 'The General' and was an imposing figure riding around Cham on his horse.

In 1867, the first year of production at the factory—or 'Milchsüdi' —despite initial local scepticism on the part of farmers and suppliers, 43 farmers delivered the milk from 263 cows daily and 136,800 tins of condensed milk were produced. The tins were first sold mainly to the Army, hospitals and children's homes, and afterwards in industrial centres where fresh milk was hard to get, while George opened a subsidiary in London, Britain being a quickly expanding market. Their younger brother David was drafted in from the US to help.



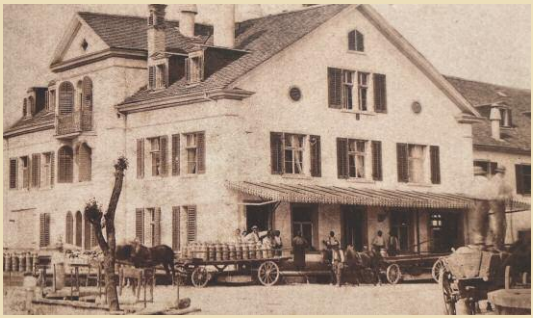
In 1873, Charles, the more intellectual of the brothers, died of pneumonia. This was a great loss to the company as he was the strategic planner, whereas George was the executor and man of action. Whereas David quickly learned Swiss German, socialised with the locals and organised local events, George was not keen to fraternise.

In 1876, George married Zug artist Adelheid Schwerzmann. Despite her mother's reservations about George's uncultivated manners, the couple spoke English together, and Adelheid supported George in his ventures. Their son Fred was born the following year, coinciding with the company's production of "Kindermehl," an infant cereal competing with Nestlé's product.

George built colonial-style houses for his and David's families in Cham, which still stand today. In 1880, 'Südi-Schorsch' as George was known, acquired the farm in Langrüti which he developed into a model farm with 72 hectares. At Anglo-Swiss, he dealt with farmers and their milk production on a daily basis; he wanted to show how farming could be efficient and modern. To this end, he imported Jersey cows from England, 1,200 American chickens and 12,000 low-stemmed apple trees of the Baldwins, Ben-Davies, Jonathan, Wealthy, Maiden's Blush and Whitney's Crab varieties. The 'Jonathan' variety of apples still known today can be traced back to Page's import campaign.

The company's success was driven by effective advertising, high-quality products, and strategic acquisitions. George expanded the business in America and sponsored local events, enhancing the company's reputation. Although Cham offered him honorary citizenship, George declined to renounce his American citizenship.

The success of the company stemmed from careful advertising, but especially endorsements in the form of industry prizes and selling and marketing a top-quality pure milk product much needed at the time and also by buying-up competitors. Page also soon realised the power of advertising and sponsoring local events, for example the Swiss Federal Shooting competition which was held in Zug in 1869. Page was a progressive employer, providing employee housing, accident and illness compensation, medical assistance, a canteen, and a kindergarten. Despite his contributions to the local economy, his brash demeanour prevented him from fully assimilating into Swiss culture.



In 1899, while managing the global company, George treated himself to a four-week holiday in Switzerland but felt ill, suffered from pneumonia and also had pre-existing heart problems. He died of this on 20 April at six o'clock in the evening, aged just 63, at Villa Cottage in Cham. His body was transported to the USA for burial, amidst some local controversy over funeral arrangements.

His body caused complications. The church bells were to ring as the coffin was taken from the 'Cottage' to Cham railway station. But the priest in Cham, Franz Michael Stadlin, refused because he had never been on particularly good terms with the Methodist Page: it was only a transfer and not a funeral service, he said. Parish president Hieronymus Baumgartner had the church tower forced open so that the bells of St Jakob's could still ring. The zinc coffin was then transferred to Dixon in the USA. To avoid any further complications, Adelheid had the coffin declared a 'marble statue'. The funeral service took place in Dixon on 13 May.

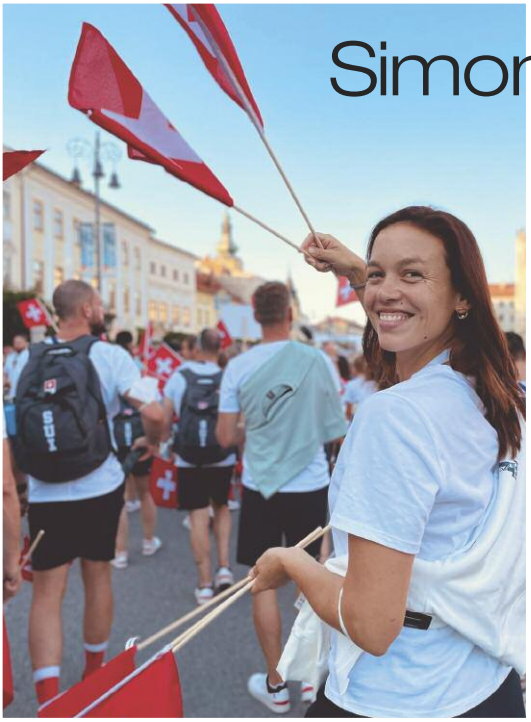
In 1903, a statue honouring George Ham Page was erected at Nestlé's Cham headquarters. The inscription praised him as a benefactor and a man of integrity. In 1905, Anglo-Swiss merged with its rival, Nestlé, forming the "Nestlé and the Anglo-Swiss Condensed Milk Company," later shortened to Nestlé, now a global food industry giant. Richard Kissling chiselled the following inscription on the memorial to George Page: 'This memorial has been erected to the lasting memory of the man who, through his work and creativity, became the benefactor of thousands, in this country and in foreign lands. His most beautiful monument, however, remains his pure, unadulterated character, which never allowed him to deviate from what he had once recognised as right.'

George Ham Page's legacy as a pioneering businessman and model employer is enshrined in Cham's history and in the foundations of Nestlé. His journey from a settler boy to the head of a global corporation remains an extraordinary story of innovation and perseverance.

Thanks to Dr Michael van Orsouw.

George Ham Page, der Milch Pionier (van Orsouw, Stadlin, Imboden)
(English version: 'George Page, an American among Swiss Farmers')

Meet the Member



Simone Merkli

How did you first come to be in Zug?

After several years of hard negotiations, my partner finally convinced me that I should move from Zurich to Zug. Sceptical at first, I now love it here.

When did you first become a Member of ZIWC?

I joined in March 2024. I initially thought I wouldn't pass the bar. Does someone originally from Basel qualify as "international"? As I studied and worked abroad and I missed different cultures and speaking English, I simply asked. Luckily, I received a warm welcome and have already met so many inspiring women.

What do you enjoy about being a Member?

I love connecting with other Members, most of whom I wouldn't have met in my day-to-day life. Everyone is so welcoming and open-minded – something not that common in Swiss culture. My favourite club offerings are the sports interest groups and social events. Given I'm working full-time during the week, the more events in the evenings or weekends the better.

A bit about you - hobbies, interests!

I'm happy as long as I move – in body and mind. I love playing beach volleyball and tennis, exploring different new places and cultures. Besides my "real" work for Swiss Olympic, I teach Yoga in Zug and Zurich or during retreats I organise abroad. Recently, I have added crawling races and making a fool of myself for a smile from our little boy to the list of daily activities.

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

I like Lola at the train station for coffee (accompanied by a cinnamon knot), and enjoy the pasta at Zunfthaus Kreuz or the Schnitzel at the recently-opened Fischer's Fritz pop-up (let's hope it turns into a "permanent" pop-up). For scenic views, I go to Zugerberg on a snowy day or relax at the Seeliken Badi in the sun.

Editor's Note: Thanks Simone and welcome to both Zug and ZIWC. It's lovely to have international Members who are Swiss!

ZIWC in the Community
Supporting MUNTERwegs

At our traditional Seasonal Evening Raffle last November and our Charity Afternoon Tea & Booksale in Spring 2024 we collected money for our Charity Project 2023-2024.

On the last day of April 2024, Vice-President Susan Laudenbacher and I had the pleasure of handing over the ZIWC charity cheque of 1550 CHF to **Verein MUNTERwegs**.



We met with Miriam Hess (President) and Irma Draeger (Vice-President), who explained about the work of their organisation.

Miriam told us how she started MUNTERwegs in 2009, together with a friend. The idea came from their professional experience as teachers: they felt they had reached the limits of their work and wanted to find a 'bridge builder' for children with a migration background. In other words, someone who could not just mediate between home and school but also between cultures, and to help the children to feel more comfortable and strengthened in their new environment. They were guided by a mentoring model that Miriam got to know at an international conference in Malmö, Sweden. The head of this programme was at the time also their mentor and supported them with her experience in setting up this mentoring programme. MUNTERwegs is a non-profit association based in the Canton of Zug. However, the programme is also organised at various locations in German-speaking Switzerland.

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

I want to thank all Members who so generously bought raffle tickets and attended our Afternoon Tea & Book Sale, not forgetting all the 5-Rappen coins and cash donations received from the Membership.

Contributed by Saakje Daalhuijsen-Beijnen, ZIWC Charity Coordinator 2023-2025



Hospitality

Fanny Van Dyck - Hospitality Chairwoman
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 (Hünenberg, Knonau…) and are interested in joining the coffee, call Karin to be added to the group.

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

NOTE: NO CHAM COFFEE IN JULY or AUGUST

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. 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

NOTE: NO AEGERI COFFEE IN JULY

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, the chance to chat over lunch..
and hopefully some sunshine!**



July Lunch Club

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

Hotel Schweizerhof Luzern

Lucerne is one of those cities which is wonderful at any time of year but seems even more special in the summer, with the wonderful views towards the Rigi above the sparkling Vierwaldstättersee.

So we have a table for eight people booked at the spectacular Hotel Schweizerhof Luzern on **Thursday 25 July**.

We have a table indoors at present, and whether in the Gallery or Pavilion will be decided nearer the time; who knows, if it stops raining by then, we may even be able to dine outside on the Sun Terrace! The reservation is for **12:00** and we will choose from the Lunch menu; the current menu is available on the hotel website **www.schweizerhof-luzern.ch/en/restaurants-bar**

August Lunch Club



Restaurant Rathauskeller in Zug Altstadt

Dining in the sun is exactly what we were able to do when we visited **Restaurant Rathauskeller** for Bastille Day last year - so we are hoping for a repeat weather performance. We have places for up to **12 people** at 12:15 on **Thursday 22 August**.

Restaurant Rathauskeller in Zug Altstadt
www.rathauskeller.ch/68/en/home

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 (contact details below).

Cancellation by the Tuesday before the lunch - **Tuesday 23 July** and **Tuesday 22 August** respectively; 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.

ZIWC Dinner Club

August Monthly Dinner

Gasthaus Degen, Hünenberg

At the end of August we will 'travel' to our neighbour country, Austria, where we will enjoy the typical Wiener Schnitzel mit Bratkartoffeln, as well as so many Austrian dishes with veal and chicken. They also serve great fish dishes, risottos and if you still have some space left, you can try their famous Kaiserschmarrn or strudel as a dessert (in summer they also have cherry and apricot strudel).





When: **Thursday 29 August**
Time: 18:00
Menu: We will be choosing 'à la carte' from their delicious **Austrian menu**.
Where: **Gasthaus Degen**, Chamerstrasse 9, 6331 Hünenberg. Take the bus to Hünenberg Dorf or park behind the restaurant in their big car park.
Group limit: 12 Members. Please register online (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself or need to cancel your registration). If the cancellation is 2-3 days before the dinner, then contact Valerie directly by Whatsapp so that she can give your place to someone else.
Booking deadline: Tuesday 27 August. If there are no more free places and you would like to be in the waiting list, send a Whatsapp to Valerie and she will let you know when a place becomes available.
Contact: Valerie Gitter on 079 763 4606 or at vgitter@bluewin.ch for any questions.

September Monthly Dinner

Barakka, Zug

In September we will 'travel' to Spain, and share a delicious seafood paella. There will be two options on the menu to be able to seat more people at the table: seafood paella or pizza (à la carte). Barakka has a lovely garden, and if the weather allows it, we can sit outside.





When: **Thursday 26 September**
Time: 18:00
Where: **Barakka**, Allmendstrasse 26, 6300 Zug (at the back of the Herti football pitches)
Menu: Choose between the **menu** (Salad + seafood paella, for 40 CHF, drinks are separate) or **pizza** (price according to menu).
Group limit: 16 Members. Please register online (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself or need to cancel your registration). If the cancellation is 2-3 days before the dinner, then contact Valerie directly by Whatsapp so that she can give your place to someone else.
Booking deadline: Monday 23 September. If there are no more free places and you would like to be on the waiting list, send a Whatsapp to Valerie and she will let you know when a place becomes available.
Contact: Valerie Gitter on 079 763 4606 or at vgitter@bluewin.ch for any questions.

BUSINESS NETWORK

ZIWC Business Network - Update

Since our last edition of CONNECT! Magazine, the Network has enjoyed a fun 'getting to know you' Apéro and another in our series of Member-to-Member workshops.

At our Apéro at Secret Garden in April we received a worksheet which included details about Members present which we then had to match to a name. Here is a small selection of the descriptors - see who you recognise (answers on page 43):

1. A Member who has a PhD and now makes coffee

2. A Member who leads young Olympians

3. All of us use the services of the company this Member represents

4. A Member became fluent in German very quickly to take up a job in Zug

We had several very new Members at this Apéro and the relaxed atmosphere meant that we could get to know about them too. For example, Helen (front right) is a funeral celebrant and Paulina (front left) is a talented artist and designer.



In May, our inspiring member **Yasmina Rauber** led a workshop at which Members created their own personalised **Elevator Pitch** - a very effective way to inform and update your new LinkedIn profile, following the March Member-to-Member event led by Elina and Andaleeb.



We plan to continue the series of Member-to-Member workshops and briefings from September onwards, including a session on getting your CV right for finding a role in Switzerland - an art as well as a science! We welcome and encourage Member questions, thoughts and insights as we plan for this event.

A Business Network Show & Sell Event in October (date to be confirmed) will provide a selection of entrepreneurial Members the opportunity to showcase their products and services to ZIWC Members in a convivial atmosphere over a drink. In addition, we will host Spotlight events with speakers from very different sectors of business, providing insights into their world. Last but not least, the date and arrangements for the postponed trip to the Freitag® Lab will be finalised over the next few weeks.

Our next Business Network Apéro will be on Tuesday 27 August - 18:00.
Venue to be confirmed.



One-Day Employment Seminar in English

Friday, 27 September 2024
hosted by the Fachstelle Migration Zug (FMZ)

If you are thinking about finding a new role in Zug, and planning to put some thought into the endeavour over the summer months, you may find some useful tips and inspiration at this seminar in September. These sessions sell out very quickly so we are grateful to ***Cathy Newman*** *for giving us the 'heads-up*:

Struggling to find your footing on the career ladder after a break or having moved here? You're not alone.

Join us for a transformative one-day seminar designed to equip you with the tools and insights needed to step back into the professional world. Navigating family commitments, new environments, and overcoming language or cultural barriers can feel like insurmountable challenges. But FMZ, alongside industry experts, is here to guide you through the obstacles.

In this English-language seminar, you'll tap into the wisdom of seasoned guest speakers while engaging in discussions with fellow participants. With sessions comprising expert presentations, breakout groups, and collaborative discussions, you'll receive personalised guidance tailored to your needs.

To ensure an impactful learning experience, we're limiting registration to just 16 participants. Reserve your spot today and take the first step towards reclaiming your professional path.

Programme Highlights:

Legal Insights: Understand the nuances of working in Switzerland with Martin Lüönd from Amt für Wirtschaft und Arbeit Zug.

Digital Branding: Elevate your online presence with Tiffani Pfister, Marketing and Corporate Brand Lead at Johnson & Johnson. Crafting Your Pitch: Perfect your elevator pitch with insights from Evelin Bermudez, Founder & CEO of Returners Work GmbH.

Job Search Strategies: Navigate the evolving job market dynamics with Catherine Leduc of Leduc Coaching & Consulting.

Friday, 27 September 2024
09:00 - 17:00 at the FMZ Offices, Chamerstrasse 50, 6300 Zug
Programme Fee: 125 CHF (Includes networking lunch and evening "Fiirabig" Apero)
Ready to embark on your journey back to employment success?

Register now at Back to work - in English (fmzug.ch)

Escapes

Zurich Opera House Backstage Tour

Date: Thursday 11 July 2024

The Experience: The Zurich Opera House is one of the world's 10 most recognized opera houses. With over 30 opera and ballet productions annually, supplemented by recitals and concert series, the Zurich Opera House is internationally renowned as a productive cultural institution and is regularly awarded prestigious prizes.

Join us for a private tour. Lasting 1.5 hours, the tour will take us onto the stage, past the props, make-up, and dressmaking departments, into the costume depository, the Opera House's furniture, and stage-set warehouses. The Opera House has set a participant limit of 15 people for this tour.

Following the visit, we will go to dinner together at a restaurant to be determined.

Location: Falkenstrasse 1, 8001 Zürich

Time: 15:00 – 18:00

Cost: ZIWC is covering the cost of the private tour.

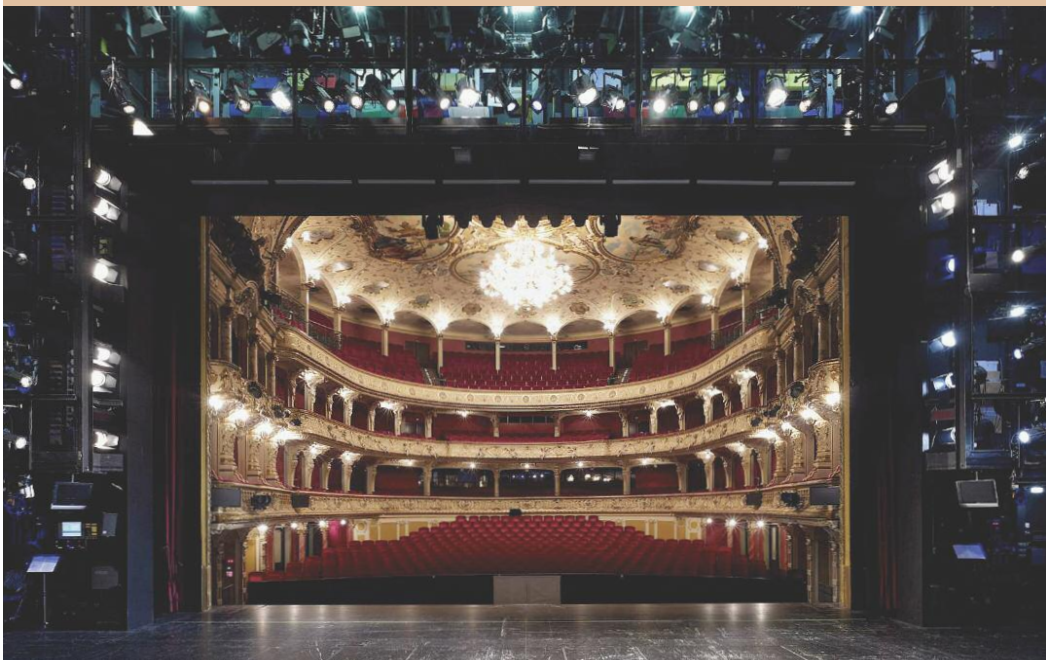
Transportation Cost: ZIWC Members are asked to purchase their train tickets for the trip to Zurich.

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

Booking deadline: July 5. Limited to 15 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.



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Escapes

Action World Escape Room 2

Date: Saturday 27 July 2024

The Experience: We had such a wonderful time during our first Escape room visit, we are doing it again in a new Escape room! 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: 11:30 – 12:45

Cost: 33 CHF per person

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

Booking deadline: 20 July. Limited to 6 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.

Funeral ceremonies in English.
Are you thinking about your own farewell ceremony? Have you lost a loved one and need someone to lead the funeral? I am a UK trained funeral celebrant and English native speaker in the Zurich area.
More information: **www.baumer-trauerfeiern.ch**.
Contact: **baumer-trauerfeiern@outlook.com**

Baumer Trauerfeiern Zürich

Escapes

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 second 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 to pick up at the cheese factories we will be visiting in 2024 or you may order one to your home via My Switzerland website.





Location: Alpstrasse 6, 8840 Einsiedeln

Time: 9:00 - 18:00

Cost: 40 CHF per person. Fee includes admission to the cheese factory and the monastery tour.

Transportation Cost: ZIWC subsidises a portion of the cost of transportation for Members. This cost depends on the total number of participants and category of SBB pass holder (GA, Half, none). The total subsidy 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: 22 July 2024

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.

July 2024

MONDAY	TUESDAY	WEDNESDAY
1 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**2** 9:00 **Badminton**	**3** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
8 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**9** 9:00 **Badminton**	**10** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
15 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**16** 9:00 **Badminton** 9:30 **Cooking Group**	**17** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
22 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**23** 9:00 **Badminton**	**24** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
29 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**30** 9:00 **Badminton**	**31** 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**





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

THURSDAY	FRIDAY	WEEKEND
4 9:30 **Book Club "Walk the Talk"**	**5** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**6** SATURDAY **7** SUNDAY
11 15:00 **ESCAPE: Zurich Opera House Tour; Private tour**	**12** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**13** SATURDAY **14** SUNDAY
18 **Joint Stammtisch with IMCZ**	**19** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**20** SATURDAY **21** SUNDAY
25 9:30 **Walchwil coffee** 12:00 **Monthly lunch Schweizerhof Luzern**	**26** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**27** SATURDAY **28** SUNDAY **Mums and Kids going to Goldau Tier Park**








August 2024

MONDAY	TUESDAY	WEDNESDAY
		
5 8:00 **Outdoor morning fitness** 9:00 **ESCAPE: Cheese Passport visit 2 EINSIEDELN plus monastery visit** 18:00 **English conversation class**	**6** 9:00 **Badminton**	**7** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
12 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**13** 9:00 **Badminton**	**14** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
19 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**20** 9:00 **Badminton** 9:30 **Cooking Group**	**21** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
26 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	**27** 9:00 **Badminton** 14:30 **Gardening Group** 18:00 **Business Network**	**28** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
		

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

THURSDAY	FRIDAY	WEEKEND
 1	2 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	3 SATURDAY 4 SUNDAY
8 9:30 **Book Club "Walk the Talk"** 10:00 **Aegeri Coffee**	9 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	10 SATURDAY 11 SUNDAY
15 18:00 **Joint Stammtisch with IMCZ**	16 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	17 SATURDAY 18 SUNDAY
22 12:15 **Monthly lunch Rathauskeller Zug**	23 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	24 SATURDAY 25 SUNDAY
29 9:30 **Walchwil Coffee** 15:30 **Italian Conversation**	30 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	31 SATURDAY
	 **SAVE THE DATE:** **18 Sept Curling** **24 October Autumn Party**	

Escapes Paris

Date: Tuesday-Friday, 1-4 October 2024

The Experience: As they say, “Paris is ALWAYS a good idea.” Join us as we take a ladies' holiday to this enchanting city to fulfill our wanderlust. Strolling around, eating, and shopping are all part of the plan. The itinerary being put together includes a museum visit, a day trip to the Veuve Cliquot vineyard, rooftop views, delicious meals, and more!

Location: Paris, France

Time: TBD. Depart early morning and return late evening

Accommodation: 4-star hotel centrally located. Room category will be determined by individuals whether you would like to share or have a single room.

Transportation: SBB

Cost: The total will be communicated on August 3 (the day after registration closes). ZIWC subsidises a portion of the cost of transportation for Members. This cost depends on the total number of participants and category of SBB pass holders (GA, Half, none). Accommodations, activities, and meals will be at your own expense.

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

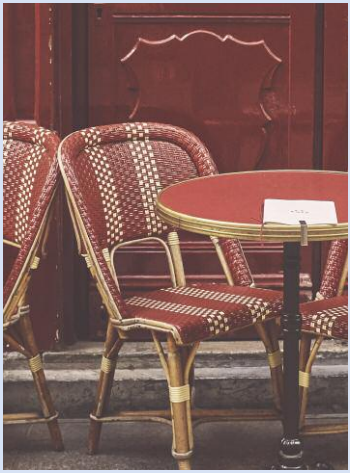
Booking deadline: Due to the advanced planning required, the deadline is 2 August 2024.

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.













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Besen Beizli



Have you ever heard of the term ‘Besen Beizi’? The term comes from the custom of putting a broom outside the place to show it was open. The literal translation is ‘Broom Bites’ which could be considered as a ‘snack hut’ or for something more akin to a restaurant, an ‘Alpwirtschaft’, literally translated, ‘alpine business’.

In our charming canton of Zug, a delightful network of small restaurants along cycle routes and hiking trails offers travellers a chance to take a break without the hassle of packing their own snacks. These cosy locales are perfect for a rest stop, where you can stretch your legs, enjoy a refreshing drink and recharge before continuing your journey.

Opening a watering hole here isn’t as simple as just putting up a sign; it requires a permit based on the size of the farm and another if alcohol is on the menu. Take the Hürlimann family from Unterstaffel farm in Walchwil, for instance. They’re in the process of converting their coach house into a beiz as part of a bigger farm renovation. Markus Hürlimann, who runs the farm with his wife Sandra, explains that alongside the beiz, they’re planning to build a new free-stall barn to replace their outdated system, aiming for more animal-friendly housing. They’re hoping to have everything ready by winter 2025/2026, just in time to welcome walkers, hikers and cyclists.

Meanwhile, over at **Hirschenbeizli on Hirschenhof in Untersüren**, you can already stop by from 09.00 to midnight. When the owners are busy, there’s a self-service option on the ground floor. Another spot to check out is the **Besenbeiz at Hof Meisterswil in Hünenberg**. It opened at the auspicious time of 9:09 a.m. on September 9, 2009. Run by Rima Fontana and Jürg Odermatt, this pub offers stunning views of orchards, vineyards, and mountains, plus they sell homemade goodies like schnapps, apple juice, jams and eggs. They also host a monthly music event during the full moon, which is a big hit with locals and visitors.



The **Zuger Alpli** is another popular destination, open during the summer season. It’s a bit of a trek to get there, but the effort is well worth it. Make sure to bring a torch if you’re planning to stay late – it gets pretty dark out there!

In **Oberägeri, the Grümel hiking hut** is a local favourite that is now open for summer. It’s the perfect spot for a hearty meal, featuring Scottish Highland beef from their own farm, cold platters and a variety of drinks. They’re open every Saturday and Sunday. Nearby, the **St. Jost mountain Bergbeiz** on the pilgrimage route has been welcoming visitors every weekend since March 1st.

For those who prefer something a bit different, the **Brunegg Alpine Farm in Neuägeri** is more



of a Wirtschaft offering. It's open daily except Mondays and Tuesdays, offering a wide menu and beautiful views. The **Sonnegg Alpine Inn near Ochsenfeissi** is another great spot, with precise directions on their website to help you find your way.

The **Brandhöhe in Unterägeri** and the **Ramenegg alpine restaurant in Oberägeri** are seasonal favourites. The Ramenegg is especially charming, open daily now in summer and offers breathtaking views. Both spots are easily accessible by car, bike, or on foot, with various scenic routes to choose from.

Another hidden gem is the **Fürschwand Besenbeiz** at the pass-like crossing from **Oberägeri to Menzingen**. This place has a fun history with local military motorcyclists and remains a cosy spot for gatherings away from the main roads.

If you're up for an adventure, head outside the canton to the **Halsegg alpine farm** at 1340 metres above sea level. It's a popular spot for Zug residents and offers a bit of a workout to get there, whether on foot or by bike. Don't miss the Swiss Dufour Museum nearby, open on the first full weekend of the month from May to October.



Lastly, the **Bäsebeiz a dä Sihl**, located idyllically on the Sihl, is another out-of-canton gem. Open from Thursday to Sunday since March 1st, this pub can be reached by car despite a somewhat challenging access road, or even better, by foot for a more rewarding arrival.

So, next time you're exploring the beautiful trails and routes of Zug, make sure to stop by these welcoming pubs and inns to rest, refuel and enjoy the local hospitality.

Source: *Hofprodukte und Schümli Pflümli*, ZugerZeitung. Carmen Rogenmoser. 2024

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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175 years of the Swiss Post

When I was a postgraduate student, I rushed home to my student flat hoping to find a letter from my Swiss boyfriend sticking in the door. Somehow these days, a Whatsapp message does not produce the same thrill.

Since the Swiss Post was founded 175 years ago, it has been connecting people and forging links between mountains and valleys, villages and cities, different linguistic regions, young and old. The national postal service made a significant contribution towards unifying the country following the turbulence of the Sonderbund War of 1847 and the founding of the Confederation in 1848. In the days before mass media, the post disseminated information and guaranteed secrecy and privacy of information. The Post Office became a symbol of national identity and integration with its visual identification marks of yellow colours and its posthorn symbol: early manifestations of corporate identity.

The first stamps were issued by individual cantons in 1843 and federal stamps in 1850. Previously, postage was paid for by the sender. Early stamps, portraying the Swiss cross and the posthorn, were valid throughout Switzerland and were charged by distance. Stamps cost about 15 cents and there were up to six deliveries a day. Nowadays, you can generate a digital stamp on your smartphone.

Over the years, stamps have often become miniature works of art, depicting all the facets of Swiss life, and have also been issued to support humanitarian causes and charities, such as Pro Juventute (supporting youth) and Pro Patria (heritage), by carrying a surcharge paid to the foundations. Special stamps have featured the world's first embroidered stamp, a





chocolate-scented stamp and since 2020, crypto stamps. There were also stamps commemorating the children who suffered as 'Verdingkinder' (indentured children) and a 'Stop Aids' stamp, which proved controversial. So stamps can be a valuable historical resource when reflecting on contemporary issues.

The first stamp machines were erected in 1912 in large post offices and when telephone and telegraph services merged with the Post Office to form PTT in the 1920s, telephone cabins were installed in post offices and it was possible to send telegrams there.

Also during the Twenties, 'Postauto' buses gradually replaced stagecoaches to not only carry the post but also passengers, an asset in times of booming tourism. These Postbuses are still an essential method of transport, especially in the countryside and mountainous regions, as





you can see for example in the Verzasca valley in Ticino. They can also be chartered. Last year there were a record number of 175 million passengers on 2317 postbuses!

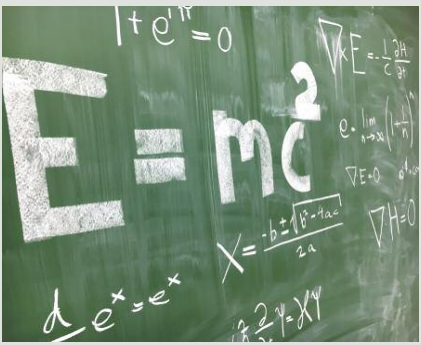
In 1978 the first Postomat was installed, allowing customers to get money round-the-clock and in 2014, Postfinance created the popular TWINT app.

Despite its long traditional history, the Post is innovative, converting buses to use electric energy, enabling e-voting, using robots to transport post and files in hospitals, e-patient dossiers (EPD), chatbots, parcel-tracking and many other digital services. Zug is one of only six cantons so far to offer the EPD and you can find more details here: **https://zg.ch/de/gesundheit/elektronischespatientendossier**. English versions are also downloadable.

During 2024, the Post Office will be celebrating its anniversary in different places but notably at the Museum for Communication in Bern: **www.mfk.ch/en/**

If you're a serious postal service enthusiast or know someone who is, why not buy sneakers with the posthorn logo in the online postshop, subscribe to their newsletter, buy stamps of course and lots more: **shop.post.ch/shop/ui/en/**

So, the next time it's someone's birthday or you want to say something special such as 'thank you' or 'get well soon', put away your mobile and buy a nice card. It will surely be appreciated. And a postcard is always gladly received!



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or look for me at the next Club event :)

Interest Groups

SPOTLIGHT ON...

Wine Tasting Group Trip to Proseccheria Marco Polesella - Zurich

On a perfect sunny afternoon on Tuesday 14 May, ladies from the Italian Wine tasting group went to Zurich for a visit to the 'Proseccheria'.

Our host, Marco Polesello, the owner, is a passionate man. His goal is to introduce people to the culture of good quality Prosecco wine. He was born in Valdobbiadene and raised in Veneto in the northeast of Italy, bordering the Adriatic Sea. Life brought him to Zurich where he opened the Proseccheria. According to him, too many people consider Prosecco a second-rate everyday or celebratory sparkling drink.



Prosecco as we know it today is the result of a long tradition of wine-making in the Veneto region. The origins of Prosecco date back to ancient times, but the sparkling, light style we associate with modern Prosecco was developed in the 19th Century, using the closed tank fermentation method, called Charmat. This is a main difference to champagne which undergoes a second fermentation in the bottle. The Charmat method allows the natural bubbles produced during fermentation to be retained, giving Prosecco its distinctive effervescent character and maintaining the natural sweetness of the Glera grape.

The main grape variety used to produce Prosecco is Glera (85%), formerly known as Prosecco before the name changed in 2009. Italian authorities have decided to limit the use of the term Prosecco to wines produced in this specific region of northern Italy to remove confusion. However, Glera is the dominant grape variety and gives Prosecco its fresh, fruity (pears, golden or green apple notes) and floral character (acacia, jasmine, citrus blossoms). Other grape varieties may also be permitted in small quantities, such as Chardonnay and Pinot Blanc. The most exclusive Prosecco is 'Superiore di Cartizze', which is made of 100% Glera grapes and the word 'Prosecco' is not even necessary on the bottle label.

The Superior designation for Prosecco sparkling wine in the Veneto area is the DOCG (Denominazione di Origine Controllata e Garantita). This prestigious appellation encompasses the hilly area between the towns of Conegliano and Valdobbiadene, renowned for producing high-quality Prosecco. Over the years, the flourishing demand for Prosecco has outpaced the capacity of its original production area. Consequently, the DOC (Denominazione di Origine Controllata) zone has significantly expanded, occasionally diluting its connection with the original terroir.

With each sip of bubbly delight, accompanied by tasty appetizers, we felt transported to the vineyards of Veneto. Grazie mille, Marco, for an unforgettable afternoon!

If you want to discover high quality Prosecco, start with the website www.proseccheria.ch or stop by in Zurich.

Denise Ouellet

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BOOK A SHIP

Interest Groups



Zugertrophy



German conversation Kaffeeklatsh



Friday hiking



Wednesday hike



Art gathering in Luzern

CALL OUT FOR BADMINTON BUDDIES! ■ Basia is looking for Members who are interested in joining the badminton group! If you have interest in meeting please get in touch! **Meeting Details**: Weekly on Tuesdays at 9:00-10:00, Sports Zentrum Zugerland. Contact Basia on 079 715 5137.

Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website, contact Veerle 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.

MAKE AND CREATE

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.

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.

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 or 077 490 7374.

BOOK CLUBS

"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. Topics will be wide ranging and will include any aspect of healthy living which we deem to be of interest such as stress reduction, attitudes, problem solving, communication, gut & brain health, sleep and more. 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. **Meet**: The group meets in person once per month on Thursday mornings from 09:30-11:30. **Group lead**: Caroline G. Hoem. Contact at cghoem@outlook.com or on 078 683 3116

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.





CONVERSATION

English Conversation Class

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

"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.

Italian Conversation ■

Your chance to learn the nuances of this beautiful 'singing' language. We welcome beginners to the language at 15:30 at La Taverna Metalli Zug! **Contact Details**: Cristina Rocco at cristina@italianallegria.com or on 079 444 4056.

OUT AND ABOUT / FUN

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.

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

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 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.

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.

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.

Mum&Kids group ■

Would you like to meet other ladies (and occasionally the dads as well) in the Club with children? We would like to hear from you: Whatsapp message Betsy Ballew at 078 676 9727 or email interestgroups@ziwc.ch to share your interest.

FITNESS AND HEALTH

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.

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.

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.

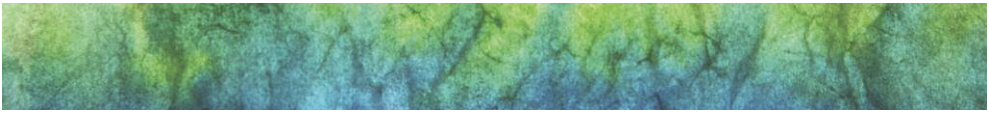
Tennis
Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? The group members must be intermediate and/or high-level players (not beginners) and will communicate only by WhatsApp. **Contact Details**: Adriana Schiraldi on 079 744 1746.

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

Zugerberg Finanz Trophy
A clever and free way to get the people of the Canton of Zug moving. Walking, running or cycling: We have a Whatsapp group you can join, so you know when others are doing the walks. You can be added to the Whatsapp group only after you have signed up on ZFT webpage and set up your profile and have ZFT ID 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.

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.



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ZIWC at the Frauenzentrale AGM

We were pleased to represent ZIWC at the Frauenzentrale Zug (Women's Network) annual member's meeting in May. They have been doing incredible work to support women in the community for the last 50 years and continue to expand their offerings and ambition in Zug.





The goal of the Frauenzentrale Zug is to ensure real and tangible equality between women and men in the world of work, family, politics and society. Despite living in a wealthy canton in a wealthy nation, women still face many challenges, and due to disparities in income or work possibilities may urgently need bridging assistance to get out of their emergency situations as a result of separation, divorce, unemployment, low income, death, a serious or long-term illness, or pregnancy or the birth of a child.

Manuela Reichelt, our female representative in the Nationalrat (Federal Assembly) and the first and so far only woman to represent the canton of Zug, was present and gave appreciation to the women's network and their tireless efforts to increase women's participation and representation in politics.

45th ANNIVERSARY OF THE INTERNATIONAL WOMEN'S CONTACT (IWC)

THE HAGUE, NETHERLANDS 31 May – 2 June 2024

ZIWC is a member of the 'Open Door' association. Open Door aspires to facilitate and promote inter-club contact and communication between international women's associations which are non-political, non-religious, non-commercial, and where membership is open to all nationalities.

When a member of Open Door has an anniversary to celebrate, sister clubs worldwide are invited to celebrate this special moment together. For the first weekend of June the International Women's Contact in The Hague in the Netherlands was the place to be. Twenty-two presidents and coordinators joined the 45th Anniversary Party. Clubs from Hamburg, Düsseldorf, Berlin, Leipzig, Amsterdam and France were present. Switzerland was represented by ZIWA Zürich and ZIWC Zug.

Marja van Loopik (President) and Gaby van Soest (Vice-President) from OpenDoor, both also members of IWC The Hague, organised a varied programme for us and their members. The guests from abroad arrived Friday afternoon to the welcome reception, followed by dinner. On Saturday morning, we started with a guided two-hour walking tour in the historical centre of The Hague. Marja, who has worked in the tourist office guided us, also told us historical anecdotes. After the tour we met other members and went in smaller groups for lunch at 'Het Plein'. After lunch we had some free time to explore the Hague.

The evening events were held at 'Madurodam', a park displaying beautiful miniatures of all the famous Dutch buildings. About 60 members and spouses of IWC The Hague joined for the evening. A treasure hunt was organised where we had to find the answers around the park. Most of the buildings are still portrayed in their original glory, and each miniature in Madurodam has a story to tell. Nowadays the park is enhanced with new technologies, has educational value and interactive fun. A very impressive video presentation showed visitors how the name "Madurodam" came into being, named after George Maduro, a Dutch war hero. The weather was not optimal for being outdoors as it was very windy, rainy and cold. Nevertheless, together with Karin van Lierop, president of ZIWA/Zürich, we embarked on the Treasure Hunt. Prizes were awarded to those with the best scores. We were both lucky to win a prize, for me this was a box of chocolate gold-bars from a local Patisserie, and … a bit hilarious, on the gold bars was the name of Swiss Bank Credit Suisse. Through the evening the sister clubs offered gifts to the celebrating Club. ZIWC offered the book 'Slow Train to Switzerland' by Diccon Bewes, telling about an historical train ride. And in addition something sweet to share with other Club members during their weekly coffee morning …. a Zuger Kirschtorte of course. A lovely dinner and live music accompanied us through the evening.



Contributed by
Saakje Daalhuijsen-Beijnen
ZIWC Open Door
Coordinator 2024-2025

May Dinner
at well-loved Juanito's

Our monthly dinner took us to Mexican restaurant Juanito's located on the lovely Zug waterfront promenade.

14 enthusiastic ladies, hungry for some spice-filled Latin American food joined us and tried fajitas, quesadillas and burritos.

Some ladies even tried out the strawberry margaritas, mojitos and pina coladas.

We had a variety of Members participating which made the conversations very interesting and educational.

I love joining these dinners as it is always such a joy meeting peer Members, getting to know them better and learning what keeps them busy.

Thank you, Valérie for taking us across the ocean for an evening!



Expat Expo

On 9 June we invited expats of Zug to our stand at the Expat Expo in the Lorzensaal, Cham to come and discover what we have to offer the community of women in Zug. If you were a visitor, Member who came to chat or signed up for Membership with us, thank you and we hope to see you soon at one of our events!







In Memoriam



Susi Maurer-Rickenbacher
12 February 1937 – 12 June 2024

The Club is very sorry to have lost Susi Maurer, a much-loved, long-standing Member. Susi was President from 1996-1997 but was active for a long time before that, for example by running the Book Reading Club for many years. Susi spoke perfect English and will be remembered as always friendly, smiling and welcoming, the epitome of a lady. Having a President of Swiss nationality, as several were in the early years, also went a long way towards encouraging other Swiss women to join our Club, which helped Members from other nationalities to integrate more easily and to feel welcome in this country. Our heartfelt condolences to her family.

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2. Simone (Simi) Merkli • Chef de Mission Youth Olympic Games - Swiss Olympic
3. Antje Tyler • Senior Key Account Manager - Swiss Post Solutions
4. Marta Bribian • Project Manager - Agile Product Manager - V-Zug

Join our Team!

We are looking for an Annual Events chairwoman and as of September our Treasurer Chairwoman position will become available. Email: president@ziwc.ch for more details.



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