ZIWC
Zug International Women's Club

MAGAZINE

Connect!

SEPTEMBER / OCTOBER 2024 | FOR WOMEN • FOR CONTACT • FOR 56 YEARS



www.ziwc.ch

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Dear Valued Member,

Welcome to the latest edition of our ZIWC Connect! Magazine.

I would like to express how fortunate and happy I am in my 4th year on the Board, now however as the Interest Groups Chairwoman.

We are thrilled to share all the exciting updates and new opportunities within our vibrant community. This issue is packed with inspiring Stories and Escapes write-ups, upcoming events, and a glimpse into the wonderful activities that bring us together.

In this edition we are happy to introduce two new Interest language groups: French and Portuguese. These groups could offer a fantastic way to immerse yourself in new cultures, enhance your language skills, and connect with fellow enthusiasts. Whether you are a beginner or looking to polish your fluency, our French and Portuguese groups can welcome all levels. So please show your interest by emailing interestgroups@ziwc.ch sooner rather than later so we can kick this off. Also a Monthly Games Night is on the calendar. Further in the magazine you will find more details about these new Interest groups.

We continue to offer a wide array of activities that cater to diverse interests. Our Book Clubs are a haven for keen readers who love to dive into thought-provoking discussions about the latest health & wellbeing topics and for those who prefer bestsellers and timeless classics. For those who find joy in the kitchen, our Cooking Group is the perfect place to exchange recipes, learn new techniques, and indulge in culinary creativity after you have learned from our Gardening Group how to harvest your healthy ingredients.

Our walking groups offer a wonderful way to stay active while exploring scenic trails and enjoying the beauty of Swiss nature. Whether you prefer leisurely strolls or more challenging hikes, there's a group for every pace. Our Zugerberg Finanz Trophy initiative kicked off well this year. Every kilometre counts so please join so we clock even more together- at the time of writing we are in 2nd position! The challenge runs till 4 October and you can still join. Our badminton and tennis groups are fantastic options for staying mobile and having fun. What a great way to get your heart pumping and your competitive spirit soaring, all while enjoying the camaraderie of friendly matches.

We believe in fostering an inclusive and supportive environment where every Member feels valued and inspired. A big shout out to ALL these Interest group leaders organising these successful activities.

As you flip through the pages of this Magazine, we hope you feel the warmth and enthusiasm that define our Club. Here's to another season of growth, connection and fun together. Join us in making our community even richer and more vibrant.



Happy reading and hope to see you at a future event soon!
Warmest regards,
Veerle Vandionant
Interest Groups Chairwoman

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New Members

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

We warmly welcome our new Members



Helen Baumer, Zurich
Timea Donka, Zug
Diana Owusu, Zug
Lauren Held, Cham
Wendy Liang, Hagendorn
Maja Stankovic, Zug
Inge Bruell, Zug
Anika Pfister, Unterägeri
Florence Buess, Cham

Priscilla Bastos, Cham
Gabby MacRobert, Hünenberg See
Laure Kleverman, Zug
Hiroko Tsuboi-Friedman, Zug
Secil Pusuroglu, Cham
Cris Arola, Germany
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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.

3rd Party Ad Disclaimer: The Club's Newsletter contains advertisements from third party businesses and has no control over their content and the quality of services advertised. The use of such information lies solely at the readers' own discretion or risk. Further, the ZIWC does not explicitly and implicitly endorse third parties in exchange for advertising nor does any advertising influence editorial content, products or services.

New Interest Groups! WE NEED YOU !!

We would like to introduce a couple of groups to you as of the autumn season. Please reach out to Veerle at interestgroups@ziwc.ch if interested, these groups will start when enough interest is shown.

Board games ■ every last Wednesday of the month at 18.30 in Cham. The venue will be confirmed, depending on the participants

French language ■ Conversation once a month in a relaxed atmosphere – most likely on a Tuesday morning in Walchwil

French lunch club ■ A bi-weekly spontaneous lunch in downtown Zug, where French will be practised. If you've native French or want to brush up on the French language, please contact Anja Beck at 079 470 0012 to add you to the WhatsApp group.

Portuguese language ■ Weekly on Monday at 17h – online – Basic or advanced level (depending on the interest).

Mums and 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.

Board Member Names and Contact Details

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FOR MORE INFORMATION ST-KLEMENS.CH

New Board Members



Stephanie Alavedra

I am originally from Lima, Peru and moved to Zug with my husband in March 2024. Before coming to Switzerland, I lived in Toronto, Canada. I currently work at an inventory trading company in Zug and my professional background is in corporate banking. I studied Economics and have been privileged to work for over 10 years in leading banks in both South America and North America, where I managed client relationships and structured financing credit facilities for corporate clients. I completed my MBA at the University of Toronto and met my husband when I came to Switzerland for an exchange semester. I really enjoy spending time outdoors while hiking in the Swiss mountains. I also love cooking various cuisines and learning more about different cultures. I feel grateful to have found the ZIWC and to support and share experiences with other like-minded international women.

Linda Sharpe

I am excited to join the Board as your new Annual Events Chairwoman. I look forward to meeting all of you at our upcoming events and I am committed to serving the Board and our Members to the best of my ability. As someone who is new in the Zug area, I am eager to connect with more people and build lasting friendships within this wonderful community.



Meet the Member

Sarika Sukhatankar



How did you first come to be in Zug?

My husband relocated to Switzerland for work. I moved from New York to join him in Zug.

When did you first become a Member of ZIWC?

I first became a ZIWC Member in 2016.

What do you enjoy about being a Member?

Being able to meet so many different women of wisdom and strong character who in their own ways have shaped and enriched their lives in Zug. Their optimism and curiosity in exploring, learning, and sharing with others has helped me beyond measure to integrate and appreciate Switzerland for everything it has to offer.

A bit about you - hobbies, interests!

I was a swimming athlete at school so swimming solo is something I crave and seek - it helps me unwind and centres my focus.

I also enjoy capturing fleeting beautiful moments with my camera. Photography gives me immense pleasure by slowing me down to appreciate what lies right in front of me. Gratitude is only one click away!

While I look forward to travelling with my family and learning new languages, it is when I am absorbed in a good read surrounded by a lush garden listening to classical music in the background, that I feel most alive!

And now for some quick fire questions...
Favourite coffee place and restaurant:

My favourite coffee/tea rooms and restaurants are characteristically those that have a historical or magical allure. An establishment wherein the colours, visuals, and decor successfully encapsulate one's memories as timeless.

Café & Conditorei 1842, located in Zürich's Niederdorf exudes a charming oasis vibe in the middle of bustling city life.

At Hotel Villa Honegg, the sweeping views rival the restaurant's delicate creations.

Favourite scenic location:

Switzerland overall is an alpine paradise!

Pragelpass (Muotathal to Klöntalersee) offers a picturesque landscape off the beaten path.

PKZ
WOMEN

FASHION APÉRO



Wednesday 25 September 2024
18.30 – 21.30
PKZ WOMEN, Zug
Bundesplatz 1

PERSONAL INVITATION

We are delighted to invite you to a Styling Workshop with the famous fashion expert, Melanie Cantaluppi. Discover the latest fashion trends and be inspired by Melanie Cantaluppi, who will give you valuable styling tips for a perfect business look.
Come and let yourself be inspired over a delicious apéritif in a relaxed atmosphere with your friends.

Our store will remain open longer exclusively for you – the sales staff will be happy to provide you with personal advice. A small surprise awaits you as a thank you for a wonderful evening!

We look forward to seeing you! Your PKZ WOMEN Team Zug

PKZ
WOMEN

The evening is free of charge but registration for Members, giving the number of guests, is obligatory and the no-show policy will be strictly applied. Members are responsible for their guests.
First come, first served. Registration deadline: 20 September

For questions: helena.lustenberger@gmail.com

Escapes

by Sarika Sukhatankar

Tour of the OpernHaus Zürich
Zurich's Phoenix Rising from the Ashes – A Majestic Masterpiece





On one of the few hot days that finally kicked off the summer feeling of July 2024, a group of fourteen Opera enthusiasts from ZIWC met at Zurich's Sechseläutenplatz for a guided tour of the OpernHaus Zürich.

Ms Christina Meyer, who was clearly suited as tour guide given her extensive background as a professional ballet dancer at the OpernHaus Zürich, provided us with an overview of her impressive ballet career that led her to travel from her home in Switzerland to several other parts of Europe, including Germany, Italy and Monaco.

The OpernHaus Zürich boasts a rich cultural history dating back to the 19th century when Zurich's first permanent theatre, Aktientheater opened in 1834 with Mozart's 'Zauberflöte'. Burnt down in 1890, the new Stadttheater Zurich, which was built in only 16 months by the Viennese architects Fellner & Helmer, became the first opera house in Europe to have electrical lighting. It was inaugurated with Wagner's 'Lohengrin'. The 'Stadttheater' has been known as the Opera House since 1964.

The stunning 'Spiegelsaal', a hall decorated with a chandelier and mirrors, opens into a terrace facing Zurich's lake promenade. Walking out of the doors draped with luscious red curtains, our tour continued on the terrace where we enjoyed a bird's eye view of the square which delights a huge audience every year with spectacular open-air performances. Visible above us were the busts of Schiller, Weber, Wagner, Mozart, and Goethe.

On our way to the auditorium, Ms Meyer continued to elaborate upon this cultural establishment, details of which were woven with her own historical journey as a ballet dancer. Most impressive of all were her recounts of her ballet dancing with famous personalities such as Princess Caroline of Monaco, Rudolf Nurejew and Carla Fracci.

The auditorium built in the neo-rococo style seats approximately 1100 guests. Having hosted famous guest singers such as Jonas Kaufmann and Cecilia Bartoli, the Opera House is world renowned for being the smallest, yet in the highest category of international opera houses. An intimate experience of an exceptional performance can be expected from this seating area under a sky of hand paintings and a beautiful chandelier plated in gold. Inscriptions of Schiller and Goethe paying homage to the historical days of the Stadttheater are evident here.

The Opera House is proud to be home to a wide and varied programme scheduling 14 new productions and 18 revivals, leading to roughly 30 performances in one season. The famous 'Gurkenkönig' is one of the many examples of the Opera House's dedication of catering to every age group. Such productions entice younger audiences with the aim of generating passion and love for the arts at an early age.

After being seated with a perfect view of the orchestra which can be lowered or raised depending on the volume required, we were led behind the scenes to enter the main 'Buehne' which has been graced by some of the world's talented ballet dancers, musicians and famous singers such as Sonya Yoncheva and Sir Bryn Terfel.

Skirting the many people who were working both on and off stage, we proceeded towards the storage area containing the huge props for 'Turandot'. Standing next to and appearing minuscule in comparison to these props, we learnt about the new building plans which are underway to alleviate shortage of space for the Opera's operations.

As the tour continued on different levels of the Opera House, we were transported from one level to the next by elevators designed to carry items weighing up to 5 tons. These elevators were decorated in paintings as beautiful as the artists, props, and costumes that they regularly transport.

A large wall painting 'United We Stand Divided We Fall' in one of the oversized prop storage areas accurately captures the spirit of this cultural landmark which employs 600 full-time and 200 part-time employees in 146 in-house professions, all of whom must work in unison to make any production flow seamlessly.

We observed artisans deeply engrossed in their work and unfazed by the arrival of the tour group in the Tapestry 'Werkstatt'. In the costume storage area, we relished Ms Meyer's demonstration of ornate masks and large sized platform shoes used by performers - all made to impress in theatrical style.

As we passed by rooms containing props such as candlelight holders and dainty blue and white porcelain neatly stored and labelled in boxes, each piece here seemed destined to be held in a new pair of hands every night, having a new beginning on a new stage, and which with passage of time would become a character and a tale of its own - priceless to true art lovers in every sense.

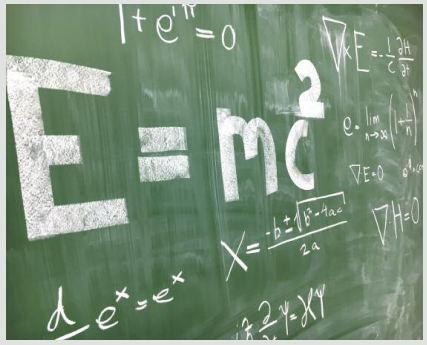
All costumes used in the Opera House are made to measure in the finest materials. On display in the Sewing Room were costume sketches ready to be breathed into life. Mirrors, sewing machines, mannequins draped in various fabrics with plenty of natural light streaming in would inspire the most elegant of creations.

Standing in the presence of a grand piano in the ballet studio, Ms Meyer shared her insights into the life of ballet dancers, both in occupational and artistic terms. She also shed light into her own life as a ballet dancer for famous productions such as the 'Swan Lake' and 'La Sylphide'.

Towards the conclusion of this tour, we were led through the bar at the Opera House which was busy welcoming and serving its finest evening crowd. The air was filled with excitement and anticipation as another show was about to commence.

As the ZIWC group of pleased participants dispersed in different directions, one final glance to take in the magnificence of this imposing beauty - a stone's throw away from the other historical buildings that typically dominate attention on Limmatquai seemed more than justified.

Sincere appreciation and thanks to our Escape Chairperson, Alicia Toledo for the idea and organisation of this tour as well as Ms Christina Meyer and her team at the OpernHaus Zürich for hosting us in such a stellar venue.



Math Coaching with Alexandra Seclaman, PhD

Math must not be a source of stress.

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Contact: alex@mathcoach.ch or WhatsApp: +41 76 747 15 57
or look for me at the next Club event :)

European Heritage Days Sept 7/8 2024
(Europäische Tage des Denkmals)



The European Heritage Days are the most widely celebrated participatory cultural event shared by the people of Europe. The Council of Europe launched the initiative in 1985, and in 1999 was joined by the European Union to create the joint action, which has continued up to the present day. The aim is to foster awareness of cultural diversity, combat racism, and of course, to appreciate our heritage and ensure its preservation.

In Switzerland, the Heritage Days take place annually on the second weekend in September and everyone is invited to discover the architectural heritage. Guided tours, visits to studios and excavations, excursions and other events are organised throughout Switzerland. This year's motto is 'Repair and Reuse'.The canton of Zug is small, but it has a rich cultural heritage, from the oldest archaeological finds from the Stone Age to post-war buildings. There are the rural areas with impressive farmhouses, as well as the urban spaces; and not to forget a rich industrial heritage.

In Canton Zug, events are organised by the Amt für Denkmalpflege und Archäologie (Office for monument preservation and archaeology or ADA). The opening event takes place in the historic Theiler House on Saturday 7 September at 12.00 with apero!

Various projects can be visited free of charge, including; the Theiler house, the latest archaelogical discoveries, the Kunsthaus extension, restoration of the old Lorzentobel bridge, the corner house at Kolinplatz 1, the Burg museum, the hydroelectric power station at the Lorzentobel, the Ziegelei museum in Hagendorn (brickworks), the archaeology museum and a special event for children: LABfor kids (Johanisstr. 14) and the Zuger Depot Technikgeschichte in Neuheim (old military vehicles etc).

Details of events can be found in this brochure:
file:///Users/helena/Downloads/Zentralschweiz_Brosch%C3%BCre_Europ%C3%A4ische%20Tage%20des%20Denkmals.pdf

zg.ch/de/sport-kultur/denkmaeler/denkmalpflege-vor-ort/tag-des-denkmals

and the Denkmal Journal can be ordered free of charge from: **info.ada@zg.ch/041 5942828**

For the rest of Switzerland: **kulturerbe-entdecken.ch/veranstaltungen/list/**

100 years Vogelwart, Sempach
(Swiss Ornithological Institute)

When I was a little girl, my uncle's parrot, Pierpoint, used to imitate taps dripping, dogs barking and other annoying sounds (he also swore and bit people). Most people know that parrots are good imitators but did you know that our indigenous blackbirds, among others, can pick up and imitate sounds such as sirens and mobile phone ring tones that they hear in their environment?

The Swiss Ornithological Institute, otherwise known as the Vogelwart in Sempach, is celebrating its 100th anniversary this year, so what better reason to visit and find out more about our feathered friends? 100 years ago, an observation hut was erected in Sempach near the lovely lake of the same name. Since then, this non-profit association has grown into a national centre for the study of birds and is a popular family destination. The society is also widely supported by donations from the public. Every year, they produce an advent calendar which teaches children about garden birds and they regularly send supporters little books to help identify birds. All over Switzerland, volunteers count birds and The Vogelwart does its best to protect them and encourage bird-friendly environments. A hundred years ago, the emphasis was on protecting water fowl and birds of prey from being hunted, whereas now, 40% of indigenous birds are endangered because their natural habitats are being encroached upon. Why protect birds? Simple: birds make people happy (what joy to hear the first cuckoo in spring!) and contribute towards an intact ecosystem. The smallest indigenous bird is the goldcrest, the largest is the bearded vulture (Bartgeier) and the most common, the chaffinch.



Nowadays, radio technology, bird ringing and the use of transmitters are employed to track bird migration. Two thirds of our birds spend half their lives outside Switzerland. The Vogelwart now coordinates the AMLAP, the African-Eurasian Migratory Landbirds Action Plan to encourage the growth of resting places and winter quarters.
vogelwarte.ch/en/projects/conservation-of-our-migratory-birds/

Swiss President Viola Amherd visited the Vogelwart for the official anniversary on 6 April and on 7 and 8 September, the modern visitors' centre will be open free of charge so you can find out about current research projects and meet employees and other attractions. Travel by public transport is recommended. **vogelwarte.ch/en/100-years/**

If you want to identify birdsong in your garden or while walking through the woods, you might find the free 'Merlin' App useful: **merlin.allaboutbirds.org/download/**

and BBC Radio 4 has lots of programmes to help you become a twitcher, or budding amateur ornithologist: **bbc.co.uk/programmes/b01s6xyk**





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

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

October contact coffee

Karina Oud has kindly offered to host our October contact coffee in Baar.

When: Tuesday 8 October 14:30– 17:00
Where: Sonnrain 24a, 6340 Baar
Capacity: Max 12 people, please register online
Registration deadline: 5 October
Please contact Karina on 078 864 1919 to coordinate what you will bring.
Parking in front of the house or at the end of the street. There is also an option to park at the play area above. Looking forward to seeing you!

Life is too short for boring drinks and dull company. Join the Cheeky Cocktail Club!

Introducing the Cheeky Cocktail Club!

Ladies of ZIWC, are you ready to shake things up?
Join us for a monthly dose of fun, friendship, and fabulous drinks!

What's on the Menu?

- Discover hidden gems and trendy hotspots in and around Zug
- Sip on creative cocktails, mocktails, or your favorite wine and beer
- Connect with fellow Members in a relaxed, cheeky atmosphere

When & Where?

- Once a month, because why should weekends have all the fun?
- A new, exciting venue each time – keeping you on your toes!
- We meet from 19:00 and continue as late as we fancy
- Flexible scheduling – no fixed day of the week, so everyone gets a chance to join. Keep an eye on the calendar, to not miss out!

Mark Your Calendars!

Our first two exciting meetups are:

- **Thursday, 12 September**
- **Tuesday, 22 October**

- Don't worry if you can't make every date – our varying schedule means you'll have plenty of chance to join the fun!
- Whether you're a cocktail connoisseur or just looking for a great night out, the Cheeky Cocktail Club is your ticket to a world of flavour and friendship. No mixology skills required – just bring your smile and sense of adventure!
- Ready to join the most spirited group in town? Sign up now via the online calendar and let's raise a glass to new friendships and unforgettable evenings!

Cheers to the Cheeky Cocktail Club!

Date: **Thursday 12 September**
Where: Osteria Im Hof, Zeughausgasse 18, Zug. This true hidden gem is ready to be discovered by ZIWC. It's known for its great wine, food, cocktails and gin.
How to get there: This bar has its entrance in a courtyard near Kolinplatz, surrounded by buildings and therefore not visible from either Zeughausgasse or Neugasse, but accessible through the alley Münzgässli from both these streets.

Date: **Tuesday 22 October**
Where: WyPur Bar Bistro, Poststrasse 1, Rotkreuz. This year WyPur was Awarded a score of 9.1 by the Swiss Location Awards for its "Stylish atmosphere & Friendly hosts".
How to get there: This bar is a 2 min walk from Rotkreuz station at the Hotel Bauernhof

Costs: You pay what you consume
Registration: Please register via the online ZIWC calendar to make sure I can reserve a big enough table/room/venue
For questions contact: Émely Steegstra-Hendrix - 077 490 7374



ZIWC Lunch Club

September Lunch Club

Dine & Cruise on the Zugersee



Our Club Lunch is always an opportunity to catch up over an interesting meal, meet new Members and have fun!

Our September Lunch promises to be an exciting one as 8 places have been reserved for a 3-hour Lunchtime Cruise around Zugersee with lunch chosen from the new à la carte gourmet menu. Hospitality Chairwoman Fanny van Dyck will be hosting.
zugersee-schifffahrt.ch/en/experiences/all-experiences/experience/schiffszmittag/

Date: **Thursday 19 September**
Departure from Zug Bahnhofsteg: 12:15 - boarding from 12:00
Return: 14:52 to Zug Bahnhofsteg
Price for around-the-lake cruise (only): 43.20 CHF
Menu: Order from the extensive à la carte menu containing meat, fish and vegetarian dishes. 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 midnight 17 September please; 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.

October Lunch Club

Cantinetta Antinori - Zürich

October sees us on our travels - with a trip to Zürich for lunch at the historic Cantinetta Antinori, where the food is as good as the wine!!! **cantinetta-antinori.com/zurich/**

10 places are available for lunch on
Date: **Friday 18 October at 12:15**
Food and wine can be chosen from the extensive menu and wine list.

We will meet at our table in the restaurant on Augustinergasse 25, 8001 Zürich, so that anyone wishing to explore Zürich's museums, churches or shopping attractions has plenty of time to do so either before or after our lunch.

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 strictly by midnight on 16 October - otherwise the restaurant will levy a hefty penalty which will be passed on! 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

Dinner Club with Valerie

Growing up in Buenos Aires with an Egyptian grandfather who used to bring home kibbes, lahmayin, sambusak and muhamara, a Viennese grandmother who made the best Goulasch and apple strudels on the planet, a German grandmother from Köln who cooked Schnitzels and all the Northern European food you could not find in South America and an aunt that lived in the US and brought bagels from New York I learnt how to love food from all over the world, even though I grew up eating the best Argentine beef, but that was not my favourite at all.

At the end of last year, I challenged myself to find 10 different restaurants in central Switzerland for the 2024 Monthly Dinners from very different countries to take you all on culinary trips around the world. Many had never tried tagines, ceviche or burritos before. We will have dined in **China**, **Thailand**, **Morocco**, **Perú**, **Mexico**, **Italy**, **Austria**, and soon **Spain** from January to September.

September Monthly Dinner

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 (the kind of pizza you want can be chosen once you are at the table. Barakka has a lovely garden, and if the weather allows it we can sit outside.

When: **Thursday 26 September, 18:00**
Where: **Barakka**, Allmendstrasse 26, 6300 Zug (behind the Herti football courts)
Group limit: 16 Members. Please register online (For cancellations please contact Valerie as soon as possible). If the cancellation is 2-3 days before the dinner, contact Valerie directly by Whatsapp.
Booking deadline: Monday 23 September. I will maintain a waiting list incase of cancellations.
Contact: Valerie Gitter at vgitter@bluewin.ch or on 079 763 46 06 for any questions.
Menu: Select either **the menu** (Salad + seafood paella for 40 CHF, drinks are separate) **or pizza** (price according to menu)

October Monthly Dinner



In October we will travel to magical India to try some fantastic lamb curries, chicken biryanis or vegetarian dishes with paneer. Hope you all enjoyed these culinary trips, and for those who have not travelled around the world with us, hop on the plane to India or meet us in Switzerland at the Chalet Suisse in November. Travel with us to India, wear a sari if you have one, or any bright coloured clothes for this occasion.

When: **Thursday, 31 October, 18:00**
Where: **Chalet India**, Oberdorfstrasse 51, 8810 Horgen. There is limited parking near the restaurant, so carpool or train from Zug is a good idea. The train station Horgen (Oberdorf) is only 80 m from the restaurant.
Group limit: 14 Members. Please register online (For cancellations please contact Valerie as soon as possible)
Booking deadline: Wednesday, October 29th
Contact: Valerie Gitter at vgitter@bluewin.ch or on 079 763 46 06 for any questions or if there are no more places and you would like to be on the waiting list. For cancellations please contact Valerie as soon as possible
Menu: We will be choosing "à la carte" from their authentic **Indian menu**.

BN
BUSINESS NETWORK

ZIWC Business Network

Doris Hangartner would like to welcome you to an insightful evening sharing her knowledge on the rising significance of gems and jewellery for our and future generations to come discover with us the new world of

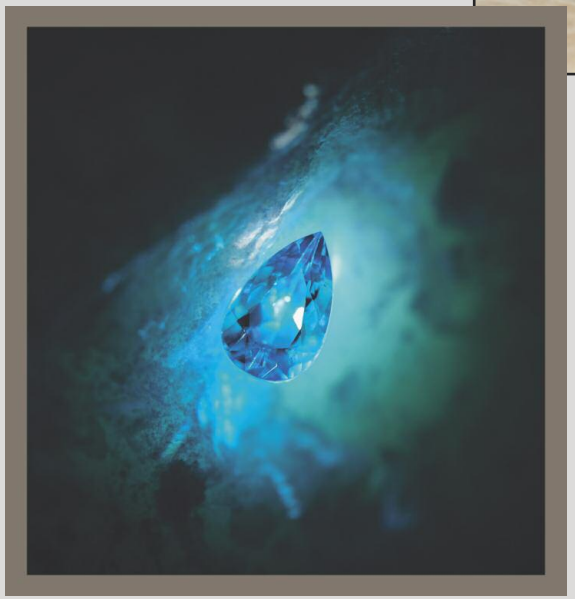
GemWealth Portfolios by Doris Hangartner

Thursday 17 October 2024
18:00 - 20:00
presentation starts at 18:45
at the Shed Club in Zug
Dammstrasse 16 • 6300 Zug

Please confirm your attendance and register for this exclusive evening now

We look forward to a deep dive into the infinite possibilities of gems and jewels with all of you!





DORIS HANGARTNER

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8001 Zurich
Switzerland
+41 44 202 10 21
welcome@dorishangartner.com
www.dorishangartner.com



Welcome to the World of Gems & Jewels

ZIWC Members are invited to an exclusive evening exploring the world of gems and jewels in the company of Doris Hangartner, internationally renowned gemologist.

This special evening will take place on Thursday 17 October 2024, 18:00 - 20:00 at the Shed Club, Dammstrasse 16, 6300 Zug.

The evening will start with a welcome apéro, and the opportunity to view a wide range of gems and jewellery, and the art of gem matching.

Doris Hangartner will then present insights into the place of gems and jewellery in the context of luxury assets, illustrating their significance as an alternative asset class for investment, including for future generations. The event will continue with the opportunity for questions, discussion and networking over drinks and lite-bites.

Registration is **essential**, and is open to all ZIWC Members, their partners and/or adult family Members. Please register on the ZIWC website.

We are enormously grateful to Doris Hangartner AG for hosting this unique event, and to ZIWC Member Sarah Ghitis-Block for facilitating the evening.



Save the Date:

Tuesday 26 November - Show & Sell Event - at Fischerstube Cellar.

Six Members with ten minutes each to tell your business story/sell your products to other ZIWC Members…

If you would like to be one of those six please contact Ailbhe at bng@ziwc.ch including a short statement about what you would like to present. Entries by 18 October; if we have more than six entries we may run another Show & Sell in the New Year.

Zugerberg Finanz:
An Interview with CEO Timo Dainese



ZIWC recently interviewed Timo Dainese, CEO and Founder of Zugerberg Finanz, after attending 'How Fit is Your Pension?' event in May. We learn more about the origin of his company, his motivations, and what drives his success.

Timo, can you share the origin story of Zugerberg Finanz?
Originally from Kanton Aargau, my journey into financial services began after my business studies and work at a private bank. I noticed a gap in the market: independent asset management was tailored to high-net-worth (HNW) investors, leaving few options for smaller amount investments. This didn't align with my values, so I envisioned a more financially inclusive solution. By 22, I was determined to offer asset management to a broader audience, and by 24, Zugerberg Finanz was founded in 2000.

What do you believe is the essence of your success over the last 24 years?
There's no magic formula, but my family taught me that if you do something, do it right. Since 2014, we are FINMA regulated. Our growth was slow at first—it took 17 years to reach 1 billion CHF under management, and another seven years to reach 4 billion CHF.

Can you identify key milestones that contributed to your current success?
Success isn't just about milestones; it's like building a mosaic, placing one tile at a time. One significant achievement was being recognized by the Swiss business magazine *Bilanz* as the best asset manager in Switzerland in 2018—a title we then also won in 2019, 2020 and 2024. But overall, it's been a long journey filled with team effort, sprit, relationship-building, and gaining local trust. I didn't focus on size initially; I just wanted to grow the business model.

Tell us about your recent efforts to expand your customer base into Zug's expat community.
We've always been aware of the expat community. Initially, our multilingual efforts focused on Suisse Romande, and for the first 20 years, we provided our materials in German and French. About four years ago, we sponsored the Zugerberg Finanz Trophy, which brought us into contact with English speakers in the area. Two years later, we started reaching out to the English-speaking community, offering alternative financial solutions and English research when other players were struggling.
In 2023, ZIWC Member Tania Mobayed joined as Brand Ambassador to raise awareness among Zug's international community.

I prefer to have a long-term goal and grow organically. Our first event in German back in 2011 had almost no sign-ups, but at our latest event in June, we had 1,200 registrations in the KKL and Theatre Casino Zug 'Wirtschafts- & Börsenausblick'. It's about taking one step at a time, doing the best you can, and giving it time.

What makes Zugerberg Finanz stand out from other local competitors?
I was struck by the lack of equality in investment options for smaller investor clients. Larger clients could invest directly in equities and bonds, others often had to buy bank-owned funds. Although our track record has earned us a reputation serving affluent HNWI and especially institutional investors, in 2017, we introduced 'REVO', our small revolution, the concept of fractional shares, allowing investors to benefit from professional management with lower investments or monthly deposits.

REVO has been a game-changer, offering transparency and efficiency, supported by our user-friendly digital app. Zugerberg Finanz is the only asset manager in Switzerland to offer this service. Being a family-run business, we all personally know and invest 1:1 with each client. We commit to focusing on assets in Swiss Francs within Switzerland, to back strong, stable businesses we know well.

How does Zugerberg Finanz engage with the local community?
We take our social responsibility seriously. We sponsor the Zugerberg Finanz Trophy and other sports initiatives in the Canton, donate to Winterhilfe Zug, support the annual Zuger Seefest, and offer sports and educational workshops for children.

What advice do you have for women looking to invest?
Zugerberg Finanz highly values women's participation in finance—60% of our 70 employees are women. Women often manage household finances, and are crucial to address investment. With inflation averaging 1.5%, leaving money in low-interest accounts isn't a good option. This money must be invested with a trustworthy partner and asset manager.

For more information, join our Swiss German or English events, you can reach Tania at mobayed@zugerberg-finanz.ch or sign up for our newsletter here www.zugerberg-finanz.ch/en/newsletter-signup/.

ZUGERBERG FINANZ



INVITATION
Trust in Transparency

Theme:	How transparent are your investments? Do you own ETFs, mutual funds or managed portfolios in your Vested portable pensions or banked liquid assets? Wondering about the management style – passive or active? Join us to see the benefits for the Established Expat. Our experts will dive into ZF trusted values and demonstrate: **– Actively managed portfolios & net returns** **– Market and economic outlook during key elections** **– Trading stock examples & approach in volatile markets**
Date:	October 22, 2024
Time:	18:00 – 20:30 pm Presentation followed by an Apéro Riche
Speakers:	**Timo Dainese**, Founder and Managing Partner **Tania Mobayed**, Brand Ambassador & Sr. Advisor Established Expats **Cyrill von Burg**, Chief Investment Officer **Prof. Dr. Maurice Pedergnana**, Chief Economist and Managing Partner
Place:	Zugerberg Finanz, Lüssiweg 47, 6302 Zug
RSVP:	Latest by October 18th 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 4 Billion CHF portfolios for: private persons, BVG vested pension II holders, corporate institutions and family offices, offering affordable entry levels.

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

BILANZ
Best Asset Manager in Switzerland
2023, 2020, 2019, 2018 (1st place)
2022, 2021 (3rd place)

MORNINGSTAR®
5 stars for 10 years 2015–2024

Adelheid Page

A Trailblazer in Her Own Right (1853-1925)





Adelheid Page, née Heidi Schwerzmann, was born on August 20, 1853, at Neugasse 12 in Zug, Switzerland. The youngest of five daughters, Heidi grew up in a town with about 3,300 inhabitants, where her father, a glass merchant, travelled extensively for business and spoke several languages. Her father died when she was just four years old, leaving her mother to take over the family business. Heidi's mother, a strong and determined woman, emphasised the importance of education and intellectual development, ensuring that her daughters received a good education.

Heidi attended the local convent school in Zug alongside other girls of her age, later continuing her studies at private institutions. Encouraged by her mother, she also taught herself several languages, including English, and studied philosophy and art history. This intellectual curiosity and self-discipline set her apart from many of her peers.

At 22, Heidi, by then known as Adelheid, met George Ham Page at a carnival ball. George, a 39-year-old American and the wealthy director of the Anglo-Swiss Condensed Milk Company in Cham, was immediately struck by Adelheid's sophistication, beauty, and intelligence. Despite his headstrong, reserved nature and inability to speak Swiss German, George was captivated by her. Their marriage, which took place on June 10, 1875, in Lucerne's Anglican church, was both a love match and a practical alliance. Upon marrying George, Adelheid gave up her Swiss nationality and became an American citizen, a significant sacrifice that highlighted her commitment to him.

The couple had one son, Fred, born in 1877. Unfortunately, due to complications during childbirth, Adelheid was unable to have more children. From the outset of her marriage, Adelheid was deeply involved in her husband's business. She quickly became more than just a supportive spouse; she was an active participant in the company's operations. George, who ran the business largely as a one-man operation, relied heavily on Adelheid's insights and advice. It was highly unusual for a woman at that time to take part in business meetings, but Adelheid did so, earning the affectionate title of "The Generalin," complementing George's role as "The General."

In 1883, Adelheid founded a kindergarten for the children of the factory workers at the Anglo-Swiss Company. This initiative was groundbreaking, as it employed female teachers trained in the new pedagogical methods of Friedrich Froebel, focusing on holistic education. The kindergarten was unique for its time, and Adelheid personally gave gifts to the children at Christmas, further endearing herself to the workers and their families.

The Anglo-Swiss Company, under the Pages' leadership, was a pioneer in social welfare. The company offered sickness and accident benefits without requiring contributions from the workers, a canteen, and a bathhouse—all of which were revolutionary at the time. They also provided living accommodations for the workers, transforming Cham's population and infrastructure over two decades, thanks to these innovations.

Adelheid's influence extended beyond the factory into her family life. She was instrumental in refining George's character and took on the role of family matriarch. She organised social gatherings, facilitated marriages, and took a keen interest in the education and well-being of her relatives. While her interventions were sometimes met with resistance, her intentions were generally recognised as beneficial.

Adelheid was also an avid traveller, taking full advantage of her social status. She explored the Swiss Alps, travelled on the first steam train through the Gotthard tunnel, and frequently visited Lucerne and Zurich. Her love of travel extended beyond Switzerland to Italy and France, where she visited cultural sites, museums, and historic monuments with Fred and her niece Frida. Adelheid was known as an efficient and organized traveller, traits that served her well when the family decided to relocate to the United States in 1890.

The move to America was driven by George's desire to expand his business and provide Fred with an American education. George built a large factory in his hometown of Dixon, Illinois, bringing over Swiss employees from Cham to help establish the operation. Meanwhile, Adelheid pursued her passion for painting, taking lessons and further developing her artistic talents. However, once Fred completed his high school education, Adelheid's longing for Europe brought the family back to Paris, where Fred studied architecture.

In Paris, Adelheid continued to cultivate her love for the arts, studying with the renowned artist Edgar Degas. Her time in Paris was marked by cultural enrichment and artistic growth, even as George remained primarily in the United States, visiting frequently. After George's death, Adelheid managed the family's affairs, maintaining residences in Cham, Paris, and the United States.

Back in Switzerland, the Pages acquired Horbach farm on the Zugerberg, transforming it into a summer retreat. In 1894, George made the unusual decision to transfer the property to Adelheid's name, a rare move at a time when women had limited legal rights. Adelheid used the property to host friends, family, and even royalty, such as Crown Princess Wilhelmina of the Netherlands. She also organised summer camps for children, offering them a respite from the heat of the town.

After George's death, Adelheid continued to play a significant role in the family business, although she could not officially take over as director or join the Board of the Anglo-Swiss Company. She influenced the company's direction through Fred, selling the American branch to the rival Borden and laying the groundwork for a merger with Nestlé.

In 1903, Adelheid fulfilled a lifelong dream by purchasing Schloss Andreas in Cham. The castle, which was in disrepair, underwent extensive renovations under her supervision. Working with architect Dagobert Keiser and her son Fred, Adelheid transformed the castle into a modern mansion with central heating, hot water, and electric lights—luxuries far ahead of their time. She also became one of the first car owners in the area, with the registration number "4."

Despite her many achievements, Adelheid's health began to decline in the early 20th century. Following her recovery from appendicitis, she dedicated her remaining years to philanthropy. Tuberculosis (TB) was rampant, responsible for one in seven deaths in Zug, so Adelheid invested heavily in building a TB treatment clinic. The state-of-the-art sanatorium, completed in record time, included a children's ward with a heated, sun-filled terrace, designed to provide the fresh air and sunshine believed to be the best treatments for TB.

Adelheid's philanthropic efforts also included funding a children's home, Heimeli, to support those affected by the hardships of World War I. Her generosity extended beyond her death, with endowments ensuring her legacy would continue.

In her final years, Adelheid took on the responsibility of raising her grandchildren after her daughter-in-law's death. In 1921, she applied to become an honorary citizen of Cham, an honour her husband had once declined. She also gave up her American citizenship to reclaim her Swiss nationality. Adelheid died in 1925 after a series of illnesses and was buried in the family tomb at Schloss Andreas.

Adelheid Page was a remarkable woman – wife, mother, grandmother, businesswoman, artist, philanthropist, and pioneer. Her legacy endures in the community of Cham and beyond, remembered through the rehab clinic Adelheid, the Horbach school, and the artists she supported. The Adelheid-Pagestrasse in Cham, leading to the Andreas peninsula, stands as a testament to her lasting impact.

See also 'Adelheid – Frau ohne Grenzen', van Orsouw/Stadlin/Imboden 2003, GGZ



September 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
					SATURDAY
					1 SUNDAY
2 8:00 **Outdoor morning fitness** 8:00 **ESCAPE: Cheese Passport visit 3 EMMENTAL** 18:00 **English conversation class**	3 9:00 **Badminton** 11:00 **Art & Cultural group meeting at Kunsthaus Zurich for Object of desire exhibition by Faith Ringfold**	4 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	5 9:30 **Book Club "Walk the Talk"** 15:30 **Italian Conversation**	6 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	7 SATURDAY
					8 SUNDAY 14:00 **Mums & Kids: Family outing Seleger Moor**
9 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	10 10:00 **Badminton**	11 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	12 10:00 **Aegeri coffee** 14:00 **Knit and Natter** 15:30 **Italian Conversation** 19:00 **Cheeky Cocktail Club**	13 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	14 SATURDAY 17:00 **IMCZ Summer Party**
					15 SUNDAY
16 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	17 9:30 **Cooking Group** 10:00 **Badminton**	18 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	19 10:00 **Cham coffee** 12:00 **Monthly Lunch** 18:00 **Joint Stammtisch with IMCZ**	20 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	21 SATURDAY
					22 SUNDAY
23 8:00 **Outdoor morning fitness** 18:00 **English conversation class**	24 10:00 **Badminton** 14:30 **Gardening Group** 16:30 **Italian Wine Tasting**	25 8:00 **Outdoor morning fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Fashion apero at PKZ Zug**	26 9:30 **Walchwil coffee** 18:00 **Monthly dinner**	27 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	28 SATURDAY
					29 SUNDAY
30 8:00 **Outdoor morning fitness** 18:00 **English conversation class**					

October 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
	**1** 10:00 **Badminton** **ESCAPE: Paris 1-4 October**	**2** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**3** 9:30 **Book Club "Walk the Talk"**	**4** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**5** SATURDAY **6** SUNDAY
7 8:00 **Outdoor morning fitness**	**8** 10:00 **Badminton** 11:00 **Art & Cultural group Vincent Van Gogh / Matthew Wong at Zurich Kunsthaus** 14:30 **Contact Coffee**	**9** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch**	**10** 10:00 **Aegeri Coffee** 15:30 **Italian Conversation**	**11** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike** 11:30 **VZug cooking course**	**12** SATURDAY **13** SUNDAY
14 8:00 **Outdoor morning fitness**	**15** 9:30 **Cooking Group** 10:00 **Badminton**	**16** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**17** 10:00 **Aegeri Coffee** 15:30 **Italian Conversation** 18:00 **BN Gems & Jewels Event at The Shed Club in Zug** 18:00 **Joint Stammtisch with IMCZ**	**18** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike** 12:00 **Monthly Lunch**	**19** SATURDAY **20** SUNDAY 14:00 **Mums & Kids: Rapperswil Zoo Family day**
21 8:00 **Outdoor morning fitness**	**22** 10:00 **Badminton** 18:00 **Trust in Transparency a Zugerberg Finance Event** `19:30 **Cheeky Cocktail Club**	**23** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**	**24** 16:30 **ANNUAL EVENT: Harvest & Wine Cruise**	**25** 8:00 **Outdoor morning fitness** 9:15 **Friday Fitness Hike**	**26** SATURDAY **27** SUNDAY
28 8:00 **Outdoor morning fitness**	**29** 10:00 **Badminton** 16:30 **Wine tasting in Hunenberg**	**30** 8:00 **Outdoor morning fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Board games evening**	**31** 18:00 **Monthly Dinner**		
					

Escapes

Appenzeller Cheese Passport Visit No. 4



Date: Monday 4 November 2024

The Experience: Our final stop on our hunt to fill our cheese passports will come to a delicious conclusion in Appenzell. Learning about the various cheese factories in Switzerland and the process involved in producing the various products has been delightful and made us appreciate the skill and dedication required and so much more. This will complete our cross-country cheese tour so whether you have been collecting all stamps or this is your first one, we look forward to spending the day together.

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.

Location: Dorf 711, 9063 Stein

Time: 8:00 - 17:00

Cost: 10 CHF fee includes admission and a guided tour of the cheese factory.

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 final price will be communicated 2 weeks before the date of the Escape. The travel time to Appenzell is approximately 2 hours.

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

Booking deadline: Please RSVP no later than 25 October.

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.



Escape to Gruyère

Swiss cheese-making masterclass by Cherry, the cow. **By Émely Steegstra-Hendrix**

On an early Monday morning a rather loud group of ladies assembled at the Zug train station, we were ready for our Escape to Gruyère … It was a long, active (we had to change trains three times) and entertaining trip.



Once we arrived at Gruyère station it was a short walk to the Cheese factory museum. The audio tour was provided by Cherry the cow and she taught us all about the magic of turning milk into cheese.

Did you know she eats 100kg of grass and drinks 85 litres of water every day to produce 25 litres of milk, milked twice a day? And you need 400 litres of milk to produce a 35 kg wheel of cheese!

Cherry and her girlfriends love the Swiss alpine pastures with all their natural bounty, which finds its way into Gruyère cheese. Scientific analysis has isolated no less than 75 different scents such as violet, thyme, cumin, hazelnut, mint, chestnut in the cheeses all due to the richness the alpine pastures offer the girls.

Besides the best quality milk, it takes a lot of experience and fingerspitzengefühl of the cheese maker to produce Gruyère, which comes in 6, 12 and 24 months matured varieties.

After the museum it was a short bus ride into town for a typical local lunch with fondue, raclette or cold cuts platters. With a stunning view over the hills, mountains and Gruyère castle we enjoyed the beautiful weather and a glass of wine or two.

The rest of the afternoon we spent in town, strolling around, visiting the castle, being blown away by HR Giger's Alien Art and enjoying the other local specialty, meringues with double cream.

And after a lovely day with lots of laughter, the long train ride back was still filled with even more chatter, laughter and a glass of wine.

Thanks Alicia for the brilliant organisation and I can't wait to get my Cheese Passport stamped at the next trip to another iconic Swiss Cheese Factory.



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

Harvest & Wine Cruise

Join us for a scenic wine-tasting celebrating the latest harvest and hopefully a beautiful sunset on lake Zug. The cruise is about 2 hours during which we will be pampered with a lavish wine tasting accompanied by an array of delicious food platters and mouth-watering desserts.

Date: 24 October 2024

Time: 16:30 - ca. 19:30

Where: MS SCHWAN, Steg Landsgemeindeplatz, Zug

Costs: 40 CHF ZIWC Members only

Dress code: Smart Casual

Menu: Apéro Riche with a colourful vegi bun plate, mini chicken kebabs, antipasti bites and dessert.

Drinks: Prosecco, wine, beer, water and soft drinks included

Entertainment: wine tasting

Registration: Please register online on the ZIWC website - availability is first come first served as there is LIMITED SEATING. For any questions or dietary requirements please email annualevents@ziwc.ch.

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

Booking & Payment Deadline: October 14, 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

Payment notification: Please state “Harvest&Wine” and the names of the guests on the payment when paying by bank transfer.

How to get there: We board the MS Schwan via the dock at Landsgemeindeplatz, downtown Zug at the lake. The Kolinplatz, Burgbach and Postplatz bus stops are just a few minutes' walk away. And otherwise, a bit longer walk away, you can park at the Casino, Postplatz, Frauensteinmatt or Coop parking.

Contact: Linda at annualevents@ziwc.ch



Exploring Swiss Wanderwege:
A Tradition Celebrated



Switzerland, renowned for its breathtaking landscapes, pristine lakes, and majestic mountains, offers a paradise for outdoor enthusiasts. Among the various ways to explore this stunning country, walking paths or Wanderwege, hold a special place in the hearts of locals and visitors alike. This year marks a significant milestone for both the Swiss Hiking Federation and our local affiliate, the Zug Walking Path Club or Zuger Wanderwege, as they celebrate their respective anniversaries of 90 and 14 years alike.

Swiss Wanderwege form a vast network of meticulously maintained trails stretching over 65,000 kilometers across the country. These paths cater to all levels of hikers, from leisurely strollers to seasoned mountaineers. Marked by distinctive yellow signs, the routes allow walkers to navigate Switzerland's diverse terrains with ease. Whether you're traversing the serene shores of Lake Zug, climbing the rugged peaks of the Alps, or wandering through charming villages, these paths offer an immersive experience of Switzerland's natural beauty and cultural heritage.

The Swiss Hiking Federation, established in 1934, has been at the forefront of promoting and preserving these walking paths. For 90 years, the organisation has worked tirelessly to maintain the network, ensuring it remains accessible, safe, and enjoyable for all. Their efforts have not only safeguarded a vital part of Swiss culture but have also encouraged a healthy, active lifestyle among the population. 58 percent of Swiss residents hike regularly, which corresponds to 4 million people. The traditional yellow signs with black text was standardised in 1934 and has remained the same ever since.

But who looks after these signs of which there are around 50 000 dotted all over Switzerland? Volunteers from local cantonal walking path clubs take on this duty to ensure their integrity and accuracy are maintained. These volunteers total over 2000 in number and are responsible for their condition but also to cut back overgrown foliage in order to preserve their accessibility. So too in winter these volunteers set to work. To look after the 80% of hikers that continue their pastime through the colder months, to mark out winter walking and snowshoe paths with their distinctive shade- pink of course. Not to mention variations in difficulty grading in blue, red and black.

To mark these anniversaries, the Federation’s celebrations include guided hikes across iconic routes, educational programs on sustainable tourism, and exhibitions that showcase the evolution of Swiss walking paths. Zug’s celebrations have featured community hikes, historical exhibitions, and the unveiling of a special commemorative route that highlights the most beautiful and significant trails in the region. Zug recently celebrated a membership that numbers 1000 locals and care for 4500 signposts in around 1400 different locations over 553 kilometers of paths. Quite incredible don’t you think? And altogether, very Swiss!

For more information visit **www.zugerwanderwege.ch** • www.schweizer-wanderwege.ch/de

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CombiSteamer Demonstration: **Tips and Inspiration**

Exclusive event for ZIWC Members who are looking for new inspiration to cook healthy meals in 30 minutes with the CombiSteamer all with regional and locally sourced ingredients. Whether you are a novice cook or have more experience, this course is designed for all skill levels. Not only the various cooking modes will be covered, but also the care of and how to maintain your appliance. The highlight of this lunch course will be enjoying the many dishes from starter till dessert, which will be demonstrated for you.

When: Friday 11 October 11:30 – 14:30

Where: V-Zug Cooking Studio in ZUGORAMA, Baarerstrasse 124, 6300 Zug

Cost: 60 CHF per person, including all recipes and information handouts, a three-course meal and all beverages. Payment to be made on-site with credit card, TWINT or cash.

Booking details: register online (ZIWC) and indicate if you have any food allergies.

Booking deadline and cancellation policy: register by Thursday 3 October. Minimum of 8, maximum of 18 attendees. For cancellations after 3 October or no-shows, the full amount will be charged.



CombiSteamer: **The Art of Cooking Fish**

Exclusive event for ZIWC Members who are looking to learn how to maximize the potential of the CombiSteam appliance. The focus of this demonstration is to prepare and to cook healthy and locally sourced fish dishes.

The V-Zug Gourmet Academy chefs will demonstrate how to select, prepare and cook fish, all the while providing you with useful tips and inspiration. All these dishes can be easily recreated at home to enjoy with family and friends.

When: Friday 8 November 11:30 – 14:30

Where: V-Zug Cooking Studio in ZUGORAMA, Baarerstrasse 124, 6300 Zug

Cost: 120 CHF per person, including all recipes and information handouts, five-course meal and all beverages. Payment to be made on-site with credit card, TWINT or cash.

Booking details: register online (ZIWC) and indicate if you have any food allergies.

Booking deadline and cancellation policy: register by Wednesday 30 October. Minimum of 8, maximum of 18 attendees. For cancellations after 30 October or no-shows, the full amount will be charged.

Escapes

Basel Christmas Market



Date: 9 December 2024

The Experience: The most wonderful time of the year is upon us once again. This year we have selected to visit the Christmas Market in the charming Swiss city of Basel. Come with us as we spend the day shopping, eating, and taking in the sights together close to home.

Location: Basel, Switzerland

Time: 10:00 - 20:00

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. The travel time to Basel is approximately 1.5 hours.

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

Booking deadline: Please RSVP no later than 15 November.

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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Interest Groups

SPOTLIGHT ON...

Art & Cultural Group

SEPTEMBER OUTING

Kunsthaus Zurich – OBJECT OF DESIRE, "Jazz Stories"



Date: 3 September
Meeting time: 11:00
Where: Meet at Zurich Hauptbahnhof or directly at the Kunsthaus Zurich (please confirm with Shefika)

We will enjoy four large textile works by the **US artist Faith Ringgold (1930-2024) which can be seen in the Haefner foyer in the Chipperfield building until 8 September.**

Faith Ringgold became known for her 'story quilts', which she later published in dozens of award-winning children's books. Ringgold's work to this day still addresses racism and sexism, but also that Afro-American historical processing and writing are central. Four works from the series "Jazz Stories" (2004), which belong to the "story quilts" group of works, are being shown at the Kunsthaus. They pay homage to jazz culture and the Harlem Renaissance, the pioneering African-American movement of the 1920s and 1930s when literature, music, theatre and the visual arts flourished in Harlem.

The Kunsthaus Zurich is pleased that the selection of works could be made in collaboration with the artist and regrets her passing shortly after her works were installed.

OCTOBER OUTING

Kunsthaus Zurich: Matthew Wong – Vincent Van Gogh



Date: Tuesday 8 of October
Meeting time: 11:00
Where: Meet at Zurich Hauptbahnhof or directly at the Kunsthaus Zurich (please confirm with Shefika)

The Kunsthaus presents an exploration of the artistic and biographical parallels between Chinese-Canadian painter Matthew Wong and Vincent van Gogh. This unique exhibition, a first in Switzerland, features approximately 35 of Wong's imaginary landscapes and interiors, alongside a curated selection of van Gogh masterpieces.

kunsthaus.ch/en/besuch-planen/ausstellungen/wong-van-gogh/

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BOOK A SHIP

Annual Events Planning Committee

2024/25

We Need You!



We are excited to build our 2024/25 team to support Linda our new Annual Events chairwoman. Are you an enthusiastic ZIWC Member who enjoys helping to organise events and being part of a fun, social team?

Please contact Linda at annualevents@ziwc.ch for any questions and queries, we are grateful fo your support!

International Men's Club of Zug

Join us for our

Swiss Themed Summerfest

by the Zugersee

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DJ MiBe & more...

When: 17:00 - late Saturday, 14th September, 2024

Where: Siehbachsaal, Chamerstrasse 33, 6300 Zug

Feel Free to dress in your Swiss best



Admission (including food)

*Early bird Price 75 CHF before 31st August

95 CHF from 1st September

30 CHF children aged 8 -12

children under 8 free

More Info & to register:

https://imcz.club/event-5672948

or use QR Code



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**: First Tuesday of the month at 14:30 – 16:30. **Contact Details**: Émely Steegstra-Hendrix at emelyziwc@gmail.com on 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.

BUSINESS

The Business Network ■ For members who are interested in the world of business, innovation and enterprise. If you are running your own business, employed, taking a career break or re-engineering your working life, the Group will provide opportunities to share knowledge, experience, skills, ideas and inspiration provided by sister members or invited guests and also meets for end-of-day drinks with women who share these interests! **Contact Details**: Ailbhe Fallon at bng@ziwc.ch.

CONVERSATION

English Conversation Class
Weekly on Mondays 18:00-19:00. Classes will be via Zoom. For interest contact Bridget Storrie on +44 774 744 6380.

"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.

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 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.

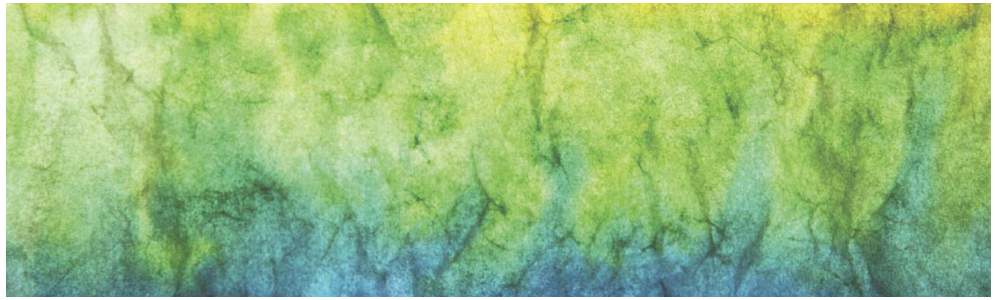
Last minute WhatsApp Tennis
Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? The group members must be intermediate and/or high-level players (not beginners) and will communicate only by WhatsApp. **Contact Details**: Adriana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

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 0797393552 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 Whats app 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 Groups
For new ideas or interests please contact Veerle at interestgroups@ziwc.ch



Don’t Age with Grace, Age with Gumption:
Learning How to Hack Female Health After 40

The subject of ageing can be a touchy topic for many women (and men), often sparking discomfort. And honestly, who wouldn’t feel uneasy, given all the chronic diseases and risk factors we hear about? The portrayal of women over 50 in movies doesn’t help either—think frail, grumpy, neglected, and cynical. It’s easy to believe ageing is something that happens to everyone but us. But when the signs of ageing start showing up, we rush to ‘repair’ and ‘fix’ our outsides while neglecting the vital work on our insides and mental health. Not surprisingly, our self-esteem and perceptions of worth can take a hit as we grow older.



Thankfully, things are slowly shifting as women are starting to talk openly about ageing. The old-fashioned approach of hiding our age or feeling ashamed during menopause is fading away. Women are challenging societal norms and breaking new ground—setting records in sports after 50, starting businesses, exploring new careers, and writing fresh chapters of their lives. We're reclaiming the narrative and taking charge of our biology, happiness, and destinies. So, the big question is: have you joined this fabulous movement yet?

My Personal Experience

When I hit 40, I found myself slipping into the mindset of my mother and grandmother concerning old age. Panic and fear loomed, making me feel like my life was over. Can you blame me? Working in the fashion industry didn’t help, either, with its entrenched ageism constantly reinforcing those negative narratives.

But it would be a lie to say that one day I woke up and everything changed. It took a long process to shift from a victim mentality to regaining control. While a book or movie might not change how you perceive ageing, they can inspire you to embark on your own journey. I kicked off mine with “The Power Age” by Kelly Doust and delved into menopause and fasting with insights from Dr. Mindy Pelz. I also started listening to podcasts and diving into the biohacking world. Fast forward eight years, and I feel completely different about my body, health, and menopause. I'm no longer afraid or a victim of ageing; the knowledge and experiences I've acquired have given me confidence and courage to explore new life paths.

What You Need to Know About Ageing and Health

The journey toward good health starts with measuring and testing. If you've been lucky like me —never visiting a hospital until your 40s, except for baby deliveries—it might not have occurred to you to get a blood test or check your hormones. Well, now's the time! My own health journey began with books, podcasts, and research, and then took a pivotal turn when I visited a functional health doctor. Meeting someone focused on root causes and preventive medicine was enlightening! I wanted to try everything—from extensive blood tests to nutrition, herbal medicine, and juice cleanses.

Sure, I spent a lot and could have been smarter about it, but no one was discussing longevity or functional medicine back then. Now, the world is buzzing with talk about supplements and NAD infusions. Yet, so many are still lost in extremes and quick fixes that aren’t backed by real research. My advice? Take everything with a pinch of salt and stay connected to your body. Figure out what works best for you because everything in your body exists in divine harmony.

Another key lesson I've learned is that you can “fire” your doctor if they’re not listening to you or tailoring their approach to your actual needs. Plus, don't accept chronic fatigue, brain fog, depression, or anxiety as the new normal. These symptoms can be managed, and you can age while staying active, creative, and full of energy.

Where to Start Your Health Optimisation

Navigating the sea of information on female health can feel overwhelming. You might have favourite podcasters or biohackers, but try not to lose sight of your overall health. When optimising your health, start by writing down three top issues you want to tackle—whether it’s low energy, brain fog, or trouble sleeping. Even low self-esteem might be linked to low testosterone levels or missing essential amino acids.

First and foremost, check the health of your gut and microbiome. Before diving into supplements, blood tests, or hormone therapy, begin with a stool test and consider a food sensitivity test too. Your gut health affects everything: moods, energy levels, clarity of thought, hormones, and even your waistline! Common issues like Leaky Gut, Candida, or Irritable Bowel Syndrome (IBS) often co-occur.

Why Is Everyone’s Microbiome Out of Whack?

Even if you’ve got a perfect diet and regularly exercise, occasional alcohol, sugar, or processed foods can harm your microbiome. Thankfully, it usually bounces back with the right nourishment, but damage can accumulate over time. Stress is another culprit, depleting us of essential vitamins and minerals, while toxins in our water and air block the body’s recovery pathways.

The Gut-Menopause Connection

Menopause brings noticeable changes to body composition, often leading to fat distribution shifts even without hot flashes or night sweats. The balance of gut bacteria significantly impacts how our bodies absorb nutrients and store fat. I learned from one of my favourite athletes, Dr. Stacy Sims, that our gut flora consists mainly of two types: Firmicutes and Bacteroidetes. Firmicutes love sugar and can raise inflammation, while Bacteroidetes can help block inflammation and boost metabolism.

You can nourish your microbiome with foods rich in polyphenols, like berries, vegetables, nuts, dark chocolate, and olive oil. Maintaining a healthy gut is crucial for stabilising oestrogen levels during perimenopause and preventing toxin buildup in the body. Remember, oestrogen levels fluctuate unpredictably during this phase—sometimes leading to oestrogen dominance, which can manifest as PMS-like symptoms or heavy periods.

Nutritional Support During Peri- and Menopause

If I were to summarise the key nutritional tips, here they are:

1. Fibre: Most women average only 13 grams of fibre daily, while the goal is at least 25 grams! Fibre is essential for regulating appetite, enhancing digestion, and detoxifying the liver. Great sources include berries, avocados, and legumes. Just be careful when increasing your intake to avoid bloating!
2. Phytoestrogens: These natural compounds mimic human oestrogen and can help balance hormonal fluctuations. Incorporate organic soy and flaxseeds into your diet.
3. Cruciferous Vegetables: These are fantastic for menopause symptoms! They help with liver detoxification and modify oestrogen metabolism. Plus, they are packed with nutrients, vitamins, and fibre.
4. Probiotics and Prebiotics: Probiotics (think yoghurt, sauerkraut, and kombucha) boost your good bacteria, while prebiotics (like bananas and garlic) feed them. Together, they strengthen your gut health army!

In conclusion, remember that ageing is a journey, not a destination. Take charge of your health, embrace these changes, and let’s redefine what it means to age with sass and gumption! If you're keen to learn more about gut health, check out Dr. Will Bulsiewicz’s “The Fiber Fueled Cookbook” for further insights.

Adapted from an original article by Tsitaliya Mircheva. **https://mums-in-heels.com/**
Opinions are those of the author. For any health issues please always consult a medical practitioner.

Suggested reading includes:	“Gutbliss”, dr. Robynne Chutkan “Younger” , dr. Sara Gottfried “Roar” and “Next Level” by Dr. Stacy Sims The Gut Chronicles, Sandra Mikhail “The Menopause Reset” and “Fats like a girl” Dr. Mindy Pelz

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Save The Date!

ZIWC November Lunch: Restaurant Schiff, Zug Wednesday 6 November 2024

12:15
Graben 2, 6300 Zug
restaurant-schiff.ch/

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).

Cancellation by midnight 4 November please; contact Ailbhe

Seasonal Evening 21 November 2024

18:30 – 22:30
A twist on our traditional evening includes apero, pot luck dinner and raffle, theme to be confirmed…

Samichlaus Breakfast 6 December 2024

Details to be published in due course…

2025 Escapes to look forward to

January: International Balloon Festival in Château-d'Œx
February: Panoramic Train Journey

2025 Events to look forward to

Roaring 20's Event – 21 February 2025

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