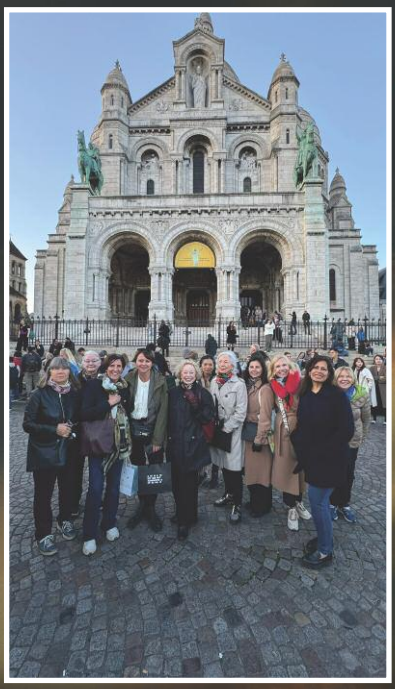
ZIWC
Zug International Women's Club

MAGAZINE

Connect!

NOVEMBER / DECEMBER 2024 | FOR WOMEN • FOR CONTACT • FOR 57 YEARS



www.ziwc.ch

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Dear Members,

It is a pleasure to welcome you to the November/December issue of Connect! Magazine.

I would like to recognize the wonderful work on the Magazine all year by our Magazine Chairwoman, Suzy Andricopoulos, the content contributors, and proofreaders who have made each issue a "must-read" for ZIWC Members. Throughout each edition, they have beautifully presented the Club groups, activities and events and also included engaging articles on a range of fascinating topics. I have even found our advertisements to be interesting to look through! Brava to these ladies who provide us with this publication.

One of my favourite parts of the magazine is the New Member section to see how many ZIWC newcomers there are. Since I joined the Club three years ago, the Membership started to grow again. Welcome to all new Members who are receiving this Magazine for the first time. We have a truly wonderful Club.

Being Escape Chairwoman, it is a pleasure to bring you a different excursion each month. In October, twelve ladies travelled to Paris together, and what a time was had! An article describing our time together is included in this issue. To wrap up the year we still have our final stop on the Swiss Cheese Passport to collect our fourth stamp, where we will be rewarded with a Grand Tour Snack Box filled with a Swiss cheese knife from Victorinox and a piece of the finest Swiss cheese, and in December we will be travelling together to Basel to visit the lovely Christmas Market. Of course, we also have our Annual Events everyone looks forward to with a very fun themed Seasonal Evening and a delightful Samichlaus Breakfast to look forward to as well. The Interest Groups are as active as ever and you'll find all these details inside the Magazine.

If you are new to the Club, or a Member who signed up a year ago and kind of forgot about it, or a long-standing Member who is maybe not as active in the Club as you once were, I invite you all to look through this issue and see how much there is to look forward to doing together and am softly nudging you to participate. I also invite you Members who stick to your "usual" activities to branch out and attend an event or activity you haven't participated in before to mix it up a bit. ZIWC is a successful community because of each of you and we all look forward to spending time with you!



Cordially,
Alicia Toledo
Escape Chairwoman

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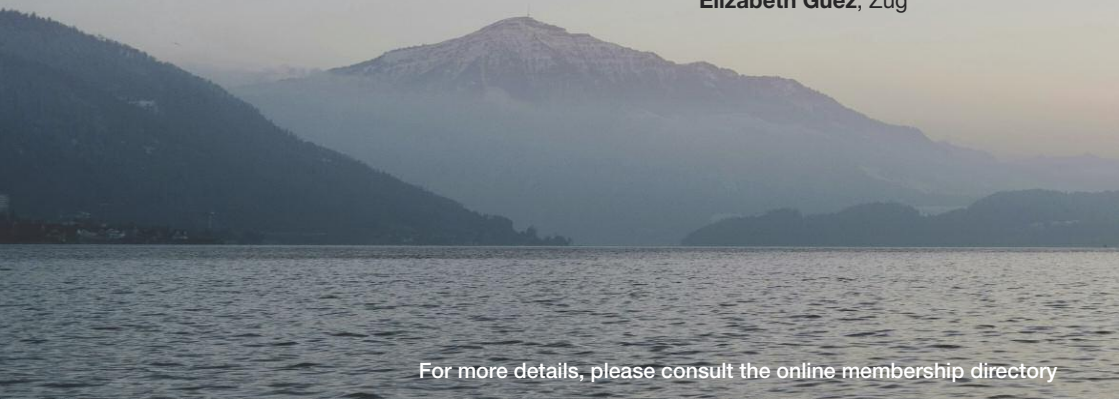
New Members

We warmly welcome our new Members

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

Valerie Texier, Baar
Margaret Manning, Zug
Tatiana Vogt, Zug
Aisel Gjorgon, Baar
Lilija Desboeufs, Walchwil
Marzena Konopko-Powalka, Seewen
Ameneh Deris, Zug
Marina Atanasova, Zug

Sandrine Leblay, Oberägeri
Joanna Zawada, Zug
Yuka Flamenco, Baar
Agathe Carole Hafizoglu, Cham
Kate Livingston, Zug
Manuela Schneider, Ebertswil
Evelyne Saade, Zug
Jane Tran, Steinhausen
Elizabeth Guez, Zug



For more details, please consult the online membership directory

Magazine Chairwoman
Suzy Andricopoulos
connectmagazine@ziwc.ch

Advertising Chairwoman
Betsy Ballew
advertising@ziwc.ch

Website Chairwoman
Bettina Bjerregaard
webeditor@ziwc.ch

Proofreaders and
content contributors:
Helena Lustenberger

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

Printers
WIRmachenDRUCK
www.wir-machen-druck.ch

Club address:
Zug International Women's Club,
6300 Zug,
www.ziwc.ch

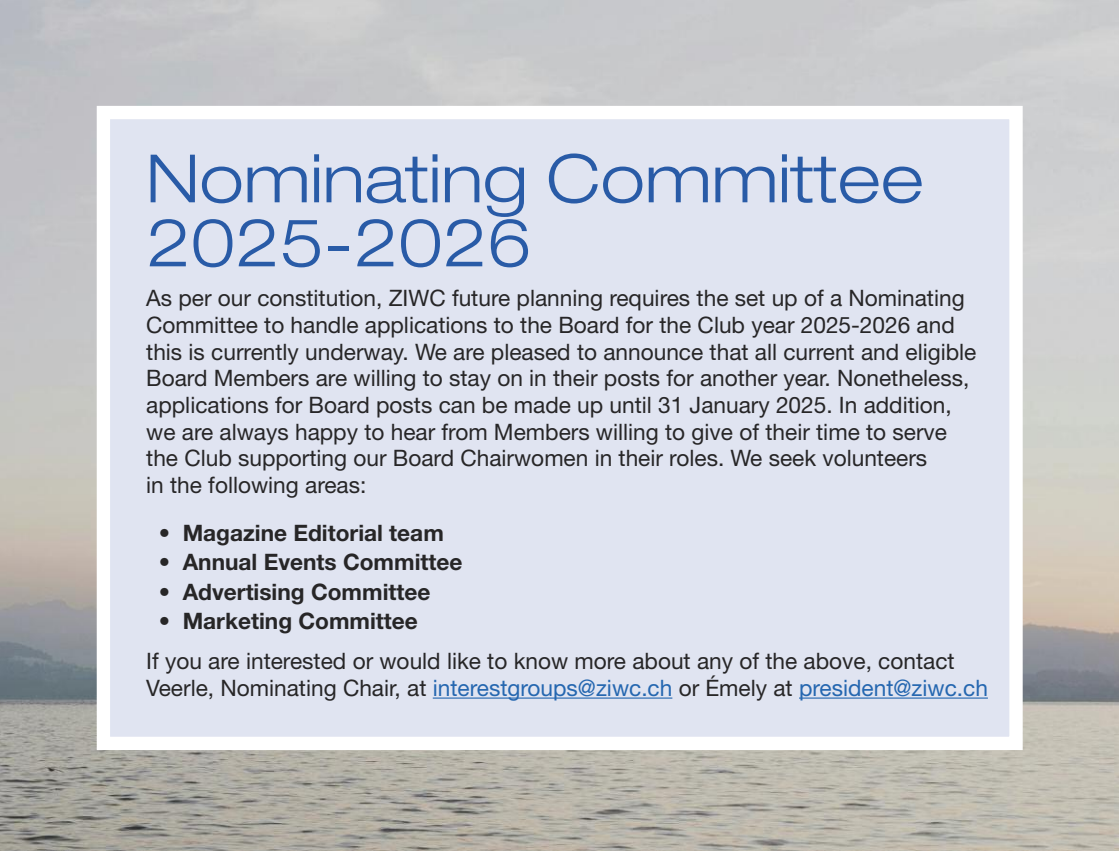
Payments to the Club
should be made to:
Zug International Women's Club,
6340 Baar
IBAN: CH40 0900 0000 1752 1935 3

The Club's cancellation policy is applicable to all events that involve a reservation and a monetary payment. Unless otherwise specified, the cancellation deadline is the booking deadline. A Member who cancels her participation in an event, after the cancellation deadline, is required to pay the full participation fee of the event. The Club is not responsible for any loss or injury suffered during the course of activities or events.

Club No-Show Policy for 'Free Events': Any Member who makes a reservation for a free event who has not cancelled within the agreed deadline or has not given notice to the event organiser of non attendance will incur a 25 CHF fine.

Accident Insurance: Participation in any club event is at the Member's own risk. It is each participant's responsibility to have personal and accident insurance.

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



Nominating Committee 2025-2026

As per our constitution, ZIWC future planning requires the set up of a Nominating Committee to handle applications to the Board for the Club year 2025-2026 and this is currently underway. We are pleased to announce that all current and eligible Board Members are willing to stay on in their posts for another year. Nonetheless, applications for Board posts can be made up until 31 January 2025. In addition, we are always happy to hear from Members willing to give of their time to serve the Club supporting our Board Chairwomen in their roles. We seek volunteers in the following areas:

- **Magazine Editorial team**
- **Annual Events Committee**
- **Advertising Committee**
- **Marketing Committee**

If you are interested or would like to know more about any of the above, contact Veerle, Nominating Chair, at interestgroups@ziwc.ch or Émely at president@ziwc.ch

Board Member Names and Contact Details

President • **Émely Steegstra** • president@ziwc.ch
Vice President • **Susan Laudenbacher** • vicepresident@ziwc.ch
Advertising Chairwoman • **Betsy Ballew** • advertising@ziwc.ch
Annual Events Chairwoman • **Linda Sharpe** • annualevents@ziwc.ch
Escape Chair Chairwoman • **Alicia Toledo** • escape@ziwc.ch
Hospitality Chairwoman • **Fanny Van Dyck** • hospitality@ziwc.ch
Interest Groups Chairwoman • **Veerle Vandionant** • interestgroups@ziwc.ch
Magazine Chairwoman • **Suzy Andricopoulos** • connectmagazine@ziwc.ch
Marketing Chairwoman • **Marlena Jaszczyk** • marketing@ziwc.ch
Membership Chairwoman • **Mary-Anne Kedda** • membership@ziwc.ch
Secretary • **Leontien van Rooijen** • secretary@ziwc.ch
Treasurer • **Stephanie Alavedra** • treasurer@ziwc.ch
Webeditor • **Bettina Bjerregaard** • webeditor@ziwc.ch

Bonjour Paris!



Getting up before 4:00 am on the first day of October, we knew this trip was not for sissies, but having done many escapes under Alicia Toledo's expert guidance we knew we were in safe hands and spirits were high as we got on the TGV in Zurich and set off for Paris!

Just four and a half hours later we pulled in at Gare de Lyon and headed for the famous 'Le Train Bleu' for lunch. Built in 1900 for the Exposition Universelle it alone is worth a Paris visit. It was crowded and it took time to get served, but just sitting there enjoying the ambience was worth it, lunch was superb and the champagne, too!

Afterwards we went to the metro, eager to start using metro passes, only to be brought back to reality when the system played up, not opening the gate although we had valid passes. After some attempts we managed in the end, but we came to dread every time we approached a station.

Hotel CitizenM Champs Elysées was a nice surprise, quite basic but everything worked out for us. The staff were friendly and helpful.

Having settled into our abode we walked to the Petit Palais, admired the artworks there and enjoyed a cappuccino in the lovely garden.

Dinner was at an Indonesian Restaurant and the evening finished with a fantastic light show- Aura Invalides- which took place inside the domed building which houses Napoleon's tomb.

On our second day we set off for the Musée Yves Saint Laurent decked out in our best outfits. Alas, it poured with rain and as we had chosen to continue walking, we too-despite using umbrellas- got wet. With nowhere to hang our coats on arrival to Avenue Marceau we were slightly miffed, and had to carry the coats throughout our one and a half hours of guided tour. But what a tour! The guide was all in French, moving from one highlight to the next. There they were, garments in full splendour, from La robe Mondrian, the simple cocktail dress in bold colours from1965 and 'the dresses inspired by Picasso and Matisse. This was then followed by inspirations from Morocco, flamboyant dresses, appliquéd flower dresses, the peasant blouse, and the safari suit, not to forget 'Le Smoking' for the ladies. With these creations Yves Saint Laurent gave women the gift to express themselves in a new way.

The afternoon was spent in the Marais area at Place des Vosges, where we lunched and shopped, before dinner in Montmartre at 'Les Deux Colombes'. Then we headed to Hotel Ritz for cocktails. This famous Parisian establishment, founded by Cézar Ritz from Niederwald, served us exotic drinks in their Ritz Bar. What a perfect finale to an incredible day.

On day three we were off to visit Paris's no. 1 tourist attraction, the splendid Palace of Versailles, a magnificent home to generations of French kings and now a national museum. Filled with priceless works of art and sculptures, it boasts the spectacular and world-renowned Hall of Mirrors. Our group of enthusiastic art and culture lovers deftly negotiated their way through the many visitors and very styled Asian influencers (attendees of Paris Fashion Week perhaps?).

We fortified ourselves with delicious piping hot chocolate before adjourning to the equally grand gardens. This monumental musical parkland – would you believe - features fountains, sculptures, ponds and even a canal! Cold, exhausted (we'd amassed 13,000 steps and counting by early afternoon!) but happy we returned to our hotel. At sunset we headed

for the quintessential Parisian landmark, the basilica of Sacré Coeur, for a spectacular vista of Paris. Our farewell dinner was at a gem of a restaurant 'Le Moulin de la Galette' at Montmartre. A traditional old windmill, depicted by Van Gogh in one of his paintings, it now serves the most delicious French specialties. For sweet treats I can really recommend the yummiest Crêpes Suzette expertly flambéed at our table, not to mention the biggest bowl of freshly made mousse au chocolat to complete our feast.

Our fourth and last leisure day was here and finally the sun shone! Our group of happy travellers pursued their individual interests, be it a final visit to a museum, a flea market, a stroll up the Champs Elysées or a last shopping trip to one of the iconic shopping temples. We wandered through the Jardins des Tuileries, Place de la Concorde, took a sneak peek into the luxury hotel Le Crillon, before heading to the flagship house of Galeries Lafayette with its stunning Neo-Byzantine glass dome ceiling and roof terrace. A new glass bridge on the 4th floor enables a better birds' eye view of the dome and Vivi and I were so lucky, as despite not having a reservation, in using our most charming French "nous sommes désolés", the cord barrier magically lifted to allow us access! Voilà!

Laden with foie gras, onion confit, butter, cheeses and patisserie we headed for our final departure to Gare de Lyon. It was Friday evening rush hour, heavy traffic, the station packed, the timetable board keeping us in suspense to the last minute as to which platform the train would be on… But we finished all on board and comfortably seated thanks to Alicia's impeccable reservations. Before we knew it it was time for wine! Alicia, you are the best, our Escape was an unforgettable, fantastic and bonding experience, merci beaucoup pour tout!

By **Karin Resch** and **Vivi Jensen**







Advertise with Us!

Would you like to promote your event, location or festive ideas within these pages or on our website and social media platforms? We have many competitive packages to offer, please get in touch with Betsy at advertising@ziwc.ch for a possibility to suit your needs.

Meet the Member



Vivi Jensen

I have always loved adventure and travel. The first trip I ever made was to the neighbouring fields when I was four years old. That ended abruptly, though, when I fell into a water-logged ditch. Fortunately, the family dog found me. Growing up on a rocky island in the Baltic Sea called Bornholm, my first voyage was by ferry to Sweden, a journey of two and a half hours. Later came trips to the Danish mainland, which took seven hours on stormy seas, leaving many seasick by the time of docking in Copenhagen.

At 18 I went to live in Copenhagen, having landed an apprenticeship as an international telephone operator. Bliss! I explored everything on foot. After that I went to the USA as an au-pair to a Mormon family with 11 children in the midst of Pennsylvanian cornfields. Alas, they wanted to convert me, which prompted me to leave early. Back home I trained as a stewardess and worked for a Danish airline, before landing a super job in Japan, as a hostess in a Scandinavian pavilion in Sapporo. Spending a year in Japan at age 22 had a great impact upon me. After that I got a position as a tour leader for Danish groups travelling to America.. Then came a stint in The Danish food center in Manchester and later a job as a travel guide on the Dodecanese Islands, based in Kos, Greece.

I met my husband in Greece, where we worked together. He was an entrepreneur and started a software company in Copenhagen. Working with him and a team of colleagues took us to London, where he opened a company. Later we lived in Palo Alto, California, as the company branched out. Weekends spent on Highway 1, going to Monterey or San Francisco in our red Ferrari with the overnighter in the boot, which was pure heaven.

Back in London I studied at Sotheby's and also worked at their auction house in Bond Street. Antique hunting has always been my hobby and when I got commissioned by a Danish antique shop to find objects, I would roam the countryside in Devon in a Range Rover in search of markets and auctions.

I came to Switzerland 18 years ago with my husband and two black Labradors. We flew to Zurich and then continued in a helicopter to Oberaegeri, landing in a cow field. As we walked down the hill to our house, the smell of cows hung in the air and the church bells were ringing. It was a beautiful Indian summer day in November.

Walking our dogs one morning, I met a former ZIWC Member, the late Britt Andersson who was walking her Dalmatian. She wholeheartedly recommended that I join ZIWC for the Balls! She needed to say no more, I promptly joined!

I have since helped the Club by being Lunch Club Organiser for three years and now I'm organising the Aegeri Area Coffee for the third year. Thanks to the voluntary work of its Members, the Club offers so many activities, there is something for everyone. Even if you prefer hiking to dancing!

ZIWC achieve silver medal placing for the Zugerberg Finanz Trophy club section

Our motivated group of walking ladies are delighted to achieve a silver medal placing in the 'Verein' ranking of the Zugerberg Finanz Trophy.

With 224 and 218 starts respectively, superstars Kathryn Watson and Sarah Paul lead the internal rankings. Kathryn and Sarah have been friends for years and have enjoyed 'leading' the team charge. They do however, emphasise that second place in the club rankings is definitely a team effort.

What excites Kathryn, Sarah and their colleagues about the trophy? "We really enjoy taking part because it gets people of all ages out into the fresh air. There is something for every fitness level among the different routes." The women from Australia, Belgium, England, Canada, Sweden, Denmark, South America, Holland, Germany and Switzerland mostly walk. "Due to our different backgrounds, there are always very interesting conversations. We like to combine this with exercise in nature. And the open routes naturally make it much easier to collect kilometres," say the two.

After 19th place in 2022 and 8th place last year, the ZIWC is delighted with the silver medal. And which is Sarah and Kathryn's favourite stage? "Steinhausen, the path through the forest is simply beautiful." It is exactly there that the official starting signal for the 21st edition of the Zugerberg Finanz Trophy will be given in just six months, on March 22, 2025.

Congratulations to all our fabulous walkers for this incredible achievement!

Adapted from **zugerbergfinanz-trophy.ch/news/blog/detail/wir-verabschieden-uns-in-die-winterpause/**











Styger Stiftung
für Kinder

ZIWC
Zug International Women's Club



During this Club year of 2024-2025, ZIWC is supporting the 'Styger Stiftung für Kinder' as its charitable organisation of choice. The Foundation was set up in 2010 by Simone & Marco Styger. President Simone Styger runs the foundation together with her husband Marco Styger and four associates.

The aim/purpose of the Foundation is to support children in Switzerland who need extra social support. Helping children who are cared for in shelters is the main focus for the organisation. Here are a few examples of projects they have supported:

- Children who would like to attend a school camp, music lessons or be member of a sports club, but whose parents/or the home they live in have insufficient funds to support this
- Easter Bunny visits to Children's Home 'Chinderhuus Sonneschii'
- Supporting children/young adult empowerment (Projekt Vivavoce)
- Supporting Spielgruppe Crami, Zurich (playgroup), needing outdoorwear so that children can play outside in all weathers

All proceeds raised go directly to the projects, running costs of the Foundation are paid by Styger & Partner, the Investment Company of Simone & Marco Styger.

As many of you know it is tradition for the Club to organise a raffle during the Seasonal Evening where you can win wonderful prizes. New this year, we are introducing a second raffle with the more exclusive prizes to be won.

Saakje Daalhuijsen-Beijnen
ZIWC Charity Coordinator 2024-2025





Seasonal Evening
Christmas Movie Night Quiz

Get ready for a festive night full of fun, laughter and a little friendly competition! This year, our annual Seasonal Evening will be a Christmas Movie Quiz Night - a chance to test your knowledge on your Christmas movie index! Come dressed as your favourite Christmas Movie Character. Will you be the next Elf, the Grinch or Jo March from Little Woman? The choice is yours! Bring a dish or baked goods to share - a great way to showcase your culinary talents and enjoy a variety of festive flavours!

We will have an exciting raffle with all proceeds going to our charity of choice: the "Styger Stiftung für Kinder". Enjoy a glass (or two) of gin, knowing that the proceeds will go to the good cause. So, mark your calendars and get ready for a night of Christmas cheer and a bit of movie magic!

Date: **21 November 2024**

Time: 18:30 - 22:30

Where: Pfarreizentrum St. Michael, top floor, Kirchenstrasse 17, Zug

Costs: **ZIWC Members Cooking/Baking**
10 CHF (for Members that will bring a dish or baked goods to share)
ZIWC Members Not Cooking/Not Baking
35 CHF (for Members who don't have time to cook or bake)

Dress code: Come dressed in a festive or Christmassy manner, but if you fancied we would love to see you dress as your favourite Christmas movie character.

Menu: A variety of dishes and baked treats supplied by our lovely Members

Drinks: A welcome drink will await you as you arrive. There will also be wine, water and soft drinks available. And last but surely not least, the Gin bar will be available throughout the evening.

Registration: Please register on website - early registration recommended for our menu plans. Please note that ZIWC cancellation policy and accident insurance rules apply.
See page 4 for details

Booking & Payment Deadline: **6 November, 2024**
Zug International Women's Club, Post Finance, 6340 Baar.
A/C No 17-521935-3,
IBAN CH40 0900 0000 1752 1935 3.
Please state "Seasonal Evening" and your name on the payment.

How to get there: Located at the heart of the Zugerberg parking is nearby at the Casino and public transportation with bus 1 - 2 - 5 - 6 - 7 - 11

Contact: Linda at annualevents@ziwc.ch

Escapes

Basel Christmas Market



Date: 9 December 2024

The Experience: The most wonderful time of the year is again upon us! 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

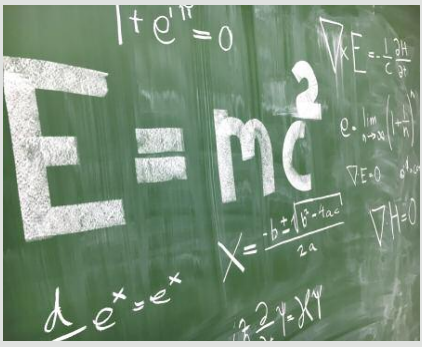
Transportation Cost: ZIWC subsidises a portion of the cost of transportation for Members. This cost depends on the total number of participants and category of SBB pass holders (GA, Half, none). The total will be communicated 2 weeks before the date of the Escape. The travel time to Basel is approximately 1.5 hours.

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

Booking deadline: Please RSVP no later than November 15.

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.



Math Coaching with Alexandra Seclaman, PhD

Math must not be a source of stress.

I have years of experience teaching math to individuals of all ages. Whether it's school exams, further education tests, or Excel challenges, feel free to reach out to me. I offer tailored lesson plans, a goal-driven strategy, and a focus on meta-learning to support your progress.

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

PKZ fashion Apero for ZIWC

You wear the outfit, the outfit doesn't wear you…

As the days become autumnal and it gets dark earlier, it's time to do our wardrobe change and get ready for cooler weather and darker colours. Just after the autumn equinox, on 25 September, around 50 ZIWC Members and guests headed for an evening's fun and fashion at the PKZ store in Zug for an exclusive fashion apero and style workshop.

The Club's banner outside greeted guests and around closing time at 18.30, ladies began to arrive and were welcomed by Rita Rüttimann, the store manager, Valentin Huss, Marketing Manager and the friendly staff, who took our coats and gave us generous glasses of prosecco. There were inviting trays of savoury snacks and tiny cakes distributed around the store as everyone chatted and greeted friends.

When everyone had arrived, we were ushered into the designer room where chairs awaited us for a presentation by the vivacious stylist and visagist Melanie Cantaluppi from Basel.

She says 'For me, style has nothing to do with fashion. Style means having the courage to have your own character and embrace your own personality.'

Melanie showed us the latest autumn colours (maroon is the headliner) and how to combine them, whether for business wear or leisure, 'switching' languages as she called it with obvious enthusiasm and pleasure so that it was a delight for us to listen and pick up lots of tips to take home with us. Afterwards, Melanie and the staff were available to advise and many took advantage of this opportunity to discover the wide range of clothes and accessories in a store which some had not known before. Meanwhile, more chatting, networking and sipping went on and many ladies were admired in their new outfits. The store generously gave us a discount on the evening's purchases and a goodie bag to take home.

Apparently, some ladies were reluctant to leave and stayed shopping till 22.00, making the evening a success for the store too. Some of the Club Members had brought guests who were so taken by the event and our friendly Members that they decided to join the Club, thus proving a bonus success for the ZIWC. Ms Rüttimann said it was such a pleasure to host an evening for such lovely ladies that she would be happy to welcome us again in the future.







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.
NOTE: No meetup on 25/12

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: Riviera Cafe, Dorfstrasse 19, 6319 Walchwil
Contact: Sarah Paul at paulfamily@bluewin.ch or on 079 279 9748
NOTE: No meetup on 26/12

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

Contact coffee

Thank you Karina Oud for opening up your home to host our October Contact Coffee. It was a fantastic afternoon for our new and longstanding Members to get to know each other over a cup of coffee, delicious cakes and a glass of bubbly …

Keep an eye on the ZIWC events calendar as another contact coffee will be coming in the new year!



Life's 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!

- 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!

NOVEMBER:

Date: **Monday 18 November**
Where: Fischerstube, Unter Altstadt 12, Zug. The Fischerstube is one of the oldest inns in Zug and boasts more than 500 years of history. In addition to first-class cocktails, the Fischerstube also offers excellent mocktails, wines and beers.
How to get there: This bar is in the heart of the old town, 1 minute walking from the clock tower.
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

DECEMBER:

Date: **Tuesday 17 December**
Where: Sky Lounge on the 18th floor of the Uptown building next to the Bossard Hockey Arena, offers a unique view over Zug best enjoyed with a spectacular cocktail in good company.
How to get there: Bus 606 and 616 stop right in front of the building at bus stop Stadion, train station Schutzengel is only 4 minutes walking away.
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
November Lunch Club

Restaurant Schiff, Zug

By November we will be ready for a cosy, traditional atmosphere and some delicious Swiss cuisine - so we are heading to the Restaurant Schiff on the lake of Zug. **restaurant-schiff.ch/**

We have a reservation for eight Members on **Wednesday 6 November** at 12:15.

The Restaurant is located on the first floor of the premises at Graben 2, 6300 Zug

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 4 November 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.







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or call Jane @ 078 603 5931

ZIWC Dinner Club
November Monthly Dinner

In November, when we all want to enjoy a cosy home and warm food, we will return to our local roots after a journey around 10 different countries in 2024, which started in Thailand and will finish in the beautiful Swiss Alps. Join us for a delicious fondue in one of the iconic fondue restaurants in central Switzerland, the famous Swiss Chalet. If you haven't been here before now, make sure you sign up for this last Monthly Dinner of 2024. If you don't like fondue, you will be able to choose à la carte on the day (just make sure that you mark the second option when you sign up).



When: **Thursday, 14 November, 18:00**

Where: **Swiss-Chalet**, Luzernerstrasse 204, 6402 Merlischachen (041 854 54 54). The Merlischachen train station is a 10 minute walk away. There are many parking places available on the other side of the restaurant that are free and belong to the hotel and restaurant. For more information please visit **www.swiss-chalet.ch**.

Group limit: 12 Members. Please register online (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself or if you want to cancel your registration)

Booking deadline: **Monday, 11 November**

Contact: Valerie Gitter on 079 763 46 06 or at vgitter@bluewin.ch) for any questions or if there are no more places and you would like to be on the waiting list.

Menu: **Option 1)** Cheese fondue • **Option 2)** Any dish from the à la carte menu (you can check their menu online). Please mark the option online.

If you decide to cancel your reservation to any dinner, please let the webeditor@ziwc.ch know (if it's a long time before) or inform Valerie by WhatsApp (079 763 4606) if it's within three days of the event, so that somebody else can take your place.

A word from Valerie, our Dinner Club Organiser extraordinaire...

Dear Members,

It's time to say goodbye to leading this Interest Group, which I started in 2018 after leaving the Board. The Club has organised the 'Monthly Lunches' since its foundation, and as a working woman I thought many would like to join a dinner, since they did not have time during the day to meet other women.

I have met some incredible women and enjoyed every single conversation, have scouted for hidden gems for dining, trying different cuisines and made sure to try them out in advance. This has taken a lot of time which I have enjoyed, but it's time for someone else to do that now. It has been a real pleasure to plan and host ten dinners each year for all these years and I would like to thank everyone who has joined me in this journey!

Wishing you all a lovely winter season and hope to see many of you at this, my last dinner, the Seasonal Evening or the Samichlaus Breakfast.

Valerie Gitter

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

ZIWC Business Network

Show & Sell!

Join us for a fun ZIWC Business Network Apéro Event on **Tuesday 26 November**…

Venue: Fischerstube, Unter Altstadt 12, 6300 Zug
Time: 18:00 - 21:00 or later..
Registration fee: 20 CHF via the online ZIWC Club Calendar

We have taken over the Cellar Bar at the Fischerstube in the Altstadt for our exclusive use to enjoy a fun evening with ZIWC Members. **fischerstube.ch/**

On the evening of Tuesday 26 November, six of our wonderful Members will share with you the secrets of their businesses, products or services. Each will have 10 minutes (strictly!) to share their story and persuade you that they have a product or service that should interest you. There will also be the opportunity for you to buy their products - it might just provide a great opportunity to pick out some Christmas presents!

The evening will start at 18:00 with a welcome Apéro. The Show & Sell starts at 18.30 sharp, and the timing for each presentation will be strictly enforced to provide lively and engaging entertainment for all present.

At 19.30 there will be an open bar and finger food for all (until the budget runs out!), with the opportunity to mix and mingle in this unique venue, as well as buy or sample products on sale.

There are just 25 places available for this event which is open to ZIWC Members only; places will be allocated on a first come first served basis.



Cancellation: if you must cancel please do so by contacting the Business Network Coordinator Ailbhe Fallon at BNG@ZIWC or by calling 078 698 5160 as soon as possible, but definitely before 22 November. Cancellation after that date will forfeit the registration fee - as well as the fun!

German lessons for children from 3 to 7 Years old in Cham, Menzingen, Oberägeri, Steinhausen, Unterägeri, Walchwil and Zug.
For more information visit **www.wunderfitzundredeblitz.ch** or call 041 780 54 28



Wunderfitz und Redeblitz GmbH

Roaring 20s Extravaganza!

Save the Date…

Join us for a night of glamour, gambling and dancing, as we take you back to the Roaring 20s!

Date: 21 February 2025
Location: **Legends Club**, General-Guisan Strasse 6, 6300 Zug

Dust off your best flapper dress and pinstripes and get ready to roll the dice and dance the night away! Members, partners, friends, colleagues and neighbours are invited...

More details to come, but for now please mark your calendars.



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BOOK A SHIP

November 2024

MONDAY	TUESDAY	WEDNESDAY
		
4 8:00 **Outdoor Morning Fitness** 9:00 **ESCAPE: Cheese Passport visit 4 APPENZELLER.** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation**	**5** 10:00 **Badminton**	**6** 8:00 **Outdoor Morning Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 12:00 **Monthly Lunch** 13:30 **Wednesday Hiking**
11 8:00 **Outdoor Morning Fitness** 9:30 **Mum and Kids Brunch** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation**	**12** 10:00 **Badminton**	**13** 8:00 **Outdoor Morning Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
18 8:00 **Outdoor Morning Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation** 19:00 **Cheeky Cocktail Club**	**19** 9:30 **Cooking Group** 10:00 **Badminton** 16:30 **Winetasting, Hünenberg**	**20** 8:00 **Outdoor Morning Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
25 8:00 **Outdoor Morning Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation**	**26** 10:00 **Badminton**	**27** 8:00 **Outdoor Morning Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Games Night in Cham**
		

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
	**1** 9:15 **Friday Fitness Hike**	**2** SATURDAY **3** SUNDAY
7 9:30 **Book Club "Walk the Talk"** 12:00 **French Lunch Club** 15:30 **Italian Conversation**	**8** 9:15 **Friday Fitness Hike** 11:30 **VZug Cooking Course**	**9** SATURDAY 14:00 **A Magical Musical for the Whole Family: The Enchanted Toyshop** **10** SUNDAY 14:00 **A Magical Musical for the Whole Family: The Enchanted Toyshop**
14 10:00 **Aegeri Coffee** 18:00 **Monthly Dinner**	**15** 9:15 **Friday Fitness Hike** 16:00-20:00 **Solo Art Show by Mansi Shah**	**16** SATURDAY **17** SUNDAY
21 10:00 **Cham Coffee** 12:00 **French Lunch Club** 18:00 **ANNUAL EVENTS: Seasonal Evening** 18:00 **Joint Stammtisch with IMCZ**	**22** 8:00 **Outdoor Morning Fitness** 9:15 **Friday Fitness Hike**	**23** SATURDAY **24** SUNDAY
28 9:30 **Walchwil Coffee**	**29** 8:00 **Outdoor Morning Fitness** 9:15 **Friday Fitness Hike**	**30** SATURDAY
		

December 2024

MONDAY	TUESDAY	WEDNESDAY
		
2 8:00 **Outdoor Morning Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English conversation**	**3** 10:00 **Badminton**	**4** 8:00 **Outdoor Morning Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
9 8:00 **Outdoor Morning Fitness** 12:00 **ESCAPE: Christmas Market Basel** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation**	**10** 10:00 **Badminton**	**11** 8:00 **Outdoor Morning Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
16 8:00 **Outdoor Morning Fitness** 9:30 **Mum and Kids Brunch** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation**	**17** 9:30 **Cooking Group** 10:00 **Badminton** 16:30 **Winetasting Hünenberg** 19:00 **Cheeky Cocktail Club**	**18** 8:00 **Outdoor Morning Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
23 8:00 **Outdoor Morning Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation**		
30 8:00 **Outdoor Morning Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation**	**31** 10:00 **Badminton**	

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

THURSDAY	FRIDAY	WEEKEND
		 1 SUNDAY
5 9:30 **Book Club "Walk the Talk"**	6 8:00 **Outdoor Morning Fitness** 9:00 **Friday Fitness Hike** 9:00 **ANNUAL EVENTS: Samiclaus Breakfast**	7 SATURDAY 8 SUNDAY
12 10:00 **Aegeri Coffee**	13 8:00 **Outdoor Morning Fitness** 9:15 **Friday Fitness Hike**	14 SATURDAY 15 SUNDAY
19 10:00 **Cham Coffee** 15:30 **Italian Conversation** 18:00 **Joint Stammtisch with IMCZ**	20 8:00 **Outdoor Morning Fitness** 9:15 **Friday Fitness Hike**	21 SATURDAY 22 SUNDAY
 26	27 8:00 **Outdoor Morning Fitness** 9:15 **Friday Fitness Hike**	28 SATURDAY 29 SUNDAY
 **Things happening in Zug** **8 Dec: Märlisuntig**		

Slow Magic Yin Rituals to ground and prepare for the stress of the Christmas season



I used to love Christmas Eve as a child, but not so much any more. By the time my family and I gather to celebrate around the Christmas tree, I feel so exhausted and stressed that all I can think of is sleep. The Christmas marathon starts usually right after Halloween, when we begin to be bombarded with Christmas commercials for decorations, gifts and party outfits. Everything becomes so hustled and grind that I easily lose the whole point of this holy day!

If you are like me, almost reaching a point of Christmas Fatigue and even phobia, if you are dreading the Christmas hustle, it is time to do something about it.

Wheel of the Year

In an attempt to re-think and re-create the Christmas spirit, to re-connect with the sense of joy around the winter holidays and in full opposition to global consumerism, I took an exciting trip back in time.

Going down the rabbit hole of Christmas traditions and origins, I found out about the *Wheel of the Year* : a modern conceptualisation of cyclical seasonal celebrations that follow the ebb and flow of darkness and light over the course of a year.

The Wheel of the Year contains eight holidays: four solar festivals (the equinoxes and solstices), and four fire festivals (each Celtic in origin, marking the halfway point between solstice and equinox). T*he Wheel of the Year* is based on various folk traditions, pre-Christian Germanic Gods and myths, regardless of the historical practices of world civilisations.

The wheel teaches a lot about ancient traditions and rituals, interpreting and celebrating the cyclical nature of life and how the passage of time influences our internal clocks. It helps you find more meaning and connection with the past, without overspending. *The Wheel of the Year* reminds us about the long-lost connection with our communities and the respect we owe to nature and our ancestors' wisdom.

To keep it simple, the *Wheel of the Year* is a powerful tool that will help you make your own traditions and celebrate in a more simple and yet rich in memories way. It will charge you with childlike enthusiasm and delight, adding more meaning and purpose to everything you do.

Is shopping a tradition of Christmas?

You may be surprised, but shopping and gifting were not really associated with Christmas in the past. In fact before there was Christmas, the Germanic peoples and Neo-pagans (*modern Paganism*: family of new religions that all take their inspiration from the extinct pre-Christian religions of Europe, North Africa, and West Asia, using historical and archaeological source material) celebrated Yule, one of the oldest winter solstice festivals (the longest night of the year). Yule is one of the 12 holidays in the Wheel of the Year.

Occurring annually sometime between the 20th and 22nd of December (or June in the southern hemisphere), this solar festival is derived from the Norse *Jól*, Danish *Jul*, or Old English *Geol*. During the winter solstice, a space of utter stillness, quietude, and rest, the light of the sun is reborn.

There are several rituals, recipes and decoration symbols used to celebrate Yule, but most of all this festival reminds people to use this time of the year for reflection, honouring the dark, and spurring new hope.

How to transform the mundane into sacred?

In a world where people spend so much money to tap into exclusive experiences, travel to exotic islands and explore divine beauty, the most accessible way of transforming the mundane into a heavenly life experience is through home rituals.

Rituals have the power to bring you in the present moment, to ground you and to slow down time - the holy grail of modern living. Have you ever thought that we age faster because we fill in our days with so much that we don't feel the passage of time? Thus time is never enough and we never get to enjoy what we do on this crazy busy treadmill of modern life.

Bringing rituals into daily life can help you move through busy times in a way that feels graceful and deliberate, instead of rushed and routined.

Think of the joyous rituals that all cultures share around the ideas of birth, marriage or festivals. At their best, these rituals give us a framework within which we can explore the idea of change and growth, we pause to notice the passing of time and celebrate it.

How to party with purpose and touch of the mystical

Make a wreath of evergreens (like yew, holly, pine, mistletoe, and ivy). As simple as this may sound, this tradition symbolises everlasting life, protection, and prosperity. Besides being seasonal, the yew tree is traditionally associated with eternity and reincarnation, holly and ivy ward off negative energy, pine has healing magic, and mistletoe brings fertility and abundance.

Another ritual is dedicating a few minutes of your day to **meditation and journalling.** Yule is a festival of rebirth, marking the point at which the Sun begins to return to us. However, the winter solstice is the darkest day of the year, so this is the best time to reflect and set intentions before the year's end. Plus journalling is a great way to declutter your mind, let go of those things you don't need any more in your life and set intentions for the new year. You can make this practice extra special by surrounding yourself with crystals and burning incense to add a sense of relaxation and elevate your mood.

Three of my favourite crystals for this time of the year, which are also used in Yule rituals are: **red jasper** (to balance the energy and improve focus), **moonstone** (protection) and **amber** (to calm the body, mind, and encourage the body's natural healing processes).
Another Yule crystal is **Bloodstone** to remind us of the resilience and renewal of life.
Crystals are a great way to add more harmony and sense of peace into your home.

This is the time to light candles everywhere and burn incenses:
Pine: Brings the crisp, clean scent of evergreen forests into your space.
That 'walking in a winter wonderland' vibe indoors, minus the frostbite.
Peppermint: Invigorates and refreshes, like a brisk winter breeze.
Myrrh: A deep, warm aroma that encourages reflection and spiritual connection.
Cedar: Grounding and comforting, like a cosy cabin sheltered in a winter forest.
Cinnamon and Clove: The olfactory equivalent of a warm hug from your favourite aunt who always slips you an extra cookie.

One more ritual I love is taking a long warm bath with Epsom salts, dry lavender, rose petals and some rose oil. The rose's spiritual meaning is unconditional love and it symbolises the heart. Adding rose petals to your bath not only looks beautiful, but it elevates your mood and encourages the feeling of self-love and acceptance.

Here is one of my favourite recipes for **self-love body scrub:**
5 tbsp of Coconut oil
1 tbsp of sweet almond oil
7-10 tbsp of sugar
Fresh rose petals
5 drops of rose essential oil
A tablespoon of Honey

There are many ways to make the time till Christmas and after really special without spending much. Whether you are making your own mulled wine or cider, decorating your evergreen wreath or baking cookies and inviting friends to share a meal, everything can be turned into a ritual when you set intentions and use your own imagination. Sometimes rituals can be simple gatherings with friends and family where we share stories fostering a sense of wonder and connection with ancient traditions.

Lately another bygone ritual has been gaining popularity - **women's circles,** where a sense of community and connectedness is braced. Women have started again to initiate circles, or small gatherings where they exchange ideas, heal together from the past, honour their ancestors and learn about witchcraft, while celebrating the feminine lineage and connecting with one another on a personal level.

These circles have become a powerful antidote to the stressors of modern life and social isolation. If you want to enhance your holiday experience I invite you to look for such Women Circles in your area, that are regularly organised around Full and New Moon or to celebrate the Wheel of the Year festivals. If you are lucky you may find a circle offering the Mysteries of the Rose Ceremony. Good luck!

By Tsitaliya Mircheva, mumsinheels.com for ZIWC



Samichlaus Breakfast

The festive season is upon us, and we couldn't be more excited to celebrate with you at our annual Samichlaus Breakfast! Join us as we come together to share a delightful morning filled with great company, delicious food and warm holiday cheer. Let's toast to the wonderful moments we've shared this year, celebrate our achievements, and embrace the magic of the season. It's the perfect way to connect with fellow Members reflect on the year gone by, and kickstart the holidays in style! Dress in your festive attire and bring your holiday spirit - we can't wait to see you there!

Date: **6 December 2024**

Time: 9:00am to 12:00pm

Where: Park Hotel Zug, Ensemble Room, Industriestrasse 14, CH-6302 Zug

Costs: 35 CHF

Dress code: Festive Winter Glam with a touch of gold (get your inspiration from the winter forest)

Menu: Breakfast Buffet that consists of a continental breakfast, English breakfast, some yoghurts, a choice of cereals and muesli and fresh fruits. Please notify Linda of any allergies

Drinks: Orange juice, grapefruit juice and multivitamin juice • Coffee/Tea • Normal and Sparkling Water • Prosecco as Apero



Entertainment: Festive Background Music

Registration: Please register online

Booking & Payment Deadline: 21 November, 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 Samichlaus and your name on the payment.

How to get there: Hotel located behind Metalli. Parking available at Metalli Shopping Mall. There is also parking available directly under the hotel. Parking fee of CHF5 for hotel day guests.

Contact: Linda Sharpe at annualevents@ziwc.ch

Switzerland Comes of Age: Direct democracy and the Constitution of 1874

Over the past 200 years, Switzerland has developed a unique model of government and direct democracy is the key to its success. As an example of this giving 'power to the people', Switzerland was recently the only country in the world whose citizens were able to vote on a COVID-19 law.

The federal state was founded in 1848 but there had long before been a tradition of establishing principles of living together from the 'bottom-up': through the municipalities, through the cantons and up to federal level. Switzerland is sometimes called a '*Willensnation*', a country built on the will of the people, based on freedom, equality and self-help, self-determination, self-responsibility and the tradition of the 'Landsgemeinde', where citizens voted on issues in the open air, dating from the Middle Ages.



The constitution of 1848 established the Confederation with the Bundesrat (Federal Council) and the two-chamber system of government (National and Ständerat). However, the government was dominated by the power of industrialist Alfred Escher and friends, known as the 'Bundesbarone'. Together they founded many modern institutions and services including the big banks, the Eidgenössische Technische Hochschule Zürich (ETH or Federal Technical School Zurich) and the railways, but the ordinary man had little to say. Some cantons had begun experimenting with reforms such as the people's veto and referendums on laws but these were restricted to the local level.

During the 1830s a reform movement sprung from the middle classes: doctors, teachers, farmers, civil servants, business owners but also factory workers. By the 1860s this had formalised to include petitions, broadsheets, and newspaper article writing and distribution but there was no clear leader of the movement. The German-speaking cantons had the tradition of the Landsgemeinde and the French-speakers were influenced by the ideas of the French Revolution but ideas came from people all over the country, predominantly from the liberals. Opposition came from the Catholic Church as it had in the years leading up to 1848. At this time, the Church exercised a lot of influence and control; over the school system, who could get married, and even graveyards! In 1870, the doctrine of papal infallibility was established and the Catholic church was very concerned about the liberal movement in Switzerland. Added to that, the Franco-German war of 1870 highlighted the desolate state of the Swiss army, for whom the cantons were responsible but had neglected.



Celebrating 150 years of Zug communities (1874–2024)

These factors caused the Bundesrat to set about reforming the constitution and eventually, in 1874, the majority voted in favour of it. The main features were:

- Direct democracy: citizens can force a referendum against a law if they collect enough support (then 30,000 signatures, now 50,000)
- Religious freedom for all (Jewish people were allowed to vote)
- Measures to control the influence of the Catholic church
- The Army was to be centrally organised and every Swiss (male) citizen obligated to perform military service
- Civil marriage was established; the civil register and graveyards were made a federal matter
- Education was made obligatory for boys and girls. The cantons were charged with providing sufficient free primary education, to be run by lay people
- Judiciary: a permanent federal court (Bundesgericht) was established in Lausanne and the death penalty abolished (to be restored only 5 years later)
- Economic freedom: freedom of trade and commerce was established, which promoted industrialisation

The reforms were criticised by the Catholic church but in 1891, the Catholic-Conservative Bundesrat Joseph Zemp was elected into the Bundesrat, ending the liberal domination and thus forming the basis of the system of *Konkordanz*, or government by consensus, uniting all parties in a coalition government, the system which exists to this day. However, proportional representation would not be introduced for another 50 years and it would take almost another 100 years until women were allowed to vote in 1971. Those dependent on alms (armengenössige), the impaired (beeinträchtige), those banned from taverns (!) and the insolvent were also not allowed to vote.



Though the 1848 constitution allowed freedom of movement of the people, it didn't allow those who moved to another municipality to vote in local elections. The new constitution corrected this and the unified municipality (Einheitsgemeinde) was divided into three units: Bürgergemeinde, for those old-established families, the Kirchgemeinde for religious and pastoral issues and the Einwohnergemeinde for civil and voting/suffrage matters.

The various local authorities in canton Zug are celebrating this 150 anniversary year with various activities and these can be found here: **150i.ch/**

The Brauerei Baar has even brewed special beer and there is a dedicated website with archive material here: **stadtarchivzug.ch/18grad/18grad_01_20231221_schlaeppi-konstituierung**



Making Connections Through Music

Are you wondering how you (and/or your partner) can meet new people in Switzerland? One approach that you might want to consider is through joining a local choir.

You might be wondering if you have to be fluent in German in order to join a choir. We think that most choirs in canton Zug will have at least one person in the choir who speaks a bit of English, and you can think of the experience as a great place to work on your German language skills! Singing with others brings many benefits: social interaction, increased wellbeing, lowered stress, better breathing and posture. Learning new songs can be cognitively stimulating and singing has even been shown to help those suffering from dementia **ox.ac.uk/research/choir-singing-improves-healthhappiness-–-and-perfect-icebreaker.** Kathryn joined a women's choir when she lived in Germany years ago and found it was a great place to practice German and meet new people. She still keeps in touch today with a friend from that choir.

You also might be thinking about what level of music training you might need. While being able to read music can be helpful, the level of expected music experience can vary, depending on the choir. Many choirs are happy to let you come try it for an evening to see what you think.

There are many choirs you could consider in our canton and you can find many of them through a simple web search. Here are just a few of them:

- Audite Nova Choir: This choir often performs with renowned soloists and orchestras auditenova.ch (Suzy ZIWC Chairwoman is a member!)
- Chor Zug: They hold two main concerts per year in early November and late January and sing pop, rock, and various other genres including gospel. (chorzug.ch)
- Gospel Voices Zug: They aim to bring locals and expats together through gospel music (gospelzug.com)
- Zug Show Choir: part of the ETGZ (English Theatre Group of Zug), they focus on performing show tunes at a high quality level at various types of events throughout the year (zugshowchoir.ch).
- You can also check out the local music school in your community. For example, the Zug Music School offers various choirs for all ages to join, from primary school to adults. They also offer singing lessons for all ages (musikschulezug.ch).
- Not to be overlooked are church choirs in your community.

We can point you towards two possibilities in Cham for your consideration:

Carmen sings with the church choir at St. Jakob (Catholic) church.

- Practices are Wednesdays from 19.45 to 21.45 at the Städtli I school in Cham
- They typically sing at 5-6 services throughout the year
- Project singers (ad hoc members) are welcome to join for either the Christmas or the Easter programme (this usually lasts two months)
- No prior music education is required, everybody is welcome and their director, Maxime Thély, speaks English

Kathryn sings with the Chomer Kantorei at the Reformed Church in Cham

- Practices are Wednesdays from 19.30 to 21.00, held at the church
- They sing about once/month, September – June
- Often the choir sings a song or two in English for the services
- They welcome singers of all levels

Zug celebrates the many choirs that can be found here (yodelling, church, oratorio, gospel, pop, women's, men's as well as children's choirs) and will be holding the 3rd Zug Choral Night in September 2025. In their 2022 event they hosted 35 choirs on 8 stages giving a total of 69 concerts! **zugerchornacht.ch/teilnehemrchöre-2022/chöre.**

Feel free to contact either one of us if you might like to give either of the church choirs in Cham a try: Carmen.rueggeberg@gmx.de or k.dawsontownsend@gmail.com. We'd be happy to talk with you!

By **Kathryn Dawson-Townsend** & **Carmen Rüggeberg**

Interest Groups

SPOTLIGHT ON...

French Lunch Club

A bi-weekly spontaneous lunch in downtown Zug where French will be practised. Don't feel shy to join. If you have native French or want to brush up on the French language, don't hesitate to join and contact Anja Beck on 079 470 0012 so you can be added to the WhatsApp group and stay up to date with all the latest happenings.

November dates:
Thursday 7 November
Thursday 21 November

Meeting time: 12:00
Location: to be communicated via the WhatsApp group



Board Games



Do you like Board games and/or playing cards? Unwind, or get your competitive side out and this while meeting new people?

Then this group is for you !

Date: **Every last Wednesday of the month**
Meeting time: 18:30
Where: Cham (details will be shared in the WhatsApp group)

If you are interested, please register online, so we have an idea how many we will be. If you have any questions please contact Veerle at interestgroups@ziwc.ch

NEW: Monday Brisk Walkers

This Interest Group does a walk in the Zug area lasting 1.5 to 2 hours every Monday afternoon. These walks are 6-8 km at a brisk pace, on flat terrain, with short stops if necessary, and a coffee break at the end. The Group Members take turns in choosing and leading the walks and meet every Monday at 13:30. The weekly meetings are shared through WhatsApp so if this group appeals to you, don't hesitate to get in touch with the coordinator.

Contact details: Patrizia Melera on 079 651 0137 or p.melera@bluewin.ch



Mums and Kids Group



ZIWC Mums & Kids Group

Event: Mums Brunch

Address: Elefant Baar, Dorfstrasse 1, 6340 Baar

Phone: 041 781 6777

Date: 11 Nov 2024 and 16 Dec 2024

Time: 09.30 am

Registration: Strongly Encouraged online on the Club Calendar or by WhatsApp to Betsy Ballew on 078 676 9727.
Brunch is the responsibility of the attendee.
Menu and Pricing may be found HERE

Plan: Meet-up for brunch, allow the kids to play while the ladies enjoy adult conversation and fun together.

In addition…

We are looking for someone who is able to coordinate gatherings during the week. Betsy will assist with this.

Please feel free to step forward and contact Betsy if you are interested.

Contact details: Betsy Ballew 078 676 9727

IMCZ RED WINE CIRCLE FRIDAY 15TH NOVEMBER 2024

IMCZ is proud to announce the third Wine Circle Event to be held in the Pulver Tower in Zug Old Town, Friday 15th November from 18:30 till 23:00.







Event dedicated to RED WINE of all genres, appellations and regions: Europe, Asia and Americas. Open to men and women over 18, IMCZ members and non members, subject to prior registration no later than November 14th. No walk-ins. Anticipate 20-40 guests.

Register at https://www.imcz.club/event-5750233

No entrance fee, merely the requirement for each guest to bring 1, 2 or more bottles of red wine, that has quality, variety, emotional or locational significance for him or her. We will taste and rate them. Colonia Italiano will provide an apero platter, courtesy of IMCZ, and offer a menu of pizza and pasta. Wine lovers do join us for a fun, interactive and lighthearted degustation and exploration of red wine.

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.
Contact Details: 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 emelyziwc@gmail.com or 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. **Contact Details**: Caroline G. Hoem 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 at +447747446380.

"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** Agnes 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.

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 this is where you want to be. A WhatsApp group is used to communicate further details.

Contact Details: Anja Beck at 079 470 0012

Tapas and Friends ■ Hablas espanol? 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.

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 Hunenberg. 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.

Arts & Cultural Events Group ■ G. Shefika Balaban Brandenberger organises visits to museums, galleries, art exhibitions and some concerts. **Contact Details**: Shefika at gulsef08@hotmail.com or on 076 421 3835.

Board Games ■ Do you like Board games and/or playing cards? Unwind, or get your competitive side out and this while meeting other people? Then this group might be for you! We meet every last Wednesday of the month at 18:30 in Cham. The venue is to be shared closer to the date. Please register online where further communication goes through WhatsApp.

Contact Details: Priscilla Bastos on 076 433 1933

Mums and Kids group

Would you like to meet other ladies (and occasionally the dads or grandparents as well) in the Club with children? We would like to hear from you. **Contact Details**: Betsy Ballew at 078 676 9727 so she can add you to the WhatsApp group.

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.

Monday Brisk Walk

A walk in the Zug area starting at 13.30 lasting 1.5-2h every Monday afternoon. These walks are 6-8km at a brisk pace on flat terrain with short stops if necessary and a coffee break at the end. **Contact details**: Patrizia Melera on 079 651 0137

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. **Contact Details**: Send a WhatsApp to Émely Steegtra-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.

Outdoor Morning Fitness

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 This group is managed via WhatsApp. If you would like to join, please **email** your name & mobile number to interestgroups@ziwc.ch

Zugerberg Finanz Trophy

After a hugely successful season this group will rest for the winter and resume in February 2025.

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

Portuguese language

weekly on Monday at 17h - online - Basic or advanced level (depending on the interest). Please **email** interestgroups@ziwc.ch if interested.

Potential New Groups !!!!

For new ideas or interests: please **contact** Veerle or interestgroups@ziwc.ch



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Save The Date!

2025 Escapes to look forward to

January:
International Balloon Festival in Château-d'Œx

February:
Panoramic Train Journey

Coming soon...
Opera performance at Zurich Opera House

2025 Events to look forward to

Roaring 20s Event – 21 February 2025

Introduction to Yoga/Meditation

Watch this space...

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