ZIWC
Connecting Women
est. 1967

MAGAZINE

Connect!

MARCH / APRIL 2025 | FOR WOMEN • FOR CONTACT • FOR 57 YEARS



www.ziwc.ch

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Dear Ladies,

Welcome to the March/April edition of our Club Magazine.

As we step into the heart of the year, I am thrilled to share all the exciting news and updates from our wonderful community.

First and foremost, I would like to extend a very special welcome to all our new Members. We had a record number of sign-ups in January, and it's heartening to see our Club growing. Welcome to new friendships, fun and joyful events, and many exciting opportunities on offer. We are delighted to have you with us.

Our brand-new website is officially live with a fresh new look and a stunning new logo. The site perfectly reflects the vibrancy and elegance of our club. A sincere thank you to Alicia Toledo and her incredible team for their hard work and dedication in bringing the site to life. If you haven't yet explored the website, go have a look at www.ziwc.ch. It's a beautiful representation of who we are.

I am also looking forward to the wonderful escapes Alicia is organising for us this year. Those who have attended in the past know that these getaways never disappoint. Whether it's a relaxing retreat, a cultural adventure, or a fun-filled excursion, Alicia always delivers something truly special.

As the new Annual Events Chair, I must say how much I am enjoying organising events for the Club. The Harvest & Wine Cruise, the Seasonal Event and the Samichlaus in 2024 were all wonderful events, made even better with your participation. It's been inspiring to see so many ladies stepping up to help out at our major gatherings. This willingness to contribute is a true testament to the incredible community we have built together. Thank you all for your enthusiasm and support, it makes every event even more meaningful. I am also busy working on a few exciting events for 2025, but more will be revealed at the AGM, so stay tuned.



Looking ahead, our Annual General Meeting is coming up in May, and the Board has already begun preparations. This is a key moment for us as a Club, and I encourage everyone to get involved. Don't forget to submit your votes, and I look forward to seeing many of you there as we shape the future of our Club together.

Warm regards,
Linda Sharpe
Annual Events Chairwoman

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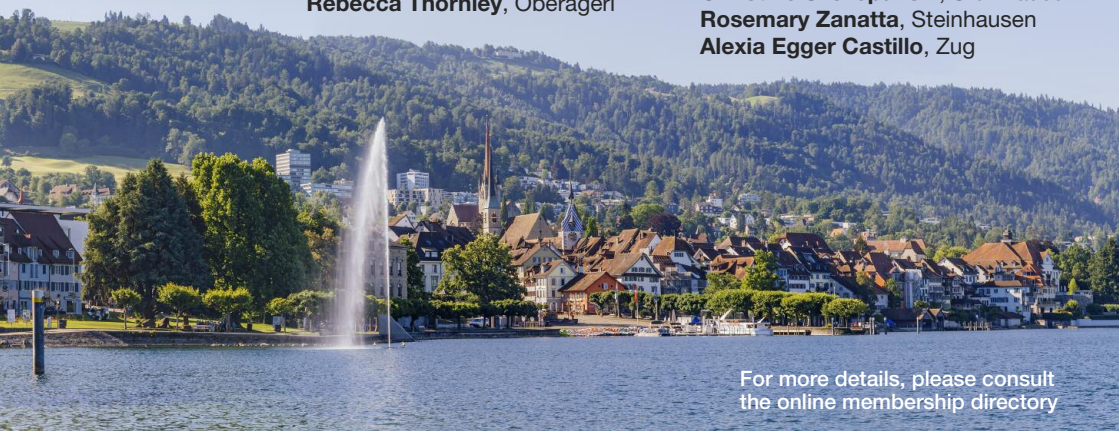
New Members

We warmly welcome our new Members

Zalina Sanova, Zug
Jennie Watteaux, Zug
Roosmarie (Rosie) Vanrusselt, Zug
Sarah Pope, Zug
Aishwarya Sriram, Baar
Linda Cook, Zug
Alsu Askarova, Cham
Rebecca Thornley, Oberägeri

Sara Ghisoni, Zug
Tiffany Fragman, Zug
Reena Raithatha, Zug
Olga Kravchenko, Baar
Nynne Lawaetz, Steinhausen
Adriana Melcher, Zug
Ananda Schommer, Zurich
Naomi Coote, Zug
Yana Haag, Walchwil
Christine Szczepanski, Steinhausen
Rosemary Zanatta, Steinhausen
Alexia Egger Castillo, Zug

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



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

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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.

Thank you Interest Group Leaders!

We welcomed and hosted our Interest Group leaders at the Kostbar in Unterägeri in February. ZIWC hosts 26 interest groups, from conversation classes in many languages, to cooking, knitting and sports of all varieties.

This would not be possible without the dedication and generosity of our Members giving of their time and energy.

Thank you for making ZIWC the amazing Club that it is!





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

The 57th Annual General Meeting of the Zug International Women's Club

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

Monday 12 May 2025

Live @ Siehbachsaal Zug from 18.00 to 20.30 approx **

Agenda and voting details

By 28 March 2025 Members shall vote for

Approval of New Board Members 2025-26

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

Please vote using the attached form

By Friday 28 March 2025 Members should
- Send any motion, objections, suggestions, questions or observations

By Wednesday 30 April 2025
- Members should register online for the AGM (as you would for any other club event) – No late registrations will be accepted. If you are not online, please RSVP by SMS to Leontien on 079 530 7560.
- Proxy should be sent either by mail to AGM@ziwc.ch or by post to Leontien van Rooijen, Blasenbergstrasse 18, 6300 Zug
- Final AGM Agenda and reading material will be posted in the event Calendar.
- The Treasurer's Financial Report will be available on the website.

Vote, motion and proxy shall be sent in writing, by mail to AGM@ziwc.ch or by post to Leontien van Rooijen, Blasenbergstrasse 18, 6300 Zug



About Voting

Voting will be by simple majority vote of Members present, as well as any proxy votes. You may provide your proxy to another Club Member, in writing, if you wish to have that person represent your voting interests at the AGM. Please send your signed proxy statement to AGM@ziwc.ch or to the Club Secretary by 5 May 2025. In the event of a tie, the President has an additional casting vote.

PROPOSED AGENDA

18:00 Apéro

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

1. Approval of the Minutes of the 2024 AGM (Vote 1)
2. Annual Report on the 2024/2025 Club Year
3. Financial Report for the Fiscal Year Ending 31 March 2025
   - Presentation of the Annual Financial Report by Stephanie Alavedra
   - Auditor's Report 2024-2025
   - Approval of the 2024-2025 Financial Report and Discharge of the Treasurer (Vote 2)
4. Any Other Business of the Outgoing Board

19:20 Break

19:30 **Business of the Incoming Board**

5. Announcement of the Board Members for 2025-2026
6. Presentation & Approval of the Budget for 2025-2026 (Vote 4)
7. Election of the Auditors for the Fiscal Year 2025-2026 (Vote 5)
8. Approval of the Annual Membership Fees for 2026-2027 (Vote 6)
9. Any Other Business of the Incoming Board

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SATURDAY

3 MAY 2025

10.00-14.00

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Annual General Meeting 12 May 2025

PROXY VOTING FORM

The undersigned

_____

_____

_____

(Print name and address)

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

_____

_____

(Name and address of appointed person)

To vote on my behalf at the Annual General Meeting of 12 May 2025

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

Date _____ 2025 MEMBER Signature _____

To be sent by 5 May 2025



The 57th Annual General Meeting of the Zug International Women's Club

AGM 2025

Please CUT OUT, PRINT, VOTE, SIGN, SCAN or TAKE a PICTURE and return the signed form either by email to AGM@ziwc.ch or by post to Club Secretary Leontien van Rooijen, Blasenbergstrasse 18, 6300 Zug

VOTING FORM TO BE SENT BY 28 March 2025

VOTE - Approval of New Board Members 2025-26

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

Yes	No	Abstain

MEMBER Name in BLOCK LETTERS _____

Date _____ MEMBER Signature _____

Motion, objections, suggestions, questions or observations

_____

_____

_____

_____

_____



Escapes

Solothurn Day Trip



Date: **Thursday 27 March 2025**

The Experience: Come along as we visit Solothurn, Switzerland's 'most beautiful baroque town'. Solothurn's history is closely tied to the 'holy' number 11. The residents once regarded the number 11 as magical and sacred. In the Swiss Confederation, Solothurn is listed as the 11th canton. The town has 11 churches and chapels, 11 fountains, and 11 towers. Our tour guide will share the history of all things '11' on our visit.

Location: Solothurn

Time: 10:30 - 18:30

Cost: ZIWC will cover the cost of the private tour. A group booking will be made via SBB and the cost communicated to participants. Please make sure to note your SBB pass holder category in your registration.

Registration Limit: 25 people

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

Booking deadline: Please RSVP by 21 March, 2025.

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.



Meet the Member

Anja Fragodt



Hi, I am Anja.

Originally, I am from Kiel, in Northern Germany. Over the years, I have lived in Minnesota, USA, for four years and in Surrey, United Kingdom, for eight years. Since 2012, I have called Buonas, Canton Zug, my home.

I met my husband, Jonathan, while on an expat assignment at Ecolab Inc. in the Twin Cities, Minnesota. Our two boys, Marco and Vincent, were born in England in 2007 and 2008.

My greatest passion is horseback riding. However, after retiring my horse due to age, I found myself with free time on Fridays and decided to pursue my second passion—hiking in the mountains. In 2023, I joined the ZIWC and have since enjoyed many wonderful hikes with Amy's Fitness Hiking Group, where I've met many inspiring and like-minded women.

Amy and I knew each other long before I joined her hiking group, as our children were involved in the same baseball community. My husband coached youth baseball for the Baseball and Softball Club Hünenberg Unicorns. When I retired my horse and had more time, I pursued my third passion, sports management. I became increasingly interested in understanding and supporting the organisational efforts behind the club. This involvement grew to such an extent that I was elected President of the club in March 2024.

Amy is also an active and dedicated member of the baseball community—she serves as a scorer during matches, manages our social media efforts, and supports me in my role as president during our monthly board meetings.

Together, we realised that many in the international community in Central Switzerland, especially in Zug, are unaware that Hünenberg is home to Switzerland's second-nicest baseball field. Our main goal is to raise awareness of the Hünenberg Unicorns and attract new members. That's why we are both excited to introduce the ZIWC community to baseball.

Currently, the Club does not have a softball team, but we are eager to generate enough interest to establish one in the near future.

On the opposite page, you will find more information about the Hünenberg Unicorns baseball teams, including how to get involved as a player or volunteer.

I look forward to meeting you in person at upcoming ZIWC activities! Feel free to reach out through the contact details provided on the opposite page.

Best regards,
Anja

Baseball und Softball Team Hünenberg Unicorns

The club was founded in 1988 by 19 dedicated Swiss baseball fans. Our ballpark is one of only two in the entire country to meet international baseball standards. In 2016, we hosted the U15 European qualification tournament, and we have hosted several practices of the Swiss Elite National Baseball Team to prepare for international competitions.

YOU TOO CAN BE PART OF THE UNICORNS

If you are interested in trying baseball or softball, or would like to play directly in one of our teams, you are cordially invited to contact us. Please send an e-mail to spiko@unicorns.net stating which age group you are interested in (adults, U15 or U12). We will put you in touch with the appropriate coach. We look forward to seeing you!

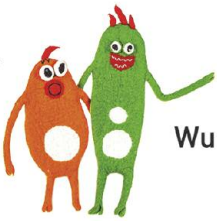


We are always grateful for new volunteers as coaches, assistant coaches, equipment manager, field manager, umpires and scorers as we are striving to further develop baseball in Switzerland. Getting involved with baseball in Switzerland is a great way to experience a “soft landing” in the country and get involved with the local community, volunteer, meet new friends and practice your German with locals who also enjoy speaking English. Please get in touch with us.

PRESIDENT
Anja Fragodt
Contact: president@unicorns.net

PLAYING OPERATIONS / SPIELBETRIEB
Marvin Müller
Contact: spiko@unicorns.net

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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: Hotel 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: Cafe Brändle, Zugerstrasse 23, 6314 Unterägeri
Contact: Vivi Jensen on 076 824 4898 or at vivi.jensen@icloud.com



Contact coffee

Thank you Tania Mobayed for hosting our well attended January Contact Coffee. New and longstanding members had a great afternoon getting to know each other better whilst tasting some delicious cheeses, cakes and fruits.

Keep an eye on the ZIWC events calendar as we will be organising a new Contact Coffee in spring.

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

Cheers to 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!

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 and let's raise a glass to new friendships and unforgettable evenings!

Cheers to the Cheeky Cocktail Club!



CHEEKY COCKTAIL CLUB - GRAND CAFÉ

Date: **Tuesday 25 March**

Where: **Hello! Grand Café**, Bahnhofstrasse 22, Zug.
The Grand Cafe, a central meeting place in the heart of Zug, combines young, modern design with a unique concept. A treat for all the senses awaits you here to enjoy a night full of camaraderie and good spirits.

How to get there: This bar is in the heart of Zug, 4 minutes walking from the Bundesplatz bus stop and Coop City parking and 7 minutes from Zug station.

CHEEKY COCKTAIL CLUB - LOUNGE & VINOTHEK VINORO

Date: **Friday 25 April**

Where: **Vinoro Lounge & Vinothek**, Hauptstrasse 29, Oberägeri.
This unique lounge in the Ägeri valley is where conscious enjoyment meets a cosy, feel-good atmosphere with classic and modern influences. We invite you to linger, chat and enjoy. The exquisite selection of wines, drinks, spirits, whiskey, beers and non-alcoholic beverages meets every taste.

How to get there: This bar is in the heart of Oberägeri, easy to reach by bus from Zug or Baar. Bus 601 from Zug station and Bus 634 from Baar station take you in around 30 minutes to the Oberägeri Fischmarkt bus stop which is just down the road from the venue.

ZIWC Lunch Club

March Lunch Club

Restaurant Aklin - Zug



In March, we plan to dine at Restaurant Aklin www.restaurantaklin.ch/.

This historic restaurant has been a culinary icon for many years, under the direction of Gregor Walker and Olivier Rossdeutsch.

The lunch will take place on
Wednesday 19 March at 12:15

Eight places are available, and it is unlikely that more can be reserved so early registration is recommended. Once the reserved places are filled you can contact Ailbhe to be placed on the waiting list for cancellations.

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 on Monday 17 March; 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.

April Lunch Club

Villa Villette, Cham



By April we will be hoping that "Spring has sprung!" so we are planning to visit the delightful **Villa Villette im Park am See** villavillette.ch/ in Cham.

Situated in a vast park that runs down to the Lake of Zug, the villa is easy to reach on foot from the station at Cham or from the car park of the Lorzensaal in Cham.

The lunch will take place on **Thursday 3 April at 12:15**

Eight places have been reserved to date; if these are filled quickly we may be able to reserve more - early booking of the places reserved would be helpful so that we can find places for all who wish to attend. Once the reserved places are filled please contact Ailbhe as soon as possible so that we can request more places, or to be placed on the waiting list for cancellations.

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 on 1 April; 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
March Monthly Dinner

Our March dinner will be extra special this year! We've chosen **Flanagan's Irish Pub** in Zug to continue the St. Patrick's Day celebrations. Even though it's a little after the big day, the pub's warm Irish atmosphere, the traditional wooden décor and friendly service make you feel right at home. Delicious food, and perfect pints of Guinness will make for a fantastic evening.



When: **Thursday 20 March, 18:00**

Where: **Flanagan's Irish Pub**, Bundesplatz 16, 6300 Zug. Located next to the train station Parking is available in front of the Pub - Parkplatz Bundesplatz/Alpenstrasse, or Parkhaus Citypark, Rigistrasse 3

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

Booking deadline: **Tuesday 18 March**

Contact: Maja Stankovic (079 285 4355, majasta@yahoo.com) for any questions.

Menu: The menu will feature classic Irish dishes – think hearty stews, fish and chips, and plenty of delicious options to enjoy with great company

April Monthly Dinner

Recently reopened, the **Baarerhof restaurant** in Zug has transformed under the management of Rosi and Ivan into a Mediterranean-style venue and added the name 'Olivo', and they are ready to welcome us under the motto "We love what we do". A cozy spot on the main road out of Zug towards Baar, offering a great variety of local products prepared as Italian, French, Greek, and Croatian specialties and accompanied by a great variety of wines.



When: **Wednesday 23 April, 18:00**

Where: **Restaurant Olivo Baarerhof**, Baarerstrasse 65, 6300 Zug. Easy to reach on foot from Zug railway station (8' walk), or by bus No. B603/B604 towards Baar, bus stop Guthirt, one stop). Parking available at the restaurant from Innere Güterstrasse.

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

Booking deadline: **Tuesday 17 April**

Contact: Maja Stankovic (079 285 4355, majasta@yahoo.com) for any questions.

Menu: We will be selecting from their broad variety of à la carte options.

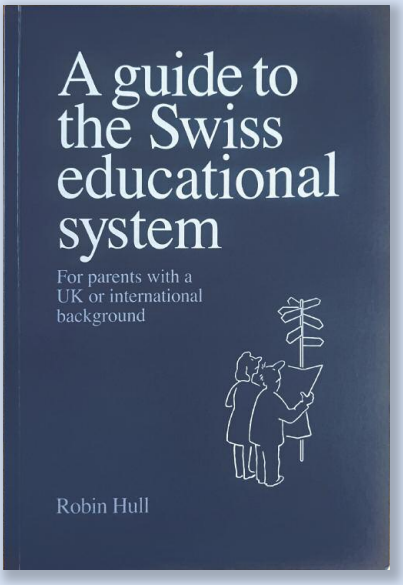
If you need to cancel your dinner reservation, please notify the Webeditor at webeditor@ziwc.ch if it's well in advance. For cancellations within 3 days, kindly inform Maja via WhatsApp at 079 285 4355, so we can offer your spot to someone else if you're unable to attend.

A Guide to the Swiss Educational System by Robin Hull, 2020

ZIWC BOOK REVIEW

You may see a few book reviews popping up in future editions of Connect! These are books we think may hold particular relevance to Switzerland, to expats and to those exploring new worlds and cultures! Our first, the hot topic of The Swiss Educational System! Ed.

Robin Hull, lic.phil, Dip RSA, has English roots but grew up in Switzerland, giving him deep insight into both the Swiss and UK school systems. His book explores key differences, covering teacher roles, assessment methods, university entrance requirements, and special needs education. Written for international parents, particularly from the UK/Ireland, the book aims to highlight critical stages in Swiss schooling, such as the transition to secondary education, and to advise on pathways for university admission or vocational training.



The book provides translations of Swiss educational terms in English, German, French, and Italian and explains regional variations in the system. It is particularly useful for parents navigating schooling in different language areas.

Hull argues that while the UK has the world's best university entrance exam system ('A' levels), Switzerland has the best vocational training system. The Swiss model balances academic and vocational education, producing strong results in global rankings. Universities such as ETH Zurich and Lausanne, the prestigious St. Gallen business school, and top-tier hotel management colleges showcase Switzerland's educational excellence.

At the outset, the book is engaging and humorous, with clear graphics and tables. Later, however, the detailed explanations become dense, and generalisations abound. It offers an excellent overview of elite academic schools (such as Kantonsschule in Zug), vocational middle schools (KBZ and GIBZ), and apprenticeships.

In canton Zug, compulsory education spans nine years, beginning with two years of Kindergarten, where early literacy and numeracy are not emphasized. Hull provides a valuable discussion on language instruction, noting that English is introduced in Year 3 and French in Year 5—a controversial approach. Swiss schools are strong in languages and mathematics, but parents sometimes undervalue the life skills students gain at secondary level, often prioritizing academic subjects instead.

The book compares teaching philosophies, assessment methods, and school leadership in Switzerland and the UK. British education fosters individuality, while Swiss schools emphasize teamwork, consensus, and integration. Around 70% of Swiss secondary students enter apprenticeships or vocational programmes, receiving early training in job applications, CV writing, and interview skills. From age 14, students are encouraged to explore career options through work experience placements.

Hull highlights the permeability of the Swiss system, where vocational students can progress to Universities of Applied Sciences and earn bachelor's or master's degrees. He notes that professions such as IT offer high job security and excellent salaries. However, a common criticism of the apprenticeship model is its limited focus on literature and culture, influenced by employer demands. More traditionally academic students who do not qualify for elite secondary schools often take commercial apprenticeships, creating shortages in skilled trades such as butchery.

For expatriate families, Hull explains the challenges of entering Swiss academic tracks. Admission to elite secondary schools (Kantonsschule) in canton Zug is based on teacher recommendations and German and Maths proficiency, with only 10-13% of students qualifying—significantly lower than in French- and Italian-speaking regions. Non-native German speakers face additional hurdles, and those who do qualify must pass a probation period.

Students with learning disabilities or special needs receive minimal assistance within mainstream classes. Hull also criticises Swiss secondary education for its limited emphasis on extended academic writing and critical thinking. Another important point to be aware of is that exams at Swiss schools are marked internally, whereas GCSEs and 'A' level exams are marked externally.

The book dedicates considerable space to university entrance requirements, emphasising Switzerland's flexible pathways. Master craftsmen, for instance, can achieve university-level qualifications and train apprentices, a role highly regarded in Switzerland.

The appendices include glossaries in the three national languages, notes on cantonal differences, and information on special needs education, as well as a bibliography.

Reviewer's comments: More girls than boys pursue further education post-16, as many boys enter apprenticeships. Career guidance services, such as the BIZ office, support students exploring vocational paths. School sports receive less emphasis than in the UK, with children encouraged to join clubs (Vereine). However, talented athletes can enroll in specialized secondary and post-secondary programmes or study sports at university level.

For borrowing inquiries, contact: connectmagazine@ziwc.ch

Swiss German Corner

Did you ever hear Swiss words that you just couldn't decode or were unable to find the answer on google translate?

We list a few here with a kindergarten/school theme…

Finken/Finkli: slippers, compulsory at KG and school. Originally used to describe wooden shoes or clogs lined with felt to keep them warm. Also used to describe car tyres. And finches!

Do ensure you bring a pair of Finkli for your child on the first day of school!

Lüchzygi: Hi-vis reflective triangles worn by KG and schoolchildren (Leuchtzeichen).

wear your Lüchzygi on the way home!

Ufzygi: homework (Hausaufgaben).

Have you signed your child up for Ufzygi Club yet?

If you have particular favourite Swiss words you'd like to share with us, email us at connectmagazine@ziwc.ch

ZIWC Business Network - Exclusive Visit to FREITAG®

10 April 2025 at 14.30

FREITAG® is a unique Swiss company, founded in 1993 with the philosophy of making real the 'circular economy' by using discarded truck tarpaulins to make robust 'messenger bags' and now making a wide range of products https://freitag.ch/en_CH



On **10 April**, ZIWC will take an exclusive Factory Tour starting at 14.30 sharp at the FREITAG Store NOERD, Binzmühlestrasse 170b/Eingang B, 8050 Zürich. The tour, led by FREITAG team members, will last 90 minutes. At the end of the tour, Members will be invited to visit the FREITAG on-site store and can purchase a wide variety of goods with **10% discount**.

There are **25 places** available for this special event, which is **strictly limited to ZIWC Members** (so renew your membership for 2025/26!). The registration fee is **15 CHF**.

Registration opens on-line on Monday March 3 at 09.00. For those who do not have access to the online registration please email BNG@ziwc.ch or call/text Ailbhe on 078 698 5160 with a message **after 09.00 on 3 March**. **Cancellations**: by **midday 7 April** or earlier so that the place can be allocated to someone on the mailing list.

This event is open to all ZIWC Members and places will be allocated in order of booking/registration. Once all 25 places are allocated, please contact Ailbhe at BNG@ziwc.ch to be placed on the waiting list.

With thanks to Melanie Fürch for facilitating this event.

■ ANNA BLATTERT, CIRCULAR TECHNOLOGIST WITH FREITAG

FREITAG

«WE HAVE TO TAKE A HOLISTIC APPROACH TO THE DESIGN OF OUR PRODUCTS, KEEPING THE END OF THEIR LIVES IN MIND AND ENSURING THAT EVERYTHING CIRCULAR ACTUALLY GOES BACK INTO THE CYCLE.»



Business Network March Apéro:

Tuesday 18 March 18:00 - 19:30.

Following a wonderful Networking Apéro in February - so many Members! so many new faces! - we will return to Áugu Bar. Once again it will be a drop-in event as this is a nice way for new Members to be introduced and to meet other Members.

The event is open to all, but please register so that we can make sure there is space allocated! If you would like to introduce a potential Member or if you are not a Member, please register or email Ailbhe at BNG@ziwc.ch to be included on the guest list.

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FOR MORE INFORMATION ST-KLEMENS.CH

Escapes

Morges Tulip Festival Day Trip



Date: **Tuesday 29 April 2025**

The Experience: Morges hosts the Tulip Festival, a must-see event with over 140,000 flowers and around 350 varieties of tulips. Join us for this day trip as we enjoy this edition themed around 'water'. Organised by the Morges Fleur du Léman association, this festival celebrates the beauty of flowers and nature.

Location: Parc de l'Indépendance, Morges

Time: 08:00 - 19:30

Cost: ZIWC will cover a portion of the cost of transportation. A group booking will be made via SBB and communicated to participants. Please make sure to note your SBB pass holder category in your registration.

Registration Limit: 18 people

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

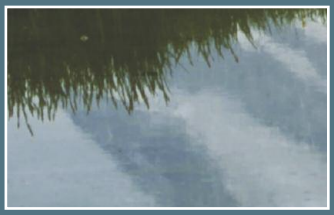
Booking deadline: Please RSVP by 18 April, 2025.

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.

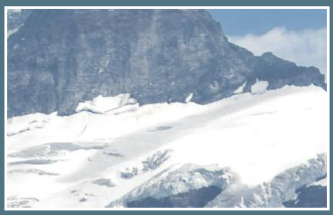


March 2025

MONDAY	TUESDAY	WEDNESDAY
		
3 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**4** 10:00 **Badminton** 14:30 **Gardening Grow Your Own**	**5** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
10 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Online Conversation**	**11** 10:00 **Badminton**	**12** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
17 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**18** 10:00 **Badminton** 16:30 **Italian Wine Tasting** 18:00 **Business Network Apero**	**19** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 12:15 **Monthly Lunch** 13:30 **Wednesday Hiking**
24 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**25** 10:00 **Badminton** 19:00 **Cheeky Cocktail Club**	**26** 8:00 **Morning Outdoor Fitness** 9:00 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Boardgames**
31 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**		

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** SATURDAY **2** SUNDAY 10:00 **ESCAPE: Zurich Opera House Chamber music brunch**
6 9:30 **Walk the Talk Bookclub**	**7** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**8** SATURDAY **9** SUNDAY
13 10:00 **Aegeri Coffee**	**14** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 9:30 **Mums & Kids Brunch**	**15** SATURDAY 9:00 **The Passion Test Workshop** **16** SUNDAY
20 10:00 **Cham Coffee** 18:00 **Joint Stammtisch with IMCZ** 18:00 **Monthly Dinner**	**21** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**22** SATURDAY **23** SUNDAY
27 10:00 **Walchwil Coffee** 10:30 **ESCAPE: Solothurn** 18:00 **Zugerberg Finanz event 'Financial Markets Outlook 2025'**	**28** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**29** SATURDAY **30** SUNDAY 10:00 **Mums&Kids Indoor Popup Playground**
		

April 2025

MONDAY	TUESDAY	WEDNESDAY
	**1** 10:00 **Badminton** 14:30 **Gardening Grow Your Own**	**2** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
7 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**8** 10:00 **Badminton** 16:30 **Italian Wine Tasting**	**9** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
14 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**15** 10:00 **Badminton**	**16** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
21 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**22** 10:00 **Badminton**	**23** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:00 **Monthly Dinner**
28 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**29** 8:00 **ESCAPE: Morges Tulip Festival** 10:00 **Badminton**	**30** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Boardgames**





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

THURSDAY	FRIDAY	WEEKEND
3 12:00 **Monthly Lunch** 9:30 **Walk the Talk Bookclub**	**4** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 9:30 **Mums and Kids Brunch**	**5** SATURDAY **6** SUNDAY
10 10:00 **Aegeri Coffee** 14:30 **BN: Visit to FREITAG®**	**11** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 9:30 **Mums and Kids Brunch**	**12** SATURDAY **13** SUNDAY
17 10:00 **Cham Coffee** 18:00 **Joint Stammtisch with IMCZ**	**18** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**19** SATURDAY **20** SUNDAY
24 18:00 **Walchwil Coffee**	**25** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 19:00 **Cheeky Cocktail Club**	**26** SATURDAY **27** SUNDAY








Thriving into Spring 2025: A Guide to Mindfulness, Strength, and Vitality.

As the Swiss landscapes awaken with the arrival of spring, it's the perfect time to refocus on health and wellness. For internationally-minded women living in Switzerland, embracing a holistic approach to well-being is essential for longevity and quality of life. The latest research on women's health highlights the importance of mindfulness, strength, and vitality—three pillars that can help us navigate the challenges of modern living while thriving in our bodies and minds.

Mindfulness: Cultivating Inner Balance

In 2025, the science behind mindfulness continues to reinforce its benefits for mental and physical health. Stress management is particularly crucial for women, as chronic stress has been linked to hormonal imbalances, increased inflammation, and accelerated ageing. Practising mindfulness—whether through meditation, breathwork, or simply being more in the present—can help regulate cortisol levels, improve sleep quality, and enhance emotional resilience.

For expat women, mindfulness also plays a role in fostering a sense of belonging. The transient nature of international living can sometimes lead to feelings of disconnection. Engaging in local mindfulness practices, such as forest bathing on the Zugerberg or mindful walking along lake Zug or the Ägerisee, can strengthen our connection to nature and community. Digital tools like guided meditation apps or mindfulness-based stress reduction (MBSR) courses available online can support you getting going with such mindfulness techniques.

Strength: Building Resilience from Within

Physical strength is a cornerstone of longevity. Recent research underscores the importance of resistance training for women, particularly as we age. Strength training is not just about aesthetics; it plays a critical role in preventing osteoporosis, maintaining metabolic health, and enhancing overall mobility.

Our local cities offer numerous options for staying active, from high-quality gym facilities to outdoor fitness parks and yoga studios. Women should aim to incorporate strength training exercises at least twice a week, whether through Pilates, weightlifting, or functional bodyweight workouts. If you prefer a more social approach, joining one of our hiking or walking groups or trying out bouldering—a growing trend in Switzerland—can be both empowering and enjoyable.

Moreover, strength extends beyond the physical. Emotional and mental resilience are equally vital. Learning new skills, engaging in meaningful work, and building strong social networks contribute to our overall well-being. The Swiss concept of **"Gemeinschaft"**—a deep-rooted sense of community—reminds us that strength also comes from supportive relationships. Seeking out women's circles, expat support groups, or professional mentorship programmes can help cultivate emotional resilience.

Vitality: Nourishing Your Body and Energy

Vitality is about feeling energised and vibrant at any age. The latest research in women's health and longevity emphasises the role of nutrition, circadian rhythm alignment, and metabolic flexibility.

Local farmers' markets offer access to seasonal, nutrient-dense foods that support optimal health. Spring brings an abundance of leafy greens, asparagus, and berries—rich in antioxidants and phytonutrients that combat oxidative stress and support cellular health. Embracing a Mediterranean-inspired diet, which includes high-quality fats, lean proteins, and fiber-rich foods, has been linked to increased lifespan and reduced risk of chronic diseases.

Equally important is metabolic flexibility—the ability to efficiently switch between burning carbohydrates and fats for energy. Intermittent fasting, when done mindfully and in alignment with individual needs, has shown promise in supporting women's metabolic health. However, fasting should be adapted to one's hormonal cycle, as women's bodies respond differently to extended fasting periods compared to men.

In addition, prioritising sleep and aligning with natural light exposure can enhance vitality. You can easily find the perfect setting for optimising circadian health—morning exposure to natural light while enjoying a lakeside stroll, limiting blue light in the evening, and ensuring a restful night's sleep can all contribute to sustained energy levels.

Embracing a Holistic Swiss Lifestyle

Switzerland's wellness culture offers a unique blend of tradition and innovation. Thermal baths such as those in Baden or the recent pop-up saunas around the lakes of Zug and Zurch provide therapeutic benefits of hot and cold exposure, while modern biohacking trends, like red light therapy, are gaining traction. Taking advantage of both can further enhance well-being.

As we step into spring 2025, let's embrace health as an evolving journey. By integrating mindfulness, strength, and vitality into our daily lives, we empower ourselves to live with more energy, resilience, and purpose. Whether it's through mindful moments in nature, strength-building practices, or nourishing our bodies with wholesome foods, the Swiss lifestyle offers endless opportunities to thrive.

Here's to a vibrant and fulfilling season ahead!

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



Baumer Trauerfeiern Zürich



Season opening

13 April 2025

From mid-April, daily cruises will once again be running across the lake. An impressive programme awaits you. Enjoy **brunch**, leisurely **lunch** or **evening cruises** with a culinary or music-based focus.

www.zugersee-schifffahrt.ch

Schifffahrtsgesellschaft für den Zugersee AG
phone 041 515 58 58 | info@zugersee-schifffahrt.ch

What a night to remember!

ROARING 20s EXTRAVAGANZA

Filled with anticipation we surreptitiously whispered our secret Speakeasy password and magically entered the elegant, dimly lit bar of the EVZ Legends Club, tonight's setting for the Prohibition-era theme party, not that it stopped anyone from sipping on a welcome 20s inspired signature cocktail with a twist or that exquisite coupe of chilled champagne. Gorgeous Art Deco table decorations in gold, silver and white with elaborate plumes and a wonderful retro photo booth, were the ultimate lavish backdrop for our glamorous golden era dress code, the perfect excuse to go all out – this was definitely an evening for any minimalists to steer clear! And our ZIWC dames really took it seriously, dressed up to the nines with feathers, pearls, sequins, glitzy headdresses and fabulous flapper dresses paired with sexy red lips, cigarette holders and long gloves….. the total wow look! And not to be outdone, our handsome Great Gatsby men in their dashing black tuxes (some even with pocket watch!), caramel suits, Fedoras, top hats or newsboy caps, so chivalrously played along!

Our extravagant theme, the more the better, encouraged loud laughter, wild music, the clinking of glasses and high stakes at the gaming tables. Crisp dollars exchanged for chips in hand, the tension and excitement as the wheel spun, the wager began, "rien ne va plus"! This was a night of elegance, opulence and decadence!

The "Roaring 20s", an age of prosperity and indulgence and we befittingly feasted on an











exquisite flying dinner of international delicacies of couscous salad, caprese, focaccia, carrot soup, satay skewers, Flammkuchen, Zurich veal strips, risotto with mushrooms and pea patties.

Amply fortified, now came the moment many of us had been waiting for, as we all hit the dancefloor to get our instruction for the popular and so typical dance of the decade, the Charleston. Twisting, our toes in, heels out, arms sexily swinging with feather boas in hand, exalted and bursting with energy, we frivolously flapped our arms and legs to the music as we danced this wild, emancipating dance, so scandalous in its time!

Liberated and happy we were served some sweet treats (a much needed sugar shot after all those sharp moves) of crème brûlée, brownies and sorbet before our favourite DJ Neil treated us to his top playlist including our No 1 ABBA. Leaving a telltale trail of feathers in our wake we honoured our best dancer Vivi, our best dressed dame, Olga and best dressed Gatsby Mathijs and as his pocket watch struck midnight it was time for carriages 20s style!

Dear Linda, a big thank you to you and your team for your inspiration and vision to create such an amazing evening.





NEED A PROFESSIONAL

Headshot?

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We are offering professional headshots on the **last two Fridays every month** for only **50 CHF**. This includes shooting & editing of two different poses/outfits.
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Interest Groups

ZIWC Mums & Kids Group

Mum's Meet up on 14 March, 4 April and 23 May 2025

Time: 09.30

Address: **Elefant Baar**,
Dorfstrasse 1, 6340 Baar
041 781 67 77

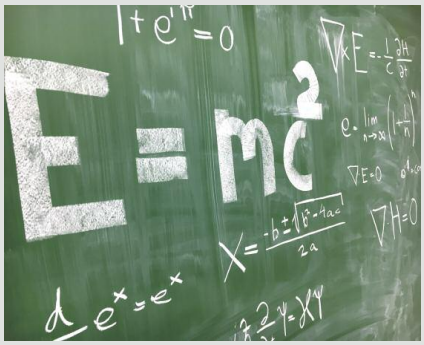
Registration: Preferably online or by WhatsApp Betsy at 078 676 97 27
Consumptions are the responsibility of the attendee.

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.







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 :)

Interest Groups

ZIWC Mums & Kids Group

Meet-up Freiruum Indoor Pop-up Playground

Meet-up for pop-up playground fun, allow the kids to play while the ladies enjoy conversation and fun together.

Address: Zählerweg 5, 6300 Zug, 041 510 86 06

Date: 30 March 2025

Time: 14.00 - 18.00 (flexible end time)

Registration: WhatsApp Betsy on 078 676 9727, cost of entrance and consumption are the responsibility of the attendee.

Pop-up Playground Pricing and Reservations may be found HERE



ZIWC Mums & Kids Group

Adventure Cruise around Lake Zug

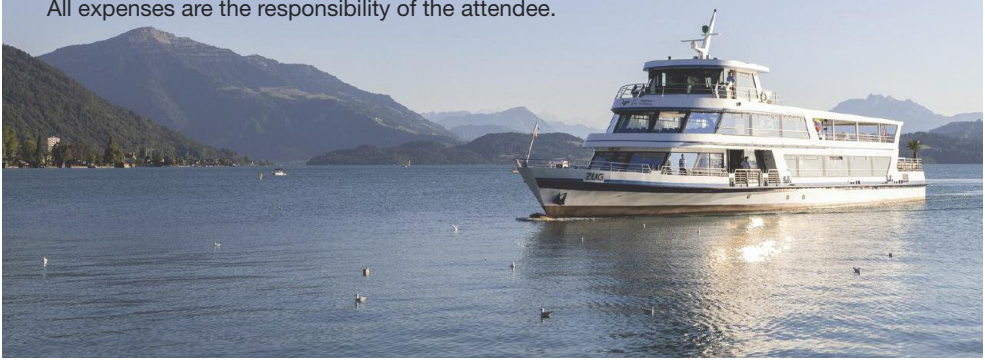
Meet-up for an adventure cruise at Zug Bahnhofsteg to embark on an adventure. Enjoy some family fun on Lake Zug, which does not let boredom arise. Young and old go on an adventure trip on the ship and solve puzzles.

Date: 18 May 2025

Time: 14.00 – 16.45

Address: Zug Bahnhofsteg, +41 41 515 58 58

Registration: Book your tickets here: https://reservation.zvb.ch/buchung-tischplatz/468/18242/74?lang=en to secure your journey or message Betsy via Whatsapp at 078 676 9727 for questions. All expenses are the responsibility of the attendee.



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Create your own event for corporate or private occasions. Otherwise, join our public cruises with interesting celebrities from Zug.





BOOK A SHIP

Interest Groups

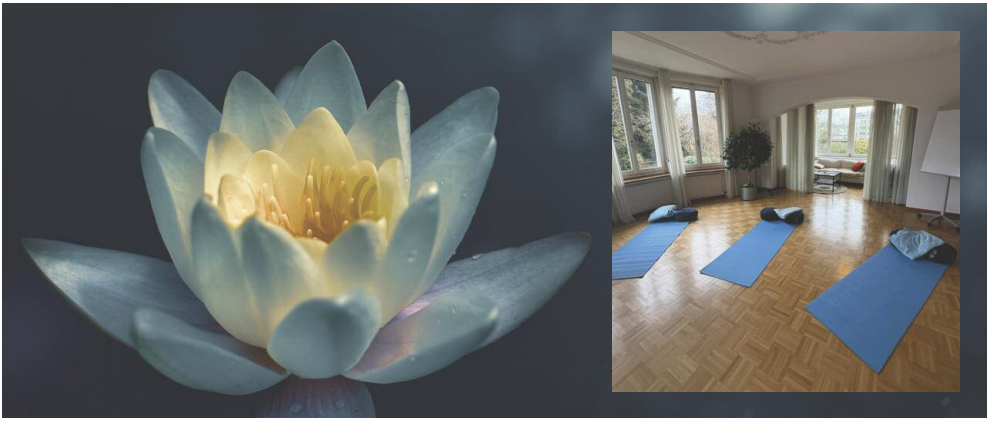
Zugerberg Finanz Trophy (ZFT): Starting again on 22 February



After a very successful year where we came in second place, we are starting again with lots of enthusiasm and energy.

This initiative is a clever and free way to get the people of the Canton Zug moving, walking, running or cycling. We have a Whatsapp group you can join, to know when other Members are doing the walks. First sign up on ZFT webpage, set up your profile and ZFT ID. Register and include 'Zug International Womens Club' as your Verein and let's get some kilometres on the ranking list. When you are ready to go, contact Sarah on Whatsapp, so she can add you to the groups and you can start walking with fellow members.

Contact details: Sarah Paul 079 279 9748.



Spotlight Event Introduction to Meditation Mindfulness

Tatiana hosted a great event with ladies attending from all levels of meditation practice. The purpose, techniques and different styles of meditation were clearly explained before we were led in some warm up and stretching exercises. After that, Tatiana guided us through some deep meditation practices. I was rewarded with a completely new and very powerful experience of total tranquility and inner peace.

Very much looking forward to the next session guided by Tatiana.

By **Émely**

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 accident insurance
• Please always check the Club website calendar for any updates and changes regarding the dates, time and location of all our events.
• Please Note: A no-show for a free event will result in a penalty fee of 25 CHF

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!! ■ **Restarting in March!** 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. We meet on the first Tuesday of the month from 14:30 - 16:30. The forthcoming dates are: 4 March, 1 April, 6 May, 3 June. Please register online if you want to participate.

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 well-being. Topics will be wide ranging and will include any aspect of healthy living which we deem to be of interest, such as stress reduction, attitude, 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 another authorised medical practitioner. **Meet**: The Group meets in person once per month on Thursday mornings from 09:30 to 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.

CONVERSATION

English Conversation Class ■ Weekly on Mondays 18:00 – 19:00. Classes will be via Zoom. **Contact details**: Bridget Storrie at +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. **Meeting Details**: every **Wednesday morning from 8:30 to 10:00** (new participants please contact Agnès before joining). Park Hotel, Industriestrasse 14, 6302 Zug.
Contact Details: Agnès Reicke at agnes@reickeglaus.ch or on 079 693 23 93.

Italian Conversation ■

For Italian language lovers If you are a fan of Italy's food, wine, fashion, and culture, here is your chance to learn the nuances of its beautiful "singing" language. Cristina Rocco, a native Italian speaker, is looking forward to welcoming new ladies! We'll have conversation, always open to giving some grammar insights if needed. **Meeting Details**: Currently the meetings take place at **La Taverna Metalli Zug**, on a regular basis on **Thursdays**, from **15:30-16:30**. Always check the Club calendar and Whatsapp chat for latest updates. **Contact Details**: Cristina Rocco on 079 444 40 56 or at cristinarocco64@outlook.com

French Lunch Club ■

A bi-weekly spontaneous lunch in downtown Zug, where French will be practised. If you're 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 on 079 470 0012.

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 exhibition 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, 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. **Contact details**: 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 ■

This 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 Details**: 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.
Contact Details: 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 Balaban Brandenberger at gulsef08@hotmail.com or on 076 421 3835.

Board Games ■

Do you like board games and/or playing cards? To unwind, get your competitive side out while meeting other people? Then this group might be for you. We meet on the last Wednesday of the month at 18:30 in Cham. The venue is shared closer to the date. Please register online, further communication is via Whatsapp. **Contact details**: Priscilla Bastos on 076 433 1933.

Mums and Kids Group

Would you like to meet other ladies (and also dads or grandparents as well) with children in the Club? We would like to hear from you. **Contact Details**: Betsy Ballew on 078 676 9727 to be added 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. All levels welcome. The Group meets weekly on a Tuesday at 10:00 in Sports Zugerland Zentrum. **Contact Details**: Basia Powell at uciechosia@yahoo.co.uk or on 079 715 5137.

Monday Brisk Walk

A walk in the Zug area starting at 13:30 lasting 1.5-2 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. **Contact details**: Patrizia Melera on 079 651 0137.

Intermediate Walking/Hiking Group

Walks of around 1.5 to 2.5 hours every 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. The Group Members will take turns in choosing and leading a walk. **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 suits. We share our tee times and practice times in our Whatsapp Group. If you fancy joining, please send a Whatsapp. **Contact details**: 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 communicate via Whatsapp. **Contact Details**: Adriana Schiraldi on 079 744 17 46.

Outdoor Morning Fitness

Offering Members free classes on Mondays, Wednesdays and Fridays from 08.00 – 08.45 at St Martins Park Pavillion in Baar. **Contact details**: Sandra on 079 739 3552 or at club276@club.mrssporty.ch

Zugerberg Finanz Trophy

We have a Whatsapp group you can join, to know when other Members are doing the walks. First sign up on ZFT webpage, set up your profile and ZFT ID. Register and include 'Zug International Womens Club' as your Verein and let's get some kilometres on the ranking list. When you are ready to go, contact Sarah on Whatsapp, so she can add you to the groups and you can start walking with fellow members. **Contact details**: Sarah Paul 079 279 9748.

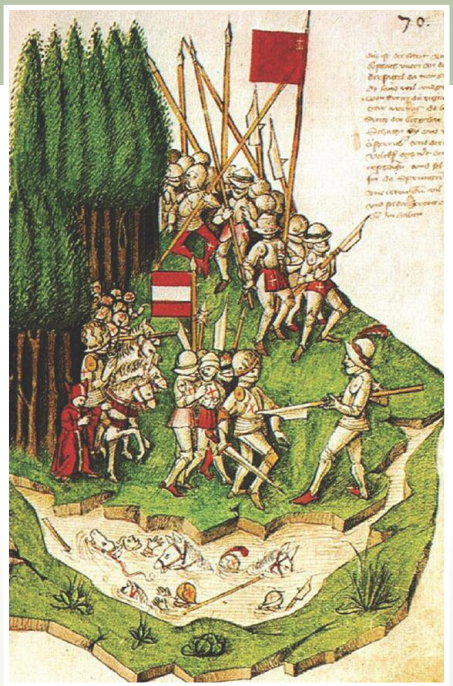
Bridge Club

Teresa Hedinger and her group are looking out for fellow players. They play every Tuesday 15:00 till 17:00 at the Park Hotel. Reach out if you are interested. **Contact details**: Teresa Hedinger on 079 734 5579 or at teresahedinger@yahoo.com

Potential New Groups !!!!

Portuguese language: weekly. Basic or advanced level. If interested please email: interestgroups@ziwc.ch

The Battle of Morgarten



1315 is a date every schoolkid knows (aka Viertel-nach-eins). On 15 November 700 years ago this year, the nascent Swiss Confederation was put to the test, as the three central Swiss cantons of Uri, Schwyz and Unterwalden joined together on the shores of Lake Aegeri to rout the Austrian troops of the Habsburg Duke Leopold I of Austria. The three cantons had previously pledged a defensive alliance in the **Bundesbrief** (Federal Charter) of 1291, which was consolidated after the battle of Morgarten by the Pact of Brunnen (also known as the 'Morgarten Brief') in December 1315, in which the word '**Eidgenosse**' appears for the first time.

The three central Swiss cantons had been given guarantees by former Habsburg emperors that they could operate relatively freely within the Holy Roman Empire but then trouble started over who should become Holy Roman Emperor, a very powerful position and furthermore, Central Switzerland was on very important trade routes. Religion also played a part as monasteries and abbeys held vast lands, were rich and levied taxes, and everyone wanted a piece of the cake. However, the real causes of what became known as the battle of Morgarten are disputed to this day.

The battle of Morgarten, along with many such events of the time, is shrouded in myth and legend and it was not really until the end of the 19th century that it was given much importance. In dispute is the size of the armies but what is certain is that a well-equipped and trained Habsburg army was faced with an improvised militia of farmers and herdsmen, who had little respect for or knowledge of the traditions of warfare and butchered their opponents, many of whom drowned. Legend also has it that the men of Schwyz, the main targets of the invading troops, were warned by friends in Hünenberg, who sent them arrows bearing the message ***'hütend üch am morgarten'*** or watch out at Morgarten, thus enabling them to ambush and demolish the invaders.

This battle was probably the first time **halberds** were used, or pikes. The Confederates discovered that they could easily dismount and attack a knight in armour with such a long, often improvised weapon.

The story of Morgarten would not be complete without a mention of **Werner Stauffacher**, representative (Landammann) of the people of Schwyz, and his wife Gertrude**, 'die Stauffacherin'** (It was rare for women to be mentioned in historical texts, let alone named!). Apparently, following a chance meeting between Werner Stauffacher and Landvogt Gessler (he of William Tell legend), Frau Stauffacher encouraged her husband to join forces against the repression of the hated bailiffs such as Gessler with men from Uri and Unterwalden. The name 'Stauffacher' can be found in the form of numerous streets and public places all over Switzerland and symbolises defence of the homeland.





The battle became a focus for Swiss patriotism over the years but it was not until the end of the 19th century that a memorial was planned for the 600 years' anniversary. Both Schwyz and Zug claimed the battle ground for their own territory, it being disputed because the ambush itself covered a long stretch of ground geographically. Zug prevailed and a monument was erected on the southern shore of Lake Aegeri in 1908. The officials of Schwyz sulked and stayed at home. The location of the monument was the village of Hauptsee, which was re-named Morgarten.

The battle of Morgarten has become a symbol of the Swiss will to defend their country against what the SVP call 'fremde Vögten' (foreign bailiffs), a symbol of bravery, love of freedom and independence. There is a commemorative chapel at Schornen, built by the people of Schwyz and the monument itself, for which the Zug Military Officers' Society took over the responsibility, was built on the land called 'Buchwäldli' and was unusually large. It is dedicated to the 'Heroes of Morgarten 1315'.

Commemorative events will be held later this year. The sites can be visited any time of the year but the Visitor's Centre is only open from April. Every year on 15 November, the battle is commemorated with historical processions, reenactments and shooting competitions. This year, the 700 year celebrations will be something to look out for!

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Find more information and how to register via the link below

fmzug.ch/en/older-age-retirement-and-leaving-switzerland/retirement-made-easy-2

Save The Date!

12 May AGM

Escapes to look forward to in 2025

Looking ahead to the rest of 2025, here are some possible Escapes to look out for in Connect! Magazine and the ZIWC calendar:

- **Paint and Sip Ladies Night**
- **Trip to Firenze**
- **Freiburg Christmas Market**

More coming soon...

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INVITATION
Financial Markets Outlook 2025

Theme:	**Focus 2025:** Economic and financial market outlook. **Focus Switzerland:** Swiss companies often benefit from stable regulatory environments and strong global trade relations. Hear about our focus on Swiss companies and how we invest in volatile markets.
Date:	March 27, 2025
Time:	**18:00 – 18:30 pm** Get-in and Welcome Drink **18:30 – 19:30 pm** Presentations **19:30 – 20:30 pm** Apéro Riche
Speakers:	**Timo Dainese**, Founder and Managing Partner **Tania Mobayed**, Brand Ambassador **Prof. Dr. Maurice Pedergnana**, Chief Economist and Managing Partner **Cyrill von Burg**, Chief Investment Officer
Place:	Zugerberg Finanz, Lüssiweg 47, 6302 Zug
RSVP:	Latest by March 22, 2025, Registration online, limited seating

Online registration

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