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Connecting Women
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MAGAZINE

Connect!

MAY / JUNE 2025 | FOR WOMEN • FOR CONTACT • FOR 57 YEARS



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May 11th 2025
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Dear Ladies,

Here we are—already in the second month of our **2025–2026 Club year**! Time flies when you're surrounded by inspiring women, exciting events, and sunshine stretching into the evenings.

First of all, thank you for the trust you've placed in me and the rest of the Board for another year. We're all delighted to continue this journey with you, and we're already off to a vibrant start. If you've been to one of our lunches, cocktail evenings, or coffee mornings recently, you'll know exactly what I mean. With events filling our calendars and friendships blossoming all around, the energy is high, the conversations are flowing, and there's a sense of fresh possibilities in the air.

I have a feeling it's going to be a year to remember.

So, what's coming up? I'm glad you asked—because there's **so much to look forward to**!

We're getting ready for a **Spring Party** unlike any other, complete with a **line dancing workshop**, great music, and loads of fun. Whether you've danced before or have two left feet, this event promises lots of laughs and a chance to connect.

In May, our **monthly lunch** will go Mediterranean style as we will head to Lugano, and both **our dinners** will follow suit as we visit Olivo and discover the newly opened Piedmontese gem Ciao da Qui.. Sunshine, good food, and great company... What more could we ask for?

Our **Mums & Kids Group** will set sail, enjoying their own special **lake cruise outing**, and of course, our **Cocktail Club**, **sports groups**, **book clubs**, and **hobby groups** continue to thrive. Whether you want to chat over coffee, dive into a great book, hit the trails, or try something new—there's a group waiting for you.

We've already had **two wonderful Escapes** to kick things off—and there's more on the horizon! The August Escape is a little more unconventional but equally fascinating—a **behind-the-scenes tour of the Gösgen Nuclear Power Plant.** Check the calendar for registration details about this once-in-a-lifetime experience.



If you haven't joined an event recently, now is the perfect time. This is what our Club is all about—making connections, trying new things, and creating memories, one outing at a time.

I can't wait to see you out and about, and as always, if you have ideas or want to get more involved, don't hesitate to reach out. This Club belongs to all of us—let's make this year unforgettable.

Warmest regards,
Émely Steegstra Hendrix
President, ZIWC 2025–2026

Contents:

6
ZIWC Charitable Donation 24/25

7
Escape to Hürlimann Spa

9
Annual Event - Line Dancing and Apero

10
Zug
The Cherry Canton

12
Meet the Member Antonia Latter

13
Escape to Gösgen Power Plant

16-17
Lunch and Dinner Clubs

19
Business Network

22
Calendars

36
Swiss Inventions

New Members

We warmly welcome our new Members

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

Olivia Melinda Gloor, Cham
Nichola Preciois, Cham
Janine Canham, Zug
Syed (Dee) Hussain, Baar
Nola Li, Baar
Kate Cully, Baar
Jo Ogram, Oberwil
Margarita Gomez Galvarriato, Zug
Virginie Favre, Allenwinden
Kimberly Hoff, Zug
Mirela Aschenbrücker, Cham
Devyani Rana, Küsnacht
Hannah Schwerzmann, Rotkreuz
Barbara Webb, Walchwil
Asia Valtman, Walchwil
Goranka (Goga) Constantine, Baar
Shehlina Soomro, Zug
Johanna (Annette) Heldt van Arkel, Weggis
Elena Donnellan, Zug
Rita Sonderegger, Rotkreutz
Anastasia (Natassa) Choromidou, Walchwil
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www.ziwc.ch

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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.



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ZIWC gives CHF 2,100 *to support vulnerable youths* via The Styger Stifting



The ZIWC is thrilled to announce our recent donation of CHF 2,100 to the Styger Stiftung, a non-profit charity registered in Zürich. This generous donation will support the Stiftung's vital work with vulnerable adolescents and small private orphanages in need.

The Stiftung's mission focuses on helping young people aged 14-18 who, for various reasons, cannot live with their parents. By providing education, apprenticeships, and opportunities for further development, The Styger Stiftung empowers these adolescents to build a better future for themselves. The charity works with local businesses to offer apprenticeships, covering the wages of these young individuals to help them find stability and purpose. In addition, the Stiftung supports small orphanages by providing practical assistance, such as laptops for schooling or bicycles when none are available, ensuring that even the most basic needs are met.

While the projects funded by the Stiftung are not always large in scale, they are incredibly impactful, providing vital resources for children and young people who are often overlooked. The Board of ZIWC proudly voted to support this important charity during our 2024/2025 Club year.

On 19 March 2025, a cheque for CHF 2,100 was presented to The Styger Stiftung, and we would like to express our sincere gratitude to all our Members whose generosity made this donation possible. Whether through monetary donations, purchasing raffle tickets, or attending events where the fees included a donation to the charity, your support has made a real difference. We also gave toys that we had received from a Member to the orphanage and some costume jewellery, also donated, to the Stiftung to hand out to the children.

"We are deeply grateful for the Women's Club's donation," said the Stiftung's representative Mr Samuel Läderach, who is an enthusiastic voluntary board member for the Styger Stiftung. "Your support gives these young people a sense of purpose and shows them that there are people who care."

Thank you once again to all our Members for their unwavering commitment to giving back to those in need. Together, we are making a tangible difference in the lives of the most vulnerable members of our community.

Escapes

Spa Day and Lunch



Date: Thursday 8 May 2025

The Experience: A wellness day at the Hürlimannbad & Spa Zurich followed by lunch at the B2 Hotel Boutique wine library is the perfect way to spend time together and completely disconnect from everyday life for a few hours.

Included in admission:
- Roman-Irish spa ritual
- Thermal bath and Rooftop pool access
- Bath towel and bathrobe

Location: Hürlimannbad & Spa Zurich and B2 Hotel Boutique

Departure: At 8:15, we will meet at the Zug Bahnhof to ride the train together to Zurich Giesshübel and return after lunch. The approximate return time is 15:00.

Cost: Train transport will be covered by ZIWC. Select which train pass category you hold in the registration section (GA, Half, None).
Each individual will pay the Spa directly during check-in. The price is CHF68.
Additional treatments + massages are available and must be booked in advance.
Lunch is also à la carte (dishes range from CHF20-45).

Booking deadline: RSVP by 1 May. Due to the Spa request, the headcount is limited to 10 ladies. Should the Escape get completely booked, please email Escape@ziwc.ch to be placed on a waitlist.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch

Please register via the ZIWC calendar on the website.

Cancellations: ZIWC Cancellation and Accident Insurance policies apply, see page 4 for details.



Appreciation Evening

ZIWC ladies were invited by the Board to gather in March at Villa Villette in Cham. They were celebrated In honour of their year's contribution to the Club, whether by leading an Interest Group, by volunteering to support an event or through promotional work. We enjoyed a delicious Apero together and enjoyed the opportunity to chat and mingle and cherish our wonderful international women's community.









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Line Dancing & Apero

Get Ready for a Fun-Filled Evening of Line Dancing!



We're excited to invite you to a lively and enjoyable evening that's sure to get your feet moving! No partner is needed for Line Dancing, and it's a great activity for all ages and experience levels. Just wear comfortable shoes, and if you have a pair of Cowboy boots, be sure to bring them along to show off on the dance floor!

Tia, from Skippy Dancers in Steinhausen, along with her talented team, will guide us through the steps and have us dancing like pros in no time. If you're feeling a bit nervous before the class, don't worry—just grab a glass of Prosecco to help loosen up those limbs. You'll be ready to join the fun!

You will be welcomed with a glass of Prosecco. After which, the Line Dancing session will start. This will last for one hour. By this time, we will all be ready to join in a sumptuous buffet of Apero style food, including some delicious cupcakes.

Please sign up and come along for an evening of laughter, movement, and fun!
Date: **5 June 2025**
Start time: 18:30
Ending time: 21:30
Where: Skippy-Dancers, Sumpfstrasse 24, 6312 Steinhausen
Costs: Members ZIWC: **CHF 30**
Dress code: Comfortable clothing and shoes (no open toe shoes or high heels)
If you own a pair of Cowboy Boots, please feel free to bring them along!
Menu: Apero style foods, Cupcake choices
Drinks: A welcome drink before we start the course.
Prosecco, Hugo, Aperol, beer, coffee, tea, mineral water, and soft drinks
Entertainment: **Line dance course and more dancing**
Registration: Please register on website
Please note that ZIWC cancellation policy and accident insurance rules apply.
Booking & Payment Deadline: **22 May 2025**
Payment notification: You can pay online by credit card or to our bank account
Zug International Women's Club, Post Finance, 6340 Baar. A/C No 17-521935-3,
IBAN CH40 0900 0000 1752 1935 3

Please include your name and Line Dance Course and Apero in the payment details
How to get there: Address: Skippy Dancers Sumpfstrasse 24, 6312, Steinhausen
From Zug Bahnhof: Take Bus 606 Zug, Landis & Gyr/Bahnhof - Direction Cham Bahnhof.
Get off at Chamerried. It is a 2 minutes' walk from here.
Alternatively, there are parking spots available in front of the building.

Contact: **Linda Sharpe** annualevents@ziwc.ch

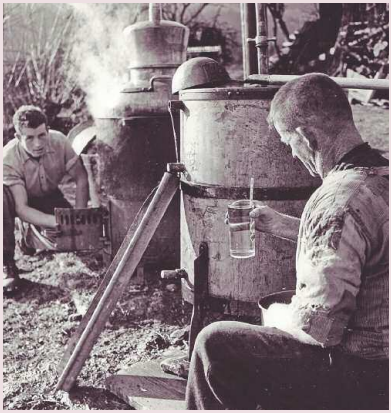


Zug *the Cherry Canton*

The cherry signs at the roadside as you come into Zug announce that you are in the Cherry Canton. The Romans first brought cherry trees to Zug and evidence of this in the form of cherry stones has been found in excavations, notably at Cham-Hagendorn, where the Roman mill was discovered. In Zuger dialect, cherries are called 'Chriesi' and no other product of nature symbolizes Zug as much. There are around 350 different varieties of cherries in Switzerland and they come in a wide variety of colours and shapes. A distinction is made between those for making schnapps, for canning and for eating.



The cherry culture in Zug is around 600 years old and the traditions of the town of Zug, Chriesigloggä (cherry bell), Chriesisturm (cherry race) and Chriesimärt (cherry market) surrounding the Chriesi are the oldest cherry traditions in Switzerland. From 1870, Zug cherries have been exported all over the world, consolidating the excellent reputation of Zug cherry products. In 1915, the first Zuger Kirsch cake went on sale and achieved international recognition. In 2009, the Zug cherry sausage (Chriesiwurst), a new cherry speciality was launched, which within a short time caused a sensation throughout Switzerland and beyond.



In 2008, the Zuger Kirschtorte was officially included in the inventory of Switzerland's culinary heritage. In 2011 cherry growing in the canton of Zug was officially declared a living tradition in Switzerland as part of the UNESCO Convention for the Safeguarding of the Intangible Cultural Heritage. Since 2013, Zuger Kirsch and Rigi Kirsch have been recognised by the designation of origin AOP (Appellation d'Origine Protégée) as a trademark, and since 2015, the Zuger Kirschtorte has been labelled IGP (Indication Géografique Protégée).

Kirsch: Farmers had been distilling their own schnapps (and still do) for years before Kirsch production became industrialised. Cherry distilling in Zug was first mentioned in a document in 1626 and Zug's cherry water Kirsch was already enjoying a good reputation beyond the country's borders in the 18th century.

The Zug region was known for its blossoming cherry trees and its sweet Brennchriesi for distillation. In 1870, a powerful society was formed in the kirsch sector: the Kirschwasser-Gesellschaft to improve the quality of kirsch and boost exports. The association, which received countless international awards and gold medals, maintained its own depots and around 1900 agencies in Europe, Russia, Asia Minor, North and South America and the Caribbean. Zuger Kirsch was

even sold in Cuba. In 1798, there were 17 distilleries in the town of Zug alone. Among the many producers of cherry schnapps, one of the best known is Etter. Production of Kirsch began on the family farm in the early 1800s and the firm was established by Paul Etter at the age of 24 in 1870. After 1981, Etter began to distill other fruit liqueurs and now they export all over the world.

Traditions: In the town of Zug, there is a beautiful story of the 'Chriesigloggä' (bell) and the 'Chriesisturm' (race). The 'Great Bell' is first mentioned in the old town council Minutes on 4 July 1711, and later on 23 June 1769 the so-called 'permission bell' is mentioned. As soon as the bell rang, the people of Zug, armed with ladders and hats, ran to the Allmend (commons) where hundreds of cherry trees belonged to everyone. The first person to place their ladder on the tree owned all the cherries. The custom with the bell and the race was gradually forgotten in the 19th century when the Allmend was divided up into fields.

Since 2008, the 'Zuger Chriesigloggä', the largest bell in St Michael's Church, has rung again every year, signalling the start of the local cherry season. And since 2009, the 'Zuger Chriesisturm' has been held as a spectacular race through Zug's old town. After the bell rings, ten men compete in five teams of two with ladders over 8 metres long. Since 2010, the 'Kindersturm' has also been held with five teams of two and 4-metre-long ladders. Since 2018, there has also been the 'Hutt Race', in which five women with baskets on their back take part. This year, the Chriesisturm will take place on **Monday 23 June**.



The Zug **cherry market** was first mentioned in a document in 1627, making it the oldest cherry market in Switzerland. The market organised by regional cherry farmers has been held every year since then on Zug's town square (Landsgemeindeplatz).

The **Zuger Kirschtorte** was invented in 1915 by Heiri Höhn in Zug's Neustadt neighbourhood. The confectioner was inspired by the immediate proximity of well-known Zug cherry distilleries. Höhn had the cake patented and subsequently won countless national and international awards and gold medals. In 1943, the business was taken over by the Treichler family, who sold the company to 'Treichler Zuger Kirschtorten AG' in 2004. Zug's Kirschtorte are sent all over the world and Winston Churchill and Pope Francis were famous fans. Apart from Treichler, Speck produce not only Kirschtorte but also Kirschstängeli chocolates, Zuger Rötel cakes, celebrating the local freshwater fish, and Chriesistürmli small cakes containing cherries of course, to mark the revival of the Chriesisturm tradition.

The many Zug producers of the Kirschtorte have united in a 'Kirschtorten-Gesellschaft' since 2011 and the cakes are all hand-made.

Another cherry speciality is 'clafoutis' made with cherries, kirsch, eggs and butter.

This year, Zug is honoured to be the guest canton at Zürich's 'Sechseläuten' parade on 23 April and will highlight many of Zug's cherry traditions including a Chriesisturm round the Münsterplatz.

There are world championships in cherry stone spitting (Chriesisteinspucken) in Germany but nearer home, there are sometimes such competitions at the cherry market in Zug.

Cherry stones are also made into cushions to be used as hot water bottles (you can warm them in the microwave) or freeze them to use as cold compresses.

From 8 May - 30 June you can buy stamps at the Post office featuring cherries that smell of cherry when you rub them! Also available on https://shop.post.ch/en/stamps-philately/c/stampsandphilately from 1 May.

Cherries are for the most part healthy and delicious but as a final word of warning:
don't eat too many cherries in one go or you will get a windy tummy!

Meet the Member
Antonia Latter

Antonia has been a Member of ZIWC for at least twenty years- that she can remember! Originally from Zurich, she met her English husband Martin and made a life together in Switzerland. Antonia worked as a handicrafts teacher and Martin in international schools, eventually moving to Zug to set up ISZL, now in Walterswil.





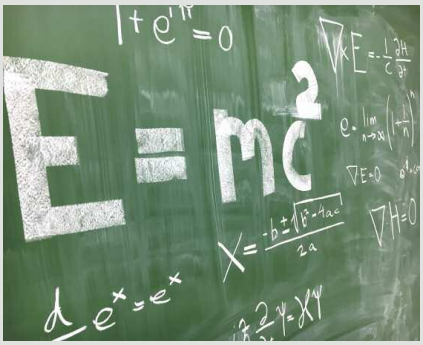


Being involved in ISZL setup kept Antonia very busy and involved in the international community. It was suggested to her to join ZIWC as an extension to that, and she has been an active and valued Member since.

Antonia has run two interest groups from a beautiful space she has access to in Zug's old town for many years and is interested in recruiting new interested Members! First is her 'Knit and Natter' group, where she forms a beautiful space for beginners wanting to know how to knit and crochet, to people wanting support in a creative project such as making a cardigan or scarf.

The second is a Book Reading Group, which is quite loose in its choice of reading. Members are welcome to suggest a book and it is read over the course of the month before a mutually agreed date to meet- via whatsapp group.

Antonia looks forward to hearing from interested Members who are keen to join her!



Math Coaching with Alexandra Seclaman, PhD

Math must not be a source of stress.

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

Escapes

Gösgen Nuclear Power Plant Tour

Date: **Thursday 21 August 2025**

The Experience: Take part in a three-hour tour of the plant. Before you enter the plant with expert guides, you will be given an overview of how the nuclear power plant works through films and models. During the plant tour, you will enter the engine house, learn how work is carried out in the control room, and experience the cooling tower up close.

Location: Kraftwerkstrasse 1, 4658 Däniken

Departure: Departure time will be confirmed but plan for early morning. Travel time is 1.5 hours. The approximate return time will be between 16:00 and 17:00.

Cost: Train transport will be covered by ZIWC. Select which train pass category you hold in the registration section (GA, Half, None).

Booking deadline: RSVP by 8 August. The headcount is limited to 15 ladies. Should the Escape get completely booked, please email Escape@ziwc.ch to be placed on a waitlist.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch

Please register via the ZIWC calendar on the website.

Cancellations: ZIWC Cancellation and Accident Insurance policies apply, see page 4 for details.



Hospitality

Fanny van Dyck
Hospitality Chairwoman

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

Stammtisch

The Hospitality team is pleased to host our Stammtisch.

When: Every Wednesday from 10:00–12:00 (except public holidays)
Where: Park Hotel, Industriestrasse 14, 6302 Zug

Parking is available at the hotel. Your ticket needs to be validated at the reception.

Cham coffee

Karin maintains a WhatsApp group to keep Members informed about attendance. WhatsApp or email her if you will be attending. If you live in the Cham area (Hünenberg, Knonau…) and are interested in joining the coffee, call Karin to be added to the group.

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

NOTE: No Coffee on 19 June due to the Public Holiday

Walchwil coffee

Why not come and join us for a cup of tea or coffee and a friendly chat?

When: Last Thursday of the month, 9:30–11:00
Where: Restaurant Aesch, Hinterbergstrasse 31, 6318 Walchwil
Contact: Sarah Paul at paulfamily@bluewin.ch or on 079 279 9748

NOTE: No Coffee on 29 May due to the Public Holiday

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

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!



May • CIGARS & MORE

Date: Thursday 15 May

Time: 19:00 till late

Where: Cigars & More, Allmendstrasse 14, Zug.

Contrary to its name, the Cigars & More Bar has a large non-smoking area and a nice terrace, so we're all set no matter the weather. This venue will enliven our cheeky night out with cocktails, wines, beers and a wide selection of single malts and rums. Plus of course for the fans- an exquisite collection of hand-rolled cigars. https://www.cigarsandmore.ch/en/home

How to get there: This bar is near the Bossard hockey arena, 2 minutes walk from the train station Zug Schutzengel, the bus stop Arena (bus 606 and 616) and there is plenty of paid parking nearby.

June • BADI BAR

Date: Wednesday 18 June

Time: 19:00 till late

Where: Badi Bar, Siehbach bad, Alpenquai, Zug

Nothing feels more like being on holiday than a cool drink overlooking Lake Zug. Join us for a summery night out, enjoying the sunset whilst overlooking the lake, at the Badi Bar in Zug. The bar serves a variety of alcoholic and non-alcoholic drinks as well as a selection of food. www.badibar.ch

How to get there: This bar is in the Männerbadi (Siehbach Bad) in Zug next to the Rowing Club. It's easy to reach by bicycle and on foot from Schutzengel train station or the bus stops Schutzengel or Schützenmatt with bus 607.

May Lunch Club

ZIWC LUNCH CLUB

Grand Café al Porto - Lugano

Date: **20 May**
Time: Dining at 12.00
Location: **Grand Café del Porto, Lugano**



Now that the fast train to Lugano is back 'on-line', we will repeat our wonderful 2023 trip to Lugano. Lunch is booked at the historic Grand Cafe del Porto and we will dine in the charming **Patio Room**, which is booked for ZIWC exclusively and seats 20 (max). The menu will be circulated so that orders can be submitted in advance.

Lugano is a wonderful place to visit with extensive shopping, sight-seeing and cultural possibilities - other than lunch the day is yours to spend as you wish.

Just 20 places are available. Once the reserved places are filled you can contact Ailbhe by email or text (see below) to be placed on the waiting list for cancellations.

Please register on the Club website from **10:00 on Saturday 3 May** 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 Friday 16 May: 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.
The Club's Cancellation Policy will apply.

June Lunch Club

Fischerstube Seerestaurant - Lauerz

Date: **Thursday 12 June**
Time: 12.30
fischerstube-lauerz.ch/



Our lunch in June will take place at the lakeside Fischerstube restaurant in Lauerz, just a short bus ride from the main station in Goldau.

Situated on the lakeside, this restaurant is renowned for fish dishes, though the menu is very varied with both meat and vegetarian dishes available also. Weather permitting we will dine on the terrace.

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 9 June: if you need to cancel please do so by email before this deadline to ailbhe.fallon@fallon-currie.com or calling/texting 078 698 5160 (no WhatsApp please) so that your place can be released and/or allocated to those on the waiting list.

May
Monthly Dinner

ZIWC DINNER CLUB



After a short break, Restaurant Olivo is ready to welcome us back. Under the management of Rosi and Ivan, the Baarerhof restaurant in Zug has been transformed into a Mediterranean-inspired venue and rebranded as 'Olivo', embracing the motto, "We love what we do". This cosy spot in the heart of Zug, offers a diverse selection of local ingredients, masterfully prepared as Italian, French, Greek, and Croatian specialties, all complemented by an exceptional range of wines.

When: **Wednesday 22 May, 18:00**
Where: **Restaurant Olivo Baarerhof**, Baarerstrasse 65, 6300 Zug. Easy to reach on foot from Zug railway station (8 mins walk), or by bus No. B603/B604 towards Baar, station Zug Guthirt, one stop). Parking available at the restaurant from Innere Güterstrasse.
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you cannot register online)
Booking deadline: **Thursday 19 May**
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 4355 for any questions.
Menu: We will be selecting from their wide variety of à la carte options.

June
Monthly Dinner



Since the end of March, a little piece of Piedmont has arrived in Zug. In June, we will gather for dinner at Restaurant Ciao de Qui, where we'll be welcomed with exquisite wines from their very own Cantina Ciao Mondo winery. We'll have the incredible opportunity to savour the finest Piedmontese delicacies.

Join us for a convivial *tavolata* and immerse yourself in the Italian joie de vivre, all within a warm and cozy atmosphere.

When: **Wednesday 25 June, 18:15**
Where: **Ciao da Qui Restaurant**, Bahnhofstrasse 22, 6300 Zug. Easily accessible on foot from Zug railway station (10 mins walk), or by bus No. B613 (direction Obersack) bus stop Zug Postplatz (one stop ride). Parking options: Parkhaus Vorstadt, Bahnhofstrasse 1, or street parking at Gartenstrasse and Schmidgasse.
Group limit: 12 Members. Please register online (or send an mail to webeditor@ziwc.ch if you cannot register online)
Booking deadline: **Friday 20 June**
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 4355 for any questions.
Menu: 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 the last 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.

BUSINESS NETWORK

ZIWC Business Network
A New Club Year

A unique opportunity to network, learn and get support with other Members

The past year has seen our Business Network grow with monthly events attracting an increasing number of current and potential new Members.

For those who are new to our Club, I thought it might be useful to let you know what the Business Network is and does.

Originally conceived as the opportunity for an after-work Apéro with a business focus, the network has evolved to include not only informal networking over an Apéro, but also workshop sessions where Members and invited speakers share know-how and skills which benefit those in a career, seeking work or a new role, and those who own and/or run a business. Events in the past year have included a briefing on using LinkedIn for personal branding, a workshop on Perfecting Your Elevator Pitch, and a New Year, New Year party with Club Members showcasing their approach to becoming your best self.

For this ZIWC Year, we are working on a programme which will feature a workshop or speaker-led event every second month with a Business Network Apéro on the alternate month. Business Network events are open to all ZIWC Members. The Business Network Apéro is also open to non-members and has proved a terrific opportunity for those interested in ZIWC to meet Members and get some insights on what ZIWC has to offer.

We look forward to seeing all of our Network members and all Members who are interested in our programme in the near future.

Ailbhe Fallon
ZIWC Business Network Leader - BNG@ziwc.ch





Business Network
Save the Date

Monday 26 May:
CV Workshop, Haus zum Lernen

Wednesday 11 June:
Business Network Apéro - Áigu Bar, Zug

Escape *to Solothurn*



We escaped to Solothurn to discover the secret of the sacred number 11!

On Thursday 27 March, 19 Escapees from ZIWC met at Zug Bahnhof to be whisked away by our expert travel guide, Alicia, to the delightful so-called 'ambassador's town', Solothurn on the River Aare, thus named as it was the former residence of the French king's ambassadors who brought wealth and prosperity to the town. We were immediately struck by the impressive fine Baroque and Renaissance architecture of the Altstadt reflecting Italian grandeur, paired with French charm and German efficiency!

On the steps of St. Ursus Cathedral our local guide, Romy Flück, a bubbly, and very enthusiastic Solothurn native eagerly awaited us, bursting to tell all about her hometown as we embarked on a fascinating walk through the historic old town.

Soon the magic number of 11, so distinctive in the town was flagged up, Solothurn being the 11th canton with 11 churches and chapels, 11 historic and grand fountains and 11 museums. This sacred and mysterious number was even incorporated into the magnificent Cathedral of St. Ursus.

If you've got it, flaunt it and this small town can really boast some stunning architecture! We were amazed to discover the hidden interior richness of the (from the outside so unassuming) Jesuit church, or that of the impressive Cathedral of St. Ursus. We heard the unique Solothurn clock chime 11 (be it at midday!) as it only has, you guessed it - 11 hours, and plays the 'Solothurn Song' as a little harlequin strikes at 11, 12, 5 and 6 o'clock! The oldest building in town is the Clock Tower where beneath a little canopy, three symbolic figures of the knight, the king and the skeleton perform every hour, whilst the bell ringer strikes the bell with a large hammer! So no excuses for being late in Solothurn with bells ringing on every corner on the hour!

Quaint little narrow streets with pretty shops, tucked away little squares with bars and cafes to relax and linger add to the appeal – but unfortunately it was very nippy that day with a sharp wind blowing from the Aare, so we were delighted to warm up indoors at the cosy Italian restaurant Oscar and Louise, some of us seated round the Stammtisch Helvetia- obviously the place where we belong! Prosecco served, happy laughter, animated conversation, delicious Italian home cooking and we were in seventh heaven!



After an afternoon at leisure we met up for our homeward journey, having discovered and fallen in love with this delightful hidden gem of a town. Thank you so much Alicia for introducing us to yet another treasure here in beautiful Switzerland!

By **Karin Resch**



Blooms & Bliss:
Central Switzerland in Full Flower

As winter fades, Central Switzerland begins to bloom in the most beautiful way—and if you're around **Zug** in May and June, you're in prime position to enjoy it. Whether you're a keen walker or just looking for a peaceful afternoon outdoors, this season is full of floral delights.

In **May**, the lakeside paths around **Lake Zug** are a great place to start. Between Zug and Cham, the trail is flat, scenic, and sprinkled with wildflowers—think buttercups, violets, and even a few shy orchids. It's a gentle, rewarding way to welcome spring, with lovely views across the water and plenty of benches to pause and take it all in.

A real local gem this time of year is **Seleger Moor**, near **Rifferswil**. Just a short drive from Zug, this nature park is famous for its rhododendrons and azaleas, which explode into colour from mid-May. Winding paths take you through shaded groves, past quiet ponds and under flower-laden branches—it's like stepping into a secret garden. There's even a little café, perfect for a post-walk coffee and chat.

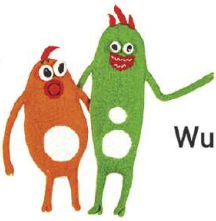
By **June**, the bloom reaches the hills. **Zugerberg**, with its easy access by funicular, is a fantastic spot for a relaxed outing. Its walking trails wind through flowering meadows and forests, where you'll spot everything from wild anemones to clusters of alpine roses higher up. Pack a light lunch and enjoy it with panoramic views over the lake—simple pleasures at their finest.

For those wanting more altitude (but less effort), **Rigi** is another excellent choice. Often called the 'Queen of the Mountains', Rigi is accessible by cogwheel train and offers a blend of fresh air, gentle trails, and wildflowers in full bloom. In early June, the alpine pastures are vibrant with colour, and you don't need to be an expert hiker to enjoy them.

Whether you're planning a Club walk, a solo afternoon outing, or just keeping an eye on the flowers blooming in your neighbourhood, this is a season to soak it all up.

Fresh air, birdsong, and blossoms—what more could we ask for?

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

May 2025

MONDAY	TUESDAY	WEDNESDAY
		
5 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**6** 10:00 **Badminton** 14:00 **Gardening Grow Your Own**	**7** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation “Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
12 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Online Conversation**	**13** 9:30 **Cooking Group** 10:00 **Badminton** 11:30 **Art & Culturel in Zurich Textile Manifest** 16:30 **Wine Tasting in Hünenberg**	**14** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation “Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
19 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**20** 10:00 **Badminton** 12:00 **Monthly Lunch**	**21** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation “Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
26 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**27** 10:00 **Badminton**	**28** 8:00 **Morning Outdoor Fitness** 9:00 **German Conversation “Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Boardgames 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 9:30 **Walk the Talk Book Club**	**2** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**3** SATURDAY 10:00 **Stepping Stones Spring Fair** **4** SUNDAY
8 9:00 **ESCAPE: Hürlimannbad & Spa Zurich** 10:00 **Aegeri Coffee** 15:30 **Italian Conversation**	**9** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**10** SATURDAY **11** SUNDAY 11:00 **Mother's Day Brunch**
15 10:00 **Cham Coffee** 19:00 **Cheeky cocktails Cigars & More**	**16** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**17** SATURDAY **18** SUNDAY 10:45 **Brunch Buffet Cruise** 14:00 **Mums & Kids Adventure Cruise Lake Zug**
22 18:00 **Monthly Dinner**	**23** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 9:30 **Mums & Kids Coffee & Croissant**	**24** SATURDAY **25** SUNDAY
29 	**30** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**31** SATURDAY 
		

June 2025

MONDAY	TUESDAY	WEDNESDAY
		
2 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**3** 10:00 **Badminton** 14:00 **Gardening Grow Your Own**	**4** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
9 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**10** 9:30 **Cooking Group** 10:00 **Badminton**	**11** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
16 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**17** 10:00 **Badminton**	**18** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch**
23 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**24** 10:00 **Badminton** 16:30 **Winetasting in Hünenberg**	**25** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 18:30 **Monthly Dinner** 18:30 **Boardgames in Cham**
30 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**Spring Konkurrenz 5-9 June**	**Chriesisturm and Cherry market 23 June**

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

THURSDAY	FRIDAY	WEEKEND
		SATURDAY 1 SUNDAY
5 9:30 **Walk the Talk Book Club** 15:30 **Italian Conversation** 18:30 **Line Dancing Apero Evening**	**6** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**7** SATURDAY **8** SUNDAY
12 10:00 **Aegeri Coffee** 12:00 **Monthly Lunch**	**13** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**14** SATURDAY 19:00 **Sunset Barbecue Cruise** **15** SUNDAY
19 15:30 **Italian conversation**	**20** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**21** SATURDAY **22** SUNDAY
26 9:30 **Walchwil Coffee** 15:30 **Italian conversation**	**27** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**28** SATURDAY **29** SUNDAY
Zugerseefest 28 June **Zug Magic from 28 June**		

By **Sarika Sukhatankar**

The Nicola Erni Collection:
Retro Rewind in Erlenweg's Living Room

Our Escape Chairwoman, Alicia Toledo, was delighted to learn that ZIWC Members were granted a private tour of The Nicola Erni Collection on an exceptional basis. The Lucky 21 had the privilege of this 'once-in-a-lifetime' experience, as we began to explore many facets of Nicola Erni's private collection dating from the 1930s and onwards.

Guided by Stefan Puttaert, CEO, and Giannina Mosimann, Art Mediation and PR of the Nicola Erni Collection, the tour participants delved into the evolution of this art collection, attributed to Nicola Erni's passion for photography and contemporary art. This private collection, considered one of the largest of its kind in the art world, includes a wide range of paintings, sculptures, and installations most impressive in concept, size, and grandeur.

Encased within the Zen-like tranquility of the green outdoor space in Steinhausen, the first collection building completed with a limestone façade in 2013 contrasts with the shining metallic exterior of the second building finished in 2020. The collection available for public viewing since 2020 is Nicola Erni's means of sharing her passionate enthusiasm for the arts and giving back to the community. The collector fulfils her strong desire for privacy by allowing the art itself to take the spotlight.

Street style photography was popularised by famous artists such as Harry Callahan, Garry Winogrand, and Bill Cunningham, to name just a few. The private tour began by drawing our eyes to the authenticity in street fashion photography, portraying people moving naturally in their everyday urban lives. Alongside such candid images is also high fashion photography by renowned exponents such as Richard Avedon, Peter Lindbergh, Steven Meisel, and Helmut Newton.

Nicola Erni's collection commands attention with unconventional photography and powerful imagery. The observer is persuaded to take a second look in the process of reconciling its inherent contradictions. One such example is Steven Meisel's 'Hey Dude', featuring Amanda Moore, Lester Roque, and Jeff Horton for Italian Vogue, 2006. Moore, dressed in a delicate art deco style dress characteristic of Chanel, is flanked by two heavily tattooed men with a motorcycle in the background. 'Auto Shop' with Toccara Jones for Italian Vogue, 2008, is another such eye-catcher in a long string of absorbing photography. Here, Jones lies in the trunk of a car surrounded by car mechanics, bringing Meisel's artistic depth to the forefront. Linda Evangelista pulling her cheeks in one photograph and her depiction as Sophia Loren in another, brings to light Meisel's close relationship with the models and his ability to convey a storyline behind each photograph. 'Pulling Face', and 'Linda as Sophia', both with model Linda Evangelista for French Vogue, 1989 and 1990 respectively, are displayed prominently amongst a series of many of Meisel's other photographs with supermodels such as Naomi Campbell and Christy Turlington.

Peter Lindbergh's black-and-white photographs for British Vogue, 1990, propelled top models - Naomi Campbell, Linda Evangelista, Tatjana Patitz, Christy Turlington, and Cindy Crawford into A-list stardom. This celebrated artist's unique approach to fashion photography lies in his ability to seize the informality in his subjects to create true and individual self-portraits. The raw and timeless images pivot around the natural allure and beauty of women who inarguably characterize Lindbergh's masterful works in this collection.

After a pause to engage in viewpoints through multimedia artist Doug Aitken's lens, we follow the creative works of Keith Haring and Jean-Michel Basquiat who reached mass audiences through their passion for urban graffiti art in everyday commuting spaces. Haring illustrated Mickey Mouse in his works in public places such as the streets and subways of New York, as well as in several drawings and wooden panels. His fascination for cartoons and the work of American cartoonists is reflected in his work. Basquiat's early work used non-traditional surfaces such as tiles glued to plywood. His structure, 'Brett as a Negro' (1982), brings to mind the tiling of New York's metro stations.

As we gravitate towards the scene of Ai Weiwei's 'The Last Supper', our focus rests on the logic of each colour used in the numerous Lego pieces to complete this modular image. Rashid Johnson's version of the Last Supper, employing materials such as glass and seashells, is situated exactly on



the opposite side across the room. Johnson, known for using a broad variety of everyday materials and objects such as shea butter, black soap, wax, and plants, underlines several features of African American cultural identity and history through his works.

In between the journey to each of these remarkably different Last Supper versions lies Duane Hanson's lifesize installation of the 'Traveler'. Hanson's use of a variety of materials such as resin, fiberglass, bronze, and bondo make his sculptures look as alive as one could imagine, including the aesthetic beauty in their imperfections. This traveller, realistic in his weary pose, remains oblivious to our massive group presence as he continues to peacefully bask in his newly acquired suntan. Hanson's artistic expression of a common man's fatigue is balanced most affectionately within the grandeur of Nicola Erni's collection. Giving up on the notion that this peaceful figure who has stolen our sympathetic looks will ever open his eyes, we travel back in time to the electrifying Studio 54 days.

Upstairs, in a series of several black-and-white celebrity photographs, we intently examine the party scenes in New York's popular nightclubs, Studio 54 and Andy Warhol's Factory. Through the theme of 'Dirty Martini', we taste the nostalgia in the photographs that are bound to evoke diverse emotions amongst the audience. Andy Warhol's photographs reveal the wave of changes in mainstream culture. Richard Avedon's 'Andy Warhol and Members of the Factory' exhibits provocative art in the age of sexual revolution. Garry Winogrand's 1972 photograph of Playboy Hugh Hefner socializing next to Reverend Jesse Jackson visualises life's paradox. Images featuring several socialites and prominent celebrities such as Grace Jones, Tina Turner, Liza Minnelli, and Jacqueline Onassis are an integral part of this iconic retro collection of approximately two hundred photographs.

Avedon's photograph of Andy Warhol's torso laying bare his postoperative scars, following the armed assault by Valerie Solanas, is a sombre image under this collection's high ceiling where the awe-inspiring installation of Hans van Bentem's 'Gun' gloriously takes centre stage. Its presence is ascribed to Nicola Erni's own fascination with Western films in her early years. Through this oversized light object designed in the form of a pistol, an otherwise average firearm metamorphoses into an exclusive and 'floating' crystal art piece representing power and glamour.

Photographed by Tim Walker, Kate Moss, dressed in elegant couture and surrounded by Chanel boxes at the Ritz Paris, as featured in US Vogue 2012, is one of the many captivating photographs in colour seen at the end of the upper floor of this collection.

In front of this wall of fame and fashion is the statue of a young boy who sits daringly on the ledge of a high staircase wall in a hunched position. This is another creation by Elmgreen and Dragset. Close to his pile of books, the boy is engrossed in deep thought and in plain view, diagonally opposite the Jack Russell terrier that is still circling below on the carousel seen earlier. We have now come a full circle both in an artistic and spatial sense.

The tour concludes with bubbles as we raise our glasses to toast our gracious hosts. Sipping drinks, we ponder over all the elements that harmoniously complete her 'extended living room' as Nicola Erni endearingly thinks of the art collection buildings at Erlenweg 2 and 5. Visitors grow to admire the delicate fusion of art, architecture, furniture, décor, and accessories by the end of the tour. Our kind hosts seal their warm hospitality by bidding us farewell with exclusive gifts, such as a local traditional favorite, 'Zuger Kirschli' with the imprint of Nicola Erni's initials as well as a photograph booklet from the Nicola Erni Collection displayed in the Norton Museum of Art, October 2022 - February 2023. By prohibiting photography inside the collection, visitors of this digital age are encouraged to treasure any images of the collector's painstakingly procured art in their memories.

A huge thank you to our Escape mastermind, Alicia Toledo, as well as the Nicola Erni Collection's team members, Stefan Puttaert and Giannina Mosimann, for making this magnificent collection easily accessible to ZIWC Members.

Fachstelle Migration Zug Annual General Meeting

The ZIWC are proud Members of the FMZ (Immigration Office Support Group of Zug) and maintain close ties with their work and what we do to support international women in society here in Zug. Émely, our President, attended their annual general meeting, always a great networking opportunity and a chance to meet other Clubs and nationalities. We have previously been involved in community initatives such as the 'Fest der Nationen' hosting a very popular gin bar, and are currently part of a working group to discuss our contribution to supporting immigration in Zug with local politicians.









Things to do in Zug
May and June

In association with Zug Tourismus

The turn of the calendar month marks the beginning of the wonderful summer season here in Switzerland. Badis will soon open up, summer hiking will be well under way and Zug will be heaving with life along the town streets and lakeside pop-up venues. Here are a few events to mark in your calendars if you fancy doing things the Zug way…



Zug Food Festival - gLuscht

The international tasting festival runs from 7-11 May 2025 (Mother's Day) on the lakeside promenade. Visitors can sample hundreds of dishes on offer at various stands.

In addition to culinary delights, music will also be played to create a great atmosphere. Various fun challenges encourage participants to join in. The focus is on enjoying life and the festive occasion of Mother's Day. New dog challenge: The special experience for four-legged friends with a new dog park concept.



Zuger Springkonkurrenz

The Zug show jumping competition at Whitsun offers exciting show jumping, a show programme, a festival restaurant and evening entertainment. From 5-9 June 2025.



Chriesisturm and Cherry Market

To mark the opening of the cherry season the «Chriesigloggä» (cherry bell) of St. Michael's Church peals. In 2009 the tradition of "Chriesisturm" was revived, and this spectacular race through Zug's Old Town once again celebrates the beginning of the cherry-picking season. On the day of the "Chriesisturm" there is the "Chriesimärt" on the Landsgemeindeplatz in Zug. This cherry market sells many different and rare cherry varieties.
Programme on 23 June 2025.



Zugerseefest

The biggest festival in the canton of Zug, with 20,000 visitors each year, is the Seefest. Enjoy the summer atmosphere on the beautiful Lake Zug, watch the most beautiful sunset in Switzerland. On the Gärbiplatz, Landsgemeindeplatz and the Rössliwiese, a wide variety of acts and food stands await to spoil you with different culinary offers. On 28 June 2025.



Zug Magic

Zug's lakeside promenade is the setting for the unique and enduring ZugMagic spectacle. ZugMagic inspires, arouses emotions, takes spectators on a journey and makes them forget their everyday worries for a moment. For you as a guest, it means: sit back and enjoy. From 28 June to 27 July 2025.

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Zugersee
Schifffahrt

Sunday breakfast

Board the scheduled cruise, take your seat and be treated to a delicious Lake Zug breakfast - served on the table.

A great way to start your Sunday!

More infos: zugersee-schifffahrt.ch

Interest Groups

ZIWC Mums & Kids Group

Event: 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 leaves no room for boredom. Young and old go on an adventure trip on the ship and solve puzzles.



Date: **18 May 2025**

Time: 14.00 – 16.45

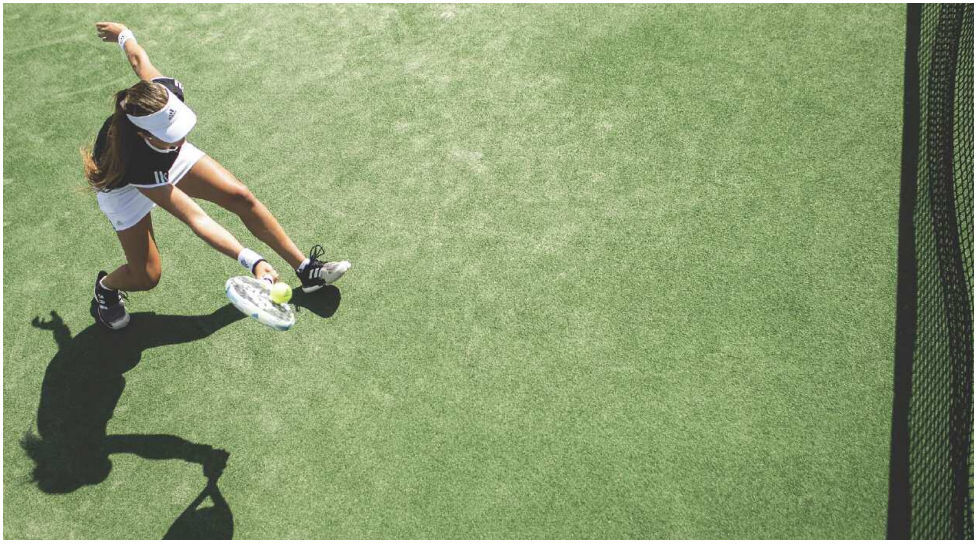
Address: Zug Bahnhofsteg,
+41 41 515 58 58

Registration: Book your tickets in advance to secure a spot or message WhatsApp Betsy at 078 676 9727 for questions. All expenses are the responsibility of the attendee.

Last Minute Whatsapp Tennis

Spring is here—time to dust off your racquet and hit the court! Feel the fresh air, enjoy the sunshine, and rally with friends. Tennis is the perfect way to stay active, have fun, and embrace the new season! We meet at the Zug Tennis Club.

Just send a WhatsApp to Adriana on 079 744 1746 to organise yourselves.



Interest Groups

Art and Culture Group

Gestaltung Museum in Zurich

Date: **Tuesday 13 May**

Time: Meet at 11:30 in Zurich Main Train Station in front of platforms 5 and 6

Place: Gestaltung Museum in Zurich near to BH Exhibition called Textile Manifeste



Tapas & Friends

Recently, our group of Spanish-speaking women (Tapas & Friends), of whom some are native speakers and others are not, gathered at the Centro Español for a fun and very pleasant outing.

We spent the evening speaking in Spanish, practising our language skills, and sharing stories and experiences. It was a wonderful opportunity to practise the language in a supportive environment.





We shared a variety of tapas, from Spanish tortilla and calamares, to pulpo a la gallega, a delicious fish, croquetas, albóndigas, gambas al ajillo, and a sangría as well.

The combination of good food, lively discussions, and language practice made for an unforgettable evening, strengthening our bond as a group and leaving us excited for the next outing.

If you feel this is a group you can join please don't hesitate to contact Valerie on 079 763 4606

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!! ■ 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: 6 May, 3 June. Please reach out to Émelyziwc@gmail.com or 077 490 7374 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 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, 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

German for Beginners ■ If you are interested please send an email to interestgroups@ziwc.ch and we'll register your name and follow up with more details.
Monday 14.00 - 15.30

"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 give 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
Please Note: A no-show for a free event will result in a penalty fee of CHF 25.

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 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, 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 Hunenberg. 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 at 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 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 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 kilometers 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 h 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

Wer hat's erfunden?
Swiss inventions

The answer to the question 'Wer hat's erfunden?' (who invented it?) is of course, the Swiss, as can be seen in the amusing Ricola adverts for their herbal sweets:

www.youtube.com/watch?v=V4Ew_0TqXI8

The Swiss might have a reputation of being conservative, slow to change and adapt new ideas, but Albert Einstein had plenty of work to do at the Patent Office in Berne (1902-1909), a well-paid job he loved and which fired his imagination for his own ideas, including E=mc2 (1907).
A commemorative plaque at the old Patent Office (IPI) quotes the scientist:

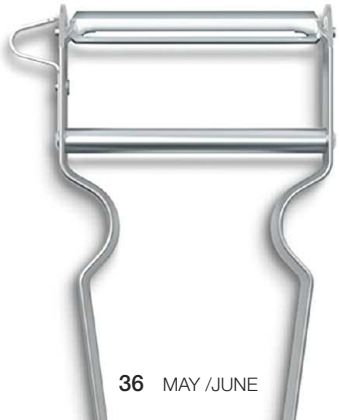
> "The origin of all technical achievements is the divine curiosity and the play instinct of the working and thinking researcher, as well as the constructive fantasy of the technical inventor."
> **Albert Einstein**



The zip fastener 'Riri' (1925) Martin Winterhalter: The Americans might have had the idea, but the Swiss perfected what we know today as the zip. The original 'pre-zip' was patented in the US in 1851. It required two corresponding rows of hooks to be lined up in order for them to be fastened with a pull. Hardly the easy on/easy off zip that we know and love...



Velcro® (1941) Georges de Mestral: Hunting in the Jura mountains, a Swiss engineer noticed that certain seeds were attaching themselves to his clothes, as well as to his dog, and they were nigh on impossible to remove. On closer inspection, these 'burrs' seemed to have tiny hooks, attaching them tightly to fibres and hair. With help from friends in the weaving industry, Georges de Mestral managed to replicate this 'hook and loop' fastening method in an invention. He named it velcro, from the French velour and crochet (velvet and hook). Although he marketed it as a 'zipperless zipper' in the 1950s, it took an organization like NASA to finally hook the world: in 1969, astronauts used Velcro® to secure things inside the Apollo spaceship.



The Rex vegetable peeler, also known as the Y peeler (*Sparschäler*) **(1947)** Alfred Neweczerzel. While one story goes that he came up with the gadget after becoming fed up peeling potato after potato in the military, his design definitely revolutionized kitchens across the world. Crafted from a single piece of aluminum, the original Rex was fast to produce, cheap to buy, yet of high quality – and easy to use for left-handers and right-handers alike. Another legend goes that a family asked Alfred's grandson to replace the original Rex's non-replaceable blade after sixty years of service! To this day, his grandson continues to produce to the same pattern, but in stainless steel or burnished carbon steel. And this Swiss peeler remains the sharpest.



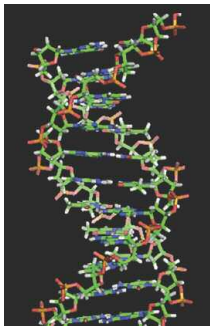
WWW (1989) Tim Berners-Lee at CERN. It was while he was working at CERN that Tim Berners-Lee invented the World Wide Web in 1989. Inspired by CERN's own shared network, but frustrated that each computer stored information with a different login, Berners-Lee created his own version. The first website in the world was based at CERN, on Berners-Lee's own computer, hosting information about how the web worked. In 1993, CERN released the software into the public domain, the World Wide Web was born, and the way we find, browse and share information changed forever.



Cellophane (1912) Jacques E Brandenberger. Inspired by seeing wine spill onto a tablecloth, Brandenberger decided to invent a material that could repel liquids rather than absorb them. He started by spraying waterproof coating onto fabrics, but they became stiff and unusable, and the clear coating peeled off. Cue Brandenberger's next idea – seeing how easily the clear, waterproof coating separated from the fabric, he decided to explore the possibilities of this new substance. He dedicated the next 12 years to perfecting its construction and consistency, and manufactured a machine to produce the film. He named it cellophane, from cellulose and diaphane (French for transparent), and gave us a brand new, hygienic way of sealing leftovers for tomorrow.



Nescafé (1936) Max Morgenthaler. In 1929, Brazil ended up with a large surplus of coffee beans as a result of the Wall Street crash. The Brazilian Coffee Institute subsequently approached Swiss firm Nestlé with a mission to save the Brazilian coffee farming industry by creating instant coffee with a delicious taste. At the time, some form of instant, brown-coloured, caffeinated water was available, but it was missing that critical coffee flavour. After five years of failed attempts at preserving the true coffee taste in the form of powder, Nestlé pulled the plug on the experiment. However, a staff chemist secretly kept trying different methods in his own time and at his own expense in his own kitchen near Vevey, Switzerland. In 1936, Max Morgenthaler presented a winning formula to Nestlé. The launch of Nescafé followed on 1 April 1938.



DNA (1869) Friedrich Miescher first isolated the molecule he called Nuklein (from Latin Nucleus) without really knowing what he had discovered. His work led to the discovery of the double helix by Franklin, Watson and Crick in 1952/3.

Other Swiss inventions: Bobsleigh track (1936); Doodle (2007); Swiss Army Knife (1897); Milk Powder/formula for babies (1867); LSD (1938); Aromat and Maggi, the staples of Swiss cuisine (!); Birchermüesli (1900); Maxon Mars Motors (Mars Rover Sojourner 1997; Automatic coffee machine (1941); Ski-lift (Davos 1934); Asphalt (1902); 'Helvetica' font (1957); SIGG bottles (1892/1960s); KABA keys (1934); Swatch watches (1983)

And more recently: On shoes; Logitech Sight table camera; Planted® steaks. The Swiss army knife and the zip are *gäbig* (handy, practical) and *verheben* (function reliably and lastingly).

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?

In and around the home...

Zältli or bonbon: sweets/candy

Folie: cling film/cellophane

Chuchichäschtli: Kitchen cupboard

Z'Morge: Breakfast

Z'Mittag: Lunch

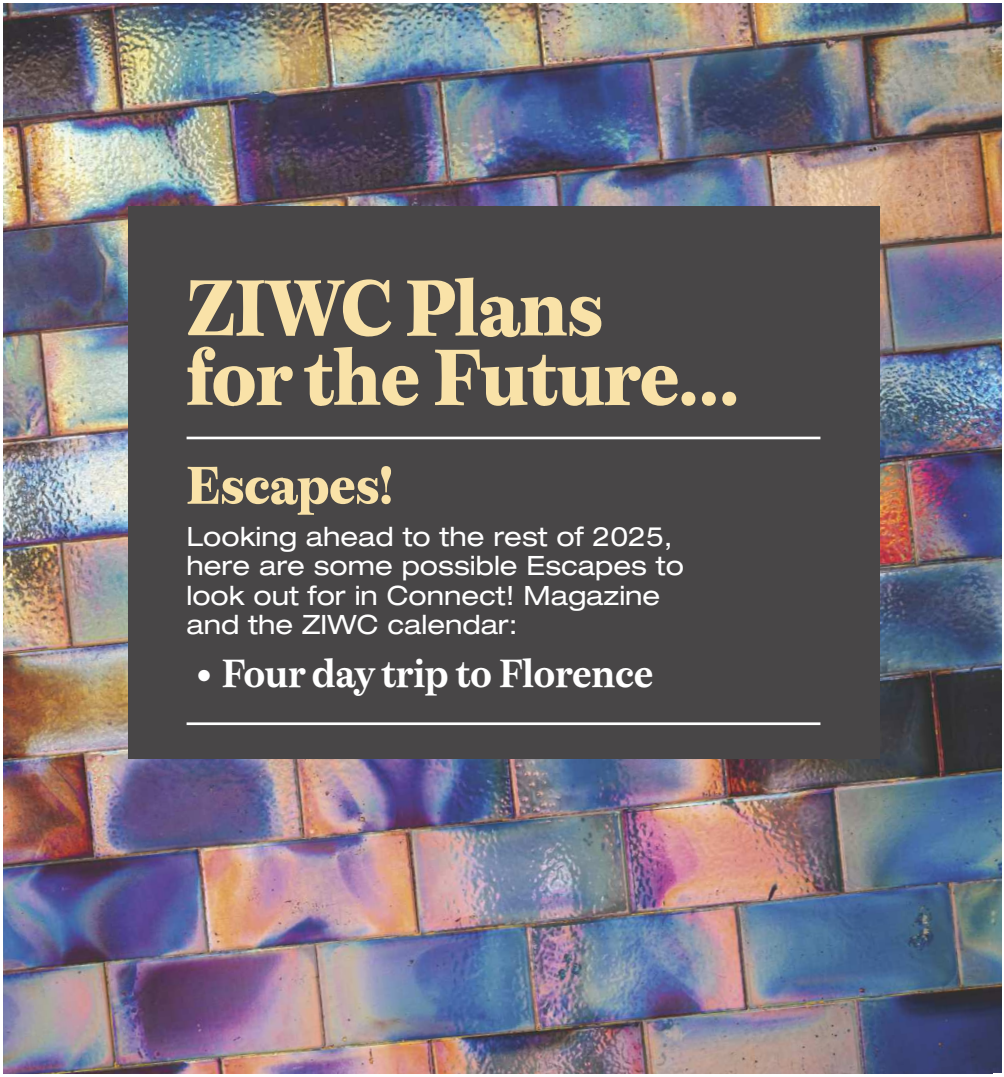
Z'Nacht: Dinner



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

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ZIWC Plans for the Future...

Escapes!

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

- **Four day trip to Florence**

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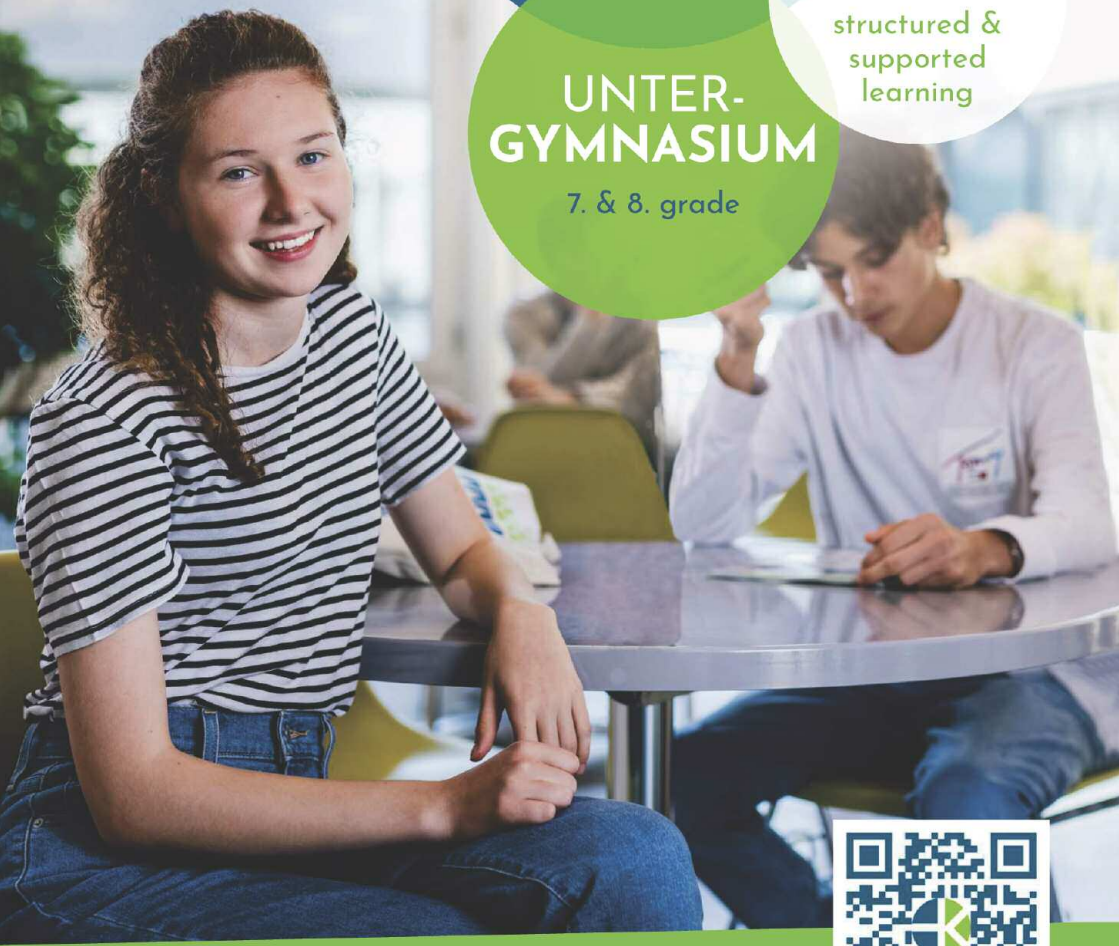
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