ZIWC
Connecting Women
est. 1967

MAGAZINE

Connect!

JULY / AUGUST 2025 | FOR WOMEN • FOR CONTACT • FOR 58 YEARS



www.ziwc.ch

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Dear Members,

Welcome to the July/August edition of our Connect! magazine.

As I reflect on my first year living in Zug, I can truly say that joining the ZIWC has been one of the most rewarding decisions I've made. From the very first event, I was welcomed with warmth, kindness, and a wonderful sense of community that quickly made this new chapter in my life feel like home.

Just a few months after becoming a Member, I stepped into the role of Treasurer—an exciting and unexpected challenge that required me to quickly familiarise myself with the Club's finances, policies, and processes. It's been a demanding but incredibly fulfilling journey that has allowed me not only to contribute more actively but also to connect more deeply with the inspiring women who dedicate their time and talents to this Club.

We recently held our Annual General Meeting (AGM), where we shared a snapshot of all that was accomplished over the past fiscal year, along with exciting updates about what's to come. I want to extend my heartfelt thanks to every Board Member for the energy, time, and care they dedicated into this presentation—and more broadly, into shaping this club into the vibrant and welcoming community it is. I truly admire each of you and feel fortunate to be part of such a committed and passionate group. A very special thank you goes to our President, Émely, whose leadership and thoughtful preparation brought the AGM to life with a fantastic and engaging presentation. And thanks as well to our Secretary, Leontien, for her wonderful coordination of the venue and catering. For those who couldn't attend, the full presentation is available on our website—be sure to take a look and mark your calendars for the exciting events ahead!

To all our new Members — welcome! I warmly encourage you to explore and get involved in the wide variety of weekly activities the Club offers. From our signature Annual Events and exciting Escape trips (like the behind-the-scenes tour of the Gösgen Nuclear Power Plant on 17 August), to language conversation sessions, fitness meetups, Business Network events, monthly lunches and dinners, and the many enriching gatherings hosted by our Interest Groups — there is truly something for everyone.



Thank you for the trust and confidence you've placed in me by electing me as your Treasurer. It's an honour to serve such a generous, dynamic and supportive community of women. I wish you all a joyful summer filled with new friendships, shared laughter, and memorable moments — and I genuinely look forward to seeing you at one of our events soon.

Warm regards,
Stephanie Alavedra
Treasurer

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

New Members

We warmly welcome our new Members

Ingrid Handl, Zug
Luminita Tulea, Knonau
Cloé Garnache, Zug
Angela Koller, Rotkreuz
Gill Schofield, Kappel am Albis
Silvia Boretto, Steinhausen
Yesim Haefely, Cham
Lauren Hansteen, Zug
Anja Schmitt, Gisikon
Imane Karboussi, Oberägeri
Daria Prus, Baar
Sylvie Manghardt, Walchwil
Tracey Kambanaros, Oberwil bei Zug
Vidhi Panwar, Baar
Kseniia (Xenia) Vysotckaia, Zug

Amory Mustafic, Mühlau
Ruslana Tkachuk, Zug
Ivana Malagurski, Zug
Petra Bout, Mühlau
Angelique Hansen, Zug
Andrea Valentová, Wädenswill
Julia Scheider, Zug
Catherine Peloquin, Zug
Deepti Tiwari, Zug
Magali Boudet Bonhomme, Zug
Cindy Komet, Zug

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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.

BOLLYWOOD

Dinner & Dance Night



JOIN US for a colourful & joyful evening that brings the vibrant spirit of Bollywood. We kick the evening off with a delicious authentic Indian dinner – rich with flavour and soul – followed by an energetic and fun dance session led by our very own Member, Dee!

DID YOU KNOW that Bollywood has had a long 'love affair' with Switzerland, serving as the stunning backdrop for some of the most iconic sequences in Indian cinema? So, be part of it. There is no better place to bring this feeling to life right here with us, in Baar.



We hope to see you there to SPICE – SPARKLE – STEP!

When: Thursday 22 August 2025, 18.30-22.00

Where: Alte Kappelerstrasse 44, 6340 Baar

Cost: CHF 15 per person (including dinner and drinks) – Note: feel free to bring an extra bottle to share

Booking: Register online via the ZIWC website – indicate if you have any food allergies

Attendees: Minimum 8, Maximum 15

Dress code: Dress comfortably (and feel free to add a touch of Bollywood glamour…)

Contact: Dee Syed Hussein on +44 7799 596044, or hospitality@ziwc.ch

Deadline & cancellation policy: Register by 15 August 2025 – for cancellations after 15 August or no-shows, the full amount will be charged.

Kick it like a woman!
Women's football comes to Switzerland!

Women's football is all the rage and it's normal for girls to play football at school. But its history is also marked by prohibitions, prejudices and recognition long denied. The upcoming UEFA Women's EURO 2025 tournament in Switzerland is a good time to look back at the sport's roots and milestones – and what makes it so special.

In England, women's football goes back to the 19th century. But in 1921, the English Football Association officially declared women's football "inappropriate". While the sport was banned from the playing fields, women kept on playing football – often in hiding, away from the public eye.

It took decades for women's football to gain official recognition. The first Women's World Cup was held in China in 1991 and women's football became an Olympic sport in 1996. But it was a hard road. Players had to fight for respect, attention and fair conditions. And they gained more and more fans: over one billion people watched the 2019 World Cup in France. A sign of the enormous potential of the sport.

Women's football is still not on an equal footing with men's. But changes are happening: in Norway and the United States, female international players are paid the same as their male colleagues. It's not just a question of money in these countries, it's also a matter of respect. This shows that times are changing.

The history of Swiss women's football goes back to 1923, when the Geneva team "Les Sportives" was founded – a first but quickly forgotten foray. In Sion in 1965, 12-year-old Madeleine Boll was inadvertently issued a player's licence and was able to play alongside the boys, until the club realised its mistake and revoked the girl's licence. From 1970-74, she played in the Italian league and her popularity triggered a boom in women's football in Switzerland.

It wasn't until 1963 that things really got moving: football fans in Murgenthal (AG) founded FC Goitschel. In 1966 the national football association resisted moves to admit them but offered the female players referee training. Bit by bit, the young female footballers overcame the male bastion that was football. The first match with 11 players per side, instead of 6 as in the tournaments, was held in Wohlen in the spring of 1967: Goitschel won 6-0 against a mixed team fielded by Zurich. In February 1968, DFCZ, the first true associated club (pursuant to Article 60 of the Swiss Civil Code), was formed from that Zurich team. The founders were sisters Ursula and Trudy Moser and their father, Franz. After the official inaugural meeting, the constitutive general assembly of DFC Zurich was held on 11 April 1968. The documents from the club's early days are now stored in the archives of FC Zurich.

The founding of DFCZ led to the first major news coverage of women's football. Reactions varied between astonishment and amusement: 'Football amazons get serious' was the headline in Sport newspaper on 3 April 1968, and the Tribune des Sports led its article on 1 July 1968 with 'Zurich a



aussi une équipe de football… de charme!'. Not infrequently, the early press texts focused on the outward appearance of the players: 'There are very pretty and pretty, tall and short, young and not so young, slim and full-figured, blondes and brunettes among them.' (Sport, 3 April 1968).

Then in 1970, big milestones were reached, with the founding of the Swiss Women's Football League (SDFL), the first official championship, and the Swiss women's national team celebrating a 9-0 win against Austria in its first match. In 1993, women's football was fully integrated into the SFA and in 2004, the first training centre for girls opened in Huttwil. On the international stage, Switzerland reached the last 16 in the World Cup in Canada in 2015, finally establishing itself as a footballing nation. Can the team now exploit its home advantage at UEFA Women's EURO 2025 to go even further?



On 2 July, the opening match of UEFA Women's EURO 2025 kicks off at St. Jakob Park in Basel. There will be 31 matches in all, including the final on 27 July – held at venues not only in Basel, but also in Bern, Geneva, Zurich, St. Gallen, Lucerne, Thun and Sion. This is the first time a women's tournament of this size has been held in Switzerland. The teams taking part include defending champions England and world champions Spain. As the host country, Switzerland qualified automatically.

Lia Wälti is Captain of the Swiss Women's team. She plays for Arsenal and has written a children's book: Lia am Ball-Das Fullballmärchen ihres Lebens.

Commemorative stamps are available in May and June from Swiss Post.

EURO 2025 *Public Viewing*

On the occasion of the Women's European Football Championship, the City of Zug is allowing the temporary installation of screens with sound in existing garden restaurants.

From July 2 to 27, 2025, the UEFA Women's EURO 2025 will take place in eight Swiss cities. During this period, licensed hospitality establishments in the City of Zug are permitted to install televisions or projection devices with sound in their existing garden restaurants to broadcast the matches live.

The City of Zug is allowing this exemption based on the positive experiences of previous European Football Championships and World Cups, where establishments reliably adhered to the requirements and the public actively used the services.

The permit applies exclusively to devices with a screen diagonal of less than three metres. These may only be installed within the existing outdoor area. Additional structural measures such as tents, carpets, or roofing are not permitted. An expansion of the garden restaurant is also prohibited.

In addition, the following applies:

Only live matches of the UEFA Women's EURO 2025 may be shown.
Devices must be switched off no later than 15 minutes after the end of the match.
The official opening hours according to the building or hospitality permit remain in place.
Neighbourhood residents must be considered – especially with regard to noise levels during the night.
With this measure, the City of Zug supports a peaceful and communal football experience in public spaces – including during the Women's European Football Championship.

Taken from the Stadt Zug website…

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?

Football ...

Tschutte: to play football (from English to shoot)
Hopp Schwiiz!: Go Switzerland!
Egge!: Corner!
Schiri (Schiedsrichter): referee
Trikot: football strip/jersey
Grümpi /Grümpelturnier: local amateur football tournament. Usually 5 players plus goalie/team



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

Line Dancing Laughter at Skippy's, *June 2025*





They promised us that if you can walk, you can line dance—but after a few missteps, sore calves, and one or two bruised shins (thanks to an accidental but enthusiastic kick from a neighbour!), some of us weren't so sure. Still, if laughter, sweat, and connection are any measure of success, our evening at Skippy Line Dancing was a huge hit.

On Thursday, June 5th, around 30 of us from the Zug International Women's Club gathered for a high-energy night of *step-together, step-point*-ing. Our friendly and upbeat instructor counted us in with her signature "5-6-7-8!" and kept us moving—and giggling—through spins, shuffles, and some very ambitious hip sways. We learned that facing the front is called "12 o'clock," and to the right is "3 o'clock" and to the back is "6 o'clock"…. At which point we heard an enthusiastic, "It's the same in French!" A moment of international unity on the dance floor!

Our first routine had us feeling like pros. We danced the same steps to country and pop songs, smiling proudly as we nailed each move in sync. But just when we were starting to feel confident, the second dance came along—featuring quick turns and unexpected pauses—and suddenly left, right, and 3 o'clock didn't seem so obvious anymore! Through the laughter we managed to hold it together.



From total beginners to those with a bit more rhythm under their belts, everyone jumped in with enthusiasm and a great sense of humour. And to keep us powered on the dance floor, we paused for the real reason many of us came: the food table. A delicious spread awaited us, including some deliciously professional cupcakes baked by the ever-talented Linda—almost too pretty to eat… *almost.*

The Skippy Line Dancing team invites everyone back to join them for their weekly line dancing lessons, and if you missed the event, you can still check them out in Cham at any time. It is a great way to stay active, and is suitable for just about anyone - after all, if you can walk, you can line dance!

Whether you came for the dancing, the treats, or just to try something new, the evening was a perfect reminder of what happens when we step out of our comfort zones and onto the dance floor. We may not all be ready for the country music stage, but we definitely had a boot-stompin' good time.

Written by **Elizabeth Arnold**

Escapes

Firenze

The Experience: Join us as we take a ladies' holiday to the capital of Italy's Tuscan region. Firenze! The home of Renaissance art and architecture plus some of the most delicious food anywhere! Our days will be filled by marveling at the many beautiful sites to see, food, wine and of course shopping!

Location: Firenze, Italy

Time: TBD. Depart early morning and return late evening

Accommodation: 4-star hotel centrally located.

Transportation: To be discussed with the group depending on preference of train or flight.

Cost: The total will be communicated on July 26 (the day after registration closes). Transportation, accommodations, activities, and meals will be at your own expense.

Booking Details: Open to ZIWC Members. Register via the ZIWC calendar on the website. Limited to 12 participants.

Booking deadline: Due to the advanced planning required, the deadline is 25 July 2025. If sold out, email Escape@ziwc.ch to be placed on the waitlist.

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.



Escapes

to look forward to... we are busy in the planning!

October: KKL-Luzern outing
November: Salsa Dance Class in Zug (Local)
December: Freiburg im Breisgau Christmas Market (Day Trip)
February: Panoramic train + Zermatt overnight (1 night)



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Catherine Schopfer
Certified Cancer Coach

Book a free call:

ZIWC Charity Golf

Description: Join us for the ZIWC Charity Golf Event and treat yourself to an unforgettable afternoon of connection, laughter, and purpose. Whether you're a golfer or simply enjoy good company and a stunning setting, this event has something special for everyone. Tee off on a beautiful course with fellow members and friends, enjoy a fun and relaxed atmosphere, and help raise funds for an important cause—Frauenhaus Luzern.

Date: **4 September 2025**
Start time Golf: registration & welcome from 13:00, first tee time 13:50
Start time Clinic for non-golfers: 16:00
Apero: 17:30
Dinner: 18:30
Ending time: 21:30
Where: Gasthaus Badhof - Golf Meggen, Kreuzbuchweg 1, 6045 Meggen
Costs: **ZIWC/IMCZ Golfer**: 175 CHF • **ZIWC/IMCZ non-golfer**: 150 CHF
non-member Golfer: 200 CHF • **non-member non-golfer**: 175 CHF • **after golf only**: 150 CHF

Dress code: golf attire, comfortable clothing and flat shoes for the clinic, **smart casual** for Apero and Dinner. Golf Meggen has good facilities to change clothes after the round or clinic.

Menu: Apero and 3-course dinner with a seasonal salad, a meat, fish or vegetarian main and dessert. Please choose at registration.
Meat: Beef strips in paprika sauce with butter noodles and seasonal vegetables
Fish: Pan-fried salmon steak in a vermouth sauce with vegetable rice
Vegetarian: Tomato risotto with courgette slices fried in a Parmesan and herb crust
Drinks: Apéro with bites and drinks including soft drinks, water, beer, prosecco, wine and Aperol Spritz

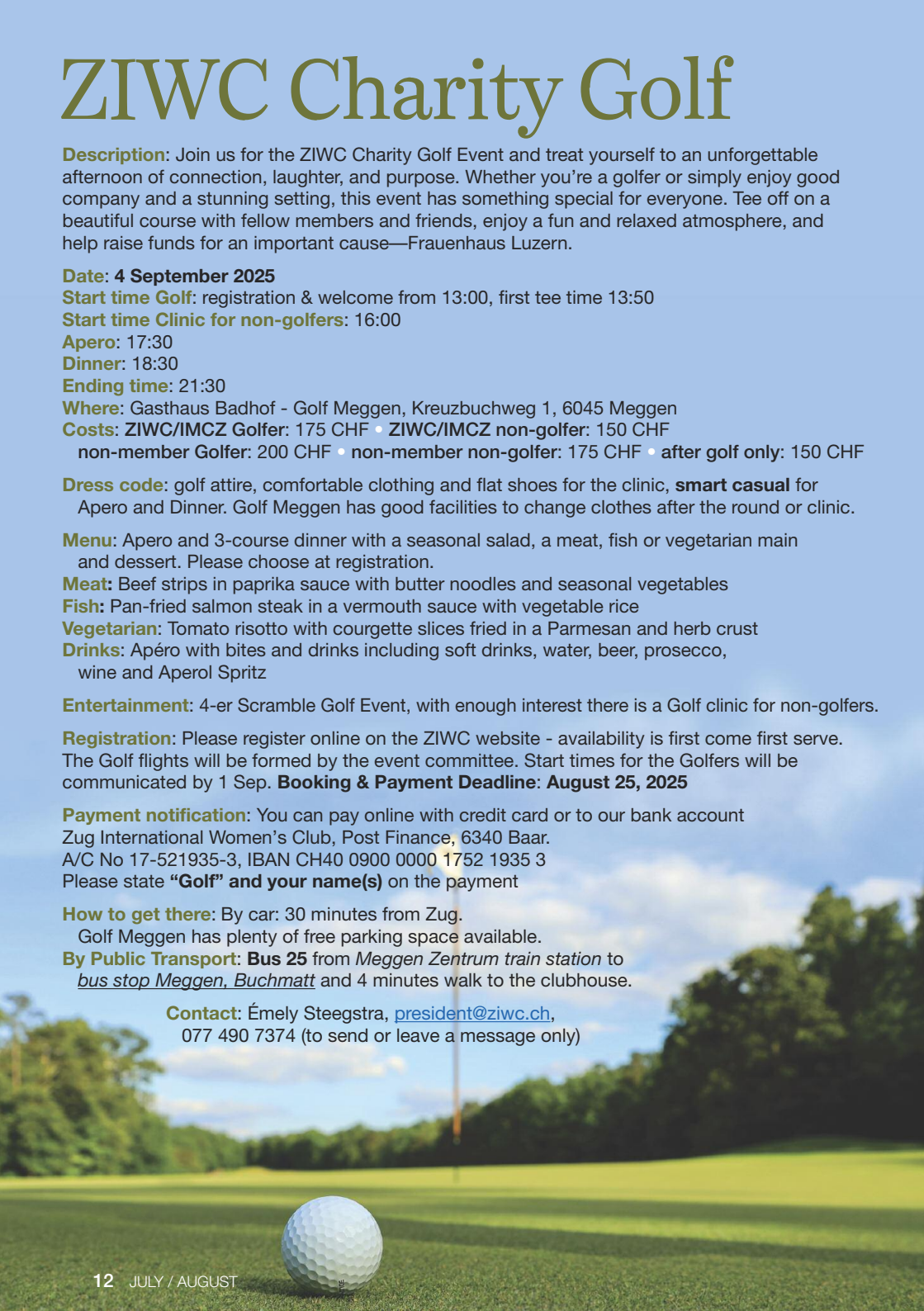
Entertainment: 4-er Scramble Golf Event, with enough interest there is a Golf clinic for non-golfers.

Registration: Please register online on the ZIWC website - availability is first come first serve. The Golf flights will be formed by the event committee. Start times for the Golfers will be communicated by 1 Sep. **Booking & Payment Deadline**: **August 25, 2025**

Payment notification: You can pay online with credit card or to our bank account
Zug International Women's Club, Post Finance, 6340 Baar.
A/C No 17-521935-3, IBAN CH40 0900 0000 1752 1935 3
Please state **"Golf" and your name(s)** on the payment

How to get there: By car: 30 minutes from Zug.
Golf Meggen has plenty of free parking space available.
By Public Transport: **Bus 25** from *Meggen Zentrum train station* to *bus stop Meggen, Buchmatt* and 4 minutes walk to the clubhouse.

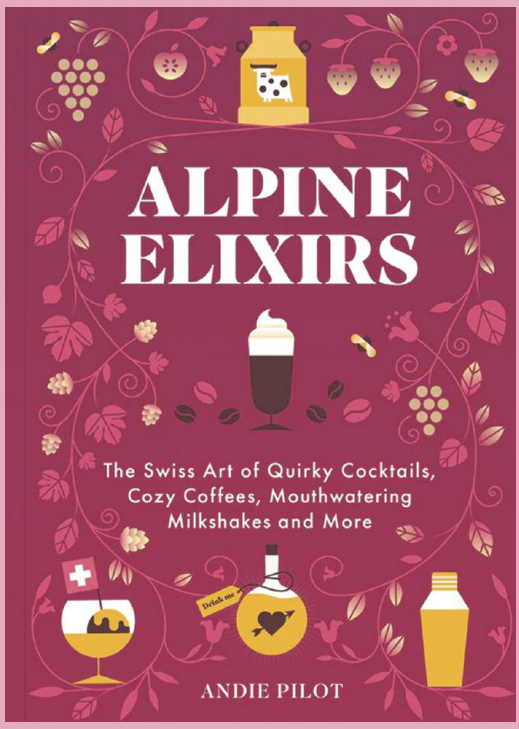
Contact: Émely Steegstra, president@ziwc.ch,
077 490 7374 (to send or leave a message only)



Book Review

"Alpine Elixirs – The Swiss Art of Quirky Cocktails, Cozy Coffees, Mouthwatering Milkshakes and More"

Pilot, Bergli/Helvetiq books
by Andie Pilot
Reviewed by Émely Steegstra Hendrix, ZIWC Cheeky Cocktail Host



At first glance, I'll admit—I was surprised. A whole book just about **Swiss drinks**? But once I turned the first few pages, I was completely won over by its charm. Andie Pilot takes us on a flavourful tour through Switzerland's cultural, botanical, and boozy traditions—with a tone that's friendly, a little cheeky, and entirely delightful.

The book is cleverly organised not by cocktail type, but by **source**—from the Alpine meadows, the slopes, the trees, even the pastures and illegal stills! And as someone with a background in hospitality, I already knew many of the drinks—but the **recipes and stories behind them** gave even familiar classics a new sparkle.

Take the *Abricotine Spritzer*—a vibrant mix of Abricotine, saffron, lemon, apricot jam, and fizz—or the decadent *Grappa Alexander*, which was new even to me. And then there's the rustic, caramel-kissed **Brächere Brönnts**, schnaps rooted in flax-processing folklore and village dances. These tales made me feel like I'd stepped into a Swiss tavern full of history and heart.

The **photography is stunning**, the **recipes easy to follow**, and the book is sprinkled with golden nuggets of Swiss tradition—like alchemist Paracelsus and his famed "*Guldenwasser*" (yes, there's gold in it).

Would I recommend it? Absolutely. It's a must-have for any lover of **cocktails, culture, or quirky conversations**. In fact, it's inspired me to sneak a few recipes into future **ZIWC Cheeky Cocktail Club nights**—and maybe even host a themed "Alpine Elixirs" girl's night in. Who's in?

Andie Pilot's blog: **https://www.helvetickitchen.com/**

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.

For more info about all the coffees, please contact Fanny Van Dyck (Hospitality Chairwoman) at hospitality@ziwc.ch

Stammtisch

Everyone is welcome at the Park Hotel in Zug for a relaxed coffee morning with wonderful women from our ZIWC community. A chance to connect, chat, and make new friends over a warm cuppa. No need to register or sign up – just pop in for as long or short you have time for.

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

Aegeri coffee

Come join us for a friendly coffee and connect with other women living in the Aegeri area. Everyone is welcome whether you are new in the neighbourhood or have been here for years. To stay in the loop, just ask Vivi to be added to the Aegeri Coffee WhatsApp group.

When: Second Thursday of the month from 10:00- 12:00
Where: Café Brändle, Zugerstrasse 23, 6314 Unterägeri
Contact: Vivi Jensen on 076 824 4898 or at vivi.jensen@icloud.com

Cham coffee

Do you live in Cham, Hünenberg, Knonau,…? Come and join the Cham local coffee morning hosted by Karin. To stay updated, ask Karin to add you to the Cham Coffee WhatsApp group.

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

Walchwil coffee

Living in Walchwil? Join Sarah, our Walchwil host for a cozy coffee morning on the last Thursday of every month. It's a great way to meet new ladies, share a laugh and enjoy a warm drink together. Everyone is welcome! Ask Sarah to be put in the Walchwil Coffee WhatsApp group.

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

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!



July • PLAZA ZUG

Date: Saturday 19 July

Time: 19:00 till late

Where: Plaza Zug, Bahnhofstrasse 2, Zug

With their hand-picked list of delicious cocktails and spirits combined with the relaxed and friendly atmosphere coupled with a beautiful terrace, Plaza Zug is one of the places to be.

Besides fancy drinks they also offer a wide range of dishes, from traditional Swiss to international delicacies.

How to get there: This bar is in the centre of Zug on the corner of the Postplatz. It's easy to reach by bicycle and on foot from the Postplatz train station (S2) and the Postplatz bus stop (602, 603, 606, 607, 611, 613, 614)

August • ELEVEN BAR

Date: Tuesday 12 August

Time: 19:00 till late

Where: Eleven Bar, Baarerstrasse 82 Zug

This bar in the centre of Zug with a friendly atmosphere has a range of carefully selected spirits, cocktails and mocktails for every taste.They also serve pizzas and pasta dishes.

How to get there: It's easy to reach by bicycle and on foot from the Guthirt bus stop (603, 604)

July Lunch Club

ZIWC LUNCH CLUB

Restaurant Theater Casino - Zug



Great weather always makes lunch at the lovely Casino extra special so let's hope we've picked a good day for lunch on the lake!
theatercasino.ch/restaurant

Date and Time: **Wednesday 23 July at 12.15,** 12 places 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 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 21 July: 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.

August Lunch Club

Restaurant Aesch - Walchwil



We haven't visited Restaurant Aesch for a while so we thought that a lunch here would be in order - especially as we have many Members in Walchwil!

Date and Time: **Wednesday August 27** at **12.00**

Daniel Hürlimann will welcome us for lunch with locally sourced produce and wines from around the world prepared by Miriam, the super Head Chef.
restaurant-aesch.ch/

If you plan to travel by train to/from Walchwil Bahnhof a driver service will take you up and down the hill, so you do not need to worry about the climb. If you are travelling by car there is plenty of parking nearby.

12 places are available for our lunch. 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 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 22 August (as the restaurant does not open Monday or Tuesday)**:** 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.

This year, we have decided to host Monthly Dinners during the summer months for Members who will be spending the season in our beautiful Canton of Zug.

July Monthly Dinner

ZIWC DINNER CLUB



Recommended by our Member Olga, in July we will be enjoying authentic Italian food at the recently opened E'cco Pizzeria e Cucina Italiana. The menu is a true gastronomic journey through Italy. They will offer us a wide range of dishes: from classic pasta and pizza to creative starters and exquisite meat dishes prepared by traditional recipes that have been passed down from generation to generation. Every ingredient is selected with love and care to offer us unforgettable taste sensations!

When: **Thursday, 17 July, 18:15**
Where: Restaurant **E'CCO**, Dorfstrasse 7, 6340 Baar. 10 minutes' ride by bus no. 603 from the bus station Metalli/Bahnhof towards Baar Lättich, 6 stops – station Baar Lindenhof. The closest parking house available at Coop Supermarkt Baar Gotthard.
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you cannot register online)
Booking deadline: Tuesday, 15 July
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.
Menu: We will be selecting from their broad variety of à la carte options MENU-ECCO

August Monthly Dinner



Join us at Caju Restaurant — a favourite recommended by our member Hannah — for a one-of-a-kind dining experience that artfully blends traditional Swiss cuisine with a vibrant Brazilian twist. Their fusion cuisine adds a modern touch to traditional South American dishes, from juicy steaks and fresh seafood to flavorful Brazilian-inspired dishes. Explained by the owner, the word Caju comes from the Tupi Guarani language and means "cashew nut", a symbol of community. This philosophy characterises the restaurant: Chef Gustavo and his team created a place where people can come together, exchange ideas and experience the joy of dinning together - a place where community and culinary discoveries go hand in hand.

When: Thursday, 14 August, 18:15
Where: Restaurant **Caju**, Luzernerstrasse 210, 6402 Merlischachen. The Merlischachen train station is a 10 minute walk away. Parking options: in front of the restaurant or you can use parking of Swiss Chalet hotel and restaurant.
Group limit: 12 Members. Please register online (or send an mail to webeditor@ziwc.ch if you cannot register online)
Booking deadline: Tuesday, 12 August
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.
Menu: à la carte options, menu can be found here Caju Menu

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 43 55, so we can offer your spot to someone else if you're unable to attend.

BN
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
Drop-in Apéro

continues for the summer at
Áigu Bar & Lounge
15 July and 26 August 18.00-19.30
Self-pay at the bar

Please register on the website to ensure that we have adequate space reserved.





German at the lake
Begin to learn German as part of a group outside by Lake Zug

FMZ
Fachstelle Migration Zug

Learn German outdoors, get to know new people and learn about important offers for new arrivals. All this is possible at German at the lake.

On average 15 - 20 people participate in these free German taster lessons. Learn your first important phrases and practise your German with others.

Before and after the free lessons you can obtain information about German courses in canton Zug.



AUGUST
Wednesdays
14.30-15.30 and 16.30-17.30

German at the lake
13.8 / 20.8 / 27.8 / 03.9 / 10.9 / 17.9 / 24.9 / 01.10.2025
free beginner German lesson behind the Speck Gelateria at Lake Zug

ZIWC LUNCH CLUB

May Lunch in Lugano

Some beautiful scenes of our recent lunch in Lugano! Thanks to Ailbhe for organising a wonderful day out!





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Hidden Spots to Escape the Summer Heat in Zug

When the summer sun beats down on Zug, finding a cool, quiet corner can feel like discovering a little secret. Here are three hidden gems perfect for slipping away from the crowds and the heat this July and August.

A Picnic by Wilersee

Just a short drive from the bustle of town, Wilersee is a small, peaceful lake nestled in the hills above Zug. It's an idyllic picnic spot with shaded banks and gentle breezes that keep it cooler than the valley below. Bring a blanket and your favourite book and enjoy a serene escape surrounded by birdsong and rippling water.

A Courtyard Hideaway at Kunsthaus Zug

In the heart of town, most people pass through the Kunsthaus doors without realising there's a secret garden tucked behind the galleries. This quiet courtyard, hidden from the street, offers benches under leafy trees and a gentle fountain, the perfect spot to sip an iced coffee, catch your breath, and linger in the shade before stepping back into the summer sun.

A Sweet Treat at the Secret Gelato Window

After a picnic or an art stroll, reward yourself with a scoop of something cold and delicious from one of Zug's gelato windows, Dieci Gelateria & Café near Landsgemeindeplatz or at Lucy Goose a few paces further down the lakefront. Grab a cone, wander to the lakeside steps, and watch the boats drift by, a sweet way to savour Zug's summer days.

So pack a hat, find a shady bench, and keep these little secrets just between us!

The History of Mercenaries in Zug

The Zurlaubens - Zurlaubenhof

In this Connect! Magazine we will be featuring the first of a series of three articles relating to the history of mercenaries in Switzerland, its particular relevance to Zug and specifically some notable women who were at the very heart of its operations. Accompanying this, ZIWC are offering a private tour of the Zurlaubenhof (see page 24 for details). We begin with a little background into mercenaries…

Where is my Swizers?

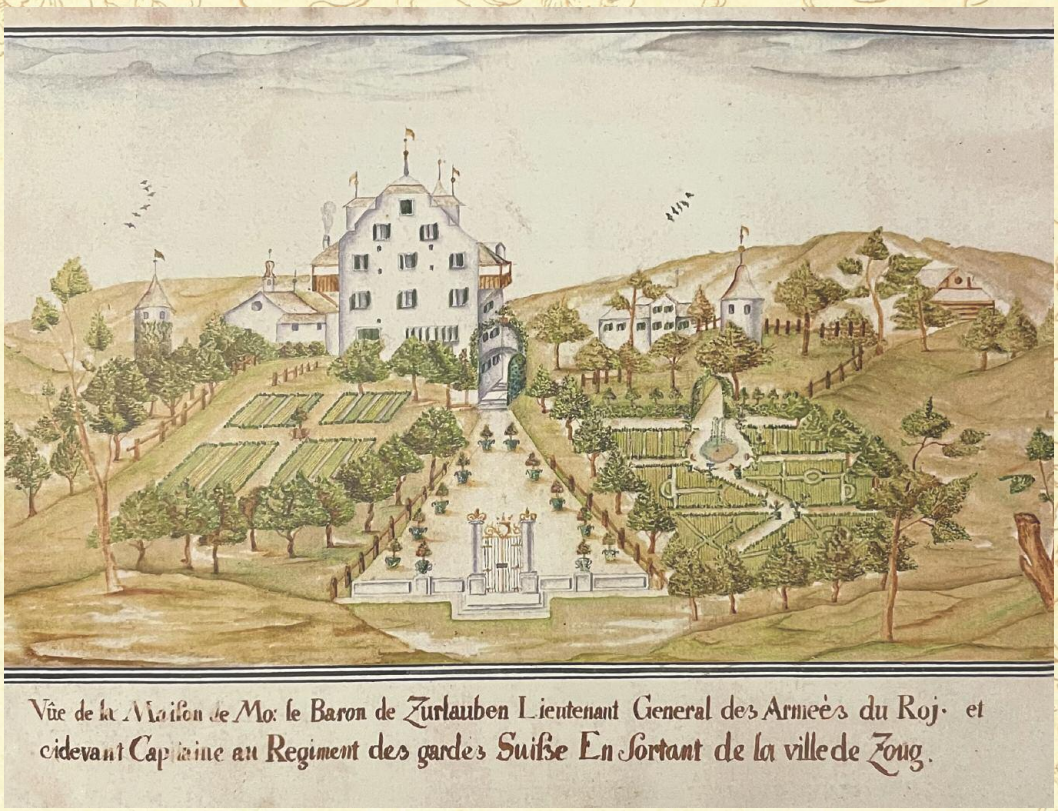
It is not just since the 1960s that the small canton of Zug became gradually wealthier. If we look back to early modern times, we can see that enterprising families such as the Zurlauben gained wealth, influence and international connections much earlier.

Thomas More's *Utopia* (1516) condemned the Swiss Confederacy as consisting of a horde of barbarians, wild mountain folk, whose only source of income was serving as mercenaries in foreign armies. It is a fact that during the 15th-19th century, 'Reisläufer' and 'Söldner' (mercenaries) from Switzerland earned a living in the many wars around Europe.



The word 'Reisläufer' comes from the old German 'die reis louffen' or to go to war. Reisläufer were foot soldiers who provided their own weapons and were paid to fight for a short time. Today's word for travelling, *reisen*, comes from this. It is estimated that up to 10% of the male population of Switzerland were employed in this way at any one time, until it was forbidden in 1857. The Swiss Guards served foreign kings all round Europe and to this day remain in the Vatican.

During the 15th and early 16th centuries, because of their superior infantry fighting techniques, the Swiss confederates had managed to fight off various attacks by Habsburgs, Burgunds and Savoyards among others, thus gaining control over central mountain passes. The Swiss Catholics also strengthened ties to Catholic powers in central Europe in efforts to protect themselves against attacks from Protestant Zurich and Bern. The Confederation was an important hub for dealing in war materials and supplies and was a major intelligence platform for spies. Thus, the old Confederation was a vital source of soldiers, arms, munition, money and information for the warring parties of central Europe.



Vûe de la Maison de Mr. le Baron de Zurlauben Lieutenant General des Armeés du Roj. et cidevant Capitaine au Regiment des gardes Suisse En Sortant de la ville de Zoug.

In the Middle Ages, battles and military campaigns were usually short-lived and the soldiers could go home after a few weeks, if they survived. This form of military service attracted unmarried farmers' sons, farmhands, but also married men from different classes. It was not only a way to earn money but they might also bring home spoils of war which they could sell. Such military service also attracted adventurers and criminals. Those who were involved in commanding the companies abroad acquired social graces, knowledge of foreign languages and learnt how to behave in courtly circles. In time, lengths of service became longer and other opportunities such as working in the textile industry arose, so that it became more difficult to recruit enough foot soldiers.

Only the male line could inherit the family ancestral homes, rights of use of offices, companies, titles and family archives. Females, male in-laws, younger brothers could not but were still important as they acted as agents for the recruitment of soldiers, property agents, junior officers, looking after minors abroad, land registrars, and representing the family at the Landsgemeinde (even women, who did not have the vote, could do this). Family structures were therefore very complex and family members inter-dependent. Sometimes it was difficult for the principal heirs to free up enough liquid assets to pay off their younger siblings. In that case, they had to provide promissory notes.

Military contractors then became more inventive, with forced recruitment (often getting men drunk), even resorting to beggars and outcasts. Such forced labour had to be heavily guarded. The military contractors had to resort to recruiting abroad, although those from Switzerland were preferred, and foreigners limited to a third of a company. Most 'foreign' soldiers came from southern Germany.

The military contractor got a company or half-company together and often acted as commander of the troops themselves and were paid by the foreign warlord such as the King of France. The military contractor needed a lot of organising talent and good connections to make a profit out of the business. He had to pay for the advertising for recruits, uniforms, weapons, munition, food, accommodation on the road and so on and extract as much as possible from the warlords to cover his costs and make it worth his while.

Military contractors were usually members of large, wealthy patrician families who had access to the necessary resources such as men and money and often had local political roles. Descendants of long-established patrician families were eligible for election to certain political offices. They organized themselves as family businesses, which not only brought in money but also status and prestige. The Zug Zurlauben family were particularly successful in acquiring political roles and the influential Tagsatzung position (comparable to a magistrate's court). Family ties with local clergy also proved useful. After the Reformation, it was mainly the Catholic cantons who were involved in the mercenary business, as Protestants disapproved (except for canton Bern).

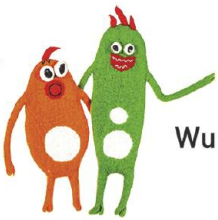
The inheritance practices in the Zug region during this period were patrilinear: the eldest son inherited the land, the political offices and sinecures but the many other family members (Beat Fidel Zurlauben, one of the most influential Swiss Guards, who served at the French court, had 22 children by two wives) had to get their share too. The women usually inherited money and moveable property. This remained theirs, even if they married (Gütertrennung) and they could invest it how they wished. The husband could also use the interest on investments but the capital remained in the hands of the wife and by extension, her family. Enterprising women such as Maria Jakobea Zurlauben invested her money in the mercenary business and was very successful.

From the 18th century on, female family members became more active in coordinating the activities of the family military businesses, organizing advertising, troop movements, accounting and networking. Keeping the business in the family also ensured security, discretion and the long-term survival of the family, as well as the prestige that it brought locally.

(Note: *Hamlet* Act 4, sc.5)

Source: Militärunternehmertum und Soldwesen in der Zentralschweiz

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

Save the Date!
Zurlaubenhof Visit





The Zurlaubenhof is a cultural heritage site here in Zug, but also of national importance. In 1964, the ensemble of historic buildings and baroque gardens was recognized as a protected monument. Until 1799, the property was owned by the Zurlauben family, and from 1843 to 2022, it belonged to the Bossard family and is now owned and run by Stadt Zug.

We have secured the chance to visit a private guided tour for up to 15 ZIWC Members, book now on the website for the possibility of visiting this unique location.

As an additional bonus, the tour will feature an opportunity to visit the Heiner's Distillate. Their prize winning schnapps is becoming quite well-known. This would be an additional 15 CHF per Member.

Save the Date! **Monday 29 September', more details to follow in the next edition of Connect! And our email and social media channels.**

Moments to Connect!

















80's Party

Date: 04-Jul-2025 and 12-Sep-2025

Time: 20.00 – 23.30

Event Description: Immerse yourself in the 80s and experience the greatest hits of this legendary decade! Let yourself be carried away by the vibes and party with us.

Come with us on a journey back in time to the 80s. Experience hits that still inspire, such as “Take On Me” by a-ha and “Billie Jean” by Michael Jackson. DJ Hektor will play the best classics – let yourself be tempted to dance by the energy of the 80s.

Menu: Satisfy your appetite with a look at the menu (will follow soon). GASTRONAUTIC provides refreshment with a cool drink at the bar.

Address: Zug Bahnhofsteg

Reserve Your Spot: 04-Jul-2025 HERE or 12-Sep-2025 HERE. It is only 40 CHF for Adults for the cruise and party with DJ Hektor.

No group, Half Fare or GA Travelcard reductions available. The reservation covers the cruise and the party. You can reserve for up to 9 people online. We are happy to accept reservations for groups or reservations with vouchers by telephone or info@zugersee-schifffahrt.ch. Reserve your spot.

Please be advised that a ZIWC advertising partner is coordinating this event, and the event is not exclusive to the Club Members.



July 2025

MONDAY	TUESDAY	WEDNESDAY
	1 10:00 **Badminton** 15:00 **Bridge**	**2** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:15 **Hop On, Hop Off Cruise**
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** 15:00 **Bridge**	**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**	**15** 10:00 **Badminton** 15:00 **Bridge** 18:00 **BN Apero Aigu**	**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**	**22** 10:00 **Badminton** 15:00 **Bridge**	**23** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 12:15 **Monthly Lunch** 13:30 **Wednesday Hiking**
28 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners**	**29** 10:00 **Badminton** 15:00 **Bridge**	**30** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Board Games**







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
3 18:00 **A Woman's Guide for Financial Essentials & Markets Outlook 2025**	**4** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 20:00 **80's Party Cruise**	**5** SATURDAY **6** SUNDAY
10 10:00 **Aegeri Coffee**	**11** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**12** SATURDAY **13** SUNDAY
17 10:00 **Cham Coffee** 18:15 **Monthly Dinner**	**18** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**19** SATURDAY 19:00 **Cheeky Cocktail Club** **20** SUNDAY
24	**25** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**26** SATURDAY **27** SUNDAY
31 9:30 **Walchwil Coffee**		
		

August 2025

MONDAY	TUESDAY	WEDNESDAY
		
4 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners**	**5** 10:00 **Badminton** 15:00 **Bridge**	**6** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
11 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**12** 10:00 **Badminton** 15:00 **Bridge** 19:00 **Cheeky Cocktail Club**	**13** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
18 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**19** 10:00 **Badminton** 15:00 **Bridge** 17:30 **Spotlight Event: tibits Vegan and Vegitarian Diets**	**20** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
25 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**26** 10:00 **Badminton** 15:00 **Bridge** 18:00 **BN Apero Aigu**	**27** 8:00 **Morning Outdoor Fitness** 8:30 **German Conversation "Kaffeeklatsch"** 10:00 **Zug Stammtisch** 12:00 **Monthly Lunch** 13:30 **Wednesday Hiking** 18:30 **Board Games**
	**1 August** **Swiss National Day** **25 August** **Mariä Himmelfahrt**	

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

THURSDAY	FRIDAY	WEEKEND
	**1** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**2** SATURDAY **3** SUNDAY
 **7**	**8** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**9** SATURDAY **10** SUNDAY
14 18:15 **Monthly Lunch**	**15** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**16** SATURDAY **17** SUNDAY
21 8:00 **ESCAPE: Gösgen Nuclear Power Plant Tour** 10:00 **Cham Coffee**	**22** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 18:30 **Bollywood Dinner and Dance**	**23** SATURDAY **24** SUNDAY
28 9:30 **Walchwil Coffee** 15:00 **Charity Afternoon Cruise with Apero**	**29** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**30** SATURDAY **31** SUNDAY
		

Interest Groups

Summer Break

As we are approaching the holiday and summer months some of the Interest Groups are taking a break.

Please take note of the groups that will pause in July/August :

- **Gardening July / August**
- **Winetasting July / August**
- **Kaffeeklatsch will meet on 23 July, then break for summer, resuming on 13 August**
- **English conversation online will have their last class on the first Monday in July, resuming mid-August**
- **German for beginners : please contact Julie Benck on jubenck@hotmail.ch for exact course dates throughout the summer**

Wishing you all a wonderful Summer !



Interest Groups

Zugerberg Finanz Trophy

Join the Zugerberg Finanz Trophy Challenge – Get Active for a Great Cause!

Not familiar with the challenge? Here's a quick overview:

The **Zugerberg Finanz Trophy** is an annual fitness initiative running from **February to October**, encouraging people to get moving in and around the beautiful region of Zug. Whether you prefer walking or running, this is a fun and flexible way to stay active — and it's completely **free to join**!

- Sign up here: https://www.zugerbergfinanz-trophy.ch/en/
- Don't forget to select **ZIWC** as your Verein!



Bald Halbzeit auf der Zugerberg Finanz Trophy

Die Trophy steuert auf die Halbzeit zu. Aktuell läuft die dritte von sechs Etappen. Zeit, um einen Blick in die Ranglisten und Teilnehmerzahlen zu werfen.

Mit 1003 Teilnehmenden und 6950 Starts nach den ersten zwei Etappen zeigen sich die Organisatoren zufrieden. Auch wenn die Zahlen nicht so hoch sind wie jene aus dem letzten Jahr mit 1072 Teilnehmenden und 8680 Starts. Dies aus dem einfachen Grund, weil letztes Jahr nicht wie heuer nur die Rundstrecken, sondern auch die Bergstrecken während der gesamten Austragung befahren werden konnten.
Beeindruckend ist weiterhin der Einsatz der beiden Vielstarterinnen Kathryn Watson aus Zug und der Siegerin der letztjährigen Höhenmeter-Challenge Heidi Müller aus Unterägeri. Die beiden liefern sich ein echtes Kopf-an-Kopf-Rennen. Auf Kathryns Konto stehen am Sonntagabend 650 Kilometer, während jenes von Heidi gut 670 Kilometer zählt. Beeindruckend sind diese Zahlen auch, weil Kathryn alle und Heidi grossmehrheitlich alle Kilometer walkend zurücklegen und der Zeitbedarf entsprechend hoch ist. Auf Platz drei liegt Sarah Paul mit 410 Kilometern. Hinter ihr folgen die weiteren Teilnehmenden in geringen Abständen, so dass sich die Ränge täglich ändern. Dank Kathryns Einsatz führen für einmal nicht mehr die Höllgrotten Harriers die Vereinswertung an, sondern der «Zug International Women's Club», für den Kathryn am Start ist.

Socken als Belohnung

Mit 300 Kilometern in den Beinen haben inzwischen 17 Teilnehmende den «Goldsocken-Status» und damit die höchste Trophy-Stufe erreicht. Dahinter folgen rund 60 Teilnehmende, die 150 Kilometer absolviert und sich damit die begehrten Socken in Silber erlaufen haben. Über 100 weitere Teilnehmende haben für 75 gesammelte Kilometer die Bronze-Socken erhalten. Die beliebten Socken sind die Belohnung, die die Zugerberg Finanz AG den fleissigen Teilnehmenden schenkt. Die Socken erhalten auch all jene, welche bei der Höhenmeter-Challenge 2500, 5000 und 10'000 Höhenmeter schaffen. Auch hier zählt die Rangliste bereits über ein Dutzend Teilnehmende, welche die oberste Marke erreicht haben - Und es geht eng zu und her: Am Sonntagabend lag mit Sepp Villiger, Philipp Rebsamen und Daniel Etter ein Trio aus Pauwerbikern und Veloclub Menzingen vorn.
Die aktuellen Etappen enden am Sonntag, 15. Juni, bevor es vom 16. Juni bis 13. Juli für die Rund- und Bergetappe nach Menzingen geht.

Alle Details unter www.zugerbergfinanz-trophy.ch.

Für die Zugerberg Finanz Trophy
Sara Hübscher

Aktuell steht das Zeitmessgerät bei der Hünenberger Badi für die Etappe Ennetsee und an der Weinbergstrasse in Zug, von wo es auf den Zugerberg geht.

There are multiple scenic routes starting from **Zug**, **Baar**, **Menzingen**, **Steinhausen**, **Ägeri**, **and Hünenberg**, each with **short**, **medium**, **and long options** to suit all fitness levels.

We have a **WhatsApp** group where members share which routes they're doing and when. Can't make a group time? No problem — you can complete any route on your own whenever it suits you. Every kilometre you log counts toward the team total!

Why join?

- We're currently in **1st place** and even made it into the **local news**!
- The **top three teams** win a cash prize — last year, our second-place win supported the **ZIWC Charity Project**.
- It's a great way to stay fit, explore your surroundings, and support a meaningful cause — together.

We're already a team of **65 strong**, but we need even more of you to help us keep up the momentum.

So, what are you waiting for?

Lace up your shoes, log your kilometres, and be part of something amazing.

Contact Sarah Paul to be added to the WhatsApp group: +41 79 279 9748
Looking forward to seeing you out on the trails!

Spotlight Event

tibits



19. August 2025

THE WORLD OF VEGAN AND VEGETARIAN CUISINE

Location:
tibits Zug
Baarerstrasse 30, 6300 Zug

Time:
17.30 – 20.00

Please join us for a fun, flavorful spotlight evening event to explore the world of vegan and vegetarian cuisine at tibits Zug—no rules, no labels, just inspiration!
Whether you're curious about plant-based eating, looking for new meal ideas, or simply love good food, this event is for you. We'll share tasty tips, and simple ways to add more color, nutrition, and joy to your meals—without sacrificing flavor or spending hours in the kitchen.

We'll also have light bites and Apreo to try — because the best part of plant-based living is eating!

Let's connect, taste, and get inspired together.
Your next favorite dish is just one bite away at tibits Zug!

Open to all members – and feel free to bring a friend! Registration required and the cancelation policy applies to no-shows. Members are responsible for their guests.

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.

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

Expat Expo 2025

ZIWC Members were out in full force on Saturday 17 May to promote the Club at the Expat Expo, a hub for resources and information for the ever dynamic Zug expat community. This year, the new venue at Freiruum proved to be popular for visitors, ensuring a busy day for all.

Our Club is not a hard sell as we do and offer so much! But we relish these opportunities to showcase our efforts. It was a fun and vibrant day, thanks to those who worked the stand and passed by to say hi.

And congratulations to Cindy Komet who won a year's free membership in our raffle.







What's On in Zug

Zug Magic

Imagine water fountains soaring up to 40 metres high, dazzling lasers and spotlights, all intertwined with captivating image and video projections set to a musical backdrop.
ZugMagic transforms the Zug lakeside promenade into a realm of enchantment, offering moments of pure magic.

Brought to life by ZugSPORTS, this extraordinary water show touches hearts, stirs emotions, and unites people of all generations and cultures.

Dates: 28 June - 27 July
(Tuesday to Sunday, closed on Mondays)

Location: Zug Lakeside Promenade, where stunning views unfold directly from Rössliwiese

SHOW TIMES:

Water Shows: Tuesday to Sunday, every 30 minutes from 18:00-21:00 (each show is 4 minutes)

Multimedia Show: Tuesday to Sunday, from 22:00-22:18. Immerse yourself in a multimedia extravaganza of light, video, and image projections, complemented by an immersive musical experience.

Don't miss out on this spectacular event that promises to be a highlight of the summer!

Taken from Zug Tourismus website.

Save the Date!

19 August: Spotlight event - Tibits, Vegan and Vegetarian bites
28 August: Charity Cruise and Apero
4 September: Charity Golf Tournament
9-12 September: Escape to Firenze
12 September: 80s Party Cruise
29 September: Zurlaubenhof Visit

