ZIWC
Connecting Women
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MAGAZINE

Connect!

SEPTEMBER / OCTOBER 2025 | FOR WOMEN • FOR CONTACT • FOR 58 YEARS



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Hello dear Members,

I hope you all enjoyed the summer months either in beautiful Switzerland or abroad. I'm delighted to share with you a glimpse into what we've been up to and what's to come. Only a few groups broke up over the summer. Our French conversation lunch group and the Last Minute Outings have been enjoying the lovely weather with outdoor meetings. The Zuger Trophy group is unstoppable – rain or shine - and as I write this intro they have already walked an astonishing 9905km! With this distance they remain top of the league. Go girls!

Whether you're a long-standing Member or thinking of trying something new, you know that our Club is a welcoming space to connect, explore shared passions, and have fun along the way.

Over the months in which I have been the Interest Groups lead, it's been a joy to see our community grow—whether through laughter-filled gatherings - organised by our Business Network - Cheeky Cocktails Group, Escapes, Hospitality or Interest Groups. Through new friendships, or simply discovering the joy of new groups that have been set up, (ie. French conversation Lunch, German for Beginners and the most recent proposed bi-monthly Book Reading group), we always welcome new faces, so if you're curious, come join us—you might just find a new favourite hobby (or a few new friends!).

I would really like to thank all my Interest Group Leads for their continuous effort and dedication. Without your drive the groups would not be what they are.

To find out what's coming next, why not check out our Calendar in this Magazine or online for the very latest activities we have planned for you in the following months. Don't delay in signing up for what you like as spaces are limited and sell out quickly.



Very much looking forward to seeing you soon!

Warm wishes,
Veerle Vandionant
Interest Group Chairwoman

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New Members

We warmly welcome our new Members

Evelyn Foo, Wädenswil
Esther Makavy, Zug
Caroline Leenaars, Oberägeri
Shulamit Hadi, Zug
Ksenia Szopsky, Walchwil
Laura Ory, Zug
Klaudia Kemecsei, Neuheim
Ewa Pitulia, Kastanienbaum
Sylvia Freygner, Beckenried
Soma Guha, Baar
Kurstin Finch Gnehm, Zug
Anca Boldea, Rotkreuz
Federica Braga, Baar
Cibele Castro, Zug



For more details, please consult the online membership directory

Magazine Chairwoman
Suzy Andricopoulos
connectmagazine@ziwc.ch

Advertising Chairwoman
Betsy Ballew
advertising@ziwc.ch

Website Chairwoman
Bettina Bjerregaard
webeditor@ziwc.ch

Proofreaders and content contributors:
Helena Lustenberger

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

Printers
WIRmachenDRUCK
www.wir-machen-druck.ch

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

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

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

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

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

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

Escape

Sonnenberg Civil Defence Facility Tour

The Experience: When you think of Switzerland the top things that come to mind are usually chocolate, cheese and watches, but did you know this wondrous country is also home to what may be the largest number of civil defence bunkers in the world? Join us as we tour the Sonnenberg shelter in Luzern, which was originally designed to house 20,000 people safely underground.

> "On our tour, you will learn about the historical background that led to the construction of this giant shelter as well as experience what everyday life would have been like for the population in the shelter. You will explore areas where the staff would have been working – such as the command post, the emergency hospital, the kitchen or the detention cells – and get to see how the facility is used today."

Location: Lucerne

Date: **Thursday, 23 October 2025**

Time: 09:20 - 16:00 (Tour from 10-12, followed by optional lunch)

Transportation: SBB from Zug to Luzern

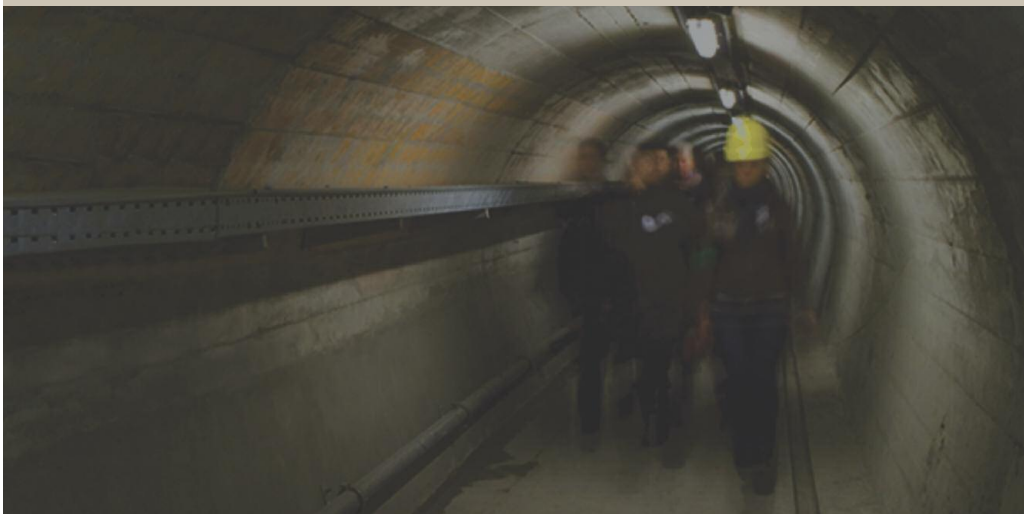
Cost: ZIWC is covering the cost of the private tour.
Transportation and meals will be at your own expense.

Booking Details: Open to ZIWC Members. Register via the ZIWC calendar on the website. Limited to 24 participants.

Booking deadline: Due to the advanced planning required, the deadline is 16 September 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.



Meet the (Board) Member
Suzy Andricopoulos

Magazine Editor and Chairwoman



How long have you been in Zug?

My young family and I arrived here 14 years ago with my husband's job. I didn't quite have the German to continue my London job as a clinical pharmacist and, with two and then three kids to settle and raise here, I embraced life as a homemaker and busied myself in the task of integrating. We proudly became Swiss citizens three years ago.

What brought you to ZIWC?

ZIWC seemed to be the first port of call for many arriving expats. I loved receiving the newsletter for information, for adverts, for local knowledge and context. It's funny to realise that, now that I am editor of what is now called Connect! Magazine into my fourth year! I wasn't able to take part in much of the Club's activities at the time, but about 5 years ago I got involved in medical editing and through a writing group found this opportunity. I thought this editing role would be fun and engaging. I was proved right! This community is full of bright, talented and enthusiastic women of all ages and all corners of the globe. And it's so jam-packed with activities, I'm always wishing I had more free time to do more.

And what about the Board?

We are currently a great team who work hard, and enjoy fun together too. I'll be sad to step down next Club year, but I would like to motivate anyone interested in the editing process and working as part of the team to get in touch, this is a great job with lots of opportunity to get involved in the community. I hope to continue in some capacity as part of the editorial team and have more time to enjoy more of what the Club has to offer. My favourite things are the Escapes and the annual Sami Chlaus breakfast.

What else keeps you busy?

Too much for sure! I love hot yoga (HotHaus yoga in Cham) and singing. I have the privilege of singing with Chor Audite Nova Zug, a large oratorial choir; we rehearse seriously and perform several times a year. You can hear us at the forthcoming Zuger Chornacht on 13 September, among many other choirs, all dotted around Zug's old town. It'll be a great evening. I'm now on the Board for this choir too, and that also keeps me busy!

Favourite place in Zug?

I love being by the lake. In summer that's on the lake, like on a boat that you can hire at the Landesgemeindeplatz and jump in. In winter it's also in the lake, a quick cold dip followed by a lakeside pop up sauna. Invigorating!

My other loves are my family, travel and women's empowerment. I think my future will involve some or all of these things, if I'm lucky.

100 years
Goldau Nature and Animal Park

Central Switzerland is one of three areas which are liable to earthquakes and tremors in Switzerland. On 2 September 1806 at 5am, following a long period of rain, the Rossberg moved and caused a landslide lasting for merely 3-4 minutes but long enough to bury the village of Goldau and its surroundings, causing the death of 457 people. There was a tsunami in the nearby Lake Lauerz which lead to a flood of the local area.

In those days, ordinary people didn't know the scientific reasons for such natural disasters; they thought it was an act of God, usually caused by some wrong-doing. Local priest Isidor, unusually for the time, hastened to state that the people of Goldau were peaceful, God-fearing folk and that they were surely not to blame.

Although the catastrophe occurred before the forming of the Confederation in 1848 and the Swiss were anything but united at that time, help came first from Zug and Lucerne and then from other cantons and the solidarity shown was the beginning of the now legendary Swiss solidarity in times of need.

The area is still unstable and there are often small landslides, which the locals have come to live with.

Links with visualisations of the disaster (German):

https://www.srf.ch/play/tv/kultur-webvideos/video/wege-aus-katastrophen-der-bergsturz-von-goldau-1806?urn=urn:srf:video:b857c5c9-b5fe-4d0e-855f-3809f995053f

https://www.srf.ch/play/tv/10-vor-10/video/bergsturz-von-goldau-als-der-berg-auf-das-dorf-stuerzte?urn=urn:srf:video:70c7bf8c-4ba2-4548-8658-49667ce23d09

It was decided to rebuild the village, starting with a multi-purpose building, the Pfrundhaus, and then the Gasthaus Rössli, which is still there. The construction of the Gotthard railway attracted jobs and tourists, contributing greatly to the resurrection of the village. In 1956, a museum (Bergsturzmuseum) was opened, which existed until 2021 when it had to make way for the expansion of the Tierpark.

100 1925-2025 JAHRE

The Natur-undTierpark Goldau (Nature reserve and wildlife park) was built with great enthusiasm by the local population and celebrates its centenary this year. There are about 100 different species of European animals, many of which are endangered. There are opportunities to feed and stroke sika deer, moufflons and goats, picnic areas and other attractions and this is a popular all-year destination (annual passes for families are the best value).

https://www.tierpark.ch/english/
www.tierpark.ch/jubilaeum-2025







Escape

To Morges for the Tulip Festival





Our Escape to Morges Tulip Festival on Tuesday, 29 April, was delightful from start to finish, not surprising in the least, because it was expertly organised by Alicia Toledo. She had done lots of research and planning beforehand and even had a word with the weather Gods, it seemed, because we took off from Zug in glorious sunshine.

We were all in high spirits, and we had not even sipped Prosecco!

What a train journey! We headed for the French part of Switzerland, where Morges nestles between Genève and Lausanne. The nearly three-hour train ride went very quickly, as we took in the wonderfully scenic route with lakes and mountain views, alternating with vineyards and farmland with happily grazing cattle and sheep, and as we saw the majestic snow-covered Mont Blanc, we knew we were close to our destination.

Arriving at Morges we walked to the Château de Morges, where the tulip festival takes place, and this year there were 350 varieties of tulips in the park, themed around 'water'. What a sight! Candy colours galore, groups of tulips everywhere, tall and statuesque, petite and dainty, one sort prettier than the previous. You just want to have them all in your garden! Actually, you can buy the bulbs during the last week of the Festival.

Having walked the magnificent grounds and taken in the delightful exhibition to the full, it was time for lunch, and we found a good restaurant nearby, which, although very busy catering to the yacht club, found a table for us.

After lunch we visited the Château de Morges, where we got an insight into Swiss military history through the ages. They also had a permanent exhibition called 'Petits Soldats', which are figurines set out as tableaux, reenacting the major wars and conflicts through the ages, which was quite fascinating.

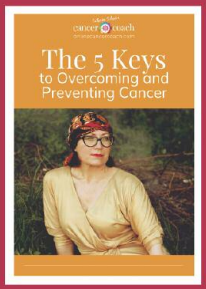
Then it was time to head back and having found our own group area on the train, we relaxed back into our seats and happy chatter ensued. What a wonderful Escape we'd had once again! A great big thank you, dear Alicia!

By **Vivi Jensen**









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Zurlaubenhof *a History*

The second in our article series on the Zurlaubenhof, to accompany our Exclusive Member 4 Members event - for further information see page 28

Until the early 19th century, the area surrounding the town of Zug was characterised by a landscape of meadows and orchards, from which several manorial estates, alongside individual farms, emerged. The most important country estate with its associated St Konrad chapel was the Zurlauben family farm.

Paul Stocker, painter and lieutenant in the French army, built a large farm on the piece of land outside the Zug city walls called 'Schilt'. Later, it passed to his brother-in-law, Konrad III Zurlauben. The Zug councillor Konrad Zurlauben was an important mercenary general in the service of the French Bourbon kings. He built a stately house on the plot of the former farm Hof am Schilt. The building, commissioned by the then Zug town architect Jost Knopflin, began construction in 1597 and was completed in 1621. The interior of the manor house features two remarkable rooms in particular: the 'Festsaal' and the 'Braune Zimmer'. In 1623 and 1624, a free-standing chapel dedicated to St Konrad was built and connected to the manor house by a passageway. In 1645, Konrad Zurlauben's son constructed the so-called tenant's house as a residence for the tenant farmer. In 1736, the tenant's house was connected to the manor house by a loggia and the 'White Hall' or 'Garden Hall' was set up on the upper floor of the tenant's house. In the 19th century, the ensemble underwent numerous other changes.

The Zurlaubenhof was owned by the Zurlauben family on and off until 1799. After the French Revolution, the mercenary era was over and Beat Fidel Zurlauben lost his position, his pension and privileges and had to sell the property in 1799. From 1843 to 2022, the estate belonged to the Bossard family from the town of Zug. The Zurlaubens almost certainly never called the property 'Zurlaubenhof'. To them it was simply the 'Hof' or they were the Zurlauben von Schilt. They owned other properties as well, for example the 'Weingartenhof' in the Postplatz area. The prominent families of the time, the Zurlaubens, Landtwings and Kolins considered property, public offices and other benefits as being very much within the family rather than in the hands of just one person. Although the Zurlauben family kept an extensive archive, it is sometimes very hard to track the changing of hands of property in the records, especially because all the Zurlauben men seem to be called Beat and the women Maria!

The Hof am Schilt was only one of the properties owned by the family and the more important one was the 'Äussere Hof' which was also outside the city wall, at what is now the Postplatz. The family lived there continuously from 1595-1762 and it was demolished in 1899. However, the 'Schilt' was far more impressive and symbolic of the pretensions to nobility of the Zurlauben family.

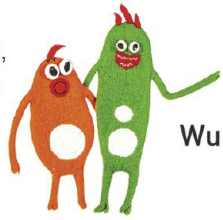
The Zurlaubenhof plays an important role in Zug's townscape and has been listed in the Inventory of Swiss Sites of National Importance (ISOS) since 1964. As the degree of difficulty involved in the planning and construction of the listed building is very high, it requires correspondingly high maintenance and repair costs. In 1970, the owners, the Bossard family, asked the public authorities for financial support for the renovation of the main building. Everyone involved was keen to preserve the existing building as completely as possible. During this time, the owners also converted a barn of the former farm into a residential building with six rental units to contribute to the maintenance costs. To ensure that the

owners would no longer have to rely on the public purse in future, they planned from 2012 onwards, together with the authorities, to build further flats on part of the land that was no longer used for farming. The project was developed with great care over a period of around six years. During this time, a generational change became apparent in the Bossard family, which prompted the owners to offer the property exclusively for sale to their preferred partner, the city of Zug. Currently, the city is discussing with stakeholders the future of the Zug landmark.



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.

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Hospitality

Fanny van Dyck
Hospitality Chairwoman

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

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 as short a time as you have.

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!

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!

September • VIVA

Date: Wednesday 3 September
Time: 19:00 till 22:00
Where: Viva Zug, Alpenstrasse 9, Zug
Get ready to raise your glass at Zug's newest hotspot—**VIVA**, your friendly neighbourhood wine bar serving up *Wine* | *Food* | *Vibes*. The perfect blend of cool ambiance, curated sips, and cheeky fun!

How to get there: This bar is in the centre of Zug, close to the train station. It occupies the fourth corner of the crossing with Pickwick's Pub, Flanagan's Pub and Speck Bakery. It's easy to reach by bicycle and on foot from the train station and all buses that stop at either the Bahnhofplatz or even Metalli/Bahnhof stops.

October • BAR LIMÓN

Date: Thursday 9 October
Time: 19:00 till late
Where: Bar Limón, Chäsimatt 4&5, 6343 Rotkreuz
We're taking the Cheeky Cocktail Club on tour to **Limón Bar**, where laid-back elegance meets next-level drinks. Think cozy, chic, and full of flavour—*Relax & Enjoy* has never looked (or tasted) this good!

How to get there: This bar is within 5 minutes' walk from the Rotkreuz train station. You can easily reach it from Zug by train. You leave the station at the Bahnhof North side to find this bar.

Host a Contact Coffee/Apéro

Would you enjoy welcoming new faces into our ZIWC community over coffee, wine, and warm conversation?

We're looking for hosts to open their homes for a **Contact Coffee or Apéro**—small, informal gatherings that help new Members feel instantly at ease and connected. You don't need a big house or fancy setup—just a welcoming spirit and a little time.

It's one of the simplest yet most meaningful ways to support the Club—and who knows, you might make a new friend (or three) along the way.

If you're curious or ready to host, contact Fanny at **hospitality@ziwc.ch**—she'll be happy to guide you.

Together, we make ZIWC feel like home.

September Lunch Club

ZIWC LUNCH CLUB



Villa Villette - Cham

OK, so some of us had a wonderful lunch at Villa Villette in Spring, but so many Members have said that they have yet to discover this stunning park and the restaurant that we're making a return visit in September. It's a destination well worth sharing!

Date and Time: **Thursday 18 September at 12:15**
villavillette.ch/#

Villa Villette is just a few minutes' walk from Cham station, and the surrounding park land, by the lake, provides great opportunities for a walk pre- or post-lunch. We look forward to seeing you there.

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 Tuesday 16 September: 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 and accident insurance policies will apply, see page 4 for details.

October Lunch Club



Restaurant Schiff - Zug

This is another hidden gem in Zug centre
- a wonderful historic venue with excellent cuisine!

Date and Time: **Wednesday 15 October at 12:00**

Address: Graben 2 in Zug
(off Landesgemeindeplatz):
restaurant-schiff.ch/

Please register on the Club website or - if you have no web access - by calling or texting Ailbhe Fallon on +41 78 698 5160 (no WhatsApp please).

Cancellation by midday on Saturday 11 October (the restaurant is closed on Monday):
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 and accident insurance policies will apply, see page 4 for details.

September Monthly Dinner

ZIWC DINNER CLUB



On the recommendation of our Member Roxy, we will warmly welcome the autumn season at the Zunfthaus Kreuz restaurant, nestled directly by the breathtaking Zug lake. This tranquil location offers a magnificent view of the lake and the surrounding mountains. The restaurant's menu features a delightful selection inspired by Mediterranean cuisine, including fresh pasta and crispy wood-fired pizzas, complemented by homemade wine. We will also have the pleasure of savouring homemade specialties — from freshly baked bread and ice cream to delicate puff pastry cream slices. If the weather allows, we will enjoy our feast on the terrace and experience the legendary Zug lake sunset.

When: **Thursday, 25 September, 18:15**
Where: **Restaurant Zunfthaus Kreuz**, Artherstrasse 108, 6317 Oberwil bei Zug. 7 minutes' ride by bus no. 611 from the bus station Metalli/Bahnhof towards Oberwil b. Zug-Klinik Zugersee, 7 stops – station Oberwil b. Zug Kruz. Parking is available in front of the restaurant.
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you cannot register online)
Booking deadline: Tuesday, 23 September
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.

October Monthly Dinner



In October, we will have the pleasure of exploring the recently opened VICO restaurant, located in the historic premises of the Hotel Schweizerhof Lucerne. This stylish new venue offers a delightful blend of modern-inspired brasserie classics and top-quality Bordeaux wines. We will have the opportunity to choose from a selection of timeless dishes, including Chèvre Chaud, Entrecôte Café de Paris, Bouillabaisse, and Coq au Vin. Chef Stefan Ritter will also delight us with internationally loved favourites such as club sandwiches and Wiener Schnitzel. Emphasizing seasonal ingredients and a respectful approach to French bistro cuisine, the menu promises an authentic yet innovative culinary experience. The impressive wine list, with a focus on France and Switzerland and complemented by discoveries from across Europe, will provide an exceptional pairing opportunity for our gastronomic journey.

When: **Thursday, 23 October, 18:15**
Where: **Brasserie VICO**, Schweizerhofquai 3, 6004 Lucerne. Walking distance is 8 minutes from Lucerne train station. Or travel (1 stop) by bus no. 19, 1, 6, 7, 13 - bus station Schwanenplatz. Parking options: in Schweizerhof Parkhouse.
Group limit: 8 Members. Please register online (or send an mail to webeditor@ziwc.ch if you cannot register online)
Booking deadline: Tuesday, 21 October
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.

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.

BUSINESS NETWORK

ZIWC Business Network
Autumn Programme

Member-to-Member Workshop:
How Canva can transform your business and online success



with **Émely Steegstra-Hendrix**, President ZIWC

"if you are a solo-preneur, you NEED to know about Canva - it not only allows you to design and streamline your communications from web-presence to lead-magnets, it's efficient and can save you money too" says Émely.

And she will show you how Canva **canva.com/** can work for you and your business too. During this hands-on workshop you will be led through using Canva to create webpages which encapsulate your business idea and how to publish it online. You will come away with notes and ideas about how to enhance and update what you have worked on, so that it can form a platform for growing your business idea and attracting satisfied, repeat customers.

As a serial entrepreneur, Émely has the experience and creativity to demonstrate how Canva works for her - and how it can work for you. Join us for this very special workshop:

Date: Monday 15 September 2025 - 18:00 - 20:00
Place: Dachraum, Bibliothek Zug, Sankt-Oswalds-Gasse 21, 6300 Zug

In order to facilitate the workshop being interactive, numbers are limited to **15 Members (Members only event)**. In order to maximise the benefit to you, registrants should bring a charged laptop.

Workshop Fee: CHF 25 including post-event Apéro
Register and pay on the website.

Cancellation: If you have to cancel please do so as soon as possible, by emailing **BNG@ziwc.ch** so that a Member on the waiting list can be allocated your place. Cancellations on or after 10 September will be re-imbursed only if another Member can take the place.



Business Networking *Lunch and Apéros*

Our very popular networking events continue over the coming months:

Business Network Lunch

Date and Time: Saturday 20 September 2025, 13:00
Location: Platzhirsch, Zeughausgasse 10, Zug (Members only)

Business Network Apéro

Date and Time: Tuesday 14 October, 18:00 - 19:30
Location: Áigu Bar & Lounge, ParkHotel, Zug

Business Network Apéro

Date and Time: Tuesday 25 November, 18:00 - 19:30
Location: Áigu Bar & Lounge, ParkHotel, Zug

Business Network Apéros are open to ZIWC Business Network Members, all ZIWC Members and also guests who would like to meet ZIWC Members in a friendly social atmosphere. These are pay-as-you-go Apéros and the bar staff will ask you to pay for your drink when it is served.

Please register so that we can reserve sufficient space for this event!

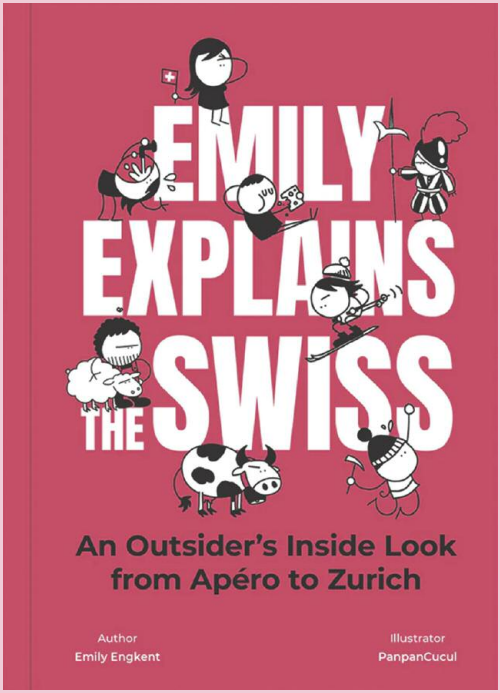
Book Review

Emily Explains the Swiss

Author: Emily Engkent

Illustrator: PanpanCucul

Publisher: Bergli Books



This delightful book fell into my lap and I wondered, as a seasoned Zug resident and recently inducted to Swiss citizenship, whether it would fulfil the following criteria: would it teach me anything I didn't know? Would it fill a gap in the plethora of literature already out there for expats and those curious about Switzerland and its quirks? Would I buy it for a new resident or recommend to others?

The book is aesthetically pleasing in its simplicity, the colours are black, red and white (naturally), the illustrations cute and witty and plentiful enough to satisfy the eye. This is not really a book to read from cover to cover, as it is more of an A-Z reference guide, and suits a coffee or a bedside table so that it can be occasionally flicked through.

And on flicking through, it is indeed a pleasant humorous read. I found myself laughing out loud and absolutely learning many a new thing, as it makes references to objects, names and cultural events from all over Switzerland that you might not be aware of due to geographical and linguistic barriers.

For example, did you know that if you are vacationing in Balkonien, you are not visiting an exotic destination but spending extra time hanging out on your balcony, that Doodle was invented in Switzerland (I think I learned that in the last edition of Connect!) and there is a Swiss German-Swiss Italian border called the Polentagraben, to rival the Swiss French-Swiss German more well-known Röstigraben?

I confess to knowing a lot of the content already. That must make me a bit of a Klugscheisser. But it is a fun little book, especially for those newer to Switzerland. Would definitely recommend as a housewarming or Christmas present or for your own coffee table so you will look eager to your new Swiss neighbours!

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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?

Autumn ...

Herbscht: autumn
Herbschtferie: autumn holidays
Altweibersommer: Indian summer
wandern: to hike
Wanderweg: hiking trail (yellow signposts in Switzerland)
Chürbis: pumpkin
Räbeliliechtli: turnip lantern
Chestene: chestnuts, conkers
Marroni: sweet chestnuts

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

Seasonal Evening



We warmly invite you to join us for this year's Seasonal Event - a cozy and convivial Raclette Evening with a Swiss wine tasting experience.

Celebrate the season with fellow Members as we indulge in one of Switzerland's most beloved culinary traditions, hot melted raclette cheese served with all the classic accompaniments while sipping on delicious Swiss wines.

We would like to continue our tradition of receiving and sharing your contribution to the event! We would need some platters to share for the apéro table and of course your amazing desserts will finish up the perfect evening.

As always, Saakje Daalhuysen will be hosting our cherished raffle, in support of the Frauenhaus Luzern. This organisation provides vital support to women and children in need. Your generosity will make a real difference! Saakje works extremely hard during the year to collect prizes for the raffle. There will be lots to win this year again!

Date: **13 November 2025**

Start time: 18:30 • **Ending time**: 22:30

Where: Siehbachsaal, Chamerstrasse 33, 6300 Zug

Costs: Members bringing a dish • **CHF15**
Members NOT bringing a dish • **CHF35**

Dress code: Smart Casual

Menu: Those of you who are bringing something for the apéro table or for the dessert table, please make sure the portion size is for at least 8 people

Drinks: Apéritifs, water, white and red wine, a soft drink option and coffee/tea

Entertainment: **Wine Tasting and more**

Registration: Please register online on the ZIWC website.

For any questions or dietary requirements please email annualevents@ziwc.ch.
ZIWC Cancellation Policy and Accident Insurance rules apply.

Booking & Payment Deadline: **Thursday, 6 November 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 “Seasonal Event” and your name on the payment.

How to get there: **Car**: There is parking available next to Siehbachsaal at Parkplatz Hafen Ost and Parkplatz Hafenweg West. **Train**: 8 minutes' walk from Zug station, or S1 to Schutzengel, or bus 607 to Schutzengel.

Contact: Linda Sharpe: annualevents@ziwc.ch



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Escape

Latin-Style Dance Class

Date: **Friday, 7 November 2025**

The Experience: Our hips don't lie! We are going to have some Friday night fun in Zug as we learn Latin Dance steps with arm styling & hip movements. We will be taught various basic steps in the dances Salsa and Bachata as we dance the night away to beautiful Latin American music.

Location: DanceMax Zug, Baaarerstrasse 137

Time: 18:00-19:00

Transportation: Meet at dance studio

Cost: CHF 17

Booking Details: Open to ZIWC Members. Register via the ZIWC calendar on the website. **Limited to 15 participants**.

Booking Deadline: Friday 31 October
If the event is 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.







Zugersee Schifffahrt

Lunchtime cruise

For long lunch breaks, our scheduled cruises offer an excellent menu with a variety of meat, fish and vegetarian dishes. Enjoy a cruise on Lake Zug with gourmet delicacies.

More infos: zugersee-schifffahrt.ch

ZIWC Charity of the Year 2025-2026

FRAUEN HAUS LUZERN

We have nominated the Frauenhaus Luzern as our charity of 25/26, and will support donations through events throughout the year. Frauenhaus Luzern provides a safe haven and support to women suffering from abuse of all kinds, as well as offering much-needed practical and emotional support.

If you would like to donate spontaneously however, we include this QR code to be scanned so you can give whatever you would like to our Frauenhaus Luzern fund.

We thank you so much for your support.

September 2025

MONDAY	TUESDAY	WEDNESDAY
1 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**2** 10:00 **Badminton** 14:30 **Gardening** 15:00 **Bridge**	**3** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 19:00 **Cheeky Cocktail Club**
8 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**9** 10:00 **Badminton** 15:00 **Bridge**	**10** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
15 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online** 18:00 **BN Workshop Canva**	**16** 10:00 **Badminton** 15:00 **Bridge**	**17** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
22 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**23** 10:00 **Badminton** 15:00 **Bridge**	**24** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Board Games**
29 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 13:50 **Zurlaubenhof visit / Heiner's Destillate** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**30** 10:00 **Badminton** 15:00 **Bridge**	
		

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
4 15:30 **Italian conversation** **Charity Golf tournament**	**5** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**6** SATURDAY **7** SUNDAY
11 10:00 **Aegeri Coffee**	**12** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 20:00 **80's Party Cruise**	**13** SATURDAY **14** SUNDAY
18 10:00 **Cham Coffee** 12:15 **Monthly Lunch**	**19** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**20** SATURDAY 13:00 **BN Lunch** **21** SUNDAY
25 9:30 **Walchwil Coffee** 18:15 **Monthly Dinner**	**26** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**27** SATURDAY **28** SUNDAY








October 2025

MONDAY	TUESDAY	WEDNESDAY
		**1** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 19:00 **Cheeky Cocktail Club**
6 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**7** 10:00 **Badminton** 14:30 **Gardening** 15:00 **Bridge**	**8** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
13 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**14** 10:00 **Badminton** 15:00 **Bridge** 18:00 **BN Apero Aigu**	**15** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 12:00 **Monthly Lunch** 13:30 **Wednesday Hiking**
20 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**21** 10:00 **Badminton** 15:00 **Bridge** 16:30 **Winetasting**	**22** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:00 **Financial and Pension Planning**
27 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Online Conversation**	**28** 10:00 **Badminton** 15:00 **Bridge**	**29** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 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
2 15:30 **Italian conversation**	**3** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**4** SATURDAY **5** SUNDAY
9 10:00 **Aegeri Coffee** 19:00 **Cheeky Cocktail Club**	**10** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**11** SATURDAY **12** SUNDAY
16 10:00 **Cham Coffee** 15:30 **Italian conversation**	**17** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**18** SATURDAY **19** SUNDAY
23 10:00 **ESCAPE: Sonnenberg shelter tour in Luzern** 18:15 **Monthly Dinner**	**24** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**25** SATURDAY **26** SUNDAY
30 10:00 **Walchwil Coffee** 15:30 **Italian conversation**	**31** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	







Exclusive

Member 4 Member Event

Zurlaubenhof and Heiner's Destillate

Date: Monday 29 September 2025, 13:50-17:00 (approx.)

Experience: ZIWC Members-only guided tour of the historic Zurlaubenhof in English by Dr Christian Raschle and then private visit to Heiner's Destillate.

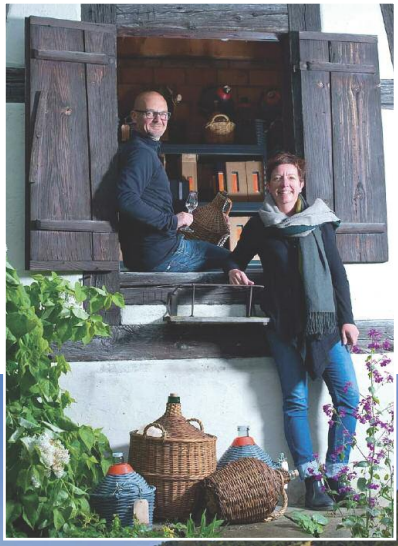
Location: Hofstrasse 9, (Bus 614 to Athene or Parking at Parkhaus Athene/Frauensteinmatt).

Meeting point: Fountain in the courtyard of the Zurlaubenhof at 13:50.

Cost: CHF 30

Booking: ZIWC Members only.
Register on the ZIWC Website.
Limited to 15 participants.
Cancellation and Accident insurance policies apply.
Last cancellation date possible 26 September

Contact: for questions or more information, please contact Helena at **helena.lustenberger@gmail.com**





A Magical Summer Evening by the Lake of Zug

On a very hot summer evening, twelve members of the Last Minute Outings Interest Group gathered at the Mexican restaurant Juanito's for a delightful outing that perfectly captured the spirit of summer in Switzerland.

The evening began with Mojitos and Margaritas, where the group enjoyed lively conversation, shared tacos and fajitas, as the tables were filled with laughter, catching up with familiar faces and welcoming a few new ones.

After dinner we took a short stroll down to the lake front to experience the **Zug Magic Show**, a spectacular display of light, water and music. As the sun set and we took a group photo and met a former member with her dog, the water show began, lit by dazzling lights, a performance that left us all feeling a little bit more connected to each other and the beauty of Zug's summer nights.

Tomorrow will be another sunny day and we are all looking forward to our **Picnic by the Lake** where we will simply enjoy the summer by the lake before everyone heads off to their summer holidays.

Valerie Gitter & **Karin Resch**

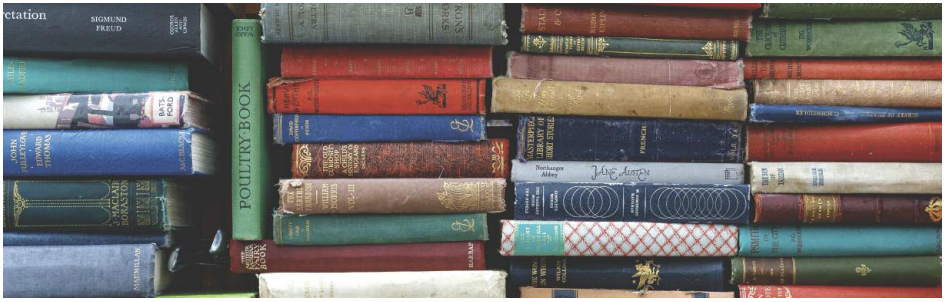


Interest Groups

!!! New Interest Group !!!

Are you interested in joining a new, early evening, bi-monthly literature book club?
Proposed first book: Mrs Dalloway by Virginia Woolf.

Please contact **helena.lustenberger@gmail.com** for more info.



Gardening Group - Grow your own!! It's Never Too Late to Garden!

As we head into the final two sessions of our gardening season this September and October, the Grow Your Own group is shifting into harvest and winter-prep mode. But don't worry if your garden hasn't seen much love yet—it's absolutely not too late to get started.

In fact, my small-space gardening system is designed so that even beginners can start in early autumn and still enjoy the magic of fresh produce throughout the winter and into early spring. From planting hardy greens and winter roots to prepping your soil for a thriving next season, we'll walk you through it all, step by step.

Whether your garden is a balcony box, a sunny patio corner, or a handful of containers, come join us for practical tips, warm company, and a joyful connection to nature.

Let's finish the season strong—together!

~ Émely, your ZIWC Gardening Host



Interest Groups

Francophile flavours and conversations by the lake!

On a delightful Thursday five ladies gathered on the sunny terrace of Brasserie Löwen for the monthly French-speaking luncheon- an event that continues to further our passion for French culture right here in Zug!

With the beautiful lake as a perfect summer backdrop, the group indulged in fine dining and even finer conversation! The delicious menu offered artfully prepared sashimi and poached salmon, just two of the mouthwatering lunchtime options that paired perfectly with lively dialogue.

As we celebrated the French language, for most of us as non-native speakers, we animatedly engaged in topics covering everything from summer plans to favourite holiday destinations, all delivered with that distinct je ne sais quoi French flair!

The luncheon was not just a meal, but a vibrant cultural exchange- a reminder of how language, food and friendship intertwine beautifully in our diverse ZIWC community.
À la prochaine!

By **Karin Resch**

If you are interested in participating in this activity please look at the Interest Group details French Lunch Club.



Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website, contact Veerle for your free trial at interestgroups@ziwc.ch

• Participation in physical exercise or training activities is at your own risk. It is the participant's responsibility to have personal and accident insurance • Please always check the Club website calendar for any updates and changes regarding the dates, time and location of all our events. • Please Note: A no-show for a free event will result in a penalty fee of 25 CHF

MAKE AND CREATE

Knit and Natter ■ This is just the group for those interested in knitting and crochet. You will have fun, find encouragement, learn new ideas, and make new friends. The group meets once every three weeks at Ober Altstadt 10, Zug
Contact Details: Antonia Latter at antonia.latter@bluewin.ch or on 076 386 0005.

Cooking Group ■ Are you a FOODIE and have a passion for cooking but would like to be inspired and hone your skills? Come join our group of some amateur, some professional ladies yearning to learn new recipes and skills. We rotate in each Member's home by consensus date. If this speaks to your heart, please consider joining the ZIWC Cooking Group.
Contact Details: Donna Byron Sequeira at donnabyron@mac.com

Gardening Group - Grow your own!! ■ **RESTARTING IN MARCH**
Learn how to grow your own vegetables in an easy way on your balcony or terrace. You learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, from beginners to seasoned gardeners. We meet on the first Tuesday of the month from 14:30 - 16:30. The forthcoming dates are: 4 March, 1 April, 6 May, 3 June. Please 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



"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 ■ Would you like to meet other ladies (and 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.

FITNESS AND HEALTH

Badminton ■ A great way to have some exercise and fun at the same time! New Members are always welcome. All levels welcome. The Group meets weekly on a Tuesday at 10:00 in Sports Zugerland Zentrum**. Contact Details**: Basia Powell at uciechosia@yahoo.co.uk or on 079 715 5137.

Monday Brisk Walk ■ A walk in the Zug area starting at 13:30 lasting 1.5-2 hours every Monday afternoon. These walks are 6-8 km at a brisk pace on flat terrain with short stops if necessary and a coffee break at the end. **Contact details**: Patrizia Melera on 079 651 0137.

Intermediate Walking/Hiking Group ■ Walks of around 1.5 to 2.5 hours every Wednesday afternoon at 13:30. There may be some hikes in the mountains, but they will be done at an intermediate pace, with short stops if necessary. The Group Members will take turns in choosing and leading a walk. **Contact details**: Jan Frei at jan.freicox@outlook.com or on 079 335 7669.

Fitness Hiking ■ A sport fitness hiking Group. The group walks at a speedy pace in the mountains around Zug. Please show up FIT for the hike. Every session will take around 2 hours every Friday at 09:15. **Contact Details**: Amy Egger at eggeramy@gmail.com or on 076 761 9135.

Golfing Gals Group ■ The Golfing Gals are enthusiastic golfing ladies at every level who practise and play regularly. Nothing is strictly organised, we just group together as it suits. We share our tee times and practice times in our Whatsapp Group. If you fancy joining, please send a Whatsapp. **Contact details**: Émely Steegstra-Hendrix on 077 490 7374.

Last minute WhatsApp Tennis ■ Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? The Group Members must be intermediate and/or high-level players (not beginners) and communicate via Whatsapp. **Contact Details**: Adriana Schiraldi on 079 744 17 46.

Outdoor Morning Fitness ■ Offering members free classes on Mondays, Wednesdays and Fridays from 08.00 – 08.45 at St Martin s Park Pavillion in Baar. **Contact details**: Sandra on 079 739 3552 or at club276@club.mrssporty.ch

Zugerberg Finanz Trophy ■ **Restarting in February.** 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. 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



By **Richard Beswick**

A Journey to the Cradle of the Swiss Confederation

Swiss Federal Celebration at the Rütliwiese, 1 August 2025



Photo: SGG Dimitri Brooks

Each year on 1 August, Switzerland celebrates its birthday, not with grandiose parades or military flyovers, but with dignity, alpine charm, and just enough sausage to keep things grounded. It's a day that recalls a quiet rebellion, a bold idea, and a pact forged between mountain folk in 1291 that would eventually give rise to one of the world's most stable democracies and flourishing societies.

This year, I had the honour of attending the **Bundesfeier auf dem Rütli**, the Swiss Federal Celebration held on the sacred Rütli meadow, a place where myth and memory intertwine. It was not just a ceremony; it felt like stepping into a living page of history, with one foot in the 13th century and the other firmly in the 21st.

A Date Anchored in History:

The celebration commemorates two cornerstone events. In 1291, the central Switzerland cantons Uri, Schwyz and Unterwalden—facing growing pressure from the Habsburgs—swore mutual support and formed a defensive alliance. This agreement, known as the Bundesbrief or Rütlischwur, is widely regarded as Switzerland's founding document.

Fast forward to 1848, and the Swiss Confederation was reborn as a modern federal state, adopting its first written constitution and paving the way for today's harmonious yet tenaciously independent cantons. While 1 August is often described as Switzerland's "National Day", it might be more fitting to call it a celebration of continuity and peaceful evolution, traits the Swiss take great pride in.

Rütliwiese: Switzerland's Sacred Meadow

The Rutliwiese, perched above Lake Lucerne near Seelisberg, is no ordinary patch of grass. Referred to as the "cradle of the Confederation," it is the symbolic site of the original oath of unity, the 'Rütlischwur'. Whether that moment occurred precisely here or nearby doesn't seem to matter; what does matter is the emotional gravity the place holds for Swiss citizens of all backgrounds, faiths and subcultures.

Interestingly, the name "Rütli" comes from an old word meaning "clearing", an apt metaphor for both the geography and the politics of Switzerland: open, modest, and resolutely protected.



Photo: SGG Dimitri Brooks

The Pilgrimage Begins

Most guests travel by boat from Brunnen, serenaded by alphorn trios as Lake Lucerne glimmers in the morning light. Once on land, visitors stroll up to the grassy plateau where centuries of history meet 21st-century enthusiasm. Some stop off to visit the Museum of Democracy. Attendees included families, retirees, youngsters, celebrities and dignitaries—and a healthy dose of Sennenhunde on best behaviour.

From Washboard to Hymn

Before the formal ceremony, guests were treated to live music from Nicolas Senn (hackbrett) and Elias Bernet (boogie-woogie piano), an unlikely but delightful combo fusing traditional Swiss with American rhythms, as well as an impressive demonstration of flag throwing as only the Swiss know how.

Colourful posters highlighted Switzerland's dialects and diversity, and a cheerful quiz challenged attendees to match idioms, foods, and sayings with the correct canton. Language readings in German, French, Italian, Romansch, and even English were offered at informal stations and on stage, bringing Switzerland's linguistic culture vividly to life.

We lunched on typical Swiss fare of sausage, potato salad, and alpine macaroni and Swiss beverages such as apple juice, wine and beer. The mood was festive yet reflective, a celebration that respects its roots.

Switzerland in a Nutshell

Switzerland is more than banks, gold, chocolate, watches and punctual trains. It's a patchwork of languages, cultures, and cantonal diversity and unison, held together by a shared respect for democracy, neutrality, and fondue. The Rütli gathering encapsulates this diversity in one beautiful meadow, Romansch mingling with French, Ticinese singing with Zurichers, and overseas Swiss beaming with pride.

Revision of the National Anthem

According to estimates provided by the SGG- see source credits, some 500,000 Swiss abroad and resident in Switzerland are native English speakers. In recognition of this, a new text of the national anthem has been translated not only into the four official languages but also into English:



Photo: SGG Dimitri Brooks

White cross on a shining red, woven by a common thread: freedom, independence, equality. Open to the world in solidarity, Swiss are one in peace and diversity. Free are we who freely speak, strong as we protect the weak. White cross on a shining red, sign of Switzerland, the path we tread.

This five-language version is by SGG. However it has not yet been formally adopted and at the Rütli celebration, the more traditional Schweizerpsalm was sung.

The President Mingles with the Guests

The President of the Confederation mingled with the guests in a relaxed manner. Before her speech, she didn't retreat behind a cordon surrounded by a security detail, but strolled the meadow, chatting, laughing, even posing for photos—a reassuring blend of leadership and approachability.



Photo: SGG Dimitri Brooks

The President Speaks

At 13:00 sharp, the Swiss flag was raised, and Federal President Karin Keller-Sutter stepped forward to deliver her address. In keeping with the event's inclusive spirit, she spoke in multiple national languages, greeting every linguistic corner of the country with warmth.

"Reliability is the new currency of our time," she declared. "In a world full of uncertainty, what we owe each other, neighbours, regions, generations, is trust, and the courage to uphold it."

She also gave a nod to the richness of Swiss dialects:

"There are at least eleven different Swiss-German words for a slice of bread.

If everyone here gave theirs, we'd need a second meadow to fit them all!"

Perhaps most memorably, she made reference to her recent phone call with President Donald Trump, who had questioned why Switzerland wasn't worried about American tariffs.

"I told him Switzerland dates back to 1291, and we've weathered bigger storms than a 39% cheese duty."

Apparently, Trump responded, "That's older than our Constitution- respect."



Photo: Confederation Archives

One Country, Many Stories

This event isn't just for the native- born. The Rütliwiese hosted Swiss from every canton, as well as emigrants, immigrants, and newly-naturalized citizens, many of whom described attending as a kind of secular pilgrimage. The atmosphere was inclusive and heartfelt, proving that Swiss identity is built on more than bloodlines—it's built on commitment and shared values.

Who Makes It Happen

The annual Rütli celebration is organized by the **Schweizerische Gemeinnützige Gesellschaft (SGG)**—a noble mouthful that translates to the **Swiss Society for the Common Good (SGG)**. They ensure the event is open by invitation, thoughtfully curated, and respectful of the site's symbolic weight. Not a political rally, not a tourist trap—just a gathering of equals in a meadow that symbolizes the attributes of Switzerland.

A Rite of Passage

For many, attending the Bundesfeier at the Rütli is a rite of passage. Whether you're born Swiss or became Swiss, it's hard to stand on that meadow and not feel moved. Not by pomp or pageantry, but by the quiet, persistent miracle that this Confederation still works.

So if you're ever offered the chance to attend: say yes, pack sturdy shoes, and bring your curiosity. You'll come away with a full heart, a few new friends, and perhaps a deeper understanding of what it means to be Swiss.



Image: Pinterest—Wikimedia Commons

Sources and Image Credits
Institutional and Event Sources

Schweizerische Gemeinnützige Gesellschaft (SGG) Organiser of the Rütli Bundesfeier. Event programme, historical context, and official anthem material. Website: **www.sgg-ssup.ch**

Eidgenossisches Finanzdepartement (EFD)
Official transcript excerpts from the 1 August speech by Federal President Karin Keller-Sutter. Website: **www.efd.admin.ch**

- **1.-August-Feier 2025: Ansprache von Bundesprasidentin Karin Keller-Sutter** **https://www.efd.admin.ch/en/rede-brkks-1-august-2025-ruetli-en**
- **Swissinfo / SWI (SRG SSR)** Event summary, multilingual celebration coverage, and reporting on the Rütli gathering. Website: **www.swissinfo.ch**
- **SRF – Schweizer Radio und Fernsehen** Visual and editorial coverage of the 1 August 2025 speeches and events. Website: **www.srf.ch**

Photographs:
• SGG—Dimitri Brooks • Author—Richard Beswick • Pinterest—Wikimedia Commons

European Heritage Year 2025





The 50th European Heritage Year comes under the motto: A Future for whose Past? The Heritage of Minorities, Fringe Groups and People Without a Lobby. There are activities on this theme in Switzerland, Germany and Austria. This year's Cultural Heritage Days take place on 13/14 September and places of historic interest open their doors to the public. There are events in canton Zug which might be of interest, giving you the opportunity to explore places in your canton.

Events open on 13 September in Unteraegeri centre at the Marienkirche with an apéro 11:30-15:00. Here you can meet representatives from the Archaeology Dept. as well as local politicians.

Also in Unteraegeri, you can visit the historical collection at the Chlösterli; learn how artefacts are protected from fire etc (Marienkirche/Zivilschutz) and at the Bossard school hear about the history of sanatoriums. You can go behind the scenes at the Burg Zug (Castle); admire old engines at the ZDT Zuger Depot Technikgeschichte and find out the history of Landis&Gyr and the electrification of Zug at the Shedhalle in Hofstrasse (and families can build Pfahlbauten – lake dwellings on sticks) and more.

There are over 400 events all over Switzerland during this weekend. This link should take you to the ones in the Zug area: **https://kulturerbe-entdecken.ch/europaeische-tage-des-denkmals/2025/veranstaltungen/** then enter Zug in the search function. Happy exploring!

Save the Date!

Annual Event:
Sami Chlaus 5 December 2025, Parkhotel 9:00-12:00

Escape to Freiburg im Breisgau
Christmas market 9 December 2025



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