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Connecting Women
est. 1967

MAGAZINE

Connect!

JANUARY / FEBRUARY 2026 | FOR WOMEN • FOR CONTACT • FOR 58 YEARS



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Dear Ladies,

As we step into 2026, I want to share my warmest wishes with all of you and your loved ones. May the New Year bring you joy, good health, and a sense of connection, both within our Club and in your personal lives.

I've only been living in Switzerland for two and half years, and I'm very happy to be a Member of ZIWC and be part of the Board as well.

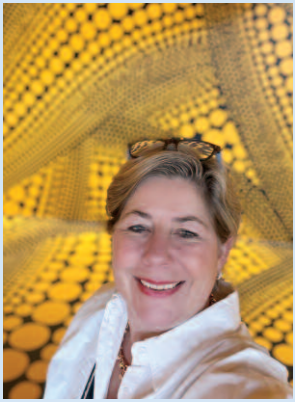
Serving as secretary often means staying quietly in the background. It's a role I truly enjoy: supporting the Club, and watching our Members come together in meaningful ways. It's a privilege to contribute from behind the scenes.

Our Seasonal Evening was a perfect example of what makes this community special. It was my first time attending, and I absolutely loved it. The atmosphere was lively and welcoming, filled with great conversations and a warm sense of togetherness, all wrapped in a charming Swiss character. It was a wonderful start of the festive season and a reminder of how rich and diverse our International circle is.

This year we also have some great things to look forward to, including an '80s party in March. I'd say it's THE perfect event for our Club. So register asap to make sure you don't miss out!

Over the past year, our Membership has grown significantly, and I sincerely hope we can continue this positive trend in the year ahead. If you know someone who is looking for an engaging, active, inspiring, and diverse international women's community, feel free to bring her along to one of our Stammtisch gatherings or an apéro.

New faces and fresh perspectives enrich our Club, and personal introductions are often the most meaningful way to welcome potential Member. Let us all reach out to let the ZIWC grow!



It may still feel far away, but I truly hope to see many of you at this year's AGM. If you can't attend, please make sure to submit your vote via the proxy voting form which will be available in our March/April edition of Connect! And, as always, if you have any questions or suggestions, please don't hesitate to reach out.

Warm regards,
Leontien van Rooijen
ZIWC Secretary

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New Members

We warmly welcome our new Members

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



Laura Sanders*
Bianka Németvölgyi
Jacqueline Müller
Jevgenija Glaunova
Nawal Mzian

Carole Boghossian
Serden Anil
Francisca de Koning
Jooske Doets – Van de Graaf
Talitha de Jon Luneau
Karen Siriwardana
Kaleigh Brewer

Mihaela Canja
Lubica Mathys
Sigi Moyens
Davelene Marshall
Golnaz Meidal
Amal Zayed

Caroline Runge
Liliia Karmaz
Lijun Song
Denise Walden
Silvija Budaviciute
Michal Paserman

Anca Vacar
Trish Groom
Elvire Cuglietta
Maham Khadija
Ponomareva Anastasia

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Zug International Women's Club,
6340 Baar
IBAN: CH40 0900 0000 1752 1935 3

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

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

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

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





Nominating Committee 2026-2027

As per our constitution, we announce the set up of a Nominating Committee to handle applications to the Board for the Club year 2026-2027. Two Chairwomen will be seeing out their four-year terms and we are pleased to announce that all other current and eligible Board Members are willing to stay on in their posts for another year. Nonetheless, applications for all these roles can be made up until 28 February 2026.

The open Board roles are

- Connect! Magazine Editor and Chairwoman
- Escape Chairwoman

If you are interested in applying or would like to know more about any of the above, contact Fanny at hospitality@ziwc.ch or Émely at president@ziwc.ch

Board Member Names *and* Contact Details

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

BACK TO THE 80's PARTY

One Night Only!



We are rewinding the clock and cranking up the neon for a night packed with nonstop fun, nostalgia, and totally rad vibes. For one night only, DJ MiBe Entertainment - spinning 80's hits exclusively - will take over the dance floor with the soundtrack that defined a decade. Get ready for all the classics, all night long.

And that's not all....

Test your knowledge of the most iconic decade ever! DJ MiBe will host a fast-paced, laugh-filled 80's quiz with questions about music, movies, fashion and pop culture.

We are serving up a top-notch cocktail dinner by a premium caterer, so come ready to mingle, move and taste your way through the night.

Big hair, leg warmers, neon, leather jackets, go full 80's if you feel it! Not required, but trust us, you will want to.

Spaces are limited, and once they are gone, they are totally gone. Don't let everyone else have the time of their lives while you are at home wishing you had joined the party....

Because nobody wants to hear about it the next day!

Date: **6 March 2026**

Start time: 19:00

Ending time: 00:00

Where: Galvanik, Chammerstrasse 173, 6302 Zug

Costs:
Members ZIWC - **CHF 110**
Members IMCZ - **CHF 110**
Non-Members - **CHF 140**

Dress code: Come dressed to thrill - 80's style
If you don't want to get dressed up, we will have some 80's props available for you for a great photo moment.

Menu: Cocktail-style dinner catered and prepared for by Minode Catering (Unico Restaurant)

Drinks: Kick off the night with a welcome drink to get you into full 80s spirit! The Galvanik has a full bar, and we've set a Club budget for prosecco, wine, beer, water, and soft drinks. Once this budget is reached, additional drinks can be purchased directly at the bar. Cocktails and other beverages are also available at your own expense from the start.

Entertainment: **You will be taken back to the 80's by the one and only MiBe Entertainment. They know how to rock the 80's.**



Registration: Please register online on the ZIWC website - availability is first come first served. For any questions or dietary requirements please email annualevents@ziwc.ch. ZIWC Cancellation Policy and Accident Insurance rules apply.

Booking & Payment Deadline: 27 February, 2026

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 **Back to the 80's and the names of the guests** on the payment

How to get there: Take the S-Bahn Line 1 in direction of Cham/Rotkreuz from Zug Bahnhof until the Chollermüli stop. The venue is a 4 minute walk from the train station. Alternatively, you can order an Uber.

Additional Remarks: We strongly advise you to travel with public transport to this event as the available parking is limited.

Contact: Linda Sharpe: annualevents@ziwc.ch

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Meet the Member
Andaleeb Lilley



Andaleeb is long-standing Club Member and well-known to many in Zug. She is of Swiss/Pakistani origin, and has two teenage kids. Anyone who knows Andaleeb (maybe everyone?) knows she is hugely active in the community. She set up the English Stand-up comedy night in Zug 18 years ago at the Chicago Bar and Burgbachsaal and due to its success moved to its current host at the Theatre Casino Zug. She also ran a photography group in the Club, encouraging ladies to improve their photography skills. She's thinking of starting that up again in the next year or so so watch this space!

I grabbed her from her busy schedule to ask a few questions…

Andaleeb, how did you come to live in Zug?

I was living in the UK and arrived in Switzerland in 1997 to visit my grandmother in Beckenried, Nidwalden. I waitressed during a ski season in Klewenalp, with the aim to improve my German then go back to London. Life however, had other plans and on meeting a fellow Brit in Lucerne on a German course, I was offered a job through her to be an assistant working in sports marketing. Before I knew it I was working at the football World Club '98, which was a wonderful experience. Because of the job I ended up staying in Switzerland and settling here. The company then moved to Zug from Lucerne in 2002 so I have been here since.

When did you join ZIWC?

I joined the ZIWC pretty much straight away having been introduced to it through a couple of friends and have been more or less a Member throughout. I find the Club very welcoming and you get to meet women from all different cultures and of all different generations. At the Sami Chlaus breakfast for example, you meet up with people you may not have seen for a while but it's always lovely, these are important long-standing connections which have been made over the years in different contexts and this is something to be cherished.

What do you like about the Club?

I have enjoyed the varied offering and have enjoyed and appreciated the parties, trips and social events organised over the years, and the friendships made because of them.

How has the Club changed over the years? Anything new you'd like to see?

The more active Business Network is fantastic and seeing it growing and thriving is great. I think we can present or showcase Members more, people's histories and stories are fascinating and this is a real strength of our Club here in Zug. Otherwise I think it's great! Maybe Business Network Members could help each other in terms of supporting one another in their endeavours.

Any favourite Zug spots?

I love Hafen for the location, being right on the lake, especially in summer, also Seeliken Badi for similar reasons. Places that are good for an apero or a coffee, where you can chill, sit, enjoy the incredible views and read or write (which are also hobbies of mine), are places I love to be. In less warm weather I could enjoy a cosy coffee at Platzhirsch or Heine's for cake, coffee and brunch.

And lastly, what are you up to right now?

Among other things I am really enjoying being back working in football, specifically local community football for Zug 94. Coming back to football where my Swiss story began feels like completing a full circle somehow, and I love it for its community feel. Outside of this I enjoy reading, writing, hiking, socialising, dancing and spending time with my kids. Lastly I want to appreciate the support Club Members have shown me over the years. I in turn love to support others when making their way in a new work or business initiative.

ZIWC
Sami Chlaus Brunch



The Sami Chlaus breakfast on 5 December 2025 was one of the best events of the year and more than 60 Members were in attendance. The atmosphere was warm and Christmassy from the start with a big Christmas tree in the Hall of the Parkhotel. Drinks were served and we mingled and chatted, enjoying the convivial atmosphere. Later, we were ushered into our own private room with round tables, beautifully decorated with white linen cloths and centre pieces of Christmas wreaths with reindeers, small fir branches - and chocolate Santas for everyone to take home.



We were treated to a sumptuous brunch buffet and a surprise visit by Sami Chlaus, who brought his helper Schmutzli along. There was much merriment as he entertained us and a few lucky ladies were picked out to receive accolades, Suzy Andricopoulos, our Magazine Editor and Sarah Paul, our famous Walchwil walker. Suzy entertained us with a song and Sarah did a quick jog in the room. Both did well to everyone's relief and thus avoided ending up in Schmutzli's dreaded sack. SamiChlaus then went on to telephone Linda Sharpe, who was holidaying in South Africa, and asked her to do a native song! We could hear Linda's shocked intake, before she burst out laughing and spluttered, "No way, I'm at a restaurant with lots of people!!" Again there was much laughter in the room. Santa really is a naughty boy and together with Schmutzli they make a formidable team.

This most special Annual Event of the year, spearheaded by Linda Sharpe and her helpers, was a great success, and the tireless efforts by all behind the scenes was duly acknowledged, as all the helpers were asked to stand up and we gave them a big hand. Thank you, Linda, for another spectacular event.

By **Vivi Jensen**





A Cozy Traditional Evening of Raclette and Community

Two perspectives on ZIWC's most beloved seasonal gathering

Editorial Introduction
The ZIWC Seasonal Evening is always a highlight of the Club Calendar — a night where tradition, friendship, and festive spirit come together. This year's raclette evening was so memorable that we invited two Members to share their perspectives, each capturing the warmth of the night in her own voice.

A Night More Swiss Than the Swiss!





On Thursday 13 November, 64 Members of ZIWC gathered at the Siehbachsaal on the shores of Lake Zug to celebrate our annual Seasonal Evening. Guests were welcomed into a charming alpine-hut atmosphere, with cosy sheepskin-clad chairs, blankets, and red-and-white dressed tables creating a truly magical setting for the quintessential Swiss tradition of raclette.

The evening was filled with warmth, cheerful conversation, and the irresistible aroma of melting cheese, perfectly paired with wines from Engelwy — a Swiss winery run by ZIWC Member Sylvia Nadig and her family, now in its fifth generation. We were thrilled to taste their Gold Prize-winning Müller Thurgau, adding a special local touch to the evening. It was also a night for our ladies to look ravishing and to sparkle, as Members embraced the first glitz of the festive season.

A small technical hiccup added unexpected adventure when multiple raclette machines caused a brief power outage. What followed was an impromptu blind wine tasting and partial dinner in the dark — laughter, candlelight, and good spirits prevailed. Thanks to long-standing Member Brigitte Sidler and her brother Markus, who arrived armed with five cable reels and ingenuity, power was restored and the remainder of our evening ran smoothly.

As always, our much-loved raffle, organised by Saakje Daalhuysen, supported this year's chosen charity, Frauenhaus Luzern, and added excitement as members hoped to win one of the generously donated prizes. We concluded with a delicious buffet of homemade desserts and traditional Zuger Kirsch — the perfect ending.

Heartfelt thanks go to Party Chairwoman Linda Sharpe, who masterminded this wonderful evening and her team of elves who worked so hard to make it happen.

Contributed by **Karin Resch**







Reflections on a Seasonal Tradition

The Seasonal Evening is one of the absolute highlights of our club — not to be missed. This year's mild November evening felt almost like spring, so different from last year's snowstorm. Walking along the lake toward the softly lit 'Yellow Palazzo,' with gentle yodelling in the air, felt truly magical. Stepping inside that historic house is like entering another era, and soon happy chatter filled the rooms as Members arrived, old and new alike.

This is the evening when we dress up — and we did. Dirndls, sequins, chiffon, lace, jewel colours, elegant black with statement jewellery — everyone had made an effort, and it showed.

Beautifully decorated tables awaited us, raclette heaters placed at the centre and a ZIWC Toblerone at every setting. Just as anticipation peaked, the lights dimmed — and then went out. A moment of surprise, followed by laughter and toasts in the dark, glasses already filled with Engelwy wine. The old house struggled with the demand, but once again Brigitte and her brother Markus came to the rescue. No longer 'Damsels in Distress' we were back in control. You don't have to know it all, but you **have** to know where to get help when needed!

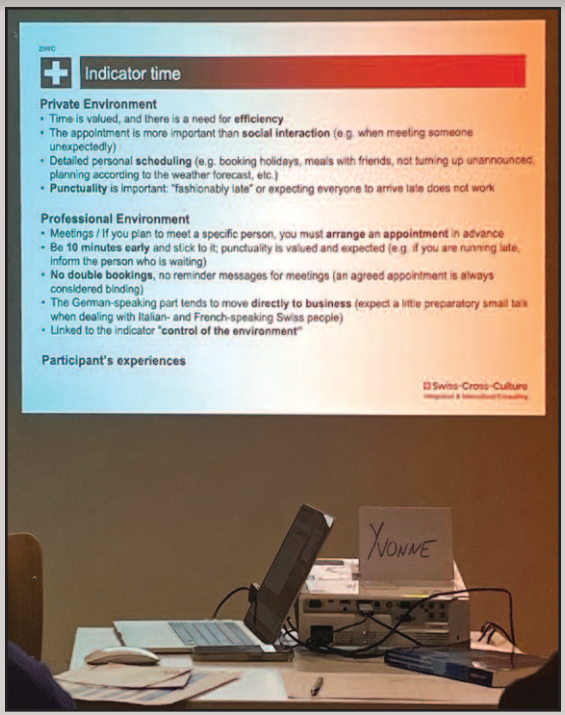
Soon the raclette was flowing, and the cosy Swiss ritual could be enjoyed fully. A generous spread of homemade desserts followed — strudel, cakes, tiramisu, ice cream — a feast in every sense. The charity raffle, benefiting Frauenhaus Luzern, rounded off the evening beautifully.

Events like this may appear effortless, but few realise the huge effort involved. They require enormous dedication. From planning to setup and late-night clearing away, the work is considerable. Thank you so much to the ZIWC Board and to Linda Sharpe, Annual Events Chairwoman and her team of tireless helpers, Susan, Karin, Veerle, Émely, Bettina, Suzy, Betsy and many more, who have worked so hard to create this wonderful and memorable event. What a treat for us all!

Contributed by **Vivi Jensen**

ZIWC Business Network

The Business Network is going from strength to strength with new Members visiting the Business Network Apéro sessions and Workshops, often as their first Club event. The Business Network is open to all ZIWC Members, with registration through the ZIWC website. Non-Members are also welcome at the Business Network Apéro, which takes place at Áigu Bar and Lounge at the ParkHotel in Zug.



The **October Business Network Apéro** had a big turnout - a great opportunity to meet, discuss and share experiences. The following are some **Tips for Success** collected from those present:

"Give it a try"

"Find your niche"

"What you give is what you get" and "You get out what you put in"

"Always set low expectations of others - then you will be happy!"

"Don't be afraid to try new things"

"Be confident"

"Come prepared"

"Fight for yourself, advocate for yourself - aim to reach what you want"

"Be determined - make goals and stick to them"

"Trust your body before your mind - your body knows"

"Don't overthink - take the next step"

"Be present in the moment"

"Live with enthusiasm"

"Make time for yourself"

"Never give up"

"Be positive"

"Turn the challenges, obstacles and problems into opportunities"

"Be precise - and also crazy and creative; think outside the box"

"Reflect on your day, set tomorrow's goals and believe in your chosen affirmation"

"Collect moments - not things"

Sound advice from very sound women!



The **Cultural Competence** workshop, led by member Yvonne Mandri-Bossart, was fascinating, as Members from different backgrounds and cultures shared their experiences (Italy, Singapore, Ukraine, Australia to mention but a few, and several who had lived and worked in several countries). Yvonne's experience of and expertise in growing up and living in other countries before returning to Switzerland (she is Swiss) provides a unique lens through which to view living and working in Zug. Her insights make for a clearer path to navigate what is expected and appropriate in order to assimilate.

See also: www.swiss-cross-culture.com/

We are exploring the possibility of organising a longer tailored event with Yvonne to explore Cultural Competence in more detail.

If you are interested please email BNG@ziwc.ch

Business Networking *Apéro*

12 February 2026 - 18:00 to 19:30
Our first **Business Network Apéro** of 2026 will take place at Áigu Bar & Lounge - open to all Members and also to potential Members. Please register on the website - and also let Ailbhe know if you have registered but cannot attend! BNG@ziwc.ch

BN WhatsApp:
This is accessible to ZIWC Members only. To be added please email BNG@ziwc.ch asking to join added and giving consent for your phone number to be added.

Spotlight Event with ZIWC Member Catherine Peloquin - for a great start to **2026**
Performing Under Pressure: Building Boundaries, Communication Clarity & Sanity In Stress
See page 19 for information.



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 as you have time.

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

Ägeri coffee

Come join us for a friendly coffee and connect with other women living in the Ägeri 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 Ägeri 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 cosy 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 9:30-11:30
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!

January • CAFÉ GLÜCKLICH

Date: Tuesday 13 January
Time: 19:00 till late
Where: Café Glücklich, Alpenstrasse 16, Zug

For our January meet-up, we're heading to **Café Glücklich** — because what's more fitting than a *real* cheeky cocktail on a Tuesday night? Their bartenders mix some fantastic creations, and the vibe is perfect for easing into the new year with laughter, good company, and cocktails that definitely live up to the name *Glücklich*.

How to get there: This bar is right at the train station Zug, at the bus station area.

February • MANTRA BAR & LOUNGE

Date: Friday 27 February
Time: 19:00 till late
Where: Mantra Bar & Lounge, Alpenstrasse 14, Zug.

February takes us to **Mantra Bar**, one of the few places in Zug that's truly open *till* late. It's a Friday night, so this is your cue to let your hair down, enjoy great drinks, dance if the mood strikes, and soak up the lively Mantra atmosphere. The perfect spot for a proper night out with the Cheeky Cocktail Club!

How to get there: This bar is within 2 minutes walking from the Zug main train station.



Save the Date for March Contact Coffee!

Join us for a friendly CONTACT COFFEE on 5 March 2026

We are delighted that Deepti will be our gracious hostess for this lovely afternoon where new Members can meet and get to know us!

Mark your calendars and stay tuned for more details!

a great way to get to know each other

ZIWC LUNCH CLUB

January Lunch

Platzhirsch

When: **Tuesday 20 January 2026**
Time: 12:15
Location: Platzhirsch Zug, Zeughausgasse 20, 6300 Zug

Platzhirsch Zug
Die Weinbar am Hirschenplatz

This lovely venue now opens at lunchtime with a special lunch menu (including salad and pasta options) which changes weekly, as well as all of the tartars and ceviches for which the Platzhirsch is renowned. The menu is available on the website. **platzhirschzug.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).

Please note the start time as restaurants expect guests to be seated and ready to order at that time.

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. **Cancellation by midnight on Saturday 17 January.**

February Lunch

It's Zuger Chesslete time again! It has become something of a tradition that the February Lunch takes place on Schmutziger Donnerstag - Zuger Chesslete - Zug's Fasnacht celebration. Members gather for lunch during the festivities which take place throughout the day, in the areas around Landsgemeindeplatz and the Altstadt. The full programme with be published on 6 January 2026 **zugerchesslete.ch/**



Più Restaurant

For the 2026 celebration, a table has been arranged
When: **12 February 2026**
Time: 12:00
Location: **Più Restaurant** - 1 Postplatz, 6300 Zug
piu-ristorante.ch/piu-postplatz-zug/

Piú offers a wide range of Italian specialities, including vegetarian options, and has an excellent choice of wines. And its close proximity to the festivities makes it an ideal location.

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).

Please note the start time as restaurants expect guests to be seated and ready to order at that time.

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. **Cancellation by midnight on Tuesday 10 February.**

CANCELLATIONS: If you need to cancel please do so by email before the deadline to ailbhe.fallon@fallon-currie.com or by 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.

January Monthly Dinner

ZIWC DINNER CLUB



We will start the year of 2026 surrounded by the charming elegance of Austria on the shores of the picturesque Lake Zug. For 24 years, the Restaurant zum Kaiser Franz has offered an incomparable gastronomic experience and is listed in the Michelin Guide. Here we won't want to miss out on Austiran specialties such as *Backhenderl* (breaded fried chicken), *Tafelspitz* (prime boiled beef) or *Topfenknödel* (curd dumplings)! In addition to their regular menu, the restaurant also showcases seasonal specialties, utilising the freshest ingredients of each season. Come and experience the unique charm of Austrian hospitality, romance, and sensuality, all enhanced by exquisite cuisine and a rich variety of wines (around 160 varieties)! For one night, become *Kaiserin Sisi* for a truly unforgettable journey.

When: **Thursday 29 January**, 18:30
Where: **Restaurant zum Kaiser Franz**, Vorstadt 8, 6300 Zug. Walking distance is seven minutes from Zug train station. Bus no. 605/613/602/603, 1 stop (3 min ride) to station Postplatz. Parking is available at Parkhouse Vorstadt.
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you cannot register online)
Booking deadline: Friday 14 November
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.
Menu: à la carte MENU | Kaiser Franz

February Monthly Dinner



Recommended by our Member Tracy, February dinner will take place in Lucerne. The high-flying chef Andy Fluri (Tracy's son) and his team, recipients of 14 Gault&Millau points, will create a wonderful gastronomic treat especially for us. Their French-Mediterranean cuisine is a delightful experience featuring fine aromas and variations from around the globe. The setting rounds off the enjoyable experience perfectly: the wonderful location directly on the river Reuss, the historical flair in harmony with modern design and the relaxed, stylish atmosphere.

When: **Thursday 19 February**, 18:15
Where: **Restaurant Balances**, Weinmarkt, 6004 Lucerne. Walking distance is seven minutes from Lucerne train station, cross the Chapel Bridge and walk along the river Reuss. Parking options: in Altstadt Car Park or the Railway Station Car Park.
Group limit: 10 Members. Please register online (or send an email to webeditor@ziwc.ch if you're unable to register online)
Booking deadline: Monday 16 February
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.

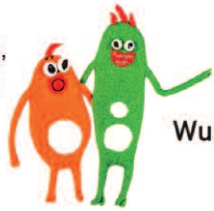
Escape

Escapes in 2026 to look forward to:

February: Panoramic Train Trip
March: St Gallen Day Trip
And more!



German lessons for children from 3 to 7 Years old in Cham, Menzingen, Oberägeri, Steinhausen, Unterägeri, Neuheim, Walchwil and Zug.
For more information visit
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MEMBERS4MEMBERS EVENT

Performing Under Pressure: Building Boundaries, Communication Clarity & Sanity In Stress

Tuesday 20 January

*with ZIWC Member Catherine Peloquin for a great start to **2026***



A 90-minute interactive workshop on how your nervous system shapes stress, performance, and relationships.

Pressure is constant—at work, in tough conversations, job interviews, or balancing daily demands.

This workshop helps you understand and work *with* your body under stress, so you can communicate clearly, relate without being drained and show up like you know you can.

You'll learn:

- The science of stress - and why mindset alone isn't enough
- How to build *stress agility*
- Tools for boundaries, requests, and difficult interactions
- Ways to support others without absorbing their stress

First three registrations receive a free Stress Assessment and data report.

About the Speaker

Catherine Peloquin is a Zug-based learning & development, and communications consultant with 15+ years in pharma- and medtech experience, coaching executives and teams through transformation.

She supports overthinking achievers to prevent burnout, strengthen executive presence, and communicate under pressure - building human capacity with performance science, somatic coaching, nervous system regulation, somatic experiencing and biofeedback/neurofeedback. She also guides team well-being events in nature (Shinrin Yoku).

catherinepeloquin.com forestbathingguides.ch

When: Tuesday 20 January - 18:30 - 20:00 - Doors open 18:00
Where: Dachraum - Bibliothek Zug, St Oswalds Gasse 21, Zug
Registration Fee: CHF 20 - includes one drink at the post-event Apéro.

ZIWC Members only - all Members welcome.

Once the available places have been filled a waiting list will be opened. If you need to cancel please do so by 18:00 on 14 January so that the place can be reallocated. If you cancel after 14 January the registration fee will only be refunded if the place can be taken by another Member. ZIWC Cancellation Policy applies.



PERSONAL INVITATION TO A ZIWC EXCLUSIVE FASHION EVENT

We are delighted to invite you to a Styling Workshop with the famous fashion expert, Melanie Cantaluppi. Discover the latest fashion trends and be inspired by Melanie Cantaluppi, who will give you valuable styling tips for a perfect business and leisure look.
Come and let yourself be inspired over a delicious apéritif in a relaxed atmosphere with your friends.

Our store will remain open exclusively for you - the sales staff will be happy to provide you with personal advice. A small surprise awaits you as a thank you for a wonderful evening!

We look forward to seeing you! Your PKZ WOMEN Team Zug and ZIWC

PKZ
WOMEN

The evening is free of charge but registration for Members, giving the number of guests, is obligatory and the no-show policy will be strictly applied (see p.4). Members are responsible for their guests. Please note, registration will open on 1 March 2026 and the registration deadline is 20 March 2026.

For questions: helena.lustenberger@gmail.com

By: **Alicia Toledo**, Escape Chairwoman

Escape *Recap*

Freiburg im Breisgau Christmas Market

I really enjoy wrapping up the year with an Escape to a Christmas Market. It is usually one of the best attended by Club Members especially because we go to different ones each year. In 2025 we chose Freiburg im Breisgau in Germany, which is only a two hour drive from Zug.

The day had been forecast to be cold and cloudy, which as we came together to our meeting spot at the Zug park and ride meeting point we were certain it would be a very grey day indeed. Fog all around! However, as we arrived at our destination in Germany, the sun greeted us and we came to find out that Freiburg was living up to its reputation as the warmest and sunniest city in the country.

I was thrilled to see about half of the 18 ladies on the trip were coming on an Escape for the first time! As soon as we arrived the ladies knew exactly what they wanted to do and off we all went to enjoy the delights around town.

The Christmas Market Village was spread out around the Old Town in five different zones each with a bit of food, gluhwein and other spirits, artisanal products, and entertainment. Samples of food and beverages to try were just about everywhere! The location of the market was within the proximity of modern retail shops and restaurants so we were able to enjoy the best of many types of shopping experiences. There was truly something for everyone.

The true charm of the Christmas market revealed itself as the sun set at about 16:30. Seeing the gorgeous candy colours in the sky over the church then turning around to see the Christmas lights illuminate on the street lamps and around town created a wonderful setting to enjoy the few hours we had left in Freiburg.



With our shopping bags full of gifts for loved ones and goodies for ourselves, it felt like we left a storybook land as the nice weather we enjoyed all day immediately turned into a foggy welcome back to Switzerland as soon as we crossed the border! I look forward to our next adventure together!





tibits

A Taste of Sustainability

An Evening with Reto Frei, Co-Founder and Co-CEO at tibits Zug

In late August 2025, Members of the Zug International Women's Club (ZIWC) convened for a evening event at tibits Zug, a vegetarian restaurant on Baarerstrasse 30 and a longstanding advertising partner of the Club. The evening highlighted the creativity and diversity of plant-based cuisine, offering attendees a distinctive dining experience in one of Zug's most well-regarded eateries.

From the moment the guests arrived, the mood was cheerful. Smiling staff welcomed everyone with glasses of tibits *signature Sauvignon Blanc* and small bites from the buffet: vegan tartare, vegetarian cordon bleu, also known as "*Cordon-vert*" [an exclusive dish only available at the Zug location], and a colourful array of tid bits to try. Laughter, friendly chats, and spontaneous introductions filled the air.

A highlight of the evening was listening to Reto Frei, co-founder and co-chief executive officer (Co-CEO) of tibits. Reto shared his inspiring journey: a childhood love for traditional Swiss cooking, a decision to embrace vegetarianism, and the creation of tibits alongside his brothers Daniel and Christian Frei. Their goal was to serve delicious, sustainable dishes and prove that plant-based dining can be creative, joyful, and full of flavour.

The restaurant itself was a feast of colour for the eyes. Once the historic restaurant "Bären" it has been transformed by the Designers Guild into a vivid, floral and welcoming space with luxurious materials. The entire restaurant is both comfortable and beautiful, the upstairs area is quiet and relaxing for conversations or work, and the lower floor is complete with a play area for children.



The buffet ensured the customer could select what they wanted to eat by offering variety and flexibility. Each guest could sample dishes at her own pace. The menu was balanced, clearly labelled, and designed with care—just like the friendly service that made everyone feel right at home. Between bites, we exchanged tips on recipes, sustainability, and lifestyle. The evening was the perfect blend of networking, learning, and culinary delight.

Some discovered new favourite dishes, while others spoke directly with Reto and soaked up his passion and knowledge for plant-based cuisine.

The energy in the room was palpable, and many expressed excitement for meeting again for a flavourful meal at tibits.

As one of our valued advertising partners, tibits not only hosted a memorable event but also showed how shared values of community, and passion for high-quality foods can create meaningful connections.

Once again, a huge appreciation for tibits for such an exclusive and unique experience, and the chance to connect with like-minded women in an elegant yet relaxed setting. The evening at tibits wasn't just a meal, it was a celebration of connecting, showing how great food can bring people together, opportunity to learn and spark exciting conversation.

Written by **Sara Ghisoni**.









Escape Trip 23 October 2025

Sonnenberg Civil Defence Air Raid Shelter



So inconspicuously hidden inside a mountain. So unbelievably impressive. Right in the middle of Lucerne lies what was once the world's largest civil-defence shelter. It took us only ten minutes to walk from Lucerne's train station up to the Sonnenberg. In the middle of a residential neighbourhood, a playground, tall trees with shiny autumn leaves, lies a small wall and door. Today, this door is the entrance used for guided tours. Back then, it was the 'staff entrance'. Where is the main entrance? You definitely know it. It is the two motorway tunnels of the A2 from Lucerne to Kriens. Yes, exactly where cars and heavy traffic passes continually, day and night. These two tunnels were designed to shelter 20,000 Lucerne residents in the event of war or an emergency. The facility was built between 1970 and 1976 after the Cold War, at a cost of CHF 38.6 million. Four doors measuring 1.5 metres thick and weighing around 350 tonnes were designed to seal off the motorway tunnels, making the facility nuclear-proof and able to withstand the blast wave of a one-megaton atomic bomb detonating just one kilometre from the tunnel portal. Above the tunnel lies a seven-storey barrack housing a military command post, a radio studio for communication across Switzerland, and an emergency hospital.



The facility offers bunk beds, sanitary facilities, and water for two weeks. Everyone would have had to bring their own food, but only items that didn't require cooking, as there were no cooking facilities. I'd say a supply of delicious Swiss chocolate is worth gold dust in that situation. Space is extremely tight: people packed head-to-head, 25 in a section. There is hardly any fresh air and virtually no room to move. No luxury whatsoever, but when it comes to life and death, I guess we all have super hero strengths.



The logistics of accommodating 20,000 people in two tunnels proved impossible. The federal government had to admit this after an emergency test in 1987. The facility was therefore converted into a 'museum' and its emergency capacity reduced to 2,000 people. Through a small viewing window in the bunker, we could even watch the cars passing by in the tunnel. So, next time you see an orange 'SOS sign' on the tunnel wall, that's the stairway leading up to the bunker.

Switzerland has 360,000 shelters, including 5,100 public civil-defence facilities, the rest being private shelters in residential buildings. They provide space for 8.6 million people. Switzerland is the only country in the world that could shelter practically its entire population in air-raid bunkers. By comparison, population coverage in other countries is as follows: Sweden 81%, Finland 70%, Austria 30%, Germany 3%.

We were all fascinated by this "secret" facility. Thank you, Alicia, for organising! If this sparked your interest, more tours are available at www.unteriridsch-ueberleben.ch

Save the Date

Small Children Accident Workshop

Join us for practical advice when dealing with accidents involving small children hosted by the Samariter Verein Cham.

Get simple helpful tips on what to do before seeking medical help.

For: Mums, grandparents, aunties, babysitters and carers.

Date: 5 March 2026

Time: Evening

Place: to be announced

More details to follow – we look forward to seeing you!



Whether you're newly diagnosed, in recovery, or supporting a loved one, you don't have to go through it alone.

I help women shift the cancer experience from fear and isolation to clarity, resilience, and growth.

From one member to another, I'm here for you.

Catherine Schapfer, Certified Cancer Coach and Food Science Engineer
Online & in person (Zug area)
hello@onlinecancercoach.com

Book a free 45-minute cancer support call



An interview with Dianne Dicks *the founder of Bergli Books.*

Dianne became a publisher serendipitously. Arriving in Switzerland in the 1960s, she began collecting stories about Switzerland by other writers, and became interested in making contact with other people who, like her, were in an intercultural situation. Connect! Magazine interviewed her to find out more…



What made you go into publishing?

When I first arrived in Switzerland in the 1960s, I worked in pharma, insurance, and banking. But what really fascinated me were the stories of other foreigners — translators, teachers, and business people — trying to make a life here. Their challenges and funny moments were so relatable and in the 1980s, when I was teaching English, my Swiss students loved hearing them too. I kept having to photocopy these stories for other English teachers and thought, *why not publish them?* I sent the idea to many publishers in London and New York, but only one replied — saying, "Nothing interesting ever happens in Switzerland." That made me even more determined.

What were your publishing goals at the time?

There were plenty of books for tourists, but nothing that helped people understand daily life here to feel at home. In 1988 I decided to publish a collection of these stories in an anthology *Ticking Along with the Swiss* by myself.

Did you need a lot of capital?

Yes it was quite an investment. The first print run was 10,000 copies — a huge risk. I made contracts and paid all the authors in advance, bought artwork, paid for layout and design. I used my Swiss pension fund to found Bergli Books. It was definitely a leap of faith.

Where does the name 'Bergli' come from?

It had always amused me to see that endearing Swiss dialect name on chalets, mountainsides and even on restaurants. How can a mountain be little? I was living on the Rigi, near a place called *Bergli*, and the name just felt right.

How did the business develop?

At first it was difficult to get advance orders and not easy to convince the Swiss bookshops to put a book in stock about the Swiss, written by outsiders. Booksellers thought foreigners would have nothing valuable or positive to say about Switzerland. One shop finally ordered a single copy… then called back for 10, 20, 50, 100 more. Then the word about this collection of insightful and entertaining stories suddenly spread around the country like wildfire.

When the national distributor asked for 1,000 copies, I knew I was onto something. The entire print run of *Ticking Along with the Swiss* sold out within two years. Not only newcomers but the Swiss themselves enjoyed the books and sent them to friends and associates all over the world. In the meantime, I received many more excellent stories for a second collection *Ticking Along Too*, then *Ticking Along Free*. I just kept going with new Bergli Books — *Cupid's Wild Arrows* about intercultural marriages, *Beyond Chocolate* about working with the Swiss, several humorous books and some about cheese and wine and the various *Hoi!* books for learning Swiss German. In addition I ran the Bergli Bookshop in Basel for several years, specializing in English books. I published over 35 titles before selling the publishing side of Bergli Books and retiring.



Why did you decide to sell?

In 2014, at 73, I decided it was time to slow down and enjoy more family time, more cycling, fewer late nights! Now Bergli Books is an imprint of Helvetiq, who also publish wonderful books about Swiss culture and life here. I'm delighted that Bergli's spirit continues at Helvetiq.

What were the particular difficulties/challenges you faced?

Publishing isn't just about words. It involves special knowledge about copyright, layout and design, paper, printing, marketing, distribution and finances. It's never possible to know in advance how a book will sell.

What and who inspired you on this journey?

I loved working with authors, booksellers, distributors, going to book fairs, arranging publicity and events. There was never a dull moment. I worked with and met many wonderful and fascinating people in the book world. I never regretted a minute.

Do you have any tips for would-be entrepreneurs?

If you've got an idea that won't let you go, listen to your gut — but also test it with people you trust. If you still believe in it after hearing the doubts, go for it, but without bank loans if you can. And always treat everyone the way you'd like to be treated.

You are a former Member of the ZIWC. Do you know which years? What did you get out of being in the Club?

Yes! I was a Member from 1989 to 1993 when I lived on the Rigi and still have friends in the region from those days. I loved meeting bright, curious women from all over the world — some even contributed to my books. These days my hearing makes big gatherings tricky, but I still enjoy small meet-ups and a lot of e-biking with friends all around the country.

Do you have a favourite book from your publications?

My favourite book is *Cupid's Wild Arrows* - intercultural romance and its consequences. It came out in German as *Amors Wilde Pfeile* by Beck Verlag and in China in Chinese.

Book Review:

Swiss Start-ups; from ideas to success stories

Helena Hlasova and **Silvan Krähenbühl**, Bergli Books 2025 ISBN 978-3-03869-177-8



In Connect! Magazine May/June 2025, we read about famous Swiss inventions such as Velcro®, which have impacted life all over the world. Now, you've got your On® shoes, your Freitag® bag, you type on your Logitech® keyboard, wash with Soeder® soap, eat your Planted® food and wear your Viu® glasses; you practice your languages on Duolingo®; set up meetings on Doodle® and order your Christmas presents on Brack®. Have you ever wondered how these companies started?

'Swiss Start-ups' describes journeys from ideas to leaps of faith to success stories. Entrepreneurs and people of vision with a Swiss background and from all walks of life team up to put ideas into practice, combining creativity, know-how and determination. This little book highlights some of the hundreds of start-ups which have revolutionised the way we live and derives from over 400 podcasts with the founders. 35 start-ups are featured and there are QR codes to direct you to the original podcasts on Swisspreneur.

The companies featured are involved in the fields of sustainable living and well-being; robotics; tourism; energy and environment; health technologies and biotechnology; e-commerce; fashion and design; software, digital and productivity. The common thread is sustainability and people coming together from different backgrounds, with different skills, planting the seed for meaningful cooperation. It's not always plain sailing and the stumbling blocks and challenges are also addressed. The journey from paying for the beers to paying out a salary and spotting gaps in the market.

Some advice and takeaways from those who have made it:

"As a founder with a list of ideas, you have to look at that list and be aware that if this thing works out in ten years' time, you'll still be working on this project, so it's important that you intuitively go for the idea that means the most to you." (Ava Women)

"Risks are opportunity costs." (Doodle)

"We prioritise understanding our users over worrying about competitors; always striving to make the learning experience as engaging as possible." (Duolingo)

"We had an idea about communication and thinking in pictures; it's about the picture you remember the next day. To produce feelings and moments: that was our profession and that's what we are excited about." (Freitag)

"We had a unique opportunity to define a new market for the digital employee experience - something that didn't exist at the time. The best way to lead a market is to create it. We invented it and now we lead it." (Nexthink)

"The most important thing in Swiss design is the essence. It's not about decorations, but about articulating a pure and lucid language of form." (Viu)

This little book sticks to the essence, with short texts, colourful photographs illustrating the products, handy covers to act as bookmarks and it's small enough to pop into your bag or coat pocket!

https://www.swisspreneur.org/

Zurlaubenhof and Heiner's Destillate

September seems a while ago but here's a look back at this exciting trip to the rarely open Zurlaubenhof. See our series of articles for more information on this unique piece of Zuger history

On Monday 29 September, we had a wonderful and very interesting visit to Zurlaubenhof.

We learned a lot about the aristocracy and tenants of that time. We were very fortunate with the weather so we could also enjoy the immaculate English garden. Also the St Konrad Chapel showed itself in all its glory with the sun shining through the tiny windows.

A big thank you to Helena for making this happen and to our guide, Dr. Christian Raschle who provided us with a very detailed explanation of this Zug Landmark.





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?

Fasnacht Cheet Sheet ...

Hoi!
Hello! Works all day, all night, even at 5 a.m.

Schöni Fasnacht!
Happy Fasnacht!
The go-to greeting of the season.

Schmutziger Donnschtig (Schmudo)
The big kickoff Thursday before Lent — and yes, it starts very early.

Isch no früeh...
"It's still early…" Said while fully dressed in costume at dawn.

Ich bi parat.
I'm ready. (Even if you're clearly not.)

Hesch es Gwändli?
Do you have a costume?

Cooles Gwändli!
Great costume!
Guaranteed to make someone smile.

Uff, isch das luut!
Wow, that's loud!
Acceptable reaction to Guggenmusik.

Ich han Konfetti im Schueh.
I have confetti in my shoe.
Completely normal during Fasnacht.

No es Bierli?
Another beer?
(Almost always answered with "Ja.")

Mir gönd id Stadt.
We're going into town. Usually said with determination and glitter already everywhere.

Das hani nöd cho gseh.
I did not see that coming.
Fasnacht surprise level: high.

Bis morn am füfi.
See you tomorrow at five.
Perfectly reasonable Fasnacht farewell.

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

Everything about Fasnacht that you were afraid to ask *(well not everything!)*



If you've ever found yourself wide awake at **5 a.m. in February**, surrounded by bells, drums, confetti, and people in wildly creative costumes, congratulations, you've experienced **Fasnacht**, Central Switzerland–style. In **Lucerne and Zug**, this pre-Lent celebration isn't just a party; it's a deeply rooted tradition with centuries of history behind it.

Fasnacht is the Swiss version of carnival, celebrated **right before Lent**. While many parts of Switzerland toned it down after the Reformation, the Catholic cantons, especially in Central Switzerland, kept the tradition alive and loud. Over time, Fasnacht became a mix of religion, civic pride, satire, music and a very Swiss love of organised chaos.

Lucerne: guilds, legends, and a 5 a.m. bang

Lucerne's Fasnacht is one of the most famous in the country, and much of that comes from its strong **guild tradition**. The historic **Zunft zu Safran**, founded around 1400, still plays a starring role. Their iconic figure, **Brother Fritschi**, is a larger-than-life symbol of the season, part folklore, part civic mascot.

The festivities officially explode into life on **Schmutziger Donnerstag** (the Thursday before Ash Wednesday) with the famous **"Urknall"**, a literal big bang at 5:00 a.m. From there, Lucerne is taken over by parades like the Fritschi procession, the Wey parade, and the wonderfully named **Monstercorso** on Tuesday night. Add to that the brassy, deliberately offbeat (!) sounds of **Guggenmusiken** (which really took off here after World War II), and you have a city that fully commits to five days of joyful madness.

Zug: early mornings and communal noise

Zug's Fasnacht may be smaller, but it's no less spirited. It also kicks off at **5:00 a.m. on Schmutziger Donnerstag** with the **Zuger Chesslete** - a deafening wake-up march where anything that makes noise is fair game. While the organized Chesslete association is relatively modern (dating to the late 1970s), the idea behind it is older and shared across German-speaking Switzerland: make noise, chase away winter, and announce that Fasnacht has begun.

After the Chesslete, Fasnacht in Zug unfolds across the canton - with parades, children's events, Guggenmusik performances and plenty of local flair in places like Baar, Cham, and Steinhausen.



Same spirit, different flavours

What Lucerne and Zug share is rhythm, timing, and enthusiasm: early mornings, bold costumes, loud music and a collective sense that normal rules are temporarily suspended. What differs is the emphasis, Lucerne leans into its historic guilds and legendary figures, while Zug shines through community participation and town-by-town celebrations.

Either way, Fasnacht isn't something you just watch, it's something you survive, laugh through, and remember… usually with ringing ears and a smile. Either that or head to Zurich for a few days and enjoy the relative peace and quiet!

Meet the Interest Group Leader

Teresa Hedinger ▪ Bridge Club

Teresa is an avid bridge player and started the Bridge Club with ZIWC about a year ago. Since then she has amassed a good group of regular players and welcomes more, though four are needed for a game and therefore divide up or take turns if there is an odd number. They should know a little about basic play, but Teresa is always on hand to help.



So how did Teresa get into bridge and what is this traditional yet ever more popular and social game all about?

Bridge is a four-player partnership game where you bid to predict how many tricks you can take, then try to fulfill that contract through careful teamwork and card play. It's a century-old mind sport that has reinvented itself through online play and modern outreach, bringing a classic game to a new generation without losing its intellectual depth.

It is a fascinating game, and has been credited keeping the mind supple and active, as well as being socially cohesive, and a game for all ages. It can be competitive or social, with people meeting to play and then sharing a meal and a drink afterward. What's not to like?

Teresa has been in Switzerland for a good while and a long-standing Member of ZIWC when in Zug. Whilst her sister was visiting once, she taught Teresa and husband how to play, and they've been hooked ever since. They played regularly when living in Florida and it became a cornerstone of their social world. And when back in Switzerland during COVID, it proved a social lifeline being able to play online with other 'gamers' stuck at home. She is also a member of the Board of The Bridge Club, Lucerne.

If you would like to join Teresa and her group, contact Teresa on 079 734 5579 or at teresahedinger@yahoo.com. The group meets every Tuesday from 15:00-17:00 at the Parkhotel in Zug.

Stepping Stones

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The French Lunch Club
Excursion to Cham

As we ladies had all read about the 'American Colonial' houses built in 1876 by George Ham Page for the directors of the Anglo-Swiss Condensed Milk Company in Connect! Magazine July/August 2024 and passed these houses often when we were at Cham station, we jumped at the chance offered by Anja Beck to visit one of the houses on a bright day in November.

The elegant, charming and light-filled rooms with high ceilings and modern facilities over four floors fascinated us. Although the houses, which have small gardens, are near the railway tracks, not a sound could be heard. We loved the parquet floors, the marquetry ceiling in the dining room and the covered veranda. In 1999, the houses were classified as listed buildings worthy of conservation and they were restored in 2001.

We rounded off our little trip over coffee at the Café Plaza in Cham, all the while speaking French, bien sûr!

Thanks to Anja of Engel & Volkers and we look forward to future 'Petites Fugues'!



Interest Groups

Meditation Circle

Mindfulness Meditation Circle FOR BEGINNERS!

Date: **22 January** (Thursday)
26 February (Thursday)

Time: 19:30 to 21:00
Where: Villa AURUM (Neugasse 18, Baar).

Program:

- Breathing exercises and yoga
- Theory: Mindfulness meditation techniques, the meditation formula, practicing quick entry into mindfulness
- Group meditation (Two sessions: sitting and walking meditation).
- Tea time and socializing with like-minded people

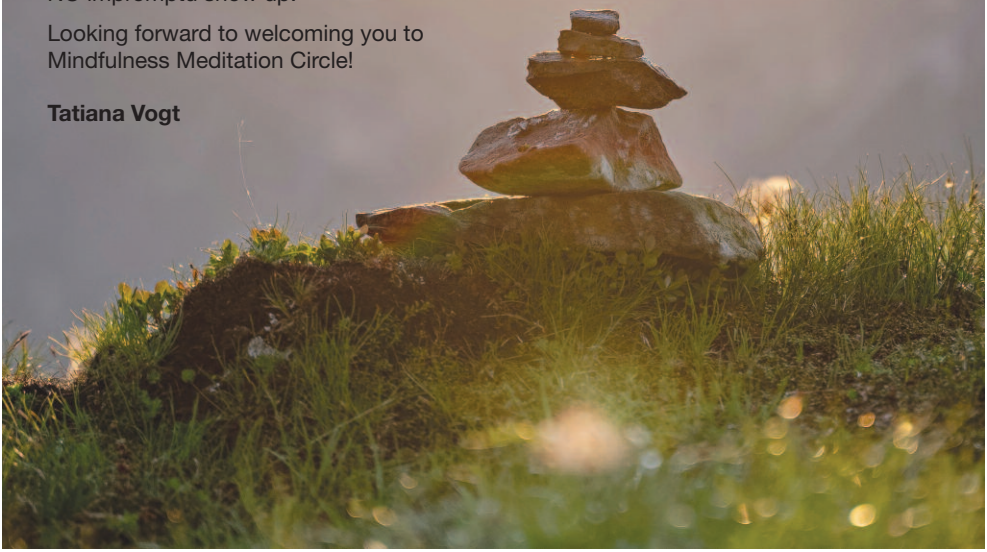
The main goal: to give a general understanding of how and why to meditate, what benefits meditation gives us in everyday life, and to inspire you to regular practice!

- At the end of the mini-retreat, you will know:
  - how to meditate on your own
  - how to include the practice into your life
  - how meditation can benefit you personally
  - how to control your attention, concentration & quickly enter a state of mindfulness
  - how to better manage your state of mind (mood, emotions)

Participation fee (to cover the cost for venue): CHF 25 (TWINT)
Registration needs to be done online or by contacting via 079 341 1565.
NO impromptu show up.

Looking forward to welcoming you to
Mindfulness Meditation Circle!

Tatiana Vogt



Interest Groups

Knitting Club

REVAMP by popular demand! This group will focus on various skills with fellow handicrafters. Antonia is supported by Elisabeth and Deepti and will meet every three weeks on Thursday afternoon from 14:00 till 16:00.
If this appeals to you don't hesitate to get in touch with Elisabeth in order to be added to the Whatsapp group through which she communicates the details of the meeting.



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 CHF 25

MAKE AND CREATE

Knitting Group ■ 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 at antonia.latter@bluewin.ch or on 076 386 0005, Elisabeth on 079 451 0825 or Deepti on 077 944 3092.

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

German for beginners ■ If you are interested in this newly forming group email interestgroups@ziwc.ch to register. There is currently a waiting list but we'll be in touch. Classes are usually at Haus zum Lernen, Mondays from 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 **14:00-15:00**. Always check the Club calendar and Whatsapp chat for latest updates. **Contact Details**: Cristina Rocco on 079 444 40 56 or at cristinarocco64@outlook.com

French Lunch Club ■ A bi-weekly spontaneous lunch in downtown Zug, where French will be practised. If you're native French or want to brush up on the French language this is where you want to be. A Whatsapp group is used to communicate further details. **Contact Details**: Anja Beck on 079 470 0012.

Tapas and Friends ■ Hablas español? We organise regular meetings to go out for tapas, cook Mexican food together, see a film in Spanish, visit an art 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 ■ THIS GROUP WILL RESUME IN THE SPRING
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.

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

FITNESS AND HEALTH

NEW! Meditation Circle ■ We invite you to an exciting journey into the world of mindfulness practices and fundamental knowledge of mindfulness meditation. For beginners and experienced practitioners. The goal is to introduce mindfulness meditation in the easiest and most concise way, as well as to practice regularly together in a small group. The cost will be CHF 25 to cover the rent of the premises and a drink at the end of the session. **Contact Details**: Tatiana Vogt, tatiana@vogtconnections, 079 341 15 65 (WhatsApp). Please contact Tatiana to be added to the WhatsApp group.

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 0797393552 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.

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

January 2026

MONDAY	TUESDAY	WEDNESDAY
		
5 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Conversation Online**	**6** 10:00 **Badminton** 15:00 **Bridge**	**7** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
12 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Online Conversation**	**13** 10:00 **Badminton** 15:00 **Bridge** 19:00 **Cheeky Cocktail Club**	**14** 8:00 **Morning Outdoor Fitness** 8:30 **“Kaffeeklatsch”** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
19 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Online Conversation**	**20** 10:00 **Badminton** 12:15 **Monthly Lunch** 15:00 **Bridge** 18:00 **BN Stressmanagement Workshop**	**21** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
26 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 18:00 **English Online Conversation**	**27** 10:00 **Badminton** 15:00 **Bridge** 18:30 **Board Games**	**28** 8:00 **Morning Outdoor Fitness** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
		

Remember to check out our Website www.ziwc.ch for up-to-date calendar, photos and membership news. Have you joined our Facebook Group? www.facebook.com/groups/zuginternationalwomensclub/

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

THURSDAY	FRIDAY	WEEKEND
1	**2**	**3** SATURDAY **4** SUNDAY
8 10:00 **Aegeri Coffee**	**9** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**10** SATURDAY **11** SUNDAY
15 10:00 **Cham Coffee** 14:00 **Knitting Club**	**16** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**17** SATURDAY **18** SUNDAY
22 12:00 **French conversation lunch (subject to change)** 19:30 **Meditation Circle**	**23** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**24** SATURDAY **25** SUNDAY
29 9:30 **Walchwil Coffee** 18:30 **Monthly Dinner**	**30** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**31** SATURDAY





February 2026

MONDAY	TUESDAY	WEDNESDAY
		
2 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**3** 10:00 **Badminton** 15:00 **Bridge**	**4** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
9 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**10** 10:00 **Badminton** 15:00 **Bridge**	**11** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
16 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**17** 10:00 **Badminton** 15:00 **Bridge**	**18** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
23 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German For Beginners** 18:00 **English Conversation Online**	**24** 10:00 **Badminton** 15:00 **Bridge** 18:30 **Board Games**	**25** 8:00 **Morning Outdoor Fitness** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
		

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THURSDAY	FRIDAY	WEEKEND
		SATURDAY **1** SUNDAY
 **5**	**6** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**7** SATURDAY **8** SUNDAY
12 10:00 **Aegeri Coffee** 12:00 **Monthly Lunch** 18:00 **BN Apero, Aigu Pakhotel Zug**	**13** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**14** SATURDAY **15** SUNDAY
19 10:00 **Cham Coffee** 12:00 **French conversation lunch (subject to change)** 18:15 **Monthly Dinner**	**20** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**21** SATURDAY **22** SUNDAY
26 9:30 **Walchwil Coffee** 19:30 **Meditation Circle**	**27** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 19:00 **Cheeky Cocktail Club**	 **28** SATURDAY
		

Last Monthly Dinner of 2025

The Dinner Club saw out 2025 with a festive bang! Ladies dressed in their Elven finest to enjoy fondue at the Alpine Hut at the Bossard arena. Thank you for your good cheer and wishing you many more wonderful dinners in 2026!









FRAUENHAUS LUZERN

Charity of the Year

This year the ZIWC in Zug proudly supports the Frauenhaus Luzern, an essential organisation offering protection and support to women and children affected by domestic violence in all its forms in Central Switzerland.

The Refuge provides 24/7 access to safe accommodation, counselling and practical assistance to women and their children in times of crisis, regardless of nationality or financial situation. Many of the children supported have witnessed, or worse still, experienced violence themselves.

Each year, dozens of women and children find safety at the women's refuge in Luzern. Beyond immediate protection, the goal is to empower women towards long term independence and a life free from any form of coercive treatment.

The Frauenhaus Luzern works closely with other women's refuges in Central Switzerland, ensuring fast, coordinated help across the region.

By choosing the Frauenhaus in Luzern as our charity of the year, the ZIWC reaffirms its commitment to supporting women and children in our region and raising awareness of this sometimes underestimated important cause.

