ZIWC
Connecting Women
est. 1967

MAGAZINE

Connect!

MAY / JUNE 2026 | FOR WOMEN • FOR CONTACT • FOR 59 YEARS



www.ziwc.ch

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Dear Members,

I often wonder at the renewed amazement I have of the return of the good weather and lighter evenings. It's quite predictable really, but feels like a miracle every year. It's also time for the new Club year to begin and after four fantastic years standing at the helm of these pages, I hand over my hat to Elizabeth Egli who will do a fantastic job steering this Magazine for the Membership and no doubt, making it her own. She will be supported by our recently expanded editorial team who are Helena, Tiffany and me.

It's been a really great experience being a Board Member, helping to shape the Club and ensuring its ongoing growth and success over the last few years. I've worked, collaborated and met many wonderful women, with whom I hope to continue cherished friendships. Though I'm sad to leave such a fun Board, fresh energy and ideas is what has made this Club thrive for nearly 59 years and I hope to now have more time to enjoy the programme of events we offer.

Please enjoy the pages, I send you my warmest wishes and hope to see you at an ZIWC event soon.

Suzy



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New Members

We warmly welcome our new Members

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

Lilian K, Zug
Beatriz C, Zug
Monique M, Allenwinden
Tania W, Wadenswil
Katja K, Steinhausen
Teresa S, Zug
Renée I, Merlischachen
Alex O, Cham

Kamila S, Cham
Ilhem E, Zurich
Maria B, Zug
Amelia L, Zug
Sonya M, Cham
Kasia W, Zug
Karin V, Baar
Luciana L, Goldau

Claudia P, Zug
Saris E, Oberägeri
Anna-Rosa C, Rotkreuz
Bernadett J, Zug
Anna D, Zug
Anne B, Zug
Mansi B, Unterägeri
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should be made to:
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6340 Baar
IBAN: CH40 0900 0000 1752 1935 3

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

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

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

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

Ways to Get Involved

We are looking for volunteers, contributors, and coordinators for a number of Club Activities. Here are some ways you can help us:

Write and article for the Magazine: Max 450 words on a topic of your choice! If it interests you, it may interest others. Contact connectmagazine@ziwc.ch

Join the Annual Events Committee: We're still looking for enthusiastic members to join the Annual Events committee. Contact annualevents@ziwc.ch

Volunteer at Fest der Nationen: Our fabulous **Gin & Divas stand** is returning to **Fest der Nationen on 5 September**, and we're looking for a team of wonderful volunteers to help us shake, stir, and serve delicious gin cocktails to festival guests. It's one of the most fun and social events of the year — and a great chance to meet other members while enjoying the festival atmosphere together. Join the Gin Divas and help serve drinks and promote the club on 5 September 2026. Contact vicepresident@ziwc.ch

Volunteer at the Expat Expo Zug: Join us on Saturday 30 May 2026 for the Expat Expo in Freiruum Event Hall. Contact marketing@ziwc.ch

Share your photography skills: If you like to take pictures, we are always looking for beautiful photos of our events, members, and even beautiful Zug. You may even be featured on our magazine cover! Contact marketing@ziwc.ch

Board Member Names *and* Contact Details

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Vice President • **Susan Laudenbacher** • vicepresident@ziwc.ch
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Meet the Member
Kate Hönigsberg



Kate Hönigsberg is one of those helpers behind the scenes at Club events, just as she helps behind the scenes at her Theatre Groups when she is not performing herself! We asked her a few questions to get to know her a bit better. Meet Kate!

What brought you to Switzerland?

My Swiss boyfriend that I met in England. We came here to stay in his sister's apartment whilst she was away, and decided to stay. I got a position as a nurse in a Pflegeheim, and an Austrian nurse translated the Swiss for me for a while.

How long have you been in the Club and what made you join?

I joined at the beginning of 2019 as I wanted to join Helena's book club. I didn't join earlier as I was working again full time and most events were in the afternoons at the time.

What do you like best about the Club?

I love meeting up with friends on the Escapes, in Switzerland and abroad, enjoying new places and doing the activities.I am lucky I could visit my daughter and family in several countries they've lived in around the world.

What other activities are you involved in?

My main passion is acting with the English Theatre Group of Zug, and also Luzern. I've been lucky to have had many chorus and main roles, in pantomimes, musicals and plays over the years. I also still help with supervising children after school at the International School of Zug in Walterswil. In my spare time I love doing jigsaw puzzles, watching films, and reading.

How do you see the future of the Club?

I hope the club will continue as it is now, and for many years to come.

What's your favourite place in Canton Zug?

I love to stroll along Zug lake front, and have a meal or just coffee with family or friends, whilst looking out onto the water and mountains. I feel very lucky to be living in this beautiful country since 1979, and bringing up my children here.

FMZ Festival of Nations:

Gin, Glamour and Your Fellow Members Making It Happen Saturday 5 September

If you've been to the FMZ Festival of Nations before, you already know—it's an event that lives up to the hype.

What's easy to forget (especially once you're a drink or two in) is that it doesn't just happen by accident. It's FMZ (Fachstelle Migration Zug) pulling it all together—bringing communities, logistics and a small army of volunteers into something that somehow works, every time (fingers firmly crossed for sunshine).

And this year, as always, some of that magic comes from within your own ranks.

The Gin Divas are back!

Your fellow ZIWC Members will once again be behind the bar, making sure the drinks side of things is done properly—because, let's be honest, standards matter.

Expect a curated selection of gins from around the world, paired with proper mixers (no tragic tonic situations), a signature drink worth trying, and alcohol-free options that are there by design—not as an afterthought.

In short: no compromises.

But what makes the whole thing worth showing up for isn't just the drinks.

It's the fact that this is very much a "by the community, for the community" kind of day. FMZ creates the platform—but it's organisations like ZIWC, and Members like you, who actually bring it to life.

Whether you're behind the bar, stopping by for one (which won't be just the one), or just passing through and getting pulled into a conversation, you're part of what makes the festival feel the way it does.

So here's the plan.

Come down to the lake on Saturday 5 September. Take in the stage programme —everything from yodelling to line dancing—and let the kids loose in the afternoon activities if you've brought them along. Then find the tent. Say hello. Order something from one of your fellow Members. Stay longer than you meant to.

And at some point, take a moment—glass in hand—to appreciate that this isn't just another event. It's something your Club is actively part of, within something much bigger that FMZ makes possible.

See you there… and do swing by the FMZ stand to say hello—preferably with a spare G&T in hand.

https://www.fmzug.ch/en/fmz-festival-of-nations-2026/festival

Cathy Newman - FMZUG

Our **Gin & Divas cocktail stand** has become a favourite stop at **Fest der Nationen**, where visitors gather for refreshing gin drinks and a lively atmosphere. To make the magic happen again this year on **5 September**, we're looking for a team of volunteers ready to mix cocktails, serve guests, and have a great time together. Volunteers will be scheduled in short shifts, so you'll still have plenty of time to enjoy the festival.

Contact: If you would be willing to help run the tent for any part of the day, please reach out to Susan at vicepresident@ziwc.ch

Afternoon Tea



Description; what's in it for the guests:
Dearest Gentle Reader,
It has come to this author's most delighted attention that a most splendid affair is soon to grace our fair society. Indeed, whispers abound of an enchanting gathering that promises elegance, charm, and just the right touch of intrigue…

Pray mark your calendars, for this Afternoon Tea shall be the event of the season, a most exquisite occasion not to be missed. As the gentle warmth of June ushers in the dawn of summer, our distinguished ladies are invited to indulge in an afternoon of refined delights, delicate teas, and delightful company.

One can scarcely imagine a more fitting way to welcome the season than adorned in your most graceful summer dresses, each ensemble no doubt rivalling the very finest fashions. Prepare yourselves, dear ladies, for an afternoon steeped in sophistication, laughter, and perhaps a touch of scandal, should the mood so inspire.

Further details shall, of course, be revealed in due time. Until then, one can only anticipate the brilliance of what is certain to be a most unforgettable gathering.

Date: **20 June 2026**
Start time: 15:00 • **Ending time**: 17:00

Where: Teehaus UMAMI, Schulhausstrasse 1 6330, Cham

Costs: Members ZIWC **CHF 30**

Dress code: Summer Dresses (Smart Casual)

Menu: - mini finger sandwiches (egg, cucumber, salmon)
- mini vegetable quiche - mini seasonal soup
- filled date with Tête de Moine
- filled cherry tomato with cream cheese
- scone with clotted cream and jam
- mini matcha cream with grand cru chocolate
- seasonal fruit tartlet - mini cake

Drinks: Three different kinds of Tea and Prosecco

Registration: Please register on website. Please note that ZIWC cancellation policy and accident insurance rules apply



Booking & Payment Deadline: **June 12 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 include your name and Afternoon Tea in the payment details

How to get there: **By Train**: From Zug Bahnhof, take the S1 train, direction Rotkreuz. Get off at the Cham train station. It is about an 8-minute walk from here. **By Bus**: Take Bus number 606 from Zug Metalli and get off at the Cham Gemeindehaus stop. It is a 2-minute walk from there. **By Car**: There are three parking areas to choose from; Mandelhof, The Lorze, Rigiplatz.

Additional Remarks: **Please contact Linda Sharpe for any dietary restrictions**

Contact: Linda Sharpe, annualevents@ziwc.ch

ZIWC Business Network

BN BUSINESS NETWORK



Business Networking *Apéro*

a brilliant way to meet Members or to meet Members before you join.

Our Club's Business Network draws Members from every background, career stage and interest. What attracts us is a lively interest in what is going on in the world of work (however you define it), entrepreneurship, innovation and creativity. What keeps us attending is the network of inspiring, supportive and interesting women who are our Members and our friends. We host monthly Apéro get-togethers and also more formal workshops and learning sessions.

The next Business Network Drop-In Apéro sessions take place on 26 May 2026 / 23 June 2026 ● 18.00 - 19.30 - Áigu Bar Zug

ZIWC Business Network Apéro is open to all ZIWC Members and to non-members who are curious about the Club. The drop-in Apéro takes place regularly at Àigu Bar & Lounge in the ParkHotel Zug, and we request that you register on the ZIWC website (Events Calendar for the date).

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.

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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 short you have time for.

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 Aegeri area. Everyone is welcome, whether you are new in the neighborhood 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 Speck, Neudorf Centre, Zugerstrasse 17, 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!

May • KURIOZ

Date: Wednesday 13 May 2026
Time: 19:00 till late
Where: Kurioz, Pilatusstrasse 1, Zug
The quirkiest little place in Zug with a great terrace we hope to use in May. They serve amazing cocktails as well as wine, beer and other alcoholic and non-alcoholic drinks. There is a cool bar menu as well, exactly what we want for a night out with the girls.
How to get there: this bar is only a few minutes walk from the buses and trains that stop around Zug train station.

June • SEEBAD SEELIKEN

Date: Thursday 11 June 2026
Time: 19:00 till late
Where: Seebad Seeliken, Artherstrasse 2, Zug
Nothing feels more like holidays than a cool drink overlooking Lake Zug. Join us for a summery night out, enjoying the sunset at the lake when we sip our drinks at the Seeliken bar. The bar serves a variety of alcoholic and non-alcoholic drinks as well as food. www.seeliken.ch
How to get there: This bar is behind the Casino in Zug and easy reachable by public transport. Stops in the area are bus stop Bibliothek (603), bus stop Casino (605 & 611), bus stop Frauensteinmatt (614) and the train stop Casino (S2)

Save the Date: Contact Coffee - Tuesday 16 June

Are you new to the Club and curious how to connect with the other ladies?
Join us for our next Contact Coffee afternoon where newly signed-up Members can meet each other and mingle with some of our long-standing Members. Think good conversations, friendly faces and plenty of coffee cheer! This time we're meeting at Tania's place in Zug and we thank her already for opening up so generously her home and hosting us.
Feel free to bring along something sweet or savoury to share.

When: **Tuesday 16 June** 14:30 till 17:00

Where: Tania Mobayed, Rothusmatt 1, 6300 Zug

Nearest bus stop: Bus stop Rutli or Obmoos
Some visitor parking is available by the Loreto school

Capacity: Max. 20 People, so please register online in good time

Questions: get in touch with Fanny at hospitality@ziwc.ch



a great way to meet and make new friends

ZIWC LUNCH CLUB

Our Lunch Club is a monthly social event where Members meet over a relaxed lunch, to chat, discuss and make friendships. Our lunches are Member-only events and for Members new to our Club this is a lovely way to meet other Members in a smaller group (usually 8-12 people). Each person pays for the food and beverages they consume.

Now that we are in Summer Season, it seems timely to visit the 'See-Side', so our May and June lunches are at lakeside restaurants. And we are rather hopeful that the weather will "play with us" (as we say here) so that we can dine outside.

May Lunch



May Lunch will take place on **Wednesday 6 May 2026** at **12.15** at the **Hafen Restaurant**
https://www.hafenrestaurant.ch/
Hafenplatz 2, 6300 Zug
The restaurant is right on the lake (by the Sailing Club) and offers both a daily lunch menu (three choices plus soup/salad) and à la carte - the wine list is good too!

There is parking next the restaurant, and buses stop nearby (please check as there is construction work going on at the Badi so the bus stops can move!).

Please register on the Club Website or - if you have no web access - by calling or texting Ailbhe Fallon on +41 78 698 5160 (no WhatsApp please).
Cancellation by midnight on Friday 1 May 2026.

June Lunch



Our **June Lunch** will take place on **Thursday 25 June** at **12.15** at the **Bellevue Restaurant** near Brunnen
https://brunnen-bellevue.ch/
Axenstrasse 2, 6440 Ingenbohl, Schwyz

This beautiful venue is situated on lake Lucerne, and can be reached by train and bus - a journey of just 40 minutes (and a short walk) from Zug Bahnhof (and less from anywhere along the way like Oberwil, Walchwil and Arth). Travel arrangements will be shared nearer the date.

Please register on the Club Website or - if you have no web access - by calling or texting Ailbhe Fallon on +41 78 698 5160 (no WhatsApp please).
Cancellation by midnight on Monday 23 June 2026.

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.

CANCELLATIONS: If you need to cancel please do so as soon as you are aware so that your place can be assigned to another Member. Please cancel 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.

May Monthly Dinner

ZIWC DINNER CLUB



Ready for a pizza! Since March, at Napa Uno, pizzaiolo Danilo -guided by the moto "La pizza è la mia vita" – has been bringing the authentic tradition of Neapolitan pizza to our city. What makes his pizza the best in town? Here's the secret:

- 48 hour dough rest for perfect crumb and texture
- 90 second bake in a 450°C stone oven
- Original San Marzano tomatoes from the volcanic region near Naples
- Local freshness from Zug — mozzarella and basil

Ready to discover where Neapolitan tradition meets Zug freshness? Join us for dinner and taste the *Vera Pizza Napoletana*.

When: **Thursday 21 May**, 18:15
Where: **Napo Uno**, Gubelstrasse 5, Zug. It's 5 min walk from Zug train station. Parking is available on Baarerstrasse 37 (opposite McDonalds) or Parkhaus Metalli.
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you are unable to register online)
Booking deadline: Monday 18 May
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.
Menu: Variations of pizza Napoletana

June Monthly Dinner



We will welcome summer at a little piece of the Côte d'Azur on Lake Zug — where Mediterranean flair meets historic architecture — Restaurant zur Taube. Acclaimed chef Gio will delight us with dishes crafted from the finest sustainable, seasonal, and regional ingredients, each plate a joyful celebration of flavour and craftsmanship. The restaurant, awarded 15 Gault Millau points, embodies creative Slow Food cuisine. Savour a carefully curated wine list featuring exceptional selections from some of the world's most renowned wineries, perfectly paired to enhance every course. Come share great food, wonderful wines, and warm company as we toast the season in style.

When: **Wednesday 17 June**, 18:30
Where: **Restaurant zur Taube**, Unter Altstadt 24, Zug. Walking distance is about 10 minutes from Zug train station. Parking options- Parkhouse Altstadt Casino and Postplatz.
Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you're unable to register online)
Booking deadline: Monday 15 June
Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.
Menu: Recommended *La Colombe Evening Experience Menu* (meat or vegetarian) or à la carte. Please choose your preferred menu when registering.

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 Wenn Engeln Reisen Escape St Gallen





Petrus was kind to us when on a sunny Saturday morning, the second day of spring, 19 ZIWC angels were whisked away by the ever-efficient SBB to heavenly St Gallen. Armed with comfy shoes and bags of laughter, we descended upon the charming historic old town which derives its name from the majestic baroque cathedral on the site where Irish monk St Gall had built his hermitage in 612 AD.

Our lovely local tour guide, Ursula, a mine of expert knowledge and anecdotes, deftly navigated us through the quaint alleyways, showing us little gems of cafes and boutiques and pointing out the over 100 ornate bay windows bearing names such as “Pelican” or “Black Eagle” inspired by the coat of arms of wealthy textile merchants. Every corner screamed to be photographed, but when we entered the cathedral we were momentarily speechless (a rare occurrence)! The richness of the gold and turquoise baroque architecture, the magnificent interior with elaborate ceiling frescoes and the adjoining Unesco World Heritage Abbey Library featuring richly carved bookcases and manuscripts dating back to the 8th century took us back to former academia. Surrounded by ancient gold embossed leather bound books and intricate woodwork, we briefly considered becoming scholars….. but only until lunchtime!

Alicia, our superb ZIWC Escape Chairwoman and mastermind, had, as always, amply provided for culinary indulgence. By now pretty ravenous, some of us savoured the famous St Galler Bratwurst (with passionate debates about mustard – Ursula, our local guide, had drummed it in that it was a sin to ask for mustard for their sausage!!) and toasted the day with locally crafted beer from Brauwerk’s very own Schützengarten brewery.

Post lunch, we then had two options: to visit the famous St Galler Textile Museum, showcasing the rich history in fashion and lace production, where we could feast our eyes on designs, embroidery and brocade and appreciate the amazing skills behind those famous Swiss names. Even today, St Gallen boasts international luxury labels and is the home of Akris fashion, preferred by Princess Charlene of Monaco and for Christian Fischbacher, internationally acclaimed for high-end bed linen and home accessories.

For those who needed a little recreation, the Drei Weieren, a trio of serene ponds, were just a short walk away - a natural paradise affording panoramic views and postcard scenery. You could daydream of open air swimming in the hotter season.

For the homeward journey, tired feet were paired with full hearts and lots of laughter! If this is how angels travel, we’re already up for the next heavenly adventure!

By **Karin Resch**

Escape

Upcoming Escapes

attend the AGM and be the first to know

You usually find the upcoming Escape for the next couple of months in this space. Surprise! I am here to tease you to wait a little longer, and entice you to attend this year's AGM in order to be the first to get the preview of all the Escapes I have planned for the coming year since I have been asked to stay on while we find our next Escape Chair.

Taking you to the different regions of Switzerland has brought me so much joy. From getting our Cheese Passports stamped, to getting our adrenaline pumping by jumping into the canyon waters of Ticino, to learning about particle acceleration in the CERN, each and every Escape has been so memorable. Then there were the trips to Paris and Firenze - what a time we have had!

For now, I will say that you can look forward to something in each region again and a really magnificent trip a bit further afield.

I have truly enjoyed being your Escape Chairperson for the past four years and hope that one of you reading this will be motivated or inspired to be the next leader to take our Members on wonderful adventures. The 2026-2027 term may be my final season in this position but I look forward to passing the torch on while I remain an active ZIWC Member. It has been my pleasure.

Alicia Toledo
Escape Chairperson















Be the Difference: Confident Care with First Aid Skills

Accidents happen in an instant. Knowing how to calmly respond could be the difference between a minor incident and a tragedy. When someone unexpectedly stops breathing or begins to choke, there is no time to wait for professionals - you are the immediate help.

ZIWC, in association with Rima Fontana at Samariterverein Cham, offered this informative Accident Prevention and Emergency Response Workshop covering the fundamentals of delivering critical first aid care in emergencies.

As a present squad member of Feuerwehr Hünenberg, Rima was able to provide practical guidance to deal with common childhood accidents. The event also served as an action-oriented training for those providing care to adults before professional help arrives. Bearing in mind that the initial ten minutes can be crucial to lifesaving in a medical crisis, the seminar delved into the measures taken to maximise a patient's survival chance within this limited time.

The 'Look Think Act' framework outlined a systematic approach for rational thinking before delivering a precise overview to emergency personnel. The workshop also focused on the main considerations, differences, and positions to handle responsive, unconscious and lifeless patients. Using resuscitation manikins of various sizes which simulated the human body and by means of a live demonstration of a high-end defibrillation device, Rima provided detailed step-by-step instructions for the Heimlich Manoeuvre, CPR, and the usage of an AED.

The workshop attendees were parents, grandparents and even a primary school teacher, all of whom were eager and willing to share useful first aid techniques with real life examples. Through a very interesting Q&A discussion both during the seminar and at its conclusion, trainees benefitted from valuable life saving tips from the group participants.

Thank you to all attending Members whose diversity in backgrounds and common interest in managing life-threatening circumstances set the enthusiastic and collaborative tone for the seminar. A very special thanks to the Samariterverein Cham and Rima Fontana for this highly interactive and engaging presentation. Sincere thanks also to Susan Laudenbacher, Vice President of the ZIWC, for her brilliant idea, initiative and efforts in organizing this high impact, incredibly well-structured and educational workshop.

Depending on the interest level of ZIWC Members, Susan has very kindly offered to organise subsequent First Aid workshops covering the key topics of BLS- AED- SRC in coordination with Samariterverein Cham. For more information on the available offerings, please contact Susan directly at vicepresident@ziwc.ch

Contributed by **Sarika Sukhatankar**

Core Emergency Numbers:
144: Ambulance / Medical Emergency
117: Police
118: Fire Brigade

Other Important Numbers:
145: Poison Control (Tox Info Suisse)
1414: Rega Air Rescue (mountain/remote emergencies)
143: Helping Hand (counselling helpline)
147: Pro Juventute (helpline for children/young people)

ZIWC visits Urs Reichlin Gallery, Zug

On the evening of Thursday 26 February, ZIWC Members were invited by the Urs Reichlin Gallery to view an extraordinary exhibition by the Vietnamese artist Xuan Huy Nguyen. The visit was instigated by Member Anja Beck of the Engel & Völkers real estate office in Zug, and the gallery owner, Mr Urs Reichlin himself, gave us a guided tour of the impressive exhibition which consisted of huge canvases of Nudes in different settings, well placed in the spacious gallery.

The artist Nguyen Yuan Huy was born in Vietnam but now lives in Berlin. His impressive works make a huge impact within New European Painting because of the way he depicts the 'Nude' and the way in which he manages to incorporate the technique from Classical Nude Painting into modern artworks.



In Nguyen Yuan Huy's works, the nudes are non-erotic, the skin tone is flawless, translucent, like alabaster, and the handling of light and shadow takes it inspiration from the Chiaroscuro technique, as used by Leonardo da Vinci in the 16th Century. Using only one model in different poses set against a backdrop of an allegorical landscape, the nudes are almost clinical figures, who happen to be naked, innocence personified against the violence which is about to erupt in the landscape, where the real story happens: the Vietnam War.

In Western Art, nude female figures were generally depicted as symbols of fertility and well-being, as can be seen in Manet's *Olympia*, for example, but in Asia, nudity, as in communal bathing, for example, is just portrayed as another social activity. These works not only illustrate the different depictions of nudity on the two continents, but also highlight how pure nudity, as opposed to nakedness, is a symbol of innocence.

Afterwards, we were treated to a nice selection of canapés and more French champagne, as we wandered around to have a closer look at the impressive works, and the visit was a great success. A great big thank you to Urs Reichlin and to Anja Beck for making it happen.

By **Vivi Jensen**

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Hello Spring – and welcome to the PKZ Fashion Apero

Spring clearly got the memo this year and did us proud on the day of the highly anticipated ZIWC Fashion Apero at our local fashion temple, PKZ. Sixty eager fashionistas dressed to impress and armed with curiosity, impeccable taste and a healthy appreciation of Prosecco gathered to decode the secrets of achieving that elusive "effortlessly jaw dropping" spring '26 look.

From our entrance, joyful laughter and conversation sparkled as our pictures were captured by our very own photographer Ron Sumners. Then the evening's highlight began as PKZ top fashion expert Melanie Cantaluppi took us on a stylish journey of the season's must-haves with wit, flair and new insight.

According to Melanie, Spring '26 is all about new colours such as cloud dancer, buttercup yellow and other dreamy pastel hues in floating, fairy-like fabrics to give a soft feminine silhouette. Wide leg trousers, culottes and bermudas enjoyed a big comeback, paired with high heels, pointed ballerinas and sling-back pumps to complete that *je ne sais quoi* look! Cropped jackets, the short trench, Chanel-style jackets and double-breasted blazers are the perfect in-trend accompaniment.







Many were very happy with the recurrent nautical theme and stripes, which featured in all collections by international luxury labels Max Mara, Marc Cain and Switzerland's own Akris- Punto from recently visited St Gallen. We learned that airy layers, gentle contrasts and stylish accessories create that understated but intentional confidence - the essence to a perfect outfit.

Bursting with new inspiration and fueled by the free-flowing prosecco and delicious canapes, we were able to peruse the extensive showroom and plan our wardrobe overhaul. Let loose in this wonderland of possibilities, we marvelled at the new collections, touched the beautiful fabrics and tried on our favourite pieces whilst getting approving nods from our admiring friends. Ooohs and aaahs and "yes, this is just so you" abounded, whilst the knowledgeable and patient PKZ Sales Staff navigated us through important fashion decisions, translating Melanie's vision into the real *us*.

At the end one thing was certain – spring '26 is not just a season, but a state of mind: light, joyful and unapologetically stylish. And as Audrey Hepburn so aptly remarked, "Elegance is the only beauty that never fades"

A big thank you to our very own Helena Lustenberger who so carefully orchestrated this event in conjunction with the wonderful house of PKZ Zug.

By **Karin Resch**

Neon Nights and Power Ballads:

Zug Dances Back to the Eighties



Zug experienced a special and joyful time warp as the the ZIWC dames hosted an exuberant 80s-themed party that brought bold fashion, shoulder pads, neon leggings, big hair and even bigger energy to the dancefloor. By now we are almost used to it - what could have been a simple costume evening quickly became something more memorable: a highly social, fun celebration of nostalgia and community.

The commitment to the theme was impressive. Clever retro décor cues instantly set the tone, while the guests themselves provided the real spectacle. The attendees had clearly approached the challenge with enthusiasm and a twinkle in the eye, resulting in an eclectic, colourful mix of 1980s interpretations that spanned hilarious outfits, glitzy accessories, flashy make-up and television- and rock legend-inspired costumes.



While ZIWC ladies formed the heart of the evening, several male guests made a particularly strong impression with their costumes. Some embraced the unmistakable **Miami Vice** aesthetic: pastel suits, rolled-up sleeves, loafers without socks, and enough confidence to pull it all off convincingly. Stealing more than a few glances was one guest who arrived fully transformed as a member of **KISS**. From the face paint to the stage-ready attitude, the costume felt less like fancy dress and more like a performance piece. But it was the flashy, eye-popping **Aerobic Outfit** that not only proved that our ZIWC members have good sense of humour but also contributed to the fun and carefree spirit of the evening.

The music was a highlight in its own right. A well-paced playlist moved easily between synth-pop classics, power ballads, and well known dancefloor staples, keeping energy levels high and the dancing exuberant. Whether guests were singing along to familiar choruses or simply letting the beat do the work, the dancefloor was rarely empty.



The **Magic Cube competition** brought some brave guests on stage, however it became quickly obvious that it had been some time since the competitors last had a go at it. Reactions included a range of*: I have no idea what I'm doing but let's pretend I do*, to: *okay okay, I did know how to do this once!*

If you truly want to unleash chaos, nostalgia, and competitive spirit all at once, there's nothing quite like an **80's quiz**. The energy transferred quickly from the dancefloor to frenetic arguments about music hints and TV series. It proved that the 80's were bright, loud, iconic, fun and a little bit absurd.

By the end of the evening, heels were abandoned, jackets loosened, and voices hoarse from enthusiastic sing-alongs. The party succeeded not just as a themed event, but as a social gathering that reinforced why the ZIWC remains such a vibrant part of the local international community. It was impossible not to enjoy it.

If the 1980s were about expression, confidence, and fun, then this party captured the decade perfectly—and left many guests wondering which era the organisers are going to revisit next year. We are looking forward to it!

By **Antje Tyler**





Kaleidoscope Contact:
Symphony of Colour, Culture and Chai



This March, our Contact Coffee afternoon transformed into a vibrant canvas as ZIWC Members celebrated Holi, the Indian "Festival of Colours", marking the arrival of spring.

Hosted by Deepti Tiwari, whose own journey has woven through the bustling streets of India and UK before settling in the serene Swiss hills, this special gathering welcomed our international community of women to experience and share in a piece of her heritage.

What makes Holi especially appealing is its global message: fostering social harmony and joy by letting go of the old to welcome the new. It is a cultural experience that resonates with those interested in rekindling old relationships, sharing warmth with cherished ones and looking forward to memorable milestones.

In a thoughtful nod to this festival, guests participated in a "dry Holi", applying gentle tikka (small dots of colored powder) to one another, symbolizing unity, energy of life and revival. The colours made from flowers, herbs, and other natural ingredients are safe to use for Holi. Originally derived from flowers like the "Flame of the Forest", many colours represent a connection to nature and its regenerative power. As Members from various corners of the globe shared stories of their travel escapes to Asia and beyond, the vibrant and varying hues of the gulal (coloured powder) served as a metaphor for the diverse community being built right here in Switzerland.



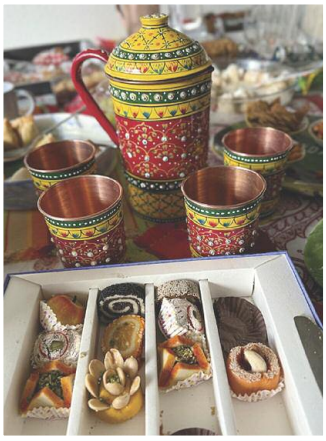
The Essence of Holi:

While Holi's paint-throwing element has become popular worldwide, the festival is much more than a fun "paint fight". At its heart, it celebrates:

- **The Arrival of Spring**: Marking the end of darkness and winter with the rejuvenation of nature.
- **Thanksgiving for Abundance**: Appreciation for nature's agricultural cycle by acknowledging the bounty of the land, reaping of the crops and the richness of harvest season.
- **The Triumph of Good over Evil**: Rooted in the ancient legend of Prince Prahlad and the demise of demoness Holika, lies a powerful story with the moral that faith can be stronger than fear and devotion stronger than ego.
- **The Symbolism of Renewal**: A poignant opportunity to forgive and mend relationships by shedding old grievances and turning over a new leaf.

This social event was excellence in hospitality with Deepti working diligently from the early morning hours to treat her guests to Holi's fresh and best, both sweet and savoury. Guests were invited to try a wide array of traditional delicacies, many of which are rare to find in typical Indian restaurants and establishments outside of India due to the preparation time involved and the specialised training and skills required for perfection. Delicious vegetarian samosas, zesty







chutneys, Bhakarwadi, Matti, Dahi Vadas seasoned with juicy pomegranate, Pakoras, and Mittai (sweets) in elaborate designs and flavours.

Prepared with saffron, honey, almonds, spices such as turmeric and other wholesome nourishing ingredients native to an Indian kitchen, each tantalizing dish offered a unique explosion of succulent, sizzling, tangy, and juicy flavors that danced on the tongue. The spiced warmth of Masala Chai's bold and authentic taste blended marvellously with shared customs and plenty of laughter. For culinary aficionados, our expert hostess was keen to answer a wide range of questions and divulged her culinary techniques to enhance our sensory experience of the food, including taste, aroma and presentation.

Attendees were led on an immersive journey into the heart of India's most joyous festivals and wedding scenes through Deepti's memorable photos celebrating families reconnecting with their roots and honoring relationships.

Thank you, Deepti, for your genuine enthusiasm, generous and caring hospitality. With thoughtful curation, a handful of colours and sharing a cuppa, our gracious hostess demonstrated that no matter where in the world, a simple afternoon gathering can serve as a conduit for multifaceted dialogues and spark rich cross-cultural exchanges on many levels. A huge thanks also to Fanny Van Dyck, Hospitality Chair who masterfully collaborated with Deepti to create this engaging cultural encounter, merging ZIWC's embracing spirit with that of Holi in this very special Contact Coffee Edition.

Contributed by **Sarika Sukhatankar**





What We Leave Behind, What We Build Ahead

We all come from different places, and each of us left behind a whole, complex world in order to try ourselves out in an entirely new one. The process of getting here was very different for each person: some made the decision after long planning, months of weighing their options, some simply picked up their backpack and set off into the unknown, and some were guided by helping hands until they made it this far. However it happened, one thing unites us: we left many things and many people behind. Our hometowns, our familiar streets, our homes, the culture woven into our everyday lives, and often most importantly, our families, along with countless acquaintances, former classmates, colleagues and friends.

After moving abroad, one of the strangest feelings I had to get used to was the realisation that from now on, I would never again casually run into a long-unseen acquaintance while walking down the street, and warmly bring old shared moments back to life. That feeling, although often aching, especially in the beginning, gradually softened over the years, quietly and almost imperceptibly, until it changed completely.

Far from our homeland, the circle of people we once knew may have changed a great deal. Unfortunately - or fortunately? - such an exceptionally unique situation is an excellent filter for the truly valuable relationships in our lives. Many have fallen away, and even those who remained often went through countless changes and compromises.

Some of us may even have fled precisely from certain elements of their home country and the relationships they had there. Elements that were incompatible with their own inner values and view of the world. But even in such a unique case, although the change is mostly positive, we still lose certain bittersweet parts of our past that we once believed would stay with us for the rest of our lives.

Nevertheless, what is certainly and ultimately ours is ourselves, our faith in ourselves, in who we are, and in new, meaningful relationships.

No matter how many changes we have gone through since becoming residents of this wonderful country, opening ourselves to one another and building new connections is the best thing we can do. Because these connections reflect our truest values more faithfully: what we keep searching for in the world, and the kind of quiet understanding we long to find in other human beings.

And perhaps one of life's kindest gifts is that even far from where we started, we can still find where we belong.

By **Bianka Németvölgyi**





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Frauenzentrale Zug

The Frauenzentrale Zug (Women's Centre) is a non-profit organisation that was founded in 1969 as an umbrella organisation for all women's organisations in Zug.
It is run by a voluntary board and a professional office.
It is politically independent and non-denominational.

For more than 50 years, the Frauenzentrale has been actively providing services and support for women in need. Equality of women and men in the world of work, family, politics and society is the ideology of the Frauenzentrale Zug. To achieve this aim, they work together with the authorities and various institutions. Finances are generated via membership fees, donations, and by generating income via offering various services and running a second-hand shop - the Brockenhaus.

The Brockenhaus sells used goods and is responsible for the bulk of income that sustains the Frauenzentrale. It also provides an important social service, offering inexpensive goods and meaningful recycling of wares to the public, as well as offering a social network to volunteer helpers.

One of the Frauenzentrale's services is running the centre of expertise 'eff-zett', which comprises six specialised departments. People in difficult situations can turn to the eff-zett for advice and help. Parenting classes are also on offer.

The services of the eff-zett include:

- Alimony collection and advance payments
- Contact point for self-help
- Victim counselling
- Couple, family or individual counselling
- Sex and pregnancy counselling
- Separation, divorce or family mediation

Without volunteers, there would be no Frauenzentrale. The commitment and dedication of individuals, be it through providing financial support, volunteering, or serving in an honorary function on the board, committees or workgroups is invaluable.

Are you seeking advice or interested in volunteering? For additional information, please contact the Frauenzentrale. Consultations are also available in English.
www.frauenzentralezug.ch
Tel. +41 41 725 26 66
E-mail info@frauenzentralezug.ch

The ZIWC is a collective member of the Frauenzentrale, so if you seek help, you can mention this. You could also attend the AGM (date on website as it varies). The **Brockenhaus** in Zug (Industriestrasse) is purpose-built and is celebrating its **50 years anniversary** this year. Support the 'Jubi-Fest' on Saturday 13 June 12-17:00 at the Burgbachsaal, Zug.

Frauenhaus Zug – Protection and Prospects for Women and Children in Crisis Situations



Frauenhaus Zug (Zug Women's Shelter) offers protection and support for women and their children affected by domestic violence. As one of 23 women's shelters in Switzerland, it is accessible 24/7. Admissions are possible at any time if space is available. The location remains confidential for security reasons. The shelter can accommodate up to 14 people. Approximately 40-50 admissions and discharges, and around 3,000-3,500 overnight stays, are recorded annually.

A team of social workers, social pedagogues, and night and weekend staff provide professional support to the residents. The goal is to stabilise women and children and support them on their path to an independent life, in the sense of empowering them to help themselves. This includes counselling on legal and financial matters, support with daily life, and fostering the children's development.

The Zug Women's Shelter operates within a church-based tradition and collaborates with various specialised agencies. Donations are essential to enable additional services such as therapeutic programmes, German language classes, assertiveness training, and recreational activities for children.

The Zug International Women's Club (ZIWC) recently supported the women's shelter with a donation of CHF 2,000. The money was raised through various Club activities and will directly benefit projects for women and children.

Image: Susan Laudenbacher and Saakje Daalhuysen of ZIWC present the donation of CHF 2,000, along with Corinne Heck of Frauenhaus Zug.
- article translated from original German article in Zuger Zeitung


1. Palm to camera and tuck thumb


2. Trap thumb

Learn to recognize the sign for help

The Signal for Help (or the Violence at Home Signal for Help) is a single-handed gesture that can be used over a video call or in person by an individual to alert others that they feel threatened and need help. Originally, the signal was created as a tool to combat the rise in domestic violence cases around the world linked to self-isolation measures that were related to the COVID-19 pandemic.

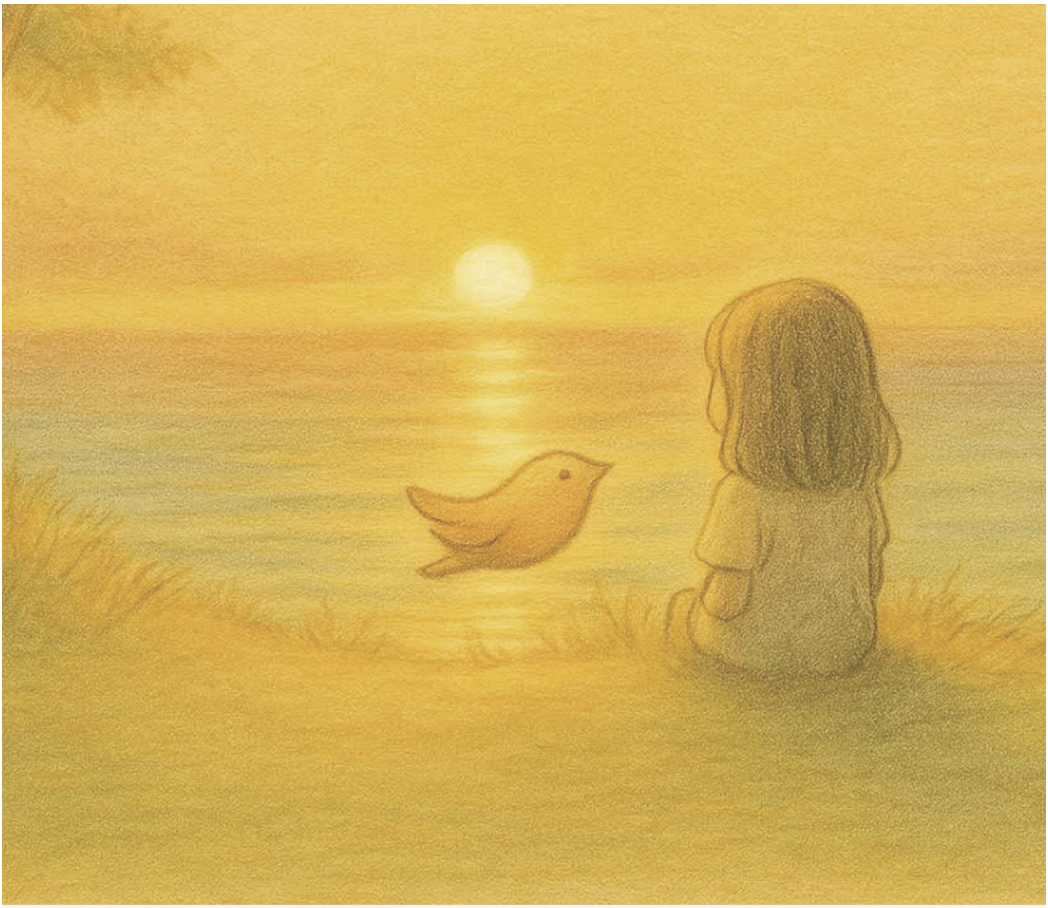
Crisis Numbers:

NEW from May 1
Victim Support (domestic violence): 142
Dargebotene Hand
(general crisis support telephone): 143
Urgent response/police: 117
Opferhilfe Kanton Zug: 041 725 26 50
Frauenhaus Zug: 041 727 76 86
Police Zug: 041 595 41 41

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My Birdfish

A Little Book for Quiet Moments

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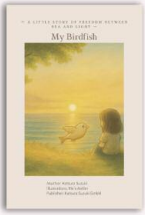
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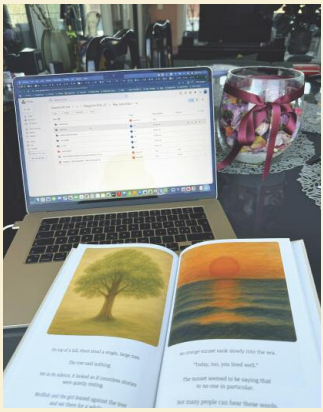
My Birdfish - by Katsura Suzuki

On a busy desk in an even busier household, Katsura's book lay calmly resting, tempting me to find a quiet time of contemplation to enjoy its pages. The peace of the cover's light tones and soft yellow colours of the front page were certainly enticing. But a busy fast-paced expat life doesn't lend itself to many moments of quiet contemplation. Indeed, the moment was less 'quiet contemplation' and more 'crack on, an editor has a job to do'.



The book's foreword jumped out at me, 'light', 'quiet', 'breathe', 'gentle'. Almost setting the scene for the pages ahead. I realised I needed to focus to match its energy.

The book is slowing. I mean that in the best sense of the word. The few words on each page, carefully chosen, are beautifully matched with an illustration by Katsura, soft, colour and emotive in nature, inviting you to mindfully pay attention.



The story takes you on the journey of the Birdfish, a creature of two identities but not fully either one, encouraging you to notice, to feel, to be held in your own uniqueness. The journey comes full circle to a sense of wholeness and empowerment. One senses this is Katsura's own journey, and quite possibly, mine too. I realised that, rather than finding a moment of quiet in order to read it, this book left me with one instead.

'My Birdfish' would be a wonderful gift, to friends, family, someone in need of a little relief or a reminder of stillness in a hectic, fast-paced world.



Katsura Suzuki is a Japanese-Swiss author and artist based in Switzerland, and the founder of virtual Rie's Atelier. After a long international career in finance, she returned to her lifelong passion for art and storytelling, creating works that invite quiet reflection and emotional space.

Cooking with *Betty Bossi*

Swiss German schoolchildren learn to cook at school using the book 'Tiptopf', but their mothers are more likely to turn to a Betty Bossi cookbook, magazine or nowadays, the App.

In 1956, Swiss women cooked traditional family recipes learned from their mothers or learned during their 'Haushaltsjahr' in the French-speaking region. Housewives (almost no married women worked outside the home) cooked from scratch with home-grown or seasonally-available food, and inherited recipes were often rather vague on the amounts of ingredients used.



In 1956, the copywriter Emmi Creola-Maag invented the figure of 'Betty Bossi', inspired by American advertising methods, to sell cooking fat. She was a pioneer, a mother of three, typing copy on her Hermes and pushing through her ideas in the face of male scepticism. The Betty Bossi Post was born, which gave cooking tips but also answered readers' letters, initially all produced by Creola herself.Creola developed recipes with the help of professional cooks and created such exotic classics as 'Toast Hawaii' (with pineapple), later to feature prominently in a murder trial, and Riz Casimir (with tinned fruit). Creola's story has now been immortalised in the film 'Hallo Betty'.

Betty Bossi helped women plan menus and encouraged the use of time-saving modern appliances, which the company, now owned by Coop, started to produce and market itself, for example the legendary spätzli-maker. Betty Bossi cookbooks became best-sellers.

The secret of the success was this: the recipes have few ingredients, exact weights and measures and are quick to prepare. The promise was that if you followed the recipes exactly, nothing could go wrong ('Geling-Garantie') and this remains central. Time-saving methods such as using ready-rolled out pastry were not decried, and today, there is an air-fryer recipe book.

I learned to make pizza dough using the 'Italienische Küche' book and it is so much better than store-bought pizza dough. And easy to make! Likewise pesto, and now I grow basil in summer for homemade pesto.

Betty Bossi moves with the times and there are now even vegetarian cookbooks and one for coeliacs.

Betty Bossi Facts and Figures:

- Aelplermagronen (Mac'n'cheese) is the recipe most down-loaded from the App.
- 96% Swiss people recognise the name 'Betty Bossi'
- In 2010, 1 million cookbooks were sold per year
- 80 Betty Bossi books are available (website: (comment)
- The first book was 'Das Backbuch'

Other Legendary Swiss cooks whose books are still consulted: Elisabeth Fülscher, Marianne Kaltenbach, Irma Dütsch, Elfie Casty

The Fascination of Glass



In the Glasi Hergiswil you can blow your own glass bauble, but the history of glass in Canton Zug goes back a long way, as the current exhibition in the **Archaeology Museum** in Zug illuminates. https://www.urgeschichte-zug.ch/english/exposition

Glass might have been discovered by accident in Mesopotamia during the Bronze Age during metal production, but less is known about early glass production than ceramics because glass, by its nature, is easily broken and less well preserved. The earliest glass was made from plant ash about 7,000 years ago in the form of faience, a pre-glass, vitreous, milky substance used to make small figures and pearls. Around the first century BCE, mineral (quartz) and sand replaced plant ash and the Romans started to make cups, plates and dishes, although glass wasn't mass-produced until ca 40 CE, when the Romans developed glass-blowing. This process made glass widely available. The Romans also imported raw glass from Israel and later Egypt.

Many glass pearls and vases dating from the Bronze Age to the early Middle Ages have been found in Canton Zug. The earliest finds, pearls, were made of quartz ceramic and were found in the remains of the Pfahlbauer settlement (stilt houses) in Cham-Bachgraben. Later in the Bronze Age, blue-white pearls were combined with amber from the Baltic.



Even the smallest fragments can be dated by form and decoration. There are many colourful exhibits from the Roman period, not only from Zug but also from the Roman settlements in Avenches (Aventicum) and Augusta Raurica.

The exhibition in the Archaeology museum in Zug is open until 17 May 2026 (free on Sundays) and an attractive supporting programme is available, including workshops for children and adults (make your own glass pearl) and hands-on participation stations for kids (treasure hunt for pearls to make your own bracelet). Even the smallest children are catered for in their own gallery. On Wednesday 6 May, children can discover games with glass stones and marbles and make a Roman game to take home.

Interest Groups

Celebrating 4 YEARS OF «KAFFEEKLATSCH» the German Conversation Group

A *Kaffeeklatsch* is typically a casual gathering centred around coffee and gossip. But while we share the name with this German tradition, our group is anything but gossip. We are a league of women who have turned a simple "chat group" into a high-octane intellectual "salon."

What makes our weekly meetings exceptional isn't just the caffeine; it's the global DNA of our Members. With a mix of loyal regulars and vibrant newcomers, we represent a map of the world and a vast range of professions. Given this mix of cultures, it's no surprise that the topics we've covered over the last four years—all proposed by our Members—are frankly impressive.

We have mentally trekked through the Swiss Alps, navigated international borders, and explored local traditions both here and abroad. We speak about fashion, food, and sustainability, artificial intelligence, while also learning about Swiss authors, the history of Zug, and "prepping" for quarterly votes. And all of this in GERMAN!

As the moderator, I really look forward to every Wednesday morning. Here's to many more years of global perspectives and great conversations!

Agnès Reicke



Intermediate German is Back !!

After high demand we finally have an **Intermediate German group** again. If you have a basic level of German but want to improve your conversation skills and feel more confident, then this is where you want to be. We will meet every Tuesday at 16:00 at the Parkhotel. First gathering 5 May.

If you want to join this group please send an email to birgit.hilsbos@gmail.com so Birgit knows who to expect. Registration before attendance is mandatory!

Interest Groups

Art and Cultural Events Group:

May Exhibition - Kerry James Marshall



Date: 19 May 2026
Time: around 12:30
Meeting Point: Kunsthaus ZH.
Details: We will be visiting and experience the monumental paintings of US artist Kerry James Marshall. His powerful works explore the lives and histories of Black Americans through images filled with colour, pain, hope and vitality.

June Exhibition - Bruno Weber Park



Date: 16 June 2026
Time: around 12:00
Meeting Point: Zurich Bahnhof
(we will go together by train and bus towards Dietikon)
Details: Our destination is a very interesting big open air art place with several statues in Dietikon.
https://maps.app.goo.gl/RVF4JAPWGMHtCwJP7?g_st=iw
Note: relax sport clothes and shoes is recommended

NEW: Weekend Hiking Group

Sunday 3 May / Sunday 24 May / Sunday 28 June

The first hike in this weekend series is planned for 3 May (weather permitting) from Brunnen to Tellsplatte.

Starting in Brunnen, we leave the shores of Lake Lucerne and begin a steady climb through beautiful forest paths along hiking route 99, which is part of the Swiss Path. Along the way, we will enjoy sweeping panoramas of the lake and surrounding mountains at the Axenstein and Alpenzeiger viewpoints. After reaching the plateau of Morschach, the route continues to the hamlet of Tannen, home to the oldest wooden house in the canton and scenic views toward the Rütli Meadow. Once we reach the high point, the trail transitions into a gradual descent through the Täfeliwald forest to Sisikon, where we will then continue along the shore of the Urnersee to Tellsplatte and enjoy a coffee/drink at the lakeside restaurant before catching the ferry back to Brunnen.

This hike is 10.7KM, 556m up, 556m down, and will take approximately 3.5 hours plus time for breaks/lunch. Plan to be out for the whole day.
This is a medium grade hike, and medium fitness level is required.

What to wear: good hiking shoes or boots, layers (it might still be cold and windy at the top)
What to bring: water, sunscreen, sunglasses, snacks/lunch, hiking poles if you use them

All communication (meeting point, train schedules, lunch plan, etc.) will be shared on a WhatsApp group, so please provide your mobile number while signing up.

More dates throughout the summer to follow. Looking forward to a great day of hiking together!
Andrea Lenke (+41 79 965 6440) & **Antje Tyler**

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

The Knitting Club ■ 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 every two weeks on Thursdays from 14:00 till 16:00 at Ober Alstadt 10, Zug.
Contact Details: Antonia at antonia.latter@bluewin.ch or on 076 386 0005,
Deepti on 079 451 8025 or Elizabeth on 079 451 0825

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

Gardening Group - Grow your own!! ■ Learn how to grow your own vegetables in an easy way on your balcony or terrace. You learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, from beginners to seasoned gardeners. We meet on the first Tuesday of the month from 14:30 - 16:30.
The forthcoming dates are: 6 May, 3 June, 7 July
Please reach out to Émelyziwc@gmail.com or 077 490 7374 if you want to participate.

Veg/Vegetarian cooking group ■ If you are a Veg/Vegetarian lover or would like to learn this group might be of interest for you. The group meets every 3rd Friday of the month from 11am till 2pm. If you want to join please contact Deepti and she will add you to the group
Contact Details: tiwari.deepti@gmail.com or via +41 77 944 3092

Photography ■ Do you like photography with a good old normal camera than this group might be what you are looking for. They meet once a quarter and some theory on the camera is shared whereafter and exercise is done.
Contact Details: Andaleeb Lilley +41 79 654 4115

BOOK CLUBS

Walk the talk! 'Philosophy for a good life' ■ This Group focuses on non-fiction books which cover the latest scientific findings on health and well-being. Topics will be wide-ranging and will include any aspect of healthy living which we deem to be of interest, such as stress reduction, attitude, problem solving, communication, gut & brain health, sleep and more.
Disclaimer: This group will not provide medical or psychological recommendations of any sort. Each participant must decide what information or activities they would like to include in their life. All medical conditions should be addressed with a doctor, or another authorised medical practitioner. **Meet**: The Group meets in person once per month on Thursday mornings from 09:30 to 11:30. **Contact Details**: Caroline G. Hoem at cghoem@outlook.comor 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.

Intermediate German ■ Do you speak basic German but would like to practise and improve your converations skills so you start to feel more confident? Join us, after getting in touch with Birgit, on Tuesdays at 16:00 at the Parkhotel.
Contact Details: Birgit Hilsbos at birgit.hilsbos@gmail.com

"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
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

Member-to-Member 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 ■ 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 Tuesday 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 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

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 079 739 3552 or at club276@club.mrssporty.ch

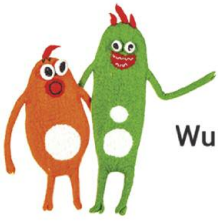
Zugerberg Finanz Trophy ■ We have a WhatsApp group you can join, to know when other Members are doing the walks. First sign up on ZFT webpage, set up your profile and ZFT ID. Register and include 'Zug International Womens Club' as your verein and let's get some kilometers on the ranking list. When you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

Weekend Hikers group ■ If you like hiking but you are tight up during the week, this weekend hiking group might be for you. We will meet once a month and plan the hikes as a nice day out hiking. Hikers supposed to find their own way to the start of the hike.
A decent level of fitness is required. The hikes will be on well-marked, groomed hiking trails, with possibly some paved sections. If this calls for you please get in touch.
Contact Details: Andrea Lenke +41 79 965 6440

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



German lessons for children from 3 to 8 Years old in Oberägeri, Steinhausen,Unterägeri, Neuheim, Walchwil and Zug.
www.wunderfitzundredeblitz.ch
Comprehensive programme CLUB including reading and writing



Wunderfitz und Redeblitz GmbH

May 2026

MONDAY	TUESDAY	WEDNESDAY
		
4 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**5** 10:00 **Badminton** 15:00 **Bridge** 16:00 **Intermediate German**	**6** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 12:15 **Monthly Lunch** 13:30 **Wednesday Hiking**
11 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**12** 10:00 **Badminton** 15:00 **Bridge** 16:00 **Intermediate German** 18:00 **AGM 2026 Siehbach saal**	**13** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
18 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Online Conversation**	**19** 10:00 **Badminton** 12:00 **Art & Cultural Group ZH Kunsthaus** 15:00 **Bridge** 16:00 **Intermediate German**	**20** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
25 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**26** 10:00 **Badminton** 15:00 **Bridge** 16:00 **Intermediate German** 18:00 **ZIWC Business Network Apéro - Áigu Bar Zug** 18:30 **Board Games**	**27** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**

Save the date !!!

We are once again planning out Charity Golf Event for 27 August. Golfers of every level are welcome to join. More details can be found in the Event Calendar once registration opens.



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** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**2** SATURDAY **3** SUNDAY 8:00 **Weekend Hiking** 15:15 **Adventure Kids Cruise**
7 12:00 **French Conversation** 14:00 **Knitting Club**	**8** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**9** SATURDAY **10** SUNDAY
14 10:00 **Aegeri Coffee** 14:00 **Italian Conversation**	**15** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**16** SATURDAY **17** SUNDAY
21 10:00 **Cham Coffee** 14:00 **Knitting Club** 18:15 **Monthly Dinner**	**22** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**23** SATURDAY **24** SUNDAY 8:00 **Weekend Hiking**
28 9:30 **Walchwil Coffee** 12:00 **French Conversation** 14:00 **Italian Conversation**	**29** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 11:00 **Veg/Vegetarian cooking**	**30** SATURDAY 10:30 **EXPAT EXPO** **31** SUNDAY 14:00 **Games Cruise** **Reoccuring Monthly**
		

June 2026

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** 15:00 **Bridge** 16:00 **Intermediate German**	**3** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 19:00 **Mediumship evening with Elvira Truttmann**
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** 16:00 **Intermediate German**	**10** 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**	**16** 10:00 **Badminton** 12:00 **Art & Culture ZH Bahnhof** 14:30 **Contact Coffee** 15:00 **Bridge** 16:00 **Intermediate German**	**17** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking** 18:30 **Monthly Dinner**
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** 16:00 **Intermediate German** 18:00 **ZIWC Business Network Apéro - Áigu Bar Zug**	**24** 8:30 **"Kaffeeklatsch"** 10:00 **Zug Stammtisch** 13:30 **Wednesday Hiking**
29 8:00 **Morning Outdoor Fitness** 13:30 **Monday Brisk Walkers** 14:00 **German for Beginners** 18:00 **English Conversation Online**	**30** 10:00 **Badminton** 15:00 **Bridge** 16:00 **Intermediate German** 18:30 **Board Games**	





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

THURSDAY	FRIDAY	WEEKEND
4 14:00 **Knitting Club**	**5** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**6** SATURDAY **7** SUNDAY
11 10:00 **Aegeri Coffee** 14:00 **Italian Conversation** 18:45 **Sunset à la Carte Cruise**	**12** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**13** SATURDAY **14** SUNDAY
18 10:00 **Cham Coffee** 14:00 **Knitting Club**	**19** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike**	**20** SATURDAY 15:00 **Afternoon Tea** **21** SUNDAY
25 9:30 **Walchwil Coffee** 12:00 **French conversation** 12:15 **Monthly Lunch** 14:00 **Italian Conversation**	**26** 8:00 **Morning Outdoor Fitness** 9:15 **Friday Fitness Hike** 11:00 **Veg/Vegetarian Cooking**	**27** SATURDAY **28** SUNDAY 8:00 **Weekend Hiking**









Save the date !!!

We are finetuning a supernatural evening with a Medium.
When: Wednesday 3 June at 19h
Price: 45CHF per person

More details to be found in our event Calendar.
Registration is now open online.

SPRING INTO FUN AT

STEPPING STONES

Spring fair!



SATURDAY

2 MAY 2026

10.00-14.00

Stepping Stones

Im Jöchler 13, 6340 Baar

www.steppingstones.ch

Swiss German Corner

Drinkies time! ...

Apéro, Apéritif:
a drink before a meal, usually alcoholic

Apéro invitation:
expect white wine, orange juice, mineral water, light snacks eg crisps

Apéro riche:
expect white and red wine, orange juice, mineral water, beer, snacks and nibbles, equivalent to a meal.

Apericena:
in Italy and sometimes in Ticino: an aperitif served with lot of different snacks like tapas

Apéröle:
to go for an extended aperitif session!

Stehlunch/Stehdiner:
flying lunch or dinner, ie you eat and drink standing up

Eis go zieh: to go for a drink

Gömmer eis go zieh or Chum mer gönd eis go zie:
let's go for a drink

Beiz, Spunte: no-frills pub or restaurant

Bese-Beiz:
a seasonally-open informal café run by a farm, often marked with a brush outside



Advertise with us

50% off for Members!

ZIWC
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est. 1967



Place an ad in our Connect magazine! Ad sizes range from a quarter page starting at CHF 160, up to a full page for CHF 456 per edition (non-member rates). Members enjoy a 50% discount on all advertising prices listed above.

For more information, please contact us at advertising@ziwc.ch

SAVE THE DATE

DANCING QUEENS

Ladies Only Cruise

MUSIC. DANCE. LAKE. YOU.

80s HITS WITH DJ Elaine



AN AFTERNOON OF ICONIC MUSIC,
GOOD VIBES & UNFORGETTABLE MOMENTS
WITH AMAZING WOMEN.

Date
SATURDAY
25 JULY 2026

Time
14:00 – 17:00

Departure
ZUG
(BAHNHOFSTEG)

Music
80s HITS
WITH DJ ELAINE

DANCE. CONNECT. CELEBRATE.

Be a Dancing Queen!

DINNER OPTIONAL
AFTER THE CRUISE
PAY FOR WHAT
YOU CONSUME

ZUGERSEE SCHIFFFAHRT
– SINCE 1887 –

More details coming soon!