

M A G A Z I N E Connect!

MARCH / APRIL 2026 | FOR WOMEN • FOR CONTACT • FOR 58 YEARS



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www.ziwc.ch



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Dearest Members,

As we step into the brighter months of March and April, I am once again reminded of what makes the Zug International Women's Club such a special community. Our Interest Groups continue to be the heartbeat of ZIWC - bringing Members together through shared passions, curiosity, creativity, and friendship. From long-established favourites to newly-created activities, the energy and commitment across our groups continue to impress.

This issue celebrates once again the wonderful work happening throughout the Club. ZIWC flourishes thanks to its volunteers, whose generosity of time and ideas help ensure everyone feels welcome and connected. Having served on the Board for six truly lovely years, it has been a privilege to witness - and be part of - this dedication first-hand.

When I joined ZIWC six years ago, shortly after arriving in Zug, the Club became a genuine lifeline for me, offering friendship, belonging, and a sense of home during a time of change. I began my Board journey as Hospitality Chairwoman, a position that brought me immense joy and fulfilment, and later I had the pleasure of taking on the role of Interest Group Chair.

With mixed emotions, and a very full heart, I now share that I have decided to step down from the Board. This decision comes as I enter a new and joyful chapter, making space to spend more time with my husband following his retirement and to enjoy precious moments with our lovely grandson.

This is certainly not a farewell to ZIWC. I remain an active and enthusiastic Member and look forward to continuing to participate and contribute in new ways. A heartfelt thank you - and a big shout-out - to our incredible Interest Group leads and to all Members who continue to bring forward fresh ideas for new groups. Your creativity and enthusiasm are what keep ZIWC vibrant.



As always, make sure not to miss the many wonderful activities taking place in March and April - the Back to the '80s party is just one of the highlights. Be sure to check the online Calendar and follow our social media channels for all the latest updates.

Looking forward to seeing you on one of our many activities!

THANK YOU for the trust, friendship, and shared experiences over the years - it has truly been an honour.

Warm regards,
Veerle Vandionant
IG Chairwoman

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New Members

We warmly welcome our new Members

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

Cecilia Lindahl
Victoria Caputo Torheim
Betty Alemu
Eva Scotiniadis

Anita Hagen
Karina Thulliez-Salazar
Anna Pruska



For more details, please consult the online membership directory

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www.ziwc.ch

Payments to the Club
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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.

Connect Magazine Editorial Team

We met in early January together with our graphic designer Ron Sumners to discuss Magazine matters and content for the coming year. We hope you enjoy these pages and wish for continual success for the forthcoming Club year!

Pictured left to right: **Suzy Andricopoulos, Tiffany Fragman,**
Helena Lustenberger, Elizabeth Egli



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 • **Linda Sharpe** • 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 Jaszczuk** • marketing@ziwc.ch
Membership Chairwoman • **Mary-Anne Kedda** • membership@ziwc.ch
Secretary • **Leontien van Rooijen** • secretary@ziwc.ch
Treasurer • **Stephanie Alavedra** • treasurer@ziwc.ch
Webeditor • **Bettina Bjerregaard** • webeditor@ziwc.ch

The 58th Annual General Meeting of the Zug International Women's Club

Dear Ladies,

The Annual General Meeting (AGM) is an important moment in the Club year, when we reflect on our activities, review key decisions, and confirm the proposed Board and Programme for the coming year.

Why Participate?

- Gain insights into the Club's achievements and financial standing
- Vote on important matters including the financial report, budget, Board, auditors, and membership fees
- Meet fellow Members and share your ideas for the future
- Enjoy an evening of community, connection, and engagement

Special Note on the Proposed 2026–2027 Board

In line with our Constitution, Board Members normally serve a maximum of four consecutive years in the same position. As communicated in December, we actively sought a successor for the Escapes Chairwoman role. Despite interest, no Member has ultimately stepped forward to take on this position.

To ensure continuity and allow our much-loved Escapes programme to continue smoothly from the start of the new Club year on 1 April 2026, our current Escapes Chairwoman, Alicia Toledo, has kindly offered to remain in her role for one additional year. The Board fully supports this solution and asks Members to approve this exception by voting in favour of the proposed Board.

Your Participation Matters!

ZIWC thrives on the engagement of its Members. Your participation — whether in person or by vote — helps shape the future of our Club.

We look forward to your participation.

Best regards,



Émely Steegstra-Hendrix
President ZIWC 2025-2026

We are glad to invite our Members to the Siehbachsaal in Zug
for our Annual General Meeting

Tuesday 12 May 2026

Siehbachsaal Zug from 18.00 to 20.30 approx

Agenda and voting details

By 28 March 2026 Members shall vote for
Approval of New Board Members 2026-27

President • **Émely Steegstra**
Vice President • **Susan Laudenbacher**
Advertising •
Annual Events • **Linda Sharpe**
Escape • **Alicia Toledo**
Hospitality • **Fanny Van Dijk**
Interest Groups • **Bettina Bjerregaard**
Marketing • **Marlena Jaszczuk**
Membership • **Mary-Anne Kedda**
Magazine • **Elizabeth Egli**
Secretary • **Leontien van Rooijen**
Treasurer • **Stephanie Alavedra**
Website • **Betsy Ballew**



Please vote using the form below (page 9)

By Friday 28 March 2026 Members shall

- Return their voting ballot
- Send any motion, objections, suggestions, questions or observations

By Tuesday 5 May 2026

- Members shall register online for the AGM (as you would for any other club event)
 - No late registrations will be accepted. If you are not online, please RSVP by SMS to the Secretary Leontien van Rooijen on 079 530 7560.
- Proxy shall be sent either by mail to AGM@ziwc.ch or by post to Zug International Women's Club, attn Leontien van Rooijen, 6300 Zug
- Final AGM Agenda and reading material will be posted on the website.
- The Treasurer's Financial Report will be available on the website.

Vote, motion and proxy shall be sent in writing, by mail to AGM@ziwc.ch or post to Zug International Women's Club, attn Leontien van Rooijen, 6300 Zug



About Voting

Voting shall be by simple majority vote of Members present, as well as any proxy votes. You may provide your proxy to another Club Member, in writing, if you wish to have that person represent your voting interests at the AGM. Please send your **signed** proxy statement to AGM@ziwc.ch or to the Club Secretary by 5 May 2026. In the event of a tie, the President has an additional casting vote.

PROPOSED AGENDA

- 18:00 Apéro
- 18:30 **Business of the Current Board**
 - 1. Approval of the Minutes of the 2025 AGM (Vote 1)
 - 2. Annual Report on the 2025/2026 Club Year
 - 3. Financial Report for the Fiscal Year Ending 31 March 2026
 - Presentation of the Annual Financial Report by Stephanie Alavedra
 - Auditor's Report 2025-2026
 - Approval of the 2025-2026 Financial Report and Discharge of the Treasurer (Vote 2)
 - 4. Any Other Business of the Outgoing Board
- 19:20 Break
- 19:30 **Business of the Incoming Board**
 - 5. Announcement of the Board Members for 2026-2027
 - 6. Presentation of the 2026-2027 Programme
 - 7. Presentation & Approval of the Budget for 2026-2027 (Vote 3)
 - 8. Election of the Auditors for the Fiscal Year 2026-2027 (Vote 4)
 - 9. Approval of the Annual Membership Fees for 2027-2028 (Vote 5)
 - 10. Any Other Business of the Incoming Board



AGM 2026 Voting Form

Please **CUT OUT, VOTE, SIGN, SCAN** or **TAKE a PICTURE** and return the **signed form** either by email to AGM@ziwc.ch or by post to Club Secretary Leontien van Rooijen, Blasenbergrasse 18, 6300 Zug

VOTING FORM TO BE SENT BY 28 March 2026

VOTE - Approval of New Board Members 2026-27

- President • Émely Steegstra
- Vice President • Susan Laudenbacher
- Advertising •
- Annual Events • Linda Sharpe
- Escape • Alicia Toledo
- Hospitality • Fanny Van Dijck
- Interest Groups • Bettina Bjerregaard
- Marketing • Marlena Jaszczyk
- Membership • Mary-Anne Kedda
- Magazine • Elizabeth Egli
- Secretary • Leontien van Rooijen
- Treasurer • Stephanie Alavedra
- Website • Betsy Ballew

Yes

No

Abstain

MEMBER Name in BLOCK LETTERS _____

Date _____ MEMBER Signature _____

Motion, objections, suggestions, questions or observations



Annual General Meeting 12 May 2026

PROXY VOTING FORM

The undersigned

(Print name and address)

Being a Member of the Zug International Women's Club, hereby appoints

(Name and address of appointed person)

To vote on my behalf at the Annual General Meeting of 12 May 2026

This form is only valid if submitted to the Secretary before the AGM

Date _____ 2026 MEMBER Signature _____

To be sent by 5 May 2026 latest



INVITATION

Longevity & Financial Markets Outlook 2026

Theme: What does longevity mean for individual investors? A longer life span requires decades of income generating assets. How will you cover your CHF needs? Join us if you are new to Zugerberg Finanz or you are seeking Swiss solutions on your current and retirement assets for Longevity and see our Financial Markets Outlook 2026.

We will clarify Zugerberg Finanz trusted values and demonstrate

Quality stocks considering inflation & longevity factors
Insights to industries and companies
Longevity risk/return benefits with financial planning

Date: Thursday, 19 March 2026

Program: 18:00 - 18:30 pm Get-in and Welcome Drink
18:30 - 19:30 pm Presentations
19:30 - 21:30 pm Light Apéro

Speakers: Timo Dainese, Founder and Managing Partner
Prof. Dr. Maurice Pedergnana, Chief Economist and Managing Partner
Tania Mobayed, Brand Ambassador

Place: Zugerberg Finanz, Lüssiweg 47, 6300 Zug

This is an information event for the English-speaking community. It is an opportunity to hear about current topics in investing and appropriate solutions for Swiss domiciled individuals. Zugerberg Finanz is a 25-year-old asset manager, managing over 5 billion CHF portfolios for: private persons, BVG vested pension II holders (portable pension), corporate institutions and family offices, offering affordable entry levels and with active management.

Register here



(limited seating)

BILANZ

Best Asset Manager in Switzerland
2023, 2020 2019, 2018 (1st place)
2024, 2022, 2021 (3rd place)

ZUGERBERG FINANZ
TROPHY

MORNINGSTAR
5 stars for 10 years 2016-2025



ZIWC Business Network

BN
BUSINESS NETWORK

Business Networking Apéro

Tuesday 10 March 2026 & Tuesday 21 April 2026
18:00 to 19:30

Áigu Bar - ParkHotel - Zug

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 provides a great opportunity to see ZIWC in action and is a very nice way to have a sociable 'wind-down' at the end of your busy day!

Please register on the website - and also let Ailbhe know if you have registered but cannot attend! BNG@ziwc.ch



Escape St Gallen Day Trip

Date: Saturday 21 March 2026

The Experience: A Saturday Escape awaits you! Join us as we take a day trip to St Gallen to enjoy a walking tour of the city and then step back in time as we visit the UNESCO World Heritage recognized Abbey and library, which happens to be the oldest in Switzerland.



Location: St Gallen

Time: 10:00-18:00

Cost: ZIWC will cover the cost of the tours. Transportation cost is on your own but we will coordinate the SBB schedule to ride together.

Registration Limit: 20 people

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

Booking deadline: Please RSVP by March 14, 2026.

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

ZIWC Cancellation and Accident Insurance policies apply. See page 4 for details.

Become a Member for free (*well March is free...*)

If you have a friend who is tempted by our attractive Club and our comprehensive offering of activities, why not encourage them to sign up in March? They would get March for free and then have access to ZIWC for the following Club year.

An offer too good to resist!


ZIWC
Connecting Women
est. 1967

Hospitality

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

Fanny van Dyck
Hospitality Chairwoman

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

Stammtisch

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: Stellwerk, Cham (train station)
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!

March • ELEVEN BAR

Date: Thursday 19 March 2026

Time: 19:00 till late

Where: Eleven Bar, Baarerstrasse 82, 6300 Zug

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

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

April • CIGARS & MORE

Date: Tuesday 14 April 2026

Time: 19:00 till late

Where: Cigars & More, Allmendstrasse 14, 6300 Zug

Back by popular demand, we're returning to Cigars & More for an April edition of the Cheeky Cocktail Club. Despite its name, the bar offers a spacious non-smoking indoor area, making it the perfect spot for a relaxed and lively night out—whatever the weather may do. Expect great cocktails, wines and beers, alongside an impressive selection of single malts and rums. And yes, for those who appreciate it, there's also a beautiful collection of hand-rolled cigars.

A cosy, stylish setting for another cheeky evening together.

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

Cheers to
the Cheeky
Cocktail
Club!

Host A Contact Coffee/Apéro

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

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

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

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

Together, we make ZIWC feel like home.



a great way to meet and make new friends

Our Lunch Club is a monthly social event where Members meet over a relaxed lunch, to chat, discuss and forge friendships. Our lunches are Member-only events and for ladies 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.

March Lunch

Rathauskeller

When: Wednesday 11 March 2026

Time: 12:15

Location: The historic Rathauskeller, Ober-Altstadt, 6301 Zug.

■ rathauskeller.ch/en/content/68/50/home

This restaurant has long been praised by restaurant critics and the talent of Gastgeber Stefan Meier is widely recognised, not least in Zug. 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 7 March 2026.**



April Lunch

Restaurant Raben

When: Thursday 16 April 2026

Time: 12:00

Location: Restaurant Raben Cham ■ raben.ch/

This venue and its central location has been a feature in Cham for many years, and the latest team has a great reputation for local produce, traditionally prepared. The lunch menu choices change weekly and can be viewed in advance for the forthcoming week; this will give you a flavour (!) of the cuisine raben.ch/mittagsmenu/. The ZIWC Lunch Club has not visited Restaurant Raben in many years, so this is a good opportunity to test the Raben team and experience the specialities of the house (the wine list is good too!). 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 - please do not be late.

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 Monday 13 April 2026.**

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.

ZIWC LUNCH CLUB

March Monthly Dinner

ZIWC DINNER CLUB



As spring unfurls, join us at a secret culinary gem tucked between Zug and Baar — Dorfresteria Ebel in Inwil, recommended by our Member Goranka. Chef-host Martin Keiser will delight us with beloved Swiss classics: Keiser's beef fillet, delicate trout fillets, beef and vegetarian tartare, golden cordon bleu, and melt-in-your-mouth calf's liver. Insider tip: don't miss what the locals call "the best coffee in town" and the famous sourdough bread from Sattel! Let's kick off the season together with unforgettable flavours, warm hospitality, and fantastic company!

When: Thursday 26 March, 18:15

Where: Restaurant Ebel, Arbachstrasse 1, Baar. It's a 10-minute bus ride (6 stops) from Zug Metalli on bus 614 to the bus stop Inwil bei Baar, Ebel. Parking is available on Rigistrasse.

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 23 March

Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.

Menu: Variety of à la carte options

<https://ebel-inwil.ch/wp-content/uploads/2025/09/Ebel-a-la-carte-.pdf>

April Monthly Dinner



A legendary Swiss steakhouse is coming to Zug — and we'll be among the very first to experience it! Opening in April in the historic Haus Aklin in the Old Town, the new Williams Butcher's Table will pair gourmet dining with an in-house butcher's craft. Join us for a thrilling menu of expertly prepared steak specialties, house-made sausages, and additive-free dry-aged meats — all celebrating exceptional quality and pure flavour. With the Zurich location already ranked among the world's best steakhouses, this outpost is set to become a must-visit for food lovers. A special vegetarian menu will also be available.

When: Thursday, 23 April, 18:15

Where: Restaurant Williams Butcherstable, Kolinplatz 10, Zug. Walking distance is about 15 minutes from Zug train station. Alternatively, it's a 5 minute bus ride (3 stops) on bus 603 to Kolinplatz stop. Parking options include Altstadt Casino and Postplatz Parkhouse.

Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you're unable to register online)

Booking deadline: Thursday 16 April

Contact: Maja Stankovic at majasta@yahoo.com or on 079 285 43 55 for any questions.

Menu: Two menus will be offered: Butcher experience meat and Butcher experience vegetarian. 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

Ballet at Zurich Opera House

Date: Sunday 19 April 2026

The Experience:

Presenting a beautiful plan for a Sunday in April. Join us as we begin our Sunday together with delicious brunch then attend Clara, an original ballet by Cathy Marston, Artistic Director Ballet Zurich.

Abstract from Zurich Opera House: Clara Schumann was very likely the most important pianist of her time. Her life – as a daughter, artist, wife, mother, carer, manager, and muse

– was full of ups and downs, and she devoted it entirely to music. In a world dominated by men, she displayed a degree of independence and self-determination that was astonishing for a woman of her time.

Cathy Marston follows the path of this exceptional artist, and focuses on Clara and her divorced parents, her relationship with Robert Schumann, and her connection with Johannes Brahms in her ballet, which premiered in 2024. She tells of devotion and passion, inspiration and responsibility.

The Ballet will have an introduction 45 minutes prior to the start of the show. Duration is 2 hours and 45 min with one intermission.

Location: Zurich

Time: 10:00-18:00

Cost: CHF 100

ZIWC is paying a portion of the cost of the Ballet ticket. Due to limited seats and the cost of the tickets, the cancellation policy will be strictly enforced. All payments must be received before 19 April.

Brunch and transportation cost is on your own but we will coordinate the SBB schedule to ride together.

Registration Limit: 12 people

Booking Details: Open to ZIWC members. Register via the ZIWC calendar on the website.

Booking deadline: Please RSVP by April 10, 2026.

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

ZIWC Cancellation and Accident Insurance policies apply



 Zugersee
Schiffahrt



Dancing Queens

25 July 2026

Experience an energetic afternoon cruise exclusively for ladies. DJ Elaine will be spinning hits from the 80s and creating a fantastic atmosphere on this cruise for dancing queens

www.zugersee-schiffahrt.ch



Schiffahrtsgesellschaft für den Zugersee AG
phone 041 515 58 58 | info@zugersee-schiffahrt.ch



PKZ
WOMEN

SPRING FASHION APÉRO

Tuesday 24 March 2026
18.30 - 21.30

PKZ WOMEN, Zug
Bundesplatz 1

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

ENGEL & VÖLKERS

Key Moment

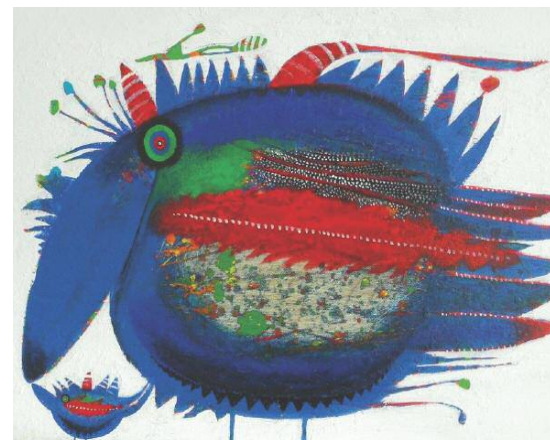


ZUG

+41 41 728 77 11 | zug@engelvoelkers.com
engelvoelkers.com/zug



Elso Schiavo



Elso Schiavo was born in Baar, Zug. He completed Primary and High Schools and went on to train as a Graphic Artist and Designer.

Elso worked as an Art Director in a renowned advertising agency. He also worked as a freelancer for 30 years. Elso received many awards for his work and poster designs. Moreover, he has an award-winning poster in the Museum Of Modern Art (MoMa) New York collection. Elso participated in many National and International exhibitions. His inspiring work will be on display.

Info: Friday, March 27th 2026, Presentation of Elso Schiavo's Magnificent works of Art will be on display from 4:00 to 9:00 p.m. We look forward to seeing you there.

Location: Riedstrasse 1, Rotkreuz, Wing A, 4th floor.

E-mail: infor@galerie-arrigoni.ch **Mobile:** 076 567 99 38

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



Meet the Member Dr Helen Baumer



"You know more about Switzerland than most Swiss," my former boss used to tell me. I guess that comes from a natural interest in languages, cultures and history, which stood me in good stead in my early career as a magazine editor.

As editor of a German-language monthly for Swiss business women in the eighties, I found myself fighting the battles my own mother or even grandmother had fought in English-speaking countries. Very quickly, I instituted regular feature articles on successful women such as the first woman Swissair pilot, the first woman tram driver in Zurich.

And I ran a series on famous Swiss women in history – the Abbess who ruled Zurich in the Middle Ages, the author of one of the world's most loved children's books (Johanna Spyri who wrote Heidi), and so on. My idea was to provide role models for working women in Switzerland.

I also ran an expatriate's monthly in English, with articles I researched and wrote myself on topics like the Romansh language, on famous Swiss abroad, on learning German/French, on William Tell, on the growing use of English in Switzerland.

That is all a long time ago now. After the birth of my son, I started working as an economic and financial translator -- both freelance and employed. For the final years of my official working life I had the good fortune to work in English Language Services at Switzerland's central bank, the Swiss National Bank.

In the meantime I have lived in Switzerland for almost 50 years and have long regarded the country as my home. In fact, it was the first country I truly put down roots in. My childhood background was very mixed with an English father, a New Zealand mother and ten years spent in Ghana. I first arrived here in 1978 to join my then fiancé who I had met when travelling. We met in the most remote spot you can imagine, Easter Island. I spent my first few years here immersing myself in High German and then Swiss German. In fact I was so dedicated that I almost lost my ability to write in fluent English. But that soon came back once I took on the editorship of my expatriate monthly.

Now that I am retired I am free to realise my dream of helping others and pursuing an interest that has been with me for many years. I am a Funeral Celebrant, working exclusively with expatriate families. I trained in the UK, where the profession is so well established that, in some places, 70% of all funerals are taken by funeral celebrants. And I also trained in Switzerland, where most people are completely bamboozled when I say I am a "Trauerrednerin" and require lengthy explanations!

That is why I devote a lot of time to increasing awareness of funeral celebrancy, with presentations and blog articles on my website covering topics ranging from repatriation of coffins and end-of-life planning to the organisation of funerals.

My work as a funeral celebrant is enormously rewarding. I have been able to provide support to families who have suffered deeply tragic losses – a young man who committed suicide, another young man struck down by an aneurysm, a man whose life was blighted by schizophrenia, a mother who left a five-year-old son. But I have also had the privilege of farewelling others with long and rich lives, such as a man who spent his retirement rescuing historic buildings in his home country. It has been a deeply enriching journey for me and one which I look forward to continuing for many years to come.

Castle Museum Zug exhibition: The Middle Ages in central Switzerland

The latest hands-on exhibition at the Castle Museum is entitled *hûs, stat, fëld*: the house, town and field in the Middle Ages. It aims to show us, with the help of interactive displays, just what it was like to live in the Zug area during this time.

What was life like in the Middle Ages? How did people live, what did they eat? Between 1200 and 1550, central Switzerland went through a series of fundamental changes; towns and cities were established and long-distance trade flourished thanks to the opening up of the Gotthard Pass route. People living in mountainous areas reared more and more livestock to export over the Alpine passes. People's lives were shaped by their faith, by village life and by their everyday struggles and joys.

With more than 300 objects from all over central Switzerland, the exhibition has been put together in collaboration with Canton Zug's Office for Monument Preservation and Archaeology (ADA). It will show you that the Middle Ages were nowhere near as dark as the cliché would have us believe. Travel through time and step into a medieval parlour, explore the town's crafts, follow people from their gardens to their fields and on to the highest Alpine pastures, and catch a glimpse of the period's spiritual world.

A particular highlight is an interactive landscape model of central Switzerland, which has been specially created for the exhibition. Take a bird's eye view of the social changes that have occurred over the centuries!

This is a really fascinating exhibition and it won't just appeal to the kids! There are lots of events in the supporting programme and visitors can borrow an English-language guide. Free entry for kids up to 16 and for everyone on Wednesday afternoons.

This year, the popular Mittelalterfest is planned for 19/20 September. Start planning your costume now!

Look out for updates on the GirlsAboutTown WhatsApp group.

<https://www.burgzug.ch/page/en/ausstellungen/sonderausstellung>



(Flyer material and poster reprinted by kind permission of Burg Zug.)

ZIWC Dinner at Estia: Colour, Cocktails & Sisterhood



The icy Zug night had teeth, but it didn't stand a chance against us.

We brought the colour winter forgot. Coats slipped off as fabrics swished and hips sashayed toward the long table lit by candlelight. Sequins winked, skirts whispered, eyes sparkled, lips gleamed. The cold became visible yet distant, framed behind glass. Warmth took over.



At the heart of the evening were the Coleby brothers. **Chris Coleby** worked in the kitchen while **James Coleby** stood at the bar of **Estia**. One plated. One poured. Together, they orchestrated a symphony between food and drink that felt seamless and quietly orchestral.

Chris's menu prompted immediate oohs and aahs. Our palates were kissed by herbs, heat, and spice layered with confidence. Ingredients we thought familiar arrived transformed. Even the humble hispi cabbage, dressed in miso and blue cheese, stepped forward as the unexpected belle of the ball. Courses unfolded with rhythm and surprise, each plate inviting us to lean in a little closer.



James answered every dish with cocktails that felt like nectar. They were yuzu bright, herbal, smoky, floral, slipping down our throats and warming our souls. His drinks did not merely complement the food; they flirted with it, completing the conversation between plate and glass. With every sip, the last traces of winter dissolved.



As the warmth rose, so did the stories.

Hannah, glowing not only from the cocktails, admitted she had briefly imagined bagging a Coleby herself. "...until I met his fiancée," she laughed, cheeks pink, sending delight ricocheting around the table.

Cristina sparkled quite literally, her festive baubles catching candlelight in that way only Cristina's baubles do. If Christmas spirit had a dress code, she wore it effortlessly.



Conversation drifted to families and Christmas plans, including travel, traditions, shared rituals, and the comfort of belonging somewhere. Then came talk of dogs, the familiar pattering of paws then and now, stories that brought laughter and a tender glimmer of tears. The room softened. We leaned in.

Beneath the table, our unofficial eleventh guest listened with dignified patience. Genni, four-legged and poised, curled at our feet. Her reward was fitting. She enjoyed a tasting menu of leftover wagyu from every plate. She accepted each offering with the grace of a true connoisseur and arguably left the evening as the most satisfied guest of all.

By dessert, the outside world felt far away. What remained was warmth, colour, laughter, and the gentle weaving of something unspoken yet unmistakable. A sisterhood formed over food, cocktails, stories, and shared delight.

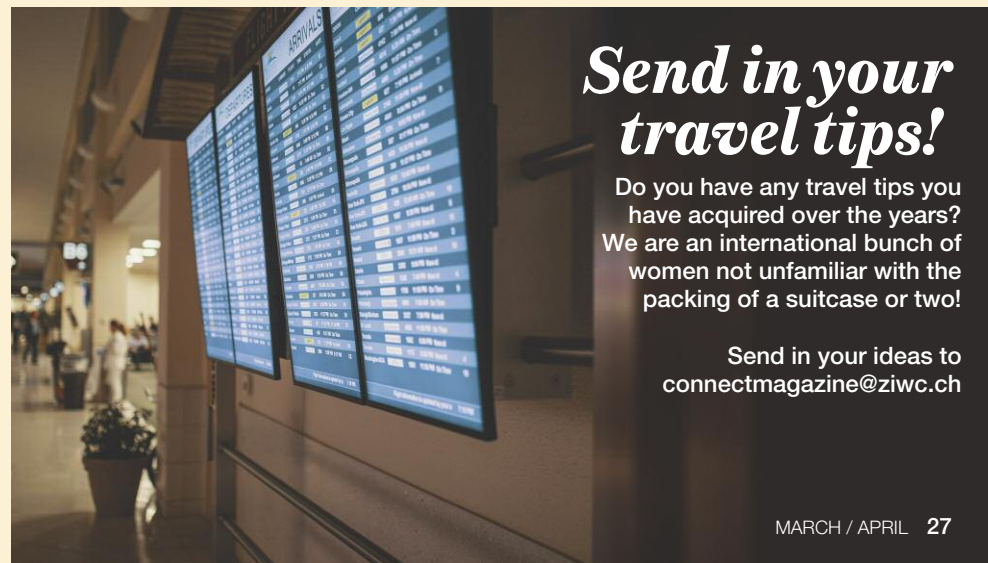
We stepped back into the cold night with full hearts, warm cheeks, fabrics still swaying, hips sashaying, laughter tinkling in the air like ice embers, carrying the glow with us.



TRAVEL TIPS

- Make a **packing list**. At least a **sticky note** on your bathroom mirror/fridge of last-minute essentials eg phone charger, phone, hairbrush, meds etc
- **Don't wait** until the evening before. Put things out as you think of them eg on the spare bed/in the bath (in a washing basket)
- Get some **packing cubes**, especially compression ones. They not only save space but you can pack according to types. eg underwear, nightwear, tops etc. Makes it easier to find things and you can leave the clothes in them if you are staying only one night somewhere or if you think the shelves in your accommodation are a bit dusty. You can collect your dirty washing in one or two when you come home.
- Take a couple of days' worth of **extra meds** for emergency stayovers. Ditto underwear!
- **Cancel** the newspapers
- **Turn off** your computer/tv mains switch before you go to save electricity. Ditto keypad/mouse batteries.
- Take **sellotape** for small repairs, making bottles waterproof etc
- **Tell your neighbours** you are going away for security and make sure someone has your phone number and ideally key in case of emergencies.
- Take a couple of extra **ziplock bags** to save receipts, business cards or any other small items
- **Tie-string shoe bags** can also be used as shopping bags or backpacks
- Put your **phone charger in your hand luggage**. Carry a **multi-adaptor** in case you get stuck somewhere en route.
- **Travelling with kids**: have plasters, water and wipes handy and be prepared to break iPad/mobile/snack rules in case of delays.

- **Water bottles**: you can usually refill these easily in an airside disabled loo (they usually have separate hot/cold taps) if you can't find a water fountain. Leave the door open while refilling, so you don't risk blocking the loo for a person in real need.
- Remember to **take essentials** you need as they are not always provided in hotels eg small cake of soap, nail file, shower cap. Decanter shampoo and conditioner into small bottles.
- **Shower caps** can also be used to cover a dirty shoe etc when packing, wrap something leaky, cover a bike seat in the rain, emergency plastic glove
- Take a **spare old hotel card** or old credit card-size card to leave in your hotel room slot if you are re-charging or want to keep a light on while you are out.
- Abroad: always **carry emergency money** in note form: stuffed in your sock or in your phone case.
- Put **ICE numbers** in your phone and note emergency numbers (eg hotel), especially when travelling alone.
- If **blinking LED lights** keep you awake in flats or hotel rooms, take some black or other electrical tape to cover them up (don't forget small scissors/penknife for cutting). This tape is also useful for small repairs to sunglasses, shoes, suitcase handles etc.
- **Dry air** in the room? Put a wet towel over the radiator or boil a kettle of water and open the lid to let out the steam.
- **Creased dress?** Run a hot shower then hang the dress on a coat-hanger in the steam.
- **No desk or worktop?** Look if there is an ironing board in the wardrobe.
- **Suitcase**: if you haven't got one which is flamingo pink or aloe vera green, use colourful stickers, ribbons, to mark yours out. Don't forget your address tag and stick your home address on the inside lid.
- **Roaming**: switch off roaming on your phone before crossing international borders unless you have endless data. Download maps before you leave home.
- Consider using **Airportr** to collect your suitcases from home to save you lugging them. It works!



Send in your travel tips!

Do you have any travel tips you have acquired over the years? We are an international bunch of women not unfamiliar with the packing of a suitcase or two!

Send in your ideas to connectmagazine@ziwc.ch

Book Review:

Zuger Todesfelle

Judith Stadlin and Michael van Orsouw,
Dörlemann 2025, 978-3-03820-164-9

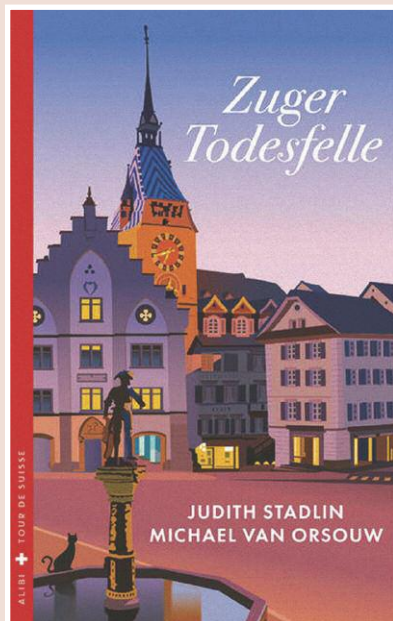
'Zugertodesfelle', (a play on the word Todesfall), is a Krimi or whodunnit by local Zug author pair Judith Stadlin and Michael van Orsouw, also known for their historical books (George Ham Page) and their spoken word show 'die Lesebühne' amongst other creations.

This detective story, the third in a series, is set in the Old Town of Zug during the bi-annual 'Mittelalterfest' or Middle Ages festival, which takes place in September. A man is murdered and the local police duo of Eva Brandenburg and newbie Goran Voltic must find the culprit as discreetly as possible so as not to disturb the festival unduly or scare off suspects.

The novel is written in German but it is not 'literary' and so fairly easy to understand even if you aren't fluent in German. It is also amusing! There is also an index of characters at the end of the book in case you get confused! The cast of characters is very colourful and some of them adopt medieval-sounding pseudonyms to match their costumes. You will recognise local place names, streets and localities and even get an insight into local police work!

One significant feature of the story is that each short chapter is headed by a saying or idiom, which is explained in a footnote at the bottom of the page and featured in the text itself. I knew most of them, but it was interesting to see their origin and compare them with modern usage.

As the story is set in contemporary Zug, there is a lot of local colour but problems such as over-priced housing, large cars and too much traffic and gentrification are mentioned, however, on the whole, the book presents a positive and lively portrait of our beautiful canton.



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

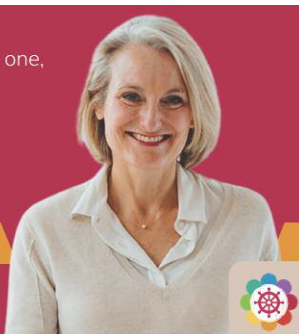
I help women shift the cancer experience from fear and isolation to clarity, resilience, and growth.

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

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



Book a free 45-minute
cancer support call



What is Integration:

thoughts from the FMZ Newcomer Host Programme

While looking for ways to volunteer in the community, I came across the FMZ (Fachstelle Migration Zug) Zug Host Programme, which pairs newcomers to the area with a local host who can show them around. At their annual Apero in December, two of our very own ZIWC ladies were asked to speak on their Newcomer-Host experience, one that began through the Zug Host Programme, and deepened through the ZIWC club.

The main presenter for the evening, Anna Para, a Project Manager at HSLU, spoke on the topic of integration, something which I think is often on the minds of expats in Switzerland. What does it truly mean to integrate, and does being in a social club with many foreigners help or hinder that process? Here is some of what Ms Para shared:

Integration according to Swiss law has 4 primary components:

- 1) the co-existence of Swiss residents and foreign population on the basis of the values of the Federal Constitution and **mutual respect and tolerance**.
- 2) enables foreign nationals who are lawfully resident in Switzerland for the longer term to **participate in the economic, social and cultural life of the society**.
- 3) requires **willingness** on the part of the foreign nationals and **openness** on the part of the Swiss population.
- 4) requires foreign nationals to familiarise themselves with the social conditions and way of life in Switzerland and in particular to **learn a national language**

She also shared the stages of cultural adjustment (Honeymoon, Culture Shock, Recovery, Adjustment) and discussed tips to help move on from Culture Shock stage.

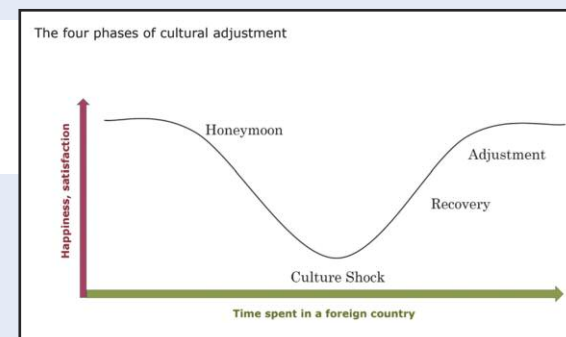
My experience with Switzerland has always centred around the culture shock I felt while living here, so I was curious to hear her thoughts.

Her first tip to combat culture shock and move toward integration was to learn the language, and while I do not deny how crucial that aspect is, learning a language can be slow and disheartening. It does not come easily for most of us, and meanwhile requires a lot of courage, which is why I found her second tip to be even more important: build a social circle. I made the mistake of thinking that my social circle only really counted if it was made up of Swiss people, but having a strong social network seems to make all aspects of life easier, and being international women, I like to think there is a little Swiss in all of us.

Being part of the ZIWC group of engaged, diverse women sharing in cultural events and getting context, history, and perspectives I might never have otherwise, my own tolerance and openness to Switzerland has grown exponentially from the days of simply trying to "do as the Romans do". I could even claim that the Club is helping my language skills: after a night of Cheeky Cocktails, a fellow ZIWC Member recommended me for a German-speaking role that I would have otherwise never been hired for, and now I speak German every day.

Integration happens on so many levels, at such different speeds, and the road to success takes many paths. One of the best experiences of being part of ZIWC and now the Zug Host programme, is that we have the chance to see others lost in the Culture Shock phase, and help guide them through it. Perhaps that is a job that only an expat could do.

By Elizabeth Egli



Escape

ZIWC February Escape to The White Turf in St. Moritz



On Sunday 15 February, ZIWC Escapes took things to another level as we went to St. Moritz for the world-famous **White Turf Races**, where sartorial elegance and equestrian excellence create a unique spectacle.

The idea for this originated three days earlier at our Club lunch, when Marianne floated the notion. Émely took it to Alicia, our Escape Chair, and voilà, the trip was arranged.

For readers who may not be familiar with this social highlight of winter taking place in the Engadine Valley, The White Turf is the frozen Lake of St. Moritz, which, each February, on the 8th, 15th and 22nd, transforms into a race track. Elite jockeys with thoroughbred horses compete in races, the star race is the **Skijoring**, where skiers are towed by galloping horses- unique to St. Moritz- and the spectacle attracts more than 30,000 visitors each year.

Expectations were high as we headed towards Engadine. Our journey took us through Unesco's world heritage route from Thusis to St. Moritz, and the spectacular scenery, together with glasses of bubbly enjoyed from panoramic windows in first class, really made for high spirits.

We were not disappointed as glorious sunshine greeted us on arrival. People from many parts of the world promenaded in furs of all kinds; there were vintage, new and faux and some of questionable heritage, which had better been left at home. Even the dogs were kitted out.

Clearly, this was no place for denim!

Everywhere there was something to see.

A Maharajah-looking gent with full turban in a brocade fur coat accompanied by a lady in an equally sumptuous outfit with furry moon boot stood out, the pair was later spotted in a horse-driven carriage, probably, *en route* to Suvretta House or Badrutt's Hotel. Many young people, too, embraced the opulence, sitting in sun-loungers, glasses of champagne at hand, with Chanel's casually slung over the back. It felt as if we had stepped back in time.

There was an atmosphere of excitement in the air and lots of bets were placed on the horses. For people who wanted to shop, there were pavilions offering gourmet cuisine and fine champagne, as well as luxury goods.

Plenty of long tables and benches with sheepskin rugs offered a haven for people to sit and enjoy food and drink, while being entertained with live music.

If you are more into art, there is also the Segantini Museum to visit in St. Moritz. Giovanni Segantini lived in the area in the 19th Century and captured the extraordinary quality of light in Engadine in many of his works.

What an unforgettable day it was and great fun! Thank you so much, dear Alicia, for arranging it!

By **Vivi Jensen**



Swiss German Corner

Swiss Annual Traditions ...

If you've lived in Switzerland long enough, you've likely encountered at least one quirky, questionable, or completely unique annual tradition. A market devoted entirely to onions (Zibelemärit, Bern) or to carrots (Rüebliamt, Aarau), a festival just for the descent of cows (Alpabzug), or the many versions of Fasnacht celebrations, which run the gamut from throwing fruits or confetti, to lighting things on fires (which is great fun all year round: see also, burning of the Böögg). On a recent trip to Stoos, I stumbled into the annual Badewannenrennen (aka bathtub races), which seemed to be taking place for no other reason than to entertain us through the winter.



Just when I think I've seen it all, I discover yet another delightfully unhinged tradition that the Swiss have cooked up to amuse. Here are a few of the stranger events I've discovered lately as well as some old favourites that I've added to my Swiss Bucket List:

Salquenen Wine Barrel Races, 25 April 2026

This event just seems like it would be fun to watch. Like the running of the bulls but you are less likely to get trampled or speared. Plus there is likely to be a drop of wine about.

Mammut Flossrennen in Thurgau, 17 May 2026

Teams in costumes on homemade rafts trying to navigate the rapids of the Thur and Sitter. While I would love to see this spectacle, my real dream is to form a team some day - who's in?

Corso fleuri de Neuchâtel (aka Flower Parade), 27 September 2026

Parades in Switzerland seem to be a dime a dozen, but a parade where the floats are decorated entirely in flowers still managed to delight me. Plus it is part of a wine festival, so there are many reasons to attend.

Gansabhauet in Sursee, 11 November 2026

Blindfolded participants trying to hack a dead goose like a pinata? Disgusting, though I think I have to see this one to believe it!

Silvesterchläuse singers in Appenzell, 31 December and 13 January

I would not have made the effort to wake up at 4:00am to go hunt down some masked singers if my Swiss husband hadn't talked about this tradition so highly, but the history and effort behind this musical tradition is quite impressive, and seeing the masks up close in the early morning hours was eerie and magical. Add to that you also have to find the singers, who are constantly moving from house to house. It requires patience to enjoy this tradition, but well worth it. I hope to go back next year and start even earlier!

I am looking forward to another delightfully unhinged year in Switzerland - what is on your bucket list?

Support for the Frauenhaus Luzern Charity project ZIWC 2025/2026



During the past Club year, our Members came together in a remarkable show of generosity to support the Frauenhaus in Luzern. Thanks to your dedication and contributions, we achieved a highly successful collection that will directly support women and their children in urgent need of protection and care.

The Frauenhaus Luzern provides a safe refuge for women and their children who are experiencing domestic violence or living in crisis situations. Available 24/7, the organisation offers immediate protection, secure accommodation, counselling, and practical support.

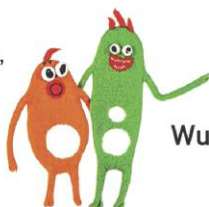
Each year the Frauenhaus assists numerous women and children, guiding them through some of the darkest moments of their lives with efficiency, professionalism and genuine empathy.

Beyond providing shelter, the dedicated team works passionately to help families rebuild their independence. They offer legal and social guidance, emotional support and assistance in planning a future free from fear. Their goal is not only to provide safety, but also to empower women and their children to begin a new chapter in a secure and supportive environment.

ZIWC is proud to contribute to this vital work. We sincerely thank all Members for their generosity and commitment, which helps ensure that the Frauenhaus Luzern can continue offering hope, protection and a path toward a safer future for those who need it most.

German lessons for children from
3 to 7 Years old in Cham, Menzingen,
Oberägeri, Steinhausen, Unterägeri,
Neuheim, Walchwil and Zug.

For more information visit
www.wunderfitzundredeblitz.ch
or call 041 780 54 28



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Interest Groups

Meditation Mini-Retreat

Our recent meditation mini-retreat was a deeply relaxing and thoughtful gathering, with personal attention to every participant, the kind of evening where you can feel your shoulders drop within minutes. We learned breathing techniques and found out more about different yoga techniques, then moved into different meditation types, with a deeper look into mindfulness and how to calm down our brains after, or even before, an action-packed day.

Tatiana gave us a wonderful, calming insight into mindfulness meditation, and thanks to her guidance, everyone could leave feeling relaxed, feeling like we were a couple of years younger.

One of the highlights was discovering a unique version many of us had never heard of: walking meditation. It was genuinely refreshing to learn something new and experience mindfulness in motion, not only sitting still.

Tea and conversation afterwards created a warm sense of connection, and many of us left feeling refreshed, grounded, and inspired to continue the practice in daily life. It was an absolutely lovely evening, we're truly grateful to Tatiana for her fantastic meditation circle and are already looking forward to the next time we gather to calm our minds together.

After successful sessions in January and February we are happy to announce Mindfulness Meditation dates for March and April.

Mindfulness Meditation Circle FOR BEGINNERS!

Thursday 19 March / Thursday 7 April

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

Programme:

- 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 of the 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

Several Interest Groups are restarting!

The **Gardening Club** begins again on Tuesday 3 March at 14:30. To join please register online or send a WhatsApp to 077 490 7374.



With Spring round the corner the **Golfing Gals** are ready to hit the nice outdoor scenery again. To join, please send a WhatsApp to Émely on 077 490 7374 to be added to the group as further communication will go through this.

Also the **Zugerberg Finance Trophy** has kicked off again. To join please contact Sarah Paul for further details on 079 279 9748.



Art & Cultural Outings:

Date: 17.03.2026

Where: Landesmuseum, Zurich

Time: Meeting at Landesmuseum at 12:00

Exhibition: Wasserkraft und Widerstand – Erfahrungen Schweiz

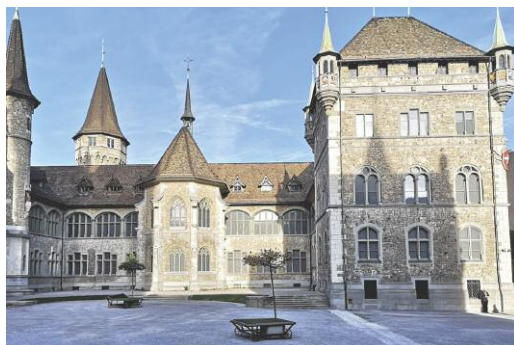
Date: 21.04.2026

Where: Botanical Garden, Zurich

Meeting Point and Time:
Zurich Bahnhof at 11:00

Please register online if you would like to attend one of these outings

Contact: Shefika Brandenberger
- 076 421 3835



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 once every three weeks at Ober Altstadt 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!! ■ 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 Emelyziwc@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 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.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

New! 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
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.

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

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.com, 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](https://www.zft.ch), 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

March 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 8:30 "Kaffeeeklatsch" 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 18:00 BN Apero, Aigu Lobby Bar, Zug	11 8:30 "Kaffeeeklatsch" 10:00 Zug Stammtisch 12:15 Monthly Lunch 13:30 Wednesday Hiking
16 8:00 Morning Outdoor Fitness 13:30 Monday Brisk Walkers 14:00 German for Beginners 18:00 English Online Conversation	17 10:00 Badminton 12:00 Art & Cultural Outing Zurich 15:00 Bridge	18 8:30 "Kaffeeeklatsch" 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 18:30 PKZ Spring Fashion Apero	25 8:30 "Kaffeeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
30 8:00 Morning Outdoor Fitness 13:30 Monday Brisk Walkers 14:00 German for Beginners 18:00 English Conversation Online	31 10:00 Badminton 15:00 Bridge	

Remember to check out our Website www.ziwc.ch for up-to-date calendar, photos and membership news. Have you joined our Facebook Group? www.facebook.com/groups/zuginternationalwomensclub/
Please note the changes to the Club's cancellation policy on p.4

THURSDAY	FRIDAY	WEEKEND
		SATURDAY 1 SUNDAY
5 14:30 Contact Coffee 19:00 Samariter Accidents in small children	6 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike 19:00 Back to the 80's Party	7 SATURDAY 8 SUNDAY
12 10:00 Aegeri Coffee 14:00 Knitting Club	13 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	14 SATURDAY 15 SUNDAY
19 10:00 Cham Coffee 14:00 Italian conversation 18:00 Longevity & Financial Markets Outlook 2026 19:00 Cheeky Cocktail Club 19:30 Meditation Circle	20 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	21 SATURDAY 22 SUNDAY
26 9:30 Walchwil Coffee 18:15 Monthly Dinner 18:30 Board Games	27 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike 16:00 Elso Schiavo Art Exhibition	28 SATURDAY 29 SUNDAY
		

April 2026

MONDAY	TUESDAY	WEDNESDAY
		1 8:30 "Kaffeeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
6 8:00 Morning Outdoor Fitness 13:30 Monday Brisk Walkers 14:00 German for Beginners 18:00 English Conversation Online	7 10:00 Badminton 14:30 Gardening Club 15:00 Bridge 19:30 Meditation Circle	8 8:30 "Kaffeeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
13 8:00 Morning Outdoor Fitness 13:30 Monday Brisk Walkers 14:00 German for Beginners 18:00 English Conversation Online	14 10:00 Badminton 15:00 Bridge 19:00 Cheeky Cocktail Club	15 8:30 "Kaffeeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
20 8:00 Morning Outdoor Fitness 13:30 Monday Brisk Walkers 14:00 German for Beginners 18:00 English Online Conversation	21 10:00 Badminton 11:00 Art&Culture Outing Zurich 15:00 Bridge 18:00 BN Apero, Aigu Parkhotel Zug	22 8:30 "Kaffeeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
27 8:00 Morning Outdoor Fitness 13:30 Monday Brisk Walkers 14:00 German for Beginners 18:00 Longevity - Mid-Life Gut Connection Spotlight 18:00 English Conversation Online	28 10:00 Badminton 15:00 Bridge 18:30 Board Games	29 8:30 "Kaffeeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
		

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

THURSDAY	FRIDAY	WEEKEND
2 14:00 Italian conversation	3 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	4 SATURDAY 5 SUNDAY
9 10:00 Aegeri Coffee 14:00 Knitting Club	10 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	11 SATURDAY 12 SUNDAY
16 10:00 Cham Coffee 12:00 Monthly Lunch 14:00 Italian conversation	17 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	18 SATURDAY 19 SUNDAY
23 14:00 Knitting Club 18:15 Monthly Dinner	24 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	25 SATURDAY 26 SUNDAY
30 9:30 Walchwil Coffee 14:00 Italian conversation		
		

Die Burg Zug - Zug Castle

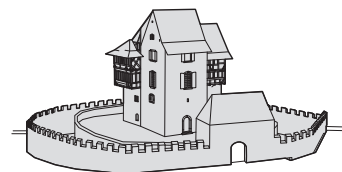
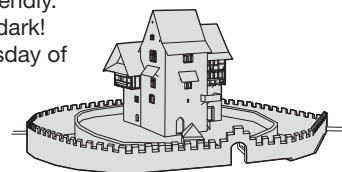
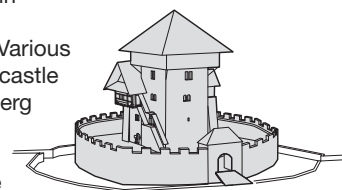
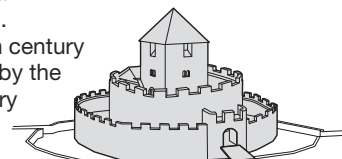
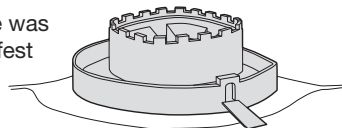
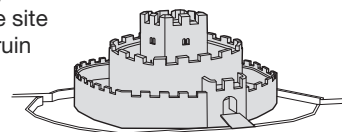
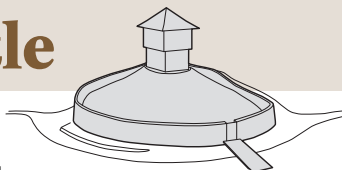
Zug's Castle is the oldest existing building in the old town. It was a Middle Ages seat of government and administration, a noble residence for over 200 years and is now a historical museum of living history. After WWII, demolition was considered but the city bought the site and then the Canton in 1975, following a gradual realisation that this ruin should be preserved for posterity. A preliminary excavation took place in 1967 and from 1974 the present Monuments and Archaeology Office began its research into how the castle had been extended, re-built and renovated through the centuries: 26 different building phases were identified. During 1978-1982, the A-listed castle was renovated and finally opened to the public in 1982, with the first Burgfest in 1983. The Burg is now run by a foundation.

The origin of the castle goes back to the 11th century, when a motte was erected, possibly by Rudolf von Lenzburg. A motte consisted of a circular stone wall containing earthworks with a wooden tower on top. Motte and bailey fortifications were built all over Europe from the 10th century onwards. At that time, Zug consisted of only a few fishing huts down by the lake. The hill of the motte was partly reduced in size in the 12th century and a 1.5m thick and 8m high casing wall was erected, which still partly stands. At the same time, on the St. Andreas peninsula in Cham, a similar building was erected. The Zug castle acquired a curtain wall and the Andreas castle a rampart and a moat. Both structures are reminiscent of the larger shell-keeps of England (eg Windsor Castle). Various conversions and extensions followed over the centuries. In 1352, the castle was in private hands and became the residence of Peter V of Hünenberg and in the following years, many noble families lived there, for example the Landtwings. The restored rooms in the castle reflect the 'savoir vivre' lifestyle of this family in the 18th century. The Zug Castle houses regularly changing exhibitions, is very hands-on and family-friendly. One of the current popular events is guided tours by torch-light after dark! Children up to the age of 16 have free admission and the first Wednesday of every month, adults can also enter free of charge.

Facts and Figures:

- The museum collection houses 50,000 objects
- The oldest item is a small bone and horn container from the 10th or 11th century
- The most recent acquisitions include Lego pieces from the former factory in Baar
- The storage facility is spread over 1700m2 on 2 floors.
- 187.2kg files and documents were accumulated during the excavation
- 286 tons construction waste was removed from the site during excavations
- 205 nails and pins were unearthed among the 8500 objects found in the castle ruins
- 541 bone fragments, of which 7% were from animals came to light, including red and roe deer and marmots, probably eaten by the owners - On the menu would also have been: birds, fish, snails, mussels, crayfish and domestic animals but plant-based foods would have predominated.
- 70 playing cards and around as many fragments of cards were found in cracks and crannies
- 11 wooden pegs, including 8 cut from one piece of wood were discovered under a plank. These date back to before 1755.

<https://www.burgzug.ch/page/en/museum/>



Pre-loved Clothing Sale in the Pipeline for 2026

Are you about to embark on a spring clean of your wardrobe and have good quality clothes in name and condition that you'd like to give away? Would you like to acquire new inspiration in dressing for the year ahead? We have the perfect solution.

We are organising a Member pre-loved sale, the proceeds of which will go to our Club charity for the Club year 2026/27. The dates and locations are still to be confirmed, but we wanted to give our Membership a bit of notice to forward plan.

Watch this space and get spring cleaning!



Funeral ceremonies in English.

Have you lost a loved one and need someone to conduct the funeral? I am a UK and Swiss trained funeral celebrant, and an English native speaker. My name is Helen, and I conduct funerals throughout German-speaking Switzerland.

More information: www.swissfuneralcelebrant.com
(formerly www.baumer-trauerfeiern.ch)

Contact: info@swissfuneralcelebrant.com



Swiss Funeral Celebrant



ZIWC in collaboration with
Paramed and BIOMEFIX

presents

HEALTH TALK

“Midlife Vitality Starts in the Gut”

Speaker



In this talk you'll learn:

- How the gut microbiome influences metabolism, inflammation, immunity, and hormones
- Why gut health changes during midlife
- Why fresh, living probiotics are gaining attention in microbiome care

**Dr. med.
Simon Feldhaus**

Chief Physician,
Paramed
President, Swiss Society
for Anti-Aging Medicine
& Prevention

Date: April 27, 2026

Time: 18:00-20:00

Venue: Tibits, Baarerstrasse 30, Zug
Healthy snacks & drinks will be served.

Limited seating - Reserve your seat at the link [HERE](#)

OR <https://ziwc.ch/event-calendar/#/event/register/2026/4/27/event-health-talk-8220-midlife-vitality-starts-in-the-gut-8221>

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