

M A G A Z I N E
Connect!

JANUARY / FEBRUARY 2025 | FOR WOMEN • FOR CONTACT • FOR 57 YEARS



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Dear Members,

I hope this letter finds you all in good spirits after the busy festive season. Certainly the new year lends itself to a time of positive renewal, intention-setting for the months to come and the promise of lighter, warmer days ahead. That said, the nature that surrounds us still offers us much this season: winter sports, a peak of sunshine above the clouds at higher altitudes, peace and tranquility and nature in all its splendour. There is much to enjoy in these early days of 2025!

As for all things with the ZIWC, we will be busy from the get-go, offering you a full programme of our usual offerings and exciting events to come. Our big event is on 21 February, our Roaring 20s party, which will combine style and decadence in full ZIWC tradition. Sign up online and block that diary for an event like no other. Alica (Escape chairwoman extraordinaire) is offering some wonderful cultural outings in February and March with a visit to the private Nicola Erni art collection and a chamber music brunch at the Opera House in Zurich. Check out the dates and sign up as soon as you can as numbers are limited.

As our AGM approaches in May, we the Board are already busily planning the Club year ahead. Working on the Board has been a rewarding time for me personally and I am pleased to offer my services for my fourth and final year as Magazine editor and Chairwoman. How time flies! The Board under President Émely is enjoying a time of development, friendship and cohesion like never before. It is therefore no surprise that all of us have offered to serve for another Club year. We look forward to receiving your votes, your comments and feedback to help us in our endeavours to serve the Club to the best of our abilities.

That leaves me to wish you a Happy New Year, enjoy these pages in our Connect! Magazine and I look forward to seeing you at an event soon.



PS: Check out our new website, going live as I type this missive. We have also developed a new look, new logo. We hope you like it!

With warm wishes,
Suzy Andricopoulos

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New Members

We warmly welcome our new Members

Diana Mendoza, Zug
Roxy Gowin, Zug
Jana Derianova, London, UK
Rebecca Schrodtt-Kurali, Zug
Alice Schenk-Stewart, Walchwil
Anna Némethy, Unterägeri
Elvira Gelly, Unterägeri

Elena Kupreeva, Männedorf
Christy Nolan, Menzingen
Julie Poirier, Cham
Laurel Walzak, Zug
Nina Zetterberg, Zug
Ritu Jansen, Zug
Marie Sophie Niddam, Zug

Gerina Eberl-Hancock, Zug
Veena Balasubramaniam, Baar
Sine Edal, Steinhausen
Christelle Cardiles, Rotkreuz
Isabel del Castillo, Zug
Astrid Agerlin Munksgaard, Zug
Julie Benck, Menzingen

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

For more details, please consult
the online membership directory

Magazine Chairwoman
Suzy Andricopoulos
connectmagazine@ziwc.ch

Advertising Chairwoman
Betsy Ballew
advertising@ziwc.ch

Website Chairwoman
Bettina Bjerregaard
webeditor@ziwc.ch

Proofreaders and
content contributors:
Helena Lustenberger

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

Printers
WIRmachenDRUCK
www.wir-machen-druck.ch



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

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

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

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

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

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

Annual General Meeting Monday 12 May 2025



The Annual General Meeting is an important date in the Club diary, as it is THE opportunity for all Members to come together, listen to the President give the Board's feedback on the running of the Club over the previous year, to hear the predictions and wishes of how the Club will be run in the course of the year ahead and have the opportunity to feedback and approve the budget going forward. This is your opportunity to help shape our Club and we encourage all Members, new or long-standing, to be an active part of this interesting evening.

Be sure to put the date in the diary! Voting papers will be distributed in the pages of March/April's Connect! Magazine.

Board Member Names and Contact Details

President • **Émely Steegstra** • 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 Chair Chairwoman • **Alicia Toledo** • escape@ziwc.ch

Hospitality Chairwoman • **Fanny Van Dyck** • hospitality@ziwc.ch

Interest Groups Chairwoman • **Veerle Vandionant** • interestgroups@ziwc.ch

Magazine Chairwoman • **Suzy Andricopoulos** • connectmagazine@ziwc.ch

Marketing Chairwoman • **Marlena Jaszczyk** • marketing@ziwc.ch

Membership Chairwoman • **Mary-Anne Kedda** • membership@ziwc.ch

Secretary • **Leontien van Rooijen** • secretary@ziwc.ch

Treasurer • **Stephanie Alavedra** • treasurer@ziwc.ch

Webeditor • **Bettina Bjerregaard** • webeditor@ziwc.ch

KURZZEIT- GYMNASIUM

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TAGES- SCHULE

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supported
learning

UNTER- GYMNASIUM

7. & 8. grade



TO MAKE AN APPOINTMENT 041 429 32 32
FOR MORE INFORMATION ST-KLEMENS.CH

ROARING 20s EXTRAVAGANZA

Step into the dazzling decadence of the 1920s! Join us for an unforgettable evening of Prohibition-era glamour, high stakes, and swinging tunes.

HERE'S WHAT AWAITS:

Signature Welcome Drink - Sip on a handcrafted 1920s-inspired drink upon arrival.

DJ & Dance Floor - When the cards are down, the party turns up. Dance the night away to a modern twist on 1920s beats. Don't miss this chance to relive the decadence of the Jazz Age!

Date: 21 February 2025

Time: 18:30 - Midnight

Where: EVZ Legends Club, General-Guisan-Strasse 6, 6300 Zug

Costs: Early bird non-refundable tickets for members of ZIWC & IMCZ: **110 CHF**

Early bird non-refundable tickets for non-members: **140 CHF**

PLEASE NOTE THAT THE EARLY BIRD TICKETS ARE ONLY AVAILABLE UNTIL 21 JANUARY 2025 OR UNTIL WE REACH THE 50 EARLY BIRD TICKET LIMIT, WHICHEVER COMES FIRST. STRICTLY NON-REFUNDABLE

Members of ZIWC & IMCZ: 130CHF

Non-Members: CHF160.00

Dress code: Formal Roaring 20s-style attire (Get your inspiration from the Gatsby movies or the TV series Peaky Blinders)

Menu: Flying Dinner - This will be an assortment of delicious food served by the service staff of the Legends Club

Drinks: We are pleased to offer a signature ZIWC welcome drink as well as a selection of standard drinks. This will be available until we have reached our bar limit. After this point drinks can be purchased at the bar.

Entertainment: Gambling tables & our legendary DJ Neil

Registration: Please register online on the ZIWC website.

For any questions or dietary requirements please contact Linda on annualevents@ziwc.ch or on 078 946 1057

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

Booking & Payment Deadline: Thursday 13 February 2025

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

Payment notification: Please state your full name, the event name Roaring 20s, and the name of all additional guests as reference when making the payment

How to get there: Public transport: The S1 train to the "Zug Schutzengel" stop. From there the venue is approx. 5 minute walk. The ZVB buses 606 and 616 to the "Stadion" stop.

From Zug Train Station: The BOSSARD Arena is a 10 minute walk away. Paid parking is available around the station at the Gaswerkareal, Herti parking, station parking as well as in the parking underneath the stadion itself.

Meet the Member



Heidi Schumpf

Heidi is the epitome of an international spirit. And she is one of our cherished Swiss Members! Born and raised in Baar, through her education and training, first at the Zug 'Handelschule' and then via jobs at the Schweizerische Kreditanstalt (subsequently known as Credit Suisse, subsequently becoming UBS!). Here she was exposed to the international business world through the increasingly global canton of Zug.

After a year in Suisse Romande at a finishing school, Heidi had honed her French language skills. A period of six months working in Paris cemented her fluency. Whilst working for an American company she was

inspired to consolidate her English knowledge, and after an intensive three night a week study course she quickly gained business proficiency. Her English was further honed, or rather her American English, via a Rotary exchange programme in South Carolina. Further study opportunities called in San Francisco whilst she stayed with an aunt. This was a happy time of travel, connection and seeing much of the USA. Soon it was time to return to Zug...

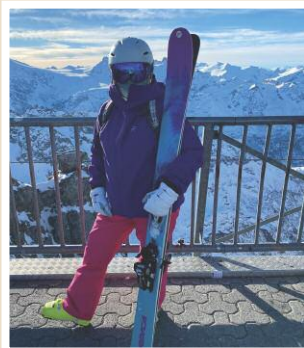
Heidi began working at an employment agency, helping people find office and secretarial jobs. At this time she first joined ZIWC and also an international squash club, looking to hold on to something of that worldly spirit. Often she would find herself helping international women into work, and encouraging them to brush up their skills to meet the standards of the Swiss workplace.

Heidi worked hard and continued to travel hard too. An avid and serious skier, Heidi has travelled the world's most renowned ski resorts, counting Colorado (Beaver Creek) and the Dolomites as her favourites. Also impressive to hear about are the cycle tours she has embarked upon, travelling through Myanmar (then Burma), Laos, Thailand and Cambodia. Don't think these trips are long behind her, Heidi may well have another bike trip planned in the near future!

Professionally speaking, Heidi had moved into marketing and event planning within the banking world. An opportunity working for Zug Estates presented itself which led to Heidi's skills being put to good use in the cutthroat world of international real estate. It was a dynamic time in which she thrived.

Before retirement Heidi was highly involved in the realisation of the Suurstoffi project in Rotkreuz, in particular Suurstoffi 37, or the High Garden House, which is a spectacular building viewed easily from all directions and a paragon of unique and carbon neutral engineering. Since 2019 she has called this special location home.

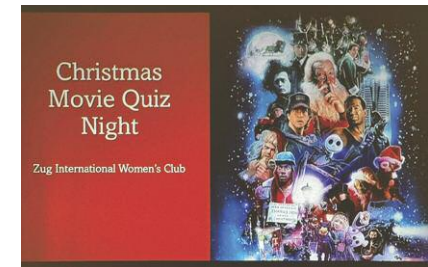
Never one to rest on her laurels, Heidi is busier than ever. She was encouraged by her friend Donna Byron to rejoin ZIWC, and is again an avid Member attending French and Italian conversation (a new passion), Italian wine tasting and the hiking group. Not forgetting continued travel and weekend skiing in Engelberg. When asked if the Club could do or offer more she seemed surprised; the Club is great as it is, and is a cherished source of activity and community here in Canton Zug!



A Magical Christmas Movie Quiz Night with the Zug International Women's Club

ZIWC hosted its much-anticipated Seasonal Event this year, and the theme was a festive *Christmas Movie Quiz Night*. Held on a snowy evening that saw Zug blanketed in its first storm of the season, the weather couldn't dampen the spirits of our dedicated Members who braved the snow to make the event a resounding success.

The evening began with a warm welcome as Members were greeted with a delightful Apéro drink, generously sponsored by Etter. This sparkling start set the tone for the night as attendees mingled and admired the cheerful and creative table décor that perfectly captured the Christmas movie theme.



True to ZIWC tradition, Members brought an impressive array of dishes to share, creating a wonderful communal feast. From savoury delights to sweet indulgences, the potluck spread reflected the international diversity and culinary talents of the group.

To kick off the quiz, an opening short film set the festive mood and gave a playful nod to the Christmas movie theme. Alicia Toledo, our Quiz Master of the evening, took the stage and skilfully guided participants through rounds of fun, laughter and spirited competition. Teams worked hard to recall their favourite holiday classics, and while the competition was friendly, the *Grinch Team* emerged as the ultimate victor, taking home the title with a clear win.

The evening was also an opportunity for giving back. Saakje and Susan led efforts to support our wonderful charity of the year, the Styger Stiftung für Kinder, which saw generous contributions from our Members. The night's raffle was a highlight as always, with a selection of exciting prizes up for grabs. Many ladies walked away with wonderful rewards, adding an extra sparkle to an already festive night.

None of this would have been possible without the dedication of our ZIWC community. Special thanks go to the team of Members that helped Linda, our Annual Events Chairwoman, set up the venue and to Antje and Stefania who ran the kitchen with seamless efficiency, ensuring the delicious dishes were served on time. The clean-up crew made sure everything wrapped up smoothly.

This year's Christmas Movie Quiz Night was a true celebration of friendship, generosity, and festive cheer. A heartfelt thank you to all who attended and contributed to making the evening a memorable one. We can't wait to see what next year's Seasonal Event will bring!



Escapes

Concert and Brunch at the Zurich Opera House

Date: Sunday 2 March 2025

The Experience: Enjoy a Sunday Escape to the Zurich Opera House for a chamber concert in the magnificent Hall of Mirrors. Join us for a relaxed, intimate atmosphere featuring musicians from the Zurich Philharmonic. Afterward, we will proceed to the Lulu restaurant for brunch.

Location: Falkenstrasse 1, 8001 Zürich

Time: 10:00 - 15:00

Cost: Concert tickets will be provided by ZIWC.

The transportation and brunch are to be paid for by the individual.

Registration Limit: 10 people

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

Booking deadline: Please RSVP by 21 February 2025.

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

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



Escapes

Private Tour of the Nicola Erni Collection



Date: Monday 24 February 2025

The Experience: We have a special opportunity to take a private tour of the Nicola Erni Collection, Erlenweg 2, which features a fascinating and extensive art collection of photography and contemporary pieces. Artists include Richard Avedon, Jean-Michel Basquiat, Elmgreen & Dragset, Sylvie Fleury, Hassan Hajjaj, Duane Hanson, Rashid Johnson, Annie Leibovitz, Peter Lindbergh, Sarah Moon, Helmut Newton, Julian Schnabel, Cindy Sherman, Yinka Shonibare CBE, Mario Testino, Andy Warhol and Harley Weir.

Location: Erlenweg 2, 6312 Steinhausen

Time: 18:00 - 20:00

Cost: 25 CHF

Registration Limit: 15 people

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

Booking deadline: Please RSVP by 14 February 2025.

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.

ONLINE OR IN-PERSON

MORNING TALKS by Online Cancer Coach

A FREE Safe Space for cancer patients and survivors who need practical guidance and support in their journey with cancer.

📅 Every last Wednesday of the month

🕒 9:00 AM to 10:30 AM

📍 Untermüli 9, 6300 Zug, Switzerland or Online via Zoom

🌐 www.onlinecancercoach.com

SCAN TO REGISTER

Harvest & Wine Cruise

Thursday 24 October saw the ZIWC host a Harvest and Wine Cruise. It was to be a smaller intimate affair of around 35 ladies. On arrival at the small dock by the old town in Zug, everyone was helped to embark on the most wonderfully decorated boat, with a beautiful table laden with a harvest feast that was a visual masterpiece.

On a stunningly still and sunny evening, the captain set sail and warmly welcomed everyone on board and held court with a very light-hearted but informative talk. Stories and historical information about the boat and Zugersee were shared with us all.

Émely, our President, set the tone for the evening and knowledgeably introduced the first drink of the evening, a wonderful Crémant. Émely then handed over to our Club's very own Lorella Benedetto. Some of you already know Lorella as she leads the wine-tasting group for ZIWC. Her extensive knowledge and ease of delivery as always enlightened everyone on board and all the ladies enjoyed the wine-tasting experience. All other wines that were tasted were Italian. A sauvignon blanc from Winkl, the super Tuscan Il Bruciato Bolgheri from Antinori and an amarone from Stefano Accordini.

Alongside the wine-tasting, the Events team had put on an incredible harvest dinner. The table was laden with an extremely colourful and beautifully-presented buffet. All dietary requirements had been catered for and the stunning cupcakes were one of the many highlights of the evening.

Thank you to the team who delivered such a special evening of beautifully-paired wines and supper and especially for organising the weather which truly added to such a top event.

Contributed by **AJ**



ZIWC Website Is Live!

The rumours are true. ZIWC has a new website! We are very excited to present you with our rebranded and refreshed site for all things related to the Zug International Women's Club. See it at **ziwc.ch**

We took our time to get it just right to offer you a more efficient, user-friendly and elegant online experience. The central theme of the website is our community and we hope you enjoy seeing what's new and the little surprises added too.

With this web update, we are also asking for your help in the Member Directory. For Members' profiles, we ask you to please take a moment to check the information. Some names are not capitalised and many last names are missing. Even if you think it's right, please take a look. Many emails are missing or include one wrong letter which causes undeliverable communications. All phone numbers should be in a format that notes your mobile/handy country code followed by your number.



The website is still a work in progress. If you encounter any 'bugs' while perusing the site please email us at webeditor@ziwc.ch. Include a description of the issue and we will work on resolving it.

We hope you enjoy the new website as we honour our history as a Club and look forward to making future memories together.

ZIWC Dinner Club

Hello my name is **Maja Stankovic** and starting in the new year I will be the new host for the monthly dinners. In the past Valerie has set the bar really high and has done an amazing job in taking us dining around the world. I hope I can continue this legacy and I am very much looking forward to taking you all to some new amazing restaurants in the months to come. I was born and raised in Yugoslavia. Over the years I gathered experience in banking and civil society organisations. I'm mostly proud of my involvement in Women's Foundations, through which I contributed to better living standards and equal opportunities for women and children on the territory of former Yugoslavia. Ten years ago I came to Switzerland just to study, but I fell in love with the beautiful nature and people, and decided to stay. I have been working in different industries, such as trading and pharma and finally settled in the MedTech sector. In my free time I like to dance, hike and explore new cultures. This year I joined the ZIWC as I missed the women power, and this is exactly what I found in the Club: great support among women and an open-minded female community.

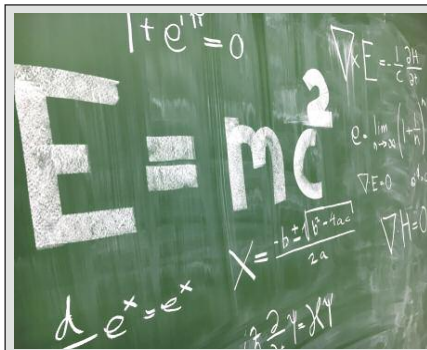


Math Coaching with Alexandra Seclaman, PhD

Math must not be a source of stress.

I have years of experience teaching math to individuals of all ages. Whether it's school exams, further education tests, or Excel challenges, feel free to reach out to me. I offer tailored lesson plans, a goal-driven strategy, and a focus on meta-learning to support your progress.

Contact: alex@mathcoach.ch or WhatsApp: +41 76 747 15 57 or look for me at the next Club event :)



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.

Stammtisch

The Hospitality team is pleased to host our Stammtisch.

When: Every Wednesday from 10:00–12:00 (except public holidays)

Where: Park Hotel, Industriestrasse 14, 6302 Zug

Parking is available at the hotel. Your ticket needs to be validated at the reception.

Cham coffee

Karin maintains a WhatsApp group to keep Members informed about attendance. WhatsApp or email her if you will be attending. If you live in the Cham area (Hünenberg, Knonau...) and are interested in joining the coffee, call Karin to be added to the group.

When: Third Thursday of the month, 10:00–11:45

Where: Cafe Plaza, Kirchbühl 5, 6330 Cham

Contact: Karin Resch at karin-resch@bluewin.ch or on +43 664 421 2775

Walchwil coffee

Why not come and join us for a cup of tea or coffee and a friendly chat?

When: Last Thursday of the month, 9:30–11:00

Where: Riviere Cafe, Dorfstrasse 19, 6318 Walchwil

Contact: Sarah Paul at paulfamily@bluewin.ch or on 079 279 9748

Aegeri coffee

We will get together for a chat and a laugh so please pop in when it suits your schedule. Please ask to be added to our WhatsApp group if you are interested in joining us. Don't miss the opportunity to meet other Members for a lively get-together in the Aegeri area. Register on the website calendar or via the WhatsApp group.

When: Second Thursday of the month, 10:00–12:00

Where: Cafe Brändle, Zugerstrasse 23, 6314 Unterägeri

Contact: Vivi Jensen on 076 824 4898 or at vivi.jensen@icloud.com

Contact coffee

Tania Mobayed has kindly offered to host our January contact coffee in Zug. This is an ideal opportunity for new Members to get to know longstanding Members.

When: Tuesday 28 January 14:30–17:00

Where: Rothsmatt 1, 6300 Zug

Capacity: Max 12 people, please register online

Registration Deadline: 25 January

Please contact Tania on 079 610 7144 to coordinate what you will bring.

Parking available underground or outside with meter.

Life's too short for boring drinks and dull company. Join the Cheeky Cocktail Club!

Cheers to the Cheeky Cocktail Club!

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!

JANUARY:

Date: 27 January 2025

Where: the Aigu Bar of the Parkhotel, offers a modern bar & lounge setting.

The perfect place to meet for a fancy cocktail, glass of wine, beer or trendy mocktail.

How to get there: The Parkhotel is in the centre of Zug, directly behind the Metalli Shopping Centre and only 5 minutes' walking from the Zug train station and is therefore super easily reachable with all buses and trains.

Venue: Aigu Bar, Parkhotel, Industriestrasse 14 Zug

FEBRUARY:

Date: 13 February 2025

Where: Kurioz, is a trendy bar in Zug with a wide selection of drinks whether with or without alcohol and cheeky bar music.

How to get there: Kurioz Bar is located 6 minutes' walk from the Zug train station with the stairs at the far end (towards Zug) of platforms 4, 5 and 6 bringing you right to their doorstep.

Venue: Kurioz Bar, Pilatusstrasse 1, Zug



ZIWC Lunch Club

January Lunch Club

KURIOZ Bar & Kitchen

No matter what diet you have adopted for the New Year, the wonderful food at KURIOZ is sure to meet your requirements. Choose one to four courses (with a vegetarian option for each course) from a menu that is always seasonal and changes weekly.

We have a reservation for **Thursday 23 January** at 12:15
<https://www.kurioz.ch/>

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

Once the reserved places are filled you can contact Ailbhe to be placed on the waiting list for cancellations.

Cancellation by midnight 21 January please; if you need to cancel please do so by email before this deadline to ailbhe.fallon@fallon-currie.com or calling/texting 078 698 5160 (no WhatsApp please) so that your place can be released and/or allocated to those on the waiting list.



February Lunch Club

Bar du Boeuf - Zug

Be part of Zug's very special carnival Zuger Chesslete <https://www.zugerschesslete.ch/> by joining us at the wonderful Bar du Boeuf right at the heart of the action!

Last year we had such a delicious lunch there that we decided to book again: **Thursday 27 February 2025** - 12:00
www.ochsen-zug.ch/en/restaurant-bar/le-bar-du-boeuf/

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).

Once the reserved places are filled you can contact Ailbhe to be placed on the waiting list for cancellations.

Cancellation by midnight on Tuesday 25 February if you need to cancel please do so by email before this deadline to ailbhe.fallon@fallon-currie.com or calling/texting 078 698 5160 (no WhatsApp please) so that your place can be released and/or allocated to those on the waiting list.



Stepping Stones

The School for Early Childhood Education

Stepping Stones is an English-speaking school focusing on an Early Childhood Curriculum. Our goal is to provide an environment where children can enjoy learning through various activities that are well-planned and expertly structured. Our approach helps them develop skills and concepts essential for primary school and future learning.

We offer the following classes:

- Playgroup for children aged 2-3 years
- Pre-school for children aged 3-4 years
- Pre-kindergarten for children aged 4-5 years
- Kindergarten for children aged 5-7 years

Im Jöchler 13, 6340 Baar • +41 41 760 11 18 • www.steppingstones.ch • info@steppingstones.ch

ZIWC Dinner Club

January Monthly Dinner

Ready to be enchanted by the flavours and freshness of dishes and experience a culinary journey that will delight your plate, eyes and mind? Join and let the chef Jeffrey van Zijl (the youngest Michelin 2-star chef in Europe in 2018) spoil us with his own creations. Thanks to the careful selection and combination of local ingredients from sustainable production and the creativity and passion of his team, you can expect a unique flavour experience.



When: Thursday 16 January, 18:00

Where: Restaurant **PERRON NORD**, Mattenstrasse 1, 6343 Rotkreuz. Located next to the station, north side. Easy to reach by train from Zug railway station (15'). Free parking available at Apart Hotel.

Group limit: 12 Members. Please register online (or send a mail to webeditor@ziwc.ch if you cannot register online by yourself)

Booking deadline: Tuesday 21 January

Contact: Maja Stankovic on 079 285 4355 or at majasta@yahoo.com for any questions.

Menu: You can choose from the regular 'à la carte' menu or try the special menu that will be offered to us (three options: meat, fish and vegetarian). Regional wine from Buonas can be paired with your meal.

February Monthly Dinner

Are you ready for an old factory-style ambience, a house with history and tradition? High quality Swiss cuisine with influences from all over the world, homemade and seasonal, awaits us. At the same time, the restaurant follows new gastronomic trends, so it is possible to try light, vegetarian and Asian dishes. For a perfect match, you can accompany your meal with a delicious wine or good beer.



When: Thursday 20 February, 18:15

Where: Restaurant **Neumühle**, Bahnhofstrasse 9, 6340 Baar. Located directly opposite the train station at Baar. Parking available at Coop Supermarkt Baar Gotthard.

Group limit: 12 Members. Please register online (or send an email to webeditor@ziwc.ch if you cannot register online by yourself)

Booking deadline: Tuesday 18 February

Contact: Maja Stankovic on 079 285 4355 or at majasta@yahoo.com for any questions.

Menu: We will be choosing 'à la carte' from their wide range of options.

If you decide to cancel your reservation to any dinner, please let the webeditor@ziwc.ch know (if it's a long time before) or inform Maja by Whatsapp (079 285 4355) if it's in the last 3 days, so that somebody else can take your place if you can't make it.

Business Network New Year New You Apéro:

So by 21 January how many of your New Year's Resolutions will still be on-track??? Our wonderful Members have come up with a suite of super-motivational presentations to show you how you can achieve what you want to achieve with their support...

Six of our entrepreneurial Members will share with you the secrets of their businesses, products or services. Each will have 10 minutes (strictly!) to share their story and persuade you that they can support you in your aspirations for YOU:

Ready for your YOU-Turn? Stepping into your best self with **Melanie Winiger - M&You**

Yes you can - find your Dream property in Canton Zug! with **Tatiana Vogt** bespoke real estate advisor - **Vogt Connections**

It's about passion - whether for yourself, your health and wellbeing, your loved ones or your surroundings with Masterchef and Coach, not to mention ZIWC President, **Émely Steegstra-Hendrix**

or developing a truly sensual and personal experience with **Silvia Sommer - Chançonette** hand-made soaps from Zug

It's really helpful - and important - to have the right Swiss Fiduciary partner for you, your family and/or your business with **Shahana Nathan - SN Consulting Treuhand & Beratung**

And if you've always fancied having a stylist **Image & Lifestyle Consultant Nagla Abulkheir** is on the case!

We have taken over the Cellar Bar at the Fischerstube in the Altstadt for our exclusive use on **21 January** to enjoy this fun New Year Apéro evening with ZIWC Members ... **fischerstube.ch/**

Venue: Fischerstube, Unter Altstadt 12, 6300 Zug
Time: 18:00 - 21:00

Doors open at 18:00 with a welcome Apéro. The Show will start at 18:45 sharp, and the timing for each presentation will be strictly enforced to provide lively and engaging entertainment..

Once the presentations are finished, there will be an open bar, including cocktails and mocktails, and finger food for all (until the budget runs out!), and the opportunity to network, mix and mingle in this unique venue.

There are just **25 places** available for this event which is open to ZIWC Members only; places will be allocated on a first come first served basis.

Registration fee: 20 CHF.



If you registered for the event postponed in November you have already secured your place - if you can't make the new date let Ailbhe know at BNG@ziwc.ch

If you have a business but have not secured a showcase spot, you are invited to bring along flyers/samples/cards to share on the evening.

Cancellation: if you must cancel please do so by contacting the Business Network Co-ordinator Ailbhe Fallon at BNG@ziwc.ch or by calling 078 698 5160 as soon as possible (No Whatsapp please), but definitely before 17 January. Cancellation after that date will forfeit the registration fee - as well as the fun!

Business Network Drop-in Apéro:

18 February: Aigu Bar @ ParkHotel 18:00 - 19:30

Save the Date:

10 April - afternoon - visit to FREITAG® - bookings open 5 March, watch this space for further communication...
https://freitag.ch/en_CH

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SILVIA SOMMER, ZIWC MEMBER AND CERTIFIED ORGANIC
SKINCARE FORMULATOR

Zug Library: A treasure trove!

If you think a library is just a place to borrow books, then you obviously haven't been to Zug public library! To be found in the old town, in St- Oswalds-Gasse, with the Casino car park almost next door, Zug library is a storehouse of culture and history.

History: the origins of the library go back to the 15th century, when parish priest Johannes Eberhard established the 'libery St. Oswald', whose books formed the basis of the first public library in a building opposite the present one. After many relocations, expansions and responsible authorities, the city library moved to the former armoury (Zeughaus) in 1910 and eventually became the cantonal library with Hans Koch its first full-time librarian in 1945. In 1986, its 150th anniversary, following a massive increase in both media and users, the library moved to its present address in the 'St. Wolfgangshaus', which was used in the Middle Ages as a granary (Kornhaus) and later as a barracks. Since 2011, the library has been called simply 'Bibliothek Zug'.

Statistics: Zug library has about 16,000 registered users and stores around 156,000 media, including books, audio books, films, music, games, language courses, magazines and newspapers in various languages, travel guides and digital media. This number also includes archive material which can be accessed on demand. If you want to research local history, politics, economic history etc. the library team will help you locate suitable materials.

Membership: it's free of charge if you live, or work or study in the Zug area and you can even apply online on the website so you can use their digital offers immediately!

Opening Hours: weekdays 9.00-19.00, and Saturdays till 16.00. During the winter months until the end of March, the library is newly open on Sundays 9.00-16.00. If you have a blue library card or the e-Zug App, you can gain access outside normal opening hours. The extended opening hours are Mon-Sun 07.00-23.00 (Sundays until 31 March). You can call in and exchange your white library card for a blue one.

Working/Studying: there are various workstations in the library, including for children. There is a study library with individual workstations and rooms for groups. You can use the free WIFI, print, copy and scan and even borrow a laptop, power bank or headphones! Also available: virtual reality glasses; camera and tripod; game consoles; Tonies, Tolinos and much more.

For youngsters: apart from the usual media for children and young people, there is story-telling in different languages; library-to-go bags with surprise media items on different topics; workshops (experiments, science, technology) and other events. There is even a painting corner and a dressing-up box!

For adults: reading groups (also online), conversation clubs, workshops for the whole family. At the time of writing, there are lecture series on history, archaeology, mythology and science (Timeless Cabinet with Cristian Violatti) and talks about dreams (Do the Dreamwork with Nick Paul Smith). Such talks and events are usually free of charge. There are sometimes events featuring live readings from new books by authors (in conjunction with the Zug Literary Society). These are mostly in German.

Archive: apart from holding our own Club's records (maintained by our stalwart Saakje), the library also has a large collection of publications and dossiers relating to local authors, history, culture and other themes, which are also partially available online (<https://www.zugdigital.ch/>).

Other features: if you can't find what you're looking for, you can ask the library to order it for you. They will do so if relevant to the library's collection. They might also be able to order it from another library. You can have media delivered to your home; you can borrow an electric cargo bike; you can use the top floor of the library (Dachraum) for events.

So, go and investigate, and get cosy in your winter hideaway! There's a coffee machine!

<https://www.bibliothekzug.ch/#/>

https://de.wikipedia.org/wiki/Bibliothek_Zug

<https://www.zug-tourismus.ch/en/poi/public-institution/library-zug>

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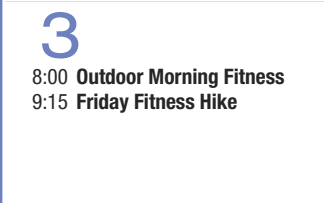
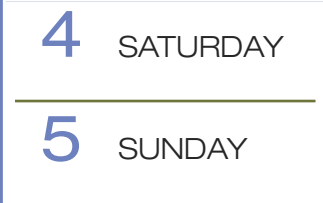


January 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
					
6 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 18:00 English Online Conversation	7 10:00 Badminton	8 8:00 Outdoor Morning Fitness 10:00 Zug Stammtisch 13:30 Wednesday Hiking	9 10:00 Aegeri Coffee 12:00 French Conversation Lunch Club	3 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike	4 SATURDAY 5 SUNDAY
13 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 18:00 English Online Conversation	14 10:00 Badminton 11:20 Art & Culture outing to Luzern meeting Zug BH	15 8:00 Outdoor Morning Fitness 10:00 Zug Stammtisch 13:30 Wednesday Hiking	16 10:00 Cham Coffee 18:00 Monthly Dinner	10 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike	11 SATURDAY 12 SUNDAY
20 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 18:00 English Online Conversation	21 10:00 Badminton 18:00 BN New Year - New You Apero, Fischerstube	22 8:00 Outdoor Morning Fitness 8:30 German Conversation "Kaffeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking	17 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike	18 SATURDAY 19 SUNDAY 10:00 Spotlight event: Introduction to Meditation Mindfulness	23 9:10 Spotlight Event: How yoga can change your life 12:15 Monthly Lunch
27 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 18:00 English Online Conversation 19:00 Cheeky Cocktail Club	28 10:00 Badminton 14:30 Contact coffee / Tanya M.	29 8:00 Outdoor Morning Fitness 8:30 German Conversation "Kaffeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking 18:30 Games Night in Cham	24 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike	25 SATURDAY 26 SUNDAY 10:00 Mum and Kids - Sattel	
					

February 2025

MONDAY	TUESDAY	WEDNESDAY
		
3 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 14:00 German For Beginners 18:00 English Online Conversation	4 10:00 Badminton 16:30 Italian Wine Tasting	5 8:00 Outdoor Morning Fitness 8:30 German Conversation "Kaffeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
10 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 14:00 German For Beginners 18:00 English Online Conversation	11 10:00 Badminton 11:00 Art & Culture outing to Zurich, Marina Abramovic	12 8:00 Outdoor Morning Fitness 8:30 German Conversation "Kaffeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
17 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 14:00 German For Beginners 18:00 English Online Conversation	18 10:00 Badminton 18:00 BN Apero walk-in	19 8:00 Outdoor Morning Fitness 8:30 German Conversation "Kaffeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking
24 8:00 Outdoor Morning Fitness 13:30 Monday Brisk Walkers 14:00 German For Beginners 18:00 English Online Conversation ESCAPE: Nicole Erni Collection	25 10:00 Badminton	26 8:00 Outdoor Morning Fitness 8:30 German Conversation "Kaffeeklatsch" 10:00 Zug Stammtisch 13:30 Wednesday Hiking 18:30 Games Night in Cham
Things happening in Zug 27 February: Schmutziger Donnerstag		

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 SATURDAY 2 SUNDAY
6 	7 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike 9:30 Mums and Kids Brunch	8 SATURDAY 9 SUNDAY
13 10:00 Aegeri Coffee 15:30 Italian Conversation 19:00 Cheeky Cocktails Kurioz Bar	14 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike	15 SATURDAY 16 SUNDAY
20 10:00 Cham Coffee 18:00 Monthly Dinner 18:00 Joint Stammtisch with IMCZ	21 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike 18:30 ANNUAL EVENTS: Roaring 20s Party	22 SATURDAY 23 SUNDAY
27 9:30 Walchwil Coffee 12:00 Monthly Lunch	28 8:00 Outdoor Morning Fitness 9:15 Friday Fitness Hike	 
		

Samichlaus Breakfast 2024

Samichlaus Breakfast is one of the most popular events in the Club, and as we gathered at the Parkhotel on the morning of 6 December 2024, once again, we were not disappointed. Linda Sharpe, our new Annual Events Chair, had done a terrific job with her team. We met in the foyer and Members old and new mingled, prosecco in hand, enjoying the reunion and basking in the friendship that is the essence of the Club.

Later we were led into the restaurant, where the atmosphere was Christmassy and warm with elegantly-decorated tables. We were about 70 and not a seat left. Alas, some booked too late. This is one event we don't want to miss, so next year book well in advance!

We were treated to a sumptuous brunch buffet and a surprise visit by Samichlaus, who brought his helper Schmutzli along. There was much merriment as he entertained us and a few lucky ladies were picked out to receive gifts, if they could give the right answer to his quiz about Zug.

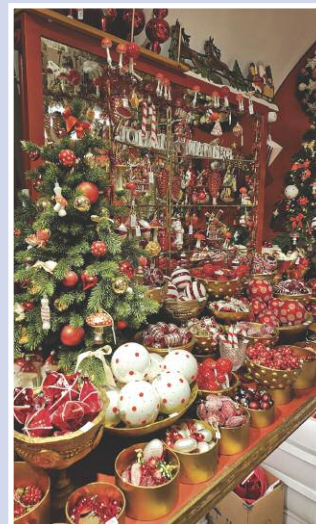
Fortunately, all could and none had to endure the attentions of Schmutzli. This event, spearheaded by Linda Sharpe and her helpers, Susan Laudenbacher, Christine Blanchard among others, was a great success, and again, with tireless efforts by all behind the scenes, resulted in a spectacular Samichlaus event.

By **Vivi Jensen**



Basel Christmas Market

Visiting a Christmas Market is always a delightful way to wrap up a year of Escapes. This year, thirteen ladies travelled together to the charming market in Basel. Before our journey began, we all received Santa hats and an optional beverage of a Bellini or Prosecco to toast our travels.



Even though the weather was a bit grey, the market had something for everyone. Our group was split between the Glühwein gals and the Heisse Schokolade bunch with most taking home the 2024 Basel refillable souvenir mug. It was a day of food, shopping, and fun together making memories. A delightful day indeed!

By **Alicia Toledo**



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A holiday in Paradise

a postwar history about the children who came to the Zugerberg

The Second World War ended in 1945, but the suffering continued for several years beyond this date. All over Europe, there were bombed-out cities, displaced persons, traumatised victims wandering through the ruins on foot, as there were no means of transport. The most vulnerable were the children: homeless, hungry, ill and often alone. In contrast, neutral Switzerland had been largely spared from the worst effects of the war. The Swiss Red Cross (Schweizerisches Rotes Kreuz or SRK) and its department 'Kinderhilfe', faced with endless need and misery, decided to concentrate on five areas of action: sponsorships, Kindertransporte (transportation of children), milk and soup canteens, children's homes and clothing packages. Collecting clothes, shoes, towels and even worn-out items was crucial to provide adequate supplies to all those who had nothing more than the rags on their backs. Clothing packages were sent to war-torn European countries up to 1949.

After the end of World War II, the SRK made it possible for 180,000 children from Germany, Austria, the Netherlands, the UK and Hungary to come to Switzerland and stay for three months to build up their strength and health and allow them to recover from the deprivations of war. The children were hungry and thin. Only children who were not suffering from a severe illness such as tuberculosis were allowed to come- in order to protect the locals, as most of the children were placed with volunteer families. The families were chosen as those who could ensure the children's religion was respected and siblings did not need to be separated. They were willing to share what little

they had in the ultimate spirit of generosity.

The 'Zugkinder' programme was the biggest relief campaign undertaken by the SRK in the 20th century. SRK workers called 'Convoyeuses', young women as young as 17, accompanied the children on their long train journeys, which usually lasted two to three days. The children had to sleep on the floor of the very basically-furnished train compartments. The journeys had to go through Russian territory, which was frightening for the Convoyeuses. The children were aged 4-10 years and most of them had no idea or understanding of what was happening to them. It was an

enormous responsibility for the young SRK girls and they sometimes asked themselves if they had the right to take the children to 'paradise' and then send them home again after 3 months, even though their parents (usually a mother whose husband had not returned from the war), had consented. On arrival in Switzerland, they were de-loused and showered and medically examined. One can only imagine the ordeal. There were certainly children taken in in Zug, which had very good transport links, certainly some of whom were French, but there are no statistics to say how many.

For the children themselves, their time in Switzerland was indeed like paradise: on arrival, they were given hot chocolate and a 'semmel' (white bread bun). It was the first time they had had a shower and a warm welcome and fresh clothes in a long time. Some families took in children more than once and many remained in contact after their stays. Most of the children were sent to farms as they had enough room and food to spare. There was, however, little attempt to check the suitability of the host families. The survivors reported and remembered only positive aspects of their stays.

You can see a film about the 'Zugkinder' here:

<https://www.youtube.com/watch?v=LwUnwFPMZlw> (German/Swiss German)

Back in 1944, when it looked as if the Allies would win the war, the Swiss government decided to work towards coming out of the isolation of neutrality and started a programme called the 'Schweizer Spende' (1944-47), collecting money from the population to finance help in European countries. Photos of war crimes were displayed to raise consciousness of the situation. 200 million francs were collected. Part of the money went to the SRK to bring children into Switzerland. Some of these 'children' were called the 'Buchenwald Kinder' and 107 found their way to the Zugerberg, to the Felsenegg (now Institut Montana). See the photo

The hastily-recruited carers were idealistic men and women, mostly still young and relatively inexperienced. They reckoned on receiving children aged between six and twelve. But it was precisely this age range of child who was murdered first in the Nazi camps, as they were hardly suitable for labour. So instead, they were confronted with young men, some around twenty years old, who had somehow made it onto the transport, sometimes by pretending they were younger than they were. The authorities were often suspicious and less than welcoming but the local helpers did the best they could.

This is how the 107 young people were welcomed to the 'Felsenegg' in 1945. One shouldn't think of the place as a wellness oasis. On the contrary: those who narrowly escaped death were once again subjected to military drills. This was because the SRK itself was under the supervision of the military. But they were nonetheless fed, clothed and safe. Many sketched their experiences in the death camps as a sort of therapy. These pictures, together with diaries and letters, were preserved by their carers, who realised their historical importance. Contemporary witnesses reported that the children were not only undernourished and suffering from illnesses such as tuberculosis but had enormous gaps in their education because of years in the camps. However, their hunger to learn was boundless and most made quick progress. After their stay, most of them went to distant relatives in the USA, Australia or Israel, with the help of the Red Cross. The carers did their best to provide understanding and affection, especially in the face of bureaucracy on the part of the local authorities.

It is interesting to note that still today, the Swiss Red Cross sends poor and disadvantaged families away on holiday.

Here is a link to a documentary about the Buchenwaldkinder in the Zugerberg (German/Swiss German), which shows excerpts from the dramatization of the events, 'Frieden'. **Warning: The film has images which some might find disturbing:** <https://www.srf.ch/kultur/gesellschaft-religion/schweizer-kinderhilfe-aus-den-truemmern-in-die-friedliche-schweiz>
The article also describes the political background to the treatment of Jewish children and other children in Europe by the Swiss government.

The prize-winning series 'Frieden', a dramatisation based on the events surrounding the young men who found some peace and were able to build up their strength on the Zugerberg, can be seen here: https://www.playsuisse.ch/de/show/812808?wt_mc=paid.sea.google.srg.playsuisse.campaign:15475726315.adgroup:132310642764.term:&wt_mc=paid.sea.google.srg.playsuisse.campaign:15475726315.adgroup:132310642764.term:&gad_source=1&gclid=Cj0KCQjwM0m3BhC8ARIsAOSbapV_ljC065KAw_NTF3ji2KiVjyolY75Gagqm8KXqbl4yYQ2MoqlKsXMaAuCnEALw_wcB

Further links: <https://www.srk-zuerich.ch/aktuell/fokus/vor-80-jahren> (SRK-Spende)

<https://www.srk-zuerich.ch/aktuell/rotkreuz-geschichten/die-zeitzeugin> (memories of a 'convoyeuse')

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Networking in Zug: Building Bridges, Finding Opportunities

Zug is known for its picturesque charm, international vibe, and a certain cultural quirkiness that can make breaking into its social and professional circles feel like solving a puzzle. But there's one undeniable truth: building connections here isn't just nice to have—it's essential. Whether you're looking to expand your social circle, find a job, or even prepare for naturalisation, **networking** can unlock doors you didn't even know existed.

Two fantastic examples of this are the **Fachstelle Migration Zug (FMZ) Host Programme** and the **International Women's Club Zug (ZIWC)**. Both are shining beacons of what can happen when women come together to support one another. And if you need proof, just ask **Alicia Toledo**, your Board Member who, as a newcomer to Zug, was paired with Irena, a local host through the FMZ Host Programme. Their story is a testament to the transformative power of connection.

FMZ Host Programme: Networking with a Purpose

Run by the Fachstelle Migration Zug, the **FMZ Host Programme** pairs newcomers with local 'hosts' who offer guidance, support, and introductions to the community. It's more than just a helping hand—it's a gateway to understanding Zug's cultural nuances and building a meaningful network.

Here's what makes it so impactful:

1. **Bridging Cultural Gaps:** The FMZ Host Programme is designed to overcome the so-called "parallel society" in Zug, where locals and newcomers often live in separate social spheres. By facilitating invited interactions—key in a culture that values privacy—it creates space for genuine connections.
2. **Creating Professional Opportunities:** Networking isn't just about making friends—it's also a proven way to find job opportunities. Up to **70% of jobs are filled through networking**, and programmes like FMZ can help newcomers tap into Zug's hidden job market.
3. **Strengthening Community Ties:** By participating in the FMZ Host Programme, you're not just building your own network—you're contributing to a more integrated, inclusive Zug. And for those considering Swiss naturalisation, volunteering in programs like this can serve as a tangible example of your integration efforts.

Alicia and Irena: A Success Story

Take it from Alicia Toledo, a ZIWC Board Member who joined the FMZ Host Programme as a newcomer. Alicia was paired with Irena, a local host, who guided her through the intricacies of settling into Zug. What began as a simple introduction blossomed into a meaningful friendship. They exchanged cultural insights, shared experiences, and supported one another—proving that the programme isn't just about integration; it's about transformation.

Alicia says, "Through FMZ, I found not only invaluable guidance for settling into Zug but also a wonderful friend in Irena. It's amazing how one connection can change everything."

ZIWC: The Original Networking Powerhouse

If the FMZ Host Programme sounds like something special, that's because it shares much of its ethos with ZIWC. For years, the **International Women's Club Zug** has been creating spaces where women from all walks of life can connect, collaborate, and thrive. From its coffee mornings to its professional workshops, ZIWC has been the backbone of Zug's expat female community.

What ZIWC and FMZ have in common is simple: they know that **meaningful relationships are the foundation of success**—socially, professionally, and even politically. And just like the FMZ programme, ZIWC isn't only about helping newcomers—it's about creating a stronger, more united community for everyone.

Why Networking Matters (Even for Naturalisation)

Building your network isn't just a good career move—it's also a smart strategy if you're planning to stay in Switzerland long-term. Volunteering in your community, such as becoming a host in the FMZ programme or participating in ZIWC initiatives, demonstrates your commitment to integrating into Swiss society. This is particularly important for those considering **Swiss naturalisation**, as local involvement is a key factor in proving your integration.

By joining organisations like FMZ or ZIWC, you're showing that you value the cultural exchange and community-building that make Switzerland such a unique place to live. And let's not forget—it's also a lot of fun!

Whether you're a seasoned Zug resident or a newcomer still figuring out how to pronounce "grüezi," there are so many reasons to get involved with the FMZ Host Programme and ZIWC:

For Hosts:

- **Make a Difference:** Help someone navigate the challenges of settling in Zug while expanding your own perspective.
- **Build Your Own Network:** You never know when a new connection might turn into a friendship or even a professional opportunity.
- **Contribute to Integration:** Show your commitment to building a united Zug, which is beneficial for the whole community.

For Newcomers:

- **Find Your Feet:** A host can guide you through everything from cultural quirks to finding the best fondue in town.
- **Unlock Opportunities:** Networking is one of the most effective ways to find a job, and having a local guide can make all the difference.

Both the ZIWC and FMZ Host Programme are built on the same foundation: the belief that **together, we are stronger**. As a ZIWC Member, joining the FMZ Host Programme is a natural extension of the work you're already doing to create a welcoming, supportive community in Zug. And if you're a newcomer looking to expand your connections, participating in both offers a powerful combination of support and opportunity.

Networking isn't just about finding a job or making friends—it's about creating a life that's rich with possibility. Initiatives like the FMZ Host Programme and organisations like ZIWC make this easier than ever, offering structured, meaningful ways to connect.

So why not get involved? Be like Alicia and Irena—turn an introduction into a friendship, an opportunity, or even a life-changing experience. Whether you're looking to give back as a host, build your own network, or simply support your community, there's never been a better time to join the movement.

For more information about the FMZ Host Programme, visit [FMZ Zug Host Programme](#) or reach out to me, or Alicia at the next ZIWC event. I think she'll be more than happy to share her story—and maybe even introduce you to your next best friend.

Contributed by **Cathy Newman**



Interest Groups

ZIWC Mums & Kids Group

JANUARY

Event: Sattel-Hochstuckli

Address: Kreisel 2, P.O. Box 36, CH-6417 Sattel

Phone: +41 41 836 8080

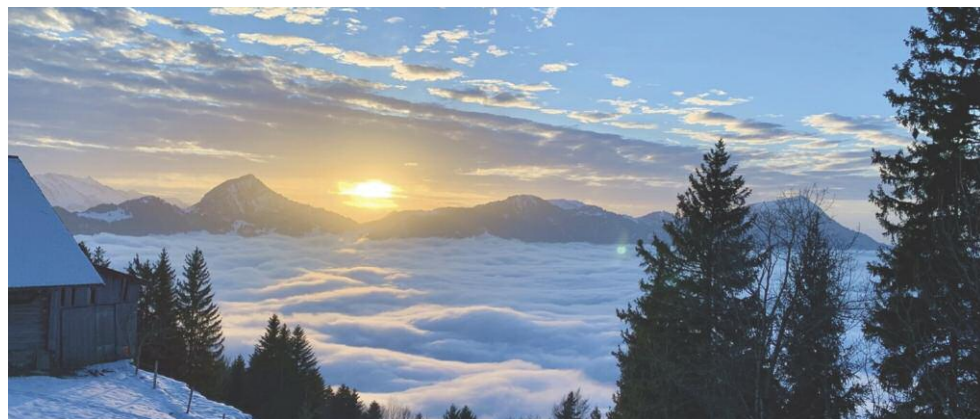
Date: 26 January 2025

Time: 10.30 – flexible departure time (last gondola ride is ca. 16.00)

Registration: Online registration is strongly encouraged, but if necessary you can send Betsy a WhatsApp at 078 676 9727

Costs: Entrance to the park and lunch are the responsibility of the attendee. Gondola website: <https://www.sattel-hochstuckli.ch/en/timetable-rates/mountain-railway-winter.html>

Plan: Meet at the top of Sattel Hochstuckli at the gondola and embark on one of the following adventures based on interest of the attendees: [Rondo's Scavenger Hunt](#) or allow the children to ski in [Rondo's Learning and Fun Land](#) with additional ticket required.



FEBRUARY

Event: Mum's Brunch

Address: Elefant Baar, Dorfstrasse 1, 6340 Baar

Phone: 041 781 6777

Date: 7 February 2025

Time: 9.30 am

Registration: Online registration is strongly encouraged, but if necessary you can send Betsy a WhatsApp at 078 676 9727

Costs: Brunch is paid by the attendee based on what you consume.

Menu and pricing may be found on the Elefant website: <https://elefant.ch/#angebot>

Plan: Meet-up for brunch, allow the kids to play while the ladies enjoy adult conversation and fun together.



Interest Groups

NEW Interest Group! ...



German For Beginners

As of February we will start with a beginners German class.

Where: Haus zum Lernen,
Sankt-Oswalds-Gasse 20, 6300 Zug

When: Every Monday as of 3 February 2025

Time: 14:00-15:30

If you have an interest please send an email to: interestgroups@ziwc.ch and we will register your name and follow up with more details.

Bis bald!

IMCZ 29th Edition
Burns Supper
SATURDAY, JANUARY 25
6.30PM-LATE

Venue: Banquet Hall, Brandenburg, 6300, Zug

Aperitif
Single Malt Whisky, Fine Wine, Highland Water

Appetizers
Cock-a-Leekie Soup
Salmon Pate with Oatcakes

Main Course
Haggis, bashed neeps and chappit tatties
Alternative fare for the weak at heart

Desserts

Cranachen

Digestives

Single Malt Whisky, Coffee, Tea
Alternative beverages for purchase

International Men's Club of Zug (IMCZ)

Sign up on our website via link below
<https://www.imcz.club/event-5966508>
or scanning the QR code:



Robert Burns, 1759-1796
National Poet of Scotland



Ceremonial

Bagpipe Pibroch, Immortal Memory of Robert Burns,
Selkirk Grace, Poetry Recital, Gaelic Speeches,
Address to the Haggis, Toasts to Lads and Lassies,
Ceilidh and Rousing Singing and Music.

Ticket price: CHF 95.- per guest,
CHF 85.- for IMCZ & ZIWC members.
Pre-registration on the IMCZ Website is required.

Dress Code: Kilt, Evening Dress or best effort.

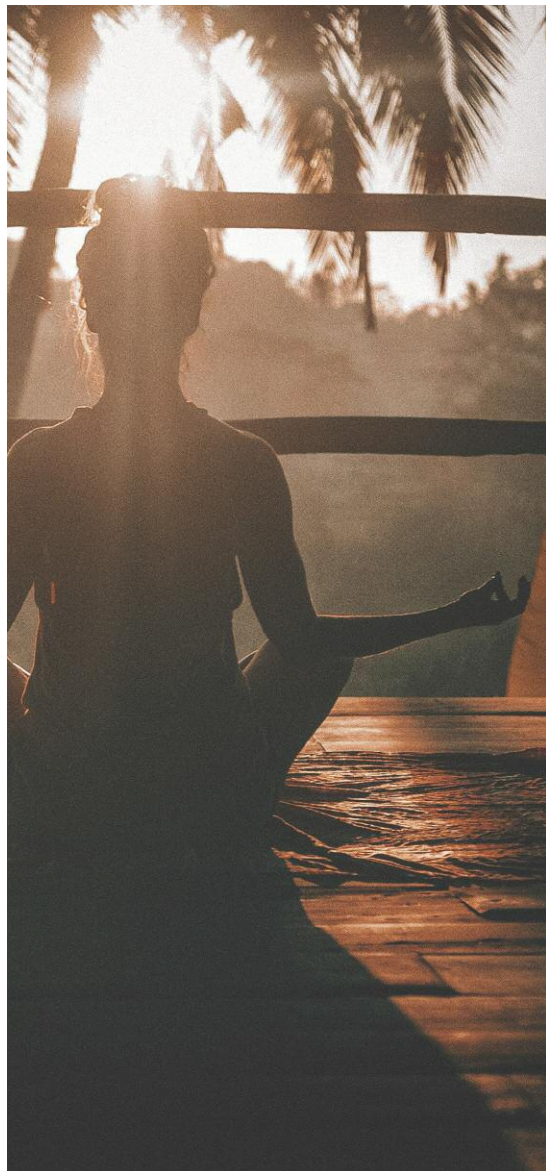
Do join us for an unforgettable evening of
Scottish folk lore and fine fare.



Interest Groups

SPOTLIGHT EVENT...

'How yoga can change your life' with Ritu Jansen



The classic mind-body integrative approach that I have towards yoga and in combination with a scientific, medical explanation of the experience during class, is very effective at all levels.

My background of being a medical doctor and with the yoga diploma for mental and physical health, has been very natural and rewarding for both me and my students.

My class, on the other hand, integrates all aspects of a true yoga practice. Working from within towards the outside. We start by balancing the mind through breathing, awareness, humming, mental quiet & equilibrium exercises.

We then follow with movement, stretching, and strength postures. In a moderate exertion zone.

We then end with deep yoga nidra, an intense relaxation with step-wise instructions for the whole body.

These steps lead to a complete rejuvenation and re-energizing of the mind, body & spirit.

When: Thursday, 23 January 2025

Where: @Jansen, Feldhof 23, Zug

Time: 9:10-11:30

Max: 8 registrations

Please register online – participation is on a first come first served basis.

Should you have any questions on the workshop please contact Ritu Jansen on 076 404 5557.

Interest Groups

SPOTLIGHT EVENT...

Introduction to Meditation Mindfulness with Tatiana Vogt

Dear ladies,

I kindly invite you to join me for an Awareness Circle where we will have an introduction to mindfulness meditation in the beautiful ambience of the Villa AURUM in Baar.

When: Sunday 19 January 2025

Where: Villa AURUM (Neugasse 18, Baar).

Time: 10:00-12:00

Max: 8 registrations

Programme: We start with a bit of theory (we will reveal in more depth how meditation practice helps to cope with negative thoughts and emotions). This is followed by meditation in a group, breathing practices and yoga, then tea and socialising.

The purpose of the workshop is to:

1. Introduce meditation as easily and concisely as possible
2. Motivate and inspire regular practice through a variety of examples of the benefits of meditation in everyday life
3. Provide valuable inputs on how to bring the practice into your daily life and achieve incredible results!

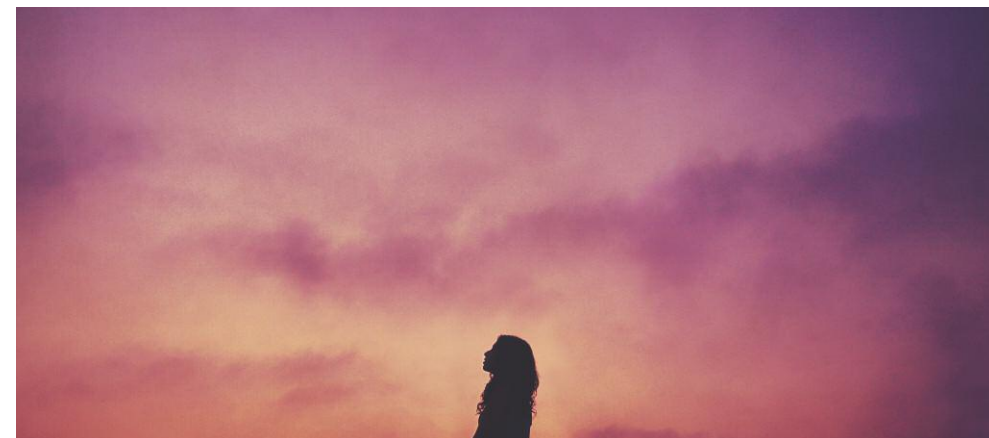
Who is this session for?

- beginners (who are just starting to practice and would like to understand what meditation is for and how to do it)
- practitioners (who would like to get a new impulse and refresh their knowledge)
- everyone who is interested in meditation and mindfulness practices.

I will be happy to see many inspired ladies!

Please register online – participation is on a first come first served basis.

Should you have any questions on the workshop please contact Tatiana Vogt on 079 341 1565.



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 accidental insurance
- Please always check the Club website calendar for any updates and changes regarding the dates, time and location of all our events.

MAKE AND CREATE

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

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

Gardening Group - Grow your own!! ■ **Restarting in March!** Learn how to grow your own vegetables in an easy way on your balcony or terrace. You learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, from beginners to seasoned gardeners. **When:** Once a month on Tuesday at 14:30-16:30. **Contact Details:** Emely Steegstra-Hendrix emelyziwc@gmail.com on 077 490 7374

BOOK CLUBS

"Walk the talk! Philosophy for a good life" ■ This group focuses on non-fiction books which cover the latest scientific findings on health and wellbeing. Topics will be wide ranging and will include any aspect of healthy living which we deem to be of interest such as stress reduction, attitudes, 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 other authorised medical practitioners. **Meet:** The group meets in person once per month on Thursday mornings from 09:30-11:30. **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 7446380.



"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. **Time:** Weekly on Wednesdays at 8:30 - 10:00. For meeting and location details please check the Club website. **Contact Details:** Agnès Reicke at agnes@reickeglus.ch or on 079 693 2393.

Italian Conversation ■ Your chance to learn the nuances of this beautiful 'singing' language. We welcome beginners and meet on a regular basis at 15:30 at La Taverna Metalli Zug. **Contact Details:** Cristina Rocco at cristina@italianallegria.com or on 079 444 4056.

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 at 079 470 0012

Tapas and Friends ■ Hablas español? We organise regular meetings to go out for tapas, cook Mexican food together, see a film in Spanish, visit an art exposition or go to a concert. We will speak exclusively in Spanish and will mainly meet in the evening on weekdays. **Contact Details:** Valerie Gitter at vgitter@bluewin.ch or on 079 763 4606.

OUT AND ABOUT / FUN

Spotlight Events! ■ Spotlight Events are Member-organised experiences created for other Members. Exhibitions, concerts, sightseeing, day trips and business presentations are examples of what a Spotlight Event may be. The possibilities are endless! For additional guidelines you can find more information on the Club Website. **Contact Details:** interestgroups@ziwc.ch.

Last Minute Outings ■ If you are interested in receiving spontaneous invitations to various outings, as proposed by Valerie, please join this group by texting her. This group communicates only by WhatsApp. **Contact Details:** Valerie Gitter on 079 763 4606

Girls About Town ■ GirlsAboutTown 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 Hünenberg. The cost is 25 CHF per session for wines and savoury snacks. For meeting and location details please check the online Club calendar. **Contact Details:** Lorella Benedetto at lorella.benedetto@libero.it or on 078 652 1396.

Arts & Cultural Events Group ■ G. Shefika Balaban Brandenberger organises visits to museums, galleries, art exhibitions and some concerts. **Contact Details:** Shefika at gulsef08@hotmail.com or on 076 421 3835.

Board Games ■ Do you like Board games and/or playing cards? Unwind, or get your competitive side out and this while meeting other people? Then this group might be for you! We meet every last Wednesday of the month at 18:30 in Cham. The venue is to be shared closer to the date. Please register online where further communication goes through WhatsApp. **Contact Details:** Priscilla Bastos on 076 433 1933

Mums and Kids Group ■ Would you like to meet other ladies (and occasionally the dads or grandparents as well) in the Club with children? We would like to hear from you. **Contact Details:** Betsy Ballew at 078 676 9727 so she can add you to the WhatsApp group.

FITNESS AND HEALTH

Badminton ■ A great way to have some exercise and fun at the same time! New Members are always welcome. Some previous experience is recommended but not necessary! **Meeting Details:** Weekly on Tuesdays at 10:00, Sports Zentrum Zugerland. **Contact details:** Basia 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 6-8km 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, 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. **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 fits. We share our tee times and practice times in our Whatsapp group. If you fancy joining, please send a WhatsApp. **Contact Details:** Emely 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 will communicate only by WhatsApp. **Contact Details:** Adriana Schiraldi on 079 744 1746.

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

Zugerberg Finanz Trophy ■ **RESTARTING IN FEBRUARY.** A clever and free way to get the people of the Canton of Zug moving. Walking, running or cycling: We have a WhatsApp group you can join, so you know when others are doing the walks. You can be added to the WhatsApp group only after you have signed up on ZFT webpage and set up your profile and have ZFT ID Register and include Zug International Women's Club (ZIWC) as your verein and let's get some kilometres on the ranking list. When you are ready to go, **Contact Details:** Veerle on WhatsApp, so she can add you to the group so you can walk with fellow Members: 077 505 1213.

Bridge Club ■ Teresa Hedinger would like to seek out interested Members to form a Bridge Club for friendly play once a month (no competition). She is unable to lead a group but could help support. For any interest please **Contact Details:** interestgroups@ziwc.ch

Potential New Groups !!!!

Portuguese language: weekly on Monday at 17h - online - Basic or advanced level (depending on the interest). Please email interestgroups@ziwc.ch if interested For new ideas or interests: **Contact Details:** Veerle or interestgroups@ziwc.ch



Save The Date!

Escapes to look forward to in 2025

Looking ahead to the rest of 2025, here are some possible Escapes to look out for in Connect! Magazine and the ZIWC calendar:

- **Panoramic Train Ride**
- **Urania Observatory Tour**
- **Day trip to Thun**
- **Day trip to Solothurn**

and more!

Watch this space...



Asset management with vision

We support both private investors and institutional investors of all sizes with their investments. In doing so, we rely on active, independent asset management with a strong domestic focus and trust in our own expertise. We buy all the securities also for ourselves transparently.

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Brand Ambassador
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Save the date
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