

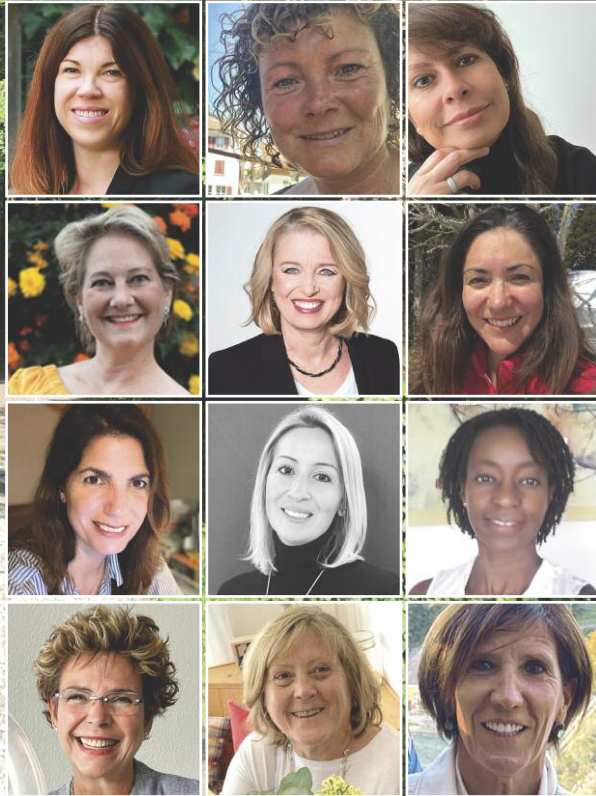
M A G A Z I N E

Connect!

MAY / JUNE 2023

FOR WOMEN • FOR CONTACT • FOR 55 YEARS

BOARD MEMBERS
2023-2024



www.ziwc.ch

CONNECT WITH ZIWC

Facebook page: www.facebook.com/ZIWCZugInternationalWomensClub

Facebook group: www.facebook.com/groups/zuginternationalwomensclub

Instagram: www.instagram.com/ziwc100/

LinkedIn: www.linkedin.com/company/ziwc



Long Riser Breakfast

Here, on Sunday mornings, the focus is on the delicious late riser breakfast and good coffee. We serve you a breakfast that leaves nothing to be desired.

We consciously pay attention to the origin of our products and try whenever possible to process regional and ecologically sensible food.

We also attach great importance to using seasonal foods and to ensuring variety at the buffet through variation.

The late riser breakfast is served Sunday from 8.00 until midday at 12.00 h.

Good value for money, free parking and WiFi - we have that too!

Price per person CHF 35.00

Children from 4 - 15 years CHF 1.50 per year of age | Children until 3 years free

www.secretgarden-zug.ch | Tel. +41 41 727 44 54

SECRET
GARDEN
Stadtzentrum Zug

Dear Members,

Welcome to the new ZIWC '23-'24 Club year, my 4th and last as President. The old and new Board Members have already planned a lot of escapes, parties/social events, interest groups and a great many activities for our Members. Stay tuned, always check our Website and make space in your diary!

We are willing to offer you our best, and it really helps us to know in advance if you are interested in attending events to be able to plan them efficiently. For example, are there enough of us that we should hire a coach or shall we just go by train? As always, we are always open to listening to your suggestions, interests and ideas, so just contact the relevant Board Member and share your creativity!

The Club has changed a lot because of external events and also because women's lives are constantly changing. We have reflected this in the Club by offering more evening and business networking events, plus growing digital interaction. We'll keep on updating our Website and increasing our offerings to all of you. Many of us have a career, so we'll keep on nurturing our art and cultural souls and also exchanging experiences with those of us who focus on families. We love diversity and I deeply believe interaction increases respect.

I couldn't do it without the cooperation and support of all the Board Members and other wonderful ladies who give their time.

We are a 'Verein', a voluntary non-profit club, so it means all of us give of our time, skills and energy for free. In return, we are repaid by gaining international exposure, networking and learning. Every day I am surprised by some of your life stories, hobbies and passions. Even criticism and exposure to different points of view help us to gain a broader vision on topics. So thanks for all your calls, mails, chat; we're always open to your feedback!

A special thanks to Andrea, Lucy, Charis and Lilia, our Board members who are stepping down - you did outstanding, amazing work for the Club.



I'm looking forward to meeting many of you at the upcoming AGM to hear your voices and to raising a toast!

Cristina Rocco
President 23-24

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New Members

Susan Laudenbacher,
Membership Chairwoman
Email: membership@ziwc.ch

We warmly welcome our new Members

Nichelle Garrett, Zug
Handan Titiz-Ceritoglu, Zug

Claudia Dallner, Steinhausen
Jelka Dittrich, Buonas
Christina Marfurt, Weggis
Maria Anna Maurer-Brohm, Menzingen
Soula Moraitis, Zug
Olga Klass, Oberageri
Barbara Von Karhan, Walchwil

Erika Johanson, Zug
Priti Kamdar, Zug
Iwona Kleszczewska, Gisikon
Ronell Schwalb, Brunnen
Yuliya Kim, Zug
Bozena Hlousek, Steinhausen
Jade Bullock, Walchwil
Alexandra Oliva, Cham
Jocelyn Dixon, Ebertswil

For more details, please consult the
online membership directory

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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.

ZIWC 2023-2024

Introducing your proposed Board Members...



President • Cristina Rocco

president@ziwc.ch

This will be my last year as President and I'm looking forward to all the learning and inspiration I'll get from all our Members. Will continue organising the Club to be more effective and increase offers with the support of all other Chairwomen who are doing such a fabulous job.



Vice President • Émely Steegstra-Hendrix

vicepresident@ziwc.ch

I look forward to my second term as vice-president. What I enjoy about the role is being involved in the creating and actualising of the more spontaneous events and projects the Club offers to Members. These include social and charitable projects. It is also great to have the opportunity to work more intensively with ladies that hold the Club dear to their heart.



Secretary • Giuliana Hug

secretary@ziwc.ch

This will be my last year as secretary, as my 4-year term is coming to an end. Being on the Board is definitely the quickest way to get to know many other Members, notwithstanding that you are always on top of the exciting activities and events that are coming up. Additionally, you get to appreciate how many ladies make this the fabulous Club that it is, for example by leading an interest group or two (we have 25!), planning/helping at events and escapes, getting involved in behind the scenes work Club promotion, advertising, managing finances or as a whole by our awesome president, who never seems to tire!



Hospitality Chairwoman • Veerle Vandionant

hospitality@ziwc.ch *returning for her 3rd year in the role.*

Hospitality is the relationship between members and the host. Which is in this case our Club.

I aim to ensure people feel welcomed and listened to, by providing a warm, friendly and respectful environment.

Introducing your proposed



Advertising Chairwoman • **Betsy Ballew**

advertising@ziwc.ch

My name is Betsy Ballew. I hail from the Northern Bay Area of California and have lived in Switzerland since 2016. I'm a parent to a 3-year-old son and cherish spending time outdoors with him, indulging in activities like hiking, biking, and skiing. Some of my indoor hobbies include watching documentaries, following the financial news and dabbling in the stock market. Currently, I work as a medical device researcher and lead a global team. My association with the ZIWC group began a year ago, and I'm excited about the prospect of serving as the Advertising Chair.



Treasurer • **Christelle Powlowski**

treasurer@ziwc.ch

I am thrilled to have joined the ZIWC to be able to share slices of life in our beautiful canton with other amazing international women and to contribute my professional skills to the administration and success of the club.



Magazine Chairwoman • **Suzy Andricopoulos**

connectmagazine@ziwc.ch

Having had one year in post, and getting to know the ropes and role of producing and editing our Connect! Magazine, I look forward to continuing on the Board this year. Over the last year we have made a few changes in style and presentation and hope to continue to bring fresh and inspiring content to the Membership. I, as ever, welcome any Members who have comments or feedback or who want to be part of our small but growing editorial team.



Annual Events Chairwoman • **Tania Mobayed**

annualevents@ziwc.ch

This will be my 20th year as a ZIWC Member, and thank you for electing me for another year Annual Events chairwoman. The past four event themes were engaging and meaningful for our small organisational team and happy full-house guests. I look forward for another year of collaborating within our Club, using feedback to give the members a platform and delivering social and ZIWC brand-building events for our growing legacy. It is gratifying to have repeat team members as we work together to deliver enthusiastic and high attendance events.

Board Members...



Escape Chairwoman • **Alicia Toledo**

escape@ziwc.ch

Becoming Escape Chair last year challenged me in a positive manner to reintroduce gathering members together to participate in fun activities and traveling again after a year of restrictions. I am thrilled to have been selected as Chair again for a second year. Month over month our participation numbers have increased and I am looking forward to continuing to curate experiences for our ladies.



Marketing Chairwoman • **Melika Yildirim**

marketing@ziwc.ch

My name is Melika Yildirim. I'm Swiss and Turkish. I have lived in Cham since 2008 but I grew up in canton Aargau. I have two children, my daughter is 6 and my son is 8 years old. I'm owner of the Aveda Hair Salon the taç AG in Zug. Aside from running my own business and spending time with my kids, I enjoy fitness boxing, swimming and walking outdoors.



Membership Chairwoman • **Susan Laudenschlager**

membership@ziwc.ch

Membership is the first port of call for new Members and also a continuing contact point for existing Members. I joined the Board last year and have experienced an enjoyable working atmosphere with the other Board chairwomen, while still keeping everything professional. The Membership role also allows me to assist with annual events which I find exciting. I look forward to my second term in Membership and hope to meet as many members personally as possible during the coming year.



Webeditor • **Bettina Bjerregaard**

webeditor@ziwc.ch

We welcome Bettina to the team who will take on the big work that is looking after our web content and emailing!

Interest Group Chairwoman • TO BE ANNOUNCED • interestgroups@ziwc.ch

Escape Ticino Canyoning Adventure

Date: Saturday, 27 May, 2023

The Experience: A day of adventure awaits us in Ticino! Join us as we go canyoning in the Boggera in Valle di Cresciano, one of the most beautiful canyons in the region. What is canyoning? Canyoning is an outdoor recreational activity that includes hiking, rappelling, swimming and even cliff jumping in a natural landscape. No prior experience is required as this is a beginner level excursion. If you are fearful, that's ok! Let's get out of our comfort zones together! Highly experienced guides will lead us through slides, rappels and optional 10m jumps. You will not be forced to do anything you feel uncomfortable doing.

The following is included:

- Chartered coach transportation from Zug
- Picnic lunch, snacks and beverages
- Canyoning Guide
- Canyoning Harness
- Canyoning Shoes
- Neoprene Socks
- Wetsuit

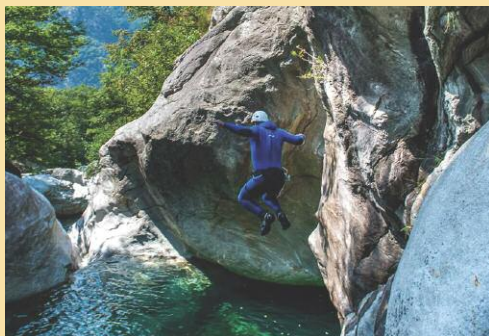
Requirement: Healthy physical condition, swimming ability, sure-footedness and freedom from vertigo.

Location: Al Boschét, 6705 Cresciano

Departure: 11:00 Depart by chartered coach from Zug Bahnhof pick up/drop off zone

Cost: 100 CHF

Booking deadline: Please RSVP no later than May 6 2023. Limited to 12 participants.



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

Please register via the ZIWC calendar on the website. The ZIWC Cancellation Policy and Accident Insurance rules apply, see page 4 for details.

Escape Castles of Bellinzona Tour

Date: Tuesday, 23 May, 2023

The Experience: Tour the UNESCO World Heritage designated medieval structures in Bellinzona with us! Our day will include visits to Castelgrande, Montebello and Sasso Corbaro castles.

The following is included:

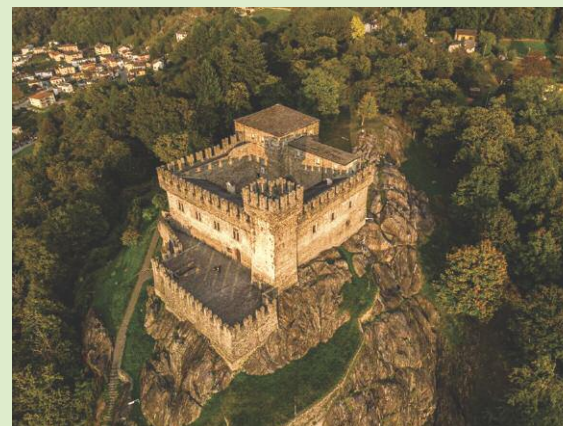
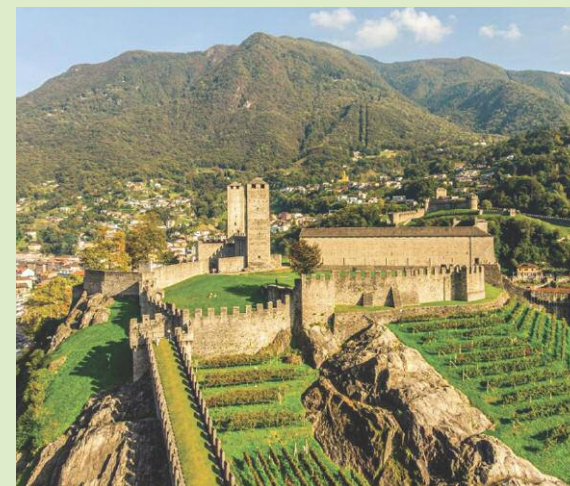
- SBB transportation from Zug
- Bellinzona Pass, includes admission to the three castles
- Artù tourist train pass

Departure: 09:30 depart via SBB from Zug Bahnhof

Cost: Audio guide and lunch will be your own expense on the day. Transportation and passes have been covered for Members by ZIWC.

Booking deadline: Please RSVP no later than 19 May 2023. Limited to 10 participants.

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



Please register via the ZIWC calendar on the website. The ZIWC Cancellation Policy and Accident Insurance rules apply, see page 4 for details.

Save the Date!

Future Escapes include:

Milan Shopping,

Lunch and Sight-Seeing
Weekend in July!

Octoberfest in Munich!

Hospitality

Veerle Vandionant - Hospitality Chairwoman

Organises regular social events for long-standing and new Members.
Welcomes new Club Members. She provides information related to our Club activities to potential New Members and current Members.

Stammtisch

The Hospitality Team is pleased to host our *Stammtisch* again.

When: Every Wednesday, 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 has 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: Riviera Café, 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 laugh so please pop in when it suits your schedule. A Whatsapp group has been set up so please ask to be added 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! Please register on the website calendar or via the Whatsapp group.

When: 2nd Thursday of every month, 10:00–12:00

Where: Pete's place, Zugerstrasse 20, 6314 Unterägeri

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

Contact coffee / Drinks

May Contact Coffee

The May contact coffee will be at Alicia's place in Zug/Baar. Please register online.

When: Thursday 11 May from 10:00–12:00

Where: Baarermattstrasse 8D, (2nd floor) 6340 Baar

Space limit: 12

Booking deadline: please register online by 8 May

Contact: Alicia Toledo +41 (0) 782079077

or email: escape@ziwc.ch to coordinate what you want to bring

Alicia's place is reachable with bus nr 4 stop Oberallmend, there are some parking spaces too (guest parking across from Bruno Wickart) Hope to see you soon!

As there are always people on the waiting list our ZIWC cancellation policy will be applied. Thank you for your understanding.

June Contact Coffee

To be confirmed.

Keep an eye on the Club calendar.



ZIWC and IMCZ at the Expat Expo

Sunday 7 May 2023

If you're free, please pop by and visit our joint stand with the International Men's Club of Zug at the Expat Expo from 11:00–17:00 at the Lorzensaal in Cham, or encourage friends of the English speaking network of Zug to come along and join in the fun!

Amongst a varied host of exhibitors, the event provides a generous prize raffle, food and drink offerings, music and kid's entertainment including a bouncy castle and storytelling. An event not to be missed!

expat-expo.com



Share!

The Swiss Day Pass

Are you ready for a day trip without the hassle of worrying about speeding tickets, traffic or having to find parking? One of the best deals in Switzerland can offer you just that. Each *Gemeinde* or municipality sells *Tageskarten* or day passes. The day pass gives you access to all public transportation, including trains, buses, trams, metros, funiculars, cable cars and boats.

In Gemeinde Zug, it costs only 44 CHF per pass. There are 17 available for each day. Each resident can purchase up to four passes so keep in mind these passes can be used by nonresidents, too, a perfect way to show Switzerland to visitors.

The *Tageskarten* go on sale three months ahead of time. Reserve them online at www.stadtzug.ch/gareservation (or your Gemeinde website) and pay for them when you pick them up at the Town Hall (Gemeindehaus). The validity is for one specific calendar day, which is printed on the pass.

When considering where to go with your day pass, note that it has the same validity as the GA travel pass, that is, anywhere in Switzerland. You do not have to start in the same city in which you purchased the tickets. For example, if you are vacationing in Lausanne, you could purchase day passes for one of the days you are there.

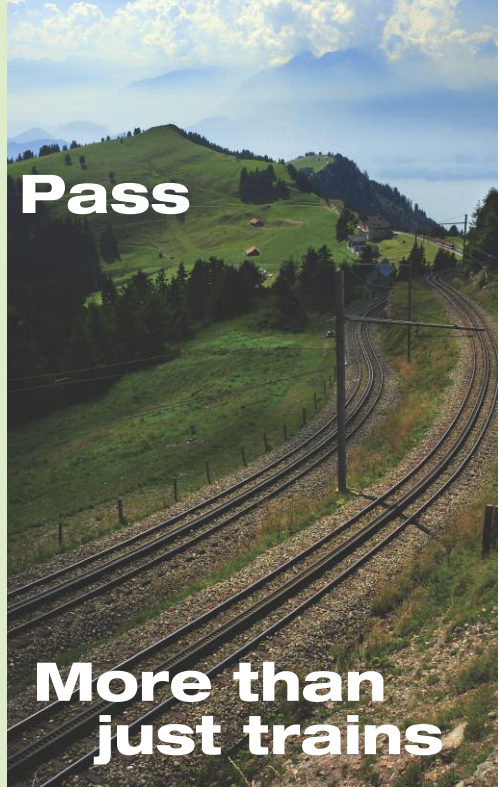
A sample day pass itinerary starting in Lausanne: take the Metro from Lausanne to Ouchy. Enjoy the waterfront or go to the Olympic Museum for the morning. Then take the boat from Ouchy to Montreux. The micro climate and views make for a perfect lakeside terrace lunch. Then round out your afternoon with a ride on the Belle Epoque train. Ride to a dinner destination or eat on the train. Take in a sunset from the panoramic windows of your train car as you make your way back home.

A popular itinerary for a day trip from Zug that includes using the train, bus and boats: Start your day in Zug with a quick 12 min train ride to Arth Goldau. Then get on the cogwheel train for the steep ride up to Rigi Kulm. After soaking in the view and enjoying the mountain top, slip back down hill on a cogwheel train but this time take the train to Vitznau. Enjoy the Vitznau beach or walk to find the elephant rock. When you are ready, find your way to the boat pier and catch a boat to Lucerne. The boat ride offers some of the most picturesque views of the Vierwaldstättersee. Upon arrival in Lucerne you can stroll across Chapel Bridge, wander the beautiful old town, discover a new restaurant or dine at an old favourite. Once you have had your fill, head to the main train station for a zippy train back to Zug.

There are endless options, but don't delay. Swiss Gemeindes will no longer be offering these day passes after the end of 2023. So make hay while the sun shines!

There will be something new replacing it which as yet has not been announced
(see link below in German).

allianceswisspass.ch/de/asp/News/Newsmeldung?filterCategory=4-20&newsid=253



More than
just trains

ZIWC
Zug International Women's Club

IMCZ

PRESENTS

DISCO NIGHTS

MAY 12

DOORS: 20.30

DRESS CODE

@ BUCHOUSEBAR

BUNDESPLATZ 16.

WHERE: BUCHOUSE (BUNDESPLATZ 16, 6300 ZUG)
WHEN: MAY 12, 20.30H - LATE
ENTRANCE FEE: 30.- (15 FOR UNDER 25) INCLUDES 1 DRINK AND NIBBLES

MEMBERS OF ZIWC, IMCZ AND FRIENDS ARE WELCOME. ENTRANCE BY PRE-REGISTRATION ONLY @
WWW.ZIWC.CH OR WWW.IMCZ.CLUB

EMAIL US AT: EVENTS@IMCZ.CLUB OR ANNUALEVENTS@ZIWC.CH

Meet the Members

Karin Resch

My name is Karin Resch and I was born and grew up in Cumbria in the far north of England. Our family was in silk weaving and exiled from Hungary in 1948. After Crossley and Porter Grammar school I studied German and English literature at London University and spent an amazing term at the University of Vienna. I fell in love with this beautiful city but returned to start a career with the Yorkshire Post Newspaper Group in Leeds.

I never forgot Vienna and a few years later in 1983 on a holiday back to the city I met my now husband, Heinz, on a life-changing bus trip with friends to Bratislava. Needless to say, it did not take long before I exchanged the Yorkshire Post for the Kurier in Vienna.

Heinz was joint venture partner for Motorola in Austria and the Czech Republic and had offices in Vienna, Prague and Pfäffikon, Switzerland. In 1997 the office was moved to Zug and whilst he was in the U.S. I came to check out our apartment in the Altstadt. It was late October,

arriving at the still old Bahnhof and my first dinner was at the Restaurant Hecht served personally by Herr Rüttimann. We also enjoyed New Year's Eve 1998 and the last evening with Margaret Aklin before she retired and handed over Restaurant Aklin to the young generation. The New Year 1999 and the start of the millennium was momentarily celebrated at Brasserie Löwen with a bonfire and fireworks on Landsgemeindeplatz.

We loved the Altstadt, buying delicatessen at Aklin Feinkost, swimming in the lake in summer and playing tennis at the tennis club Allmend. It was here that I met ZIWC members Anna Hausheer and Maren Schawalder and these two lovely ladies were instrumental in encouraging me to come to my first Stammtisch at the Park Hotel in July 2003 – exactly 20 years ago! It was a life-changing introduction as up to then I had been living on the fringe of life in Zug; from then on it was total immersion. I built up a close group of girlfriends and I can proudly say we are still together to this day! Our husbands also met, and we would enjoy dinner parties and ZIWC dinner dances. I also became very involved with club activities supporting the events and hospitality team. I have a home in Vienna, our sons in Vienna, a sister and an aged mother still in the UK – but today's smart world enables me to organise the Cham Area Coffee where my husband and I now live, from wherever. So ladies, please offer a little of your time and your skills – the reward is immeasurable.



May Lunch Club

Kurioz Bar & Kitchen

The venue for our Lunch in April is Kurioz Bar & Kitchen: kurioz.ch

When: Wednesday 17 May

Time: 12.15

Kurioz is a lovely venue, with a very innovative cuisine. It is relatively small so numbers will be limited.

The menu is seasonal and changes every week, the menu for our Lunch will be on the website from the beginning of that week. There are meat, fish and vegetarian choices. The current Lunch menu can be seen on the website.

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

Registration deadline: 12:00 noon on Monday 15 May.

Cancellation: if you need to cancel please do so by email to ailbhe.fallon@fallon-currie.com or calling/texting 078 698 5160 (no WhatsApp please) by the registration deadline.

ZIWC Cancellation and Accident Insurance policies apply, please see page 4 for details.



May Monthly Dinner

Join us in this authentic Italian restaurant in Hünenberg to try some fantastic pasta, fish and risotto. The **Wartstein** is a 'hidden jewel' therefore if you haven't been there, you have to give it a try. In summer they open the terrace and you can sit outdoors too. Parking is available behind the restaurant. Car-pooling is a good idea since it is difficult to get there with public transport.

When: Thursday 4 May, 18:00

Where: Ristorante Wartstein, Wartstein 1, 6331 Hünenberg (041 780 7070)

Booking deadline: Tuesday 2 May

Contact: Valerie Gitter at vgitter@bluewin.ch or 079 763 46 06 for any questions.

Menu: We will be choosing 'à la carte' from their **authentic Italian menu**

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.



BN BUSINESS NETWORK

ZIWC Business Network

Over the past year, our Business Networking Group has gone from strength to strength, with regular Apéro get-togethers allowing time to chat, discuss, network and learn from each other.

Now in our new ZIWC year, we are excited to announce the first two events for all Members, but with business and getting ahead at work specifically in mind.

On 31 May, ZIWC Member Isabelle Grenier's workshop will allow you to realise your best self by finding your IKIGAI (see page 17). Register on our website from 08:00 on 8 May.

And on 13 June we have a really special Masterclass brought to you by Kristen Fuchs, who heads up the Open and Career Transition Programmes at the University of St Gallen including the unique **Women Back to Business Programme** (see page 18). Designed for women who want to progress their careers in Switzerland, this Masterclass will provide the tools to get you noticed and build your confidence to progress in Switzerland.

This Masterclass is open to ZIWC Members only and will provide a forum for exchange of views and discussion of the challenges and opportunities. The event is free: please register on the ZIWC website.

Ailbhe Fallon, Business Network Leader



Kickstart your career!

Masterclass: Successful Business Communication in Switzerland

This masterclass focuses on highly practical tips regarding your job search, networking approach, application process and CV optimization including cover letter.

The masterclass will be held by Kristin Fuchs, Head Business Development Open Programmes and Head Career Transition Programmes

When: 13 June 2023, 6:00 p.m.
Location: Bibliothek Zug
Sankt-Oswalds-Gasse 21, 6300 Zug



APPLY
NOW!

BN BUSINESS NETWORK Spotlight Event

Would you like to find your IKIGAI?

The balanced intersection of what you love, what you are good at, what the world needs and what you can get paid for..that is your IKIGAI.

According to Japanese culture, everyone has an IKIGAI. The word derives from *iki* meaning life and *kai*, meaning the realisation of hopes and expectations. Translated it means 'a reason for being'.

We all thrive when our passions and talents align with our mission...

ZIWC member Isabelle Grenier has developed a unique workshop designed to help you identify your IKIGAI, uncover imbalances in your personal and professional life, explore possibilities and broaden points of view, and to clarify your vision, goals and action plans.

The workshop is proven to help individuals (and teams) to improve focus and balance in life and career, and to provide clarity during change and transition.

Isabelle usually delivers her workshops to teams at major corporations, all over the world. On this occasion however, she is offering a bespoke in-person workshop *only* for ZIWC members.

When: Wednesday 31 May, starting punctually at 18.00 (please arrive 15 minutes before).

Where: The venue is the beautifully tranquil and creative space that is My Moroccan Rug in Steinhausen. The number of places is limited to **12 people**, and registration opens at 08.00 on 8 May. Once the 12 places are filled a waiting list will be put in place.

How to Register: Via website, see online calendar

Registration Fee: 30 CHF (non-refundable after 26 May)

This is a very special opportunity to experience an in-person workshop programme, led by Isabelle, with your goals and dreams in mind.

Isabelle Grenier is the Founder and President of AcePoint Consulting
www.acepointconsulting.com

Following successful careers in major multi-national companies and international executive search, and having lived and worked in Belgium, France, China, Switzerland and the USA, Isabelle set up her organisation in order to give clients (management teams and executives) the skills and agility to scale, grow and evolve.

ZIWC Cancellation Policy applies, see page 4 for details.



BN BUSINESS NETWORK

The ZIWC Business Network: Apéro dates for your diary:

17 May and 6 June: 17:30 – 19:30

Secret Garden, Zug

There is no hard start for the session
- just pop in when you can..

If you would like to talk for 5 minutes
about your business or what you are
doing now, please contact Ailbhe at
bng@ziwc.ch to let her know.

That said, if you want to come to
chat with other network members
that's fine too!

Calling Business Network Members!

Ailbhe is looking for a member to
join the BNG leadership team to
focus on Events. If you would like
to explore the possibilities please
contact Ailbhe at BNG@ziwc.ch



Spring Dine and Dance March 2023



This year, the ZIWC held their spring party
under the theme 'Positively Pink' as the
guests welcomed spring through 'pink lenses'
in the elegant setting of the Zug Casino
Restaurant on 31 March 2023.

It was an unforgettable night of good food,
dancing and entertainment. Many regular
as well as new Members and friends of the
ZIWC attended, so there was a full house
seating of guests, who were very excited
about being there to celebrate the beginning
of spring with elegance and style and to meet
lovely people.



The moment guests walked through the door
they were welcomed by members of the
ZIWC Team and invited to enjoy the aperitif
and complimentary drinks, including pink
champagne of course! At the entrance, a
professional photographer took photos of
all guests individually with the Pink Panther.
We were offered pink sunglasses and could
participate in a game to guess the identity
of the Pink Panther. We were encouraged to
order to our taste a very unique 'tartar' at
the live tartar station. We then joined our
tables for a fancy, tasty dinner.

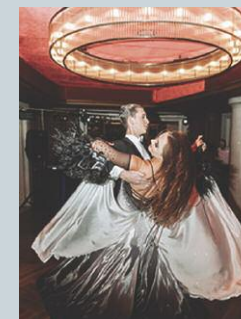


The event was a great success, beautifully
organised; table decorations with stunning natural flowers, pink Easter bunnies and even the
dessert was made of chocolate and pink decoration! Everything was executed with a sense
of beauty and perfection shown in every detail.

Everybody joined in the fun and was overwhelmed by a very international house overflowing
with people who connected throughout the evening. The event's hostesses also organised a
beautiful show of two separate performances by two very talented young dancers, brother
and sister, recently relocated from the Ukraine, who expressed their powerful personalities
through great dancing skills. And finally, the super DJ made us dance through the night to
wonderful music!

It was such a friendly atmosphere where
everyone felt welcome, connecting
with old friends and meeting new ones.
Thank you for organising such a
delightful event and we cannot wait
to join the next one!

You definitely are amazing!
Yasmina Rauber & Daniella Picciotto



May 2023

MONDAY	TUESDAY	WEDNESDAY
1 13:30 Social Walk	2	3 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group
8 13:30 Social Walk	9 AGM - Annual General Meeting	10 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group
15 13:30 Social Walk	16 16:30 Italian Wine Tasting	17 10:00 Zug Stammtisch 12:15 Monthly Lunch 13:30 Intermediate Walking/Hiking Group 17:30 BN Secret Garden
22 13:30 Social Walk 14:00 Arts and Cultural Events	23 9:00-17:00 ESCAPE: Bellinzona Castles Tour 16:30 Italian Wine Tasting Art and Culture Group: The Mystery of Banksy	24 8:30 German Conversation <i>Kaffeeklatsch</i> 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group 18:00 Board Meeting @ Zug Bibliothek
29 13:30 Social Walk	30 14:00 Book Club - Fit and Kicking Group!	31 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group
		

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

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

THURSDAY	FRIDAY	WEEKEND
4 18:00 Monthly Dinner	5	6 SATURDAY
11 10:00 Aegeri Coffee / Contact Coffee 15:00 Italian Conversation 16:00 Italian Conversation	12 DISCO NIGHT WITH IMCZ	7 SUNDAY EXPAT EXPO
18 10:00 Cham Coffee Joint Stammtisch with IMCZ	19	13 SATURDAY
25 9:30 Walchwil coffee	26	14 SUNDAY
		20 SATURDAY
		21 SUNDAY
		27 SATURDAY 11:00 ESCAPE: TICINO CANYONING ADVENTURE
		28 SUNDAY
		
		

June Lunch Club

Secret Garden Restaurant secretgarden-zug.ch/english

When: Tuesday 20 June at 12:15

Where: Secret Garden @ City Garden in Zug, Metallstrasse 20, 6302 Zug

The menu focuses on fresh, seasonal produce and changes each week. All tastes are catered for with this restaurant's creative food and beverage choices.

Who knows, if the weather is fine we may be able to dine outside!

How to Register: via ZIWC website. If you have no web access, register by calling/texting Ailbhe Fallon +41 78 698 5160 (no WhatsApp please).

Registration deadline: Midnight on Saturday 17 May, 2023

Cancellation: if you need to cancel please do so by email to ailbhe.fallon@fallon-curry.com or calling/texting 078 698 5160 (no WhatsApp please) by the registration deadline.

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.



June Monthly Dinner

Join us at the beautiful Hotel Seehof, on the Lake of Lucerne in Küsnacht am Rigi. The Seehof restaurant and hotel is owned by the same owners of the Hafensrestaurant in Zug, therefore the menu is quite similar. Weather permitting, we can sit outside at their terrace. Otherwise, it's a beautiful venue that was redecorated a year ago and you can see the lake from inside.

When: Wednesday, 7 June, 18:00

Where: Hotel Restaurant Seehof, Seepplatz 6, 6403 Küsnacht am Rigi (041 850 1012). There are many parking spaces in front of the restaurant, by the lake, in front of the church. If you take the highway, get off at the Küsnacht am Rigi exit.)

Booking deadline: Monday, 5 June

Contact: Valerie Gitter at vgitter@bluewin.ch or 079 763 46 06 for any questions.

Menu: We will be choosing 'à la carte'.

Check their menu online at hotel-restaurant-seehof.ch

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.



Jodelfest 24

Maybe some of you have seen the posters or articles in the media, that Zug will be hosting the national Yodeling festival from 16-18 June this year.

The festival is held every three years, but due to the pandemic the planned festival in Basel in 2020 had to be cancelled. Now after 6 years the return of the festival will be marked in Zug, and over three days the performances of yodel clubs, flag waivers and alphorn formations will be judged against each other. It is expected that around 15,000 helpers and 100-150,000 visitors from the whole of Switzerland will take part. Yodel groups from America, Canada and Australia will also be in attendance.

The official opening ceremony will be on Friday afternoon at 14:00 by the lake. The 'Jodelfest mile' will run along the lakefront, comprising no fewer than 19 festival tents, stands and bars creating what is hoped to be a celebratory and festive atmosphere. A procession on Sunday marks the closing of the festival. This will include around 1500 flag waivers, yodlers, alphorn and brass and wind instrument musicians marching the 2.4 kilometre stretch through Zug.

Want to take part or pass by and see these unique festivities in our home town?

Volunteer to help in the smooth running of the event by signing up with benevol benevolzug.ch/jobs/eidgenoessisches-jodlerfest-in-zug-vom-16-juni-bis-18-juni-2023/

Or if you fancy getting a group together, why not mention it on our GirlsAboutTown Whatsapp group for a fun day or evening out?

jodlerfestzug.ch



The International Men's Club of Zug



The International Men's Club of Zug is a social club open to men of all ages with international interests and a relationship (business or personal) to the Canton of Zug. We have over 100 members representing over 20 countries (including Switzerland) and from many different walks of life.

The club has a weekly Stammtisch where members can meet informally to network and socialise over a few drinks (alcoholic or non-alcoholic). The venue is normally the Gotthardhof, Bundesplatz 12, Zug – but please check our website for up-to-date information (<https://imcz.club/Club-Events>). Non members are welcome to come along to "test-drive the IMCZ".

We also hold regular events open to members and guests. Some examples are shown in the photographs. For more information on forthcoming events, check out our website (<https://imcz.club>). We look forward to welcoming you.



2023 AGM



Wine Circle 2022



Dinner @ Ski Weekend 2023



Burns Night 2023

The Vorstadtkatastrophe

15 July 1887



Have you ever walked along by the lake in Zug, followed the colourful geometrical patterns on the wall up to the Rössliwiese in the direction of the Landsgemeindeplatz and wondered why it is called the 'Katastrophenbucht' or Katastrophe Bay? Unfortunately, this is the scene of one of the many tragedies to have befallen the town of Zug.

1835 saw the reversal of the closing of the city portals in the defensive wall around the old town. People could come and go more freely and started to build outside the city walls. Fishing huts were converted into 1-2 storey houses. Along the shore, washing huts,

washhouses, washing docks, bathing huts, boatshouses, fishermen's huts all sprung up and in 1887, the Vorstadt, or the rows of houses parallel to the lake, had 1200 residents including 200 foreigners, most of these people being factory workers or craftsmen. The 1880s saw the beginnings of industrialisation in the building of the enamel and metal goods factory (1880) where the Metalli is now. The railway line Zürich-Lucerne had already been opened in 1864.

In 1886-7, work began on the Quai to build a wall to stabilise it. After much planning, the voters finally approved the project. However, it was too late; on 4 July 1887 Frau Mittelberger, who lived in one of the houses directly on the lake, heard a loud noise and high waves in the water. 5 July was humid and a thunderstorm was on the way. At first, cracks appeared in the ground and some posts in the quay became loose. A ship had just docked with soldiers, who built a cordon to keep away onlookers and 200 people were evacuated. Not everyone heeded the warnings and one house after another fell into the water. A tidal wave threw boats on land and then the higher row of houses fell. Several people died and 650 people had to be housed and fed in the barracks, schoolhouses, hospital and with friends and family. There was a great deal of solidarity and willingness to help on the part of local people and neighbouring towns. Money was collected all over Switzerland. The few remaining houses that had not been wrecked but were unstable were demolished and not rebuilt. It was later found that the building work of 1886-7 had been done insufficiently and on unstable ground, literally built on clay, and the city authorities who had approved the plans had to resign.

This had not been the first such disaster: on 4 March 1435, the Niederern Gasse in the old town had sunk into the lake. This time, following the loss of so many lives in 1887, the city authorities finally began to build houses away from the water and the Neustadt and the Baarerstrasse were developed. Zug was on its way to becoming a city and a 'Findling' (or *erratic*, a stone brought a distance due to glacial action) stands as a monument in memory of those who lost their lives and their livelihoods: stadtzug.ch/werklste/126.

<https://www.srf.ch/play/tv/drs-aktuell/video/vorstadtkatastrophe-zug?urn=urn:srf:video:a9d7777e-fd4f-4036-8272-ee9ec6abc7f9>

<https://www.srf.ch/play/tv/antenne/video/5--juli-1887?urn=urn:srf:video:b8dd0462-8b85-4855-b75f-269947347632>



Charity Luncheon and Fun

You are invited to a family afternoon full of fun and activities, lunch, chats and drinks. To raise money for our charity we ask you to participate in the charity walk, different games for young and old and/or drop your 5 Rappen coins in our Piggy Bank. The event will take place in any weather conditions. In nice weather everything will be outside, in very bad weather the walk will be cancelled, but the games and lunch are moved indoors. If baking is your passion, we'd be grateful if you bring some sweets for the luncheon dessert.

This event's proceeds will be donated to Hof Rickenbach. Hof Rickenbach offers dementia sufferers – especially young dementia sufferers – a home away from home. It is a place to relieve the burden on the caregivers and provides daily activities intended to provide those affected by dementia a meaningful everyday life. The programme includes sports activities, animal care and light gardening, which increases the well-being of our guests.

When: Sunday 4 June 11:30-15:00

Where: Enikerhof, Hünenbergerstrasse 76, Cham

Cost: Members ZIWC + IMCZ • 35CHF / Children 10-16 • 20CHF

Children under 10 pay 2CHF per year of age / Guests • 50CHF

Dress code: Sporty casual

Menu: Sandwiches, salads and small BBQ

Drinks: Water, soda, juice, wine, beer, prosecco included

Entertainment: Games and other fun activities

Registration: Online

Please let us know whether you'd like to bring some dessert by emailing Émely at vicepresident@ziwc.ch

Booking & Payment Deadline: by 22 May 2023

Either online by credit card or to our bank account Zug International Women's Club, Post Finance, 6340 Baar. IBAN CH40 0900 0000 1752 1935 3

Please state "Charity event", the names of the participants and the age of the children if applicable on the payment.

How to get there: Bus 41 from Cham Bahnhof to Hünenberg Ehret goes every 30 minutes. Get off at stop 'Langweid', which is right in front of the event location. Car parking available at the location 'auf der Wiese'.

If you have question kindly no phonecalls; please send a mail to vicepresident@ziwc.ch and we'll answer asap.

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

Don't forget your 5 Rappen!

As you may be aware, the Club has been asking for you all to squirrel away these little coins so we can put them to good charitable use. Don't forget to bring them to any ZIWC event, including the Luncheon and Fun event above! And it's not too late to start collecting!



Share!

Upcycling and Repurposing

With the notion of sustainability ever-present in the media, and the drive for environmentally sound projects shown greater importance, we turn our attention to the seven R's of sustainable living; **rethink, recycle, reuse, regift, reduce, repair, refuse**. Keeping these in mind, one area we can all make a small difference is by reducing the amount of waste we produce, yes, you've guessed it, let's talk about **repurposing and upcycling!**

There's no greater feeling of victory than finding a hidden gem in a second-hand shop that can be given a second lease of life and a loving new home! As they say, 'one man's rubbish, is another man's treasure' (or woman's in our case), and, let's face it, who doesn't enjoy a good rummage around a Brockenhaus?

Taking the time to repurpose or upcycle can not only be a fun and creative project but can also add beauty and ambiance to your home.

Establish a 'Swiss Chalet Chique' look by getting creative with your own upcycling and re-purposing projects!



Upcycled sledge. Perfect for a shelf or hanging space in the guest room.



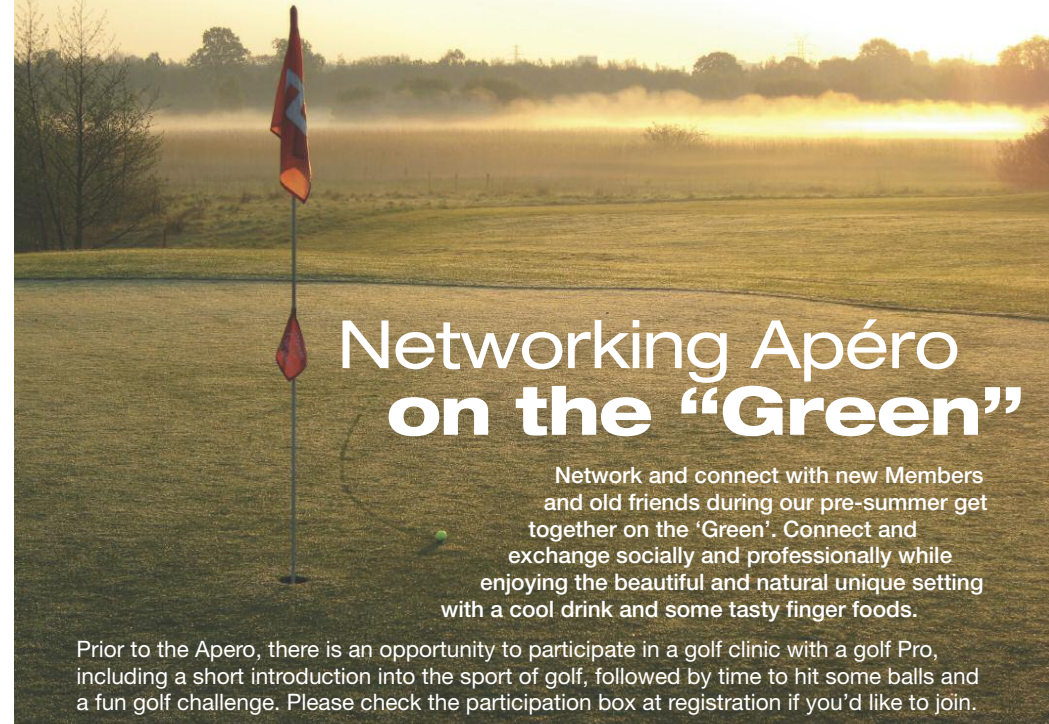
Repurposed medicine bottle.



Vintage water jug.

Here are a few of our favourite Brockenhaus's in Canton Zug to help you on your repurposing adventure:

Brocki Zug 6300 Zug	Helisarmee Brocki Baar 6340	Treffpunkt Steinhausen Brocki Steinhausen 6312
Brockehüsli 6300 Zug	Brocki AnnAFekiX Hünenberg 6331	Einzelstuck Brocki Steinhausen 6312
Edelbrocante 67 Vintage Rotkreuz 6343		



Networking Apéro on the "Green"

Network and connect with new Members and old friends during our pre-summer get together on the 'Green'. Connect and exchange socially and professionally while enjoying the beautiful and natural unique setting with a cool drink and some tasty finger foods.

Prior to the Apéro, there is an opportunity to participate in a golf clinic with a golf Pro, including a short introduction into the sport of golf, followed by time to hit some balls and a fun golf challenge. Please check the participation box at registration if you'd like to join.

When: Thursday, 15 June, 2023

Timings: Golf Clinic 17:30 -18:15 • Networking Apéro 18:30-21:00

Where: Golf Course Ennetsee (Holzhäusern), Katharinenhof 3, Blegistrasse, 6343 Risch-Rotkreuz

Who: ZIWC Members only

How much: 40 CHF

Dress code: Smart casual

Menu: Apéro Riche with tasty finger foods

Drinks: Three complimentary drinks included, open bar at your own expense

Registration: Please register online on our website ziwc.ch
Any questions or dietary needs, write to Tania at annualevents@ziwc.ch

Booking & Payment Deadline: 1 June

Zug International Women's Club, Post Finance, 6340 Baar.

A/C No 17-521935-3, IBAN CH40 0900 0000 1752 1935 3.

Please state "Apéro-on-the-Green2023" and the names of all the guests on the payment

How to get there: GPS: Golf Club Ennetsee, Katharinenhof 3, 6343 Risch-Rotkreuz.

By car: Highway A4 towards Luzern/Gothard, exit 35 Rotkreuz, turn left on the roundabout by the Coop petrol station and drive until the end of the street. Ample parking is available.

By public transport: S1 from Zug to Cham & bus 48 from Cham to Holzhäusern, St. Wendelin. From there it's a 10 minute walk to the golf club.

If you have question kindly no phone calls; please send an email to annualevents@ziwc.ch and we'll answer asap

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

June 2023

MONDAY	TUESDAY	WEDNESDAY
		
5 13:30 Social Walk	6 	7 8:30 German Conversation <i>Kaffeeklatsch</i> 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group 18:30 Monthly Dinner
12 13:30 Social Walk	13 	14 8:30 German Conversation <i>Kaffeeklatsch</i> 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group 18:00 Board Meeting @ Bibliothek
19 13:30 Social Walk	20 12:15 Monthly Lunch 14:00 Art and Cultural Group: Jan Jedlicka Retrospective	21 8:30 German Conversation <i>Kaffeeklatsch</i> 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group
26 13:30 Social Walk	27 14:00 Book Club - Fit and Kicking Group!	28 8:30 German Conversation <i>Kaffeeklatsch</i> 10:00 Zug Stammtisch 13:30 Intermediate Walking/Hiking Group
		

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

THURSDAY	FRIDAY	WEEKEND
1 	2 	3 SATURDAY
8 	9 	4 SUNDAY CHARITY EVENT FROM 12:00-17:00
15 10:00 Aegeri Coffee 15:00 Italian Conversation 16:00 Italian Conversation Network Aperio on the Greens- Golf Club - Join Stammtisch with IMCZ	16 	10 SATURDAY
22 10:00 Cham Coffee 17:30 BN Secret Garden	23 	11 SUNDAY
29 9:30 Walchwil coffee 15:00 Italian Conversation 16:00 Italian Conversation	30 	17 SATURDAY
		18 SUNDAY
		24 SATURDAY
		25 SUNDAY

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APERRO & CULTURE CRUISES

Public Evening Cruises on Lake Zug
11 May | 15 June | 7 September 2023

Experience a 2-hour cruise
on the historic **MS SCHWAN**
with live presentations by varying local cultural
personalities whilst enjoying a sundowner
in a unique surrounding!

We welcome you on board!

Further information and bookings on our website:



Escape Puglia, Pizzica, Primitivo and more

Date: From 22-27 September 2023

Fri 22 Sept. • 12.00 Zurich -> 13.55 Brindisi
Wed 27 Sept. • 14.45 Brindisi -> 16.45 Zurich

Approx cost: 2.000€ pp including

- Flight
- Hotel accommodation breakfast included
- Private bus
- 6-8 wine tasting
- All meals
- Guided tour to
Fattoria della Mandorla
Lecce
Alberobello
Ostuni
Santa Cesarea Terme

If you would like to join us, please confirm by
20 May 2023 – availability is first come first
served as trip is limited to 20 people. We will
then get in touch with you for your contact
details in order to block the plane tickets.

Contact: For questions or more information, please contact Lorella at lorella.bendetto@libero.it

Please register via the ZIWC calendar on the website.

The ZIWC Cancellation Policy and Accident Insurance rules apply, see page 4 for details.



Interest Groups

SPOTLIGHT ON...

Italian Wine Tasting Group

I am Lorella Benedetto, I come from Italy, I am a certified sommelier, but above all I am passionate about wine. It is impossible not to love wine, coming from one of the countries with the highest number of native grapes and with a historical wine tradition. I started very early to "taste" wine together with my uncle in secret from my mom!

About three years ago, an Italian friend of mine who was in the club before moving back to Italy, encouraged me to create this group. At the beginning, I was very sceptical as generally I am not at ease with public speaking, especially in a language that is not my mother tongue, but I was so lucky as I found a very interesting group who supported me.

We generally have our wine tasting once a month but we also did some tasting online during the pandemic which just shows how passionate and curious we are about wine. We found a beautiful location; the meeting room below the flat of one of the attendees; no fees to pay for the space, big enough and only for us. The maximum number of people for the tasting is 13 for about two hours. We generally taste three or maximum four bottles with some savoury snacks, strictly from Italy.

Progressively, I taught how to taste, starting from the visual examination to the final palate sensations, in order to understand the wine and its proper history. I prepared a paper table mat on which to write impressions, tasting notes and opinions.

Every time I think up some new wines to taste using a common thread, which could be for example the same grape from different wineries, various wines from the same winery, only sparkling wines, wine colours, geographical region, miscellaneous and sometimes it is the group who suggests to me what to taste. Since we started, some ladies have left, but I am very proud of the 'historical group' that always remains faithful to me and I am always very happy if others would like to join us to learn more about wine! Ultimately, what I try to communicate to the ladies is that Italian Wine Tasting is a professional experience, not an apéro event. Last but not least, I strongly would like to convey the idea that wine is like a human being, which is born, grows, matures and eventually dies and we must consider it like this!

NEXT MEETING: Tuesday 16 May at 16:30

Location: Ruessblick 4, 6331 Hünenberg

The booked room, situated in a private building, is big and well-aerated and the area has plenty of parking.

Contact Details: Lorella Benedetto on 078 652 13 96 and at lorella.benedetto@libero.it



Badminton Group

led by **Basia Uciechowska-Powell**

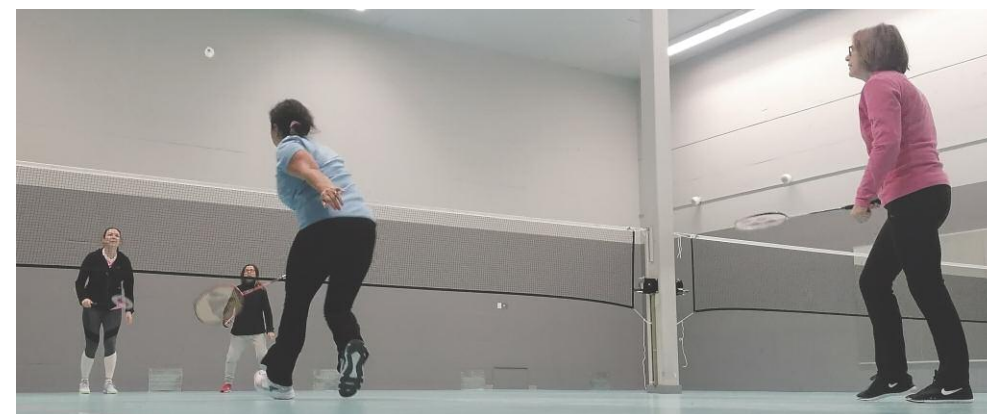
Badminton is a great way to have some exercise and fun at the same time!

We are a mixed ability group and Members new to the sport are very welcome. We ensure that you will both enjoy the relaxed friendly approach whilst also burning a few calories either from the exercise or the laughter.

We meet on: Tuesdays, 9:00-10:00

Location: Sportscenter Zugerland

Contact details: Basia Uciechowska-Powell at uciechosia@yahoo.co.uk or on 079 715 5137.



Interest Group Leaders Wanted!

We are currently looking for new Interest Group Leaders in the following areas

• **English Intermediate Group**

• **Zuger Trophy Walking and Running Group:** *The Zuger Trophy course resumes in April 2023*

For interest and information please get in touch with Interest Groups Chairwoman Charis Theodorika at interestgroups@ziwc.ch. We look forward to hearing from you!

Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our [website ziwc.ch](http://website.ziwc.ch), contact Interest Events Chairwoman 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.

Arts & Cultural Events Group ■ G. Shefika Balaban Brandenberger organises visits to museums, galleries, art exhibitions and some concerts. Next Exhibition: The Mystery of Banksy «A Genius Mind». The Exhibition is in Zürich Oerlikon Halle 622b Date : 23. May 2023 on Tuesday Meeting Details: We will meet at 11.30 in Zug Bahnhof. **Contact:** Shefika at gulsef08@hotmail.com or on 076 421 3835.

The Business Network ■ Focuses on women who are interested in business topics, working, business owners or are changing their working life. **Contact Details:** Ailbhe Fallon at bng@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

Book reading morning ■ 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.

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.

Book Club ■ Fit and Kicking Group! This group focuses on non-fiction books which cover the latest scientific findings on health and wellbeing with the aim of improving quality of life and vitality. One non-fiction book is reviewed each month. **Next Meeting:** Tuesday 23 May from 14:00 to 16:00. Important - This group will not provide medical recommendations of any sort. **Contact Details:** Caroline G. Hoem at cghoem@outlook.com or on 078 683 3116.

Social Walk ■ A weekly social walk for members who enjoy walking at a leisurely pace. Mondays at 13:30 for 7km/90 minutes (plus a coffee stop!). This group is managed via WhatsApp. If you would like to join, please send your mobile number. **Contact Details:** Jan Frei at jan.freicox@outlook.com or on 079 335 7669.

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.

Gardening Group ■ Grow your own!! Learn how to grow your own vegetables in an easy way on your balcony or terrace. You learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, from beginners to seasoned gardeners. When: First Tuesday of the month at 14:30 – 16:00.

Contact Details: Émely Steegstra-Hendrix at emelyziwc@gmail.com on 077 490 7374

Bar & Lounge ■ Join us for an apéro after work or a long day. Meet up with other Members and share your stories. Tuesdays, once a month at 18:30. Registration on the Club Website is mandatory up to 24 hours before the event. **Contact Details:** Ingela Stigemar at dent_stigemar@bluewin.ch.

Cooking ■ A great way to make friends and to learn new recipes from all over the world in an informal and relaxed environment. We take turns to host 4-6 people. If interested in joining, please contact Caroline at cghoem@outlook.com **Meeting details:** on a Tuesday, at 9:30.

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.

Girls About Town ■ Embraces and encourages any spontaneous outing suggested by any member, such as a ship cruise, going for a drink or a stroll to the lake or watching a movie for example. These outings will operate only through the WhatsApp group. **Contact Details:** Send a WhatsApp with your full name to Helena Lustenberger on 079 243 6439.

Italian Conversation Beginners and Intermediate/Advanced ■ Your chance to learn the nuances of this beautiful 'singing' language. We welcome beginners to the language at 15:00 – 16:00 and more advanced speakers at 16:00 – 17:00 at La Taverna Metalli Zug! **Contact Details:** Beginners Group: Marina Cesena at mcesena62@gmail.com Advanced Group: Cristina Rocco at cristina@italianallegria.com or on 079 444 4056.

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 or contact Agnès Reicke at agnes@reickeglus.ch or on 079 693 2393.

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.

Interest Group Chairwoman - Apply here! Due to personal commitments our current chairwoman will be stepping down at the end of this club year. If you are interested in taking on this interesting interest group coordinating role please contact hospitality@ziwc.ch for more information!

Potential New Interest Groups If you have an idea for a group and are happy to set up, or are interested in taking on a vacant Interest Group Leader spot, please contact the Interest Groups Chairwoman at interestgroups@ziwc.ch.

Spotlight Events! Spotlight Events are member-organised experiences created for other members. Exhibitions, movies, concerts, sightseeing, day trips and business presentations are examples of what a Spotlight Event may be. Ski trips, wine tasting, cooking lessons, direct sales parties, the possibilities are endless! Please get involved and think about organising an event. For additional guidelines you can find more information on the Club Website or contact interestgroups@ziwc.ch.

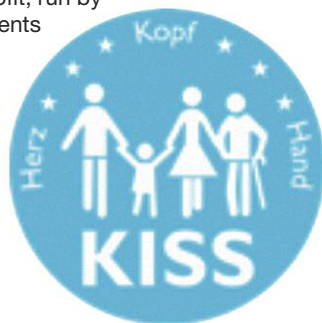
KISS: keep it small and simple

KISS is a non-profit, voluntary organisation based on the idea of neighbourhood help; local people of all ages help each other in everyday life, coordinated by professionals where necessary. KISS is a national organisation but is organised locally. You pay 100 CHF as a one-off membership fee and then you can offer help and ask for help. The voluntary work is honoured and is documented with a time sheet/report. Sometimes members give more than they take and vice versa. The organisation is very unbureaucratic.

Typical offers could be: accompanying someone to a cultural event, a hospital appointment, going for a walk, helping around the house/garden, looking after pets, technical assistance (PC, mobile etc). There is a wide range of ways you can help others with or ask for help. For example, I asked for help in the house to fix a couple of things I couldn't do myself and for help in the garden, carrying earth and digging holes. I give English conversation lessons to someone who wants practice. A friend of mine repairs clothes for a family on a regular basis. Members choose what they want to do and how much time they want to invest.

Why join? KISS promotes solidarity in society across cultures and generations. It makes voluntary work visible, which increases appreciation. Givers and takers are all on an equal footing; it makes it easier to ask for help. Everyone can offer something, even if it is just chatting to someone else who is lonely. KISS is local, non-profit, run by local people, non-political, non-denominational and complements and works with other organisations. KISS is a great way of getting to know people in your local community and well worth investigating. There are local KISS organisations in Zug, Cham and Hünenberg.

Kiss-zug.ch
kiss-cham.ch
kiss-huenenberg.ch



German lessons for children from
3 to 7 Years old in Cham, Menzingen,
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March Lunch Club at the Grand Café al Porto in Lugano



Thursday 15 March dawned bright and sunny, and the ladies who boarded the train for Lugano in Zug and Arth Goldau were in a similar mood. We were on the way to a luncheon in Lugano. The beautiful journey took just under 90 minutes and before we knew it, we had arrived at Lugano's main station. From there we descended with the funicolare using our tageskarte, to the Piazza Cioccaro in the city centre. Then we made our way to the

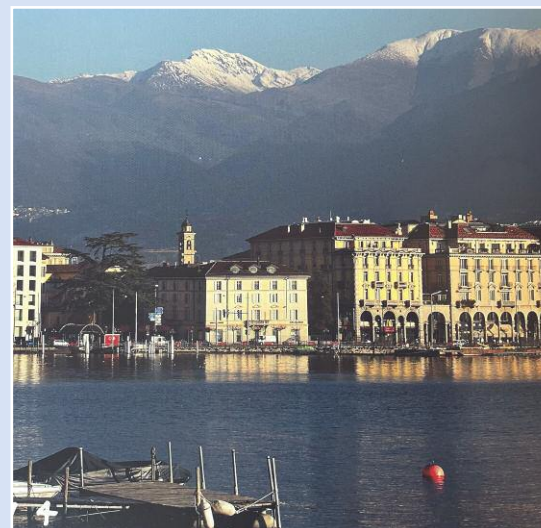
restaurant in a leisurely manner, enjoying the Italian setting in the glorious sunshine under a bright blue sky. Lugano lies south of the Alps, became part of the Old Swiss Confederation in 1513 and a political municipality in 1803. It is the ninth biggest city in Switzerland today with just over 60,000 inhabitants.

Already last year, Ailbhe Fallon, our Lunch Club Coordinator, came up with the idea of doing a Club Lunch as far away as Lugano, because the travel time now is considerably less thanks to the new Ceneri Base Tunnel in Ticino. It turned out to be a hugely popular idea and many of us signed up immediately, with more ending up on the waiting list. In the end we numbered 16.

At the distinguished Grand Café al Porto restaurant, we were warmly welcomed and shown into our own luncheon room on the first floor, which was a good thing because once seated at two long tables, a happy chatter soon commenced. The atmosphere was extremely convivial and we were served a delicious lunch, starting with salad, followed by penne Genovese with veal and red onions from Tropea or risotto, and the pièce de résistance: a delicious panna cotta dessert. By now we were eager to explore the city and, as some took a cruise on the lake or a ride on the 'merry-go-round', others visited the art museum and the churches. Most of us ventured into the lovely shops and practised some Italian. With the train leaving every half hour, it was easy to get back.

What a wonderful place to spend the day, thank you so very much for arranging it, Ailbhe!

by **Vivi Jensen**



ekz-zugerland.ch

Let's go shopping

Welcome to the Shopping Centre Zugerland with 50 shops and the biggest Migros Supermarket in Central Switzerland.

MIGROS + 50 Shops



Share! **Gewürzmühle** The spice mill



St Johannes Strasse 40, 6300 Zug

A true hidden gem in Zug. Despite being hard to find and its limited hours, once this place is discovered it becomes a favourite. An eclectic cultural programme is offered for the whole family, ranging from poetry slams, to magic shows to live music. Check the website for upcoming shows.

The location is adjacent to the Lorze river and Herti school. This provides opportunities for lovely strolls as far as you might wish. With the Herti school adjacent, kids can run off and play on the playgrounds, giving parents some adult time.

The bistro has a small interior room, with stone walls and an ancient spice mill. In the warmer weather the space expands with terraces on both sides. Fairy lights provide a warm glow for the evening to relax and enjoy their biodynamic wines.



Gewürzmühle serves coffees, drinks and light fare with dishes such as salad, soup, flammkuchen, ravioli, hummus and in-house made desserts. On Sundays there is a not to be missed brunch - don't forget to reserve!

Open: Thursday and Friday 16:00 - 24:00 • Saturday 14:00 - 24:00 • Sunday 10:00 - 17:00
gewuerzmuehle.ch

Appreciation Event

Running the ZIWC takes a whole lot of love, commitment, passion and generosity of time and dedication from our Membership. In addition to Board Members, we have interest group leaders, charity leaders and an archivist, and a band of ladies who can be relied upon for support for annual and more spontaneous events such as promotional work. The Club needs you and cherishes you! Thank you for your long-standing and continued support.

Here are a couple photos of an appreciation event organised by our vice-president Émely in March at Xaloc, a Spanish bar in Zug.

If you would like to get involved and support international women in our community, get in touch at vicepresident@ziwc.ch



