

ZIWC

Connecting Women

est. 1967

M A G A Z I N E

Connect!

SEPTEMBER / OCTOBER 2026 | FOR WOMEN • FOR CONTACT • FOR 59 YEARS



Connect With Us



www.ziwc.ch



Metzgete

16-29 October 2026

Tue-Sat evenings

Fondue

31 October-30 December 2026

Mon-Sun evenings

Two Swiss traditions

One cosy chalet village.



«A distinctly Swiss evening of Metzgete,
cheese fondue and Fondue Chinoise –
intimate, convivial and wonderfully unhurried.»



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+41 41 727 47 47 | fondue-zug.ch

Dear Members,

It has been a real honour and my pleasure to serve as ZIWC's Marketing Chair since Spring 2024 and I'm very grateful for the opportunity to help bring our wonderful community together and share all that the Club has to offer.

After such a wonderful summer in our beautiful corner of Switzerland with sunny days by the lake, refreshing swims, and perhaps a little more travelling than usual, I'm especially looking forward to reconnecting with familiar faces and welcoming everyone back for another exciting season.

As Autumn approaches, there are so many opportunities to connect, meet new people, and enjoy the Club. From our Cooking or Gardening Group, hiking trips, German or Italian classes and monthly dinners to the Bridge Club and Business Network Apéro, there's something for everyone.

I am especially looking forward to the Festival of Nations on 5th September on the lake front in Zug which ZIWC will also take part in - a celebration of culture, community, and diversity, and a wonderful opportunity to come together and celebrate the many cultures that make our community so special.

Keep an eye out, too, for our new Member-to-Member and Spotlight events, Zurich Open House in September as well as the exciting escapes we have planned for this Autumn. Whether you're returning from your summer adventures or settling into Zug for the season, I hope you'll join us, reconnect with old friends, make new ones, and make the most of

everything ZIWC has to offer.

Here's to a wonderful autumn together, filled with new friendships, good conversations, and many more ZIWC memories!

Thanks so much

Marlena Jaszczyk
Marketing Chairwoman



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Sylvia Nadig

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New Members

We warmly welcome our new Members

Aakanksha T., Baar
Anja H., Küssnacht
Asiya M., Möhlin
Barbara S., Zug
Britta S., Zug
Elaine S., Brunnen
Evangelina U., Hünenberg See

Janine M., Cham
Jennifer P., Emmenbrücke
Karen R., Zug
Katarina K., Zug
Katarina N., Zug
Kate G., Baar
Katerina D., Baar
Liliane D., Kriens

Livia L., Steinhausen
Margarita K., Küssnacht
Mirela M., Hünenberg
Olga S., Walchwil
Pauline R., Oberwil bei Zug
Priya S., Baar
Rosie R., Meggen

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

For more details, please consult the online membership directory

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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.

Ways to Get Involved

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

Volunteer at Light We Carry Forward on 11 September

We warmly encourage our members to attend this inspiring community event and invite family and friends to join you. Admission is free, with donations supporting the production and, after costs, benefiting ZIWC's charity partner, Stiftung Wunderlampe. Members who would like to volunteer to welcome guests or assist with the donation collection after the performance are also invited to get in touch at president@ziwc.ch

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

Host a Member2Member Event

Member2Members Events are events organised by a ZIWC Member for the benefit, enjoyment, learning, connection, or shared interest of other ZIWC Members. These events may include cultural outings, museum visits, walks, sports activities, workshops, lectures, tours, day trips, social gatherings, creative activities, educational sessions, or other one-off Member-led activities. Contact interestgroups@ziwc.ch

Could You Be Our Next Escapes Chairwoman?

Do you love discovering interesting places and creating memorable experiences? ZIWC is looking for a **new Escapes Chairwoman from March 2027** to plan a varied programme of day trips, cultural outings and occasional overnight excursions. If you're organised, curious, full of ideas and enjoy bringing Members together, this could be a wonderful way to get more involved in the Club. Interested? Contact: escape@ziwc.ch.

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

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3 to 8 Years old in Oberägeri,
Steinhausen, Unterägeri,
Neuheim, Walchwil and Zug.
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und Redeblitz GmbH**





Meet the Member **Sylvia Nadig**

Sylvia is Swiss and is bilingual French/German. She has lived in the UK, USA and Australia.

How long have you been a Member of the ZIWC and why did you join?

I've been a Member for about 6 years. I love the energy of international women; they are so open and welcoming and it enriches my life. I love the buzz around them: they are so proactive, self-confident and get things done in an uncomplicated way! I felt this same energy of international women in ETAS (English Teachers Association Switzerland). Professionally, being a Member of ZIWC helps me better understand the international community in Switzerland.

What do you think the Club offers Swiss Members like you?

The chance to meet the world! It's a space just for women and it's nice to be just with women. And it's such a blessing for newcomers. New Members are always made to feel so welcome, for example in our Cham Coffee circle.

What do you do?

For 22 years I have been training primary teachers in English methodology at the PH Zug. Before that, I was a Gymnasium teacher for English and French. For seven years now, I have been working on how primary teachers can tailor their English lessons so that the native English students can progress at their own level instead of being bored during more basic lessons. We create materials with which the teachers can challenge native speakers, especially in reading and writing. We're the only ones in Switzerland to work on this topic, and we share our material with everyone.

I am also responsible for the Zug cantonal exchange programme between primary and secondary schools and their French-speaking counterparts in Switzerland (for example, Hünenberg and its sister town in Fribourg, Marly).

In my spare time, I sell wine from the family-owned vineyard in Thurgau, the Weingut Engel, from our home and at the market in Cham. We started doing this during Covid when restaurants were closed.

What's your favourite place in Canton Zug?

The Quai Pasa! Such a gorgeous view of the bay!



- Swiss winery, since 1852 in our family
- Sustainable production on southern terraces in Uesslingen (TG)
- 17 different white and red wines, sparkling wine, various awards
- Shop and events in Cham, free delivery within canton Zug

Free Wine Tasting

Sat 19 and Sun 20 September 4 pm to 9 pm
at Schluechtstrasse 6, Cham

Risotto & Wine

Sat 7 and Sun 8 November 4 pm to 10 pm
risotto variations with wine pairings
wine tasting
at Langhuus Kulturfabrik, Cham
reservations at info@weinengel.ch

www.WeinEngel.ch
079 102 93 79
info@weinengel.ch



Sylvia and Linard Nadig
Schluechtstrasse 6
6330 Cham

Together with The English Theatre Group of Zug (ETGZ),
ZIWC invites you to an evening of extraordinary music,
powerful storytelling, and quiet reflection.

St. Johannes Church in Zug at 19:00, September 11, 2026



**LIGHT
WE CARRY
FORWARD**

Aus den Lichtern der Solidarität, des Mutes und der
Menschlichkeit schaffen wir Hoffnung für morgen.

**NEW YORK
ZUG** **25 YEARS
AGO**

11. SEPTEMBER 2026 | 19.00 UHR
KIRCHE ST. JOHANNES, ZUG | EINTRITT FREI - KOLLEKTE

In Zusammenarbeit mit

Pfarrer St. Johannes
der Stadt
Katholische Kirche
Stadt Zug

ZIWC
Zug International Women's Club
e.V. gGmbH

Twenty-five years after the events of 11 September 2001 and the tragedy that shook Zug's cantonal government just two weeks later, The English Theatre Group of Zug presents ***Light We Carry Forward*** — an evening of music, storytelling, and reflection at St. Johannes Church, Zug, on 11 September 2026 at 19:00.

For the project's creator, Kate Michaels, a dual American-Swiss citizen, it began with a personal question: Twenty-five years felt like an important milestone, a chance to ask, "Where was I then? Where am I now?" That question leads to something larger: Has the pain changed? Have people healed?

Inspired in part by the musical ***Come From Away***, the concert centres on a simple idea — in every crisis, it is ordinary people, not heroes, who notice when someone needs kindness. "Sometimes we are the person offering help, and sometimes the person who needs it. Both are part of being human," Kate reflects. By weaving together the stories of New York, Gander, and Zug, the evening reminds audiences of humanity's enduring capacity for courage and hope.

Presented in partnership with the Zug International Women's Club and St. Johannes Church, the evening brings together choirs, soloists, instrumental music, Nina Braun's original poem, whose words inspired the title *Light We Carry Forward*, and a dramatic adaptation of the final phone conversations from United Flight 93, honouring the courage, kindness and humanity that emerged in extraordinary circumstances.

Admission is free; donations are welcome at the door or via
<https://www.etgz.ch/etgz-payment-details>.

Volunteer to help collect donations by reaching out to Émely Steegstra @ president@ziwc.ch

Festival of Nations

A Celebration of Culture, Community and Diversity

Embark on a journey around the world without leaving Zug!

The Festival of Nations invites you to experience the vibrant cultural diversity of our region in a unique lakeside setting. More than 40 migrant and cultural associations will present their traditions, music, dance, and authentic cuisine, creating an unforgettable celebration for visitors of all ages.

Discover flavours from around the globe, enjoy spectacular live performances, and immerse yourself in the rich traditions that make our community so diverse and welcoming. Families can also look forward to a dedicated children's programme featuring interactive cultural activities and creative workshops.

Whether you're passionate about international cuisine, curious about different cultures, or simply looking for a wonderful day out with family and friends, the Festival of Nations offers something for everyone.

Join us on Zug's beautiful lakeside promenade and celebrate the cultures that enrich our canton. Come hungry, stay inspired, and experience the world in one unforgettable day.

Admission is free. Everyone is welcome!

Please be advised that a ZIWC advertising partner is coordinating this event, and the event is not exclusive to the Club Members.

Link: <https://www.fmzug.ch/fest-der-nationen>

**Find ZIWC
at Stand 6:
*Gin & Divas***



Eine
Weltreise
an einem
Tag

FMZ
Fachstelle Migration Zug
präsentiert

Fest der Nationen

SA | 5.9.2026

12-24 Uhr, Zug am See

SEASONAL EVENING

DIWALI

Celebration

FESTIVAL OF LIGHTS • JOY • TOGETHERNESS

An enchanting evening of colour, culture and connection.
Enjoy delicious Indian cuisine, soak in the festive atmosphere and celebrate the beauty of togetherness.
Begin the evening with a sparkle!

- ✿ Professional Henna artist at the Apéro – get a Henna tattoo while enjoying a glass with some nibbles.
- ✿ A dance performance by our very own Dee
- ✿ Saakje will be doing her raffle to support the Wunderlampe Charity. This charity creates meaningful experiences for children living with serious illness or disability. Bringing joy, hope and unforgettable moments to families.
- ✿ Delicious Indian Cuisine



DATE Thursday, 12 November 2026



TIME 18:30 to 22:30



VENUE Siehbachsaal
Chamerstrasse 33
6300 Zug



COST CHF 35 per person
If bringing a dessert:
CHF 15 per person



DRESS CODE Smart Casual with a touch of colour or traditional Saree

Contact **Linda Sharpe**, our Annual Events Chair, for any additional information you might need for this event.

✉ annualevents@ziwc.ch

This includes contact information on rental shops for Sarees.

PLEASE REGISTER ONLINE
ON THE ZIWC WEBSITE.

*Don't wait too long as
we have limited spaces!*

Save The Date:

Samichlaus Brunch

Mark your calendars for our annual Samichlaus Brunch! This is always a highlight of the year, and we look forward to celebrating together.

**When:**

Saturday 5 December 2026
9:00 – 12:00

**Where:**

Park Hotel
Industriestrasse 14
6302 Zug

Save The Date:

Estate Planning with Frauenzentrale Zug

Tackle your estate planning boldly and independently - even at a young age!

Do you want clarity on topics like inheritance, living wills, powers of attorney & more? Is it important for you to know what options you have for optimally planning your estate? Our event will help you outline and take the next steps. It's worth dealing with these topics early.

You can look forward to an exciting program followed by a networking aperitif.

When: Monday, 9 November 2026, 19:00-22:00

Where: Frauenzentrale Zug, Tirolerweg 8, 6300 Zug

Cost: Free. Registration required

Contact: bildung@frauenzentralezug.ch

Course Instructors:**Mirjam Arnold**

Lawyer, Senior Legal Associate MME Legal AG,
Board Member of Frauenzentrale Zug, Cantonal Councilor

Alexandra Geiger

Lawyer, Specialist Attorney SAV Inheritance Law, TEP, Partner MME Legal AG

Hospitality

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

Stammtisch

Everyone is welcome at the Park Hotel in Zug for a relaxed coffee morning with wonderful women from our ZIWC community. A chance to connect, chat and make new friends over a warm cuppa. No need to register or sign up – just pop in for as long or short as you have time for.

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

Where: Park Hotel, Industriestrasse 14, 6302 Zug

Ägeri Coffee

Come join us for a friendly coffee and connect with other women living in the Aegeri area. Everyone is welcome whether you are new in the neighbourhood or have been here for years. To stay in the loop, just ask Vivi to be added to the Aegeri Coffee WhatsApp group.

When: Second Thursday of the month from 10:00- 12:00

Where: Café Brändle, Zugerstrasse 23, 6314 Unterägeri

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

Cham Coffee

Do you live in Cham, Hünenberg, Knonau,...? Come and join the Cham local coffee morning hosted by Karin. To stay updated, ask Karin to add you to the Cham Coffee WhatsApp group.

When: Third Thursday of the month from 10:00-11:45

Where: Café Speck, Neudorf Centre, Zugerstrasse 17, 6330 Cham

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

Walchwil Coffee

Living in Walchwil? Join Sarah, our Walchwil host for a cozy coffee morning on the last Thursday of every month. It's a great way to meet new ladies, share a laugh and enjoy a warm drink together. Everyone is welcome! Ask Sarah to be put in the Walchwil Coffee WhatsApp group.

When: Last Thursday of the month from 9:30 till 11:30

Where: Hotel Aesch, Hinterbergstrasse 31, 6318 Walchwil

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

Thank You, Tania

A big thank you to Tania for so kindly hosting our last Contact Coffee back in June in her beautiful garden. It was a wonderful gathering, with many new Members joining us. The relaxed and welcoming setting provided the perfect opportunity for everyone to connect, make new friends, and enjoy each other's company over coffee and tea. Thank you, Tania, for your warm hospitality and for making this afternoon a success.



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.

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

Cheeky Cocktail Club

Ladies of ZIWC, are you ready to shake things up? Join us for a monthly dose of fun, friendship, and fabulous drinks! Whether you're a cocktail connoisseur or just looking for a great night out, the Cheeky Cocktail Club is your ticket to a world of flavour and friendship. No mixology skills required – just bring your smile and sense of adventure! Ready to join the most spirited group in town? Sign up now and let's raise a glass to new friendships and unforgettable evenings!

*Cheers to
the Cheeky
Cocktail
Club!*

September • KURIOZ

Date: Wednesday 30 September

Time: 19:00 till late

Where: Kurioz, Pilatusstrasse 1, Zug

The quirkiest little place in Zug with a great terrace we hope to still use in September. They serve amazing cocktails as well as wine, beer, and other alcoholic and non-alcoholic drinks. And they have a cool bar menu, exactly what we want for a night out with the girls.

How to get there: This bar is only a minute's walk from the buses and trains that stop around the Zug train station.

October • LIMÓN BAR

Date: Saturday 31 October

Time: 19:00 till late

Where: Limón Bar, Chäsismatt 5, 6343 Rotkreuz

We're taking the Cheeky Cocktail Club on tour to Limón Bar, where laid-back elegance meets next-level drinks. Think cozy, chic, and full of flavour - Relax & Enjoy has never looked (or tasted) this good!

How to get there: This bar is within 5 minutes walking distance from the Rotkreuz train station. You can easily reach it from Zug by train. You leave the station at Bahnhof Nord side to find this bar.

Host a Contact Coffee/Apéro

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

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

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

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

Together, we make ZIWC feel like home.

a great way to meet and make new friends

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

**ZIWC
LUNCH
CLUB**

September Lunch

Our **September Lunch** will take place on Wednesday **9 September 2026** at **12:15** at the **Hotel Restaurant Seehof**, Seepplatz 6, 6403 Küssnacht am Rigi

<https://www.hotel-restaurant-seehof.ch/>

This restaurant has been booked at the request of Members who live in the neighbourhood or nearer to/in Lüzern. The location is beautiful and the food is good too. If the weather is fine we will dine outdoors.

Cancellation: by mid-day 7 September



October Lunch

For our **October Lunch** we are heading to Zürich to dine at the wonderful Tuscan restaurant **Cantinetta Antinori**, just off the Bahnhofstrasse at Augustinergasse 25, 8001 Zürich. This restaurant was a highlight when we visited a couple of years ago, as not many Members were familiar with this lovely space - and food and wine which makes one believe one is in Tuscany! Lunch has been booked on Thursday 15 October at 12:15.

Cancellation: by mid-day Tuesday 13 October

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 by email or text (see below) to be placed on the waiting list for cancellations.

CANCELLATIONS: If you need to cancel please do so as soon as you are aware so that your place can be assigned to another Member. Please cancel by email before the deadline to ailbhe.fallon@fallon-currie.com or by calling/texting 078 698 5160 (no WhatsApp please) so that your place can be released and/or allocated to those on the waiting list.

The Club's Cancellation Policy will apply.

Our visit (photo: Lubica, Doris, Ailbhe, Leontien, Marzena) to the **Hotel Bellevue in Brunnen** in June was a real treat - we can wholeheartedly recommend it. The food and service were outstanding (especially the 'made to order' steak tartare...). Well worth a visit while the weather is so good.



September Monthly Dinner

**ZIWC
DINNER
CLUB**



We will welcome the fall at one of Lake Zug's hidden gems, where breathtaking views of the lake and the majestic Rigi, the "Queen of the Mountains," provide the perfect setting for a memorable evening. Guided by the belief that dining should be a multisensory experience, Genevieve and Roger bring over 30 years of hospitality expertise to every detail. Their motto is *"small & refined"* — with every dish prepared with flavour and love. As Roger says, *"Fresh, seasonal, colourful, surprising & a little sexy,"* while his culinary philosophy is simple: *"Something has gotta happen in the mouth."* As the sun sets over Lake Zug, come, enjoy exceptional food, wonderful wines, and great company for an evening that promises to surprise and delight.

When: Thursday 24 September, 18:00

Where: Restaurant **Rigiblick**, Atherstrasse 136, Oberwil bei Zug. It's a 7' bus ride (7 stops) from Zug Bahnhofplatz on bus 605, exit at the Rigiblick stop. Parking available directly across from the restaurant.

Group limit: 8 Members. Please register online (or send an email to webeditor@ziwc.ch if you are unable to register online)

Booking deadline: Friday 18 September

Menu: à la carte

October Monthly Dinner



Join us for an authentic Asian dining experience at Summit Sushi & Cuisine, where passion, craftsmanship, and exceptional flavours come together. Inspired by the rich diversity of Asian cuisine, the menu features freshly prepared sushi, aromatic wok dishes, warming curries, and perfectly balanced creations made from the finest ingredients. At Summit, the philosophy is simple: *"We don't cook to impress — we cook so you'll come back."* Expect refined flavours, heartfelt service, and a dining experience that is as welcoming as it is memorable. Whether you're a sushi lover or eager to explore Asian classics, enjoy an evening of genuine hospitality, outstanding cuisine, and great company.

When: Tuesday, 20 October, 18:15

Where: Restaurant **Summit Sushi & Cuisine**, Langgasse 4, Baar. Take bus no. 604 at Metalli/Bahnhof (9 stops), exit at the Baar, Büelplatz stop. Parking available.

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

Booking deadline: Thursday 15 October

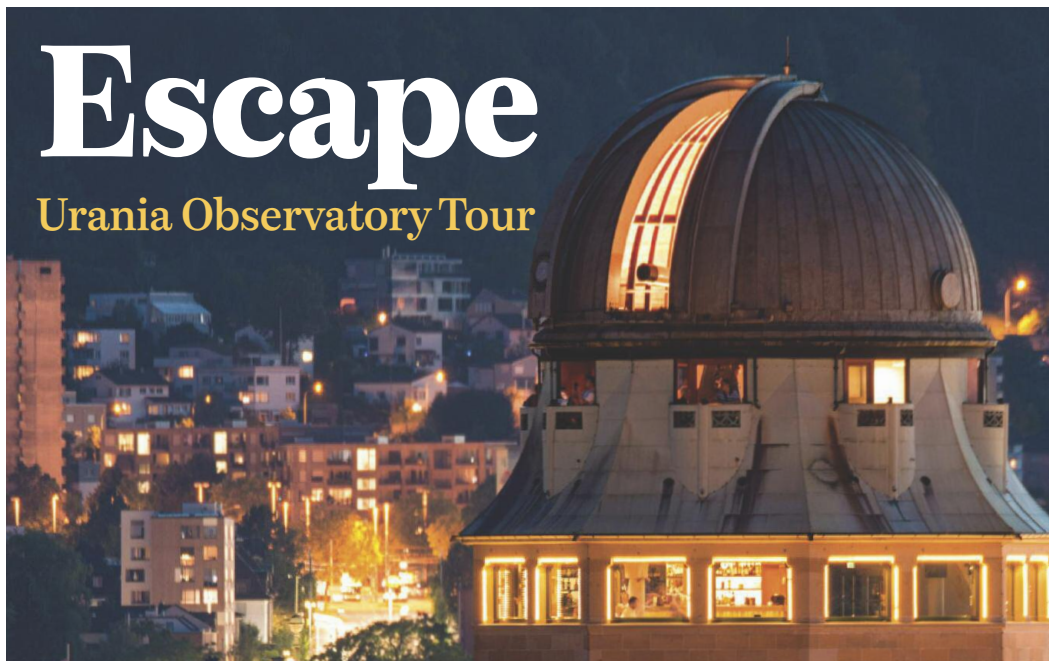
Menu: à la carte

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

If you need to cancel your dinner reservation, please notify the Webeditor at webeditor@ziwc.ch if it's well in advance. For cancellations within the last 3 days, kindly inform Maja via WhatsApp at 079 285 43 55, so we can offer your spot to someone else if you're unable to attend. The Club's Cancellation Policy applies.

Escape

Urania Observatory Tour



Date: Friday 23 October 2026

The Experience: Some will find it a pleasant surprise to find out we have a functional observatory so nearby! This is a fantastic Friday evening Escape where we will receive a one hour, private guided tour, which includes a short introduction to astronomy and a presentation of the telescope. This Escape is also open for Members to invite one adult guest!

In good weather, celestial objects can also be observed in brightness. In the 50-metre-high tower, you have an impressive view over the city and in the middle of the dome room is the over 100-year-old telescope. The atmosphere under the majestic dome of the observatory and the lectures supported by pictures and animations make for interesting tours in any weather.



Location: Zurich

Time: 18:00 - 21:00

Cost: CHF5 per person

Transportation: ZIWC Members are asked to purchase their own train tickets for the trip to Zurich or travel by car.

Booking Details: Open to ZIWC Members and an adult guest. Limited to 40 participants. Register via the ZIWC Calendar on the Website.

Booking Deadline: 16 October 2026

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

ZIWC Cancellation and Accident Insurance policies apply.

Escape

Zurich Opera House Backstage Tour



Date: Friday 6 November 2026

The Experience: The Zurich Opera House is one of the world's 10 most recognised opera houses. With over 30 opera and ballet productions annually, supplemented by recitals and concert series, the Zurich Opera House is internationally renowned as a productive cultural institution and is regularly awarded prestigious prizes. Join us for a private tour. Lasting 1.5 hours, the tour will take us onto the stage, past the props, make-up, and dressmaking departments, into the costume depository, the Opera House's furniture, and stage-set warehouses. The Opera House has set a participant limit of 15 people for this tour.

Location: Falkenstrasse 1, 8001 Zürich

Time: From 13:00 forward. Exact time to be confirmed by the Opera House.

Cost: ZIWC is covering the cost of the private tour.

Transportation: ZIWC Members are asked to purchase their own train tickets for the trip to Zurich.

Booking Details: Open to ZIWC Members. Limited to 15 participants. Register via the ZIWC calendar on the website. If the event is sold out, email escape@ziwc.ch to be placed on the waitlist.

Booking Deadline: 30 October 2026

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

ZIWC Cancellation and Accident Insurance policies apply.

Escape

Colmar Christmas Market

Date: Tuesday 8 December 2026

The Experience: Join us as we return to our favourite Christmas Market in Colmar! This Escape is a day trip guaranteed to get you in the holiday spirit and is by far one of the ZIWC favourites. The charming village of Colmar is transformed into a wonderland of lights and sights. Get ready to shop for artisanal goods, eat delicious things and have a delightful time with fellow Club Members, who always find a moment to raise a toast with hot chocolate or a nice warm *glühwein*. Truly an Escape not to miss!

Location: Colmar, France

Time: 10:00 - 20:00

Transportation Cost: CHF10. ZIWC will cover the larger portion of the roundtrip private bus transportation. Any expenditures at the Market are on your own.

Booking Details: Open to ZIWC Members. Bus space is limited to 30 Members. Register via the ZIWC calendar on the website.

Booking deadline: 1 December 2026

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

ZIWC Cancellation and Accident Insurance policies apply.



Escape RECAP

Swiss National Day Farmers' Brunch

Ten Members of the Zug International Women's Club celebrated the Swiss National Day on 1 August with a traditional Swiss brunch at a charming Bauernhof in Cham, alongside around 250 fellow guests. The farm was filled with cheerful buzz as we enjoyed a genuine feast of Swiss favourites—from crispy Rösti with Spiegelei and homemade breads to regional cheeses, meats, jams and an impressive array of homemade desserts. Between getting to know one another, sharing plenty of laughter and even trying our hand at a little yodelling, we experienced the warmth and joy of this special day. It was a wonderful morning that reminded us that the true spirit of Swiss National Day is not only tradition, but also community and togetherness.

By Jev Glazunova

According to Swissinfo.ch, approximately 80,000 people took part in the traditional Swiss National Day farm brunch on Saturday, visiting one of the 283 farms hosting a brunch.



ZIWC Business Network Apéro

a brilliant way to meet fellow Members or explore the Club before you join.

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

The next Business Network Drop-In Apéro sessions take place on

Tuesday 15 September 2026

Tuesday 13 October 2026

18.00 - 19.30 - Áigu Bar and Lounge at the ParkHotel, Zug

ZIWC Business Network Apéro is open to all ZIWC Members and to non-members who are curious about the Club. The drop-in Apéro takes place regularly at Áigu Bar & Lounge in the ParkHotel Zug, and we request that you register on the ZIWC website (<https://ziwc.ch/event-calendar/>).

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Key Moment



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Müller-Thurgau wine: *from Wädenswil to Vatican City*

Heinrich Müller-Thurgau was born in 1850 in canton Thurgau and was a botanist, plant physiology scientist, oenologist and food scientist, among other things. He was what is called a '*universalgenie*' (polymath). He not only gave his name to one of the most popular and wide-spread varieties of grape in the world but was instrumental in making the cultivation of grapes and vines in Switzerland a science at a time when the market was unregulated and the quality of the wine was often abysmal.

As the director of the '*Deutschschweizerische Versuchsstation für Obst-Wein-und Gartenbau*' (Agroscope today) in Wädenswil from 1890, a research station for the production of wine and fruit, he introduced many measures to regulate wine and fruit-growing, not only to improve quality but to fight imports from neighbouring countries. He had to contend with climate change (wet summers, extreme winters) and the disease known as '*Falscher Mehltau*' or powdery mildew. To combat this he encouraged planting the vines further apart to reduce cross-infection. He also encouraged the many small winegrowers to form Genossenschaften or cooperatives.



However, what Müller-Thurgau is most famous for today is his creation of a new variety of grape: the Riesling-Silvaner. He was one of the first to cross two varieties to exploit the best of both. The biological processes behind the crossing of plants were not yet fully understood. Mendel's inheritance rules were fairly new and not yet well-known or understood. Müller-Thurgau began experimenting around 1880 with the aim of cultivating an early-maturing, high-yielding variety of grape which would compare with Riesling in aroma but which would be less sensitive to location and climate. He achieved this in 1883 with his crossing of Riesling and Silvaner, which was later

(late 1990s) discovered to be actually Riesling and Madeleine Royale. It is not clear how this mistake occurred and it might have been that cuttings were mixed up or wrongly labelled. The result, however, was the most widespread wine in Germany, there known as Müller-Thurgau and in Switzerland as Riesling-Silvaner.



There was some scepticism about this new grape variety, probably due to fear of competition, and imports into Germany were banned. In spring 1925, two men from a German village smuggled 400 cuttings over the border via Lake Constance.

After World War II, Müller-Thurgau was the most popular white wine in Germany, Austria and Switzerland and accounted for 1/4 of the total vine cultivation area. Müller-Thurgau himself died in 1927 and so did not live to see the popularity of his creation.

There have been ups and downs in the demand for Müller-Thurgau or Riesling-Silvaner but a recent success was this: Engelwy's Müller-Thurgau won first prize as the Thurgauer Staatswein and because Thurgau was chosen to host this year's induction of the new Swiss Guards, they served Müller-Thurgau wine and presumably Pope Leo toasted the new intake too!

Afternoon Tea at UMAMI Teehaus in Cham

Saturday 20 June was a bright and sunny day as we headed to Cham for the Annual Event highlight of the season: Afternoon Tea at Teehaus UMAMI.

Teehaus UMAMI is situated in the centre of Cham. It is a charming old house set back from the street with a nice front lawn. There is a country house feel to it and the dress code was perfectly suited: Summer Dresses. What a good idea it always is to suggest suitable attire for an event. All 25 ladies rose to the occasion and wore colourful tea dresses and summery outfits. Some even wore hats, although it was too hot inside for those.

Stepping into the Teehaus, we were greeted warmly by Linda Sharpe, Annual Events Chair, and offered ice-cold Prosecco - much appreciated after the walk from the station in the blazing sun - and setting the tone for this elegant event.

The charming, old-fashioned interior made for a cosy atmosphere and everyone enjoyed meeting old and new friends. Soon we were all seated in the comfortable sofas and armchairs, helping ourselves to finger sandwiches of smoked salmon, eggs and cucumber, scones with cream and marmalade and more - and delectable little cakes to top it off. There were different teas as well, apart from the traditional Darjeeling, and the Japanese word umami, which means a pleasant, savoury taste, made sense.

As we were enjoying our afternoon tea with cakes, a Member from Unteraegeri, the renowned pianist Elvira Rakhmanova, spontaneously went to the house piano and treated us to a Rachmaninov piece, which was absolutely delightful and so fitting to the occasion.

What a lovely afternoon it was. Thank you so much, dear Linda, for arranging yet another memorable event!

By **Vivi Jensen**





Afternoon Tea

A Practical Guide

History credits the start of the tradition of Afternoon Tea (also called “low tea” as it was usually enjoyed in low-seated armchairs) to Anna Russell, the 7th Duchess of Bedford, in the 1840s. She was often hungry in the long gap between lunch and dinner, so she began requesting a pot of tea and a light snack be brought to her room in the late afternoon, a practice she eventually invited her friends to join.

A traditional afternoon tea features three courses and is served on a tiered stand:

- Bottom Tier: Savoury finger sandwiches
- Middle Tier: Scones served with clotted cream and fruit preserves
- Top Tier: Sweet pastries, cakes and petit fours

To enjoy a proper afternoon tea, follow these three essential rules:

- **Eat in the correct order:** Start with the sandwiches from the bottom tier, move to the warm scones in the middle and finish with the pastries on top.
- **Handle scones correctly:** Break your scone in half by hand (never use a knife to slice it). Break off bite-sized pieces and apply a small amount of cream and jam to each piece individually, rather than reassembling them like a sandwich. But what about the age old question - cream on jam or jam on cream? **Jam First vs. Cream First**
The Cornish Way: Spread the jam on first, then add a dollop of clotted cream on top.
The Devon Way: Spread the clotted cream on first as a base, then add the jam on top. Just fyi! These things are contentious!
- **Master your tea manners:** When stirring tea, move the spoon gently in a back-and-forth motion (from the 6 o'clock to the 12 o'clock position) without clinking the sides. When drinking, hold the cup by the handle—keep your little finger down and never blow on the tea to cool it.

I only wish I'd known that beforehand!



Invitation

Longevity II: Investing for a Longer Life

Living longer changes how we invest, plan, and support our families. Whether you are preparing for a longer retirement, helping aging parents, or guiding the next generation, every stage of life brings different financial priorities.

Discover how our Swiss investment perspective—in quality companies, CHF-based investing, and global diversification—can help build resilient portfolios for long-term financial security.

Investors seek approachable, transparent and trustworthy financial partners—these are the core values of Zugerberg Finanz. Our motto has always been and always will be: we only buy for our clients what we buy for ourselves.

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Tania Mobayed

Brand Ambassador
mobayed@zugerberg-finanz.ch

Introduction Event

**21 October
2026**

Register here



Me & My Secret Passion: Fossils, Stones and Shells



I have long suspected that my colleagues on the Magazine Team think of me as a bit of a fossil: a granny who's a stickler for punctuation, has a penchant for history and an aversion to the expression 'to reach out to' (because it conjures images of E.T. with an outstretched finger). However, little did they know that my whole flat is full of fossils, stones and shells.

As a child brought up in Britain and never far from the shore, I have always collected

these things and they bring back so many memories, from the conch shell and sand dollars from Shell Island near St Pete Beach in Florida found all those years ago with my late husband and my two little girls (we had the whole island to ourselves!) to the tiny piece of lava I brought back from Herculaneum last year (I asked permission).

A date years ago went downhill when I confessed that I had a passion for fossils but fortunately my current Lebensabschnittspartner (! love that word!) shares my craze. We spend hours on beaches all round Britain at all times of the year.

I have pieces of slate from Seil Island in Scotland with traces of ammonites and we have risen early to catch the outgoing tide in Robin Hood's Bay and Staithes on the Yorkshire coast, looking for rocks which reveal ammonites when you break them open. We have gazed at the debris of past ages on the Dinosaur coast of southern England. I have shells from Honfleur and a piece of flint from Versailles garden (taken when Alicia wasn't looking).

Ever since I met a woman in the Archaeology Verein who showed me some Bronze Age glass beads she had found after a Föhn storm in Risch, I go down to the lake when the water is low or after a storm and scour the shore, looking for arrowheads. I haven't found one yet, but one of these Föhn days...

**Have you got a secret passion?
Tell us about it!**

**Write to connectmagazine@ziwc.ch
with the title "Me & My..." and we
will happily consider it for publication.**



Birchermüesli: *the Swiss Superfood*



What comes into your mind when you think of typical Swiss food? Bratwurst and Cervelat or Fondue and Raclette? Rösti? Since you've been living in Switzerland, it might be müesli, ubiquitous at hotel breakfasts and brunch buffets. But do you know the origin?

In the 19th century, people in northern Europe ate a lot of heavy, stodgy food, which was good if you were a labourer and needed the calories but not if you led a fairly sedentary life. Fruit was rare and either cooked or made into schnapps; vegetables were never eaten raw and often over-cooked. People avoided fruit and vegetables through fear of infection and many people developed health problems as a result. Around 1900, the magnificently-named Dr Maximilian Oskar Bircher-Benner opened a clinic called 'Lebendige Kraft' on

the Zürichberg. He was a firm believer in raw food and his strict dietary regime, from which Thomas Mann and Hermann Hesse, among others 'suffered', was inspired by the simple food that people in the Swiss mountains ate: milk, fruit, nuts and oatmeal, which he discovered while hiking.

The original recipe consisted of soaking oats in water overnight (overnight oats!), condensed milk, lemon juice, chopped nuts and grated apple, whereby apple was the most important ingredient - peel and core included! It was usually eaten in the evening and soon found its way into institutions such as the military, prisons, nursing homes and monasteries. Bircher-Benner's recipe soon spread among those who wanted to live more healthily. He called his invention 'd'Spys' - the dish, or 'Apfeldiätspeise'. The word müesli comes from adding the diminutive 'li' to 'mus' (puree or porridge) and adding an 'e' in the middle (my theory is that it then sounded less like the word for little mouse in Swiss German, 'Müslì', which is often used as a pet name for children).

I first came across the exotic 'Alpen' as a young teenager, at the same time as discovering yogurt. Müesli has been my preferred breakfast cereal ever since, although now I make my own. I make a big batch in a mixing bowl that goes into Tupperware and lasts for about two months: organic oats, nuts (especially pecan), dried fruit (especially cranberries), dates, figs and dried mango, all chopped finely and well mixed. I don't soak it overnight, though, only for about 15 minutes, and I add milk and fresh fruit such as blueberries.

The great thing about having müesli on hand is that you always have something ready to eat and you can use any fruit you have. Grating apples into müesli is a good way of using up those that are not-so-crisp anymore. And you can make your müesli according to your own taste. I would have to be really desperate to eat Alpen nowadays!

Book Review:

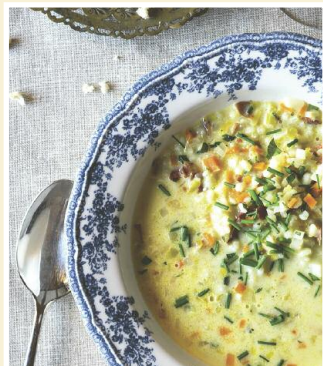
Swiss Suppers by Heddi Nieuwsma

Does the world really need another Swiss cookbook? After all, recipes for Rösti, Zürcher Geschnetzeltes and Älplermagronen are only a search engine away, and anyone who has spent time in Switzerland has probably encountered Tiptopf, the cookbook that has taught generations of Swiss schoolchildren to cook.



Swiss Suppers answers that question rather neatly. Rather than trying to be the definitive guide to Swiss cuisine, it offers something more approachable: 52 recipes centred on the evening meal, each accompanied by a short story explaining the dish's history, regional roots or ingredients. The result is as much a culinary journey through Switzerland as it is a cookbook.

For ZIWC Members, that's an important distinction. Many classic Swiss cookbooks are available only in German or French, and even English-language recipes online rarely provide much cultural context. Here, the recipes are written for an English-speaking audience while retaining a distinctly Swiss identity.



Is it indispensable? Probably not if you're an experienced Swiss home cook with a shelf full of local cookbooks. But for newcomers, international families, or anyone curious about what Swiss people actually eat beyond fondue and raclette, it fills a genuine gap. The photography is inviting, the recipes feel achievable, and the accompanying stories make you want to understand the country as well as cook its food.

Perhaps that's the real value of Swiss Suppers. The recipes can be found elsewhere. The sense of place is harder to google or AI search.

Photo: <https://www.qoqa.ch/de/offers/85364>

Funeral ceremonies in English.

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

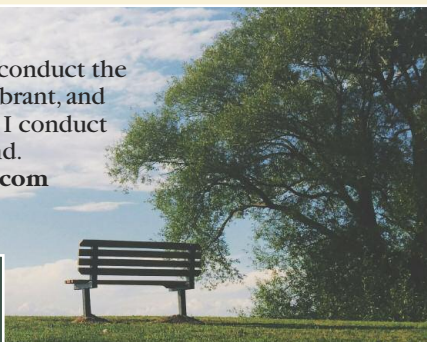
More information: www.swissfuneralcelebrant.com

(formerly www.baumer-trauerfeiern.ch)

Contact: info@swissfuneralcelebrant.com



Swiss Funeral Celebrant



Swiss German Corner

Celebrity Sausages

You have likely heard the term “A-list” or “B-list celebrities”, but did you know that in Switzerland, they have a special, food-related reference for their celebs?

A-list celebrities are permanently and almost universally known individuals whose status as celebrities is generally recognized. In Switzerland, they call them “*A-Promis*” (pronounced pro-meez) short for *A-Prominenz*.

B-list celebrities are people who have some recognition but are not widely known. B-list celebrities have usually earned their status professionally and are not solely products of media hype. They are suitably then referred to as “*B-Promis*” short for *B-Prominenz*. However, some Swiss people take it a step further and lovingly call these the “*Bratwurst Promis*”.

C-list celebrities are people who make headlines without actually having anything to say. Some attract attention through public embarrassments or scandals, others through flamboyant appearances, one-off television appearances, or affairs with real celebrities. *C-Prominenz Celebrities* in Switzerland are relegated to the “*Cervelat-Promis*” category, likely for Cervelat’s status as a “poor sausage”.

Tips to learn a new language: notice and listen!

In Switzerland, products are labelled in three languages, so you get 3 languages for 1, plus the product itself!

Notice the word! Look every time!
And listen to people speaking and think:
“that’s how you say that in German/French/Italian”!



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**Info evenings at Falkenstrasse 28a, 8008 Zurich
at 18:00:**

- 17th September 2026
- 12th November 2026
- 14th January 2027
- 23rd March 2027
- 13th May 2027



Interest Groups

NEWS & UPDATES

Introducing the ZIWC WhatsApp Community ■ Over the years, our Interest Groups have grown and flourished, with many Members participating in several different groups. To make it easier for everyone to stay connected and informed, we have introduced the ZIWC WhatsApp Community - a central hub for all our Interest Groups where you can easily see all the groups you are a part of, and request to join more! Each Interest Group remains its own separate group and joining the WhatsApp Community does not automatically make someone a Member of all groups.

Introducing ZIWC Outdoorsy Ladies ■ Do you enjoy spending time outdoors? Then we'd love to welcome you to our new **ZIWC Outdoorsy Ladies** WhatsApp group! This is the place to connect with fellow ZIWC Members for all kinds of outdoor adventures - from hikes and leisurely walks to cycling, paddle boarding, and other activities in nature. Whether you're planning an outing or simply looking for company, you'll find like-minded Members ready to join you. We hope **ZIWC Outdoorsy Ladies** inspires many new friendships, shared adventures, and wonderful moments in the great outdoors. You will find the group in the WhatsApp Community. We look forward to seeing you there!



New IG Leader Wanted – ZIWC Wine Tasting Group ■ Do you enjoy exploring and sharing the world of wine? We are now looking for a new IG Leader to continue this popular group. The format is flexible and entirely up to you - you might organise tastings featuring wines from different regions or countries, visits to vineyards or wine merchants, or simply bring Members together to discover and enjoy new wines in good company. There is no expectation to hold regular monthly events; you can organise activities as often as it suits you.

If you have a passion for wine and enjoy bringing people together, we'd love to hear from you! Please contact interestgroups@ziwc.ch if you are interested or would like to learn more.

New IG Leader Wanted – English Language Group

We're looking for a new leader for our friendly English Language Group! ■ The group currently meets Mondays via Zoom for casual conversation. Sometimes there's a topic, article, or podcast to inspire the discussion; other times Members simply chat about their lives. It's a fun and informal way to practise English and meet new people. The format is flexible and as the new IG Leader, you'll have the opportunity to shape the group in a way that works best for you and the Members. If you'd enjoy facilitating these gatherings, we'd love to hear from you. Please contact interestgroups@ziwc.ch if you are interested or would like to learn more.

Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website, contact Bettina for your free trial at interestgroups@ziwc.ch

Always contact the Group Organiser or interestgroups@ziwc.ch before joining a Group for the first time.

- Always check the ZIWC Website Calendar & Whatsapp Group for any updates and changes regarding the dates, time and location of all our events.
- The Club Cancellation Policy applies to all Interest Groups.
- A no-show for a free event will result in a penalty fee of CHF 25.
- Participation in physical exercise or training activities is at your own risk.
- It is the participant's responsibility to have personal and accident insurance.



MAKE AND CREATE

The Knitting Club ■ A group for those interested in knitting and crochet. You will have fun, find encouragement, learn new ideas and make new friends. The group meets every two weeks on Thursdays from 14:00 till 16:00 at Grafenauweg 3, 6300 Zug.

Contact Details: Antonia at antonia.latter@bluewin.ch or on 076 386 0005, Deepti on 079 451 8025 or Elizabeth on 079 451 0825

Cooking Group ■ Are you a foodie and have a passion for cooking but would like to be inspired and hone your skills? Come join our group of some amateur, some professional ladies yearning to learn new recipes and skills. We rotate in each Member's home by consensus date.

Contact Details: Donna Byron Sequeira at donnabyron@mac.com

Gardening Group - Grow Your Own! ■ Learn how to grow your own vegetables easily on your balcony or terrace. You learn all about how to plan, sow, grow and harvest. We welcome everybody, passionate about food, vegetables, and herbs, from beginners to seasoned gardeners. We meet on the first Tuesday of the month from 14:30 - 16:30.

Contact Details: Émely, Emelyziwc@gmail.com or 077 490 7374

Vegan/Vegetarian Cooking Group ■

Do you have a favourite vegetarian or vegan dish to share? We'd love to see it! One person will host each month and plans their session, where they can demonstrate a dish. Let's meet, enjoy some good food, and learn something from each other along the way. The group meets the last Friday of the month from 11:00-14:00. **Contact Details:** tiwari.deepti@gmail.com or 077 944 3092



Photography ■ Do you enjoy photography and using a traditional camera? Then this group may be for you. Meeting once a quarter, Members share photography tips and camera techniques before putting their knowledge into practice through hands-on exercises. A great opportunity to learn, improve your skills, and enjoy photography with like-minded enthusiasts. **Contact Details:** Andaleeb Lilley +41 79 654 4115

NEW! Women's Investment Club – Start Your Financial Journey ■

Discover how money can grow over time, why saving alone is often not enough, and how investing can help you build financial confidence and independence. No previous knowledge needed - this club is designed especially for beginners. Whether you are curious about investing, want to understand ETFs and Equities, or simply wish to take more control of your finances, you are warmly welcome. We meet once a month from 19:00-20:30

Contact Details: Birgit Nonnenprediger, birgitnonnenprediger@gmail.com

BOOK CLUBS

Walk the talk! 'Philosophy for a good life' ■ This Group focuses on non-fiction books which cover the latest scientific findings on health and well-being. Topics are wide-ranging and can include any aspect of healthy living which we deem to be of interest, such as stress reduction, attitude, problem solving, communication, gut & brain health, sleep and more. The Group meets in person once per month on Thursday mornings from 09:30 to 11:30. *Disclaimer: This group will not provide medical or psychological recommendations of any sort. Consult your doctor before implementing any new diet or exercise.*

Contact Details: Caroline G. Hoem, cghoem@outlook.com or 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 Grafenauweg 3, 6300 Zug. **Contact Details:** Antonia Latter, Antonia.latter@bluewin.ch or 076 386 0005.

CONVERSATION

English Conversation Class - New Leader Wanted! ■ We're looking for a new leader for our English Language Group! The format is flexible, and as the new IG Leader, you'll have the opportunity to shape the group in a way that works best for you and the Members. **Contact Details:** New Leader wanted, contact interestgroups@ziwc.ch

German for beginners ■ If you are interested in this newly forming group email interestgroups@ziwc.ch to register. There is currently a waiting list but we'll be in touch. Classes are usually at Haus zum Lernen, Mondays from 14:00-15:30.

Intermediate German ■ Do you speak basic German but would like to practise and improve your conversation skills so you start to feel more confident? Join us, after getting in touch with Birgit, on Tuesdays at 16:00 at the Parkhotel. **Contact Details:** Birgit Hilsbos at <https://ziwc.ch/membership-directory/> or interestgroups@ziwc.ch

**Intermediate German will not take place on the following dates: September 29, December 22, December 29.*

"Kaffeeklatsch" - German Language Conversation Group ■ If you have a relatively good (passive) understanding of German but are looking for an opportunity to practise (active) speaking, this is a good opportunity to improve your conversation skills.

Meeting Details: every Wednesday morning from 8:30 to 10:00

Contact Details: Agnès Reicke, agnes@reickeglaus.ch or 079 693 23 93.

Italian Conversation - For Italian language lovers ■ If you are a fan of Italy's food, wine, fashion, and culture, here is your chance to learn the nuances of its beautiful "singing" language. Cristina Rocco, a native Italian speaker is looking forward to welcoming new ladies! We'll have conversation, always open to give some grammar insights if needed. Currently the meetings take place at La Taverna Metalli Zug, on a regular basis on Thursdays, from 14:00-15:00. **Contact Details:** Cristina Rocco, cristinarocco64@outlook.com or 079 444 40 56

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. **Contact Details:** Anja Beck, 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:** Patricia Bremild, Patriciabremild@gmail.com or Valerie Gitter, vgitter@bluewin.ch or 079 763 4606.

OUT AND ABOUT / FUN

Girls About Town ■ This is a WhatsApp Group open to all Members who wish to advertise a social event (not their own business), suggest an outing, look for company on an outing etc in the Zug region. **Contact Details:** Helena Lustenberger on 079 243 6439 giving your full name and number.

Wine Tasting - New Leader wanted! ■ Do you enjoy exploring and sharing the world of wine? We are now looking for a new IG Leader to continue this popular group. The format is flexible, and as the new IG Leader, you'll have the opportunity to shape the group in a way that works best for you and the Members. **Contact Details:** interestgroups@ziwc.ch

Arts & Cultural Events ■ Do you enjoy exploring art, culture, and music? Join this group for visits to museums, galleries, art exhibitions, and selected concerts. It's a wonderful opportunity to discover new experiences, share interests, and enjoy cultural events with fellow Members. **Contact Details:** Shefika Balaban Brandenberger, gulsef08@hotmail.com or 076 421 3835.

Bridge Club ■ Join fellow Bridge enthusiasts for regular games in a friendly and social atmosphere. This group is intended for Members who already have a good knowledge of the game. They play every Tuesday 15:00 h till 17:00 at the Park Hotel. **Contact Details:** Teresa Hedinger, teresahedinger@yahoo.com or 079 734 5579

FITNESS AND HEALTH

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

Badminton ■ A great way to have some exercise and fun at the same time! New Members and all levels are welcome. The Group meets weekly on a Tuesday at 10:00 in Sports Zugerland Zentrum. **Contact Details:** Basia Powell at uciechosia@yahoo.co.uk or on 079 715 5137.

Padel Group ■ Our weekly padel game is a fantastic way to enjoy some exercise, meet fellow Members, and have fun on the court. We'd love for you to join us, whether you're an experienced player or just getting started. The focus is on having fun, getting active and enjoying some social time together. Thursdays at 9.30 - 10.30.

Contact Details: Linda Sharpe at linda.lemmer.sharpe@gmail.com



Monday Brisk Walk ■ A walk in the Zug area starting at 13:30 lasting 1.5-2 hours every Monday afternoon. These walks are 6-8 km at a brisk pace on flat terrain with short stops if necessary and a coffee break at the end. **Contact Details:** Patrizia Melera on 079 651 0137.

Intermediate Walking/Hiking Group ■ Walks of around 1.5 to 2.5 hours every Wednesday afternoon at 13:30. There may be some hikes in the mountains, but they will be done at an intermediate pace, with short stops if necessary. The Group Members will take turns in choosing and leading a walk.

Contact Details: Jan Frei at jan.freicox@outlook.com or on 079 335 7669.

Friday Fitness Hiking ■ A sport fitness hiking Group. The group hikes 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. For safety reasons dogs are NOT permitted at this activity.

Contact Details: Amy Egger at eggeramy@gmail.com or on 076 761 9135.

Weekend Hikers group ■ If you enjoy hiking but your weekdays are full, this weekend hiking group might be just what you're looking for. We meet once a month for full-day hikes on well-marked trails, enjoying beautiful scenery and great company along the way. These are not fitness hikes, but a reasonable level of fitness will help you get the most out of the experience. Hike details are shared in our WhatsApp group. You will find the group in the WhatsApp Community.

Golfing Gals Group ■ The Golfing Gals are enthusiastic golfing ladies at every level who practise and play regularly. Nothing is strictly organised, we just group together as it suits. We share our tee times and practice times in our WhatsApp Group.

Contact Details: Émely Steegstra-Hendrix on 077 490 7374.

Outdoor Morning Fitness ■ Offering Members free classes on Mondays, Wednesdays and Fridays from 08.00 – 08.45 at St Martin's Park Pavillion in Baar.

Contact Details: Sandra on 079 739 3552 or at club276@club.mrssporthy.ch

Zugerberg FinanzTrophy ■ We have a WhatsApp group you can join, to know when other Members are doing the walks. First sign up on the ZFT webpage, set up your profile and ZFT ID. Register and include 'Zug International Women's Club' as your verein and let's get some kilometers on the ranking list. **Contact Details:** Sarah Paul 079 279 9748.

NEW! ZIWC Outdoorsy Ladies ■ This is the place to connect with fellow ZIWC Members for all kinds of outdoor adventures - from hikes and leisurely walks to cycling, paddle boarding, and other activities in nature. Whether you're planning an outing or simply looking for company, you'll find like-minded Members ready to join you. You will find the group in the WhatsApp Community.

Reduced Membership

From 01 October 2026



Do you know someone who is thinking of joining us or are you not a Member yet?

From 01 October until 28 February, new Members pay only CHF 50.- to join until 01 April.

Spread the word and help others connect!

Longevity II: Investing for a Longer Life

What does living longer mean for your financial future?

Join us for an engaging evening exploring how to invest, plan and prepare for the financial realities of longer lives. From navigating the needs of the **Sandwich Generation** to making confident investment decisions across generations and planning for a **longer Swiss retirement**, our experts will share practical insights and perspectives.

Discover how Swiss-focused investing, CHF-based strategies and global diversification can support long-term financial resilience — and gain valuable insights from **Timo Dainese**, **Prof. Dr. Maurice Pedergrana** and **Tania Mobayed** of Zugerberg Finanz.

Open to the English-speaking community. Spaces are limited — **so register today!**

Date: Wednesday, 21 October at 18.00 to 21.30

Venue: Zugerberg Finanz, Lüssiweg 47, Zug

Sign up [HERE](#)



Lunchtime cruise

For long lunch breaks, our scheduled cruises offer an excellent menu with a variety of meat, fish and vegetarian dishes. Enjoy a cruise on Lake Zug with gourmet delicacies.

More infos: zugersee-schifffahrt.ch

September 2026

MONDAY



7

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers
14:00 German for Beginners
18:00 English Conversation Online

14

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers
14:00 German for Beginners
18:00 English Conversation Online

21

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers
14:00 German for Beginners
18:00 English Online Conversation

28

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers
14:00 German for Beginners
19:00 Women's Investment Club

TUESDAY

1

10:00 Badminton
14:30 Gardening Group

8

10:00 Badminton
10:00 Cooking Group
15:00 Bridge
16:00 Intermediate German

15

10:00 Badminton
15:00 Bridge
16:00 Intermediate German
18:00 Business Network Aperó

22

10:00 Badminton
15:00 Bridge
16:00 Intermediate German

29

10:00 Badminton
15:00 Bridge
16:00 Intermediate German

WEDNESDAY

2

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking

9

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
12:15 Monthly Lunch
13:30 Wednesday Hiking

16

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking

23

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking

30

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking
19:30 Cheeky Cocktail



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

3

9:30 Pedal
9:30 Book Club: Walk the talk!
14:00 Italian Conversation

FRIDAY

4

8:00 Morning Outdoor Fitness
9:15 Friday Fitness Hike

WEEKEND

5

SATURDAY

FEST DER NATIONEN All day

6

SUNDAY

10

9:30 Pedal
10:00 Aegeri Coffee
14:00 Italian Conversation
14:00 Knitting Club
20:00 Meditation Circle

11

8:00 Morning Outdoor Fitness
9:15 Friday Fitness Hike
19:00 Light We Carry Forward
(Collaboration Event
ETZG and ZIWC)

12

SATURDAY

13

SUNDAY

17

10:00 Cham Coffee
14:00 Italian Conversation

18

8:00 Morning Outdoor Fitness
9:15 Friday Fitness Hike

19

SATURDAY

20

SUNDAY

24

9:30 Walchwil Coffee
14:00 Italian Conversation
14:00 Knitting Club
18:00 Monthly Dinner

25

8:00 Morning Outdoor Fitness
9:15 Friday Fitness Hike
11:00 Vegan/Vegetarian Cooking

26

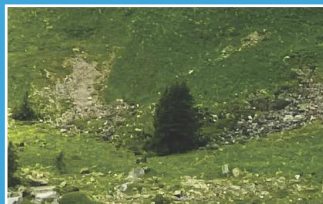
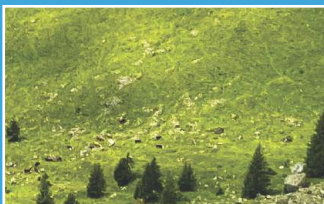
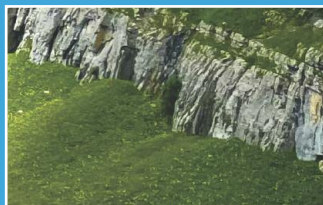
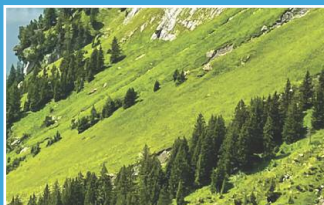
SATURDAY

**ESCAPE:
Open House Zurich**

27

SUNDAY

**ESCAPE:
Open House Zurich**



October 2026

MONDAY



5

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers

12

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers

19

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers
16:00 Intermediate German

26

8:00 Morning Outdoor Fitness
13:30 Monday Brisk Walkers
19:00 Women's Investment Club



TUESDAY



6

10:00 Badminton
14:30 Gardening Group
15:00 Bridge
16:00 Intermediate German

13

10:00 Badminton
10:00 Cooking Group
15:00 Bridge
16:00 Intermediate German
18:00 Business Network Aperó

20

10:00 Badminton
15:00 Bridge
18:15 Monthly Dinner

27

10:00 Badminton
15:00 Bridge
16:00 Intermediate German
16:30 Wine tasting Reben&Riviera



WEDNESDAY



7

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking

14

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking

21

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking
13:30 Zugerberg Finanz Longevity II
Investing for a Longer Life

28

8:00 Morning Outdoor Fitness
8:30 "Kaffeeklatsch"
10:00 Zug Stammtisch
13:30 Wednesday Hiking



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

THURSDAY	FRIDAY	WEEKEND
1 9:30 Book Club: Walk the talk! 14:00 Italian Conversation	2 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	3 SATURDAY 4 SUNDAY
8 10:00 Aegeri Coffee 14:00 Italian Conversation 14:00 Knitting Club	9 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	10 SATURDAY 11 SUNDAY
15 10:00 Cham Coffee 12:15 Monthly Lunch 14:00 Italian Conversation 20:00 Meditation Circle	16 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike	17 SATURDAY 18 SUNDAY
22 14:00 Knitting Club	23 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike 18:15 ESCAPE: Urania Observatory Zurich	24 SATURDAY 25 SUNDAY
29 9:30 Walchwil Coffee 14:00 Italian Conversation	30 8:00 Morning Outdoor Fitness 9:15 Friday Fitness Hike 11:00 Vegan/Vegetarian Cooking	31 SATURDAY 19:00 Cheeky Cocktail SUNDAY





Have something to say?

Write for the Connect! Magazine

ZIWC
Connecting Women
est. 1967

In our next Connect! Edition, we will explore the topic of Finance & Investing.

If you have an interesting story or contact, expertise, or something you want to write about, feel free to send us a proposal for submission. We are also open to receiving event recaps, general interest articles or Zug-related insight.

Articles should be no more than 450 words, and the editorial team reserves the right to accept, reject, or modify any text. Please send images separately - do not embed photos.