

# WCN

# Network News

The Newsletter of the Women's Career Network  
Vienna, Austria Issue No. 2002/11

t h i s m o n t h

## Women and Peace

Paula Abrams-Hourani, leader of *Women in Black-Vienna*, a peace organization, will be sharing with us information about the occupied Palestinian territories, which is not divulged by the media. Paula has intimate knowledge of the situation, gained during her years of involvement and through family members living in the area. She will be accompanied by representatives from two other peace organizations, *Global Mothers* and *Wiener Friedensbewegung*, who network with and are also active with *Women in Black-Vienna*.

w h e r e & w h e n

Monday, November 11  
networking at 7:00pm, presentation at 7:30  
Mahlerstraße 3/7-8, 1st district, Vienna

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## Investing 101

At the October meeting, we went over the basics of investing, taught by Mr. Johann Weisenhorn, of Weisenhorn & Partner Financial Services. For some, this was a welcome review, for others brand new, and for those seasoned investors among us, perhaps a bit too "basic." At whatever level the material spoke to you, Mr. Weisenhorn indicated that despite what one hears about "the economy" in the media, and how poorly it may be doing overall, the bottom line is that how you invest your money is about making your money grow to meet your own personal goals for the future, distant or near. Not to invest your money (be it in stocks, bonds, funds, real estate, etc.) out of fear spawned by reports on the state economy now, but simply to stash your money underneath your proverbial mattress means running a losing race against inflation.

For more information on investing, and Mr. Weisenhorn's services, visit:

[www.weisenhorn.at](http://www.weisenhorn.at)

-Miranda Schneider

*jingle bells, jingle bells, jingle all the way  
oh what fun it is to ride  
on a one horse open sleigh!  
hey!  
christmas is just around the corner  
and the WCN Xmas Party  
is on December 10th!*

This Newsletter has been made possible by the generous contributions of



The Women's Career Network was founded in 1992 as an independent subgroup of the American Women's Association. The WCN acts as a resource and support network for women seeking to develop and expand their career opportunities.

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#### WCN Bank Transfer Info

Institution **Creditanstalt AG**  
AccountNumber **1991-90844/07**  
Routing Code # **11000**  
Account Holder **Birgit Bauer**

Please be sure to write your name and the nature of payment under "zweck" area on the bank form.

# News

## Social Club

### November Social Activity

This month, it's time for a little comedy with the "Late Night Theater Jam." This improvisational group puts on quite a funny show or "a multicultural translingual impro-fusion extravaganza," as they say on their website. Check out [www.english-lovers.at](http://www.english-lovers.at) for more information. We will meet beforehand for drinks to get the night started at 9:00pm. As this event starts a little later, I know that it will not work with everyone's schedule. But as it is a Friday, I am hopeful that a number of you will be grateful for the time to go home and relax before heading out!

**w h e r e & w h e n**

*when?* Friday, November 22 - drinks at 9:00pm, show at 10:30pm

*where?* The show is at Drachengasse Bar&Co, Fleischmarkt 22, 1010 Vienna. The location of cocktails before the show

will be agreed upon once a group is formed.

*cost?* 15 euro per ticket. If we have a group of 10 or more, a group rate may be possible.

*who?* Friends and Family are invited to join!

*contact?* Please call or send Suzanne Gassner an email by Monday, November 18, so tickets can be held.

Phone 069919418381 or email: [sgassner@hotmail.com](mailto:sgassner@hotmail.com).

## December Social Event

Save the Date....

The holidays are almost here and that means it's time to celebrate with the WCN. As December is such a busy month with many social obligations for us all, please mark your calanders now for the holiday party on Tuesday, December 10th. Details about the celebration will be announced at the meeting as well as in the next newsletter.

## Kudos

WCN members are doing wonderful things.

Let us know about them so we can celebrate your achievements!

Send any ideas for "kudos" to Miranda Schneider

at: [a9408266@unet.univie.ac.at](mailto:a9408266@unet.univie.ac.at)



mark your  
c a l e n d a r s

**General meeting**  
November 11

**Steering committee meeting**  
November 25

**Holiday Event**  
Tuesday, December 10  
Details to be announced

## News

### **Fiction**

We would like to begin an open forum for creative writing: short stories, poems and the like are welcome. If you would like to see your work of fiction in print, please send proposed submissions to Miranda Schneider at:  
e-mail: a9408266@unet.univie.ac.at

### **Around Town**

The 8th International Financial and Economic Forum Vienna will be held on November 14 and 15 in the House of Industry. This year's theme is "global financial markets in a world of economic tensions." Current strategic considerations on the financial, industrial, and service markets will be key issues in this annual meeting. There will be simultaneous translation in English, German and Russian.

Information and registration: [www.ifw-wien.com](http://www.ifw-wien.com)

### **Settlers Corner**

*This column will serve to provide useful hints, tips and recommendations on living in Vienna. Please send any contributions to Miranda Schneider at: a9408266@unet.univie.ac.at*

### **A Vegetarian's Delight**

For those who prefer to eat vegetarian food but still want to enjoy eating, I would like to strongly recommend the restaurant:

VEGI RANT  
Vegetarische Vollwertküche  
Währinger Strasse 57  
1090 Wien  
telephone + fax: 407 82 87

They offer excellent menus (2 sizes!) for at very reasonable prices, still less expensive if you buy a week's worth of menus, i.e. five dishes in advance. You can choose between two dishes making up one menu – e.g. main course and dessert, or soup and main course, or take the regular three dishes. Service is quick and friendly, and you may also order by phone for take-out. Opening hours are Mondays to Fridays 11:30am to 6:00pm, and Sundays 11:30am to 2.30pm; closed Saturdays.

I have found them very busy recently, so you may not always find a free table, but it is socially acceptable to sit beside somebody else. Attention smokers! – I found a non-smoking sign in the dining room, so this place is also a non-smoker's delight!

-Doris Cipek

this month's  
c o n t r i b u t o r s

Doris Cipek, Suzanne Gassner,  
Sophie Pedersen,  
Valerie Crawford-Pfannhauser,  
Miranda Schneider,  
and Sibylle Wehren.

Materials for the  
**December issue of Network News**  
should be submitted by,  
**Monday, November 18, 2002**  
please send all materials to Miranda Schneider  
e-mail: a9408266@unet.univie.ac.at

# Inside the Network

## Questionnaire Results

from the September 2002 WCN Meeting

Here are the results of the questionnaires given out at the September meeting. In total 37 questionnaires were handed in, of which 29 were from old members, 7 from new members and one guest. Topics you would like to see covered at meetings ranked as follows:

- Self-improvement 23%
- Career aid 19%
- Women's roles in society 18%
- Health issues 14%
- Career portraits 12%
- Culture/travel highlights 11%
- Gene technology 3%

Other issues which are of interest are:

- Hi-Tech, new IT developments
- Cultural differences in business
- Vision of WCN
- Politics (local and international)
- Arts (connected to women)

To the question **“What do you like best about meetings?”** the majority of responders said ‘networking possibilities’ (41%), followed by ‘meeting friends’(33%) and ‘the speakers’(26%). Other things mentioned in response to this question included the international, mixed, relaxed, but professional atmosphere; the possibility for active contribution with workshops and lectures; the information from the speakers, and the interactive sessions. Someone even liked “everything” which is wonderful.

The questionnaires also highlighted the amount of talent available within the WCN, with several members offering to meet new members and make them feel welcome, offers to speak, and contacts to possible speakers.

Regarding the various **clubs run by the WCN**, it can without a doubt be said that Adventure Dining has the biggest following. 75% of the responses were active participants of the clubs.

We had several members offering to contribute or start up clubs from Book Clubs, Film Clubs to a Trivia Club and a Mentoring Programme. There is apparently a Book Club already running to which WCN members are kindly invited – please contact Scoti Keasshaefer if you are interested.

The **training courses** organized by the WCN were a fruitful topic, with many exciting suggestions for training and several offers to run a training on a variety of topics – from how to run a business, to alternative medicine.

The responses to **the WCN homepage** questions also gives us another insight into the ideas and needs of our members. While we are not, for privacy reasons, able to put the Directory on the internet, we can put articles written by members online, should anyone feel compelled to contribute in this manner. However, most articles written by members are contributed to the newsletter.

It should again be mentioned that every member automatically receives one free advertisement in **the Newsletter**, so if you wish to advertise your business here is your opportunity to do so. We had requests for more political/socio-political articles, information on interesting events for women in the newsletter – here again, we welcome your contributions. But overall the Newsletter is, to quote: “its great!”, “informative”; “Miranda’s job is super!”.

Therefore **to summarize**, we would like to thank everyone who gave us food for thought and concrete offers of their time and energy. We cannot put everything into practice overnight, however, we will pass information on to the appropriate persons, such as potential trainers, or club contributors. We will do our best to get in touch with everyone who offered to help “meet and greet” new members. We will do our best, as co-ordinators of the organization, to fulfil your needs, but again would like to stress – the WCN is only as good as we all make it. We wish you many more hours of enjoyment within the framework of the WCN!

*your WCN Co-ordinators,*

Sophie Pedersen and Sibylle Wehren

# Inside the Network

p e r s p e c t i v e

## Women and Film

**I**would like to devote this space each month to a different discussion about Women and Film. I can assure you of my wide interest in film, having studied American Popular Film for my Masters degree and Film Noir and Film History as part of my BA degree. As the readership of this newsletter is, I presume, almost exclusively female I hope that the theme of Women and Film will be of particular interest and significance to you.

-Valerie Crawford-Pfannhauser

### The Female Friendship Film

To exploit maximum commercial potential, mainstream Hollywood has traditionally always tended to aim and market its products towards a variety of designated groups such as families, teenagers, couples, men and women. Primary identifications and divisions within the audience are recognized as gender and age but further subdivisions may include race, religion and sexuality. The audience is therefore not a single homogenous unit, neither is it a static one. Film audiences have changed in relation to wider social and economic trends over time and different groups have emerged with increased leisure time and purchasing power for cinema going or video (and now DVD) rental and ownership. Amongst these groups the female audience continues to be identified by the film industry as a valuable market. Traditionally film genres have strongly been associated with gender;

whereas action movies, thrillers, war films and westerns have been considered part of the male domain, romance, 'weepies' and melodramas have fallen primarily within the female domain. What will be termed for convenience here as the 'female friendship film' is a multifaceted subgenre of film with a long cinematic history. These films are 1) directed towards a female audience, 2) their plots centre on the actions/emotions of female protagonists and 3) they deal with issues that are of particular interest to women. The following four films are perhaps some of the best known examples of female friendship films:

#### *Beaches (1988)*

This film explores the lifelong friendship of two women (Bette Midler and Barbara Hershey) who first meet as young girls. They share a number of crises, career setbacks/successes, romances, divorces and finally death. The film's focus is strongly on fulfillment found through the maternal role.

#### *Steel Magnolias (1989)*

This is the story of a young woman's (Julia Roberts) tragic death, her mother's loss and the support she is given by a cross section of the local female community found at Truvy's Beauty Salon. *Steel Magnolias* celebrates female bonding as an extension and support of the natural female role of motherhood.

#### *Fried Green Tomatoes at the Whistlestop Café (1991)*

Evelyn Couch (Kathy Bates) is a middle-aged woman experiencing a midlife crisis. She meets and befriends an older woman, Ninny Threadgoode (Jessica Tandy), who is in a nursing home. By telling stories from the past about two friends Idgie and Ruth,

Ninny helps Evelyn find greater self empowerment.

#### *Thelma and Louise (1991)*

Friends Thelma (Geena Davis) and Louise (Susan Sarandon) take a weekend road trip to get away from it all. When they stop at a bar for a drink, Thelma dances with a man who later tries to rape her in the parking lot. Coming to her friend's defense, Louise shoots and kills this man. Afraid that their story will not be believed, the two women go on the run. The road ends at the Grand Canyon where they decide there can be no turning back.

These films all place females at the centre of the narrative, showing women as valuable in their own right, rather than presenting them purely as token accessories to men. To varying degrees men are predominantly shown within these films as insensitive and selfish, unable to truly communicate, love or bond with women in the same way another woman can. In contrast to the relationships shown between women and men, true female friendship is shown to be all empowering, all enduring and all sacrificing. Female friendship is shown in these films to be predominantly platonic, although *Fried Green Tomatoes* ambiguously hints at a sexual relationship between Idgie and Ruth (a relationship which is actually explicit in the book from which the film is taken). Pleasure can be derived from these films in identifying with the female victories they show, by enjoying the challenge they address to male dominance and deriving strength from the support they show to women in general.

Whilst female friendship films offer a female spectatorial position, it does not follow that they should be considered feminist films as they tend to contain both progressive and regressive elements. Although *Beaches* shows us

"Friendship Film" continued on page 7

# Inside the Network

## Flower Essences the gentle way of healing

*What are flower essences?* Flower essences are produced from plants found in the wild. Their effect on the individual can be well compared to that of highly diluted homeopathic medicine. Presently there are approximately 500 essences available for use, including such classes as Californian, Australian, Alaskan, Master's, Orchid Essences etc. Each essence corresponds to a certain quality: among the 38 Bach flowers, for instance, the essence Larch stands for self-confidence, Impatiens for patience and sympathy, and Mimulus for courage and confidence.

*Bach flower essences* The most well-known flower essences are the so-called "Bach flowers," named after their discoverer. Dr. Edward Bach (1886-1936) was an English general practitioner and bacteriologist. He realized that certain character traits contribute greatly to the course a disease. For that reason he considered it very important to include those character traits in the patient's medical treatment, thus looking at the patient in his or her complexity.

*An example* Just think of the various causes that may lead to a gastric ulcer in a person, such as the patient's hectic and restless lifestyle, or a general feeling of anxiety and nervousness. Equally, rage or feelings of anger and fury may affect the stomach negatively. These different emotional states are, in Dr. Bach's view, just as essential for a person's treatment as the administration of medicines. So, in the case of an emotionally-linked ulcer, one patient may be given the flower essence against nervousness and the other the essence against feelings of anger and fury.

Of course, if that person already suffers from a gastric ulcer, his/her disease has to be treated by a medical doctor. However, finding the underlying cause of the disease, or, even better, starting to take the adequate flower essence at a point earlier in life where no disease has yet developed, is of equal importance. While developed decades prior, those familiar with the school of psychosomatic medicine will recognize Dr. Bach's methods as resembling those of this modern discipline.

*My experience* I have used Bach flower essences as well as a few others for many years in different situations. For example, I always carry the "Rescue Remedy" with me to combat my nervousness before making a presentation before a larger audience. This is a combination of five Bach flower essences which may be used in any kind of emergency, before and after moments of difficulty, and for upsets of every kind. It has never failed to act on me gently yet effectively.

Among other essences that have helped me in specific circumstances were the Australian flower essence She-Oak for female conditions, and the Master essences Fig and Date – they will support you when you feel, for instance, you are no longer able to enjoy life and have become a complete workaholic.

*Competent counselling* Flower essences should always correspond to a person's individual needs and shortcomings. What is good for one may not be the right remedy for another. For that reason, every person who wants to try out this gentle way of healing should be given enough time and attention to find the best essence for him or her. Thus it is prudent to seek an objective person well-trained in Bach essences for consultation.

Of course you can also try to find out the most appropriate Bach flower remedy for yourself. In this case, recognizing exactly how you feel is the key to choosing the right essence. For example, if moving house is making you feel frustrated and impatient, try Impatiens. And if you are finding it hard to adapt to your new neighbourhood, try Walnut which helps in any phase of change and transition in your life.

Sometimes, however, we find it difficult to be honest with ourselves. Few of us want to be seen as jealous or over-protective, but once we have admitted how we feel, we are half way to balancing that emotion. So, if you have trouble working out your feelings on your own, why not ask someone who is well-trained in counselling people and knows a lot about flower essences to help you do so?

Flower essences can be administered to adults and children alike, and they also work with animals. They are harmless and natural, with no known side-effects. While these remedies will not interfere with other treatments, they do not, however, replace professional medical advice.

Below are three book titles on flower essences, which I still find very useful references on flower essences:

- *The Healing Herbs of Edward Bach* – Julian & Martine Barnard, Ashgrove Publishing, London, 3rd edition 1999
- *Barnard, Julian & Martine: Das Bach-Blüten-Wunder*, München, Heyne Verlag 1991 (or later)
- *Friederike Maschmann-Ringe: Der Blütenstrauß des Edward Bach*, Knaur TB 1995

# Inside the Network

o p i n i o n

## Letter from the Co-ordinators

"Friendship Film" continued from page 5

two independent, intelligent and capable career women, it prizes motherhood as the ultimate female role; *Steel Magnolias* shows the unique bond of female friendship but also glorifies women's suffering and self sacrifice in the name of motherhood – it never questions that the desire for motherhood might be socially constructed; *Fried Green Tomatoes* is more progressive in that Ruth and Idgie represent a challenge to male power, not only through their relationship but in their successful establishment of the *Whistlestop Café*, Evelyn also becomes a happier person, more assertive and less passive but still chooses to work within the traditional order of marriage. These three films (unlike *Thelma and Louise*) offer the traditional ending of the mainstream female friendship film in that the female figures are able to better integrate into the existing social structure.

Arguably the most popular and controversial female friendship film of recent years is *Thelma and Louise*. This film has stirred much heated debate in its connection to feminism, its use of violence and the presentation of its characters. Reviews of the time both celebrated and condemned the film as 'butt-kicking feminist manifesto'. Some critics argued that the film attempted to empower women only to have them act like men with fast driving and gunplay and that the film offers a despairing message for women. Negative stereotypes of men do abound and it is clear that the women are on the run from the patriarchal world, ultimately choosing suicide over submission to male authority. *Thelma and Louise* is the story of two abused women who revolt against a society that has not adequately protected them from the crimes of male violence and the film clearly attacks the legal system's response to rape.

Warning: these films are guaranteed to

*Comment from the Co-ordinators and the Steering Committee in reply to Dr. Lyly Rojas de Knaus' article in the September 2002 Newsletter – A Rose by any Other Name ...*

In the September newsletter, Lyly made the comment that the WCN was developing at such a great rate, the name no longer really defined what the network stood for and maybe we should consider a new name and a new focus. She even made the daring comment that maybe we should allow men in to our ranks!

After discussion with the steering committee and between ourselves, we would like to present our view of her valid comments. Maybe we are no longer a "career" network focusing entirely on how to write cv's, successful interview techniques and so on. However, we are, to a great extent, professional women. Today, a career is much more than just a job and requires long-term planning. A career requires soft skills; how to network, make friends of all nationalities and have fun together. The name "Women's Career Network" in that sense still defines what we are. We network and are still, in some form or other, career women.

The network offers our members an invaluable platform for meeting other women who may have similar problems, or are seeking to follow similar paths. Here, it very much depends on the interpretation of "career." Is a "career woman" someone who goes to work in a suit and has meetings and deadlines to meet? or is it anyone with a particular goal in life?

Should our network be open to men? Of course there are pros and cons to every side. However, especially as many of our members come to Austria to be with Austrian partners, the network offers them an invaluable platform for meeting other women and consequently make their own friends. This helps to make them feel at home, and give them their first feeling of independence in a foreign country, where they may not even speak the language. Men have many options to get together, which are not as easily available to women such as playing football, rugby, typically male-dominated clubs, and so on. The WCN provides a forum to get together and discuss what they bring to the workplace and how they deal with problems, as well as make friends, discuss intimate topics and ask questions which might not be asked at trainings or meetings if men were present.

Therefore, to conclude, we feel the WCN should remain the "Women's Career Network" and our focus will stay on "career" in the wider sense. Social activities do sometimes include the "Men of the WCN" and we hope the network continues to play an important role in its members' lives. Isn't it wonderful that, as Lyly points out, we have really become a community with energy, enthusiasm and a wide variety of skills?

Best regards

Sibylle Wehren, Sophie Pedersen, your WCN Co-ordinators

### **Mission Statement of the WCN:**

The WCN acts as a resource and support network for women seeking to develop and expand their career opportunities in Austria.

# Advertisements

Flower essences – the gentle way of healing

## Individual counselling

**Offered by Doris Cipek, WCN member**  
(Qualified in Bach flower treatment, trainer certificate)

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**Ask for further information:  
Bettina Schmied, phone 0664/595 08 05  
e-mail: [bettina.schmied@utanet.at](mailto:bettina.schmied@utanet.at)**



Have you read a good book lately ?

Have you discovered a great restaurant ?

Have you visited an interesting art exhibition ?

Or has there been a BIG event in your life that you'd like to tell us about ?

If so, then why not contribute to next month's newsletter !!!

## Network News Advertising Prices

WCN members have the privilege of placing one free business card size advertisement in the Network News.  
Further advertisement pricing is as follows.

	Members	Non-members
Per word up to 1/4 page	.50 euros	.75 euros
1/2 page	30 euros	35 euros
Whole page one side	55 euros	65 euros
Whole page front and back	120 euros	150 euros

**be  
free\***

\*members have one free advertisement

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me**