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the weekly newsletter for women

**a p r i l 16 | 7. - 13.**



## e d i t o r i a l

**"Heya Girls!"**

Dear green fingers and garden hedonists, in April and May rare **lion's** tongues, attractive Hannibal leek, curious Neckarpearl cauliflower and one or two bees are once again settling down in the middle of Vienna! The initiator of this fresh snuff of country air is the world beautifier organisation Arche Noah which has been spreading **rare** crop plants and the respective know-how for years. As of now, we can purchase many interesting young vegetable plants, fresh herbs, delicious berry rarities and selected organic seeds – at the Arche Noah **pop-up store** in the 5th district. Personally, I still live on the good-mood-taste of the (extremely abundant!) "Granny's best" strawberry harvest of last year, eternalized in a few jam glasses ;-) This year, the pop up assortment also includes manuals, earth and organic fertilizers. Well then, let's clean our windowsills, rooftop gardens and flower beds and make room for all the botanic dainty and tasty morsels. And if you need **gardening** support: experts provide advice every Thursday from 6pm to 7pm.

Wishing you a lovely week  
Your CitySpotterGirl

**Arche Noah Pop-Up-Store**, Rechte Wienzeile 123 (court), 1050 Vienna. April 7 – May 28. Thu-Sat 10:00-18:00. [Web](#)

Photo: Arche Noah

## THURSDAY

**... y u m m y**



**fairERleben – gourmet market**

As a French proverb goes, "He who stops **indulging** begins preaching". In the town hall we can now do both things for two days – indulge with a clear conscience! Almost 50 fair-trade exhibitors present their sustainable products – including many culinary delicacies, but also fashion, cosmetics & interior "pleasures". Apart from well-known fair producers such as Eisgreißler, there'll also be many **newcomers**. For example erdbeerwoche with smart feminine hygiene or the Trash Design Manufaktur with upcycling furniture. With **inviting** tastings and lectures on ethics and food!

**Town hall**, Friedrich-Schmidt-Platz 1, 1010 Vienna. April 7+8, 9:00-18:00. Free entrance. [Web](#)

**... d i y**



**Bargain sale at Stoffsalon Vienna**

**Rhinos** and swallows are in blossom now! If you don't feel like spring off the peg, just tailor your own bright spring outfits! Alexandra Rath's Stoffsalon comes up with a **merry** sale for three days and grants a 30% discount on many beautiful clothing and interior fabrics! Including comfortable jersey and sweats, printed cotton beauties (definitely competing against Austro star designer Josef Frank), funny flannel and season fabrics. Plus, 15 % off on dress patterns and sewing books! Those who are still searching for **fresh** ideas and inspirations will find them [here](#). Rhino ahoy!

**Stoffsalon**, Westbahnstraße 38, 1070 Vienna. April 7-9, Thu 10:00-20:00, Fri till 18:00, Sat till 14:00. [Web](#)



**RACE DAYS**

-20% auf Schuhe & Bekleidung  
7. bis 9. April 2016  
im wmns running store  
Ausgenommen Sale

**wmns** Wien 7, Breite Gasse 11 und  
online auf [www.wmns.at](http://www.wmns.at)

ANZEIGE [www.wmns.at](http://www.wmns.at)

### ...relationship



#### „Adam, where are you?“

Relationships are hard work. Sigh! Because sooner or later, Mr Mars **collides** with Ms Venus and their daily life becomes more and more of a challenge. Psychologist Susanne Pointner's new book might bring **relief**. Taking the example of a broken couple, she offers ways out of the relationship crisis. With the aid of fairy tales, literature and films, she explains how to overcome problems and how to break down cemented patterns. This does not necessarily mean that couples will stay together in any case – a worthy **break-up** is a “happy end” as well! Learn more about it at the book presentation today.

**Book store Buchaktuell**, Spitalgasse 31A, 1090 Vienna. April 7, 18:00. Free entrance. [Web](#)

## FRIDAY

### ...design



#### Spring party at Die Sellerie

Let's celebrate spring! – was the idea of the three graphic newcomers of Die Sellerie and, on the occasion of their vast spring assortment change, they invite us to look around, shop and **celebrate**. The timing couldn't be better: Easter cleansing is done, spring is approaching and our homes are **crying** for some prettifying and a change of scenery. Just arrived: hand-printed “peacock” pillow cases with unusual animal and plant illustrations, utopia scented candles which bring city, country and rivers to your home and stylish concrete **vases** made in Austria. Fine spring party with drinks and music!

**Die Sellerie**, Burggasse 21/1, 1070 Vienna. April 8, 15:00-21:00. Free entrance. [Web](#)

### ...dance



#### Solo Jazz Taster with Alina Sokulsk

Well, you may need a bit of **courage**. The Viennese dance activism association IG Hop has invited a real jazz dance legend to Vienna – the young Ukrainian exceptional talent Alina Sokulska. Today, the expert passes on her skills in vernacular jazz, **bebop** & Afro styles in a solo jazz taster. This is a kind of introductory lesson into the incredibly fascinating and undanceably danceable jazz universe. The swing quartet „The Golden Boys“ provides **hot** live rhythms, the live performance of the dancing queen will cause goose bumps. Everyone wishing to dance is welcome. Jazz it up!

**Schwarzberg**, Schwarzenbergplatz 10, 1040 Vienna. April 8, from 20:00. 10 €. [Web](#)

### ...health





ANZEIGE [www.artefaktum.at](http://www.artefaktum.at)



### Vienna Pain Day

Oh dear. Yes, Austrians love to **wail** and they masterfully blow up little ailments. But today it's about real pain, or rather, how to overcome it. The Viennese pain day provides tips and sound advice on many acute and chronic complaints – from **migraine** and overweight to rheumatism and mental stress. Especially healing: free Tuina self-massage and back exercise trial seminars, personal question time with experts and quick biofeedback and lactose checks. Almost everything for **free!**

**Town hall Vienna**, ceremonial hall, Lichtenfelsgasse 2, 1010 Vienna. April 8, 10:00-18:00. Free entrance. [Web](#)

## SATURDAY

### ...nostalgia



#### Flower corso at Wiener Prater

It's been 130 years since Princess Pauline von **Metternich** initiated the first flower corso as part of the annual Prater spring festival. Back then, in due Secession style, of course, with dolled up flower ladies and pompously decorated horse carriages. Good that the Prater is celebrating its 250th **birthday** this year and that the old tradition is being awoken from its deep slumber. Start is at 1.30 pm! With brass bands from all over Austria, a festive programme at the giant wheel square and more than 80 smartened up old-timers, **carriages** and tractors. Put a rose into your hair and travel back to historic Vienna!

**Prater**, 1020 Vienna. April 9, 13:30-18:00. Free entrance. [Web](#)

### ...flea market



#### Flea market in Liechtensteinpark

Bargain hunters dig for treasures and get some fresh air in the **idyllic** Liechtensteinpark today. Because a "genuine" flea market (unlike the ordinary weekly junk markets) is taking place there. And so, the range of treasures is **varied** and multi-faceted – you'll find antiquities, art, porcelain, jewellery and clothes, books and CDs. And for those who came across some dispensable remains during the Easter cleansing, there are still stands available (for 15€). Afterwards, you might take a walk through the park and enjoy a nice cup of coffee and a piece of **cake**.

**Liechtensteinpark**, entrance Alserbachstraße 16, 1090 Vienna. April 9, 09:00-16:00. Free entrance. [Web](#)

### ...spirit





### Buddhist temple: Open day

Today we walk with giant strides towards inspiration and good **karma** ;-) The Kadampa meditation centre of Modern Buddhism opens its doors for one day and invites us to ask questions, to discover and to **meditate**. Spiritually interested persons may follow the monk Gen Kelsang Palden through the premises and into the Buddhist temple, at 3 pm people meditate together. At 4.30 pm a short presentation on how to live a stress-free and happy life will be held. At the latest when coffee, tea and cake are being served, all hearts will be warmed. Everything for **free**.

**Kadampa meditation centre**, Schottenfeldgasse 63/1/2, 1070 Vienna. April 9, 14:00-18:00. Free entrance. [Web](#)



**HIER BESTELLEN:** [www.diestadtspionin.at](http://www.diestadtspionin.at)

## SUNDAY

### ... cooking



### Momoworkshop at Yak+Yeti

Momos, in this case, is not the plural of Michael Ende's time-saver girl, but very **delicious** filled dumplings from the Himalaya! They taste a bit like Austrian schlutzkrappen or Spanish empanadas – but with a Tibetan-Nepalese touch. The very best Momos in Vienna are available at Yak+Yeti and this is where today you can learn from **chef** Raj how to prepare those titbits with aromatic meat and vegetable filling. The secret sauce recipe will also be given away. This strongly **smells** like a short holiday :-)

**Yak+Yeti**, Hofmühlgasse 21, 1060 Vienna. April 10, 13:00-16:00. 25 €. Please [register](#). [Web](#)

### ... design market



Marion Kamper

### Kolibri design market

It's crackling and **rustling** heavily in the local art and design carton. Over the past weeks, many hip labels and creative folks have donated a huge range of gems and showpieces for today's market (and thus, for refugees in need). As of noon, the rich **booty** will be sold in Magda's Hotel: wonderful jewellery by PauwPauw and Nana Design, casual Japaq bags from Vorarlberg, colourful accessories by violetsays, sweet and savoury delicacies by freulein kocht and so on and so on. Furniture, **stationery** and art are available, too.

**Magdas Hotel**, Laufberggasse 12, 1020 Vienna. April 10, 12:00-18:00. Free entrance. [Web](#)

### ... city walk



Alexander Fortunat

Discover Vienna with homeless people



No inhibitions, please! In the association **Supertramps**, homeless "city experts" offer interesting guided tours and **exciting** insights into their very personal Vienna. Enrique, for example, presents his invisible "living rooms" in the main library and at the railway station Westbahnhof (on Saturday), Walter takes you to the **secret** "take-away paradise" (on Friday) and today, Sunday, Robert makes a detour to "Vienna, my night's quarter". This is much more authentic than giant wheel & St. Stephen's Cathedral, since the former alcoholics, jailbirds and managers will tell you loads of wise and **ironic** stories.

**Meeting point:** VinziPort, Rennweg 89A, 1030 Vienna. 10/04, 16:00. Voluntary donation (ca. 15 €) . [Web](#)



**ANZEIGE** [www.diestadtspionin.at](http://www.diestadtspionin.at)

## MONDAY

### ... sale



#### 10 years Nachbarin & special offers

Happy birthday! The "Nachbarin" – an inevitable mecca for Avant-garde fashion and **hip** fashion must-haves among local fashionistas – is celebrating its 10th anniversary this year. The new year of life is being started with special offers on selected individual pieces ;-) For example: **gaudy** scarves, casual T-shirt dresses and blouses of the English cult label Swash or casual chic spring pieces by Chalayan and Preen (for up to 30% less). A birthday-visit will pay off for your shoe rack as well: up to 50% off on turquoise-black Robert Clergerie dream sandals and other **residual** pairs!

**Nachbarin**, Gumpendorferstraße 17, 1060 Vienna. Until April 30, Mon 12:00-18:30, Tue-Fri from 11:00, Sat 11:00-16:00. [Web](#)

### ... concert



Michael Markl

#### On a cactus

„Benjamin, ich hab nichts anzuziehn" or „Bianka, ach Bianka, fahr nicht nach Casablanca" – the aim of those easy, laid-back texts and **merry** melodies was one thing above all: to entertain the widest possible audience. Because after the horrors of WWI, the new liberty was celebrated with spirit and **wit**. With a selection of hits, evergreens and cabaret acts, tonight's song recital takes the audience on a journey to the musical world of the Golden 20s. Anna Knott and Reinhardt Winter will sing, accompanied by Bernd Leichtfried at the piano. Funny, **easy** and mood-boosting!

**Theater Spielraum**, Kaiserstraße 46, 1070 Vienna. 19:30. 18 €. [Web](#)

### ... health



Pascale Neuens

#### 30 days – eat fit with TCM

For 100 persons, TCM provides **100** different therapeutic concepts. And often, only very small steps and adjustments bring about major changes. Pascale Neuen, as of recently writing a very **nice** and profound TCM food blog, now offers a supervised 30-day programme. The

### ... concert



#### Bella Ciao – 50 years Italian folk revival

It's been 50 years since "Bella Ciao" and other well-known workers' and anti-war songs caused great **uproar** and vast polemics at the "Festival of two Worlds" in Umbria. The conservative bourgeoisie felt snubbed by the "Canti Popolari" and the **performance** of them

aim: to find the diet that is good for you and gives you **power**. The programme includes four meetings with keynote presentations on topics such as digestion and wellbeing, as well as tips, tricks and recipes. Plus, virtual support is provided in an special forum.

**feelgood studio**, Burggasse 31/7, 1070 Vienna. From April 12 to May 10. 195 €, scripts included. [Web](#)

singing celebrities such as Caterina Bueno and Michele Luciano Straniero escalated (the latter was even charged with treason on the same day). Now, **Riccardo Tesi** and other Italo folk stars bring the old protest songs back to **life**. A musical lesson in democracy. Today: premiere in Austria!

**Wiener Konzerthaus**, Lothringerstraße 20, 1030 Vienna. April 12, 19:00. 22-58 €. [Web](#)

## TUESDAY

### ...serapionstheatre



Nick Albert

#### „An evening of Avant-garde“

Long-awaited and finally **premiered** on April 8: In their new play, the Serapions ensemble devote themselves to largely unknown masterpieces of the famous **Russian** poet Anna Achmatowa (1889–1966). And thus, to a work that has never been performed on stage before due to its complexity. "Enuma elisch", set in the politically difficult (life)time of the artist, is composed of scenes that are in no predetermined order and waver between **dream** and satire. A strong piece for the poetically-visually great Serapions ensemble – and a must for dance fans!

**Odeon**, Taborstraße 10, 1020 Vienna. 20:00, until May 7. from 20 €. [Web](#)

### ...architecture



Herta Hurnaus

#### The Loos rooms in the Vienna library

Only as of recently, history and architecture fans can follow the traces of the **legendary** Austro architect in a museum tour through the Loos apartment in Bartensteingasse. What is now the location of the music department of the Vienna library used to be the home of the **Jewish** industrialist Friedrich Boskovits at the beginning of the 20th century – and he moved in with the Loos architecture of his previous flat. Including a whole dining room and a study, a music salon and many typical furnishing objects of the "pioneer of Vienna Modernism". **Free** guided tour today!

**Music dept. Wienbibliothek**, Bartensteingasse 9, 1010 Vienna. April 13, 15:30. Free entrance. [Web](#)

## WEDNESDAY

### Shop of the week



#### Grandios

All size-zero gazelles can now **kick** themselves. Because women-understander Georg Preiner just opened a new stylish shop. And there, he really whets women's appetite for loads of trendy outfits in size 40 and larger. Currently in the assortment: trendy black/white & nude pieces of the Danish curvy labels Carmakoma and Zizzi, **sunny** Riviera pieces by Maxima (coat for 149,90 €, matching pencil skirt for 69,90 €) and true eye-catching

### Restaurant of the week



#### Rollercoaster

Showtime! Fans of fun-restaurants are now being served with a mix of Batcave, **disco** and tourist restaurant in the Viennese Prater. Guests order via tablet (bring an ID) and eat at rustic 12-person tables and – fasten your **seatbelt!** – meals and drinks are not served by a waiter, but in true gadget-style, they race directly to your seat on gigantic rollercoaster rails. This is really funny – even for women without the male play instinct gene! In the

accessories. Practical: instead of a changing booth there's a comfortable dressing room. And until the end of April **10%** off on the first purchase. Pretty grandiose!

**Grandios**, Otto Bauer Gasse 11, 1060 Vienna. Mon-Fri 10:00-19:00, Sat till 18:00. [Web](#)

moving pots: good down-home food from burger to cordon bleu. Everything is fresh and prices are pretty o.k. With **spacy** light, music and robot spectacles.

**Rollercoaster**, Riesenradplatz 6/1, 1020 Vienna. Mon-Sun 11:30-23:00. [Web](#)

## TALK OF TOWN

### ABOUT US

The StadtSpionin is an independent, weekly newsletter for women in the Vienna area.

It provides information on events, shops and restaurants, which the editorial staff singles out as recommend worthy.

Entries for payment are not possible. However, there is the possibility of placing an advertisement. The StadtSpionin appears every Thursday and will be shipped for free.

**More information** can be found on [www.diestadtspionin.at](http://www.diestadtspionin.at)

**Publisher and Editor in Chief:**  
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**Viennese experts** from all areas: in the [pool of experts](#) of the StadtSpionin.

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*„The future belongs to those who believe  
in the beauty of their dreams.“*

*(Eleanor Roosevelt)*

