



# NEWSLETTER

March 07, 2016

## BECHTEL INTERNATIONAL CENTER PROGRAM FOR STANFORD SPOUSES, PARTNERS AND FAMILIES



### Bechtel International Center Invites You to an International Women's Day Celebration

Tuesday, March 8, 2016 10:30am-2:00pm  
Assembly Room



10:30 - 11:30am *Panel Discussion*

"From Trailing Spouse to Accompanying Spouse: Identity and Wellbeing"



11:30-12:00pm *Stanford Spoken Word Collective*

Greeshma Somashekar and Emily Dial are two members of the Stanford Spoken Word Collective, a group on campus dedicated to writing and performing dynamic and explosive spoken word poetry. They will be performing poems that explore the intersections of love, family, race, and womanhood.

12-12:15pm *Lunch*

Please join us for lunch in the courtyard



12:15-1:15pm *International Discussion Series*

An International Women's Day Talk: Critical Issues in Women's Global Health

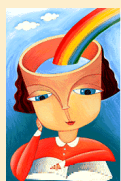
Anne Firth Murray, Consulting Professor, Stanford University; Founding President, Global Fund for Women



1:30-2:00pm *Stanford Afrobeats*

Stanford Afrobeats, an African dance troupe, will perform and lead a workshop.

Local WILPF (Women's International League for Peace and Freedom) branch volunteers have prepared an exhibit to honor WILPF's centennial in 2015 and to dedicate the future to the end of violence, war, nuclear weapons, and inequality. It will be on display in the Conference Room, March 1 - March 13. On March 1 at 7pm, you are invited to a video presentation - "Listen to Women for a Change: Oral Histories of Women Peace Activists" - followed by discussion with the Director of Women's Peace Oral History Project.



## RESOURCE CENTER FOR INTERNATIONAL FAMILIES

Be sure to stop by the Resource Center, located along the hallway that leads to the back lounge! Our advisers offer basic information for new arrivals, including the spouse handbook. We also have information on driver licenses, shopping, classes, schools, employment volunteering, and recreation. Whether you have just arrived at Stanford, or have been here for a while, we look forward to seeing you!

The Resource Center is located on the first floor of the I-Center and is open from 10:00 am - 12:00 pm on Wednesdays and Fridays.

**NEW AND ONGOING CLASSES THIS WEEK (March 07 - March 11):**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spanish Language Class</b> Back Lounge 10:00 AM - 11:00AM		<b>Yoga for All - Vinyasa Flow Yoga</b> Assembly Room 10:15 AM - 11:45 AM	<b>Spanish for beginner/intermediate level</b> Back Lounge 10:30 AM - 12:00 PM	<b>Professional Liaison Program Class for spouses</b> Back Lounge 9:45 AM - 11 AM
<b>Baby and Toddler Group</b> OFF SITE [47 Olmsted Rd, on campus] 10:30 AM - 12:00 PM	<b>"Trailing spouse..." panel discussion</b> Conference Room 10:30 AM - 11: 30 PM	<b>Yoga Prenatal and Postnatal Yoga with Babies</b> Assembly Room 12:00 PM - 1:00 PM	<b>Knitting Group</b> Back Lounge 12:00 PM - 2:00 PM	<b>10 am - 1 pm: Friday Morning Coffee</b> Assembly Room
<b>A Sumptuous Fare</b> Kitchen 10:30 AM - 1:30 PM	<b>Job Search Networking Group</b> Conference Room 12:00 PM - 1:30 PM	<b>Japanese Conversation &amp; Culture for Intermediate Students</b> Back Lounge 1:00 PM - 2:00 PM	<b>Italian Advanced Level</b> Conference Room 1:00 PM - 2:30	11 am - 11:30 am: <b>Singing with children</b> Back Lounge
<b>A Sumptuous Fare</b> Kitchen 2:00 AM - 5:00 PM	<b>French Language Class</b> Post Room 12:15 PM - 1:45 PM	<b>Japanese Conversation &amp; Culture for Beginners</b> Back Lounge 2:00 PM - 3:00 PM	<b>Eastern European Cuisine</b> Kitchen 2:00 PM - 5:00 PM	<b>Indonesian Language &amp; Culture</b> Post Room 2:00 PM - 3:00 PM
	<b>Korean Language &amp; Culture</b> Back Lounge 1:00 PM - 2:00 PM	<b>Photography As A Language</b> Conference Room 4:30 PM - 7:30 PM	<b>Knitting Group</b> Back Lounge 12:00 PM - 2:00 PM	<b>Basic Chinese &amp; Culture</b> Back Lounge 3:00 PM - 4:30 PM
	<b>Needlepoint Class</b> Back Lounge 2:00 - 4:00PM	<b>Changes and Transitions - Workshop</b> Back Lounge 5:30 PM - 7:30 PM	<b>Italian Beginner/Intermediate Level</b> Post Room 3:00 PM - 4:00 PM	
<b>Bechtel Book Club</b> Living Room 7:15 PM - 8:45 PM	<b>Dance Exercise</b> Assembly Room 5:30 PM - 6:30 PM	<b>Choir</b> Living Room 5:30 PM - 6:30 PM	<b>Photoshop for Beginners</b> Classroom 6:00 PM - 7:30 PM	
			<b>Women's Night Out</b> Antonio's Nuthouse Palo Alto starts 8:00 PM	
<b>Career, Education &amp; Information</b>	<b>Arts &amp; Crafts</b>	<b>for children</b>	<b>Exercise</b>	
<b>Meet-up groups</b>	<b>Language class</b>	<b>Cooking class</b>	<b>Event</b>	

## OUR PROGRAM THIS WEEK:

### MONDAY, March 07

- [Spanish language class](#) - every Monday, 10 am to 11 am With Julia. In this Beginners Spanish Class you will learn spelling, grammar, pronunciation and more. An easy and fun way to start with Spanish
- [Baby and Toddler Group](#) - every Monday 10:30am - 12 pm. With Sabrina, Tamar & Daniela. This is a great opportunity to meet other Bechtel parents and to have fun with the little ones! Come along to play and sing!
- [A Sumptuous Fare Cooking Class](#) - 10:30 to 1:30 PM & 2 to 5 PM.
- [Bechtel Book Club](#) - 7:15 - 8:45 pm. With Isabel. In this meeting we will discuss "The White Tiger: A novel" by Aravind Adiga

### TUESDAY, March 08

- ["From trailing spouse to accompanying spouse - identity and well-being"](#). Panel discussion. 10:30 - 11:30 am (Conference Room).
- [Job Search Networking Group](#) - from 12-1:30 pm With Irena. Informal group for spouses in the job search process who would like to exchange their experiences.
- [French Language Class](#) - from 12:15 to 1:45 pm: With Anne. We will practice basic listening, speaking, grammar and vocabulary skills while working with contemporary French songs
- [Korean language class](#), from 1 to 2 pm. With Sujin. This class is for everyone who is interested Korean culture and language. You will learn the Korean alphabet and useful expressions for every day life.
- [Needlepoint Workshop](#) - from 2 pm – 4 pm: With Judi. Come & make a needlepoint Stanford souvenir keychain. No prior experience necessary. Keychain blank and thread will be provided, but please bring scissors if you have them. Cost for keychain blank is \$22.
- [Dance Exercise](#) - from 5:30 to 6:30 pm.

### WEDNESDAY, March 09

- [YOGA for All - Vinyasa Flow Yoga](#) - every Wednesday, from 10:15 am – 11:45 am: With Yuko. Learn fundamentals of Vinyasa Yoga Flow including sun salutations, standing poses, balancing poses, seated and reclining poses, backbends, core isolation and strengthening. Please bring own yoga mat. Free.
- [YOGA - Prenatal and Postnatal Yoga with Babies](#) - every Wednesday, from 12:00 pm – 1:00 pm: With Yuko. This class supports both prenatal and postnatal women with their babies. Bring your own mat.
- [Japanese Conversation & Culture for Beginners](#) - every Wednesday from 2 to 3 pm (starts Jan 20) With Yoko. Learn conversation through Japanese culture (greetings, traveling, shopping, food recipes etc.).
- [Japanese Conversation & Culture for intermediate students](#) - every Wednesday from 1 to 2 pm (starts Jan 20) •With Yoko. Learn conversation through Japanese culture (greetings, traveling, shopping, food recipes etc.).
- [Photography as a language](#) - from 4:30 to 7:30pm, Jan 20 - Mar 23, 2016. With Christina. Get to know different genres & photographers and develop your personal style hands-on! SIGN UP now by joining this group: <https://www.facebook.com/groups/PhotographyAsALanguage2016/>
- [Choir](#) - from 5:30 - 6:30 pm: With Isabelle. Let's sing together and have fun! No experience required. We will be singing folk songs from around the world and beautiful pieces from classical to contemporary.
- [Transition and Change - workshop](#) - 5:30 - 7:30 PM. With Anna. The workshop explores new roles, new identities, ways of thinking and stages of changes. It helps to deal with losses and to welcome the opportunities that new experiences can offer.

### THURSDAY, March 11

- [Spanish language class](#) - from 10:30 am to noon: With Sofia. ¡Bienvenidos a la clase de Español! You will learn basic grammar & vocabulary to express yourself with confidence in real life situations.
- [Knitting group](#) - 02:30 - 04:00pm. With Mine. This is an informal group meeting. Please bring your own knitting project.

- [Eastern European Cuisine](#) - Thursdays, 10 classes from Jan 14th, from 2 to 5 pm: With Anna. If you are passionate about food and cooking, curious to try out new cuisines, and want to learn new recipes which evoke the essence of Eastern Europe, this class is for you.
- [Italian conversation \(beginners\)](#) - every Thursday, 3 to 4 pm With Valentina. We will improve our vocabulary and reading skills by discussing articles & short stories.
- [Italian conversation \(advanced\)](#) - Thursdays, 1 to 2:30 pm With Valentina. By reading some easy texts, we will improve the knowledge of Italian culture, vocabulary & grammar structures.
- [Wome's Night Out](#) - with Isaline and Emily. Starts 8 pm. **This time we will meet at Antonio's Nuthouse in Palo Alto**

### FRIDAY, March 11

- [Professional Liaison Program](#) - Fridays, 9:45 to 11 am. With Henry. Friday Morning classes will be continued and are dependent on the interest and needs of the applicants - mothers may bring their children to the class.
- [Morning Coffee - Join us every Friday, between 10 am and noon here at the I- Center!](#)  
This informal gathering is an ideal way to meet other spouses, and to learn about the many options for enriching your stay in the Stanford area. Conversation tables offer an informal way to meet others, practice English and share experiences. We each bring a snack, fruit or juice to go with the coffee & tea provided by the I- Center. Volunteers are always needed to help set-up (at 9:30 am) and put away afterward! Everyone, with and without children, new and returning, is equally welcome!
- [Singing Circle for Children](#) - Friday from 11 - 11:30 am: With Nevin. Come with your baby/toddler (older kids are welcome, too!) and join our singing circle every Friday as part of Friday Morning Coffee.
- [Indonesian Language & Culture](#) - from 2 to 3 pm: With Julia. Let's learn about the incredible country of Indonesia by learning its language, commonly called Bahasa Indonesia.
- [Chinese Language Class](#) - from 3 to 4:30 pm: With Jingying Cai. This class will introduce you to Chinese Mandarin Language and Culture.



**CHANGE AND TRANSITION**

**MARCH 2<sup>nd</sup>**  
FILM SCREENING


**MARCH 9<sup>th</sup>**  
WORKSHOP

**WOMEN IN A NEW LAND**  
Join us for the screening of this film featuring the lives of four spouses who came to Stanford to accompany their husbands. Created and filmed by Maria Vaccaro, herself a spouse from Belgium, the film illustrates the many challenges faced by women (with and without children) whose lives and careers are interrupted by this international experience. After the screening, share your impressions during an informal discussion with Gwyn Dukes and Anna Fernandez, who were involved in making the film & Ana-Daria & Mai who have both recently come to Stanford. Refreshments will be served.

**CHANGES AND TRANSITIONS**  
This workshop offers support to help international families and spouses to adjust to their new life in Stanford. The workshop explores new roles, new identities, ways of thinking and stages of changes. It helps to deal with losses and to welcome the opportunities that new experiences can offer.

Bechtel International Center Presents

# International Discussion Series



An International Women's Day Talk  
Critical Issues in Women's Global Health  
Tuesday, March 8, 12:15 to 1:15pm at Bechtel I-Center


Tuesday, March 8, 2016, 12:15 to 1:15pm

## Critical Issues in Women's Global Health

Anne Firth Murray

Consulting Professor, Stanford University  
Founding President, Global Fund for Women

**Free Lunch**  
Free lunch provided at 12:00pm



**Come get a headstart on PI DAY and celebrate the end of the quarter at our Pi/Pie Night.**

**Potluck: Bring your own pie!**  
Savory ( Pizza, Quiche, Empanadas, calzone etc.)  
Sweet ( Fruit pie, Cream Pie, Cobbler, Crumble, Tarte etc.)

**PRIZES for best sweet and best savory(salty) Pie!!**  
Group Games & activites begin at 6:45 and the Best Team will win a PRIZE !!



**Share a recipe with your language partner and cook something together.**

**Friday, March 11**  
**6-8pm, Assembly Room**

All CCIS members and international post-docs /grad students/visiting scholars and families are welcome.

Please contact [events@ccisstanfordu.org](mailto:events@ccisstanfordu.org) for further information.