



SDU International Club

OFFICIAL NEWSLETTER

No.79 – February 2014

February Calendar

Two things that define you: YOUR PATIENCE when you have nothing and YOUR ATTITUDE when you have everything.

Anonymous

February 5th @19.00

The International Club's Dinner of the month

Join us for the last meet up at Simoncini. Meet new people and try excellent Italian cuisine at our monthly dinner.

Simoncini Restaurant, Vestergade 70,
5000 Odense C.

Have dinner with your fellow internationals and make some new friends.

Price: 150 kr. (one course/one glass of wine.) We had a great time enjoying the restaurant during the past year. Following the IC's tradition, we are ready to discover another cosy place to continue our "dinner of the month" for a new season.

Sign up as soon as possible to enjoy the dinner of the month at sgg@sdu.dk

February 12th @ 20.00

After dinner drinks

Nelle's Coffee & Wine, Rosenbaek Torv 1,
5000 Odense C.

There is something for everyone at Nelle's.

During the day, freshly baked bread and juice are on offer. However, in the evening, they serve simple plates of great cheeses and charcuterie along with delicious wines from all over the world.

Join us for an evening of sampling in a cosy atmosphere.

Sign up at: sgg@sdu.dk

We are not created or destroyed,
we are constantly transferred, shifted and renewed.
Everything we are is given to us.
Death does not come when a body is too exhausted to live.
Death comes, because the brilliance inside us can only be contained for so long.
We do not die. We pass on, pass on the lightning burning through our throats.
When you leave me I will not cry for you
I will run into the strongest wind I can find
and welcome you home.

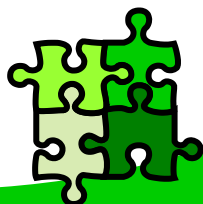
— Michael Lee, from "Pass On"



by Evelina Kvartunaite

Life is like a tight little fist. It scares you and it makes you wonder. Run through all the memorable moments that count. Sometimes you forget to count some things. And most of the time, one plus one is eleven. And you learn to live even with that. Only with that.

And then one morning, you just know more. And you breathe. And you know ... the best is yet to come. And poems might really save the world. And nothing isn't worth losing. And if it is, it's not worth holding on to. And it's wonderful to get into this twilight feeling when the candles are still high and you know they will not die from the night. Only the breath ...



Every Monday in February @ 19.00

Iyengar Yoga in English for Beginners
with the support of the SDU
International Club and the Henriette
Hørlücks Skole

When: Mondays 19.00 – 20.00

Where: Henriette Hørlücks Skole, Slotsvænget 1-3 & 4, 5000 Odense C (enter through the green gate and head towards the first building on your right. Look for the gym hall. Call if you get confused.) Instructor: Reka Forrai, Certified Iyengar Yoga Teacher (Intro II)

Contact: rekaforrai@yahoo.comtel. 26 34 40 43

Iyengar yoga is a methodology developed by B.K.S. Iyengar for the practice of Hatha Yoga. It focuses on precision in the execution of the poses, it is famous for its therapeutic applications and for the special attention it pays to women's practice. It is also known for the use of props such as blocks, belts, blankets, etc., which make safe and proper practice possible for people of any age or physical condition.

The class is designed for beginners. Feel free to join at any given time throughout the span of the course.

The class is free of charge.

Mats and props will be provided.

February IC for Children

If you have kids at home aged 2-6, you might be interested in joining the IC children-parents group.

Play dates, birthday parties, national and international celebrations, visits to the zoo and much more are organised monthly for you and your children. Have fun meeting other parents while enjoying seeing your kids playing and socialising!

Come and join the SDU's Children and Parents network! For more info, contact sqq@sdu.dk



by Evelina Kvartunaite

Since the word "selfie" became Oxford Dictionaries' international word of the year (its frequency in the English language increased by 17,000% since 2012), it got me thinking, it's so powerful and inspiring and certainly as contagious as yawns. And really, it's not only us mortals who get to enjoy it. If you look at the release of the most powerful selfies of the year 2013, everybody does it, not excluding the Pope or even the first couple of the USA, Bill Gates, Bill Clinton or Beyoncé.

As very well expressed in an ad campaign for a cosmetic, selfies are not only a way to get attention, but also to heal your own image of yourself. Taking a selfie is a way to see yourself up close and honest. It's one way we express ourselves in this day and time of social media, communication labyrinths and the evolution of man vs. technology relationship.

I want to believe that it is finally time to redefine what beauty and happiness really are, as so many times people get upset and unhappy after consciously or subconsciously comparing themselves to standards that are not really attainable. I want to believe that, in order to have a happy life, we need to accept our own beauty, happiness and ability to embrace our imperfections. Namaste.

February IC Sport

After the great success of last month.....

The SDU International Club would like to invite all of you to the special SDU Friendly Indoor Football Championship, **second edition**. Form your own team and sign up at: mrsa@sdu.dk. Write your and your teammates full names & choose a team name. The teams will be composed of 5+1. Teams could have reserves and change at any time. The teams could be mixed – men and women. It's up to you, as long as you are having fun. The match will be of 2 halves of 10 minutes, with 3-5 minutes break. If you do not have a team, sign up and your team would be formed randomly with others who would like to participate but do not have a team. Those interested in being referees as well are more than welcome to support the event and their matches will be scheduled to fit around their referee duties.

More information regarding the schedule of the event will follow after the teams are defined.

THE WINNER TEAM OF THE TOURNAMENT WILL WIN A SPECIAL PRIZE!

Anyone who would like to help with the organisation of the event is more than welcome to join.

Let's play some football together and have fun!!!

