



# SDU International Club

OFFICIAL NEWSLETTER

No.54 – January 2012

## January Calendar

"Art evokes the mystery without which the world would not exist"

René Magritte,  
(1898-1967, Belgian surrealist artist)

*Date and times will follow by email.*

### Danish Table @ "Alfred and Kamilla"

An opportunity to practise your Danish while you have fun over dinner at this great restaurant, Rugårdsvej 103, 5000 Odense C. We chat about spontaneous themes in Danish (your language level doesn't matter) while we enjoy some fantastic food. It is a great way to communicate in Danish naturally. You will realise that your Danish is better than you think ...

If not, just keep practising with us!!!!  
Vi ses, alle sammen!

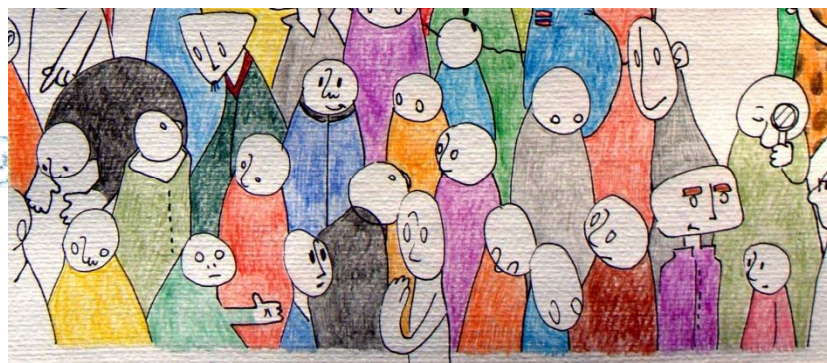
### Girls just wanna have fun

Hey ladies! Mark your calendars (date and time to follow) and get into gear! Your girls' night out is here! After a long week of work, a long week of to-do lists, and of course, our lovely duties as mothers and spouses, now is the time for a break and enjoy an evening with just the girls. That's right ... no hubbies or babies! Come and join us for an evening of fun and laughs! And don't forget the most important rule ... ladies only!

### Gathering @ "La Piazza" Restaurant Brandt Passage

We meet to enjoy an international evening, Italian food, worldwide music and a table with guests from all around the world. It is a wonderful opportunity to enlarge your network and learn about other cultures! Join us! Sign up at [sgg@sdu.dk](mailto:sgg@sdu.dk)

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by Eugenio del Nobile

## Wake up New!

By Evelina Kvartunaite

**"I have a theory that every time you make an important choice, the part of you left behind continues the other life you could have had."**  
— Jeanette Winterson

I want to think that every new and happy thing comes into your life because you consciously made that choice. I want to believe that we have the lives we dream for ourselves and we are as happy as we choose to be.

I want to wish for you all that you start your 2012 with letting go of what's not completely good and not fully satisfying in order to have a beautiful new way, new challenges, new encounters, not only with others but also with yourselves.

Never forget that your life is your fairy tale! A breath for a snowflake. A dream for a rain drop. Never stop seizing the magic, seizing the love. Never stop wondering ... oh, how wonderful life is!



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## January 25<sup>th</sup> 17.00-21.00 Get your own Sports Guide!

Would you like to join a local sports club but are not sure which one and how to do it? Then come and join us on Wednesday, 25 January, 17.00-21.00 at Højby Sports Club, Højby Hallen, Nørrelunden 20, 5260 Odense S.  
<http://www.hojby-sg.dk/>

This is a project run by DGI Fyn that links you with your own personal guide to help you get started at a sports club. Your Sports Guide (Velkomstagent in Danish) can take you to a club and introduce you to everything there – the team, the area and all the unwritten rules. The Sports Guide will collaborate with you to find the right sports club for you.

The programme for the evening is:

- Introduction to the project and how we can help you join a sports club
  - Introduction to Danish Sports life
  - Introduction to Højby Sports club
- You will be shown around the club and you can try a couple of activities (remember training clothes).
- You will also be able to meet one of the Sports Guides and have a chat with them.
  - Refreshments will be served.

I hope you will join us for the evening and see how we can help you.

To enrol, please contact Jette Laursen:  
[jette.laursen@dgi.dk](mailto:jette.laursen@dgi.dk)

no later than January 17<sup>th</sup>.

Hurry! There are limited places!

If you have questions, please contact Jette on 2497 1466 or by email.

Looking forward to seeing you.  
Distance from SDU is 5.1 km by bike. For cycle route see [www.cykelby.dk](http://www.cykelby.dk) or ask Jette Laursen when you enrol.

## Yoga in English

This group focuses on classic yoga positions with special attention to active stretching, precision and the alignment of the body. This increases the flow of energy in the body, and the detailed work with the positions strengthens concentration and the ability to be fully present in the moment. You leave yoga class with a feeling of clarity, freedom and well-being of both body and mind. We use special yoga equipment such as belts, bricks and blankets to assist students in the positions, which might otherwise not be possible due to stiffness, injuries or muscle weakness.

**Thursdays 20:15-21:45. Hold 1446**

Starts February 2<sup>nd</sup> for 15 weeks. Teacher: Majbritt Young Christensen.

Fee: 1025 kr/students 905 kr.

Sign up at our website or call Majbritt for more information 2213 0451.

Nordisk Yoga Tolderlundsvej 7,  
5000 Odense C

[www.nordiskyoga.dk](http://www.nordiskyoga.dk)



**I beg you to have patience with everything unresolved in your heart and try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps then, some day far in the future, you will gradually, without even noticing it, live your way into the answer.**

**Rainer Maria Rilke**



## LOOKING BACK

by  
Lucille Lang Day

What does it matter  
if I wore my skirt short,  
my hair stacked high,  
my eyeliner black and thick,

if my long earrings jangled  
when I ran  
and I wore a padded bra  
under my gold lamée blouse  
or no bra at all  
under a sheer one?

When I danced naked in my apartment  
or stripped on a mountain  
and made love amid ferns and conifers,  
I was like all  
the other animals.

And I say  
the body is a golden chalice  
filled with guts  
and menstrual blood.

Every living cell is holy,  
radiant as a stained-glass window  
with sunlight streaming through.  
So what does it matter

how many men wanted me?  
What does it matter  
if I had my way?

