

# LORNA SUNDBERG INTERNATIONAL CENTER

A division of U.Va.'s International Studies Office

## February 2012 Events and Announcements

[Event Registration](#)

[IC Website](#)

[IC Facebook](#)

[Google Calendar](#)

### Social and Cultural Events

All events are held at the International Center unless noted otherwise.



#### Heart Pumpin' Laughter

Saturday, February 4, 11am-12:15pm

In just 15 years, [Laughter Yoga](#) has spread throughout the world - now practiced in 65 countries. Laughter is approached as exercise, so we don't use jokes or require a sense of humor. The physical act of laughing refreshes the body with new oxygen, releases feel-good endorphins and pumps up heart energy with joy and peace. You only need to be able to laugh to participate - no yoga postures are used. Led by [Leigh Meredith](#), Certified Laughter Yoga Teacher who has studied with the founder and taught Laughter Yoga for five years.



#### Super Bowl XLVI

Sunday, February 5, 6-10:30pm

Brian Ullman, former ISO international student advisor, will explain American football, as we watch the biggest game of the American football season – the [46th Super Bowl](#) – televised from Lucas Oil Stadium in Indianapolis, Indiana. Kick-off is at 6:30pm. If you can't come for the whole game, just come when you can. We'll provide drinks and snacks.



#### Pizza and Movie

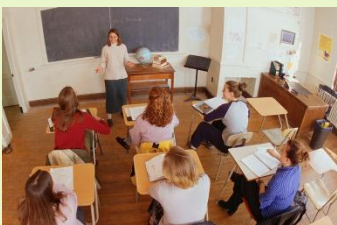
Thursday, February 16, 5:30-8pm

or Friday, February 17, 2-4:30pm

Optional 15-minute discussion after the movie on both days

[Life is Beautiful](#), 1997, PG-13, Italy

In this poignant tragicomedy, a clever Jewish Italian waiter named Guido is sent to a Nazi concentration camp during World War II, along with his wife and their young son. Refusing to give up hope, Guido tries to protect his son's innocence by pretending that their imprisonment is an elaborate game, with the grand prize being a tank (Netflix).



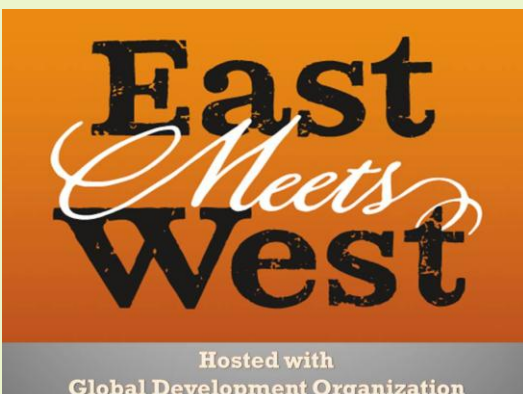
#### Pilot Language Learning Opportunity

Date to be determined in April

The IC is planning a pilot two-week language learning opportunity in April. If you might be interested in participating, please answer the quick survey questions in this month's registration form.

### Cooking Programs

Enrollment is limited to one class per month, and placements are made first-come, first-served. All cooking programs take place at the International Center.



#### East Meets West

Jenny Cha & Global Development Organization

Friday, February 24, 4-6pm (rescheduled from 2/3)



#### Dumplings & Bao: The Easy Way

Darien Wei

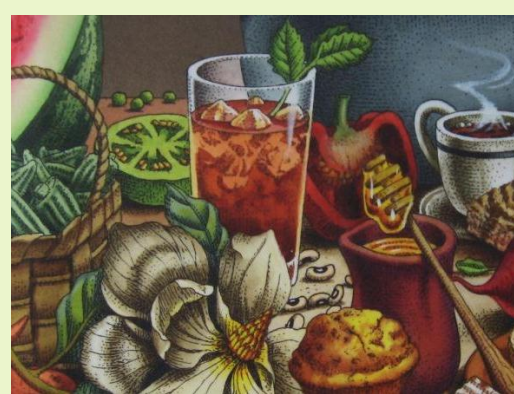
Saturday, February 11, 10:30am-12:30pm



#### Simple Cupcakes

Jenna Dagenhart

Monday, February 13, 5:30-7:30pm



#### Southern Cooking: Gluten-Free

Pamela Thompson

Sunday, February 19, 3-5pm



#### Indian Chinese

Eusebio Pires

Sunday, February 26, 4-6pm

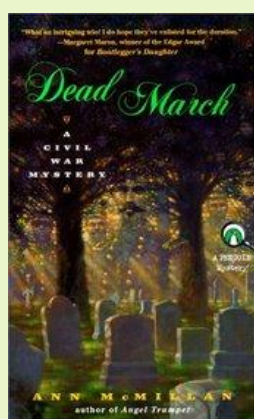


#### Volunteer to lead your own Cooking Class

We provide the supplies and help you all around.

# English Language Programs

For more information, see the IC's [English Language Programs](#) web page.



## Book Group

Tuesdays, 10:30am—12pm, January 17 to May 1

[Dead March: A Civil War Mystery](#) by Ann McMillan

It is the spring of 1861. Though the war between the States is in its infancy, Richmond, Virginia, is not free of violent death, as two astute and courageous women from opposite ends of society discover when a grave is robbed, yielding the murdered body of a young slave woman. The silk scarf left carelessly with her body leads to suspects from every echelon of Richmond society—and to more deaths. Narcissa Powers, a young white widow, begins to investigate and is soon aided by Judah Daniel, a free black herbalist and conjure woman. As the War's casualties begin to pour into the city and the "Dead March" echoes through the streets, the mystery deepens, and Narcissa and Judah must risk their lives to find the killer—or killers—and save the life of an innocent child (Amazon). No registration or fee is required.

## English Conversation Group

Tuesdays, 12:30-2pm, January 17 to May 1

Participants gather informally for conversation. This is an opportunity to make friends, improve your English skills, learn about U.S. culture and exchange information with others about your own culture. No registration or fee is required.

## Culture and Customs in the U.S.

Thursdays, 11:30am-1:30pm, Starting February 2 to April 12

Using articles from newspapers and magazines as a basis, the group explores American attitudes about contemporary topics such as education, marriage and family life, home ownership, religious traditions, politics, and business and social customs. Particular emphasis is on helping participants build new vocabulary and better understand idioms. Participants have opportunities to engage in discussion, ask questions, and explore cross-cultural differences and similarities. For intermediate to advanced English language learners. No registration or fee is required.

## Multiskills English For Speakers of Other Languages

Mondays and Wednesdays, 9-11am, January 30 to April 11

This class focuses on the areas of vocabulary, grammar, and pronunciation to reinforce listening, speaking, reading, and writing skills for the intermediate to advanced student. Non-credit course fee is \$175. Register through the CAELC instructor, Claudine O'Brien: [claudinem26@aol.com](mailto:claudinem26@aol.com).

## Advanced Oral Communication

Thursdays, 9-11am, Starting February 2 to April 12

This class is designed to help students already proficient in English to speak fluently, accurately, and with the rhythm and intonation patterns of American English. Students will learn phrasal verbs and review parts of speech through interactive tasks such as role-play, debate, and discussion. There is weekly written homework. Non-credit course fee is \$150. Register through the CAELC instructor, Claudine O'Brien: [claudinem26@aol.com](mailto:claudinem26@aol.com).

## Announcements



### 2012 Lorna Sundberg Scholarship [Application form](#)

\$1,500 will be awarded to a rising 4th year international undergraduate student enrolled at UVa who demonstrates both academic merit and devotion to humanity through the commitment of time and energy to community-based service projects. This scholarship was created to honor the dedication to community service that marked the life of Lorna Sundberg, the International Center's leader from 1981-1998. Applications due March 16, 2012.



### Mahjong Program Volunteers Needed

We need some volunteers who know how to play mahjong for our mahjong game night in the Spring. Please email [intlctr@virginia.edu](mailto:intlctr@virginia.edu) if you are interested.



### Language Volunteers Needed

We may need volunteers who are Spanish, French, Arabic, Chinese, or Italian native/advanced speakers in April. It will be a nine to ten hour commitment over two weeks. If you're interested, please email [intlctr@virginia.edu](mailto:intlctr@virginia.edu) for more information.

## Recent Photos

See more photos on the IC's [Facebook](#) page.

To share your photos from our events, email them to [intlctr@virginia.edu](mailto:intlctr@virginia.edu), and we'll post them on FB.



New Year's Luncheon, 1/7/12



New Year's Luncheon, 1/7/12

[Click here to register!](#)

Visit the [IC website](#) to learn more about us and to subscribe to the IC monthly events newsletter.

To unsubscribe from our mailing list, please [click here](#).

Questions or comments? E-mail us at [intlctr@virginia.edu](mailto:intlctr@virginia.edu) or call 434-924-7983