



CCIS Volunteers continue to serve international graduate students, visiting scholars and their families at Stanford University. Read about some of our programs and events!



## "Notes at the Top"

Kate Khatseyeva  
CCIS President

### Celebrating National Volunteer Month

As we celebrate National Volunteer Month, I want to take a moment to express my gratitude to all of our amazing volunteers who have made a significant impact on our organization.

Nonprofits, like CCIS, rely heavily on the kindness and dedication of volunteers who generously donate their time and skills to support our cause. It is because of the hard work and passion of our volunteers that we have been able to make a difference in our community.

For me personally, CCIS has been a big part of my life, and I know many of you feel the same way. Through CCIS, I have met my best friends, found mentors, and a welcoming community. I have had the opportunity to build my leadership skills and make a difference in other people's lives. It has given me a sense of belonging and a feeling of importance - that somebody needs me. CCIS is also a source of inspiration and a place of learning, and it means a lot to me.

So, I invite you all to reflect on what CCIS means to you and what place it holds in your heart. As we celebrate National Volunteer Month, let us all take a moment to appreciate the tremendous work our volunteers do every day to make our community a better place.

To all of our volunteers - I cannot thank you enough for your support and dedication to CCIS. You are the reason why we are able to thrive and continue to make a positive impact in our community. You are truly the backbone of our organization and our community, and we appreciate you more than words can express.

Warmest regards,  
Kate Khatseyeva  
President of CCIS at Stanford

Thanks for being a part of CCIS and supporting our International Community at Stanford.  
[president@ccisstanfordu.org](mailto:president@ccisstanfordu.org)

## We hope to see you at the CCIS Annual Meeting Monday, May 8



You are cordially invited to attend the CCIS Annual Meeting on Monday, May 8 from 4:15 - 6:00 P.M. at Bechtel International Center's Assembly Room.

Vice-President, Jeff Greenwald, has assembled a fantastic panel of speakers for our Annual Meeting. These spouses all followed their husbands to Stanford. The topic of the panel is: "How is life different for you now that you are at Stanford?"

Panelists include:

- \* Heeseung Lim - Korean spouse, currently working at Applied Materials.
- \* Airi Eguchi - Japanese spouse of a post doc, attends English classes.
- \* Yunhee Park - Korean spouse.
- \* Florence Thiry - Belgium spouse of a post doc, works as a postpartum Doula. Florence was a doctor in Belgium.
- \* Micaela De Poi Segovia- Spouse from Uruguay, seeking a position as an architect.

At the meeting, you will be able to vote for the new CCIS Board members, listen to the exciting panel of speakers, and visit with other CCIS Members on the patio from 5:30 - 6:00 when refreshments will be served.

## Nowruz Celebrated



The International Spouse Coffee on March 22 celebrated Nowruz, a festival based on the vernal equinox. The celebration marks the first day of spring and the beginning of a new year. It gives hope for a bright future, prosperity and peace.

Nowruz is celebrated by people of different religions and cultures in countries along the Silk Road, including Afghanistan, Azerbaijan, India, Iran, Iraq, Kyrgyzstan, Kazakhstan, Pakistan, Tajikistan, Turkey, Turkmenistan and Uzbekistan.

The group set up a table with seven foods called Sofreh haft sin (the foods start with the letter "S" in the Persian Farsi language). They represent the following:

- Sabzeh** (wheat, barley, or lentil sprouts): Symbolizing rebirth & growth.
- Samanu** (sweet pudding made from wheat germ): Symbolizing sweetness & fertility.
- Senjed** (dried oleaster fruit): Symbolizing love.
- Seer** (garlic): Symbolizing medicine and health.
- Seeb** (apple): Symbolizing beauty and health.
- Somagh** (sumac): Symbolizing the sunrise and new beginnings.
- Serkeh** (vinegar): Symbolizing age and patience



CCIS volunteer Tooran Oshikoji and Aidana Salimgereyeva (with help from her husband) from Kazakhstan organized the food selections, presentations and decorations.

Shown below is a link to a short film explaining the celebration in Kazakhstan. <https://www.youtube.com/watch?v=7IkUJC4QIFY>

## CCIS is looking for one more person!



Have you enjoyed attending CCIS's Holiday Luncheon or our Annual Meeting? Do you like organizing social gatherings and celebrations? Would you like to work with a group of dedicated volunteers?

If so, please consider joining the CCIS board as chair of **Board Events**. Your task would be to organize, with the help of the board president, four gatherings:

- **Board Retreat in August,**
- **Holiday Luncheon in December,**
- **Bechtel Staff / CCIS Board Breakfast in January**
- **Annual Membership Meeting in May.**

The 2023-2034 Nominating Committee is very pleased with the slate of candidates for the 2023-2034 CCIS Board of Directors. We're just looking for one more person!

### Could that person be you?

With a strong board of directors, CCIS will be able to continue "Connecting Stanford Internationals with the Community" for years to come.

If you are interested in finding out more about this position, please contact Annette Isaacson. She can share the job description with you and answer any questions.

**Annette Isaacson:** [secretary@ccisstanfordu.org](mailto:secretary@ccisstanfordu.org)

## CCIS friendships lead to trip to Japan

Juliet Johnson, former secretary of the CCIS board and long time volunteer, recently traveled to Japan to visit friends she made while being a CCIS volunteer.

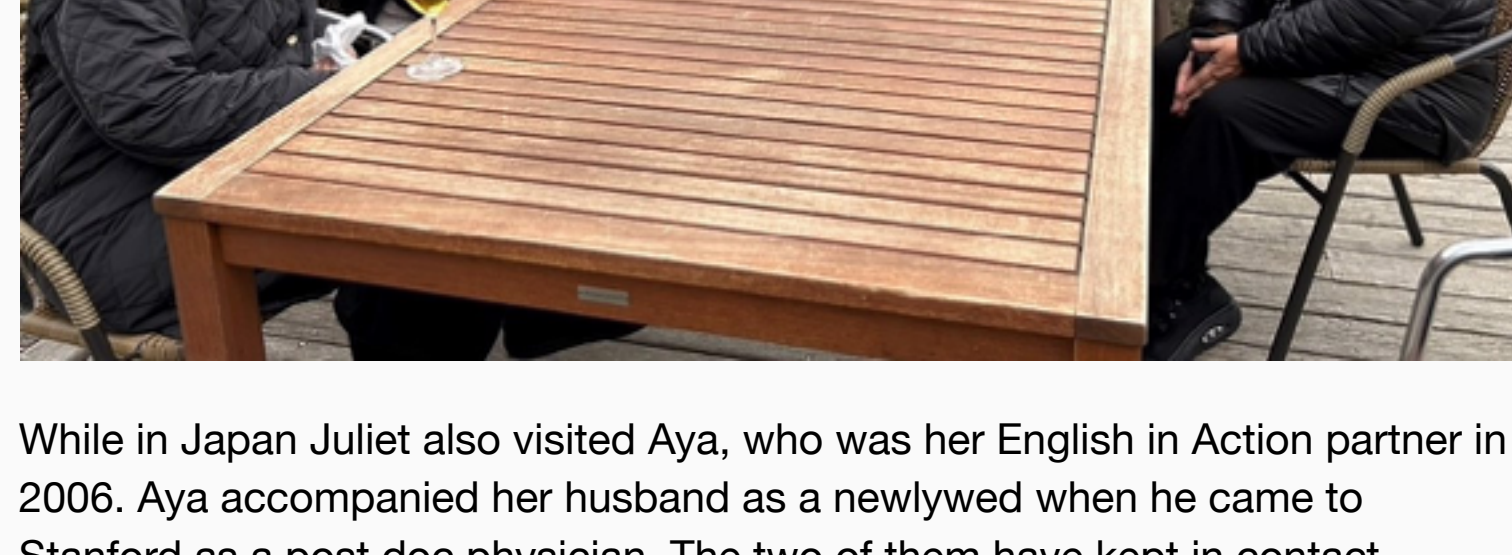
She met Keiko and Chizuru in the online CCIS Zoom cafe in early 2022. The three enjoyed chatting over several months. Juliet told them that she teaches art classes in Palo Alto. Both enrolled as students, which gave the three of them more opportunities to get to know each other.

Chizuru was in Palo Alto to stay with her daughter, who was a visiting scholar at Stanford, and granddaughter. Keiko accompanied her husband to Stanford, while he pursued post-doc opportunities. Both returned to Japan, but before they did they invited Juliet to visit them in their homeland.

Juliet accepted their offer, making the journey in December of 2022. The three planned an ambitious day of sightseeing. They visited the charming wine country town of Kofu three hours from Tokyo, after which they enjoyed lunch at a village noodle shop that has been in business over 120 years. The final stop of the day was for an ice cream dessert at a mountain top hotel.



While in Japan Juliet also visited Aya, who was her English in Action partner in 2006. Aya accompanied her husband, as a newlywed when he came to Stanford as a post doc physician. The two of them have kept in contact.



This is Juliet's fifth visit to see Aya, who lives with her family north of Tokyo. The two met for a wonderful two hour lunch at an upscale restaurant in Tokyo.

The friendships that Juliet has formed because of her involvement with CCIS are a testimony to how deep and lasting the connections are that are made by the many volunteers who participate.

## A word from the editor

As the newsletter editor, I hope you will enjoy learning more about what's happening at CCIS. Your feedback is welcome. Send an email to me at: [notes@ccisstanfordu.org](mailto:notes@ccisstanfordu.org).

Pamela Baird