



TSU named after  
G.R. Derzhavin

# Tambov Medical International Students' NEWSPAPER

*Special Summer Edition (August, 31<sup>st</sup> 2015)*



Tambov Medical  
Institute

# MICROSCOPE



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## The Tourism Club for International Students in Tambov Medical Institute

The Tourism Club is one of the most popular clubs among international students in the Medical Institute as it provides tours to interesting and historic places in Russia and beyond. We have managed to organize tours within the Tambov region to places such as Galdym Recreation Center of Tambov State University, City museums, etc. Outside Tambov we have toured places such as St. Petersburg, Moscow and Kazan. During the summer our tour bus made stops at

various places including the agricultural city of Michurinsk (Apple garden), the newly rehabilitated Aseev's Museum (Tambov city), Ivanovka (Tambov region), and the Russian Traditional Fight Games Festival (Tambov region). We are glad we made education fun and enjoyable.

Join us when the tourism bus gets to your bus stop. Let's start travelling together!

~ Chima Daniel Okere  
(the President of Tourism Club)

## Aseev's Museum (July, 28)

There are a lot of streets in our city but one street that gets our attention is Naberezhnaya; the street with such a funny but simple name is considered to be one of the main tourist attractions in Tambov. Not only tourists, but also the citizens love to take walks there.

Interestingly, Naberezhnaya Street undergoes daily changes. The opening of grand and cozy cafes are

just but a few, but the recently restored famous Aseev's Palace captures the eyes of curious people. There is a legend about how the Aseev's house appeared. The story is told of how once departing guests started playing jokes on Mikhail Vasilyevich "It is not you they said". "Who should build wooden towers? You should live in a marble palace not here in the capital... Au revoir!" Few minutes later their way was lit by a fantastic brightness and size torch

which was but a burning tower that was set on fire by its owner. So Aseev decided to build his palace. As a matter of fact the Aseev's House is certainly not a palace – it is a mansion, but not a simple one. The appearance of the building is amazing: it harmoniously combines fanciful eclecticism with the elements of baroque, classicism and modernity. This estate of Aseev, a Russian provincial rich factory owner,

was built at the end of 19<sup>th</sup> century and for a long time it had been buried in oblivion as a building of the cardiologic sanatorium. It became dilapidated. It seemed fortune would never show its sunny side, until Tambov citizens turned the scale. They took the bull by the horns and showed the whole Russia how one should save their cultural heritage. And things began to move. The mansion has been restored. The neglected gardens have been put in



order. The interiors got their almost original state. Nowadays a branch of "Peterhof" museum is located in this building. A special attention should be certainly accorded to the main restored house, where nowadays there is a valuable collection from the main museum "Peterhof". By the way, the specialists managed to preserve almost all the fitted furniture from the time of the Aseevs, and also restore fanciful bas-reliefs.

The park is a special pride of the

Aseev's mansion. The 200-year old trees grow there: lindens, elms, oaks and pines; fountains purl and indifferent sculptures have a languish look into nothingness. Spring spreads fragrance of acacia and honeysuckle. The shadows of the poplar and blue spruce crowns welcome with coolness on days of extreme heat. The main long-liver of the park is the English oak. In the opinion of some scientists it has recently celebrated its 500<sup>th</sup> anniversary.

~ Irina L. Selezneva





There is something about August that makes it conducive for travelling. On the 1<sup>st</sup> of August, 2015 a group of international students of Tambov Medical Institute went to the Museum-estate of S.V. Rachmaninov in Ivanovka. Sergei Rachmaninov was a musician known for his magnificent piano playing as well as his distinguished compositions and symphonies. And every year a music festival 'Starry Night' is organized in his estate.

Distance from Tambov to Ivanovka is 150 km. The students traveled in two cars together for a long time until they got separated. This came about because the drivers used separate maps. ONE, the new GPRS technology – Google Maps and the other - an old Soviet road atlas. Google map once again defended the reason why we should trust technology .We got there in time and way before the driver who relied on the old soviet atlas did.

Before, the drivers had made a bet on who will get to Ivanovka faster. The shorter of the two routes

was less exciting because we couldn't travel comfortably. The road was in a bad state. Well, the longer route we were told was more exciting. The travelers had to drive through some fields. Villages laid bare on the hills innocently. It was beautiful scenery. One any artist would want to paint. At one moment we even had to turn and ask for help from a driver of a truck. We got stacked in the mud for a couple of minutes. This turned out to be such a difficult path to travel but we still got to our destination and in time for the festival to commence. The students were quick to fraternize and enjoy the musical festival.

The festival is held annually on August 1 at a time when the stars in the sky are very bright. This year, about 1000 tourists from 11 regions of Russia (Moscow, Kaluga, Voronezh, Volgograd, Penza, Saratov, Lipetsk, Astrakhan, St. Petersburg) and abroad came to the festival.

In the evening, talented musicians gathered on the veranda of Rachmaninov's house.

## We'll be counting stars (August, 1)

### The Festival of Music 'The Starry Night' in The State House Museum of S.V. Rachmaninov in Ivanovka



By tradition, the festival begins with the reading of poetry and classical music performances. And this year, the audiences were treated to different kinds of ethnic music: Irish folk, Celtic, Balkan music, etc. The Musical evening ended with a performance of today's popular songs and open-air disco. At the end of the music program, Students later on toured the house of S.V. Rachmaninov. The guide who excused the students gladly took the opportunity to tell us the story of the estate and the life story of the great Russian composer. In particular, the years spent in Ivanovka where S.V. Rachmaninov wrote his first musical

compositions, and met his future wife. After getting the information about the life and work of the composer, the students joined the other guests at the festival to take part in all the exciting events for the night. Took place during the festival. For this included a candle light procession. Guests were offered to light candles and form the word 'любовь' on the ground in the garden – as a general declaration of love to music, art and beauty.

Just after, the organizers invited everyone to go to the river, and to participate in the 'air flashlight action'. And of course, our students joined this beautiful ceremony:

flying air flashlights and making wishes. At the end of the evening all the participants of the festival gathered on

stage in front of the river to enjoy the performance where an artist worked with lights. The culmination of the festival was the fireworks that lit up the bright night sky.

It may safely be said that such starry night will be one of the most memorable for our international medical students who are ready at anytime to become acquainted with Russian culture, its history and the destiny of its great representatives where S.V. Rachmaninov is one of them and whose house this particular evening joined so many different people under a starry sky.

~ Marina A. Ionova





## Apple Spas in Michurinsk (August, 19)

'An apple a day keeps a doctor away' might be a cliché and even medically untrue but regardless a visit to Michurinsk keeps the medical students craving for more apple. Annually, an excursion is planned and organized by the Tourism Club in Tambov Medical Institute to this famous town in the Russian Federation. The tastiest and juiciest of apples are found in this Spa.

This year the school bus was jam-packed as international students were eager to secure their seats on the bus for the 45 minutes' drive to Michurinsk city. Michurinsk is a small town outside the capital city of Tambov Region. There were loud noises in the bus as students were busy discussing the amount of apples they would pack in their bags and which technique they would use to get as many apples as possible. The fields along the road are well trimmed and manicured.

The rectangular sequencing of the big trees was breath-taking. The 45 minutes journey felt like a whisker. Next moment we were jumping of the bus and asking for the apple trees. Taking of pictures began when we got a beautiful bridge that we had to cross. The girls gave a memorable pose. One that should last for a very long time.

We went on to visit our first apple garden where it was literally raining apples. There were over a hundred apple trees all nicely ripe. I remember just getting quite and thanking GOD for this miracle. Everyone was happily screaming and excited and constantly commented on the sweetness of the apples. All our students packed apples in their bag, pockets, and mouths where ever there was space. It was really apple Christmas event, here comes the epic part.

We were all invited to visit an old building where apparently the owner of the apple farm – **Ivan Vladimirovich Michurin** (the Russian horticulturist who developed more than 300 new types of fruit trees and berries in an attempt to prove the inheritance) – lived 140 years ago I promise everything was half of what we have today in that place.

We had to bow down upon entering the old building, the doors were tiny, the beds were excessively small, because apparently the owners were midgets. The coolest was the woman (guide) who was taking care of the place as she was so funny and scary at the same time. She told us all about the history of the place and how we are not allowed to touch anything because

Ivan V. Michurin might get upset, how we are not allowed to talk or laugh in the building as Ivan Vladimirovich Michurin might get angry or wake up or something in that sort, she confirmed that Michurin's ghost was in the building and we should be very careful.

We constantly asked her to take pictures of her but she was so strict thus restricted us from taking any furthermore pictures.

We left the building and witnessed one of the most beautiful flower gardens in the world. The colors, the scent, the view it was purely beautiful, and to top it off we were allowed to take pictures in them; we sat, stood, hugged in those beautiful gardens.

Few minutes after the flower photo-shoot one of the student's representatives in Michurinsk city came to meet us to give

*Ivan Vladimirovich Michurin (Russian: Иван Владимирович Мичурин) (October 27, 1855 – June 7, 1935) was a Russian practitioner of selection, Honorable Member of the Soviet Academy of Sciences, and academician of the Lenin All-Union Academy of Agriculture.*

*In 1875, Michurin leased a strip of land of about 500 square metres not far from Tambov, began collecting plants, and started his research in pomology and selection. In 1899, he acquired a much bigger strip of land of about 130,000 square metres and moved all of his plants there.*

*In 1982, the Soviet government established a selectionist genetic station on the basis of Michurin's garden, which would be re-organized into the Michurin Central Genetic Laboratory in 1934.*

*Michurin made a major contribution in the development of genetics, especially in the field of pomology. In his cytogenetic laboratory, he researched cell structure and experimented with artificial polyploidy. Michurin studied the aspects of heredity in connection with the natural course of ontogenesis and external influence, creating a whole new concept of predominance. He proved that predominance depends on heredity, ontogenesis, and phylogenesis of the initial cell structure and also on individual features of hybrids and conditions of cultivation. Michurin assumed a possibility of changing genotype under external influence.*



# The Michurinsk Experience...

us the best news that she was inviting us to visit another apple farm of the All-Russian Scientific Research Institute Horticulture named after I.V. Michurin. It has the tastiest apples, which are the one distributes to the fruit farms all around Russia.

I remember everyone regretting packing to many apples at the previous farm and wished they had space to pack more apples now. That farm had the biggest, reddish and tastiest apples on earth.

The lady urged us to pick the apples lying on the ground as they were the tastiest. Imagine over two hundred apples lying on the floor and you are here just thinking what I do with all this, where to pack all this health into, we wished to just dig out a tree and plant it right in our town in Tambov so we have an everyday supply. As we finally packed and took all the pictures in the world.

*Michurin was one of the founding fathers of scientific agricultural selection in the world. He worked on hybridization of plants of similar and different origins, cultivating methods in connection with the natural course of antogenesis, directing the process of predominance, evaluation and selection of seedings, and acceleration of the process of selection with the help of physical and chemical factors.*

*Michurin's method of crossing of geographically distant plants would be widely used by other selectionists. He worked out theoretical basis and some practical means for hybridization of geographically distant plants. Michurin also proposed means for overcoming the genetic barrier of incompatibility during the process of hybridization, such as pollination of the young hybrids during their first florescence, preliminary vegetative crossing, use of a 'mediator', pollination with the mix of different kinds of pollen etc.*

*Ivan Vladimirovich Michurin was the one to start cultivation of his hybrids of grape, apricot, sweet cherry, pear, rowan and many other southern plants in the northern climates of Russia.*

*Throughout all his life, Michurin worked to create new sorts of fruit plants. He introduced over 300 new varieties. He was awarded the Order of Lenin and Order of the Red Banner of Labour for his achievements.*

*The town of Michurinsk is named in his honor in 1932.*

We moved on to sport field (Lokomotiv Soccer Stadium) where the international students from Michurinsk State Agricultural University were eager to kick off a soccer game with the Tambov boys. They welcomed us at the field with over 40 supporters, unfortunately we didn't come prepared but we managed to form a team and play a 20 minutes game, which was fun as all the girls cheered alongside the field. Even though it was cloudy, we prayed for it not to rain as we planned on an excellent 'shashlik' afterward. The home boys ended up winning the game 3-2 but it was a fairly game as the referee was a girl (Penny P. Hamunyela).

Next on the program we all drove to a river side and latterly went into the bushes with all our food and drinks and had one of the funniest picnics. All jokes apart, only after finishing making fire we realized that we forgot the meat in the bus, and the bus man drove away to get some petrol. The boys went in the bushes to get more wood to keep the fire going as it was a little bit getting chilled up. The boys constantly showed of their skills on trying to carry the heaviest wood and making the strongest fire.

Finally the meat arrived and the difficult part was trying to get a technique on how to fry the meat, I remember the meat falling twice and everyone was jumping up and down trying to rescue it as if it was the last thing on earth to eat. We 'shashlicked' chicken and sausages and ate it with the tastiest watermelons.

I know the combination is a little bit weird but we had to eat what was available. We took some beautiful pictures along the river side and in the bushed and tried playing some games but we failed. We had to pack up everything as the school bus was supposed to leave at 18:00. On the bus everybody was reminiscing on how magical the trip to Michurinsk was and how they wish they had time to get more apples.

This wonderful excursion takes place every summer holiday and Tambov State University named after G.R. Derzhavin freely gives the bus, that's why no fees are being collected for this trip. If you are interested contact Chima D. Okere (the President of Tourism Club for International Students in Tambov Medical Institute) to book your seat for the next trip in summer 2016.





## The Sport Club for International Students in Tambov Medical Institute

Penny Hamunyela (Candidate Master of Sport) 4<sup>th</sup> Year Medical student ~ Sport is a discipline, and requires team work! Tambov Medical Institute has given us the opportunity to explore all the various sporting disciplines. Having the opportunity to utilize the sporting facilities made our Summer holidays in Tambov one of the most remarkable ever! In this article we will see all activities enjoyed during summer, together with comments from the participants themselves on how they experienced

all the activities they participated in, and as Лев Яшин says “в спорте тот, кто хочет добиться убедительных побед, обязан пытаться прыгнуть выше головы”.

We all know the saying “healthy mind leads to good result”. Having the opportunity to exercise your body and mind and at the same time do it in a complete fun way, is something that the Sport Club offers!! Come with ideas, let’s all join together to not only have fun, but exercise and live for many more years.



## Basketball Tournament (August, 6)



We started with our Basketball tournament in the newly renovated basketball court where various international students, were eager to show their talents in how to bounce and shoot the balls correctly! Having players from Namibia, Iraq, Congo, Benin, Zambia, this is what Angelo from Swaziland had to say: “We were just having fun. It was very intense, we had a lot of good players, and I think we could probably come up with a pretty solid team if we train together”. Basketball is a sport played by two teams of five players on a rectangular court. The objective is to shoot a ball through a hoop 18 inches (46cm) in diameter and 10 feet (3.048m) high mounted to a backboard at each end. Basketball is one of the world's most popular and widely viewed sports. Thus whosoever thinks they have the potential to play or at least have interest in playing can join the basketball team. As of now, we are unable to form an official university team, as we don’t have enough

players. We currently have more than 4 netball teams; all fully equipped. As the sport president i would wish the same for the basketball code as well.

DO you know how basketball was created? Well, let’s bounce back in time to the first basketball court: Springfield College

In early December 1891, Canadian Dr. James Naismith, a physical education professor and instructor at the International Young Men's Christian Association Training School (YMCA) (today, Springfield College) in Springfield, Massachusetts was trying to keep his gym class active on a rainy day. He sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long New England winters. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he wrote the basic rules and nailed a peach basket onto a 10-foot (3.05m) elevated track. In contrast with modern basketball nets, this peach basket retained its bottom, and balls had to be retrieved

manually after each ‘basket’ or point scored; this proved inefficient. However, the bottom of the basket was removed, allowing the balls to poke out with a long dowel each time during the game.

“There are plenty of teams in every sport that have great players and never won titles. Most times, those players aren't willing to sacrifice for the greater good of the team. The funny thing is, in the end, their unwillingness to sacrifice only makes individual goals more difficult to achieve.

One thing I believe to the fullest is that if you think and achieve as a team, the individual accolades will take care of themselves. “Talent wins games, but teamwork and intelligence win championships” (Quote by Michael Jordan).

~ Penny Hamunyela





Our first ever summer event started off at the beach where we welcomed the (preparation course in Russian) “Podfac” students with some incredible beach soccer.

We started off with a 15 min warm up which the boys extensively enjoyed as they were trying to out win each other. We had students from Uzbekistan, Angola, Gabon, and Zimbabwe and as far as Tunisia.

A major chunk consisted of girls from the respective countries; who were only able to form a girl’s team. Surprisingly, the boys gave in to play against the girls provided that the girls had 2 extra players and their goalkeeper was male.

It was fun, as much as the boys underestimated the girls by dribbling and showing off their ‘Christiano Ronaldo’ moves, girls had a gentle technique of passing the ball accurately to each other, and guess what the women’s team WON!!!

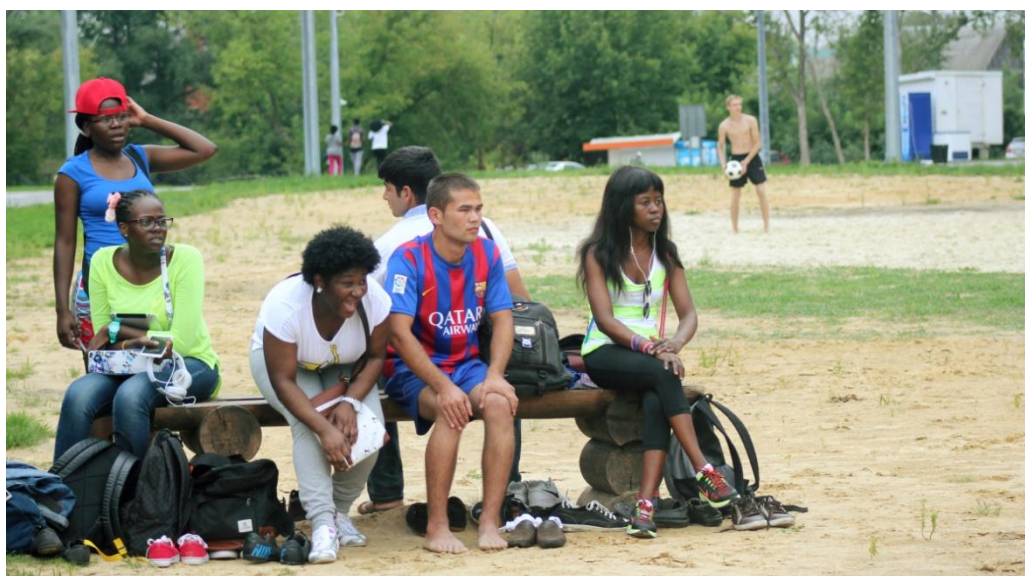
We had 4 major teams consisted of Dinamo, old and New Magnit players. They formed a team and were able to play against the new comers. The games began with Dinamo vs Uzbekistan and as the home grown players did not disappoint.

Magnit vs Angola followed which was the loudest and longest game, as the new comers, were not ready to be defeated without a reasonably fight. The Angolan team was leading until the last minute when Magnit managed to score 2 goals within the last few minutes of the game winning the game with a 4-3 score.

The match of the day was Magnit vs Dinamo. It kept us all in suspense as it was unpredictable. Both teams showed great strength and dexterity. It was a difficult game as the players knew each other’s tactics. The last 5 minutes off the game, Dinamo surprised us with a magnificent shot from a 3m distance giving Dinamo the victory against Magnit.

We finished the event by trying to build a pyramid with the strongest boys carrying the girls, it failed so badly. The sport club for international student each awarded the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, place teams with certificates. Beach soccer created a comfortable environment among the new comers and old students to get to know each other and learn about each other through sports.

~ compiled by Penny Hamunyela



## Beach Football in ‘Park Druzhby’ (July, 30)



# Football 'Summer Cup' (August, 13-14)



A 2 day soccer fiesta dubbed 'Summer Cup 2015' was held. We had 6 teams participating. 1st day was the play-off where TGTU 1, TGTU 2, Congo and Zambia made it to the finals. our winning team captain had some nice words for Penny Patemoshela Hamunyela (Namibia)



	ANGOLA	UZBEKS 1	CONGO	TSTU 1	POINTS	POSITION
ANGOLA	1:0	1:3	0:4	3	III	
UZBEKS 1	0:1	0:1	0:1	0	IV	
CONGO	3:1	1:0	1:2	6	II	
TSTU 1	4:0	1:0	2:1	9	I	



– organizer of sports for international students in Tambov Medical Institute (Russia), for the successful organization. Big thanks again to the Sports Club for International students for fostering a deep relationship with international students from the technical university

and the players for the unity and corporation they exhibited for this football tournament.

And finally a big congratulations to my school, family, friends and teammates TGTU 1ST & TGTU 2ND for the successful outing. both teams made it to the final and returned with



	NIGERIA	ZAMBIA	UZBEKS	TSTU 2	POINTS	POSITION
NIGERIA	0:1	0:1	0:1	0	IV	
ZAMBIA	1:0	2:1	0:2	6	II	
UZBEKS 2	1:0	1:2	2:7	3	III	
TSTU 2	1:0	2:0	7:2	9	I	



GOLD and SILVER medals and a winner's cup. It was a great pleasure sharing the day with you. Big thanks to GOD ALMIGHTY, the FANS and EVERYONE, love you all. AGADA HILLARY IFEANYI, captain TGTU 1<sup>ST</sup> (winning team).

~ Ifeanyichukwu Hillary



# Chess Tournament (August, 18)



during the summer holiday 2015. It was awesome getting back into the game, sparring with some great minds. Every game tested the limits of your concentration, strategy, and memory. I really enjoyed the games as everyone else in attendance did, especially my last game. It became clear as to why Alfred Binet said "Could we look into the head of a Chess player, we should see there a whole world of feelings, images, ideas, emotion and passion". The game has the power to make people happy even when losing because now they know their weakness not to be repeated.

~ Flabbahalt D.T. Nhamo

Chess is often cited by psychologists and doctors as an effective way to improve memory function and mental activity in general. Also allowing the mind to solve complex problems and work through creative ideas. It is no wonder that chess is recommended in the fight against Alzheimer's disease. Some contend that it can increase one's intelligence, though that is a more complex topic.

Many thanks to the sports department for organizing "Chess Tournament"







## Summer Sport Fun Games (August, 27)



In welcoming freshers, we came up with several games in which each player had to undergo an obstacle to score a point for their countries. It was a day of fun and full of laughter.

We had over 30 participants with an audience of 30 more competitors. Participating countries were Uzbekistan, Angola and Uzbek (which is a mixture of both teams).

We had over 10 obstacles, consisting of balls that you had to drip in a zigzag pattern over a 3m distance, after that was the placing of a ball between your legs, and to hop across the same distance without letting the ball fall. The funniest was when the international students had to jump with the balls. Went through woola hoops across the same

competition distance, the boys had absolutely no idea how to do this.

The hardest was the weight lifting, which was very unusual as it is only common in the Russian Federation. Boys had to carry a metal weight of 16 kg with their right or left arm, stretch it up as many times as possible, of course the girls insisted doing it too, but this was the time we girls had to lay back and know our place!

Uzbekistan captain ended up with the highest lifts of about 32, second with Angola of 24 and our mixed team having a total of 18 lifts. The next game became difficult because of the weather. It was very windy, thus making our next game one of the hardest. Participants had to take an A4 paper, place it on their right hand,

and run across a 3m distance. We had more paper flying around than how it was supposed to be.

As I indicated earlier, each team score some points according to how well they did with the obstacles. In 3rd place was our Uzbek team who scored a total of 2 points as they just managed to win 2 obstacles. Angola came in 2nd place with 3 points. Even Their loud supporters could not propel them on to the first position. Taking the 1st place with ease was the strong Uzbekistan team with a magnificent score of 5 points.

Each team was awarded with certificates from the Sport Club for International Students, together with beautiful souvenirs from Racus.

We look forward to repeating this

each year upon receiving new international comers. Thus we would like to encourage you to bring your ideas on board.

There are so many interesting traditional games around the world: Ghana – ‘Ampe’, India – ‘Kho Kho’, Jordan – ‘7 stones’, Nigeria – ‘Okwe’, South Africa – ‘Three tins’, Tanzania – ‘Shake’, Uganda – ‘Owel’, Zambia – ‘Shomba’, and many other. We welcome al traditional games from every country.

Congratulations to the new international students and may they have a pleasant and a productive stay in our lovely Medical Institute of Tambov State University named after G.R. Derzhavin and Tambov city.

~ compiled by Penny Hamunyela

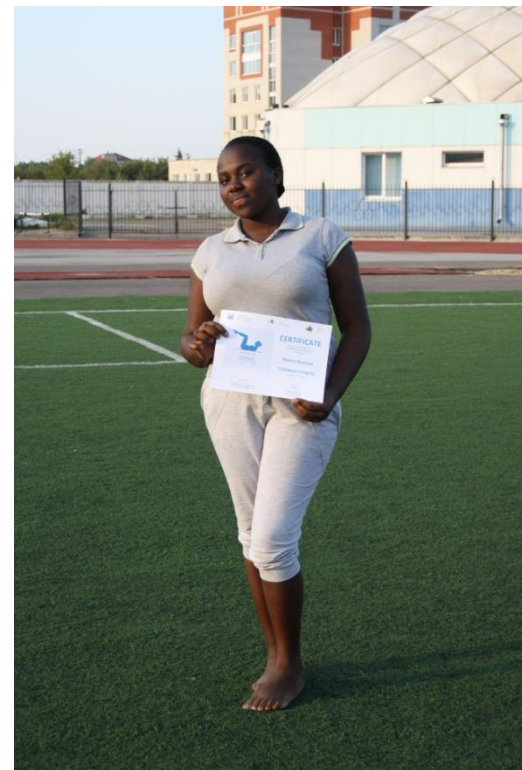




# Summer Fitness Camp (July – August, 2015)

This summer password was '3121', and if you ask any of the girls who participated in this Camp, not only did they sweat and moan every day, but they started smiling more, and their energy levels sky rocketed. "I participated in the summer fitness camp throughout the whole of August, it was amazing and it was

changed me both physically and emotionally. I feel good about myself. My body and my mind are refreshed". These are words by Onalenna Bennedict. She was among the girls who were eager to show up every day and not only make a tremendous change in their health, but increase their self-confidence.



Hendrina Lazarus from Namibia had the following to say: "It was just the most amazing thing I have ever done. Losing some pounds due to my commitment and my training was good hard work. I am willing to continue with the training".

We had training twice a day, where we combined core training, cardio and muscle building together. The girls were each required to write a list of what they ate every single day. We

would then analyze the list and remove the unnecessary junks. It is very important to monitor the food you eat, as some food take longer to digest than others. it's easier to go to any shop to buy 'kartoshka free' and have it as lunch and dinner but what you might not be aware is, those fries takes 2-4 days for it to be completely removed from your body. Now imagine taking it 3-4 times a week, meaning you have undigested food

building up in your intestines, causing severe discomfort and abdominal pain. Remember your fiber fruits after every heavy meal, and importantly DRINK WATER.

The following list is our 1<sup>st</sup> ever fitness camp participants who had a will every single morning and evening to endure the tough summer fitness camp training schedule.

This fitness camp was a short program organized by Penny

Hamunyela. Fees were not charged for participation. The only requirement is to follow the rules you are given. This program will be ongoing during classes. If you are interested, you can register with the organizer – Penny Hamunyela.

- ~ *Hapulile Alma*    ~ *Nasilele Momo*
- ~ *Juliet Atakora*    ~ *Hendrina Lazarus*
- ~ *Onalenna Bennedict*    ~ *Leez Renske*
- ~ *Cornelia Shilongo*    ~ *Olga Malick*
- ~ *Ruky Enagero*    ~ *Martha Mwatile*





## The Entertainment Club for International Students in Tambov Medical Institute

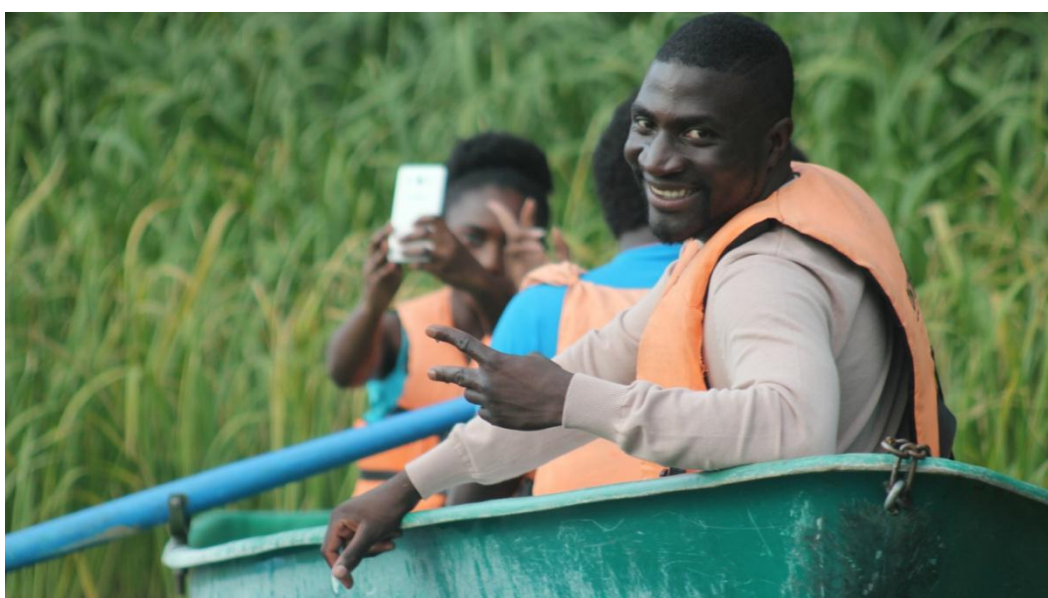
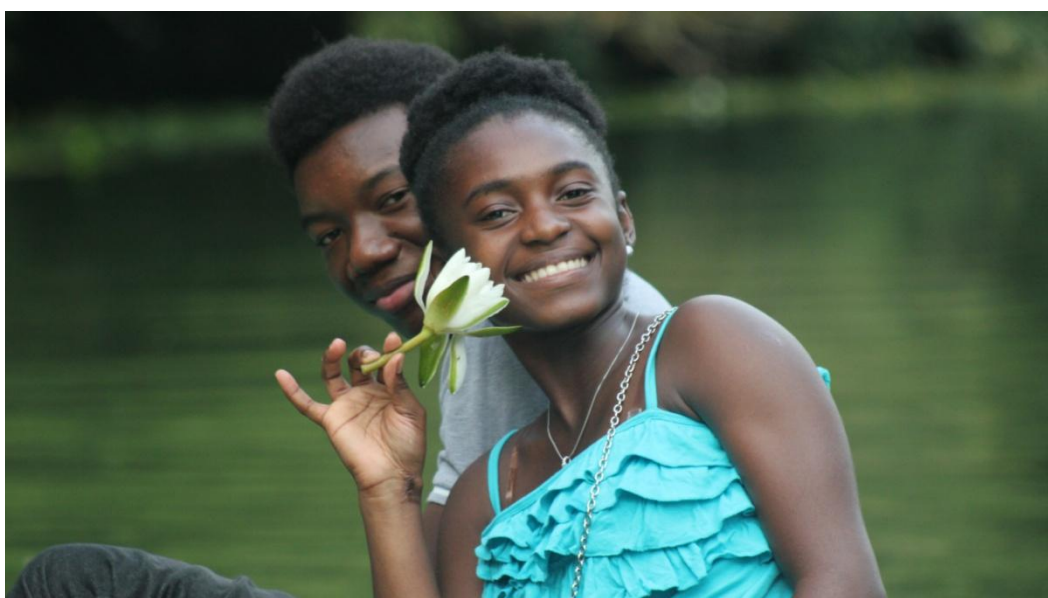
The Entertainment Club was established in August 2013 by a group of international students to bring dream events to life for all who enjoy music and all sorts of social gatherings. We are in contention to be the leading providers of live entertainment in our university, through the organization of concerts, beauty pageants, talent shows, award ceremonies, parties, etc.

This year summer unlike any other was packed with a variety of activities aimed for students to participate in like the saying goes “all work and no play makes Jack a dull boy” activities were specifically designed to provide students with a range of social skills as well as create platform to make new friends and acquaintances.

~Emmanuel Asantey Badu  
(the President of Entertainment Club)



## Boating on ‘Tambov Sea’ (July, 31)



Have you ever attempted to ride your own boat without anyone aiding you? We started off on a sunny day with a magnificent group of students that where all eager to partake in this adventure. In Tambov City, they offer a great deal of boats at very affordable prices and everybody like cheap things so we maximized that to our effect.

We started off with the girls being extremely frightened; their reason being whether they will be able to to control the boat on their own without the aid of the boys (as always we girls tend to underestimate ourselves). We had a group of freshers from Angola that were eager to participate in this river adventure, so they took the lead in the first boat. I can vividly remember that the exact boat disappeared for almost 2 hours. I don't know whether they were having the best time of their lives or they were just eager to explore the beautiful Tambov. We had a total of 11 boats that went out that day consisting of 4 international students in each boat. We made sure that there was a participant male in each boat, just for control.

Participants that came for the boating where students from Namibia, Angola, Zambia, Zimbabwe, Congo. We were instructed to be very careful. We were not allowed to move around too much as it could cause an uneven weight and we might just tip of and fall. We were each challenged with the ‘can you swim’ question. Those who

couldn't were secured with life jackets to prevent any incident of drowning. We had a single boat that consisted of our translator, which made it easier for communication.

The wind got aggressive at a point influencing the boats to sway but it was fun as we had our professional photographer capturing the faces of frightened students. The trees lined up beautifully along the banks while the ducks choreographed beautifully in groups to the sound of the waves of the river. It was beautiful scenery. A glimpse of paradise. The fun was endless so was the feeling especially that of the splashing water which sent shivers along my spine. Frogs tapping on the leaves, the smell of dead leaves soaking in water etc is a memory we hope to keep and treasure. The initial plan was to use the boats for an hour, but we ended up spending more than 4 hours.

The Entertainment club would like to thank all the participants that took their time to take part in this adventure. We will be glad to plan something of this sort next year if we have interested participants. We would wholeheartedly like to thank our personal photographers for this unforgettable experience.

The most important aspect of this entertainment activity is not only for fun, but to create a comfortable environment for all international students in Tambov city.



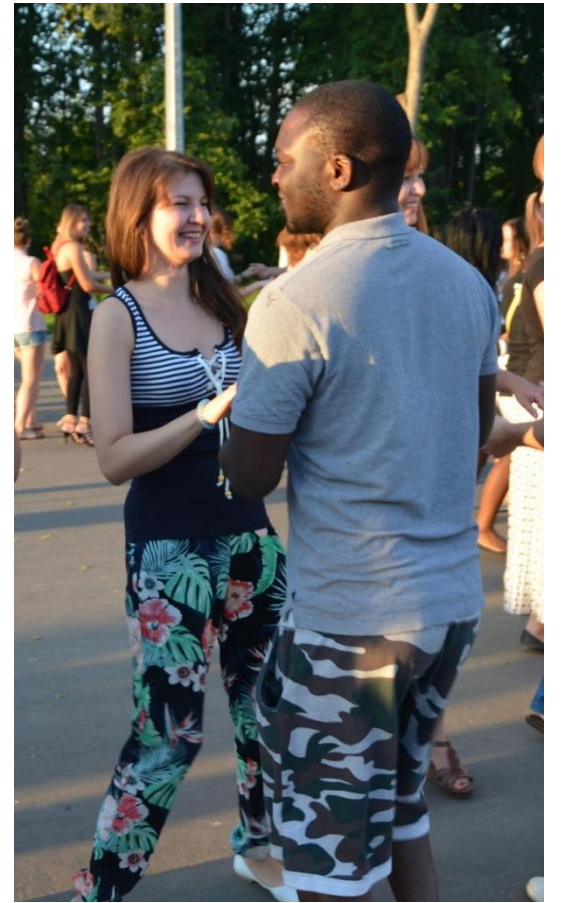


Another August event took place in Park Druzhbi in a friendly and fun environment. The instructors and founders of Tambov dance school gave the audience entertaining master-classes of Latina dances such as salsa, bachata, reggaeton and merengue. Why are these dances so popular? The popularity can be associated with the bright national color of Latin America with its rhythms, freedom-loving nature and spicy food. It seems like it is the place of everlasting holidays and carnivals.

Latina dance is not just moving around. It's a life style that helps to express feelings and emotions. Besides, everyone can learn to dance regardless of age because all the moves are quite safe yet very expressive and passionate. That's why everyone could take part in this lively event in Park Druzhbi.

In a couple of hours even those who had no idea they could actually dance were happy to find out that they know some basic moves of one of the most famous Latina dances – bachata.

Bachata is a sultry, heart-pulsing dance step that originated in the Dominican Republic. The dance consists of three steps with a hip motion, as well as a Cuban hip movement, and a tap on the fourth beat. With a fairly rich yet recent history, Bachata does vary significantly from style to style and area to area. Bachata is a wonderful dance that focuses on fluidity of movement of the lower body. Many see this dance style as one analogous to the blues in American music. Bachata grew out of a tumultuous shift from



## Public Dance 'Street Latina' (August, 5)

dictatorship, censorship, and cultural degradation, and blossomed when the veil lifted. Originally, the upper classes looked down on the dance style as "for the small people", country folk, and the uneducated.

As the dance evolved and matured, it made its way through rough areas like brothels and bars. With an incredibly turbulent history, Bachata was the dance style that almost wasn't. Popularity in the countryside increased, and the growth of the dance could no longer be censored. As Meringue became the national and official music and began melding with Bachata, the dance style took off in all areas of the country.

Being medical school we are also interested in health benefits or potential harms of any activity. So is Latina dance good for your health?

The answer is definitely YES!

Constant moving at a fast pace trying to look nice at the same time does require an effort and thus a well-developed respiratory system. In some cases dancing can even help fighting with asthma and bronchitis. Scientists have proved that Latina dance can also improve the state of the cardiovascular system and help with such problems as high blood pressure or the risk of coronary heart disease. A big advantage of such dances is that it can be a good for your bones and muscles.

And what an emotional unload! While dancing you experience a lot of positive emotions, elevated mood and thus your body can easily deal with stress and depression and any negative thoughts. As another bonus it also helps dancers to build self-confidence and openness.

Considering the fact that bachata as well as any other Latina dance requires a partner, the participants of the event had a great opportunity to meet new people and to dance with them. The shining sun and surrounding beauty of the park were pleasant additions to the warming and welcoming atmosphere with wonderful music of the far-away

continent. And sure enough the international students of Medical Institute couldn't miss such event.

~ Catherine O. Parshina

*When marimba rhythms start to play  
Dance with me, make me sway  
Like a lazy ocean hugs the shore  
Hold me close, sway me more*

*Like a flower bending in the breeze  
Bend with me, sway with ease  
When we dance you've a way with me  
Stay with me, sway with me*

(*'Sway'* by Dean Martin)



The Russian Summer can be hot even for students from Africa; that's why trying to escape from the heat; the students took a decision to play billiards in 'Festival Park' (Tambov).

Ball games were the first due to the historical data. Many researchers are sure that exactly the ball games from Asia became the bases for billiards.

One considers that the Chinese merchants brought one simple ball game to England during Middle Ages.

And then the English developed it into the modern game – billiards – we play now. At that period the English played so called 'Pall-Mall' – a game where the players moved the balls on power-tamped earth.

Another interesting fact is about the origin of word formed from 'Ball' and 'Yard'. And even the great William Shakespeare referred to such fact as a billiard game between Cleopatra (the last pharaoh of Ancient Egypt) and

her eunuch. But some historians are not in approval of this.

Another version has it that billiards originated from France as it was first mentioned with regard to green cloth (a table for billiards) which was found in King Louis XI inventory sheet. Though its invention is clouded in uncertainty and was mainly linked to Royalty and aristocrats, anybody can now easily enjoy this fascinating game attributed to royalty.



The bright summer night brought a group of students from the medical school namely Angelo, Ghassan, Joseph, Theophilus, and Syrine together to take part in a mini tournament; the first of its kind.

When the curtains were drawn to a close this was how the results stood. Joseph took the 1<sup>st</sup> place, 2<sup>nd</sup> – Angelo, and Theophilus came in third.

If you love billiards or just want to try something different from the norm feel free to register to participate in the next season of the Billiards Tournament slated for Autumn.

To register contact Shaw Angelo Rodrick (Billiard Club Manager, 5<sup>th</sup> year student).

## Billiards & Bowling (August, 8)

The Bowling tourney followed up immediately the Billiards was brought to an end. Our competitors were in high spirit and one could sense that despair from the loss of the billiards had made way for an adrenaline rush in this interesting game. Everyone wanted to make a point.

Just a brief history on this game. Just like Billiards different sources have painted different pictures and stories about its history.

An English anthropologist found collections of subjects in a child tomb which looked like the primitive form of bowling. If he was right then people have been playing bowling game since 3200 years BC.

The German historian William Pehl



proved that bowling originated from his country in about 300 AD. And there is a fact that this game was part of a religious ceremony in the IV century in Germany. It was considered that a person had good temper if he was able to strike skittles.

Anyway all these theories just prove that bowling is an interesting and fascinating game.

Nowdays bowling remains one of the best activities for bonding with

friends. It's always a good time getting together with friends for a friendly bowling competition.

This Summer a group of international Students engaged in a bowling tournament on the 8<sup>th</sup> of August organized by the Entertainment club, it was an absolutely fantastic day filled with lots of fun, competitors of the day included Angelo, Theophilus, Ghassan, Cyrine, and Anne Marie to

name a few, it was such an exciting experience as students were pit against each other with the hope of claiming a victory for their individual teams. From a glance it looked like a very easy task but once they began the reality sunk in and getting a "strike" wasn't as easy as it seemed. However in the finally moments a winner was decided among a very competitors congratulations team Red and till the next tournament.





# Summer Party by Blackville Entertainment (August, 20)



On the 20<sup>th</sup> of August 2015 the Entertainment Super Group 'Blackville Entertainment' was at it again. This time providing the populous of Tambov city with yet another summer night full of fun and thrills...

This time around the event was termed "Dope Party". 'Dope' is an American English slang word which means cool or very good. This event unlike any other was aimed at providing an atmosphere for young people both locals and international to interact on a common platform and enjoy a range of diverse music from Hip Hop to Dancehall and even Dabke and Kizomba. 'Dope Party' 2015 took place at Restaurant 'Pirate' – considerably Tambov largest Café located along the banks of River Tsna.

The attendees of the event included El Presidente (Chandrel Reich N'sibadila Youloukouya), Angelo Rodrick Shaw, Igor Nikolashkin, Katya Vasilovich and many more who had nothing but praise for the incredible event.

Performance of the night included up and coming rapper Artur Poet who blazed the floor with a single from his 'Сказка' (debut album "Life Page").

Other performances included popular Hip-Hop artist Willy Kan who sang his critically acclaimed single 'Меня Запомнят'; Djs for the night included 'Pirste' and Blackville Entertainment Resident Dj 'Dj Blvck' as well as resident Dj from entertainment group John Music 'Dj Baird'.



A huge thank you to the organizers of the event Emmanuel Asantey-Badu and Yamen Almahdar for an absolutely fantastic party which attracted close to a 100 people from all walks of life and nationalities such as Congo, Angola, Ghana, Nigeria, Syria, Morocco, Ivory Coast, Morocco, Russia, Equatorial Guinea, Namibia, Zambia and lots more. Speaking to the organizers of the event "It's our aim to be a leader in providing classical events, not just the provision of events, but memorable moments as well, because we only live once and have to appreciate a lot that life has to offer." In regard to future events the super group has in store for us in the near future, the response was all roads lead to "FRIGHT NIGHT" the biggest event of the year.

Lots of Fun activities took part that evening students engaged in several competitions such as disco pong, twerk battle, break dancing competition and rap battles.

The rap battle was considerably the most exciting as we watched two Tambov greats face off against each other in a lyrical battle competitors included rapper 'Artur Poet' and rapper 'Willy Kan' who thrilled the crowd with their lyrical capability it was indeed a sight to see.

The break dancing competition was another moment of the night as we watched invited guests from both RedSky Dance School and Topstyle Dance School face off in a break dancing



competition contenders include Vadim Rogov and Bread White it was such a thrilling experience and one which has to be experienced again, a tremendous effort was put on by the organizers and a very big thank you to them and everyone who was involved in making the event a success, all we can do now is sit patiently and await the next event and expect nothing but the best from super group Blackville Entertainment.

~ by Anonymous





# Color Fest Holi (August, 9)



NO comments...



*The Administration of Tambov Medical Institute and its director Olga A. Stepicheva highly appreciate the contribution of each student club president in the persons of Chima D. Okere (Tourism), Penny P. Hamunyela (Sport), and Emmanuel Asantey-Badu (Entertainment) for the planning and execution of an incredible summer vacation by contributing many different ideas and assistance in their realization. The Administration wishes our presidents and the members of their clubs more new tours, sporting activities, and creative events in the coming 2015-2016 academic year. As an official commendation Chima, Penny, and Emmanuel were awarded with the official personnel Certificates of Recognition for their Dedication and Excellence in Organization of Events during Summer 2015 for International Students in Tambov Medical Institute of Tambov State University named after G.R. Derzhavin.*



## Editor's note

### The Media Club for International Students in Tambov Medical Institute

#### Glad To Be Back...

I am glad to inform you that the newspaper *'Microscope'* is back after a long absence. The original intent of the editorial team which was to educate, inform and entertain has been further boosted as a lot of soul searching was done during the break.

We are burnt on bridging the gap between students and uniting international students in the Medical Institute of Tambov State University named after G.R. Derzhavin.

The mutual relationship we had with the various clubs in the Medical Institute has been furthered as we will be bringing you news and pictures from all their organized events. In our

subsequent editions we will be giving readers a list of the programs the clubs intend organizing this academic year so students interested can properly plan for it as well as throw back pictures from previous years. Plans have been laid down by the Media Club to organize the first ever *'Open Mike Night'* to bring poets and spoken word artists on one stage. We are waiting for the arrival of fresh students to bring this into motion.

For readers who are not on the no of the Media Club. The Media Club is responsible for all media related events in the Medical Institute. We started out with a newspaper "The Microscope". Began transmitting an

*online radio 'Med FM'* in collaboration with the Entertainment club and we will be hosting our *own website 'InterMed'* soon. Any interested person can also like our page on Facebook to keep abreast with future events and programs. A *special magazine 'Tambov Medic'* chronicling the life of final year international students especially those in the Medical Institute of Tambov State University named after G.R. Derzhavin will be coming out in January next year. It will be our first magazine and will be different from our newspaper. Talks are still in the initial stages and we will be updating you based on their interest and

response. New ideas concerning this project will be highly welcome as it will be the first time we will be having international students graduating from our institute.

#### In Need Of A New Team...

A new team is needed to complement the work of the current team as some of them will soon be graduating. Interested persons with little or no knowledge in writing can send us an email to [tambovmicroscope@gmail.com](mailto:tambovmicroscope@gmail.com).

*We wish you the very best this academic year and happy reading.*

~Nana Kwasi Yeboah Junior