

STRONGER
TOGETHER:
EMPOWERMENT
OF WOMEN

Lifestyle magazine

A magazine is a periodical
publication.

It is issued regularly, usually
every week.



Stronger together: Empowerment of Women

"There's no limit to what we can accomplish."
-Michelle Obama

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About SJSU I-House

Residents at SJSU International House get to interact with a wide range of people, nations, and cultures by living among a diverse collection of domestic and international students attending San Jose State University. Residents explore ideas, exchange values, and create lifelong friendships through casual everyday interactions and opportunities to take part in social events and workshops.

I-House residents who are enrolled at SJSU in undergraduate, graduate, and English language programs come from about 25 different nations around the world. Residents have a wide range of academic interests ranging from computer science and engineering, to political science and humanities, as well as visual and performing arts, and more.



PREFACE

Saloni Atul Chinchmalatpure, India

Stronger together is a magazine that focuses on the history of the empowerment of women through poems, crossword, resident pictures, and tasty recipes.

Let us begin this journey together as we explore the power and strength of women around the world.

DIRECTOR'S NOTE

Director, International House
Leann Cherkasky Makhni



Abigail Adams is considered one of the Founding Mothers of the United States. She and husband John Adams, Founding Father and 2nd President of the U.S., had a lifelong love affair and wrote over 1,000 letters to each other over the course of their lifetimes. Abigail laid the foundation for equal rights for women in her March 31, 1776 letter to John:

“I long to hear that you have declared an independency. And, by the way, in the new code of laws which I suppose it will be necessary for you to make, I desire you would remember the ladies and be more generous and favorable to them than your ancestors. Do not put such unlimited power into the hands of the husbands. Remember, all men would be tyrants if they could. If particular care and attention is not paid to the ladies, we are determined to foment a rebellion, and will not hold ourselves bound by any laws in which we have no voice or representation.”

145 years later, on August August 18,1920, the U.S. Congress ratified the 19th amendment giving women the right to vote. We continue to strive towards equal rights for women in the U.S. and worldwide, and we find inspiration in the words and actions of our predecessors.

"Founding Mothers: The Women Who Raised Our Nation" by Cokie Roberts
"John Adams" by David McCollough

Bhushita Bhattarai, Nepal

Paradox of Empowerment



Photo credits: Abraham Matthew

Women Empowerment is a complex idea. In Nepal, where I come from, the average work hour for women is 3.1 hours greater than their male counterparts. This proportion is mainly true for most countries around the world. We had hoped to solve the gender disparity by allowing women access to education and career. But we have only added to their plight, forcing them to work double shifts.

Judith Butler says that gender is not merely a physiological or psychological construct but also a political construct. To understand why women are still financially dependent despite working harder than their male counterparts, it is not just enough to understand the essentialist notion of gender, but also understand the political structures which define 'work'.

Paradox of Empowerment, continued

From a strictly scientific point of view, work is defined as the total of the applied force and the distance it covers. From this point of view, any housewife works far more than her white-collared male counterpart. However, the work in our times has little scientific or pragmatic value. Much like everything else, work is understood in terms of its monetary value. Any labour that can be commodified has been defined as productive labour. According to Gayle Rubin, Marx accepted Reproductive labour – all domestic chores, including care function – as an a priori historical condition, denying Reproductive labour any financial acknowledgement. This unpaid work, according to Rubin, is the foundation of all profit-making mechanisms of Capitalism. Therefore, by relegating all Reproductive/Unpaid labour into the domain of women, they have been forced to work harder while only strengthening their financial dependence on the male household members. In a system where all values are derived against their monetary worth, women's financial dependence on men impedes their economic freedom and robs them of their political agency to make independent decisions.

As I probe deeper into the mechanism, I realise the entire concept of work appropriated by Capitalism had been a lie – a lie so seamlessly masquerading as the objective truth that those who implicate it do not even suffer guilty conscience. A *Méprise* that still holds millions of women as its prisoners, who are only choosing more and more workload to be independent, without realising that until the assigned gender roles are equally remunerated in financial terms, having access to education or career alone isn't enough to set them free.

Ye Wint Nyan Kyaw, Myanmar

Mother

Mother, you work so tirelessly.
So, I'll try just as hard in university.
You put yourself last,
even if,
in fact, you are tired.
I regret not even having the chance to sit with you
and have a talk.
Oh, how I wish I had!
You achieved your dreams;
this gives me a whole lot of self-esteem.
You make all of life's hurdles seem a bit less imposing. So,
here is what I'm proposing.
Take a deep breath and take it easy.
Let's go to the beach one day
and feel the wind breezing.



Photo credits: Ye Wint Nyan

Jule Schwarzer, Germany

Bertha Benz & The First Roadtrip in History

Bertha Benz (1849-1944) was a German automotive pioneer and investor. Two years before she married Carl Benz, she invested part of her dowry in his failing iron construction company. Since German law at that time prohibited married women to be investors, she was able to invest only before she got married. Carl used her dowry money to work on his invention: A horseless carriage to which Bertha contributed as a field tester, designer, inventor of leather brake pads, and investor. From today's perspective, she would hold many patent rights but the law didn't allow Bertha as a married woman to put her name on the patents.

In 1885 she and her husband finished the Patent Motor Car, the world's first automobile, and worked hard over the following years to improve their invention, developing the Model II and later the Model III. Bertha's greatest contribution took place on August 5th, 1888, when she and two of her sons drove from Mannheim to Pforzheim, which is a distance of 106km. This made her the first person ever to drive an automobile over a significant distance. The official purpose of the trip was to visit her mother, but besides that, she wanted to prove to her husband that the automobile would become a success once the general public would recognize how useful it is.

She started her trip at dawn, without telling her husband and without having the permission of the authorities. Along the way she solved several problems, demonstrating her significant technical capabilities. Running out of petrol, she bought a petroleum solvent at a pharmacy in Wiesloch, which made the chemist the first fuel station in the world. When one of the car's fuel lines was blocked. Bertha simply used her hat pin to clean it. When the brakes failed, she quickly had the idea to use leather as brake lining, which a local cobbler installed for her. At dusk of the day, she safely arrived at her destination, Pforzheim. Because of her courage and inventive genius Bertha brought the Patent-Motorcar to worldwide attention.

Peruvian Ceviche

Recipe

Ingredients: (3 people)

- 400 grams of fish (Flathead grey mullet or Bonito are recommended)
- 1 ½ cups of water
- 2 pieces of garlic
- 2 pieces of ginger
- 3/2 of an onion
- 2 celery stalks
- 2 corianders
- 1 chili slime
- 7 limes
- 2 spoons of salt

Optional

- 1 sweet potato
- 1 corn
- 1 lettuce
- 1 handful of corn nuts

One of my happiest memories in my childhood was my mom, my sister, and me cooking this dish. Growing up in a home raised by a single mother, I always cherished every little moment I got to spend with her. She had to go to work a lot to give my sister and me a decent education, but we found time to spend together cooking lunch, and what we usually prepared was Peruvian Ceviche. This is one of the most important traditional Peruvian seafood dishes in South America. The idea behind this is that the raw fish is cooked with the lemon on the plate. Ladies and gentlemen, grab your seats because I will show you how to prepare Peruvian Ceviche.

- <https://www.eatperu.com/wp-content/uploads/2020/06/authentic-peru-ceviche-with-onion-sweet-potato.webp>



Photo credits: Piero Miranda

Peruvian Ceviche Recipe

Steps

1. Clean the fish and take out the dark parts with a knife.
2. Cut the fish into a square shape (around 2cm is recommended) and put it into the fridge in a bowl.
3. Add the dark parts of the fish, 1 ½ cups of water, ½ of an onion, 1 celery stalk, ½ pieces of ginger, and 1 piece of garlic to a cooking pot and cook for 30 minutes at medium to low temperature.
4. (Usar media cebollita) Cut ½ of the onion, 1 celery stalk, 1 piece of garlic, ½ piece of ginger, and coriander stalk into small pieces.
5. Take everything out of the cooking pot except for the juice and blend it with what you just cut before and ⅓ of the chili slime.
6. Cut the leaves of 1 coriander and cut it into small pieces, cut the 7 limes, and cut ⅓ of the chili slime. Take the white part out of the ½ of the onion left and cut it into slices. All of this into a bowl
7. Take the bowl of fish out of the fridge, add 1 spoonful of salt, and mix with a spoonful of chili lemon, and coriander.
8. Add 1 spoonful of salt, 1 teaspoon of coriander and chili slime, the onions, and the juice that you blended and mix them all together.
9. Put the mix on a plate and add sweet potato, corn, corn nuts, and lettuce.
10. Enjoy!

References:

Abelca. (2020, June 29). Como Preparar Ceviche Peruano en un Toque | Cocina Fácil [Video]. YouTube. Retrieved October 9, 2022, from <https://www.youtube.com/watch?v=oRw2YNE5kLU>

Elizabeth Thornton, USA

Heart's Content

When you say that you love me
 It feels like I'm walking on a cloud
 Tell me about eternity, just one more
 time

When you say that you love me
 All I need is that one phrase
 That you'll never change
 You're like the whole world to me
 Hug me tighter and more often
 That something that we shared
 I hope you do not forget
 You're my
 Day by day
 Summer, winter

Even if you're unaware
 You've got the best of me
 A bit too late to confess
 Maybe I'll let you down
 So please, just don't leave me
 Even though I have yet to see my limits
 If it exists, it is probably you
 But why didn't I know you were the sea?
 What do I do?
 speak with your language
 And I breathe in your air

I'll be you, You be me
 As we uncover an island of bliss
 It's not important whether we are
 trapped in a dream or reality
 Only the fact that you are by my side
 Can that make you mine?
 You're all I'll ever need
 You're my savior
 You're my window
 There's no me without you
 You give me the confidence within
 myself
 There may not be rules between us
 But the way to love exists
 Who's got the best of me?
 No one knows except you
 I don't believe that I'm like this
 The words I've said to myself a million
 times
 Please, never leave me
 I hope that you will forever be mine

Matthew Layag, USA

Interview with Maureen Layag

Maureen Layag is the mother of Matthew Layag who is a resident of the International House. She works as a birth doula. During the interview, she talked about the challenges she faced as a doula and how her job helped her in helping so many females across California. The interview was taken by Matthew and is transcribed by Saloni Chinchmalatpure,



Matthew Layag



Maureen Layag

1. What does it mean to be a doula?

Ans: Women experienced in childbirth providing continuous physical, emotional, and informational support to a birthing person before, during, and after birth.

2. What exactly do you do in the process?

Ans: I stay by their side during the labor process and provide emotional and physical support. I provide assistance to the family and getting the information that the family needs to make good decisions that are right for them and their family.

3. How has your experience been working with single, heterosexual or transgender mothers?

Ans 3: I've studied it but I don't yet have experience with transgender families. With any birthing person, it's making sure that they understand that they have options that are in front of them, whether that be that they choose to have a hospital birth or a home birth, and that they are aligned with the medical provider they choose.

4. Have you worked with surrogate parents?

Ans: I've worked with a surrogate mother. As a sibling doula, I stayed home with her elder child. She wanted her own husband to be the primary support person for her during labor, and the two dads for whom she was carrying the baby were also in the hospital.

Sebastian Brunner, Switzerland

Hers

Lonely and cold, are the nights without her
She makes us love, she makes us fight
In our darkest hours, bright shines her light
Upon all people, tall or small, or black or white
Inspiring all of us, with equal rights
For she is hope, the hope for change
Change we seek in ourselves and others
For our sisters and brothers, fathers and mothers
For fellow men, beloved or estranged
She might leave us, she might not
Whether we are with or without her
It matters not
For the hope of change, we give ourselves



Photo credits: Abraham Mathew

Equality and Empowerment of Women

From the dawn of history, humanity was living by imaginary rules that it was creating by itself in order to explain the unexplainable. Those rules could be dictated by culture, values, beliefs, or even ordinary natural circumstances. Humanity has the ability to adapt, and those parts of humanity that were adapting better could spread their own culture, values and beliefs better than others. Thereby some communities appeared to be fitter than others in the natural selection process. By the time of the scientific revolution, particular individuals, whether they were scientists, writers or explorers, started to play a bigger role in the development of humanity, and the communities who could bring up more talented people, were more successful in further evolution.

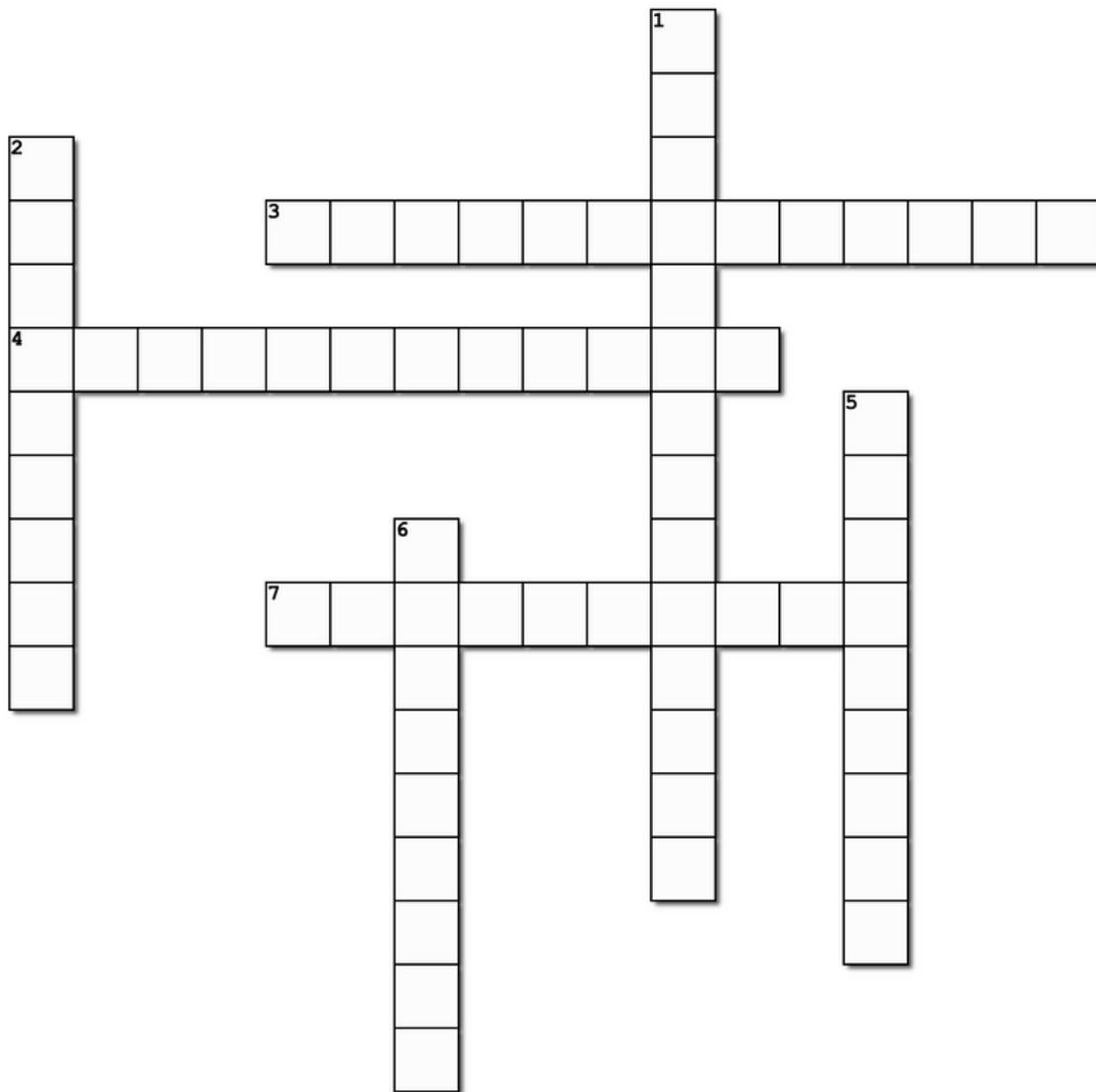
At this moment some of them allowed themselves to break existing rules. They opened education and self-expression to everyone who wanted to get it. Those communities started their direct way to equality and liberty, and since the overall freedom index of the world increased during the last hundred years, it shows that it was a good strategy. The women's empowerment movement allowed more and more people to gain their rights and contribute to the societal, cultural and technological development of their communities. Greater presence of women may significantly accelerate that process, up to doubling its speed in the best scenario. The status of women must be equal to men because there is no other explanation of inequality other than imaginary rules created a long time ago, and while some of the societies made great progress in equality, other stayed close to what it was, or even succumbed to the influence of the reactionaries. Because of such dead end views we as humanity lose many bright minds and throw a better future even further away.

After decades of gradual increase of freedoms throughout the entire planet, the last 15 years broke this trend. Events of the beginning of this century for one or another reason made people search for different paths. Some countries are trying to return to their traditional values with the traditional role of men and women. Others are closing up to any further changes in society, including the women's empowerment movement. There are still societies in the remote or isolated parts of the world who haven't even heard about that movement, or never knew what equality is and why it might be better in the modern world than rules suggested by distant ancestors.

I have no doubt that sooner or later the tendency to liberties and equality will return, it is the question of the time. However, it doesn't mean that we can sit with folded arms. The influence of any idea is measured by the number of people who believe in it. The same with the idea of equality and women's empowerment. The more people learn, speak and tell about it, the more people will carry this idea in their minds. We all live in this world, and it depends only on us, people, how it will look tomorrow.



CROSSWORD PUZZLE



Across

3. First female pilot to fly across the Atlantic Ocean
4. First female African American billionaire
7. the First woman to successfully climb the Mount Everest

Down

1. She was Britain's longest reigning monarch
2. Author of the widely popular Harry Potter series
5. First American woman to travel to space
6. A young talented Jewish girl who died in the concentration camp but is known for her famous diaries

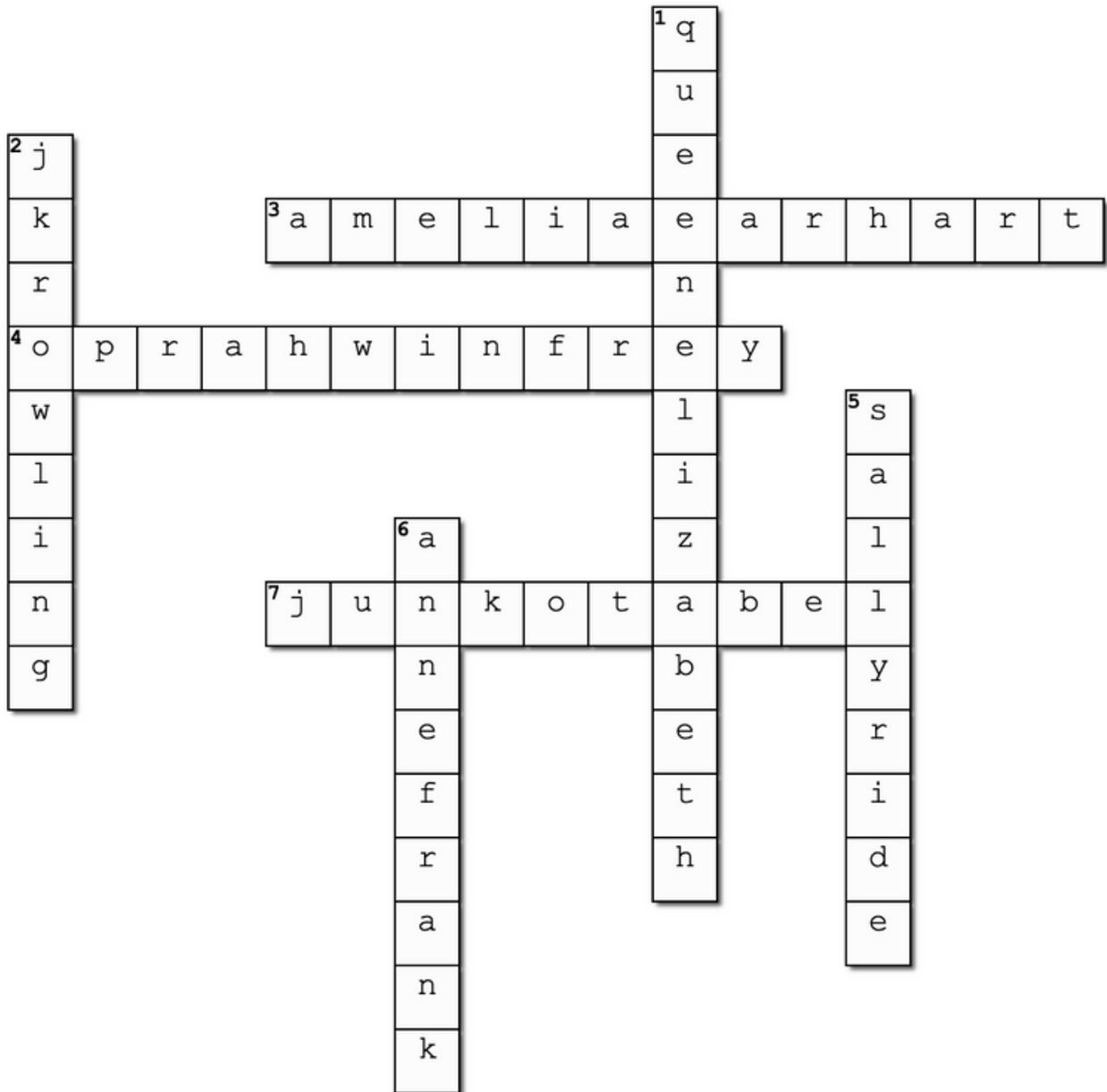
RESIDENT MEDIA





CROSSWORD PUZZLE

Answer Key



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