

Oceanids News



UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

VOL. XLVIII No. 4

April/May 2011

OCEANIDS

Cordially Invites you to the
Spring Membership Luncheon 2011

Thursday, May 12, 2011

Social Hour 11:30 am – 12:00 pm

Buffet Lunch 12:00 pm – 2:00 pm

Location:

South Pacific Room, at the newly renovated



2230 Shelter Island Drive, San Diego Ph: 619-222-1181

Jazz Performance featuring Tim Luey and Lisa Hightower
A Silent Auction will be held during the Social Hour

Cost \$25.00 per person
RSVP by Thursday, May 5, 2011

----- Cut here -----

Name:

Guest:

Amount enclosed \$..... (\$25.00 per person)

Please make check payable to Oceanids

Checks to be mailed to Barbara Bank, 9019 Oviedo St, San Diego CA 92129

Please check here if you will require a ride ☐

OCEANIDS CREW 2010-2011



OCEANIDS NEWS

is the newsletter of Oceanids, a UCSD campus organization. Published bi-monthly except July, August & September. Letters to the Editor and articles of interest to UCSD are invited.

ALL SUBMISSIONS FOR CONSIDERATION MUST BE RECEIVED BY THE EDITOR NO LATER THAN THE 15th OF THE MONTH FOR THE NEXT ISSUE.

Address all submissions to:

Oceanids News
International Center 0049
9500 Gilman Drive
La Jolla, CA 92093-0049

PLEASE NOTE
The Post Office does not forward OCEANIDS NEWS. Please notify membership chairs of any change of address. Membership and/or subscriptions are \$35 per year

OCEANIDS ONLINE

<http://orpheus.ucsd.edu/oceanids/>

E-MAIL

oceanids@ucsd.edu

and also email:

renright@ucsd.edu
mwoonew@gmail.com

BOARD OF DIRECTORS

(note: all phone numbers are area code 858 unless otherwise noted)

Honorary Chair President	Chancellor Marye Anne Fox Judy Vacquier..... 459-7834 *Oceanid of the Year/Maxine White Award Irene Larrimore.....(see directory) or mail IreneLarrimore@san.rr.com
Immediate Past President	Ruth Stern.....453-2793 NEEDED
President Elect 1st Vice-Presidents (Fall Brunch, Spring Lunch) 2nd Vice-President (Membership, directory updates)	Mary Cutchin..... 459-8074
Recording Secretary	Roswitha Enright 459-7375
Treasurer	Jan Ouren..... 273-1681
Assistant Treasurer	Barbara Bank..... 484-4597
Co-Financial Secretaries	Liz Winant 481-7447 Kim Signoret-Paar 456-9039
Nominating Committee	Mary McIlwain, Barbara Penn, Mary Hanson, Maxine Bloor, Mary Woo, Diana Vines (alternate)
Corresponding Secretary Parliamentarian Interest Groups Coordinator Newcomers	Liz Bonkowsky..... 458-0879 Barbara Bank..... 484-4597 Mary Hanson 456-1304 Liz Fong Wills..... 454-6858 Georgina Sham..... 459-1336 Nancy Groves 453-6486 Liz Winant 481-7447 Barbara Starkey..... 453-0779 Mary Woo 481-6998
Undergraduate Service Awards Graduate Scholarships Bus Trips Publicity and Website Newsletter Editor Copy Editors Circulation:	Roswitha Enright..... 459-7375 Betty Shor, Judy Vacquier Jean Kramer..... 453-0379 Lucie Walther..... 755-8060 Elibet Marshall..... 459-5246 Lucie Walther, Jan Ouren, Mary Cutchin Liz Winant 481-7447 Carole L. Ziegler..... 619-297-0798 Mary McIlwain 454-4857 NEEDED
Drawings Folding Committee Buildings & Grounds Campus Focus Events Emeriti Association Liaison Friends of Int'l. Center Friends of Music Retirement Association Liaison Historian Refreshment Reminder Sunshine Committee Sounding Board Friday Café Holiday Party Bookshare	Maxine Bloor..... 459-7665 Jean Overstreet 457-2138 Maxine Bloor..... 459-7665 Liz Bonkowsky..... 458-0879 Bernie Sisco..... 481-1310 Molli Wagner 720-1185 NEEDED Barbara Bank..... 484-4597 Barbara Starkey 453-0779

BOARD MEETINGS: first Thursday every month

Oceanids Pavilion, International Center

Coffee and refreshments: 9:15 am, meeting starts at 9:45 am

PRESIDENT'S MESSAGE

Your Oceanids Board has been busy making many contributions to the UCSD community on behalf of Oceanids. Our Life Member and Past Honorary Chairperson Rita Atkinson contributed \$10,000 to Oceanids, which allowed the Board to establish a new fund, the Oceanids



Emergency Fund for International Students. All Oceanids will be welcome to contribute to this fund as well. This fund will allow the Dean of International Education and International Center Director, Lynn Anderson, to immediately help foreign students when they have financial emergencies. Visiting students do not have access to other financial aid available to US students. Oceanids has shared a long partnership with the International Center, and I am delighted we can cement this bond even more with the creation of this fund.

The Board voted to sponsor the UCSD Student Run Free Clinic with a \$2000 contribution at their annual fundraiser, which is in addition to the individual donations given at the Holiday Party in December. This year, we will be giving \$500 to each recipient of the Oceanids Undergraduate Service Awards at each of the six UCSD colleges, in addition to at least one Graduate Fellowship. All of these things are possible because of the generosity of Oceanids members to our various funds, and to our annual fundraiser. As you know, we have had many successful Theatre Party fundraisers in recent years under the direction of Molli Wagner. This Spring, Jan Ouren came up with and spearheaded our Oceanids eBay Auction fundraiser, which has been a great success. As of this writing (mid March), we have sold ten items and raised over \$1200, with many more items in the wings! The collection of donations will be over by the time you read this, but if you have items to donate, please save them for next year's auction. We have saved some interesting and attractive items for the silent auction at the Spring Luncheon on May 12, a beautiful Chinese bowl and decorated mirror, for example.

The Spring Luncheon this year will be at the Bali Hai, which underwent extensive remodeling and

has a new executive chef, Chris Powell, who was featured in the Feb. 23rd San Diego Union Tribune. I know the buffet will be great (I helped taste)! We will have entertainment, jazz singer Lisa Hightower, and our own Oceanid Tim Luey on keyboard, and the view of San Diego Bay is as beautiful as ever. Please sign up and bring a friend, and I'll see you there. After all this good work, it's time to celebrate!

Best wishes,

Judy Vacquier

Proposed Amendment to the Oceanids By-Laws

Over the past few years the Second Vice-Presidents who are our membership chairs have been concerned when long time members who are octogenarians and nonagenarians have failed to renew their membership. The reason may be that they are no longer able to actively participate in Oceanids events and Interest Groups. Judy Vacquier was reluctant to drop the names of these long time members from our mailing list, and so proposed that the Board grant them Honorary Membership. However this category is not in our By-laws which states that, "Membership is contingent upon payment of dues." At our Spring Luncheon the Board would like the membership to approve this addition to Article III of the By-laws: "Honorary membership may be granted after approval by the board." Article III would then read:

ARTICLE III - Membership

Section 1: Membership shall be open to all persons interested in UCSD. Membership shall be contingent upon payment of annual dues. Honorary membership may be granted after approval by the board.

Respectfully submitted by
Barbara Bank, Parliamentarian

Oceanids has an e-mail mailing list!

The purpose of the listserv or email distribution list is to allow our President, Board members, Interest Group chairs or anyone else with an important announcement to contact our membership.

Also, the Oceanids news will be sent electronically as a PDF-file which you can read online or print out.

If you have questions, have an announcement for Oceanids, or are a new subscriber, please email the listserv administrator, Judy Vacquier, at jvacq@sbcglobal.net.

Also, anyone who would like to make corrections to the directory and/or to our database (from which we obtain the addresses for 'Oceanids news' mailings) please e-mail Judy.

CHECK OUT OUR WEBSITE AT: <http://orpheus.ucsd.edu/oceanids/>

NOMINATING COMMITTEE

Mary McIlwain brought back to the Board the
NEW SLATE OF OFFICERS

The Nominating Committee of Oceanids 2011-2012 recommends:

Honorary Chair	Chancellor Marye Anne Fox
President	Ruth Stern
Immediate Past President	Judy Vacquier
President Elect	Mary Hanson
1st Vice Presidents	Diana Vines Barbara Bank
2nd Vice President	Mary Cutchin
Recording Secretary	Roswitha Enright
Treasurer	Jan Ouren
Co-Financial Secretaries	Liz Winant Kim Signoret-Paar
Nominating Committee	Maxine Bloor (alternate) Nancy Groves Beate Menzel Molli Wagner

The Slate of Officers will be presented to the general membership for a vote at the
Spring Luncheon on May 12.

Board Game Enthusiasts

...is going strong. We meet every 4th Monday
at a **new time: 3 pm** (unless otherwise an-
nounced by chair).

Please contact Marianne at 858-454-5931 if
you're interested in participating.

Are you looking for a mother's helper, or for help
with seniors? Young German woman wants work.
Please call Roswitha Enright at 858 459 7375

All Aboard to Orange on Thursday, May 19

Residents and visitors have repeatedly voted
historic Old Towne as Orange County's favor-
ite downtown. The plaza conjures up images of
Main Street, USA complete with outdoor din-
ing, specialty shops, and the central plaza park.
More than 60 antique dealers line the down-
town streets, making Orange the antique capital
of Southern California. On Thursdays there is a
Farmer's Market. SEE CALENDAR.

March 4, 2011

Dr. Rita Atkinson
6845 La Jolla Scenic Drive S.
La Jolla, CA 92037

Dear Rita:

Thank you very much for your generous donation of \$10,000 to UC San Diego Oceanids. After much discussion and thought, the Board voted yesterday to use your donation to create a new fund called Oceanids Emergency Fund for International Students. The funds will be given as a gift grant to international students when an emergency arises, such as a lost wallet, robbery, or other financial emergency, to be deposited in the student's account, at the discretion of the Dean of International Students Lynn Anderson. Lynn is very excited about such a fund, and feels there is a great unmet need for this type of financial aid. The money would be given as a gift grant, which would not be a loan, but students would be encouraged to pay back the money eventually if and when they are able to.

The Board members are all grateful for your generosity, and we thank you for being such a wonderful supporter of UC San Diego Oceanids. We are so happy to expand our philanthropic endeavors to benefit UCSD students with the creation of this fund.

Yours sincerely,

Judith P. Vacquier, Ph.D.
President, UC San Diego Oceanids



Geologist Carole Ziegler explaining formations and native American pictographs to Oceanids Newcomers during the desert outing in March.

OCEANIDS' INTEREST GROUPS

Interest Groups are the backbone of our Oceanids organization. They are meeting the many varied needs of UCSD families, also those new to the UCSD campus and the community. If you have questions, please contact Mary Hanson, (858) 456-1304, Interest Group Coordinator. If five or more Oceanids wish to start a new group, please let her know so we can inform other members. All we ask is that your members be Oceanids. If you are not yet a member of Oceanids, please consider joining us by calling Mary Cutchin (858) 459-8074 or by submitting the application form in this issue.

Since the newsletter is posted on the Oceanids website we will, for security reasons, not publish addresses. Please call the contact for the necessary information. If you do not want your telephone number in the newsletter, please let the editor know.

ALL ABOARD

Contact: Barbara Bank at (858) 484-4597 or barbara@sdna1.ucsd.edu
Travelers will catch 8:44 a.m. Amtrak train from Solana Beach Station on Thursday, May 19, arriving in Orange at 10:03 a.m., and return on the 2:43 p.m. from Orange. This is the last southbound train from Orange to Solana Beach where it will arrive at 4:08 pm. The round trip fares are \$34 for standard fare and \$22.80 per person if five people share a 10-ride ticket. The station is just a few blocks from Old Towne. (See page 4)

Please contact Barbara Bank at 858-484-4597 or bbank@ucsd.edu if you plan to travel to Orange.

Next meeting: May 19.

AVI SET BIRDERS

Contacts: Sidney Bagley (858) 455-1477, Lou Bowles (858) 755-7102, or Joany Mosher (858) 454-0017

Our birding group meets promptly at 8am the second Monday of each month **during the academic year**. The La Jolla group will meet at the corner of Dunaway Dr. and Glenwick Pl. in La Jolla. The North County birders will meet at the home of Lou Bowles, in Del Mar.

Next outings: April 11 and May 9.

BOARD GAME ENTHUSIASTS

Contact: Marianne Burkenroad, 858-454-5931, maburk1@yahoo.com.

This new group will meet every 4th Monday at **3:00 p.m. NEW TIME!** If you are interested in participating, please contact Marianne.

Next meetings: April 25 and May 23.

BOOK GROUP

Contact : Tobe Barban Rothaus (858) 551-8083 or

Janet Goff (760) 753-3472

We meet on the second Tuesday of every month at 9:30 a.m. for chatting; 10 a.m. for discussion. All are welcome; please join us, new and old readers alike.

Date/ Title and Author/ Host/ Discussion Leader

April 12: "Aunt Julia and the Script Writer" by Mario Vargas Llosa/ Barbara Nemiroff/ Marianne Burkenroad

May 10: "Let the Great World Spin" by Colum McCann/ Ruth Stern/ Coyla Wilson

Next meetings: April 12 and May 10.

CAFÉ ESPAÑOL

Contact: Judy Vacquier (858) 459-7834 or jvacq@sbcglobal.net

This conversation group is designed for fluent Spanish speakers who wish to keep up their Spanish and learn new vocabulary. We meet the first Wednesday of the month. One hour of conversation and one hour of reading aloud and group discussion. La próxima reunión de Café Español será el miércoles, 6 de abril, 1:30-3:30, en la casa de Marianne Burkenroad. Favor de llamar Marianne 858-454-5931 o maburk1@yahoo.com. La reunión en mayo será el miércoles, 4 de mayo, 1:30-3:30, en la casa de Diana Vines. Llame a Diana 858-459-8248 o dianasvines@gmail.com si puede venir.

Next meetings: April 6 and May 4.

CAFÉ FRANÇAIS

Contact: Mary Hanson (858) 456-1304; mhanson@san.rr.com

Notre prochaine réunion aura lieu le 13 avril à 1h chez Trudy Synodis, 908 Santa Queta, Solana Beach. Monica Valentino será la co-hotesse.

Le 11 mai nous nous rencontrerons chez Pat Stone, 7025 Via Valverde, La Jolla. Veuillez téléphoner (ou envoyer un e-mail) à nos hotesses si vous avez l'intention de venir: Trudy, 481-2935, tsynodis@gmail.com et Pat 454-5949, stone7025@gmail.com.

Next meetings: April 13 and May 11.

CINEMA SOIRÉE

Contact: Roswitha Enright (858) 459-7375

The group meets at a designated home on the **second Sunday** of each month (all year long) at 7:00pm for socializing; movie discussion starts at 7:30pm sharp. Light refreshments will be served. You view the chosen movie at your own time. For more information call Roswitha.

Next meetings: April 10 and May 8.

DAY BRIDGE

Contact: Beate Menzel (610) 401-1557 or jrbmlmenzel@sbcglobal.net

We meet the **first and third Tuesdays** of the month all year long at various members' homes. We start at 10am and usually end at 3pm. Everyone brings her/his own lunch. The hostess will provide drinks. Call for information.

Next meetings: April 5+19 and May 3+17.

DRAWING AND PAINTING AROUND SAN DIEGO

Contact: Judy Vacquier (858) 459-7834 or jvacq@sbcglobal.net

We meet the fourth Thursday on location at 10:00 am. We will draw, paint or photograph from 10 to 12, then have lunch. All levels are welcome. No critique or instruction, but we share our work at noon. On Thursday, April 28, we will go to Little Italy (since we cancelled in February). Meet at the plaza on India Street at W. Fir St. On Thursday, May 26th, we will go to the Japanese Friendship Garden in Balboa Park. Parking is behind the Organ Amphitheater. Bring your art materials and/or camera, something to sit on, sun protection, water and lunch money. RSVP to Judy Vacquier at jvacq@sbcglobal.net or home 858-459-7834 or cell 858-361-0418. Contact Judy if you want to carpool, and we will meet you at 9:30 am at the corner of Dunaway Drive and Glenwick Drive in La Jolla. To carpool from North County, contact Liz Winant at lwinant@ucsd.edu.

Next meetings: April 28 and May 26.

EVENING BRIDGE

Contact: Barbara Bank at (858) 484-4597 or barbara@sdna1.ucsd.edu

The couples Evening Bridge Interest Group meets at 7:30pm usually on the **fourth Saturday** of the month all year long at one of our members' homes. If you wish to play on a regular basis, or just occasionally, please contact Barbara Bank.

Next meetings: April 23 and May 28.

GERMAN KAFFEEKLATSCH

Contact: Roswitha Enright 858 459-7375 (renright@ucsd.edu)

This group is for beginners and experienced German speakers alike. Guaranteed no pressure. Just come on the **3rd Tuesday at 4 pm** and have a good time. Only German spoken. If you want to join, please call Roswitha.

Next meetings: April 19 and May 17.

GOURMET GROUP

Contact: Susan Starr (858) 455-1630 or susanstarr1@gmail.com

This is a group for those who like to try cooking new things. If you'd like to join us and for information call or email Susan,

Next meeting: Call contact.

GRACIOUS AGING

Contact: Yvonne C. Brown (858) 459-3698

This group has an age requirement. You must have lived 80 years to participate!

We meet on the first Monday of the month from 11am- 2pm at the home of Elibet Marshall, 2767 Hidden Valley Road in La Jolla, to discuss a variety of subjects. Bring your own apple (lunch).

Call Yvonne for details.

Next meeting: April 4 and May 2.

*Report from the
Gracious Aging Group:*

Growing old is mandatory;



growing up is optional.

HIKING IN AND AROUND SAN DIEGO COUNTY

Contact: Roswitha Enright (858) 459-7375, renright@ucsd.edu

We meet at 8:30am on the second Saturday of each month (October to May or June) at the La Jolla Village Shopping Center parking lot and carpool to the starting point of the hike. Bring a lunch, plenty of fluids, sturdy shoes and sun protection! Friends and family are invited. Call the week before the hike if you would like to come.

Next hike: April 9 and May 14.

MOVEABLE FEAST I

Contact: Liz Fong Wills (858) 454-6858; lizfongwills@yahoo.com

This dining-out group is currently at capacity but we are taking a wait list.

Next meeting: contact Liz Fong Wills

MOVEABLE FEAST II

Contact: Shirley Babior (619) 542-0536 or Babior@earthlink.net or

Mary Cutchin (858) 459-8074 or marycutchin@yahoo.com

This group meets every other month for drinks at a member's house. From there we carpool to the restaurant. Contact Shirley Babior or Mary Cutchin for information and reservations.

Next meeting: Call contact.

MUSEUM FRIENDS

Contact: Barbara Starkey 858-453 0779 or bstarkey@san.rr.com

This group meets on a somewhat irregular basis. Upcoming trips will be posted on the Oceanids listserv. Check your newsletter as well.

Next meeting: Call contact.

PHOTO DIGERATI

Contact: Jane Takahashi (858) 638 7822

We meet on the second and fourth Tuesday from 1 to 4 pm each month. 1st meeting is at the Pavilion, 2nd will involve outdoor picture taking. This is for all who are interested in learning more about digital photography. For more information call Jane.

Next meetings: April 12+26 and May 10 +24.

PIANO AND CHAMBER SOIRÉE

Contact: Judy Vacquier (858) 459 -7834 or jvacq@sbcglobal.net

This group is for amateurs who need a motivation to practice and want to perform in a relaxed, fun setting among friends. We welcome piano, chamber instruments and voice, classical, jazz and popular music. We usually meet the fourth Sunday afternoon or evening. The April Soirée will be at the home of Judy Vacquier Sunday April 17 at 4:00 pm. Call Judy to RSVP. We will meet in May at the home of Pat Stone on Sunday May 22nd at 4:00 pm. Call Pat Stone at 858-454-5949 to RSVP.

Next meetings: April 17 and May 22.

STAMP GROUP

Contact: Betty Shor (858) 453-0334 or betty.shor@gmail.com

We do not meet on a regular basis, but welcome other collectors to join our informal exchange.

Next meeting: contact Betty Shor

SOUNDING BOARD

Contact: Molli Wagner, (858) 720-1185 or awagner@ucsd.edu

See page 8 for information.

Next meetings: April 7 and May 5.

WALKING GROUP

Contact: Judy Vacquier (858) 459-7834 or jvacq@sbcglobal.net

This interest group encourages fitness and friendship by walking with other Oceanids in your neighborhood. Contact Judy Vacquier at jvacq@sbcglobal.net or 858 459-7834 for a list of walkers in your neighborhood. Areas: North La Jolla/UCSD, Mt Solidad/South La Jolla, Del Mar, University City, Pacific Beach, North County, Poway, Mission Hills, and El Cajon.

WEDNESDAY COFFEE

Contact: Estelle Shabetai 858-459-3546; eshabetai@san.rr.com.

Come join our social group of Oceanids, newcomers, postdocs, students, and their children for refreshments at the International Center every Wednesday, 10am-12 noon during the academic year. You'll make friends and learn strange and wonderful American customs.

Visit the Kitchen Exchange where newcomers can rent kitchen, household, and baby equipment for a small fee.

Next meetings: Wednesdays.

WINE TASTING I

Contact: Pat Kampmann (858) 454-1856

Exploring the taste sensations of a new wine or an old vintage, this group meets the third Friday monthly. Members rotate as hosts. However, this group is currently at capacity. For questions, contact Pat Kampmann.

Next meetings: April 15 and May 20.

WINE TASTING II

Contact: Barbara Scholz (858) 350-6014 or bscholz@hotmail.com

We meet monthly. Members rotate as hosts. The cost for wine and food is shared among the people attending (approximately \$8.00 per person).

Next meeting: call contact.

WITS I

Contact: Pat Kampmann (858) 454-1856

This long-time investment group allows one to learn and earn on one's own. We meet at the Oceanids Pavilion on the **4th Tuesday** of the month all year long from 1:30pm-3:30pm.

Next meetings: April 26 and May 24 .

WITS II

Contact: Bev Douglas (858) 453-4938. WITS II uses the principles of NAIC to study and evaluate companies for stock purchases.

We meet on the 4th Wednesday of the month, from 3:30 to 5:00. Please visit to see if you would like to join.

Next meetings: April 27 and May 25.

SOUNDING BOARD

••••• EVERY 1ST THURSDAY AT 12 NOON..... •••••

- Oceanids and friends of the university meet at the
- Faculty Club, convene in a specially designated
- room to eat lunch and listen to fascinating
- speakers. You can be sure of a lively discussion!

May 5 Speaker:



Sanford Lakoff is Edward A. Dickson Professor Emeritus of Political Science at UCSD, a title awarded to UC faculty who have made outstanding contributions to their campuses following formal retirement. A New Jersey native, Lakoff earned his B.A. at Brandeis and his Ph.D. at Harvard. After teaching in the Department of Government at Harvard and at the University of Toronto, he came to UCSD in 1974 as founding chair of his department, which now ranks among the nation's most highly regarded. He is the author or editor of 13 books. His latest book, *Ten Political Ideas that have Shaped the Modern World*, will appear in the fall of 2011. Lakoff currently offers an undergraduate course on the government and politics of the Middle East and a popular extension course entitled "People, Power, and Politics". He edits *Chronicles*, the Emeriti Association newsletter.

April 7 Speaker: Barbara L. Brody: "What's New in Shiley Eye Cen- ter's Community Ophthalmology Division."

Barbara L. Brody is Clinical Professor of Ophthalmology and Family and Pre-ventive Medicine



and also serves as the Director of the Center for Community Ophthalmology at the UC San Diego Department of Ophthalmology/ Shiley Eye Center.

She directs the EyeMobile/ Save our Children's Sight program. This is an unprecedented, multifaceted academic based community service and research project, which has provided vision care for over 100,000 underserved children in San Diego County. The program serves as a model in early detection and treatment of vision problems by overcoming access barriers to vision care for young, low-income children. Each year it brings vision screening services to over 200 low-income pre-school locations with follow up examinations on our mobile pediatric eye clinic.

OCEANIDS IS OPEN TO ALL WHO ARE INTERESTED IN UCSD

• Print your name as you would like it to appear in the OCEANIDS DIRECTORY. Check here if you don't want to be listed: _____

• Name: _____ Spouse's Name: _____

• Address: _____

• City, State, Zip: _____ Type of Membership: _____

• Home Phone: _____ Work Phone: _____

• Cell #: _____ Email: _____

• ANNUAL MEMBERSHIP: \$35; SUSTAINING: \$250 & LIFE MEMBERSHIP: \$500

• All gifts, memorials and dues are **tax deductible** when made payable to "UC San Diego Foundation".

• Please write the purpose on the "Memo" line.

Send check(s) & completed form to:

OCEANIDS, INTERNATIONAL CENTER 0049, 9500 GILMAN DR., LA JOLLA, CA 92093-0049

IN MEMORIAM

Zelda Goodman passed away February 24 at her home in La Jolla surrounded by her loved ones, after a long battle with ovarian cancer. Zelda was a Life Member of Oceanids. She and Murray arrived at UCSD in 1971 when Murray joined the Chemistry department, where he remained until his death in 2004.

Campus Focus: Prebys Hall Tour

Dirk Sutro will lead us on a tour of the Conrad Prebys Hall.

This is a second offering as those that participated last time were so impressed that others want to go.

Meet in the lobby of the concert hall, north end of building --- just south of Student Services Center at

3:00pm on Thursday, April 14.

Some people may go to the Loft afterwards to socialize.

For reservations, email Carole Ziegler at Cactus12Carole@gmail.com.

NEW FUNDRAISER:

A smashing success !!

Thanks to Jan Ouren we were able to hold a "cyber fundraiser" to bring in needed resources.

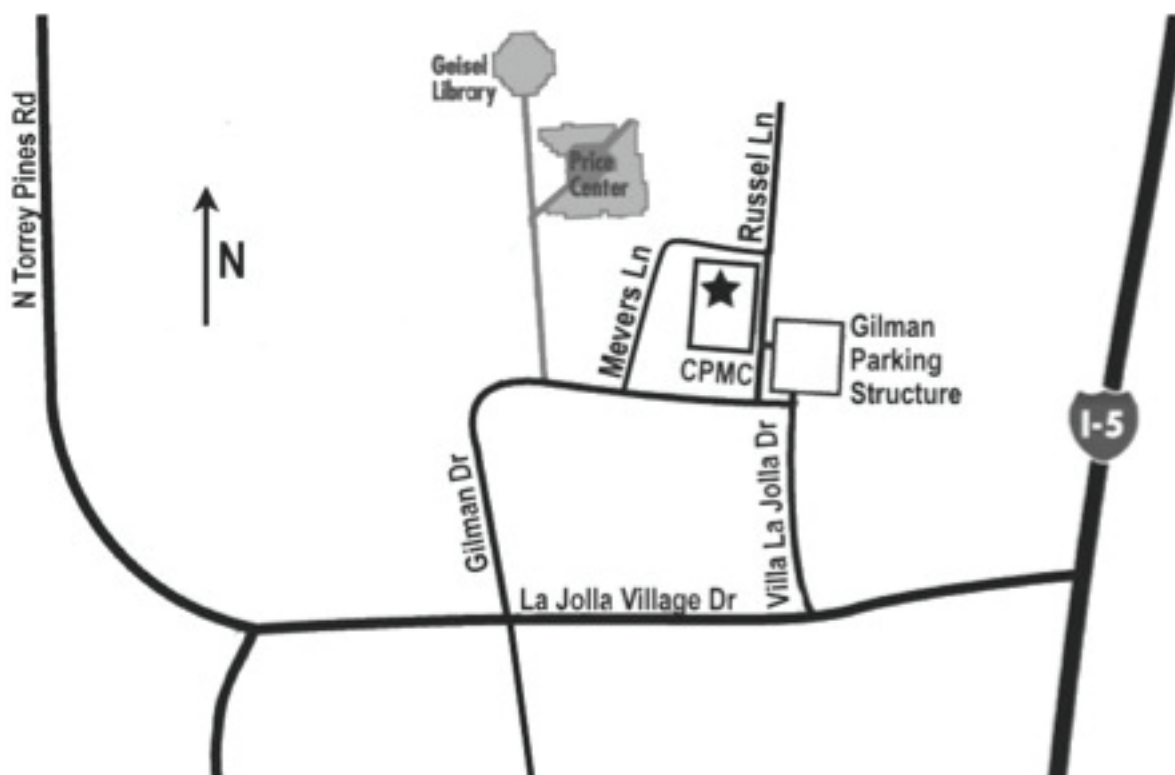
She was able to connect us with an E-bay site on which we could sell all kinds of treasures which had been sitting in basements, on mantles, in attics or even never-much-visited jewelry boxes. The fundraiser is going on until the end of March. Look for the amount collected in the next newsletter.

Jan had a number of helpers for photographing the items, wrapping and shipping:

J. Vacquier, M. Hanson, I. Larrimore, R. Stern, B. Sisco. A big Thank You to all.

The following have donated items to our eBay fundraiser to date:

Wendy Brody, Susan Starr, Su Chung Wooley, Sylvia Bal Sommerville, Ruth Stern, Rosie Enright, Maxine Bloor, Mary McIlwain, Mary Hanson, Lanna Lewin, Jean ZoBell, Judy Vacquier, Jean Overstreet, Jan Ouren, Hulya Saygin, Elizabeth Winant, Elizabeth Bonkowsky, Diana Vines, Bernie Sisco, Beate Menzel, Barbara Nemiroff, the Estate of Thea Schultze.





A fun time was had by the participants of the hiking interest group in February, trying to find the washed-out footpath along the Santa Margarita River.

They Teach It at Stanford

I just finished taking an evening class at Stanford. The last lecture was on the mind-body connection - the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman whereas, for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first everyone laughed, but he was serious.

Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality “girlfriend time” helps us to create more serotonin - a neurotransmitter that helps combat depression and can create a general feeling of well-being. Women share feelings whereas men often form relationships around activities. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars? Yes. Fishing, hunting, golf?

Yes. But their feelings? Rarely.

Women do it all of the time. We share from our souls with our sisters/mothers, and evidently that is very good for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There’s a tendency to think that when we are “exercising” we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged - not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

So every time you hang out to schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky. Sooooo, let’s toast to our friendship with our girlfriends. Evidently it’s very good for our health.

Forward this to all your girlfriends

APRIL 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	Gracious Aging 4	Day Bridge 5	KitX Wed. Coffee Café Español 6	BOARD MEETING Sounding Board 7	8	Hiking 9
Cinema Soirée 10	Avi Set Birders 11	Book Group Photo- Digerati 12	KitX Wed. Coffee Café Français 13	CAMPUS FOCUS PREBYS HALL 14	Wine Tasting I 15	16
Piano and Chamber Soirée 17	18	Day Bridge Kaffeeklatsch 19	KitX Wed. Coffee 20	21	22	Evening Bridge 23
24	Board Game Enthusiasts 25	Photo Digerati WITS I 26	KitX Wed. Coffee WITS II 27	Drawing/painting 28	29	30

MAY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Gracious Aging 2	Day Bridge 3	KitX Wed. Coffee Café Español 4	BOARD MEETING Sounding Board 5	6	7
Cinema Soirée 8	Avi Set Birders 9	Photo- Digerati Book Group 10	KitX Wed. Coffee Café Français 11	SPRING LUNCHEON 12	13	Hiking 14
15	16	Day Bridge Kaffeeklatsch 17	KitX Wed. Coffee 18	All Aboard 19	Wine Tasting I 20	21
Piano and Chamber Soirée 22	Board Game Enthusiasts 23	Photo Digerati WITS I 24	KitX Wed. Coffee WITS II 25	Drawing/painting 26	27	Evening Bridge 28
29	30	Book Group 31	KitX Wed. Coffee			

WELCOME NEWCOMERS!

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