Oceanids News

UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER VOL. XLX No. 5 SUMMER 2013



Thank you to all who were responsible for a very successful Spring Luncheon at the Bali Hai Restaurant.

Shown are Organizers: Diana Vines and Barbara Bank, Speaker: City Council Member Sherri Lightner and Outgoing Oceanids President: Ruth Stern (from left).

more pictures pages 9+11

OCEANIDS CREW 2013-2014



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:
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PLEASE NOTE
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OCEANIDS ONLINE

http://ccom.ucsd.edu/ ~oceanids/

E-MAIL

oceanids@ucsd.edu

and also email:

renright@ucsd.edu

mwoonew@gmail.

BOARD OF DIRECTORS

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

•							
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(Fall Brunch, Spring Lunch)	Barbara Bank484-4597						
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(Membership, directory updates)							
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Emeriti Association Liaison	Maxine Bloor459-7665						
Friends of Int'l. Center	Eleanor tum Suden587-8865						
Retirement Association Liaison	Nancy Groves453-6486						
Historian	Maxine Bloor459-7665						
Refreshment Reminder	Liz Bonkowsky 458-0879						
Sunshine Committee	Bernie Sisco481-1310						
Sounding Board	Judy Vacquier361-0418						
Friday Café	NEEDED						
Holiday Party	Barbara Bank484-4597						
Bookshare	Barbara Starkey 453-0779						

BOARD MEETINGS: first Thursday every month

Oceanids Pavilion, International Center Coffee and refreshments: 9:30 am, meeting starts at 10:00 am Meeting: 10:00am (You are welcome to attend!)

OUTGOING PRESIDENT'S MESSAGE



Dear Oceanid Friends.

When a "President" becomes an "Immediate-Past-President", she has a golden opportunity to look back on (in my case) two years of evolution.

Oceanids has not evolved during my stewardship, so much

as it has evolved over its long lifetime. The membership, and particularly the leadership has - shall we say - matured. During this lifetime the organization has developed into particular activities, collectively called our Interest Groups, and at the same time evolved away from parties, teas and larger group sorties.

This format seems to be satisfactory, but it does fragment the organization, and I'm hoping that our wonderful new chief honcho, Mary Hanson will find ways of invigorating the group as a whole. One excellent example is Sounding Board: those seven excellent lunch-with-speaker events held monthly throughout the academic year. Spring and Fall luncheons bring out another group, and there are more activities I could mention. I'm hoping that some of the individuals whose only activity has been with an Interest Group will dip their toes into other things that go on - including the annual eBay fund raiser.

This is a great organization, led by a superb Board. It has been a great pleasure and a great learning experience to be called "Prez" for the past two years. I cannot praise the Board highly enough for their aid and expertise in helping me to keep the craft afloat. If you have any urge to be part of an effective, well-functioning entity, give that urge free rein and let someone on the Board know that you are interested.

And good luck, Mary Hanson! I see great things happening in the next two years.
With greetings to all,

Ruth Stern, EX-Prez

INCOMING PRESIDENT'S MESSAGE

Thank you all so much for your vote of confidence in electing me to be your president for the next two years. I'm also extremely grateful to Ruth Stern for her outstanding leadership.



She has been consistently caring and committed, and I hope I can maintain my good humor as well as she has.

The task is less daunting knowing that the Oceanids team is very much intact. There is still a lot I need to learn about the organization, so I am only able to take on this job knowing that there are members who understand better than I how our finances, membership, outreach programs, awards and scholarships etc. work.

I've very much enjoyed being Interest Group Coordinator, and am pleased that Beate Menzel has agreed to be my replacement. She already chairs the daytime bridge group and Cafe Espanol, so she understands the important role of our Interest Groups. Some of our groups continue throughout the summer (we bridge players never want to stop), and others take a break. In either case, they are thriving.

However, over the summer when we're more relaxed is often when great ideas can pop into our head. So whether it's about friends who might like to join Oceanids, or items you can contribute to our 2014 e-bay auction, or an Interest Group you might like to initiate, let those good ideas bubble up. Our organization is healthy and strong, but we also need to be open to new people, new activities and new ideas. Have a wonderful summer!

Oceanids Fellowships for Academic Year 2013-14

At our recent Spring Luncheon we heard from two current Fellowship recipients, and they told us how their Oceanids Fellowship had made a difference to their lives. Kevin Smith in the Psychology Department has used his award to attend two conferences and make connections that have already led to collaborative work. Yvonne Wu in the Music Department is studying to become a composer. She was very grateful for her award as it allowed her to take a break from earning money by giving piano lessons, and has put her extra time to good use by composing her first orchestral piece.

We are happy to announce the recipients for Oceanids Fellowships for the 2013-14 academic year. Candidates were nominated by campus Department and Group Chairs, with the Office of Graduate Studies making the final selection.

This year four Fellowships are being awarded.

The \$4,000 Frieda Daum Urey Academic Fellowship was awarded to Renee Harkema in the Nanoengineering Department. This Fellowship is from an endowment set up as a tribute to Frieda Daum Urey who, along with her husband, Nobel Laureate Harold Urey, played a prominent role in the development of the San Diego campus community. The requirements state that this fellowship be awarded to a student who has had a significant hiatus in his or her studies since undergraduate education, and has subsequently enrolled in graduate or professional studies on the General Campus or the Scripps Institution of Oceanography.

The \$3,000 Frieda Daum Urey Endowed Fellowship was awarded to Yelena Gluzman in the Communications Department. This Fellowship comes from a similar endowment and has the same criteria as the Urey Academic Fellowship, however it is awarded specifically to a woman.

The \$3,000 Oceanids Memorial Fellowship was awarded to Lauren Freeman in the Scripps Institution of Oceanography Department. This Fellowship is awarded from an endowment created by Oceanids members and given to a graduate student who has exhibited a history of service on campus and academic excellence. They must also be a US citizen or permanent resident of the United States.

The \$2,000 Oceanids Bertha Lebus Fellowship was awarded to Jorge Leal in the History Department. This Fellowship is from an endowment set up to honor Bertha Lebus, and is to support a graduate student who has returned to university after a period of at least one year, and has a long-range goal of becoming a teacher.

Membership News

We are beginning the update of the Oceanids Directory. Please have a look at your entry and **email any changes to oceanids@ucsd.edu** - Put "directory changes" in the subject line. We need to receive your changes by June 30.

For our "In Memoriam" page in the Directory, please send names of members and/or members' spouses who have passed away within the past few years so that we can acknowledge them. From time to time, you may receive two copies of the Oceanids Newsletter. The reason is that we have 188 members who want to have the newsletter mailed, and bulk rate starts with 200 pieces, so we augment it with duplicate names. It is the most economical way to distribute the newsletter at this time, so please bear with us. Regards,

Mary A. Cutchin, Vice-President/Membership

New Member:

Leanne Hull MacDougall C: 619.889.8317;

Email: art@leannehull.com

Edits:

Wita Gardiner: H: 858/230-6989 Nellie High: H: 858/886-9223;

Email: nelliehigh@hotmail.com

Alicia Meneses: H: 858/792-5666;

email: virginiacisne@yahoo.com Beate Menzel: Email: jrblmenzel@cox.net

Christa McReynolds:

Email: christam10@icloud.com Mira Vendler: please call her for new ad-

dress)

Oceanids Newcomers

Oceanids Newcomers is a service of Oceanids for new academic members of the UCSD community: faculty, post-docs, visiting scholars and academics on sabbatical. It was started by Frieda Urey, the wife of Harold Urey, a Nobel Prize winning chemist and the first person hired at UCSD. Frieda invited all new academic employees to their home for dinner. As the numbers grew, she asked the wives of the heads of academic departments to help her in welcoming the Newcomers to campus with coffees and a yearly whale watching trip. Some fifty years later, we are following Frieda's footsteps with 6 activities a year: a blind wine tasting (jointly hosted by Wine Tasting II), whale watching by chartered boat with commentary by a PhD naturalist, a choice of a day trip or a weekend camping trip in the desert, a Padres baseball game with expert commentary, a Memorial Day picnic potluck at the home of Walter Munk, and a 4th of July celebration (co-hosted by the UCSD International Center Wednesday Morning Coffee Group). Newcomers are encouraged to join Oceanids interest groups: some are enjoying the hiking, wine and beer tasting groups and Moveable Feast I.

These Newcomer events are free or at cost, with the exception of the whale watching trip where we make money despite charging one-half or two-thirds of what people would pay elsewhere. Although we don't intend to make money, we usually enrich the Oceanids treasury by several hundred dollars after paying for all the Newcomer activities for the entire year.

Times have changed, and we have even managed to extend UCSD's warm welcome outside the academic year. For example, last summer a female Japanese assistant professor of bioengineering came to do research for just the months of August and September. She left her babies (ages 1 and 3) at home in Tokyo in the care of her mother and mother in law because her husband has his own demanding career. Knowing no one outside the lab, she wanted to join some of the Oceanids activities for some social life. Explaining that our interest groups function only during the school year, I told her that she was welcome to join me and my husband in testing restaurants for Moveable Feast. As a result, she showed up at our house every Saturday for an afternoon of boogie boarding

followed by dining at different restaurants all over San Diego. A few more Newcomers joined us and the Japanese lady went home very happy.

Originally Newcomers were seen as potential Oceanids members, but now few are. Most of the new faculty are too busy to attend our functions or anyone else's for that matter. At the Chancellor's most recent welcoming party for new faculty and faculty recently promoted, over 70 new faculty were invited. Only 25 RSVP-ed and only 15 came to this affair honoring them!!!!!! I know that these people have to juggle work and family and have NO time for anything else. I think that we will have to wait for them to retire before they will have time to join Oceanids.

But post-docs, visiting scholars and sabbatical people are still eager to meet permanent members of the University community and each other. In the old days, people had more time for the Newcomers. Soon after I arrived at UCSD in the early 1970s Ruth Stern (our Oceanids Immediate Past President) took me to the Oceanids Fall Lunch at University House. Mihoko Vacquier gave a coffee for me and invited many Oceanid members from our neighborhood. I was very lucky!!!! In contrast, I met a young French lady while we were on sabbatical in Sweden who hated her year here at UCSD. She was so lonely that she ended up volunteering in the lab where her husband worked. No one had told her about the International Center that was only steps away from Bonner Hall where she was volunteering every day. Obviously no one told her about Oceanids Newcomers! For the rest of her life, she will tell people about how unfriendly people at UC San Diego are and how unhappy she was in America.

The bottom line of this story is that we need your help, so that we can reach out to all the academic newcomers to campus! The university is not allowed to give us the list of new people because of privacy laws. Please send Georgina Sham (gbsham@gmail. com) the names and email addresses of all new ACA-DEMIC members of UCSD that you meet who might enjoy Newcomer activities. We will then send them email invitations to our activities and tell them about Oceanids interest groups. As a service organization of UCSD, one of our central goals is to ensure that our many Newcomers have a good time here!

Liz Fong Wills

OCEANIDS' INTEREST GROUPS

Interest Groups are the backbone of our Oceanids organization. They are here to meet the many varied needs of UCSD families, especially those new to the UCSD campus and the community. If you don't find an activity you would like to participate in, please contact Beate L. Menzel (619 401-1557 or jrblmenzel@cox.net), 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 contacting Mary Cutchin, 858-459-8074, marycutchin@yahoo.com 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 (with occasional exceptions). Please call the contact for the necessary information.

All ABOARD

Contact: Barbara Bank at (858) 484-4597 or barbara@sdna1.ucsd.edu Contact chair person about next outing.

Next meeting: ?

AVI SET BIRDERS

Contacts: Liz Winant (858) 481-7447, lwinant@ucsd.edu 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 a TBD location. We will carpool from these locations to sites around the county. Members will be called or e-mailed.

Next outings: September 9.

BOOK GROUP

Contacts: Tobe Barban Rothaus (858) 551-8083 and *Janet Goff (760)753-3472*

We meet on the second Tuesday of every month at 9:30 AM for chatting and 10AM for the book discussion. We'll do three works of fiction over the summer. Drop by for a meeting or two if a title catches your eye - we are always happy to welcome new readers. Date "Title" and Author / Host / Reviewer

June 11 "The Death of Ivan Ilyich" by Leo Tolstoy / Odette Filloux / TBA

July 9 "Independent People" by Haldor Laxness / Estelle Shabetai / Odette Filloux

Aug 13 "The Waves" by Virginia Woolf / TBA / Odette Filloux Sept 10 Planning Meeting for the next year / Host TBA Next meeting: June 11.

CAFÉ ESPAÑOL

Contacts: Beate Menzel jrblmenzel@cox.net or 619 401 1557

Vicky Lindblade vlindblade@mac.com or 858 452 1739 This conversation group is designed for fluent Spanish speakers who wish to keep up their Spanish and learn new vocabulary. We meet the first Thursday of the month at 2 p.m.. One hour of conversation and one hour of reading aloud and group discussion. We will also try Scrabble in Spanish! La proxima reunión de Café Español será el jueves, seis de Junio, 2-4 a la casa de Roswitha Enright. Por favor mande una carta electronica a Beate Menzel para informarla si quiere venir.

Next meeting: June 6.

CAFÉ FRANÇAIS

Contact: Mary Hanson (858) 456-1304; mhanson@san.rr.com Pas de réunion jusqu' au mois d'octobre. Passez un bon été! Next meeting: October 9

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 will be contacted by e-mail about which movie to see and where to meet. For more information call Roswitha. Next meeting: June 9.

DAY BRIDGE

Contact: Beate Menzel (619) 401-1557 or jrblmenzel@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 or before 3pm. Everyone brings her/his own lunch. The hostess will provide drinks. Call for information.

Next meeting: June 4+18.

EVENING BRIDGE

Contact: Barbara Bank at (858) 484-4597 or barbara@sdna1.ucsd.edu The couples Evening Bridge Interest Group meets at 7:00pm 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 meeting: June 22.

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 3pm and have a good time. Only German spoken. If you want to join, please ccontact Roswitha. NEW TIME: 3 PM TO 4:30 PM Next meetings: June 18.

GRACIOUS AGING

Contact: Stephanie Freeman, 619-417-2969 This group meets the first Monday of each month at the Quaker Meeting House on 7380 Eads Avenue, La Jolla, CA 92037 1-3 pm to discuss various topics from the perspective of life-long experience. This group has participants from Sweden,



growing up is optional.

Finland, Switzerland, Germany and the US, and travel and history are frequent topics. Friends bring snacks to share and tea is served. All friends over 80 are welcome.

.Next meeting: June 3.

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. We meet several times a year, at members' homes, and each person brings an assigned dish or course. The group is currently full but if you'd like to be notified when there is an opening, or a new group is forming, please email Susan Starr at the address above.

Next meetings: Please call contact.

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: June 8.

MICROBREWERY BEER TASTING

Contact: Barbara Bank at 858-484-4597 or bbank@ucsd.edu, Judy Vacquier at 858-361-0418 or jvacq@sbcglobal.net
San Diego is home to many award-winning handcrafted beers.
We will visit a different brewery tasting room or ale house one
Saturday each month to sample beer and food alternating with a beer tasting potluck at members' homes. Co-chaired by Barbara
Bank and Judy Vacquier. On Saturday, June 8, at 6 pm, we will have a potluck featuring San Diego microbrewery seasonal (summer) beers at the home of Judy and Vic Vacquier. Contact Judy at 858-361-0418 or jvacq@sbcglobal.net for more information. Next meeting will be in October. An email will be sent to the members.

Next meetings: June 8.

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: 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 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 jtakahashi@san.rr.com

We meet on the second and fourth Tuesday from 1 to 4 pm each month. 1st meeting is at Jane's home. On the 2nd meeting we go on a field trip. This is for all who are interested in learning more about digital photography. For more information call Jane. Next meetings: call contact.

PIANO AND CHAMBER SOIRÉE

Contact: Judy Vacquier (858) 361-0418 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, solos and ensembles. We usually meet the third
or fourth Sunday at 4 pm. This group is currently at capacity and
has a waiting list. On Sunday, June 23, at 4 pm, we will have our
end of the academic year potluck and soiree at the home of Carol

Hertzberg. Please RSVP to Carol at 858-519-7827 or cdean88@san. rr.com and to Judy Vacquier at 858-361-0418 or jvacq@sbcglobal. net. The next meeting will be September 22nd. An email will be sent to the members.

Next meeting: June 23.

PIANO MATINEE

Contact: Diana Vines at dianasvines@gmail.com or 858 459-8248 This group is for players who are at an advanced beginner/inter-

mediate level and want the opportunity to practice and perform in a relaxed setting among friends. If you are interested in being part of this group, please contact Diana Vines at dianasvines@ gmail.com or 858 459-8248. We welcome classical, jazz and popular piano music.

We meet the second Sunday of each month at 4pm.

Next meetings: NO meeting in June, but July 14 and August 11.

SOUNDING BOARD

Contact: Judy Vacquier (858) 459 -7834 or jvacq@sbcglobal.net
The next Sounding Board will be Thursday, October 3rd at
noon. See the Oceanids website for more information. An
email will be sent on the Oceanids listserv.

STAMP GROUP

Contact: Betty Shor (858) 453-0334 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

WEDNESDAY COFFEE

Contact: Georgina Sham 858-459-1336 Mary Woo 481-6998 & 336-3642 (cell) Jennie Chin enjien1@hotmail.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.

WINE TASTING I

Contact: Elisabeth Smith 858-222-2548 e-mail: egsmith99@hotmail. com Exploring the taste sensations of a new wine or an old vintage, this group meets the third Friday monthly. Members rotate as hosts. This group is again open to new members. For questions, contact Elisabeth Smith.

Next meeting: June 21.

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).

Please call chair person about next meeting

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 from 3:30 to 5pm. If fewer than 5 will be available we do not meet. **Next meeting: June 26.**

SOUNDING BOARD is a lecture series of speakers during the academic year, every first Thursday at 12 noon, sponsored by UC San Diego Oceanids and the UC San Diego Faculty Club.
Oceanids, faculty and friends meet at the UCSD Faculty Club in a specially designated room to eat lunch and listen to fascinating speakers. Lunch is \$13.00 for guests and \$9.00 for Faculty Club members. In order to get the room for free we do not bring our own lunch but purchase it at the Faculty Club. Coffee and iced tea are provided in the meeting room. A parking permit can be obtained at the front desk. You can be sure of a lively discussion!

NO SOUNDING BOARD UNTIL OCTOBER!!



THINK E-BAY

As summer approaches the e-bay committee is winding down its work, but not without thanking all of you who helped make it a success. We will have reached and probably exceed-



ed our initial goal of raising \$2500 to support our Oceanids projects.

So whether you were on the committee or a donor (or both), we want to thank you again for your support of this fund-raising effort. Unless someone has a better brilliant idea, we plan to have another on-line E-bay auction next year. So we'd ask you to "think e-bay" all year long. Are you downsizing, sorting your jewelry, or remodeling? If so, you can ask yourself if that necklace or statuette is still "you." And if it's in good condition (and worth at least \$25), we'd appreciate your setting it aside for next year's fundraiser.

In the meantime, have a great summer!
Your Oceanids E-bay co-chairs
Mary Hanson Judy Vacquier

OCEANIDS IS OPEN TO ALL WHO ARE INTERESTED IN UCSD

Print your name as you would like it to appear is	n 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

The Oceanids Fall Brunch will be on Saturday,

November 2. We normally schedule the Brunch for October, but there were conflicts with a three day weekend, and a large event at the International Center. Please mark your calendars now so we may enjoy the pleasure of your company.

Barbara Bank and Diana Vines

Newcomers' 4th of July Picnic at The UCSD International Center 5 p.m.

Menu:

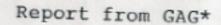
Hot dogs with buns and condiments, Potato Salad, Coleslaw, Brownies, Watermelon, Wine and Lemonade.

COST: \$6/adult and \$3/child 2-10 years. Infants Free!

You MUST make reservations by June 30th Parking is FREE on the UCSD campus on July 4th. For more information, call Ginny at 858-847-0172 or Jennie at 858-755-2348 or email Georgina at gbsham@gmail.com



Spring Lunch at the Bali Hai on May 16



80 isn't old but 90 is just beginning to nibble at it.

It creeps up:

-legs falter -eyes skewer -ears garble -backs waver

-hair goes south -teeth (omit that subject and go to)

-so on and so forth

The remedy? A good horselaugh, and I don't mean a titter.

Make the burst start deep down below your knees then
travel up to eyebrows (a head to toesie thing).

Don't know how to do that? Practice makes perfect. Work up to an A+ even if you're beginning at a D-.

Why? Because what's the alternative? F- ?

So grab that cane and start moving. Remember that canes like to escape to horizontal. So hold tight and stay upright.

Sign me - been there done that -Elibet

*Gracious Aging Group







The beautiful setting of the Bali Hai Restaurant, location of the Spring Luncheon 2013

JUNE 2013

Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
FOR JULY, AUG SEPTEMBER PLE CALENDAR ON	ASE SEE THE OUR WEB-						1
site: http://cco.		Day Bridge		KitX Wed. Coffee			TRITON 5K
	Gracious Aging			Café Español			Hiking
2	3		4	5	6	7	Beer Tasting 8
Cinema Soireé		Photo- Digerati Book		KitX Wed. Coffee	BOARD MEETING		
9	10	Group	11	12	13	14	15
		Day Bridge Kaffeeklatse	- 1	KitX Wed. Coffee		Wine Tasting I	Evening Bridge
16	17		18	19	20	21	22
23 Piano and Chamber Soireé		Photo Digerati		KitX Wed. Coffee			
30	24		25	wits ii 26	27	28	29

WELCOME NEWCOMERS!

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

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