

Oceanids News

UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

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OCT-NOV 2014



Oceanids Fall Brunch

We are delighted to share the news that Thespine Kavoulakis, spouse of UC San Diego Chancellor Pradeep Khosla and Associate of the Chancellor, has graciously offered to host our members at this year's Fall Brunch at their home, the Audrey Geisel University House. Oceanids members will receive invitations in the USPS mail. Your invitation is non-transferable. Because seating is limited, you may not bring a guest, as had been allowed in past years. Please respond promptly. Also, because there are only 40 parking spaces at Audrey Geisel University House, please plan to carpool.

If you have any questions please contact Diana Vines at 858-459-8248, dianasvines@gmail.com, or Barbara Bank at 858-484-4597, bbank@ucsd.edu

Diana Vines will be out of town October 15 - November 5, and Barbara Bank will be gone from late October until November 7. During those times please contact us via e-mail.

Co-First Vice Presidents Barbara Bank and Diana Vines



80+

OCEANIDS CREW 2014-2015



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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OCEANIDS ONLINE

<http://ccom.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)

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Mary Hanson 456-1304
*Oceanid of the Year"/Maxine White Award

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NEEDED
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Barbara Bank..... 484-4597
Mary Cutchin 459-8074

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(Membership, directory updates)

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Barbara Bank..... 484-4597
Beate L. Menzel.....619 401-1557
Liz Fong Wills..... 454-6858
Georgina Sham..... 459-1336
Nancy Groves 453-6486
Liz Winant 481-7447
Mary Woo 481-6998

Undergraduate Service Awards
Graduate Scholarships
Publicity
and Website

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Judy Vacquier
Lucie Walther..... 755-8060
Elibet Marshall..... 459-5246
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Friday Café
Holiday Party
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Maxine Bloor.....459-7665
Eleanor tum Suden.....587-8865
Nancy Groves.....453-6486
Maxine Bloor..... 459-7665
Liz Bonkowsky..... 458-0879
Bernie Sisco..... 481-1310
Judy Vacquier.....361-0418
NEEDED
Barbara Bank..... 484-4597
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.
(You are welcome to attend!)

PRESIDENT'S MESSAGE

As I write this there isn't yet a whiff of autumn in the air, but September is here and this time of year means that our Oceanids activities will be in full gear.



Our annual Fall Brunch will be on November

8; thanks to Barbara Bank and Diana Vines for doing such a wonderful job co-chairing this event. The focus, as usual, will be on our Interest Groups. Many of you first became involved with Oceanids because someone invited you to join a group. That was certainly the case for me, first with Café Français, later with bridge. They're still activities I try not to miss. Whether you're a longstanding member or new to Oceanids, if you're not yet involved in an Interest Group (or you think you would enjoy doing more), please check the entire list elsewhere in the newsletter. And I want to thank all the Interest Group chairs and the IG coordinator Beate Menzel for all they do to keep us organized and active.

Fall is also renewal time, so if you haven't yet done so, please return your membership letter. Coordinating our membership activities is a huge job, which is why I want to remind you that at our Spring Luncheon Mary Cutchin, VP for Membership, was our very deserving recipient of the Oceanids of the Year Award, and her tireless assistant, Claudia Lowenstein, was given the Maxine White Award for "behind the scenes" work that keeps us running smoothly. And it goes without saying (but of course I'm going to say it) that any donations to Oceanids in addition to dues are very much appreciated. Just be sure to make out your check to UC San Diego Foundation so that your gift is fully tax deductible.

Finally, one of our most popular programs, Sounding Board, will begin again on October 2. This popular speaker series takes place the first Thursday of the month at the Faculty Club. There is no need to reserve a spot in advance, but do thank Judy Vacquier for graciously agreeing to con-

tinue her good work chairing this program. Occasionally a slot can be hard to fill, so yours truly will be on hand again on October 2 to discuss the ballot propositions for November, wearing my other hat as an active member of the League of Women Voters. Hope to see you there!

Mary Hanson, President



WE ALL WISH
YOU

AND
HAPPY
THANKSGIVING



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.

You will also be notified when the Oceanids News is available on our website.

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 Mary Cutchin at marycutchin@yahoo.com.

CHECK OUT OUR WEBSITE AT:

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

Three Months in Japan

This past April I joined my husband, Dick, on a three-month long partial sabbatical in Sendai, Japan. At first I was hesitant to commit to such a long stay in a land so remote and foreign. I have a large house, needy pets and potted plants as well as five organizations I belong to and work for as a volunteer. It is difficult for me to leave for long periods of time! Dick managed to find two very mature and responsible



masters students to house sit for us, so I bade my pets and organizations farewell and off we went!

We rented a small, one-room apartment for the three months. When we arrived, it was still winter and quite cold at night (high 30's F.) and mid 50's F. during the day. We huddled over a small space heater for the first week or so until our Japanese host, Hiroshi Nishi, showed us how the "air conditioner" on the wall at the end of the apartment not only cools, but also heats! It took about two weeks to get all settled in with a bank account, cell phones (data only) and wireless internet in our apartment.

Dick worked at Tohoku University's Natural History Museum and was paid by the Japanese government as a visiting scholar. He was given an office on an upper floor back in the rock and sediment collections stack. While he worked on his research using a microscope to sort fossils for a project he was working on, I kept him company. To keep from getting bored I surfed the internet and found much to my delight many bird cams streaming live from the US! One in particular was ideal for me to watch—a Barn Owl nest box in Texas-- as my waking hours in Japan were the same waking hours (night time) for the owls! I learned a lot about owl reproductive behavior. I am amazed that the adults bring prey items, like rats and gophers every ten minutes to their hungry owlets! I also watched a Red-tailed Hawk nest, a Kestrel (small falcon) nest, and an Osprey nest.

We had no car so we used the very efficient and reliable public bus system to get to and from the university that was 3-4 miles away and up a steep mountain. We had a walk daily to and from our bus stop. It was quite the experience to squeeze onto the buses full of students heading up and back from the university every day! Between that and the tiny efficiency apartment, it was a step back in time to our early days when Dick was just starting out on his career.

It was a real treat to stay in Japan for three months and see the seasons change from early spring into summer. We experienced the Hanami festival where thousands of Sendai residents flock to the local park full of cherry trees to picnic and enjoy the blossoms during a brief two-week period.

We made several day trips around northern Honshu with our Japanese hosts to visit shrines and temples, experience the frigid yet beautiful top of Mt. Zao, tour Matsushima Bay, visit the island of Shikoku, as well as visit the historic towns of Kyoto and Nara (a side trip we took on our own). I was impressed by how polite the Japanese people are—whenever we went into a store we were thanked at least five times! The food there was expensive but very fresh and impeccably perfect. I found everything was small—portions of food, cars, apartments and so on. The bullet trains and airplanes were efficient and dependably punctual, clean and comfortable. Something I had not expected was how rugged and steep the Japanese islands are, and once summer arrived—how green everything is! By the end of June I was looking forward to going home but also sad to leave such a beautiful place with such gracious people.



Teresa Norris

REMEMBERING....

Estelle Shabetai died August 24, 2014

For Estelle:

Years ago an outdoor concert was given at UCSD on a stretch of lawn under the stars. The audience sat on blankets and the more provident unloaded bottles of wine and sandwiches from wicker baskets. A lively party next to us was doing just that: Estelle and Ralph and their children, laughing and talking gaily. I wondered who they were but didn't find out until years later when we started attending university affairs more regularly. Estelle and Ralph went to every party, gathering, and lecture; Estelle dressed to the nines with sparkling ear rings that matched her eyes.

A few years ago Estelle came to help us out in the Kitchen Exchange. This was added to a list of volunteer jobs she held, including being treasurer of Oceanids.

She wanted to know everything about the Kitchen Exchange. When we worked with a customer, there was Estelle, bright-eyed and curious, peering over our shoulders. How did we know how much money to charge? Did the customer know how to care for a Teflon skillet? And so on.

Soon we leaned on Estelle. A graduate of Edinburgh University in mathematics, she tallied up the monies exchanged meticulously, seeing that every penny was accounted for (sometimes this took an hour after closing time).

We remember her face lighting up at the arrival of a child, goo-gooing at a baby until he smiled or laughed.

When a young woman, a visiting scholar, needed a bike for transportation, the Kitchen Exchange was at a loss. But Estelle thought of Ralph's bike in her garage: you can use it! she smiled in delight. The student was astonished that a perfect stranger would offer her a bicycle! She met with Estelle later and used the bike.

Even when Estelle was not well, she came to work every Wednesday until finally she couldn't stand up very long. She still bought eggs and oranges from Rancho Shiraz, so I continued to get her cheery e-mails, asking about mutual friends.. She always responded immediately, a true lady.

Maryruth Cox

Estelle was also very active in various interest groups. She and Ralph went on out monthly hikes with us until Ralph was not able to do it any more. They were both active in the Cinema Soiree, our movie discussion group

We regret to announce the death from pneumonia of Oceanid **Elaine Watson**. Married to Professor Kenneth Watson, the Watsons came from UC Berkeley to UC San Diego in the early eighties, when Ken accepted a position at Scripps Institution of Oceanography to head the Marine Physical Laboratory. Some years after retirement, Elaine and Ken moved to VI at La Jolla Village, where they enjoyed its community life that included a fair number of colleagues they already had known at our university,

We are sorry to report that longtime Oceanid and Honorary Life member **Rosita Cavallaro** passed away May 27, 2014, after a long illness. She is survived by her husband Leonardo Cavallaro. She was a lively, fun loving and gracious person. For many years, she hosted the Italian Café, which was an interest group of Oceanids part of that time.

New Members:

Katie Boyer - Spouse: Chuck; H: 858-273-6505;
Email: ktpb@san.rr.com

Ursula Moede - Spouse: Hans; C: 858-504-0824;
Email: ursulamuede@gmail.com

Olivia Werner (Returning member) - C: 858-405-8940;
Email: owerner13@gmail.com

Changes

Pilar Bahde - Email: chuckpilar@sbcglobal.net

Nancy Dimsdale - C: 858-354-1195

Connie Goertz - Email: goertz@flash.net

Melba Kooyman - C: 858-603-3176

Mary Hart - Correct zip code is 91941

Marilyn Perrin - Email: mariperrin@yahoo.com

Laurette Verbinski - Email: Lverbinski@ucsd.edu

Molli Wagner - C: 858-775-6201

Judith Wesling - C: 858-349-8641

By the way, we don't publish address changes in this newsletter, but we do note them in our database.

Mary Cutchin, Membership Chair

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.

AVI SET BIRDERS

Contacts: Liz Winant (858) 481-7447, lizwinant@gmail.com

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: Oct. 13 and Nov. 10.

BOOK GROUP

Contacts: Janet Goff (760)753-3472

Our meetings are held on the second Tuesday of every month at 9:30 AM for chatting and 10 AM for review. Everyone is welcome; we are happy to greet new members who like to read a variety of fiction and non-fiction and who value good writing and a lively discussion. Please join us.

Date "Title" by Author / Host / Reviewer

October 14 "Leap of Faith" by Queen Noor / Joan Bernstein / TBA

November 11 "Old Filth" by Jane Gardam / Barbara Nemiroff / Sue Corringham

Next meetings: Oct. 14 and Nov. 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, dos de Octubre, 2-4 a la casa de Marjorie Jackson. Por favor mande una carta electronica a Beate Menzel para informarla si quiere venir.

Next meetings: Oct. 2 and Nov. 6.

CAFÉ FRANÇAIS

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

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

Notre prochaine réunion aura lieu le 8 octobre chez Mary Hanson,

à midi. Le 12 novembre on va se réunir chez Trudy Synodis. Veuillez donner un coup de fil ou envoyer un e-mail à nos hôtessees si vous avez l'intention de venir.

Next meetings: October 8 and November 12

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 meetings: Oct. 12 and Nov. 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 meetings: Oct. 7 + 21 and Nov. 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 meetings: Oct. 25 and Nov. 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 contact Roswitha. **TIME: 3 PM TO 4:30 PM**

Next meetings: Oct. 21 and Nov. 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, 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 meetings: Oct. 6 and Nov. 3.

Growing old is mandatory;



growing up is optional.

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 hikes: Oct. 11 and Nov. 15 (exception)

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: Oct. 19.

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. A second group for intermediate to advanced piano has been started, chaired by Diana Vines at dianasvines@gmail.com or 858-459-8248.

We will meet at the home of Michael Gorman on Sunday, October 26th at 4 pm. Please RSVP to Michael at mgorman@ucsd.edu or 858-822-2466 and to Judy at 858-361-0418 or jvacq@sbcglobal.net. The November meeting will be at the home of Carol Hertz-

berg on Sunday, November 23rd at 4 pm. Please RSVP to Carol at cdean88@san.rr.com or 858-519-7827 and to Judy at jvacq@sbcglobal.net or 858-361-0418. A piano group (Piano Matinee) has been started, chaired by Diana Vines at dianasvines@gmail.com or 858-459-8248. (See below).

Next meetings: Oct. 26 and Nov. 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 / intermediate 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: Oct. 12 and Nov. 9.

SOUNDING BOARD

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

The next Sounding Board will be Thursday, October 2, 2014 at noon. Check the Oceanids website and Oct-Nov newsletter, page 8 for speaker and title TBA.

Next meetings: Oct. 2 and Nov. 6.

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.

Next meetings: Wednesdays.

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 meetings: Oct. 17 and Nov. 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 meetings: Oct. 22 and Nov. 19.

Sounding Board is a series of seven lectures during the academic year, the 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. Beginning March 1, 2014, lunch will be \$14.00 for guests and \$10.00 for Faculty Club members (purchase required). 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! You do not need to RSVP.

Contact Judy Vacquier, jvacq@sbcglobal.net for more information.

Another year of interesting speakers at Sounding Board is beginning Thursday, October 2nd!

Thursday, October 2, 2014

Mary Hanson, League of Women Voters:

Nov 2014 Ballot Propositions

Don't vote this November until you hear about the pros and cons of the ballot propositions from Mary Hanson, speaker from the League of Women Voters and UCSD Oceanids President.

Mary will be discussing the propositions on the ballot for the upcoming election as a member of the League of Women Voters Speakers' Bureau. Even though the League often takes positions on ballot propositions and proposed legislation (although not on candidates) the League makes every effort to be impartial and nonpartisan in these pro/con presentations. Mary has been involved in the League at the local, county and state levels, and served as the San Diego President from 1983-85.

Mary is a retired French teacher who has also been active in the San Diego community. During her long tenure at Santana High School she led students six times on trips to France, always an adventure. She received her B.A. in French and Russian from the University of Iowa and her M.A.T. in French and Education from Oberlin College.



Thursday, November 6, 2014

Victor Nizet, M.D., Professor of Pediatrics and Pharmacy:

Outside-the-Box Approaches to Treat Antibiotic-Resistant Superbugs

Victor Nizet is a Professor of Pediatrics and Pharmacy at the University of California, San Diego and Chief of the Division of Pediatric Pharmacology & Drug Discovery at University of California San Diego (UCSD) School of Medicine and Skaggs School of Pharmacy & Pharmaceutical Sciences. Dr. Nizet received his medical training at Stanford University School of Medicine, completed a Residency and Chief Residency in Pediatrics at Harvard University's Children's Hospital in Boston, Massachusetts, and a Fellowship in Pediatric Infectious Diseases at the University of Washington's Children's Hospital in Seattle. Dr. Nizet joined the UCSD faculty in 1997, and leads a large basic and translational research laboratory focused on discovering virulence factors of Gram-positive bacterial pathogens, elucidating mechanisms of host innate immunity, and novel approaches to infectious disease therapy. He is also currently leading the initiative for a UCSD Health Sciences Center for Immunity, Infection & Inflammation. Dr. Nizet has authored over 290 peer-reviewed publications (> 100 since 2011).



The **Oceanids Gracious Aging** group for folks over 80 started years ago by Ellen Revelle and Elibet Marshall is now meeting the first Monday of each month from 1 to 3 in the cottage library at the Quaker Meeting House on Eads. We have about 5 regular attenders and a scattering of intermittent visitors.

What do we do? Last month we played hooky and went to a wonderful La Jolla Musicfest rehearsal and then lunch at the Contemporary Art Museum cafe, but generally we stay put and serve tea and the fruit, cookies and sandwiches we bring. We talk less about aging and aches and pains and grandchildren than you would think, and more about ideas, language, travel and fun.

Sometimes we have poems or photos to share, and it is always so lovely to be with our peer group -- life at 80 or 90 is exciting, enriching, and sometimes challenging.

We are a friendly and welcoming group and with friends from Sweden, Finland, and occasionally England or Germany we are an international group as well. We also have a retired teacher of romance languages, and so are very multi-lingual. Our older Quaker friends sometimes join us, as well as friends from the neighborhood, and we all look forward to our pleasant afternoon with friends old and new.

For more information please call Yvonne Courtenaye Brown's daughter Stephanie Freeman at (619)417-2969.

Hot days in La Jolla

Sis and I go for a swim at the Cove. There are lots of people on the beach and in the water. Sea lions are lazing on the rocks close to the water. People walk near them to watch and photograph them. Love those guys!

On my swim back to the beach, my sister was a bit ahead of me, I notice a big sea lion approaching the beach and finally lumbering on to it. A young life guard comes running and orders the beach goers to form a large respectful circle around the animal. My sister reached the shore soon after the animal, gets out of the water and walks a bit inside the circle waving her arms, shoo shoo like. Friends had just told us that a couple of nights before they had taken a late stroll and had seen a bunch of sea lions on the beach of the Cove. Back to my sister. She was about 10 feet away from Mr. S.L., but he backed up, complaining loudly, and slid back into the water. But before that the young life guard had called repeatedly to her to stop what she was doing. It was nice that he was concerned for her safety, I thought. Sea lions can bite. Silly me!! He was scolding her and when I met up with her he waved us both to him and started berating us. "Sea lions were here first" (Not in the last 50 years they weren't.) "It was their beach!" (says who? The Cove beach has been a favorite beach for people since the early 1900's). "We were not to harass them." (A step closer and a little hand waving by a 71 year old is harassment?) Now, I am an animal lover. I am glad that the seal population at the Children's Pool is finally allowed to birth and nurse their young there for a few months of the year. What is one beach on this long coast. If the sea lions can be held to sun themselves on the rocks below the high tide line, more power to them. BUT THE COVE?? Might is right also in sea lion circles. And if we do not show our might in this situation they will take over the Cove. Other than the seals who mainly poop in the water, their hefty cousins do it on land as our noses have found out for a few summers now. And you know what that would mean for the Cove. Might is right. Let's show it for the Cove. Roswitha E.

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Good food and conversation at the Oceanids Spring Luncheon at the Bali Hai



Kirk Simmons, Dean of the International Center



One of Oceanids' grateful awardees



Judy Vacquier, Sounding Board chair

OCTOBER 2014

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

NOVEMBER 2014

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|-----------------|------------------------------|--------------------------------------|---|----------------|----------------|
| | | | | | | 1 |
| | Gracious Aging | Day Bridge | KitX Wed. Coffee | BOARD MEETING Sounding Board Café Español | | FALL BRUNCH |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Piano Matineé Cinema Soireé | Avi Set Birders | Photo-Digerati Book Group | KitX Wed. Coffee Café Francais | | | Hiking |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | Day Bridge Kaffeeklatsch | KitX Wed. Coffee WITS II | | Wine Tasting I | Evening Bridge |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Piano and Chamber Soireé | | Photo Digerati | KitX Wed. Coffee | THANKSGIVING HOLIDAY | | |
| 23 30 | 24 | 25 | 26 | 27 | 28 | 29 |

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