

# Oceanids News



**UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER**

**VOL. XLXIII No. 1**

**OCT-NOV 2015**



**Oceanids Fall Brunch  
Saturday, November 7, 2015  
10:30 to 1:00**

We are delighted to share the news that Thespine Kavoulakis, spouse of UC San Diego Chancellor Pradeep Khosla and Associate of the Chancellor, has once more 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 when you receive your invitation.

Also, because there is very little parking at Geisel House or on nearby streets, we will have shuttles from the closest UCSD lot for your convenience. Handicapped parking is available on site.

If you have any questions please contact  
2nd Vice President, Susan Starr at  
858-455-1640, [susanstarr1@gmail.com](mailto:susanstarr1@gmail.com).

Irene Larrimore and Susan Starr, Vice Presidents

# OCEANIDS CREW 2015-2016



## 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://ccom.ucsd.edu/~oceanids/>

## E-MAIL

[oceanids@ucsd.edu](mailto:oceanids@ucsd.edu)  
and also email:  
[renright@ucsd.edu](mailto:renright@ucsd.edu)  
[mwoonew@gmail.com](mailto:mwoonew@gmail.com)

## BOARD OF DIRECTORS

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

### Honorary Chair President

Chancellor Pradeep K. Khosla  
Liz Bonkowsky ..... 458-0879

### Immediate Past President

\*Oceanid of the Year"/Maxine White Award

### President Elect

Mary Hanson.....456-1304  
NEEDED

### 1st Vice-Presidents

Irene Larrimore.....509-9604

(Fall Brunch, Spring Lunch)

Susan Starr.....455-1630

### 2nd Vice-President

Mary Cutchin .....459-8074

(Membership, directory updates)

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Mary Hanson.....456-1304

### Treasurer

Jim Bunch.....453-5765

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Kim Signoret-Paar..... 456-9039

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Marion Spors, Maxine Bloor (altern.),  
Barbara Bank and Diana Vines

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Ruth Stern ..... 453-2793

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Barbara Bank..... 484-4597

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Jan Ouren.....273-1681

### Newcomers

Liz Fong Wills..... 454-6858

### Undergraduate Service Awards

Georgina Sham..... 459-1336

### Graduate Scholarships

Nancy Groves ..... 453-6486

### Publicity and Website

Liz Winant ..... 481-7447

### Newsletter Editor

Mary Woo ..... 481-6998

### Copy Editor

Roswitha Enright.....459-7375

### Circulation

Judy Vacquier..... 361-0418

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Lucie Walther..... 755-8060

### Folding Committee

Elibet Marshall..... 459-5246

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Lucie Walther, Jan Ouren, Mary Cutchin

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### Emeriti Association Liaison

Carole L. Ziegler.....619-297-0798

### Friends of Int'l. Center Liaison

Maxine Bloor.....459-7665

### Retirement Association Liaison

Eleanor tum Suden.....587-8865

### Historian

Nancy Groves.....453-6486

### Refreshment Reminder

Maxine Bloor..... 459-7665

### Sunshine Committee

Ruth Stern ..... 453-2793

### Bookshare

Bernie Sisco.....481-1310

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**

The start of a new university year reminds me of a



round (canon) we used to sing at Girl Scout meetings and summer camp:

Make new friends, but keep the old;

One is silver and the other gold.

We in Oceanids have great opportunities to make and keep friends.

When I

checked the mail in the office a few weeks ago, our box was full of membership renewals. I was struck by the number that came from members who no longer live in the area. Clearly, they remain interested in keeping in touch with old friends. If you are one of these, we value your membership and we are always glad to hear from you. Send us a note and maybe a photo to keep us up to date on your doings. We sometimes read letters at the Board meetings from those who live some distance away. It’s always fun to hear from you.

Then there is the new generation who often come to us through the interest groups. Make sure you reach out to them with information and hints on how to make the best of their lives in the San Diego area. Do extend a helping hand to new contacts at work, clubs, church. Let people know about the interest groups and the worthwhile activities of the Oceanids. Together as a group, we make a difference for good in the UC San Diego community.

And what about all of us here? Have we gotten so used to each other that we sometimes miss new events and interests in our lives? Reach out and talk about something different – hobbies, travel, grandkids, weird experiences (and there have been a lot of them, believe me). Deepen the friendships we already have.

I came across some old Oceanids mugs in the

cupboard. Along with an ornate mermaid, they have the motto “Friendship and Service ” – that’s what we are about. Let’s make a point of tending friendships in this new season.

Liz Bonkowski

The Friends of the International Center will hold their 113th Ethnic Dinner for Scholarships on October 17, 2015 at 6:30 p.m. The cuisine will be Peruvian (NO guinea pigs) and a vegetarian option will be available with advance request. Professor Chris Wills will give an illustrated talk. *Please see page 5 for reservation form.*

**THANK YOU, OCEANIDS !!**

On behalf of the faculty, staff, volunteers and students of the UC San Diego Student-Run Free Clinic Project, thank you for your invaluable support of the 17th Annual Light up the Night Gala Celebration....Through your generous contribution and the support of friends like you, the Student-Run Free Clinic Project will continue to provide humanistic empowering health care.....for the most vulnerable members of our community.

Sincerely,  
Ellen Beck, MD,

Executive Director and Co-Founder

Dear Oceanids Members

My name is Evelyn Nash and I am a fourth year student at UC San Diego, majoring in political science. This past Spring I received one of your generous scholarships and I want to express how much I appreciate your recognition from the bottom of my heart. The award will be especially helpful as I will be interning in a political office in Washington DC this fall.

Warm regards,  
Evelyn Nash

Meet your new Oceanids' president,  
Elizabeth "Liz" Bonkowsky.

Dr. Bonkowsky, or as she prefers, Liz, began her term as our president on June 1, 2015, after members approved Oceanids' slate of officers at the Spring Luncheon. She succeeds the talented Mary Hanson who served for two years as Oceanids' president. Liz was born and grew up in western Pennsylvania. She graduated from Muskingum College and received her graduate degrees in American Studies from Columbia University (M.A.) and Boston University (Ph.D.).

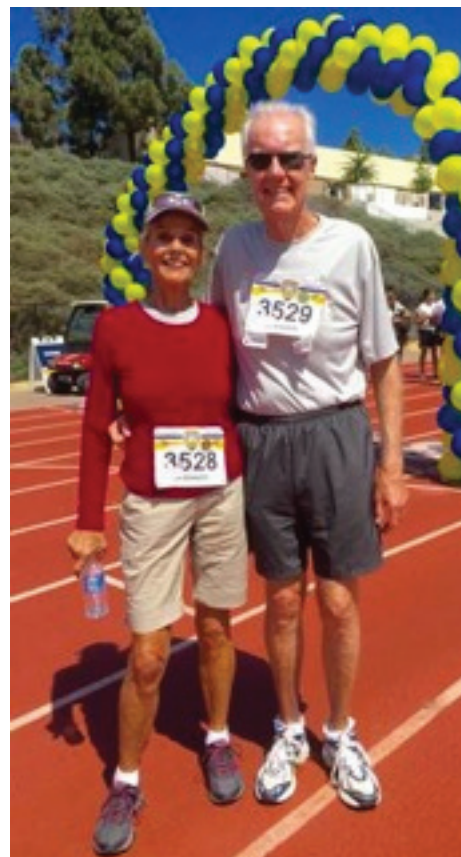
After teaching at the university level, she joined the Foreign Service and served for 21 years in the diplomatic corps in Washington, Western Europe, and the Balkans. Most of her career was as a political analyst and contact officer. She also served two tours as a public affairs officer in Belgrade and Leipzig where she oversaw outreach to educational institutions, grants and exchange programs. She won superior honor awards for special assignments to Kosovo and Albania.

Liz is married to Dr. Fred Bonkowsky who teaches research policy and ethics on "the Mesa." They have two children and six grandchildren. A former symphonic violinist, Fred does some Oceanids musicking and with Liz hosts chamber music at their home in University City. Together they enjoy classical music, are active in their church, and dote on their adorable grandchildren.

Jan Ouren



Liz and Fred



5 K FUN RUN

Photo of a new Oceanids member couple, the Boedes, who participated as part of the Oceanids team and had OCEANIDS on their race number!



Belinda D Hermosisima and Liz Wills are having a great time at the 5 K run event

Meet some of our hard-working members:



upper left: Kim Signoret-Paar (Financial Secretary), Eleanor Tum Suden (Friends Liason), Ruth Stern (Corresponding Secretary), lower left: Liz Winant (Financial Secretary), Jim Bunch (Treasurer), Susan Starr (1st Vice President)

**RESERVATION FOR FRIENDS OF THE INTERNATIONAL CENTER PERUVIAN DINNER**

Please complete and enclose a check made payable to the Friends of the International Center, and send to Ethnic Dinner Chair, c/o Friends, UCSD International Center, 9500 Gilman Dr., La Jolla, CA 92093-0018.

Or pay with credit card on line at: eventbrite: <http://ficperu2015.eventbrite.com>. Reservations must be in by Friday, October 9. Late reservations will be charged an extra \$5.00, or may be refused.

Name(s) \_\_\_\_\_

(Please spell out every name in your party for name tags)

Address: \_\_\_\_\_

Email: \_\_\_\_\_

# of Friends(\$50)\_\_\_# of community(\$60)\_\_\_# of UCSD degree enrolled students and/or Vis. Scholars(\$25)\_\_\_

I need handicap parking and have a placard \_\_\_\_\_

I request\_\_\_(number of) vegetarian meals

Total enclosed:

# 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 Jan Ouren 273-1681 or [jouren@san.rr.com](mailto:jouren@san.rr.com), 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](mailto: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](mailto: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: October 12 and November 9.**

## BOOK GROUP

Contacts: Janet Goff (760)753-3472, Liz Winant (858) 481-7447

Our meetings are held on the second Tuesday morning 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" / Author / Host / Reviewer

October 13 "Reservation Blues" Sherman Alexie/Barbara Penn/  
Janet Goff

Nov 10 ""Ramona" Helen Hunt Jackson / Jim Bunch / Jim Bunch

**Next meeting: October 13 and November 10.**

## CAFÉ ESPAÑOL

Contacts: Beate Menzel [jrbmlmenzel@cox.net](mailto:jrbmlmenzel@cox.net) or 619 401 1557

Vicky Lindblade [vlindblade@mac.com](mailto: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. La proxima reunión de Café Español será el jueves, primero de Octubre, 2-4 a la casa de Roswitha Enright. Por favor mande una carta electronica a Beate Menzel para informarla si quiere venir.

## CAFÉ FRANÇAIS

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

Notre prochaine réunion aura lieu le 14 octobre chez Anne Caprioglio à 13h de l'après-midi. Le 11 novembre on va se réunir chez Trudy Synodis, avec Paola Desii comme co-hotesse. Veuillez leur donner un coup de fil ou leur envoyer un e-mai si vous viendrez.

**Next meetings: October 14 and November 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 will be contacted by e-mail about which movie to see and where to meet. For more information call Roswitha.

**Next meeting: October 11 and November 8.**

## DAY BRIDGE

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

**Next meeting: October 6+20 and November 3+17.**

## EVENING BRIDGE

Contact: Barbara Bank at (858) 484-4597 or [barbara@sdna1.ucsd.edu](mailto: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: October 24 and November 28.**

## GERMAN KAFFEEKLATSCH

Contact: Roswitha Enright 858 459-7375 ([renright@ucsd.edu](mailto: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. **TIME: 3 PM TO 4:30 PM**

**Next meetings: October 20 and November 17.**

## 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 meeting: October 5 and November 2.**

## GOURMET GROUP

Contact: Susan Starr 858 455 1630 or [susanstarr1@gmail.com](mailto: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.**

Growing old is mandatory;



growing up is optional.

## HIKING IN AND AROUND SAN DIEGO COUNTY

Contact: Roswitha Enright (858) 459-7375, [renright@ucsd.edu](mailto: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: October 10 and November 14.**

## MOVEABLE FEAST I

Contact: Liz Fong Wills (858) 454-6858; [lizfongwills@yahoo.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 3 pm. This group is currently at capacity and has a waiting list.

The next meeting will be Sunday, October 25th, 2015 at 3 pm at the home of Michael Gorman. Please RSVP to Judy at 858-361-0418 or [jvacq@sbcglobal.net](mailto:jvacq@sbcglobal.net) and to Michael at [mgorman@ucsd.edu](mailto:mgorman@ucsd.edu) or 619-987-2154. The November meeting will be at the home of Erika Walter on Sunday, November 22nd, 2015 at 3 pm. Please RSVP to Erika at [gwalter@ucsd.edu](mailto:gwalter@ucsd.edu) or 858-755-0490 and to Judy at [jvacq@sbcglobal.net](mailto:jvacq@sbcglobal.net) or 858-361-0418.

**Next meetings: October 25 November 22.**

## SOUNDING BOARD

Contact: Judy Vacquier (858) 361-0418 or [jvacq@sbcglobal.net](mailto:jvacq@sbcglobal.net)

The next Sounding Board will be Thursday, October 1, 2015 at noon. Check the Oceanids website and Oct-Nov newsletter for speaker and title.

**Next meetings: October 1 and November 5.**

## WEDNESDAY COFFEE

Contact: Georgina Sham 858-459-1336

Mary Woo 481-6998 & 336-3642 (cell)

Jennie Chin [enjien1@hotmail.com](mailto: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](mailto: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: October 16 and November 20.**

## WINE TASTING II

Contact: Barbara Scholz (858) 350-6014 or [bscholz@hotmail.com](mailto: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: October 28 and November 25.**

## 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, an announcement is sent when the Oceanids newsletter is available on our website for you to read online or print.**

If you have questions, have an announcement for Oceanids, or are a new subscriber, please email the listserv administrators, Judy Vacquier, at [jvacq@sbcglobal.net](mailto:jvacq@sbcglobal.net) or Mary Cutchin, at [marycutchin@yahoo.com](mailto:marycutchin@yahoo.com).

*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](mailto:marycutchin@yahoo.com).*

**OCEANIDS WEBSITE:**

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

# SOUNDING BOARD

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](mailto:jvacq@sbcglobal.net) for more information.

**October 1, 2015:**

**Cheryl A. M. Anderson, PhD, MPH, MS,**

Associate Professor in the Department of Family Medicine and Public Health, UC San Diego

**“2015 U.S. Dietary Guidelines: A Call for Bold Action to Create a Culture of Health”**

Dr. Anderson is a member of the Cardiovascular Epidemiology and Prevention Center of Excellence, as well as the Health Behavior Change in Underserved and Vulnerable Populations Center of Excellence at UCSD. Dr. Anderson received her doctoral degree from the University of Washington, and her Master of Public Health degree from the University of North Carolina at Chapel Hill.

Dr. Anderson’s research focuses on nutrition and chronic disease prevention. She is an active researcher in cardiovascular epidemiology, and is the principal investigator of an NHLBI-funded study of the effects of dietary sodium and potassium intake on cardiovascular disease.



**November 5, 2015:**

**Rob Knight, PhD,**

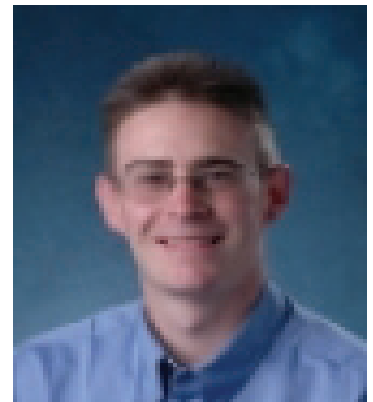
Professor, Department of Pediatrics, School of Medicine, and Computer Science and Engineering, UC San Diego

**“How the gut microbiome changes in development and disease”**

Using scatological research methods that might repel the squeamish, microbial researcher Rob Knight uncovers the secret ecosystem (or “microbiome”) of microbes that inhabit our bodies -- and the bodies of every creature on earth. In the process, he’s discovered a complex internal ecology that affects everything from weight loss to our susceptibility to disease. As he said to *Nature* in 2012, “What motivates me, from a pragmatic standpoint, is how understanding the microbial world might help us improve human and environmental health.”

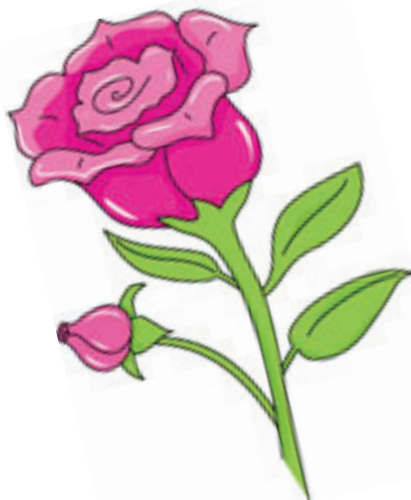
Knight’s recent projects include the American Gut, an attempt to map the unique microbiome of the United States using open-access data mining tools and citizen-scientists to discover how lifestyle and diet affect our internal flora and fauna, and our overall health.

Dr. Knight received his PhD from Princeton University. Prior to coming to UCSD, he was on the faculty at University of Colorado at Boulder.





It has come to our attention that long-time Oceanid **Barbara Saltman** has died in April. She was a native Californian, former Vogue model, avid gardener and craftsperson, married for more than 50 years to Paul Saltman (11 April 1928 – 27 August 1999), Professor of Biology at the University of California, San Diego  
 Friends of the IC has sent condolences to her sons, David and Paul.



Oceanid **Al Shenk** died on July 15 after a long illness. Al Shenk was one of Oceanids' newest members, and a valued participant of the Cinema Soiree interest group. A Professor Emeritus of Mathematics at UC San Diego, he received his Ph.D. in Mathematics from Stanford University in 1965 and taught at Columbia and UC Berkeley before teaching at UCSD for over thirty years. He retired in 1999. We will miss him.

Oceanid **Mary Elizabeth Slater Watson** passed away peacefully on June 20th 2015. Mary was born May 7, 1940 in Magnolia, Arkansas, but grew up in Los Angeles. She graduated from UCLA where she met her husband, Joseph W. Watson who joined the faculty of UCSD in 1966.  
 Mary was very actively involved in the education of their 3 daughters and a son, participated in the PTA, and was a volunteer at Muirlands Middle School. Interested in politics, she served often as an election volunteer.  
 Mary very seldom missed one of our Oceanids events and will be missed greatly.

We also send heartfelt condolences to Oceanid Joanie Mosher who lost her husband Robert Mosher, renowned San Diego architect, who passed away on July 26 at age 94.

Former Oceanid, **Bea Zweifach**, died on August 24, shortly after celebrating her 100th birthday. Bea had been faithfully attending our events and was known to many of us as a friendly, always helpful member of our community.

**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

## AND NOW FOR SOME LAUGHS

### **My Travel Plans for 2015**

I have been in many places, but I've never been in Cahoots.

Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart. At my age I need all the stimuli I can get!

**Law of Gravity** - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

**Law of Random Numbers** - If you dial a wrong number, you never get a busy signal; someone always answers.

**Variation Law** - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

**Law of Close Encounters** - The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.

**Law of the Result** - When you try to prove to someone that a machine won't work, IT WILL!!!

**Law of the Theater** - At any event, the people whose seats are furthest from the aisle, always arrive last. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies.

**Law of Physical Surfaces** - The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug..

**Law of Commercial Marketing Strategy** - As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!

### LOVE

A group of professional people posed this question to a group of 4 to 8 year-olds:

'What does love mean?'

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.'

Rebecca- age 8

'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.'

Billy - age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.'

Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.'

Chrissy - age 6

'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.'

Danny - age 7

'My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.'

Clare - age 6

and many more.....

# OCTOBER 2015

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

# NOVEMBER 2015

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

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