

Oceanids News

UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

VOL. XLXIV No. 2

DEC.2016/JAN. 2017

Enjoy the Holidays

with



friends

parents



grandchildren

a good book

great movies



good food

delicious wine



children

neighbors



pets



OCEANIDS CREW 2016-2017



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.

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

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and also email:
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BOARD MEETINGS: first Thursday every month

Oceanids **new office**, part of the International Faculty and Scholar Office, McGill Hall, Muir College
Coffee and refreshments: 9:30 am, meeting starts at 10:00 am.
(You are welcome to attend!)

PRESIDENT'S MESSAGE

It's Cozy Time

I think over the past decade, all of us were rooting for the chancellor's home. We had some uneasy years when it was doubtful that it would be preserved. The odds were formidable – perched on the edge of the cliffs, a burial ground for Native Americans, wood rot, you name it. Thanks in part to the generosity of Audrey Geisel, and an ingenious architect, the daunting tasks were taken on and the result is impressive. Many of our senior members have fond memories of events at the house and those of us who came on the scene later wondered what the fuss was about. Now that we've seen it, thanks to the hospitality of our honorary chair Thespine Kavoulakis, we understand. It is an interesting building on a wondrous site. It could be a museum and it is, indeed, a showpiece. But Thespine and her family are slowly making it into something more – a warm and inviting home.



'Tis the season for “warm and inviting.” I like to think of it as the cozy time of year. The cooler weather suits me just fine – I can dig out my sweatshirts and bundle up in those sweaters my mother knit. She used real wool and they are seriously warm. (Unfortunately, moths also think highly of them so I've had to do a bit of mending!) It's time for warm soups and hot cocoa, candlelight and hot cider.

Of course it's also the time of year when we love to indulge in cynicism. Christmas decorations before Columbus Day? Arguments over “holiday” mugs? Black Friday sales at the beginning of November? Overwhelming princess paraphernalia? Amazing (and expensive) computer games? But I say, why waste our time on cynicism? We should sit back and let it all roll over us. There is so much beauty out there from oratorios to decorated mugs! You don't have to buy a rhinestone tiara or blast aliens away if you don't want to! Instead, take some time to think warm and cozy thoughts about what this season means for you. Think about what you buy and even better, think about what you are giving. As my son said sweetly last week after I suggested an ambitious schedule for the visiting grandchildren, “sure

we want to enjoy San Diego but mostly we just want to hang with the grandparents.” Or as my terrific daughter-in-law said to us once, “we lead busy lives and it's so wonderful to have a grandparent focus on a child with undivided attention.”

This is the time to give others some undivided attention. You can think of those who are neglected in the rush all around us. Someone you know would probably be glad to just “hang” for a while. Think of your acquaintances and think again – what do you really know about them and their interests and hopes? This is the season for tea and a chat.

When we speak to the recipients of our Oceanids awards we quickly find out how much they have meant to them. Of course, they need the money - have you checked the costs of university life recently? But they tell us that they also appreciate being noticed for their efforts to make good grades and help others. Remember them when you are making out your lists. You could also think about volunteering a bit of your time to the Oceanids' and Friends' projects for students and newcomers.

May your holiday season be cozy and may your friendships be warm.

Liz Bonkowsky

Donations to our Oceanids Funds are very much appreciated. Here's why:

University of California campuses enroll more low-income students than any other top university in the country, and currently, approximately 60% of UC San Diego undergraduates need financial assistance to attend college. To bridge the gap between the cost of attending UC San Diego and what our students and their families can afford to pay, scholarships reduce loan debt and/or outside workloads, enabling students to focus on their education.

Keep up the good work, Oceanids

Our Own Innocents Abroad
by Teresa Norris

Dear Oceanids,

I am honored to have received a request from Roswitha to write a piece for our Oceanids newsletter about my recent experiences abroad with my husband, Dick Norris, who was offered a fellowship for seven months at the University of Heidelberg in Germany, which we started on June 2nd and will fly home on December 30th. Here is a small vicarious taste of life in Heidelberg and some of my perceptions and reactions to what I have found to be different while living here in Germany.

First of all, the professors here are addressed as “Herr Professor Doktor...” and, for the most part, do not socialize with their graduate students. There is a definite hierarchy at the university. Dick and I continue our friendly Californian way with the graduate students in the paleontology department by occasionally going out for dinner and beers with them and we have been enjoying getting to know them. We found much the same hierarchy in Greece during some fieldwork with a team from the University of Patras--a pretty strict division of the bosses from the underlings. Sometimes, of course, this works to our advantage as when one of Dick’s colleagues say, “Just tell them you’re a professor...that will get them to move quickly on whatever you want”. Imagine that, professors actually have some authority here! This situation reaches some extreme heights such that the Dean of the Natural Sciences is to be addressed as “His Magnificence” (I kid you not!)....I don’t think we should give the UCSD Vice Chancellors any ideas...

Our living arrangements are a mixed bag. Rentals are very tight in Heidelberg since it is a university town--we pay an equivalent of \$2,152/mo. for a 1 bedroom flat. But the tradeoff is that it is a fifteen minute walk to the university, a five minute walk into the deep woods of the Odenwald Forest, another five minutes to the extensive open space along the Neckar River, and perhaps a ten minute bike ride to much of the city.

Although rents are high, the food in the markets is quite cheap. Not only is the food cheap, it is also very tasty. For example, whole chickens are small and tasty—not the bloated overweight, ‘all breast’ birds shot up with hormones and antibiotics like the ones we find in our stores in the US. There is a vibrant farmer’s market that meets twice a week in the small open space market place, a two minute walk from our apartment. When the weather was warmer, the square was converted every evening into a beer garden.



This same square has a play area for the kids, a small 14th century chapel in the middle, and a succession of public events in the summer. During one of these neighborhood festivals, the streets were closed off to cars, there was a succession of live bands, and “booths” of art projects for the kids. One of the activities involved covering the street with a huge roll of butcher paper and presenting the kids with paints and actual canvases to work on....we now know where the ‘modern art’ that decorates our apartment came from!



Our apartment has proven to be well insulated and warm now that the ambient temperatures have dropped into the 40’s (F.) as the highs and 30’s at night. We have no air conditioning and did not sleep well while it was hot and humid out. Partly our sleep was disturbed by people clip-clopping down the cobbled streets under our open windows at all hours of the night, and late parties at the “Kaffee and Kuchen” shop across the street. But now that it is cooler, we can keep the windows closed and these prove to be great insulators against the noises of cars and the early Tuesday morning garbage trucks. The Germans also use heavy doors in all construction, and those mask the sounds of almost everything when closed. No thin, open core doors here! We are fortunate to have a clothes washer in our apartment although it competes for space with the tiny shower in our bathroom.

.....to be continued.

The Kitchen Exchange is a Window to the World-- Help Keep That Window Open!

The Kitchen Exchange, our service to newcomers on campus started in December 1974 and has been going ever since. Visitors to the campus can rent kitchen and household equipment for a nominal fee, and we use their visits to the Kitchen Exchange to introduce them to the many other services and events offered by the Oceanids Newcomers Committee and the Friends of the International Center.

Over the years the volunteers at the Exchange have been able to meet many fascinating visitors from around the world, and may sometimes have even changed their lives. As an example, we were recently sent a letter of support by a Newcomer who came to UCSD in 1976. He and his family were early customers of the Oceanids Kitchen Exchange. Although Goran was already a medical doctor in Sweden, he came as a postdoc for a year with his young family, and money was very tight. He worked with John West, a world expert on pulmonary function at high altitudes. He and his family participated in all the Oceanids Newcomer activities and rented everything from the Kitchen Exchange. Those of you who attended this year's Oceanids Fall Brunch hosted by Thespine Kavoulakis heard Goran's wife Lena talk about how much they appreciated all the help that they were given and how, as a result, they continue to come to UCSD every sabbatical and for short visits in between. In short, they love it here!

The help that Oceanids provide short term visitors through the Newcomer activities and some of the Interest Groups (Hiking, Moveable Feast I and Wine Tasting II) has made a huge difference in the lives of postdocs, scholars and their spouses and families. Unfortunately, the imminent tearing down of the old International Center has made both the Oceanids and Friends of the International Center volunteer activities difficult. The official International Center staff offices and the volunteers are housed in temporary quarters in four locations around campus. Both the Kitchen Exchange and the Friends Resale Shop workroom are housed in shipping/storage containers (AKA trailers) that have no electricity. The original building, which was designed in part by Judith Munk, along with the Oceanids Pavilion, the Friends Resale Shop and the Office of the Dean of the International Center, will be torn down in early January 2017 even though the campus architect says that there still are no plans yet for the site. He says that one option is replanting it to be a grove of trees. The new International Center will eventually be housed in a building called the Gateway Center, provided that funds become available. But parking structures and dormitories have greater priority, so the Gateway Center will not be built for at the very least another 5 years. And we have no idea whether it will

include a kitchen and dining hall, the facilities that made so many of our social and fund-raising events possible.

The synergy that came about in the old International Center was what made it fun to be there and is sorely missing now. It was the home away from home for many foreign visitors, where they knew they would be welcomed by a friendly face. Pity we can't stay there until the Gateway Center is built!

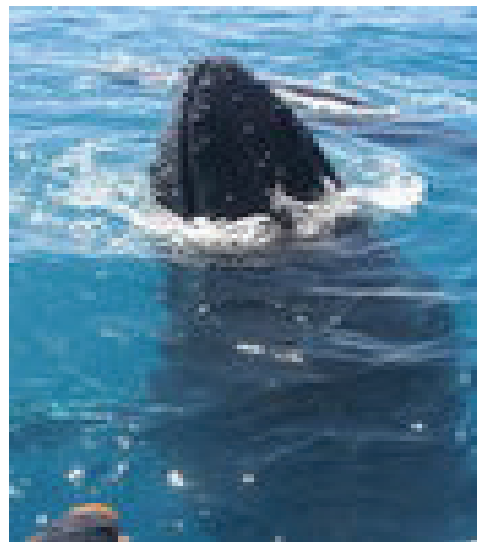
Because the disruption has been so extreme, it has been hard for us to find volunteers to help with the Kitchen Exchange and the many other activities. Please let me know if you would like to help keep this window to the world open! I can be reached at ludditelizfong@gmail.com.

A historical note: Frieda Urey was the wife of one of the first faculty hired at UCSD. Her husband was Harold Urey, a Nobel Laureate in Chemistry. She invited all the new people to their home for dinner until the numbers became too big. It was then that she started the Newcomers group with many activities. Most of the events were neighborhood coffees, but Frieda started the whale watching trip which we still have every January. See below if you would like to go on this year's trip!

Liz Fong Wills

There will be a whale watching excursion in January 2017.

If you are interested in participating, please contact Liz Fong Wills (ludditelizfong@gmail.com) for the necessary information.



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 Interest Group Coordinator *Judy Vacquier* (858) 361-0418 or *javacq@sbcglobal.net*. 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: December 12 and January 9.

BOOK GROUP

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

We meet 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 have 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

Dec 13 "The Basketball Diaries" by Jim Carroll/Jim Bunch/Jim Bunch

Jan 10 "Euphoria" by Lily King / TBA / Sue Corringham

Next meetings: December 13 and January 10.

CAFÉ ESPAÑOL

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

Vicky Lindblade *vindblade@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 second 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, ocho de Diciembre, 2-4, y el doce de Enero. Por favor mande una carta electronica a Beate Menzel para informarla si quiere venir.

Next meetings: December 8 and January 12.

CAFÉ FRANÇAIS

Contact: *Hulya Saygin*; *hulyasaygin@yahoo.com*

Chères amies,

Je vous souhaite un Joyaux Noel et une Bonne Annee a tous. Malheureusement, pas de reunion en moi Decembre. Notre premier reunion de la nouvelle an aura chez moi, mercredi le 11 Janvier 2017. S'il vous plait, veuillez contacter moi via e-mail *hulyasaygin@yahoo.com* ou donner un coup de fil 858-350 8081 si vous avez l'intention de venir.

Next meeting: January 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: December 11 and January 8.

DAY BRIDGE

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

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: December 6+20 and January 3+17.

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: December 10 and January 28.

GERMAN KAFFEKLATSCH

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*. **TIME: 3 PM TO 4:30 PM**

Next meetings: December 20 and January

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: December 5 and January 2 (?).

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

Growing old is mandatory;



growing up is optional.

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. Lunch is \$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. Come to the Faculty Club at 11:30. The speaker will be introduced at 12:10 pm sharp.

Contact Jan Ouren, jouren@san.rr.com for more information.

Thursday, December 1, 2016

Paul Negulescu, Ph.D.: “Discovery and Development of Precision Medicines for the Treatment of Cystic Fibrosis”

Dr. Negulescu is Senior Vice President of Research and Site Head for Vertex Pharmaceuticals in San Diego. Paul joined Vertex by way of Vertex’s acquisition of Aurora Biosciences in 2001. Vertex San Diego is a research facility that employs approximately 220 staff. Among other projects, the group has been engaged in drug discovery for cystic fibrosis (CF) since 1998, focused on treating the underlying cause of CF. This research has produced two approved medicines, Kalydeco (ivacaftor) and Orkambi (ivacaftor/lumacaftor) to treat specific forms of CF. Much of the research was carried out in collaboration with the Cystic Fibrosis Foundation and both medicines are recognized as successful examples of precision medicine.



Paul’s research background is in cell biology and biophysics and with particular expertise in ion channel biology and human cell models of disease. Paul received both his B.S. and Ph.D. in Physiology from the University of California at Berkeley carried out post-doctoral work at U.C. Berkeley and U.C. Irvine in the areas of biophysics and immunology. Prior to joining Vertex, Paul was Senior Vice President of Discovery Biology at Aurora Biosciences Corporation.

NO SOUNDING BOARD IN JANUARY

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:

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We are sorry to announce that longtime UCSD Oceanid Bernie Sisco passed away peacefully with her family around her the morning of October 24. Bernie came to UCSD with her late husband, Bud Sisco, a vice Chancellor during the 1970's. She was active on the UCSD campus. Bernie served on the Oceanids Board in many capacities, usually with her dear friend Molli Wagner, including the nominating committee, the Sunshine committee, and the Theater Party. She received the Oceanid of the Year award in 2008 and the Maxine E. White Outstanding Service Award in 2006. She is survived by six children and thirteen grandchildren. We will miss her very much.



Sincere and heartfelt condolences to Oceanid Carol Smith who lost her husband Stuart in early October of this year..

A special Halloween Oceanids brunch

Thespine Kavoulakis, Associate of the Chancellor, welcomed 91 Oceanids to the Audrey Geisel University House for the Oceanids Fall Brunch, Saturday, October 29. Barbara Banks and Mary Woo welcomed members and distributed name tags. Guests, including the awardees of Oceanids Graduate Scholarships, Amy Reid, Mike Frank and Caroline Collins, were directed to the patios where we mingled, admired the world class view of the Pacific Ocean, munched on hors d'oeuvres and sipped refreshing beverages. When we were invited to our tables, we found them decorated with cute little orange and black trick or treat bags, our favors for the day. Hostesses and a host at each table facilitated conversation. Liz Bonkowsky greeted the members as a plentiful lunch, replete with rolls of every description, and fresh fruit were served. She introduced Co-Chairs Chris Chase and Olivia Dorman and Nathan Kavoulakis, Thespine's son. Judy Vacquier introduced the Interest Group Chairs and Liz Fong Wills, chair of the Kitchen Exchange. Liz introduced her special guest who had been the first customer of the Exchange. We

presented Thespine, our delightful hostess, with an orchid from Adelaide's, and Chuao chocolate to Claire Hopkins, Director of Geisel House and Chancellor's Events, and her assistant, Christiana Gerber. We were then treated to Halloween sugar goblins, ghosts and pumpkins for dessert. We are most grateful to Thespine for inviting us to her home for this special Halloween Oceanids brunch.

Olivia Dorman



Brunch organization co-chair Chris Chase with president Liz Bonkowsky

The Kangaroo Bird

The Geisel House, appropriately, is displaying three unusual creations by Dr. Seuss which we were able to admire at the Oceanids fall brunch. As you would expect from the good doctor, they are whimsical and brightly colored. However, they are not drawings but sculptures! The three “Unorthodox Taxidermies” are part of the Stuart art collection and according to Ms. Thespine Kavoulakis, are intended to bring “joy, amusement, non-sense, complexity, intellectual challenge and fun” to our home. The baby chick seems all-so smug tucked into the pouch. According to Thespine, “one reason I loved this sculpture – that baby bird.”



“Thespine Kavoulakis with Dr. Seuss’s Kangaroo Bird”



A Few Things Invented by Women!

1. The Car Heater

We all owe our thanks to Margaret A Wilcox who invented the car heater in 1893!(Margaret also invented a combined clothes and dishwasher)

2. Monopoly

This popular board game was designed by Elizabeth Magie in 1904, originally called the Landlord’s Game. The purpose of this game was to expose the injustices of unchecked capitalism. Her game was ripped off by Charles Darrow who sold it to Parker Brother’s 30

years later. However Parker Brothers later paid Elizabeth \$500 for her game. Gee Thanks!

3. The Fire Escape

The fire escape was invented by Anna Connelly in 1887

4. The Life Raft

The life saving Life Raft was invented by Maria Beasely in 1882.

....to be continued

DECEMBER 2016

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

JANUARY 2017

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

WELCOME NEWCOMERS!

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