

Oceanids News



UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

VOL. XLXVI No. 1

OCT-NOV 2018

OCEANIDS FALL BRUNCH

SATURDAY, NOVEMBER 3, 2018



Oceanids members will again be treated to our Fall Brunch by Thespine Kavoulakis, spouse of UC San Diego Chancellor Pradeep Khosla and Associate of the Chancellor on Saturday, November 3, 2018, at Audrey Geisel House. Members may register (receive their name tags) beginning at 10:00 a.m. From 10:30--11:30 am, they can enjoy snacks while taking in the beautiful ocean view from the patio. Brunch will be served at 11:30 a.m. at tables both inside and outside. Members may choose to sit at one of the tables hosted by the Chairs of our many interest groups, and, at select tables, converse with a current UCSD undergraduate Service Award recipient. Please note that *invitations will be by e-mail only* (those members not on e-mail will receive invitations in the USPS mail). Your invitation is non-transferable. Because seating is limited, you may not bring a guest. Please respond promptly when you receive your invitation. Valet parking on site will provide an additional “treat” for guests. If you have questions, please contact 1st Vice President, Nellie High, 858-886-9223.



OCEANIDS CREW 2018-2019



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
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PLEASE NOTE

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

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kspar@ucsd.edu

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renright@ucsd.edu

mwoonew@gmail.com

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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

Welcome back to campus! As we return from our summer activities, we look forward to reconnecting with each other through our various interest groups.

One of Oceanids purposes is to “sponsor interest groups to promote fellowship and strengthen the academic community.” Of the 20 Interest Groups, some have been active for more than 40 years and some have come and gone as interests have changed. I am interested in trying out new ideas for interest groups and welcome your suggestions. Please email me at kspaar@ucsd.edu.

As a personal interest and one that may be of interest to a number of you, I would like to start a new group: Cellphone Photography. We can create spectacular photographs with our phones today and this group would be for those who would like to share their cellphone photography, to learn how to take better photos with their cellphone cameras, and to go out on photography field trips. I propose that we meet once a month at a member's home. In the beginning I will host the group in my home. Please email me if you are interested and we set the first date for the fall – kspaar@ucsd.edu

Now on to the newsletter and please don't miss the invitation from Oceanids Honorary Chair Thespine Kavoulakis. She is again hosting our Fall Welcome Brunch at the Audrey Geisel University House. Last year she delighted us with literary incantations and spells – I'm looking forward to seeing what her creativity brings us this year. Thank you, Thespine!!

Kim Signoret-Paar

Can't find your new blue Directory?
For only \$5.00 we will send you a new one.
Just send a check to UCSD Oceanids, International Faculty and Scholar Office,
9500 Gilman Dr. La Jolla, CA 92093



Graduate Women in Science (GWIS)

is an organization of mostly women as we now accept men. It is slightly different than another organization, Association for Women in Science (AWIS), as GWIS requires that members have done research in science and related fields. As a large organization, it is made up of many chapters. The chapter that has been operating in San Diego for many years is known as Tau Chapter. One of our main activities was to identify teachers in middle and high schools that we then gave Teacher of the Year awards to with a stipend to use for materials in their classrooms. We have also provided research scholarships to college students and had various speakers on science related topics.

As is the case with many organizations, our chapter members are aging and it has become difficult to recruit enthusiastic young women. Those of us that still belong to the chapter decided that Oceanids could best find the proper avenue to award students the money that we have accumulated for scholarships over the years. The amount that we have donated is \$10,000. More info on the organization can be found at GWIS.org

Carole Ziegler

Awards at 2018 Spring Luncheon

Oceanid of the Year
Liz Fong-Wills

Inaugural Liz Fong-Wills Outstanding Service
Award
Liz Fong-Wills

International Service Awards
Georgina Sham and Roswitha Enright

Maxine E. White Award
Nancy Groves

Oceanids Special Service Award
Maxine Bloor

It takes a village!

I would like to thank Oceanids for giving me an award for service to UCSD internationals at the last Oceanids Spring Luncheon. But I want to point out that the award stands for much more than my own service to our remarkable organization.

It all began with a wonderful role model named Frieda Urey. Frieda was the wife of Nobel Laureate Harold Urey, the first person hired at UCSD. She invited all the new UCSD faculty and their spouses to the Urey home for dinner, but when the numbers got too big she formed a committee of other wives to help her welcome these Newcomers. Many faculty wives served on this Committee, such as Ilse Warschawski, Mary Merdinger, Elsa Weinstein, Netty Paar, Alma Coles, Mary Lynn Hyde, Marion Spors Schroeder. Carole Ziegler continues to take Newcomers to Anza Borrego for weekend camping trips. Georgina Sham and I still organize the annual whale-watching trip that was started by Frieda. We have had the help of several husbands, including Bob Starkey, who recently took some of us on a tour of the Stuart Art Collection and to a Padres game where he explained the American favorite pastime to the internationals.

Mary Bailey was on the Committee when she recognized the needs of young foreign wives whose visa status prevents them from working in this country. This inspired her to start the Wednesday Morning Coffee program. Because the Bailey home was in a remote part of Crest Canyon in Del Mar, Mary got permission to hold the Wednesday Morning Coffees at the centrally located International Center. It was

adopted by the Friends of the IC and is now held in the IC Programs Abroad building. It continues to be one of the Friends' most popular programs. Georgina Sham has now morphed the program into more than a simple coffee gathering, by introducing a different craft or activity every week all year long. There have been many spin-off groups.

Frieda Urey was a great role model and showed us that one could organize activities that met many needs simultaneously. For example, she knew everyone and would invite people to the Urey home to hear interesting speakers on many subjects. Everyone brought their own brown bag lunch and she provided coffee and cookies. This was the origin of the Sounding Board program which Oceanids now co-sponsors with the Faculty Club. Frieda was also actively involved in helping Newcomers get settled: for example, she took a new faculty wife/artist to meet all the local artists that she knew in San Diego. Knowing that the Japanese Newcomer wives were very shy, she invited all of them along with every Japanese faculty wife to the Urey home for a dessert party. And Frieda was the inspiration for the Oceanids Undergrad Service Awards that we give yearly to a member of each of the six UCSD Colleges. One of the new Kitchen Exchange volunteers (Medical School faculty wife Marianne Woo) was the Revelle College Service Award recipient in 1985.

Newcomers in the old days included new faculty as well as postdocs, sabbatical people and international scholars. But times have changed and most new facul-

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, 0049, 9500 GILMAN DR., LA JOLLA, CA 92093-0049

ty cannot afford to live in La Jolla now. Also, spouses of new faculty members now have careers that leave them little time for our interest groups. Few sabbatical families come now, because spouses are reluctant to give up their jobs for fear of not being able to resume work after a year's absence. Still, we get enough Newcomers to be able to run a second wine tasting group and a Moveable Feast group oriented to Newcomers.

I was pleased that our houseguest Lena Hedenstierna was able to attend the Spring Luncheon, because she and her family were early and frequent customers of the Kitchen Exchange (which started at the end of 1974). Her husband is now a distinguished MD/PhD physiologist at Uppsala who came to post-doc with John West in 1976, and the family has visited many times since. The whole family loves it here and uses any excuse (work, meetings or just vacation) to come back nearly every year. Like many returning Newcomers, Lena knew the familiar faces in the Kitchen Exchange (Maryruth Cox, Louise Keeling and Jim Chase who have volunteered for the better part of three, two and one decade respectively).

I close with an email sent by a German postdoc last summer when he left the Design Lab in our Engineering School to take a job designing driverless cars for VW. His email shows that Frieda's spirit is still with us:

Liz,

I just wanted to say thank you for everything that you have been doing for the international people (myself included) here in San Diego.

When I came here two years ago I knew nobody and signed up for the movable feast. A huge part of my life here started from contacts I met on the feast (including meeting my current girlfriend, Julie, through Amanda McKenzie whom you have brought to an Indian buffet one night).

I loved the evenings at your house, eating and listening to your travel stories or discussing politics with Chris or other folks at the wine tastings.

Now it is time for me to move on and start a new chapter in my life.

I will let you know next time I am in San Diego or Boston (Julie is from Boston).

Farewell and may you have many trips to exotic destinations in the future, and may you be welcomed by people with arms as open as yours.

Malte

I am proud to accept this award on behalf of our hard-working village of volunteers! Many thanks,
Liz Fong Wills

.....

Back to School!

by Jan Ouren, Oceanid

Do you ever think about going back to school? Not to study but to tutor? I've now been tutoring 5th graders in reading and writing through the San Diego Oasis program for three years. I love it. It's challenging and also fun. I work with different students every year at Crown Point Junior Music Academy, all in the 5th grade, ages 10-11. So far there have been six students, all boys, some non-native speakers but not all. They like stories about dinosaurs, birds, pandas and other animals, weather, science, and of course sports, especially soccer and basketball. I go in once a week for an hour or so. Every session, we read, write and play occasional word games. And I like to think you can see the progress!

I'm impressed with the school, its administration and the teacher whose students I tutor. They are supportive and the school has other tutors from Oasis in other grades, as well as many musicians who come in to teach. Oasis provides tutors to many schools in the county as well as tutor training, materials and support. Want to learn more? Contact Oasis at <https://www.oasisnet.org/San-Diego-CA/Volunteer>. Or contact me if you'd like to hear more (jouren@san.rr.com).

Here's a brief excerpt from the Oasis webpage: Volunteer with San Diego Oasis

You can give back to our community to help children and adults in our community. We offer many ways to use the skills and experience you have developed over a lifetime.

Help children build confidence and success in school. Share your expertise in our educational programs.

Or work with other adults to help Oasis grow in our region.

It's your time to give back.

Training and materials are provided, you provide enthusiasm, patience and compassion. Your role as a tutor is that of a friend and a role model. No teaching experience is needed.

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 jvacq@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: October 8 and November 12.

BOOK GROUP

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

We meet year round on the second Tuesday 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

Oct 9 The Gospel of Trees by Apricot Irving / TBA / TBA

Nov 13 World and Town by Gish Jen / TBA / TBA

Next meetings: October 9 and November 13.

CAFÉ ESPAÑOL

Contacts: *Beate Menzel* jrbmlmenzel@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 second Thursday of the month at 2 p.m. One hour of conversation and one hour of reading aloud and group discussion.

Please call or mail *Vicky Lindblade* vlindblade@mac.com or 858 452 1739 about the location of the next meeting

Next meetings: October 11 and November 8.

CAFÉ FRANÇAIS

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

Chères Francophones,

Notre réunions en Octobre le 10 sera chez Fiona B. Levin fiona.bechtlerlevin@gmail.com et en Novembre le 14 chez Mary Hanson mhanson@san.rr.com. N'oubliez pas gué la season dernier on a décidé réunir à midi au lieu de une heure.

Si vous avez l'intention de participer les réunions contactez à les hostesses s'il vous plaît. Notre groupe est ouverte toujours les nouvelles membres. Si vous savez les gens qu'ils

veulent rejoindre à notre groupe, écrivez moi leur information.

Next meeting: October 10 and November 14.

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 14 and November 11.

DAY BRIDGE

Contact: *Beate Menzel* jrbmlmenzel@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: October 2+16 and November 6+20.

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: October 27 and November 24???

NEW MEMBERS NEEDED

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

Next meetings: October 16 and November

Growing old is mandatory;



growing up is optional.

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 is an international group, 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 1 and November 5.

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 or email the week before the hike if you would like to come.

Next hike: October 13 and November 10

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.

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 3 pm. The September meeting will be Sunday, September 23 at the home of Anita Weedmark. RSVP to Anita at anitaweedmark@yahoo.com or 858-576-9249 and Judy Vacquier at jvacq@sbcglobal.net. In October, we will meet Sunday October 28 at the home of Erika Walter. Please RSVP Erika at gwalter@ucsd.edu or 858-755-0490 and to Judy at jvacq@sbcglobal.net. The November meeting will be Sunday, November 25, at the home of Judy Vacquier. RSVP to Judy at jvacq@sbcglobal.net or 858-361-0418.

Next meetings: September 23, October 28 and November 25.

SOUNDING BOARD

Contact: Jan Ouren (858) 273-1681 or jouren@san.rr.com

Sounding Boards are always on the first Thursday of the month at noon at the Faculty Club.

Next meetings: October 4 and November 1. See page 9.

WEDNESDAY COFFEE

Contact: Georgina Sham 858-459-1336

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

Jennie Chin enjen1@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.

WE HAVE MOVED TO THE CONTAINER ON what used to be a LAWN, next to the former International Center parking lot.

Next meetings: Wednesdays.

WINE TASTING I

Contact: Alicia Flores Meneses at virginiacisne@yahoo.com or 353 3878

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 19 and November 16.

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 \$10.00 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.

Next meeting: Please call chair.

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 or Mary Cutchin, at 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.

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

Hans Paar, husband of our president Kim Signoret Paar died on June 17 after a brief but devastating illness. Hans was friend to many and participated in a number of interest groups like Evening Bridge, Wine Tasting and Piano and Chamber Soiree. He was professor emeritus of physics from UCSD, a very good piano player and avid model train enthusiast. We will severely miss him.

We have to announce the passing of **Dan Lindsley**, professor emeritus in the Division of Biological Sciences, who passed away on June 22, 2018, at his home in La Jolla. He was 92. He was preceded in death by Oceanid Jean Lindsley, very much beloved Oceanids president from 1993 to 1995.



More about Oceanids Interest Groups

The Piano and Chamber Music Soiree

has been meeting monthly since March 2006, usually on the fourth Sunday at 3 pm, in various members' homes. We currently have twenty two active members, who play piano, flute, violin and clarinet. In the past we have also had singers. We draw a number to determine the order of playing, and it's fine to peek at the numbers and choose when you want to play. We usually have only water before, and start after about ten minutes of greetings. We never know what the program will be, but it is always interesting and beautiful music! Usually about eight to ten people perform, and some attend who are just listening and don't have a piece ready to play, so the group is between eight and 14 people. There is no criticism of anyone's playing; we all applaud and cheer. The performance is followed by a social hour with wine and light refreshments (there is a small fee to pay for refreshments). Many of the people in the soiree were afraid to play for other people when they started, and now feel more comfortable playing for us in the soiree. With a few exceptions, we don't play for the general public, as we are amateurs, although many are very good musicians. Visiting scholars are welcome to join us, and we have had violinists and flautists attend who are visiting from other countries.



Couples Bridge is looking for more players

Do you enjoy a clever finesse, cheerful company, and a glass of good wine? If you do, please join us on the fourth Saturday of the month at 7 PM. We are a very friendly, fun loving group, and play party bridge while sipping wine and eating cheese and treats. In recent years our "Couples" have included both married couples, and two friends who want to play monthly. We are always in need of substitutes, single players and couples. We would love to have you join us monthly, or occasionally as a substitute.

Please contact Barbara Bank, bbank@ucsd.edu.

SOUNDING BOARD

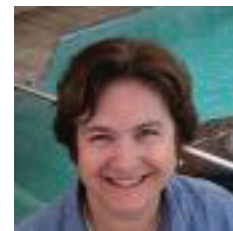
Sounding Board is a series of lectures during the academic year by UC San Diego Oceanids and the UC San Diego Faculty Club at noon on the first Thursday of the month. Oceanids, faculty and friends meet at the UCSD Faculty Club in a specially designated room to eat lunch and listen to fascinating speakers. Lunch is \$16.50 for guests and \$13 for Faculty Club members; purchase is required. Coffee and iced tea are provided in the meeting room. A parking permit can be obtained at the front desk for \$4 and because parking is limited—carpooling is recommended. You do not need to RSVP. You can be sure of a lively discussion! Contact Jan Ouren, jouren@san.rr.com for more information.

Thursday, October 4, 2018

Nigella Hillgarth, Ph.D., Founding Member, Ocean Collectiv

“Greenland Ice at Midnight--Reflections on the Impact of Global Sea Level Rise through Photography”

Dr. Nigella Hillgarth: “I try to capture the magic of place and nature wherever I go through my photography. I found the icebergs in Disco Bay/Greenland profoundly moving. This city of icebergs has come from the Jacobshavn Glacier several miles inland. The ice calves into the 2000 feet deep Ilulissat Icefiord, and is pushed down the fiord and into the shallow bay. The icebergs then wait until they have melted enough to drift out of the bay into the open sea. A recent study on land ice melt in Greenland showing that 25% of sea level rise today comes from water melting off Greenland’s ice cap.”



Nigella Hillgarth is a biologist and environmental nonprofit leader and administrator. As President & Chief Executive Officer of the New England Aquarium, she founded the Anderson Cabot Center for Ocean Life in June 2016. Previously Dr. Hillgarth was Executive Director of the Birch Aquarium at UC San Diego—the outreach arm of Scripps Institution of Oceanography. Hillgarth was born in Ireland and received her Bachelor’s degree in Zoology as well as her Ph.D in Evolutionary Biology from Oxford University in the UK

Thursday, November 1, 2018

Cheryl A.M. Anderson, Ph. D., UC San Diego School of Medicine,

“Dietary Intake and Disparities in Chronic Disease Risk: Examining the Problems and Accelerating Solutions”

A healthy diet is the cornerstone of health promotion and chronic disease prevention, but a majority of the US population is not adherent to Dietary Guidelines for Americans. Additionally, the most prevalent chronic diseases are preventable and are diet- and lifestyle related. There are disparities in rates of chronic disease and death across societal groups, and it is important to understand how these disparities are created, exacerbated, and perpetuated. Although individual behavioral choices are important determinants of health outcomes; relationships, community and societal factors also affect outcomes. To improve dietary intake and reduce health disparities, comprehensive strategies that include multidisciplinary teams are needed. A greater emphasis is also needed on primary prevention of disease and risk reduction through sound diet and lifestyle strategies. 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. At UCSD, 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.



?????????

Perhaps some of you have noticed the “flickering light” atop of Urey Hall and the giant hole being dug between Mayer Hall and Urey Hall. The “flickering light” on Urey is temporary home of the newest Stuart Collection art piece. It’s permanent home will be on a 185 foot pole at ground level.

The morse code spells out the first official Morse code message.

A 185-foot pole by Los Angeles-based artist Mark Bradford, entitled What Hath God-Wrought?, will be placed in Revelle College later this summer.

The title of the art piece is in reference to the first official Morse code message in the U.S. transmitted by Samuel Morse on May 24, 1844, which is in turn a reference to the same phrase from the Book of Numbers (Numbers 23:23). Throughout the day, it will blink the phrase in Morse code. In addition to being approved by the Federal Aviation Administration, the pole off of Revelle Plaza is set to be the tallest structure on campus, replacing the Building One at The Village, which stands at 183 feet.

The meaning of opaque is unclear.

I wasn’t going to get a brain transplant but then I changed my mind.

Have you ever tried to eat a clock? It’s very time consuming.

A man tried to assault me with milk, cream and butter.

How dairy!

I’m reading a book about anti-gravity. I can’t put it down.

If there was someone selling marijuana in our neighborhood, weed know about it.

It’s a lengthy article about ancient Japanese sword fighters but I can Sumurais it for you.

It’s not that the man couldn’t juggle, he just didn’t have the balls to do it.

So what if I don’t know the meaning of the word apocalypse”? It’s not the end of the world.

Police were called to the daycare center. A 3-year old was resisting a rest.

The other day I held the door open for a clown. I thought it was a nice jester...

Alternative facts are aversion of the truth.

I used to have a fear of hurdles, but I got over it.

Atheism is a non-prophet organization.

I used to be allergic to soap but I’m clean now.

The patron saint of poverty is St. Nickeless.

What did the man say when the bridge fell on him?

The suspension is killing me.

Do you have weight loss mantras? Fat chants!

My tailor is happy to make a new pair of pants for me.

Or sew it seams.

What is a thesaurus’s favorite dessert? Synonym buns.

A relief map shows where the restrooms are.

There was a big paddle sale at the boat store. It was quite an oar deal.

Grins and Snickers

I was in the six item express lane at the store quietly fuming.

Completely ignoring the sign, the woman ahead of me had slipped into the check-out line pushing a cart piled high with groceries. Imagine my delight when the cashier beckoned the woman to come forward looked into the cart and asked sweetly, “So which six items would you like to buy?”

Wouldn’t it be great if that happened more often?

Smith climbs to the top of Mt. Sinai to get close enough to talk to God.

Looking up, he asks the Lord. “God, what does a million years mean to you?”

The Lord replies, “A minute.”

Smith asks, “And what does a million dollars mean to you?”

The Lord replies, “A penny.”

Smith asks, “Can I have a penny?”

The Lord replies, “In a minute.”

OCTOBER 2018

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

NOVEMBER 2018

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

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