

Oceanids News



UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

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GERMAN KAFFEEKLATSCH
Contact: Roswitha Enright (858)
459-7375 (renright@ucsd.edu)

CAFÉ FRANÇAIS
Contact: Hulya Saygin
hulyasaygin@yahoo.com

CINEMA SOIRÉE
Contact: Katie Boyer, ktpb@san.
rr.com; (858) 273-6505

CELLPHONE PHOTOGRAPHY
Contact: Kim Signoret-Paar,
kspaar@ucsd.edu

GARDENING WITH CALIFORNIA NATIVE PLANTS:
Contact: Judy Vacquier (858)
361-0418 or jvacq@sbcglobal.net

ZOOM

Please see inside pages for more information

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

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

CAFÉ ESPAÑOL
Contacts: Beate Menzel jrblmenzel@cox.net or
(619) 401-1557
Vicky Lindblade vlindblade@mac.com or (858)-452 1739

WINE TASTING I + II
Contact: Alicia Flores Meneses at
virginiacisne@yahoo.com or
858-353 3878

PIANO AND CHAMBER SOIRÉE
Contact: Judy Vacquier (858) 361-
0418 or jvacq@sbcglobal.net

SOUNDING BOARD
Contact: Nellie High-Iredale,
858-886 9223; nellie@nelliehigh.
com

OCEANIDS CREW 2020-2021



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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OCEANIDS ONLINE

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

E-MAIL

oceanids@ucsd.edu

Oceanids President:

NmKhillgarth@gmail.com

and also email:

renright@ucsd.edu

mwoonew@gmail.com

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Refreshment Reminder	Mary Hanson..... 858-456-1304
Sunshine Committee	Diana Vines..... 858-459-8248
SDIS	Dorothy Parker-----858-453-6351

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

I find it hard to realize that Fall Is here already. It's strange to me that in these difficult and uncertain days time goes so quickly or at least it has for me -What a spring and summer It has been!



I hope all of you are keeping well and as happy as possible in these times. It has been so interesting to me to learn the many different ways in which you have been coping with the new normal. Baking, gardening and language skills have reached new heights, and book clubs and virtual musical soirées are flourishing. Many Oceanid interest groups are very active and I hope those of you who are not involved in an interest group at the moment will take this opportunity to find out which groups are active and the interesting ways in which members are keeping virtually connected. We have an exciting list of Sounding Board speakers and I am looking forward to this lecture series. Our YouTube channel will be up soon and then you will be able to see past talks that you have missed. I am looking forward to the virtual Fall brunch on 7 November. I hope many of you will be able to attend. It's an opportunity To catch up and to hear from a student who will talk to us about their work that and how an Oceanid award helped them.

As I write this some students have begun to return to campus. I am watching with great interest how the year progresses at UCSD and wish students, staff and faculty a safe Quarter.

It is a sadness to me that as I continue into my second year as President of Oceanids that I can not meet and spend time with you, and I look forward to the time when we gather in person again. In the meantime stay safe and be well.

Nigella Hillgarth

Dear Oceanids,
We have just started processing checks and credit card payments, Mary Cutchin and Liz Johnson opening the mail and getting it all into the database, and me entering it all into my spreadsheet and taking everything to The Foundation. It is very early in the process, but I have really noticed an uptick in gifts and in the amount of gifts. People who always give are giving more.

One member wrote "too many choices! Put my money where it is needed most" and another wrote "I am sending the enclosed in gratitude for the good work you do. Keep it up and stay well"

Liz Winant, Financial Secretary



**Tired of staring at a screen?
No computer?
No printer?**

If you cannot print out the newsletter from the website we can still send it to you by snail mail. It might get there a couple of days late and it will only be in black and white. Just let me know and tell a friend.

Roswitha Enright- renright@ucsd.edu

When Extreme Social Distancing Almost Caused Tragedy

When Dave and I recently planned a wilderness excursion in our small camper van, we did so for two main reasons. We sought a secluded hiking location because we were tired of dodging joggers without masks in San Diego. Second, we wished to get off the media grid, with its reports of crisis and chaos, and into a place where we could rest in the equilibrium of nature.

We had found the perfect location, a remote campground near the Chimney Peak Wilderness in the southern Sierra Nevada mountains. The site also served as the trailhead for a remarkably scenic and little-used path down a canyon to the South Fork of the Kern River. .

All went well on the first day. After a long drive, we arrived at 4:30 PM. The next morning, I was still tired and needed to rest. Dave, however, set out at 9:30 AM, carrying enough food for a day hike

When Dave had not returned by 4:30, I started to worry that he might be caught at dusk without his headlamp. Therefore, I started down the trail with both of our headlamps, his jacket and extra water. At 5:30, I had to stop where the trail split into two because I was afraid that I might miss Dave if he came up one way and I went down the other. I waited there until dusk. By then it was clear that the Dave would have to spend a chilly night in the wild, with light clothing and little water.

The campground had no cell phone reception. In case Dave returned while I was driving for help, I loaded a lounge chair with a flashlight, Dave's sleeping bag, his warm clothes, a gallon of water, and some food that would not attract animals. By 11:30 PM I started driving in search of cell phone reception. Three hours and about 35 miles later, 911 suddenly started speaking to me and connected me to the Tulare County Sheriff's Department. There I got prompt, efficient help, even though it was now 3:00 AM.

"Return to the campground and a Deputy Sheriff will meet you there." I was told.

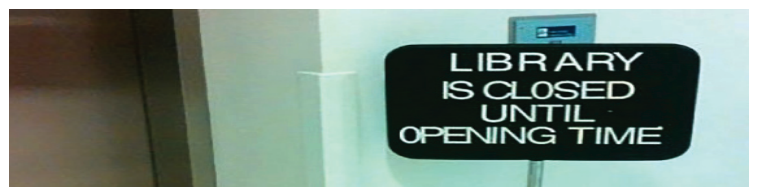
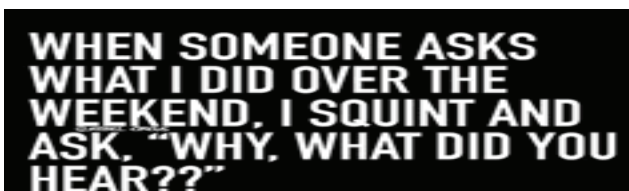
I reached the camp amid a beautiful sunrise. Deputy Sheriff Bryan Adams appeared. He had gotten up soon after 3:00 AM and had driven 2 hours over difficult roads. He said that he knew the hiking trail well, thought that he could find Dave and would start walking as soon as the light got a bit better.

I heard no more until about 10:00 am when another official truck appeared. They had found a man 1 1/2 miles down the trail. Whew! That was how I learned that Dave had been found and was alive. When Dave arrived at noon, he was walking independently. He was scratched, dirty and bloody in places, but otherwise healthy.

What happened to Dave? Briefly, he accidentally headed up a side canyon as he was trying to return to the van. He realized his error after climbing a ridge and various other explorations, but it was too late to reach the trail before nightfall. His teeth chattered much of the night. Miraculously, he found a way to sleep on his belly, lying on sand warmed from his body heat and with his backpack on his back to provide some shelter. In the morning he had to massage his legs to stop cramping, but he then could walk and managed to get close enough to the correct canyon that he heard Bryan calling. Bryan showed him how to reach the trail. Then it was just a long, slow, hot hike up a steep path to the campground.

What will we do differently next time? First, we will invest in satellite phones that work anywhere. Second, we will make sure that both of us know how to use the locator function and GPS map applications on our cell phones. Third, we may choose more accessible locations. Fourth, we may have to accept the risk levels that accompany walking in populated areas where some people do not wear masks. Fifth, we can participate in educational programs stressing that mask wearing is a courtesy to others and has decreased Coronavirus spread in many countries.

Dorothy Parker, Oceanid and SDIS liaison



Oceanids Gallery of Arts and Crafts

Oceanids News announces the opening of the Oceanids Gallery of Arts and Crafts, a virtual art exhibition space. As our membership includes many artists, we are offering Oceanids members an opportunity to show and share their creations. We encourage you to submit one of your art works, along with a short bio of yourself, to be published in our newsletter--available online to members and the public. To exhibit your work, please send a .jpg of your work and a short bio to jouren5353@gmail.com.

This issue features Liz Winant, artist and Oceanids Financial Secretary.

Oceanids Gallery of Arts and Crafts

Liz writes: "From a young age my interest was in Biology, Zoology and specifically Marine Biology. These are what I studied at college. However, I remember really enjoying having to draw any dissections that I did! Art did not feature in my life, however, the moment I retired in

2005 I started studying watercolour, and have been going to classes and working with other watercolourists ever since. In the last three years or so, I have started doing pen and ink and watercolour sketching. Since social distancing I have started meeting up with two friends and sketching and painting in and around San Diego. This is my latest, "Iden Village", sketched in Old Town Aug 25, 2020.



We not only have talented artists among our members but also thoughtful and capable writers (see next page. It would be wonderful if they would submit some piece of theirs, a short description of an interesting experience they have had, musings about our times, poems, recommendations of a book or film they have seen, the sky is the limit.

Our newsletter is somewhat cut off from the happenings at the university-- but we still like to keep in touch. Thank you.

Please send your contributions to renright@ucsd.edu



Saturday, October 17, 1:30

What's in the Air We Breathe?

Vicki H. Grassian, Ph.D. – Chair

Dept. of Chemistry and Biochemistry, UCSD

Aerosols, solid or liquid particles suspended in air, can travel long distances and affect atmospheric chemistry. This talk will highlight recent updates on aerosols and their impacts, including how they influence the Earth's climate, human health and the transmission of diseases.



For Zoom link, contact sandiegoindependentscholars@gmail.com

Saturday, November 21, 1:30

Sexuality Across the Lifespan

Erin Castelloe, M.D.



Touch, our earliest means of connecting with other human beings, remains a vital force throughout life. Yet, two important types of touch – romantic and sexual touch – are rarely focused on, or directed toward older individuals, individuals with chronic disability or illness. Dr. Castelloe will review the physical, social, and psychological changes that may impact sexuality across the lifespan.

For Zoom link, contact sandiegoindependentscholars@gmail.com

OCEANIDS INTEREST GROUPS

Interest Groups are the backbone of our Oceanids organization. They are here to meet the many varied needs of the UCSD 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.

**VERY IMPORTANT FOR ALL INTEREST GROUP Chairs: Register your event at least 7 days in advance:
Send a copy of the registration form to Beate L. Menzel : jrbmlmenzel@cox.net**

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: ??.

Aviset, Oceanids birding group, has tried several ideas, all enthusiastically supported by our Aviset members. Our next adventure will be a Zoom meeting where each participant has about 5 minutes to show photos, and talk about something "birdy" that interests them.

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 greet new members who like to read a variety of fiction and non-fiction and who value good writing and a lively discussion.

Next meetings: ???

Call chair to find out which book is to be discussed.

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. Call chair for more information.

Next meetings: ??

We will meet twice a month instead of just monthly. Alicia has been kind enough to accommodate us by hosting the meetings as she does with her Spanish classes.

CAFÉ FRANÇAIS

Contact: *Hulya Saygin* hulyasaygin@yahoo.com

Dear Francophiles;

Please call chair about the next zoom meeting.

CELLPHONE PHOTOGRAPHY

Contact: *Kim Signoret-Paar*, kspaar@ucsd.edu

The group meets at a designated home on the second Thursday of each month at 11am for discussion and sharing of our cellphone photographs. Activities, such as field trips, will be communicated to the group's email list. For more information, please contact

Next meetings: ??

*The Cellphone Photography Group is meeting on Zoom monthly – the 2nd Thursday of the month at 11 am. We share photos and tips about taking photographs with our cellphones. In August we have started to use a website/book for our projects: "Seeing Fresh: The Practice of Contemplative Photography" <http://seeingfresh.com/> If you are interested in joining us, contact *Kim Signoret-Paar* kspaar@outlook.com*

CINEMA SOIRÉE

Contact: *Katie Boyer*, ktpb@san.rr.com; (858) 273-6505

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 Katie.

Next meetings: ??

*The Cinema Soiree bunch is watching movies on Netflix or Prime and holding our meetings via Zoom. Interest is good and an amazing number of movies is available on those 2 sites. We are enjoying being able to stay in touch. We are lucky to have a Zoom connection that accommodates an unlimited number, so if anyone is interested in joining, contact *Katie Boyer* at ktpb@san.rr.com.*

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 meetings: on hiatus

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.

Next meetings: on hiatus

GARDENING WITH CALIFORNIA NATIVE PLANTS:

This is a new interest group focusing on learning how to use California native plants in our gardens to attract wildlife, birds, butterflies and pollinators, and to reduce the need for water and chemicals. We will meet at each others' homes, and take field trips to local nurseries, public and private garden tours, plant workshops, and more. Contact *Judy Vacquier* at jvacq@sbcglobal.net for details.

Next meeting:??

The Gardening with California Native Plants group met by Zoom since the shutdown. We took photos of our native plants and shared them on Zoom. We plan to meet again soon.

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: ??

We are meeting for our German conversation per zoom on the 3rd Tuesday of each month at 3 pm. If you want to join us please contact Jim Bunch (858) 453-5765 for the zoom information.

GOURMET GROUP

Contact: Susan Starr (858) 455-1630 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: on hiatus

HIKING IN AND AROUND SAN DIEGO COUNTY

Contact: Jim Bunch (858) 453-5765

We need drivers to take interested hikers to the start of the hikes. If you are interested in hiking please call the chair. If there are going to be enough drivers the hike will be on.

Next possible hikes: on hiatus for lack of drivers.

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: on hiatus

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: on hiatus

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.

Next meetings: ??

The Piano and Chamber Music Soiree has been meeting monthly by zoom Attendance has been maximum, and we've been meeting for three hours each time. Members

record their piece using Voice Memos, or the video camera on their cell phone, and send it to Michael, who acts as our emcee. Also, our former member Martine, who moved to Texas, can attend now!

Next zoom meetings: Call chair.

SOUNDING BOARD

Contact: Nellie High,-Iredale: 858-886 9223; nellie@looklajollahomes.com

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

TAPAS ON THURSDAY

Contact: Barbara Bank <bbank@ucsd.edu>

This is a new interest group. We meet at noon on the third Thursday of the month to enjoy tapas and conversation. Depending on the number of members at the monthly gathering either half or all the attendees bring tapas to share. We have enjoyed new and delicious treats and best of all enjoyed the delightful company of fellow Oceanids. If you would like to join our group, please contact the chairperson.

Next meetings: on hiatus

WEDNESDAY COFFEE

Contact: Georgina Sham 858-459-1336

Mary Woo (858) 481-6998 & (858) 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 next to the former International Center parking lot, at parking lot P 416.

Next meetings: on hiatus

WINE TASTING I

Contact: Alicia Flores Meneses at virginiacisne@yahoo.com or 858-353 3878

WINE TASTING II

Contact: Barbara Scholz (858) 350-6014 or bscholz@hotmail.com
Exploring the taste sensations of a new wine or an old vintage, this group meets on Fridays or Sundays. Members rotate as hosts. This group is again open to new members.

Oktoberfest Beer Tasting meeting hosting by Alicia using Zoom on Friday 9th at 7:00 pm.. At your place you will have a bottle of the beer that you selected and get the following information: brand, year, properties, price, and store where you buy it. You will try your chosen beer and rate it from 1 to 4 during our 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: on hiatus

OCEANIDS FALL “BRUNCH”
SATURDAY, NOVEMBER 7, 2020

Oceanids members will again gather in the Fall to welcome the new academic year but with a bit of a change – we will meet on Zoom on November 7 at 1 pm. The link to the meeting will be sent a week before the meeting and again the morning of the meeting.

Our “brunch” program includes hearing from one of our six Oceanids Undergraduate Service Award recipients and our interest group chairs will talk about the many activities that are currently happening. A special treat will be a sneak preview – a virtual tour – of the new Craft Center with the newly-appointed director, Annika Nelson. Scheduled to open in early 2021, the center will offer old favorites like ceramics, jewelry making and woodworking, while introducing new programs, such as surfboard shaping and culinary arts. Classes and open studio time will be available to all of us (with convenient parking).

Visual artist and designer Annika Nelson has been chosen to lead the new 11,000-square-foot UC San Diego Craft Center, the long-awaited return of a beloved creative community hub. Her career has been dedicated to forging connection and inspiring creativity. She earned a bachelor’s degree in studio art from UC Santa Cruz and went on to study printmaking at the University of Applied Arts in Vienna, Austria. Annika served as the studio program curator and art director for the Children’s Museum in San Diego/Museo de los Niños. Most recently, she worked with a team of instructors and program managers to provide courses in photography and fine art at UC San Diego Extension, eventually overseeing a department whose portfolio included arts, humanities, languages and digital arts. She was also an instructor at the original Craft Center. We look forward to seeing you on November 7. If you have questions, please contact 1st Vice President, Kim Signoret-Paar, kspaar@outlook.com.

View of the new Craft Center





COLOR – Cellphone photographers left to right starting at the top: Nigella Hillgrath, Martha Dennis, Janet Goff, Ursula Moede, Thespine Kavoulakis, Liz Bonkowsky, Kim Signoret-Paar, Barbara Bank, Nancy Groves

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. Due to the COVID-19 restrictions, we are adapting to meet online Via Zoom. FOR INFORMATION please call Nellie High-Iredale 858-886-9223

Special Sounding Board Presentation

Thursday, November 5th., 2020, 12:00 pm. Online via Zoom, please click this link to join:

<https://ucsd.zoom.us/j/92792356272?pwd=NGpaYkpqL0pubEdrR2FMcGdtS2JZQT09>

Meeting ID: 927 9235 6272 Password: 453751

Ross Frank, Ph.D., Associate Professor Department of Ethnic Studies, UCSD

“Picturing History: Plains Indian Ledger: Drawings and World View”

Ledger drawings derive their name from the accounting ledger books that were used as a source of paper by the Plains Indians in the late 19th century. The narrative drawings and paintings made by Plains Indians using this medium, referred to as “ledger art”, represents both an extension of earlier biographic and pictographic work and a new artistic form for Plains Indians. Its early development and adoption among Plains tribes is contemporaneous with their forced reduction onto government reservations, roughly between 1860 and 1890.

Our introduction to Plains Indian Ledger Art will discuss how it functions as graphic form, both as a visual formation embedded with historical meaning, and as an art form that audiences today find remarkably accessible, impactful, and compelling. Professor Frank directs the Plains Indian Ledger Art Digital Publishing program (plainsledgerart.org), which creates and curates an image database of known books of ledger drawings.

Professor Frank received his B.A. degree in History in 1980 from Yale College. He went on to complete a second B.A. in History where he was awarded First Class Honours at Merton College, Oxford on a Rhodes Scholarship. In 1983 he entered the History Ph.D. program at the University of California, Berkeley in 1983, receiving his doctorate in 1992.

Dr. Frank began teaching in 1991 as the Landmarks Assistant Professor of History at the American University in Washington, D.C., on a two-year joint appointment shared with the National Museum of American History. At the Smithsonian he worked as a consulting historian for the American Encounters exhibition. He began his appointment at the University of California, San Diego in 1992 as an Assistant Professor in the Department of Ethnic Studies.



I'm not adding this year to my age, I did not use it.

WHY DO EGGS COME IN FLIMSY STYROFOAM CARTONS AND BATTERIES COME IN A PACKAGE ONLY A CHAINSAW CAN OPEN?

WELCOME NEWCOMERS!

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

RETURN SERVICE REQUESTED

OCEANIDS IS AN OFFICIAL SUPPORT GROUP OF THE UNIVERSITY OF CALIFORNIA, SAN DIEGO, PROMOTING FRIENDSHIP AND SHARED INTERESTS, OPEN TO ALL WHO ARE INTERESTED IN THE SUCCESS AND WELFARE OF THE UNIVERSITY OF CALIFORNIA.