Oceanids News

UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

VOL. LIX No. 4 April/May 2022

Spring Membership Luncheon 2022

Thursday, May 26, 2022

11:00 am – 11:45 pm Social Hour

11:45pm – 1:30 pm Luau Lunch Buffet

Guest Speaker

Oceanids Fellows and Undergraduate Scholars



Election of Officers

South Pacific Room **Bali Hai**2230 Shelter Island Drive,
San Diego

Cost \$25.00 per person

SEE ALSO PAGE 3

RSVP by Wednesday, May 18 After that date the cost is \$30.00 per person

	Cut here	
Name:	Guest:	
	Amount enclosed \$	

Please make check payable to Oceanids

Checks to be mailed to Kim Signoret-Paar, 903 Muirlands Vista Way, La Jolla, CA 92037

OCEANIDS CREW 2021-2022



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, MC0049 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

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NmKhillgarth@gmail.com
and also email:
renright@ucsd.edu
mwoonew@gmail.com

BOARD OF DIRECTORS

Honorary Chair	Thespine Kavoulakis, Associate of the
Tionorary Chan	Chancellor
President	Nigella Hillgarth858-228-0446
*Oceanid of the Year"/Maxi	
Immediate Past President	Kim Signoret-Paar858-395-9060
President Elect	TBD
1st Vice-President	Kim Signoret-Paar858-395-9060
(Fall Brunch, Spring Lunch)	M C 11: 050 450 0074
2nd Co-Vice-Presidents	Mary Cutchin 858-459-8074
(Membership, directory up	
Recording Secretary	Mary Hanson 858-456-1304
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	Georgina Sham858-459-1336
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Graduate Scholarships	Liz Winant858-481-7447
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Copy Editor	Judy Vacquier858-361-0418
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1	Jan Ouren858-273-1681
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Retirement Association Liaison	
Historian	TBD
Refreshment Reminder	Mary Hanson 858-456-1304
Sunshine Committee	Diana Vines858-459-8248
SDIS	Dorothy Parker858-453-6351
	J

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.

The board meets via zoom for the time being. Call Nigella for link.

President's Message

Dear Oceanids,
Spring is here and
after the recent rains
gardens are blooming, and hope is in the
air as we are able to
attend more events,
and I look forward to
seeing many of you at
our Spring Luncheon
in May. For those of you
who are visiting cam-



Nigella

pus regulations are changing and masking is now optional except in classes, clinical settings and on university transportation. Please check on the website Return to Learn for updates before going to campus as circumstances may change: https://returntolearn.ucsd.edu/. Do take advantage of our wonderful interest groups that are detailed in this newsletter. Even if you are an active member of one or more groups it is a good time to think of joining another as well! Although Oceanids is a support organization for UCSD - providing important awards and scholarships for students plus giving a helpful welcome to visiting scholars— we are also a community that comes together through our interest groups and our events. Sounding Board will be virtual until the Summer and then, hopefully, in person again in the Fall. Take care, be well, and have a wonderful Spring.

At the Spring Luncheon we will once again feature the famous Grab N Go table during the social hour and at the end. Bring your collectibles, new or gently used jewelry, scarves, curios from your travels, etc that you no longer want but are too nice for the second hand shops. We will sell them at the G n G table to our fellow Oceanids for bargain prices. All proceeds go to the Oceanids General Fund. Bring cash or your checkbook and find gifts for yourself or family and friends. Items are usually \$1, \$5, \$10. You can bring items to the luncheon or deliver to Judy Vacquier the week before. This is always a popular part of the luncheon!

UCSD Oceanids Board Slate 2022 - 2023

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President - Elect TBD

First Vice President Marion Spors Second Vice President Mary Cutchin

(Membership)

Recording Secretary Mary Hanson

Treasurer Kim Signoret-Paar

Financial Secretary Liz Winant

Nominating Committee*

Olivia Dorman Bev Douglas (alter-

nate)

Steve Leon (continu-

ing)

Susan Starr

*Two additional board members will be elected at



LOVELY BALI HAI



So jump at thchance !!

Journey to Antarctica, February 2022.

I recently came back from a trip to the Antarctic Peninsula. It is a place of startling natural beauty surprisingly full of color and sound. It was my fourth visit to this magical continent, and it was as wonderful as ever! I was invited to lecture on a ship, the SH Minerva. It is a brand-new ship made in Finland, full of Scandinavian comfort, and built for polar exploration! Getting to the ship was the hardest part in this time of covid. I flew from Miami to Buenos Aires and from there to Ushuaia in Tierra del Fuego at the bottom of Argentina. During the two weeks I was tested for the virus 6 times and we wore masks everywhere, including on the ship, but I was well the whole time and It was wonderful to be travelling again!

As some of you may know, I love penguins and used to study them, so it is always such a treat to see them in the wild as well as all the other wildlife in the land of snow and ice.



There was a serious side to this trip as well. Climate change is already impacting Antarctica. This vast continent is warming as the ocean and air around it heats up, and the huge buttresses of ice attached to the land and still floating on the sea are melting and breaking away. The thick layers of thousands of years old ice are making their way to the sea faster as a result, and sea level is rising as this ancient water trapped on land goes into the ocean.

Nigella Hillgarth

Just picked up my social distance support animal.



Hello Oceanids.

Here are the latest updates for adding to your Directory.

We welcome a new member -Karen Hirschfeld H – 858-459-6760; C – 858-882-7141; Email – kshirschfeld@gmail.com

Updates

Feroza Ardeshir – C – 858-349-5280

Caroline Isaacs – C – 858-525-5786

Miriam Kastner – new address

H - 858-246-6485; C - 858-699-8765

Dorothy Parker – new address

Elisabeth Smith -

Email: egsmith99@hotmail.com

Mira Vendler – c/o Alex Vendler, new address

Olivia Werner -

Email – owerner@gmail.com

Tzu-Mei Yip – new address

Best regards,

Mary Cutchin / Liz Johnson UC San Diego Oceanids Membership

Mary cell 858 729 3888 –

Email: marycutchin@gmail.com

Liz - cell 503-504-8564 -

Email: lizlenj@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: jrblmenzel@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: April 11 and May 9.

Aviset, Oceanids birding group, has tried several ideas, all enthusiastically supported by our Aviset members. The group meets on the second Monday at 10am.

NEW INTEREST GROUP:

BOOGIE BOARDING BUDDIES

Contact: Liz Fong Wills Ludditelizfong@gmail.com

See page 8

BOOK GROUP

Contacts: Janet Goff (760)753-3472, Liz Winant (858) 481-7447 We are still Zooming on the second Tuesday morning of every month at 10 AM. We are happy to welcome new members who enjoy a variety of fiction and nonfiction and who value good writing and a lively discussion. Please join us.

Apr 12 The Meadow by James Galvin. 1992 240 pages May 10 Family Happiness by Leo Tolstoy 1859 214 pgs. June 14 Remains of the Day by Kazuo Ishiguro 1989 258 pages

July 12 Admiring Silence by Abdulrazak Gurnah 1996 217 pages

Since Abdulrazak Gurnah won the 2021 Nobel prize, his works are hard to come by. New copies of Admiring Silence available from Bookfinder (about \$10) are cheaper than the used ones (\$13)! SD City Library has an ebook available and one hard-copy; 8 hard copies are on order. The County has three copies and an ebook.

Aug 9 Either Education by Tara Westover or Heartland by Sarah Smarsh

Next meetings: Apil 12 and May 10.

CAFÉ ESPAÑOL

Contacts: Alicia 858 353-3878

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: Now on zoom! Apr 14+28, May 12 +26.

CAFÉ FRANÇAIS

Contact: Anne-France Saillot, af.saillot@gmail.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 Kim.

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.: We are still meeting on zoom.

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 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

Contact: Judy Vacquier (858) 361-0418 or jvacq@sbcglobal.net This group will meet in April. Contact Judy Vacquier for more 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

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: Call Mary.

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.

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. We may now try meeting in small groups to zoom, so at least we get to hear some of the music live.

Next meetings. April 24 and May 29.

SOUNDING BOARD

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

Sounding Boards are always on the first Thursday of the month at noon on zoom for now. See page 9 for details.

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.

Next meetings: on hiatus

WEDNESDAY COFFEE

Contact: Georgina Sham 858-459-1336 Mary Woo (858) 481-6998 & (858) 336-3642 (cell) Jennie Chin enjien1@hotmail.com

Come join our social group of Oceanids, newcomers, postdocs, students, and their children for refreshments at the International Center every Wednesday, 10am-12 noon during the academic year. You'll make friends and learn strange and wonderful American customs.

Visit the KITCHEN EXCHANGE where newcomers can rent kitchen, household, and baby equipment for a small fee.
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.

Wine Tasting meeting hosting by Alicia using Zoom. At your place you will have a bottle of the wine that you selected and get the following informatione: brand, year, properties, price, and store where you buy it. You will try your chosen wine and rate it from 1 to 4 during our meeting. Call chair for more information.

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 at 2pm

Next meeting: Call Bev..



Oceanids Gallery of Arts and Crafts

By Jan Ouren

Last year, Oceanids News opened the Oceanids Gallery of Arts and Crafts, a virtual exhibition space. This issue features **Judy Vacquier**, **Ph.D**., an Oceanid and watercolorist.

Trained in microbiology and working in biotech as a virologist for many years, after retirement Judy started drawing, then painting. She is known to many of us through Oceanids. She joined Oceanids in 2000 and was President for three years. She has been involved recently on the Nominating Committee and as the Interest Groups Coordinator.

Influenced by her ceramicist father and his well-known friend, the artist Rex Brandt, Judy chose to work in watercolors because of their unique qualities: the way they flow and grab the paper, as well their transparency. She works both plein air and from photographs she takes. She has had two exhibitions at the Retirement Association and sells her work through Facebook.

Below, Judy shows us four of her watercolors, titled as follows (clockwise):

The Radish Vendors (10.5x14 in), from a photograph in a Mexican market

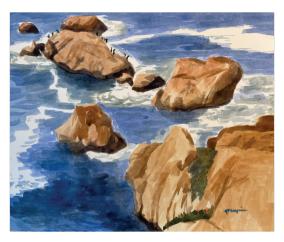
Green and Red Orchid (7x9 in), from one of her own orchids Rocks at Bodega Head (10 x 13 in)

Morning at Ocean Beach (10 x 13 in)









To contact Judy about her work, please contact her at jvacq@ sbcglobal.net. The above paintings are for sale.

We encourage members to submit one of your art or craft works, 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 artist's statement, to jouren5353@gmail.com.

New Oceanids Interest Group: Boogie Boarding Buddies!

Since September a small group of us have been boogie boarding together at La Jolla Shores (see photo). If you love boogie boarding and are interested in joining us, we are going to gather on certain sunny Saturday mornings and/or Sunday mornings at 11 am at 8310 El Paseo Grande in La Jolla Shores. The choice of day depends upon many things like the air and water temperature, when the last rains happened, rip currents, size of surf. Let me know if you are interested and I will do my best to give you accurate information about the dates (Saturday or Sunday) by Thursday night (2 or 3 days before). I will need your email address and your telephone number for last minute changes.

Please wear an appropriate wetsuit (heavy for winter, light or lycra skin for summer), booties (for some protection against stingrays) and bring your boogie board. You can leave your fob and driver's license (no purses) with my husband Chris who will be working at home. We walk two blocks to the beach and boogie board south of the main lifeguard station In the summer, we boogie board in front of the lifeguard station at SIO when the lifeguards are there and where the waves are Although we try to boogie board yearbetter. round, most of us are wimps and do not go if the temp goes below 57 degrees Fahrenheit. gie boarding is like walking on the beach: it is never boring! In January I was close enough to see without my glasses a California grey whale spouting! Barbara's eyesight is much better and she has watched three dolphins frolicking nearby. We often see seals swimming along, watching us intently and looking like they want to play!

Approximately once a month, we will go to our own homes to shower and then meet at a designated restaurant that has outdoor seating for a late lunch. Giovanni is particularly keen on helping an Italian restaurant in Barrio Logan stay in business, so we have gone to this Michelin rated restaurant several times. We have also gone to less expensive places (two different Japanese restaurants in Del Mar and Kearny Mesa, another Italian restaurant in South Park and a Mexican restaurant in Del Mar). Lunch is totally optional and partners are

welcome to join us if the numbers are not too great.

If interested, please email and let me know if you plan to join us or if you have questions: lizfong2@ gmail.com Werealizethatparkingmaybeachallenge and ask you to meet us at the beach if you are late. e.

Liz Fong Wills

We might try the weekend of April 9/10. If you are interested, please email me at

Ludditelizfong@gmail.com



I found a plumber that works around the clock



SOUNDING BOARD

•Sounding Board is a series of seven lectures during the academic year, the first Thursday of the •month at 12 noon. Sponsored by UC San Diego Oceanids and the UC San Diego Faculty Club. Due • to the COVID-19 restrictions, we are meeting online via Zoom, free of charge.

The waiting room opens at 12:00 noon. The presentation starts at 12:10 pm

Thursday, April 7, 2022

Noon online via Zoom, please click this link to join: https://ucsd.zoom.us/j/2392094686

Eugene Iredale, Attorney

"We need a new Sheriff in town"

Last year eighteen people died while in custody in San Diego County jail. On February 3, 2022, the state auditor released a study that faulted the Sheriff's department for significant failures to provide security and medical care. In a recent wrongful death case,

a San Diego jury returned a large verdict after finding the sheriffs liable for excessive force. Eugene Iredale will discuss the federal civil rights statutes and the need for police reform in our county.



Gene Iredale is an honors graduate of Columbia College and Harvard Law School and has been in private practice for over twenty-five years. Gene has lectured all over the United States on trial practice, having taught at the National Criminal Defense College, and lectured to The National Association of Criminal Defense Lawyers, California Attorneys for Criminal Justice, and California Public Defenders Association, among others. Gene has been listed for over twenty years in Best Lawyers in America (white-collar criminal defense and non-white collar criminal defense).

Thursday, May 5, 2022 Noon online via Zoom, please click this link to join: https://ucsd.zoom.us/j/2392094686



Michael Ziegler, MD, Professor Emeritus UCSD

"Gravity:from Aristotle to astronauts"

Aristotle'sopinion about what causes gravity lasted for 2000 years until Galileo. Newton and Einstein changed how we think about a universe held together by gravity. It has taken space flight to show us how important gravity is to our health.

Michael Ziegler's blood pressure clinic treats patients with postural hypotension—people who have lost the ability to maintain their blood pressure while standing. He has carried out research with NASA for many years on helping astronauts cope with the change from gravity to weightlessness and back.

MOVIES ANYONE?

About twelve years ago at a Moveable Feast ll dinner, Rosie Enright buttonholed me and wondered why Bill and I weren't attending the Movie Group. "Um...Err...Ah...I guess we've never thought of it". So we joined and continued until his death; I'm still participating.

The Cinema Soiree, its official name, was formed in the late '90's by Laurette Verbinski, Zella Brown, Suzanne Angelucci and others. It works like a book club; we all see the current film choice at our leisure and get together on the second Sunday evening of the month to discuss the movie, the actors, the sound track, the direction - all aspects we can think of. Covid changed this, of course. Now we watch films available on Netflix (for the most part) and Zoom our meetings.

There are about 25 names on the email list. 10 - 15 usually show up although the numbers are down a bit because of the plague. Many of the films are foreign and use subtitles. Sometimes we delve into the Netflix archive for a little known goody. I'm thinking of "My Happy Family", a Georgian film (Back in the USSR Georgia, not the Peach state). Others are current at the time such as "Power of the Dog" and "Tick, Tick, Boom" which is April's selection. We are a friendly, varied bunch...Europeans, US Americans, Latin Americans...mostly oldish, more women than men. We bring our lives and our movie-going experiences to our talks. There are varied opinions on family life, civic and political activities, historical events, religious and cultural views. We try not to interrupt each other but aren't always successful. Go watch "Tick, Tick, Boom" and join us on April 10th.

Ianet Goff

(if interested call KT, (858) 273-6505)

More from Avi Set

Our birding group explores various locations around San Diego county, all of them beautiful and different. At the last meeting at Kit Carson Park we saw 30 species of bird, and you do not have to be an experienced birder to enjoy being out in nature.

Among the birds we saw were:

Photos by Kim Signoret-Paar

Red-tailed hawk



Black phoebe





California towhee





APRIL 2022 (mostly on zoom)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				BOARD MEETING		
				Sounding Board	Wine Tasting	
3	4	5	6	7	8	9
Cinema Soireé	Avi Set Birders	Book Group		Café Español Cellphone Photography		
10	11	12	13	14	15	16
		Kaffeeklatsch				
17	18	19	20	21	22	23
Piano and Chamber Soireé				Café Español		
24	25	26	27	28	29	30

MAY 2022 (mostly on zoom)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				BOARD MEETING Sounding Board		
1	2	3	4	5	6	7
		Book Group		Cellphone Photography	Wine Tasting	
8	9	10	11	Café Español 12	13	14
Cinema Soireé	Avi Set Birders	Kaffeeklatsch				
15	16	17	18	19	20	21
Piano and Chamber Soireé				Café Espanol		
22	23	24	25	26	27	28
29	30	31				

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.