WHAT DID THE OLD YEAR BRING FOR OCEANIDS?

INTEREST GROUPS ON ZOOM:
BOOK GROUP, CAFE ESPANOL, CAFE FRANCAIS, CELLPHONE PHOTOGRAPHY, CINEMA SOIREE, GERMAN KAFFEKLATSCH, PIANO AND CHAMBER SOIREE, SOUNDING BOARD, WINE TASTING

BOARDMEETINGS ON ZOOM

AND A WONDERFUL OUTING AT THE NEW MINGEI MUSEUM

AND WHAT ABOUT 2022?

WHO KNOWS?

WE HOPE MORE MEETINGS IN PERSON,
AND A SPRING LUNCHEON ON THURSDAY, MAY 19 FOR ALL MEMBERS AT THE BALI HAI RESTAURANT WITH GOOD FOOD AND INCLUDING RECIPIENTS OF OCEANIDS’ SERVICE WARDS
OCEANIDS CREW 2021-2022

BOARD OF DIRECTORS

Honorary Chair
Thespine Kavoulakis, Associate of the Chancellor

President
Nigella Hillgarth.............858-228-0446

*Oceanid of the Year”/Maxine White Award
Immediate Past President
Kim Signoret-Paar.........858-395-9060

President Elect
TBD

1st Vice-President
Kim Signoret-Paar.........858-395-9060
(Fall Brunch, Spring Lunch)

2nd Co-Vice-Presidents
Mary Cutchin.............858-459-8074
(Membership, directory updates)

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Mary Hanson..............858-456-1304

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Jim Bunch.................858-453-5765

Financial Secretary
Liz Winant................858-231-1496

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Jan Ouren (cont.), Steve Leon, Judy Vacquier,
Liz Bonkowsky, Beate Menzel,
Roswitha Enright

Corresponding Secretary
Liz Bonkowsky.............858-458-0879

Parliamentarian
Barbara Bank..............858-484-4597

Interest Groups Coordinator
Judy Vacquier.............858-361-0418

Newcomers
Liz Fong Wills.............858-454-6858
Georgina Sham.............858-459-1336

Undergraduate Service Awards
Kim Signoret-Paar
Graduate Scholarships
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Mary Woo..................858-481-6998
Newsletter Editor
Roswitha Enright.........858-459-7375
Copy Editor
Judy Vacquier.............858-361-0418

Sounding Board
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Campus Focus Events
Carole Ziegler.............619-297-0798
Jan Ouren...............858-273-1681
Emeriti Association Liaison
Kim Signoret-Paar........858-395-9060
Retirement Association Liaison
Nancy Groves.............858-453-6486
Historian
TBD
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.
The board meets via zoom for the time being. Call Nigella for link.
President’s Message

Dear Oceanids,

As we come to the end of 2021 I wish you all very happy holidays and a good New Year. Even though this year has been easier in many ways it has been very frustrating that Oceanids has again not been able to come together in person as in normal times, although I am delighted that many of our interest groups have managed to meet either virtually or in person. It was wonderful that and some of us were able to gather in Balboa Park for a wonderful tour of the newly reopened Mingei Museum.

With all good wishes and hope for a better year in 2022.

Nigella

The COVID rules are updated every Wednesday. These are the rules as of November 25.

On Campus:
   - **Outdoors**: Masking is encouraged by not required.
   - **Indoors**: All must wear masks. The fully vaccinated may remove masks when eating and drinking. The unvaccinated may remove masks when eating and drinking when physically distanced from others.

Off Campus: San Diego County Covid rules apply: Masks are recommended for all indoor public settings. Masks are required on public transportation, indoors K-12 settings, senior centers, healthcare settings, detention centers, homeless shelters.

Jim Bunch

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**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 MC 0049, LA JOLLA, CA 92093-0049
Art first, Lunch later
Thirty-one Oceanids participated in a docent led tour of the $55 million transformed Mingei Museum in Balboa Park Wednesday, November 17. The morning began when Vice President Kim Signoret-Paar invited members for coffee at the Mingei’s Craft Café. There, our President, Nigella Hillgarth, welcomed us. The members toured the newly reopened museum of folk art, craft and design for an hour as museum docents (the lead docent was member Olivia Dorman) led groups of members on a tour of the Humble Spirit folk art exhibit. In that exhibit, members saw objects culled from the museum’s permanent collection. Oceanids members also viewed objects from the extensive folk art collection of the late Ted Cohen, exhibition designer for the Oakland Museum of Art. Our members got a peek at the architectural renovations and the newly commissioned works scattered throughout the newly designed museum. They admired the old favorites, such as the Chihuly chandelier, highlighted in the light-filled tower, and Wednesday’s Palace, a favorite of both children and adults. At the conclusion of the tour, Kim Signoret-Paar invited members to lunch at the park with their friends. Some chose to lunch at the Artifact Restaurant, inaugurated that very day at the Mingei; others chose The Prado or grabbed a sandwich at the Craft Café. After lunch, some members returned to further enjoy the folk art or browse the Mingei gift shop. For some, the museum visit was a first; for others, it was a chance to see the renovations; but all left pleased with the unique approach to our traditional Fall luncheon, version 2021.

Olivia Dorman
Importants News from Oceanids Interest Groups

These days The Mighty *Oceanids Book Group* is stumbling around between Zoom and in-person meetings on someone’s patio. This changes daily, it seems. We also are quite reduced in number and would benefit from the participation of you and your friends. Next meeting is December 14.

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

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.

*Couples Bridge and Oceanids day-time bridge meetings* are on hiatus until the University allows indoor meetings.

There is the very little news from the *French group*. We had all last year in Zoom meeting. Some of our members missed the in person meetings but others, mostly living a little further away or still being very busy otherwise, appreciated the practicality of the zoom.

*Gardening with California Native Plants* has been meeting by zoom. We took a break during the summer, when most CA plants are dormant and not much is happening in the garden except deadheading finished blooms. We will have a zoom meeting on a Monday morning at 10 am by zoom, TBA by chair Judy Vacquier when it cools off and we can think about fall planting.

“No events on campus until after October 31” applies to the *Kitchen Exchange and all the Newcomer activities.*

The *Moveable Feast II* is not meeting. We’ll plan a Zoom meeting in the fall. And, as soon as possible, meet in person!

The *Piano Soiree* is still meeting by zoom the third or fourth Sunday of each month at 3 pm. Michael Gorman is acting as “disc jockey,” putting together a program from the recordings we send him and playing our pieces after we each introduce our piece. People make comments during the piece in “chat” and applaud and comment after each piece. We have enjoyed meeting once a month by zoom throughout the pandemic. It has given everyone an anchor during the isolation and beautiful music to perform and listen to once a month. The next meetings will be December 19; January 23. We may decide to go back to meeting at each others’ homes so check with chair Judy Vacquier each month.

*Wine Tasting I and II*  
We are planning our December virtual meeting at December 10. As always, we will send out a reminder email a week before the meeting, please call chair to verify.  
Alicia Meneses
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: December 13 and January 10.
Aviset, Oceanids birding group, has tried several ideas, all enthusiastically supported by our Aviset members. The group meets on the second Monday at 10am.

BOOK GROUP
Contacts:  Janet Goff (760)753-3472, Liz Winant (858) 481-7447
At the moment, we Zoom meet on the second Tuesday morning of every month at 10 AM. Everyone is welcome; we are happy to greet new members who like to read a variety of fiction and nonfiction and who value good writing and a lively discussion. Please join us.
Date   “Title”   Author / Host / Reviewer
Dec 14 “Retablos” by Octavio Solis / Zoom / Steve Leon
Jan 11 TBA / TBA / TBA More info forthcoming.
See page 5

CAFÉ ESPAÑOL
Contacts: Beate Menzel jrblmenzel@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 will 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: Please call Alicia 858 353-3878.
See page 5

CAFÉ FRANÇAIS
Contact: Hulya Saygin hulyasaygin@yahoo.com
Dear Francophiles;
Please call chair about the next zoom meeting. See page 5

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.
See Page 5

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: December 12 and January 9

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:
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.
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.
See page 5

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.
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. Piano soirée is still meeting by zoom. Next meetings are December 19 and January 23 at 3 pm. See page 4.

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 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. 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 virginiacasne@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 information: 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. See page 4

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: December 22 and January 26.

Oceanids Gallery of Arts and Crafts is on hiatus
International Travel is not for the fainthearted or for old folks with not much IT savviness. Nevertheless, my sister and I were determined to make a trip to Europe this year. Not only we, but family and friends were also getting older and who could tell whether there was going to be a next year for us or for them?

How difficult could it be?

Problem #1, I discovered that my passport had expired a couple of months ago. Renewal information sounded ominous: websites hinted at long renewal times of 6 months or more. I sought help at an internet organisation, much to the chagrin of my very cautious son, but it worked. I did have my passport 3 weeks before we left. Problem #2: The overseas flight I had booked in May got cancelled, but, will wonders never cease?, I got a live person on an airline phone who was competent and booked everything I needed. Information on Covid and different entrance requirements to the 4 countries we were hoping to visit, changed weekly. Okay, we got the Covid test and results within the required 3 days before departure.

Problem #3: Our first stop, Portugal required an entrance permit which I had been able to fill out at home although it took me about 3 or 4 times because of miniscule mistakes I had made. But, finally a print-out was in the trip folder.

Problem #4: At last we were at the SD airport. At the gate area we found a long line of desperate and confused passengers and only one exhausted and cranky airline employee to help. People were trying frantically to put in the required documents into their cell phones. Our print-outs had to be carefully checked. Of course, we were supposed to have everything on the phone, in QR code. We took a deep breath when we were finally permitted to enter the plane. The days in Lisbon with brother and sister-in-law were lovely and included a 10-mile hike through deep sand, alas, atop a magical wild coastline.

Problem #5: Next stop was Mallorca/Spain. Again we had to have a permit to enter the country which was new to us. Again applications were only possible online, aka through the cell phone. After some nervous tries we finally got paper forms which nobody wanted to see afterwards.

Problem #6: Our trip to Oslo had been nixed before we left, because I “as an American was not allowed into the country- unless I had relatives there“. Explain that one to me.

The days in Munich and Austria with our sister were full of beautiful fall colors, nice walks and good dinners.

Hamburg was our last city to visit. We had a full program of visits, using the excellent public transport system.

Finally it was time to go home again. This time (according to the available information) we only had to take a covid test within 24 hours of departure, which was efficiently done at the airport. But then...

Problem #7: When we got to the Portuguese airline counter to check in we were harshly reprimanded for not having an entrance permit to Lisbon where we had to spend the night. No, there was no other way than through the internet. After at least three rejections I got furious. And, surprise, a different agent pulled out two forms which we were filling out on the plane and, of course, nobody collected or looked at ever.

Problem #8: The last hurdle came at the airline counter in Lisbon next day: we had to return via Toronto and Chicago to San Diego. I collected my three boarding passes, but my sister who is a legal US resident had to have a visa for Canada. Again, my cellphone and I got together, filling out the application, paying $7 online per credit card to the Canadian government and were finally allowed in. Can anyone be surprised that we were glad to be home again?

And still it was worth it, seeing the people who mean so much to us.

Roswitha Enright
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, December 2, 2021
via Zoom, please click this link to join: https://ucsd.zoom.us/j/2392094686

Edith Eger, Ph. D. Author, Clinical Psychologist

“Inviting people to be in the present and learn from the past”
An invitation to reflect on the importance of empowering each other to form a human family despite our differences
A brief chat about the 6th. of January events
How can we evolve rather than revolve and learn from history

A native of Hungary, Edith Eva Eger was just 16 years old in 1944 when she experienced one of the worst evils the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz. Her parents lost their lives there. She and her sister survived even though they were subjected to horrible treatment by Dr. Josef Mengele and survived the Death March in Austria. In 1949 she and her young family moved to the United States. In 1969 she received her degree in Psychology from the University of Texas, El Paso. She then pursued her doctoral internship at the William Beaumont Army Medical Center at Fort Bliss, Texas. She has spent much of her professional time working with members of the military helping them to recover from, and cope with, the ongoing effects of PTSD.

Dr. Eger has a clinical practice in La Jolla, California. In the fall of 2017 at the age of 90, her memoir “The Choice, Embrace the Possible” was published. In her book, she details how the synergy of working with, and learning from her patient’s perspectives has enriched her life experiences and outlook. Her second book, “The Gift, Twelve Lessons to Save your Life” was released in September 2020. Both books are being translated into more than thirty languages.

NO SOUNDING BOARD IN JANUARY
A Great Year for Oceanids Graduate Fellowships

Oceanids members have witnessed the birth and amazing growth of U.C. San Diego since 1952. Our members share a common belief in the power of higher education, and awarding scholarships and fellowships beautifully underscores this.

Over time **five endowments** have been created, and thanks to annual gifts from our members, and the wise management of the U.C. San Diego Foundation, these endowments continue to grow. No one needs reminding that fiscal year 2020/2021 was far from normal. The campus became deserted, and for staff, normal tasks became very difficult as the majority of people worked from home. Oceanids checks and credit card payments were accepted by a Foundation staff person on Monday and Wednesday from 9 – 11 am only. The building was locked and I called ahead, so we could meet outside, masked. With so many students not on campus the decision was made to not award fellowships. However this is not all bad news as we built up a nice amount of money which has enabled us to award a record number of graduate fellowships this fiscal year: **Sixteen Graduate Fellowships totaling $41,500.**

Students are nominated by their department and selected by the Office of Graduate Studies. Each endowment has specific eligibility requirements but they are all for graduate students. The first fund to be created was the Frieda Daum Urey Endowed Fund created in 1989 with the requirement that fellowships were awarded to graduate or professional women re-entering college after a significant hiatus. After Prop 209 was passed in 1997 it was no longer legal to stipulate the gender of recipients. Monies already donated remained in the original fund and all new monies went into a new fund the Frieda Daum Urey Academic Endowment established in 2005.

**The Bertha Lebus Fellowship Fund** was established in 1997 and requires that a graduate student has had a break of at least one year from the completion of undergraduate studies, and has a long range goal of teaching at any educational level.

**Oceanids Memorial Fellowship Fund** was established in 2001 and is awarded to graduate students who have exhibited academic excellence and financial needs. We will all have a chance to meet our graduate Fellowship recipients at our Spring Luncheon on May 19, 2022. Of course this is Covid permitting!

Liz Winant, Financial Secretary
### DECEMBER 2021 (mostly on zoom)

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WELCOME NEWCOMERS!

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

RETURN SERVICE REQUESTED