

# Oceanids News



**UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER**

**VOL. LX No. 4**

**April/May 2023**

*Oceanids Frieda Daum Urey Fellowship Fund receives a large gift from the estate of her daughter Mary Lorey. See details on pg 6*

---

Spring Membership Luncheon 2023

Thursday, May 25, 2023



Please see page 3 for more information

## OCEANIDS CREW 2022-2023

### BOARD OF DIRECTORS

Honorary Chair: Thespine Kavoulakis, Associate of the Chancellor

President: Jim Bunch.....858-453-5765  
"Oceanid of the Year" / Maxine White Award Immediate  
Past President: Nigella Hillgarth.....858 228-0446  
1st Vice-President: Marion Spors.....858 459-3097  
(Fall Brunch, Spring Lunch)  
2nd Vice-President: Mary Cutchin .....858-729-3888  
(Membership, directory updates)  
Recording Secretary: Mary Hanson.....858-456-1304  
Treasurer: Jan Ouren.....858 273-1681  
Financial Secretary: Liz Winant .....858-231-1496  
Nominating Committee: Olivia Dorman, Steve Leon, Susan Starr, Mary Woo, Nigella Hillgarth  
Correspond. Secretary: NigellaHillgarth....858228-0446  
Parliamentarian: Barbara Bank ..... 858-484-4597  
Interest Gr. Coordinator: Judy Vacquier.....858-361-0418  
Newcomers: Liz Fong Wills..... 858-454-6858  
Georgina Sham.....858-459-1336  
Undergraduate Service Awards: Kim Signoret-Paar.....  
858-395-9060  
Graduate Scholarships: Liz Winant .....858-231-1496  
Publicity and Website: Mary Woo ..... 858-481-6998  
Newsletter Editor: Roswitha Enright.....858-459-7375  
Copy Editor: Judy Vacquier.....858-361-0418  
Sounding Board: Nigella Hillgarth.....858 228-0446  
Buildings & Grounds: Mary Cutchin..... 858-.459-8074  
Campus Focus Events: Carole Ziegler.....619-297-0798  
Emeriti Association: Kim Signoret-Paar... 858-395-9060  
Retirement Assoc.: Nancy Groves.....858-453-6486  
Historian  
Refreshment Reminder: MaryHanson.....858-456-1304  
Sunshine Committee: Diana Vines.....858 459 8248  
SDIS: Dorothy Parker.....858 453-6351

### BOARD MEETINGS: first Thursday every month

Call president for location. Coffee and refreshments: 9:30 am, meeting starts at 10 am

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 and greatly appreciated. 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

E-MAIL: oceanids@ucsd.edu and also email: renright@ucsd.edu and mwoonew@gmail.com

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

### SLATE OF NEXT YEAR'S BOARD OF DIRECTORS

President	Jim Bunch
First Vice President	Marion Spors
Second Vice President (Membership)	Mary Cutchin
Recording Secretary	Mary Hanson
Treasurer	Jan Ouren
Financial Secretary	Liz Winant
Nominating Committee	Hulya Saygin, Beate Menzel, Susan Starr, Ginny Young (alternate)





Presidents Message

Two exciting events:

#1: March Madness. (I've been told that there are people who don't care about the March Madness NCAA basketball tournament, but I find that hard to believe.)

The fans of 67 teams end up sad and thinking of what could have been. Only the fans of one team end up happy. That's what happens when it is a one and done tournament, but that is what makes it so exciting. And it certainly was an exciting tournament, with many nail biters.

#2: The Spring Luncheon on Thursday, May 25, at the Bali Hai will be a wonderful occasion. I hope to see you there.

Jim Bunch, President

RSVP \$30 (form below) must be received by May 19

After that date the cost is \$35.00 per person

## Spring Membership Luncheon 2023 Thursday, May 25, 2023

11:00 am – 11:45 pm  
Social Hour

11:45pm – 1:30 pm  
Luau Lunch Buffet

Speakers:  
Oceanids Fellowship Scholars  
Grab'n Go table

.....Cut here.....

Name: ..... Guest: .....

Amount enclosed \$.....

**Please make check payable to Oceanids**

Checks to be mailed to Marion Spors, [5651 Taft Avenue, La Jolla, CA 92037](https://www.google.com/maps/place/5651+Taft+Avenue,+La+Jolla,+CA+92037)

# Oceanids Gallery of Arts and Crafts

By Jan Ouren

In 2020, Oceanids News opened the Oceanids Gallery of Arts and Crafts, a virtual exhibition space for members and publication in the Oceanids News. This issue features the talented Kim Signoret-Paar, an Oceanids Past President and former Senior Director of Student Affairs Development at UCSD, now retired. Below, you will read her description of her journey as a photographer and view some of her recent work.

## My Journey as a Photographer

By Kim SignoretPaar

I have been an avid photographer since childhood when I took my new Brownie on a second-grade field trip to Lincoln's home in Springfield, Illinois. My father then let me use his Konica III 35mm rangefinder that he bought in Japan in 1956. So in my Iowa home surrounded by corn fields, I sent away to the Brooks Institute of Photography in Santa Barbara, California, for an admissions packet and dreamed of becoming a globetrotting photographer for National Geographic. I kept at it and won my first championship ribbon at the county fair in my hometown of Davenport, Iowa, when I was 14.

But I took the slower path – a journalism degree from the University of Iowa. I went West to a rewarding 35-year career in public relations, publishing and fundraising in California and Mexico. With my sons off to college, I enrolled in night classes in the UC San Diego Extension certificate in photography and went on to win the “Best of Show” at the 2014 San Diego County Fair International Photography Exhibition. The following year I retired from UCSD to spend time on photography and travel.

I'm now in what I call my avocation turned vocation in this third phase of my professional life. I am showing and competing with my photography in a variety of venues, both digital and physical installations. Also, as teaching has always been a joy for me, I am currently teaching photography at the UC San Diego Retirement Center and other locations. This September I will be teaching a workshop “Cellphone Photography in the Forest,” at the 2023 Art Camp 4 Grown Ups in the San Bernardino Mountains. In addition to teaching/presenting, I'm president of Poly Photo Club at Balboa Park, celebrating its 75<sup>th</sup> Anniversary this year. Finally, travel is a constant on my to-do list and I've added bird photography as a new area of focus.

Here are a few of my recent photos, three taken with a Canon R6 mirrorless digital camera and three with an iPhone camera. I coordinate the Oceanids Cellphone Photography Group ... come join us!

[kim@signoretpaar.com](mailto:kim@signoretpaar.com) Websites: [signoretpaar.com](http://signoretpaar.com) [More photos at SmugMug](#) [Instagram](#) [Facebook](#)



**From top, clockwise:**  
 Kim Signoret-Paar in Cusco, Peru,  
 December 2022, iPhone  
 photo  
 Great Jacamar in the Soberania  
 National Park, Panama  
 Weaving alpaca wool in the Andes  
 Mountains, near Cusco, Peru  
 June Wash, Anza Borrego Desert,  
 iPhone photo  
 Giant Coreopsis at Torrey Pines State  
 Natural Reserve, iPhone photo  
 Great Egret at San Elijo Lagoon,  
 birdwatching with Oceanids Avi Group



## A Big Surprise

This is how it happened. I was doing a routine check of our donors for the current fiscal year when I came across an entry the amount of which stunned me. So I contacted the UCSD Foundation and said that there must have been a date entry error as we do not currently have a member by the name of Mary Lorey and have never in my time as Financial Secretary had a gift of \$100,000. They assured me it was for real and that at Mary's death the executor of her will, her son David, had arranged the gift. David and I corresponded and I learned a little more about the Urey family and the legacy Frieda left behind.

David told me that Frieda and her husband Harold, winner of a Nobel Prize in Chemistry, had four children, one of whom was David's mother Mary. He fondly remembers spending a lot of time with his grandparents in La Jolla. His grandfather Harold loved to take them to explore the Scripps campus and tidepools, and also to the new campus to watch the construction of Urey Hall and the Geisel Library which particularly made a big impression on him as a child. The cantilevered layers of the library, to his child's eye, made it look impossible for it to stand up. His mother Mary Lorey and his sister Jan used to participate in Oceanids events.

This wonderful gift will enable us to provide considerably more support to UCSD graduate students specifically, as the founders of the Frieda Daum Urey Fellowship fund stated, graduate or professional students re-entering academia after a significant hiatus. Frieda's daughter, Mary Lorey is keeping that vision alive with her most recent bequest. We are very grateful.

Liz Winant, Oceanids Financial Secretary.



Mary Lorey (nee Urey) with her mother Frieda Daum Urey

## OCEANIDS' 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](mailto: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](mailto: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.

**If you meet in person the chair has to fill out the FAS Event Liability Form and mail it to Beate Menzel**  
[jrbmlmenzel@cox.net](mailto:jrbmlmenzel@cox.net)

### OCEANIDS BIRDING GROUP

*Contacts: Liz Winant (858) 231 1496, [lizwinant@gmail.com](mailto:lizwinant@gmail.com)*

We meet on the 2nd Monday of the month during the academic year. The venue changes and members are notified by email of the location and meet up time, a week ahead of the meeting. New birders are especially welcome. There are no formal car pool arrangements.

Next outings: April 10 and May 8.

### BOOGIE BOARDING BUDDIES

*Contact: Liz Fong Wills [ludditelizfong@gmail.com](mailto:ludditelizfong@gmail.com)*

We meet every Saturday at 9:30 am and/or Sunday at 10:30 am all year round when the ocean water temperature at La Jolla Shores is 55 degrees F. or more. However, attendance is when you can make it. You must bring your own boogie board plus wetsuit if you feel the need for one.

Depending upon how many come, I may or may not have a parking spot for you in our driveway. Please call (858 232-7545) before Thursday to let me know if you want to join us so that I can confirm that there are no riptides or other unpleasant problems on the day we go.

### BOOK GROUP

*Contacts: Janet Goff (760)753-3472, Liz Winant (858) 231 1496*

We are still Zooming on the second Tuesday morning of every month at 10 AM. We are delighted to welcome new members who enjoy a variety of fiction and nonfiction and who value good writing and a lively discussion. We would love to have some more folks in our little group. Please try us for a couple of months or so. Please let us know of your latest BBF (Best Book Forever) - we're always seeking interesting titles and authors - old, new, overlooked, foreign in translation. Surprise us!

Date "Title" by Author / Host / Reviewer.

APR 11 "David Copperfield" by Charles Dickens / ZOOM / TBA

May 9 "The Pale Blue Eye" by Louis Bayard / ZOOM / TBA

### ESPAÑOL

*Contacts: Alicia 858 353-3878; Vicky Lindblade [vlindblade@mac.com](mailto: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. in person and occasionally the 4th Thursday by zoom from 2 p.m. to 3:30 p.m. One hour of conversation and one hour of reading aloud and group discussion. Call chair for more information.

### CAFÉ FRANÇAIS *Anne-France Saillot, [af.saillot@gmail.com](mailto:af.saillot@gmail.com)*

The French group is meeting every 2nd Wednesday of the month. We meet at each other's houses at noon to 2 or 3:00 with a subject to talk about, and we are open to any new idea, from art to news events. We have a wonderful and lively group with members from all over the world with the love of the French language and culture in common. Each topic becomes an opportunity to share personal experiences, with some grammatical and vocabulary added. Isn't this the best way to learn? Anybody interested needs to email me: We happily welcome new people for a "try out" session before their official registration. Our last reunion for this year will be held on **May 10**. We will not meet from June to September and resume our reunion on October 11. Our previous reunion were full of happiness and so lively! Everybody learned new words! Meeting: April 12 and May 10.



### CELLPHONE PHOTOGRAPHY

*Contact: Kim Signoret-Paar, [kspaar@outlook.com](mailto:kspaar@outlook.com)*

The group meets on Zoom on the second Thursday of each month at 10 am to noon for discussion/demonstration/instruction 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.

Next meetings: Thursday, April 13, **Wednesday!**, May 17, Thursday, June 8.

## CINEMA SOIRÉE

Contact: Jim Bunch at [jbunch@ucsd.edu](mailto:jbunch@ucsd.edu)

The group meets (in normal times) 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

**(We are still meeting on zoom)**

**Next meeting: April 9 and May 14**

## DAY BRIDGE

Contact: Beate Menzel [jrbmenzel@cox.net](mailto:jrbmenzel@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: April 4+18 and May 2+16..**

## EVENING BRIDGE

Contact:

The couples Evening Bridge Interest Group used to meet at 7:00pm on the fourth Saturday of the month all year long at one of our members' homes. E-mail Rosie [renright@ucsd.edu](mailto:renright@ucsd.edu) if you want to continue the group.

## GARDENING WITH CALIFORNIA NATIVE PLANTS

Contact: Judy Vacquier (858) 361-0418 or [jvacq@sbcglobal.net](mailto:jvacq@sbcglobal.net)

Contact Judy Vacquier for more information.

## GERMAN KAFFEKLATSCH

Contact: Roswitha Enright 858 459-7375 ([renright@ucsd.edu](mailto: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: April 18 and May 16.**

## KITCHEN EXCHANGE.

is a rental service for international postdocs, scholars and visiting faculty. If they are here for one year or less, they are eligible to rent from us at our ridiculously low rates. We are open every Friday starting in the beginning of October following the IFSO Coffee Hour, from 9:15 to 11:15.

## MOVEABLE FEAST II

Contact: Mary Cutchin (858) 729 3888 or [marycutchin@yahoo.com](mailto:marycutchin@yahoo.com)

This group meets every couple of months for drinks at a member's house. From there we carpool to the restaurant.

**Next dinner is on February 26.** Contact Mary for information and reservations.

## PIANO AND CHAMBER SOIRÉE

Contact: Judy Vacquier (858) 361-0418 or [jvacq@sbcglobal.net](mailto: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. Piano Soiree will meet Sunday February 26, host: TBD; Sunday, Mar. 26 host: Erika Walter.

**Next meeting will be Sunday, April 23 at Carol Hertzberg's home and Sunday, May 28 TBA at 3 pm**

## SOUNDING BOARD

Contact: Nigella Hillgarth, 858 228-0446 Judy Vacquier, 858 361-0418

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

Next meetings: April 6 and May 4. Please see page 9.

## TAPAS ON THURSDAY

Contact : Barbara Bank [bbank@ucsd.edu](mailto:bbank@ucsd.edu)

Tapas on Thursday meets at 11:30 A.M. on the 3rd Thursday of the month, at member's homes. Everyone brings a tapa to share. It may be sweet or savory. We frequently choose a theme for that month's tapas and have a delightful time while sharing food and friendship. The strength of our group is the warmth we share. If you wish to join us, please contact Barbara Bank ([bbank@ucsd.edu](mailto:bbank@ucsd.edu)) to be added to our mailing list.

Next meeting is April 20 and May 18.

## WEDNESDAY COFFEE

Contacts: Georgina Sham, [gsham@gmail.com](mailto:gsham@gmail.com). Lynn Jahn, [lynnjahn@gmail.com](mailto:lynnjahn@gmail.com).

Come join our social group of Oceanids, newcomers, postdocs, students, and their children for refreshments and craft activities at Doyle Community Park, 8175 Regents Rd., San Diego, CA 92122 every Wednesday, 10am-12 noon. You'll make friends, learn strange, wonderful American customs. Visit the KITCHEN EXCHANGE where newcomers can rent kitchen, household, and baby equipment for a small fee.



**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.** The waiting room opens at 11:45 noon. The presentation starts at 12:10 pm.

Chairs: Nigella Hillgarth and Judy Vacquier

Exciting update for the Oceanids Sounding Board, our new URL is

[https://www.youtube.com@ucsd\\_oceanids\\_soundingboard](https://www.youtube.com@ucsd_oceanids_soundingboard)

Join Zoom Meeting

<https://ucsd.zoom.us/j/95895357096>

Meeting ID: 958 9535 7096

**April 6: Joanne Standlee, MSSW**

**"No Place to Rest"**

Ms. Standlee will discuss homelessness in San Diego and how her non-profit organization, Housing 4 the Homeless, is helping find housing for those who need it.

Executive Director Housing4theHomeless.org

Joanne brings her professional knowledge of complex trauma, and how it impacts us throughout the course of our lives, to some of the most vulnerable people on the streets. She is keenly aware of the intersectionality of vulnerabilities that often result in homelessness. In her role as the national director for an international Buddhist non-profit organization, and through extensive time spent in Indonesia and France, she's learned how to work with diverse groups of people from all cultures and walks of life. She values cultural humility, and strengths-based ecosystemic practice is the core of her approach to all tasks and projects.

With 18 years of business ownership, then 12 years in C level non-profit leadership, she brings a refreshing level of clarity and accountability to the management of H4H. Her in-depth knowledge of best practice helps guide H4H's intensive approach to case management.

Joanne holds a Master of Science in Social Work from the Columbia University School of Social Work.



**May 4: Professor Helen Amanda Fricker**  
**"Processes driving change in Polar Regions"**

Helen Amanda Fricker is a Professor of Geophysics in the Cecil H. and Ida M. Green Institute of Geophysics and Planetary Physics at Scripps Institution of Oceanography at UC San Diego.

Her research focuses on ice sheets in Antarctica and Greenland and their role in the climate system. She uses a combination of satellite radar and laser altimetry and other remote-sensing data to understand ice sheet processes.

Professor Fricker is widely recognized for her discovery of active sub-glacial lakes, and she has shown that these lakes form dynamic hydrologic systems, where one lake can drain into another in a short period of time. She is also known for her innovative research into Antarctic ice shelf mass budget processes such as iceberg calving and basal melting and freezing.



## Galapagos revisited

It had been a bit more than 20 years since my husband and I had visited the Galapagos Islands for the first time. A friend of ours had sailed his boat there and his wife and we met up with him in Puerto Ayora on Santa Cruz Island. We stayed on the boat for some of the time but in order to visit the protected islands we hired on at a “cruise ship” with the required Ecuadorian guide. The cruise ship was old, the cabins musty and the bathrooms usually flooded but other than that it was a great adventure. This time around my sister and I participated in a cruise for older adults, where we were very well taken care of. When I saw the crowds of tourists in the small town of Puerto Ayora and the many small cruise boats in the harbor my heart sank a bit. I was not comforted by the explanation of our handsome young guide Fernando that “only” 200 people were allowed a day on each island, 100 in the morning and 100 in the afternoon. In my mind I saw hordes of 20 to 30 people traipsing around the pristine places. But I was wrong.



Whoever does the organizing and timing of the different visitor groups deserves a medal. Whenever we arrived at a particular place on one of the six islands we visited, we were the only ones there. We never had the feeling that we were being rushed, although it was clear that there was a certain time frame for all these visits. But I never had the feeling

that we did not have enough time. It was wonderful, astounding, perfect. We saw the giant tortoises on our walks, flamingos, penguins, many iguanas and booby chicks being fed. We swam with turtles, sharks, sea lions and schools of colorful reef fish. Our dinghies brought us to wet or dry landings on the islands where we then got ready to hike or snorkel. We visited the Charles Darwin



station and the facilities where the tortoises of the different islands were separately bred and raised until the age of 5 years when they were brought to their specific island. Our cruise boat was just taking care of us 14 participants and did so extremely well. All in all it was a wonderful trip.

Roswitha Enright

## APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
					Kitchen Exchange	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
		Day Bridge		Board Mtg Sounding Board	Kitchen Exchange	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Cinema soiree zoom	Birding	Book Group zoom	Cafe Francais	Cafe Espanol Cellphone Photography	Kitchen Exchange	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
		Day Bridge German		Tapas	Kitchen Exchange	
<b>23/30</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Piano Soiree						

## MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	2	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
		Day Bridge		Board Meeting Sounding Board	Kitchen Exchange	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Birding	Book Group zoom	Cafe Francais	Cafe Espanol	Kitchen Exchange	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Cinema Soiree zoom		Day Bridge German	Cellphone Photography	Tapas	Kitchen Exchange	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
					Kitchen Exchange	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

Piano Soiree

# **WELCOME NEWCOMERS!**

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

**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.**