# Oceanids News

## UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

VOL. LX No. 3

February/March 2023



Hard at work at the Bridge table. See information about all our interest groups on pages 8-9.





Oceanids News

Page 1

#### **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 Av	vard Immediate
Past President: Nigella Hillgarth858 2	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	
Georgina Sham	858-459-1336
Undergraduate Service Awards: Kim Sig	noret-Paar
	858-395-9060
Graduate Scholarships: Liz Winant	
Publicity and Website: Mary Woo	
Newsletter Editor: Roswitha Enright	858-459-7375
Copy Editor: Judy Vacquier	
Sounding Board: Nigella Hillgarth	
Buildings & Grounds: Mary Cutchin	858459-8074
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	
Sunshine Committee: Diana Vines	
SDIS: Dorothy Parker	858 453-6351

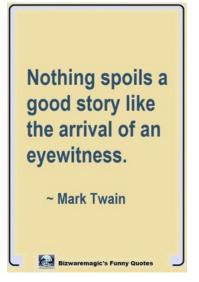
**BOARD MEETINGS: first Thursday every month** 

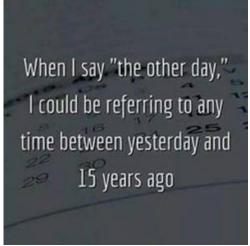
Call president for location. Coffee and refreshments: 9:30 am, meeting starts at 10 am

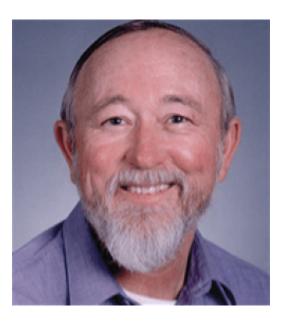
OCEANIDS NEWS is the newsletter of Oceanids, a UCSD campus organization. Published bi-monthly except July, August & September. Letters to the Editor and articles of interest to UCSD are invited and greatly appreciated. Address all submissions to: Oceanids News International Center 0049 9500 Gilman Drive, 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/







Presidents Message

Our cold, rainy La Jolla Winter will soon be over. I'm sure that we are all

looking forward to Springtime and to the annual Spring Luncheon.

Once again it will be at the beautiful Bali Hai location with lots of free

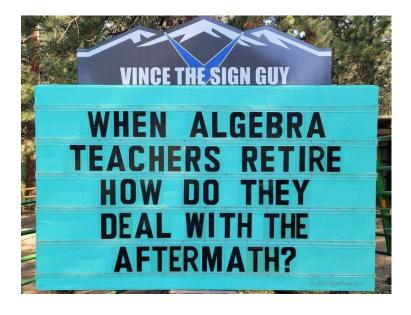
parking and will be on the fourth Thursday in May, the 25th. See you there.

Jim Bunch, President



Saw a store that has a sign that reads, "We treat you like family!"

Yup, NOT going in there.



**Mihoko Wada Vacquier**, longtime member of UCSD Oceanids, passed away peacefully on Dec. 27, 2022 at her home at the Casa de Manana, La Jolla. She was born in Tokyo on October 13, 1931, attended schools in Tokyo and graduated from Tokyo Woman's Christian University. She worked as a secretary at the University, where she met her future husband, Victor Vacquier, who was a professor of geophysics at Scripps Institution of Oceanography. They initially communicated in their common language, Russian. They were married in Tokyo, and she came to live with him in La Jolla in 1966. She enjoyed ceramics, watercolor painting, pastels, traveling with Victor, and walking on the beach at La Jolla Shores. Her poetry was occasionally featured in the Oceanids newsletter, *Bear Facts*. She is survived by her husband's son Victor D. Vacquier, daughter-in-law Judith, grandchildren, great-grandchildren and great-great-grandchildren. Donations in her memory may be made to UCSD Foundation (memo: Oceanids).



**Karin Reinhardt**, long-time member of Oceanids, passed away in December. Karin was in a lot of interest groups, such as birding, wine tasting I, Cafe Francais, Cafe Espanol and hiking, and kept up with many of us even after she moved to the Bay Area a few years ago.

## A Fascinating Life:

Daughter, Bettina Glenning, writes:

Karin Lunaczek Reinhardt, passed away in December. She was 84 years old. She chose the California End Of Life Act so that she could be in control of when to move on. She had been determined not to live past a point of what she perceived a quality of life not worth living.



I respect that. It has also been an incredibly difficult and strange journey.

My mother had a fascinating life, complicated and difficult many times and with lots of big swings.

She was born in Transylvania (Romania) in 1938 to a wealthy family, only to see everything taken away when Russia invaded during WWII, and after, when Romania turned communist. She lost her father at age 12, something that marked her her entire life.

In Romania she trained as a \*felcer\* (the equivalent of a "field" or "substitute" doctor") and later, in Germany, became an interpreter.

In the early 1960s, after waiting for an exit visa for almost 10 years so she'd be permitted to leave Romania, she started anew in Germany.

Meeting my father was undoubtedly a blessing and a curse: she was taken care of but their marriage was difficult, neutral at best, and probably largely lacking in love.

When my parents divorced when I was 9, my mother reinvented herself in many ways. She learned to be a strong, independent woman, acquiring new survival skills, and she raised my sister and me essentially by herself.

I always admired my mum's can-do attitude, her self-motivation, and willingness to embark on new journeys. So after about 24 years in Romania, and 30 years in Germany, she moved to the US. She had visited the US once in her life, and never California, when she decided to buy her friend's house in San Diego.

In January she would have been in California also for 30 years.

I know she had many very happy years, both in San Diego and later in the Bay Area, with close friends from all over the world. She never really "assimilated" which made the last several years probably more challenging.

Her last couple of years have been hard. Likely spurred by COVID, she got depressed without wanting to do anything about it. She also developed a tumor and didn't want to address it; her new focus became to exit the world before she lost the dignified life that was so important to her.

I haven't recognized my mum as the person I knew and loved for the last several months. It's been devastating to look at her and see someone who was mostly angry and disappointed with the world and humanity.

I hope that this last action reminded her what a strong woman she once was, and I hope that she has found peace.

OCEANIDS IS OPEN TO ALL WHO A Print your name as you would lik don't want to be listed:	ARE INTERESTED IN UCSD se it to appear in the OCEANIDS DIRECTORY. Check here if you
Name:	Spouse's Name:
Address:	
Home Phone:	Cell #:
Type of Membership:	Email:
· · · · · · · · · · · · · · · · · · ·	STAINING: \$250 & LIFE MEMBERSHIP: \$500 and deductible when made payable to "UC San Diego Foundation". Please ne.

# 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 Nigella Hillgarth, an Oceanids Past President and currently, our Immediate Past President. Below, you will read in her own words why she became a photographer and view some of her recent work.

# Why I Love Photography

My love of photography started when I visited Antarctica for the first time. I wanted to capture some of the extraordinary beauty that I saw there. So, when I retired, I focused on photography especially landscape and wildlife.

For many years I studied the evolution of behavior in animals and so I try to capture some of that expression of behavior and character with my photography, especially in birds. I believe art is a powerful way to translate science and nature. We can use sculpture, painting, drawing and photography to build awareness not only of the beauty and complexity of nature, but also the tragedy of the damage we are doing to our planet. We can all help to reverse this harm as we become more aware of the world around us.

We live in a place with extraordinary biodiversity. San Diego County is the most diverse in the United States with more species of animals and plants than anywhere else in the continental US. Many Northern species are at the southern end of their range here and many Southern species are at the Northern end of their range. There is always something interesting to photograph. Sometimes that means photographing migrating birds in Spring and Fall or getting intimate images of the birds in my yard. I have included one of my favorite recent images, a House Wren on a branch in the garden. I love the way the bird is crouched, motionless, on the branch with its long legs and watching me carefully. In contrast, the Allen's Hummingbird seems relaxed on his perch in the fig tree as he looks around for possible rivals encroaching on the territory. The Pelican strutting across the beach at low tide looks purposeful. It is escaping from other Pelicans who would steal the fish held firmly in its beak. I have been experimenting with ways to show how clever birds are at hiding in plain sight, and so I have included an image of a yellow-rumped warbler behind the shadows of leaves. It is beautifully camouflaged, and I think it makes for an interesting image.

I love to travel and this summer I was lucky enough to go to Svalbard, the High Arctic islands of Norway. Sadly, it is heating up faster than any of the rest of the Arctic and the remaining glaciers, although still beautiful, are melting rapidly. I've included this image of a glacier as a symbol of what is happening to the Arctic with climate change. I've also included an image of a polar bear because it would be very sad to go to the high Arctic and not see them! They are such beautiful animals and I felt very privileged to be able to photograph this one.

I use zoom lenses most of the time because I try to be very careful and not disturb the wildlife that I am photographing. It is all too easy to get lost in the moment and forget that the bird you flushed out of the hedge, by getting too close, maybe frantically foraging for food for its babies, or fattening up for a long migration.

I can't imagine giving it up. I find it addictive, and it is a way for me to express what I feel about wildlife and how we are treating our planet.

House Wren, La Jolla Male Allen's Hummingbird, La Jolla, Arctic: Melting Glacier in Svalsbard,,







Yellow-rumped Warbler in Shadow, La Jolla, Arctic: Polar Bear on land in Svalsbard Pelican with fish, La Jolla







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. Thank you

#### **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*. 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.

If you meet in person the chair has to fill out the FAS Event Liability Form and mail it to Beate Menzel jrblmenzel@cox.net

#### AVI SET BIRDERS

Contacts: Liz Winant (858) 231 1496, 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: February 13 and March 13.

#### **BOOGIE BOARDING BUDDIES**

Contact: Liz Fong Wills 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. Please join us and 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.

FEB 14 "Dispatches from Pluto" by Richard Grant / ZOOM / TBA MAR 14 "Random Family" by Adrian Nicole LeBlanc / ZOOM / TBA

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

## 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. 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

Contact: Anne-France Saillot, afsaillot@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.

#### **CELLPHONE PHOTOGRAPHY**

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

The group meets on Zoom on the second Thursday of each month at 10 am 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.

## CINEMA SOIRÉE

Contact: Jim Bunch at 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 tomeet. For more information call Jim. Next meetings.: (We are still meeting on zoom) February 12 and March 12..

#### 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: February 7+21 and March 7+21...

#### 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' E-mail Rosie **renright@ucsd.edu** if you want to continue the group. homes.

#### GARDENING WITH CALIFORNIA NATIVE PLANTS

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

Contact Judy Vacquier for more information.

#### GERMAN KAFFEEKLATSCH

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

This group is for beginners and experienced German speakers alike. Guaranteed no pressure. Just come on the 3rd Tuesday at 3pm and have a good time. Only German spoken. If you want to join, please ccontact Roswitha. TIME: 3 PM TO 4:30 PM.

Next meetings: February 21 and March 21.

#### 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 1

Contact: Liz Fong Wills (858) 454-6858; lizfongwills@yahoo.com

#### MOVEABLE FEAST II

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

This group meets every couple of months for drinks at a member'shouse. 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

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, February 26 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: February 2 and March 2. Please see page 11.

#### TAPAS ON THURSDAY

Contact : Barbara Bank <u>bbank@ucsd.edu</u>

We meet at noon on the third Thursday of the month toenjoy tapas and conversation. Contact Barbara for more information.

#### WEDNESDAY COFFEE

Contacts: Georgina Sham, gbsham@gmail.com.

Lynn Jahn, 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 and wonderful American customs. Visit the KITCHEN EXCHANGE where newcomers can rent kitchen, household, and baby equipment for a small fee.

#### WINE TASTING I + II

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

WITS II Contact?

#### **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

**February 2, 2023** Join Zoom Meeting: <a href="https://ucsd.zoom.us/j/93202401003">https://ucsd.zoom.us/j/93202401003</a> Meeting ID: 93202401003 **Dr Dan Cayan**, Climate, Atmospheric Science and Physical Oceanography Research Division, Scripps Institution of Oceanography

"Southern California's Future -Warmer, Drier and Wetter"

Dr. Daniel R. Cayan is a Research Meteorologist at the Scripps Institution of Oceanography, University of California, San Diego. His research aims to understand climate variability and changes over western North America, with an emphasis upon California. Specific interests concern impacts of climate changes on water resources and other sectors. Cayan has been involved in an ongoing series of climate change assessments for the state of



California and co-leads the California Nevada Applications Program, a NOAA RISA team whose aim is to improve climate information and forecasts for decision makers in California and Nevada. Cayan received a BS degree in Meteorology and Oceanography in 1971 from the University of Michigan. He received a PhD in Oceanography in 1990 from the University of California, San Diego. He has been employed by Scripps since 1977. Cayan is a Fellow of the American Geophysical Union. His research aims to understand climate variability and changes over western North America, with an emphasis upon California. Specific interests concern impacts of climate changes on water resources and other sectors. Cayan has been involved in an ongoing series of climate change assessments for the state of California and co-leads the California Nevada Applications Program, a NOAA RISA team whose aim is to improve climate information and forecasts for decision makers in California and Nevada. Cayan received a BS degree in Meteorology and Oceanography in 1971 from the University of Michigan. He received a PhD in Oceanography in 1990 from the University of California, San Diego. He has been employed by Scripps since 1977. Cayan is a Fellow of the American Geophysical Union

Mar 2, 2023 Join Zoom Meeting: <a href="https://ucsd.zoom.us/j/99798843767">https://ucsd.zoom.us/j/99798843767</a> Meeting ID: 997 9884 3767 Jack Fisher, MD, FACS, UC San Diego Professor Emeritus

"Public Reaction to Preparing the Soil for UC San Diego"

Dr. Fisher is the Edward A. Dickson Professor Emeritus of Surgery, and Founding Head of the Division of Plastic and Reconstructive Surgery, School of Medicine, UC San Diego. He has been at UC San Diego since 1975. Following retirement, Dr. Fisher went back to school to earn an MA in U.S. History. He will discuss his recent book Preparing the Soil for UC San Diego: Land, Thoroughfares and Local Expectations.

Oceanids News

# **FEBRUARY 2023**

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

# **MARCH 2023**

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

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, PROMOT- ING FRIENDSHIP AND SHARED INTERESTS, OPEN TO ALL WHO ARE INTERESTED IN THE SUCCESS AND WELFARE OF THE UNIVERSITY OF CALIFORNIA.