Everyone is invited, Friends, Neighbors, Family Members, COME ONE COME ALL TO THE GREAT

WHITE ELEPHANT SALE
AND PARTY !!!
February 6, 2016
11:00 - 1:30 pm

COME PARTY WITH US.
Bring your cherished, beautiful but unwanted items to the pavilion and donate them to Oceanids. Different “Grab and Go” tables will be for differently priced items. If not sold, you may donate the items to the Friends’ resale shop or take them home again. A light lunch will be provided. Bring cash and your checkbook!
See page 3 for more information.

Rides are available; Call 858 459-7375
OCEANIDS CREW 2015-2016

BOARD OF DIRECTORS
(note: all phone numbers are area code 858 unless otherwise noted)

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Sunshine Committee                         Bernie Sisco.........................481-1310
Bookshare                                   Barbara Starkey.....................453-0779

BOARD MEETINGS: first Thursday every month
Oceanids Pavilion, International Center
Coffee and refreshments: 9:30 am, meeting starts at 10:00 am.
(You are welcome to attend!)

SALE AND PARTY !!!
FEB. 6
11 AM TO 1:30 PM

Oceanids Spring Lunch at the Bali Hai Restaurant
Thursday, May 19, 2016
Please save the date.
I often feel that the January 1 date for New Year's Day is artificial. We celebrate with fireworks and too much drinking because the time is not an instinctive one for new beginnings. It's neither a religious nor a natural time to celebrate. We seem to owe it to Julius Caesar who installed his version of the calendar. When the Julian calendar got terribly out of sync with the solar year, Pope Gregory XIII decreed a better calendar which we more or less use today in the West. But as you know, 2016 is a Leap Year with an additional day to get the calendar back in whack.

But think instead about February. Early February is a much more natural time for a new year. The daylight hours lengthen (whence the term “Lent”). The British celebrate February 2 with Candlemass, the official ending of the Christmas season. In Germany, it is Lichtmess (light mass). Its pagan roots celebrated the coming of light with candles and the fertility blessings of livestock. The Chinese New Year occurs in this period also; in the year 2016, the Year of the Monkey begins on February 9. If you are born in this cycle, you are smart, lively, and quick-witted!

All over Europe, February 2 was a time for weather predictions, often with animals as the prognosticators. For me, as a native Pennsylvanian, it’s the Groundhog that matters. Many towns where German immigrants settled still have the custom of forecasting weather by the behavior of animals. Not finding the German badger, they adopted the native groundhog/woodchuck. Thanks to the Bill Murray movie, Punxutawney Phil has become the go-to groundhog for the news media.

In early February, we all sense the arrival of the new season. With this “quickening” comes the urge to begin anew. Out with the remains of the holidays; shed those heavy winter woolies; tackle that cleaning job; spruce up your living quarters; buy new clothes for the spring life-style.

We Oceanids are celebrating the new season with a party on February 6. We hope all of us, and our guests from the Friends, will come along to engage old acquaintances and maybe meet some new ones. We hope some of you will find “white elephants” to donate and discover some intriguing new or different items to purchase. Whether you have an “elephant” or not, please do come out for a congenial morning and light lunch.

Oceanids does many good things for the community but we also take care to enjoy each other’s company and tend to our friendships. This fall, we enjoyed a lovely brunch at the Geisel House. Our White Elephant party will be our second big get-together of the year and we predict it will be a lot of fun.

Happy New Year – the “real” one!

Liz Bonkowsky

White Elephant Fundraiser and Party
Feb. 6, 11:00 am-1:30 pm.

This is our “post-holiday party!” Bring your items for our “Grab and Go” tables and bring your checkbooks or cash to buy tempting items and support our programs such as our graduate student fellowships, undergraduate scholarships, the UCSD student-run free clinic and more. You can drop off the items at the International Center parking lot (someone will be there to assist you) and then park on campus anywhere there is an A, B or S parking space. Come to the International Center dining room for a light lunch, refreshments, and to peruse the items for sale. If you are disabled and need a parking space reserved, contact the program chairs, Mary Hanson at mhanson@san.rr.com or Judy Vacquier at jvacq@sbcglobal.net. Items which are not sold can either be taken home or donated to the Friends of the International Center resale shop. Please bring items clean and in good condition, such as jewelry, scarves, silver objects (not whole silverware sets), and collectibles. Please no large heavy items, or whole sets of dishes or glassware.
A MUST FOR BERLIN VISITORS: Park Gleisdreieck in Berlin

About a kilometer south of Potsdamer Platz is an area known as Gleisdreieck, meaning “triangle of rails”. It was formed by the intersection of different railway lines that had entered Berlin from the south since the mid-nineteenth century. The rail yard in the former West Berlin contained a roundhouse, maintenance building, and train yard. For the first few years after the division of Germany and Berlin the area was well maintained. When it became apparent that trains would not be leaving through East Germany for a long period of time, the buildings and rail yard were abandoned, and nature took over. Trees grew through the rails, switches rusted, and buildings fell into disrepair.

In recent years that area has been nurtured into a magical park that is a favorite place for us to visit in Berlin. At the entrance a sign proclaims that art is the closest thing to nature. The old round house is now a theater. The modern walls of the public restrooms near the entrance were built from old rails that had been melted and re-cast. The walk through the park constantly changes. It starts as a very rustic path of crushed stone lain between rusted rails often overgrown with trees. Walkers stroll past rusted railroad equipment, and then when the road makes a sharp right, there is a wooden swing on their left. Here the trail becomes very contemporary in style with polished metal borders. Halfway through there is a contemporary style elevated polished metal deck with seating formed by a very large square box that will accommodate three to four people per side. Adjacent is a grove of trees with sheep grazing. The contrast between polished steel and idyllic pasture causes one to reflect.

While we were sitting there, a train went by on the nearby hill. It was an existential experience for me.

Near the end of the hike the trail connects with an abandoned road that leads back to the station entrance. This road descends below overpasses. It has very high walls. On weekdays the public is invited to create spray paint art on these walls. So many people do this that the art on the walls is constantly changing, just as nature is constantly changing the paths. The brilliance of this park amazed me. Art is the closest thing to Nature.

Barbara Bank
HELP FOR OUR INTEREST GROUP IS NEEDED

*Couples Bridge* is now open to all couples, married or single friends, the same sex or not. If you and a partner would like to join us playing on a regular basis, we would love to have you.

We play on the fourth Saturday of the month starting at 7:00, January through October. The day of play is moveable in November and December because of the holidays. Typically a couple will be asked to host twice a year. The hostess and/or host serves wine, cheese, and often other treats.

You must sign up as a permanent couple. If your partner cannot play, I can’t guarantee you a spot that month. That depends on the availability of a substitute.

Please contact me if you and a friend wish to join us.

Best,
Barbara (858 484-4597)
(let me know if you need a ride)

New Zealand Impressions: November 2015

SALE AND PARTY !!!
FEB. 6
11 AM TO 1:30 PM
OCEANIDS’ INTEREST GROUPS

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 Jan Ouren 273-1681 or jouren@san.rr.com, Interest Group Coordinator. 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.

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: February 8 and March 14.

BOOK GROUP
Contacts: Janet Goff (760)753-3472, Liz Winant (858) 481-7447
We meet on the second Tuesday morning of every month at 9:30 AM for chatting and 10 AM for review. Everyone is welcome; we are happy to greet new members who like to read a variety of fiction and non-fiction and who value good writing and a lively discussion. Please join us.

Date “Title” by Author / Host / Reviewer
Feb 9 “Night Train to Lisbon” by Pascal Mercier/Barbara Penn/TBA
Mar 8 “My Brilliant Friend” by Elena Ferrante/Ruth Stern/TBA.

Next meeting: February 9 and March 8.

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 meet the first Thursday of the month at 2 p.m. One hour of conversation and one hour of reading aloud and group discussion. La próxima reunión de Café Español será el jueves el cuarto de Febrero en la casa de Roswitha Enright y el tres de Marzo en la casa de Liz Johnson. Por favor mande una carta electronica a Beate Menzel para informarla si quiere venir.

Next meeting: February 4 and March 3. Call chair.

CAFÉ FRANÇAIS
Contact: Mary Hanson (858) 456-1304; mhanson@san.rr.com
Notre prochaine réunion aura lieu le 10 février chez Sylvia Berchtold à 13h. Au mois de mars on se réunit le 9, chez Leni dalle Molle.

Next meetings: February 10 and March 9.

CINEMA SOIRÉE
Contact: Roswitha Enright (858) 459-7375
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 Roswitha.

Next meeting: February 14 and March 13.

DAY BRIDGE
Contact: Beate Menzel (619) 401-1557 or jrblmenzel@sbcglobal.net
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 meeting: February 2+16 and March 1+8.

EVENING BRIDGE
Contact: Barbara Bank at (858) 484-4597 or bbank@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. If you wish to play on a regular basis, or just occasionally, please contact Barbara Bank. SEE page 5 for more info.

Next meetings: February 27 and March 26.

GERMAN KAFFEKLATSCH
Contact: Roswitha Enright 858 459-7375 (renright@ucsd.edu)
This group is for beginners and experienced German speakers alike. Guaranteed no pressure. Just come on the 3rd Tuesday at 3pm and have a good time. Only German spoken. If you want to join, please contact Roswitha. TIME: 3 PM TO 4:30 PM

Next meetings: February 16 and March 15.

GRACIOUS AGING
Contact: Stephanie Freeman, 619-417-2969
This group meets the first Monday of each month at the Quaker Meeting House on 7380 Eads Avenue, La Jolla, CA 92037 1-3 pm to discuss various topics from the perspective of lifelong experience. This group has participants from Sweden, Finland, Switzerland, Germany and the US, and travel and history are frequent topics. Friends bring snacks to share and tea is served. All friends over 80 are welcome.

GOURMET GROUP
Contact: Susan Starr 858 455 1630 or 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: Please call contact.
HIKING IN AND AROUND SAN DIEGO COUNTY
Contact: Roswitha Enright (858) 459-7375, renright@ucsd.edu
We meet at 8:30am on the second Saturday of each month (October to May or June) at the La Jolla Village Shopping Center parking lot and carpool to the starting point of the hike. Bring a lunch, plenty of fluids, sturdy shoes and sun protection! Friends and family are invited. Call the week before the hike if you would like to come.
Next hike: February 13 and March 12.

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: contact Liz Fong Wills

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 contact.

MUSEUM FRIENDS
Contact: Barbara Starkey 858-453 0779 or bstarkey@san.rr.com
This group meets on a somewhat irregular basis. Upcoming trips will be posted on the Oceanids listserv. Check your newsletter as well.
Next meeting: Call contact.

PHOTO DIGERATI
Contact: Jane Takahashi jtakahashi@san.rr.com
We meet on the second and fourth Tuesday from 1 to 4 pm each month. 1st meeting is at Jane’s home. On the 2nd meeting we go on a field trip. This is for all who are interested in learning more about digital photography. For more information call Jane.
Next meeting: Call contact.

PIANO AND CHAMBER SOIRÉE
Contact: Judy Vaucquier (858) 361-0418 or jvacq@sbcglobal.net
This group has been meeting for 10 years and is for amateurs who need a motivation to practice and want to perform in a relaxed, fun setting among friends. We welcome piano, chamber instruments and voice, classical, jazz and popular music, solos and ensembles. We usually meet the third or fourth Sunday at 3 pm. This group is currently at capacity and has a waiting list. The next meeting will be Sunday, February 21st (third Sunday) at 3 pm at the home of Hans Paar and Kim Signoret-Paar. Please RSVP to Judy at 858-361-0418 or jvacq@sbcglobal.net and to Hans at hpaar@ucsd.edu or 858-456-9039. The March meeting will be at the home of Anita Weedmark on Sunday, March 20, 2016 at 3 pm. Please RSVP to Anita at anitaweedmark@yahoo.com or 858-576-9249 and to Judy at jvacq@sbcglobal.net or 858-361-0418.
Next meetings: February 21 and March 20.

SALE AND PARTY !!!
FEB. 6
11 AM TO 1:30 PM

SOUNDING BOARD
Contact: Judy Vaucquier (858) 361-0418 or jvacq@sbcglobal.net
Check the Oceanids website and page 8 for more information.
Next meetings: February 4 and March 3.

WEDNESDAY COFFEE
Contact: Georgina Sham 858-459-1336
Mary Woo mwonoace@gmail.com
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 all 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.
Next meetings: Wednesdays.

WINE TASTING I
Contact: Elisabeth Smith 858-222-2548 e-mail: egsmith99@hotmail.com
Exploring the taste sensations of a new wine or an old vintage, this group meets the third Friday monthly. Members rotate as hosts. This group is again open to new members.
For questions, contact Elisabeth Smith.
Next meeting: February 19 and March 18.

WINE TASTING II
Contact: Barbara Scholz (858) 350-6014 or bscholz@hotmail.com
We meet monthly. Members rotate as hosts. The cost for wine and food is shared among the people attending (approximately $8.00 per person).
Please call chair person about next meeting

WITS II
Contact: Bev Douglas (858) 453-4938
WITS II uses the principles of NAIC to study and evaluate companies for stock purchases. We meet on the 4th Wednesday from 3:30 to 5pm. If fewer than 5 will be available we do not meet.
Next meetings: February 24 and March 23.

Oceanids has an e-mail mailing list!
The purpose of the listserv or email distribution list is to allow our President, Board members, Interest Group chairs or anyone else with an important announcement to contact our membership.
Also, an announcement is sent when the Oceanids newsletter is available on our website for you to read online or print.
If you have questions, have an announcement for Oceanids, or are a new subscriber, please email the listserv administrators, Judy Vaucquier, at jvacq@sbcglobal.net or Mary Cutchin, at marycutchin@yahoo.com.
Anyone who would like to make corrections to the directory and/or to our database (from which we obtain the addresses for ‘Oceanids News’ mailings), please e-mail Mary Cutchin at marycutchin@yahoo.com.
OCEANIDS WEBSITE:
http://ccom.ucsd.edu/~oceanids/
Sounding Board is a series of seven lectures during the academic year, the first Thursday at 12 noon, sponsored by UC San Diego Oceanids and the UC San Diego Faculty Club. Oceanids, faculty and friends meet at the UCSD Faculty Club in a specially designated room to eat lunch and listen to fascinating speakers. Lunch is $14.00 for guests and $10.00 for Faculty Club members (purchase required). Coffee and iced tea are provided in the meeting room. A parking permit can be obtained at the front desk. You can be sure of a lively discussion! You do not need to RSVP.

Contact Judy Vacquier, jvacq@sbcglobal.net for more information.

February 4, 2016
Hans Paar, Professor, Physics, UC San Diego: “The Origin and Ultimate Fate of the Universe”
Professor Paar’s area of research is observational cosmology and is concentrated on the observation and study of Cosmic Microwave Background (CMB) with emphasis on its polarization properties. He is a member of the POLARBEAR Collaboration. POLARBEAR operates a microwave telescope in the Andes Mountains in Chile at 17,000 feet. Professor Paar received his Ph.D. from Columbia University, 1974 in Elementary Particle Physics.

March 3, 2016
Steven D. Hickman, Psy.D., UC San Diego: “The Benefits and Practice of Mindfulness”
Dr. Steven Hickman is a Licensed Clinical Psychologist and has a joint appointment as an Associate Clinical Professor in the UCSD Departments of Psychiatry and Family and Preventive Medicine. Dr. Hickman is the Founder and Director of the UCSD Center for Mindfulness, a program of community building, clinical care, professional training and research. Since founding the Center in 2002, he has taught over 40 Mindfulness-Based Stress Reduction (MBSR) courses, as well as adapting the program for nurses, medical students and other professional and clinical populations. Dr. Hickman is also a member of the Executive Committee of the UC San Diego Center for Integrative Medicine. He is married and has three teenage children, affording him ample opportunities to practice what he preaches.

SALE AND PARTY !!! FEB. 6 11 AM TO 1:30 PM
Charles Herman Fuchsman 98, husband of Oceanid Marianne Burkenroad, died peacefully at the retirement community Kendal at Oberlin in Oberlin, OH, on December 5, 2015. Charles was a chemical engineer, played chess seriously, read extensively in the history of mathematics and science and in Yiddish culture, and enjoyed listening to classical music.

Charles Shipley (Chip) Cox, professor emeritus at Scripps Institution of Oceanography died of cancer on Nov. 30, 2015, at his home in Del Mar, Calif. Our thoughts are with his wife, Oceanid Maryruth.

We are very sad to report, that Oceanid Claudia Lowenstein’s husband Carl died on Monday morning, Nov. 16, 2015. He did not wish that there be any services. He will be cremated, and his ashes will be scattered at sea.

Oceanid Muriel Strickland, widow of Professor Strickland died on January 15, 2016 at the age of 96.

Chinese New Year Dinner

Be sure to join us for our fabulous Chinese New Year dinner on Saturday, February 27 at the International Center when we will celebrate the Year of the Monkey. It is of course one of the highlights of our year, a big fundraiser for the Friends Scholarship Fund. You can eat superbly, be entertained, and help students from across the world with their research projects.

The evening will begin with a multi-course Chinese banquet including Filet Mignon with an Eastern touch. There will be very brief talks by 2 of the scholarship holders about their projects. After dinner my husband Chris will take you on an Asian underwater adventure to the world’s most diverse coral reefs. We recently spent a month underwater exploring the reefs of Raja Ampat, a cluster of islands off the western tip of New Guinea. We swam on reefs so thick with fish that it was like swimming through a snowstorm, and encountered an astounding variety of underwater creatures. One reef is so rich that it holds the world’s record of 378 fish species seen in a single dive! Seats will go fast, so register early using the form below.

Liz Fong Wills

113th Ethnic Dinner Scholarship Fundraiser
Saturday, February 27, 2016, 6:30 pm

Please complete this form and enclose a check, made payable to the Friends of the International Center. Send to Ethnic Dinner chairperson, Friends of the International Center 0018, 9500 Gilman Drive, La Jolla, CA 92093-0018.

Reservations must be received by Friday, February 15, and will be accepted in the order in which they were received. Late reservations will be charged an extra $5.00, or may be refused.

Name(s): ____________________________________________
(if you spell out the names of everyone in your party, all will receive nametags at the door.)

Address: ______________________________________________

E-Mail: ____________________________________________ I need handicap parking and have a placard: _____

Number of Friends (@$50.00): ___________________________

Number of Friends’ Guests (@$60.00): ________________

Number of UCSD Students (@$25.00): ________________ Total enclosed: ______

Additional Friends’ Scholarship Donation ________________

SALE AND PARTY !!!
FEB. 6
11 AM TO 1:30 PM
AND NOW FOR SOME INTERESTING FACTS

THE YEAR IS 1914

*Here are some statistics for the Year 1914:*
The average life expectancy for men was 47 years.
Fuel for this car was sold in drug stores only.
Only 14 percent of the homes had a bathtub.
Only 8 percent of the homes had a telephone.
The tallest structure in the world was the Eiffel Tower.
The average US wage in 1910 was 22 cents per hour.
The average US worker made between $200 and $400 per year.

More than 95 percent of all births took place at home.
Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as “substandard.”
Sugar cost four cents a pound.
Eggs were fourteen cents a dozen.
Coffee was fifteen cents a pound.
Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.
Canada passed a law that prohibited poor people from entering into their country for any reason.
The five leading causes of death were:
1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The population of Las Vegas, Nevada, was only 30.
Crossword puzzles, canned beer, and iced tea hadn’t been invented yet.
Two out of every 10 adults couldn’t read or write and only 6 percent of all Americans had graduated from high school.
Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.

Back then pharmacists said, “Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health!”
There were about 230 reported murders in the ENTIRE U.S.A. !

*It is impossible to imagine what it might be like in another 100 years*

*Where is the world’s coldest place?*
East Antarctic Plateau ...
On the high ridge of the East Antarctic Plateau, the temperature can drop to as low as -135.8 degrees Fahrenheit, which was recorded in August, 2010.

*Where is the world’s most populous city?*
Shanghai ...
At 24,150,000 permanent inhabitants

*Where is the world’s least populous city?*
Vatican City ...
With a population of 842, the city-state of Vatican City is the smallest city and state in the world.

*Where is the world’s wealthiest city?*
Tokyo, Japan ..
Tokyo tops the charts with a GDP of $1,520 billion, beating New York City by a mere $310 billion.

*Where is the world’s poorest city in the poorest country?*
Kinshasa, Congo ....
it is the poorest city in the Democratic Republic of the Congo, which is also the poorest country in the world, at a GDP of $55 billion.
Many of its residents live on less $1 a day.

*What is the highest point on earth?*
Mount Everest

*Where is the lowest point in the world?*
The Challenger Deep Trench
It is the lowest known natural point in the world at 35,797 ft below sea level at the bottom of the Mariana Trench. Only three people have ever made it to the bottom via submersible, one of which was filmmaker James Cameron.

*What is the most photographed place in the U.S.?*
The Guggenheim building in New York...
Geotagged data was culled by Sightsmap using a Google-based image sharing software, and can show us the most photographed places in the world. The strange winner is this building in New York City.

*Where is the most expensive city to live?*
Singapore ...

*Where is the least expensive city to live?*
Mumbai, India ..

To be continued...
### FEBRUARY 2016

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### MARCH 2016

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La Jolla, CA 92093-0049

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