

Oceanids News

UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

VOL. LXIII No. 3

February/March 2026

Save the Date!

Oceanids' Spring Luncheon, May 21, 2026, 11am to 2pm

After many years of meeting at the Bali Hai Restaurant, we have decided to branch out. They have served us well and we thank them.

This year, our luncheon will be held at **Seasons 52 Fresh Grill**, located in the UTC Mall at 4505 La Jolla Village Dr. There is ample parking and the mall provides 2 hours of free parking AND the restaurant will validate an additional 2 hours, so you will have plenty of time. We will be seated in a private room and will have dedicated staff that will serve us.

If you are not familiar with Seasons 52, all items on their menu are under 600 calories. Our group menu will include an appetizer, in our case, one of their famous flatbreads, a choice of 1 of 3 entrees, your choice of soft drinks, and of course, your choice of one of their fabulous desserts.

Once again, we will have our Grab 'n Go. Start gathering those treasures you no longer need and bring them to the luncheon.

More details to follow in the next Newsletter, so reserve that date and join us at **Oceanids' Spring Luncheon!**



OCEANIDS CREW 2025-2026

BOARD OF DIRECTORS

Honorary Chair: Thespine Kavoulakis, Associate of the Chancellor

Co-Presidents: Mary Hanson.... 858-456-1304
Liz Winant858-231-1496

Immediate Past President: Jim Bunch

Co-1st Vice-Presidents: Barbara Bank 858-484-4597
Mary Woo.....858-481-6998

2nd Vice-President: Mary Cutchin ...858-729-3888
(Membership, directory updates)

Recording Secretary: Janet Ambrozek..858-272 2726

Treasurer: Jan Ouren.....858 273-1681

Financial Secretary: Liz Winant858-231-1496

Nominating Committee: Anne-France Saillot,
Marion Spors, Judy Vacquier, Janet Ambrozek, Joan
Stevens (alt)

Parliamentarian: Barbara Bank858-484-4597

Interest Gr. Coordinator: Judy Vacquier
858-361-0418

Newcomers: Liz Fong Wills..... (858 232-7545)
Georgina Sham, gbsham@gmail.com

Historian; TBD

Refreshment Reminder: Mary Hanson 858-456-1304

Sunshine Committee: Diana Vines.....858 459 8248

SDIS: Dorothy Parker.....858 453-6351

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: UC San Diego Oceanids
c/o ISEO - Student Center B
9500 Gilman Drive #0018
La Jolla, CA 92093-0018

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: enrightroswitha@gmail.com and mwoonew@gmail.com

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

BOARD MEETINGS: first Thursday every month. Oceanids are invited to attend/observe.

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



President's Message

I have a confession to make. I turned 80 last year. For the handful of you who have already reached that threshold, you might share the experience that this is a time to

reflect, not only on the decades you've had the good fortune of experiencing, but also on finding joy each and every day.

One conclusion I've reached is that friendships are precious, and a tremendous source of joy as we get older. I joined Oceanids shortly after retiring in 2007, and

immediately made new friends and continue to do so. We in Oceanids are justifiably proud of our programs for Newcomers, our support of groups such as the Student Run Free Clinic, our Undergraduate Service Awards, and our various fellowships. However, ultimately what I've come to value the most is the good friends I've made, especially in Cafe Français and the bridge group as well as among my fellow board members. This is the friendliest board I've ever had the privilege of working with, and I truly appreciate how supportive we are of each other. Please know that I don't take any of you for granted.

Let's raise a glass to friendship!

Mary Hanson , Co-president

NEW MEMBER

Thomas Aleksander; Spouse / Partner: Lilia Valeeva; C: 619-228-4161
Email: thomas@sdfinerealestate.com

UPDATES

Jean-Pierre Amor - C: 858-342-0371;
Email: jpamor@sandiego.edu

Karen Andrews

Email: karenandrewsphotography@gmail.com

Barbara Bank - Email: barbarabank6@gmail.com

Claudia Barton - C: 858-488-8812

Uli Burgin - C: 831-331-5558

Patricia Granger - Email: patgranger6@gmail.com

Karen Silberman -

Email: karens@carletonmgmt.com

Sylvia Bal Somerville - C: 619-977-2713

Patricia Stuart - C: 651-336-4298

Trudy Synodis - C: 858-395-5115

Rachel York - Email: r@yorkwilliams.com

Anita Weedmark - C: 858-309-4306

Yelena Zolotukhina - Email: yzolot15@gmail.com

*Also, Elizabeth Lancaster is alive and well. I mistakenly added her to the In Memoriam page in the 2025/2026 Directory. She has accepted my sincere apology. Her contact information is: C: 619-933-7454;
Email: elizlanc@gmail.com*

Mary Cutchin, Membership

Email: marycutchin@gmail.com

Cell: 858-729-3888

Oceanids Gallery of Arts and Crafts

Upcycle Group Show, January 2026

by Jan Ouren

Oceanids members submitted items to the Oceanids Upcycle Group Show in this edition of our newsletter's virtual Gallery of Arts and Crafts. The idea for an Oceanids upcycle show originated in our Day Bridge interest group. Upcycling is the reuse of discarded objects or materials in such a way as to create a product of higher quality or value than the original (AI definition). These items might have been bought at a thrift store, swap meet or garage sale, etc., or found somewhere and creatively recycled, upcycled or transformed in some way (applied broadly). We encouraged the submission of wacky out-of-the-box entries. Just a show for the fun of it, revealing a bit about the process of upcycling and member aesthetics. Here are the entries.

notable Mexicans of the 20th century

Mary Cutchin, Oceanids Membership chair, submitted her Goodwill \$22.50 find which she upcycled with a new frame and hung in her home. It's a print by the well-known Mexican artist Francisco Zúñiga. Zúñiga (1912-1998) was known both for his painting and his sculpture and is seen as one of the 100 most



Beate Menzel, Day Bridge Interest Group chair, writes about her entry, a decorative item repurposed as a trivet: “This is one of two objects I got from the [Oceanids Spring Lunch] “grab table” which is a little ridiculous but also useful. It is is a teak fish, probably right from the 50s or 60s which reminded me of my youth. Look at this beauty! Works as a charming kitchen decoration and as a big wooden coaster for hot pots. What more can you hope for?”



Our next entry is from an anonymous member. She writes: “It's a mermaid, fashioned from a steel drum lid, signed by Haitian metal sculptor, Jonas Pascal. I paid \$2.58 for it twenty-five years ago.” What an appealing sculpture and, as a mermaid, a perfect icon for Oceanids.



Roswitha Enright, Oceanids Newsletter editor, submits her thrift store find—an unwanted man’s beige shirt. She transformed it into a super jacket for herself by rolling up the sleeves. Absolutely!



Finally, I (your gallerist) found this already upcycled item at Kobey’s swap meet. It’s a large twig--painted red with black blotches by the vendor who was selling it for \$3. It’s now reused as part of an ikebana display in my home.



Please contact me (jouren@san.rr.com) if you have your arts or crafts or interesting collections that you’d like to exhibit in Oceanids’ virtual gallery.

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 jrbmlmenzel@cox.net

BIRDING GROUP AVISETS

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

We meet on the 2nd Monday of the month during the academic year.

Next outings: Feb. and March 9.

BOOK GROUP *Contact: janet goff
<janetrgoff@hotmail.com, Liz Winant
lizwinant@gmail.com*

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. Our gatherings consist of

8 or 9 of us and there's always room for more. Please be one of them.

Date "Title" by Author / Host / Reviewer

FEB 10 "The Time of the Child" by Niall Williams / CCC* / Jim Bunch

MAR 10 "All the Lonely People" by Mike Gayle / CCC* / Steve Leon

For those who like to read ahead:

APR 14 "The Safekeep" by Yael van der Wouden / CCC* / Janet Goff

CCC=Cardiff Cove Clubhouse; call either of us for directions

BOOGIE BOARDING BUDDIES

*Contact: Liz Fong Wills lizfong2@gmail.com
(858 232-7545)* We meet every Saturday at 9:30 am and/or Sunday at 10:30 am all

year round when the ocean water temperature at LaJolla Shores is 55 degrees F. or more. You must bring your own boogie board plus wetsuit if you feel the need for one.

CAFE ESPAÑOL *Contacts: Alicia (858) 353-3878; 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 in person 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.

Next meeting: Feb. and March 12.

CAFÉ FRANÇAIS *Contacts: Anne-France Saillot, af.saillot@gmail.com*
For who loves the French language and wants to practice listening and speaking French, our group welcomes you ! Our members come from all over the world. Every reunion, we discuss a topic and learn new vocabulary. We meet every 2nd Wednesday of the month at 10:00 to 12:00 from October to May.
Meeting: Feb. and March 11.

CELLPHONE PHOTOGRAPHY
Contact: *Kim Signoret-Paar, kspaar@outlook.com*

The group is on hiatus. For more information, please contact Kim.

CINEMA SOIRÉE

Contact: Jim Bunch at jbunch@ucsd.edu
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 the discussion takes place.

Next meeting: Feb. and March 8.

DAY BRIDGE *Contact: Beate Menzel 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: Feb. and March 3 and 17.

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: Feb. and March 17.

**HORTICULTURE, a new Interest
Group for all who love plants and like
to care for them.**

Contact:
Nancy Groves, (858) 453-6486;
nancygroves@me.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's house. From there we carpool to the restaurant. Next dinner call Mary.

PIANO AND CHAMBER SOIRÉE

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

The Piano Soiree will meet Sunday, December 21 at 3:00 pm at the home of Judy Vacquier. The piano soiree will meet Sunday, January 25, 2026 at 3:00 pm at the home of Polina Sisman. The attendees will be notified by email one week before. If interested, please contact Judy Vacquier.

Next meetings: Feb. and March 22.

TAPAS ON THURSDAY *Contact :*
Barbara Bank bbank@ucsd.edu

The strength of our group is the warmth we share. If you wish to join us, please contact Barbara Bank (bbank@ucsd.edu) to be added to our mailing list. We meet on the third 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.

Next meeting is Feb. and March 19.

WEDNESDAY COFFEE

Contacts: Georgina

Sham, gbsham@gmail.com.

Lynn

Jahn, lynnjahn@gmail.com.

Come

join our social group of Oceanids, newcomers, learn strange and wonderful American customs. Please contact Georgina or Lynn for more information.

WINE TASTING *Contact Alicia Flores*
Meneses at

*virginiacisne@yahoo.com or 858-353
3878*

GERMAN KAFFEEKLATSCH IS LOOKING FOR NEW MEMBERS. IF YOU KNOW SOMEONE WHO HAS SPENT SOME TIME IN A GERMAN SPEAKING COUNTRY AND WANTS TO KEEP OR ADD TO THEIR VOCABULARY LET THEM KNOW ABOUT GERMAN KAFFEEKLATSCH. NO PRESSURE GUARANTEED. OUR FRIENDLY GROUP WILL WELCOME YOU.

UC San Diego Oceanids' Meet and Greet

January 2026

Last year, Oceanids began a newsletter column to introduce you to one or more of its 200+ members. Our featured member in this issue is the cellist, Marcia Bookstein. Marcia recently joined Oceanids after meeting Oceanids' past president Jim Bunch while walking her three dogs in the neighborhood. She also participates in Cinema Soiree, one of Oceanids' popular interest groups, where she provides a valuable perspective on films' musical scores.

Marcia recently retired from her role as cellist in the San Diego Symphony, having served a monumental tenure of nearly 47 years. She studied at both the University of California, Los Angeles, and California State University, Northridge, where she received her BA, at the same time auditing Gregor Piatigorsky's master class at USC. In 1975 she auditioned for and became principal cellist of the Jerusalem Symphony. In 1977, she joined the San Diego Symphony as a member of the orchestra's cello section. To see more about Marcia's musical career, please search online for her many citations.

Marcia was born in Los Angeles, married and raised two daughters in San Diego. One daughter now lives in Portland, working as a fundraiser for the national organization Resource Generation. The other daughter lives here; she founded and works as educational director for the improv theater, Mockingbird Improv. Marcia and other improv students perform there once a month. Her interest in improv is extensive, citing comedy improv's many health benefits.

Other interests include writing Haiku and limericks, gym classes, reading, and taking care of her family's three rescue dogs, Ysabella (from Mexicali), Gnome Chompsky (the only surviving puppy born to Ysabella) and Murphy Einstein Winston (a red greyhound mix). See the photo. Marcia just finished reading the challenging *Capital in the 21st Century* by Thomas Piketty. This was a 3½ year project--perfect for insomnia relief she says.

Thank you, Marcia, for the outstanding interview!

Jan Ouren, Oceanids

If you'd like to participate by suggesting a member to feature, or by letting members get to know you better in this column, please get in touch at jouren5353@gmail.com



FEBRUARY 2026

SUNDAY	MONDAY	THUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Day Bridge	Wednesday Coffee	Board Mtg		
8	9	10	11	12	13	14
Cinema soiree	Birding	Book Group	Wed. Coffee Cafe Francais	Cafe Espanol		
15	16	17	18	19	20	21
		Day Bridge German		Tapas		
22	23	24	25	26	27	28
Piano Soiree			Wed. Coffee			
			Wed. Coffee/ WITS			

MARCH 2026

SUNDAY	MONDAY	THUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Day Bridge	Wednesday Coffee	Board Mtg		
8	9	10	11	12	13	14
Cinema soiree	Birding	Book Group	Wed. Coffee Cafe Francais	Cafe Espanol		
15	16	17	18	19	20	21
		Day Bridge German		Tapas		
22	23	24	25	26	27	28
Piano Soiree			Wed. Coffee			
29	30	31				

WELCOME NEWCOMERS!
UC San Diego Oceanids
c/o ISEO - Student Center B
9500 Gilman Drive #0018
La Jolla, CA 92093-0018



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.