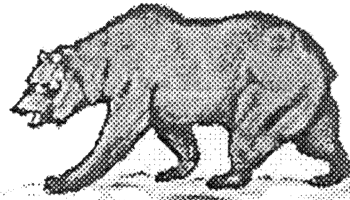


Bear

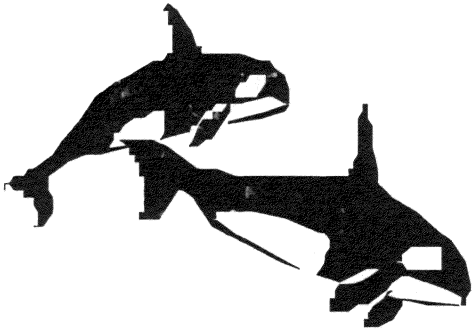


Facts

Volume XLI No.4

Bulletin of UCSD OCEANIDS

January 2003



Watch the Gray Whale migration from a chartered boat !!

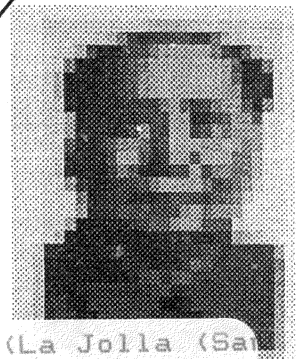
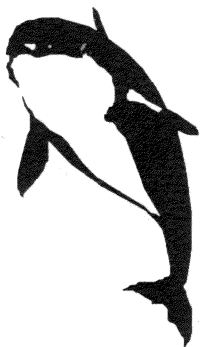
Date: Saturday, January 25

Time: 9:00 a.m. (check-in) return: 12:00 to 12:15

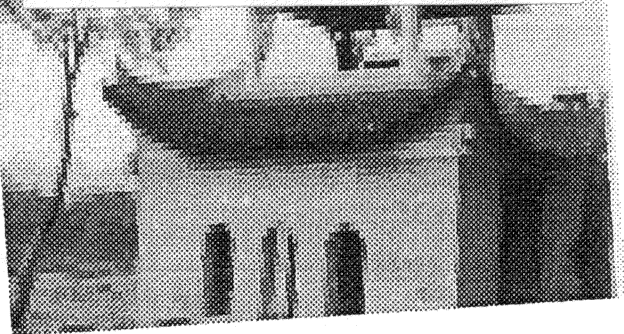
Pre-paid reservation (deadline: Wednesday, January 22)
Adults \$15, all children under 12 including infants: \$10

**Informative slide show by naturalist and whale specialist,
Charles Stinchcomb,
on Tuesday, January 21 at 7:00 p.m.
UCSD International Center Lounge**

Much more information on page 10



3
R Bear facts (La Jolla (San Diego, Calif.))
SIO Flr 3 Archives R
UC San Diego
Received on: 12-27-02



Bowers Museum of Cultural Art
See page 8
Bustrip on Saturday, February 1

Contact: Barbara L. Starkey
phone: 453-0779

Reservation Coupon on page 11

See China Article in this Newsletter

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no. 4



BEAR FACTS

is the newsletter of Oceanids, a UCSD campus organization. Published monthly except July, August & September. Letters to the Editor and articles of interest to UCSD are invited.

ALL SUBMISSIONS FOR CONSIDERATION MUST BE RECEIVED BY THE EDITOR NO LATER THAN THE 15th OF THE MONTH FOR THE NEXT ISSUE.

Please address all submissions to:

Oceanids/Bear Facts
International Center

9500 Gilman Drive

La Jolla, CA 92093-0049

or **better** Email to:
oceanids@ucsd.edu and
renright@ucsd.edu

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Friends of Music

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& Foundation Scholarships

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Oceanid of the Year,
Maxine E. White, &
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Friday Café
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Margaret Acampora 459-8123
Judy Skelton 456-0930
Mary Dashen.....457-4631
Madeleine Rast 755-0478
Sylvia Bal Somerville 760-753-9304
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Linda Smith.....677-0711
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Candace Kohl..... 259-1903
Carole L. Ziegler 619-297-0798
Ady Rosenblatt 453-4626
..... (needed)
Candace Kohl.....259-1903
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Sallye Krause 755-3245
Barbara Fitzsimmons.....453-5787
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Maxine Bloor 459-7665
Jean Kramer 453-0379
Carole L. Ziegler 619-297-0798
Ady Rosenblatt.....453-4626
Barbara Starkey453-0779
Ady Rosenblatt.....453-4626

**BOARD MEETINGS first Thursday every month at the Oceanids Pavilion,
International Center, 9:30 AM social, 10:00 AM meeting
You are welcome to attend!**

President's Message

I hope you had a happy, fun-filled holiday season. The Oceanids holiday party on December 7th was really a good time, thanks to many Oceanids and their friends and family who contributed good food, decorations and their time. A special thank you to Maxine Bloor, and to her grandchildren, Cambria and Austin, for their helpfulness and smiling faces!

Special events coming up include the Newcomer's whalewatching trip, and two museum trips to Bower's museum and to the Mingei in Balboa Park, both to see treasures from China. And of course, the interest groups have lots going on, as usual. Check elsewhere in this issue for details.

Do you make New Year's resolutions? I have been making them since I was a little kid. In industry we used to call them "management by objectives." Often the first step to accomplishing something involves articulating it and writing it down. In early December, I attended a remarkable conference at SIO held by the Center for Marine Biodiversity and Conservation (CMBC) regarding the state of biodiversity in our oceans. This inspired me to make the following resolution: to start a new book group/discussion group devoted to issues in environmental conservation. In addition to Oceanids who are interested in learning, along with me, how we can keep our planet beautiful and save our fellow critters from becoming extinct, I hope to attract guest speakers and participants from UCSD, including SIO and the Birch Aquarium at Scripps. You don't need to be a scientist to be concerned about what we are doing to our environment. It's a concern to everyone on Earth. So call me or email me to find out about our first book! Our first meeting will be in February.

And about those other New Year's resolutions...making them specific and measurable is a good idea. For example, "Join an Oceanids walking group" or "Walk 3 times a week for 30 minutes" is better than "Get more exercise." If you've got some resolutions or ideas for new interest groups, please tell me about them! We tend to stick to resolutions better if we share them with others. A very Happy New Year to you and your family!

Judy Vacquier

OCEANIDS SUPPORT THE "ADOPT-A-FAMILY" PROGRAM

Mary McIlwain is pleased to thank all the Oceanids who generously donated food vouchers or gave a cash donation at our Holiday party or separately. Approximately \$250 has been raised to date and more cards are coming in. These funds will be given to Irene Barragan in the Social Services Department at the UCSD Medical Center in Hillcrest for their "Adopt-a-Family" program during the holiday season. Thank you to everyone who has donated. This has been a thoughtful way for Oceanids to reach out to families in need at this time.

HOLIDAY PARTY FUN

Oceanids Holiday Party on December 7th was fun for all who attended. The International Center was festive with a pretty tree and a warm fire. Carols were led by Sandy and Evelyn Lakoff and once again Georgina and Lu Sham tried to get people dancing. Although the music was great not many of us danced!

Maxine Bloor, who worked the "Kitchen" wishes to thank her committee for their help. They are Mary McIlwain, Jean Lindsley, Judy Vacquier, Pat Kampmann and Glenda Rosenblatt. Helping at the door were Elibet Marshall and Ellen Revelle. Actually everyone who attended helped. Maxine was delighted as this makes a party fun for all!

Maxine sends a special thank you to her grandchildren Cambria and Austin Pickering who were "worker bees" for the evening and enjoyed the festivities as well.

Sounding Board News

There will be NO Sounding Board in January 2003. See page 5 for details on February's Sounding Board with Dr. Gabriele Wienhausen, founding Provost of 6th College.

SOME NOTES FROM DECEMBER'S SOUNDING BOARD

Psychologist Luann Lindquist Phd. told us ways to work through stress, especially during the holidays. One idea she called **Brain Power** is putting your mind to work to help delete negative thoughts. Anytime your mind dwells on thoughts that upset you just say to yourself, "THAT IS ENOUGH!", and go on to other thoughts. We are often hung up on our favorite bad feelings but you don't have to let them stay. **Mental Shower** is another one of her methods to get rid of stress. Get into the shower and imagine that all negative things are washed away with the water. Be forceful and yell "STOP". This will not work if you don't believe it will. If you are lonely and feeling negative make yourself keep busy, find **friends** (3 good friends and you're in business), find a support group and go to meetings. Keep in mind that **anxiety attacks** don't kill people. If there is something in your **past** that keeps coming back into your thinking, take these steps: Think about it and if there is nothing you can do to change it now, forget it--throw it out! If there is something you can do (such as apologize) do it. Then forget it. One phrase to remember is "**fake it till you make it**" Ms. Lindquist also talked about the "**I wish I had, I wish I had, I should have, I should have**"-**train syndrome**. Question your "shoulds" and "wish I hads" and throw them out forever. Make a **list of to-dos**. Probably half of them really don't need to be done. For example, at Thanksgiving you don't have to invite anyone or go somewhere. What might be really important for you to do? Go walk on the beach at night, perhaps. **Do special things that you want to do.**

OCEANIDS IS OPEN TO ALL WHO ARE INTERESTED IN UCSD

Print your name as you would like it to appear in the DIRECTORY. Check here if you do not wish to be listed _____

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Send check(s) & completed form to

OCEANIDS, INTERNATIONAL CENTER, 9500 GILMAN DR., LA JOLLA, CA 92093-0049

Dr. Michael Ziegler, professor in the Department of Medicine (and husband of past president Carole Ziegler), received a "Special Space Flight Achievement Award" from the Space and Life Sciences Directorate at the National Aeronautics and Space Administration, in Houston Texas. Congratulations!



HERLIHY FARMS



On December 3rd, the Devilish Diners visited **Herlihy Farms**, a 33 acre commercial flower-growing farm in Fallbrook. In the fall and spring, the owner and her daughter open their beautiful sprawling home and gardens to tours and demonstrations. At that time they offer various specialty items for sale that are used in the demonstrations. They showed us simple but spectacular gift wrapping ideas using fresh greenery tied onto a package with colorful wired ribbon, and a "5 minute wreath" made by tying or threading different types of pine boughs into a wreath made of grape branches. These demonstrations were followed by a one hour cooking class where delicious recipes were prepared and then eaten by the observers! They included a delicious curried pumpkin soup, a salad with European salad greens, roasted Bosc pears, shallots, bleu cheese and bacon, and an elegant apple tart. Everything was carefully explained and recipes were provided. Visitors were free to wander through the gardens, including a "secret garden," and visit the quaint gift shop. Popular items were springform pans, wreaths, ribbon, aprons, and avocados. The spring demonstration will feature a tour of the gardens and fields in full bloom, so it may be a candidate for a return visit by Devilish Diners!

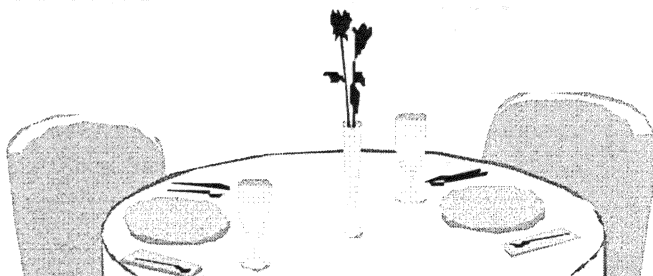
Early Bird Lecture at the Birch Aquarium

*Wednesday January 8
7:30 to 9:00 A.M.*

*The regional Impact of Climate Variability
by
Daniel Cayan, PhD*

Save Saturday January 18th for a Moroccan dinner at the International Center. It will be prepared by a Moroccan/French chef; the entertainment will feature slides by Candace Kohl and possibly belly-dancing.

The new price for Ethnic dinners will be \$25 for members, \$30 for non-members, and \$15 for students.



THE LIVING BANK

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CALL 1-800-528 2971 for information on
how to become a donor.

**February's Sounding Board will introduce
Gabriele Wienhausen
Provost of UCSD's Sixth College**

When Gabriele arrived here from Germany 21 years ago, her first stop was the UCSD International Center for a tutor to perfect her English.

Since 1989 she has been the Principal Investigator of the Howard Hughes Undergraduate Science Enrichment Program, overseeing the High School Science Enrichment Program, Lower Division Undergraduate Support, Upper Division Research Projects and curriculum development and has co-directed multimedia projects in the natural sciences under this program.

She has been Vice Chair for Education in the Division of Biology, in charge of short and long-range planning of educational activities to ensure continuity and quality of the undergraduate curricula. Gabriele has made sure of the quality and efficacy of the Biology Student Affairs and the Biology Undergraduate Teaching lab units, which includes lectures at UCSD Jacobs School of Engineering.

Gabriele is the co-director of the doctoral program in Mathematics and Science Education jointly offered by UCSD and SDSU. Her research focuses on the impact of educational technology in undergraduate education---the new Sixth College.

This exceptional woman who has won numerous teaching awards, including the Academic Senate Distinguished Teaching Award and the Chancellors Associates Outstanding Teaching Award, is now the academic and administrative Provost of UCSD's Sixth Undergraduate College. She is responsible for the development and implementation of its academic goals, programmatic aspects of the College's residence-hall life and all recreational, social and cultural programming.

SIXTH COLLEGE

Wireless learning will set this college apart from others

The interrelationships between art, culture & technology constitute the theme for 6th College. New modes of communication & interactions are [its] heart. 6th College will help students to see cultures as products of the synergistic interplay between art, technology and the human adaptation.

A wireless infrastructure, installed in dormitories, classrooms, commonly used public spaces, will enable students with mobile computing devices to access & share information.

"We will shape the future of technology innovations in education at the same time that we provide our students with a rich, evolving collaborative environment unique in higher education."

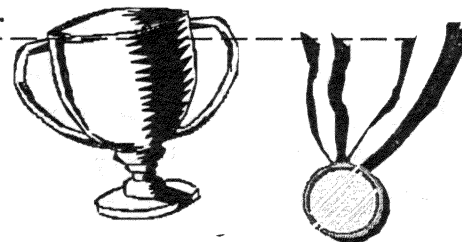
The difference between 6th College and the other 5 colleges is that the general education requirement includes a variety of new and traditional classes. Students may pursue any major and study abroad is promoted.

"...Community Associates recruits volunteers from the

community to discuss, via e-mail, the assigned written papers of 2 students who have attended lectures on human civilization each quarter. The volunteers will not attend lectures, but learn about them from their student partners ...this informal exchange of reactions & ideas with non-academics, it is hoped, will enable students to develop confidence & better ability to express themselves in writing."

WALKING FOR FUN AND EXERCISE

This is a new interest group to encourage fitness by walking with friends in your neighborhood. We have 3 groups formed so far: Del Mar, North La Jolla (UCSD), and South La Jolla (Mt. Soledad/Bird Rock). Please contact Judy Vacquier (858) 459-7834 if you would like to join a group or start one in your neighborhood.



Sounding Board 2003

We have been able to make Oceanids' Sounding Board a joint lunch/lecture series with the UCSD Faculty Club.

There will be a short write-up of each month's speaker in Bear Facts the month before, so everyone will be able to plan in advance to attend. This is the list of our stellar speakers:

- February 6 Dr. Gabriele Wienhausen, Founding Provost of 6th College will tell the goals of 6th College "Why 6th College Is Different"
- March 6 Jim Pokorny, Aviation Attorney & 1970 UCSD graduate, active in the Lawyer-Pilots Bar Association; Legal commentator on KUSI. His talk "When Airplanes Fall Out of the Sky as an Aviation Attorney sees it"
- April 3 Father Joe Carroll of St Vincent de Paul Village, a poor kid from New York's Bronx, has developed a unique 'one-stop-shopping' approach to restoring dignity in rehabilitating the homeless with a comprehensive list of services from medical care to job preparation to summer camp. Also he's a delightful, amusing speaker. Please contact Jean Lindsley for reservations as we expect a crowd.
- May 1 Neil Morgan, past-editor of the SD Evening Tribune & columnist for the SD Union Tribune, & Jim Goldsborough, columnist for the Union Trib have been invited, but neither was able to commit so far in advance.

**IMPRESSIONS FROM A 1992 VISIT TO GUIZHOU PROVINCE
IN SOUTHWESTERN CHINA (I)
By Marianne Burkenroad**

Ten years ago I joined a group of eight veteran Asian travelers to visit Guizhou Province. Until a few weeks before the trip I didn't know about the 56 minority populations in China, 13 of which live peacefully together in the mountainous, isolated areas of Guizhou. The Miao are the most numerous, numbering 2.5 million (1982). Other groups are the Bouyei, Dong, Gelao, Hui, and Yi. Guizhou has been open to visitors only since 1984. The Miao ("Horn Men") are the ancestors of the Hmong ("Free People"), many of whom now live in San Diego and elsewhere in the U.S.

On leaving bilingual Hong Kong, I became linguistically helpless. Miao people use dialects related to Chinese. Dui, our guide, was a self-taught linguist through whom we could communicate with the Miao. He had trouble with some elders who would try to speak with him in Han, the official language of China. But their pronunciation was so poor that Dui preferred conversing in their dialect.

Our excellent driver managed the narrow, often unpaved, winding roads without mishap. Honking was continuous as he skilfully avoided uncoming trucks, carts, bicyclers, horse-drawn wagons, herds of cattle, flocks of ducks and geese, water buffaloes, and pedestrians carrying wide loads. Some farmers spread their grain on the roads to be crushed by the wheels of passing vehicles.

The Miao plough irrigated, irregular, terraced fields with their water buffaloes. Rice is their most important crop and staple food, but barley, oats, buckwheat, corn, tobacco, and various vegetables and fruits are also grown. Domestic animals included pigs, cows, sheep, chicken, ducks, and fish.

There are first-class hotels in the big cities. But in the smaller industrial towns in Guizhou we stayed in hotels intended for Chinese travelers. The architecture was uninteresting. Many hotels, designed by Russian architects, deteriorated from day one. There were no elevators. The individual floors were controlled by women who would unlock our room doors, but do little else for the guests. The lobby was dark; the vinyl-covered sofas and chairs were either very hard or so soft that it was hard to get up. Stale cigarette smoke hung over everything. Gifts of American cigarettes were very welcome. The outside air was polluted from factories and motor exhaust. Coal is widely used, and hand-molded round coal briquettes could be seen in many of the coal dust covered villages.

Hotel rooms usually had twin beds, and were equipped with lamps some of which worked, but most did not. TV provided Chinese programs with only one half hour in English at midnight, usually devoted to receptions of foreigners by the Beijing government. There was no news about America.

The windows were dirty, hard to see through or open. We were always provided with a pair of slippers, a tube of toothpaste, and a tooth brush. We gave these items to older women in the villages who welcomed them. Best of all, we had two tall thermoses with near-boiling water that stayed hot through the night. Bags of green tea were regularly supplied. The Chinese never seem to be without their tea. They even carry containers on their bicycles to work. I preferred the rare breakfast coffee.

The bathrooms were in need of a plumber. Hot water came on at odd hours for a short time. The first one of us to use the bathroom did all right, but the second user contended with wet floors and leaking around the toilet, tub, or basin. Towels were tiny. Maids would storm into the bathroom in the morning and slosh water all over. Worst of all, they took away the thermoses; and I had wanted to brush my teeth after breakfast. No amount of body language could dislodge the cleaning brigade from the bathroom. They would not move on until finished. However, such accommodations were luxurious

compared to others we experienced. Some guest houses had super-hard beds, no light or heat, and miserable toilet facilities. In one case, we had to cross a busy street to use the outhouse. It was raining and people on their way to a festival used it too. Slippery bricks led to the place which had a hole between old boards. We often preferred a "bush stop" before entering a village. I found the people's way of sitting to my liking. They squat to converse, to watch goings on, to trade caged birds, to play Chinese chess and, of course, to relieve themselves.

Hotel meals took place at round tables which were too high for the low chairs that went with them. The Lazy Susan extended almost to the rim of the table, leaving little room for our tiny bowls. In the villages we sat on low stools at low tables.

Exchanging dollars was complicated. Only clean bills were acceptable. Each one of us had to deal with three tellers in turn. The first one used the calculator to convert dollars into yuan; the second one checked the calculation with an abacus; the third one did the computation in his head, and we finally got our money. It took us eight people several hours to complete the transactions.

When there was a change in plans, Dui notified the next village by runners, as I learned recently from him. The villagers looked forward to our coming since we were potential buyers of their goods.

We sometimes attended unplanned events. At a Bouyei village we were invited to watch a wedding. The groom carried his bride from her parents' house to the house of his father. They were followed by family members, many of whom carried open umbrellas although it was not raining. The bride hid her head in her arms, supposedly sad about leaving her home. The groom carried her up the steps, stepping over a saddle, symbol of security; then over a box of rice, symbol of prosperity. Inside, the couple prepared rice patties for the guests. They then bowed and drank to the ancestors at the family altar, which was framed by red banners, bearing good luck inscriptions. We were offered cups of wine poured from a beautifully carved wooden flask. The shy young bride was transformed into a gracious hostess. We sat on benches around the table of honor. The bride encouraged her guests to dip assorted vegetables and meat into the bubbling hot pot. Toasts, offered by hosts and guests, were duly translated by Dui. Gifts were exchanged. Each of us received two oranges symbolizing the couple. It was clumsy holding the fruit while later joining a dance outside. The bride offered decorated slippers to her new male relatives. Our group gave the couple 88 yuan (a lucky number). The bride gave us hand-woven dark blue double bags embroidered with symbols of prosperity and longevity. The groom's father called for music and dance by clapping his hands.

These hospitable people led us to a bamboo grove to demonstrate how courting was done in their village. Young men and women lined up on opposite sides and sang love songs to each other. A girl would then throw a small diamond-shaped embroidered pillow to the man of her choice. The pair will then go together. The people seemed embarrassed, since they were not used to courting in broad daylight. Afterwards we all boarded narrow boats and, with one paddler at the stern, slowly floated down the river, singing happy Miao and American songs to each other.

We were present at the third day of a funeral, which is supposed to be joyful. We crossed a river, gingerly stepping on shaky rocks to reach a long, rickety house on stilts. Other mourners had eerie black or green paint on hands and faces. The crowded rooms were dark and smoke-filled from cooking. There was eating, dancing and very loud music. The old widow urged me to sit down and share the food. The blood sausage looked unappetizing and I was not about to eat it. I left to get some air on the narrow balcony that ran along the house. The atmosphere was scary, more so as I was afraid that the balcony might give way under the weight of the crowd, and the heavy stomp-dancing that shook the whole building.

In Miao funerals the corpse is clothed in textiles made of natural fibers like ramie or hemp, so the soul can travel safely to the land of their ancestors. The body was interred in graves or burial mounds.

(See February's Bear Facts for second installment)

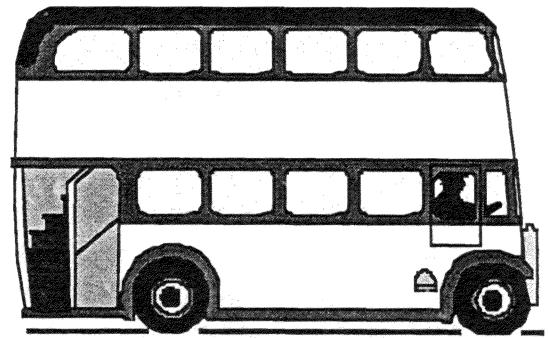
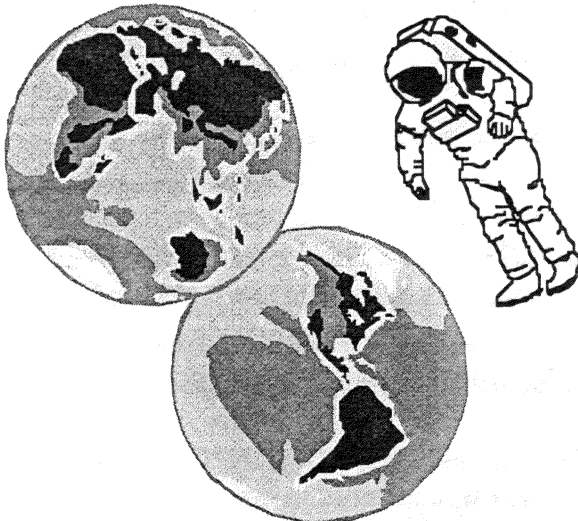
WHAT ME WORRY?

We've noticed lately that people worry about the wrong things. Not to imply that worrying is wrong, it's just that you must do it about the right things. Altho worrying about things that might happen or not happen is futile, it's important that you DO worry. It means you're alive - a sign of life. I had a classmate back in 1928, and when she died in 1930 she stopped worrying, which was a shame. It's a sign of life, you see, worrying. If you stop, it proves you're dead. Not a good thing.

Trouble is, people worry about boring things, non-creative things, tenuous, shaky, and windy subjects. Not productive. And then they distress in the middle of the night, for instance, which is dark and scary anyway. Daytime is better for agonizing, and doing it in a good place is the best way to go. My suggestion is to pile up all your worries into a dusty unused corner of your house. A musty cellar, if you are blessed with one, is a good place. Let them stew about by themselves. You will find that one worry will beget another and that one will do the same: the whole beget and beget sequence, like population explosion. Not a good thing. So forget the whole mess, lock the house and get out fast! I suggest the beach.

Recently I did just that, escaping to La Jolla Shores Beach, where I found a crew feverishly raking mounds of kelp and then skip-loading the jumble into trucks and then driving off. Right then and there I began to worry BIG TIME! Where were they taking it all? Kelp belongs at the seashore if it stops sloshing about offshore. Well guess what! For years now those busy beaver city crews have been stashing those loads in remote inland hinterlands, somewhere possibly between Dehasha and Jamacha! I was torn between racing back home unlocking my cellar door, to embrace my simplistic worries joyfully instead of facing this major unpreventable archaeological disaster of a misconception. Those guys in 15,000,001 A.D. (fifteen million and one) are going to be wrong, wrong, wrong to conclude that our Pacific waves had lapped Dehasha and Jamacha, and we here today are utterly helpless to do anything to correct this future faulty point of view. Our Pacific shoreline in 2002 was here not there!

Elibet



MUSEUM OUTING BY BUS

Currently masterpieces from the Nanjing Museum, China, are being displayed at the Bowers Museum of Cultural Art in Santa Ana. Oceanids is inviting you to join us on Saturday, **February 1, 2003** for a bus trip to that museum. We are leaving from the Macy's parking lot near the tire center at the corner of Nobel and Genesee at 8:30 a.m. and should return to San Diego around 5:30 p.m. The cost is \$45 and includes the bus ride, the audio presentation, refreshments up and back. If you wish to join us, fill out the coupon and send it and a check made out to Oceanids to Barbara L. Starkey, 4341 Pavlov Avenue, San Diego, Ca 92122 before January 21, 2003. Seats are limited and are on a first come first serve basis.

The Nanjing Museum, formally called the National Central Museum, was founded in 1933. This Chinese museum prides itself on adapting scientific methods to collect, preserve, conserve and study historic objects. The collection came from three sources. The first were excavations by the museum staff in the early and middle 20th Century. These objects include stoneware and jade from the Neolithic period, bronze vessels from the Shang and Zhou dynasties, blue porcelain from the Six Dynasties, and art work from subsequent dynasties. The second source were imperial palaces where objects were collected by the royal family. The third source were private collectors. These national treasures of China reflect the splendor and diversity of Chinese history.

The exhibit is called Symbols of Power--from the Tomb, from the Temple, at the Court, beyond the Court. The beauty and richness of one of history's most powerful cultures are displayed in 260 objects. These objects date from 5,000 years ago through World War II. The collection consists of bronze objects, ancient currency, fine porcelain, paintings and calligraphy, formal and informal attire, court objects, accessories and jewelry. The exhibit includes a jade burial shroud dated from 25 to 220 AD. During the 1930's and 40's thousands of Chinese risked their lives to save their imperial heritage from domestic political turmoil and invading foreign troops. Half of the objects shown are from these rescue operations.

You may also see a collection of Gem Stones without any additional cost at the Bowers. Hope you can join us.

PLEASE SEE THE RESERVATION COUPON ON PAGE 11

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 do not find an activity you would like to participate in, please contact Carole Ziegler, Interest Group Coordinator @ 619-297-0798. If five or more Oceanids wish to start a new group, please let Carole know so we can inform other members. All we ask is that your members be Oceanids. If one has no affiliation with UCSD, she/he is encouraged any of the many Friends groups on campus. If you are not yet a member of Oceanids, please consider joining us today by calling Madeleine Rast, 858-755 0478.

AVI SET BIRDERS

Contacts: Sidney Bagley (858)455-1477, Lou Bowles (858)755-7102, or Joany Mosher (858)454-0017

Our birding group meets promptly at 8 a.m. the second Monday of each month during the academic year. The La Jolla group will now meet at the corner of Dunaway Drive and Glenwick Dr. in La Jolla, and the north county birders will meet at the home of Lou Bowles, 13040 Caminito Mar Villa, Del Mar. We carpool from these locations and visit sites around the county. Members will be called.

Next outing is January 13

BOOK GROUP

Contact Odette Filloux, (858) 453-0749

The Book Group will meet at Odette Filloux's house, 8402 Sugarman Drive, La Jolla, on **January 14, 2003** at 9:30AM. The book to be discussed is *A Beautiful Mind* by Sylvia Nasar. Charlotte Mamorsky will lead the discussion.

For any questions call either Odette Filloux at 453-0749, Sally Kroll at 459-1322, or Carol Schultz at 453-0458.

CAFÉ ESPAÑOL

Contact: Judy Vacquier, (858) 459-7834

La proxima reunion de Cafe Espanol sera el lunes, **6 de enero**, 1:30-3:30, en la casa de Judy Vacquier, 7050 Via Valverde, La Jolla. Favor de contestar a Judy (858-459-7834) si puede venir o si tiene preguntas.

CAFÉ FRANÇAIS

Contact: Lucie Walther, (858)755-8069 and Martha Morera (858)481-7723

Prochain cafe francais mercredi, le **8 janvier** 2003, a 13:00 heures (1:00PM) chez Colette Naegle, 5730 Caminito Pulsera #0415, La Jolla, tel. 858-454-4138.

CINEMA SOIRÉE

Contact: Laurette Verbinski, (858) 453-4699 or Roswitha Enright (858) 459-7375. We meet on the second Sunday of each month at 7:00 p.m. for socializing, and movie discussion will start at 7:30 sharp. For information call Laurette or Roswitha. Next meeting **January 12.**

CRAFTS GROUP

Interested in creating family photo albums

and scrapbooks? If you have ideas or experience, or want to join us, please contact Maxine Bloor (858)459-7665) or Mary Dashen (858)456-7848.

DAY BRIDGE

Contact: Isabel Wheeler (858)362-5732 or Barbara Bank (858)484-4597 (barbara@sdnal.ucsd.edu)

We meet the first and third Tuesdays of the month at various members' homes. We start at 10 a.m. and usually end at about 3 p.m. Everyone brings their own lunch. The hostess only provides drinks. Call for information.

Next meetings: **January 7 and 21.**

DEVILISH DINERS

Contact: Mary Dashen (858) 457-4631, fax 457-4371, or mdashen@san.rr.com.

On Friday, **January 24th**, the devilish diners will go to the Jasmine restaurant again this year for dim sum. We will meet at the restaurant at 11:00 AM (parking is easy at this time in the morning). The Jasmine is located at 4609 Convoy street. Reservations are necessary.

EVENING BRIDGE

Contact: Barbara Bank at (858)484-4597, or e-mail (barbara@sdnal.ucsd.edu)

The couples Evening Bridge Interest group meets at 7:30 p.m. 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. Next meeting **January 25.**

GARDEN GROUP

Contact: Mary Lynn Hyde (858) 488-9283.

GRACIOUS AGING

Contact: Elibet Marshall (858)459-5246

This group has an age limit; you must have lived 80 years to participate. We meet at Ellen Revelle's home on the first Monday of the month from 11 a.m. to about 2 p.m. to discuss various associated subjects. Pure spring water is provided. You bring your own apple (lunch). Call Elibet for details.

Next meeting **January 6.**

HIKING IN AND AROUND SAN DIEGO COUNTY

Contacts: Roswitha Enright (858)459-7375
We meet at 8:30 a.m. 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 **January 11.**

LA JOLLA RENAISSANCE SINGERS

Contact: Bill Propp at (858-459-2019 or wpropp@ucsd.edu. The group (formerly the UCSD Madrigal Singers) is rehearsing under the direction of Professor William Propp. The group meets every Wednesday at the La Jolla home of Connie Mullin, a member of the UCSD Oceanids. Experienced singers (particularly of the male persuasion!) are invited to contact Bill Propp concerning auditions.

MOVEABLE FEAST

Contact: Liz Fong Wills (858) 454-6858.

This dining out group is currently at capacity but we are taking a wait list. For questions, please call Liz.

MUSEUM GROUP

IS LOOKING FOR A NEW CHAIRPERSON. PLEASE VOLUNTEER IF YOU CAN, SO THAT THIS GROUP WILL NOT DISAPPEAR.

In the meantime we will occasionally have museum outings where all Oceanids are invited to join. Please see this issue for information about the Bowers Museum outing in February.

With more ideas call Carol Schultz at (858) 453 0458

PEOPLE-TO-PEOPLE

Contact: Carole Ziegler, (619) 297-0798.

We have two major events in January. First, on **Saturday, January 4th** we will again join the United Church of Christ at 5940 Kelton Avenue in La Mesa at 9:00am to drive down to El Hogar to visit the children on the Epiphany. Bags of fruit and games are most welcome as well as cash donations towards the scholarship that we provide for them. Please call

Carole at 619-297-0798 to let her know if you are planning to come. Our second event will be our hosting of the International Center Cafe, on Friday, January 17. Please call Doris Bailey at 858-453-3900 if you plan to join us on that day. For February we will join the rest of Oceanids for a trip to the Bowers Museum on Saturday the first. Please see the sign up elsewhere in Bear Facts.

SOUNDING BOARD

Contact: Barbara Baehr (858)272 4370.
NO SOUNDING BOARD

STAMP GROUP

Contact: Betty Shor (858) 453-0334
 We do not meet on a regular basis, but welcome other collectors to join our informal exchange. For information call Betty.

WALKING GROUP (NEW!)

This is a new interest group to encourage fitness by walking with friends in your neighborhood. We have 3 groups formed so far: Del Mar, North La Jolla (UCSD), and South La Jolla (Mt. Soledad/Bird Rock). Please contact Judy Vacquier (858) 459-7834 if you would like to join a group or start one in your neighborhood.

WINE TASTING GROUP

Contact: Pat Kampmann (858) 454-1856
 Exploring the taste sensations of a new wine or an old vintage, this group meets the third Friday monthly. Members rotate as hosts, however, this group is currently at capacity. For questions, contact Pat.

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 between the people attending. Next meeting will be second half of January.

NOTICE—The University now has a free publication, *UCSD Showcase*, that gives all events for the quarter. To get it mailed to you, write to: UCSD Showcase, University Communications Office, 9500 Gilman Dr., Dept. 0938, La Jolla, CA 92093-0938

Call chair for further information.

WITS I

Contact: Pat Kampmann, (858)454-1856.
 This long-time investment group allows one to learn and earn on one's own. Procedures are followed which analyze all stocks before they are bought. A regular monthly investment is required along with a "buy-in". At present there are a few places open. We meet at the Oceanids Pavilion on the 4th Tuesday of the month all year long from 1:30 to 3:30. Next meeting, January 28

WITS II

Contact: Ruth Ried (619) 226-2538
 WITS II meets the 4th Wednesday of the month, all year long, at various members homes. We study companies, using the ~~stock market~~ ^{financial} ~~information~~ ^{principles} of NAIC, educating ourselves to have a better financial understanding and competence. Come visit us for a couple of meetings. Next meeting January 22 Call for information.

Half WITS

Contact: Liz Fong Wills (858)454-6858.
 If you are not yet up to speed about the stock market and want to learn in a fun, no pressure way, please join us on the third Thursday of each month at the Oceanids Pavilion, at 10:00 a.m. (We are a discussion group only, no money involved, so we do "half" of what the other WITS groups do.) Next meeting: January 16 For more information call Liz

Whale Watch information

The boat will leave at 9:30 a.m. from Seaforth Sportfishing off Quivera Rd. San Diego.

Directions: **From I-5:** take to Seaworld Drive exit. West to 1/4 mile past Sea World entrance to west Mission Bay Drive. Stay to the right. Proceed through traffic loop to first stoplight. Left at stoplight onto short access road to Quivera Rd. Fourth building on the right. **From I-8:** go to West Mission Bay Dr. exit. Right at end of off-ramp. go over bridge. Go past Seaworld Dr. 1/4 mile and veer right onto West Mission Bay Dr. Proceed through traffic loop to first stoplight and follow above directions. **From I-15:** take 163 south to 8 west and follow above directions.

The boat will not wait.

Reserve space by prepayment to Georgina Sham, coupon below.

No tickets will be sent. You will receive a nametag when you check in.

Cancellation date is Wednesday, January 22 at 5 p.m.. You must call Liz Wills by that time (858-454 6858) or your check will be donated to Oceanids.

We will call you on the day of the outing before 8 a.m. at home if the trip is postponed due to weather.

OCEANIDS & UCSD NEWCOMERS WHALE WATCHING TRIP

Name(s) _____

Address _____

Home telephone number _____

Number of Adults _____ Number of Children _____ Amount of Check _____

Make checks payable to **Oceanids**. Send both form and check to:

Georgina Sham, 5744 Bellevue Avenue, La Jolla CA 92037-7303

Reservation for the bus trip to the Bowers Museum on Saturday, February 1, 2003

Name _____

Phone _____

Number of reservations at \$45 per person: _____ Total cost: _____

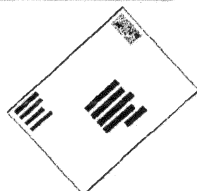
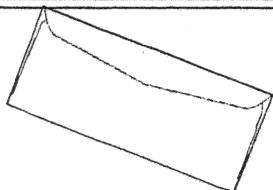
Please make out check to OCEANIDS and mail together with reservation form to:

Barbara L. Starkey
4341 Pavlov Avenue
San Diego, CA 92122

Mail from our members

Dateline December 2002 after our Holiday Party

The trouble with being on the comity to run such a lovely holiday party is that those nice guys are stuck doing it over and over and over again, unless they move far away and out of town. Therefore: to the Oceanid High-Muck-A-Mucks who pressed these good people into service, please shred this letter before they read it and abscond before December 2003. -anonymous singing participant-



Other News and Corrections:

Gail Fliesbach has a new e-mail: gfliesbach@san.rr.com

NEWS FROM MEMBERSHIP

Please welcome our new members

Karen Dhuyvetter was born and raised in Ghent, Belgium. She finished her schooling with a Masters degree in Engineering, then started work as an intern at Laser Power Europe, part of Laser Power Optics, a US company with headquarters in Del Mar. Karen decided to test this "paradise" and found that indeed it is one. Continuing her career on this side of the Atlantic in Engineering she joined CSI, then Iptek, two Engineering companies in the Carlsbad business park. However, she recently discovered her true calling as a personal financial planner. Gone are algorithms and physics, she now deals in \$\$\$ as a financial advisor for a top brokerage firm in Carlsbad. This change requires much time studying and working. As a member of UCSD Athena she volunteers in the Pinnacles

Award program. This program offers scholarships to senior high school women who want to pursue a career in Science or Technology. Karen lives in Encinitas, enjoys the outdoors - jogging, swimming, biking, and hiking. She recently attended the French group and seems to have had a good time.

Frances Michaelis is a visiting Scholar at SIO and has been enjoying the warm welcome that San Diego gives its visitors. She is also teaching Oceanography at National University, showcasing the work of SIO to an undergraduate audience. When she has any spare time, she walks the beaches, visits Mexico, and just hangs out.

Ruth Reid grew up in Seattle, but has lived in San Diego the past 22 years. She and her husband John have three children and two grandchildren. Ruth likes the arts and works in watercolor. She also likes to sail, play tennis, cook, and travel. She is currently leading Wits II.

Another new member is **Teresa Norris**. Teresa and her husband, Dick, and their two sons Ben (13) and Tom (11) arrived in August from Falmouth, Massachusetts, where Dick was working at Wood's Hole Oceanographic Institution. Dick is a paleobiologist in the Geology department at SIO.

Teresa's background is in environmental education, and she has had a wondrous variety of jobs, from leading educational tours in Baja and the Sonoran desert to working at various aquaria and museums, such as the Arizona Sonora Desert Museum, New England Aquarium and the Tucson Botanical Garden, as well as conducting field work in ornithology, botany, and working in paleobiology. She is currently focusing on raising their two boys and doing an extensive remodel on their house in Poway. However, she is still finding time to volunteer as a tutor in the English Language Learners (ELL) program at her sons' school. When the dust settles (literally, it sounds like) she hopes to join Café Español, Avi-set birding group, and possibly write for Bear Facts. She loves American folk music, and plays the mandolin and guitar. It's a pleasure to have her with us!



WELCOME NEWCOMERS!

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January 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	People to people 4
Wine Tasting II 5	Gracious Aging Café Espanol 6	Day Bridge 7	KitX, Wed. Coffee LJRS Café Franc. 8	BOARD MEETING 9	10	Hiking 11
Cinema Soirée 12	Avi set 13	Book Group WITS I 14	KitX, Wed. Coffee LJRS 15	HALF WITS 16	Wine Tasting I 17	18
19	20	Day Bridge 21	KitX, Wed. Coffee LJRS 22	23	Devilish Diners 24	Evening Bridge WHALE WATCH 25
26	27	28	KitX, Wed. Coffee LJRS 29	30	31	Bowers Mus. Bus Trip

Bear Facts

Month: January

Year: 2003



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