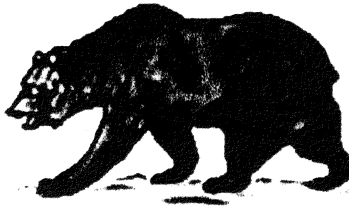


# Bear



# Facts

Volume XLIV No.4

Bulletin of UCSD OCEANIDS

January 2006

## Watch the Gray Whale migration from a chartered boat !!

**Date: Saturday, January 21, 2006**

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

**Pre-paid reservation (deadline: Wednesday, January 18 at 5 p.m. )**

**Adults \$15, all children under 12 including infants: \$10**

**Informative slide show by naturalist and whale specialist,  
Charles Stinchcomb,**

**on Wednesday, January 18 at 7:00 p.m.**

**in the Oceanids Pavilion**

***Much more information on page 8***



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**Please save this important date:  
February 16, 2006**

### **THEATRE FUNDRAISER FOR OCEANIDS**

On **Thursday, Feb. 16, 2006**, the UCSD department of Theatre and Dance presents **MEASURE FOR MEASURE**, by William Shakespeare. A number of seats have been reserved at the Mandell Weiss Theatre for Oceanid members.

**Don't miss out!**

Hurry and RSVP to:

arthurwagner1@excite.com or call

858-720-1185 to reserve your seats.

Wine and hors d'oeuvres reception at 7:00 p.m.  
in the Mandell Weiss lobby. Curtain at 8:00.

**See page 5 for payment coupon**



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v. 2006  
no. 1

**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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[oceanids@ucsd.edu](mailto:oceanids@ucsd.edu)  
and also please to  
[renright@ucsd.edu](mailto:renright@ucsd.edu)

NOTE: All phone numbers are area code 858 unless otherwise noted.

**BOARD OF DIRECTORS****Honorary Chair****President**

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Filloux, Molli Wagner

Eleanor turn Suden.....587-8865

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Carole Ziegler ..... 619-297-0798

Liz Fong Wills ..... 454-6858

Georgina Sham ..... 459-1336

Carol Schultz ..... 453-0458

Maxine Bloor ..... 459-7665

Barbara Starkey ..... 453-0779

Linda Smith.....677-0711

Roswitha Enright ..... 459-7375

Nancy Dimsdale.....619-255-5533

Jean Kramer .....453-0379,

Laura Galbraith, Ellen Revelle, Carol

Schultz, Elibet Marshall, Lucie Walther,

Ilse Warschawski, Maxine Bloor, Liz Wills,

Linda Smith

Elibet Marshall.....459-5246

Candace Kohl..... 259-1903

Carole L. Ziegler ..... 619-297-0798

Ady Rosenblatt ..... 453-4626

.....(needed)

Candace Kohl.....259-1903

Dyanne McIver.....552-0075

Maxine Bloor ..... 459-7665

Sallye Krause ..... 755-3245

Barbara Fitzsimmons.....453-5787

Pat Kampmann ..... 454-1856

Maxine Bloor ..... 459-7665

Jean Kramer ..... 453-0379

Bernie Sisco.....481-1310

Ady Rosenblatt.....453-4626

Barbara Starkey .....453-0779

Mary McIlwain, Maxine Bloor

Molli Wagner.....720-1185

Barbara Starkey,.....453-0779

**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!**

# TO ALL OCEANIDS A VERY HAPPY HOLIDAY SEASON from your Board



*The best minute you spend is the one you invest in someone else.*

..... and not to forget to write your post holiday thankyou notes. Can't think of what to say? Take a cue from a 9-year old's school assignment:-

*Dear Gamma,*  
*January 30, 1966*  
*Thanks a lot for the thingies.*  
*I have always wanted one*  
*but not very much.*  
*Love, Polly*

## LETTERS TO THE EDITOR:

Many thanks to the Oceanids Holiday Party committee for a fabulous party December 10! The Klezmer band provided great atmosphere, the carol singing led by the Lakoffs was very enjoyable and melodious (I counted 35 carolers at one point), the food was delicious and the decorations were lovely. Thank you to Mary McIlwain, Maxine Bloor, Bernie Sisco, and all their helpers: Estelle Shabetai, Gail Fliesbach, Liz Wills, Glenda Rosenblatt and many more behind the scenes. We had a great time.

Judy Vacquier

Dear Editor, the Holiday Party was great fun. I hope that people behind the scenes did not have to work too hard. The food was plentiful and very good. And the dancing and singing very enjoyable.

Beate L. Menzel

P.S. What happened to the third Klezmer musician?  
He was sorely missed.  
The bagpipes were great as always

## ATTENTION ALL THEATRE LOVERS

We will hold our second yearly theatre fundraiser on **February 16th, 2006** at the Mandell Weiss Theatre. Please mark your 2006 calendar as soon as possible. Last year's event was a huge success, so be sure to buy your tickets early.

The event consists of plenty of delicious hors d'oeuvres and drinks in the lobby before the play. February's play will be "Measure for Measure" by William Shakespeare. All inclusive tickets will be \$40.00 pp.

For more information call Molli Wagner at 720 1185.

## ATTENTION RETIREES — WITH AND WITHOUT MEDICARE

Recently all retirees have received an open enrollment brochure for various medical plans.

Please be advised that if you enroll in a non-UC Medicare prescription drug plan, you **may not** continue to be covered in a UC-sponsored medical plan. *You can permanently lose your University Health Benefits.* If you have UC-sponsored medical insurance which includes prescription drug coverage, **you do not need** to enroll in a different Medicare Part D Prescription Drug Plan. IF necessary, your UC medical plan will automatically enroll you in Part D and you will not be charged any additional premium.

Submitted by Pat Kampmann

## In the Holiday Spirit

Thanks to everyone who contributed Grocery Store Gift cards at the Oceanids Holiday Party on December 10. We received cards worth \$265 plus four cards of unknown value. All went to Irene Barragan, Social Work, UCSD Medical Center.

Mary McIlwain

## SOUNDING BOARD SCHEDULE FOR 2006

**Feb. 2** Derrick Cartwright (Director of SD Museum of Art)

**March 2** Dr. Mary Walshok, Associate Vice Chancellor/extstud., University Extension.

**April 6** Dr. Cecil Lytle, former Provost, Thurgood Marshall College (Preuss School)

**May 4** Mary Beebe, Director, Stuart Collection.

## An Oxymoron: Papua New Guinea Cuisine

Please join us for the January 28th Taiwanese feast and an after-dinner Papua New Guinea slide show at the International Center. I have asked Theresa Song, the Taiwanese fabulous cook, to prepare for us another one of her wonderful meals. She and her best friend Peggy Cheong treated us to two Taiwanese meals in the past three years, both of which were very well received. Then, as usual, my husband Chris Wills will show his photos taken during a recent trip: wildlife above ground and underwater, and cultural shows at Mt. Hagen and Tufi.

Why this strange hybrid ethnic dinner?

It is because you would not want a pure PNG evening. Let me explain: If the natives are lucky enough to live near the sea or a river, they are able to fish. If not, they live in the hinterlands where subsistence farming is the only option. The staples are sago-palm starch and sweet potatoes. Some peanuts and corn are also grown. Sago palms are very useful trees. When their fronds are folded the long way, they can be made into "walls" for homes. Water is poured over the shredded fibers inside the trunk and the starch is leached out. This becomes "flour" for making a kind of bread or gummy substance in the bottom of a bowl of fish soup. I was lucky enough to help some ladies pick out insect parts in the "flour" before it was baked in a wood oven called an "imu". I didn't have the nerve to point out that these insect parts in the sago flour would have contributed to the protein in their diet, albeit a poor grade of protein. (Note: In Hawaii, food is "baked" in an UNDERGROUND "imu", but in PNG, the food is "baked" in an ABOVE GROUND "imu". Both involve rocks heated by burning logs and burying the food in banana leaf packages. In my opinion the Hawaiian method is much better.) We also had a chance to eat bread that had been "baked" in a fry pan and burnt on both sides. The bread was described by one of our fellow-travelers as "tasting like a burnt rubber tire". I'm not sure how she knew what a burnt rubber tire tastes like, but the description seemed apt. The sago starch also makes a gummy substance which was soooooo

rubbery that I had trouble stirring it before it was ladled out into bowls to be the basis of a one-dish meal with lumps of fish/local greens/heated river water ladled over it. Herbs or spices seem unknown/unused. As you might guess, PNG cuisine is not something that any of you would want to sample or pay for. Because of this, we have come up with a hybrid ethnic dinner, based on the fact that there are a few Chinese restaurants in PNG.

The cost of the dinner is \$25 per person for members of the Friends of the International Center, \$30 for all others. All except \$7.50 is tax deductible as the money goes towards the Scholarship Fund. We begin with drinks at 6:30 pm in the Lounge and sit down for dinner at 7. If you are interested, please call me (at 858 454-6858) for a reservation form.

Liz Fong Wills

### NEEDED: Help for the Stamp Group

The Oceanids Stamp Group needs members. It has fallen below the minimum of 5, for various reasons. I especially would like to see it continue, because it certainly provides a good assortment of used stamps to me and to a few others. Since members of the group must pay a small amount for the stamps that they keep, it provides a bit of a return to Oceanids. Please continue to send your donations to me (c/o International Center at 0018 is OK). We don't meet as a group; we only move bundles of stamps from one member to another. I can provide information on how to arrange and keep stamps and other questions about them to anyone interested, whether you join my group or not. Feel free to phone (858-453-0334), or e-mail.

Betty Shor

### 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 \_\_\_\_\_

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Type of Membership \_\_\_\_\_

Work Phone \_\_\_\_\_ FAX # \_\_\_\_\_ Email \_\_\_\_\_

**ANNUAL MEMBERSHIP \$25 - Check payable to OCEANIDS (not tax-deductible)**

**SUSTAINING - \$250 & LIFE MEMBERSHIP - \$500 - Check payable to UCSD FOUNDATION (tax-deductible)**

Send check(s) & completed form to

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

## TRAVELS--- NOT WITHOUT PROBLEMS

by Marilyn Howe

The second half of September I took an interesting and scenic trip on the lower Danube River, from Budapest to Bucharest. My roommate and special, as well as much needed, companion was my daughter-in-law. Our misfortunes started when our luggage did not arrive at our cruise ship (the River Countess) until four days after the start of the cruise, when we had already progressed to Belgrade (and then Lyn had to take a taxi to the airport to claim our luggage, as the airline (Lufthansa) did not make such arrangements).

I added to our problems by falling and spraining my ankle as we were going into the Archbishop's Library in Kalocsa. That meant that I did not learn more about paprika (it was harvest time) at the Paprika Museum that afternoon. Instead I found a comfortable pew at the back of the local church in which to rest, and listened to beautiful choral music. Later a ship's officer bound the ankle with an elastic bandage; from then on, time would take care of the healing.

On our first evening on the river Danube we were shown Budapest with all the handsome ancient buildings, monument and bridges, outlined in lights for a fairy-tale jaunt. On our third day, we cruised the tranquil Danube with Croatia on one side and Serbia on the other. We passed the impressive Petrovaradin Fortress on the high bank of the Danube as we made our way to Belgrade. Since we had picture windows in our stateroom, I was able to keep my ankle elevated while I watched the passing scenery. The next day in Belgrade, another rainy day, we saw (and the tour visited) the Kalemegdan Fortress as it loomed over the confluence of the Sava and Danube rivers, Saint Sava Cathedral, the largest Orthodox Church in the world, and Tito's Memorial. The following day the ship passed through an area known as the Iron Gates, a narrow Danube gorge between the Carpathian and Balkan Mountains. This had been dangerous to navigate for centuries because of the whirlpools and roiling waters, due to the narrowing channel. The installation of four large locks had tamed the river.

A Roman monument, "Trajan's Table", marked the completion of the Roman road along the wild bank of the Danube through the mountains. A tall (30+ feet high) sculpture in stone of the head of the last king of the Dacians, Decebalus, is a most impressive work. Medieval fortresses of Smederevo and Golubac add interest to the unfolding historical show. We cruised to Svistov in Bulgaria overnight. We had a full-day motor coach tour to Veliko Turnovo, the capital of Bulgaria from 1187 to 1393. The city was a natural fortress, located on three hills on both sides of the Yantra River. On Tsarevets Hill, we saw old fortress walls, royal palaces, and a patriarchal church. Then on to the museum town of Arbanassi, where we had lunch in a local restaurant (often used for wedding celebrations) and then went to see a small underground church with wall-to-wall frescoes, amazingly preserved. We returned to our ship in Rousse, once the Danube base of the Roman fleet, and today Bulgaria's busiest inland port.

By way of the 64-mile Danube Canal we arrived in Cernovada, where we had another motor coach excursion of Constanta on the Black Sea. The city's history dates back to at least Roman times when seafarers established trading colonies along the coast. An ancient lighthouse, recently restored, is still in use. Our visit to Bran, the supposed location of Dracula's Castle, was mildly interesting, but it seems a prime example of pushing tourism, as Dracula never existed. In Bucharest, after leaving our ship, we went on a tour of the city. Quite impressive was the giant Parliament building, second largest in the world after the Pentagon, built by ruler Nicolae Ceausescu before his demise, as a most outstanding monument. There are many imposing buildings in Romania's capital, once called the Paris of the East.

Our trip back, from Bucharest via Frankfurt to JFK, went smoothly, with Lufthansa apparently trying to make amends, by giving us V.I.P. treatment on our return trip. All in all it was a wonderful experience.

### THEATRE FUNDRAISER FOR OCEANIDS THURSDAY, FEBRUARY 16, 2006



Name(s) \_\_\_\_\_

Home telephone number \_\_\_\_\_

Number of Adults \_\_\_\_\_

Amount of Check at \$40.00 per person \_\_\_\_\_

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

**SEE COVER**

Molli Wagner

1145 Crest Road

Del Mar, CA 92014



# 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 you are not yet a member of Oceanids, please consider joining us today by calling Gail Fliesbach, (858)270 5536 or submitting the application form in this issue.

## 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 9**

## BOOK GROUP

*Contact Tobe Rothaus (858)454-2389 or 858/551-8083) or Janet Goff (760)753-3472).*

We will meet on Tuesday, **January 10th** at 9:30 AM at Marie Pearce's house: 7858 Esterel Drive, La Jolla; (858/453-4897). Sara Rosenbluth will lead the discussion of "Morality Play" by Barry Unsworth.

## CAFÉ ESPAÑOL

*Contact: Judy Vacquier (858) 459-7834*

La próxima reunión de Cafe Español será el miércoles, **4 de enero**, 1:30-3:30, en la casa de Marjorie Jackson, 2444 Azure Coast Drive, La Jolla. Favor de contestar a Marjorie 858 455-0026 (<mailto:mljinlj@san.rr.com) si puede venir o si tiene preguntas.

## CAFÉ FRANÇAIS

*Contact: Hulya Saygin (858) 350-8081 ou Diana Vines (858) 459-8248*

Il n'y aura pas de reunion au Janvier. La premiere reunion de l'année 2006 sera au mois de Fevrier.

L'information sur le rendezvous sera publie le mois prochaine.  
Bonne année a tout !

## 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 8**

## DAY BRIDGE

*Contact: Barbara Bank (858)484-4597 (barbara@sdna.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 her/his own lunch. The hostess only provides drinks. Call for information.

Next meetings: **January 3 and 17**

## DEVILISH DINERS

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

Please, call contact person

## ENVIRONMENTAL CONSERVATION BOOK GROUP

*Contact: Judy Vacquier (858) 459-7834.*

The next meeting is Thursday, **February 23**. The book is *One with Nineveh: Politics, Consumption, and the Human Future* by Paul Ehrlich and Anne Ehrlich. Bring lunch at 11:30, discussion starts at 11:45 till 1:00 in the Birch Aquarium at Scripps conference room. Contact Judy Vacquier 858 459 7834 or mail to jvacq@sbcglobal.net.



## EVENING BRIDGE

*Contact: Barbara Bank at (858)484-4597, or e-mail (barbara@sdna1.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 28**

## GARDENING GROUP

*Contact Mary Lynn Hyde 858-488-9283 mlhyde@san.rr.com*

If you are interested in assuming leadership of the Gardening Interest Group, please contact Mary Lynn Hyde for more information.

## 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 2..**

*Report from the  
Gracious Aging Group:*

*Growing old is mandatory;*



*growing up is optional.*

## HIKING IN AND AROUND SAN DIEGO COUNTY

Contact: *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 14**

## LA JOLLA RENAISSANCE SINGERS

Contact: *Bill Propp* at (858-459-2019) or [wpropp@ucsd.edu](mailto:wpropp@ucsd.edu).

The group meets **every Wednesday** at a home in La Jolla. Please call Dr. Propp for the address.

The La Jolla Renaissance Singers (formerly the UCSD Madrigal Singers) has existed for more than 40 years as an Oceanids activity group. Directed by History and Judaic Studies professor William Propp, the choir of about 25 performs throughout the San Diego area in period costume. Experienced choral singers (especially men!) are encouraged to contact Dr. Propp at [wpropp@ucsd.edu](mailto:wpropp@ucsd.edu) to arrange a visit and/or audition.

## 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.

## MOVEABLE FEAST II

Contact: *Shirley Babior* ([Babior@earthlink.net](mailto:Babior@earthlink.net) or (619-542 0536) or *Mary Cutchin* ([marycutchin@hotmail.com](mailto:marycutchin@hotmail.com) or (858 459-8074)

This new group will meet on the third Sunday of each month. Please call or e-mail the contact persons if you want to join this new interest group. Next meeting **January 15**

## MUSEUM GROUP

Contact: *Carol Schultz* (858) 453 0458 or *Sally Kroll* (858) 459 1322

We will occasionally have museum outings where all Oceanids are invited to join. Check the newsletter for information.

## PEOPLE-TO-PEOPLE

Contact: *Carole Ziegler*, (619) 297-0798. ([ctieglers@sandiego.edu](mailto:ctieglers@sandiego.edu))

There will be **no meeting in January** due to Carole Ziegler's travels to Chile, South America. You can look forward to a presentation by her when she returns.

Also, Edie Nierenberg will be doing a presentation on her travels this spring.

We wish you all a very happy and prosperous New Year.

## SOUNDING BOARD

Contact: *Molli Wagner* (858)720-1185)

No meeting in January., put please come on **February 2nd** to hear Derrick Cartwright (Director of SD Museum of Art)

## 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. **Urgent message on page 4**

## WALKING GROUP

This interest group encourages fitness and friendship by walking with other Oceanids in your neighborhood. You decide the time and route. Contact *Judy Vacquier* at [jvacq@sbcglobal.net](mailto:jvacq@sbcglobal.net) or 858 459 7834 for a list of walkers in your neighborhood. Areas: North La Jolla/UCSD, Mt Soledad/South La Jolla, Del Mar, University City, Pacific Beach, North County, Poway, Mission Hills, and El Cajon.

## WEDNESDAY COFFEE

Contact: *Emily Stowell*, 858 481-7938 or *Mary Bailey*, 858 755-6813.

Please come and join our social group of Oceanids, newcomers,

postdocs, students and their children **every Wednesday all through the year from 10 a.m. to 12 noon** for coffee, juice and cookies at the International Center. This is a time for children and adults to make friends, and find out about strange and wonderful American customs. **There is also the opportunity to visit the Kitchen Exchange, where newcomers can rent kitchen and household equipment, also baby things for a small fee.**

For more information, please call Emily Stowell, or Mary Bailey.

## 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. Next meeting **January 20**

## WINE TASTING II

Contact: *Barbara Scholz* 858- 350-6014 or [bscholz@hotmail.com](mailto:bscholz@hotmail.com).

We meet monthly. Members rotate as hosts. The cost for wine and food is shared among the people attending (approx. \$8.00/person) Please call contact person for 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 24**

## WITS II

Contact: *Joanne Meredith* (858) 270-5795.

WITS II meets the **4th Wednesday** of the month, **all year long**, at various members' homes. We study companies, using the stock investment guides of NAIC, educating ourselves to have a better financial understanding and competence. Come visit us for a couple of meetings. Next meeting: **January 25**

## Half WITS

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

Unlike the other 2 Oceanids financial groups (Wits I and II), the Half Wits group does not buy stocks as a group. Instead, we only discuss financial topics and investments in an informal way. We cover any financial subjects that interest us, ranging from long-term-care insurance to pension options, as well as stocks and bonds. Our philosophy is "There are no dumb questions." We usually meet on the 3rd Thursday of the month in the Oceanids Pavilion. **If you are interested, call Liz (at 858 454-6858).** Pat Kampmann and Eleanor tum Suden are our guides through the financial jungles.

Oceanids want to express their sympathies to Georgianna Zimm on the loss of her husband Bruno Zimm on November 26, 2005. Dr. Zimm, professor emeritus of chemistry and biochemistry at UCSD, was 85. Most of his work at UCSD focused on the physical and chemical properties of DNA. In 1973 Professor Zimm together with biologist Ruth Kavenoff for the first time measured the size of a molecule in an intact fruit fly chromosome.

"He was not a man enslaved by professional ambition. He pondered the world and how it worked, and he was universally liked and respected." (Professor R. Doolittle).

**Reservation Deadline: Wednesday,  
January 18, 5 p.m.  
Whale Watch information**

The boat will leave at **9:30 a.m. on January 21, 2006** from Seaforth Sportfishing off Quivera Rd. San Diego. Be there at 9:00 for check-in at the newcomers table (look for the "UCSD Newcomers" banner). We will return between 12:00 and 12:15.

**Directions:** **From I-5:** take the Seaworld Drive exit. West to 1/4 mile past Sea World entrance to West Mission Bay Drive exit. 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 west to West Mission Bay Dr. exit. Right at end of off-ramp. Go over bridge. Go past Seaworld Drive and follow above directions. **Reserve space** by prepayment to Georgina Sham, see coupon. No tickets will be sent. You will receive a **name tag** when you check in. You will be called only if you are wait-listed.

**IMPORTANT: All adults over age 18 must provide a photo ID to board the boat.**

Please bring **warm clothing**; binoculars and cameras, if you wish. There is a snack bar on board.

If you get **seasick** there are over-the-counter medications, that do not make you sleepy. Ask the pharmacist.

**Cancellation date is Wednesday, January 18 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.**

With questions please call Liz Wills at 858 454-6858 or cell 232-7545, or e-mail Georgina Sham at gbsham@san.rr.com

**The boat will not wait, SO BE VERY  
PROMPT, PLEASE**

## MEMBERSHIP

### Welcome to our new members!

Oceanids welcomes **Jorun Gunnerd**.

And we welcome **Elizabeth Conlisk** back into our fold.

#### For new and prospective members:

Oceanids has a variety of activities for its members. You are welcome to check out the interest groups a couple of times before you have to commit to becoming an Oceanids member. During the year we also have a number of events which Oceanids participate in and/or help with:

October:	Fall Brunch
December:	Holiday Party
Spring:	Museum Bus Trip
	Desert Outing/Camping
	Spring Luncheon

And at various times:

Friday Café  
Campus Focus Event - Theatre  
.....and many more, for example

....**every first Thursday** of the month at noon is Sounding Board. We have a speaker at the Faculty Club who enlightens us about various important issues, while we eat our lunch.

**Every Wednesday** there is a coffee, cookie and juice get-together for everyone at the International Center where we welcome new families to the university community.



### OCEANIDS & UCSD NEWCOMERS WHALE WATCHING TRIP

Name(s) \_\_\_\_\_

please list everyone in your party as each person will be provided with a name tag for boarding the boat

Address \_\_\_\_\_

**Home** telephone number \_\_\_\_\_ E-mail \_\_\_\_\_  
if you wish confirmation

Number of Adults (\$15 each) \_\_\_\_ Number of Children (\$10 each) \_\_\_\_ Amount of Check \_\_\_\_\_

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

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



## On Friendship Among Women: An alternative to fight or flight

by Gale Berkowitz (excerpts submitted by Marjorie Jackson)

A landmark UCLA study suggests friendships between women are special. They shape who we are and who we are yet to be. They soothe our tumultuous inner world, fill the emotional gaps in our marriage, and help us remember who we really are. By the way, they may do even more.

Scientists now suspect that hanging out with our friends can actually counteract the kind of stomach-quivering stress most of us experience on a daily basis. A landmark UCLA study suggests that women respond to stress with a cascade of brain chemicals that cause us to make and maintain friendships with other women. It's a stunning find that has turned five decades of stress research—most of it on men—upside down. Until this study was published, scientists generally believed that when people experience stress, they trigger a hormonal cascade that revs the body to either stand and fight or flee as fast as possible, explains Laura Cousin Klein, Ph.D., now an Assistant Professor of Biobehavioral Health at Penn State University and one of the study's authors. It's an ancient survival mechanism left over from the time we were chased across the planet by saber-toothed tigers.

Now the researchers suspect that women have a larger behavioral repertoire than just fight or flight; In fact, says Dr. Klein, it seems that when the hormone oxytocin is released as part of the stress responses in a woman, it buffers the fight or flight response and encourages her to tend children and gather with other women instead. When she actually engages in this tending or befriending, studies suggest that more oxytocin is released, which further counters stress and produces a calming effect. This calming response does not occur in men, says Dr. Klein, because testosterone—which men produce in high levels when they're under stress—seems to reduce the effects of oxytocin. Estrogen, she adds, seems to enhance it.

The discovery that women respond to stress differently than men was made in a classic "aha" moment shared by two women scientists who were talking one day in a lab at UCLA. There was this story that when the women who worked in the lab were stressed, they came in, cleaned the lab, had coffee, and bonded, says Dr. Klein. When the men were stressed, they holed up somewhere on their own. I commented one day to fellow researcher Shelley Taylor that nearly 90% of the stress research is on males. I showed her the data from my lab, and the two of us knew instantly that we were onto something.

Klein and Taylor cleared their schedules and started meeting with one scientist after another from various research specialties. Very quickly, they discovered that scientists had made a huge mistake by not including women in the study. The fact that women respond to stress differently than men has significant implications for our health.

It may take some time for new studies to reveal all the ways that oxytocin encourages us to care for children and hang out with other women, but the "tend and befriend" notion developed by Drs. Klein and Taylor may explain why women consistently outlive men. Study after study has found that social ties reduce our risk of disease by lowering blood pressure, heart rate, and cholesterol. There's no doubt, says Dr. Klein, that friends are helping us live longer.

Researcher Ruthellen Josselson, Ph.D., co-author of *Best Friends: The Pleasures and Perils of Girls' and Women's Friendships* (Three Rivers Press, 1998). says:

'Every time we get overly busy with work and family, the first thing we do is let go of friendships with other women. We push them right to the back burner. That's really a mistake because women are such a source of strength to each other. We nurture one another. And we need to have unpressured space in which we can do the special kind of talk that women do when they're with other women. It's a very healing experience.'

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### LIFETIME ACHIEVEMENT AWARD for GERALD KOOYMAN, husband of Oceanid Melba Kooyman

Professor Kooyman is the first recipient of a new lifetime achievement award bestowed by the Society for Marine Mammalogy during the society's 16th Biennial Conference on the Biology of Marine Mammals. The presentation of the Kenneth S. Norris Lifetime Achievement Award to Kooyman, a renowned expert on the dive physiology of seals as well as penguins and other animals native to Antarctica, took place

at a special dinner ceremony December 12 in San Diego. The 24-year old society selected Kooyman for his ingenious approaches to field work while studying the dive behavior of Weddell seals, especially in adapting techniques developed by the late Per Scholander, director of the Physiological Research Lab at Scripps in the 1960s.

Submitted by Judy Vacquier



# WELCOME NEWCOMERS!

UCSD  
Oceanids, International Center  
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*January 2006*

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## JANUARY 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HAPPY NEW YEAR</b> 1	Gracious Aging 2	Day Bridge 3	KitX, Wed. Coffee LJRS Café Español 4	<b>BOARD MEETING</b> 5	6	7
Cinema Soirée 8	Avi set 9	Book Group 10	KitX, Wed. Coffee LJRS 11	12	13	Hiking 14
Moveable Feast II 15	16	Day Bridge 17	KitX, Wed. Coffee LJRS 18	Half WTS 19	Wine Tasting I 20	<b>WHALE WATCH</b> 21
22	23	WTS I 24	KitX, Wed. Coffee LJRS WTS II 25	26	27	Evening Bridge 28
29	30	31				

**Bear Facts**

**Month: January**

**Year: 2006**



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