

# Bear



# Facts

Volume XLI No.8

Bulletin of UCSD OCEANIDS

May 2003

You are invited to attend . . . . .

## OCEANIDS' ANNUAL MEETING

## & SPRING LUNCHEON

Thursday, May 29, 2003

11:30 AM Social Time

12:00 Noon Lunch

Join us at the **Del Mar Hilton\*** in beautiful Del Mar.

Our theme is "The Joy of Bear Facts!".

After a delicious three course meal, we will be musically entertained by longtime Oceanid favorites, Evelyn and Sandy Lakoff, and Connie Mullin, as they lead us in our celebration of 40 wonderful years of Bear Facts.

Cost will be \$26.00 per person.

**Reservations are required.**

There is no charge for parking, however, valet parking is available

**Please return the reservation form (page 11) by Friday, May 23, 2003.**



Bear facts (La Jolla (San Diego, Calif.))  
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Left at first light onto Jimmy Durante Drive.  
Hotel on left at 15575 Jimmy Durante Drive.

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



**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 15<sup>th</sup> 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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Jean Kramer 453-0379  
Liz Wills 454-6858  
Isabel Wheeler 362-5732

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

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<b>Friday Café</b>	
<b>Directory Updates</b>	

**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

This month is our annual Spring Luncheon on Thursday, May 29th, at the Del Mar Hilton. Margaret Acampora, Judy Skelton, and Mary Dashen have been working hard to make it a memorable occasion. The theme will be the 40th anniversary of Bear Facts. I hope you will come and enjoy yourself, and bring a friend! We will also be voting on the slate of officers for next year, as well as changes to the by-laws, which were published in the March issue of Bear Facts on page 8.

Don't forget the Oceanids SIO Centennial Tea on June 1 at the Martin Johnson House, and the Centennial Show June 8, which I discussed last month in this column. This issue of Bear Facts has reservation forms for all three of these events.

I want to thank the Interest Group chairpersons for their efforts in coordinating interesting events for all of us all year long, and for those of you who organize other special Oceanids events. Ginnie Das started a yoga class for us Oceanids, which quickly developed an enthusiastic following, but she is unable to continue due to other commitments. Is there anyone who would like to take over the class? You will already have several eager participants. Sounding Board has been a great success this year. Many thanks to Barbara Baehr for finding such interesting speakers, and to Jean Lindsley for helping things run smoothly at the Faculty Club. Please note the change in speakers for May 1 to Professor Chris Wills (see elsewhere for details).

I hope to see you at one or more of these events!

Judy Vacquier

### HONOR SOMEONE SPECIAL

with a gift to the  
UCSD Oceanids Memorial Fellowship Fund

Name of Honoree (optional) \_\_\_\_\_

Name of Donor \_\_\_\_\_

Address \_\_\_\_\_

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

Amount of Gift Enclosed: \$ \_\_\_\_\_

No donation is too small.

Please make your check payable to UCSD Foundation/Oceanids, UCSD International Center 0049, 9500 Gilman Drive, La Jolla, CA 92093-0049.

Your gift is tax deductible.

**The Nominating Committee for Oceanids recommends the following slate of officers for the year 2003-2004. The election will occur at the Spring Luncheon in May.**

President: Judy Vacquier

1st Vice President: Mary Dashen, Margaret Acampora, Judy Skelton

2nd Vice President: Madeleine Rast

Treasurer: Estelle Shabetai, Jane Jackson Takahashi

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Nominating Committee: Glenda Rosenblatt, Ady Rosenblatt, Eleanor tum Suden, Jean Lindsley (Alternate)



### Papalulus in the making!

From left to right:  
Elke Mienert,  
Estelle Shabetai,  
Helen Mullaly,  
Barbara Starkey,  
Hongim Shin,  
Pat Kampmann

## newcomer desert trip

Attached is a picture of Carole Zeigler lecturing about ancient Indian pictographs as well as the geology of the rocks they are on. 26 Newcomers and committee members braved the elements for the annual desert trip in mid March. Carole was able to provide tents and sleeping bags for 13, but had to deal with drying them out later at home after a soaking rain Saturday night! The Newcomers who camped enjoyed the experience despite the rain.....it was a rare opportunity for them to see rain in the desert! Judy Vacquier's mini-van and various Newcomer vehicles without 4 wheel drive were able to manage the long dirt road into the area where the pictographs are. Those of us who rode with Carole and Sylvia Bal Somerville had no worries in their all wheel vehicles! It was a terrific trip! Liz Fong Wills



Part of the campground at Agua Caliente.



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### *SIO Centennial Tea*

The Scripps Institution of Oceanography (SIO) is celebrating its 100th birthday this year. As we all know, Oceanids was founded some 50 years ago as a support group for wives of SIO personnel who were often at sea for long periods of time. La Jolla was then a small village and Oceanids provided an ideal opportunity for socializing. As UCSD and SIO grew, so did Oceanids. It now serves long-time members as well as newcomers to the campus in many ways. The membership is open to anyone interested in UCSD. Many of us may not have had the opportunity to visit SIO in recent years. Therefore, Oceanids is hosting a special SIO Centennial Tea to honor old-timers and to welcome new friends who have been associated with UCSD.

The Tea will be held on **June 1, 2003, from 2 p.m. to 4 p.m. at the Martin Johnson House (T-29) on the SIO campus** (see map on page 8). Those with UCSD parking permits (A, B, C or S) can use parking lots P-011, 012 or 013. SIO parking stickers may be required and we will provide them, if necessary. One-day parking permits are available but must be ordered in advance (see reservation form). Limited street-parking along La Jolla Shores Drive may also be available. We strongly recommend carpooling.

Please return reservation forms (**page 7**) before **May 20, 2003**, to Barbara Starkey at 4341 Pavlov Ave., San Diego, CA. 92122. If you are willing to help in any way or need further information please call Barbara at (858) 453-0779 or email Lanna Cheng at: [lcheng@ucsd.edu](mailto:lcheng@ucsd.edu).

See you at the Tea.

Ellen Revelle, Lanna Cheng and Barbara Starkey

Notes from April's Sounding Board: Father Joe Carroll

The Lounge at the Faculty Club rang with laughter when Father Joe Carroll spoke on April 3. And with the humor was an amazing description of the organization he has developed at St. Vincent de Paul. He explained that their facility is "one-stop-shopping" with an incredible array of services on the site. Included is a high school, medical and dental care and computer training. The program for adults, excluding a 20% hard-core homeless, is a 60-90 day challenge to change before looking for a job. The goal is to train these people so that they can go out and get managerial jobs as opposed to dishwasher jobs. There is a wide range in the adults: at the beginning many are illiterate but in the end many graduate from high school and are able to go on to college.

Father Carroll used the Socratic method in answering a wide range of questions:

St. Vincent de Paul is the only organization in San Diego to have a Faith Based Grant. He feels Faith Based Grants have advantages but is concerned that they be run by professionals who know how to work properly with the people who need help. The program welcomes all faiths and serves all persuasions. Many of the people come to the program after being recommended by agencies and churches in our community. Father Joe thinks needle exchange is a bad idea and that people should never give to panhandlers. He regrets that San Diego isn't allowing more drug rehabilitation centers, has closed mental health centers and is not doing anything about affordable housing. St. Vincent de Paul receives money from many sources and one of these is the monthly auction of donated cars and boats. His first job after seminary had a fund raising part to it and it is obvious he enjoys this and is good at it.

There are many success stories. Almost every day he has people approach him in the community and say, " I am a graduate!"

Jean Lindsley

SIO CENTENNIAL SHOW

June 8, 6:30 p.m. at the Birch Aquarium at Scripps and June 9, noon at Sumner Auditorium

Scripps Institution of Oceanography has had a long tradition of self-produced entertainment. Highlights have included play-readings, musical evenings and theatrical events in Community House on the Scripps campus in the early 1900's; the three FLIP shows of the 1960's, (with lyrics and music by Madeleine Miller Mahnken); and significant participation in Oceanids, Jollywood (suggestion of Sally Spiess). Humor, music and self-parody have been in good form and supply.

The SIO Centennial Show is a celebration of this special Scripps tradition. The production, under the direction of Connie Mullin and supported by accompanist Evelyn Lakoff, features several hits from the FLIP and Jollywood shows. With 43 performers, including including staff, scientists and students from SIO, you will not want to miss this once in life time event.

Much more information in the June Bear Facts

RESERVATION FORM----- SIO Centennial Show

June 8 from 6:30 -10:00 p.m. at the Birch Aquarium: Bountiful hors d'oeuvre, wine/beer and show @ \$45 # Reservations\_\_ Amount \$\_\_\_\_\_

June 9 from 12:00 -1:30 p.m. at Sumner Auditorium: Juice and cookies after show (Bring your bag lunch) @ \$10 # Reservations\_\_ Amount \$\_\_\_\_\_

Enclosed is my donation to help underwrite admission for Student Performers \$\_\_\_\_\_

Total enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Names of your guests (for name tags) \_\_\_\_\_

Reservations are limited and will be taken in the order they are received. Your reservation(s) will be verified at the door. If we are unable to accommodate you on the date you have chosen, would you like a reservation for the other date? \_\_\_\_ Yes \_\_\_\_ No

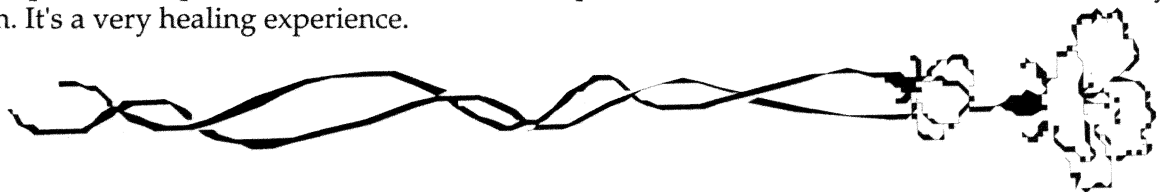
Send Reserv. Form and check payable to UC Regents to Judy Vacquier at 7050 Via Valverde, La Jolla, CA 92037.

RESERVATION DEADLINE : JUNE 2

# UCLA STUDY ON FRIENDSHIP AMONG WOMEN

By Gale Berkowitz

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 joke 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. The women cleared their schedules and started meeting with one scientist after another from various research specialties. Very quickly, Drs. Klein and Taylor discovered that by not including women in stress research, scientists had made a huge mistake: 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. In one study, for example, researchers found that people who had no friends increased their risk of death over a 6-month period. In another study, those who had the most friends over a 9-year period cut their risk of death by more than 60%. Friends are also helping us live better. The famed Nurses' Health Study from Harvard Medical School found that the more friends women had, the less likely they were to develop physical impairments as they aged, and the more likely they were to be leading a joyful life. In fact, the results were so significant, the researchers concluded, that not having close friends or confidants was as detrimental to your health as smoking or carrying extra weight! And that's not all! When the researchers looked at how well the women functioned after the death of their spouse, they found that even in the face of this biggest stressor of all, those women who had a close friend and confidante were more likely to survive the experience without any new physical impairments or permanent loss of vitality. Those without friends were not always so fortunate. Yet if friends counter the stress that seems to swallow up so much of our life these days, if they keep us healthy and even add years to our life, why is it so hard to find time to be with them? That's a question that also troubles researcher Ruthellen Josselson, Ph.D., co-author of *Best Friends: The Pleasures and Perils of Girls' and Women's Friendships* (Three Rivers Press, 1998). Every time we get overly busy with work and family, the first thing we do is let go of friendships with other women, explains Dr. Josselson. 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.



# Membership and Gifts

Last month's list of contributors to the Oceanids funds acknowledged in Bear Facts was incomplete. Below is the complete list of contributions received since July 2002.

**Those who made gifts to the UCSD Foundation/  
Oceanids for the Oceanids  
General Fund #1704**

Shu and K. C. Shen, Edith Nierenberg, Victor and Judith Vacquier, Helen Ranney, Dyanne Hoffman (Sustaining Membership), Theodore and Therese Tanalski, David and Elizabeth Liberman, Irmgard Valenta, Mariette Kobrak, Robert and Nancy Katzman, Wayne and June Akeson, George and Sarilee Anderson, Faustina Solis, James and Ann Lemke, Jean Fort, Jerry and Elaine Schneider, Kyriacos and Georgette Nicolaou (Sustaining Membership), Charles and Beth Spooner, Sheldon and Carol Schultz, F. N. and Sarah Spiess, Barbara Baehr, Jane Takahashi, Margaret Acampora, Jack and Suzanne Peltason, William and Christine Nyhan, Sanford and Evelyn Lakoff, Gerald and Patsy Millard, S. B. and M. M. Masouredis, Judith Simpson, Martha Morera, Beatrice Rose and Barbara Scholz.

**Those who made gifts to the UCSD Foundation/  
Oceanids for the Oceanids  
Memorial Fund #4053**

(The name in parenthesis is the Honoree.)

Robert and Barbara Starkey (Sally Spiess and Beth Spooner), Colin and Maxine Bloor (Vera Vacquier, Sally Spiess and Beth Spooner), Oceanids (Sally Spiess and Beth Spooner), Dan and Jean Lindsley (Sally Spiess and Vera Vacquier), Roy Harvey and Marie Pearce (Lila Butler and Sally Spiess), WITS (Sally Spiess), Sheldon and Carol Schultz (Sally Spiess), Carole Ziegler (Vera Vacquier), Eleanor tum Suden (Vera Vacquier), Ellen Lehman, Carl and Mary McIlwain, Norman and Sally Kroll, Darrell and Dorothy Fanestil, Hans Paar and Kim Miller, Enid Hinds, Margaret Panofsky, Georgi Price, David and Penny Adler, Stephen Rossi and Mary Lynn Hyde, Patricia Kampmann, Paul and Genevieve Johnson, Jerry and Elaine Schneider.

**Giving to the UCSD Foundation/Oceanids is a way to celebrate what the UCSD community  
has meant to all of us.**

Mary McIlwain

Mark your calendars for a tour of **China via chopsticks!** On **Saturday, May 3**, a fabulous Chinese banquet will be prepared. Shao bing (a Northern bread) stuffed with beef, cilantro, green onion, and hoisin sauce will be our appetizers. This will be served as finger food in the **International Center's Zonta Lounge** starting at 6:30 pm. The actual dinner will begin at 7:00, at tables in the dining room. (Knives, forks and spoons will be available for those desiring them.) We will have "lion's head" a famous dish from Yangzhou, near Shanghai. Boned chicken stuffed with sweet rice, chestnuts and other goodies will be the Cantonese contribution. Green beans with a garlic sauce will be served alongside the poultry. Amazingly tender homemade shrimp balls will melt in your mouth. An eggplant and basil dish is typically southern. Mee fun noodles originate in Xiamen (across the strait from Taiwan). Dessert will be fresh fruit tart. Wine, sparkling water, and Chinese tea will accompany the meal. After dinner entertainment will be provided by Aiyun Huang from Taiwan who is getting her Ph.D. in music. The program will feature a short talk on the Taiwanese hand puppet theater, with video clips. **Call immediately** to reserve, if you have not done so: Liz Fong Wills at 454-6858, or e-mail Georgina Sham (gbsHEN@ucsd.edu)

The cost is \$25 per person for members of the Friends, \$30 for non-members.

***Reservation form for SIO Centennial Tea on June 1***  
***- please return before 20 May 2003***

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Tel.: \_\_\_\_\_

Number of guests ( ) Names: \_\_\_\_\_

( ) Please send me required SIO parking sticker for my car (free for those holding UCSD parking permits; \$3 for those without. Please enclose check for \$3 made payable to the UC Regents.)

( ) I am willing to help with ( ) food preparation, ( ) serving, ( ) clean up.

( ) I would like to underwrite this event. Enclosed is my contribution of \$ \_\_\_\_\_

Please mail form to: Barbara Starkey, 4341 Pavlov Ave., San Diego, CA. 92122

Questions?? 858- 453 0779

Edith Paipert Namias,  
April 6, 1909-February 10, 2003

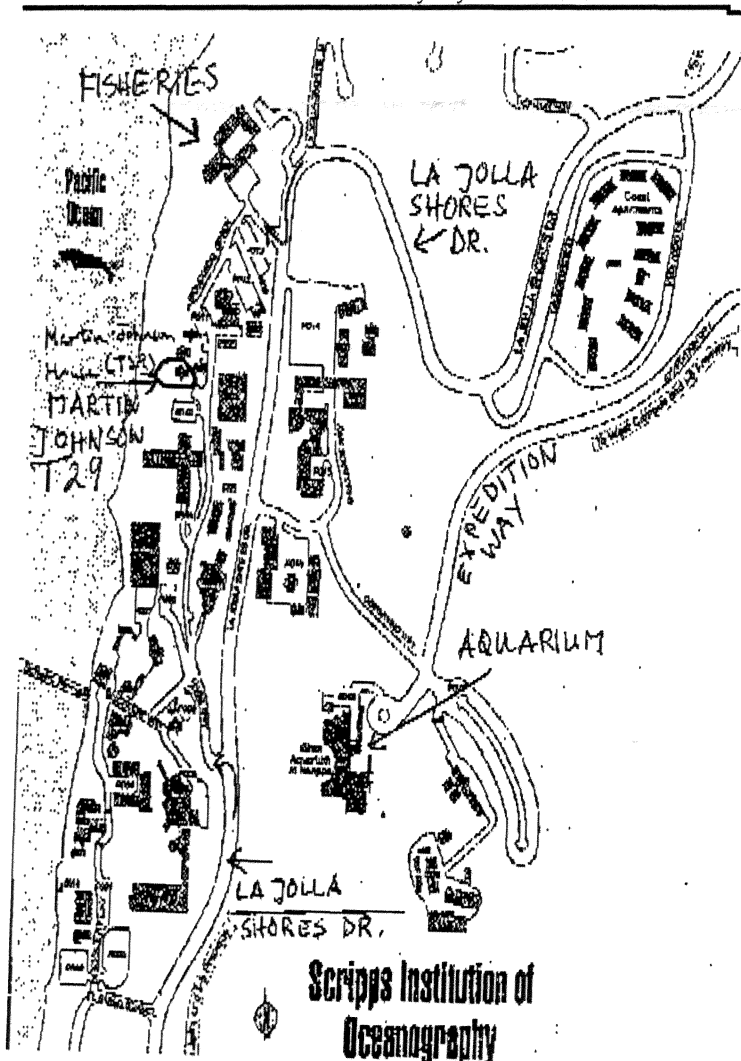
Edith Namias passed away exactly on the day that six years ago her husband Jerome left this world. Jerome Namias was the founder of the Climate Research Group at SIO. Edith was an accomplished artist who had studied sculpture and painting.

Jerome writes in his autobiography, "Edith had a wonderful feel for symmetry, balance and aesthetics. As I analyzed isentropic charts she would make comments as to the artistic or often artistically-jarring features I had produced. It soon became clear that parts of my analysis that she did not like were incorrect. It was then that I realized the close association between art and science."

Edith, when not traveling, worked daily in her studio. In La Jolla, their sunny apartment was filled with her art and she exhibited in galleries around town.

Edith is survived by her loving daughter Judith Immenschuh, and two grandchildren. She is buried in Sharon, Massachusetts, next to her beloved Jerome.

Submitted by Sylvia Bal Somerville



Kathleen Winsor  
Feb. 28 1927- March 4 2003

For many years she divided her time between Fishkill New York and La Jolla. A Cornell University graduate in Chemistry, she became a science librarian at Queens College in NYC. After becoming widowed, she came to La Jolla in the late 60's as an archivist for Trudi Szilard while Trudi wrote the biography of her husband. For many years she did library research for her sister Joan Laskoff, a film maker of historical films. She was a flutist and played regularly with groups in the area. She was active in many Jewish organizations in San Diego as well as nationally. She was a quiet community activist, supporting many "liberal" causes- walking precincts and parades, phoning, and just being there to give support to things she believed in.

Soon after arriving in San Diego, Kathleen joined Oceanids. She regularly attended the fall and spring luncheons, the Christmas party, was a member of WITS, and the bird watching group. She was active in UCSD Friends of Music, and Friends of the Library. She enjoyed being a member of the Faculty club, and attended lectures and dinners.

Although there was a shyness about Kathleen, she loved meeting people, and getting to know them as a great listener. She tried hang gliding in her 60's. For years she participated in the national crossword contest. She enjoyed folk dancing, the theater and all music. She had a subtle sense of humor when telling tales of her many adventures. She had the gift of combining the physical, intellectual and spiritual in the activities of her life.

> She leaves her two sisters, Joan and Peggy, two nieces, a nephew, and close friends who love her and consider her "family".  
Submitted by Adylin Rosenblatt





# 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 to join 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 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 May 12**

## BOOK GROUP

*Contact Odette Filloux, (858) 453-0749*  
The Book Group will meet at Marie Pearce's house, 7858 Esterel Drive, La Jolla, on **May 13**, at 9:30 AM. The book to be discussed is: *Year of Wonders: a novel of the plague*, by Geraldine Brooks. Ruth Stern will lead the discussion. For any questions call either Odette at 453-0749, Sally Kroll at 453-1322 or Carol Schultz at 453-0458.

## CAFÉ ESPAÑOL

*Contact: Judy Vacquier, (858) 459-7834*  
Café Español  
La próxima reunión de Café Español será el lunes, **5 de mayo**, 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. Vamos a celebrar el 5 de mayo con una fiesta!

## CAFÉ FRANÇAIS

*Contact: Lucie Walther, (858)755-8060 and Martha Morera (858)481-7723*  
Prochain cafe francais mercredi le **14 mai**, 2003, a 13:00 heures, chez Pat Stone, 7025 Via Valverde, La Jolla, tel. 858.454.5949.

## 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 **May 11**

## CRAFTS GROUP

Interested in creating family photo albums and scrapbooks? If you have ideas or expe-

rience, or want to join us, please contact Maxine Bloor (858)459-7665) or Mary Dashen (858)456-7848.

## DAY BRIDGE

*Contact: 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: **May 6 and 21.**

## DEVILISH DINERS

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

## ENVIRONMENTAL CONSERVATION BOOK GROUP

*Contact: Judy Vacquier (858) 459-7834.*  
This is a new group that meets the fourth Thursday of the month to discuss a book on environmental conservation and related topics. The next meeting will be Thursday, **May 22**, 11:30-1:00, in the conference room at the Birch Aquarium at Scripps. Book discussion will begin at 12:00. You must pay \$3 per vehicle (for the parking machine) or have an A or B parking sticker or display your member's parking coupon. Bring your lunch. The book for May will be *A Sand County Almanac* by Aldo Leopold. For more information contact Judy Vacquier, 858-459-7834 or mailto: jvacq@san.rr.com.

## 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 **May 24.**

## 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 May 10**

## 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

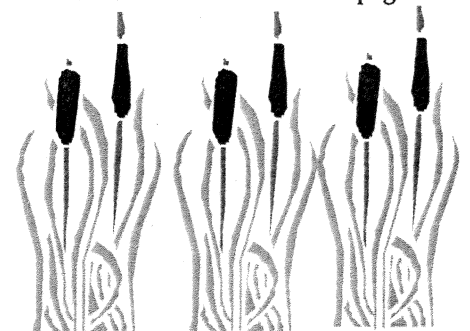
*Contact: Carol Schultz (858) 453 0458 or Sally Kroll (858) 459 1322..*  
We will occasionally have museum outings where all Oceanids are invited to join. Check the newsletter for information.

## PEOPLE-TO-PEOPLE

*Contact: Carole Ziegler, (619) 297-0798.*  
There will be no May meeting. See you at the Spring Luncheon.  
email: cziegler@sandiego.edu

## SOUNDING BOARD.

*Contact: Barbara Baehr, (858) 272-4370*  
We meet after the board meeting at the Faculty Club at about 11:45. Everyone is invited. Pay for self-serve lunch at the door (If you are a faculty member) or pay Jean Lindsley in the room. Speaker on **May 1** is **Prof. Chris Wills.** See notice on page 11.



**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, or if you would be willing to be a team captain for 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. Contact Barbara for further information. 858-350-6014 (home) or 800-358-0700 x475 (work)

**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, May 27.

**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

**WITS II**

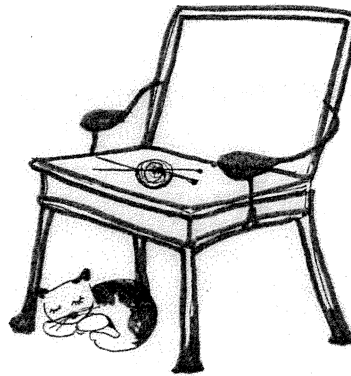
Contact: Ruth Ried (619) 226-2538  
WITS II meets the 4th Wednesday of the month, all year long, at various members' homes. We study companies, using the stock investment guides of NAIC, educating ourselves to have a better financial understanding and competence. Come visit us for a couple of meetings. Next meeting May 28.. 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: May 15.. For more information call Liz.

**THE YOGA CLASS HAD TO BE CANCELLED**



Zacharias Kunuk, director of *Atanarjuat (The Fast Runner)*, an all-Inuit feature film which has won numerous awards worldwide, will speak on The Art of Inuit Storytelling in the Digital Age at 7:30 p.m. May 7 in the Price Center Theatre at the University of California, San Diego. A screening of *Atanarjuat* will precede his talk at 7 p.m. May 6, also in the Price Center Theatre. Both events are free and open to the public.

Native to the Inuit culture of Canada, where storytelling is one of the oldest living art forms, the self-taught Kunuk went from trading his soap stone carvings in 1981 for a video camera, VCR and 26-inch television to directing films.

"Kunuk's work brings alive Sixth College's theme, Culture, Art and Technology," says Sixth College Provost Gabriele Wienhausen. "Kunuk has used a modern day technology to allow his people to tell their own story in their own way and his work allows all of us to learn about another culture, the Inuit culture."

**OCEANIDS IS OPEN TO ALL WHO ARE INTERESTED IN UCSD**

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

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

**ANNUAL MEMBERSHIP \$20 - 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

## RESERVATION FOR OCEANIDS' SPRING LUNCHEON

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

Amount Enclosed: \_\_\_\_\_ \$26 per person

Menu Choice: # \_\_\_\_\_ Chicken      # \_\_\_\_\_ Fish      # \_\_\_\_\_ Vegetarian

Please return by May 23, 2003, with your check made payable to *Oceanids*.

Mail to: *Judy Skelton, 445 Sea Lane, La Jolla, CA 92037*

Deadline: May 23rd

### SOUNDING BOARD NEWS

MAY SPEAKER IS Professor Chris Wills. He will be speaking about "Cloning and the Future of Medicine."

#### Attention Sounding Board Attendees!

In order to get the room for the lectures without cost we had to promise that the people who attend the talks will purchase their lunch (all you can eat and drink, including dessert for 10 bucks!!) at the Faculty Club. If you are a member of the F.C., you can pay at the door to the dining room. All non-members please pay Jean in the meeting room. The lunch should only be eaten in the meeting room, not in the dining room, please.

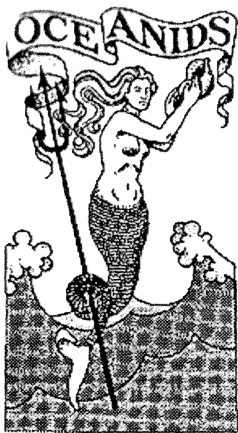
#### Corrections regarding Social Science Supper Club Information

Once a month the Social Science Supper Club meets the **second Wednesday** at the Faculty Club. The event starts at **5:15 p.m.** with a wine & hors d'oeuvre **reception**. The talk is at **6:00 p.m.** **Dinner** is at **6:45**. The cost is **\$65** or **\$180 for the series of three (\$60/dinner)**. The price includes reception and dinner with wine and/or sparkling water. **Discussion** is from **7:45 to 8:00**.

For more information and reservations call Phuong Thai, Development Coordinator, Div of SocSci--822-0621 or email: [phtai@er.ucsd.edu](mailto:phtai@er.ucsd.edu)

#### **11th grade high school exchange student from Germany.**

We are looking for a guest family for a high school student, Lisa Matthaei, to spend a school year or part of next school year abroad in San Diego. She will be entering 11th grade this coming fall, We know her family well. She is well educated, interested in arts and could help out with baby sitting and other responsibilities. (Her grand dad discovered the first genetic codon, while a post doc at the NIH (Matthaei)). If you may be interested to host this student for the year or the first part of the school year please call Marion Spors (tel 858-459-3097).



# WELCOME NEWCOMERS!

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 La Jolla, CA 92093-0049  
*May 2003*

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*Bear Facts*

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## May 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				BOARD MEETING Sounding Board 1	2	Chinese Banquet 3
4	Café Espanol Gracious Aging 5	Day Bridge 6	KitX, Wed. Coffee LJRS Kunuk Lecture 7	8	9	Hiking 10
Cinema Soireé 11	Avi set 12	Book Group 13	KitX, Wed. Coffee LJRS Café Franc. 14	HALF WITS 15	Wine Tasting I 16	17
18	19	Day Bridge 20	KitX, Wed. Coffee LJRS 21	Envicons (Environmental Conservation) 22	23	Evening Bridge 24
25 6/1 CENTEN- NIAL TEA	26	WITS I 27	KitX, Wed. Coffee LJRS WITS II 28	SPRING LUNCHEON 29	30	31

**Bear Facts**

**Month: May**

**Year: 2003**



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