



*Friends of the International Center,
at UC San Diego*

Newsletter

Volume XLIII, No. 5

January 2016

Friends Sponsor International Café featuring food from Kazakhstan



Alma Coles, Ruth Newmark, Justin Costello, Elisabeth Marti,
Katya Newmark. Not pictured: Marion Spors
Friday, December 4, 2015

President's Message

I know I have written before about the benefits that await you through your participation with the Friends, but it bears repeating. No matter your level of involvement, the result is the same: you will feel not only good about yourself, but will also feel encouraged about the future. With the recent flurry of events world-wide, not to mention those closer to home, how can you pass on an experience that will leave you feeling more hopeful and connected? Our participants are incredibly kind, intelligent, and appreciative people, eager to bridge any divide that exists.

Each interaction I have through the Friends teaches me something and leaves me wanting more. Sometimes I learn about different political perspectives—a recent conversation with an Armenian credited present-day Russia for Armenia's survival and growing strength, while a recent conversation with an Iranian woman revealed political views that did not match her chosen conservative manner of dress. Some of my

interactions reveal fun facts about other cultures: for instance, did you know that an unmarried 25-year-old Dane is likely to be doused in cinnamon or that children in Colombia begin drinking *tinto* (coffee) by age four? Often what I learn reveals how little I know—I cannot begin to count the number of cities in China with populations greater than San Diego that I have never heard of before, but which suddenly appear in the newspaper within the following week.

While I love to learn, I also love feeling connected to another person and to know that the simple exchange of a smile or a few words can make all the difference in the world. In honor of **Martin Luther King, Jr.**: "I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality ... I believe that unarmed truth and unconditional love will have the final word."

Katya Newmark
presFIC@ucsd.edu



**Sail With Us to New Guinea to the Four Kingdoms
Saturday, February 27, 6:30 p.m.**

A Celebration of the Year of the Monkey: A Chinese Feast Followed by an Illustrated Talk on the Stunning World of Raja Ampat

—by Ruth Newmark



Our February 2016 celebration of Chinese New Year will be the twelfth dinner produced with the help of an amazing group of skilled cooks with no ties to the University of California other than their personal relationship to Ethnic Dinner Chair, **Liz Fong Wills**, and a desire to share their love of their native Chinese cuisine with others. Friends are enormously grateful to: **Theresa Song** (a mortgage broker), **Peggy Cheong** (a realtor), and **Clara Wen** (a line dancing enthusiast and teacher of Chinese cooking). That their effort helps raise money for international scholarships holds a special appeal, but as much as they enjoy seeing our talented, young students face to face and hear them tell what an important role Friends scholarships play in their lives, the cooks are far too busy in the kitchen to have long conversations with the recipients of their largesse.

Noticeable absent will be **Jimmy Chen** (a professional chef and caterer) and **Rita Hsia** (Jimmy's wife and an excellent cook in her own right), who will no longer be part of the team. Wrote Rita: "We are sorry to inform you that we are not able to participate in this joyous event as we are in the process of moving to San Francisco at the end of November to help take care of our newly born grandson. We will definitely miss the wonderful times we shared for the last couple of years."

While Peggy, Theresa, and Clara managed before without them (all three are gourmet cooks with years of experience), Liz wonders what might these three have in store for the Year of the Monkey? It was Jimmy who had created the most unusual zodiac representations, most notably in 2012 when he fashioned a dragon out of lobster, shrimp, and avocado; but then, who can forget the snake made of pork and water chestnuts wrapped in bean curd skins with pieces of carrots representing the dragon's eyes that he presented another year?

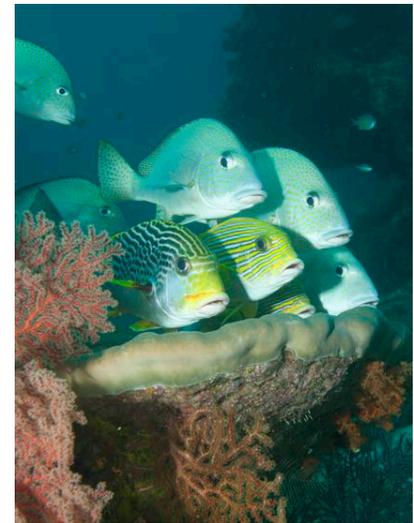
Come see what the Year of the Monkey will bring. Our celebration will take place at the International Center, on Saturday, February 27, 2016, starting at 6:30 p.m.

As soon as Theresa, Peggy, and Clara (who has promised to again bring her husband, **George Foo**) learned of the date, they responded: "Count me in." By next month, we will know more about the menu, but based on past experience, we can promise you a fabulous feast, more in the manner of a gourmet-style banquet than a home-cooked meal.

Join us for an evening of delicious food under the aegis of Ethnic Dinner chair, **Liz Fong Wills**, followed by an illustrated lecture by Professor **Christopher Wills** that will not disappoint. Chris is known for his exceptionally beautiful photographs and for venturing to places that very few of us are likely to see on our own. His research as an evolutionary biologist has taken him to tropical reefs

and rainforests; once again, Chris will share with us some of what he learns on these wondrous travels.

On this trip, Chris will take us to New Guinea, primarily to Raja Ampat known for its amazing marine life.



Coral reef, Raja Ampat

You may make reservations via eventbrite: <http://FICAsia2016.eventbrite.com>. For those who prefer to make reservations by check, you will find a handy coupon on page 11.

A Celebration of
Chinese New Year
Saturday, February 27,
6:30 p.m.

Enjoy great food,
go on a photographic
adventure of New Guinea,
and help us raise money for
Friends scholarships

Wednesday Morning Coffee

—by *Georgina Sham*

Mommy/Daddy & Me is thriving and continues to meet every Wednesday. The wonderful thing is that there are now so many volunteer moms who are willing to lead classes that it has become **Naoko Nakanishi's** job to send me a schedule every month of the differing leaders for the two weekly classes. We have **Midori Iwamiya**, who is still leading classes despite the fact that her son has enrolled in preschool. We have **Yuko Takahara**, who arrived in San Diego almost 7-months pregnant and joined the classes. We gave her a baby shower and now she's back with baby **Matsuto** and volunteering! We have **Mariko Usui**, who despite keeping up the Facebook Page and Google Drive for the group still leads the classes every month. We have **Huanwei Cui** and **Wenjing Deng**, who are the first Chinese natives to lead classes and are thereby attracting more Chinese participants. All these, in addition to **Bree Chunharas**, **Daniela Perez**, and **Alice Blake-Stalker**, who is a wonderful grandma and program chair. It's all great: the group is vibrant and exciting.

Our special January activities, including our International Kitchen lunch that is regularly scheduled for the third Wednesday of the month, are as follows:

- Jan. 6: *Weaving God's Eyes* with **Georgina Sham**
- Jan. 13: *Creating paper beads* with **Lynn Jahn**
- Jan. 20: *Lunch — Martin Luther King soul food*
- Jan. 27: *Making bookmarks and kissy faces* with **Marie Perroud**

Gifts

—by *Ruth Newmark*

It is always gratifying to report gifts made to Friends, but especially so when they come from repeat donors. A big thank-you to: **Mihoko Vacquier**, **Alice McCauley**, and **Carol and Stuart Smith**. Over the past couple of years, the Smiths have made handsome donations to the Friends Scholarship Fund with the request that the Scholarship Committee fund a graduate student in science. Because of their strong connection to Scripps Institution of Oceanography, the Committee tends to look there for a compatible applicant. Carol and Stu seem to be pleased with the selections; they particularly enjoyed being invited by **Jill Harris**, a 2014 Friends scholarship recipient, to attend her dissertation defense. **Katya Newmark** and I, who were also invited, were equally proud of Jill's professional presentation of her research on coral reef ecology and were delighted that Friends of the International Center was prominently listed among her funding sources.

Once again, **Gail Fliesbach** has presented the Friends with a most generous gift. It came with this heartfelt note: "It is a great pleasure for me to enclose a grant for the Friends Scholarship Fund from the G.A. Fliesbach Foundation. As I have said previously, international education/study abroad is something that I truly believe in and is especially crucial as the world becomes smaller and smaller. My own experiences overseas have greatly influenced my ideology and how I perceive and interact with the world. Time spent in other parts of the world is truly a multi-faceted education all onto itself!" Gail sent her letter to me as Friends Scholarship Committee Chair, and because it arrived so fortuitously on Thanksgiving, I immediately thanked her and could not contain myself from sharing the good news with members of the Friends Board and Scholarship Committee. Responded Dean **Kirk Simmons** to Gail: "You made Thanksgiving into something very special this year! On behalf of the entire staff of the International Center, I extend our most sincere thanks for your very generous gift to the Friends Scholarship Program. You know how life changing it will be to several, very deserving UC San Diego students. Please accept our deep appreciation for your support of study abroad."

Kirk's words speak not only for the International Center staff, but equally for IC Friends who thank each and every donor who contributes so thoughtfully to our programs.

January Calendar

Jan. 4: **Winter Quarter begins**

Jan. 5: **Resale Shop Reopens**,
Mon.-Fri., 10:00-3:30

Jan. 5, 12, 19, 26: **Gus' English Conversation Table**,
10:00-Noon

Jan. 6, 20: **Family Orientation**, 9:15

Jan. 6, 13, 20, 27: **Wednesday Morning Coffee**, 10:00-Noon

Jan. 7, 14, 21, 28: **Inter-mediate English**, 10:00-11:30

Jan. 8, 15, 22, 29: **Friday Chat Group**, 10:00-Noon

Jan. 12: **No Board Meeting**

Jan. 12, 19, 26: **FIC Craft Circle**, 1:00-3:30

Jan. 14, 28 (best to confirm): **Int'l Cooking Experience**,
9:30-1:00

Jan. 18: **Martin Luther King Holiday**

Ginny Young: “Who knew that I’d one day run an industrial oven?”

I was first told about the Friends of the International Center by my aunt’s good friend, **Lily Lin**. Helping out at Friday’s International Café led to my being volunteered for a Malaysian Ethnic Dinner in 2004. I still have visions of black rice pudding exploding in the microwave!

I’ve been a member of Friends since 2003, and have enjoyed the many activities at which I’ve helped out. I’m always impressed with the creativity and dedication of the members who plan, organize, and carry out various programs. Who knew that I’d one day run an industrial oven?

I was introduced to international travel as a 13-year-old, doing the stereotypical “if-it’s-Tuesday-it-must-be-Belgium” tour of Europe with my mother. From then on, I spent more years out of the U.S. than in. I spent my junior year of high school in Cannes, France and it made a lasting impression. I am thankful to still be in touch with my French family. As a student at UC Santa Barbara, I spent a year studying biology in Stirling, Scotland. China, Egypt, Bahrain, and Saudi Arabia are also countries that I have called “home” for periods of time.

While a sophomore at UC Santa Barbara, I met an intriguing person whom I wanted to get to know better. From his appearance, I thought he might be South American, but I soon found out that **Abdulraouf Banaja** was a Saudi graduate student. In 1972, I had never heard of Saudi Arabia



Ginny and family about 25 years ago

(although I had heard of Kuwait), so that was a surprise! As an aside, I can mention that Abdulraouf had a choice of several universities to attend in the U.S., but he chose UCSB based on travel-brochure-quality photos of its campus.

After my husband got his Ph.D., and the birth of our first son, we returned to Saudi Arabia. For two years, Abdulraouf served as Assistant Professor of Economics and Head of the Department of Quantitative Methods at King Saud University, Riyadh, but most of his working life has been spent as a banker and financial advisor.

Saudi Arabia, I’ll admit, was an eye-opener for me. I had already lived in Beijing, in the era of Mao jackets and dirt floors, so I thought that after surviving that, it would be very easy to adjust to life in Saudi Arabia. Thankfully, my in-laws are very warm and welcoming people and didn’t impose their lifestyle on me. Yet, it took a while until I was able to navigate my way around wearing a big,

black *abaya* to cover up my clothing (which, admittedly, might at times be a bathing suit or pj’s, so that the *abaya* was quite convenient). Further challenges were not being able to drive (it annoyed me when my driver would grind the gears on my car, so when we were in the middle of the desert on Boy Scout trips, I tended to kick him out of the driver’s seat), as well as the constant closing of stores for prayer times (it was like “beat the clock” to fill your shopping cart and get checked out before the store was closed).

I am embarrassed to say that even after twenty years in the Middle East, my Arabic is very poor; but it’s good enough to keep my mother-in-law happy with me, and not good enough for the two of us to argue about things (which is a plus, of course). Although San Diego has been home since 2001, I still return to Jeddah twice a year to see the family, and to get my fill of the dates and gourmet chocolates that I’ve grown used to from there.

When I set down roots in San Diego, I was very happy to learn of the opportunities to meet engaging people at UCSD, and I started volunteering at the Friday International Café. It was fun to actually run the Café for three years (2009-2012), with the invaluable help of fellow Friends member, **Keiko Hirai**.

Since then I have returned to volunteer mode, which allows me to travel to the East Coast to see

our sons and grandchildren, and also to the Middle East to visit my aging in-laws.

I continue to look forward to future events with the Friends that I can help with. I have a lot of fun taking part in the Craft Circle, Wednesday Coffee, and the various fundraising meals. Being a part of the Friends of the International Center is a very big part of my life, and has afforded me many dear and lasting friendships.



Ginny in the kitchen, Friends Dinner Social, November 7, 2015

*made à propos the November Friends Dinner Social give a good indication. Wrote **Katya Newmark**: "Thank you Ginny for being not only the first to arrive but also the last to leave the kitchen—over 8 hours straight and all without eating or sitting down! You are an amazing talent and source of inspiration. I never cease to be amazed by your willingness to jump in and do whatever needs to be done, and to know what needs to be done without having to be asked. You missed hearing **Kirk Simmons**' expression of gratitude, but please know your tireless efforts are observed by many." —Ed.*

*Modesty prevents **Ginny** from writing about her significant contributions to Friends activities; fortunately, the following comments*



Susan Graceman and Nori Faer with their Chinese guests.
 Remarked Susan:
 "We ALL had a ball!"



November Friends Volunteer Hours
1,080.5 = 6.14 FTEs

We Had a Ball!

As chair of *Visiting an American Home*, **Elisabeth Marti** tries to match up our international visitors with congenial American hosts and very much enjoys getting feedback about the visits. Among reports she has received is this glowing one submitted by **Nori Faer**:

"On November 1st, the **Gracemans** and the **Faers** hosted two families here from China: **Ke Liu** and **Fang Xie**, along with their spouses and their kids. The Graceman home was the perfect setting for a great day of kids playing with lots of the Graceman grandchildren's toys, and a patio with lots of room for all of us to sit and chat. Both **Susan** and I were fearful that the families would have little English. This turned out to be far from the truth. Not only did everyone have decent English skills, but none were shy or hesitant to join in the conversation, which went from a discussion of everyone's profession to talk about who belongs in the middle class in China these days and how they are becoming increasingly knowledgeable about how to allocate their assets. Ke was eager to learn how to barbeque and he quickly joined **Barry** for a lesson. He flipped burgers and hotdogs like a pro! The talk was non-stop and we all felt like we had become old friends, sharing recipes, life's challenges, post-partum depression, and the joy of living in San Diego."

Concluding her report, Nori noted: "In the post-visit conversation, Susan and I marveled at how well our husbands did in making everyone feel welcome. We agreed that we would like to do it again!"

To enjoy a similarly fulfilling experience of hosting UCSD's international scholars, please get in touch with Elisabeth Marti at: hostFIC@ucsd.edu. Tell her your preferences: single person, with or without children, etc.



Fall flowers



The tables are set



Audrey Leriche and Nori Faer



Jean Selzer and Diana Saunders



One of three daughter and mother teams:
Allison and Susan Burke



The Fall Fun Kitchen Crew

Front: Nori Faer, Ginny Young, Katya Newmark, Marie Perroud, Diana Saunders
Back: Jean Selzer, Audrey Leriche, Richard Chim, Alison Burke, Susan Burke

Friends Dinner Social

—by Audrey Leriche with photos
by Michal Rytter and Katya Newmark

What first comes to your mind when thinking about the fall season? I picture a cozy cardigan, crisp temperatures, shorter days, fall foliage, and the return of comfort food. All is suddenly about grapes, apples, pumpkins and the many other squashes, nuts, and about pies, roasts, and stews. The oven is used almost daily in my kitchen when I hear about autumn.

On Saturday, November 7, 2015, Friends, community members, visiting scholars and their families met in the warmth and festive spirit of the Friends Dinner Social Fall Fun. The menu for our dinner was a tribute to the treasures of this bountiful season. Our guests were welcomed with an artichoke dip accompanied by crackers and baby carrots served as they played a fun icebreaker game. The dining room was set up family style with long tables beautifully decorated with seasonal colors: golden yellow, orange, deep red, and brown. The dinner consisted of turkey and pumpkin chili served with corn bread and harvest salad (greens, pears, blue cheese, cranberries, and walnuts dressed in a maple-walnut vinaigrette). The grand finale was an apple-caramel parfait. "A dessert to die for" was the best compliment that I heard that night! Vanilla yogurt, caramelized apples, granola, and caramel sauce were beautifully layered in individual cups by a cheerful and talented crew of volunteers.

Thank you all for having made this dinner preparation such a delight. **Ginny Young, Marie Perroud, Nori Faer, Richard Chi Yung Chim, Susan Burke** and her daughter **Allison**, **Jean Selzer**, and **Diana Saunders** were our chefs of the night, led by me. **Matthew Costello, Ruth Newmark, Marion Spors, Nancy and Bill Homeyer, Danya Costello, Justin Costello, Laurent Fattet**, and **Björn Tackmann** helped with set-up, decorations, guest



Marion Spors and Ruth Newmark check in guests

check-in, and service. **Michal Rytter** made an artful flyer and took photographs, while **Katya Newmark** played a key role in all the functions that such an event requires: from tending to the initial stage of its concept all through the actual happening. She did an outstanding job, and for that a thousand thank-yous are not enough.

It is time for me to say goodbye to the Friends Dinner Social program. It has been a great achievement, providing us with an extensive collection of precious memories. I am confident that I leave this program in good hands. The next Friends Dinner Social will be in the spring; don't miss it! Wishing you many more dinners filled with love, good food, and laughter.



Icebreakers such as "Find someone who has a birthday in November or December and sing happy birthday to him/her in your native language" leads to animated interactions



Laurent Fattet, a French post doc in the Moores Cancer Center's Department of Pharmacology, and Björn Tackmann, a German post doc in the Department of Computer Science and Engineering, help with food service



Katya Newmark welcomes guests



Setting-up tables family style greatly facilitates conversation

Some Words of Appreciation



Audrey Leriche

☛ Thank you Audrey for agreeing to spend what is now precious free time with us and for continuing to help those in the international community feel welcomed by the Friends. Your organizational skills are greatly appreciated by all who work in the kitchen with you. And I trust you know how grateful I am to you for your part in helping me make my Friends Dinner Social vision a reality. We will miss you!—**Katya Newmark**

☛ We had great time at Friends dinner. I am so happy that I could find such a nice people.—**Fatima Zandi**

☛ This was a beautiful and friend/fun-filled occasion. Thanks to all of you who worked many hours on making everything perfect and perfectly delicious. I love talking about Dinner Socials at Family Orientation, because it is an all-around lively and fun experience. And a good way to get to chat with people from all over. I know a lot of hard work goes into making it so. Thank you!—**Nancy Homeyer**

☛ Thank you for the wonderful evening and for all the kudos I received for creating the promotional flyer. Once again, it was a pleasure. Audrey & Katya—I could not imagine better hosts than you! Thank you & everyone else involved for keeping those events coming; you are amazing! I am happy that I served at least a handful of help towards the success of the dinner. I am looking forward to the next installment of the Friends Dinner Social—**Michal Rytter**, graphics designer from Poland

☛ As always it was a wonderful event! As soon as Allison got home, she texted me to tell me how much fun she had. I'm so happy and proud to be part of this team.—**Susan Burke**

☛ It was a wonderful evening! Many thanks to all the volunteers.—**Kirk Simmons**, Dean of the International Center



Julian Schroeder, UCSD Professor of Biology and husband of Marion Spors, Fatima Zandi, a lawyer from Iran, and her friend Parvaneh Kamyab, also from Iran



The Scholarship Committee:

Front: Alma Coles, Barbara Fitzsimmons, Ruth Newmark, Candace Kohl, Katya Newmark
 Back: Gail Barsamian, Kim Burton, Renate Schmid-Schoenbein, Jeri Abernathy, Joan Adamo
 Not pictured: Josephine Randel

Winter Scholarships

—by *Ruth Newmark*

The Friends Scholarship Committee accepts scholarship applications twice a year. Generally, the November meeting is a short one, in large part because the number of applications then before us is small in number when compared to the number we get to read in the Spring. Had the number been limited to applications that were just Friends eligible, there would have been even fewer. However, much like in the Spring, the Committee was once again asked to make recommendations for study-abroad scholarships funded by others than by the Friends, and we were glad to comply. From my perspective, this makes our task more pleasurable: (1) we know that our work is appreciated, and (2) we learn that a greater number of students are being assisted financially.

Reading applications brings forth how financially challenging it is to attend college, and how more difficult this becomes when students wish to study abroad as part of their education. Not only does the international program tend to add to the cost of the study, but it generally limits a student's

ability to earn money—something more and more of our UCSD students feel the need to do.

On November 4, 2015, the Scholarship Committee selected eight undergraduates to receive scholarships for study abroad, with each scholarship being valued @ \$1,500. Two scholarships will be funded by Friends, and the larger portion (\$10,000) by Study Abroad, UC San Diego by way of the UC Education Abroad Program.

The two students selected to receive a Friends scholarship impressed us by their outstanding academic record (both have a remarkable 3.93 GPA), by stating clearly how their study abroad will enhance their education, and by preparing themselves well for such an undertaking. Both seem well rounded with interests other than in academics that reach beyond the UCSD community. Not surprisingly, they received excellent letters of recommendation in support of their scholarship application.

A little bit about the two Friends scholarship recipients:

- **Christian Hillman** is currently a junior in Eleanor Roosevelt Col-

lege, majoring in History. He will spend the 2016 Spring semester in Germany at the Free University in Berlin. His ultimate goal is to pursue a Ph.D. in Middle Eastern History. Stated Christian: "The ability to communicate, write, and especially read in a number of foreign languages is paramount for the purposes of archival research. Therefore, the more languages I can master, the better chances I have of being accepted to a good graduate studies program. Not to mention (and far more important), the languages themselves will prove invaluable in deciphering primary source material, a must for any dissertation writing. Seeing as I am well on my way with Arabic, German is the next logical language to learn."

- **Mukta Kelkar** is a Muir College junior studying Environmental Systems (Ecology, Behavior, Evolution) with a Marine Science minor. On campus, she works in a bioacoustics marine laboratory, where she uses spectrograms to study blue whale calls. She plans to spend the 2016 Spring quarter in Costa Rica having chosen the UC Monteverde Program, because it "will give me a hands-on understanding of the tropical ecosystem...which is biologically significant and at risk of being destroyed. Through UCSD and Monteverde, my undergraduate education in biology will encompass general ecology, marine science, and tropical biology, and thus I will have a broad yet detailed understanding of the global environment."

For evidence of the value of our Friends scholarships, keep reading the scholarship reports as they appear in the Friends *Newsletter*. But please also note these sentiments expressed by Dean **Kirk Simmons**: "We are so deeply grateful for your hard work and commitment in creating life-changing opportunities for UC San Diego students."

SCHOLARSHIP LETTERS

Hello Ruth and Friends of the International Center,

Thank you once again for allowing me to afford my trip and for supporting a part of it; it meant a lot to me and helped me embark on the greatest learning experience and adventure of my life.

Honestly, there is so much I could write about my experiences in Vietnam and how impactful my time there was, but I would never be able to fully describe how amazingly life changing my experiences really were. Of all of the countries I thought I would visit in my lifetime. I never thought that I would visit Vietnam, especially not as the first country I visited since I came to the United States from Mexico. My study abroad program officially ran from June 28 to August 1, but my total stay in Vietnam was June 25 to August 8. The flight was around 22 hours with a four-hour layover in Taiwan before landing in Saigon.

A few of the first things that immediately struck me were the differences in weather and traffic. Saigon is known to have only two seasons: rainy season and dry season, and we arrived during rainy season. The moment I left the airport and stepped outside, the intense humidity hit my face hard, and for the first time in my life I experienced what humid weather was like. I noticed that there were very few cars; instead the majority of vehicles on the road were motorbikes. The way traffic moved was extremely interesting. The best way to describe it would be that of “organized chaos.” Because many areas did not have designated lights that allowed pedestrian crossings, we had to acquire the important skill of confidently crossing the street by allowing traffic to weave around us in an intense fashion. This took a few tries until I was no longer afraid for my life and became more trusting of people driving around me.



Halong Bay, Vietnam

I lived in a family-owned hotel in District 1 of Saigon, very close to the downtown area. I loved this district, as everything I needed was within walking distance. The street food and restaurants in Saigon and in the other parts of Vietnam that I visited were truly amazing. The fruits were some of the most delicious tropical fruits ever, the coffee was hands down the best I ever had, and my favorite drink became a passion fruit-mangosteen smoothie called a *sinh to*.

My classes took place three times a week in an educational building located about ten minutes walking from my hotel. The fact that my courses were taught by Dr. **Yen Le Espiritu**, a world renowned researcher and ethnic studies professor, made it all the more amazing and life changing. We really got to hear about very different perspectives of the Vietnam War, and got to experience things that we otherwise would not have been exposed to back in the U.S.

I also got an opportunity to volunteer at the Tu Du Peace Village, a clinic in Saigon that houses and treats child victims of Agent Orange who have special medical needs. My experiences volunteering there and interacting with the children and staff really changed my life and made me

realize a lot of things about myself, life, and the effects of war and colonialism/imperialism.

Our class visited the War Remnants Museum in Saigon where we saw a lot of things about the Vietnam War unavailable to us in the U.S. One of the most impactful trips was our visit to the very elaborate and ingenious system of Chi tunnels, well known as the guerilla warfare devices that ultimately allowed the North Vietnamese Army (NVA) to defeat the U.S. Army. We got to crawl through some of the tunnels, and got to see the different methods the NVA used against the U.S.

Another aspect of the program that had a great impact was being hosted by Student Exchange Vietnam (SE Vietnam), a startup based in Hanoi dedicated to bringing international students to Vietnam and provide them with a personalized internship experience. We had an amazing coordinator, and her assistant lived with us to make sure that the program was running well and that we were comfortable and safe. Additionally, SE Vietnam hires local bilingual students that were paired up with us UCSD students. These “local buddies” were there to assist and guide us and, most importantly, became our close

friends. This allowed us to build real relationships with locals and to have a more authentic rather than a typical tourist experience.

We also got to visit many amazing and beautiful places such as Da Lat, Hanoi (the capital), but the most memorable experience for me was spending my 22nd birthday on my last day in Vietnam in Halong Bay, said to be one of the seven natural wonders in the world.

Despite being in Vietnam for only six weeks, I got to experience so much in so little time, and I gained a very special appreciation for the people and the country. I gained so much respect for the resilience of the Vietnamese people and their ability to rebuild after defeating three different imperial colonizers (China, France, and the United States).

I always knew the world was much bigger than the U.S., but now that I got to experience some of it, I can really see how diverse and big the world really is. This has given me new insights and is making me reconsider a lot of my goals and personal aspirations.

I wish everyone would have the opportunity to leave and enter the U.S. freely, so that migration would not be considered a privilege but the natural movement it was meant to be.

Alexis G. Buz

Global Seminar: Race, Gender, Sexuality, and the Vietnam War
Marshall College, Public Health major

Membership News

Always thoughtful, **Louise Arnold** worries that we send her needless invitations to events. Wrote Louise: "I have moved to San Francisco, so will no longer be able to attend events in San Diego. Although I do like getting news of you folks there, there is probably not much use in doing so. I have appreciated the friendships over the many years and I hope you continue to prosper for many more years. If anyone should visit San Francisco and has the time, I'd like to see you."

We mourn the death of Dr. **Carl Lowenstein**. Carl

Dear Friends,

My most recent experience abroad was in Huehuetenango, Guatemala, where I was completing research for my developmental psychology Ph.D. program, thanks to the funding from Friends of the International Center. I was also volunteering at a maternal health clinic: Casa Materna. This clinic has a simple vision: "No woman should die in the act of giving life." The isolated mountain villages of the Huehuetenango province of Guatemala have exceptionally high rates of maternal mortality. Indigenous women in these rural communities give birth at home and their limited access to prenatal care makes the risk of complications during delivery very high. When complications occur, women must make the long journey through the mountains to the nearest hospital. Thousands of women bleed to death each year attempting to get to the hospital to deliver their baby.

Casa Materna—run by San Diego-based nonprofit Project Concern International—offers a solution to this problem by providing a free place for expecting mothers with high-risk pregnancies to stay near to the hospital to ensure a safe delivery. This clinic also actively works to combat maternal and infant mortality by providing free educational outreach in the isolated villages, training volunteer midwives to identify high-risk pregnancies within the communities, offering low-cost prenatal health services to all women, and supporting new parents after birth to promote a healthy start for vulnerable newborns.

Casa Materna relies exclusively on private donors to sustain its services. During times of low funding, Casa Materna has been forced to shut its doors, leaving many expectant mothers without the services they need for healthy pregnancies and births. To raise money for this vital service for the wonderful families I worked with this summer, I have created a 2016 calendar featuring photos of the women of Huehuetenango carrying their babies using traditional baby wearing techniques. For details, please go to www.GuatemalaMams.com.

I am very grateful for the scholarship money that Friends of the International Center has awarded me, because without it none of my work in Guatemala would have been possible.

Emily Little



received a Ph.D. in Applied Physics from Harvard University in 1963. He came to San Diego in 1964 to work at the Marine Physical Laboratory of the Scripps Institution of Oceanography, concentrating on working with towed instrumented devices that use sonar. His wife, **Claudia**, informed us that Carl, who had been diagnosed with leukemia, died peacefully at home on November 16. In accordance with his wishes, his ashes will be scattered at sea.

We extend our condolences to **Maryruth Cox**, a longtime volunteer at the Kitchen Exchange, on the death of her husband, **Charles Cox**, Professor Emeritus at Scripps Institution of Oceanography.

Reservations for The Year of the Monkey Saturday, February 27, 2016 at 6:30 p.m.



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

Alternately, you may reserve via eventbrite: <http://FICAsia2016.eventbrite.com>

Reservations must be received by Friday, February 19, 2016.
Late reservations will be charged an extra \$5.00 or may be refused.

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icfriends.ucsd.edu
icfriends@ucsd.edu

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Editor: **Ruth Newmark** (editorFIC@ucsd.edu)

Contributors: **Joan Adamo, Jennie Chin, Karen Davis, Nori Faer, Nancy Homeyer, Kristine Kneib, Audrey Leriche, Katya Newmark, Joe Nichols, Renate Schmid-Schoenbein, Georgina Sham, Marion Spors, Eleanor tum Suden, Liz Fong Wills**

Contributing Photographers: **Katya Newmark, Carol Smith, Stuart Smith**

Circulation: **Renate Schmid-Schoenbein**

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January 2016



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