



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

Newsletter

Volume XLIV, No.4

November 2016

President's Column

Since assuming Presidency of the Friends of the International Center, I have attempted to strike a balance between honoring traditions (if it ain't broke, why fix it?) and the need to update (keep with the times and insure relevancy). This delicate balance is one that, due to the loss of the International Center building, is resulting in a greater shift towards the opportunity to update some of our offerings.

A case in point is our cooking program, which began in 1970. The program has experienced tremendous variation, as well as a few name changes over the years: *American Cooking* (1970 – 1992), *Cooking in America* (1992 – 2013), and *International Cooking Experience* (2014 – present). Through it all, the program has sought to bring people from around the world together through the act of learning how to prepare and sharing meals.

At times there was greater emphasis on demonstration, and at times the program's greater emphasis was on socialization; at times the program's emphasis was on "American" food, and at times the program's emphasis was on international foods; and at times the program was taught by the Chancellor's cook, at other times by accomplished local cooks, and on many occasions it was taught by our international visitors. There were times when the program was a series of technique classes, times when the program focused on specific ingredients, and times when the program reflected the passion of the volunteer instructor(s).

Our participants continue to come from around the world and to ask many of the same questions asked in the 1970s: "What can you make with ground beef besides hamburger?"; "How do you use an oven?"; and "What do you make for X holiday?"



And this brings me to our pilot cooking program and new partnership with the University, launching as the result of the loss of our International Center kitchen. On November 10, 2016, fourteen lucky internationals will participate in a cooking class taught by the University's Executive Chef, **Vaughn Vargus**, featuring a modern



64° demonstration kitchen

take on a Norman Rockwell Thanksgiving meal (striking that balance between tradition and relevancy in modern times). The class will be held in the modern demonstration kitchen located at 64° on Revelle campus.

The food prepared under Chef Vargus' oversight is a far cry from what any of us will recall as our college food experience. I highly recommend that sometime soon you dine at the adjacent Sixty-Four North, a contemporary, full-service restaurant that will pleasantly reveal the current standards for on-campus dining.

Whether you are a traditionalist or a seeker of the fresh and modern, I wish you and your family a very Happy Thanksgiving.

Katya

Katya Newmark
presFIC@mail.ucsd.edu

FROM THE EDITOR:

It is my habit to send an electronic copy of the Friends *Newsletter* to those who have written an article for a particular issue or who were prominently mentioned. Feedback is always appreciated, but just to know that someone actually reads our monthly suffices. Nonetheless, notes like the one below are particularly treasured, and because our Turkish reader includes high praise for all Friends volunteers, I wish to share his comments here. Virtue may well be its own reward, yet it is encouraging to hear that our work can change for the better someone's preconceived notions of American people.

Dear editor,

What a great surprise. When I checked the *Newsletter*, I saw that **Nori (Faer)** mentioned about me; it is really emotional for me.

Again, I would like to thank you for everything: for American volunteers like Nori and **Susan (Graceman)** and others. You changed my mind related American people.

Greeting for all conversation tables, and please keep in touch.

Suleyman Ozakin



And speaking of keeping in touch: during one of their September sessions **Friday Chatters** had an emotional conversation, via Skype, with **Gabi Soliman**, not long after she had returned to her native Brazil.

Our group participants really bond together—both among themselves and with our engaging Friends volunteers.

To quote **Cindy Tozer**, Coordinator of our Friday Chat Group: "I have had a few e-mails from **Jeongmin Choi**, who recently returned to Korea. Her husband is back at work with the government; her son, **Junghyup**, is in preschool; and she is back at her work as a physician. She is hoping for a conference in Huntington Beach, so that she can come down for a visit. Jeongmin was so happy to develop warm friendships through our Friends programs. Until she found us, she felt alone and unhappy. (Family Orientation proved so rewarding that Jeongmin became one of the international presenters.) Now back in her home country, she stays in contact with quite a few here via Facebook."

Mommy/Daddy & Me

—by Mariko Usui

On September 14, Mommy/Daddy & Me held our first Swap Meet, hosted by **Susan Louise Sonnesen** and me, **Mariko Usui**. This also was the first day for Susan to join our volunteer team. We welcomed her with cheers! We had chosen to hold the Swap Meet at Doyle Community Park because of its familiarity to our regular participants. Baby and kids clothes, books, and toys brought by attendees were sorted and displayed on a picnic mat. To entertain the children and offer parents a place to sit and chat, the hosts set up a table with craft projects and complimentary snacks.

We also feted **Katharina Hoenigle** from Austria by presenting her with a diaper cake made by **Yuko Takehara** and me with contributions from the entire volunteer team—a most useful gift for the upcoming arrival of Katharina's second baby. The time flew by fast and our lovely event ended in evening sunlight, leaving the participants with cheerful memories and newly made friendships.

The Mommy/Daddy & Me classes take place on Wednesdays from 10:00 - 11:30 a.m., in the West Pavilion.

November Calendar

Nov. 1, 8, 15, 22, 29: **Gus' Table**, 10:00-Noon

Nov. 1, 8, 15, 22, 29: **FIC Craft Circle**, 1:00-3:30

Nov. 2, 16: **Family Orientation**, 9:15

Nov. 2, 9, 16, 23, 30: **Wednesday Coffee**, 10:00-Noon

Nov. 2, 9, 16, 23, 30: **Mommy/Daddy & Me**: 10:00-11:30

Nov. 3, 10, 17: **Intermediate English**, 10:00-11:30

Nov. 4, 18: **Friday Chat Group**, 10:00-Noon

Nov. 8: **Board Meeting**, 10:00

Nov. 10: **Cooking class**, 9:00, Revelle's demonstration kitchen

Nov. 11: **Veterans Day Holiday**

Nov. 14-18: **International Education Week**

Nov. 24-25: **Thanksgiving Holiday**



Family Orientation

—by Nancy Homeyer

The major goal of Family Orientation is to let international newcomers know about the Friends varied programs that will help them integrate into life at UC San Diego and the U.S. Not being able to give attendees definite information about these activities during the summer, our orientations were suspended in June and July, but they resumed in August when Friends programs reached a more even keel.

However, the Family Orientation sessions have now moved to McGill Hall, the new home of the International Faculty and Scholar

Office (IFSO), where the scholars and their families check in. After our PowerPoint presentation and discussion there, our international helpers walk the families down to the International Center where Wednesday Coffee, Mommy/Daddy and Me, and the Resale Shop are in full swing in the three Pavilions. We look forward to the re-opening of the Oceanids Kitchen and Baby Exchange, since that has always been a favorite with the newcomers.

There has been some turnover among the international presenters for Family Orientation.

This summer **Yoko Kageyama** returned to Japan and **Jeongmin Choi** to Korea. We miss them both very much. **Macarena Galaz** is with her husband in Los Alamos, NM for three months, but returns at the end of the year. We are glad that **Diana Saunders**, **Noemi Aguirre**, **Yuka Bishibori**, and **Emma Forin** are still here. And we welcome **Nasim Googol**, an ESL teacher from Iran, who has recently joined our group. Friends volunteers **Joan Adamo**, **Barbara Fitzsimmons**, and **Nancy Homeyer** continue to lead the sessions.

Wednesday Coffee

—by Georgina Sham

Wednesday Coffee continues to enjoy using the Oceanids Pavilion for our get-togethers. We have been treating it as home and keeping it clean and tidy and homey. Here's a photo of **Cindy Tozer** cleaning the floor that had a pomegranate break on it!



We had a fantastic potluck lunch to say farewell to **Lucile Diebold**, who was leaving for France; to **Wen Gu**, who is moving to New Jersey, where her husband landed a dream job at Merck; and to **Morgane Bourgeois Fumery**,

who is returning to France. Everyone brought food from her native country, and **Lynn Jahn** and I brought warm food in crockpots. The food was wonderful and plentiful, and we were able to fill

the water dispenser several times from the tap outside.

In November, we will have three sessions of sewing animals for the children's holiday party, scheduled for December 7.

The two weeks in between the sewing marathon, we will have **Mayra Nevarez** teach us to make banner wall hangings on November 9, while **Marie Perroud** will show us how to needlepoint coasters on November 23.

Membership:

We welcome **Mariko Usui**, Mommy/Daddy & Me chair, as the newest member of the Friends.

Holiday Party: December 2, 2016

The annual International Center Holiday Celebration will be held on Friday, December 2. Hosted by Dean **Kirk Simmons** and coordinated by Friends members **Barbara Fitzsimmons** and **Candace Kohl**, the reception will be held at the beautiful Great Hall in I-House from 3:30 - 5:00 p.m. This festive event will provide a wonderful opportunity for what we have been missing since the closing of the International Center—a time and place for Friends and International Center staff to get together in one area.

Please make your reservation with **Barbara Fitzsimmons** (bfitzsimmons@ucsd.edu or 858-453-5787) by Monday, November 21, 2016.

The author of the following article is working closely with our President in trying to find Friends alternative space in which to conduct our programs. Having lost the use of the International Center kitchen, we are scrambling how best to revamp some of our most popular activities, and it is through **Russell King's** involvement that we will launch our new cooking class this month in one of Revelle College's dining restaurants (see President's Column on p.1). Russell is well acquainted with the Friends and speaks nostalgically about the International Center's Friday International Café, recalling a time when a simple lunch could be had for \$2.00! —Ed.



Creating Community Around Food

Having worked on campus over 22 years, currently as a member of the Housing • Dining • Hospitality (HDH) team, I believe our staff is acutely aware of the community we serve. Gone are the days of all-you-care-to-eat in the dining restaurants. Our modern Dining Services program now boasts award winning, innovative chefs who focus on providing nutritious, healthy meals in a wide variety of locations and formats.

Meatloaf Mondays became Meatless Mondays as a way to get students to think about more alternative plant-sourced proteins. While sometimes only a burger will do, we have made an effort to challenge our students to think more about sustainable food options, including locally sourced and grown produce.

In some cases, we've eliminated certain foods completely. Twenty years ago, who would imagine having a campus food service operation without a deep fryer? We now have a number of locations on campus operating very successfully without that device...and as a result, our customers are better off.

HDH is also aware of the value of serving a wide variety of international cuisines. Our student population continues to diversify and our Dining program works hard to embrace our community. While it may be something Mom used to make, it's probably prepared a little different—in a good way, and just as yummy.

Our next restaurant launch will be in November. **OceanView Restaurant at Marshall College** (formerly 3rd College) has been reimagined, featuring three kitchen platforms that serve stone hearth pizzas, salads, Halal and Kosher options, as well as a 24/7 coffee and gelato bar. Yes, the students are drinking coffee long after we have all gone to bed!

The **Kosher** and **Halal** options have been in development for a number of years. Our staff has been working with leaders from the Union of Jewish Students and the Muslim Student Association to develop delicious menus that are about great food that just happen to be Halal or Kosher. We believe in providing top quality cuisine and understand the value of creating community around food. As someone who has had the opportunity to taste the entire Spice menu, I have to say you all are in for a treat!

My hope is you will check out the new platforms at OceanView (Spice, Counter Culture, and Third Kitchen) when it reopens this November. You will be more than pleasantly surprised at the food options now available through UCSD Dining Services.

Russell King

Associate Director, Strategic Initiatives
Housing • Dining • Hospitality



Visiting an American Home

Since our events do not take place on campus, but in a private home, Visiting an American Home is the one Friends program that is not directly affected by the closing of the International Center and can readily continue without interruption. Such visits offer our international newcomers a chance to experience American culture, enjoy a local meal, and have an extended conversation with their host. In many cases, these visits also introduce our guests to a geographic area beyond UC San Diego. If this sounds interesting, please contact me about becoming a host.



In October, **Kurt** and I hosted a Japanese couple. They had arrived in April and not been inside an American home, except for their next door neighbor's apartment that probably was identical to theirs.

Here is their thank-you note: "Hi Elisabeth, Thank you so much for today's lunch. We all enjoyed special pasta, apple pie, and especially Switzerland bread. Your home was so wonderful and we love the attractive yard. And so kind of you both! It was lucky for us for you to be our host. I attach today's pictures to this email. Our baby loves your place so much! We hope we can see you both again. Sincerely, **Sayaka, Naoya, and Himari Tatsumi.**"

We, too, had a good time with the Japanese family and learned about Naoya's work environment as a Ph.D. student and cancer researcher at Osaka University. He would be at work at 9:00 a.m. and get home at midnight, with breaks for two meals. We got the feeling that as a postdoctoral scholar here at UCSD, he is still working very hard.

Elisabeth Martí

Coordinator, hostFIC@ucsd.edu

Friends Resale Shop

—by *Marion Spors*

We are delighted to report that we had a great re-opening on Tuesday, September 20 with many of our regular customers coming back and new customers checking us out. We got the Shop back to its old splendor and received lots of positive feedback.

I am thrilled that we have been able to attract new talent and by now all of our volunteer positions are filled. We welcome new volunteers **Cida Coelho** from Brazil; UCSD Freshmen **Shaye Stalians, Megan Madrigal,** and **Noel Nguyen;** and **Bobby Velasquez,** a former UCSD staff member. We now have a working team of more than 18 members.

Great donations keep coming in. Thanks to **Carol Smith,** we now have some men's clothing, and we hope to get more kitchen/household items.

Resale Shop Hours:

Tuesday - Friday, 10:00 a.m. - 3:30 p.m.



CRAFT CIRCLE

—by *Jennie Chin*

Tuesday Craft Circle continues on with **Lynn Jahn** and **Mary Woo** helping individuals who have sewing projects (such as a curtain separator between rooms, a large cover for a cushion, a lunch bag, a shopping bag) and others working on crochet and knitting projects.

There is a nice exchange among two of our mothers-to-be (**Lexi Jiang** and **Ting Ting Gao**) with current moms, **Angela Curry** (newly arrived from New Zealand with her son **Ezra**), and **Yuka Matsuda** with her little daughter **Meiko**, as they talk about onset motherhood. It's also nice to see the little ones getting to know the various participants and feel comfortable enough to walk off with them, allowing moms to have a break.

International Education Week

From November 14 through 18, UC San Diego will celebrate International Education Week. Festivities include a flag parade, informative talks, and soccer matches, with a closing ceremony on Friday, November 18. Come at noon to enjoy the International Café, now at its new venue, the Great Hall at I-House, and watch an international fashion show with styles from around the world. Cost is \$5 for lunch with an Italian menu.

For further details, see <http://iew.ucsd.edu/>.



The Magic of the Mix

—by Ruth Newmark with photos by Carol Smith, Stuart Smith & Katya Newmark

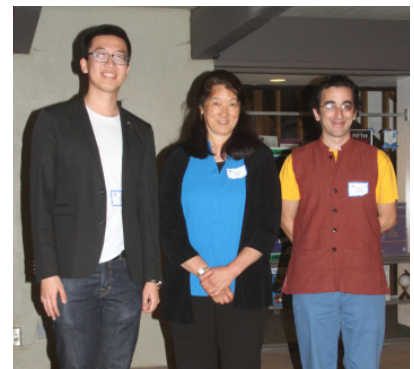
The follow-ups from our Annual Dinner are many, and it is always a joy to hear that our guests enjoy the mix of people and appreciate the care taken in seating people. Let a few comments from Table #10 serve as illustration.

The table was hosted by IC staff member **Gabriela Hoffmann** and included her father, **Horst Hoffmann**, past Director of our International Scholars Office; **Geert Schmid-Schoenbein**, once a graduate student from Germany, now a distinguished member of UCSD's Bioengineering faculty, hired by **Bert Fung**, founder of the Department; Geert's wife, **Renate Schmid-Schoenbein**, Friends Vice President and longtime volunteer in the Friends Resale Shop; **Brenda Fung**, daughter of Bert and Luna Fung, representing the Fung family; and the two recipients of a 2016 fellowship established in honor of **Luna Fung**, a founding member of the Friends of the International Center who was instrumental in the creation of the Friends Resale Shop and our Ethnic Dinners. Seated with them were: **Qiangzhe Zhang**, a Chinese graduate student in the Department of NanoEngineering

focusing on translational medicine, and **Bahram Kheradmand**, an Iranian graduate student in Biological Sciences conducting basic science research on animal behavior. They were joined by Friends board member, **Candace Kohl**, an astrophysicist who received her Ph.D. from UCSD, and her friend, **Carol Kerridge**.

Upon her return to Boston Brenda Fung sent this thoughtful message: "It was a pleasure to attend the Friends dinner at the International Center. Thank you so much for your hospitality and allowing me to crash the party arrangements! It was delightful to sit with the two scholarship recipients and Renate and Geert, and Gabi and her father. (I'm afraid I didn't get to the other side of the table to meet the others.)

"And thank you for the picture! I learned a lot about Bahram's honeybee project, but less about Qiangzhe, the nanoengineer. Another time, maybe. My mother has been reading the *Newsletter* and your descriptive e-mail [of the scholarship recipients]. Best of luck with the Center move and finding a good home for the Resale Shop."



Qiangzhe Zhang, Brenda Fung, and Bahram Kheradmand

For his part, Bahram wrote: "Thank you so much for your kind e-mails and the photographs. I am honoured to be a friend of the International Center, and it was a delight to attend the party last week, and to get to know all the wonderful people that made it possible."

Bahram then made this intriguing offer: "I talked to Renate about the possibility of showcasing my bees at the IC when a new location has been established. I work with honeybees that live in see-through hives, and I can bring them for a few hours to one of the lunch parties or other events that IC will be holding later, maybe in the early fall. I think



Georgia Crowne and
Jocelyn Bulante



Matthew Costello, Liz Fong Wills, Dulce Dorado,
Sophia Osborn, Mikayla Webster, Michael Cho



Katya Newmark

it will be both fun and interesting for most people to learn about the language of the bees! Until then, I will e-mail you any fun things that might go on with my research.”

At first it might appear as if the unusual mix of Friends, International Center staff, University administrators, students, and other guests might make for awkward interactions, but from experience we know that this is far from the truth. No doubt the attentiveness to details and warmth conveyed by Dinner chair, **Katya Newmark**, led to easy conversation and prompted many to exclaim by words and hugs what a good time they were having. Words of thanks came from different sources, including from several

scholarship recipients.

This year’s recipient of the *Tecle Kidane-Mariam Scholarship*, **Inbok Rhee**, a graduate student in Political Science with dual U.S. and Korean citizenship, going to Kenya to analyze why some legislators merely follow the party line while others create policy, was seated with, among others, a group of former colleagues of Tec’s and donors to the scholarship named in his memory. Said Inbok simply: “I really enjoyed the dinner and the company the other day. Thank you.”

An undergraduate, at first reluctant to attend the dinner, wrote: “Thank you again for such a wonderful evening, I’m very glad that I was able to attend. I really

appreciated the whole set up and how much time you put into putting together the tables; it was very nice to be able to talk to the people at my table and hear about where they plan to go. The speeches were really well done and I loved that you had alumni come back and share about their adventures. I look forward to when I will be able to do that. I will be sure to stay in touch this next year.” We look forward to hearing from Biochemistry major **Dominique Winfield**, recipient of three awards, once she returns from her study in Spain.

Always enthusiastic, Friends board member **Kristine Kneib** summed up the evening well: “What a show the Friends put on last



Joan Adamo, Carol Robertson, Gail Fliesbach, Stu and Carol Smith, supporters of the Tecle Kidane-Mariam Scholarship, with recipient Inbok Rhee (second from left)



Recipients of a Chris Borton Memorial Scholarship: Dominique Winfield, Mikayla Webster, Sophia Osborn, and Justin Lim with EAP Director, Kim Burton

night to celebrate the accomplishments and dreams of our scholarship winners! It was a fitting culmination to another year of the hard work and generosity of Friends members in fundraising, donations, and the scholarship selection process. Those in attendance last night witnessed the pure joy and enthusiasm of these talented young student scholarship recipients. What a reward to celebrate all our efforts in such a manner.”

We echo Kristine’s final words: “Congratulations to all the Friends led by our very capable and talented **Katya** and to the **staff of the International Center** also. Basking in the celebration and looking forward to another super year!”

Here follow the names, destinations, and fields of study of the 30 undergraduates who received a 2016 Friends of the International Center scholarship to study abroad.

Students Studying Abroad on UCEAP



- **Bulante, Jocelyn**—England—Cognitive Science
David K. Crowne Memorial Scholarship
- **Chac, Alec**—Sweden—Mechanical Engineering
- **Cheng, Claudia**—Korea—International Studies
- **Cole, Erin**—Denmark—Communication
Betty Burton Memorial Scholarship
- **Hillman, Christian**—Germany—History
- **Jones, Timothy**—China—School of Global Policy and Strategy
- **Kelkar, Mukta**—Costa Rica—Environmental Systems
- **Mottale, Joshua**—Italy—Human Biology
- **Osborn, Sophia**—Japan—International Studies/History
Paul Y. Yunouye Memorial Scholarship
- **Sias, Monica**—Senegal—Public Health
- **Sun, Zhixian**—England—Management Science
- **Webster, Mikayla**—Japan—Computer Science
- **Williams, Madison**—Sweden—Structural Engineering
- **Yuan, Stella**—Taiwan—History

Undergraduates Studying Abroad on OAP



- **Carusetta, Natassja**—South Africa—Physiology
- **Gustafson, Jamie**—Australia—Mechanical Engineering
- **Robinson, Erika**—Costa Rica—Human Biology
- **Thompson-Andreas, Crystal**—India—Public Health

Undergraduates Studying Abroad on Global Seminars



Students with Jim Galvin, Director of faculty-led programs

- **Francisco, Reina**—France—Psychology
- **Jeeva, Niranjanaa**—Greece—Bioengineering
- **Kim, Briana**—Ecuador—Human Development
- **Kim, Taeyeon (Jessica)**—Italy—Human Development
- **Mahler, Austin**—Italy—Cognitive Science
- **Meagher, Alison**—Spain—Mathematics/Economics
- **Miranda, Maria**—Ecuador—Human Development
- **Nguyen, Giahan**—Japan—Chemical Engineering
- **Olmstead, Christian**—Japan—Cognitive Science
- **Ratsamy, Dianna**—Ecuador—Ethnic Studies
- **Uy, Joey**—Korea—Political Science

SCHOLARSHIP LETTERS

Dear Friends of the International Center,

I wanted to thank you so much for your generous scholarship this summer. I was able to use the scholarship to fund a two-week class at the organization of CIMAS in Quito, Ecuador. This class acted as an in-depth introduction into understanding the diversity of Ecuador's distinct communities, political changes in the past twenty years, and the development of the Ecuadorian health systems and its unique approach to integrating indigenous health. This class also acted as a bridge to strengthen my Spanish and to connect me with the communities of Pedro Moncayo County, Ecuador, where I would later spend six weeks assisting with data gathering for ESPINA (a project of CIMAS) to better understand the effects of secondary exposure of pesticides on children.

I was amazed to find out that in Ecuador there exists nearly every ecosystem possible and that it is the 9th most biodiverse country in the world. In this relatively small country, there is also a rich collection of distinct communities that hold strong cultural identities with strong attachments to their histories and practices. This provides unique challenges, as the government seeks to create a health system that is both up to date, welcoming, and inclusive for all of the population of Ecuador. In 2008, Ecuador instituted a new constitution that aimed to address and protect many of these populations. This new constitution includes the right to indigenous practices within healthcare centers, access to free healthcare, as well as other protections for gender identity, environmental rights, and food availability.

One of the most interesting parts of the class was visiting over four separate health care centers and receiving tours from the directors. It was extremely interesting to see the integration of indigenous health practices and how this made the whole health system more welcoming for the patients. Most striking was how some centers employ an indigenous midwife. This midwife helps progress the labor by using traditional positions and creates a more comfortable environment using herbs and ointments depending on the patient's needs. This inclusion of indigenous practices in a Western hospital seemed to instill more confidence in the community and improved health outcomes.

I also had two full days to help perform physicals for elderly in rural communities in Pedro Moncayo County. Both days we saw over 35 patients as we performed routine health screening exams. It was an intimate time where we were able to speak, listen, and understand what the needs were of this unique community and what services were available to them.

Overall, this class was critical to prepare me for the rest of my time in Ecuador. Afterwards, I spent six more weeks helping with the ESPINA project where I collected finger-stick blood samples to test for anemia and Acetylcholinesterase levels to assess the effect of secondary exposure to agricultural pesticides in children. I felt I was able to begin this project with a much stronger comfort level in my Spanish, while having a much broader understanding of the cultural and healthcare needs of the people of Pedro Moncayo.

I am extremely thankful for your scholarship and just wanted to express how your gift contributed to my time in Ecuador and amplified what I was able to contribute to this research study. Thank you sincerely.

Joel Klas
School of Medicine



Jamie Gustafson at work

August 30, 2016

G'day from the Land Down Under!

My summer internship program in Sydney is keeping me very busy. Between my internship, adjusting to life in the city, meeting many new faces, exploring, and adventuring, the time continues to fly by. Initially, I was very anxious about how I was going to adjust to living in a new area in such a short time. I arrived on a Sunday and began my internship the following morning.

While I did notice many differences in my first week here in Australia, such as kangaroo meat in the grocery store, some differences in speech, some wild looking birds, flying foxes, and driving on the left side of the road, overall my adjustment to the culture here happened much quicker than I expected. Initially, I did my best to relax, maintain a positive attitude, and go out and explore or spend time with friends through a variety of city excursions. This allowed me to adjust to my foreign environment more quickly, and now, I can honestly say I am loving every day I spend in Sydney! I can't believe there is less than two weeks left of my program.

I am interning at Komatsu Australia Pty Ltd, a company that specializes in designing and re-manufacturing mining, earthmoving, and construction vehicles, mainly throughout the regions of Australia,

New Zealand, and New Caledonia. During the first half of my internship, I assisted with verifying, editing, and reformatting company data to help their new Microsoft system process more efficiently. These initial tasks allowed me to apply creative problem solving skills, brush up on my coding logic, and practice manipulating data in Excel spreadsheets. These skills will prove useful when it comes to executing engineering jobs dealing with massive amounts of data. Currently, I have the opportunity to practice using Solidworks, which will further develop my computer skills and enhance my design intuition and the way I visualize the building blocks of a system or machine.

Interning at Komatsu also challenges me to develop my group work and communication skills needed to be successful in my future engineering career, so I am grateful to gain the experience now.

I greatly look forward to the weekends because that is the only quality free time I have to explore Sydney. One thing I learned early on is that Sydney is a giant city with so much to see. I know I will not be able to experience everything I want to on this trip, since I also want to travel to other Australian cities, national parks, and, of course, the outback! For this reason, I hope to be able to return some day and pick up where I leave off.

Thus far, the Blue Mountains are my favorite place I visited outside of Sydney. The landscape is unlike anything I have seen before—it reminds me of the mountains, jungle, and desert all combined. I spent two days hiking around waterfalls and an iconic rock formation known as the Three Sisters. There is an aboriginal legend that the rocks are three young girls turned to stone by their magi father, who did this to save them from being eaten by a giant forest serpent, but then he lost his magic stick and could not turn his daughters back to normal.

I also visited the Sydney Aquari-

um, Taronga Zoo, and Featherdale Wildlife Park, where I saw a dugong and got the chance to touch a kangaroo, wallaby, and koala. Over the course of my other weekends, I went whale watching in Port Stephens, kayaked in Sydney Harbor, toured the Opera House, explored various districts of the city and several beach towns along the coast, played sports in the park with some Aussies, tasted wine, and encountered wild kangaroos in Hunter Valley, hiked in Royal National Park, and attended a local Australian Football League game in support of the Sydney Swans.

A few weeks ago I participated in another local event called City2Surf with over 60,000 other people. City2Surf is a 14km footrace, this year beginning in Hyde Park, winding through Sydney, and ending at the famous Bondi Beach. Inspired by the famous Bay to Breakers event in San Francisco, it has been an annual event in Sydney since 1971, so it felt great to join in the fun with Aussies and other visitors from around the globe.

Before I head home in a couple weeks, some friends and I are taking a trip up to Cairns to scuba dive at the Great Barrier Reef and tour the Daintree Rainforest.

Last but not least, I want to thank the Friends of the International Center again for my scholarship and all the support you showed me to help make this life changing, study abroad opportunity possible.

Jamie Gustafson

UC Davis Summer Internship
Muir College, Mechanical
Engineering major

Dear Friends of the International Center,

I want to express my thanks for your generous support in sending me to study public health and community development in Cape Town, South Africa. In my six weeks there, I was able to learn about the country, people,

and healthcare system of South Africa through a combination of service, learning, community engagement, a homestay, field trips, and a research project.

Already upon leaving the airport, the disparities in Cape Town became evident. The level of inequality in Cape Town is one of the highest in the world, especially for a country as developed as South Africa. As we drove, I looked to the right to see nice houses and shops, shadowed by the mountains. Across the street, flat plains of informal settlements filled with crowded tin roofed shacks lined the side of the road for miles.

Visiting the township of Langa gave me a much better understanding of South Africa's history of Apartheid, the effect it had on its people, and the living conditions many still face today. Under Apartheid, families of mixed race were torn apart and sent to live in different areas under a system of institutionalized segregation. Those who were non-white were faced with much worse living conditions, crowded into hostels with no running water, toilets, or electricity. Despite the changes that have abolished Apartheid, many still live this way today.

Seeing the living conditions so many experience here has made me immensely grateful for what I have. On a trip to the Eastern Cape, our group was forced to take an alternate route due to protests. People from the nearby township were throwing rocks at our bus and setting fires in the street to demand running water and electricity. Though I was aware that people live in conditions such as these, nothing compares to witnessing it firsthand. I had the opportunity to speak with locals in the shops, restaurants, and townships and learn their stories. I have found that South Africa is a country full of people who are strong and resilient, tied together by their community, traditions, and their resolve for change.

My first serving/learning place-

ment was at a public primary care clinic and hospital called Retreat Community Health Centre. I spent two weeks volunteering there, primarily in the Trauma Unit. The shortage of staff and resources was clear. The unit had three beds, with one dedicated to performing ECGs. It was an eye-opening experience to watch the doctors and nurses work together to get through stacks of patient folders piled high in the red, highest priority file box, while lines of people waited patiently outside to be seen. It was shocking to me to see how gloves and masks were barely used, only in the most extreme circumstances, in order to preserve the few boxes that they had.



After watching a surgery at Rob Ferreira Hospital in Nelspruit.
Nastassja on the far right

It was here that I conducted a research project with my classmates on patient satisfaction. It was our expectation that patients would be dissatisfied with the hospital and their care. Speaking to patients and gathering data through surveys, we were surprised to learn that most patients were happy with the care they received and the conditions of the facilities. They explained to us how many improvements had been made at the clinic, and how much better things are now. Coming from America with our own expectations of what healthcare should be, our research taught us the importance of judging a culture's healthcare system by its own standards, instead of by the standards of our own culture.

Both in and out of the classroom, I have learned much about the social determinants of health and the current issues facing South African healthcare. I am so grateful to have been able to study abroad and gain a better-rounded perspective on health in a different culture. I never believed I would have the means to go on a trip such as I did, and I am truly grateful to the Friends of the International Center for helping to make it a reality. Cape Town will forever hold a place in my heart, and I know I will carry these experiences with me for the rest of my life.

With gratitude, *Nastassja Carusetta*

OAP, Cape Town Summer Health Studies, Marshall College, Physiology and Neuroscience major

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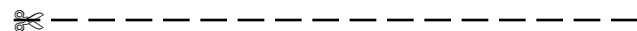
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