President’s Column

When, in 2017, Friends awarded a scholarship to Mayank Chadha (a graduate student earning his Ph.D. in structural engineering), little could I foresee the amazing cultural opportunities this relationship would open up to me and my family. This summer not only did Mayank earn his Ph.D., enabling us to participate in his graduation celebrations, but he also married a UCSD civil engineer inviting us to both their wedding functions in Los Angeles following his wife’s Nepalese traditions, but also their wedding functions in South Andaman Island following his family’s Punjabi traditions.

Nepali and Punjabi traditions are similar yet distinct and while I did my best to soak up as much as I could, I cannot pretend to be an expert in the many rituals we witnessed, though I can say that we Westerners could take some valuable notes. Weddings occur over many days bringing families together to share in a wide variety of rituals allowing relationships to form in a much deeper way than typically occurs at Western weddings that last only a few hours. And, while our Western family reunions bring families together for an extended period, they typically do so in singular family lines rather than integrating both sides of extended family and friends. Between the duration of time and the many rituals that revolve around the integration of families, the end result is a unity and melding of community that is beyond heartwarming, and especially welcome as the daily news continues to bring us heartache. It is impossible to capture in words how uplifting it is to share in these celebratory events, so I hope you will enjoy a couple of the photos I include with this article.

Given the proximity of the Andaman Islands and our logistical ignorance, we followed our Indian adventures with about a month traveling through Indonesia, where we were fortunate to experience more weddings, exposing us to a variety of cultural traditions for Batak tribes, Catholics, Muslims, and Balinese Hindus. Unlike our Indian wed-
Friends Dinner Social  
—by Katya Newmark

We have had such a positive response to our American-themed dinners that our first Friends Dinner Social for the year will introduce guests to another part of the United States: the Marvelous Midwest. While I readily acknowledge that there are many regional differences between the twelve states comprising the Midwest, and some may take exception to their home state not being given singular focus, it is also true that the Midwest states coalesce to form America’s breadbasket, aka heartland. Did you know that Halford Mackinder, a British geographer, coined the word heartland in 1904 in reference to the heart of Eurasian landmass that was a strategic center of industry, natural resources and power? Application of the word heartland to the American Midwest did not become commonplace until later in the 20th century.

Guests will have an opportunity to learn about the Midwest quickly, since space is limited and if you miss out this time, please make your reservations quickly for our November 16th Ethnic Dinner (Papua New Guinea), and our December 7th Friends Dinner Social (Turkey)!

Though I cannot promise you will receive invitations to faraway lands, I can promise you that attending any of our programs and events will yield rewarding experiences that you cannot predict. Our daily programs are open to all members and our first evening program is scheduled for October 12, featuring a regional Midwest American-themed menu. Our fall Ethnic Dinner will be on November 16 (see p.4).

May you enjoy the colors of autumn.

Katya Newmark  
PresFIC@ucsd.edu
World traveler, Professor Christopher J. Wills, has once more graciously agreed to be the main speaker at an upcoming Friends Ethnic Dinner, a long-running series inaugurated in 1973. Guests to the November 16 event will be treated to our speaker’s amazing photographs accompanied by his erudite descriptions and often witty comments. Chris’ academic research has focused on examining a broad range of evolutionary questions. Additionally, he has written a number of beautifully illustrated books about evolution for general readers, most recently Green Equilibrium: Balancing the Futures of Our Species and Our Planet.

To facilitate planning, we ask that you make reservations as early as possible. Please note that the reservation deadline falls on November 6. We promise you an exciting evening.

Ethnic Dinner:
Unexplored New Guinea
—by Chris Wills

My wife, Liz Fong Wills, and I have made repeated visits to the islands of New Guinea over the years. We have been lucky enough to see a wide range of the island’s natural habitats, both below and above water, and to visit a variety of the more than a thousand tribal groups that inhabit the islands. My talk for this dinner will cover our two most recent trips.

The first, in 2017, explored the eastern reaches of the island and some of the outlying archipelagos. We dived in areas that are visited by dive boats once a year at the most, and explored village life up and down the coast.

The second trip, this year, took us to the seldom-visited Witu Islands that lie north of the island of New Britain. Then we flew to the mainland of New Guinea and traveled by motorized canoe to the upper reaches of the Sepik River. We stayed in native homes in remote and beautiful villages, and saw how they live on the river’s amazing bounty.

Some highlights of our trips:
- Visits to Witu villages that are almost completely cut off from the rest of the world, and feeding the sharks
- Diving the remote D’Entrecasteaux Islands with Digger, an expert divemaster who was born on the islands
- Catching voracious fish on the Sepik with unbaited hooks
- A visit with Wendy Stein, a holder of the Order of Merit (Australia), who travels the islands on her own boat with the assistance of Rotary International and brings birth control to the people (and other animals).

To facilitate planning, we ask that you make reservations as early as possible. Please note that the reservation deadline falls on November 6. We promise you an exciting evening.
October Calendar

Oct. 1, 8, 15, 22, 29: **Gus’ Table**, 10:00-Noon
Oct. 1, 8, 15, 22, 29: **FIC Craft Circle**, 1:00-3:00
Oct. 2, 16: **Family Orientation**, 9:15
Oct. 2, 9, 16, 23, 30: **Wednesday Coffee**, 10:00-Noon
Oct. 2, 9, 16, 23, 30: **Mommy/Daddy & Me**, 1:45-2:45
Oct. 3, 10, 17, 24, 31: **Everyday English**, 10:00-11:30
Oct. 4, 11, 18, 25: **Friday Chat**, 10:00-Noon
Oct. 5, 12, 19, 26: **Yoga Class**, 10:00-11:00
Oct. 7, 14, 21, 28: **Tai Chi**, 2:00-3:00
Oct. 8: **Friends Board Meeting**, 10:00
Oct. 10: **Cooking Class**, 9:00-Noon
Oct. 12: **Friends Dinner Social**, 6:00

Our Resale Shop, located on Library Walk, is open on Tuesdays through Fridays, from 10 a.m. to 1:30 p.m. Check out the ever-changing merchandise and be sure to introduce yourself to the welcoming volunteer staff.

**Friends Volunteer Hours for August 2019**

424.5 = 2.41 FTEs

September potluck attended by Maki Sakai, Eileen Tozer, Yeji Kim, Fernanda Vio, Barbara Fitzsimmons, Laura Libotte, and Anne de Pastors (who hosted the party)

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**Family Orientation**
—by Eileen Tozer

Every first and third Wednesday of the month, Friends offer an orientation for the family members accompanying international scholars to UCSD. Known as Family Orientation, we welcome these newcomers to San Diego and introduce them to all the wonderful activities put on by the volunteers of the Friends of the International Center.

From the start of the last academic year to this new academic year, we have welcomed ~100 newcomers to our program. For those interested in demographics, the following countries were represented: Brazil, Canada, Chile, China, Colombia, Denmark, France, Germany, India, Israel, Japan, Mexico, Norway, Poland, Russia, South Korea, Spain, Sweden, Switzerland, Taiwan, Turkmenistan, and Vietnam. Two countries had the most people by a significant margin: South Korea with 18 people and Japan with 17 people.

Many internationals have told us that this orientation positively impacted their adjustment to San Diego, as it apprised them of opportunities to meet others in their same situation, to make new friends, and to participate in a wide array of activities.

This orientation program is a success because of the wonderful local and international volunteers participating in the program. Our local volunteers include longtime participants Nancy Homeyer (who did an excellent job running the program for many years) and Barbara Fitzsimmons, as well as myself, Eileen Tozer (I took over lead in November 2018), and Loreen Wilhelmy (who joined us this year).

The current international volunteers are Tuktuki Bhattacharya (India), Laura Libotte (Belgium), Fernanda Vio (Chile), Maki Sakai (Japan), Yeji Kim (South Korea), and Anne de Pastors (France). Other longtime participants, Emma Forin (France), Mariko Hattoni (Japan), and Mayra Nevarez (Mexico) all who assisted us so well for many years and were delightful to work with, have recently moved on to other things. Additionally, we enjoyed immensely working with Yuki Tokuhara and Saori Yao (both from Japan) for the short time that they were here before they returned to their home country.
What’s Happening at Gus’ Table?
—by Nori Faer

Gus’ Table, the Tuesday conversation program, has had a decidedly quiet summer with participants attending when they weren’t traveling or overseeing children’s play activities. Jei Yoon Park has returned to helping with the technology end of things: updating the participants’ e-mail contacts and sending out the discussion topics before we meet. A few weeks ago, Jei brought in a board game, iMAgiNiff, which many of us enjoyed playing.

One of our talkative friends, Saori Yao, has returned to Japan, where she will join her father in their dental practice. Sungwon Park also returned home, to South Korea, along with her baby, Railey. We will miss them.

One Tuesday, only Patterin (Pat) Pirompanich from Thailand showed up, so Susan Graceman and I had a wonderful time asking her many questions about her life as a doctor here and in Bangkok. We learned much about Thai culture. Ottavio Lo Vecchio from Italy, who was a steady attendee most of last year, dropped by several weeks ago to update all of us on his current activities and travels. It’s nice to know how comfortable he has become living in San Diego.

Many of our participants had babies this year, so the conversation group often encircles the little ones, who play on the floor in front of us. We always enjoy watching their parallel play.

In recent months our conversation topics have included sharing ideas on how to de-clutter your home, what you would do with a million dollars, what magical moments you have experienced, and what you would choose as your last meal before your execution.

Claire Harootunian, Susan Graceman, and I look forward to meeting our newly arrived participants as the new quarter begins.

Friday Chat

Friday Chat meets weekly from 10 a.m. to noon. The program is ably chaired by Cindy Tozer, who quickly clarifies: “Of course, we could not have Chat without the neverending efforts of Eileen Tozer and Michelle Grandin.”

Besides chairing the regular weekly conversation meetings, Cindy frequently arranges extracurricular activities, typically tennis games, hikes around San Diego County, and beach picnics. Events like these allow participants to get to know each other more fully and it is clear that they truly bond with each other.

On a Monday evening in August, a group of internationals joined Cindy and her daughter-in-law, Eileen, at the Torrey Pines Extension with its free and ample parking, for a hike in the Torrey Pines Natural Reserve—a state park described as having one of the wildest stretches of land on the Southern California coast, designated, in 1977, as a world heritage site.

The group gathered at 6:00 o’clock for a 7:20 sunset. Hikers started at the Margaret Fleming Trail and continued on to the Red Ridge Trail, from where they took in the Pacific Ocean, the Peñasquitos Lagoon and views miles to the East. Said Cindy: “Then a hurried pace to get to a perfect spot to watch the fiery red sun sink into the ocean. It was a short walk to get back to the cars in the twilight.”

The start of the new academic year beach party took place on Sunday, September 8, at La Jolla Shores, north of the main lifeguard station, close to the volleyball poles. All were advised: It’s just ‘show up’... no rsvp required. All invited.”

People played games, shared food, roasted marshmallows, and had such a good time that another beach party is being planned for October.
2019 Scholarship Awards Dinner:
What Our Student Speakers Said
—by Ruth Newmark with photos
by Lou Adamo and Katya Newmark

On May 21, Friends of the International Center dinner guests heard from two 2018 Friends scholarship recipients, each representing a group of cohorts: Matthew Wills representing his fellow graduate students and James Garaffa Luna representing undergraduate study-abroad returnees.

Wills, then a 5th-year British Ph.D. student in the Department of History, spoke about the research he conducted over the past year with his Friends of the International Center scholarship.

“I am a historian of modern China and I spend most of my time analyzing the production of propaganda in the People’s Republic of China after 1949. Rather like the United States, China invested—and still invests—significant time, energy, and resources into inculcating its population with the ‘right’ political and social outlook.

“Many years ago, I began to collect books published in the 1970s at a time when the Chinese Communist Party was managing a nationwide campaign to criticize and repudiate China’s Confucian heritage. The messages of this campaign are fascinating for their polemic—political tirades labeled Confucius a ‘reactionary,’ a ‘scoundrel,’ and argued that the Analects—the famous embodiment of early Confucian thought—should be ‘stamped under foot and consigned to the dustbin of history.’ Strong stuff indeed.

“My Friends grant supported my work cataloguing some of these materials and I actually ended up having the opportunity to exhibit items from this collection at the California International Book Fair in Oakland in February.”

Closer to home, an exhibit of Matt Wills’ collection could also be seen on our campus Geisel Library, where Wills also spoke about his research and books.

Matt is not merely interested in the context of these Chinese books but also in the design and produc-
It was interesting to hear from Matt that he used some of the Friends money to buy a micrometer to measure the thickness of the paper in the books, and that he received a crash course in its use from a friend of Sang Eun (Eunice) Lee, a 2018 Friends scholarship recipient. (We enjoy hearing such anecdotes.)

“Details related to production processes are rarely recorded in archives,” explained Matt, “so reverse engineering them using physical analysis kind of gives a way for a historian to make up for this. Money from the Friends grant is helping me develop some nice discussion of these issues for my dissertation.”

Congratulations to Matt for winning the National Collegiate Book Collecting Contest run by the Antiquarian Booksellers Association of America (https://www.abaa.org/ncbcc/the-national-collegiate-book-collecting-contest) for his Chinese propaganda collection. As mentioned, Friends funding helped him compile the bibliography for the collection.

James Garrafa Luna, a Revelle College student majoring in Chemistry and Mathematics, began his speech thusly:

“It makes me so happy to be at this celebration of global education. I still remember last year’s awards dinner. It was an incredible experience for me. At that dinner, I realized that the Friends scholarship I received not only meant funding for my program, but it means that I had a support system. I feel blessed to know that my desire to study abroad was important to a lot of people. I feel blessed to know that my desire to study abroad was important to a lot of people. I would like to thank the Friends of the International Center, donors, staff, and all of you for all your work, passion, and love for education abroad.

“Last summer I participated in a Global Seminar in Granada, Spain. It was an unforgettable experience.

“It is interesting to see how traveling can change one’s life. I have noticed this pattern throughout my life. My life was changed thanks to traveling and I am talking not only about my trip to Spain. I am talking about the journey my parents took in 1992.

“Due to the lack of resources in Mexico, my parents decided to immigrate to the United States when they were in their early 20s. There weren’t that many jobs, and the few available to them were underpaid and under very bad conditions. In addition, access to education was very limited at their time—for them it was not an option. So my parents made a decision to start a journey to the unknown. In 1992, my parents risked their lives by attempting to cross the border illegally. They did not succeed on their first attempt. But they did not give up, and succeeded on the second one.

“I have wondered for many years why they would do such a thing. Why would they risk their lives trying to go to the United States? Were they not scared of the unknown? Of social rejection? Did they have a plan or did they just go? “In my study abroad seminar, I took a class about African immigration to Spain, and I noticed this same pattern of people risking their lives in search of hope for a better life. Whether this is by going on a train, known as the beast, that is known for being the cause of many deaths,
or crossing the desert, or crossing the Mediterranean in a boat. People don’t risk their lives because they don’t have anything better to do, but because of necessity.

“I believe my parents had a blind faith in traveling. For my parents it was important that my siblings and I were born in the United States, because they hoped we wouldn’t face the same obstacles they faced in Mexico. They knew that if we were born U.S. citizens, we could go anywhere and do anything we wanted to. They did not risk their lives for themselves; they risked their lives because their selfless love only allowed them to see the bright future that would be ahead for their children.

“In 2001, my parents were deported and had to go back to their hometown, Santiago Ixuintla, a warm and humid small town [in the western state of Nayarit]. So small, everyone knew each other. They did not want our family to be separated, so they took my siblings and me with them. So, I lived most of my life in Santiago Ixuintla. Consequently, I developed my identity in Mexico. I grew up speaking Spanish, eating Mexican food, and celebrating those colorful holidays.

“In 2014, I decided to come back to San Diego to continue my education. I was able to make that decision because of my parents’ sacrifices. Although I am comfortable here, my life was challenging, because I had to say goodbye to everything that was familiar to me: the food, the neighborhood I lived in, pop culture, and the language. I felt the need to identify as American, leaving behind my Mexican identity, as I often felt there was no space for that here.

“Spain has a special place in my heart, because it was a space where I could heal. Heal from the outcomes that immigration has on the children of immigrants, who have to be away from their families, who struggle to find their identities, and generally have to grow up fast. Spain was where I could accept my true self.

“There was something about Spain that made me feel at peace. I did not feel like a foreigner; on the contrary, I felt at home. It could have been the Spanish I would hear on the streets, or the houses or countryside that reminded me of Mexico, or the etiquette they followed that reminded me of those days when my grandmother would teach it to me. What I once thought was a disadvantage in the U.S. was an asset in Spain.

“The best part of my experience abroad was that I could bring all of the self-love I gained in Spain, back to my new home, San Diego. I started to look into ways in which I could live in the United States being my true self. I could finally share a bit of my culture with my friends without thinking I would bore them or that they would just not care.

“I am here tonight because I am excited for all of you who will start an adventure abroad. Traveling abroad has made a huge impact on my life, and I hope it will do the same for you.

“I challenge you to see travel as something that is not only about you, but also about the people that surround you. Pay attention to everything you see, hear, say, taste, smell, touch—learn from it and bring it home. The only way we can become a better society is by understanding the differences and similarities we have with others.”

It is not surprising that James was heading back to Spain in 2019, this time to Madrid, on a UC Education Abroad Program, supported in part by a UC San Diego General Scholarship for Study Abroad.

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The November Newsletter will introduce the many recipients of Friends 2019 spring scholarships.
Wednesday Morning Coffee and Its Offsprings
—by Georgina Sham

Wednesday Coffee traces its roots back to the early 1970s, when a UC San Diego faculty wife, Mary Bailey, began to welcome international visitors into her home. It really was a coffee where Americans and internationals—mainly spouses of campus graduate students and post docs—gathered to chat and get to know each other. It has now morphed into a vibrant program with many facets to welcome current internationals, though we don’t serve coffee very much anymore.

Since those early days, the program has spun off a host of other Friends programs. Gus’ Conversation Table, named for its four-decades-long leader, Gus Lestick, was once part of Wednesday Coffee, but when both programs got too big, the conversation table moved to Tuesday mornings. A Beginning English class was started at another table by Diana Saunders, an experienced ELS teacher and Wednesday Coffee volunteer, and now has its own slot on Thursday mornings with a new designation: Everyday English. Friday Chat may be considered a spin-off, as well.

Then there’s the Craft Circle, which spun off in 2012, because our participants became so enthusiastic about sewing, knitting, and crocheting that they wanted more time for their projects, and they now meet weekly on Tuesday afternoon.

Mommy/Daddy & Me also started as a Wednesday Coffee activity, when, in 2009, a mother, Keiko Bott-Suzuki, decided to start a class for the many little children who came.

Of course, everyone is interested in food! The Cooking Class came about in its current form after we lost our International Center kitchen. Fortunately, Student Affairs agreed to partially underwrite monthly cooking lessons for our international visitors. Offered by Chef Vaughn Vargus in Revelle College’s demo kitchen, this class meets on the second Thursday of the month, and the October class will begin the year with an all-American theme.

Now about exercising: many years ago, Ning Wang, a visitor from China, started Tai Chi instruction on Wednesdays at noon in the courtyard of the old International Center, but once she went back to China, Tai Chi was in hiatus. Finally, we found Gladys Wong, who does all forms of Tai Chi, and we were able to persuade her to start a class, which now meets regularly on Monday afternoons, from 2:00 to 3:00. We were first introduced to the 24 Form Yang style, and are now learning the Tai Chi Kungfu Fan form.

When the Tai Chi class started, Lexi Jiang told us of a friend who was interested in offering yoga instruction. This led to Vivian Lin starting a yoga class, and because she is such a wonderful instructor, the class has become quite large. Initially, we met at noon on Thursdays, but when Vivian started working, we moved the class to Saturday mornings.

Meanwhile, Wednesday Coffee continues to attract a loyal following. We meet Wednesday mornings from 10:00 to noon and extend an open invitation to all to join us for socializing and special activities.
Cooking Class: Learn, Cook, Eat, and Have Fun!

After a summer break, the Friends Cooking Class will resume its monthly sessions on October 10, from 9:00 a.m. to noon (reservations required). Geared to 14 lucky internationals, who pay a mere $10 per class, each session features a theme that is thought to be of special use and interest to the participants.

The group meets in the morning of the second Thursday of the month in Revelle College’s 36 Degrees professional demonstration kitchen. Instruction includes a cooking demonstration with hands-on participation and ends at lunchtime with ample samplings of the food prepared that day. Students also enjoy a complimentary drink and socializing.

The Friends cooking program is designed to introduce our international visitors to dishes commonly eaten in American homes. By providing related recipes, we hope that participants will want to make these dishes while they are here, as well as prepare them for friends and family upon their return to their home countries.

The class is taught by UCSD’s Executive Chef Vaughn Vargus with assistants who review the recipes and help students as they prepare the food. Cindy Tozer and Katya Newmark, the Friends program leaders, are also present to provide support that may relate to English language comprehension and/or where certain items may be purchased in our area.

Below are some photos from previous cooking classes that illustrate specific techniques, ingredients, and tools.

Donations

We are immensely grateful to Georgina Sham for making yet another handsome donation to Friends to be divided equally among Friends programs and scholarships.

Additional scholarship donations, made in tandem with their membership renewal, came from Nona Crampton, Deborah & Raymond Park, Patricia Fleming, and Janine & Asoka Mendis.

Further thank-yous go to Christa McReynolds and Ken Watson, who continue to make contributions when making special dinner reservations.
I want to begin by thanking the Friends of the International Center for providing me with the financial support to truly enjoy my study abroad experience. As I was planning on my European adventure, I was unsure as to whether I would be able to afford trips outside of my Global Seminar in Italy. However, given that I was a recipient of the Friends of the International Center scholarship, I was able to manage a weekend trip to Greece. I used the scholarship funds to pay for my flight, Airbnb, and delicious Greek food.

While in Greece I was able to see the Black Sand beach for myself, see the iconic white buildings of Santorini, and taste a gyro for the first time. The view of the ocean at the top of the island was a sight I could never forget. It felt as if it was all a dream.

While being on the island, I was also able to experience the nightlife. It was so cool being able to meet people from all over the world, from all different walks of life. Despite the cultural differences that existed, it made me realize that at the end of the day we’re all human and go through similar circumstances.

Steven Silva
Human Biology major
October 2019

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