



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

Newsletter

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February 2017

Volunteering Is Good For The Heart



With images of hearts abounding and Valentine's Day promotions expounding our most sentimental expressions, I take a bit of literary license in repackaging the focus of hearts in the context of volunteerism and health to urge you to continue and/or increase your level of volunteering with the Friends. And, more importantly, to urge you to take on a leadership role on the Board or as a Program Leader, especially if you have not previously done so. Please contact **Barbara Fitzsimmons** or me, if you are interested.

Per the Corporation for National and Community Service, Office of Research and Policy Development, over the past two decades we have seen an increasing amount of scientific research demonstrating the significant health benefits of volunteering for the volunteer, a connection that has long been noted without benefit of scientific corroboration: *To ease another's heartache is to forget one's own.*—**Abraham Lincoln**

Noting just a few of the studies: a now classic 1988 Harvard study showed that helping others raises immunoglobulins (aka anti-

bodies), chemicals responsible for improving the body's resistance to disease; a 2009 study by Johns Hopkins University revealed that volunteers increased their brain functioning; and, in 2013, a study by Carnegie Mellon University showed that adults over age 50 who volunteered on a regular basis were less likely to develop high blood pressure than non-volunteers.

Oversimplifying studies by Stephen G. Post and Stephanie Brown, professors of preventive medicine at Stony Brook University in New York, it has been shown that through volunteering a series of feel good chemicals are released, such as dopamine and oxytocin (aka "compassion hormone"), while similarly reducing cortisol (aka "stress hormone"), all of which contribute to improving one's heart health. And, Post notes that: "When people are in a caring modality, circuits in the brain are active that can't be active during hate or hostility. It pushes aside those negative emotions." What a wonderful added bonus!

Not only are there physical health benefits that reduce the risk of mortality (Stephanie Brown), but studies have also shown that volunteering provides clear men-

tal health benefits: volunteers report a greater sense of purpose, higher self-esteem, and an overall sense of well-being (W.M. Brown, A.R. Herzog, E.A. Greenfield and N.F. Marks). In fact, researchers at the London School of Economics found that the more people volunteered, the happier they were.

While I am neither a physician nor your personal coach, I hope that reading this column assures you of the positive health benefits you experience through your Friends volunteerism and further inspires you to do more.

The world has created far greater anxieties for our international visitors and our own UCSD students, who could all benefit from your overflowing natural levels of oxytocin!

One of the great ironies of life is this:

He or she who serves almost always benefits more than he or she who is served.—**Gordon Hinckley**

Wishing you a Happy Valentine's Day and health,
Xo

Katya

Katya Newmark
PresFIC@mail.ucsd.edu



Great Hall, I-House



Longevity Noodles in Chinese boxes



Argentinian Gaucho

ETHNIC DINNER
SATURDAY, FEBRUARY 11, 6:30 P.M.
GREAT HALL, INTERNATIONAL HOUSE, ELEANOR ROOSEVELT COLLEGE
A CELEBRATION OF CHINESE NEW YEAR WITH
AN ILLUSTRATED LECTURE: “ARGENTINA REVEALED” BY PROF. CHRISTOPHER WILLS
A FUNDRAISER FOR FRIENDS SCHOLARSHIPS
EXTENDED RESERVATION DEADLINE: FEBRUARY 1, 2017



CHINESE NEW YEAR MENU: A 7-Course Dinner Served Family Style

Pork Pot Stickers, Chicken and Plum Spring Rolls with Sweet Chili Hoisin Sauce, Fried Rice, Sesame “Rooster” Stir-Fry, Spicy BBQ Ribs, Emerald Greens, Dragon Shrimp with Lemon-grass & Vegetables, Beef & Broccoli in Oyster Sauce, Lo Mein Noodles, Sesame Balls filled with Sweet Bean Paste and Orange Wedges, all served with wine, sparkling water, and tea.

This year’s Chinese New Year dinner will not be prepared by our Taiwanese friends because of the imminent demise of the International Center building and its kitchen. Instead, we will be at the Great Hall at the International House, on the north end of campus.

The pluses are that the room is beautiful and huge, the projection equipment is spectacular, and the sound system is far better than what we have had to suffer with at the old building. The Great Hall is also a few steps from the Pangea Parking Structure, which will make things easier for everybody.

The loss of our own International Center kitchen affects our programs in many ways, not the least in being able to prepare our own meals. Because there is no stove in the I-House kitchen, the fantastically skilled Taiwanese cooks that for a decade spoiled us with their marvelous culinary Chinese New Year’s presentations will no longer be able to do so. For the first time in the Ethnic Dinner’s 44-year history, the meal will be catered. **Campus Catering** is excited about the prospect of helping us, and promises an excellent multi-course Chinese meal in celebration of the Year of the Rooster.

We are grateful to Vice Chancellor of Student Affairs, **Juan González**, for underwriting expenses, so that we can again offer an exciting Ethnic Dinner that will allow us to socialize, enjoy a fine dinner, view professional photos taken by my husband, evolutionary biologist **Chris Wills**, of our recent adventures in Argentina beyond Buenos Aires and Patagonia, and raise money for international scholarships.

Although the venue will have changed, our international postdocs will again help serve the meal, and the cause itself is as fabulous as ever. The conversation, the ambience, the wine, and the vicarious trip to a far corner of the world will also be as good as, or even better, than before!

The caterer has graciously extended the reservations deadline to February 1, 2017. If, as yet, you have not done so, please get your reservations in immediately! If, like me, you are a Luddite and are uncomfortable using Eventbrite for payment for the dinner, don’t despair; it is simple—<http://FICAsia2017.eventbrite.com>

—Liz Fong Wills

News from the Resale Shop: We Love Our New Digs at 214! —by Marion Spors



Bldg. 214, the new home of the Friends Resale Shop, as well as the Friends Office. Located off Library Walk and the north side of Rupertus Way. It is adjacent to Bldg. 215 that houses the Office of the Dean of the International Center.

to a shiny white cottage with cool black window trims. Even though the rain was pouring on moving day, we were all determined to get the job done—and we did! Cheers and thank you to **Cary Landt** and her very capable moving crew.

My special thanks to our wonderful volunteers: **Cida Coelho, Daniela Schmidt, Fran Doolittle**, and **Georgia Crowne**, who rolled the clothing racks through the rain and helped me get the Shop organized, and thank you Fran for coming back and helping me on the following day. Kudos and thanks to our very capable carpenter, **Michael**, who did an excellent job taking down and reinstalling all the fixtures, pictures, and signs. Wow!

Many of our friends, including **Liz Fong Wills, Ginny Young, Kim Burton, Jan Tuomainen**, and **Courtney Giardano**, stopped by on Friday to cheer us on. More thanks are due our amazing UCSD student volunteers, **Dexter Davis, Shaye Stalians**, and **Jessey Velasquez**, as well as Dexter's fabulous mom, **Corey**, and **Renate Schmid-Schoenbein**. With their help we were able to finish the Shop on Tuesday, late afternoon, just in time for our opening on Wednesday. Thank you all for your support and for a great Friends team job.

We started unpacking and organizing and completed the job in time to be ready to roll and open for business on Wednesday, January 11. Our hours are: Tuesday-Friday, 10:00 a.m. to 3:30 p.m.

Storage will remain in the large container housed at the former International Center parking lot and may remain the best place for drop-offs. Donations are once more welcome.

Finally, a very big *Cheers* and *Thank You* to professors **Bob Continetti, Kaustuv Roy, Russ Doolittle**, and **Julian Schroeder** for their support of the Friends. You Rock!

The Friends Resale Shop had its last day at the International Center pavilion on December 10, 2016. A big thank you to all of our wonderful volunteers, including: **Renate Schmid-Schoenbein, Daniela Schmidt, Cynthia Leal, Cida Coelho, Pearl Tangri, Mayra Nevarez, Georgia Crowne, Fran Doolittle, Irene Allison, Jim Chase**, and a few lovely ladies from the Wednesday groups who packed up the Shop yet once again. We did it at lightning speed...and then took a well-deserved break.

The Shop moved on Thursday, January 5, 2017 to its new home at Building 214, University Center. The painters did a great job transforming the space from old and beat-up



February: **Resale Shop**, Tuesday through Friday, 10:00-3:30, UC 214

Feb. 1, 15: **Family Orientation**, 9:15, McGill Hall, IFSO Conference Room

Feb. 1, 8, 15, 22: **Wednesday Coffee**, 10:00-Noon, UC 409, Dance Hall

Feb. 1, 8, 15, 22: **Mommy/Daddy & Me**, 1:45-2:45, McGill Hall, IFSO Program Room

Feb. 2, 9, 16, 23: **ESL Class**, 10:00-11:30, UC 409, Dance Hall

Feb. 3, 10, 17, 24: **Friday Chat Group**, 10:00-Noon, UC 409, Dance Hall

Feb. 3: Friends sponsor **International Café**, Noon-1:15, I-House, Great Hall

Feb. 7, 14, 21, 28: **Gus' Table, English Conversation**, 10:00-Noon, UC 409, Dance Hall

Feb. 7: **Friends Board meeting**, 10:00, President's home

Feb. 7, 14, 21, 28: **FIC Craft Circle**, 1:00-3:30, UC 409, Dance Hall

Feb. 9: **International Cooking Experience**, 9:00, Revelle College, 64 Degrees

Feb. 11: **Ethnic Dinner**, 6:30, I-House, Great Hall

Feb. 14: **Valentine's Day**

Feb. 20: **Presidents' Day**, Holiday

Continuing our series of profiles of Friends Board members and active volunteers, I asked **Mariko Usui** to tell us a little about herself. In response, Mariko wrote:

"I am very grateful that you gifted me the occasion to look back at myself. I was always feeling that my life was pretty scattered. I had many minor setbacks and good-byes to my previous environments that I really loved and put much energy into. However, through working on this article, I re-realized that all those past experiences are a big factor in now making me feel more blessed than ever, especially in the beautiful international community you have developed. I am blessed for being surrounded by so many wonderful people from diverse backgrounds and generations. I never find the right words to tell how this keeps me motivated and optimistic about the present!"

Here follows Mariko's story.—Ed.

Mariko Usui: My Journey



I was born in Japan, in a small port village in the state of Mie, where my grandparents lived. The village faces a bay on the Pacific Ocean. While my father was pursuing his academic career path in a distant metropolitan area, I often spent days to months of my childhood there with my mother and sister. At that time, four generations lived under one roof.

Our ancestral home was located on a river estuary and was about a ten-minutes walk from the house to where the river met the sea. At sunset, I would often walk on the riverbank with my great-grandmother, looking at the vast ocean. Isolated from the nearby towns, the area maintained its primitive beauty. I was in awe of nature and wondered what the world looked like on the other side of the Pacific.

The state Mie has been in a friendship city relationship with

San Paulo, Brazil and over the last 100 years has sent many migrants there. One of my older relatives also joined this journey. Now that I live in San Diego with my husband and our two children, I stand on "the other side of the ocean" and while watching the sun set from here, my thought often turns to the people of the older generation. I wonder if it was coincidence or fate that has brought me here?

As a university student in the state of Osaka, I majored in Linguistics and African Studies. After earning my master's degree in Sociolinguistics, I started working for a Japanese fine art dealer's company in Kyoto. For more than a thousand years, Kyoto served as Japan's Imperial capital and is known for its cultural heritage, beautiful gardens, and well-preserved old town.

As an editorial and research staff member, I engaged in diverse, interesting experiences. In an attic office space filled with antiquities, old books, calligraphies and other artworks, ranging from medieval to modern, I spent my days researching. My focus was on proving the pieces' authenticity and helping the business staff in connoisseurship. Additionally, I restored mountings, translated classical Chinese and Japanese calligraphies into modern Japa-

nese for customer reference, and edited monthly art catalogues that were for sale, both on paper and online.

After I had spent more than four years at the art dealer, a big change of life awaited me. My husband moved to Germany to pursue a Ph.D. in Organic Chemistry at the University of Freiburg, and I decided to follow him after a year of our separated lives.

I spent three-and-a-half-years in Freiburg, a German city on the western edge of the Black Forest. I still remember this period as highly stimulating and inspiring, with daily, friendly conversations with our German neighbors and fulfilling interactions with my international friends at intensive German language classes at several private schools. Later, I enjoyed several part-time job experiences followed by a full-time job as a Japanese-German correspondent.

Our first son, **Ryosei**, was born in our last year in Freiburg. Fortunately, I was able to experience the transition from a work-oriented woman to a mother with ease. This stage in our lives as a small, startup family has left me with a lot of lovely memories to cherish for long time.

When our baby was four months old, my husband finished his Ph.D. and decided to move to the U.S. to do further research

at The Scripps Research Institute as a postdoctoral fellow. My baby son and I first went back to Japan to stay with my parents for half a year, and then also came to San Diego, following my husband. I was first given a J2 visa, but this was ultimately turned to H4 status in accordance with my husband's employment at a local biotech company as a medicinal chemist.

As a newbie mother and knowing no one in San Diego before my arrival, life here felt overwhelming. Add to this my poor knowledge of English, the lack of a work permit or practical opportunity of career development, and it is no surprise that I often felt as if I had had to start everything over from zero.

After half a year had passed, I learned about the International Center at UC San Diego from some parents I happened to meet at a park. I was impressed to hear that many international families in a similar situation were gathering there for diverse hospitality programs and that these were open to anybody. My first day at the International Center has stayed a very lovely memory.

Together with my son, I visited Wednesday Coffee for the first time. The world suddenly broadened. The place was filled with warm hospitality, smiles, and fun. We were invited into the International Center lounge, where **Georgina Sham** was teaching folk dance steps. I am still in touch with some of the people I got to know among the circle of dancers that day!

We were also introduced to **Jennie Chin**, who invited me to join her Knit-Along group (currently Craft Circle) right from the following Tuesday. She has been a patient and great mentor to me ever since. Equally, **Alice Blake-Stalker**, who took us to the dining room to show us the Mommy/Daddy & Me class that was taught by Mrs. **Keiko Bott-Suzuki** at

that time. Ever since, my life in San Diego has not been separated from the Friends of the International Center.

Through the Friends, I have met many, many wonderful people. Without them, I wonder what an emotionally hard time I would have had to go through during my second pregnancy, delivery, and the first months with an infant. Through our participation in the Mommy/Daddy & Me program, my two sons, especially the younger, **Eishi**, who was born here in San Diego, have been making precious friendships that I hope will last a lifetime. I am so grateful for everyone we have met there, especially for those with whom I have spent uncountable great moments together in class, first as visitor, later as a volunteer leader, but also outside the UC San Diego campus.

I joined the international leadership team of Mommy/Daddy & Me in January 2015, when several of the previous leaders had gone back to their home country. I soon realized how much I loved this new challenge! In the class, I introduce myself as an enthusiastic learner. Over the last couple of years, I have assembled on my tablet's Mommy/Daddy & Me music list, a large collection of traditional English nursery rhymes, as well as playtime activity songs. About half of these have already been brought to the class for sing-alongs; so far, the rest are only for my own kids and myself to learn and enjoy daily.

I like to plan how to spice up our sing-along and story time, using handmade props and posters of lyrics. Through our weekly



search for hand-friendly projects for the young, my kids and I are becoming huge DIY craft lovers. I'm very thankful and feel immensely fortunate to have found a place that not only benefits me, but also tremendously benefits my young children.

During my term of involvement, Mommy/Daddy & Me has attracted a growing group of international volunteer moms. Each has a different style of shaping and teaching the class. Each is ready to help and eager to learn from each other. There's nothing better than sitting around a table with these co-volunteer leaders, talking about the previous and next class plan, and our own kids' development!

I am grateful to be surrounded by these wonderful people (past and current—12 in all by now), and want to express my humble and huge thanks to all the Friends ladies, especially to **Katya Newmark**, **Jennie Chin**, **Alice Blake-Stalker**, **Georgina Sham**, **Lynn Jahn**, **Nancy Homeyer**, **Ginny Young**, **Liz Fong Wills**, and **Ruth Newmark** for their continuous support, graciousness, encouragement, reassurance, and also to **Keiko Hirai**, who was the first person we met here from our native country and city. Keiko was a fantastic adviser and great volunteer at the International Center during her stay in the U.S., up until her departure in the summer of 2015.

Visiting an American Home

Elisabeth Marti, the coordinator of our Visiting an American Home program, always enjoys hearing from her “matches,” be it from the host or the international guest. Here she shares a thank-you note she received in December from the wife of a Japanese visiting academic scholar:

Dear Program Coordinator, especially Ms. Elisabeth Marti,

My name is **Miki Komatsuzaki** and I am writing this e-mail to you for telling you my appreciation about this program.

Mel and **Lynn** have been very kind to my husband, **Yuji**, and me since your arrangement.

I visited their home in the middle of October. Unfortunately, my husband was absent at that time. I did enjoy myself a lot to have a brunch with them. After that Mel kindly planned the second opportunity for us. In the last weekend, Mel and Lynn took us to La Jolla Cove and showed us around there. Then we had a lunch together.

These were really special times for us to meet the emeritus professor of UCSD and learn about the La Jolla and American cultures.

Thank you very much for your kind arrangement. Best regards,
Miki Komatsuzaki

If you would enjoy participating in this very rewarding program, please contact **Michelle Grandin Brown** (michelle.grandin@gmail.com), who is temporarily replacing **Elisabeth Marti** as coordinator.



Prof. Mel Green and his wife Lynn with Yuji and Miki Komatsuzaki from Japan

Friday Chat Group

—by *Cindy Tozer*

After our brief break during the Holidays, it was such fun to get back to chatting with the Friday group. We have some delightful new chatters, and we talked about the ones who have gone home. It is so nice to hear the news from the ones who are back home but have not forgotten us—in fact they love to hear all we are talking about and doing.

Doing? Yes, we are planning a walking tour of Tijuana, but not until it is safe for **Mayra** to come back across the border with a proper visa. And we will arrange a toffee making session, probably at **Michelle Grandin Brown**'s home in La Jolla. And we'll once again schedule an exploration of tide pools.

Here follows a sample string of e-mails from and with past participants in Friends programs. —Ed.

“Hi folks, I hope everybody who are my international friends are OK, as you know New Year’s coming. I would like to say Merry Christmas for you and hope happiness things are much more than bad events in 2017. Don’t forget sometimes to smile. Greetings and all the best, your friend **Suleyman Ozakin** from Turkey.”

“Hi Suleyman! Hi everybody! Suleyman, good to know that you are all right. I wish the best to everybody in the next New Year! And yes, people need to work hard in 2017 for a better world! If everybody make little good things the human beings will live in a better planet. Enjoy the life! **Glênio Sarmiento**, Brazil

“Hey guys! Happy to read all these e-mails. Merry Christmas and Happy New Year! Lot of love, **Chiara Parrella** (from Italy).”

“It’s so nice that we’re all keeping in touch via e-mail, even though many have gone back to their home countries, or moved on. Having conversation groups such as ours is what keeps the world moving into a better place. Well done!” **Georgina Sham**, Wednesday Coffee Chair

Winter Scholarships

—by Ruth Newmark

The Friends Scholarship Committee met on October 27 to read undergraduate study abroad scholarship applications for spring/summer 2017.

We had 18 eligible applications for this round of scholarships (not to be confused with Spring applications when we may have upwards of 120). All students are planning to go on UC EAP to a variety of countries to study a variety of subjects. Alas, there again were many sad stories about students coming from single-family homes, about parents filing for bankruptcy, about extraordinary health issues in the family that required the family to pay for unexpected hospitalizations or even funerals, but there also were many encouraging stories about students coping well with adversity. In general, there also seemed to be a fair amount of financial aid available to these applicants—although never quite enough, so that many will leave the campus with large loans to pay off.

In light of this, the Scholarship Committee was delighted that in addition to awarding 2 Friends Scholarships (@ \$1,500), our Committee was able to recommend the names of 8 more students for Study Abroad Office scholarships.

Not all applicants were Friends eligible: we require that the student has a 3.3 GPA, will return to campus for at least one quarter, and besides writing a convincing essay, must have a letter of support, preferably from a UCSD faculty member.

The Study Abroad Office scholarships, have slightly less stringent requirements: students need only a

3.0 GPA and do not need to return to campus, but otherwise have pretty much the same obligations.

Quite a number of students had high GPAs, but many were going abroad on the last quarter of their UCSD study, so that only 4 applicants were eligible for a Friends scholarship. Fortunately, the award money is the same for the general scholarship, so more than half of the total eligible applicants will receive funding. The **Friends Scholarship recipients** are:

- **Crystal Im**, a Marshall College student majoring in Public Health, who will go to Spain and Italy on a program called European Transformations that includes an internship.

- **Karen Wang**, a Sixth College student, majoring in Sociology with a minor in Theatre (she is especially interested in costume design), who will go to Rome, Italy to participate in a program focusing on Art, Food, and Society.

Both Crystal Im and Karen Wang accepted their scholarship enthusiastically and expressed their thanks.

As Scholarship Committee Chair, I would like to thank **Jeri Abernathy, Joan Adamo, Gayle Barsamian, Kim Burton, Alma Coles, Barbara Fitzsimmons, Kathy Hodges, Candace Kohl, and Renate Schmid-Schoenbein** for helping to make wise choices, and the **International Center Studies Abroad Office** for preparing the files for us.

P.S. Just as the Newsletter was about to go to the printer, Crystal wrote that she has had to cancel her plans to study abroad. We will hold her scholarship money for the Spring session.

Friends sponsor
International Café with
an Estonian menu.
Friday, February 3,
Noon - 1:15
Great Hall, I-House
Cost: \$5.00

Membership

We are saddened to report the death in late 2016 of longtime member, **Dottie Kefalla**. Dottie was devoted to our university and very proud of her more than twenty years of service to UC San Diego, especially proud of her job as Assistant to Chancellor **Richard Atkinson**, a position she treasured for 12 years, and from which she retired in 1992.

Dottie was an ardent supporter of the Friends of the International Center, volunteering for many years in our Resale Shop, as well as serving as a tutor in the American English in Action program. **Joan Adamo** recalls that for a period Dottie also served as Friends Corresponding Secretary.

While we are not in the habit of reporting on membership renewals, we take a moment here to thank our two loyal corporate members: the **Salk Institute for Biological Studies** and the **Ludwig Institute for Cancer Research**.

A special note of thanks goes to **Mitchell Furumoto**, Salk's manager of immigration services, who became concerned about not receiving the usual membership renewal notice. We explained that the closure of the International Center brought with it a great deal of turmoil, including difficulties with setting up the Friends computer in our Membership Chair's home. Undeterred, Mitchell sent in a check for the Salk's annual membership renewal without prompting!

December Friends Volunteer Hours
693 = 3.94 FTEs

Wednesday Morning Coffee

—by Georgina Sham

Wednesday Coffee is now ensconced in our new space in Building UC 409's Dance Hall. It is a large, cold, blank space that we plan to make homier by decorating the walls with Zentangle and/or other crafts.

In February, we will embark on some of these projects, but because Valentine's Day falls in that month, we also plan to have a cookie decorating session. Knowing **Lynn Jahn**, she will bake hundreds of cookies for us to decorate! **Marie Perroud** will show us how to make paperweights by decorating rocks with Fimo clay.

We're remaining fairly fluid with our plans, because we are still getting used to our new space. We have sadly lost many of our participants who have returned home to their native countries, and hope we will soon have new participants in their place.

Mommy/Daddy & Me

—by Mariko Usui



McGill Hall, Building UC 246, in Muir College

With a new meeting place (the International Faculty and Scholars Office's Program Room in McGill Hall), our Mommy/Daddy & Me class hours, starting February 1, will be Wednesday afternoons from 1:45 to 2:45.

In contrast to before, when we had two sessions—one for kids up to 24 months and a second for kids from 24 months to 5 years—we are going to try one combined class for kids 0-5 years and see if this works.

We hope this change will become a positive one, considering that in the last months we've had mostly the same participants staying throughout the two age-based classes. Moreover, there were some redundant elements (for example, we were doing an "Introduction Rhyme" and "Good-bye Song" at each beginning and end of the two

classes, just because it had long been so...like a tradition). And then in the short recess, volunteer teachers got occupied by their own kids, welcoming newcomers, and preparing for the second class all at the same time, so that the start of the second class was almost always delayed.

We hope that by consolidating the groups into one session, we will facilitate a good tempo. A one-hour class also sounds reasonable considering the average kid's attention span.

Nonetheless, we intend to continue to plan each session with components oriented to the youngest kids during the first half (approximately 20 minutes), followed by play songs and games for the older kids during the second half (also app. 20 minutes), with 15-20 minutes of story time or/and craft project geared for all in between.

Even though the age groups differ tremendously in their abilities, I think melodies and rhythms children hear over and over in their babyhood will stay long with them and help them later on. We have noticed in our past classes that the older kids really like to sing the nursery rhymes they already know.



Bldg. UC 409 is located at intersection of Rupertus Lane and Russell Lane, across from the Visual Arts building, and near the Gilman Parking Structure



Approach to Bldg. 409 looking at the Visual Arts Building

Family Orientation

—by Nancy Homeyer

It is not just the U.S. government that is in transition. The Friends programs are also. No worries. It is just the locations of our activities that are changing, not the content, volunteers, participants, or anything else about these vibrant, welcoming programs.

As of January, Family Orientation is back on its regular schedule (the first and third Wednesdays of every month.) We are holding forth in the same venue, as it is ideal for us—the International Faculty and Scholars Office (IFSO) Conference Room in McGill Hall on the Muir Campus.

The other Friends activities have moved to other locations, and it has been quite a transition. The new venues include the IFSO

Program Room (the new meeting place for Mommy/Daddy & Me), the old International Center parking lot (still the location of the Oceanids Kitchen and Baby Equipment Exchange), Building 214 (the new home of the Friends Resale Shop), Building 409's Dance

Hall (the new location for Wednesday Coffee, the Craft Circle, Gus' Conversation Table, Friday Chat Group and the English as a Second Language class).

Family Orientation includes a walking tour to these sites to let the newcomers see activities in

action and to inform them of the locations. It takes a while to visit them all, as the group frequently includes strollers and children, as well as adults. However, it is well worth it for those attending Family Orientation to see what the Friends are all about.

The Ultimate Gift of a Lifetime

—by Ruth Newmark

In her 2016 year-end letter to our membership, Friends President, **Katya Newmark**, wrote: "There is no hiding that this past year has been a challenging one for the Friends of the International Center, as we continue to respond to the loss of the International Center building proper. Thankfully, our Scholarship Program continues as strong as ever, thanks to YOU, our supporters. The money you donate is truly the ultimate gift of a lifetime: year after year, students share that their lives are transformed by their international experience and further note that the memories and experience gained will continue to guide them throughout their life. How many gifts do you know that last so long and with no need of batteries?"

Many responded to her request for donations, so that Friends may continue to support international education on our UC San Diego campus.

We thank **Lily & Shao-Chi Lin** for their sustained funding of a scholarship in memory of their niece, **Diane Lin** (Friends President 1997-98); **Carol Smith** for her handsome contribution towards a scholarship for a graduate student; as well as **Joan & Lou Adamo**, **Alma & Bill Coles**, **Alice McCauley**, **Janet & Maarten Chrispeels**, **Marjorie Seybold**, and **Gabriel Jackson** (first chair of the UCSD History Department, now residing in Oregon) for their thoughtful scholarship gifts.

Ruth & Leonard Newmark made their scholarship donation in memory of **Stuart Smith**; **Liz & Chris Wills** gave their contribution in honor of **Gayle Barsamian & David Clapp**; and **Horst Hoffmann** earmarked his for the *Teclé Kidane-Mariam Scholarship*. **Luna & Yuan Cheng Fung**'s contribution came with a nice message from their son, **Conrad Fung**, saying: "All the best!" **Lanna Cheng Lewin** designated her contribution to the *Ruth Newmark Scholarship*, adding this message: "Katya, keep up the good work!"

Special recognition goes to **Gail Fliesbach** for her very generous contribution to the Friends Scholarship Fund. Wrote Gail: "I am giving more than in previous years, as I know that this year has been more financially

difficult because of the implications for the program due to the closure of the International Center. (How wonderful that the Resale Shop has now found a new home!) I truly believe that the Friends help build international friendship and understanding. I would like the donation to go towards scholarships; however, if there is dire need elsewhere, please apply it accordingly."

We are most grateful to **Rita Atkinson**, **Georgina & Lu Sham**, **Jean & Jeffrey Selzer**, **Louise Keeling**, **Mary Ruth Cox**, **Carole & Michael Ziegler**, **Donna & Thomas Golich**, **Ellen Scott**, **Denise & Hamish Redford**, **Mira Vendler**, **Claudia & John Barton**, **Mariette Kobrak**, **Laurette Verbinski**, and **Barbara Baehr** for their gifts. **Maxine Bloor** accompanied her donation with these words: "Hi Katya, Thank you for all you are doing. What a terrific job, under such difficult circumstances." Non-restricted funds are especially welcome, particularly when they come with a note: "where most needed." Notes such as these are very meaningful.

Delighted with the report (see following page) written by the 2016 recipient of the *David K. Crowne Scholarship* established in memory of her husband, **Georgia Crowne** sent a check with these sentiments: "I hope to continue to contribute to the scholarship in the future." An additional message was addressed specifically to Katya: "Thank you for all you do for the Friends. It is nice to know that the organization is in good hands. My sincere gratitude for your leadership and guidance."

JoAnn & David Wirth accompanied their contribution with these thoughts: "Dear Katya and all Friends of the International Center: "We are pleased to write a check in support of the Friends scholarship program. Our youngest granddaughter, **Zephyr**, will begin university in 2017. She has already had two opportunities to study abroad! Her horizons increased with each, as well as her maturity."

The letters we receive from our scholarship recipients express similar views. To quote from a January 2017 scholarship report:

“My name is **Alec Chac** and I am a third-year mechanical engineering student at UC San Diego. For the past five months, I have been studying abroad at Lund University in Sweden. This trip has been a life changing experience that has taught me a lot about myself and helped me grow as a person. I have met many different people of different cultures, who have opened my eyes to different perspectives and made me a more accepting person. Without the help of your generous scholarship, this life changing experience would not have been possible. I had a wonderful time in Sweden and I will continue to encourage others to consider studying abroad.”

Thank you all for your generous support of Friends

programs and please accept our apology if our acknowledgments did not come as quickly as we would have liked. The closing of the International Center with the accompanying loss of our Friends Office has made mail delivery, as well as communication between all concerned, unusually difficult. We hope that with our new campus office things will improve rapidly. Conveniently located in University Center, the Friends Office is now in Building 214 that also houses the **Friends Resale Shop**. The Shop, too, deserves a great big thank you for all **Marion Spors** and its other volunteers do to help raise money for Friends programs, in particular for our international scholarships.

SCHOLARSHIP LETTERS

Reflections

During the summer of 2016, I had the privilege of studying on EAP at the University of Sussex in Brighton, England. There, I gained a new perspective on gender and race issues as I immersed myself in two classes: “Gender Violence and Society” and “Race in British Society.” In the end, I learned how different British policies aim to address the gender and race disparities that exist within our society.

My participation in class discussions motivated me to bring these ideals of social justice to my local community, so that I could address the same issues with a different analytical lens. Ultimately, this international perspective furthers my career goals by igniting a desire to practice cultural sensitivity when working to establish equality.

Additionally, I was blessed to have had the opportunity to travel to a total of nine countries during my time in the program. In doing so, I found myself outside of my comfort zone, as I travelled to countries with different languages and different cultures. However, it was the company of new friends that helped me navigate new and exciting cities. Through our many adventures I gained

new culinary experiences, increased my knowledge of world history, and made many memories with the locals that I met along the way. I found myself growing more bold and fearless as I navigated cities such as Barcelona, Rome, and Berlin.

In conclusion, my study abroad experience is the highlight of my college experience. I met great friends abroad who continue to challenge and expand my understanding of the world.

I am the first in my family to have travelled internationally to experience European culture. I am grateful for the Friends of the International Center, specifically **Georgia Crowne** and others who contributed to my scholarship, for helping fund this grand adventure.

This opportunity meant a lot to me as a first generation college student. I hope that my experiences can help others understand the importance of having a global perspective when reaching out to their local communities.

Jocelyn Danielle Bulante
David K. Crowne Scholarship
Marshall College
Cognitive Science major

A Global Seminar in Ecuador

My experience abroad was nothing short of extraordinary. To have been on a different continent for five weeks still feels like a dream. From the lectures about child development, culture, and language to the excursions every weekend to different areas of such a culturally diverse country, I enjoyed every single moment.

The communal volunteer work, or “minga,” is still fresh in my mind as it was one of the most heartwarming experiences. Working together with the community in Tena to better the school environment and seeing how unified and thankful the people were for our small efforts definitely touched my heart. We all worked together to paint tables and benches, dug piles and piles of dirt to build a brick wall, and were able to raise enough money to provide the school with supplies and computers.

Although we all have our own different personal backgrounds, the students and teachers came together and truly enjoyed the time spent as a community. The classes opened my eyes to the concept of “culture” not

just as an ethnic background, but also of the activities in which individuals take part in their everyday lives.

This experience strengthened my passion for teaching and love of children and helped me further picture the teacher I want to become: one who is accepting and understanding of the different practices each child brings into the classroom.

Even through the highs such as zip lining and climbing down waterfalls and the lows, like experiencing two earthquakes and suffering from a stomach virus, this opportunity not only taught me valuable life lessons, but also taught me about education and the career path I am pursuing.

Briana Kim

John Muir College

Human Development major

Dear Ruth and Friends of the International Center,

I want to thank you again for the generous financial support you provided me to conduct dissertation research in Rio de Janeiro, Brazil. My dissertation examines the institutional and cultural barriers that impede non-white Brazilian political candidates from being elected.

While in Brazil, I interviewed a number of political candidates, elected politicians, and political party executives. The information obtained is being incorporated into a conference paper that I will present in Chicago in April and will significantly strengthen my dissertation.

I have attached a photo of **Benedita da Silva** and myself. She was the first female Afro-Brazilian governor of the state of Rio de Janeiro and is currently a member of the Brazilian Congress. I had the opportunity to interview her about her experiences and the role of race in Brazilian elections.



Furthermore, in Rio de Janeiro I developed a number of friendships with Brazilians, as well as other international students. I am extremely grateful to the Friends of the International Center for providing me the financial resources to travel to Brazil.

Andrew Janusz

Ph.D. Candidate, Department of Political Science



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