



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

Newsletter

Volume XLIV, No.10

May 2017

Golden Moments: Annual Membership Dinner and Scholarship Awards Ceremony: May 16, 2017

You are invited to attend our 2017 annual Membership Dinner in a new-for-us, centrally-located space for our gold-themed Scholarship Awards Ceremony: the Multipurpose Room located on the ground floor of the Student Services Center (between UCSD Town Square and Matthews Quad). We are happy to be able to continue our tradition of bringing Friends members, International Center staff members, UCSD administrators, and our always amazing students together to share a meal over animated conversation. For many, this is the penultimate “feel good” experience on the Friends calendar.

Dean **Kirk Simmons** and Assistant Vice Chancellor of Student Affairs, **Jeff Orgera**, will both say a few words before we are treated to a perspective about the role of international education from our guest speaker, **Ann Craig**, Provost Emeritus of Eleanor Roosevelt College and Associate Professor Emeritus of Political Science. Knowing that everyone enjoys hearing from our students, this year we will have two students speaking: **Bahram Kheramand**, a Friends graduate scholarship recipient earning his Ph.D. in biological sciences, and **Monica Sias**, a Friends undergraduate scholarship recipient soon to graduate with a degree in public health.

And, oh, what a joy it is to announce that once again, through our combined efforts and collaboration with the University, the Friends will be announcing scholarship awards in the record amount of \$111,000 for 2017 thanks to YOUR incredible support and the efforts of so many. I thank the Friends Scholarship Committee that worked diligently to make the best selection from an all-too deserving applicant pool; the many donors (both financial and in-kind);

the incredible volunteers engaged in activities that raise money that support the Friends scholarship program; and, our gracious university colleagues who continue to support our mission.

The golden-themed menu will begin at six o'clock with wine or golden lemonade in the courtyard outside the Multi Purpose Room. Dinner will follow and will feature: a first course of corn bisque with hush puppy garnish and an entrée with Mary's organic herb-rubbed chicken breast with tarragon cream sauce, asparagus, and creamy polenta (vegetarians will have carrot risotto). Since I want to dangle a carrot for enticement, you will have to attend to learn what awaits you for dessert, but it will be golden. Tea will be available at the end of the meal.

The cost for attending the annual dinner is \$20, and we ask you to note special requests (vegetarian meal) on the reservation form that can be found at FICannualdinner2017.eventbrite.com. The deadline for reservations is **Tuesday, May 9**, and we encourage you to make your reservation as soon as possible.

A brief business meeting will be held to elect the officers for 2017-18, as proposed by **Kristine Kneib**, Chair of the Nominating Committee. **Ruth Newmark**, Scholarship Committee Chair, will introduce the Friends Scholarship awardees for 2017.

We look forward to seeing many of YOU, our Friends and supporters, on **Tuesday, May 16**, as we celebrate this joyful occasion.

Grab the Golden Ring for a Ride
Celebrating Scholarships!

Katya

Katya Newmark, PresFIC@mail.ucsd.edu



Cindy Tozer, Coordinator of Friday Chat, has an engaging way of attracting a faithful and growing following. She comes up with fun and informative ideas, both during the regular weekly session and in planning special activities and excursions, in which she is helped by Michelle Grandin and Ellen Scott. This is how Cindy describes one Friday meeting. —Ed



Friday Chat

—by Cindy Tozer

I stopped counting how many attended today. They kept rolling in. At 9:30, the first family arrived with mommy, baby, toddler, and grandma. And they are wonderful. I will not use names. Mom wanted to talk to me about the lecture she heard at MOPS (she did not know what it stood for—Mothers Of Preschoolers—and is not affiliated with UCSD). I had her relay it all to me. And then told her I wanted her to tell the group later. It was about research in studying young children who use social media. Very interesting.

We broke into two groups (**Michelle Grandin** and I). Each person feels comfortable giving their thoughts...ah, it's the best way by far, although sometimes we look down at the other circle and wonder what they are all laughing about.

In my group, each described what they did at work in their native country. One sweet, tiny mother was working in a pharmaceutical research lab. She described putting a mask over the mice to anesthetize them and then cutting open their bellies to "do something" to their bladder. (We discussed what the bladder does). Then sewing the mice up—all with gestures for better comprehension.

And there was so much more. Well, I guess, you had to be there. It was all so entertaining to us. We laughed a lot.

Some Chatters have formed a tennis group, with Cindy as teacher. Seen left to right: Manisha, Vinciane, Mayra, Akbanu, HongSeok, Yeji, and Cindy, who has lent her many rackets to the internationals

May Calendar

May 2, 9, 16, 23, 30: **Gus' Table, English Conversation**, 10:00-Noon

May 2, 9, 16, 23, 30: **FIC Craft Circle**, 1:00-3:30

May 3, 17: **Family Orientation**, 9:15

May 3, 10, 17, 24, 31: **Wednesday Coffee**, 10:00-Noon

May 3, 10, 17, 24, 31: **Mommy/Daddy & Me**, 1:45-2:45

May 4, 11, 18, 25: **English Class**, 10:00-11:30

May 5, 12, 19, 26: **Friday Chat Group**, 10:00-Noon

May 9: **Board Meeting**, 10:00

May 11: **International Cooking Experience**, 9:00,

May 14: **Mother's Day**

May 16: **Friends Annual Membership Dinner**, 6:00

May 29: **Memorial Day**

Hi All,

I am writing you to thank you for every moment that we shared together! Each one of you make an important part of my experience in San Diego and I will never forget it.



Also, I am writing you because I moved to Switzerland, and I will not come back to San Diego. I invite you to keep in touch by e-mail.

I send you my best wishes in all your projects and I hope that the Center keeps accomplishing its valuable mission. So, thank you members and volunteers: you are all amazing!

Hugs and love,

Ximena

A civil engineer by training, (Maria) Ximena Trujillo came to UC San Diego from Colombia, to join her husband, a postdoctoral fellow in the Department of Mechanical & Aerospace Engineering. Ximena participated in many Friends activities, attending, among others, our Wednesday Coffees and conversation groups. In November 2016, she represented her native country in the campus's International Fashion Show.

Come meet the new group of remarkable scholarship recipients at our annual Friends Membership Dinner on Tuesday, May 16, 2017.

Meanwhile enjoy reading what **Daniela Vidart**, a Ph.D. candidate in economics, one of last year's scholarship recipients here from Colombia, wrote:

"I am extremely grateful to the Friends of the International Center for your support. I truly feel that the strong sense of community that the International Center at UCSD brings forward is instrumental in making international students feel welcome during the duration of their studies."

Karen Wang, a Sixth College Sociology major, currently studying in Italy with the help of a Friends Scholarship, is no less enthusiastic

Make Your Reservation!
Friends Membership Dinner
and Scholarship Awards Ceremony
~~~~~  
Tuesday, May 16, 6:00 p.m.  
Student Services Center, Multipurpose Room  
~~~~~  
RSVP: <https://ficannualdinner2017.eventbrite.com>
Reservation Deadline: Monday, May 9

about the value of her award: "It is truly amazing what a little travel and space can do to put your life's direction into perspective. I am immensely grateful to the Friends of the International Center for my scholarship. I cannot thank you enough for the opportunity you've given me and the doors it has opened up."

A Day in the Life of a Volunteer at Wednesday Coffee

—by Lynn Jahn

How do you keep everyone coming back for more at Wednesday Coffee? Such is the challenge for the Friends of the International Center volunteers. Wednesday Coffee activities are designed to create a meeting place to make new friends, practice English in a safe, comfortable location, and hopefully have an enjoyable time. Most of our participants are women, so we naturally tend towards crafts and activities that might be of interest to women. We have made jewelry, cards, learned embroidery, cross stitch, Zentangle/colored pages, made banners, and our latest project has been making pompoms and tassels to decorate the Resale Shop.

While their husbands are working, our participants are making friends, learning where

to shop, and how to manage their household away from home. They have put their careers on hold for the sake of their husbands' careers.

So...what if a man shows up for Wednesday Coffee? Well it happens. **Shi** from China often visits Wednesday Coffee to meet others and he enjoys making things. We are lucky, because he has a girlfriend that will be receiving his treasures when he goes back home.

However, another man, **Antonin** from the Czech Republic, came to visit Wednesday Coffee. He does not have a wife or a girlfriend, so now what? After chatting with him, trying to find out what would be of interest to him (and other men, as well as looking for new ideas), he expressed an in-



A game of Go

terest in games. Great! We have games: Monopoly, Scrabble, Uno, Mahjong, and cards. His interest was in Go, an abstract strategy board game.

Antonin offered to teach everyone how to play the game. He found a simplified game board that we copied and laminated for everyone. In addition, we could use our flat marbles for game pieces.

Another success for Wednesday Coffee. Come and visit, stay a while, and chat!

Michelle Grandin Profile

Hi Friends! My name is **Michelle Grandin** and I am a volunteer and board member of the Friends of the International Center. As a Canadian, I am also an international. I've been living here since August of 2014 and have been involved with the Friends program, especially with the Friday Chat Group, ever since. I've been invited to share a little bit more about myself and I've decided to follow *F.r.i.e.n.d.s* as a guideline.

☺ **F is for Friendship:**

Friendship and connection are one of the most valuable aspects of any human experience. I am so grateful to be a part of the Friends community. My time helping to facilitate the Friday conversation group always leaves me with a sense of wellbeing. I love chatting with all the open-minded, openhearted and friendly individuals from around the world that show up to Friday Chat (10 a.m. in Dance Hall 409). Every time we meet, I laugh and I learn and I love it.

☺ **R is for Random:**

Each new experience in life is guiding me on to the next, branching off in unexpected directions. There is no obvious order. In fact, the randomness of life is sometimes my favorite part, especially when it delivers me to a new situation or location that I wasn't expecting and I learn something fantastically new.

☺ **I is for International:**

When I was in 9th grade, I had the opportunity to visit Greece with my best friend who had family just outside of Athens. Her cousins were so hospitable and fun and they took us everywhere: to the disco, to the beach, to the Roman ruins, to the markets, to the islands, and even more. I immediately fell deeply in love with the excitement of travel, catching a glimpse into the magnificence of history, and gaining

an awareness of cultural variations and the endless possibilities to learn more, see more, experience so much more. Since then, I have enjoyed exploring many countries including much of Eastern Europe and working on a Kibbutz in Israel after high school, traveling through South East Asia after my undergraduate degree, and living and working in Zürich, Switzerland for several years.

☺ **E is for *Enfant*:**

Ok, this is not an English word but rather a French word and it opens two more windows into my roots. The first is because French is Canada's official second language. Many of my cousins are in fact French Canadian, aka Francophones (that means they speak French as their first language), while I am Anglophone (my first language is English). The second is because *enfant* means *children* in English and I have two amazing boys that are the center of my life: **Jackson**, who just turned 10 and was born in Switzerland, and **Carter** who is 7 and was born in Canada. They both attend La Jolla Elementary and they, above all else, are my teachers in being "in the moment."

☺ **N is for Nature & Northern Lights:**

Some of my favorite travels have been in my home country and usually out in nature somewhere.



Highlights include: kayaking off the west coast of British Columbia and visiting the villages of the Haida indigenous people. Portaging (a Canadian term and activity that refers to travel by canoe through water and over land) on multi-day expeditions in Northern Ontario. Hiking in the Rocky Mountains during the fall when the larch trees have turned a nearly effervescent yellow. Cross-country skiing by moonlight. And bearing witness to the breathtaking Northern Lights, also known as the Aurora Borealis, so rare but so amazing. Oh Nature, how I love thee!

☺ **D is for Dance:**

In the two truths and a lie game, you may not guess that I love to dance, but I do! I danced ballet from the age of 5-17. During those years I also learned many other styles of dance, including modern, jazz, and west African. As an adult, I also learned a number of other styles, including Funk, Jamaican Dance Hall, Bollywood, and Caribbean. Let me know if you want to go out dancing!

☺ **S is for Scientist:**

As a profession, I am a scientist whose arc has so far extended over many disciplines. I started out in physics, while completing an undergraduate degree from the University of Guelph. I then went on to a Ph.D. in chemistry from the University of

Western Ontario, while studying and improving OLEDs (Organic Light-Emitting Diodes) for flat-screen displays. And finally, I completed a postdoctoral fellowship in biomaterials at the ETH (technical university) in Zürich, Switzerland, where I looked at the interface between engineered surfaces, such as those you would find in a hip implant or dental implant, and the biological fluids of the body. I continue work in this area with contracts both here in the U.S. (at USC's institute of biomedical engineering) and internationally.

☛ **Friendship:**

Thank you for reading! I am so happy to be part of this great community with you all!

Jim Arnold Lecture

—by Candace Kohl

The annual James R. Arnold public lecture will be held Friday, May 5, 2017 in the Auditorium of the Sanford Consortium for Regenerative Medicine, 2880 Torrey Pines Scenic Dr. Pre-Reception at 4:00 p.m., lecture at 4:30. This year's lecture features a local, Dr. **Mike Malin**, the founder, CEO, and chief scientist of Malin Space Science Systems (MSSS) in Sorrento Valley. MSSS designs, develops, and operates instruments to fly on unmanned spacecraft, including the main camera for Mars Global Surveyor, as well as three cameras on the Mars Science Laboratory Curiosity Rover.

The event is free, but registration will be required due to limited seating. To register go to: <https://jimarnoldlecture2017.eventbrite.com>.



Cooking Class

Using specific recipes as examples, **Chef Vargus** demonstrates the application of some handy techniques and kitchen tools in his monthly cooking class. In March, participants learned how to crack an egg with one hand, how to shave chocolate using the proper sized knife, and how to use a nutmeg grater.



Comments on the cooking class remain appreciative and the following remark made to **Katya Newmark** by **Gladys Chim Wong** (**Richard Chim's** mom) from Hong Kong may be considered representative: "I have learnt so much from you and the cooking class about Western cooking. Fantastic!"

Here from Japan, **Miki Komatsuzaki** so enjoys the cooking class that she wrote: "I'm going to bring one of my friends. This is the first time she will join us. So, I hope that she will like this program too. I am thrilled!"

Gus' Table

—by Nori Faer

March had the Tuesday conversation table return to a former format: reading the *New York Times*' "The Ethicist" column and debating what is the "right" thing to do. This has led us into interesting discussions about such topics as revealing a deceased mother's diary to one's siblings and whether to tell the husband of a pal that she's been unfaithful.

On César Chávez Day, none of the volunteers were available to facilitate the discussions. I had asked **Jei Yoon Park** to lead the table. Finding the Dance Hall closed because of the holiday, the group resourcefully headed to the Price Center and to quote Jei: "We had a wonderful conversation and lunchtime together." Taking up my suggested topic of time travel, Jei reported:



"We shared our experiences about mysterious things, such as UFOs and ghosts. Some wanted to go back to the era of dinosaurs, the starting point of human beings, and school ages for studying other subjects. It was a fun time with 11 people, including cute Lexi's baby, **Molly**."

Mommy/Daddy & Me

—by Mariko Usui

Since February, our Mommy/Daddy & Me class has been meeting every Wednesday afternoon from 1:45 p.m. to 2:45 p.m. in the IFSO Programming Room at McGill Hall on the Muir Campus. Despite previous worries over transportation, different hours, and a new environment, the class has been settling in well. What relieved and delighted us most was that our kids find this Programming Room cozy and inspiring. The closed off space is working great. The room design, lighting, project screen, and kids-friendly furniture all are helping the kids to focus on class content, and allow mingling before and after class hours, thanks to the thoughtfulness of **Sarah Kirk**, the former IFSO Manager, who extended our weekly reservation (from 1:00 p.m.-3:30 p.m.), so that parents can spend extra time in a relaxed manner, chatting, nursing, and exchanging information. Some of the kids even try to help the volunteer mothers clean up!

On the sad side, we had to bid farewell to **Yuko Takehara**. Yuko volunteered for the class for one and a half years as one of our regular international leaders. She has been an energetic teacher, as well as a great photographer, who contributed hundreds of pictures and created wonderful Power Point presentations that she left behind for us. Yuko joined the class when her son, **Mutsuto**—who received his baby shower at Wednesday Coffee—was not yet born! The family has returned to Japan and we miss them.

Also notable, we welcomed four new volunteers: **Srisiri Sirivanarathan** from Thailand, **Hiromi Oyama** and **Sayuri Mori** from Japan, and **Qianqian** from China. We add them to the list of



current international leaders: **Bree Chunharas**, **Huanwei Cui**, **Wenjing Deng**, and me, **Mariko Usui**, and to our American grandmother, **Alice Blake-Stalker**, who continues to provide loving support.

In March, we attended the campus's **Dr. Seuss** birthday party, for which we gathered at the Geisel Library, by a giant inflatable Cat in the Hat, where the kids and participating parents ate cupcakes and listened to a musical performance by **Scott Paulsen's** Teeny Tiny Pit Orchestra. Afterwards, the kids were allowed to touch the toy instruments and even play some. We are very grateful to Mr. Paulson and his musicians for their graciousness, and for giving our families such a nice memory to cherish. Later, some families went into the Library to see the Seuss Collection exhibit. Thank you **Katya Newmark** for taking fantastic pictures that convey the wonderful atmosphere of the event.

We are so grateful to **Liz Fong Wills** for connecting us with the orchestra's keyboardist, **Ryoko Amadee Goguen**, a pianist, vocalist, composer, and visiting scholar in UCSD's Department of Computer

Science and Engineering. In an upcoming visit to Mommy/Daddy & Me, Ms. Gguen has offered to play the keyboard for our families. Scheduled for Wednesday, April 19, her concert will include a lot of interactive performances with/for the class kids using our familiar nursery rhymes, adding a few call-and-response songs, a piano sonata, blues, and an overture to her composition.

In early April, we took a two-hour art walk around campus with VIP campus tour guide, **Bob Starkey**, leading us on the walk to see and learn about the Stuart Collection, focusing primarily on installations located between University Center and Warren College. On our walk



Fallen Star

from the Bear to the Price Center, the Snake Path looked especially beautiful. We were fascinated by the Fallen Star, the tilting house hanging from the top of the Jacobs School of Engineering building, designed by the Korean artist, **Do-ho Suh**. It was such a precious experience that we could look inside the Fallen Star; not only the parents but also the young kids were truly mesmerized.

The explanations by Bob (and by **Gayle Barsamian** inside the disorienting house) have given us so much new knowledge about UCSD's history and its public art, and allowed us to explore many new angles of the campus previously unfamiliar



37 Mommy/Daddy & Me participants enjoyed learning about Easter traditions

Friends Volunteer Hours for March
862 = 4.9 FTEs

What You May Find in Our Resale Shop

—by *Marion Spors*

Meet **Sheila Kennedy**, safety coordinator for UCSD's chemistry and biochemistry labs and avid supporter of the Friends Resale Shop for many years. We are so lucky to have Sheila on campus.

Sheila has a mission—injury prevention—and she loves recycling as much as we do. Each quarter, right after finals, Sheila puts up collection bins in the hallways of the chemistry labs. She collects the many used and abandoned lab coats and goggles, folds them nicely into cardboard boxes, and brings them over to the Resale Shop.

Renate Schmid-Schoenbein and I then wash and bleach the coats and hang them up for sale. We sell the coats for \$5 and the goggles for \$3. That's a steal, and by now many professors mention in the beginning of their lectures/lab classes our Shop as a valuable resource.

Thank you Sheila!

DONATE YOUR EXTRA LAB COAT

Friends of the International Center

Resale of coats and goggles benefits

Study Abroad Programs

LAB COAT or GOGGLES YOU WON'T WEAR AGAIN?

LEAVE THEM HERE

to us. We came to love the UCSD campus more than ever!

Mommy/Daddy & Me got ready for Easter with egg dyeing and decorating at the home of our **Friends President**, which gave our participants a unique opportunity to see Katya's stunning garden. So few of our internationals get a chance to visit an American home, so we are especially grateful to Katya for her hospitality. I'm sure the experience will make a special memory for all that attended.

Scholarship Donations

The support for the Friends scholarship program has been very special this year, and we thank **Kim Signoret-Paar** and **Hans Paar** for their recent donation. The *Teclé Kidane-Mariam Scholarship* grew with the addition of contributions from former colleagues **MollyAnn McCarren** and **Jane Kalionzes**.

We thank all those who helped make it possible for Friends to extend scholarship offers this year to 30 graduate students, 4 medical students, and 34 undergraduates embarking on studies abroad.

SCHOLARSHIP LETTERS

Reflection on My Time in Peru

This past June, I traveled to Cusco, Peru with assistance from the enormous generosity of the Friends of the International Center. My time there was truly remarkable, and I am so grateful to have had such an invaluable experience.

The primary goal for the trip was to introduce ultrasound to the Emergency Department of Cusco Regional Hospital by donating two ultrasound machines from UCSD. Along with providing these devices, we provided an ultrasound curriculum, composed of both didactic and practical sessions to give the residents the training to be able to use these machines as effectively as possible. Some residents had minor experience in the use of ultrasound for emergency medical situations, and others had none at all. Beyond providing the hospital with the ultrasound machines, our other goals included fostering a relationship with the hospital and the physicians, providing an ultrasound curriculum that was beneficial to the residents, and conducting a research project broadly studying how useful undergoing ultrasound would be in Cusco Regional Hospital.

Cusco is a beautiful city located in the mountains, it is the tourist capital of Peru with a lively and burgeoning town center filled with restaurants and hotels. There are always thousands of tourists stopping through on their way to Machu Picchu. But as you travel outward, farther from the city center, the city transitions into much poorer neighborhoods, with a quality of life that is much more representative of the hardships for many people in low-income countries. Cusco Regional Hospital lies within this part of the city, and as such treats a mostly impoverished urban population. Although the hospital is fairly well

supplied for a hospital in a low-income country, there are basics that we take for granted here in the United States that are not available there, including ultrasound devices.

A quick explanation: ultrasound is a technology that has existed for many years, but has recently been going through a huge growth in usage due to improved image quality and decreased device size. From being a technology primarily associated with obstetrics, ultrasound is now at the forefront of many fields, because it is low cost, does not expose patients to harmful radiation, and provides immediate images and results. For all these reasons, ultrasound is also a major growth in low-income countries, where emergency services are often both severely lacking and very in demand, and other imaging tools—such as CT scanning and MRI—are not available.

Walking in the hospital wards during our practical teaching sessions, it became apparent how medical care that I regard as routine in the U.S. is far from routine in Peru (even within a hospital in one of the country's most prosperous cities). Introducing ultrasound will allow some aspects of the care in this specific hospital to shift closer to the standard of care that is present in more affluent nations. But our trip was clearly just a miniscule measure in making improvements to the care provided in a single hospital, let alone a city or a whole country.

I have traveled abroad for academics previously, but this trip—more than any I have ever had—reinforced the importance of system building and continuity for meaningful change to occur. During our trip we established real friendship and connections to many of the doctors in the hospital, and hopefully there will be a

continuing exchange of UCSD Emergency Medicine Residents visiting Cusco, and of residents from Cusco visiting UCSD. If the relationship persists, then there really is a chance of our making an impact on medical care in Cusco Regional Hospital (and broader Cusco in time), and on those Peruvian providers making an impact on care at UCSD. But it will take many years for this to be a reality, and even more for that impact to spread to a larger portion of Peru. Without a truly sustained partnership, the change we hope to see will never come to fruition.

Personally, I have a large amount of wanderlust, and it is my nature to seek out trips to places I have never been, and to meet groups of people I have never interacted with before. Yet as I mature as a person (and medical student), and approach my eventual career, I have come to realize that although my broad travels help me grow as an individual, and are sustenance for my curiosities, brief trips and random visits to different parts of the globe do not lead to meaningful change. Only with continuity and dedication can one make a meaningful impact. What is more, that impact will be all the more meaningful because of the personal connection to the people and community that are benefitting.

I speak Spanish, and as such acted as a translator for several of the UCSD physicians who had traveled down when they were lecturing or speaking directly with the Peruvian providers. At times this was difficult for me—I am not a native speaker, and as I become tired my vocabulary shrinks and my grammar becomes garbled—but this position allowed me to become intertwined in the teaching and the communication between

the two sets of doctors. I became a point-person for the Peruvian doctors whenever they had a question, even when those questions fell well outside my knowledge base as a medical student. It was a reminder to me of the importance of direct communication, and the role language plays in medical care throughout the world. The Peruvian providers were so much more comfortable speaking with me than waiting for translation with any of the actual doctors from UCSD, and would settle for less authoritative answers.

It is far too easy to picture how this must feel for the countless patients in the United States who do not speak English, and must try and interact with a system in which the providers only speak another language, and are unable to easily deliver information, or understand the patient's fears and preoccupations.

This trip to Peru accomplished many of its goals, ostensibly the largest of which was providing two ultrasound machines to Cusco Regional Hospital. However, during my time in

Peru, I realized that the connections we fostered were so much more important to truly improving the care of patients there, and that only with continued effort will we be able to sustain the impact we wish to have. Selfishly, I am happy to say that I grew a large amount as a global citizen, and plan to carry the lessons I learned on this trip forward in the future as a medical professional.

Ilan Kolkowitz
M.D. candidate,

Work and Life in Grenoble

First of all, I would like to say that being here in France has been a wonderful opportunity both personally as well as for my career. The generosity of the Friends has helped make the transition from San Diego to Grenoble possible. Thank You!

I made it to Grenoble in early October. Grenoble is really pretty, surrounded by three different mountain ranges: the Chartreuse, the Vercors, and the Belledonne. There are dramatic views of the mountains from most places in the city, and I frequently go hiking and climbing in the mountains. Grenoble itself is flat, which makes cycling around easy. I bought a bike and ride it everyday including to and from campus, where I work. There are also farmers markets at specific spots in the city every single day except Monday. It is really easy to get fresh fruit and vegetables.



Perry, a serious mountain climber, on the top of Saint Enyard, a peak that he can see from his office

I work at Institut des Sciences de la Terre (ISTerre) that was part of the Université Joseph Fourier but was recently renamed to Université Grenoble Alpes. ISTerre is a building of scientists studying earth science. The campus is pretty, and I get to ride my bike along the river Isère to get to my office. The bike ride is a nice way to prepare for a long day of research on the way to campus and a nice way to wind down on the way back from campus.

Within ISTerre, I work in the *ondes et structures* (waves and structures) team. Most of the people in this group study wave propagation through buildings and the earth's crust (you can also think of it as the vibrations of buildings or the earth). This helps the scientific community understand how to build tools to monitor the structural health of buildings and how to detect and maybe even predict earthquakes, volcanic eruptions, etc.

I am kind of an odd ball, because my thesis deals with sound propagation underwater, but many of the theories that dictate how waves travel through the earth's crust are applicable to how waves travel through water (underwater sound). So it is a fun scientific community to be studying with. I am working with data that I collected in the ocean just off of the coast of San Diego before I left.

The research collaborations have been exciting. Many of the theories that I am building from in my thesis were developed by physicists here in Grenoble. I am grateful to be able to work directly with them.

I have met and befriended many Ph.D. students and researchers from many different cultures. At first it was easiest to become friends with other international students, because my French is poor and the other international students were often looking for a community. However, after hours of French courses and some persistence, I am finally starting to make more French friends. It is nice to be more immersed in the culture and language! I know that many of these friends I will keep throughout my entire life.

I heard news of the death of **Stuart Smith**. I thoroughly enjoyed talking to him about his work at SIO during the Friends awards dinner last spring. It opened my eyes to how far our knowledge came during Stuart's career, and it was inspirational to talk to such an accomplished senior scientist. I know, he will be missed by many, including myself. I am grateful for time I got to spend with him.

Perry Naughton
Ph.D. candidate,
Department of Electrical
and Computer Engineering



Mikayla at a temple near Jogjakarta, Indonesia

Dear Friends,

I hope the spring season is going well for you!

Yesterday I returned from a five-week-long trip through Indonesia, the Philippines, and Taiwan.

I was so impressed by the amount of kindness and respect I was shown throughout my travels. In all three countries, as well as in Japan, I have never met anyone who did not go out of their way to help the poor, lost foreigner. My sibling, parents, and grandparents have never left America. I was raised to believe that everywhere else is somehow scarier than America, less welcoming (My grandfather actually messaged me while in the Philippines demanding my immediate return to Japan.)

Now, I am wishing with all my might that some of the empathy I received these past few weeks rubbed off on me, so I might be more like these brilliant people I have had the honor of encountering while in South East Asia.

Looking forward to sending more updates as we start our next semester.

Mikayla Webster

Computer Science major, Muir College

Mikayla is spending a year on EAP in Japan.

Work with Dalit Women in India

I was grateful to receive the Friends scholarship that supports my long-term dissertation research with young dalit (formerly known as “untouchable”) women living in North India. During my last visit, these women expressed an interest in learning from poor young women in the United States, so they “can band together in our common struggle.” I have been carefully working through how I might be able to facilitate such a connection through my research. I am especially interested in what it would take to establish a permanent relationship between these women and those they consider their American counterparts.

I used my scholarship in two ways. The first half freed my time during Summer Session II to completely focus on developing an international, collaborative methodology. I reviewed literature in several disciplines and reached out to local groups who may be interested in participating. These conversations helped me fine-tune what I hope to accomplish and to frame the project in clearer terms.

The second half of my scholarship was set aside in a fund for full-year research, which I hope to begin by the end of this calendar year. The work requires a long-term engagement with daily life in this dalit community, and relies heavily on mutual trust and respect. It is therefore important that I secure funding to stay for a full year; your scholarship brought me much closer to that goal.

Whitney Russell

Ph.D. Candidate, Department of Anthropology

Biomedical Applications of Nanotechnology

I’m a second year Ph.D. student in the NanoEngineering Department and have been working on two research projects since I started at UCSD, both in the area of biomedical nanotechnology.

In the first project, I’m working on an endoscope with a special kind of tunable lens. It’s smaller than any existing endoscopes and would allow access to certain parts of the body that are otherwise inaccessible. Thanks to the tunability of the lens, we should be able to create 3D images of certain structures inside the body. This could, for example, be used to inspect for suspicious lumps or malignancies. Detection of cervical cancer is one possible application.

In the second project, I’m working on a new technique for isolating extracellular vesicles (EVs) from blood. These EVs have recently been found to be early stage indicators for the onset of a wide range of diseases. Capturing these EVs directly from a blood sample allows for taking a closer look at them and testing for certain diseases. Early detection of a wide variety of cancers should be possible, with pancreatic cancer as an important example. Potentially it could also be used for early detection of Alzheimer’s and other neurodegenerative diseases. Lastly, it could also be used for detection of traumatic brain injury. This project is my main focus and will be the topic of my doctoral dissertation.

I’m happy to be contributing in a meaningful way to the betterment of people’s lives by investigating biomedical applications of nanotechnology. The support of the Friends of the International Center scholarship lightened my financial burden, which allowed me to focus more on my research, and for this I am very grateful. I hope that one day I will be able to help students achieve their goals just as you have helped me.

Lennart Langouche

Ph.D. candidate from Belgium

A Chilean's Musical Inspiration

I am a composer from Chile, currently on my last quarter as a doctoral student at UC San Diego. One project I have been waiting to carry out for a long time now is an operatic/documentary work on the life of Chilean folk artist and activist, **Victor Jara**, who was murdered during the military dictatorship. Rather than focusing on the political aspects, however, the idea is to focus on the philanthropic work he did, as a way of seeking unity in a very divided country.

At the time of my award, a couple of Chilean artists residing in Germany had shown great interest, only to back down in the end. Despite this, the grant I received from the Friends of the International Center made it possible for me to travel to Germany to meet with other artists, who not only have embraced my idea, but even expanded it.

We are now looking at not only making the artistic work happen, but also, in the spirit of Victor Jara, to open music and other art programs for underprivileged communities in Chile, where kids often grow up to become gang members or criminals.

If it wasn't for the support from the Friends of the International Center, I would never even have imagined the ramifications my idea would have. I am very grateful for the support I received and I encourage my fellow students, undergrads and grads, to become more familiar with the opportunities offered.

Marcelo Flores-Lazcano

Ph.D. candidate, Department of Music



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Research on Gratitude

This past year has been amazing for me in terms of research. One of the major goals of my recent research is to explore the impact of gratitude on social perception of gratitude expressers. My preliminary results show that gratitude expressers are perceived as more competent and warmer. This is especially true in the work place. Although some might think that leaders should not express gratitude because it would make them seem less competent, we found that power does not moderate the effect of gratitude on social perception. In other words, one important finding is that people in leadership positions will also be seen as more competent if they express gratitude.

I truly appreciate getting a scholarship from the Friends of the International Center. It not only supports me financially, but also reaffirms my path to research as an international student, and provides me with the opportunity to focus on my research.

Yumeng Gu

Ph.D. student from China,

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The Friends of the International Center *Newsletter* is published monthly, September through June. All material submitted must be received in writing by the editor no later than the 10th of the month prior to publication.

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