



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

# *Newsletter*

Volume XLII, No. 10

June 2015

## President's Message

As both the academic year and my second year as President draw to a close, it is time to reflect. We have had another successful year and have many reasons to celebrate our continued longevity: congratulations and many thanks to our members, supporters, volunteers, and participants, we made it to year fifty-four.

This year, UC San Diego had a record number of international students and scholars (4,700+) and the Friends was greatly enriched by an increasing number of these international visitors stepping up to assume leadership roles in a wide variety of programs ranging from cooking classes to Family Orientation to Ethnic Dinners to Wednesday Coffee to social events to Mommy, Daddy & Me to the Resale Shop and to positions on the Board. These leaders come from around the world, including Brazil, Chile, China, Finland, France, India, Iran, Japan, Poland, Saudi Arabia, and Taiwan to name a few. Through our international participants we benefit from different cultural perspectives, and often better appreciate the nuances of our own culture as well, and let us not forget that we also often get treated to some delicious food along the way.

Our programs remain vibrant and this year we added a weekly Friday English conversation program (Friday Chat), and a second monthly cooking class focusing on the foods of the season. Both of these new programs experienced instant support from leaders and participants. We are open to adding new programs and encourage everyone to share one of your interests—this does not need to be an ongoing commitment and can be a one time opportunity.

This year the Friends will award an unprecedented \$100,000 in academic scholarships. I extend my gratitude to **Ruth Newmark** for her perseverance and success enabling us to reach our targeted goal.

None of the successes enjoyed throughout the year would have been possible without the dedication of our 2014-15 Board members, our devoted and faith-



Recipient of the 2014-15 Friends *Diane Lin Memorial Scholarship*, **Yeung-ping “Ping” Chen** (Ph.D. candidate in Music Composition) recently posted the following photo and sentiment on his Facebook page:

With Dean **Kirk Simmons** and the **Newmark** family (**Katya** & her Mom **Ruth**) from the **Friends of International Center** inside Do Ho Suh’s “Fallen Star.” This family has served and supported UCSD international students for many decades. They are my (and many other international students’) family at UCSD.

This will be one of the most meaningful pictures I have.

ful program leaders, and you, our loyal supporters! As **Vince Lombardi** said: “Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.” Thank you one and all for another wonderful year!

*Katya Newmark*  
presFIC@mail.ucsd.edu



Chancellor Pradeep Khosla and  
Thespine Kavoulakis

About two and a half years ago, my husband flew to San Diego to interview for one of the most exciting job opportunities in the world.

We had only briefly talked about the possibility of leaving our home in Pittsburgh. I remember very clearly saying: “How could you pass up an offer?” and my husband saying: “You’d move to California?” and me saying: “Yes, absolutely,” yet all the while not knowing what lay ahead after I’d leave the place I had lived my entire life.

A few days after that conversation, the phone call we had been waiting for came, and my husband, **Pradeep Khosla**, became the Chancellor of UC San Diego. By default, I became the *Associate of the Chancellor*. I didn’t know exactly what I would be doing, but I had a title.

That was at the end of May 2012, and by his August 1 start date Pradeep had flown to the west coast several times, preparing to take the reins from Chancellor **Marye Anne Fox**. I packed his clothes, shoes, books, and necessities for his move, while his Pittsburgh office staff packed 30-plus years of his papers, books, photos, and much more to be shipped to California.

Because I know how my high-energy husband loves to work nonstop, Pradeep moved to San Diego by himself for a year to settle in and get acclimated to being the Chancellor, while the rest of us

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## You’d Move to La Jolla? Absolutely!

—by *Thespine Kavoulakis*

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stayed in Pittsburgh. He was able to focus on meeting new people and learning new things, and we were able to, well, relax.

A few months later, the whole family—including our three children, my mother and my sisters—flew to San Diego for Founders’ Day and Pradeep’s Inauguration and stayed through Thanksgiving.

When we arrived we saw exactly how much Pradeep had been working: in the refrigerator was a box of eggs that had passed the “Sell By” date by two months and a half gallon of milk that had expired a few weeks before. He claimed he had breakfast, lunch, AND dinner meetings just about every single day for three months and never had a chance to eat at home.

For me, the move to San Diego has been the only big move of my life. I grew up in Pittsburgh, went to college and graduate school in Pittsburgh, worked, got married, bought a house and had my children in Pittsburgh—all within a circle of about 10 miles from my childhood home.

Pradeep, on the other hand, had already made one big move in his life: he left his home in India to attend graduate school in Pittsburgh, where he met me, fell in love, and stayed happily ever after—well, that is, until we moved to San Diego.

For me, living in San Diego feels like a perpetual summer vacation. I can’t even begin to describe how different life here is compared to Pittsburgh, not only

with our new roles here at UC San Diego, but with everything else. Everything. Nothing is the same, not the weather, not the landscape, not the schools...even avocados are cheaper in Pittsburgh, and they don’t even grow anywhere in that part of North America.

But the one thing here that is the most different from Pittsburgh is the sunshine.

Pittsburgh was just ranked the 17<sup>th</sup> gloomiest city in the United States—following 16 towns and cities in the Pacific Northwest—and then ranked second dreariest city in the country by a climatologist who accounted for both cloudiness and the number of rainy days to determine “dreariness.” I’m not so sure the climatologist understands how otherwise great Pittsburgh is, though, because he did his work from Anchorage, Alaska where they have entire seasons with 24 hours of sunny daylight.

I just don’t like the sunshine. In San Diego, I go out of my way to stay out of the sun, so you will probably only see me outdoors before 11 a.m. and after dinner when the sun starts to set. And if you ever find me outside, I will undoubtedly be sitting in the shade.

Our children have adapted to the weather much better than I have. **Nathan**, our older son, is in graduate school in Pittsburgh studying chemical engineering and he (and his friends) enjoy vacationing here. The two younger ones, **Alex**, 17, and **Nina**, 14, attend school where there are no

hallways, heat, or air conditioning because they are not necessary, unlike their school in Pittsburgh where hallways, heat, and air conditioning were staples of every day life.

We all live in the Audrey Geisel University House, which overlooks Black's Beach. Quite a few of our friends and neighbors from Pittsburgh have come to visit us, as have many of my sisters. My mother also comes to stay with us for a few weeks at a time. (You can readily find her sitting out in the sun, reading, all afternoon.) One of our favorite activities is to sit outside on the back patio and watch the sun set over the ocean, something that I don't believe any other Chancellor or President of a college or university in this country can do.

As Associate of the Chancellor, I officially represent the University at meetings, community activities, and alumni and fund-raising events. Mostly what I do at the moment is to host—along with my husband—events at our house and get involved in various organizations on campus and the community. What I really do, however, is just talk to everyone, everywhere I go. In all honesty, that's probably what I do best in life anyway, so I like to think that I am as well suited for my position as Pradeep is for his.

Actually, that's how I got involved with the Friends conversation groups at the International Center. I met **Nori Faer** at a campus event and we were talking (about the infernal sunshine, to be

exact) and she invited me to come to one of the Friends of the International Center's English conversation sessions.

Remember that Pradeep was an international student thirty years ago: he came to Carnegie Mellon from Mumbai, India. In fact, when we met in school, he had only been in the U.S. for one academic year, so appreciating American life became an adventure that unfolded for me as well through his experiences.

Along with UCSD activities, I also take care of Alex and Nina and all their adolescent trials and tribulations. Our family time takes place mostly on quiet weekends, when you might find us trying a new restaurant, attending one of the children's school activities, or shopping (and eating) at La Jolla's farmers market.

We've only been in San Diego for a relatively short time, but we've settled into our new lifestyle comfortably. Although we frequently fly back to Pittsburgh to stay connected to all our family and friends—and snow and rain and clouds and good pizza and the Steelers/Penguins/Pirates and...well, a few more things—we've found our new home and a new future in La Jolla, and particularly at UC San Diego.

And whereas in Pittsburgh I had a snow blower, as well as several different kinds of snow shovels, in California I find myself accumulating a similar collection—but of sun blocks and sunscreens instead of snow removal equipment.

**Thank you to all who made it possible for Friends to make scholarship awards worth \$100,000 for our fiscal year 2014-2015!**

## June Calendar

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

June 3, 10, 17, 24: **Wednesday Morning Coffee**, 10:00-Noon

June 3, 10, 17, 24: **Gus' Table**, 10:00-Noon

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

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

June 9, 16, 23, 30: **Knit-Along**, Noon-4:00. Please check for summer schedule

June 12: **Spring Quarter ends**

June 17: **International Kitchen**, Noon

July 4: **Independence Day Picnic**, 5:00

**FYI:** There will be no cooking classes in June; the summer schedule is yet to be determined.

## Donations

We thank **Denise & Hamish Redford** for their most recent donation to our scholarship fund and **Jean & Jeff Selzer** for their thoughtful non-restricted gift.

It is gratifying to report yet two more donations to the Friends *Tecele Kidane-Mariam Scholarship*. We thank **Molly Ann McCarren** and **Mary Dhooge** and all the others, in particular **Gail Fliesbach**, who continue to make donations in Tec's memory; we look forward to hearing from the 2015 recipient, **Alex Verink**, a doctoral student in Political Science, about his research on the politics of mobile phones in Sub-Saharan Africa.

## There Are Gems All Around Us That Sparkle With Inspiration



*“All of you are true gems in the lives of international students, scholars, and spouses that you have helped and supported here at the International Center. We are so grateful for your time, dedication, and enthusiasm in helping our community,” read the invitation to the 5<sup>th</sup> Annual International Center Volunteer Appreciation Reception held on May 12, 2015.*

*Organized by Programs Coordinator **Shelly Taskin**, the event feted the International Center’s many volunteers with cake, libations, and musical entertainment by **The Treble Singers**, an all-female a capella group.*

*Filling in for **Paul Yunouye**, Assistant Director of International Students and Programs Office, who was detained by jury duty, our Dean of the International Center, **Kirk Simmons**, graciously read Paul’s most laudatory welcoming remarks. Guests were treated to an unexpected surprise: **Arti Sharma**, one of our international participants (from India) delivered a moving tribute to the Friends, noting how much good the organization does.*

*The International Center is blessed to have a diverse group of volunteers who assist in the Center’s endeavors to support international exchange and education. For their outstanding contributions, a few are singled out each year for special recognition. Here follow this year’s awardees. For a complete list of all recipients, dating back to 1984, you may consult the award plaques mounted in the Center’s Lounge.*



The awardees with Dean Kirk Simmons

## 2015 Chancellor’s International Center Volunteer Awards

### FRIENDS MEMBERS OF THE YEAR

**MARION SPORS** (introduced by Dean **Kirk Simmons**, representing Chancellor **Pradeep Khosla**) and **RUTH NEWMARK** (introduced by last year’s recipient, Friends President **Katya Newmark**, Ruth’s daughter)

• **Marion Spors’** flair for fashion is matched only by her creative energy and enthusiasm. Fortunately for the Friends, Marion’s combined love of fashion and of resale shops led her to accepting a request to lead a project to make over the Friends Resale Shop in 2013, now sometimes affectionately called “the boutique.” And what a transformation it has been. The makeover has been so successful that many of our customers return multiple times throughout the week just to enjoy the ever-changing and eye-catching displays.

Not only has the physical space benefitted from Marion’s leadership, but so have our volunteers. With a commitment to building our volunteers’ esprit de corps, Marion has instituted monthly meetings for the volunteers giving everyone an opportunity to share ideas and participate in the operation of the Shop and, of course, also to socialize with one another.

Marion is filled with ideas and creativity and loves to find opportunities that showcase not only the Resale Shop, but also the lovely volunteers who work there. Marion has been a most welcome addition to the Friends, and we encourage you to stop by and introduce yourself if you have not yet had the pleasure of meeting Marion.

• Most, but perhaps not all of you, are aware that **Ruth Newmark** is one of the founders of the Friends of the International Center, and is the only founder to have remained vitally active throughout the organization’s more than fifty years.

Although Ruth has been bestowed the honor of Friends Member of the Year in 1987, and again in 2003, you will not be surprised to learn that members believe that Ruth deserves this award every year. Without Ruth’s institutional knowledge, unwavering dedication, and unsurpassed commitment to excellence, it is quite likely that the Friends of the International Center as we know it would not exist today.

Rather than dwelling on the past, and to explain why Ruth has been singled out for praise again this year, we turn to the present. Ruth performs two major and vital functions in the Friends organization: Ruth serves as the editor of the Friends monthly *Newsletter* and also serves as the chair of the Friends Scholarship Committee. Both of these positions are extremely labor intensive and require extensive coordination of efforts with UC San Diego administrators, Friends members, international community members, and UC San Diego graduate and undergraduate students. While few may be aware of the demands of these jobs, all recognize the graciousness and professionalism Ruth brings to the Friends.



## INTERNATIONAL VISITOR OF THE YEAR

### ELISA POSTILA

(introduced by Dean **Kirk Simmons**)

•Two years ago, **Elisa Postila** came from Finland to UCSD with her husband, **Pekka**, a post-doc in the Department of Chemistry and Biochemistry, leaving behind her family, friends, and putting her career as a psychologist on hold. The adjustments required of such a move are not easy and Elisa credits the Friends of the International Center programs for not only providing her support and friendship through this transition, but also for providing her an opportunity to assume ever growing leadership positions allowing her to gain skills and confidence that will serve her well upon her return to Finland this summer.

Elisa, along with another International Center post-doc spouse, has served as the administrator of the IC Spouses Facebook page and frequently posts information on this site with the goal of creating a supportive online community. Elisa is a fantastic photographer and began a photography group for our international visitors that has grown so popular that greater thought is now required when selecting locations. Elisa has been a longtime participant and volunteer in a number of Friends programs, not the least of which is as one of our international representatives in the Friends Family Orientation program. We are grateful to Elisa for her willingness to extend a helping hand and ease the anxieties of other newcomers.

## ORGANIZATION OF THE YEAR

### MOMMY/DADDY & ME

(presented by **Georgina Sham**, Wednesday Coffee Chair, to **Alice Blake Stalker**, Mommy/Daddy & Me Coordinator, and to the program's international leaders)



•This year the outstanding Organization of the Year Award goes to the Friends **Mommy/ Daddy & Me** program. This program is a true international team effort. The program is overseen by Friends members **Georgina Sham** and **Alice Blake-Stalker**, who, for the past several years, have had the good fortune to have a number of international participants step up to lead the group in songs, activities, and exposure to American culture.

During the past year, our leaders have spanned the globe and include at least two leaders per class: **Uhood Al-Ali** and **Fatemah Raqa**, both from Saudi Arabia, and **Tomoe Nakashima** from Japan teamed up for the first part of the year. Prior to and following these women's departure, three mothers from Japan: **Midori Iwamiya**, **Naoko Nakanishi**, **Mariko Usui** stepped up to lead and, in March, were joined

by **Daniela Perez** from Chile, and most recently by **Bree Chunharas** from Thailand. The current international group reflects the spirit of collaboration and the recognition of the importance these classes have for international parents and children.

These energetic women, like others, often take on leadership roles that exceed not only their existing English skills but also their personal cultural comfort zones. Watching the transformation of these women is a treat for the rest of us.

## NEW VOLUNTEERS OF THE YEAR

### LYNN JAHN and CINDY TOZER

(introduced by **Kevin DelMastro**, Assistant Director International Faculty and Scholar Office)

•After reading an article about the Friends of the International Center in the *La Jolla Light* newspaper **Lynn Jahn's** curiosity was piqued, and soon thereafter she came to a Wednesday Coffee. Fortunately for everyone, Lynn liked what she saw. Lynn is now a very active volunteer in both our Tuesday Knit-Along and Wednesday Coffee programs, and we cannot imagine our programs without her upbeat personality and talents.

Shortly after joining the Friends, Lynn learned about our stuffed animal project and upon hearing concern that we might not have enough stuffed animals, she took it upon herself to make over 40 adorable animals to insure that all the children of our international participants would receive a special treat from Santa. Lynn thought it would be fun for our participants to learn about another American tradition: decorating home-baked cookies. So Lynn baked over 200 cookies and provided all the supplies so that participants could create unique Valentine's -themed cookies to eat and share with their loved ones. From these examples you will understand why one member opined "Lynn has been invaluable and works like a beaver."

•Little did **Cindy Tozer** know when she expressed an interest in volunteering at the Friends of the International Center that she would be so quickly placed in a leadership role. Since its inception in October of 2014, Cindy has taken the helm for the Friends Friday English Conversation program called "Friday Chat."

Cindy has cultivated an intimate group setting where participants feel free to discuss not only a wide variety of interesting topics, but also topics distinct from those discussed on Wednesday, so that participants may practice their conversational skills twice each week without fear of repeating discussions.

Cindy's professional background as a hospital speech therapist offers an extra bonus for our participants: not only because of Cindy's patience and skills with emergent speakers, but also because of Cindy's understanding of the need to communicate in multiple ways to facilitate learning. It is due to Cindy's expertise that both of our English Conversation groups put handheld dry erase board to good use. While this tool may seem a simple addition, it has had a profound impact upon the way that our English conversation program is facilitated.

## TUTOR OF THE YEAR

**LETTY PONOMAREFF**(cited by **Shelly Taskin**, EIA Coordinator)

•In 2010, after a book club friend suggested she might enjoy tutoring, **Letty Ponomareff**, a retired teacher with the San Diego Unified School District, joined the English-in-Action program. Since she began tutoring with EIA, Letty has worked with tutees from many different countries, including Russia, South Korea, and China. Currently she is tutoring **Susan**, a graduate student from China in the Rady School of Management. They work mostly on pronunciation, idioms, advanced vocabulary, and American culture and customs. Letty shares: "We meet at the IC and laugh a lot during our sessions."

This tutor loves working with the younger adults. She says: "It keeps you on your toes. Learning more about the cultures of my tutees has been great and I have taken great interest in the world news and politics of their countries."

In addition to tutoring in the EIA program, Letty also shares her experiences and tutoring tips at new tutor orientation sessions and volunteers at the Wednesday Morning Coffee sessions to practice conversation with international visitors at Gus' Table.

## STUDY ABROAD RETURNEE OF THE YEAR

**DANIELLE COLE**(introduced by **Kelly O'Sullivan**, Director, Programs Abroad Office)

•**Danielle Cole** has been an exemplary member this year of the STARS, our study abroad returnee group. Danielle, a Literatures in English major at Warren College, is a returnee from the EAP Summer Program at the University of Sussex (2014). She has enthusiastically participated in the events telling UC San Diego students about her great experience and getting the word out about study abroad.

Highlighted among these events are: sharing her experiences at UK Summer information sessions; tabling at our information fair during the Welcome Back Mixer; helping out at an EAP Ambassador event; and, most importantly, coordinating her own information session just about the Sussex Summer Program where she showed a presentation she created with photos of the program. Most of the students who attended this information session ended up applying and will be participating in the Sussex program.

**Bravo!**

**APRIL 2015**  
**Friends Volunteer**  
**Hours**  
**1,310 = 7.44 FTE**

**Family Orientation**—by *Nancy Homeyer*

Recent *Newsletter* articles by **Audrey Leriche** (March 2015) and **Elisa Postila** (April 2015) spoke eloquently about our Family Orientation program. I thank Audrey and Elisa and all the other volunteers, including **Joan Adamo**, **Alicia Boutonnet**, **Padma Dolma**, **Barbara Fitzsimmons**, **Wen Gu**, **Tashu Malik**, and **Madeleine Rast**, who have participated this year in making our new international families feel welcome to the San Diego community.

Our summer schedule remains the same as during the regular academic year: we meet at 9:15 a.m. on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month.

**Wednesday Morning Coffee**—by *Georgina Sham*

Despite the ending of the academic year, we will continue our Wednesday activities throughout June and all through the summer.

- June 3: *Sewing*. Make yourself an apron or something simpler, and learn to use the sewing machine, if you've never used one. **Lynn Jahn** will be on hand to help.
- June 10: *Quilted Coasters*. Remember the cute coasters **Doris Sant'Anna** taught us to make? She left us a lot of templates that we can complete. **Keiko Hirai** will show us how.
- June 17: *International Kitchen*. Please bring a dish from your native country that will serve 6-8 persons and we will have a potluck! Lunch will be served at noon, but until then we can make friendship bracelets or engage in some other fun activities—games, kumihimo, etc.
- June 24: *Fimo*. Come and see what you can create with this polymer clay. **Keiko Hirai** will be there to guide us.
- July 1: *July 4<sup>th</sup>-Themed Crafts*.
- July 4: *Independence Day Picnic* at the International Center from 5-8 p.m. Reservations required: adults @\$6; children 2-10 @\$3. Open to all.
- Summer: Plans include covering three-ring binders with fabulous fabrics, painting vases, International Kitchen lunches, and much more!

*Mommy/Daddy & Me* classes will continue to be offered despite leaders going on extended vacations. The leaders have agreed to be flexible and ready to help each other throughout the summer months. Fortunately, **Emily Little**, a graduate student in Psychology (and a new 2015 Friends scholarship recipient) has been working with the moms by participating in the classes as much as possible, and by putting up a Google calendar, so that the group can organize ahead of time.

## What's New at the Resale Shop?

—by *Marion Spors*

Please stop by the Friends Resale Shop and be sure to note our prominent new signage. We are trying hard to give our Shop more exposure, and you may soon find us on Instagram. Meanwhile you might enjoy reading reviews on Yelp, such as this one: "If you attend UCSD, this place is an untapped gem. If you are not a student, getting here may be somewhat of a hassle since parking is near impossible for students, much less visitors. However, there are some amazing deals. They have racks of colorful clothing outside for 50 cents. I've scored Salvatore Ferragamo heels for \$3.00, a snakeskin belt for \$1, and a Gucci skirt for \$4. It is rather hit or miss, but the prices are great and there's lots of random stuff."

Be sure to check out some of our latest awesome merchandise. Prompted by her move to the Bay Area, **Louise Arnold** contributed many treasures from around the world, while **Maxine Bloor** brought us a fine selection of household goods when she downsized to senior living quarters in Vi at La Jolla Village. And thanks to **Judith Muñoz**, we once again have brand new Clae shoes for men.

The Shop is open daily, Monday through Friday, from 10:00 a.m. - 3:30 p.m. until the end of the Spring quarter, Friday, June 12, 2015. We will be closed June 13 - June 29. Summer hours will start: June 30 - September 14: Tuesday, Wednesday, Thursday from 10:00 a.m. - 1:00 p.m.

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## English Conversation Tables

Friends conversation tables are popular and for good reason. The topics discussed are interesting, often directly applicable, and broaden participants' cultural perspectives, not to mention that the weekly gatherings provide an opportunity for people to get to know one another and our country.

Subjects discussed vary from week to week, but often focus on current events. However, they may also veer towards something as arcane as *misophonia*, "the condition in which certain sounds cause great distress, sometimes driving a person into bursts of rage or disgust," reported the program's coordinator, **Nori Faer**. "We had lots of comments, and also talked about the Asian cultures where slurping your soup is a sign of enjoyment. This led to a discussion of good smells and bad. Had time not run out, I would have loved to continue with tastes."

On occasion, the international participants suggest the topic of

conversation. Wrote one: "Can you tell us more customs of America daily life? For example, we were told in the first newcomer training that if your neighbor, or stranger, say *Hi, Hello, Good morning, How are you?* to you, it is just polite, does not mean he/she want to talk further with you, or want to invite you into his/her house."

Group leaders, **Nori Faer** on Wednesday and **Cindy Tozer** on Friday, are resourceful and are greatly helped in keeping conversations flowing by other volunteers: **Michelle Brown, Suzanna Easton, David Friedenber, Susan Grace-man, Claire Harootunian, Letty Ponomareff, Edith Rubanyi, Ellen Scott, and Toby Wolf**."

Gus' Table and Friday Chat will continue to meet weekly during the summer months, 10:00 to 12:00 noon, Wednesdays and Fridays respectively.

To coincide with the end of Spring quarter, the Friends Resale Shop will be closed from Saturday, June 13 through Monday, June 29.

The Shop will reopen on Tuesday, June 30 with the following curtailed summer hours: Tuesday to Thursday, 10:00 a.m. to 1:00 p.m.

## Membership

We report with sadness the death of **Barbara Saltman**, one of the founders of the Friends of the International Center, as well as of Gallery 8, a showcase of fine traditional and contemporary crafts that she and other volunteers operated at the International Center from 1973-1977 to bring awareness to our area of international and American crafts. All profits from the gallery helped raise money for the Center; however, when space was needed to house an expanding staff, the women relocated to downtown La Jolla, where for three decades Gallery Eight attracted a supportive audience.

Barbara came to La Jolla in 1967 when her husband, **Paul Saltman**, was appointed Provost of Revelle College. Paul was soon named Vice Chancellor for Academic Affairs, a position he held until 1980, when he returned to fulltime teaching and biochemical research, until his death in 1999. We send our sympathy to their sons, **David** and **Joshua Saltman**, and their families.

In April, we also lost another Life Member, **Joseph Reid**, who died at his home of natural causes, at age 92. Joe was an emeritus professor of physical oceanography and a renowned expert in ocean circulation. We extend our condolences to his wife, **Freda Reid**.

Please welcome **Wen Gu** from China and Australia, who has been very helpful in the Resale Shop and at Family Orientations.

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# SCHOLARSHIP LETTERS

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## High in the Himalyas

### *Hepatitis B Survey Development*

I spent a month in Ladakh, the high-altitude desert of Northwest India above the Himalyas. I partnered with the local hospital, Sonam Norbu Memorial hospital, to develop and test run a hepatitis B screening and knowledge survey. Hepatitis B is a huge issue in Asia, and Ladakh has twice the rate of India as a whole. The hospital plans to screen all 125,000 residents of Ladakh region, also wanting to use those interactions to take a survey that will help determine preventive education for years to come. We had the survey translated into the Ladakhi language before we did a test-run in Phyang village to see the shortcomings and to get a first-pass idea of people's understanding and familiarity.

I spent most of my time with the main HIV/STI counselor, **Stanzin**, and an epidemiologist/physician, and the lab tech to Phyang village. They are all incredibly smart women running the show for community-based health care in Ladakh. Almost no one in the villages had heard of hepatitis B, and many had misconceptions about how you contract it. It is spread by blood contamination, so: sex, IV drug use, and vertical transmission during birth

are the main ways. As it is a disease of the liver, it causes jaundice, and some people believe that the yellow color of their skin and eyes comes from walking through the bright golden mustard fields.

Stanzin and I did some preliminary analysis of our test run data. The plan is for the hospital to send me the data from the survey as it is given through the region, and I can do the analysis in the States. I'm happy to have threads that keep me tied to this place, and motivation to continue with global public health during medical school.

### *Kalachakra*

In addition to my research, I was able to attend the Kalachakra Empowerment with His Holiness the **Dalai Lama**. Beneath the arid desert mountains, 150,000 students and devotees (4,000 foreigners, all the rest were Tibetans, Ladakhis, and Buddhist pilgrims) sat together to listen to the teachings and a few hours of chanted prayer per day. Everything was in the Tibetan language, and the foreigners tuned into different FM radio stations to hear the translation in English, French, Italian, Spanish, and Russian.

I have been studying Buddhist

philosophy for about eight years now, and I lead a meditation group for medical students every few weeks. I have found mindfulness training and compassion cultivation to be especially powerful in the setting of stress, competition, and anxiety of medical school.

I feel so grateful that I had the chance to engage deeper with teachings in the Tibetan spiritual tradition, and to sink deeper into the culture of this community. The teachings hold a truth both logical and creative that inspire me to analyze critically my life, to recognize and try and dispel the strength of my ego in my actions/words/thoughts, and to live with compassion and love for others.

*Lindsey Youngquist*

M.D. candidate

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## European Studies

Studying Abroad in France has been a life-changing experience. As an undergraduate student majoring in Economics, I was interested in learning about the international relations between the United States and the European Union. Moreover, I was passionate about wanting to learn French. I made the best decision in my entire college career: study abroad in Paris.

As a complete beginner of French, the language barrier became my biggest challenge. I struggled to place an order in a café or to ask for directions. Soon the intensive French practicum at the beginning of the program allowed me to develop my French speaking ability, thereby boosting my confidence.

During the weekly field trips in my History of Paris class, I began to understand the history of political ideology in France by analyzing the architectural style and symbolization of important monuments. Here classes were no longer limited to the class-



room, but could be under the Arch of Triumph, at the Sacré-Coeur, or inside the Louvre.

My most memorable experience was a class trip to Brussels for a visit to the European Parliament. By talking to representatives, I gained much knowledge about the role of the European Union in world affairs, and how the Union's influential role has shaped present-day Europe, complementing what I had learned from our textbook.

Studying in Paris has been a rewarding experience that allowed me to grow personally and intellectually. It strengthened my adaptability to new situations and enriched my understanding of the world. I sincerely thank the Friends of the International Center for my scholarship that made this possible.

*Wai Sum (Milky) Wong*  
Marshall College

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## Conflict in Syria Forces Change in Plans

Due to the continued conflict in Syria, I have altered the focus of my dissertation, which has resulted in a somewhat different research plan. Thanks to the Friends of the International Center Scholarship, I was able to spend an extra month-and-a-half living and studying in Istanbul, Turkey this past summer. From June-mid July, I studied in an intensive Turkish language program administered by the United States Department of State in Bursa, Turkey's fourth-largest city.

Following the program, I moved to Istanbul, where I continued studying Turkish, and began preliminary research in the Ottoman archives. While in Istanbul, I used a private tutor to further my knowledge of modern Turkish, and began to study Ottoman Turkish. Furthermore, I visited the Ottoman archives and began planning out my future research trips.

This past summer was crucial to the progress of my dissertation, seeing that I am no longer able to travel to Syria to conduct research. I have slightly shifted the focus of my dissertation, and a solid foundation in Turkish has helped immensely in the further development of my project. In fact, the experience and language skills I gained have helped me advance to the second round of the U.S. Student Fulbright fellowship program, and have also yielded significant results in my attempts to garner necessary funds to conduct the bulk of my dissertation research.

I owe a great deal of thanks to the Friends of the International Center, and am truly thankful for the support I received.

*Ben Smuin*, Ph.D. Candidate, History

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## Research in Peru

As a student in the Master of Fine Arts Program in Writing at UC San Diego, I had the honor of receiving a scholarship from the Friends of the International Center in the Spring Quarter of 2014. The funds made available from this scholarship were instrumental in the development of my thesis project, allowing me to travel to the Andean region of Lima, Peru, where I was able to carry out extensive research and fieldwork.

The type of poetics and writing I am currently exploring requires a good amount of research, as I am trying to document the story of the people of Morococha, a village that sits at over 4000 meters above sea level, and which also happens to be next to one of the largest copper deposits in the world. The Chinese state-owned Chinalco mining company acquired the rights to the Toromocho mine site in 2008, right after China and Peru signed a Free Trade Agreement. It's around this date that Chinalco, in collusion with the Peruvian government, begins a forceful relocation process for the whole village, closing down schools and hospitals and suspending basic services as a way to intimidate the people of Morococha and force them to leave their homes.

Unfortunately, this situation is not all that uncommon in a country such as Peru, but I believe this particular case is crucial due to its proximity to the capital city (the Toromocho mine site is only a 4-hour drive from Lima), and also due to the fact that Chinalco has found and begun exploiting uranium. The runoff and waste from the mining activities will eventually find their way into the surrounding water sources, putting millions of Peruvians at risk. But besides these chilling facts, I am drawn to this case because I feel as if the people of Morococha have been forgotten by the rest of Peruvians, by the rest of the world. These people have been kicked out of their homes by force, these are Peruvian citizens who have done nothing wrong, and yet are treated as criminals and fugitives, simply because they want to live in the place of their ancestors. Conflicts such as this serve as a reminder that current global extractivist policies are extremely violent and end up destroying ancient livelihoods, which, of course, is only problematized by the fact that our demand for resources and minerals is increasing exponentially with every day.

It's important to me, as a writer who was born and raised in Peru, to not only bring attention to these issues, but to use my own creative process as a writer to help out in any way possible, even if such contribution seems insignificant. And I am grateful for the trust bestowed upon me by the Friends of the International Center, because this scholarship has allowed me to continue with my research and work, and to continue trying to use my writing and privilege in the service of those in need.

*Jose Antonio Villarán*

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## An Australian's View

I am writing to express my deepest thanks for the support of the Friends of the International Center in awarding me a scholarship in 2014. It was invaluable for me to receive this support in the second year of my Doctor of Musical Arts at UCSD, and allowed me to approach my third year of study from a far stronger position. The scholarship enabled me to undertake much needed maintenance of my instrument and also to pursue travel related to my research as performer.

The opportunity to study in the Music Department UCSD is a unique privilege. For a performer, specifically a cellist, there is no other place like it in the world. However, the difficulties of negotiating the balance between attending a graduate program as an international student, and the demands of maintaining an instrument like the cello are not always compatible. This scholarship has supported me through my third year through countless performances for the department, including my second doctoral recital, by allowing me the stability of having my bows rehired, instrument adjusted and maintained, pegs refitted, and access to sets of strings. This may not immediately seem crucial, but in order to meet the demands of the program, it has been essential, and would not have been remotely possible for me without the support of this scholarship.

While the majority of my scholarship has been put into my instrument, I also used this award to help me attend a very important residency and performance for the Seoul International Dance Festival in September 2014. This was the culmination of a period of work, examining communication between dancers and musicians, and forms a key point in my doctoral research. The contribution of this scholarship to enable me to present this work in one of the world's most prestigious forums for collaborative dance and music performance not only made this possible, but was one of my most significant achievements as a performer and researcher in 2014.

*Judith Hamann*

Nan Kehoe Fitzsimmons Scholarship

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## Learning Experience in the Netherlands

*Hallo! Ik ben Sunny. Ik studeerde in Utrecht, Nederland voor zes maanden.*

Just like everyone who has previously studied abroad says, I found living and studying in a foreign country a truly unforgettable experience, from the very first moment I arrived, until the last, when I could not believe I was saying goodbye. While studying in the Netherlands for six months was certainly incredible and a great deal of fun, for me, it was also a learning and growing experience, and it definitely was not always easy.



Sunny Young in Utrecht

For example, en route to the Netherlands, I missed my connecting flight in London, paid a great sum of British sterling pounds, waited four hours for the next flight, and arrived a lot later in Utrecht than I anticipated. As a result, I had to find my own accommodation for the night, something I hadn't planned for. I remember lugging my two suitcases and backpack through the narrow cobblestone streets of Utrecht in the dark, scared and tired, and angry that the bicyclists wouldn't cut me a break for accidentally walking in the bike lane (they rang their bike bells rather incessantly). When I finally found a hostel, I was grateful for the kind hosts that spoke English, who carried my heavy luggage up three flights of the narrowest stairs I had ever seen. But that night, I was so nervous and terrified that I had to share a room with eleven boys, that I didn't sleep a peep. Though even if I wanted to, the persistent snoring and constant slamming of the door would have rendered sleep impossible.

The next morning, I checked out bright and early, eager to leave and make my way to my final destination. After I picked up my keys, I took a bus that took me to University College Utrecht, where I then proceeded to spend over an hour looking for my room. When it started to rain, I decided to abandon my luggage along with my pride, and ask someone, anyone, for help. Finally, almost twenty hours later than I had planned, I entered the door to my room, and cried out of relief, hunger, exhaustion, and anger—it was as if every emotion poured out of me all at once. I had made it.

After a lot of granola bars and a good night's sleep, I remember waking up the next morning, marveling at the fact that I was actually in the Netherlands, at the University College Utrecht, in my dorm room. I couldn't believe that just one night before, I was a panicked mess, already regretting my decision to study abroad and wondering what exactly I had gotten myself into. But that morning, I woke up with a sense of accomplishment and self-respect that I had never felt before, and I thought: "Even if I learn nothing else in my time here, my journey alone in getting here is enough to have made this entire trip worthwhile." Just in that short period, I felt that I had learned things that books could never teach.

I am happy to say that in my time in the Netherlands, I learned plenty more, both in and out of books. Studying abroad has taught me to put aside fear and pride, to explore and appreciate different cultures, to question and reevaluate my own beliefs and perspectives, and, most importantly, to continue to explore so as to never stop learning.

*Sunny Young*

Psychology major, Muir College

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## San Salvador

I'm writing with an exciting update on the (rather delayed) use of your generous funds. I am headed to El Salvador in less than two weeks to conduct field research and carry out important networking for survey work. I anticipate that your funding will actually enable me to travel to the country twice (each for about a month)—first to lay the groundwork for the studies I want to conduct, and then again once the project is ready for implementation. Your funding may also serve as seeds for future financial support—I am hoping to leverage preliminary El Salvador work in applications for larger funds (from the NSF, etc.) to support further studies I would like to conduct.

By delaying my travel, I've been able to ensure that the work I conduct in Central America will directly support and advance my dissertation. The dissertation topic remains similar to what I initially communicated to you, but it has evolved in exciting ways. Why are the poor so often less likely to participate in the political process? Whether through voting or participation in grassroots mobilization, whether domestically or abroad, the poor are often underrepresented in political movements, including movements that promise socio-economic change benefiting them in the long term. Recent research in cognitive science and economics shows that stress and anxiety actually change

the way we perceive risk and weigh decisions. My goal is to show how these effects translate into different political behaviors—and, importantly, find strategies that can empower people to overcome these stress-related effects and better advocate politically for their long-term interests.

Already, I've conducted survey research here in the U.S. and geospatial analysis of voting data in Mexico, both of which show compelling support for my hypotheses. Now, I plan to go to El Salvador and partner with local NGOs and university research groups to conduct further work in the field.

*Elaine Denny*

Friends Scholarship, 2013  
Ph.D. Candidate, Political Science



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