



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

Volume XLII, No. 2

October 2014

## President's Message

Given the many changes that have occurred in society over the last 50+ years, the founders of the Friends of the International Center are to be commended for their incredible vision: the Friends mission statement remains as relevant today as it was when the organization was founded: *The purpose of the Friends of the International Center, a nonprofit organization, shall be to support international education, to foster friendship, understanding, and cooperation within the international community, and to create a meeting place on the UC San Diego campus for people who share these aims.*

We remain hopeful that our beloved International Center building, with its recent reconfiguration of space, will continue to serve as a meeting place for both local and international communities for many years to come.

For those who have not recently been to the International Center, you might be surprised to find that the Friends office is not where you expect it to be. We are in the process of our own internal reconfiguration, but you can find a Friends office within the main IC building on the second floor on the west end, best accessed from the ramp or exterior stairs to the west deck by the parking lot, AND you can find a Friends



Marion Spors and Alma Coles packing up boxes in preparation of our office move

office on the south side of what is sometimes called "Building B," or "IFSO," or, by old-timers as the "old student center," the 2-story brown wood building located directly across the street (Mandeville Lane).

Not only was the Friends mission visionary, but so was the Friends logo: *a colorful hub symbolizing a moving crossroads, a hub of activity where travelers can come together to share their common interest in and knowledge about each other's countries.* Careful readers may have noticed a slightly different logo: we have retained the timeless hub, but have attached to it the Friends of the International Center name, as well as our trifold mission: friendship, scholarships, and hospitality. We hope that you will react favorably to the new logo and will continue to help spread the word about who we are and what we do.

Please be sure to send in your reservations for our Fall scholarship fundraising dinner featuring Persian cuisine. I can assure you that you will be very sorry if you miss out!

*Katya Newmark*  
Katya@san.rr.com

### October Calendar

- Oct. 1, 15: **Family Orientation**, 9:15
- Oct. 1, 8, 15, 22, 29: **Wednesday Morning Coffee**, 10:00-Noon
- Oct. 3, 10, 17, 24, 31: **Friends Friday Chat 'n Chew**, 10:00-Noon
- Oct. 7, 14, 21, 28: **Knit-Along**, 1:00-4:00
- Oct. 9: **International Cooking Experience**, 9:30-1:00
- Oct. 14: **Board Meeting**, 10:00
- Oct. 15: **International Kitchen lunch**, Noon
- Oct. 23: **Football 101**, 4:30, Porter's Pub
- Oct. 25: **Ethnic Dinner**, 6:30
- Oct. 27: **PAO Expo**, 11:00-3:00, Price Center Ballroom West

**Ethnic Dinner #110:** *Not only does the Friends of the International Center Directory and Handbook provide the names and contact information of our membership, but it also includes some concise historical material, among it a complete record of all Ethnic Dinners and their cost, starting with a Chinese Dinner (@\$4.00!) offered in March 1973. This month, Friends will host an Iranian Dinner, and a count tells us that this event will be number 110 in a long-running series that, then as now, was conceived as an occasion to socialize, to familiarize ourselves with different cultures, and to raise funds for Friends projects, most often for international scholarships.*

*Because of a scheduling conflict, this year's October Ethnic Dinner will not involve UC San Diego Family Weekenders, who are heading to the San Diego Zoo. Although Friends were asked to change our event from Saturday to Friday evening, we could not accommodate this request, since the International Center is fully booked that day. Nonetheless, we will have UCSD students in our midst, not the least several who will help with mounting the event. Also among us will be **Haleh Yazdi** from Iran and **Chris McCarthy**, newly returned from research in Mongolia, both recent Friends Scholarship recipients asked to speak to us about the meaning to them of our scholarship. Come welcome them and help us raise money for 2015 Friends Scholarships.—Ed.*



## A Journey to Iran

—by Katya Newmark



On Saturday evening, October 25, diners will be treated to an authentic Persian meal totally prepared by volunteers under the direction of longtime Ethnic Dinner chair, **Liz Fong Wills**, and **Shohreh Karimaghaei**, a native of Iran, here with her husband, **Arya Iranmehr**, a Ph.D. student in UC San Diego's Department of Electrical and Computer Engineering. Shohreh, too, is a trained computer engineer, but currently does not hold a permit to work in the United States.

Shohreh tells us that she enjoys coming to the International Center, at first participating only in the Friends Wednesday morn-

ing English conversation group, where she learned about our International Cooking Experience classes. She attended several—appreciating them all—and was soon asked to offer one herself. Her session featured the cuisine of Shiraz, Shohreh's hometown.

The class was a great success. I was so impressed by the food and Shohreh's knowledge that I invited her to work with a group of us on offering a full dinner for Friends and guests. She graciously agreed. Shohreh, Liz, and I have selected the following menu.

The meal will begin with an appetizer of *kashk bademjan*, an eggplant and cheese dip, served with *sangak* (flat bread). While many have tasted eggplant dips from other countries, the addition of *kashk*, a whey unique to Iran, together with caramelized onions and garlic, gives this eggplant dip its identifying Persian flavor.

The next dish to follow will be *Salad Olivieh*, a very popular cold chicken salad that research suggests was introduced to Iran in the late 1960s, but is a dish of Russian origin created in Moscow by a French-trained chef. Ancient Persia was a bridge between East and West and modern-day Iran, the eighth largest country in the world, continues to serve as a crossroads for many cultures.

The entrée will feature two classic dishes. (1) *Fesenjon polo*, a pomegranate, walnut and chicken stew, that is considered by many to be one of the most delicious Persian dishes, melding tender sweet and sour chicken bathed in a tangy pomegranate and walnut sauce. Key ingredients include pomegranate molasses and fresh walnuts, ingredients not so commonly found in Southern California.



Pomegranate molasses

(2) *Kalam polo*, rice with tiny meatballs, a flavorful and aromatic basmati rice dish that traces its origins to the ancient city of Shiraz. Its preparation, layering herbs, cabbage, the tiniest of meatballs, and what I jokingly call “magic grape powder,” yields a dish that tastes unlike any other. To cleanse the palate, we will offer *Salad shirazi*, a refreshing salad of cucumber, tomatoes, onions, and parsley in a lime vinaigrette.

For our vegetarians, we will have separate plates with *Kookoo sib zamini*, a Persian spiced potato pancake.

And to end the meal, diners will be offered *Ranginak*, a typical Persian date dessert.

Traditionally our Ethnic Dinners include a cultural program, and after dinner our guests will be

asked to move from the International Center to the large lecture room in Center Hall, the neighboring building located directly across Library Walk, where Iranian doctoral students **Negin Nazarian** (Mechanical & Aerospace Engineering) and **Alireza Sarebanha** (Structural Engineering) will provide a narrated photographic presentation on Iran: an insider’s view of a country seldom visited by Americans.

Friends are delighted to feature the cuisine of Iran and to promote a view of the country from those who know it best.

Don’t delay making your dinner reservations—the deadline is October 17. For ease, you will find a reservation form on p. 11 or on the Friends website ([icfriends.ucsd.edu](http://icfriends.ucsd.edu)) under Special Events.

## Resale Shop

—by Marion Spors

Thanks to a terrific group of volunteers we have had a great season. We added some nice art and display pieces, and have had a number of great donations, such as **Judith Muñoz’** donation of brand new Clae shoes.

Our monthly meetings have helped to improve communication regarding everyday Shop business, and allow us to get to know each other and to discover hidden talents. We have several possible new recruits and have a few things in the pipeline—working on store logo, Facebook page, and Instagram. And of course none of this would happen without our awesome customers, many of whom come in every day.

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## Membership

We regret to note the death, at age 83, of **Freeman Gilbert**, emeritus professor of geophysics. We extend our condolences to his wife, **Sally Gilbert**, whose association with our organization dates back to its very beginnings, when a group of volunteers rented a cottage in downtown La Jolla to serve as an International Center for the newly-founded University of California, San Diego. Sally was among those, in 1962, who laid a brick tricycle path for the children. In the 1980s, Sally assumed a principal role in running the Friends Resale Shop, leading to her being named Friends Member of the Year in 1984.

In May, Friends lost yet another longstanding supporter: life member **Solon Palmer, Jr.** In the 1960s and 70s, Dr. Palmer (then a physician with the Scripps Clinic and a dedicated member of Rotary International) and his wife, **Peggy**, (who preceded him in death in 2012) were instrumental in raising money for our International Center. It was Solon as President of the International Center of La Jolla, Inc. (along with **Ruth Newmark** as Vice President and **Helen Lovenberg** as Secretary) who, in 1969, signed the official agreement with the UC Regents outlining the establishment and operation of an International Center on the UC San Diego campus.

At press time, we learned of the death from liver cancer of life member **Estelle Shabetai**, who could often be seen at the International Center on Wednesday mornings tending to the Kitchen Exchange. Estelle and her husband, **Dr. Ralph Shabetai** (1924-2010), a cardiologist on UCSD’s faculty of medicine, often attended Friends events. They were especially interested in our scholarship program, in particular as it relates to Friends scholarship recipients going to study at the University of Edinburgh, where Ralph had received his medical training. Estelle will be greatly missed by both Friends and Oceanids.



**What: Football 101 and Chargers Watch Party**

**Where: Porter’s Pub, UCSD**

**When: Oct. 23 at 4:30**

Learn the basics of American football from former players and through watching a live broadcast of what is sure to be a spirited game between two professional National Football League teams: the Denver Broncos vs. our own San Diego Chargers.

This event is an opportunity for international students, scholars, and their spouses to learn about the most popular sport in the United States and its impact on our culture. Friends are welcome.

To make reservations, please contact event chair, **Judith Muñoz**, at [jtm722@gmail.com](mailto:jtm722@gmail.com).

Better yet, go directly to: [https://docs.google.com/forms/d/1su7pYmRub0XKK0JN63Fq1YN3sF5iwFIb-q7VWwezUM5Q/viewform?usp=send\\_form](https://docs.google.com/forms/d/1su7pYmRub0XKK0JN63Fq1YN3sF5iwFIb-q7VWwezUM5Q/viewform?usp=send_form).



Judith Muñoz and Eleanor tum Suden man the check-in table as Kristine Kneib receives her nametag and table assignment



Ruth Newmark engages in conversation with several of the Friends scholarship recipients

## 2014 Scholarship Awards Ceremony

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

Our organization’s mission underscores friendship, hospitality, and scholarships. The May 20 Annual Membership Dinner and Scholarship Awards Ceremony was no exception, yet it was the celebration of scholarships that was its primary focus that night. Let me illustrate the value of our scholarships by sharing a few student quotes.

“I hope you know how grateful and how appreciative I am of the scholarships the Friends of the International Center provide to so many students, including myself. Without your support, studying abroad would have been very difficult, and I cannot even imagine what it would be like if I had missed out.”—**Christina Ching**, International Studies major, EAP in Thailand

“As a first-generation college graduate in my family, I have a personal understanding of the importance of scholarship programs such as the one offered by the Friends of the International Center, and am deeply appreciative of the opportunity this type of funding offers to students at UCSD.”—**Amy Kennemore**, Ph.D. candidate in anthropology, recipient of the 2013 *Gayle Barsamian Scholarship*

“I am elated! What an honor. Thank you so much for this award, your generosity, and the work you all are doing.”—**Martin L. Boston**, Ph.D. candidate, Department of Ethnic Studies

Such expressions of appreciation in turn demand words of gratitude to each and every one who contributes in a multitude of ways to making the Friends Scholarship program a reality.

Friends are especially indebted to the enthusiastic volunteers at our **Resale Shop** that generates a con-

siderable part of our scholarship funds. Its physical transformation has made the shopping experience an even more welcoming one.

Special thanks, too, is due those who raise money in other ways, most importantly those who help mount our **Ethnic Dinners**, 109 of which have been offered since the series’ inception in 1973. Number 110 is scheduled for October 25 and will take us on a journey to Iran (see pp. 2-3).

Many more make generous individual monetary contributions and we thank you all.

Besides these Friends efforts, different units of our University contribute handsomely, in many cases matching our funds. A big thank-you to the **Office of Graduate Studies**, the **Office of Student Affairs**, the **School of Medicine**, the **Financial Aid Office**, and the **UC Education Abroad Program**. Such collaboration between a volunteer organization and the institution it supports is rare, and even more rare is that UCSD allows the Friends Scholarship Committee to make our own selection. We seem to be doing a good job, for the University entrusts us to make the selection for several other study-abroad scholarships.

As Friends Scholarship Committee chair, I above all will miss working with Associate Vice Chancellor **Ed Spriggs**, who retired at the end of June, and we thank him for his strong support of the Friends Scholarship program during his 13 years at Student Affairs. Wrote Ed: “Once again, the Office of the VC-Student Affairs is pleased to receive your annual report on the last year’s Friends Scholarship program and the accompanying request for another year of matching financial support. We appreciate very much the

Friends' hard work to raise funds independently for this program and the many other efforts of the Friends in support of the International Center and our international students and scholars."

Rewarding as such collaboration is to the Friends, it is similarly rewarding to the University. To cite Prof. **Kim Barrett**, Dean of Graduate Studies, who attended the annual dinner: "The evening is always a highlight of the year, but this year's dinner was particularly enjoyable—we did indeed have some outstanding students (and conversation) at our table. ... The effort you give to the annual scholarship competition, and your committee, is nothing short of remarkable. Thanks for all you do for our students. We have every intention of continuing to support this most worthy of causes."

*By combining efforts and resources, Friends of the International Center were able this past fiscal year to make 44 awards totaling \$76,000. Graduate and medical students received \$2,000 each, undergraduates \$1,500.*

Students express their gratitude in many ways. Wrote **Yeung-Ping Chen**, a Ph.D. candidate in composition and 2014 recipient of the *Diane Lin Memorial Scholarship*: "It is my honor to being invited to the Friends Annual Dinner. ... I am organizing a concert (as a curator and producer, not composer) in the department of music on June 2. And I will be composing a large-scale orchestral work for the La Jolla Symphony Orchestra; it will be performed in May next year (2015). Thanks for your care and support, and I will invite you and everyone in the Friends of the International Center again when those performances are approaching!"

Here begins a list of 2014 graduate student scholarship recipients. Information on undergraduates will follow in a subsequent *Newsletter*.

### Foreign Students in Residence at UCSD



**Yeung-Ping Chen**, Hong Kong, Music  
**Juan José Rojo Solis**, Mexico, Literature/Writing  
**Judith Hamann**, Australia, Music

### Graduate Students Studying Abroad



(in alphabetical order)

- Martin Boston**, South Africa, Ethnic Studies
- Nathan Combes**, Kenya, Political Science
- Ted Falk**, Turkey, History
- Jill L. Harris**, Curaçao, SIO
- Christopher McCarthy**, Mongolia, IR/PS
- Elizabeth Miller**, Mexico, Visual Arts
- Jennifer Mogannam**, France, Ethnic Studies
- Matthew Nanes**, Israel, Political Science
- Ian Parker**, Indonesia, Anthropology
- Benjamin Smuin**, France/Lebanon, History
- José Antonio Villaran**, Peru, Literature/Writing
- Leanne Williams**, Zimbabwe, Anthropology
- Haleh Yazdi**, Iran, Psychology

### Medical Students Studying Abroad



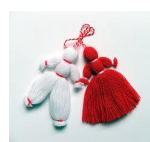
- Madison Cornwell**, Malawi
- John Waggoner**, India
- Christine Totri**, England
- Lindsey Youngquist**, India

**CONGRATULATIONS to our students and  
THANK YOU to all who support the  
Friends Scholarship program!**

## Every Place Should Have an Organization Like the Friends

Wednesday Coffee participants are often at UC San Diego for a limited period of time; we are always sad to see them leave, and rejoice when they return for a visit.

Such was the case one summer day when **Tatiana Shipkova**, from Russia, married to **Edwin Fohtung**, a native of Cameroon with advanced degrees from Russia and Germany, came for a return visit. The couple have a daughter named **Zoey** (about 2 years old), and during the three years that Dr. Fohtung spent as a postdoc in the physics department, Tatiana participated in Wednesday Coffee and then in the



Mommy/Daddy & Me program, while Edwin occasionally attended the Coffee's international lunches with her. In 2013, shortly before they left UCSD, Tatiana showed Wednesday Coffee participants how to make a tiny adornment called a *martisor*, traditionally bestowed in Romania and neighboring Moldova on March 1 in celebration of Spring.

Edwin now has a professorial position working at Los Alamos National Laboratory, NM. Tatiana, who has a green card, is hoping also to find work at Los Alamos. Meanwhile, she is enjoying dancing the Argentine tango 2-3 times a week, having learned of a tango group via **Georgina Sham** through their mutual love of folk and ballroom dancing. The Fohtungs' return visit was prompted by Edwin's wish to meet with his colleagues and Tatiana's desire to come to Wednesday Coffee to see her many friends.

**Katya Newmark** tells that upon being introduced as Friends President, Tatiana expressed her thanks multiple times, lauding UCSD for having such a wonderful organization: disclosing as proof that Friends had given her a baby shower—held at the home of **Mary Woo**—something that she still treasures as a very special gift. At some point Tatiana said, and Katya believes that she is quoting her verbatim: "I am so grateful to the volunteers who provide such a warm, relaxed, and welcoming environment. I think that every place should have an organization like the Friends of the International Center with all its different activities. I cannot imagine anyone not choosing to get involved." In an e-mail giving her approval to print this story and picture, Tatiana recapped: "Indeed, it has been a lifetime experience for me, bringing me friends with whom I stay in contact."



**Stuffed with Love:** was the headline of a notice in the *La Jolla Light* (Sept. 4, 2014) of the Friends Wednesday sewing efforts to create stuffed animals to be given to children during the holidays. We commend our Communications Chair, **Kristine Kneib**, for having established a fine relationship with this community newspaper and thank the sewers for making the cute toys.



Aehyang and Alice

## Wednesday Coffee

—by *Georgina Sham*

Wednesday, August 27, was the last *Mommy/Daddy & Me* class for some time for our fantastic lead teacher, **Aehyang Park**, who has taken an indefinite leave of absence to have her new baby and to enjoy her growing family. By way of a thank-you, we held a potluck lunch that day. The program will keep going in her absence, but we will miss Aehyang very much until her return.

Meanwhile, **Alice Blake-Stalker** will continue to oversee the group, while several of our young internationals intend to lead the classes.

*Gus's Table* continues to attract a good crowd and to engage in lively conversation. Matters are going so well that coordinator **Nori Faer** announced that **Cindy Tozer** will lead a second conversation group, called *Friends Friday Chat 'n Chew*, every Friday from 10:00 to 12:00 noon (with bag lunch) at the International Center.

Participation in our Wednesday Coffee *craft projects* varies from week to week, but it is nice to see that even those who prefer to just sit and chat are bonding—no doubt, due in large part to the Friends Dinner Socials inaugurated last year by Friends President, **Katya Newmark**. Here follows our October schedule:

- Oct. 1: *Sew stuffed animals* as Christmas presents for the children in our Mommy/Daddy & Me classes—all materials and patterns provided.
- Oct 8: *Origami* with **Keiko Hirai**—a requested activity.
- Oct 15: *Chilean lunch* with **Macarena Galaz**. Cost: \$5 per person.
- Oct 22: *Sew stuffed animals*.
- Oct 29: *Pumpkin carving*—another Wednesday Coffee tradition. Children dressed in Halloween costumes will come by to Trick or Treat and we will pass out treats to all.



Tashu Malik (holding plate) with Padma Dolma (India), Caroline Molino (Brazil), and Audrey Leriche (France)

## Gastronomic Fusion

—by Kristine Kneib

Late in July, as part of our Wednesday Coffee program, Friends offered yet another international cooking demonstration, this time highlighting “Plant-Based Foods Rich in Potassium,” drawing on flavor inspirations from Indian, Thai, and Mexican cuisines. The demonstration was lead

by **Tashu Malik**, who studied culinary arts and catering as a part of her hotel management training in India. She has also taken nutrition courses at Mesa College and is passionate about sharing her experiences with others to help them choose and prepare healthful foods.

Tashu created the recipes and chose to use foods that have some of the highest sources of potassium, such as Swiss chard, white beans, avocados, and bananas. A red lentil and Swiss chard soup was inspired by *dal*, a very popular Indian lentil dish. It was flavored with Mexican seasonings and thickened with coconut milk in Thai style. This combination was not only delicious but also packed a potassium punch, which is highly recommended according to dietary guidelines set out by the U.S. government. The main course of mushroom and white bean quesadillas,

served with a side of mango and avocado salsa, was brought to life by a delightful mint and cilantro chutney. Explained Tashu with a smile: “Because even a healthy meal has some room for a healthy dessert,” the meal ended with chocolate-covered peanut butter and banana bites, a quick and easy, delicious, no-cook dessert, using potassium-rich bananas.

Because, potassium is essential for good heart health, but also plays an important role in a well-functioning nervous system and good muscle health, Tashu suggests: “Adding more of this important nutrient to our diets can be as easy as choosing spinach over lettuce for our salad, drinking coconut water for our beverage, or choosing dried fruit for our snack instead of candy.”

Everyone who attended enjoyed the fellowship and shared in sampling the meal while further discussing the delicious and nutritional recipes.

## How I Became a Bachan (again)

—by Barbara Baehr

Tutoring **Yusuke Okuda** was fun. He was an engineer from the Japanese Patent Office, at UCSD on a research project. He was very tall, very thin, and always looked as if he desperately needed a haircut. What he actually needed: warm clothes for our “winter”; so I made a list and he went shopping at Las Americas, the outlet mall. His first purchases were an orange and black plaid flannel shirt and an orange t-shirt to wear with it and a zipper jacket with hood. I gave him two turtleneck sweaters. Once he bought a wool jacket, he was warm and appropriately dressed. Before he left for Japan, he sent me these lovely words of appreciation: “Time flies so quickly. It has been almost 10 months since we first met. I had really, really great time with you! You not only gave me English lessons, but also taught me about American foods, history, and politics. I enjoyed all the meetings with you and felt as if talking with my grandmother. For me, you are my American grandma. I’m gonna miss you. I wish you all the best. Thank you so much!!!!”

I’m also *bachan* (endearing word for grandmother in Japanese) for the family of a Japanese M.D., who was here many years ago. I tutored the father and helped his three daughters to be enrolled in school.

More recently I finished tutoring **Tae Ho Kim**, M.D. Ph.D., a visiting Korean scholar in the gastroenterology division, and received a kind note from him in which he, too, thanked me for my efforts and enthusiasm that helped him with his English and taught him about our culture.

Presently, I am tutoring four Chinese-speaking medical scholars. For most weeks in June and July, all my tutees were coming and going—



Barbara Baehr with Dr. Wei Deng, a pediatric nephrologist from China

exploring the Grand Canyon, Yosemite, and Yellowstone.

I learn a lot from my tutees. No question but that the rewards of tutoring run two ways.

To learn more about the International Center’s English in Action tutoring program, please contact **Shelly Taskin** at [iprograms@ucsd.edu](mailto:iprograms@ucsd.edu).

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# SCHOLARSHIP LETTERS

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*Me gusta caminar pero no sigo el camino* (I like to walk but I don't follow the road)

—Anonymous graffiti artist, Cuenca, Ecuador

## Voces en Graffiti: Cinco Semanas en Ecuador

The five weeks in Ecuador have been some of the best in my life. It is difficult to put into words what I experienced. I didn't feel ready to come home. I found myself comfortable outside of my comfort zone. My Spanish was improving every day, and I wanted to continue that challenge of communicating in this beautiful language, a language with so many twists and turns that it seemed near impossible to grasp all the semantics in one lifetime. Every day I was learning new concepts, new phrases, new routes, new places.

Flying in to Quito, I was mesmerized by the beauty of the Andes—like nothing I had ever seen before. Lush, vibrant, green slopes that seemed to never end. Driving into the city of Riobamba was not quite what I had originally pictured. It is not so rural, but rather a busy, dusty city that spans over 22 square miles. I began exploring immediately, and found myself ecstatic over the cost of food: my first lunch, consisting of soup, delicious chicken and rice topped with the infamous *aji* sauce, and fresh squeezed juice came to a total of \$1.50. The woman who owned the place was so kind. We spoke for quite a while, and she sent me home with oranges, refusing to accept money as long as I promised to return, which, of course, I did.

Our first full day started with a tour of Cacha, a rural area just outside of Riobamba. The city is made up of 23 small villages, all lining the Andes, all green, lush, and beautiful. There are only three clinics spread throughout Cacha, and only three physicians who work there. Volunteers from the Cachamsi program often join these clinics and make appearances at the schools, helping to spread awareness about health from healthy eating to sanitary living. The people of Cacha are indigenous; most speak only Quechua, the native language. The women's clothing consists of solid bright colored ponchos with full rimmed hats. There are goats, cows and sheep grazing the hillsides.

Segundo was the name of our driver. Segundo means "second," as in first and second, in Spanish. However when I asked him why his parents gave him the name and he responded in Spanish "I don't know. I'm the first born," we all laughed. Segundo was born in Cacha. He prides himself on being one of the indigenous people of Ecuador. He speaks both Spanish and Quechua.

Each day was an adventure. It began with walking to the bus stop and running alongside to jump on. Generally the bus only stopped for the elderly and women with chil-

dren. I would study on the bus as I headed to clinic. After clinic, I would hop back on the bus, often exiting at different points in the city, in order to walk around and see the sights. One aspect which I loved, oddly enough, was the graffiti written along the walls of the city. Unlike what I see in Los Angeles with unintelligible gang signs, the graffiti in Ecuador is frequently weighted with political statements, or more often with declarations of love:

- *Aborto seguro y legal* (Safe and legal abortion)
- *Mi cuerpo es mio, ni de la iglesia tampoco del estado* (My body is mine, not that of the church nor the state)
- *El Yasuni depende de ti!* (The Yasuni [rainforest] depends on you!)
- *Eres el dolor mas bonito de mi vida* (You are the most beautiful pain of my life.)
- *Te amo queso* (I love you cheese)
- *Te amo ...* (I love you... {fill in the blank})

While many graffiti messages used words, others used images—profound art which brought color and depth to the walls along the streets.



I spent my weekends traveling with fellow students in the program to nearby towns. We visited beautiful quaint towns such as Banos, Cuenca, even the beaches of Salinas. Much of my time in and out of Riobamba was spent speaking with the locals and learning about their experiences. Seeking out these conversations with locals was key for me to feel a sense of cultural immersion. Each day my Spanish was improving, I found myself noticing the semantics we had learned in class and using those semantics myself in conversation. The more I learned, the more humbled I felt. I have since kept in contact with a few



individuals whom I met inside and outside of the program. Hearing from them brings me joy, as well as challenge as I am once again using Spanish.

Our weekdays consisted of working in clinics/hospitals for the first half of the day and then heading over to the center of town for our Spanish classes with **Pablo**. Pablo went to graduate school for linguistics for six years, so we learned a lot about *morfología, sintaxis, y semántica*.

I had the privilege of working with two different doctors in clinic before I started in the hospital. Something became very clear to me in those first two weeks—the difference between doctor-centered and patient-centered care. The first week I was with Dr. D, who, while kind to me, was quite curt with his patients. He would hand them a prescription without any explanation of what he thought was going on with them or what the treatment was for. This is not something unique to my clinical experiences in Ecuador. It is something I have seen on occasion in my clinical experiences in the States as well. I felt so lucky to have had an education that focused heavily on the value of doctor-patient communication. Regardless, I had many deep conversations with Dr. D; we spoke about everything from children and pets to health care in Ecuador, abortion laws, domestic abuse and the support available for the victims, homosexuality, and religion, to name a few.

The following week I worked with another physician, Dr. Y, who was quite different from Dr. D. Dr. Y spent time with his patients, educating them about their ailments and the treatment options. He also educated me, in between patients, often pulling up lecture series about certain diseases, and while in Spanish, I found myself contextually understanding a great deal about what he taught me. One day a week, Dr. Y would work with people with disabilities. He was clearly passionate about this aspect of his work. Each day he taught me about the steps the government is trying to take to become more amenable to patients with disabilities. As of now, there remains very limited accessibility for these patients. We spoke about the politics of Ecuador, from social to financial issues. We also spoke about dogs. A lot about dogs, actually. In fact, he Googled pictures of dogs and meticulously looked to find the ones that looked like his. He has an English bulldog, a Schnauzer, and some sort of English shepherd. He also has one son and wants three more children. Conversations in Ecuador are very personal. In general, the first questions people ask are: “Are you married?” “Do you have children?” “Why don’t you have children?” “How many children do you want?”, and so on and so forth about political views, whom you voted for, etc. While surprising at first, I found the forward questioning quite refreshing.

One day, a 17 year old boy came in to see Dr. Y with his father. His father began speaking for him, “*No habla,*

*no escuchaba nada.*” He was deaf and mute. Dr. Y made a gesture with his hands and the boy’s face lit up with a huge smile as he signed back. Dr. Y only knew a few words in sign, but the instant rapport that it created between him and his patient spoke volumes.

My last week was spent in the hospital. Structurally, this was not so different from the teaching hospitals in San Diego: the hierarchy of learning from medical student to resident to attending. Mornings began with going over complex cases, followed by teaching rounds at the bedside. On my first day there I shadowed a gastroenterologist, who invited me to come observe his endoscopies the following day. These were endoscopies like I had never seen—without anesthesia. Patients swallowed a spray of topical anesthetic and soon thereafter were lying on their sides, awake as the doctor inserted the scope to visualize the esophagus and stomach. I remember one woman whom I had met the day before. She had come into the hospital after weeks of bleeding when using the bathroom. She was anemic to a point that normally was not compatible with life. As she lay on the table in the endoscopy suite, I felt heavy. I knew what I was seeing right away. The cancer had completely enveloped her stomach. The disease was so far progressed that the doctors agreed there was little to do for her. I continued visiting her each day after work. We spoke about her children, her grandchildren. She seemed peaceful with the idea of dying, a topic I was not quite as comfortable broaching in any language. And yet often silence seemed more appropriate and more appreciated at times.

These experiences served as reinforcements to the physician that I want to be: one who never forgets that while this might be the hundredth time I’ve seen a patient with a certain disease, the experience they have in the doctor’s office or hospital is unique to them, one who is able to build rapport so that a patient is comfortable sharing the details of their experience, their fears and their triumphs.

My drive is now greater than ever to make an impact not only in my own community, but globally. I didn’t feel ready to leave Ecuador, and there is much to return to. This trip solidified my desire to take my skills internationally, to immerse myself in various cultures, to teach and to be taught. Through this experience I feel I can develop deeper connections with my future patients. This has been an incredible experience filled with vibrancy, music, culture, beautiful towns, natural wonders, great food, and amazing people in both clinical and social realms. My gratitude for this opportunity is beyond words.

*Sarah Matrisciano Gilyard*

*A 2013-2014 Friends Scholarship recipient, Sarah started her general surgery residency at Kaiser Permanente Los Angeles this July. —Ed.*

Dear Mrs. Newmark,  
Please extend my regards in this e-mail to the Friends of the International Center. Again, I thank the Friends very much for the scholarship to study here in Edinburgh, Scotland. It is so beautiful and lush, and the countryside is amazing. Walking down the city streets is like passing through time. Some of the structures here are older than our own United States. As a structural engineering major, I am fascinated by the architecture.



In my application for the scholarship, I mentioned that I have family history in Scotland. Last Friday, I visited my roots. A little village called Leslie, about an hour north of Edinburgh, was the birthplace of my great-grandfather. Perhaps the coolest part of my adventure in Scotland is that I am retracing the steps of my father, when he traveled around in 1988. During his time in Leslie, he stayed with a retired couple, and he became good friends with them. Unfortunately, contact with them was eventually lost, and he had not spoken with them in over twenty years.

Before I left for this trip, my father gave me an old letter that they had written to him. I took a leap of faith, trekked to Leslie, and found their address. I had the greatest privilege of meeting the wife of the couple. She is in her nineties now, and we were able to converse for an hour. Afterwards, I walked to the cemetery to see the graves of my ancestors.

Other than my amazing trek to the little village, the experience here in Scotland is awesome. I have toured through the Holyrood Palace, St. Giles

Cathedral, and walked through the famous and lush Holyrood Park. In that park is one of my favorite places in the city, Arthur's Seat. It is the highest point in Edinburgh, and from there you can overlook the city, the countryside, the Firth of Forth, and the distant land across the sea inlet.

The two classes are also going well. I love the subject matter (Enlightenment, Revolution, and Romanticism in Edinburgh), and it is even cooler being in the city where that history has taken place. On the streets, I can see statues dedicated to the philosophers that we are learning about in class and in our readings.

I hope this letter helps paint a picture of my Scottish adventure thus far. I thank you again for your support.

*Daniel Byrne*

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**Gifts:** We thank **Nona Crampton** for two thoughtful donations: one made in memory of **Betty Shor**, with whom Nona used to pair up as a volunteer in the Resale Shop; the other designated to the *David Crowne Scholarship*.

## Edinburgh

I would like to start off by saying again how thankful I am to the Friends of the International Center for making this Global Seminar experience possible for me.

Time flies when you are having fun. The two weeks I've been here have been nothing short of spectacular. Being able to immerse yourself in a new culture, in a new place, is absolutely refreshing. So far, I have tried two traditional Scottish specialties. The first one is *haggis*, which is seasoned minced meat and traditionally eaten with neeps and tatties (turnips and potatoes). The second is *bangers and mash*, which is sausage and mashed potatoes. Both dishes are delicious.

Edinburgh is a great walking city. The grocery store is less than five minutes away from our flat, and the Castle is only a 15-minute walk away.

I am already starting to feel sad thinking about leaving this wonderful place, but I am so happy that I got this once-in-a-lifetime experience. It's all about the journey, not the destination.

*Tasha Saengo*  
Public Law major

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## Programs Abroad EXPO

—by Jay Minert, Director, Outreach & Academic Integration

Don't miss the Programs Abroad *Expo* on Monday, October 27, 2014, when international study program representatives will meet with students, faculty, and community members. In its 29<sup>th</sup> year, the annual fair will be held from 11 a.m. to 3 p.m. in Price Center Ballroom West. The purpose of *Expo* is to increase awareness of international opportunities in general, as well as to provide students and community members with specific information about the many overseas study, volunteer, work, and internship programs available. UC San Diego's *Expo* is one of many study-abroad fairs being held this fall on campuses throughout California.

Exhibitors represent a wide range of study abroad opportunities sponsored by the United States and foreign universities. These include, among others, Arcadia University, the American Institute for Foreign Study (AIFS), Centers for Academic Programs Abroad (CAPA), the Danish Institute for Study Abroad (DIS), International Studies Abroad (ISA), GlobalLinks Learning Abroad, and the UC Education Abroad Program (EAP). Intensive language and special internship programs will be represented, along with opportunities for paid and volunteer overseas work.

For further information, call *Expo* coordinator **Sheri Liebovich** at (858) 534-1123.



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