



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

Volume XLII, No. 3

November 2014

## President's Message

With the impending holidays and the many friends and family-filled gatherings each of us will attend, addressing the Friends mission of hospitality is especially timely.

The dictionary defines hospitality as *the reception and treatment of guests or strangers in a warm, friendly, generous way*. Even the most casual of visitor to a Friends program quickly picks up on the warmth our volunteers and participants exude. As **Jennie Chin** shared: "Friends is a unique organization providing acceptance to everyone who comes to our programs. The welcome and concern for each person is extended to the one-time visitor and to the frequent participant equally without regard for length of stay, commitment, or English level proficiency."

One of the joys of my job is hearing our attendees' frequent accolades for the Friends friendliness and hospitality. Many attendees express surprise that sincere interest is taken in them; this interest is not only welcome and appreciated, but is often their first time experiencing such a nurturing relationship.

**Natalie Ania**, from England, recently opined that the Friends is a unique organization and

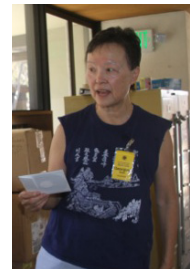
expressed her gratitude for the programs we operate, for providing her a new circle of friends, and a sense of belonging. (Natalie now volunteers in the Resale Shop.) When **Junko Nomura**, from Japan, attended her final International Cooking Experience, she broke down in tears because she was so sad to be leaving her Friends family; she subsequently wrote me, thanking me for the kindness bestowed upon her and her family concluding with: "I never, never, never forget International Center."

Lest you think that our hospitality is reserved for our international visitors, I was recently reminded of the impact our spirit of hospitality has on everyone, including our local community members. Two members, **Susan Burke** and **Cindy Tozer**, both shared that their choice to volunteer was heavily influenced by the immediate sense of welcome hospitality they experienced—disclosing, "who would not want to be around extraordinary people?" Indeed, who wouldn't?

## Many Pitch In to Help with the Office Move



Lou Adamo sets up the computer in Friends new upstairs office



Georgina Sham



Nancy Homeyer and Joan Adamo

I end this column by thanking Dean **Kirk Simmons** and IFSO Director, **Roark Miller**, for their gracious hospitality in opening up not only one, but two doors for the Friends new offices. And, many thanks to the members of the Office Relocation Committee for enabling us to be back to business as usual in such short time.

Wishing everyone a Happy Thanksgiving and hoping you will share some holiday hospitality spirit with the Friends!

*Katya Newmark*  
presFIC@ucsd.edu

# Friends of the International Center Board of Directors, 2014-2015

\* designates Executive Committee

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International Cooking Experience	Jennie Chin	enjien1@hotmail.com
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Knit-Along	Jennie Chin	enjien1@hotmail.com
Resale Shop	Marion Spors	marispors@yahoo.com
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Wednesday Coffee	Georgina Sham	gbsham@gmail.com
International Kitchen	Georgina Sham	gbsham@gmail.com
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Sports	Judith Muñoz	jtm722@gmail.com
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Programs Abroad Office (PAO)	Kelly O'Sullivan	kosullivan@ucsd.edu
Campus Support Group Advisor	Corinne Cramer	ccramer@ucsd.edu



## HOLIDAY LUNCH

The Friends will again be enjoying a festive lunch at the International Center in celebration of the holidays. We will gather in the dining room on Tuesday, December 9, at noon, to enjoy a tasty meal and conversation among Friends and staff members from the Center. Scholarship recipients will be at the lunch to share some thoughts with us about their experiences. Door prizes will be featured.

There will be no charge for the lunch, prepared by **Bekker's Catering** and organized by International Café Coordinator, **Martin Lahtov**, and we send our thanks to Dean **Kirk Simmons** for funding the luncheon for Friends and Staff alike. Your generosity is very much appreciated by all.

Join us for this joyous occasion! Please make your reservation no later than by Wednesday, December 3. We emphasize that this is a firm deadline, and reservations made thereafter or walk-ins cannot be accommodated.

*Barbara Fitzsimmons*

**HOLIDAY LUNCH**  
FOR FRIENDS  
VOLUNTEERS AND  
I-CENTER STAFF

**Tuesday, December 9, Noon**  
**International Center**

\*\*\*

**Make Your Reservation**  
**by Wednesday, December 3**  
by contacting  
**Elizabeth Marti** at  
**kurtmarti@sbcglobal.net**  
or **858-755-1408**

**Donations:** We thank the following for their thoughtful donations: **Vasanthi & Arkal Shenoy**, **Ellen Warren Scott**, **Maxine Bloor** ("to honor the memory of **Estelle Shabetai**"), and **Alma & Bill Coles**, who made their donation also in memory of **Estelle Shabetai**, and made a second gift in memory of **Prof. Freeman Gilbert**.

### November Calendar

- Nov. 4: **Board Meeting**, 10:00
- Nov. 4, 18, 25: **Knit-Along**, 1:00-4:00
- Nov. 5, 19: **Family Orientation**, 9:15
- Nov. 5, 12, 19, 26: **Wednesday Morning Coffee**, 10:00-Noon
- Nov. 5, 12, 19, 26: **Gus' Table**, 10:00-Noon
- Nov. 7, 14, 21: **Chat 'n Chew**, 10:00-Noon
- Nov. 11: **Veterans Day**
- Nov. 13: **Int'l Cooking Experience**, 9:30-1:00
- Nov. 19: **International Kitchen** lunch, Noon
- Nov. 19: **Int'l Education Week Fashion Festival**, 1:00
- Nov. 22: **Friends Dinner Social**, 6:00
- Nov. 27: **Thanksgiving**

## Wednesday Coffee

With current leaders **Uhood Al-Ali**, a native of Saudi Arabia, and **Cheryl Garrett**, most recently from Texas, an adjunct ESL professor at San Diego State University and wife of **Doug Shriner**, plus **Alice-Blake Stalker**, Mommy/Daddy & Me is in good hands. The playgroup has a sizable enrollment in both classes, with parents coming from diverse countries, including China, Iran, Japan, Korea, Saudi Arabia, and Slovakia.

Coffee Coordinator **Georgina Sham** has arranged these special projects:

- Nov. 5: *Make autumn wreaths* with **Keiko Hirai**.
- Nov. 12: *Sew stuffed animals*.
- Nov. 19: *Thanksgiving meal preparation*. Lunch at noon; cost: \$5 per person.
- Nov. 26: *Sew stuffed animals*. This will be the final day for this months-long activity. We will work hard to complete all the animals we need to give to the children at our Wednesday Coffee Holiday Party on December 10.

## Membership

We welcome as new Friends members **Audrey Leriche** and her husband, **Geoffray Leriche**, a postdoctoral scholar in UCSD's Department of Chemistry and Biochemistry, both from France. Audrey has already been very active volunteering at the Center, most importantly coordinating the Friends Dinner Socials (see pp. 4-5). More recently, Audrey has also assumed a vital role in the Family Orientation program, where she can speak directly to our international visitors about issues of their concern.

We regret to announce the death, in early October, at the age of 94, of life member **Matilde Saslow**. Mati, a native of Chile, was an English-in-Action tutor and a Friday Café volunteer for many years. Said **Kathy Hodges**: "She enjoyed friendship more than anyone I know and became true friends with UCSD visitors from all over the world." We extend our sympathy to her daughter, **Gloria Koch**.

Photographs by Katya Newmark



Caroline Molino, Justine Desan, and Susan Burke separating coriander leaves



Danya Costello holding centerpieces of handmade elephant & bird decorations



Richard Chim carrying chicken



Nancy Homeyer offering drinks



Holly Belasco



Ankit Baid



Siddhartha Nath (in striped shirt) with some of his music students and members of UCSD's Association of Indian Graduate Students



Justin Costello serving soup



Tashu Malik, Katya Newmark, and Audrey Leriche in their Indian finery



A few of our 97 guests

## Good Food, Good Music, Good Feel

For a night, the Friends Dinner Social seized Indian magic. That Saturday, September 20th, the weather turned absolutely perfect for a cool dinner outside, as if that night was meant for an Indian Summer party. It belonged to our trio, **Katya Newmark**, **Tashu Malik** and me (**Audrey Leriche**), to give to the International Center patio the look and spirit of India. Tables were dressed with vibrant red tablecloths. Along with Katya, **Dagmar Bocakova** brought to the team her artistic talents to creating beautiful centerpieces that had psychedelic elephants and birds wandering among greenery. To create a spiritual atmosphere, Indian artifacts were borrowed from the Resale Shop (you may want to check out the carved wooden ganesha bookends), and the stage was decked out with rugs and lamps to welcome the musical performers.

Such was the setting for our Indian tale that really came to life once our 97 guests entered the scene. We hosted a nice mix of guests: 30 members of the Friends, 47 UCSD international students/postdocs, and 20 members of the community. It was a delight to see the motto of the Friends Social Dinner “bring your friends and come to make friends” come true! And what is best but to share a moment of friendship over a good meal?

Thanks to our superb team of volunteers and the exceptional guidance of Tashu, the menu kept all its promises. The ballet of the service started with a choice of delicious Mulligatawny or Cream of Tomato Soup brought to the table. Table discussions were animated; the atmosphere was relaxed and festive. When the buffet opened, it was for an explosion of flavors on the plate. The Vegetable Biryani, a wonderful mixed rice dish with green beans, cauliflower, carrots, and potatoes was served with Chicken Tikka Masala or Paneer Tikka Masala for the many vegetarians. An Indian Summer Salad made of carrots, zucchini, pink radishes, and mint completed the plate, and provided not only a beautiful set of colors, but also refreshing flavors. Then, it was time for dessert and music. Just enough time to grab a piece of Coconut Burfi on its bed of Mango Purée, and then the magic began.

**Siddhartha Nath** and his musicians started their live performance with a lengthy raga that took the audience into a contemplative state. The mood crescendoed from classical Indian music to popular music of

*Friends Dinner Social #6:  
SoCal Winter Wonderland  
Saturday, November 22 at 6:00 p.m.*

Bollywood. The grand finale was Jai Ho, the Oscar-winning song from the movie *Slumdog Millionaire*, which was received by wild cheers and applause from the audience. We are most grateful to the musicians, many of them members of the UCSD Association of Indian Graduate Students, for providing the wonderful entertainment free of charge!

The Indian Summer party was a fantastic success—by far our record-breaking evening. This success has to be dedicated to all the volunteers who created such a fantastic event in such a friendly and joyful spirit: **Ankit Baid, Arkal Shenoy, Bill Homeyer, Caroline Molino, Cat Hare, Cindy Tozer, Dagmar Bocakova, Danya Costello, Elisa Postila, Holly Belasco, Justin Costello, Justine Desan, Madhvi Acharya, Mariko Usui, Mira Vendler, Nancy Homeyer, Nori Faer, Padma Dolma, Richard Chim, Ruth Newmark, Sascha Duttke, and Susan Burke.** A special note of thanks go to **Miramar Cash & Carry** for their very generous donation of Indian groceries.



It is already time to think about the next Friends Social Dinner. Join the fun of a SoCal Winter Wonderland-themed party on Saturday, November 22. Entering the holiday's season, this dinner will be hosted in a family-friendly welcoming style. Be prepared to expe-

rience the winter magic around a menu that combines hearty food with California influences. Feel free to dress in your favorite winter blue and arctic white attire and to prepare your best songs to sing along!

Our 5<sup>th</sup> Friends Dinner Social was a sell-out, so don't delay in making your reservations (see registration form on p.11). I am truly looking forward to meeting you all in the warmth of our San Diego winter.

*Audrey Leriche*

## Resale Shop to Participate in Fashion Festival

—by *Marion Spors*

We started decorating for Halloween and also have a few fun costumes available, and are hoping for a great holiday season at the Resale Shop.

We are welcoming an awesome team of local and international volunteers, both seasoned and new, who make every-day life at the Resale Shop fun and interesting. We are blessed to have a group of very talented and accomplished volunteers from the U.S., China, Japan, India, Brazil, England, France, and Germany, who share not only their creative juices but also their cultural heritage with us. Every day we find ourselves participating in cross-cultural learning. For some Halloween and Thanksgiving is a new experience; we, in turn, learn about holidays, customs, and traditions of our friends' countries of origin.

We are delighted to announce that during UCSD's celebration of International Education Week (Nov.17-21), we will help with and participate in the Fashion Festival, highlighting traditional fashions from around the world. The event will be held in the International Center courtyard on Wednesday, November 19, at 1:00 p.m., and promises to be a great show. All of us at the Resale Shop are looking forward to working with **Martin Lahtov** and his team, and to sharing some of our many cultural traditions and fashions during the fashion festival, while spotlighting the Friends of the International Center and the Resale Shop.

Also, we are in need of gently used men's clothing, and welcome receiving holiday-related merchandise. Our Shop hours are: Monday to Friday, 10:00 a.m. to 3:30 p.m.

## MENU

Squirrel's Hoard:  
Mixed Nuts

Snow Summit Soup w. Cheesy  
Snowboards:

Leek & Potato Soup w. Crostini

Kaleifornia Stew:

Sausage, Beans, Kale Stew or  
Vegetarian Stew

Death Valley Veggies:

Roasted Root Vegetables

Winter Crunch Salad:

Winter Greens, Apples, Celery,  
Walnuts

S'mores Pie:

Chocolate Pie w. Marshmallow  
Topping



Marion Spors and Renate  
Schmid-Schoenbein



Katya Newmark and  
Ruth Newmark

## Annual Dinner and Undergraduate Scholarship Awards

—by Ruth Newmark

Photos by Stuart Smith, Carol Smith, and Katya Newmark

Memories of the pleasant atmosphere and good will linger on for months after the Friends Annual Dinner. Nonetheless, evaluations and critiques are taken seriously and noted carefully, so that the subsequent dinner may be better yet. A major challenge has been how to keep the food warm so that meat doesn't dry out and how to get the plates to the tables in time. But all in all, we received so many complimentary comments on our May 20 event that we have reason to be pleased.

*Congratulations to everyone on pulling off another successful FIC annual meeting and outstanding dinner celebration of the students who were honored in receiving our scholarships. In my view, last night was the best ever and the happiness was shared by all attending.* —**Kristine Kneib**

*I just wanted to take the time to thank you for this scholarship presented tonight at the lovely Friends of the International Center Annual Dinner. This scholarship will help me tremendously as I prepare to embark on this once-in-a-lifetime opportunity in Australia, and I am just so grateful for all the support.* —**Nicole Loo**, PAO scholarship recipient

*The Friends can definitely count on participation from PAO staff this year. The Scholarship Dinner is a wonderful event that I know many of our staff look forward to each year. We so appreciate seeing all the hard work the Friends Scholarship Committee does come to fruition at this event with the presence of the students (who are also very appreciative!).* —**Kelly O'Sullivan**, Director, Programs Abroad Office

*Thank you so much for granting me this scholarship to travel to Singapore. But what you gave me was much more than a scholarship—it's an opportunity to learn about myself and other cultures and gain an education. As such, you have granted me the ability not just to improve myself but for me to gain access to making a difference in the world. For that I give an eternal amount of thank-yous.* —**Astrid Hsu**, PAO scholarship recipient

*It was a wonderful evening all around.*—**Kirk E. Simmons**, Dean, International Center

Attendance of Friends scholarship recipients was fantastic this year; no doubt the welcoming last-minute reminder that event chair, **Vivian Lodes**, sent out had something to do with this. Even those who originally had conflicts were able to change their schedule so that they could attend the dinner. Understandably missing were our two winter scholarship recipients, **Iliana Gutierrez**

and **Megan Machamer**, who were already studying in England, and our IR/PS scholar working in Mongolia. The latter sent a nice e-mail from which I quote:

*Here in Mongolia things are well, but still quite cold. We just experienced blizzard like conditions in the middle of May, which apparently isn't that unusual. I've met with a few of my Mongolian colleagues and we have had some exciting discussions about our summer work, so I would like to thank you again for your kind and generous support which will allow me to further my stay and hone my skills while also making a small contribution to Mongolia's future.* —**Chris McCarthy**, Master of Pacific International Affairs (MPIA) candidate

A small group of the Friends Scholarship Committee worked especially hard this year, in part because many committee members were traveling this spring, but also because undergraduate applications were now available online, however in a format so difficult to navigate that we requested hard copies. It was clear to us that the software program also was hard to use for students, since a fair number did not apply for all the different scholarships for which they were eligible.

Undeterred, we read close to 200 undergraduate applications, first selecting the 24 recipients of Friends scholarships and the 7 recipients of study abroad scholarships endowed by **Gail Fliesbach**, **Ernest Mort**, and **Kwan & Marion So**. Requirements for these two types of scholarships are virtually identical, which makes the process relatively simple.

More complicated was selecting the additional circa 20 Programs Abroad Office scholarship recipients, because there was considerable application overlap,



Stuart Smith



Carol Smith

even though the prerequisite for a PAO scholarship (minimum 3.0 GPA) differs slightly from that for a Friends scholarship (minimum 3.3 GPA).

Commented **Ann Klein**, Director of Financial Aid Office, about the increase to individual *undergraduate* awards: "We are all so very appreciative of the support from the Friends, and I especially value our partnership. It is wonderful to see the awards at the \$1,500 level. This truly helps students."

To our surprise, we noted a significant number of undergraduates majoring in science and engineering among this year's scholarship applicants. As a corollary, there were far more Revelle College students planning to study abroad than we were used to seeing. Clearly someone is doing a fine job of pointing out that study abroad need not extend the normal time period for graduation.

Those of us who serve on the Scholarship Committee find our task highly informative and fulfilling. **Marjorie Jackson** is not alone in saying: "Thank you for putting me on the Committee. I find it one of my most worthwhile activities."

In this issue, as well as in the September and October *Newsletters*, you have read a considerable amount about our Scholarship Awards Ceremony and seen photos that reveal the scope of the event. My sincere thanks to **Stuart Smith**, **Carol Smith**, and **Katya Newmark** for providing us with many illustrative photos.

In response to **Kristine Kneib's** efforts, the Friends Scholarship program received some nice publicity in the July 31 issue of the *La Jolla Light*.

I will conclude here with listing the recipients of Friends *undergraduate* scholarships, their study abroad program, destination, and college.

### Undergraduates Studying Abroad on Global Seminars (GS)

**Daniel Byrne**, Scotland, Revelle College

**Tasha Saengo**, Scotland, Revelle College



Daniel Byrne, Tasha Saengo



Orysa Stus

### Undergraduates Studying Abroad on Opportunities Abroad Programs (OAP)

**Orysa Stus**, Germany, John Muir College

**Megan Machamer**, England, Sixth College

### Undergraduates Studying Abroad on Education Abroad Programs (EAP)

**Lorena Castellanos**, France, Warren College

**Erin Chan**, Ireland, Eleanor Roosevelt College

**Aninda Chowdhury**, Turkey, Marshall College

**Kaiyue Deng**, Singapore, Warren College

**Zhuyu Guo**, Scotland, Eleanor Roosevelt College

**Iliana Gutierrez**, England, Revelle College

**Thejas Kamath**, France, Warren College

**Christian Koguchi**, Japan, Warren College

**Kathie Le**, Korea, Revelle College

**James Lui**, England, Revelle College

**James McGuirk**, France, Warren

**Harry Ng**, Sweden, Warren College

**Tran Nguyen**, England, Marshall College

**Alan Puah**, Chile, Eleanor Roosevelt College

**Varanon Pukasamsombut**, Japan, Sixth College

**Madison Vanworth**, Australia, Marshall College

**Evelyna Vartanians**, England, John Muir College

**Wai Wong**, France, Eleanor Roosevelt College

**Sunny Young**, Netherlands, Muir College

**Yue-Yi (Tammy) Zang**, England, Sixth College



Friends EAP scholarship recipients

**Friends of the International Center  
made 44 scholarship awards  
totaling \$76,000 in 2013-14.  
Our goal for 2014-15 is \$100,000!**

Photographs by Jennie Chin



Participants in the September cooking class with Vietnamese spring rolls on the counter



Chinese Potstickers



Thai soup



Mango pudding

## Hospitality @ Home

—by Karen Davis

Hospitality @ Home had its first hosted event of the new academic year in September. One of our members opened her home to a couple from Denmark. The couple came for dinner and enjoyed not only a meal, but also lively conversation. In fact, the couple was a little worried that they might have stayed too long, as they said in a thank-you note in which they also expressed how much the warm reception meant to them.

We have made a few more matches where the parties are now working out how and when they will get together. I'll let you know interesting tidbits from these get-togethers as the year goes on.

If the idea of hosting an international visitor in your home interests you, please e-mail me, **Karen Davis**, at [ksndavis28@gmail.com](mailto:ksndavis28@gmail.com).

The format is your choice, and I will make every attempt to find guests who match your hosting abilities: coffee, tea, lunch, dinner, BBQ, dessert, you name it! Contact me and let's start a plan.

## International Cooking Experience

—by Jennie Chin

A theme of the International Cooking Experience sessions is the communal atmosphere at each gathering. The sharing is from start to finish, and it is all very much hands-on. We want everyone to have the opportunity to share in the process, and want their experiences to be positive and enjoyable. It is a tight fit in the International Center kitchen with at least 15 people and sometimes many more, and it is a credit to the Friends welcoming philosophy that everyone goes out of her way to make newcomers feel comfortable. It is a joy to observe how everyone works to share in a multitude of tasks: in the flurry of picture taking, "selfies," the swapping of e-mail addresses at the end of each session, and always with the sound of laughter.

Much credit is due to our creative duo, **Mary Woo** and **Keiko Hirai**, who work hard to find interesting recipes and easy-to-cook, multi-ethnic dishes. Keiko has the added work/bonus of bringing her little daughter, **Yuki**, who so patiently sits in her toddler seat and watches from the sidelines. Little Yuki has developed a devoted following of international "aunties," with a sprinkling or two of "uncles" as well.

Our participants also contribute to the program's success in that several have offered to cook recipes from their own country. We have had meals from Iran, Mexico, Chile, Japan, Korea, and India. In November we hope to do a French meal, under the tutelage of one of our new participants, **Alicia Boutonnet**, from France.

Earlier this year, Mary Woo was kind enough to open her home for a potluck luncheon with the participants, and the dishes were wonderful. It is always fascinating to see the similarities in our dishes, despite our differences in language and culture.

As volunteers, Mary, Keiko, and I are in the unique position to be able to open a doorway to enable these gatherings, and we can count ourselves very lucky indeed to be a participant as well.



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# SCHOLARSHIP LETTERS

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Dear Friends of the International Center,

Thank you so much for your financial support of my educational endeavors with the Cachamsi (Cacha Medical Spanish Institute) program in Riobamba, Ecuador during April 2014. This was an unparalleled experience in which I was able to have an intimate experience with the language and culture of Ecuador, both in the city of Riobamba and the rural communities of the indigenous people of Cacha.



Every morning during the week I worked with doctor **Sandra Campos** in the Centro de Salud medical clinic, where I was able to observe and practice skills in listening and speaking medical Spanish. I saw patients of all ages, including newborns only a few days old, children, parents, and elderly. From these visits, I was able to see how sanitation or lack thereof was an integral part of health in this community. For example, infection from parasites was a much more common occurrence here compared to the United States. Ash from the increased activity of the nearby volcano, Tungurahua, caused more children to seek care due to its effects on respiratory health. Lack of access to a doctor caused a newborn to become very dehydrated and jaundiced secondary to poor feeding and follow-up, necessitating an ambulance trip to the emergency department.

During these visits, I was able to begin to practice communicating

with and educating patients regarding their medical concerns and return precautions—something that I was not able to do prior to this trip. In addition, I was able to see incredible efforts of the local government and community sponsors to encourage healthy habits in its citizens, such as smoking cessation campaigns and offering twice-daily, low-cost Zumba fitness classes, some classes of which I was able to be a participant in!

In the afternoons my classmates and I had medical Spanish classes, where we learned both grammar and vocabulary that would be useful in the clinical setting. Although I still have much to learn, I feel that this experience gave me excellent tools to continue augmenting my knowledge of the Spanish language to provide my patients with culturally sensitive health care.

In addition to working with Dra. Campos in Riobamba, I was exposed to the indigenous people of Cacha and learned about their customs and livelihood: their staple crops, herds, and various herbs and traditions used for medicinal purposes.

Other cultural excursions happened on weekends when I was able to travel to nearby cities and towns, including Baños, Cuenca, and Quito. Baños de Agua Santa, a town at the northern foothills of Tungurahua, is known for its thermal baths, as well as kayaking, hiking, and various other attractions. Cuenca was remarkable for its historic landmarks and charm, while the capital, Quito, was an interesting mix of both modern urban high-rises and historic monuments. Outside of the city, I was able to marvel being on the earth's equator at the monument, La Mitad del Mundo. During one of the weekends, it was both Easter weekend as well as founder's

day of Riobamba, so there were multitudes of street parades featuring local churches, school children, and community groups. These were wonderful ways to experience both the culture and pride of the community.

I am excited and privileged to be now in a family medicine residency program where I can continue to learn and practice Spanish with my patients. Thank you so much for giving me this incredible opportunity to connect with the international community both abroad and close to home.,

*Karen Law, M.D.*

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## **Korea: Study Abroad Recap**

Remember my scholarship essay and that mention of sharing knowledge and giving back to the community? And my determination to have fun—playing in the monsoon, eating delicious street food, exploring Seoul, and watching the sunrise? Thanks to the scholarship provided to me by the Friends, I got to do all of that!

I took three classes at Yonsei University: Korean Wave, Korean Language, and Korean Economic Growth. At first I thought it was going to be tough to balance the three, especially because we had class every day from 9 a.m. to 6 p.m. I was on the verge of giving up. But from every class I made so many friends and learned so much about their home country and how it shaped them—no way was I ready to give that up! However, it took much personal growth and maturity to overcome the challenge. Eventually, I learned how to better manage my time effectively and to prioritize my schedule accordingly.

Meeting people was easy because everyone struggled together. We soon bonded and wanted to do

activities together. One day, for example, before we had to discuss our Korean Wave class project, some of us went out for fried chicken. Through that, I learned from my classmates that different cultures had very different perspectives on work ethics. It taught me that Korea's education system is much more rigid than America's education system, in that America focuses more on the "why" in learning things while Korea focuses on the "what." Some of my new friends were from countries other than Korea—New Zealand, Singapore, the U.K, and more. They had their own take on work ethics and their country's education system.

I gradually became able to comfortably tell others about my own background and values. I'm a low-income student who is on a tight budget. People respected that and were willing to find ways to be inclusive to everyone. Being a student who has little to no international experience, I felt genuinely cared for, and that in turn allowed me to develop my understanding of people of different backgrounds.

One of my main goals of this study-abroad experience was to make lots and lots of friends, but I took away much more than just that. I grew in my soft skills: my ability to manage my time and priorities. Besides, I had so much fun playing in the monsoon (unfortunately, breaking my friend's umbrella); eating so much good food that I cannot possibly describe it in words but would have to do so by pictures; not to mention that, on our last day together, I was able to watch the sun rise with my closest friends at Yonsei.

I am so thankful to have been able to embark on this journey and would definitely encourage others to do the same.

*Kathie Le*

Revelle College, International Studies—Economics major

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*A recipient of a 2013-14 Friends scholarship, Matthew Cappiello did not make use of this scholarship until his final quarter of study at UC San Diego, when he did his international rotation in Moputo, the capital and largest city in Mozambique. This explains his somewhat delayed letter, to which Matt attached "a description of my experiences in Maputo, which serves as both a written report as well as a study description for the Universidade Eduardo Mondlane School of Medicine." Regretfully, this rather technical study "Environmental and Drinking Water Gastrointestinal Pathogens in Infulene River Valley Neighborhoods in Maputo, Mozambique" is not suited for inclusion here. We wish Matt well in his new position as a full-fledged medical doctor. — Scholarship Committee Chair*

Hi Ruth and Dr. Kelly,

I apologize deeply for this long-delayed e-mail. The initial few months of my residency program were front-loaded with inpatient wards and dialysis unit rotations—and at LA County General Hospital, hospital wards are not for the faint of heart!

My project related to GI pathogens in the estuarine regions residing immediately outside of Maputo City proper, especially *Vibrio* species that can cause cholera outbreaks. I was particularly concerned that in the setting of large climatologic as well as "big agriculture" changes throughout Maputo, we might see increased prevalence of cholera outbreaks in coming decades throughout the metropolitan area. This project will hopefully serve as a pilot study for future identification of "high-risk" zones for cholera outbreaks in Maputo, especially areas with increasing mechanized agriculture as well as disaster-prone regions.

I plan to visit Maputo again during residency, and I hope to expand this project to include more residents and medical students, as well as multidisciplinary collaborations, in the future.

Again, thank you very much for this amazing opportunity prior to residency. I really do feel that it has impacted my outlook on global health, which will have a big impact in the coming years. Deepest thanks for everything.

*Matt Cappiello*

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*Jeffrey Le and I have been corresponding off and on since 2004, when Jeff received a Friends scholarship to study in Ghana. Although I no longer have ready access to previous exchanges, I recall that upon graduation, Jeff went to Washington, DC, joined the Foreign Service and was stationed for a period in Georgia and Romania. He earned a master's degree at the Central European University in Budapest, Hungary, and attended a high-powered conference in Copenhagen (it may well have been the UN conference on climate control). For a few years, he worked with an NGO in our national capital, among other things, observing elections all over the former Soviet Union and Eastern Europe. In 2010, he accepted what sounded to me as an extremely dangerous job in Kabul*

*with a non-profit that worked with the U.S. Military and International Forces in helping with road construction all around Afghanistan. Security grossly limited his access to what had become a serious passion: marathon running. This was followed by a job with Global Rights, a human rights group that works with marginalized populations.*

*In September, Jeff wrote:*

Hi Ruth,

I know it's been ages but wanted to say hi and hear how you and everyone is doing back in San Diego. The big news on my end is after ten years I have moved back to California and now work in Sacramento for **Governor Brown** handling external and international affairs for the state. Please send everyone my greetings!

# Friends Dinner Social: Southern California Winter Wonderland

## Saturday, November 22, 2014 at 6:00 p.m.

Please complete this form and enclose a check, made payable to the Friends of the International Center. Send to Friends Dinner Social Chair, c/o Friends of the International Center, UCSD International Center 0018, 9500 Gilman Drive, La Jolla, CA 92093-0018; alternately, you may leave payment at the Friends Resale Shop, M-F, 10 am-3 pm. **Reservations must be received by Monday, November 17, 2014**

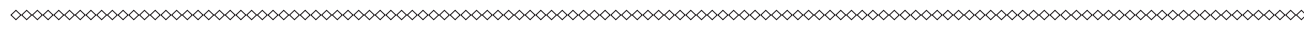
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