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



# *Newsletter*

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Volume XXXIX No. 7

March 2012

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## President's Message

March—we “spring forward” into Daylight Saving Time, into the *new* spring bloom of our beautiful native wildflowers, and into some *new* Friends initiatives.

✔ Thanks to the creative initiative of **Jennie Chin** and **Judy Bavasi**, you will hear knitting needles clicking and happy visitors chattering on Tuesday afternoons at the Center in a *new* **Knit-Along** group. Judy prepares a series of weekly questions for discussion and practicing English, so the Knit-Along is also a wonderful icebreaker crossing cultures (see p. 5).

✔ Another *new* project, just getting off the ground, is an opportunity to drive UCSD international students to local schools where they share their culture in classrooms. **Barbara Fitzsimmons** responded to the first request, taking a Chinese student to a 7<sup>th</sup> grade class at Pacific Beach Middle School to answer questions and demonstrate how to write Chinese characters. A short time commitment, a new friend, and lots of fun!

✔ I hope you have received your *new* **Friends 2012 Directory and Handbook**. Its new format will help us to update the Directory annually instead of every 2 or 3 years, as in the past. Thanks to **Renate Schmid-Schoenbein**, **Ruth Newmark**, and **Carol Smith**.

✔ With our focus on membership growth this year, I have worked hard on explaining who we are, and what we do. As a service organization in partnership with the International Center, we are different from many other groups vying for our attention. Instead of monthly meetings, speakers, interest groups, etc., all Friends activities connect directly to our mission: **hospitality, scholarships, and international community**. All membership dues contribute to these goals, while our active volunteers have fun keeping our programs going and responding to new needs. I invite every new member to visit one or more of our activities with me to see what goes on, and meet the international visitors and volunteers who make them work. See our website for more information about the **Resale Shop**, **Wednesday Morning Coffee**, the **International Cafés** on Fridays, and more: <http://icenter.ucsd.edu/friends>. Check us out!

✔ Finally, let's have another big round of applause for **Liz and Chris Wills** for our very successful Chinese New Year Banquet and Guyana program on January 21<sup>st</sup>. The evening's proceeds will fund a few more scholarships this year.

*Joan Adamo*

### *Chinese New Year Dinner*



Lou and Joan Adamo



Ruth Newmark, Barbara Fitzsimmons, and Lynn Anderson shown under Friends sign: “Support International Education at UC San Diego, Join Now!”



Bill and Nancy Homeyer

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Crouching Dragon: lobster with tempura shrimp, avocado, and cucumber



Volunteer chefs Clara Wang, Jimmy Chen, Peggy Cheong, and Theresa Song take a moment to accept applause



Blossoming Lotus: diced shrimp with bamboo shoots, black mushrooms, water chestnuts in a lettuce cup

## The Year of the Dragon

—by *Liz Fong Wills*

Last year, to celebrate the Year of the Rabbit, professional chef **Jimmy Chen** made rabbits out of prawns. This year, for the Year of the Dragon, Jimmy made dragons out of lobsters (see photo). All thirteen tables had one of these spectacular and delectable creations.

Jimmy is a friend of **Theresa Song** and **Peggy Cheong**, who, with the assistance of Jimmy's wife **Rita Hsia** and **Clara Wang**, have been helping to put on the Friends annual Chinese New Year's banquet/fundraiser for the past ten years. This is almost a full Buddhist cycle of twelve years! Although they have no connection to the International Center or UC San Diego, they generously volunteer their time despite their very busy schedules as realtor (Peggy), mortgage broker (Theresa), professional chef and caterer (Jimmy), and teacher of Chinese cooking at the Escondido Adult School (Clara). We are most grateful for this last decade during which their skills and enthusiasm have made the Friends Chinese New Year dinners such a wonderful event, and we hope that they will be with us for many Buddhist cycles of years to come!

Jimmy is also a personal chef, and he may be reached at (858) 610-8882, if you would like some of his wonderful food for a party or an event.

Many other volunteers contributed to raising funds for Friends international scholarships. Helpers in the



Dan and June Allen

kitchen were: **Lanna Cheng**, **Jennie Chin**, **Keiko Hirai**, **Marjorie Jackson**, **Viki Stathopoulos**, **Miracema Ueyoshi**, **Mira Vandler**, **Kathy Wong**, and **Ginny Young**. My husband, **Chris Wills**, entertained us after dinner with photos of Guyana taken during our recent trip to this former British colony. **Georgina Sham** was in charge of programs and nametags; **Alma Coles** provided flowers and plants for table decorations, artfully incorporating these with bamboo from **Betty Shor's** garden; **Eleanor tum Suden** welcomed and checked in our many guests.

Having scholarship recipients speak was a brilliant idea, and I think that we should do it at every fundraiser from now on.

And to our 111 paid guests, a big thank-you for your support!





An overflow of guests that included Chris Wills, our featured speaker, was seated happily in the Oceanids Ellen Revelle Pavilion

### *It was the best Chinese New Year Dinner yet!*

To Liz's account, I would like to add that the three invited Friends Scholarship recipients lent a special mood to the festivities. **Jessica Chuang**, a medical student, spoke about her time spent in Taiwan working on a project dealing with autistic children; **Mandy Wong** told us about her summer as a Global Seminar participant studying Chinese art history in Shanghai; and **Danwei Huang**, an international student from Singapore and doctoral candidate at SIO, gave us an insight into his work on coral reefs and thanked the Friends for his two Friends Scholarships. Like others, President **Joan Adamo** reported: "I've heard many positive comments about how much people like to hear from our students. It helps to make scholarship fundraising 'real'." The students, in turn, expressed how much they enjoyed celebrating Chinese New Year with us.

Our gratitude to **Chris Wills** for his illuminating cultural presentation on Guyana that included depictions of fierce-looking black caimans and other stunning photographs of this still mostly-undeveloped land. Our thanks to **Liz Wills** for shopping (she won't talk of her experience of buying the live lobsters on the day of the dinner, but says that she is not likely to eat another lobster soon), chasing around for extra dishes, brewing the many pots of chrysanthemum tea, handling reservations, and making her customary skillful seating arrangements, but—most of all—for bringing this celebration to fruition! And our thanks to **Carol Smith** and **Candace Kohl** for their pictorial documentation of the event (see pp. 1-3).

In closing, I would like to share this graceful note from one of the chefs, **Peggy Cheong**: "On behalf of my friends, I appreciate your kind words and encouragement. We feel honored to be part of this worthy organization and to participate in giving scholarships to the worthy recipients. We receive pleasure in thousands times more knowing guests and Friends enjoy the food that we created. We appreciate the opportunity to share the joyful celebration of the Chinese New Year festival with all of you. As long as we are able to, we are glad to stick with our commitment to this spring event forever."

—*Ruth Newmark*, Scholarship Committee Chair



Ethnic Dinner Chair Liz Fong Wills

## Donations

Donations to our organization occasionally come by way of interesting personal connections. As **Liz Fong Wills** tells it: "When a friend named **Esther Lee Fong** read our holiday letter, she enclosed a check for the Friends Scholarship Fund with her Christmas card. Esther was the first Chinese American to be hired as a teacher in Stockton, my hometown. More recently, one of the city's elementary schools named its international education magnet program in her honor. She is a remarkable woman. At age 89, Esther and two others her age still provide a Sunday lunch for their church, as part of the congregation's social service program."

We express our appreciation to Esther and to these recent contributors to our scholarship fund: **Barbara & Jerry Fitzsimmons**, who asked that their named scholarship go to a music student this year; **Maureen & Joe Nichols**; **Faye Girsh**; and **Ruth & Leonard Newmark**, who made a contribution to the Ruth Newmark Scholarship in honor of their grandchildren, **Danya** and **Justin Costello**.



Marie Perroud, Mary Woo, Kristine Kneib, visitor from Brazil, Georgina Sham, Jacey Chen, Joanna Czajkoska, Bess Wong at a pizza-making demonstration

## Wednesday Morning Coffee

—by Ruth Newmark

**Georgina Sham** leads a complicated life. With four young grandchildren in the San José area, she spends several days a week there helping to take care of them. Though this gives her the chance to see them grow up, she spends an inordinate amount of time flying back and forth, trying to maintain a semi-normal home life here in La Jolla, while also seeing to her volunteer commitments that include an international folkdancing group and the Friends. Thus, she regularly schedules her flights up north for Wednesday afternoon, so that she may attend the Coffee in the morning. We couldn't ask for greater dedication to our program!

As Wednesday Morning Coffee Chair, Georgina plans a diverse and interesting mix of activities for international visitors to our campus. She also sends out weekly e-mail notices reminding people of upcoming events, maintains the Wednesday Coffee website that you may want to consult for up-to-date information, posts the Mommy/Daddy-and-Me bimonthly newsletter, and makes flyers advertising events. Mercifully, much of the electronic work can be done away from home.

But there is more. Georgina is in the process of updating the guide *Welcome!: Information for New UCSD Arrivals* that she originally compiled with the assistance of Wednesday Coffee hosts **Renate Berthold** and **Madeleine Rast**, and our international visitors, most importantly **Anne-Laure Moreau** from France and **EunKyung Kim** from Korea. First published in 2007 and revised in 2008, this handy guide to San Diego features favorite places to shop, eat, and play; how to get around the city without a car; where to hike; what to do with kids; and much other useful information about cultural life in our area.

By definition, a committee chair does not work alone. Georgina has amassed a fine group of fellow hosts, among whom we currently count: **Alice Blake-Stalker**, **Jennie Chin**, **Marie Perroud**, **Madeleine Rast**, **Mary Woo**, and **Hilda Wynans**. **Judy Bavasi**, **Alma Coles**, **Keiko Hirai**, **Kristine Kneib**, and **Kathy Wong** help out routinely. Even our international visitors assume leadership roles. **Josine Kooman** from the Netherlands acts as a frequent book discussion leader;

others serve as occasional cooking or crafts instructors. Of course, our San Diego residents, too, share their expertise—we thank them all! Nevertheless, as Madeleine Rast puts it: “It is Georgina who keeps the program humming.”

The Coffee—open to all—meets every Wednesday morning from 10:00 to noon. Those who enjoy socializing further often bring a bag lunch and stay until 1:00 p.m. Attendance varies considerably, 8-30 adults on average, but may reach as high as 60-80 on days there is a luncheon.

The English conversation table, hosted by **Gus Lestick**, meets during the same hours. Sometimes as many as 12 crowd around the table. American regulars include **Letty Ponomareff** and **Nori Faer**.

Mommy/Daddy-and-Me currently meets from 10:45-11:30. Anywhere from 10-40 enjoy fun-filled activities for pre-school children arranged by **Keiko Bott-Suzuki**. Additional monthly potlucks are scheduled for the first Wednesday of the month.

The Explorers Group, confronted by insurance issues, has as yet not resumed its explorations of the San Diego area. Explained **Jennie Chin**, “Those of us who considered driving are not comfortable taking on the potential costs in case of an accident.” Alternative means of transportation are being considered.

An off-shoot of Wednesday Morning Coffee, the newly formed Knit-Along group meets every Tuesday, from 1:00-3:30, in the Center. Because knitting was so popular last year, **Jennie Chin** and **Judy Bavasi** have started this program with the dual aim of sharing in the joy of knitting and carrying on English conversations. In just one month, attendance has grown from 9 to 15.

Special Wednesday Coffee activities planned for March are:

☞ March 7: **Jewelry Making** with **Dagmar Bocakova**.

☞ **March 14: Crafts.** By popular request, **Yoko Hosogi** and **Yuko Kanda** will instruct us once again in the technique of needle felting; they will demonstrate how to make clever animal forms.

☞ **Mar 21: International Kitchen** with **Guido Bullisan**. To quote Guido's British-born wife, **Fiona Walsh** (who with her two children, **Livia** age 2 and **Daniel** age 1, takes part in the Mommy/Daddy-and-Me class): "Guido is studying here at UCSD as a visiting scholar. We came in September from Rome, where Guido works for the central Bank of Italy as a research economist. It is under the Bank's exchange programme that we are able to come to San Diego. Guido is from Ferrara in northern Italy, and like all Italians is passionate about food!" Guido will guide us in the preparation of an Italian meal that will feature food from his native Emilio-Romagna region. Lunch at noon for \$5/person.

☞ **March 28: Crafts** with **Mary Woo**, who will teach us how to crochet potholders. **Book Discussion** with **Josine Kooman** at 10:30—title to be selected.

### March Calendar

March 1: **Cooking in America**, 9:30-2:00

March 2, 9, 16: **International Café**, Noon-1:15

March 6, 13, 20, 27: **Knit-Along**, 1:00-3:30

March 7, 21: **Family Orientation**, 9:15

March 7, 14, 21, 28: **Wednesday Morning Coffee**, 10:00-Noon

March 13: **Executive Board Meeting**, 10:00

March 21: **International Kitchen**, Noon

## Volunteers Needed!

—by Joe Nichols



As Caesar was told to beware the Ides of March, the Resale Shop is going to prove that this month will be a banner month, regardless of what the old Roman said, by not being idle a minute!

**Gayle Barsamian** has put out a call for more volunteers and has reiterated the

need for an assistant to help her in the task of keeping the Shop well stocked. I would like to tote a few of the wonderful opportunities volunteering in the Friend's Resale Shop can mean. First, there is the satisfaction you get from being a part of raising funds to help students participate in programs abroad. Second, there is the excitement of serving our diverse clientele of students and UCSD community friends. Third, for me one of the major benefits, there is getting a sense of the new generation of students and their genuine idealism and in seeing the diversity of cultures. And fourth, what a wonderful bunch of characters you meet, from drama students looking for costumes, people searching for Halloween outfits, science students looking for lab coats, students looking for appropriate clothes for interviews, and, best of all, getting to know some of the characters who come in week after week bringing their unique personalities. Who can forget **Farid** and his upbeat personality, singing as he enters the Shop; **Christimir**, who gave us a unique view of Eastern Europeans; **Carlos**, another ebullient person who has tales of his hikes in the Alaskan outback; or **Cecelia**, a refugee from Pinochet's dictatorship. A most enriching experience indeed!

So, if you have never thought of volunteering, I hope I have motivated a few to step up to the plate and join us as a volunteer.

As usual, we are looking for more jewelry, but also old LP records, that will benefit our sales.

## Knit-Along



You are invited to join our new Knit-Along group that began meeting on Tuesday, January 17, 2012. Come to the International Center on Tuesdays, from 1:00 to 3:30 p.m. Everyone is welcome, from beginner to expert. Instruction will be provided to anyone who wants to learn to knit, but **Jennie Chin** reminds participants to bring needles and yarn. Individuals may work on their own creations, or bring patterns to share and work together on projects.

The knitting sessions are an excellent occasion for our internationals to practice their English conversation skills under the direction of **Judy Bavasi**, an experienced English tutor. Participants can work on pronunciation, expand on vocabulary, as we discuss different topics each week—all the while knitting up a storm.

Jennie Chin is pleased with the response: "We had 9 people at the first session, and soon had 15, several newcomers to knitting. Judy and I think everyone is enjoying themselves and there is good interaction through knitting. The English conversation part is great for everyone—with the different cultural backgrounds lots of input, thanks to Judy's questions."





## From the International Center:

Speaking during International Week to a mixed UCSD audience (November 15, 2011), Dean **Lynn Anderson** presented an informative overview of our university's international community. Some major points:

### Rankings and Achievements

- With 2,375 international scholars, UC San Diego ranks 7th in the nation for the number of scholars; almost two-thirds of UC San Diego post-docs are internationals
- UC San Diego ranks in the top 4% nationally for the number of international students on campus—3,069
- UC San Diego ranks 7th in the nation for the number of students studying abroad for a full year
- 22% of UC San Diego undergraduates study abroad, compared to 3% nationally; goal is to send 50% abroad before graduation

### Demographics of our International Scholars

- 80% of scholars are researchers, 4% are faculty, 1% are lecturers, 15% are engaged in short-term activities
- 20% come from China, 9% from South Korea, 8% from India, 7% from Japan, 6% from Germany, 5% from France, and then Italy, Canada, UK, and Spain
- 10% are in Medicine, 9% are in Biological Sciences, 5% in Chemistry, and then Moores Cancer Center, Bioengineering, Pediatrics, Electrical and CSci Engineering, Mechanical and Aerospace Engineering, Physics
- Services include visa processing, orientations for scholars and departments, workshops and training (taxes, immigration petitions, etc.) and weekly "Did you know?" e-newsletter
- ISO office has 8 full-time professional staff members

### Programs and Services for International Students

- ISPO has 11.5 professional staff members
- Services include advising (appointments and walk-in), assistance with visas, programs, I-Club, and volunteer opportunities
- Programs include: ACCESS course, Intramural sports teams, Outback Adventure activities, Movie nights, Discover San Diego, English-in-Action Tutor program, Students Beyond Borders, Coffee/Tea with a Professor, Orientation Assistants, Triton International Leaders, etc.

### 2009 Alumni Survey: What challenges did you face while at UC San Diego?

- 30% found it difficult to make American friends
- 29% experienced financial difficulty
- 19% experienced homesickness
- 18% experienced language barriers
- 17% experienced issues with miscommunication and cultural barriers
- 14% experienced anxiety and depression

### Demographics of Education Abroad Students

- 36% are STEM (Science, Technology, Engineering, and Mathematics) students (national average is 17%)
- 50% participate in UCEAP programs, 20% in UCSD Global Seminars (faculty-led, 8 units, 5 weeks), 30% participate in programs offered by other universities and education abroad affiliates
- Highest number of students comes from biology, communications, economics, political science, and international studies
- Most popular destinations: Western Europe, Asia, Oceania and Latin America (tied)
- 70% of students going abroad are female, 30% are male
- Ethnicity of students abroad matches UCSD ethnicity fairly well
- Family income level of students abroad matches UCSD income level

### Key factors that keep students from going abroad

- Finances—cost/benefit analysis, investment
- Academic Fit—will it count? Do employers/grad schools care?
- Faculty and Advisors—who supports and encourages?
- Family and Friends—supportive, missing each other
- Fear—"ugly American," insufficient language skills, culturally inept, concerns about access

### Value of Education Abroad—UCSD survey assessing alumni experiences and impact on careers and life

- 1,010 study abroad alumni responded (29% response rate)
- 51.4% agreed or strongly agreed that study abroad influenced their choice of career
- 39% agreed or strongly agreed that study abroad helped them obtain their first job after college
- 93.7% agreed or strongly agreed that cross-cultural skills acquired abroad were professionally valuable

### Value of Education Abroad

- Major employers highly value college graduates with education abroad experience, but students must be able to articulate the value of education abroad
- Education abroad is not an "enhancement" or "enrichment"; it is essential for a 21st century-educated citizen
- All of our challenges cross national boundaries and will require international cooperation to solve
- It's fun!

### Time-to-Graduation Data

- 92% of UC San Diego students who studied abroad graduated in 4.2 years. Only 78% of students who did not study abroad graduated in 4.2 years
- Among Engineering majors, the numbers were 92% and 77%. Among Science and Math majors, 87% and 79%. Among BioSci majors, 94% and 77%
- This holds true regardless of family income, anticipated first year GPA, ethnicity, first or second generation, home location, SAT scores, etc.



### Challenges to YOU!

- Continue to partner with us on programs, services, initiatives
- Encourage your students to investigate and participate in education abroad
- Welcome international students into your classes, student organizations, residence halls, homes, and circle of friends
- Engage international scholars in the work of your department, socially, and as resources for the UCSD community
- Develop ways to further internationalize the UCSD campus and our students' experiences here.

## In Remembrance of Marion Scott, One of our International Center Founders

—by Kristine Kneib

My dear American mother, **Marion Scott**, went to Heaven on Sunday morning, January 8, 2012, at 90 years of age. She is now again joined together in eternal peace with her dear, devoted husband, **Scotty**, and her sweet mother and father, and my beloved **Vernon**.

I am so blessed to have had a wonderful visit with her on December 29, 2011. Attached is our last picture together taken on that visit.

I have known Marion since Sept 11, 1973—the day after I arrived in California from Australia—and our lives have been tightly bound together ever since. She completely adopted me into her Italian family and always called me “Baby.” She brought such kindness and stability to my life, and we loved each other deeply. Marion and Scotty and Vernon and I were quite the foursome, and have had so many special treasured times together throughout all these years. What blessings we shared!

Marion was an officer at the Bank of America for 40 years. She was dedicated to participating continuously and selflessly in service to her community, and drafting others to help and support her causes. Who could say “no” to Marion?

She was one of 17 Zontians who were the original founders of the International Center. Marion’s interest in the university’s international community was longstanding, and did not wane with the passing of the years. Regretfully, her health prevented her from attending the International Center’s 50th anniversary



International Center founders Marion Scott (second from left), Helen Lovenberg, another of the original 17 Zontians (second from right), and Judith Munk (on scooter), shown with university representatives at the groundbreaking of the campus facility, April 20, 1971



Marion Scott and Kristine Kneib

party as planned, but she was there in spirit. Together she and I enjoyed facets of the Friends awesome publication, *Celebrating 50 Years of the International Center: 1961-2011*.

She remained active until her health dictated otherwise. Thereafter, she maintained an interest in all the goings on at the International Center through the monthly *Friends Newsletter*. We would often discuss people and happenings at the Center, even as recently as our visit a week or so before she died.

I am so happy I was able to tell her about my increased activity in the affairs of the International Center, and I look forward to walking proudly some of the paths that my dear Marion helped establish over 50 years ago. What an honor!

# Cooking American Style

—by Virginia Das

**Cooking in America** combines two things I enjoy doing: cooking and teaching. I was a high school art teacher and a painter, showing my work in and around Albany, New York. I have been drawing and painting for much of my life, and went to art school in New York City, then studied printmaking and ceramics at Rochester Institute of Technology.

I moved to San Diego in 2000, when my husband, **Pankaj Das**, retired from Rensselaer Polytechnic Institute in Troy, NY as Professor Emeritus of Electrical Engineering and came to UC San Diego as an adjunct professor. My friend **Barbara Starkey** suggested I might enjoy taking part in *Cooking in America*, and I have been involved teaching since.

I became interested in cooking watching my mother. Mixing food and creating meals to bring the family together appealed to me. However, it was not until I was married with children that I really began any practical experience in shopping for food, planning menus, and cooking. My career as an artist and an art teacher reinforced my interest in working with different colors and textures, and creating things. The pleasure I derived from feeding the people I love encouraged my efforts, and I was further stimulated by trips to my husband's homeland of India.

Eating and watching the (to me) exotic dishes being prepared was great fun. I tried my hand at Indian cooking and enjoyed the results. My husband grew up in Kolkata, West Bengal, India, which has a very distinct cuisine with emphasis on freshwater fish and ocean seafood from the mouth of the Ganges River as it flows into the Bay of Bengal. Bengal produces two to three crops

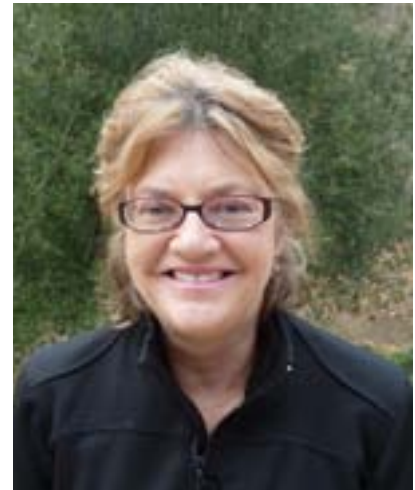
of rice each year, as well as a multitude of wonderful vegetables and tropical fruit. It is known for its use of ginger, mustard oil, turmeric, and hot green chilies. Its people treasure the creamy, very sweet desserts made from fresh cheese.

Our two children, **Andrea** and **Joshua**, were born in Rochester, N.Y. Andrea is now a 7<sup>th</sup> grade English teacher, married to **Mitch**, a computer expert for Blue Cross/BlueShield; they have two children, **Rachel**, 14 and **Anna**, 6. Joshua is an environmental scientist for the Massachusetts Water Resources Authority in Boston, and married to **Jennie**, a professor at Tufts University.

My husband was a professor at the University of Rochester when he received a sabbatical to Mexico City. I was delighted to move in January from freezing Rochester to sunny Mexico, and told anyone who would listen how pleased I was to be there. I loved the brightness and intense flavors of Mexican cuisine, and soon added Mexican recipes to my repertoire.

Working as an art teacher and head of the Art Department at Albany Academy left me little time for creative cooking, but when my husband took a sabbatical to West Point, I had the time to sharpen my skills as an artist and a cook. Living on a military base was interesting. I particularly enjoyed being close to New York City and taking the train to the city for classes at the Art Students League on 57<sup>th</sup> Street. I also became interested in yoga (although there were no yoga classes on the base), and after a few years of practice, I decided to become a yoga teacher certified at the Kripalu Yoga Center, Lenox, Massachusetts.

My artwork has evolved through the years. I was always



interested in color and the play of dark and light and working with figures and plants. Since moving to San Diego, I have become involved with the San Diego Art Institute in Balboa Park, which shows the work of local artists. I have also taken several clay sculpture classes at the UCSD Crafts Center.

I enjoy the creative exchange that happens when people of different cultures interact. I was trained in and taught, as a volunteer, English as a second language, in Albany. Here, at the International Center, I tutored several students in the English in Action program.

All these interests come together in the Friends Cooking in America class. I enjoy the creative aspect of cooking, the rewards of teaching English, plus the social interaction with young people from many different countries.

I believe that people learn best by doing, that hands-on experience imprints the knowledge in a very deep and practical way. To me, *Cooking in America* includes food of the various immigrant groups in the USA; so, in my menus I have included traditional recipes, such as New England Clam Chowder, Cobb Salad with Blue Cheese Dressing, and Toll House Chocolate Chip Cookies, alongside Chicken Tortilla Soup, Curried Spinach, and French Onion Soup.



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# SCHOLARSHIP LETTERS

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Dec. 27, 2011

Dear Friends of the International Center,

I have had an incredible trip and journey in Mumbai, India and I most certainly could not have had this once-in-a-lifetime experience without the support of the Friends of the International Center. During my trip this fall I was able to take Hindi language classes, work in the public health sector on an anti-tobacco campaign, and complete a clinical rotation at King Edward Memorial Hospital/Seth Gordhandas Sunderdas Medical College in Mumbai, India. I also enjoyed celebrating the major holidays of Dussehra and Diwali while I was in India!

During my clinical rotation at KEM Hospital/Seth GS Medical College, I worked in two departments. I spent two weeks in the department of Medicine where I saw patients in the medical wards and learned more about the art of the physical exam. I also spent two weeks in the Preventive and Social Medicine department where I learned more about the healthcare system in India, and visited a variety of primary, secondary, and tertiary health centers including the Naigaon Chawl Clinic, Malavni Urban Health Center, Kardhi Village Health Center, Sakwar Tribal Health Center, and Kasturba Infectious Diseases hospital among other healthcare settings.

Overall, my Hindi improved significantly as I took Hindi classes and spoke with patients in the hospital, I helped a local NGO write a grant for a new governmental anti-tobacco project, and I learned so much from the incredible patients and physicians at KEM Hospital/Seth GS Medical College.

I am so grateful for the support of the Friends of the International Center in making this lifechanging trip a reality. The Friends have supported me throughout my undergraduate and graduate school education at UCSD, from helping me go to the University of Sussex in Brighton, England to becoming fluent in Spanish in Buenos Aires, Argentina, to now learning Hindi and medicine in Mumbai, India. Over the years the Friends have fostered my love for travel, education, and adventure. I know that my experiences abroad have shaped me into the physician that I will be in six months when I graduate from medical school.

Thank you!

*Anshu Abhat*

*From the Scholarship Committee Chair:*

*In 2005, Anshu received an **Ernest Mort** International Scholarship for Revelle for her study in the UK; in 2006, she received a Friends Scholarship for an OAP course in Argentina. In May 2011, she earned a Masters of Public Health from Harvard, preventing her from attending our Friends Annual Scholarship Awards Ceremony. When I shared the above report with Dr. Mort, retired Dean of Revelle College, he replied ever so rightly: "Hearing from students like Anshu is so rewarding for both of us. At Revelle, Anshu was not only an outstanding student, but also involved in college leadership activities. UCSD can be very proud of alumni like Anshu."*

*While many of the 26 photos that accompanied Anshu's report gave a feel for the clinical work being done, I here chose a fun one that shows her at leisure with stacks of fresh coconuts.*



## South Africa

*Ubuntu* is a distinctly South African concept that comes from the Bantu traditions. It has no specific definition but **Nelson Mandela** has said that it means "I am who I am because of who we all are." This idea of global interaction, harmony, and responsibility instills itself everywhere in the tip of Africa. As a result, I have been met with open arms, hearts, and minds. I have been so taken aback by how welcome I have felt throughout my whole journey. From day one, the people have been nothing but smiles, and I can always feel the deep, rich, cultural heritage of South Africa everywhere I go. Everyone feels connected and everyone feels like family.

It has been a rollercoaster for me. South Africa has made great leaps and bounds in urbanization and modernization, but it is still a third world nation. Taking a class in Third World Politics at the University of Cape Town only underlines the stark underlying differences of South Africa as compared to the United States. Yes, HIV is prevalent in much of the population, and, yes, crime is a great concern. But in essence, the real difference of South Africa from the U.S. is the fundamental feeling one has here. Living my whole life in California in an American school system with American values instilled within me, I have always felt that I needed to make something of myself. I was constantly preparing for the next hurdle. I needed to maintain my GPA, I stressed over college applications, and now as graduation looms near, I am on the verge of diving head first into "reality." It has always been a race, and I have rarely stopped to smell the flowers because the finish line always seems to be just a bit too far down the road to slow down. In Cape Town, however, I have begun to really see



Although Lennie saw zebras running wild in her backyard, the above photo was taken in Kruger National Park

life. Stepping out of my college bubble and into the streets of Rondebosch, a suburb of Cape Town, I see it in action. I see true poverty. I see blatant wealth. I see prejudice. I see tolerance, and I see everything in between. Above all, I see resilience. I see the realization of *ubuntu* from a country that has fought tooth and nail to be where it is today. Being in Cape Town has renewed a sense of global awareness within me. We all become a little desensitized and we all become a little complacent, but being in such a vibrant atmosphere with such amazing people breaks you out of that shell.

In this way, even in the couple months that I have lived here, South Africa has changed me for the better. From Robben Island to Kirstenbosch Gardens to Table Mountain, from the mini buses hurtling down the street to the vibrant night life downtown—I am enveloped by the country and all it has to offer. Living *ubuntu* has allowed me to see the small details in the larger picture and see how they all fit together. Everyone has a story, from Zuma all the way to the man who sells me South African souvenirs at the market. We all have a connection and a responsibility to one another to better the world for everyone.

Summarily, *ubuntu* can be seen as everyday life. It is like a warm hug when you get home from a long day; it is taking accountability for not just your actions but those around you; it is helping someone in need; and it is everything I have come to love about South Africa.

I knew my study abroad would be eye opening, but every day that I am here, I come to see what it is that we all should live for. I am grateful for the opportunity to live in Cape Town and live the concept firsthand, not just learn about it from a textbook. This feeling is indescribable and wholly a part of me now, and when I leave Africa, I know that I will always carry *ubuntu* in my actions. That is the best keepsake I could have ever received from Cape Town.

*Lennie Kang*

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## Scotland

The curriculum for computer engineers is relatively similar between different places and countries; there is little room for cultural coloring in science or engineering. Nonetheless, the presentation of the curriculum varies widely between the UK and the U.S. I was warned before I set out that the University of Edinburgh places a heavy focus on writing, but I was still surprised by the amount of technical writing required by each of my classes. I took four technical electives in the UK: a course on computer vision and robotics, one on distributed systems (networks), one on machine learning, and one on natural computing (nature-inspired algorithms). Of these, natural computing and computer vision and robotics required two course projects apiece, both of which involved a programming assignment and a corresponding conference paper in which we discussed our methods, and compared them to those discussed in class and in the literature. Distributed systems and machine learning also had required papers, although these were more along the line of written solutions to several provided problems. The written papers were a step out of my comfort zone, and helped me to understand the material a little better, as I had to think about the material more carefully in order to describe it in this new format.

One of my primary reasons for studying abroad was to experience another culture. In order to learn a little

more about Scotland, I decided to take Introduction to Gaelic Language and Culture as an outside course. I learned a lot of Scottish history—from the arrival of Columille in the sixth century to modern efforts to preserve and revive the Gaelic language in Scotland. I learned a beginner's sample of Scottish Gaelic, which included describing the weather (*Tha glè blath an-diugh*) and describing people and other objects (*'S e tidsear a th'annam*).

I also participated in a few student societies. I took Scottish folk dancing lessons from the Highland Dance Society, which was fun; I learned two styles of Scottish dancing, and had many opportunities to use them at the various Ceilidhs hosted around campus. I joined one of the theater groups as a techie, learning both how to set up and control lights and sound. I also participated in a conservation society called the Dirty Weekenders, and helped to do some conservation work at a nature preserve outside of Edinburgh.

I also found time to travel in Scotland; I took two tours to the Highlands, where I visited a number of castles, towns, and scenic points, including Loch Ness. Nessie was nowhere to be seen, but the tours were interesting because the guides often mentioned historic events I had learned about in the Gaelic class.

I would like to thank the Friends of the International Center for helping me to have this incredible experience, and wish them and a new generation of study-abroad students well in 2012!

*Nathan Heisey*



Nathan (right) standing with his brother by the bridge over the Firth of Forth

## International Café

Because of the quarter break, there will only be three Cafés in March; however, you will be able to choose from a varied menu that includes Chicken Tikka Masala one week, Pastisio the next, and Shepherd's Pie on the following Friday. For a listing of the full menus, please consult the International Center's website <http://icenter.ucsd.edu/about/programs-events/icafe.html>.

Café Coordinator **Ginny Young** has announced the March lunch schedule, along with the sponsors of each Café. As usual, lunch is served from 12 noon until 1:15 p.m. Cost is \$5, payable at the door.

<i>Date</i>	<i>Menu Theme</i>	<i>Sponsor</i>
March 2	Indian Cuisine	<b>UCSD Libraries</b>
March 9	Greek Cuisine	<b>Ludwig Institute</b>
March 16	St. Patrick's Day	<b>UCSD Summer Session</b>

## Membership

Please welcome our new members: **Marty Eberhardt & Philip Hastings, Josephine & Fred Randel, Nori & Stanley Faer, Elizabeth & Lester Stiel, and Kristina & Jaan Noolandi.**

We report with sadness the death of **Margaret Palmer**, who died in January at the age of 89. Peg's and Sol's association with our university goes back to the 1960's, when they were involved in providing hospital-ity to our international students and instrumental in raising money for the construction of an international center on the UCSD campus. We remember fondly the 1969 gala fundraiser that Peg put on (together with her friend **Judy Munk** and a committee of 50) in the Salk Institute courtyard, an event that attracted a host of dignitaries, bringing to the town's attention the need for an international center, and giving publicity to the Salk Institute. We extend our condolences to her husband, Dr. **Solon Palmer, Jr.** and family.



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