Oceanids News

UC SAN DIEGO OCEANIDS BI-MONTHLY NEWSLETTER

VOL. LXIII No. 4 **April/May 2026**

Oceanids' Spring Luncheon

This year, our luncheon will be held at Seasons 52 Fresh Grill, located in the UTC Mall at 4505 La Jolla Village Dr. There is ample parking but due to recent changes, the mall provides 1 hour of free parking. The restaurant will stamp your ticket to validate an additional 3hrs of free parking. So, remember to take your ticket to the restaurant after you park!

If you are not familiar with Seasons 52, all items on their menu are under 600 calories. Our group menu will include an appetizer, in our case, one of their famous flatbreads, a choice of 1 of 3 entrees, your choice of soft drinks, and of course, your choice of one of their fabulous desserts. We will be seated in a private room and will have dedicated staff that will serve us. We have reserved a larger space that would seat more than 50 people, but if we do not meet this requirement, we need to amend our contract 2 weeks prior the event, or by May 8th. We welcome donations to the luncheon to offset Oceanids' extra costs.

Once again, we will have our Grab 'n Go. Start gathering those treasures you no longer need and bring them to the luncheon. Bring cash or your checkbook for the great bargains.



Thursday, May 21, 2026

Seasons 52 Fresh Grill

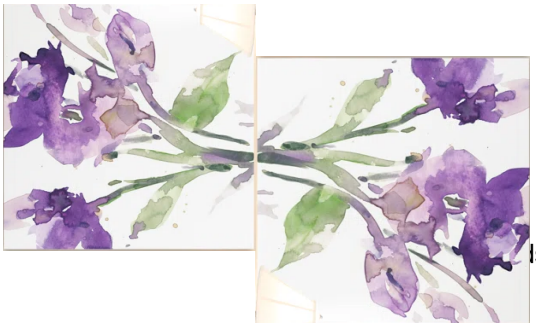
UTC Mall, 4505 La Jolla Village Dr.

11:00 am – 11:45 am Social Hour

11:45 am – 1:30 pm Lunch Service

Speakers: Oceanids Fellowship Scholars,

Grab 'n Go Table



Please see page 4 for registration

OCEANIDS CREW 2025-2026

BOARD OF DIRECTORS

Honorary Chair: Thespine Kavoulakis, Associate of the Chancellor Co-

Presidents: Mary Hanson…. 858-456-1304
Liz Winant ……..858-231-1496

Immediate Past President: Jim Bunch

Co-1st Vice-Presidents: Barbara Bank 858-484-4597
Mary Woo……858-481-6998

2nd Vice-President: Mary Cutchin …858-729-3888
(Membership, directory updates)

Recording Secretary: Janet Ambrozek..858-272 2726

Treasurer: Jan Ouren…….858 273-1681

Financial Secretary: Liz Winant …….858-231-1496

Nominating Committee: Anne-France Saillot, Marion Spors, Judy Vacquier, Janet Ambrozek, Joan Stevens (alt)

Parliamentarian: Barbara Bank …….858-484-4597

Interest Gr. Coordinator: Judy Vacquier 858-361-0418

Newcomers: Liz Fong Wills…… (858 232-7545)
Georgina Sham, gbsham@gmail.com

Newsletter Editor: Roswitha Enright..858-459-7375
Copy Editor: JudyVacquier……..……858-361-0418
Columnist: Jan Ouren……858-273-1681

Refreshment Reminder: Mary Hanson 858-456-1304

Sunshine Committee: Diana Vines……858 459 8248

SDIS: Dorothy Parker……858 453-6351

OCEANIDS NEWS is the newsletter of Oceanids, a UCSD campus organization. Published bi-monthly except July, August & September. Letters to the Editor and articles of interest to UCSD are invited and greatly appreciated. Address all submissions to: UC San Diego Oceanids
c/o ISEO - Student Center B
9500 Gilman Drive #0018
La Jolla, CA 92093-0018

PLEASE NOTE The Post Office does not forward OCEANIDS NEWS. Please notify membership chairs of any change of address. Membership and/or subscriptions are $35 per year E-MAIL: oceanids@ucsd.edu and also email: enrightroswitha@gmail.com and mwoonew@gmail.com

OCEANIDS ONLINE: http://ccom.ucsd.edu/~oceanids/

BOARD MEETINGS: first Thursday every month. Oceanids are invited to attend/observe.

Call president for location. Coffee and refreshments: 9:30 am, meeting starts at 10 am



President's Message

Happy Spring! I think this is the best season of the year. Maybe this is because I was raised in England, where winter kept you indoors and the landscape was devoid of any color. We eagerly looked for the first signs of Spring. Usually snowdrops were first, as they managed to push up through snow, but my favourites were crocus with their bright jewel colours.

Spring is wonderful in Southern California too, especially after the clocks spring forward! We are particularly lucky to live near the Anza Borrego desert. After our winter rains the desert floor erupts in brilliant colours from native plants uniquely adapted to the desert. An amazing sight. But there are signs of Spring everywhere, gardens, parks, even road sides are filled with flowers.

Our Spring Luncheon will soon be here. Mark your calendars for May 21, and I hope to see you then.

Liz Winant Co-President

We welcome the following new members:

Helen Lesnick; C: 760-402-0505; Email: h@helenl.com
Andy Nahas; C: 585-721-7515; Email: andynahas@hotmail.com
Pamela Reinagel; C: 858-361-3700; Email: pamela.reinagel@gmail.com

Please email me contact information updates.

Regards,
Mary Cutchin; Membership / Oceanids
C: 858-729-3888
Email: marycutchin@gmail.com

UCSD Oceanids Proposed Slate of Elected Officers 2026-2027

Immediate Past President…… Jim Bunch
Co-Presidents……..Mary Hanson and Liz Winant
Co-First Vice Presidents…Diana Vines +Chris Chase
Second Vice President……..Mary Cutchin
Recording Secretary…….. Janet Ambrozek
Treasurer…… Jim Bunch
Financial Secretary …… Liz Winant
Nominating Committee*
Anne-France Saillot (continuing)
Paulette Boher
Elisabeth Smith
Helen Lesnick (alternate)

*Two current board members to be elected at the June Board meeting:

SPRING LUNCHEON, May 2, 2026



Please join us at Oceanids' Spring Membership Luncheon 2026

$50/person - $55 after May 8, 2026

(Restaurant will validate additional 3hrs free parking time with your parking ticket.)

Please fill out the Reservation Form below and mail with your payment to address listed below. There is a link on the website for a printed form for the online readers.

cut here_____

Name: _____Email:_____

Guest/s_____

O I would like a ride to the luncheon. My address is_____

$50/person must be received by May 8 ($55 if received after that date)

Please make check payable to Oceanids and mail to
Mary Woo, 13242 Jacarte Ct., San Diego, CA 92130

OCEANIDS' INTEREST GROUPS are the backbone of our Oceanids organization. They are here to meet the many varied needs of UCSD families, especially those new to the UCSD campus and the community. If you don't find an activity you would like to participate in, please contact Interest Group Coordinator Judy Vacquier (858) 361-0418 or jvacq@sbcglobal.net. If five or more Oceanids wish to start a new group, please let her know so we can inform other members. All we ask is that your members be Oceanids. If you are not yet a member of Oceanids, please consider joining us by contacting Mary Cutchin, 858-459-8074, marycutchin@yahoo.com or by submitting the application form in this issue. Since the newsletter is posted on the Oceanids website we will, for security reasons, not publish addresses (with occasional exceptions). Please call the contact for the necessary information.

If you meet in person the chair has to fill out the FAS Event Liability Form and mail it to Beate Menzel jrblmenzel@cox.net

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BIRDING GROUP AVISETS

Contacts: Liz Winant (858) 231 1496, lizwinant@gmail.com

We meet on the 2nd Monday of the month during the academic year.

Next outings: **April 13 and May 11**.

BOOK GROUP *Contact: janet goff <janetrgoff@hotmail.com, Liz Winant lizwinant@gmail.com*

We meet on the second Tuesday morning of every month at 9:30 AM for chatting and 10 AM for review. Everyone is welcome; we are happy to greet new members who like to read a variety of fiction and non-fiction and who value good writing and a lively discussion. Please join us. We would love to have you in our friendly little group. Our gatherings consist of 8 or 9 of us and there's always

Date "Title" by Author/Host / Reviewer

APR 14 "The Safekeep" by Yael van der Wouden / CCC* / Janet Goff

MAY 12 "To Hunt Tigers" by John M Chevrier / CCC*./ Liz Winant

* Cardiff Cove Clubhouse; contact either of us for directions.

BOOGIE BOARDING BUDDIES

Contact: Liz Fong Wills lizfong2@gmail.com *(858 232-7545)* We meet every Saturday at 9:00 am and/or Sunday at 8 am all year round when the ocean water temperature at La Jolla Shores is 55 degrees F. or more. You must bring your own boogie board plus wetsuit if you feel the need for one. Please let Liz know if you are coming.

CAFE ESPAÑOL *Contacts: Vicky Lindblade vlindblade@mac.com or (858)-452 1739* This conversation group is designed for fluent Spanish speakers who wish to keep up their Spanish and learn new vocabulary.

We meet the second Thursday of the month in person from 2 p.m. to 3:30 p.m. One hour of conversation and one hour of

reading aloud and group discussion. Call chair for more information.
Next meeting: April 9 and May 14.

CAFÉ FRANÇAIS
Contacts: Anne-France Saillot, af.saillot@gmail.com
For who loves the French language and wants to practice listening and speaking French, our group welcomes you ! Our members come from all over the world. Every reunion, we discuss a topic and learn new vocabulary. We meet every 2nd Wednesday of the month at 10:00 to 12:00 from October to May.
Meeting: April 8 and May 13.

CELLPHONE PHOTOGRAPHY
Contact: *Kim Signoret-Paar, kspaar@outlook.com*
The group is on hiatus. For more information, please contact Kim.

CINEMA SOIRÉE
Contact: Jim Bunch at jbunch@ucsd.edu
The group meets at a designated home on the second Sunday of each month (all year long) at 7:00pm for socializing; movie discussion starts at 7:30pm sharp. You will be contacted by e-mail about which movie to see and where the discussion will take place.
Next meetings: April 12 and May 10

DAY BRIDGE *Contact: Beate Menzel jrblmenzel@cox.net or (619) 401-1557*
We meet the first and third Tuesdays of the month all year long at various members' homes. We start at 10am and usually end at or before 3pm. Everyone brings her/his own lunch. The hostess will provide drinks. Call for information.
Next meetings: April 7 + 21 and May 5 + 19.

GERMAN KAFFEEKLATSCH
Contact: Roswitha Enright 858 459-7375 (renright@ucsd.edu)
This group is for beginners and experienced German speakers alike. Guaranteed no pressure. Just come on the 3rd Tuesday at 3pm and have a good time. Only German spoken. If you want to join, please contact Roswitha. TIME: 3 PM TO 4:30 PM.

HORTICULTURE, a new Interest Group for all who love plants and like to care for them.
Contact: Nancy Groves, (858) 453-6486; nancygroves@me.com if you are interested.

MOVEABLE FEAST II

Contact: Mary Cutchin (858) 729 3888 or marycutchin@yahoo.com

This group meets every couple of months for dinner at a chosen restaurant.
Next dinner call Mary.

PIANO AND CHAMBER SOIRÉE

Contact: Judy Vacquier (858) 361-0418 or jvacq@sbcglobal.net

The Piano Soiree will meet on Sunday, April 26 at the home of Carol Hertzberg at 3:00 PM.
The Piano Soiree will meet in May on May 24 at the home of Marsha Sewell at 3:00 PM. The attendees will be notified by email one week before. If interested, please contact Judy Vacquier.
Next meetings: April 26 and May 24.

TAPAS ON THURSDAY *Contact : Barbara Bank bbank@ucsd.edu*

The strength of our group is the warmth we share. If you wish to join us, please contact Barbara Bank (bbank@ucsd.edu) to be added to our mailing list. We meet on the third Thursday of the month, at member's homes. Everyone brings a tapa to share. It may be sweet or savory. We frequently choose a theme for that month's tapas and have a delightful time while sharing food and friendship.
Next meeting is April 16 and May 21.

WEDNESDAY COFFEE *Contacts: Georgina Sham, gbsham@gmail.com. Lynn Jahn, lynnjahn@gmail.com.* Come join our social group of Oceanids, newcomers, learn strange and wonderful American customs. Please contact Georgina or Lynn for more information.

WINE TASTING Contact Alicia Flores Meneses at
virginiacisne@yahoo.com or 858-353 3878

A visit at the UC-San Diego Student-Run Free Clinic

On January 27 interested members of Oceanids were able to see the Student-Run Free Clinic in action. The clinic is fueled entirely through philanthropy and grants. Oceanids has been a supporter of the Free Clinic since at least 2019 with yearly funds up to $2500. We were able to tour the facilities and heard interesting talks among others by Michelle Johnson, M.D., the Director of the clinic and Jessica Marshall, a second year pharmacy student.
The clinic was founded in 1997 and "has been to provide respectful, high-quality healthcare to the underserved while providing medical, pharmacy and dental students with practical training in an empowering, patient-centered Health-care model". All services are provided at no cost to patients and include: Primary and specialty care, lab work and imaging, dental care, street outreach and supplies for the unhoused, prescription medications and vaccines, mental health and support groups, nutrition and food. Second-year UCSD medical student Roberto M.: "Growing up, the only times my family or I received care, outside of emergency care, was through free clinics. Being able to now provide care at the free clinic is something I always dreamed of. Now I get to be an advocate for those in need**.** ***Please see the invitation to the yearly celebration in your list-serve notice.***

Whale Watching, January 2026

Frieda Urey was the first to organize whale watching trips for the new people at UCSD decades ago, and these trips have continued right down to the present. We charter a whale watching boat that has a fabulous and expert crew for two trips (morning and afternoon) on a Sunday in late January when the population of migrating gray whales passing is at its peak. For years we have been able to offer a bonus of a free lecture on campus a few nights before the trips by a naturalist who got his PhD at SIO in marine mammalogy. Even though we charge the students and scholars less than half the normal rate on a non-charter trip on the same boat, we usually manage to make over a thousand dollars profit each year to cover any possible losses. So far we have been lucky and have never lost money, but we worry. People are smart enough to wait for the 10-day weather report to find out if the weather will be good. (I reserve the boat in September to ensure that I get the best date possible, with no possibility of knowing the weather situation in late January. I tell the potential whale watchers that the whales are always wet, so they won't mind the rain. If the watchers do mind, they can go another day and pay the full price!)

For decades, Georgina Sham has done all the computer work involved: name tags and keeping track of who is going on which boat (morning or afternoon) so that we don't exceed the Coast Guard limit of 149 people on the boat. Some years we have had problems with people needing to switch boats for legitimate reasons when it is no longer possible. Yikes! This year Georgina had help from Jan Ouren, Mary Woo and Ginny Young.

President Trump has given us more to worry about…….this past year he put a pause on getting appointments for the required interviews for student/scholar visas in time for the beginning of the academic year. He is threatening a charge of $100,000 for a post-doctoral fellow to enter the US to study/work at American colleges and universities. Shutting down funding of graduate studies has already resulted in many positions being rescinded all over the country. Now we have



no idea of how many new international students or scholars there will be next year, which makes planning difficult.

Please note: the profits from the whale watching trips have been used for emergency funds for students. And, as we all know, those needs will certainly continue.

The photos from this year's morning whale watching trip were taken by Mateus Pires, a student who managed to get a student visa this year to come to UCSD from Brazil. He and the 226 others on the trips were very lucky: they had blue skies and a calm sea with 3 whales and many dolphins putting on a show!!!

Liz Fong Wills



My name is Mateus Pires. I am from São Paulo, Brazil, and I am a graduate student in International Affairs at UC San Diego's School of Global Policy and Strategy. Although I was born in the countryside of Brazil, I have always loved everything related to the ocean and aquatic life, such as surfing, scuba diving, and ocean conservation. My program combines Economics, International Studies, and Public Policy, and I feel fortunate to be studying at UC San Diego. Being located on the coast allows me to use part of my free time to go surfing, watch the sunset at Scripps Pier, and enjoy the many unique opportunities the city offers, such as this whale-watching event.

Regards, Mateus Pires

Moveable Feast One and Chinese New Year dinners

Moveable Feast One stopped when Covid hit and people keep asking me when we will resume. My answer is "When I find reasonable priced restaurants that meet our standards." The problem is that prices for food have gone up 25% since Covid started and it seems impossible to find restaurants that are big enough to accommodate approximately 30 people for a maximum of $30 per person including tax and tip. The point of our group is for people of different ages, countries, departments and ethnicities to meet informally over an interesting meal and chat. We also want to avoid the problem that UCSD is so big now that one could socialize with just the people in one's own department! I'm afraid that if we go up to $40 per person including tax and tip, we will have only full professors and retired people and no postdocs or grad students.

Moveable Feast started in 1987 and had some problems along the way, mostly due to the number of people who wanted to join. I didn't want us to go just to giant factory-like places like Phil's BBQ on Sports Arena because it is too noisy for serious conversations. When we got to 43 for a Chinese dinner, we were in trouble. My friend had gotten 4 coupons (maximum allowed) from the local Chinese newspaper for 4 tables of 10 (10 being the normal number for banquet food). I accepted reservations from 40 but 3 extra people showed up late at the dinner and we felt that we had to squeeze in the extra people. This was not nice as the serving dishes are portioned for 10. Obviously we survived and no one went home hungry, but many were mad at me for not throwing latecomers out. How does one throw out guests of acquaintances?

On the other hand, a memory that I treasure is of another Chinese New Year Dinner at a restaurant that had a Chinese dragon "dance" for us. Very athletic Chancellor Dynes teased the dragon by feeding it with lettuce (paper money) and gave us a great show! (Some of you may remember that Chancellor Dynes started the UCSD Triton 5 K fundraiser and offered prize money from his own pocket to all the male runners who beat his time. His wife Frances also was a runner and offered prize money to all the female runners who beat her time from her own pocket.) They were a fun couple! Moveable Feast One was fun for more than 30 years and resulted in 2 marriages between people who would have never met otherwise!

If you have suggestions about restaurants that would meet our needs, let me know! The restaurants MUST have a rating of 4.3 or better (out of 5). Thanks in advance!

Liz Fong Wills



APRIL 2026

SUNDAY	MONDAY	THUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	**3**	**4**
			Wednesday Coffee	Board Mtg		
5	**6**	**7**	**8**	**9**	**10**	**11**
		Day Bridge	Wed. Coffee Cafe Francais	Cafe Espanol		
12	**13**	**14**	**15**	**16**	**17**	**18**
Cinema soiree	Birding	Book Group	Wednesday Coffee	Tapas		
19	**20**	**21**	**22**	**23**	**24**	**25**
		Day Bridge German	Wed. Coffee			
26	**27**	**28**	29	30		
Piano Soiree			Wed. Coffee/			

MAY 2026

SUNDAY	MONDAY	THUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
			Wednesday Coffee			
3	**4**	**5**	**6**	**7**	**8**	**9**
		Day Bridge	Wed. Coffee Cafe Francais	Board Mtg		
10	**11**	**12**	**13**	**14**	**15**	**16**
Cinema soiree	Birding	Book Group	Wednesday Coffee	Cafe Espanol		
17	**18**	**19**	**20**	**21**	**22**	**23**
		Day Bridge German	Wed. Coffee	Tapas		
24/31	**25**	**26**	**27**	**28**	**29**	30
Piano Soiree			Wednesday Coffee			

WELCOME NEWCOMERS!
UC San Diego Oceanids
c/o ISEO - Student Center B
9500 Gilman Drive #0018
La Jolla, CA 92093-0018



OCEANIDS IS AN OFFICIAL SUPPORT GROUP OF THE UNIVERSITY OF CALIFORNIA, SAN DIEGO, PROMOT- ING FRIENDSHIP AND SHARED INTERESTS, OPEN TO ALL WHO ARE INTERESTED IN THE SUCCESS AND WELFARE OF THE UNIVERSITY OF CALIFORNIA.