



# INSIDER



Summer 2018

## ***PRESIDENT'S MESSAGE...***



Helga Moore

**W**e're on to a new year, filled with changes, challenges, and expectations. The 2018-19 Board of Directors was elected and installed at our General Meeting on June 14 and is ready to move forward. Past President, Robin Luby, did a beautiful job as the Installing Officer and inspired us all to take on the challenges that lie ahead. The Board will have a retreat in July, facilitated by Peggy Hanley, to pave the path for the upcoming year.

We had a great delegation at the AMC in Wash. D.C. in April: Mary and Dave Fitz, Doris and Pete Ellsworth, Barbara and Kim Doren, Ann Hill, Yolanda Walther-Meade, Darlene Davies, Paul Marshall, and myself.

It was fabulous. The highlight was of course the tour and dinner at the Supreme Court with Justice Kennedy giving an enlightening speech. Other attendees have contributed pictures and comments so my contribution will be brief. This is from comments made by Ann Hill about the Willard Hotel and Peacock Alley. "The Peacock Alley was named for the rich and famous parading like peacocks up and down the corridor." It's quite impressive!

(see picture below)

I'm happy to inform you that the SOY Dinner on October 4 will be an evening to remember. Dr. Gage, President of the Salk Institute, is still the SOY and will be honored at the dinner. In addition, Dr. Mary Walshok, Associate Vice Chancellor of Public Programs and Dean of UC San Diego Extension, will speak on the topic: "Talent: the Secret to Innovative Regions" Mary is very well known and respected in the community.



There will be greater focus on the Scholars and Scholar alum John Tat, who many of you remember, has agreed to be the Scholar Speaker.

I hope you have already saved the date, but if not, this is the time: Thursday October 4, 2018. The invitations will go out in late August, so please register and bring lots of friends. We need your help to make this event spectacular. It's all for the Scholars!

Together, let's make 2018-19 a great year for our Chapter!

**Helga Moore, President, San Diego Chapter**  
*ARCS Foundation, Inc.*



## National Convention Highlights from our ARCS Light, Doris Ellsworth

The host chapter, Metropolitan Washington Chapter, organized a beautiful conference with many interesting meetings and amazing Museum visits.

The Willard Hotel where we stayed was a lovely hotel in every way. Many of our politicians and other important people stay there or eat there. Hence the elephant and donkey in front of the hotel.



Helga Moore, David and Mary Fitz on the steps of the Supreme Court

It was very exciting being in the front of the first of 3 buses being escorted by the police with sirens blaring and lights blinking for our tours. The police took us on the wrong side of streets and through red signals and got us to the Court on time. The next pic is of Pete standing in front of a sculpture of Oliver Ellsworth, Chief Justice of the Supreme Court from 1796 - 1800. Oliver Ellsworth is a distant relative of Pete's.





## NATIONAL CONVENTION... Continued from Page 2



Standing: Barbara Doren, Yolanda Walther-Meade, Ann Hill, Pete and Doris Ellsworth. Sitting: Helga Moore, Mary and Dave Fitz.

Our last night at the MWC's gala dinner. We enjoyed being together and reminiscing about all the experiences we enjoyed at the conference.



Pete and I stayed an extra day and visited the Museum of the Bible on our own. The museum is about 8 months old and is amazing in every way. They have wonderful exhibits including the one in the last picture of the re-creation of the city of Nazareth with actors playing the parts of how people would have looked and what they would have been doing and saying. The Museum was created using modern technology telling the story of how the Bible was created. We also visited the African American Museum. It was also an unforgettable experience. We recommend you visit these two museums and the National Geographic Museum we toured with the ARCS members. You do need to go on line and get tickets ahead of time for some of the museums.

It was a thrill to be chosen ARCS Light and to represent San Diego at the National Conference



## NATIONAL CONVENTION... Continued from Page 3

ARCS Light ceremony. (Ann Hill, Mary Fitz, Doris Ellsworth, Nancy Bildsoe, Yolanda Walther-Meade, Helga Moore). I enjoyed meeting many members of other chapters and visiting about the various ways the different chapters operate. All of the women are so outstanding and accomplished.

The trip to Washington DC and the ARCS Annual Conference was inspiring and exciting. I am thankful to our Chapter for choosing me to be your 2018 ARCS Light. I enjoyed it all in every way. The memories are very special and unforgettable.

*Doris Ellsworth, ARCS Light, 2018*

## In My Wildest Dreams

Long time member of ARCS San Diego, Darlene Davies, shared her experience of the ARCS National Convention with the readers of the July issue of *Ranch and Coast*. You may read her article here.

<http://www.ranchandcoast.com/2018/06/29/not-in-my-wildest-dreams/>

## Sailing into Summer

Over fifty ARCS members and their guests bade farewell to spring at the San Diego Yacht Club June 14th. We heard from two of our finishing scholars about their research and their plans for the future. Danielle Grotjean of TSRI and Danielle Hagstrom from UCSD thanked ARCS for our support as they completed their doctoral studies.

The Staff Commodore's Lounge was the venue for our meeting, with a large deck overlooking the boats in the bay. A delicious lunch of



Kim Doren, Laurie Roeder and Bobbie Vandervoort arriving to the Yacht Club



Retiring Board



New Board 2018-2019



## *Sailing Into Summer...* Continued from Page 4

Cobb salad or grilled vegetables with mozzarella cheese followed by chocolate lava bundt cake or fresh fruit tart was enjoyed by all. Many of us decided we will come back again to enjoy the cake!

A highlight of the morning's program was "Wine, Women, and Website." Marti Panarisi, Karen Ludwig, and their intrepid team of techies showcased our new San Diego Chapter website. These ladies, with the help of our able administrative assistant, Josh Isaacs, spent untold hours researching, creating, and testing the features of our site. Please take some time to see their work at [san-diego.arcsfoundation.org](http://san-diego.arcsfoundation.org).



Robin Luby installing the new Board

Our featured speaker, Dr. Jim Sallis, professor emeritus of UCSD and the director of Active Living Research, inspired us to remain active throughout our lives and to be proactive in our communities to encourage opportunities for walking, biking, and other recreational pursuits. Dr. Sallis showed us slides from around the world where cities have become havens for fitness. To follow his work, go to his website: [activelivingresearch.org](http://activelivingresearch.org).

## *2018 Shining Stars*



### **MARTI PANARISI AND KAREN LUDWIG**

These two members earned their stars and stripes by speaking up and then stepping up! They noticed that our ARCS website was "vanilla" and not an effective marketing tool to showcase our mission and Scholars. Marti was given the opportunity to lead the website revitalization efforts and is now our resident expert in web design, negotiations with National, and the force behind Wine, Women and Websites. Karen's good eye for color and design and her sense of style were essential in changing our vanilla site to a vibrant, interesting and inviting site full of photos,



Marti Panarisi explaining the website



## ***2018 Shining Stars...*** Continued from Page 5



The Toast

color, our brand nebula and current information. In fact, the improvements have already been noted by one of our long-time corporate donors!!

Marti put together a team that was creative, efficient and FUN! Team members included Karen, Linda Johnson, June Chocheles, Mary Lou Quick, Perry Colapinto, Holly Heaton and Josh Isaacs. Log on to ARCS San Diego to see our new website and share it with others! Way to go, team!

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## ***Final Scholar Allocations***

Thanks to generous contributions to the Scholar Fund this year from members, friends and foundations, we have allocated \$415,000, and will be funding a total of 57 brilliant ARCS Scholars for the 2018-2019 academic year. I hope that all of you will be able to attend our Scientist of the Year (SOY) Dinner, which will be Thursday October 4, 2018. You'll be able to meet all of our Scholars that evening and get to learn about some of their cutting-edge research during the poster session during cocktail hour. They are such an impressive line-up of graduate students that I'm sure your hearts will swell with pride as they parade in wearing their ARCS medals. Mine does, and my eyes get a little teary too, to see how many Scholars we've been able to support each year.

I look forward to sharing that lovely evening with you all, and again, thank you all for your generosity in making it possible.

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## ***Legacy Society - Kathy Hattox Memorial***



San Diego native and long-time ARCS member, Kathy Hattox passed away in December 2017. Kathy's love of San Diego, along with her strength, kindness and philanthropy will be remembered by many organizations in our city; her interests went from law to science to theater to opera and to the zoo. Her interests and philanthropy were broad in scope and love. Kathy was a member of ARCS Legacy Society and included a bequest in her will. Thanks to her generosity, a named endowment is now being set up and we will have a Kathy Hattox Scholar Award in perpetuity.



## ***Toni Woodward Nickell – Webmaster Extraordinaire***

The ARCS San Diego website was designed by Toni Nickell over 20 years ago. When asked how she became knowledgeable about websites, she replied, “Baptism by fire! I remember the ARCS meeting where Becki (Etes) announced that Karen and Bob Bowden would be putting up \$5,000 to start a website. I thought why do we want a website when we’re not “selling” anything? Little did I know what was to come.” In addition to getting the ARCS website up and running, Toni helped National set up its website. She was instrumental in creating the Member, Scholar, and Public sites for all of the chapters, and then ran the ARCS National website for 10 years. At this point they hired a commercial web designer to develop an interactive web service for all chapter members, which many members agreed was not as good as their old one.

Toni is the essential “renaissance woman”...Talented businesswoman, creative and efficient fundraiser, website and computer expert, knowledgeable in the nonprofit field, an award-winning horsewoman, animal lover and protector, a talented athlete, a proficient Board member and volunteer and loyal friend. ARCS member Connie Adelman comments, “Her ability to charm with her dry wit, make poignant remarks, and show a remarkable business sense make up her complex and delightful personality.”

Toni was honored as the ARCS Light in 1995-96. This is the same year the wonderful ARCS “Let’s Do Lunch” cookbook was published. Toni was the Contributing Editor and helped manage the promotion and sales. Members still use and cherish the cookbook recipes.

In 1998-2000, Toni was ARCS President. She instituted some important new business-like standards for the ARCS San Diego Chapter, while still managing the website. It was a big fundraising year, too...our first year to provide funding for more than 50 Scholars. Being a talented fundraiser, she helped establish the ARCS Endowment Fund with Marge & Dale Myers and initiated many gifts to the Endowment and the ARCS Scholar fund. In 2007, she helped establish San Diego Chapter’s project, *The Wally Schirra Endowed Scholar Award*. It was our Chapter’s way of celebrating ARCS 50-Year Anniversary and honoring a local American hero. The committee raised over \$150,000 to endow a perpetual ARCS Scholar Award in Wally’s name for an aeronautical engineering student. Gifts came from across the country. Toward this project, Toni managed a Parade Magazine online funding project. In addition, she provided many community contacts that helped with ARCS fundraising and



Toni with her horse, Chester



## **Toni Woodward Nickell...** Continued from Page 7

event planning, as well as providing contacts for Scientist of the Year honorees.

Perhaps her greatest loves, with the exception of her late husband, Tom, are her horses -- and cats. Marti Panarisi would occasionally go to one of Toni's horse shows to watch her compete. "What an amazing athlete!" she writes. "It was impressive the way she handled the beautiful horses with perfect posture, great patience, and confidence." Toni's grand gelding, Mountainview's Crown Prince, was named the Southern California Horse Club's All Breed Pleasure Champion for 2017. They recently teamed to win the Western Country



Toni with Joan Evangelou and Pat Whelan at Women of Dedication event

Pleasure Championship at the 2018 Charity Fair Horse Show, besting the World Champion in the process. An attached photo shows "Chester" and Toni. Active in local horse shows, Toni and her horses have also been award winners in national competitions over the years.

Toni was honored as a Salvation Army Woman of Dedication in 2009 for her many contributions to different nonprofit organizations. Other community interests include: Vice Chairman, Helen Woodward Animal Center; Scripps President Council; The Neurosciences Institute; Scripps Center for Integrative Medicine; and Director of the Charity Fair Horse Show. Always an athlete, she competes in Dragon Boat Races and recently completed a 26.2-mile marathon around Mission Bay with the "Sea Dragons," a team of competitive and healthy women cancer survivors.

ARCS members have honored Toni with an Honorary Emeritus Membership for her important and long-term commitment to ARCS ~ a well-deserved recognition. We all want to express our appreciation for all she has done, as she takes a break from her "Webmaster duties" and the one who has managed the post office duties by collecting and distributing ARCS mail as well as being chief proofreader for publications for many years.

Our special thanks for your commitment to ARCS and for your many contributions to the success of our Chapter!

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## **RIDE SALLY RIDE**

The iconic Sally Ride was honored at *Women in Leadership* at UC San Diego on May 23, 2018. The occasion was the issuance of a Forever stamp by the US Postal Service. Sally was a space pioneer, physicist, author, mentor, athlete, leader, and advocate for STEM—particularly women in STEM. She was chosen by ARS Foundation San Diego as our Scientist of the Year in 1990.





## ***Ride Sally Ride...*** Continued from Page 8



Sally Ride's life partner, Tam O'Shaughnessy and Candace Kohl at the Women in Leadership Conference

Sally made cosmic history on June 18, 1983 when she blasted into space as the first female US astronaut. aboard the shuttle *Challenger*. The next year she broke another barrier when she and another female astronaut became the first flight crew with two women.

Sally completed her PHD in physics at Stanford and joined NASA's 1978 class of astronauts. After her NASA career she joined the UCSD faculty and taught physics and also authored six childrens' books. In 2001, she and her partner, Tam O'Shaughnessy, founded Sally Ride Science, which is now part of UCSD Extension.

The Leadership program was moderated by Lynn Sherr, a journalist, long-time friend of Ride's and author of her biography. The three panelists included tennis legend, Billie Jean King, first Hispanic astronaut Ellen Ochoa, and Stanford professor and former Secretary of State Condoleezza Rice. It was a fascinating two hour discussion in which the panelists discussed their own ground-breaking careers and long time friendships with Sally, and the importance of having role models and mentors: they all mentioned Ride's mantra: If you can't see it, you can't be it!

Following the program, Candace Kohl, one of our ARCS Emeritus members and an early supporter of what later become Sally Ride Science attended a VIP reception, and posed with Tam O'Shaughnessy. Other ARCS members attending the program included Joan Evangelou, Robin Luby, Karen Ludwig and Holly Heaton.

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## ***ARCS Field Trip to Scripps Hospital***

On May 31, 2018, chapter members met at Scripps Hospital, La Jolla, for a wonderful presentation of many of the services and state of the art care that Scripps provides its patients. This was followed by a tour of the new rooms and the new Emergency room. Everyone enjoyed the day and left feeling so fortunate to live in a city with a world renowned hospital offering the best and most advanced care. Please read more about the field trip and Scripps Hospital by clicking on the following link:

<https://san-diego.arcsfoundation.org/sites/arcsfoundation.org/files/ARCS%20Field%20trip%20Scripps.pdf>

### ***ARCS Calendar of Events***

#### **FALL GENERAL MEETING**

**Friday, September 7, 2018 • 10:00 AM - 12:00 Noon**

**San Diego Foundation Building, Hoffman Room, Liberty Station**

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#### **SAVE THE DATE**

**Scientist of the Year Dinner • October 4, 2018**



ARCS ADVANCING SCIENCE IN AMERICA

# Beacon of Light

Sunday, August 26th  
**2018**  
5:30 - 8:30 pm