

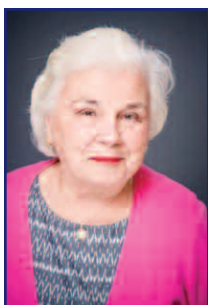


INSIDER



September 2016

PRESIDENT'S MESSAGE...



Mary Fitz

Last year I opened the first *Insider* with this quote from St. John of the Cross: *"If a man wishes to be sure of the road he's traveling on, then he must close his eyes and travel in the dark."*

These words conveyed how I felt as I began my first year as President last July; I was filled with apprehension at the responsibility I had assumed, and feared I lacked the knowledge and expertise to do a good job. This year I find myself in a very different place. Over these past thirteen months I have discovered that none of us travels this road alone. There are bumps and unforeseen pitfalls along the way, but there are fellow travelers who are generous with their gifts of knowledge, wisdom, time, talent, appreciation and money. So I begin the year excited for the adventure that lies ahead.

As I write this, I am reminded of a vacation/adventure I took to Japan with my daughter and son. We biked around the islands and then hiked Mt. Fuji. At the ninth stage of the hike we stopped at a *yamagoya* (mountain hut) and sat around the *kotatsu* to warm ourselves and sip tea. Fellow travelers came in as the evening drew to a close. The sleeping accommodations were most unusual inasmuch as the floor was a gradual slope and we fellow travelers found ourselves wedged next to one another along this gentle rise. The Japanese man sleeping next to us was scowling and moving about angrily. We did not understand why this was so, but soon realized it was because my handsome son was sleeping next to his wife. Once we understood, I switched places with my son, and the grunts and angry faces melted into smiles and repeated small nods of appreciation. Before dawn, we emerged from our hut in darkness and began the final trek to the top of Fuji-san. We had not been told to bring flashlights so we found ourselves dependent on other people's light. At one point, my shoe became untied, and I called for my children to stop and wait; suddenly a beam of light was focused down at my shoe as I fumbled to tie it. Someone in the crowd understood English and shared his light with me. When I stood up again I looked down the mountain to see the stream of light surging upward towards us. We

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ARCS GENERAL FALL MEETING

Thursday, October 13, 2016 • 9:30 am - 1:30 pm

MEET OUR SCHOLARS

La Jolla Country Club, 7301 High Ave, La Jolla, CA 92037



PRESIDENT'S MESSAGE... Continued from Page 1

were in it together...all fellow travelers... some slow, some fast, some with lights, some without, but all helping each other to reach the top just before daybreak. As the black sky began to soften in the predawn light, the top of the mountain appeared. We scampered to a rocky ledge at the summit of Fuji-san and turned to welcome the rising sun with a hearty "Banzai, Banzai, Banzai," meaning "10,000 Years of Prosperity and Good Fortune!"

We begin our ARCS year knowing we will face challenges. There will be disgruntled travelers, unknown circumstances, moments of not understanding, and even failures, but together we will persevere for another Year of Prosperity and Good Fortune.

As we begin, I want to thank all of you who served so willingly last year and those who will serve this year. Thank you to those who have renewed their membership, as your support allows us to operate with a budget that will sustain our programs. Thank you to our donors who have given so generously and allowed us to support 60 Scholars this year. Thank you to the universities who select our Scholars and monitor their progress. Thank you to the Membership Committee for preparing our membership roll for the Roster and hosting the lovely Just For Fun Garden Party at the home of Carolyn Elledge-Baker and Bud Baker. Thank you to those who quietly manage the database, write the thank you letters, compose and post the minutes, and do other jobs behind the scenes. Much work has been done in preparation for the new year. Each of our vice presidents will provide status reports at our General Meeting in September. We have begun our 2016-2017 journey. I look forward to working with all of you fellow travelers in the coming year.

Wishing us all another Year of Prosperity and Good Fortune,

Mary Fitz, President, SD Chapter ARCS Foundation

RECAP: ARCS June 9 General Meeting



Mary Fitz and Daniel Cuevas

Almost 50 members of the San Diego ARCS chapter enjoyed a lovely day at the Fairbanks Ranch Country Club for our annual summer general meeting on June 9, 2016. As usual, we thank Toni Nickell for arranging this special venue.

Board members updated us on their committee activity and new members were introduced. After thanking our outgoing Board members, our business meeting culminated with the installation of the 2016-2017 Board of Directors as follows:

Mary Fitz, President; **Helga Moore**, Co-President Elect; Vice Presidents: **Helga Moore**, Administration; **Mary Lou Quick**,

Communications; **Tanya Schierling**, Finance; **Joy Kirsch**, Fund Development; **Sharon Arbelaez**, Membership; **Marge Hebert**, Meetings and Special Events; and **Priscilla Moxley**, University Relations.

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ARCS June 9 General Meeting... Continued from Page 2



New Officers: Diane Chalmers at podium, Priscilla Moxley, Mary Fitz, Helga Moore, Sue Pondrom, Sharon Arbelaez, Linda Johnson, Marge Hebert, Joy Kirsch, Becki Etes and Mary Lou Quick.

Sue Pondrom is our Recording Secretary, **Peggy Hanley** is again serving as Parliamentarian, and **Becki Etes** and **Linda Johnson** are Members-at-Large.

We enjoyed two presentations; the first from Daniel Cuevas, a Ph.D. candidate in computational science and biology who will receive his degree from SDSU in December 2017. Daniel spoke about his interest in biology, genomics, computers and how these have all come together to focus his career on studying microbiomes and the metabolic networks of bacteria. He also told us how ARCS support has enhanced his career and life.

Dr. James Nieh, Ph.D., a professor of Biological Sciences at UCSD, entertained us all with his talk: "Honeybees in Today's World." We all came away knowing more about bees than we had thought possible. His research explores the fascinating language and communication of bees. Dr. Nieh also explained why the bee population is decreasing today, primarily due to parasites and pesticides.

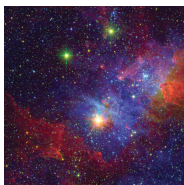
A Thank You From Our Scholar

Daniel Cuevas spoke at our June General Meeting, June 9, 2016, at the Fairbanks Ranch Country Club. It is always a pleasure to meet one of our Scholars, and Daniel was so amazed by us: our Mission, our efforts, and our outreach to him. In response, he wrote this thank-you note:

Hi Mary [Fitz],

I'd like to thank you again for yesterday's opportunity to attend the ARCS General Meeting Luncheon. It was a remarkable insight into the San Diego Chapter and the achievements you have all obtained. Congratulations on the organization's accomplishments, [we] Scholars are very lucky and grateful for your efforts and persistence.

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A Thank You From Our Scholar... Continued from Page 3

*Please extend my gratitude to the rest of the ARCS members and Board.
Have a wonderful weekend!*

*Warmest regards,
Daniel Cuevas
Ph.D. Student in Computational Science, Bioinformatics
San Diego State University
Edwards Bioinformatics Lab*

Daniel will be continuing next year, so be sure to look him up in the Scholar Directory and say hello at the next Scientist of the Year Dinner.

Perhaps he could be your "Getting To Know You" Scholar.

Just For Fun Party

The ARCS Membership Committee held the annual "Just For Fun" party at the beautiful Coronado home of Carolyn and Bud Baker on August 27. The theme this year was "A Garden Party." Seventy-five people mingled among the roses and mirror plants with the soothing harp music of Esteban Cerutti in the background. La Cuisine Custom Catering provided the delicious food. It was a treat to see so many of our members, some of them founders and Emeritus and some brand new, enjoying each other's company. There always seems to be a special connection among our members

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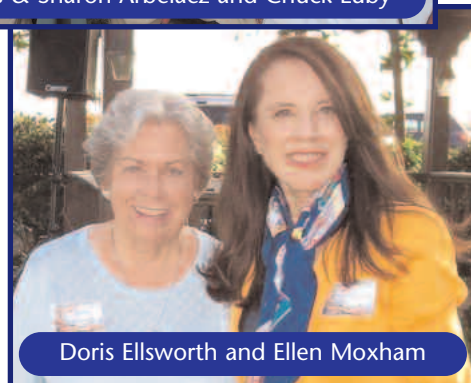
Marti & Frank Panarisi, Joy Kirsch



Robin Luby, Carlos & Sharon Arbelaez and Chuck Luby



Kristin Boyd, Chuck & Judy Bieler, Jan Shaw,
Karen Ludwig and Steve Boyd



Doris Ellsworth and Ellen Moxham



Just For Fun Party... Continued from Page 4

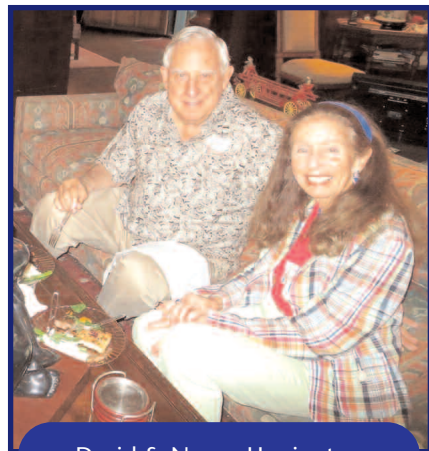
when we gather together, a mutual admiration of our amazing Scholars and passion about supporting them. Many thanks to Karen Bowden, who chaired the event, and to Doris Ellsworth, Joy Frye and all the members of the committee who worked so hard to make this a memorable event.



Nancy Anderson, Ann Hill,
Georg'Ann Fletcher and Sharon LeeMaster



Mary Beall Angel (former member) & Jerome
Angel, Frank & Marti Panarisi, Perry & Tom Colapinto,
Mary Ann McCauley and Adm. Scot McCauley



David & Nancy Herrington



Harriet & Bruce Prenner, Janet Allison, Marti & Larry Showley,
Debbie Day, Gary & Carol Ramsey, Jim Moxham (standing)

New Members of the Galaxy



RUTH COVELL is a native of California who attended most of grade school and high school in Phoenix, Arizona, before returning to California to attend Stanford undergraduate followed by medical school and residency at the University of Chicago. After a brief but very interesting stint in Washington, D.C., working on implementation of Medicare and related issues, she was offered a position at the new medical school at UCSD. Dr. Covell served 40 years at UCSD as senior associate dean and clinical professor of family medicine and was involved in a wide range of professional activities at the national, state and local levels with emphasis on access to care, workforce and geriatric issues. She still teaches, mentors and serves on committees. Her many passions have also kept her active; Dr. Covell currently serves on six boards ranging from a community clinic system that she helped found in 1970, to PCI, an international organization, and Mental Health

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New Members of the Galaxy... Continued from Page 5

America SD. The City Council recently honored her by proclaiming Dr. Ruth Covell Day, and bestowing a lifetime achievement award for bridging unique partnerships in community health and a UCSD endowed emeriti professorship.

Dr. Covell loves to travel and has been to 60+ countries, including recent trips to Iran and Saudi Arabia. Widowed in 2013, she has one son who is a Department Chair and Professor of Comparative Religion, another who is a pediatric oncologist; she also has six wonderful grandchildren and two accomplished stepdaughters.

Ruth has attended almost all of the ARCS events since its inception and looks forward to being a formal part of the organization.



NANCY EASTMAN is retired and loving life.

As a native New Yorker, she received a BS in Mathematics from the University at Albany, where she met her husband, "Ike." Her career started with General Electric as a software developer and she happily transferred to San Diego in 1981 to help develop their 3-D piping applications. After pursuing a Masters in Computer Science at UCSD, Nancy joined a company (now Altium) that develops software for electrical engineers, where she contributed to the engineering and technical marketing teams, retiring as an executive.

Nancy gained grant-writing and research experience while volunteering for the San Diego affiliates of Habitat for Humanity and Feeding America. She is an active member and currently the President Elect for Soroptimist International of North San Diego, an organization of women helping women and girls.

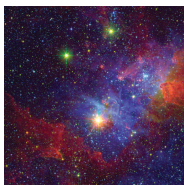
Nancy and Ike love to hike, travel overseas, and tour the US and Canada in their camper van. Other interests include golfing, dancing, nature, house and yard projects, and sports.

She is excited to be part of ARCS and looks forward to promoting its Scholar programs.

Fund Development Update: Joy Kirsch

Welcome all of you wonderful, generous members & friends to our 2016-17 year! I am delighted to be heading up Fund Development with my terrific team, including June Chocheles, Business Giving Director; Nancy Eastman, Foundation Giving Director; Rachel Friedman, Member Giving Director; Patty Fuller, Legacy; & Mary Ann McCauley, Memorials & Honorary Donations, with the able assistance of Joy Brown, Assistant Treasurer for Donations. Joy will be coordinating our Scholar Award donations from all of these categories. It has been so rewarding to meet these brilliant young Scholars and hear about their cutting-edge research, which will improve and change our world.

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Fund Development Update... Continued from Page 6

Let me thank you all for your donations last year, and in advance for the generous donations I know you will be giving to the ARCS Scholar Fund this year. We are starting off the new fiscal year with kudos and a huge thank you to Becki & Ed Etes for their very generous donation of a full scholar award.

I look forward to seeing you at ARCS events this year.

Bright Stars in the Galaxy



BETTY SIMM

First she authored the ARCS cookbook, "Let's Do Lunch," and now Betty Simm has penned another book: *"It ain't braggin' if you really done it": a 90-Year Adventure*. Betty has written a fascinating memoir in which she chronicles 90 years of incredible experiences. She greeted Charles Lindbergh in Paris after his historic flight across the Atlantic Ocean, she met Al Capone, and she learned to swim with the original Tarzan, Johnny Weissmuller. Betty was part of the Nixon White House and actually walked on the Apollo space module before it landed on the moon. Congratulations, Betty! Stay tuned for Betty's next adventure! Her book is available through Amazon.



REENA HOROWITZ

Reena Horowitz, an ARCS member since 2014, was recently featured in *Modern Luxury San Diego* magazine as the "Do-Good Doyenne" for her philanthropic work and involvement in several charities and boards. In fact, Reena has chaired more than 15 galas in San Diego over the years. Most recently, she served as co-chair of the Stars and Stripes Gala, the USO's 75th anniversary event. The theme: "It Takes a City to Support Our Military" is near to Reena's heart, as she feels strongly about supporting our military men and women and their families. The Gala took place at the Hotel del Coronado on June 4, 2016, and raised \$760,000.

In addition to her philanthropic focus, Reena is also a retired healthcare businesswoman and a jewelry designer; she is known for her striking necklace designs, and uses the proceeds to partially fund her philanthropy.

Reena has been honored as a Salvation Army Woman of Dedication, a Charter 100 Woman of the Year, an American Heart Association Legendary Woman of the Heart and one of the Cool Women of the year by the Girl Scouts of San Diego. Congratulations, Reena! Keep up the good work!



ERIC TOPOL

Eric Topol, MD, ARCS Scientist of the Year in 2013, continues to shine as one of the nation's best-known digital medicine advocates. And now, he and others are about to make history with a landmark, longitudinal study designed to personalize and customize medicine and the delivery of health care. He and The Scripps Research Institute (TSRI) have recently received a record-setting grant -- \$120 million over five years -- from the National Institutes of Health (NIH) as part of the White House's Precision Medicine Initiative (PMI). This is the most ambitious research effort in national history and will change the practice of medicine.

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Bright Stars in the Galaxy... Continued from Page 7

Dr. Topol is a cardiologist and professor of genomics at TSRI, the chief academic officer at Scripps Health and the director of the Scripps Translational Science Institute (STSI). Dr. Topol has long been a proponent of customized medicine to keep patients healthy, find and treat illnesses early and manage chronic disease. As the Principal Investigator, Dr. Topol and others will use medical record and biologic data and genomic information to personalize medical care based on genetic makeup, lifestyle and environmental factors. Topol's plan is to involve one million "citizen scientists" in the study using technical digital advances such as smart phone apps, biosensors and genomics. Others involved in this Initiative include Qualcomm, Apple, Verizon, Walgreens, Web MD, Blue Cross Blue Shield and the San Diego Blood Bank.

According to Dr. Topol, "The next phase of medicine will be remarkably more precise and individualized—not just with respect to treatment but also prevention, screening and diagnosis. We are thrilled at Scripps to have been selected to be one of the leading groups to move this exciting, unparalleled medical research platform forward."



HOLLY HEATON

ARCS member Holly Heaton recently joined the San Diego Bowl Game Association "Red Coats" Committee. She is one of approximately 100 volunteers who don their red coats to assist with the annual Holiday and Poinsettia Bowls in San Diego over the Christmas holidays. The group also takes part in other activities throughout the year, including a golf tournament, bocce ball games, football clinics for children and volunteering-participation efforts to "give back" to the San Diego community.

The SD Bowl Game Association kicked off 38 years ago to plan and produce the Holiday Bowl, and in 2005 added the Poinsettia Bowl. Both Bowls feature college football teams from the Big 10, Pac 12, Mountain West and Mid-American Conference. In addition to the games, the festivities include a parade, battle of the bands, and lunches. It is no wonder that these Bowl games are favorites in the Bowl circuit given the beauty of and weather in San Diego, which are showcased during the week. The Bowl Game Association is a not-for-profit, 501 (c) (3) with a mission to generate tourism, exposure, economic benefit and civic pride for San Diego and its citizens. Since its inception in 1978, these games have had a greater than \$750,000 impact on the San Diego regional economy. This year's games take place on December 21 and 27, 2016.

RESEARCHERS
WOMEN SCIENTISTS OF TSRI

Be a part of the conversation.
Join us for a gathering among scientists, friends, and supporters. Get caught up on current health related trends, learn about the most cutting edge advances in medical research, and stay for a reception among peers.

SAVE THE DATE
WEDNESDAY
OCTOBER 26
2016

4:00-6:00 PM
Presentation and Reception
More Information to Follow

The TSRI Auditorium
10620 John Jay Hopkins Drive
San Diego, CA 92121

For questions or to RSVP contact Chelsea Luedeke
at (858) 784-7083 or cluedeke@scripps.edu

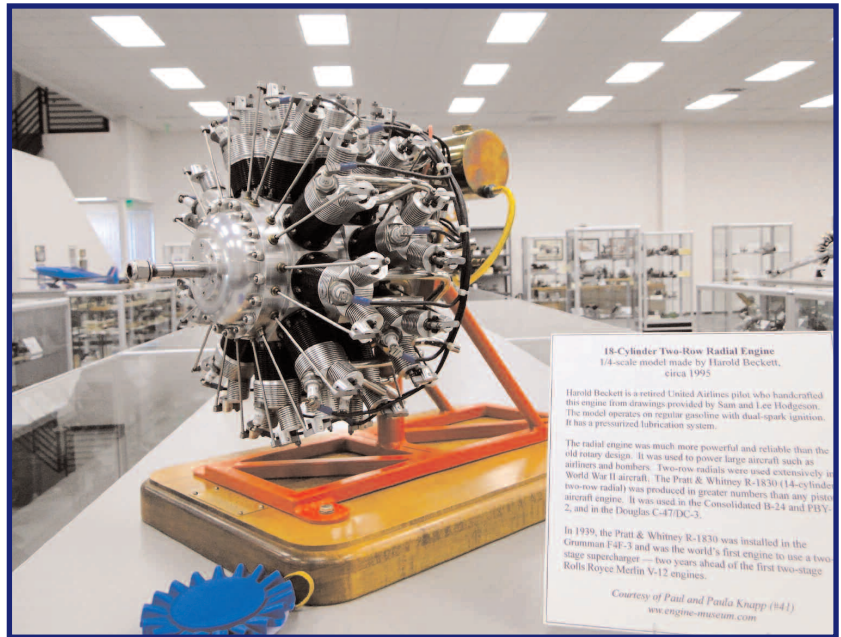


Spring Field Trip

A small, intrepid group of ARCS members met at the Miniature Engineering Craftsmanship Museum in Carlsbad on April 22, 2016. It is a place where adults (and older children) are enchanted by all sorts of handicrafts in miniature, including dollhouses with furniture, appliances, clothing and artwork all to scale. Because all the objects are fragile, and many exhibits are open for close inspection, the museum is not really intended for those younger grandchildren with eager hands.

On the mechanical side, there are airplanes, cars and boats, as well as musical instruments and models of famous buildings made out of matchsticks. All exhibits and models are in working order and have moving parts: engines run, and propellers and steering wheels turn.

Two-and-a-half hours enabled us to just get a taste of what they have to offer. We were treated to a personalized tour and demonstration of small gasoline engines, with each piece individually machined to exact tolerances. One additional highlight was being able to watch a 3D printer as it built plastic card-holders and toys.



Several ARCS members and their guests continued the field trip and conversation at lunch at Tommy V's Urban Kitchen just a few miles away from the museum.

The website gives more details, plus driving directions: craftsmanshipmuseum.com. Parking is free and abundant and the museum, which is all on one level, is ADA compliant.

We look forward to having you join us on our field trips in the upcoming year. There should be something of interest for everyone. Carpool with a friend or two and enjoy the day!



National ARCS Meeting - June 2016

A RCS Foundation, Inc., held its National meeting in Minneapolis, Minnesota, on June 15-17, 2016. At this meeting the Presidents' Council met and discussed upcoming plans to create a new structure for the National Board. Plans for hiring professionals to manage the website and perform other office duties were discussed. The National Board has retained a consulting firm, which has proposed that we adopt a 20/20 Plan to hire professional help to manage the growing needs of our organization. Our chapter made a similar move two years ago when we hired an administrative assistant. It had become more difficult to find volunteers who were able and willing to handle all the responsibilities of our chapter. In addition to the 20/20 Plan, the National Board also plans to restructure the voting power of the Chapter Presidents and the National Directors to give more decision-making power to the National Board; the Presidents' Council is against this shift.

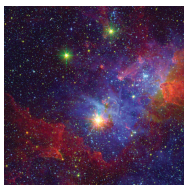
The remaining days were spent in Committee discussing the status of Finance, Communications, Membership, University Relations, and Chapter Development. The last day of the meeting the entire National Board met and a vote was taken to restructure the voting power of The National Board. Even though the Presidents' Council stood united against changing this arrangement, the motion passed.

In a recent letter, ARCS National President, Lynne Brickner, announced that during 2015-2016 our foundation supported 631 Scholars from 50 universities and granted Scholar Awards totaling \$4,764,269. This is the largest sum we have ever awarded. Since funding our first Scholar in 1958, the ARCS Foundation, Inc. has awarded \$100,958,274. This year there are 1,354 members in 16 chapters who have partnered with 51 eligible institutions. There is no doubt we are making a difference!

Success, however, brings growing pains, and solutions need to be found to continue the good works and success of our founders. Additional news regarding National from President Brickner's letter follows:

"During 2015-16, the members of the National Board donated approximately \$80,000 to National; \$38,000 to National operations and \$42,000 to the National Endowment Fund. The National Endowment Fund distributed \$43,070 in March 2016 to fund National operations, and the balance of the National Endowment Fund was \$1,883,038 at June 30, 2016. 78% of 2015-16 NB Members contributed approximately \$71,300 to National and 100% of the 2015-16 Advisors contributed \$8,700 to National. National also received \$625 in endowment gifts from five NB committee members and former 2014-15 NB members. Thank you for your generosity of time, talent and treasure in support of National and its website, Scholar database, publications (such as our Annual Report and Achievements newsletter), PATS Learning Portal and fundraising materials, all in use every day to enable the great work of our Chapters, members and Scholars.

Obviously we cannot continue to depend on generous members to pay off our deficits and support in a major way the new programs we wish to develop in the ensuing years. With the proposal to hire professionals to manage central offices, one Board member suggested the money be assessed from the local chapters' dues. For some chapters that is possible, but for many chapters, including ours, this would be prohibitive. The Colorado Chapter said it would have to close its doors if this occurred. I have been very candid and vocal about how I feel about this proposal. I advised the group that the San Diego Chapter will raise local money for local Scholars and universities, but I don't believe we



National ARCS Meeting... Continued from Page 10

would be in favor of sending money we raise to a central office to be disbursed by a business with significant overhead that will not benefit our Scholars and universities. I do not stand alone in this opinion, but I'm not sure I stand with a majority. This is one reason I believe it is imperative that members of the San Diego Chapter begin to take an interest in the National Board.

It is unclear how ARCS Foundation, Inc., will look after the 20/20 Plan is instituted. Perhaps we will see more participation by Scholar Alumni, or members from individual chapters. Our mission is important for the continued success of the organization and Scholars and in promoting scientific and educational advancement. There is an opportunity now for women of wisdom and dedication to make an impact. The upcoming years will shape the future of ARCS Foundation, Inc. It is important that women from the San Diego Chapter be a significant part of these decisions.

Mary Fitz, San Diego Chapter President, ARCS Foundation

Calendar of Events

BOARD MEETINGS: Third Tuesday of the month at 11:30 at the UCSD Extension,
6256 Greenwich Drive, La Jolla, CA 92037. NEXT MEETING: SEPTEMBER 20, 2016

SPECIAL EVENTS:

FIELD TRIP: Friday, September 16, 2016, 9:30 am-1:30 pm,
UCSD Jacobs School of Engineering; 9500 Gilman Drive, La Jolla, CA 92093

ARCS NATIONAL WORKING MEETING: September 14-16, 2016; Dallas, Texas.

ANNUAL SCHOLAR PICNIC: Sunday, October 16, 2016, Home of Candace Kohl:
294 Torrey Pines Terrace, Del Mar, CA 92014 (Scholars and UR members)

HOLIDAY PARTY: TBA

GENERAL MEMBERSHIP MEETINGS:

FALL MEETING: October 13, 2016, 9:30 am - 1:30 pm, MEET OUR SCHOLARS!
La Jolla Country Club, 7301 High Ave, La Jolla, CA 92037

WINTER MEETING: January 24, 2017, 9:30 am - 1:30 pm
La Jolla Country Club, 7301 High Ave, La Jolla, CA 92037