



INSIDER



Spring 2017

PRESIDENT'S MESSAGE...



Mary Fitz

As you know, the San Diego Chapter of ARCS Foundation, Inc., does magnificent things. If you don't believe me, come to the 2017 Scientist of the Year Dinner on April 28th at the Sheraton San Diego Hotel & Marina. We will honor Dr. Karen E. Nelson, an outstanding researcher and President of the J. Craig Venter Institute. We will parade our 61 gifted Scholars and view their accomplishments. We will welcome new visitors to our community, and we will celebrate the accomplishments of this past ARCS year. Come — and bring a friend or two.

There are those who would say ARCS Foundation, Inc., is an organization that raises money for PhD candidates at major universities across the country. I imagine those are the same people who would stop at saying Hans Christian Anderson's *The Ugly Duckling* is about ducks. Each statement conveys an element of truth but misses the point and the spirit of the story. Quite frankly, I've reached that time in my life when, if it doesn't have *soul* or *spirit*, it doesn't have me! Life's too short to fuss and bother over things that don't bring meaning and purpose to my life. I imagine you feel much the same way I do.

This busy time of year finds ARCS members struggling through the multiple challenges of preparing for the Scientist of the Year Dinner: databases updated; invitations and programs designed; hotel arrangements finalized; sponsors sought and publicity arranged for this major event. These activities are added atop the routine obligations of our chapter, such as preparing for the General meetings, nominating next year's officers, planning for the allocation of money raised this year for next year's Scholars, and conducting the ongoing business of each of our chapter committees. All of this work and effort continues despite the ravages of this horrible season of flu and colds, unusually high rainfall and treacherous highways on which to navigate.

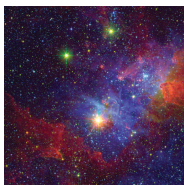
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ARCS 2017 Scientist of the Year Dinner

Friday, April 28, 2017 • 6:00pm (cocktail reception)

Honoring Karen E. Nelson, Ph.D.

Sheraton Hotel and Marina, Harbor Island



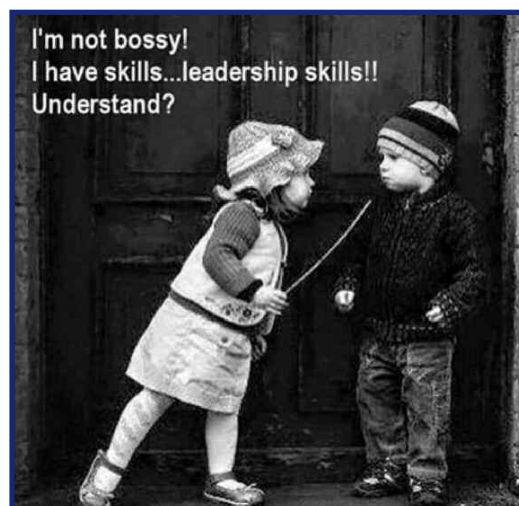
PRESIDENT'S MESSAGE... Continued from Page 1

This devotion to service and execution of demanding tasks goes beyond a sense of obligation. To me it exemplifies an essential caring for our Scholars, the ARCS mission, and community of ARCS members who have found companionship and purpose in the work that we do. It was so satisfying to speak with a guest at our recent field trip to The Scripps Research Institute: She was so enamored by the science, our Scholars and the camaraderie she experienced within the community that we have created for one another. It is a precious space to find in this secular world of profit, borders, division, and privilege. It is a place to try your wings in service to a cause greater than merely personal needs, to have a hand in molding our country's future. As the Nominating Committee reaches out to the membership to fill positions for the next two years, I wish to encourage you to take that fledgling leap into a job you're not sure you can do, trusting that this worthwhile new venture will not only accomplish its stated purpose, but will broaden your horizons, your capabilities, and yes, even your friendships. That's the only way to learn to fly, you know... to try.

I have written these first three paragraphs in the evening, and as I re-read them in the light of a new day, I say to myself, "There she goes again...waxing idyllic." I do have that tendency; perhaps you've noticed. So, to bring the conversation back to "normal," I would like to share with you a picture of my style of presidency. Better to "fess up" than to be exposed at a later date.

Have a wonderful Spring — and thanks for all you do!

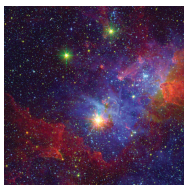
Mary Fitz, *President, San Diego Chapter*
ARCS Foundation, Inc.



Scientist of the Year Dinner 2017

ARCS Scholars, members, and supporters will gather at the Sheraton Hotel and Marina on Harbor Island on April 28th for the 2017 Scientist of the Year Dinner. This year's recipient is Dr. Karen E. Nelson, President of the J. Craig Venter Institute, a renowned scientist widely recognized for her work in the microbiome area. At the cocktail reception, which begins at 6:00 PM, our Scholars will be displaying posters of their research and discussing it with interested members and guests. Following the traditional entrance of our Scholars, an elegant dinner will be served, with a choice of beef short ribs, mahi mahi, or vegetarian. The evening will continue after dinner with a talk by our Scientist of the Year, enlightening the guests about the astounding findings in the field of microbiome research, followed by presentation of her award.

San Diego has earned a reputation as the "genomics capital of the world," because it has attracted top scientists like Dr. Nelson. She heads the Microbiome group at Human Longevity, Inc., La Jolla, and is Editor in Chief of the journal *Microbial Ecology*. Serving on many other boards, including the National



Scientist of the Year Dinner 2017... Continued from Page 2

Academy Board of Life Sciences and the NIH-NIAID council, she is also a Fellow of the American Academy of Microbiology, an honorary professor at the University of the West Indies, and a Helmholtz International Fellow.

Also joining us on April 28th will be Peter Ho, an ARCS Scholar Alumnus, who will explain how ARCS support helped further his career. Raffle tickets will be available for \$20 to win a “Staycation” contributed by the Sheraton Hotel, consisting of a one-night stay, breakfast, and a one-hour spa treatment for two. Proceeds from the raffle will go to the Scholar fund. Guests may park in the lot beside the grand ballroom for \$12 for the evening or avail themselves of valet parking for \$18, with hotel employees facilitating the parking process. We look forward to honoring the brilliant Scholars whose work we encourage through our Scholar Awards and celebrating another successful year for our foundation.

Perry Colapinto, *Event Chair*

News From National

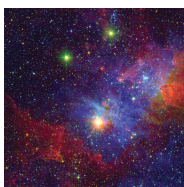
In mid-January Helga Moore, our co-president-elect, and I traveled to Phoenix, Arizona, for the ARCS Foundation, Inc., National Board meeting. It was there I introduced Helga to the Council of Presidents. I think it was a real eye-opener for her to see and meet the wonderful women from around the country who work to keep this organization a viable entity. Some of our chapters are struggling to get started, such as Tampa Bay and Minnesota. Others are long-time chapters, which, in their former years, were real powerhouses, but with time, membership began to age and decline. Today, Chicago is at a point where it is considering closing its doors. Hats off to San Diego’s Membership Committee, who have done a bang-up job of bringing in new and younger members! I can almost feel a renaissance of sorts in our chapter. It takes visionaries to create this upswing of interest and vitality.

Helga was also introduced to Lennard A. Fisk, PhD., Distinguished Professor of Space Science at the University of Michigan. Dr. Fisk is chair of the Science, Engineering and Advisory Committee (SEAC) for the National Board of ARCS Foundation, Inc. Fisk and thirteen others are advisors to us in Science and Technology issues. He mentioned that in spring 2018 there will be a national conference of leading space organizations: JPL, NASA, and others involved in space exploration. He thought it might be possible for ARCS to have a table there, along with our Scholars who are involved in astrophysics and space systems. What an opportunity for us to have exposure to an entirely new entity.

Plans for restructuring the National Board were brought up to the Presidents’ Council, and, as expected, were met with alarm and concern by the presidents of each chapter. One issue was the reduction in size of National Board, currently at 48 members; you can imagine the logistics and difficulty of such an unwieldy board. There was also a move to rewrite the bylaws.

On February 13 a Webinar vote was cast whereby the Board would be restructured to a more manageable size and the bylaws would be rewritten. I assume this is happening this spring. Those bylaws will be brought to vote at the June 9 NB meeting. What they are, I have no idea. However,

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News From National... Continued from Page 3

Jackie Henson, an attorney and chair of the Governance Committee, is writing them up now. She promises the chapter presidents will continue to have 30% of the voting power.

What this all means, I do not know. I have been as outspoken and verbal about these unknown changes as I can be. I am the only one able to vote on behalf of our chapter; I cannot send in a proxy or even have Helga, our co-president-elect, cast our vote, so I will do all I can to be present to represent you.

There is a lingering concern of mine that I am unwilling or unable to see beyond our local chapter. Perhaps I'm missing the BIG picture...the national picture. We do not have the big donors of Seattle, Portland, or Northern California, who are able to give several million-dollar gifts. Nor am I willing to embrace \$1,000 membership dues. Should I be more sympathetic with struggling chapters? Do I think we should assist them financially? So now I must stop myself; I am trying to fill the "unknowns" with my own thoughts — an unfair and dangerous place to go. All I can do is wait to hear what ARCS Foundation, Inc., proposes.

I will keep you current with all the news that comes my way.

Mary Fitz, *President, San Diego Chapter*
ARCS Foundation, Inc.



Bobbie Vandervoort

January General Meeting Recap.

Members of the San Diego chapter of ARCS Foundation and their guests met on January 24 at the La Jolla Country Club for the first general meeting of 2017. Mary Fitz opened the meeting and warmly welcomed everyone. Then, with her infectious optimism, she outlined the events and her vision for the chapter in the year ahead.

Committee vice presidents followed with their reports. We were all thrilled when Bobbie Vandervoort was named the newest "ARCS Light" for her tireless work and selfless devotion to our San Diego

Chapter. Following the business meeting, George Campbell, a current ARCS Scholar from TSRI, treated the audience with the story, both poignant and humorous, of the events that led him to the present day. A cell biology PhD candidate in the Encalada lab at The Scripps Research Institute, George described his research on how the nervous system uses a specialized system of transport proteins to carry molecular packages along the cellular highway of elongated nerve cells. Outside the lab, his hobbies have influenced the way that he does research. Archery helped him practice focus, and improvisational comedy has helped with communication, interpersonal connection, and the fear of public speaking. He went



George Campbell

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January General Meeting Recap.... Continued from Page 4



Dr. Julia Brown

on to inform us that he was fortunate to be raised by devoted parents and by his late grandmother. Watching his grandmother tirelessly work on her genealogy research allowed him to see firsthand the struggles of the research process and the perseverance needed to succeed. These skills will help George as he approaches the defense of his PhD dissertation this summer.

The keynote speaker, Dr. Julia Brown, gave a compelling and timely speech on the importance of leadership and giving back. Dr. Brown is a 30-year resident of San Diego and has focused her career in pharmaceuticals and biopharmaceuticals. She sits on several boards in San Diego, including Bidel, Inc., CONNECT, Cleantech San Diego, Girl Scouts San Diego, and the San Diego Symphony, and is also the chair of the Corporate Directors Forum. Dr. Brown works through these boards to foster economic growth in San Diego, the creation of good jobs, and the promotion of high standards in corporate governance.

Fund Development Report

I am occasionally asked about the various types of donations, so for those of you who were not at the January General Meeting, I will try to clarify/explain.

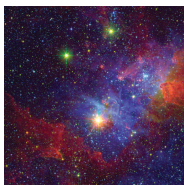
Our **Scholar Award** Fund, or Annual Participation Donation, goes directly into Scholar funding for the next fiscal year; 100% of your donation goes toward funding a Scholar. Donating to the Scholar Fund not only helps our brilliant Scholars, but helps us attract foundation & business donors; the higher the percentage of our members making donations, the more appealing our organization. It's about showing your commitment to ARCS. To date we have received \$94,772.62 from members this fiscal year, which is 79.3% of our members. If you have not yet made a donation this year, please make one of any size to bring up our percentage.

Our **Endowment Funds** are monies that have been donated for endowment and reside permanently in the investment house; we can only use the annual income from those funds for our Scholar Awards, hence the endowments will continue to grow and fund Scholars for years to come. This year we received \$67,000 in annual income from our Endowment Funds for Scholar Awards. When you make a Memorial or Honorary donation, that money goes into our Endowment Fund, not directly to the Scholar Fund, and therefore cannot be counted in our % of member participation for annual Scholar donations, as it will not be used in the next year.

Anyone who has written ARCS, San Diego Chapter, into their will/estate planning becomes a member of our **Legacy Society**. Those funds which are left to ARCS will go into our Endowment Funds, thereby ensuring Scholar Awards into the future.

All of your donations to ARCS are tax deductible; your membership dues are used strictly for chapter expenses (printing, mailing, dues to ARCS National, etc.)

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Fund Development Report.... Continued from Page 5

Thank you so much to all of you who have already made your annual gift to the ARCS Scholar Award fund. A very, very special thank you to those members who have funded full Scholar Awards this year (\$7,500 or more): Sharon Arbelaez, Betty Beyster, Becki Etes, Kathy Hattox, Diane Miller, Marti Showley, and Mara Zbarrondo.

Joy Kirsch, Vice President Fund Development

February Field Trip to TSRI

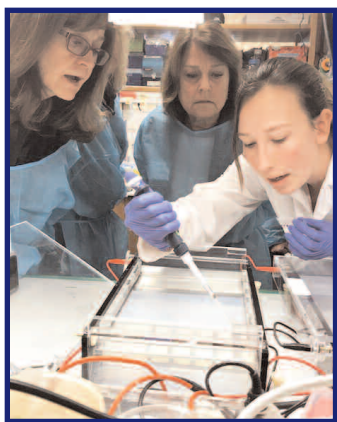
A field trip was held at The Scripps Research Institute on February 3, 2017. After a warm welcome, with delicious pastries and coffee, members and guests attended a fascinating lecture by Dr. Andrew Ward. Dr. Ward's goal is to determine the 3-D structure of proteins from microscopic organisms that cause disease, revealing weak spots that might be targeted with vaccines and drugs. Since starting his lab at TSRI in 2010, Ward has discovered new aspects of viruses including HIV, Influenza and Ebola

Virus. He was recently awarded the 2017 Viruses **Young Investigator in Virology Prize by the Multidisciplinary Digital Publishing Institute (MDPI)**.



Chris Cottrell and MaryAnn McCauley

The group subsequently divided into three smaller groups to visit the Lander Lab with Danielle Grotjahn, the Ward Lab with Chris Cottrell, and the Havran Lab with Daisy Johnson. The three ARCS Scholars adroitly summarized the important and exciting research they are undertaking, and ARCS members and guests expressed the honor and privilege they felt for being a part of it.



Holly Heaton, Tamia Strachan, and Scholar Daisy Johnson





ARCS members attend Evening of Distinction at San Diego State University

ARCS members were honored to be invited to the *Evening of Distinction* at SDSU on February 7, 2017. The *Evening of Distinction* is held to honor generous donors who have donated in excess of a million dollars to the University. ARCS is proud to be included in this group.

The event was held at the Jeff Jacobs JAM Center and included a tour of the relatively new basketball training facility, which includes two full-length basketball courts, locker rooms, team lounges, and a well-equipped film room.

As we entered the facility, we were greeted by a group of Aztec cheerleaders.

Afterwards, we enjoyed a delicious dinner while being entertained by very talented students from the Music Department. President Hirshman recognized the donors and acknowledged their great support of SDSU.

ARCS was represented by President Mary Fitz and her husband, Dave, Diane Chalmers and her husband, Joe, Priscilla Moxley, Barbara Starkey, Sally Thomas, and Helga Moore. We were fortunate to have two SDSU Scholars at our table; Erik Paulson, Dept. of Chemistry and Biochemistry, who focuses on enzymes, and Kelly Ross, College of Sciences, focusing on planarians (flatworms). Needless to say, we learned a lot from the Scholars.

It was definitely an evening to be remembered!

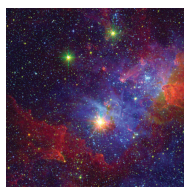
Submitted by **Helga Moore**



Sally Thomas, Scholar Erik Paulson and Helga Moore



UR Vice President Priscilla Moxley and Barbara Starkey



New Members

LOIS KENNEALLY



Lois is an avid gardener, and she enjoys traveling and boating. She earned a BA and MA from George Washington University and a M.Ed. and MBA from Marymount University. While living in New York, she worked as a stewardess for Pan American World Airways for two enjoyable years and then began her new career in Washington, D.C., as a speech and language pathologist. After moving to San Diego, she became an administrator of programs serving emancipated foster youth. Lois is a volunteer Master Gardener certified by the University of California Cooperative Education, a member of the San Diego County Garden Guild, and Chairman of the Library Committee at the San Diego Yacht Club. She has served on the Charity Ball Committee, was a member of the San Pasqual Academy Advisory Board, and is a founding member of Just in Time for Foster Youth. Her husband, a retired Major General (USA), is a member of the Governor's Military Council and a Principal of Business Associates International, LLC.



INGRID BENIRSCHKE-PERKINS

Ingrid is a UC San Diego alumna, having graduated in 1979 with a BA in French and German Literature. Her professional career began in science publishing, first at Springer-Verlag in Manhattan, and then at Cold Spring Harbor Laboratory Press (CSHL Press) on Long Island. During this time, she managed the marketing activities for both books and journals. In 1998, Ingrid relocated to San Diego and continued to telecommute to CSHL, thus establishing the first West Coast office for the Press.

In 2011, Ingrid joined CARTA (Center for Academic Research & Training in Anthropogeny), an organized research unit at UC San Diego devoted to the study of human origins, as Community Relations Director. This new position was designed to help CARTA engage more with the community. In addition to raising CARTA's profile locally and across the globe, Ingrid assists in development and fund-raising activities, working closely with the UCSD development leadership and staff, to further the CARTA educational and research missions.

Ingrid's spouse, Gordon Perkins, is an electrical engineer at Cymer, a high-tech company founded in 1986 by two UCSD graduates, that supplies advanced light sources to the semiconductor industry. Together, they enjoy bicycling whenever possible, both locally and internationally. Of special interest to ARCS members: Ingrid's father, Dr. Kurt Benirschke, was ARCS San Diego's 1997 Scientist of the Year.



IN LOVING MEMORY ***Jeanette Foushee*** ***1933-2017***



ARCS SHARKS with Jeanette Foushee

Jeanette will long be remembered as a wonderful friend to all in ARCS and the San Diego community. As a San Diego ARCS Foundation Chapter past president, she was an inspiration to us. We all cherish the moments and events with her.

Jeanette had a zest for life and a finely tuned humor which was contagious. It was the beautiful smile, the compassion for others, and her intellect that made her so special. Jeanette bravely faced a long battle with cancer, in which she exhibited her optimism and determination to lead a full life.

She was born in Chula Vista and recalled spending hours at her father's pharmacy and soda fountain. As a graduate of San Diego State, she maintained a large circle of friends. After graduating, she married and raised two children, Steve and Kathy. She was so very proud of her grandson, Tyler. Later, she married Bobby Foushee and gained a stepson, Scott, his wife, Susan, and their children, Riley and Henry.

As an avid bridge and tennis player, she loved the competition. She enjoyed water and snow skiing, the beach, the *New York Times*, reading a good book, plus many other hobbies. Chargers tailgating was high on her list, but not so much the game! She was an enthusiastic participant in the yearly ARCS tennis/bridge weekend in Borrego Springs.

ARCS Sharks was her inspiration. It is a bridge group composed of good ARCS friends, with friendship being primary.

Jeanette was extremely community-minded and held leadership positions at the San Diego Museum of Art and San Diego Zoo, just to mention a few. In 1985-86 she served on the San Diego Grand

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IN LOVING MEMORY...Continued from Page 9

Jury. As a vital member of the San Diego volunteer community, in 1986 she was honored by the Salvation Army Door of Hope Auxiliary as a Women of Dedication recipient. In 2009-10 she received the ARCS Light Award.

As our 2004-2006 San Diego ARCS Foundation President, she presided with compassion, humor and a love for the ARCS Foundation mission of supporting ARCS Scholars. As a member of the Legacy Society, she was ensuring her financial support of these Scholars through the Foundation.

We loved Jeanette and send our love and prayers to her husband, Bobby, and to her family. Their partnership contributed so much to ARCS Foundation and to the San Diego community.

ARCS Foundation was so fortunate to have Jeanette as our leader and friend. Our loving thoughts will keep her memory alive forever.

Joan Evangelou

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:** APRIL 18, 2017

SPECIAL EVENTS:

SCIENTIST OF THE YEAR DINNER: April 28, 2017; Sheraton San Diego Hotel and Marina; 1380 Harbor Island Drive, San Diego, CA 92101

FIELD TRIP: May 5, 2017 - Hahn School of Nursing, USD

NATIONAL MEETING: JUNE 7-9, 2017, Denver Colorado

GENERAL MEMBERSHIP MEETING AND INSTALLATION OF OFFICERS:

June 16, 2017 - San Diego Yacht Club