



INSIDER



Spring 2018

NEWS FROM CHAPTER PRESIDENT...



Helga Moore

I can't believe that the first year of my presidency is quickly coming to an end. If I were to give a "State of the Chapter" address, I would report that we have worked hard at keeping the Chapter vital in spite of the many challenges we encounter. I would also extend a sincere thank you to the Board, Committees, and the general membership for all their support and hard work.

A volunteer organization, such as ARCS, cannot survive without the dedication of its members. Thank you again!

And we did face some difficult hurdles. Foremost in my mind, is the postponement of the SOY Dinner. The postponement will have some ripple effects and create some changes in the 2018-19 calendar.

As you know, the new date for the SOY Dinner is Thursday, October 4, 2018. The SOY Dinner Planning Committee is busy planning the event. Dr. Fred (Rusty) Gage is still the 2018 SOY honoree. However, the focus will be on the Scholars and involve a broader spectrum of the STEM community in the area. Please save the date and plan to bring guests to a memorable evening you don't want to miss.

The Field Trip on May 31 at Scripps Hospital is a perfect opportunity to bring potential members. The General Membership Meeting at the San Diego Yacht Club on June 14, will feature a poster session by graduating Scholars. It will be an informative and interesting meeting for members and guests alike.

I'm off to Washington D.C. for the All Members Conference, April 25-28. San Diego will have a delegation of ten members, so look forward to impressions and experiences in the next issue of the *Insider*.

Helga Moore, *President, San Diego Chapter*

NEW DATE

ARCS 2018 Scientist of the Year Dinner
Postponed until Thursday, October 4, 2018

PLEASE SAVE THE DATE!



Donor Recognition Events

I had the privilege of representing our Chapter at two recent recognition events.

Sally Thomas, Liaison to SDSU, and I attended the SDSU "Evening Celebrating Philanthropies" which is a grand affair celebrating major donors. Since our Chapters' inception, we have contributed in excess of \$3 million to SDSU, so we definitely qualify. One of our Scholars, Pedro Torres, was there and it was gratifying to learn about his research and plans for the future. Pedro's lab studies polycystic ovary syndrome (PCOS), an endocrine disorder that affects 10% of women worldwide.



***Donor Appreciation Luncheon at USD.**
Front row: Professor Ann Mayo, Deanna Johnston, Mary Fitz. Back row: Nicole Martinez, Helga Moore, Allison Perkins, Priscilla Moxley.*



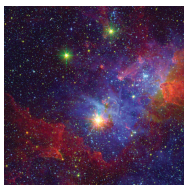
Evening Celebrating Philanthropy at SDSU. Major donors with their medallions including ARCS President Helga Moore.



Helga Moore, Pedro Torres and Sally Thomas at the SDSU celebration.

The "Scholar Appreciation Luncheon" at USD, was attended by Priscilla Moxley, Mary Fitz, and myself. Three out of four Scholars were at our table and it was great getting to know them better and learn how they envision their research to make a difference from gerontology and palliative care to emergency medicine and specialized health care for veterans.

Being President has a few "fringe benefits." Attending a recognition event, is certainly on top of the list.



Help Our Club Grow

ARCS San Diego has a supportive donor community that starts with all of us, but also relies heavily on companies, friends, and foundations. These sources of funding have been generous and reliable, but the truth is that total funds have dropped over the last few years. We must not only reverse that trend, but be creative in growing our funding base so we can collectively invest to make an even greater impact on advancing science in the US.

To that end, we are appealing to all ARCS San Diego members to pursue your connections and help our club grow to support more of our local scholars.

What might you do?

- Identify friends, families, and foundations whose interests may be aligned with our mission.
- Share our story and successes.
- Give them an ARCS Scholar directory - contact Perry Colapinto for a copy.
- If they have a Family Fund, donor-advised fund, or connections to a corporate Foundation, ask if they would consider supporting a full or partial scholar - contact Nancy Eastman to prepare a grant or donation request.
- If they are a corporate principal, ask if they might underwrite a piece of the Scientist of the Year Dinner - contact June Chocheles to pursue this possibility.
- Invite them to the Scientist of the Year Dinner.
- Invite them to an open house for new members - contact Holly Heaton in Membership.
- Bring them along on a field trip- contact Laurie Roeder.

Your proactive support to extend our reach is greatly appreciated. Together we will grow.

Joy Kirsch, Fund Development

Field Trips to the San Diego Zoo & Safari Park

Ann Siemens, a new member this year, arranged two wonderful field trips for ARCS. The first was the Frozen Zoo at the San Diego Zoo on March 8, 2018 and a follow up field trip to Safari Park to tour the Niklita Kahn Rhino Center and The Institute for Conservation. The Safari Park tour was divided between several days to accommodate small groups. Several members contributed their thoughts on the experience.

Dave and I were so impressed with the presentation titled *The Frozen Zoo* on the field trip to San Diego Zoo, we decided to sign up for the personal tours offered at the Safari Park in Escondido.

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Ann Siemens met us at the front entrance with her electric cart. Susie Antoniadis, a new member, was also there to join us. Quickly we were taken to the Rhino facility where we met Wes, their trainer and caretaker. Inside the building was a large room divided by heavy bars to create three separate enclosures for rhinos. We stood within a few feet of the enclosures, and we even petted their backs and noted their horns and mouths as they nudged against the bars. We walked around back to view the outside pens where they roamed more freely. Embedded in the wall I noted a sign that said, "donated by John and Kathryn Hattox." How generous Kathy (former ARCS member) and John have been to San Diego.



*Dr. Oliver Ryder, Dr. Jeanne Loring,
Ann Siemens, Rolfe Bernirschke.*

From there we went to the Educational Center where we walked through some of the labs doing research pertaining to endangered species. Further on down the hall we peered through a window into the *frozen lab*. Large vats were being maintained at the appropriate temperature to keep the tissues viable and useable for future research. These frozen tissue samples were also being preserved at the San Diego Zoo to insure their safety. We continued down the hall to the Educational Center where children and classroom teachers from local schools and around the world are learning about the ongoing research that is being done for the protection of endangered species and wildlife.

As we left the facility, Ann asked us if we would like to go out into the huge enclosure and see if we could find the three week old rhino among the other African animals. At the highest point we found Mother and baby and another female rhino basking in the warmth of the lovely spring sunshine.

What a treat!

Mary Fitz, Past ARCS President

Our most recent field trip to the world-famous San Diego Zoo was spectacular.

On Thursday, March 8th, nearly sixty ARCS members and their guests attended a special panel discussion about "The Frozen Zoo: Ending Extinction in the 21st Century". Many arrived earlier in the day to explore the exhibits, take the bus tour, and/or enjoy lunch at Albert's Restaurant.

ARCS member, Ann Siemens, an officer in the development department at the zoo, made all the arrangements, including the bus tour of the zoo and all the exhibits.

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She had her staff on hand to direct us to the Dickinson Auditorium and to greet us with coffee, tea and cookies.

The panel presentation was moderated by Rolf Bernirschke who told about growing up with his father, Dr. Kurt Bernirschke, who had a continuing fascination with animals. Dr. Oliver Ryder and Dr. Jeanne Loring were given a few minutes each to share some of the research they are doing. This was followed by a question-and-answer period. Many guests stayed even later to continue talking with the researchers.

Ann also arranged follow-up visits to the Institute for Conservation Research at the San Diego Zoo Global's Safari Park in San Pasqual. These additional field trips provided interested members an up-close view of the laboratories and an opportunity to talk with researchers who are engaged in reproductive



research for endangered species. Those taking advantage of this offer remarked how much they enjoyed seeing the animals and hearing about the Zoo's efforts to end extinction in the 21st century.

Many thanks again to Ann Siemens!

Laurie Roeder, Meetings & Special Events



Thrilling. Amazing. Interesting Beyond Imagination.

As a follow-up to the remarkable panel discussion for ARCS members on the Frozen Zoo on March 27th, several of us took up the offer of Ann Siemens, ARCS member and Principal of the Development department for the Zoological Society, to visit the actual facilities and programs discussed, at the Safari Park. It was very special indeed. Ann chauffeured us through the back roads and allies, allowing us to see a new perspective of all that goes on. Arriving at the Nikita Kahn Rhino Rescue Center we disembarked to meet some remarkable new friends, six Southern White rhino ladies, waiting to make history. A keeper explained that these travelers from South Africa are learning about their surroundings, their keepers and the procedures they must endure. They will be artificially inseminated with sperm from their own species to prove which of them can bear a healthy calves. The successful one(s) then would be ready to be surrogate mothers to Northern White rhino embryos, a nearly extinct species, using material preserved in the Frozen Zoo. In preparation for that job, they get weighed, examined and checked for any sign of illness. They even willingly come in for rectal explorations to prepare for insemination! Apparently they can learn to do almost anything for food. They have real friendships with each other and with certain keepers. We were able to pet one of them who came up to the fence and nuzzled into us. The tough skin seemed to cover a very social animal. Thrilling!

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Our next stop was to the Institution for Conservation Research, a large research and education facility housing hundreds of employees and one thousand species in stem cell form! The cells are kept in cold nitrogen tanks, ready to be propagated for research activities and saved for future generations of disappearing species. Bugs, monkeys, toads, birds and of course, rhinos were sleeping in the cold, in tanks right in front of us. Brief discussions with two of the senior scientists enriched the day further. The educational programs and facilities were very impressive.

Enjoying a wonderful lunch, watching the three new cheetah cubs bounce around like mischievous toddlers crowned what was a very wonderful day. Thanks to Ann and all the staff at the Safari Park. It was amazing!

Suzanne Dixon, UCSD Liaison

Candace Kohl

Candace Kohl, a past president of ARCS San Diego Chapter, 2009-2011, and the 2013-2014 ARCS Light recipient, has created a magnificent home garden. She has generously hosted the fall Scholar picnic including a full tour and access to her world famous meteorite collection. Here is her story.

I have been interested in gardening and horticulture since I was a child helping tend the peonies in our St. Louis perennial bed. Sadly they are not one of the plants to grow here in Southern California, but there are sooo many more fascinating ones that thrive. I have a garden overlooking the Pacific thru the Torrey pines in Del Mar. I have a nice collection of cycads. The most common one is Sago Palm, which is not a palm at all, but an ancient relative of plants the dinosaurs ate before flowering



plants even existed. I also have lots of Protea family plants, pincushions and leucodendrons. I have a wide collection of succulents in pots as well as some orchids that are not doing too well this year. My house and garden have seen many ARCS events over the years, including the Scholar Picnic for the past 3 years. I was a founding member of the Del Mar Rose Society and last June was elected president of the Del Mar Garden Club, a role I will continue in the coming year. Happy growing!



Celebration of a life well lived – the life of our beloved Past President Diane

We all feel sad about Diane's passing. But knowing Diane, she would not want us to dwell on the sadness, but to concentrate on moving forward and keeping the Chapter strong and relevant.

Diane was such a dynamo in our Chapter, holding responsible positions in major areas of our organization. Her leadership style was superb. She was courageous in promoting change, thoughtful in dealing with peers, helpful in her interaction with members, tough and decisive when necessary, and a mentor to many of us who try to follow in her footsteps. Diane was the go-to person for whatever questions we might have.

When I first joined ARCS and became a member of the University Relations Committee, Diane was the VP of Fund Development. I was impressed that she took the time to attend the UR meetings as well. She realized that the connection between the two committees was invaluable – in particular when it came to allocating funds to the institutions we support. Diane became the expert on allocations and true to her dedication to the Chapter, left thorough instructions for us to follow. She was involved in next year's allocations up to the last minute.



I served as Recording Secretary and VP/Administration during Diane's presidency.

Her support meant the world to me. When I felt I had done a mediocre job, she always supported and encouraged me and gave me the confidence I needed.

Diane – we miss you, but your legacy will be with us forever.

Helga Moore, President



San Diego Chapter – 2018 ARCS Light



Doris Ellsworth

Doris Ellsworth joined ARCS San Diego in 1987 and has contributed outstanding service over her three decades: strategic planning, recruitment and special events.

Doris, a native Southern Californian, graduated from Occidental College with a teaching credential. She and her husband Peter married and moved to Palo Alto. While Pete finished Stanford Law School, Doris taught physical education. While in Virginia after Pete joined the Army, Doris worked for the US Army Logistics Management School, managing activities and logistics for foreign officers and visiting Pentagon officials.

After the Army, they settled in San Diego. Doris has been active in numerous civic and nonprofit organizations including: San Diego Diplomacy Council (President), San Diego Bar Auxiliary, PEO chapter FR (President), Children's Hospital, The Wednesday Club, Town and Gown and Peninsula Singers. She co-founded the San Diego Courthouse Tour Program for elementary and high school students, receiving National recognition from the Freedoms Foundation. When her husband took on the challenge of building Sharp Healthcare – merging seven hospitals and three medical groups – Doris hosted and organized events supporting the massive effort.

She is very proud of her two sons, their wives and six grandchildren.

ARCS New Members

Gwynn Thomas

Gwynn is a Vice President at Hub International Insurance Services, the 9th largest insurance broker in the world and holds a Certified Insurance Counselor designation. Raised in the Los Angeles area, Gwynn attended college at California Polytechnic University in Pomona, where she earned a Bachelor of Science in Biology.

In addition to her career, Gwynn is an active community volunteer. She currently serves as Chairman of the Board of San Diego Center for Children. She is also on their Finance committee. She co-chaired The Center's annual fundraising galas in 2016 and 2017 and continues as an advisor on the 2018 Gala Committee.

She led San Diego Yacht Club's Monarch School outreach program for 10 years, bringing children attending Monarch School to the yacht club to teach them sailing.

Gwynn is an avid supporter of Rady Children's Hospital, serving for the past three years as a member of the Charity Ball Committee benefiting Rady Children's Hospital. She has been named Chair of the 110th Charity Ball to be held in 2019. The past five years she has served as Chair of San Diego Yacht Club's annual "SAILFEST" hosting children undergoing treatment at The Peckham Center for Cancer and Blood disorders Rady Children's Hospital and their families. In 2014 she founded "Race for Rady" benefitting The Peckham Center for Cancer and Blood Disorders at the hospital and held at San Diego Yacht Club. In 2015 she was recognized as a "Miracle Maker of the Year" by Rady Children's Foundation.





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Gwynn and her husband, Brian, who is owner of Thomas Marine, live in Point Loma. Brian serves on the San Diego Yacht Club Board of Directors. In their spare time, the Thomases love to cruise on their boat, "Thalassa", a favorite destination being Catalina Island. They are also avid snow skiers and travelers.

Lois Kenneally and Ellen Moxham are her sponsors.



SUSIE ANTONIADES

Susie earned a BS in Biology from Eastern Illinois University, an MS in Biology from Eastern Illinois University, and an MS in Genetics from the University of Arizona. She is retired and loves to travel. While in Illinois, she taught junior high school science. She then moved to Tucson, Arizona, where she taught desert ecology at the Arizona Sonora Desert Museum while she was in graduate school. She also volunteered as a counselor for Sickle Cell Anemia. After moving to San Diego, she taught biology at San Diego City College and MiraCosta College as well as classes in the education department at the San Diego Zoo and the Natural History Museum. As a member of AAUW, she was on the Charity Ball Committee in 2016.

Susie's spouse, George Antoniadou, who is now retired, was an engineer and later a contracts specialist developing and constructing electric power plants for Sempra Energy.



TEENA LEROUX

Teena hails from Montreal, Canada, and grew up speaking mainly French with her French father and English with her Scottish mother. When Teena finished school, she made her way to London, UK, and started work as a FX Currency trader with the Bank of Ireland. Her next stop was The Bank for International Settlements, the central bank for central banks around the world located in Basel, Switzerland. Challenging herself anew, Teena was offered a regional role located in Luxembourg which took her on weekly travels all over Europe, the Middle East and North Africa. She finally settled in Hong Kong with Bankers Trust in a regional sales strategy role, head of Financial Institutions for Asia Pacific Region. After almost 15 years in Hong Kong and moving through Deutsche Bank, JP Morgan and ABN AMRO she transferred to Tokyo. Always an avid volunteer, she was a Mentor for Hong Kong University Business School, as well as a contributing member of the fund raising for the Hong Kong Society for the Protection of Children. Teena was also an integral part of the Royal Hong Kong Yacht Club as a founding member of the Outrigger and Dragon Boat Section. Teena speaks fluent French, English, Italian and what she likes to call "taxi level" of Swiss German, Cantonese and Japanese.

In late 2012, Teena decided that San Diego was the best place in the world to retire. She immigrated and started volunteer work with various charitable organizations to find her passion and give back to her community. When an associate prompted her to return to the world of finance, she decided to become a financial advisor. In this capacity she consults with philanthropists to support them in building wealth, because she wants to remain a part of the philanthropic community. Always looking

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for new ways to be involved, she is on the board of the Center for World Music in La Jolla and is now excited to be a member of ARCS.

In her spare time, Teena is an outrigger canoeist and has paddled and steered six-man canoes all over the world. She helps run the Coronado Outrigger Club, where she lives with her toy size Dalmatian, Maximus. When not on the water racing her canoe, she can be found on country road drives with her vintage VW and Porsche car collector friends.



MARLA SHEPARD

Marla enjoys travel, hiking, walking and yoga. Marla was President/CEO of California Coast Credit Union for over 30 years. She started her career as a teller and worked her way up to CEO. She retired in 2015 and now does credit union consulting. Some of her consulting projects have included interim CEO, succession planning, strategic planning, board governance and political action. California Coast Credit Union is a \$2 billion credit union serving the San Diego Community.

Marla chaired the very successful San Diego PAC Committee for many years working with State and Federal legislators to insure credit unions were being heard. Marla also was on the board of Jack Henry & Associates for 8 years prior to her retirement. Jack Henry is an I.T. company that provides core systems and ancillary products and services to credit unions. She chaired the Governance Committee and was a member of the Compensation Committee. In 2016 she won the highest League award in California for her contributions to the credit union industry. Marla currently serves on the board of directors of the San Diego Blood Bank as well as the San Francisco Fire Credit Union.

Calendar of Events

FIELD TRIP - THURSDAY, MAY 31, 2018

Scripps Memorial Hospital (La Jolla)

GENERAL MEMBERSHIP MEETING - THURSDAY, JUNE 14, 2018

San Diego Yacht Club - Installation of new officers

ARCS SUMMER EVENT - SUNDAY, AUGUST 26, 2018

Cocktails & Dinner

THURSDAY, OCTOBER 4, 2018

Scientist of the Year Dinner