



# INSIDER



Spring 2019

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



Helga Moore

**A**s my term as president is coming to an end, it's natural to reflect on what has been accomplished, what still needs to be done, and how to complete the tasks. When I look back over the past two years, I see a Chapter that's facing a transition to a new normal. In order to grow and prosper, we have to acknowledge that the environment, approach to volunteerism, and membership are changing and we have to change accordingly.

I'm honored to have had the opportunity to serve as your president and grateful for the trust you have given me. It has been one of the most challenging and gratifying periods of my life. Our Chapter is a wonderful example of how great things can be accomplished when a group of talented and energetic women work together and support each other.

I regret having had to spend so much time "putting out fires" rather than shaping the future of our Chapter. However, I feel confident that the new leadership will take on the challenges and make the San Diego Chapter the best it can be.

Thanks again for all your support! A volunteer organization, such as ARCS, cannot survive without the dedication of its members.

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

## **EVENTS**

### ***ARCS Holiday Tea, December 7, 2018***

When our Membership Committee was talking about various possibilities for a holiday event, some of us mentioned how lovely the holiday teas were we used to have. The one drawback was the amount of work members put in to make the traditional food. It was suggested that if we had it catered and charged a fee, there would be less work for committee members. Having put on many a tea in my life I agreed to be chairperson. Joy Frye, Barbara Starkey, Laurie Roeder, Peggy Hanley and Karen Bowden offered to help on the spot. I immediately thought of Barbara McColl's beautiful home. She was delighted to welcome us and would have it decorated for the holidays in time for the tea. She and I both agreed that French



Helga Moore and Barbara McColl

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## *ARCS Holiday Tea...* Continued from Page 1



June Chocheles and Peggy Hanley

Gourmet would do a delicious/beautiful job as the caterer. We now had a perfect venue with easy parking.

The purpose of the tea was to have a chance for members to see each other and invite prospective guests. The weather gave us a perfect day and some 70 women had a chance to re-acquaint with each other and meet new people



Nancy Rudolph and Joy Kirsch

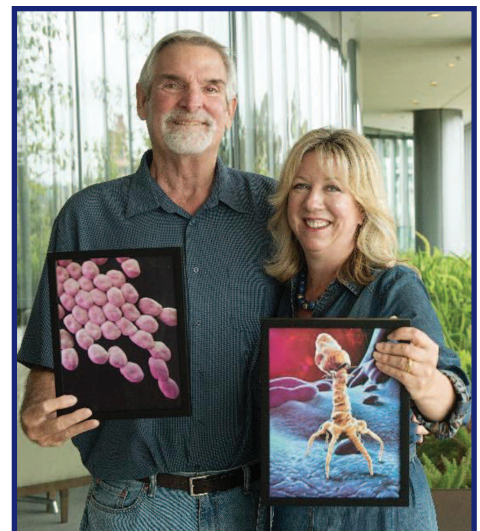
while enjoying delicious goodies and tea. This event would not have been possible without a dedicated committee who lent their serving talents, china, silver service, cooking and enthusiasm to make it a success. We are all grateful to Barbara for opening her home to us. We were very touched by all the wonderful comments from those who attended.

## *The Perfect Predator*

**A scientist's race to save her husband from a lethal, antibiotic-resistant superbug.**

Over 100 ARCS members and guests attended the first Special Event of 2019 hosted by the Membership Committee at the UCSD Faculty Club on January 26, 2019. Attendees were mesmerized by the amazing story of Professors Steffanie Strathdee and her husband, Tom Patterson, both Ph.D.'s and medical researchers at UC San Diego, about their vacation in Egypt when Tom came down with a stomach bug. Very quickly this "bug" turned into a critical medical emergency and Tom was not expected to survive.

Thanks to emergency care in Egypt and Germany and two medevacs, Tom made it back to UCSD Thornton where he spent 8 months in ICU. Bloodwork revealed why no treatments were working: Tom was fighting the most dangerous, antibiotic-resistant bacteria in the world, and the bacteria was winning!



Stephanie Strathdee and Thomas Patterson

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## *The Perfect Predator...* Continued from Page 2



Priscilla Moxley, Mary Fitz and Barbara Starky

Frantic and as a last resort, Steffanie combed through decades-old research and came across phage theory—the idea that the right virus, aka “the perfect predator,” can kill even the most lethal bacteria. With time running out, Steffanie appealed to phage researchers all over the world for help.

*The Perfect Predator* is a nail-biting account of how Steffanie resurrected a

forgotten cure—allying with the FDA, and researchers from Texas A&M, SDSU and a clandestine Navy biomedical center—to design a treatment and save her husband before it was too late. Their book, *The Perfect Predator*, has just been published. For her incredible work, Steffanie has been named as one of Time Magazine’s 50 Most Influential People in Health Care for 2018 and one of the People of the Year by San Diego Beat newspaper.



Perry and Don Colapinto

## *Evening Celebrating Philanthropy*



SDSU Student, Helga Moore, Robin Luby,  
Pedro Torres, ARCS Scholar

Rachel Collins and chapter president Helga Moore represented ARCS at the annual Evening Celebrating Philanthropy at SDSU on February 13. Our ARCS Chapter was honored for our great support of the university over the years; a contribution in excess of \$3 million. One of our Scholars, Pedro Torres, was also present as was past president Robin Luby.

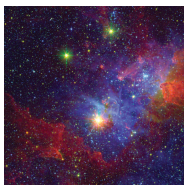
The heavy rainstorm that night didn’t put a damper on the celebration. However, it made Rachel’s commute a nightmare, but she finally made it

## *March General Meeting and Luncheon*

We were happy to see so many of you at our March Meeting at Morgan Run Resort.

Our five newest members were introduced to us by their sponsors. Look to them contributing to our organization in the very near future. What an auspicious group!

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## ***General Meeting and Luncheon...*** Continued from Page 3

Fifty ARCS members plus their guests enjoyed the beautiful nearly-spring morning with coffee and tea and catching up with each other. It was difficult to stop socializing and start the meeting. With a welcome by our presidents Helga Moore and Mary Lou Quick, we quickly worked through the agenda.



Peggy Hanley

Of course, the highlight of the day was the presentation of Peggy

Hanley as the recipient of this year's ARCS Light Award. Doris Ellsworth revealed many of Peggy's accomplishments during her remarks. We are proud of you, Peggy!



While a delicious lunch of cobb salad was being served, our newest fourteen ARCS Scholars were introduced by the college liaisons. As they described their research and their interests, they time and again thanked ARCS for our contribution to enable them to have success in their studies. We found we could start a jazz band and a surf team with many of these fine scientists.

Our guest speaker, Scholar Samantha Spierling was engaging and her topic was of interest to us all. She captivated us with her research into addictive eating, just before we were served lemon bars and flourless chocolate cake. What timing! She has already accepted a job that is awaiting her May graduation. Good luck in the future, Samantha!

I would like to thank Karen Bowden for her work on the lovely flower arrangements. Thanks to Perry Colapinto for being our liaison with Morgan Run. Thanks to Perry, Connie, and Connie's friend Mary Gray for organizing the Directories and Annual Reports for easy distribution. As always, a big thank you to Josh Isaacs, our able administrative assistant, for coordinating the reservations and preparing the electronic invitation and reminders.

See you all at our upcoming field trips and at our next meeting in June.

## **MEMBER NEWS**

### ***New Members***

#### **CAROLYN SHARP**

Carolyn is a native Californian raised in San Diego. She received her Bachelors of Science degree from the University of California Santa Barbara, her Masters degree in Nutrition from San Diego State University, and interned at New York Hospital Cornell Medical Center in Manhattan. Carolyn returned to San Diego



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## ***New Members...*** Continued from Page 4

and developed her career and practice to enhance nutrition of residents in long term care.

She is married to Sir Douglas Sharp, C.O.I., a naval architect, international yacht designer and Chairman of the Board of Directors for the San Diego Maritime Museum.

Carolyn is a member of the Honorary Deputy Sheriffs Association, active on the San Diego High School Foundation Board of Trustees and serves as an Advisory Board member for Asset Preservation Strategies, Inc.

### **KAYDA JOHNSON**



Kayda Johnson is the retired Chief Operating Officer of Senior Resource Group, a developer, owner and operator of senior housing campuses throughout the United States serving over 10,000 residents.

She holds an MBA from National University where she graduated with distinction, a BS in Health Care Administration from Chapman University, graduating summa cum laude, and an RN/AAS from Northampton College. Kayda serves on a number of Boards of Directors including CARF (Commission on Accreditation of Rehabilitation Facilities) where she serves on the Executive Compensation Committee and has served as Chair for three terms.

Kayda is the Co-Chair of Circle of Life 100, Scripps Encinitas; Vice Chair, Scripps Encinitas Advisory Council 2019, Chair 2020 and 2021. She volunteers at Helen Woodward Animal Center and serves on the Paw Partners Committee. Kayda is an active member of The Village Church Rancho Santa Fe and is also involved in a number of other philanthropic and volunteer organizations.

Kayda and her husband David reside in La Costa.

### **DR. KATHE HICKS ALBRECHT**



Kathe Hicks Albrecht is a nationally recognized leader in arts and humanities education. She is currently on the faculty at the Institute for Doctoral Studies in the Visual Arts. Albrecht also serves on the National Advisory Board of the National Museum of Women in the Arts in Washington, DC, and was recently nominated to the National Council of the National Endowment for the Humanities. Albrecht's new book on Steampunk Art is currently under contract with a major publisher.

Dr. Albrecht served as visual resources curator at American University in Washington DC for twenty-five years, where she helped manage the art history program and oversaw the establishment and logistics of the nationally acclaimed Feminist Art History Conference (FAHC) at American University.

Albrecht holds a doctorate in Philosophy and Art Theory from the Institute for Doctoral Studies in the Visual Arts, where her dissertation was awarded the Ted Coons Dissertation Prize. She also holds degrees from the University of California, Los Angeles (BA, Art History) and American University (MA, Art History).

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## ***New Members...*** Continued from Page 5

After spending many years splitting their time between Washington, DC, and La Jolla, Kathe and her husband Mark are enjoying focusing their time here in La Jolla, where they met over fifty years ago as students at La Jolla High School.

### **CYNTHIA (CINDY) WOLLAEGER**



Raised in Rochester, Minnesota, Cindy graduated from UC Berkeley while her husband, Tim, was completing his military duties. Their 3 children were born in the Bay Area and in 1977 they moved to Chicago where Tim worked for Baxter Labs. Continuing his employment with Baxter the family moved to Mexico City where they lived for 4 years.

Moving to San Diego in 1980 Cindy worked with children and students – as a scout leader and a docent at Torrey Pines Reserve where she hiked as a guide for the elementary school field trips, and twice chaired their “Art in the Pines” fundraiser. For 6 years Cindy worked at Muirlands Jr. High in the science department. She then joined Las Patronas, serving as President in 1998.

After raising the endowment for scholarships for first generation college-bound students, Cindy has been a mentor for AVID students at La Jolla High School for the past 20 years. For her 50th high school reunion she raised an endowment of \$26,000, \$1,000 to be awarded each year to a graduate of their high school.

ARCS is the perfect fit for Cindy – science, students and scholarships.

### **TOBY EISENBERG**



Toby Eisenberg graduated with a degree in liberal arts from American University. She taught 3rd grade in Maryland until she and her husband moved to San Diego in 1970. Toby’s interest in children and education kept her busy as an active PTA leader at her children’s schools, and later led her to work at “White Rabbit”, a children’s bookstore in La Jolla. She served on the board of Words Alive, an organization that provides essential literacy services to underserved students and families. Her interest in ARCS is an outgrowth of her commitment to education.

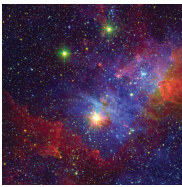
## ***San Diego Charity Ball***

In San Diego, the Charity Ball is widely regarded as the grande dame of philanthropic galas. It’s an appropriate appellation – this elegant event, steeped in tradition, has endured for more than a century. This year’s ball, chaired by ARCS member Gwynn Thomas with co-chair Ellen Moxham and titled “Glitter in the Air” brought in about \$500,000. The funds will benefit the Copley Psychiatric Emergency Department and affiliated



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Brian and Gwynn Thomas, Patrick and Anjie Frias,  
Ellen and Jim Moxham



## ***San Diego Charity Ball...*** Continued from Page 6

programs, ensuring that experts have every resource available to treat the whole child – both body and mind.

Ellen Moxham, ARCS member since 2014 is currently serving as our head of member giving. Previously she chaired the memorable Holiday Party at the Timkin Gallery.

## ***Gratitude and ARCS***



Joan Evangelou and Dr. Mina Nikanjam

ARCS has been a passion of mine since joining the San Diego Chapter as a Charter Member, believing strongly in our mission and in the dedication and potential of the brilliant young scientists we encourage. My relationship with ARCS Foundation has been personally fulfilling at both the local and national level, where board work at both levels has been a joy for me. I didn't dream however, that according to Ecclesiastes, "Bread cast on the waters will find its way after many days" would find its way to me so wonderfully.

My ovarian cancer diagnosis in 2015 led to surgery and chemo, under the care of fine doctors at Moore's Cancer Center at UCSD. Since then, I have been managing my cancer, but the recent return of symptoms has led to revisiting my treatment. I had begun to feel my options had run out.

Then, a few weeks ago, I was referred to a medical oncologist at Moore's who had been schooled in precision medicine, a relatively new specialty, which creates personalized targeted combinations of therapies directly made for each patient's unique cancer situation. When the doctor entered the room for our first meeting, I thought she looked somewhat familiar. She said, "Are you by any chance a member of ARCS?" .... and this woman, Dr. Mina Nikanjam, said she recognized me (perhaps because I have been chapter co-president (2006-08) and that she was a 2009-2011 ARCS Scholar, and so grateful to our chapter for enabling her education with our Scholar Awards that helped her to launch her career. She is now an Assistant Professor at UCSD.

Now I have renewed hope and new options! The bread our membership has cast on the waters for over three decades is giving new hope to one of its own. As that fortunate person, for obvious reasons I could not be more pleased to present to you—Dr. Mina Nikanjam.

By Joan Evangelou

*Grateful member, San Diego ARCS Chapter*



## ***Bright Star: Doris Ellsworth***

As Doris winds down her year as our ARC S Light, and prepares to pass the baton, she is about to receive yet another award. Doris is being honored for her contributions to charitable giving as one of

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## ***Bright Star: Doris Ellsworth...*** Continued from Page 7

the 2019 Women of Dedication All Stars by the The Salvation Army Womens' Auxiliary. She joins eleven other San Diego Women who are being recognized.

Doris has been a member of ARCS for 32 years and continues to be an energetic and vibrant member of our chapter. Doris serves on the Membership Committee and is an expert at recruiting new members. In fact, she holds the record for sponsoring the most new members! She was recently interviewed by the Insider about her tips for recruiting and retaining members.

Doris and her husband Pete are generous and well-known philanthropists who have been contributing to charitable causes in the San Diego community for many years. The couple have two sons and six grandchildren.

Doris is a native Californian who graduated from Occidental College with a teaching degree. While her husband finished law school in Palo Alto Doris taught physical education. During his tour in the Army she lived in Virginia and worked for the U.S. Army School of Logistics Management where she managed logistics and activities for foreign officers attending the School.

In addition to her service with ARCS, her civic and nonprofit activities are numerous: She has served as President of the currently named San Diego Diplomacy Council, she is a member of the San Diego Bar Auxiliary, Wednesday Club, and the Peninsula Singers. As a co-founder of the San Diego Courthouse Tour Program for High School Students, she received national recognition from the Freedoms Foundation at Valley Forge.

When Bobbie Vandervoort introduced her last year as our ARCS Light honoree, she did so in a very clever way:

- |                                  |  |
|----------------------------------|--|
| <b>D for Dedication to ARCS.</b> | 30 years of actively working on many different committees including most recently Strategic Planning and Membership. |
| <b>O for Organization.</b>       | Every detail of her work is perfectly planned.   |
| <b>R for Recruitment.</b>        | She may hold the Chapter record for sponsoring new members   |
| <b>I for Innovation.</b>         | Her new ideas are boundless  |
| <b>S for Sense of Humor.</b>     | Working with her is fun  |

I wish there was a P in her name because she gives fabulous ARCS parties.

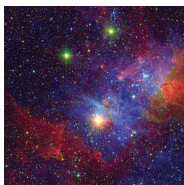
Congratulations, Doris, on your latest and well-deserved honor!

## **UNIVERSITY RELATIONS**

### ***Scripps Research ARCS Check Signing***

Scripps Research (SR) held their annual ARCS check signing event on Wednesday, January 16, 2019. The event was attended by ARCS members Helga Moore, President, Sally Thomas, University Relations (UR) Vice President, Kim Doren, UR member and Tamia Strachan, SR UR Liaison.

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## *Scripps Research ARCS Check Signing...* Continued from Page 8



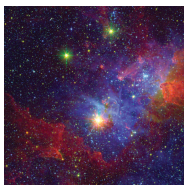
Front Row: Kim Doren, Philip Dawson, Helga Moore, Sally Thomas, Samantha Sperling, Wendy Havran  
Second Row: India Mittag, Andrew Ward, Christopher Cottrell, Tamia Strachan,  
Daisy Johnson, Michael Ledbetter, Rigo Cintron-Colon

The event was held at the Scaggs Graduate School of Chemistry and Biological Sciences. The five ARCS scholars in attendance were Christopher Cottrell, Daisy Johnson, Michael Ledbetter, Rigo Cintron-Colon and Samantha Sperling. The following Professors were in attendance: Philip Dawson, PhD, Dean, Graduate and Post Doctorate Studies, Professor, Department of Chemistry; Andrew Ward, PhD, Department of Integrative Structural and Computational Biology; and Wendy Havran, PhD, Professor and Associate Dean of Graduate Studies, Department of Immunology and Microbiology. Also attending were representatives of SR Office of Philanthropy: India Mittag, Senior Director, Adeline Eure, Donor Relations Manager, Kathryn Moore, Administrative Assistant and Georgia Ringler, Philanthropy Events Manager.

Dr. Dawson opened the event and provided the group with detailed information about each of the ARCS Scholars. The Scholars have had a very impressive year with their research results and publications. He thanked ARCS for their continued support and generosity to the Scholars. The scholarships have made a significant impact on the Scholars professional and personal lives.

Helga then took the podium and spoke about the origins of the ARCS organization in Los Angeles 60 years ago. She then discussed the beginning of the San Diego Chapter in 1985. She also provided information about the financial support ARCS has provided since its origin. She thanked the Scholars for all their hard work focusing on the STEM principles and what their research will bring to the future of science and medicine.

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## ***Scripps Research ARCS Check Signing...*** Continued from Page 9

Helga and Sally then presented the check to the Scholars and Dr. Dawson. This was followed by coffee and pastries and conversations with the Scholars and members of the Graduate School.

**Tamia Strachan**

*ARCS University Relations, SR Liaison*

## **MEMBERSHIP**

### ***Greetings from the Directors of New Members:***

Dear ARCS Members:

As you know, this year we are focusing on increasing our membership, and you are crucial to the success of sponsoring, retaining and nurturing our new members.

Please take a moment to read over "The Role of ARCS' New Member Sponsors". We are here to assist you and will play an active role in supporting your new member.

**Karen and Lois**

*New Member Directors*

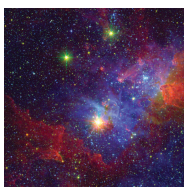
### ***The Role of ARCS' New Member Sponsors***

The Importance of the Role of Sponsorship: Our members are the foundation of our ARCS organization. The vitality, talent, diversity and enthusiasm of new members are key to the growth and success of our chapter. Sponsoring a new member is an important role and one that should be considered a year's commitment to mentor and support the new member. It is with gratitude that we thank you for being a sponsor.

#### **Sponsor Responsibilities for the first year:**

- Complete the application with your candidate and ensure they are aware of their obligations when joining ARCS (financial, participation etc.)
- Introduce your new member at meetings and social events.
- Contact your new member before each event to encourage attendance and invite her to join you in ARCS activities.
- Help your new member be an active participant by checking to see that she has found a project or committee that matches her interests.
- Contact your new member periodically to ensure that membership in ARCS is meeting her expectations. If not, contact the VP of Membership to resolve the issue.

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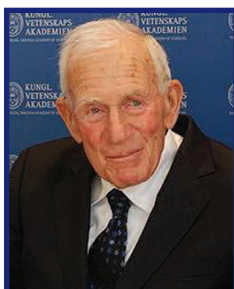
## ***“Elevator Speech” When Meeting Prospective New Members***

Achievement Rewards for College Scientists (ARCS) Foundation advances science and technology in the United States by providing financial awards to academically outstanding U.S. citizens studying to complete degrees in STEM related areas: science, engineering, nursing and medical research. The San Diego Chapter supports PhD students at UCSD, USD, TSRI, and SDSU chosen by their universities to be the best and brightest in their academic areas.

If you are interested in learning more about ARCS San Diego Chapter and its outstanding scholars, or would like to attend our science and technology field trips and special events, please visit our website, [www.san-diego.arcsfoundation.org](http://www.san-diego.arcsfoundation.org)

## **IN MEMORIAM**

### ***Dr. Walter Munk (October 19, 1917 - February 8, 2019)***



Dr. Walter Munk,  
ARCS Scientist of the  
Year 1993

This past year San Diego and the scientific community lost two of its most prominent and beloved scientists. Dr. Walter Munk of Scripps Institution of Oceanography was our Scientist of the Year in 1993. Dr. Munk was a physical oceanography who made fruitful contributions to the study of ocean waves, the earth's rotation, tides, climate change, sea level rise, acoustical measurements of ocean properties, and deepsea drilling.

### ***Dr. Kurt Benirschke (May 26, 1924 - September 10, 2018)***

Dr. Kurt Benirschke was our Scientist of the Year in 1997. Dr. Benirschke was a pathologist and a geneticist whose scientific interests spanned the animal kingdom. At the San Diego Zoo he created the first frozen zoo for the cryopreservation of genetic material of endangered species. His daughter, Ingrid Benirschke Perkins is a member of our ARCS chapter and currently organizes our field trips.



ARCS member Ingrid Benirschke with her father  
Dr. Kurt Benirschke, ARCS Scientist of the Year 1997



## **ARCS Calendar of Events**

### **FIELD TRIP TO SDSU**

**Tuesday, April 30, 2019**

**10:00am to 12:00pm**

### **GENERAL MEMBERSHIP MEETING**

**Friday, June 14, 2019**

**San Diego Yacht Club**