



# INSIDER



Winter 2018

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



Helga Moore

**F**all is the air, the SOY Dinner has come and gone, and we're wrapping up the first half of the academic year.

My heartfelt thanks go out to everyone who helped make the Soy Dinner a success. It truly took a village this year. In the absence of a SOY Chair, the planning committee consisted of several co-chairs who stepped up to the plate, took responsibility, and coordinated beautifully with each other. Team SOY- you were awesome!

There were many hurdles to overcome. First of all, our selected Scientist of the Year, Dr. Fred "Rusty" Gage, was unable to attend on the original date, which resulted in postponing the event until fall. This created logistical problems that none of us had anticipated, especially with the Scholars since the semester had just started.

Nevertheless 55 Scholars were welcomed and recognized by the attendees with great enthusiasm and thunderous applause. For me, this is one of the highlights of the evening. The Poster Session was impressive with 25 Scholars displaying posters and being there to explain in "laymen's terms" the innovative and important research that is taking place in the laboratories at the institutions we support.

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The 2018-19 Scholars at the SOY Dinner



## ***PRESIDENT'S MESSAGE...*** Continued from Page 2

Unfortunately, Dr. Gage had another conflict on the new date. It was disappointing not to have the Scientist of the Year accept the award in person, a first occurrence in more than 30 years. However, Dr. Mary Walshok delivered an interesting and enlightening keynote address showcasing how the talent fostered at the research institutions, results in innovative regions and economic growth. Scholar Alumnus John Tat talked passionately about how the Scholar Award had helped him and how he would encourage other alumni to show their gratitude by supporting ARCS.

Overall, the feedback from the event has been encouraging. There was a positive energy in the room from the very beginning.

The Board of Directors is off to a great start. As a result of the Board retreat held last July, we have established a "Task Force on Modernization" to examine how we can operate more efficiently by streamlining our processes. Another ad-hoc committee is reviewing our budget to identify possible savings to keep expenses within budgetary allowances. Our operating budget is entirely funded by membership dues that have been declining over several years.

I'm looking forward to great turnouts for both the Holiday Tea on December 7 and the January General Meeting. The National slogan this year, which we have adopted, is: Creativity, Efficiency, and Fun! Let's work together to make the San Diego Chapter the best it can be!

Go ARCS San Diego!

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

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Members of the SOY Planning Committee:  
Sally Thomas, Helga Moore,  
June Chocheles, Connie Adelman,  
Perry Colapinto, Joy Brown



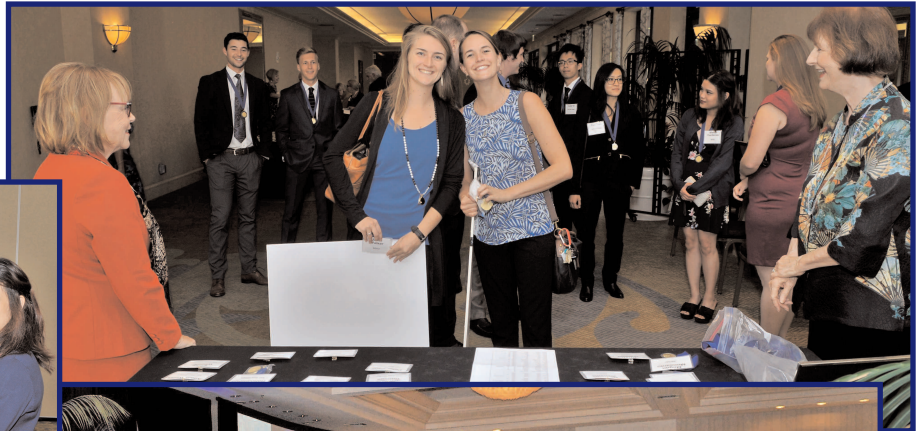
◀  
Dr. Mary Walshok, Mary Lou Quick,  
Dr. John Tat, Dr. Carol Marchetto,  
Helga Moore, Dr. Stuart Lipton,  
Holly Heaton

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## SOY Dinner Photos



## CO-PRESIDENT'S MESSAGE...



Mary Lou Quick

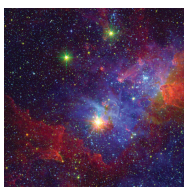
**W**ow!! This has been a busy Fall season so far for ARCS San Diego Chapter. Helga has already covered the SOY Dinner, and by all accounts it was a great success. We were so thrilled to meet so many of our new and returning Scholars. Let's all try to continue getting to know these Scholars in the coming year. Before long you will be contacted by Mary Fitz to show your interest in joining our Getting to Know You program. It is well worth your time to become a friend to one of our ARCS Scholars. You will not regret it.

Continuing with getting to know Scholars, we will meet incoming Scholars at the January General meeting where we will also honor our ARCS Light for 2019. This information is a secret until current Light, Doris Ellsworth, unveils the name to all of us. Join us for this special day.

One of the special treats for me as Co President is being present at our ceremonial check presentations each year. Pictures from both the San Diego State and University of California ceremonies are included in this Insider. Besides meeting many of our Scholars from these institutions, we also are privileged to meet the University Presidents.

Hopefully you all have received our new Roster for 2018-2019. Be sure to check the Calendar of events as you plan for the busy holiday season. I will miss the Holiday Tea in December due to travel (my favorite thing), but look forward to seeing you all at the January General meeting.

**Mary Lou Quick, Co-President, San Diego Chapter**  
*ARCS Foundation, Inc.*



## **NEWS FROM UNIVERSITY RELATIONS -** ***Fall Ceremonial Check Presentations***

### **UCSD CHECK PRESENTATION**

The big check, both in cardboard (and previously electronically for real), was presented to Chancellor Pradeep Khoshia by Helga Moore, ARCS president and Sally Thomas, ARCS Vice President for University Relations on October 15, 2018.

Suzanne Dixon, UCSD liaison gave some introductory remarks. The Chancellor emphasized to the



Scholars that they are so lucky to have unrestricted funds to assist them in their work as well as the extra supports we provide. It was a lovely day at the campus Faculty Club. We were in the Seuss Library, a delightful room with an original Horton the Elephant drawing on the wall. We had an excellent turnout of Scholars, many saying they had a great time at the Scientist of the Year dinner. Also attending this presentation, and also complimenting the SOY were Professor Paul Yu, Interim Dean of the Graduate Division and Tanya Reese, Graduate Fellowship Supervisor, our current University contacts. Professor Yu has held many important positions at UCSD and is in Engineering so he is positioned to be a strong booster for ARCS. He had a lively discussion with the Scholars at the reception.

**Suzanne D. Dixon, MD, MPH**

*ARCS Liaison to UCSD*

### **UCSD CHANCELLOR'S MESSAGE**

"At UC San Diego, ARCS Scholar Awards empower some of our most innovative up-and-coming leaders in science, engineering, and medicine to push the boundaries of knowledge and improve life on our planet. We are grateful to the ARCS Foundation for their collaboration and dedication to the next generation of trailblazing scientific thought leaders."

**Pradeep K. Khosla, Chancellor**

*University of California San Diego*

### **USD CHECK PRESENTATION**

On the glorious autumn morning of September 26, 2018, ARCS President, Helga Moore; ARCS Vice President of University Relations, Sally Thomas; and ARCS Liaison for USD, Linda Johnson gathered in the elegant offices of USD President James T. Harris for the annual check presentation. Three of the four ARCS Scholars in the University of San Diego's Hahn School of Nursing and Health Sciences were able to attend, including returning Scholar Allison Perkins, as well as new Scholars Byron Batz and Brooke Rakes. Dean Jane Georges, PhD and Professor Patricia Roth, PhD were also present in support of their Scholars.

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## *USD Check Presentation...* Continued from Page 4



Left to right: Byron Batz, ARCS Scholar, Hahn School of Nursing and Health Sciences  
Patricia Roth, PhD, Professor and Director, Hahn School of Nursing and Health Sciences  
James T. Harris, III, D.Ed, President, University of San Diego  
Sally R.Thomas, Vice President, University Relations, ARCS San Diego Chapter  
Linda M. Johnson, USD Liaison, ARCS San Diego Chapter  
Helga Moore, President, ARCS San Diego Chapter  
Jane Georges, PhD, Dean and Professor, Hahn School of Nursing and Health Sciences  
Brooke Rakes, ARCS Scholar, Hahn School of Nursing and Health Sciences  
Allison Perkins, ARCS Scholar, Hahn School of Nursing and Health Sciences

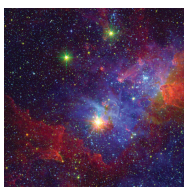
Before starting the ceremony, Dr. Harris invited all present to sit around his conference table and talk about their personal motivations for pursuing degrees in the fields of health science, medical research and technology and their expectations for furthering the ARCS mission to retain global scientific and technological leadership for the benefit and improvement of the quality of life for all people. Each of the Scholars described their hopes and aspirations for their personal impact on the lives of their future patients. Scholar Byron Batz expressed his enthusiasm and commitment by saying "Once I have my PhD, I'll be unstoppable!". President Harris shared a story about Mother Teresa's visit to USD in the early 1990's. She spoke to the nursing students and reminded them that being a nurse was "a calling" and "a commitment for life". Unfortunately she fell ill while in San Diego and was treated here. Her work all over the world was so appreciated that Pope Paul, II called to wish her a full recovery. I think that all present would agree that it was a very enlightening and uplifting discussion.

Finally, with everyone feeling inspired, the meeting concluded with a brief ceremony, during which a \$15,000 check was presented to President Harris on behalf of the four ARCS Scholars for the fall semester..

**Linda Johnson**

*ARCS Liaison to USD*

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## ***SDSU Check Presentation...*** Continued from Page 5



Four ARCS members presented a check to fund 18 SDSU Scholars to Dr. Adela de la Torre, president of San Diego State University, on November 2. Helga Moore, MaryLou Quick, Sally Thomas and Rachel Collins were in attendance along with 16 of the 18 Scholars. Each of the Scholars introduced themselves and their area of study and Dr. de la Torre complimented both the Scholars and ARCS on their commitment to science.

### **Rachel Collins**

*ARCS Liaison to SDSU*

## ***Member News***

When ARCS member June Chocheles takes a break from the various STEM related initiatives in San Diego she is involved in, she likes to pursue her many interests in the arts. June's appreciation for the arts was fostered by her parents. Her mother was an artist and also accomplished in many crafts. Her dad enjoyed playing classical guitar. June and her siblings all learned to play musical instruments. June began taking violin lessons at eight, and went on to enjoy performing with a variety of musical groups. While living in Washington, DC and working as a Public Information Specialist for the Smithsonian Institution's National Air and Space Museum, June was Principal Second Violinist with the Georgetown Symphony



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## ***Member News...*** Continued from Page 6

and also enjoyed performing with a quartet that she and a few friends formed. When she moved to San Diego and began her career working in San Diego's tech sector as a program manager and executive for SAIC, and then later as an independent consultant, she sought out various opportunities to perform. Over the years 30+ years she has been in San Diego, she has enjoyed playing with San Diego State Orchestra, North Coast/Mira Costa Community Orchestra and Carlsbad's Museum of Making Music Orchestra. She has also enjoyed dabbling in other musical genres including bluegrass and yoga music. Interested in learning a new art form, in the mid-1990s June began taking fine art classes offered through adult education and community college programs. She enjoyed learning to use water colors, oils and acrylics and also dabbled in ceramics and sculpture. Over the years, June has enjoyed donating some of her art works to San Diego based charitable organizations for their Silent Auction fundraisers. Most recently her art has been auctioned off at the Athena Pinnacle Awards, Opera Gala and the San Diego Botanical Garden fundraisers.

## ***ARCS Make-A-Wish Field Trip on November 2***

The Field trip to the San Diego Make-A-Wish offices was attended by 12 members and one guest. It was both moving and eye-opening. We met a "wish child" (Samantha) who was 16 at the time of her bone cancer diagnosis. She shared with us the story of her illness, a form of bone cancer in her ankle that resulted in a long painful stay in the hospital receiving chemo therapy and the amputation of her lower leg. Her wish was to take a Mediterranean Cruise and shared with us that the





## ***ARCS Make-A-Wish Field Trip...*** Continued from Page 7

planning of this trip gave her so much to look forward to and helped her manage the pain and the long stay in the hospital. She is now a freshman at UCLA and doing well. Ironically, the physician who fitted her prosthesis, Dr. V.S. Ramachandran from UCSD, was our 2014 Scientist of the Year. Among other specialties, he is noted for research in “phantom limb” issues. A research project sponsored by Rady Childrens’ Hospital has proven that when patients and families have something positive to look forward to they do better and are discharged faster.

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## ***ARCS Summer Party***

The setting at Tom Hams Lighthouse was the perfect place to be on an August summer evening with a full moon!! Eighty-seven attendees enjoyed the music of a violin upon arriving. There were cocktails on the deck with a beautiful view of our bay and city. A buffet dinner gathered friends to round tables of 8 with a lighthouse lantern and beach theme centerpiece. The evening was topped off with an entertaining talk on the history of San Diego bay by Ray Ashley, CEO of the Maritime Museum of San Diego. Everyone also observed the full moon rise over San Diego....a perfect end to a fun summer party.



All beautifully and expertly organized and arranged by Barbara Doren, Sharon Arbelaez, and of course, daughter, Kim Doren.

**Barbara Doren**

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## ***Meet Our New Members***



### **JENNIFER JUNE**

Jennifer was born and raised in California and has spent most of her life in Southern California. She has a BA in English and a minor in dance from the University of California, Riverside and an MA in World Arts and Cultures from the University of California, Los Angeles. During her graduate program, she interned at the National Museum of Women in the Arts and the National Endowment for the Arts in Washington, DC. Jennifer has spent her entire career in non-profit development, fundraising for a variety of organizations, including but not limited to, the UCLA Hammer Museum and the Los Angeles County Museum of Art in Los Angeles; the Smithsonian Institution in Washington, DC; and Scripps Health, here in San Diego. She has a seven year old son and lives in Carmel Valley.

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## ***Meet Our New Members...*** Continued from Page 8

### **CATHERINE (CATIE) MADONI**



Catie born and raised in Massachusetts. She received her Bachelors in Nursing from UMass, Amherst, then her Masters and PhD from the University of San Diego, where she was a previous ARCS scholar. About 20 years ago she moved to San Diego with her husband and began working at UCSD's Thornton Hospital in their medical-surgical intensive care unit.

She is currently faculty at SDSU and teaches in their School of Nursing's undergraduate and graduate program. Catie also works part-time at UC San Diego Health, serving as the Education Chair for the Palliative Care Committee, and a member of the Advance Care Planning Committee.

She is a member of the SDMA and MCASD as well as numerous other nursing organizations. Catie is passionate about helping people understand the benefits of quality advance care planning for healthcare decisions. She is the mother of a five year-old girl and 12-year-old boy, and married to Michael Madani who is professor and chief of Cardiovascular & Thoracic Surgery and Executive Director, of the UC San Diego Health Cardiovascular Institute.

### **MARGARET DUDAS**



Margaret Dudas is a third generation San Diegan. She received a B.A. in Art Education from Mills College and an M.A. in Educational Technology from San Diego State University. She worked as an Educational Media Coordinator for San Diego City Schools and a Media consultant for the California State Department of Education.

In 1986 Margaret and husband Dan moved to Washington, D.C. where she raised her two daughters and pursued interests in education and the arts which included developing educational materials for the National Gallery of Art. She also served as president of the Salvation Army of Washington D. C., the Capital Speakers Club of Washington, D. C. and the Welcome to Washington International Club and was on the boards of the Washington Ballet and the National Museum of Women in the Arts.

Her father, a medical doctor, was Chief of Staff at Scripps Hospital and her husband, Daniel, an aeronautical engineer, is CEO of Technical Management, Inc., an engineering consulting company. Margaret is enthusiastic about the mission of ARCS and the importance of supporting science and technology.



## ***How To Recruit And Retain ARCS Members***

### ***An Interview with Doris Ellsworth***

We caught up with Doris Ellsworth recently and asked her to share her recruitment skills and expertise. Doris has been an involved and valued ARCS member for over 30 years and is our ARCS Light recipient this year. She may also hold the record for recruiting the most new members!

**Good morning, Doris. Thanks for taking time to meet and share your tips for recruiting and retaining new members. What do you look for when thinking about new members for our chapter?**

*I look for women who have just retired from their jobs or women whose last child is leaving for college. Sometimes I have found a good prospect when the husband is retiring from his career and the wife now has more time. I also meet women new to San Diego who are looking to get involved in the community. I have also found new prospective members from members of other organizations I belong to. I also look for daughters of members who might be interested in joining us.*

**When you find a woman who may be a good fit for our organization, how do you reach out to them?**

*I invite them to a Field Trip first so they see the advantage of membership and going behind the scenes of scientific companies and institutions. I then give them a brochure or scholar booklet to inform them of our mission and purpose.*

*I sometimes take them to an event or luncheon. I explain the dues and all the benefits of membership. This is a great way for them to meet and listen to Scholars and other scientists. I also introduce them to other members with whom they may share interests, backgrounds or even geographic locations within San Diego.*

**What do you believe is the key to retaining new members, or even existing members?**

*After they join and have been a member awhile, I encourage them to bring in their friends. I think this is key in keeping them a member. Similarly, it is really a good idea to have one join along with a friend or colleague so they have an instant connection and someone with whom to attend meetings and events.*

*It is also very important to call them often to see that they attend the various events throughout the year. I offer them a ride or invite them to sit at my table.*

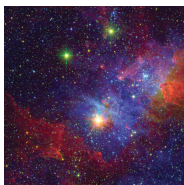
*I describe the various committees and ways they can contribute that align with their talents and lifestyle. Hopefully they will pick a committee that they will enjoy and make new friends. I have found that working together on an Event or committee really builds camaraderie.*

*With existing members, I think that we should all consider ways to keep in touch with some of our long-term members who perhaps cannot attend most meetings and events, but still care about ARCS, and who really enjoy a phone call or short note. For all of us who are actively involved, it is important to remember that kindness, respect and positive attitudes go along way in creating a healthy, growth environment.*

**Do you have any advice for all of us as ARCS members in recruiting and retaining members?**

*I think recruitment is the responsibility of ALL of us, not only the Membership Committee. Likewise, reaching out to all new members and making an effort to really welcome them and give them something*





## ***Recruiting New ARCS Members...*** Continued from Page 10

*meaningful to do so they feel a part of the organization is extremely important. I also believe we need to remember that all members are volunteers and need to be treated with respect and kindness, as I mentioned above. Some of the new members are younger and very knowledgeable about technology, social media and marketing to a younger demographic. We need to be open to their new and sometimes better ideas of doing things using their knowledge, skills and ideas. We are at a crossroads in our organization and it is time to think outside the box and make our organization attractive to members and donors.*

**Thank you, Doris, for your time and talents. We appreciate your expertise! Do you have any final thoughts regarding our chapter?**

*ARCS Foundation is a wonderful and purposeful organization. Our mission is as relevant today as it was 30 years ago. Our world is facing tremendous challenges and if we are to survive in this fast paced world we need new young members. So PLEASE every member look around you and see if you can find at least one new member prospect. Everyone can make a difference!*

### **ARCS Calendar of Events**

#### **HOLIDAY TEA**

**Friday, December 7, 2018 • 2:00 - 4:00 PM  
at the Home of Barbara McColl**

#### **MEMBERSHIP COMMITTEE WINTER EVENT**

**Saturday, January 26, 2019  
UCSD Faculty Club, featuring Steffanie Strathdee and Tom Patterson  
on their incredible medical journey in phage therapy.**

***The January 22nd General Meeting has been postponed  
until Thursday, March 14, 2019***

***Have a Very Merry Holiday Season  
and a  
Happy, Healthy and Prosperous New Year!***