

# PHILANTHROPIC WOMEN CHANGING THE WORLD FROM SAN DIEGO

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*A collection of profiles compiled by the University of California San Diego*

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# SHE WHO INSPIRES

PHILANTHROPIC WOMEN CHANGING THE WORLD FROM SAN DIEGO

*Published to celebrate some of the inspiring philanthropic women in our San Diego community and to encourage others to continue their good work.*

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**UC San Diego**

## FORWARD |

One of my children’s favorite school days was the day they made Everything Stew. Every student brought one ingredient from home and mixed it into a giant bowl with everybody else’s ingredients to create the stew. When all the ingredients were combined, everybody — students, teachers, principal, nurse, custodians — feasted on bowls full of deliciousness that they had created together.

Some students brought mini marshmallows, some brought raisins, some brought chocolate chips, and some brought gummy bears, just as some contributed apple slices or carrots. Everything and anything went into Everything Stew.

The implicit lesson was that the whole was greater than its parts. When everyone contributed just a little bit, the result was a feast for all to share.

The lessons we learn in childhood lay the most basic foundation of our adulthood. As we grow up, our world expands. Where once its center was home and school, as adults we have a bigger community and a bigger sphere of influence. Applying those lessons from childhood becomes somewhat more complicated, although never less important.

Philanthropy is a natural extension of the lessons we learn early in life. We spend our time as children learning to share, to be kind to others, to dream of the possibilities for the future; as adults we have the power to implement those dreams.

For me, one of the joys of being part of the UC San Diego community is seeing how amazing women working together give of themselves to create an institution that in so many ways is unparalleled in the world. What we have here is the superlative Everything Stew because so many people have contributed in so many ways that everyone can feast on the richness of our university.

Thespine Kavoulakis  
*Associate of the Chancellor*  
*University of California San Diego*





# SHE WHO INSPIRES

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## SAHRA ABDI

I oversee programing for United Women of East Africa (UWEAST). As a young girl, I always wanted to help women and children. I studied sociology with the goal of working with juvenile delinquents. After I became a mother, I started to understand some of the challenges that new mothers from East Africa face. I considered how womanhood intersects with motherhood and the challenges that East African mothers go through. After years of organizing and discussing issues the community faces, we created UWEAST because we recognized there was a gap in programs that our community needed. We want to support each other as women and fix the problems instead of waiting for someone else to do it.

Immigrating and adjusting to life in the United States can be really hard. Many women in the East African community were stressed and depressed but did not want medication or therapy. They wanted to speak to other women in a support group to share parenting and relationship issues. They said to other women, "Hear me and I will hear you."

Kids born in the U.S. struggle with identity. They question if they are American or East African and they face discrimination. We created a program to help these kids. My long-term goal is to build a scholarship program for women. If women are educated, they will help other women. We want to help break the cycle of isolation, poverty, and racism that can come from a lack of education and speak up about the materialistic world.

When my kids and I see a homeless person, they ask me if I have money today that I can share with the homeless individual. I'll tell my children this person could be educated and it's not their choice to be homeless, but there are situations that can make them homeless. My children are Black and Muslim, so we also talk about becoming resilient in a world that will not always accept them. Back in Somalia, we were rich and comfortable but when I came here from Somalia to the U.S., I was underserved and underprivileged but always happy. I learned from that and now I want to help others and share what I have with anyone who may need my help, with God's will.



## JANET ACHEATEL

I grew up in a home where sharing what we had with others was normal, even though my family always seemed to be struggling to make ends meet. My grandparents provided the most significant example of helping others. My grandfather would meet people on the street and bring home these perfect strangers, suffering in unknown ways, to join the family for dinner. My grandparents didn't know how they would have enough on the table for themselves, but they were always so kind and generous. Their form of philanthropy influenced me. My values come in part from recognizing that my difficulties could be worse and that there are so many people with needs much greater than mine.

As a Jew, I am passionate about the continuity of the Jewish people. That's why I am supportive of Hillel and why I believe it is so important to the Jewish community. College is a time when most Jewish students are less likely to be around other young adult Jews. It is also a time in their lives when they are developing their own sense of identity. Hillel guides college students to deepen connections to Judaism and the Jewish community, socially and spiritually.

Philanthropy comes in many forms. Fundraising, of course, is critical for the sustainability of nonprofits, but volunteers are the backbone of nonprofit organizations. Being actively involved in nonprofit work provides me great pleasure and fulfillment. I wish people of all ages would get involved more because I know they would be highly gratified and find that it is not that hard to fit volunteering into their lives.





## ALLISON ALBERTS

My values around philanthropy were handed down to me through my family. My grandparents and parents were very philanthropic and set a great example. I had my first philanthropic experience when I was fourteen. I was involved with a local church group because I shared their passion for community service. We spent several weeks building houses on the Cheyenne River Reservation. I was struck by the challenges faced by the Native Americans there. At the same time, they lived in great beauty surrounded by wild creatures and open sky. The experience gave me a wider view of the world.

I am most inspired to give when I can make a tangible difference, whether I am helping other people or finding ways to help save endangered species in my professional capacity at San Diego Zoo Global. I believe strongly that every species has a right to exist, and I am extremely passionate about my work there. I lead an incredible team of scientists whose dedication to the cause of endangered species conservation never ceases to amaze and inspire me. Outside of my profession, I am also passionate about helping young people find their gifts and realize their potential. I will often share with them one of my favorite quotes from Pablo Picasso: "The meaning of life is to find your gift. The purpose of life is to give it away."

From 2001 to 2017, I served as president of the International Iguana Foundation and remain an active member of the board. After researching iguanas as a scientist, it is wonderful to support students and early-career researchers through the foundation's long-standing, competitive grant program. I get personal satisfaction knowing we are helping to create a brighter and more hopeful future for wildlife and their habitats. I also volunteer in my professional role at San Diego Zoo Global, and I was very proud to be awarded the Athena Pinnacle Award in 2015 for my efforts to promote the careers of women in the life sciences.

When my sons were teenagers, my mother established a donor advised fund and in lieu of Christmas gifts, had each of her grandchildren select a cause important to them and made a gift in their name. This helped instill in them the importance of helping others and it's made me proud to see them volunteer and be philanthropic, carrying on these values that are important to me. Personally, I don't need any thanks beyond knowing I am helping ensure everyone has the opportunity to live a healthy life on a thriving planet.



## DEDE ALPERT

After I put my husband through law school, I became a stay-at-home mom and loved to volunteer. I was a Girl Scout leader, a soccer coach, a Solana Beach School Board member, and a court-appointed special advocate for Voices for Children. When I later became a California Assembly member, I focused on education and children. And I was very happy to go back to volunteer work once I termed out.

My interest in education began when I was a room mother for my children. It inspired me to join the bilingual committee and run for the Solana Beach School Board. I could affect local policy and began to realize there was more to education than only my own children's. I am a firm believer that public education is the key to our democracy. Education is the cornerstone of creating good citizens and must be the main issue on our minds. I sometimes get discouraged working with education because, for decades, people have been trying to improve it for all children. I wish we could figure out better ways to make more of a difference and quicker progress.

My Voices for Children advocacy was very meaningful. It was difficult, but extremely necessary to be the voice of children who are wards of the state. I learned so much working with Sharp HealthCare. Because I've been a policy maker, I was interested in improving public policy that surrounds health care. I enjoy being on foundation boards because you give away money instead of raising it, and helping organizations is always a pleasure. My husband and I are retired now and have more resources than we used to. We started a family foundation and are able to give our treasure.





## ANGELA AMOROSO

I grew up in New York. My grandparents had emigrated from Italy in the early 1900s carrying with them very few items, but many traditions in their hearts. When I was a little girl my mother made "lotsa" homemade pizza on Friday nights, and together we made many special deliveries to all the elderly folks in the neighborhood. That may have been my philanthropic start, offering small acts of kindness to others.

I codirect the Scripps Performing Arts Academy with my husband, Drew Skinner, and former student, Miah Nwosu. As founding director, I decided a long time ago to contribute to a variety of organizations in need whenever we do performances. Beneficiaries have included the local library and countless in-service hours for a variety of local women's shelters. Wherever we see a need, we help as much as we can.

When Drew and I had our baby, Isabella, prematurely, we ended up at UC San Diego Health. We started Isabella's Giraffe Club in gratitude because she lived, and it was our hope to raise enough funds to purchase a state-of-the art Giraffe Incubator Carestation. After ninety-two days in the neonatal intensive care unit (NICU), we took Isabella home, and just four days later she died in my arms with Drew sitting right next to me. The medical examiner told us that it was sudden infant death syndrome (SIDS). We knew firsthand that SIDS is painless and babies do not suffer. Isabella's passing was a deep calling for Drew and me to help others move through their grief.

We developed a workshop called Good Grief to Go to support those left behind. The last session of the workshop inspires those to take on a service project we named Partnered with Their Angel. When I received a Channel 10 Leadership Award, a very nice guy was watching and anonymously donated \$400,000 to the NICU at UC San Diego Health, the largest donation the NICU had ever received.

Today, we continue to host monthly dinners for parents whose infants are in the NICU. We come with an Italian feast, and of course a few gourmet pizzas from Pizza Nova (whose owner also had a baby in the NICU many years ago). It's a wonderful way for families to come together, be in community, and celebrate life, love, and a little old family tradition.



## JENNIFER ANKLESARIA

My family didn't talk philanthropy when I was young. That changed when I married my husband, Jimmy, because he came from a philanthropic background. Once we began having children, we really started getting more involved with volunteerism. For more than twenty years I have tutored English as a second language both at UC San Diego's International Students & Programs Office and in Solana Beach.

Jimmy and I made the decision to start a family foundation in the '90s. When Jimmy and I are gone, we want our descendants to think in terms of what they can do for their community to make it a better place. That's the legacy we want. We've supported a lot of different endeavors. Most of them have to do with education. We are very involved with the Rady School of Management at UC San Diego where we sponsor two annual student fellowships, founded the Institute for Supply Excellence and Innovation, and endowed a chair for supply management, among other areas of support. I'm also very involved with San Diego County National History Day (NHD), a history competition for kids in grades four through twelve. I'm working to make NHD have more impact in the county so we can extend it to underserved communities.

For many years, Jimmy and I have given money to his school in India — St. Joseph's Boys' High School. We have supported dozens of scholarship students there. Jimmy asked the principal to pick at least one kid who is from a community that is so poor that this education is beyond what he could dream of. A boy fitting this exact description passed the entrance exam, and we sponsored him right through. He recently graduated from UC San Diego with his master's degree in engineering and now has a job at Qualcomm.

Jimmy and I always try to set an example. And, if other people choose to follow it, that would be wonderful. Everybody would benefit from it. For me, I've always come out on the winning side when I do philanthropy. If you're doing it with an open heart, anyone can have a better outcome.





### MEGAN BAILIFF

I attribute my philanthropic values to my mother. She was always very involved with her community, so philanthropy became part of my DNA from her. I like being involved and being of help, so having UC San Diego here and having my skill sets be useful was quite fulfilling for me.

I've been involved with E.W. Scripps Associates (EWSA) since I came here in 2000. I was the only scientist sitting on EWSA's committee, which gave me a unique perspective. At the time, the committee's practice was to just divide the money raised each year between the current class of graduate students. From my experience as a science graduate student, I did not believe this was the most efficient use of these funds. The committee embraced my suggestion to instead create a competitive grants process. Graduate students can apply for a grant to support, for example, the purchase of a critical piece of equipment or the ship time necessary for them to complete their research.

My passion for seeking knowledge of the marine environment and my commitment to education and research has been lifelong (both my parents are academics). Another lesson learned from my mother was the imperative to always thank donors and the importance of creating opportunities to engage as many people as you can at their level of interest. Sharing your passion gives one the opportunity to encourage engaged community members to become true partners. That is really where the rubber hits the road.



## SHARON BAY

I have worked full-time as the publisher of *San Diego Family Magazine* since 1985. We distribute 75,000 copies monthly and our magazine has always been free to families. Eleven years ago, a parent with a child who has special needs said it would be very helpful to have all the San Diego County special needs resources available in one spot. This year we are producing our tenth annual publication called *Flourishing Families*, which includes more than 1,100 resources for families in need.

I have been a Rotarian for six years with the San Diego Downtown Breakfast Club. For five of these years, I have hosted international music students and formed great friendships. I have provided funds for many military nonprofit organizations and help serve breakfast at the Veterans Village of San Diego's Stand Down. I am the photographer for our Rotary Club's golf fundraiser, Holes for Heroes, too. Eighty percent of funds we raise go to the military and 20 percent go to our Rotary Club for community services. For the past five years, I have also been sewing scraps of material into simple quilts for babies and teens in need. Organizers of the recipient teen centers tell us that many of the young moms receiving a blanket for their baby say this is the first handmade gift of their own.

Education is also important to me and I have been on the San Diego Alumni Board for the University of Nebraska for over ten years. Annually, we give a \$1,000 scholarship, which is selected through the University of Nebraska, to a San Diego student attending the university. And this year we gave three \$500 scholarships directly to San Diego students. I help sell San Diego Husker t-shirts at our watch site to raise the funds.

I always encourage my five grandkids to help other people. I don't need to be recognized for the things I do. I give the time that I can and give money because I can.



## EVE BENTON

I only want to be involved in organizations where I can actually make a difference and an impact, not just write a check. I want to be able to help the organization become better.

My husband and I started our own nonprofit called Vehicles for Change. At the time, we owned an automobile aftermarket company, so we decided to try and involve our team members in a project that would give back to the community where we operated. We've awarded more than 7,500 cars to working, poor families because transportation is one of the biggest problems of getting families back to work. We also focused on our schools. Our son went to a fantastic private school. We created a substantial scholarship for the faculty because we thought the teachers were so amazing. And that felt really, really good.

We came to San Diego in 2011 and I decided to focus on health care and animal welfare, both of which are extremely important to me. I am thus on the boards of Moore's Cancer Center at UC San Diego Health, San Diego Blood Bank, the Cancer Advisory Board at the Salk Institute for Biological Studies, the Fishman Fund at Sanford Burnham Prebys Medical Discovery Institute, and the San Diego Humane Society.

We also feel strongly about our country and democracy so we have strongly supported Congressman Mike Levin, who is a freshman from District 49.

I tell people that we are very fortunate and have an obligation to help those who are not as fortunate. You can be very strategic in your philanthropy and careful who you give to, but it's important that you not only give your money, but that you also give your time and efforts. Now that we have the time, and fortunately we are healthy, why not? What else are we going to do? Play mahjong, bridge, and golf all day? To me that would be so boring. Philanthropy certainly gives you back as much as you put in. I've met wonderful people and made fabulous relationships. Philanthropy is worth doing, and I think it's important to our community.





## AMY BERNAL

My time is the most precious asset I have. A sense of giving a portion of your income every month was something that was ingrained in me from a young age from my parents. Working at Casa Familiar, I got to experience the impact of philanthropy on an organization. It enabled us to do work that is not always popular or easy to fundraise for. This opened my eyes to the impact of philanthropy and inspired my career in nonprofits, as well as my personal commitment to giving.

I'm most passionate about seeing women get access to any opportunity that they want to have. That can range from educational access, pathways to a living, self-sufficient wage, or representing the community in elected office. I've also found how critical and needed mentorship is, both as a mentee and a mentor, but mentorship is not enough. It often requires someone to serve as a promoter, a voice that makes way for opportunity. I'm very passionate about finding women who have faith in you — and your next step.

Additionally, so many older adults aren't able to afford a place to live, food, health care, and other things we assume their retirement or social security is covering. There are a lot of older adults where that's not the case.

I feel really passionate about UC San Diego's Rady School of Management continuing to grow, develop, and become known globally. I want to keep our start-ups here. I don't want everyone to move to the Bay Area or Irvine. I believe we can develop a region that supports the capital required to keep them here.

Being thanked is not very important for me, as you've already made the decision to be involved financially. It's less about a written thank-you note or some small, token gift and more about the organization involving you. To me that's thanks.



### BETTY BEYSTER

After observing people in need for various reasons, we just wanted to help. When our kids were young, they were in the Boy and Girl Scouts, so we would give to the Scouts. We certainly started scholarships early too. Achievement Rewards for College Scientists (ARCS) is an organization I belong to. It helps college kids studying science afford to stay in college. We get to follow up and see these kids progress in the future. It's very gratifying to know that you're helping someone along the way.

Another very gratifying thing to me is supporting students who want to attend The Bishops School. You have to be very smart to get into Bishops and it's also very expensive. We like supporting kids who have the scholastic ability to get in there but do not have the financial ability to attend.

Improving education and health conditions inspires me. We supported the Salvation Army's Door of Hope and made a significant commitment to the nursing field by establishing the Betty and Bob Beyster Institute for Nursing Research, Advanced Practice, and Simulation at the University of San Diego (USD) in 2015. It brings me great joy to know that the more than forty nonprofits we support annually in San Diego are making a difference in people's lives now.

### MARY ANN BEYSTER

Giving back started with my parents. Philanthropy became a larger part of my life and our family's civic commitment in the '80s. Some of our family's early support went to Father Joe's Villages. Now as cotrustee of the family foundations, I help support organizations providing community health and human services, employee ownership, science and technology, veteran services, and education.

In addition, I very much care about arts, technology, and conservation for a healthy and sustainable society. This usually starts with good data, thoughtful research, and science, through to effective practice with community dialogue. That's exactly what The Nature Conservancy does. Thus, they are one of the organizations that I have supported the longest.

In 2005, I became president of a nonprofit to advance entrepreneurship and employee ownership, and also joined the board of the La Jolla Music Society. It was local, with a significant education program. I started going to their concerts, and helping with strategic planning. I have served on advisory boards at The Nature Conservancy, Massachusetts Institute of Technology, UC San Diego, and most recently, Scripps Institution of Oceanography.

I approach philanthropy with anticipation and excitement about learning more and bringing advice and support for start-up and program scaling. Sometimes, it's helpful for donors to play a role of connecting the dots and making introductions between nonprofits or between nonprofits and for-profits with interconnected missions.

One of my most challenging yet positive experiences, in recent years, has been in extending my nonprofit work through filmmaking. My first feature film, *We the Owners: Employees Expanding the American Dream*, continues to educate tens of thousands of students a year through stories of industry innovators who excel in financial and social impact through employee ownership models. In the second film I made, *The Kitchenistas of National City*, I featured a community of women in National City that is addressing obesity and diabetes one healthy dish at a time. They call themselves the Kitchenistas. Both English- and Spanish-subtitled versions are available for free online at KPBS. Five years later, we are extending their story to explore the role of women empowerment through healthy food and community wellness.



## DARCY BINGHAM

Growing up in the Midwest, giving back was a part of the culture. We didn't always have a lot of money to share, but we certainly gave our time and talents. Acts of service were a big part of who we were.

Every year, my husband and I have a passion fund that we budget for. It's basically a set amount of money that we dedicate to supporting the philanthropic passions of our friends and family members who we trust and respect.

It's fun to work with amazing, dedicated people. We've come to realize that one of our big values in philanthropy is supporting people in transition, whether it's going from high school to college, or somebody who's experienced a major medical event like those helped by the Challenged Athletes Foundation. Learning to live a new life, embracing a change in your life, and supporting people going through that is something we both have a great interest in. The poignant experiences are the heartfelt connections. It's wonderful to meet and hear from the students and athletes we support.

The transition piece is important. It's one of the reasons we support the You School, the Honor Foundation, and UC San Diego scholarships. There are a lot of ways that you can make a contribution, even if it's not financial. We tell young people, "Find a way to start giving your time and talent, even if you don't feel like you have treasure to give." It takes a village to build a village. Everyone has something they can contribute. Life is a circle, and philanthropy of every kind is a very rewarding way to help build.





## LAURIE BLACK

I'm Jewish and rooted in the Jewish idea of *tikun olam*, healing the world. Anything I've done in my career or personal life is an extension of that value, and it's become the thread that weaves together the quilt of a life. My late husband and I definitely shared this value with our children. We never forget the gratitude of being so blessed.

I volunteered at a rehabilitation center in Orange County when I was twelve. I used to ride my bike there to volunteer at their summer camp for foster kids. The kids were so cute that I tried to convince my parents to adopt one of them! By eighteen, I was involved in political campaigns and this led to a lifetime interest and career in politics and feminism. I attended San Diego State University because they had the first and best women's studies department in the nation. I'm leaving a legacy gift to their women's studies department because I wouldn't be who I am without that program grounding me for more than forty years.

It's critical to become part of a philanthropic community. At a time when we are so technologically wired in, there are so few ways that we can relate as humans. One of those ways is to gather and help. I enjoy bringing people together to break bread and educate them on issues of importance in our region.

I talk to my family about philanthropy and they exemplify it as well. My daughter-in-law actually works in development at American Near East Refugee Aid (ANERA), so I contribute because of her involvement. ANERA monies go to Palestinian women, children, and infrastructure. I also participate in Hillel right here on the UC San Diego campus. It is a passion of mine to bring peace to the world and philanthropy is surely one of the many ways to do so.



## CATHERINE BLAIR

I was introduced to philanthropy in childhood (although I had no idea that was the word for it) from my parents. They always said, "Everyone can do something." My mom volunteered at our school and for the Girl Scouts and my dad was active in our church. One of my earliest memories is of my parents taking me and my brother to the toy store during the holiday season. We each picked out a toy that we loved and then we went to the Toys for Tots collection box and placed the toy in it. My mom explained it to us that, "Santa needs a little help at some children's houses."

For me, personal giving needs to be to a cause that I truly believe in. It can be difficult because there are thousands of charitable organizations and they ALL do good work. I wish I could support them all, but that is not possible. For me to be involved I need to feel a personal connection to the cause or a great belief in their mission. There needs to be a tug at my heartstrings.

For the last ten years, my passion has been funding breast cancer research and helping women. I'm a survivor myself and the most heartwarming thing for me has been connecting with other women and helping them go through their journey. I have a long connection to Susan G. Komen and have been active in the breast cancer community for more than ten years. I've done one-on-one mentoring to newly diagnosed women, as well as raised money for services and research. I give a portion of the sales from my needlepoint canvas business every year to Susan G. Komen. I get so much joy from writing that check each year because it represents one woman starting a business at her kitchen counter and then that business is supported by other women who buy my canvases. It is the most satisfying check I write all year long because it represents women helping other women. When you've been through something it changes you for life. And you always have that wisdom to give back. I feel like I will owe it back for the rest of my life.

I don't think many people get involved in philanthropy for the acknowledgment, but it does help encourage you to do even more. We all love to see the ripple effect of what we do. If you can see that what you have done makes a difference in someone's life, it feels really terrific.



### KIMBERLEY BOEHM

Multiple experiences coincided once I had the ability to give. While people are generous, philanthropy is not something you do automatically. I come from a household where people gave in ways they could. My grandmother, who had no more than a high school education, made beautiful dolls to be auctioned off all around Los Angeles. She worked really hard on them and proceeds were donated to various organizations.

In my first job at Case Western Reserve University, faculty there did research on philanthropy. I learned that Black women are more likely to give disproportionate to their income than any other group. They give not just treasure, but time and talent, too. When I reached my 40s and was financially able, I enrolled to donate money from my paycheck each month to Planned Parenthood. At the end of the year, all my monthly donations added up! I became a monthly donor at UC San Diego because that process really works for me. As a monthly donor, you're giving all the time.

Deep gratitude inspires me to give. My husband and I dated at UC San Diego, broke up, and then reconnected. We were so grateful to reconnect that we truly believed there was a bigger purpose to our partnership. As a couple, we have become far more intentional in our philanthropy thanks to Malin Burnham, author of *Community Before Self*, who argues you should have a philanthropic mission statement. What mattered to us was helping first-generation students go to college and stay in college. Concentrating our giving helped us concentrate our time, and I was able to spend more energy at Reality Changers. People in need often are in need because there are so many reasons that prevent them from taking care of the need. We're all connected to and responsible for one another in some way.





## TRICIA BOTHMER

In fifth grade I started a project to raise money for the Environmental Protection Agency to improve pollution and save wildlife. I created buttons with my best friend that said, "Don't let it happen," and her father, who had a printing business, made them for us. The image had two little eyes peering out of smoke. It started as a school project, then just caught fire. We sold them and became national. President Nixon sent us a letter and we got the first Environmental Protection Agency Award ever given.

I feel very blessed and have empathy toward others. Tragedy could happen to any of us at any time. I'm passionate about getting others involved in philanthropy. I want to trickle this down to my youngest son so he sees the importance of thinking of others.

My sister has multiple sclerosis, and that really struck a chord. I'm on the board for the Pacific South Coast Chapter of the National Multiple Sclerosis (MS) Society, but my baby is the Hit an Ace for MS tennis tournament. This year, my goal was to raise \$25,000 and we made over \$35,000! We really soared through that! In the six years of holding the event, it has raised a total of more than \$125,000 for MS research. Over the years, I was also on the board for the Barbara Sinatra Children's Center and volunteered with the Betty Ford Center. I am now involved with the Carlsbad Boys & Girls Club.

It's important to give back to your community. It will help you grow as a person and have greater empathy toward others. I think often of a quote by Mollie Marti that says, "Helping others in need is not only a responsibility of life; it is what gives meaning to life." Our time on this planet is so short. To enhance it by helping others is a blessing and something we all need to remember.



## REBECCA PRICE BREWER

My family has always placed an emphasis on philanthropy and being part of your community. Our philosophy of giving back to our community has been passed down from my grandfather, to my dad, and to me. I learned you can make the most impact when you channel your philanthropy into your community. After college it was really important for me to give back to my alma mater. That was my first step into philanthropy as an adult.

I have three daughters so it's extremely important that they see their parents — especially their mother — as leaders and positive role models who are active in the community. I want to show them the good, the bad, and the everything so they don't live in a bubble. Treating people with kindness is a form of philanthropy within itself. It's not just about getting accolades. It's about how you are throughout your life and how you uplift others.

My husband served in the military. I spent a lot of time raising my girls solo while he's been overseas and it is not at all easy. I am fortunate because I am not struggling financially. Most people who have spouses that serve in the military do not have the privileges that I have. Military families have unique challenges. Money is tight because of San Diego's high cost of living and it is not easy to transition into the civilian world. The military is part of our community. If you don't have the military connection, you don't know what's really happening, and you think the government takes care of all of the needs of military families. Many families are barely getting by. It has inspired me to do more to support the organizations that help men and women who serve and their families.

We must care for one another. Listen to the needs of your community. You've got to get out there. It's okay to start out small. As you have more success, you can expand.



## JULIA R. BROWN

Human health has been my lifelong passion. My professional career was devoted to pharmaceuticals and biopharmaceuticals. There was a saying at Eli Lilly and Company, a company I worked for, that there are three stages of life: learn, earn, and return. For me, those have not been discrete, sequential steps. They overlap! Lilly had a very generous matching gifts program for charitable contributions made by employees. It strongly influenced my pattern of giving.

Years ago, I set up a small family foundation and have added to it since then. It enables me to maintain a respectable level of philanthropic giving even though I am no longer working full time. As my pharmaceutical career wound down, I moved into service of organizations I support. I serve on boards, on committees, work on projects, and attend events. It's my encore career!

I am best known for student support, having contributed to that cause in a variety of ways at UC San Diego and two other universities. We're all better off when a rising tide floats all boats. UC San Diego is nationally recognized as an engine of upward social mobility – one of the reasons I love it so much. When Jacobs Medical Center was being built, I wanted to contribute in some way and chose to do so at the Step Family Cardiovascular Rehabilitation Wellness Center.

Life would not be complete without the arts. The arts enrich our lives, raise our spirits, and inspire us. My great loves are music, musical theatre, and dance. I've chosen certain ways to give in those categories as well.

Because of my association with UC San Diego and Scripps Institution of Oceanography, I've learned about the danger of climate change. Environmental protection has become another great passion for me. I am devoting resources (time and money) to organizations working for positive change. Given the profound impact that climate and the environment have on our well-being, it's not at all removed from my lifelong interest in human health.





## MAE BROWN

My introduction to philanthropy began at an early age. My mother set that example. We had many adopted brothers and sisters because she was always bringing another young person into our home, even though we had a limited income. I adopted a similar philosophy. However, I chose to pursue a career which would enable me to help first-generation students from low-income families and students of color prepare for higher education. These opportunities were limited when growing up in Arkansas.

As a young adult, I realized that access to quality education was problematic. And, following integration, there was an assumption that we were not college bound. For me, education was the key to making sure we could break the chains of poverty in order to become gainfully employed. That is why I focused my career on education as well as my philanthropy. I am proud of the more than four decades spent at UC San Diego where I was dedicated to ensuring an admissions process that is open and affordable to all, as well as several other areas my roles supported, having retired as Assistant Vice Chancellor — Admissions and Enrollment Services in 2016.

In considering philanthropic opportunities, the question is, does this effort support raising the level of academic achievement? Or, does it create avenues for students to prepare for higher education? If the program involves preparation or encouraging students and families to pursue higher education, those are the efforts that energize me the most. I think that it's fundamentally a social justice issue. We need an educated workforce. Young people must be prepared to live in an ever-changing world.

Giving is really rewarding. I have a sense of personal gratification because I know that I'm doing something to help a young person. Also, because I am a first-generation college student, that is my focus. I love to see first-generation college students performing well. I think it's important to be genuine because people see through you if you're not. That's my goal, to be as transparent, approachable, genuine, and caring as possible.



## ZELLA BROWN

I didn't used to think of myself as philanthropic because, to me, philanthropy has to do with large sums of money. I know now that every kind of gift has an impact, whether it is giving my time to mentoring students or my future gifts to UC San Diego. I grew up in an immigrant neighborhood and have a sense that there are people who don't have what they need. That's stayed with me all my life, and I've very obviously seen it when I travel.

I like organizations that are doing work others aren't. Doctors Without Borders travels to places of crises where there aren't enough medical services. Habitat for Humanity serves people without a place to live. In 2008, so many people got pushed out of their homes, and Habitat for Humanity did what they could to help.

I'm totally involved with students and very worried about them. They're getting an interesting education, but it's very specialized. I disagree that we need to push kids through school for their own economic benefit. Universities are odd places and not for everyone. There must be other avenues for people to advance a career. I'm always involved with international students. I've worked with them at Stanford, UC Los Angeles, and UC San Diego. I mentor students because I love talking about American history and Americans in general. I don't like when people misjudge us, but they do. I love helping somebody understand us.

I'm most passionate about learning. I love to have conversations with others. I learn so much from my students that it's like sitting in a class. Giving time to students is never a burden; it's my pleasure and very fulfilling. There are certain expectations of what people should do for one another. We're living in a very unfair world. If you can make it a little bit fairer for somebody, why would you not?



## CATHIE BURNHAM

I am so grateful for my DNA. I was born from philanthropic parents. My mother collected clothes we had outgrown and toys we weren't playing with, and would drive us down to Tijuana. We were instructed to take the boxes and show the kids how to play with the toys. That was a gift and it felt really good. Midlife, it was important to me to find new ways to help children because I was so fortunate. It was explained that if we help other kids with a leg up, all of us would be better for it.

Children, nutrition, health, the arts, and our binational region are important to me. I am passionate about the San Diego-Tijuana border community. I am passionate about our friendship with Mexico. Building a wall is just insane! San Diego needs to tell the story of how we bridge everything with relationships. We are fortunate that we're building bridges, friendships, and economies together. I'm really excited about how philanthropy can make our neighbors stronger.

I think it's very important to thank people. I have made it a practice for board members I work with to write thank-you notes to donors regardless of the amount of their donation. I also think it's nice when we let donors know what their money is doing. To know that they have made an impact and to let them know it's appreciated goes a long way. I've also made it a habit to say, thank you right away. I want to continually encourage people to stay involved, whether it is by service on a board using their skills and talents, or by a financial donation, and to know that they are making an impact in their community. The benefit of this kind of engagement — of philanthropy in all ways — is a wonderful gift to the community. It's a win-win.



## CAROL LITTLEJOHN CHANG

I was raised in a church-based environment where tithing money and time was a part of our value system, encouraged and exemplified by my parents. As a child, I gave my time to underserved populations by working with my mother in East Los Angeles in the barrio neighborhood and with the Russian immigrant population. I also sang and played the piano for some of their community activities.

My mother and aunt were public school teachers/educators. Through their influence and sharing of information, the value of education — particularly public education — grew to be front and center to me as a young adult. I spent my career in academic medicine and health as an administrator, consultant, and teacher. I felt too busy to volunteer time, so my philanthropic values led me to give organizations money rather than time during that period of my life.

I retired quite young and knew I needed to get involved in something that would excite, educate, and challenge me, and serving as a volunteer seemed like a good idea. The volunteer world clearly needed (and continues to need) women because as they move into the labor force, their time to volunteer is challenged. Yet it is women who have been silently powering the country for a long time through philanthropy. I became a charter member of the San Diego Women's Foundation and served in time as its chair. This organization gave me — as a new member of the community — a broad view of community needs and really validated my need to give time, talent, and treasure in those areas that are consistent with my values and passions — and which can have impact, whether great or small.

I also support the Fleet Science Center because it is an informal education outlet which educates everyone, but particularly children and teens in the underserved and the diverse San Diego community. And I support the National Conflict Resolution Center whose work underscores the role that education must play for a civil society. By the way, I also feel strongly that women absolutely must play a leadership role here because we understand the nuances and importance of civility.

I got involved with UC San Diego Health and Moores Cancer Center, which were very natural choices. When I lost my husband to cancer I learned how important it is to get out of yourself and nothing does that like philanthropic work. The biggest financial gifts I've given have been to cancer research and to remembering my late husband. That gives me a great deal of pleasure and peace.





## ANGELA COPPOLA

I grew up in Italian Harlem in New York City. My father was generous and kind to people who needed help. One of his brothers was mentally disabled, and my father and his brothers took care of him. They made sure he had money and a comfortable place to live.

I worked at Fabergé in my twenties and one of my jobs was public relations. They gave me an annual budget of \$3,000 to buy Christmas gifts for beauty editors, but I thought the editors might appreciate doing something for the Children's Aid Society. The president agreed and we created a luncheon for the society using that \$3,000. We dressed up, put on a show for the kids, and gave them wonderful presents.

We're here to help each other using whatever talents we have. For some, it's money. For others, it's time. In my forties, I was the founding vice president of the Child Abuse Prevention Center in San Francisco. I have a great deal of empathy for abused children and was involved for twelve years. This was my most tangibly satisfying philanthropic experience. Because of our work, there is now a building on Waller Street for the center that houses all their services.

I'm most passionate about creating a peaceful world and doing whatever I can to help make that a reality. Founding my Style Talks business and creating the Love Collection is my way of translating business knowledge into a product that may help change consciousness. That's why I started the National Golden Rule Day project as well. When we get 100,000 signatures on a petition asking for a National Golden Rule Day, it will be considered to go before Congress. My dream is that we, as humanity, will learn to live in peace.



## NADINE CORRIGAN

Philanthropy is a tradition that's handed down and given to your children. That's the way I look at giving. My parents showed kindness that exemplified who they were as human beings. When you have parents who behave like that, philanthropy is just like DNA – it gets passed along to you.

My giving revolves around environmental and health concerns. There is an uneasiness today about what may transpire in the future with the health of our planet, which will inevitably impact the health and wellbeing of humanity. I make philanthropic decisions when I see a real need and have confidence my donations will have a constructive effect.

UC San Diego feels like home and has always been my passion point in terms of giving. I'm fortunate to be able to put my energy, time, and money towards the university and also via my contributions as a steering committee member for Scripps Institution of Oceanography, which is part of UC San Diego. I get so much joy out of volunteering and contributing ideas and money to problem-solving initiatives. UC San Diego helped train me to become a marketing professional – and today it's great to leverage my professional talent to give back to the university.

Just talking isn't sufficient. Doing is really meaningful. I tell my kids they can't just sit at a dinner party and complain. If they really want things to change they have to be an advocate of change. In order to make things happen they need to write letters, make phone calls, and give of their time and money. If everybody plays that role together it cascades into something pretty powerful.



## WINIFRED COX

Working at UC San Diego, I learned a lot about women philanthropists. They gave to create a legacy for their families, but they also wanted to know where the rubber hit the road: what their impact was. It was inspiring to me.

When I was leaving UC San Diego, I thought I would retire at sixty. But I had gotten this idea that led to the creation of Women's Empowerment International. I wanted to do something that would enable people who were not necessarily very wealthy to make a transformative difference in a needy person's life. I wanted this investment to be a relationship and not just a check. Women's Empowerment International is primarily based on microfinance, where women get small loans, start a business, and repay the loan. Everybody in the world of microfinance told us we were crazy because it was supposedly impossible to know who got our loans. But, we wanted to know these women and their stories. The more we were told it couldn't be done, the more we felt it needed to be done. When I'm back from a site visit telling the stories of the invisible women we are helping, I feel them with me saying, "Just do it. Tell the story." I think my whole life has been in preparation for this.

One of the reasons philanthropy resonated with me was my own mother. She graduated from nursing school, but when she married it was not socially acceptable for women to work. From her I learned what a loss it is for people not to be able to find and use their own potential. That was a big part of what was in my heart. That's why it clicked to help women reach their potential.

Success, for us, is doing what we can do to help impoverished women and doing it well, but the work will never end. I've found that if something needs to be done, it can be done. You just have to find a way.



## COURTNEY ANN COYLE

*With her daughter, Alexandra Coyle McDonald*

My sense of giving back to the community stems from my parents. They are very active in their communities, and I tagged along to their meetings and events when I was a kid. The first gifts I remember were life memberships in two local conservation organizations. One, the Torrey Pines Association, is still going strong. The other just wrapped up operations. Nothing is forever and so much depends on the people involved, open communication between the staff and board, and renewal within the board of directors.

I am inspired to give to many things at a more modest yet sustained level and have settled on a few areas of passion. I make philanthropic decisions based on what I feel passionate about, organizations from which I receive value, and areas that are somewhat orphaned and may be in need of special attention.

I decided several years ago to go deep in a few areas I really care about. I am most passionate about opera and historic preservation. Opera is the culmination of so many art forms rolled into one. Historic preservation has lasting benefits and spans generations. The stories of those before us often need to be told, retold, and understood by a wider audience. Both offer something lasting in today's electronic and disposable world.

When I make a gift, I feel as though I am investing in the values I care about, and hope that it encourages others to give. I feel that it is important to support the schools you attend for life, and consistently support issues you feel passionate about. I prefer to be thanked sincerely at the time of the gift and then rewarded by the successes of the organization as they achieve their goals.





### MARTHA G. DENNIS

My mother spent a great deal of her time in volunteer roles — and that has been an inspiration for me. Typical of her generation, she was unemployed but took her volunteer work very seriously. She was a Phi Beta Kappa graduate of Smith College and used her talent and education as a volunteer. Two of the focus areas in which she volunteered were board work for her local symphony and strategic planning for one of the earliest city redevelopment efforts on the East Coast.

I don't think one's life is fulfilled without participating in one's community. Everyone owes something back! Imagine what life would be like if people focused only on their immediate family needs and businesses without contributing to the community.

If one believes in a cause, it should compel you to get involved. Not only are the fruits of your labor adding to the cause, but by inspiring and bringing others into it there is a multiplicative effect.

One of the incredible phenomena in not-for-profits is the diversity of creativity and talent that can produce amazing ideas. This cooperative creative energy can propel the organization forward in leaps and bounds. This is especially true in the arts, where applying creativity is extremely important as funds in the arts are typically challenged. Yet a healthy community requires vibrant arts to balance business in our lives.

One element in the mix of volunteerism is, of course, the acknowledgment of the individuals who participate — in any way and in any amount. The not-for-profit organizations who understand the importance of their volunteers and the impact they have on their goals, and who do great stewardship, have it right.



## MALI DIGIJS

As a school teacher, my students wrote me monthly letters about life and their home because we didn't have a school counselor. I wanted to know what was happening with them. I got to know them through that, and they felt that they had a friend. They became kinder and less angry. That was my charitable background.

Now I own a diamond boutique and charities come to my store and ask, "Can you help us?" I never turn anyone away. It's just a feeling I have. A couple years ago, Del Mar Elementary lost their art teacher because the salary was \$40,000 a year, and they didn't have money. So, we hosted a raffle event in six homes and parents went to each home, buying raffle tickets for the gifts. I gave six pieces of jewelry, one for each home. That night, we raised \$40,000.

I feel like the whole world is one person. If one person is hurting, we feel their pain and try to cure it. If something happens on the other side of the world — even if we don't see it — it affects us and we must help. I am also passionate about animals. We can connect children and animals for the sake of happiness because nobody is a friend of a child more than a dog. Dogs are so wonderful and so loving. If I can help animals to be healthy and have a home, I can make children happy.

Most important to me is that my grandchildren see we are giving. Leading by example is more than just saying, "You all have to learn." I believe future generations are less materialistic than we are. They want to live in smaller homes and be more productive, rather than holding onto material. To me, philanthropy is like an ocean; there's no limit. It truly has a wave, which makes the ocean alive. It's not just sitting, doing nothing. I think philanthropists are the ocean — unlimited and part of the nature we have to respect.



## ELLEN DOLGEN

It's not what you say to your children that builds character. It's what you show them. My father was extremely involved in showing me how to support, defend, and empower the rights of all people. He formed the Anti-Defamation League in Tucson, which defends everyone's character. We lived by the Golden Rule: Do unto others the way you would like them to do unto you. The world is a better place if we all take responsibility for it.

With fundraising, you learn by doing. I moved to Washington, D.C. after I graduated from college and traveled

all over doing fundraising events for candidates and the Democratic National Committee. After I became a wife and mother, I donated my skills to many organizations. During Obama's campaign, we stopped our world to fundraise and were very involved. I'm really proud that we elected the first black man as president of this country. He did it with grace and extreme intelligence and stood up to the most horrific rhetoric. It's one of the proudest things my husband and I have ever done.

My generation is worried because we thought we took care of a lot, but it's not been taken care of. I feel we're backsliding and it's frightening. It is time that everyone stands up and speaks out. I had a very important role in the Women's March. I took care of my grandchildren and gave the community my daughter, Sarah. That was the donation I'm most proud of because she did a hell of a job with kindness, love, passion, and calmness. She helped to create a place where women and families felt safe. It's comforting to know that the next generation is going to be led by women like Sarah and others I've met through her.

## SARAH SHAFTEL DOLGEN

Growing up, I went to charity board meetings with my mom. She created incredible fundraising events. My parents were involved in politics and made us a part of whatever they were doing. My dad was very active in the civil rights movement. I was taught how important it is to help other people. In order to take care of one, we have to take care of the whole.

Organizing San Diego's Women's March came about in a way a lot of women can relate to. One day you realize there is a need for something, so you do it. I had no idea the Women's March would evolve into such an incredible, massive movement. I put up a Facebook event and sent it to my friends saying, "Let's all be in solidarity with the women marching in D.C. Does anybody want to join me?" Within a couple of days, it was huge! It was beautiful that so many people in San Diego decided to do it. It was an incredible experience to be part of that moment because seeing that many people peacefully marching in the streets globally has never happened. I feel hopeful because this is evidence you can accomplish something when you lead with love and people will follow from that place. All of our children are the reason we should continue this work.

After the Women's March, there was a thank-you lunch for organizations which championed and sponsored the march. In supporting the march, these organizations reached across and promoted each other. This was so wonderful, and at the lunch they wanted to know how to keep doing that. That evolved into Allies for Women. We rally around causes that are vital to women nationwide. We raised money within the board to produce a national Get Out the Vote video that features all national organizations on our board. We react to current needs and evaluate what we can do as things move forward in our community.



## KAREN DOW

As a child, you start developing your philanthropic values organically. A lot of this has to do with what your family does and how they act. Like most people, my values developed from family and, in my case, going to church and learning about right and wrong. Over time you also become exposed to the many people around the world who are far worse off than you are.

What inspires me to give is something that's touched my heart. Tragedies or difficult circumstances that you face in life get you interested in certain causes. Where I was born, most people did not own their own homes. To me, having my own house was essential. So, I became involved with Habitat for Humanity because I felt having a house is important to me so it's going to be important to someone else.

Throughout my career, I donated my time to causes that were career related. My involvement with CONNECT was based upon meeting people who were furthering the tech community. Other things, like donating to the Geisel Library, were done on a more personal level. All of my education has been in public schools and it changed my life. It was natural for me to affiliate with a library because I consider it critical for people to improve their socio-economic opportunity.

My overarching philosophy is to support anything that gives someone an opportunity to improve their lives. When I was managing partner of a local law firm, we decided to adopt a military family for the holidays. We shopped for them, purchased a tree and decorations, and a group of us set everything up at their home. It was so nice and everyone was so appreciative. It was wonderful to give to someone else.





## MAUREEN DULBECCO

My first philanthropic gift was when I was around fourteen years old. I donated to a children's charity. I gave some of my pocket money and I felt I'd done something tremendous. I'm sure anyone who writes a check feels the same way. Lots of people are reluctant to give because they think they can't give enough. I keep telling them, "It doesn't matter how much or how little you give. It all goes to a good cause."

Before giving, I look at what the money is being used for. I'm most passionate about education and introducing kids to the joy of reading. My husband and I were both very much involved in universities. The real need is for education. Anybody who has the brains to be educated should get a good education, regardless of whether they can afford to pay for it or not. That's why we've been involved in The Preuss School UC San Diego since it started.

I feel happy that I can afford to give and proud that I'm contributing to something I believe in. The most positive giving experience for me is The Preuss School. To go to their graduations and see all these kids and families with such enthusiasm and joy is unbelievable.

A thank-you is a very nice thing. It's always appreciated but doesn't have to be intense. The organization does not have to make me feel better because I've given them money. It's just something I do. I don't do it for glory. I do discuss what we give money to with a couple of friends and I got them involved in The Preuss School. They're very enthusiastic about it. If you educate people, they'll educate others.



## DEBBY DUTILLY

When my friends and I went to school, it was affordable. We could get an education for much less than it costs now. People can't afford to go to college today and we should have some mechanism where you don't have to put yourself in debt for the rest of your life. My friend inspired me to give to help students. When his son died, my friend set up a scholarship at UC Davis in his memory. That was what made me think about putting scholarships in my trust.

Finishing my trust was my most positive philanthropic experience because I wrote down exactly what I wanted to do. Nobody likes to think about dying, but if people don't take care of things, things happen that the deceased didn't want. If you're going to be a good trustee, you have to think about how you want your assets used. I recently rewrote my trust to give to the Moores Cancer Center at UC San Diego Health and the Chancellor's Associates Scholars Program at UC San Diego. I'm motivated by what's going on in this country. It's terrible that our institutions and research facilities are being cut off from funding and I wanted to help.

Education is the basis of making intelligent decisions. I am on the board of the San Diego World Affairs Council, as geopolitical topics are my primary interest. It is dedicated to educating and engaging San Diegans in global issues, international relations, and cultural understanding. We sponsor events with international themes, have prominent speakers, and facilitate discussions on global issues. Gaining knowledge is really important. I'm passionate about learning, which doesn't always have to be formal education. You can learn by watching other people. Learning is what helps create change.



## ANN PARODE DYNES

Long before I could be financially philanthropic, I discovered that I could help disadvantaged people using my time and problem-solving skills. Starting in law school, I volunteered for the Legal Aid Society and provided draft counseling to poor draftees. Early on in my law career, I was involved with poor seniors and underprivileged boys and girls. Currently, I have a longstanding commitment to Voices for Children. I think that I must have a passion for helping the underdog. While I enjoyed my roles in The San Diego Foundation, the San Diego County Bar Foundation, and several other entities, I now feel best about what I am doing with the San Diego Parks Foundation which will reinvest in parks for families in our neediest neighborhoods. I have an adult lifetime commitment to supporting UC San Diego, Pomona College, and UCLA Law School, but I also love the work I am doing to support vocational education and needed training for people who are interested in careers that do not require a college education.

I have been blessed to be able to add financial as well as organizational support to my causes at this time of my life, but I do not like the term “giving back;” what I do for the good of my community is a joy. I will leave the world a better place where I have touched it and that puts a smile on my face. One small example of this is Whale View Point in La Jolla. It took a year to figure out how to deal with the city, which owns this stretch of coastline, but I obtained permits and raised the private funding needed to remove dead plants, plant new plants, and rope it off so that pedestrians do not erode the plants and bluffs. Then I negotiated with the city and competing community views for a new sidewalk which has greatly improved the usability of this coast for joggers, baby strollers, seniors, and all. Four years later and a good rainy season, it is one of the loveliest coastlines in town. People express their appreciation for it regularly. “I do for myself when I do for others” is my motto.

So retirement is the most fun chapter of my life. I have time to do things which contribute to the wellbeing of others, especially disadvantaged others, and I have the finances to support those causes and visions. It’s really fun, and I feel lucky that I have the life experience and financial resources to do this. It’s amazing.



## NINA EATON

I'm interested in one's quality of life. My grandson has cerebral palsy. When I see children with disabilities around him, I always wonder, "Are they getting all of the devices and therapies they truly need to handle this and to make life more livable?" I'll also donate to medical device research if I fully understand what the device does.

There's so much here in my community. When I hear about what we do for other countries I think it's a wonderful thing, but I've got plenty in my backyard that needs assistance too, such as the military, which I'm fairly passionate about. There are lots of military causes my husband and I do our best to support.

My most positive experience did not have to do with donating dollars at all. I exercise early in the morning and run across a portion of homeless people in Carlsbad. About a year ago, I said, "Good morning," to a man and he looked at me and said, "Good morning" back. Oftentimes, those folks can't. The next morning, he said to me, "You made my day yesterday," and I said, "You just made my day today." Giving can be in all kinds of different ways.

Being thanked encourages donors to continue to give. My first gift was to Memorial Sloan Kettering Cancer Center. I got a handwritten thank-you note, so I repeated my gift. About five years into that, my niece developed germinoma. I called the foundation office and they put me in touch with a doctor for a second opinion. My niece was treated there and my contact was worth my niece's life.





## PHYLLIS EPSTEIN

In every way, philanthropy has been infused in me. My grandmother and mother belonged to organizations that fundraised for people in need. My father volunteered for the Red Cross for twenty-five years. I saw them do fundraising and volunteering from the cradle. As the years went on, I began to follow in their footsteps by volunteering, raising money, and giving money, and I've been lucky enough to be able to.

Having been a member of the California Arts Council, I was aware of the needs in the state for more comprehensive arts funding. So a friend and I started the California Music Project. Our goal was to increase music education in the state. One of the first things we did was to start a music fellowship program at San Diego State University, which I'm very proud of.

My husband, Dan, and I give to groups that we feel are important to us and are doing good work in the community. I am on the board of the San Diego Symphony, and Dan and I support ArtPower, as well as the Rady School, School of Global Policy and Strategy, and the Division of Arts and Humanities at UC San Diego. We're passionate about making a difference in people's lives, and support groups that focus on veterans, health, and homelessness.

I feel proud and fulfilled that we are able to help others. I feel it's the right thing to do. It's important to me that my children see what their dad and I do, and that our philanthropy will be a model for them to follow. So far that is what is happening, and I feel strongly that our family from generation to generation will follow in the same footsteps.



## JANE TREVOR FETTER

I had a wonderful role model in my mother. My mother felt she had the opportunity to get involved with things and give back, and she was an early member of Las Patronas. My career goal was to graduate from college and join the Junior League. It was really the premier women's organization to train young women for philanthropic service. You learned about the needs of the community and what other segments of the community were going through.

My mother involved me in assisting her early on, and I found that I cared about the community and felt I could make a difference. When I joined the Junior League, I enjoyed the camaraderie of women. There are lots of wonderful women in philanthropy in San Diego. It didn't satisfy a need in me to just go to luncheons. I needed something that I felt was worthwhile and worthy of my organizational skills and educational background. I needed a cause that resonates with me. There are some wonderfully worthy causes, but they're not mine.

I'm passionate about animals. I'm also loyal to the educational institutions that made a difference to me and have assisted my children and grandchildren. I'm passionate about sailing, tennis, and the Olympics because my daughter is a two-time Olympic medalist. I honor the passions of my friends and support my husband's philanthropies as well.

The most precious asset I have is time. When I give of my time it is a much more emotional gift than when I make a donation. I don't mind being acknowledged as a role model because I have tried to be one in many areas. As a fundraiser, I am a strong proponent of honoring those who have given in a public way. This public remembrance not only connects the donor to the institution but reconnects their families as time goes by.



## SUSAN FIELDER

Years ago, when I started my marketing company, I worked with many nonprofits, which were all in need of fundraising ideas. I met wonderful people and joined many boards. Giving back helped launch my career.

My first philanthropic experience occurred when I was nine years old. We lived in Kansas City and had the first fundraiser for St. Jude Children's Research Hospital in our home for Danny Thomas just two years before the hospital was built. I have such fond memories of people coming and I never forgot the feeling of giving as when I won \$7 in nickels in our basement casino. I held out my skirt while the nickels poured in and I then put them into a basket and said, "This is for St. Jude." It was a defining moment for me.

My second experience was raising funds for a precious little four-year-old girl named Jennifer Cramer who contracted leukemia. When I was asked to run for Woman of the Year for the Leukemia Society, I asked Jennifer if she would like to be on billboards with me if I won. She said, "Really?" I said, "Yes!" Her story was powerful and it changed my life. I was the first Woman of the Year and raised almost \$17,000 for the Leukemia Society and we were on billboards throughout San Diego.

Sadly, my husband passed of pancreatic cancer. My business, Susan Fielder & Associates, took a sudden new path to Susan Fielder Art, which raises awareness and much needed funds for pancreatic cancer researchers. It was all serendipitous as I would create art on the iPad. The first piece happened to be a plaid, so I decided to call it *iPlaid* in memoriam of Steve Jobs who was the most well-known person to pass of this terrible disease. I also loved Apple and what he accomplished. Then I realized I could do more on behalf of others who passed, and tell their story. So art just poured out of me as I studied those who had died and realized there was a need to find a cure — perhaps through this medium. That is when *iPlaid* really began. The acronym Intuitive Passion Launches an Inner Discovery was born, which is exactly what happened to me.

Making a difference is my goal at this time in my life. It feels like everything is falling into place, as I am now helping people share their story with loved ones. How? By creating a workbook called *My Living Legacy*, a personal journal to guide loved ones. "If you don't write it down it won't get passed down." I feel passionately that all should share their family stories and heartfelt wishes.



## JODI FINKEL

I give or get involved because it's the right thing to do. I was born in a country that allows women to achieve their full potential. Thus, it's my duty to create possibilities for others who walk in different shoes. My parents inculcated in us a belief in helping others. Not only did they give money, but they also generously gave their time. Growing up, we had individuals and families in need stay with us until they were back on their feet.

I can see how my parents' values directly affected me. I am a member of, and donate to, many groups and organizations. I have invited former students, who are now out in the world, to stay with me until they are back on their feet. The important thing is just to start giving some money to a cause or an organization, and, after a while, donating becomes a way of life.

The two areas I am most passionate about are education and women's rights. I started a literacy program in Guatemala City with two of my students. I had heard a story on NPR about Susi Sika, who was a mother of seven and a sex worker at the La Linea red light district. She stated she wanted to learn to read. I asked my students, Ana Moraga and Tania Torres, if they would move to Guatemala City and teach Susi to read. What started as one literacy program became an empowerment organization, MuJER, or Women for Justice, Education and Awareness. We work with hundreds of women in ten red light areas. Today, we have a full-service community center and offer literacy and elementary school completion, vocational training, anti-violence programs, and grassroots organizing.

Through MuJER, Susi not only learned to read, but also completed primary school and was admitted to a vocational sewing program. Even more importantly, Susi, and the other women of our community, see themselves as having dignity and self-worth. I am inspired by these women and seeing them succeed makes me want to do more, for them and for others.



## WANDA GARNER

As a child growing up in the South, I witnessed my mother baking cakes for neighbors and doing favors for friends. While these were neighborly things to do, they were also her way of being philanthropic. Now, I enjoy connecting with people. I'm at that generativity life-stage, that stage of giving back of oneself and of one's time and talent. And, for those of us fortunate enough to have the means to provide financial support, it's nice to be able to share that as well. My husband and I have been fortunate and feel it's our responsibility to offer the blessing of support others can benefit from.

I'm most passionate about funding research to find cures for cancer and supporting Moores Cancer Center to make it the best national cancer institute that's available. My dream would be that one day Moores Cancer Center would be thought of before MD Anderson.

In 2008, I started offering free marriage counseling workshops to military members, veterans, and their spouses. I also volunteered for the Coming Home Project. Working with the military members was incredibly rewarding. Then in 2010, I was asked to offer a workshop focusing on the impact of cancer on relationships at Moores Cancer Center. I am starting my ninth year of facilitating those workshops.

My husband and I talk with our daughters about philanthropy. That's probably the greatest legacy, to be able to pass the heart of philanthropy on to our children and hopefully on to our grandchildren as well. In giving a gift to Moores Cancer Center, I know it will help more than one person. It's an opportunity to provide for others. That's what's important to me. When I give, I give because I want to. I don't need a thank-you gift. Please, take that money and put it back into the organization. A simple thank-you is all I ever need. I'm very grateful to be of service and of help to others. I'm so filled with a tremendous amount of gratitude.





## LYNN GORDON

My parents were always finding ways to help other people, which became an integral part of my being. I've always been very sensitive to people in need. From the time I was a young girl, I'd want to make others happy. At that point in my life, giving emotional or physical support was what I was capable of doing. It wasn't until I was in college that I recognized that I could help in additional ways.

I'm most passionate about charities that have affected my family. My precious grandson had Kawasaki disease. It's very serious and there's not a lot of funding for this because not that many people know about it. This became one of my greatest passions. I'm committed to help identify diagnostic tools and treatment plans through my philanthropy. Another passion is finding a cure for multiple sclerosis (MS). My wonderful husband has MS and I decided to raise funds to help find cures and new medications. I have raised over \$1 million dollars, which makes me very proud.

I also volunteer as a board member for Moores Cancer Center at UC San Diego Health. We saw the need for patients who were diagnosed with cancer to have more support, direction, and compassion. We felt there needed to be a program to orient patients through transitions in their care plan. So, we implemented a patient navigation program, which has been a tremendous help to newly diagnosed cancer patients. Patients don't know where to start and often feel so helpless. It's good to have somebody that cares and who's with you all the way and this program helps do that.

I feel inspired, fulfilled, and blessed. We all take so much of what we do for granted. When I make a gift, I feel strong and powerful because I can help make a positive difference in the lives of other people. We're all put on this earth to help others and give of ourselves emotionally, physically, and financially, if we're fortunate enough with our own finances. It's much more fulfilling to give to others than to give to yourself.



## LYNN GORGUZE

To give to an organization, I have to believe in and feel passionate about its mission as well as have faith in the leadership as good stewards of the mission and the finances of the organization. There are so many really outstanding organizations in San Diego; unfortunately you can't get involved in all of them. As I move through life, changing circumstances lead me to focus on different organizations.

My father was born to immigrant parents who spoke little English and my mother never went to college. My parents really valued education. My father felt indebted to his education and the opportunities it afforded him for his entire life. His experience is just one of many examples that fostered my passion for education. I do feel education can help so many people and cure so many of the world's problems.

As a geology and oceanography major, I care passionately about Mother Earth, as do our children. Our children have opened my eyes to issues and organizations that they feel passionate about. Additionally, I have always supported reproductive health and family planning organizations.

The arts in all forms bring joy and conversation. I love it all — theater, music, and visual arts, especially contemporary art. The arts are a vital part of any thriving community. It is exciting to be part of an innovative and growing art community in San Diego!

In addition to financial contributions, I enjoy participating on boards of various organizations. My financial experience has lent me the opportunity to be involved in various finance committees of organizations all over San Diego. Thank-you notes and quarterly updates from organizations are important to me because that's part of stewardship. I am not comfortable with the attention that sometimes comes with philanthropy. A thank-you from the organization is really all I need to feel as though my contribution is making a difference.



## JENNIFER GUNSAULLUS

On the twentieth anniversary of Earth Day in 1990, I remember watching the celebration on television and starting to cry at what we were doing to our earth. Because *we're all in this together* and we need to take care of our environment. As a response, I started a neighborhood recycling program for newspapers and got involved with the environmental club at my high school. That was the first time I got bit by the volunteering bug.

For the past three years, I've helped establish Sex Positive San Diego, which is about creating stigma-, shame-, and judgment-free spaces for people to learn about and explore sexuality. When we are shamed, we don't take care of ourselves or treat others well. When it comes to sexuality, that's particularly dangerous. We end up with unhappiness, judgment, abuse, and laws to control women's bodies.

Moving through the world with an attitude of gratitude is a beautiful way to be. In addition to gratitude, my values include having compassion for folks who are in need or struggling — which is all of us in one way or another. Compassion is being able to stay present with the suffering of yourself and others, and then making a difference. It is looking out for other folks and helping them have a voice if they can't speak or if it has been taken away. I give time, energy, skills, and money in many ways to alleviate suffering.

Women Give San Diego was the first amazing organization of women that I could both volunteer for and regularly give to financially. They are a good fit because their focus is on economically empowering women and girls, which also improves our community and society. Gender roles hurt and hold us all down, and I get to help women find their self-worth and voice in new ways. Women Give's values are highly aligned with who I am as a sociologist, feminist, and activist. Collective giving is beautiful community building.



## MONICA HAAS

I grew-up in a large, Catholic family — the youngest of twelve children. My father worked for the railroad, my mother was a homemaker, and by today's standard, we would be considered low income. Although this is not a term I would have identified with. Where I grew up, you give when you have, receive when you don't, and work hard for what you want. I happened to be on the receiving side more than the giving side, but it was my hard work that got me to where I am today. This is the core of my philanthropic values.

This is also what I admire about The Preuss School UC San Diego. The students receive the opportunity for a great education, but it's their hard work that turns that education into fulfilling their dreams. As a board member, I may contribute money and time but what I'm really giving is opportunity and empowerment. This is incredibly fulfilling because it is 100 percent aligned with where I came from and how I want to give back. To have a Preuss student come up to me, thank me, and tell me that I impacted his/her life — now that's meaningful. If I'm going to be remembered for something, I'd like to be remembered as someone who is passionate about people, their stories, and their potential to achieve their dreams.

Often, women in philanthropy are under the radar. The only time I talk about philanthropy is when I am fundraising. For women, particularly those that work and have families, finding time for philanthropy is a challenge. I waited until my daughter was in middle school. During those busy years, if a woman asked me how I managed work/life balance I would tell her that there is no such thing as balance, just choices. Sometimes work comes first, sometimes family comes first, and hopefully sometimes you come first. And for those that asked me how I found time for philanthropy, I would say the same thing. It is a choice and I waited for the right time to make that choice.



## FELENA HANSON

I founded, run, own, and operate a female focused co-working space, Hera Hub. We work with a lot of nonprofit organizations that support women. We have a giving mission about educating and inspiring women and girls who perhaps don't have the same opportunities that some of the rest of us have to explore entrepreneurship. What inspires us is connecting with the community and offering organizations and people an opportunity that they may not have otherwise. It's karma. The more you give the more you get, and we're all in this together.

We actually have twenty-three nonprofit organizations within our membership, and giving them that opportunity to have a better place to work, a better place to meet, and the community to support them is really important because a lot of nonprofits are sort of an island.

I feel amazing when I make a gift! To be able to interact with the people that you're giving to and to connect and see those light bulbs go off is obviously extremely rewarding. We just want to do whatever we can to help that organization be successful, so being thanked is really not that important to me.

One thing we've done a couple times is to hold events to raise money for organizations. That's a really effective way to do it because we have the space and we have the community. The events have led to a number of our members getting in touch with that nonprofit organization.

I'm most passionate about inspiring the next generation of women and girls to explore entrepreneurship. The microcredit movement has really spurred entrepreneurship for women all across the world. The more women can learn about how to be their own boss the more we can change the rules of the game for women.





## LEIGH HARTMAN

My first example of learning to give was going door-to-door with my mother for the March of Dimes. It's in my culture to give. When I became a young adult, I worked in health care at Scripps Mercy Hospital. We had a surgical team that traveled to Mexico. It was called M.O.S.T. and teams performed plastic surgery for children with cleft palates. I would give to M.O.S.T. out of my paycheck.

Education is so important because it prevents so many social problems. It attacks the root causes of homelessness and joblessness. I belong to Town and Gown, which supports UC San Diego students with scholarships and also connects the university to the larger San Diego community through monthly luncheon lectures from key faculty members who share the annual results of their work.

There's a really great nonprofit called Barrio Logan College Institute. Their services start in third grade, and they partner with three elementary schools in the Barrio. They motivate kids to want to go to college and to expect that they will go to college. These kids are so inspiring.

I learned to give my time because it's really rewarding and fun. I have friends who go to Africa and do all these faraway things. For me, I feel like I could just drive across the border to Tijuana. It's right here. And there's some amazing philanthropy down there.

If you want to understand the philanthropic landscape of San Diego, join the San Diego Women's Foundation because we address the compelling human needs in the community, and we're all about social equity and trying to lift the bar for those who are underserved. It's collective, it's democratic, and we all decide together where the money goes. You develop relationships with the grantees and you see the work that's being done on your behalf.



## HEATHER HASTEY

Philanthropy has always been innate to me. I've always had a heart to give since I was a kid. If volunteering has the power to positively impact our society, then it makes the decision to volunteer my time an easy one. When you give, it not only makes you feel wonderful that you've helped somebody but you've left your impression. If you help one person, you've done your job. If you could just touch one person to the extent they can take that message and apply it to their own life, then you've done your job.

My most positive giving experience was with the Olympic Training Center. I served a blind individual, and brochures from the Department of Labor were not set up for those with disabilities. I reached out to both the Department of Labor and the White House just to see what I could do. Within hours, I got a phone call from the Department of Labor, and they had the brochures all set up and ready for the individual to access online. That was the happiest accomplishment of my life.

I don't volunteer for recognition. If you genuinely want to do something in our society, you have to just do it. The recognition is not what philanthropy is about.

In 2013 I shattered my wrist and had three surgeries with Dr. Reid Abrams at UC San Diego Health. Dr. Abrams is not only a great doctor but his presence gave me inner strength that helped me get through that ordeal. I don't want anyone in society to ever feel defeated by challenges, accidents, or injustices because I know what it's like to feel helpless. Dr. Abrams helped me feel empowered and I volunteer now to pay that forward to help others. I always describe my volunteering, and I'm so enthusiastic about it, because one small move can spread like wildfire.



## LESA HEEBNER

I don't remember when I wasn't philanthropic. I always volunteered for something, usually political, environmental, or animal related. When we were seven, my best friend, Lynn, and I ate a lot of candy and just littered our wrappers. One day, we asked ourselves, "What are we doing? Who's going to clean this up?" and we were young! We pretty much raised each other and developed philanthropic values together.

My husband's and my philanthropic focus has recently been on Planned Parenthood, NARAL, and the Democratic Party. The current conversation is around women's rights and preserving our democracy. The American Experiment and ideals we were founded on are so beautiful. I was a history major and to see what's happening now is crazy-making. Since I feel so strongly about the Democratic Party and our democracy, I served on the Solana Beach City Council for three four-year terms and retired in December of 2016. In April of last year, I was appointed to serve out the remaining term of a council member who resigned. I just completed that term in December. Now, I'm volunteering on a variety of Solana Beach issues and campaigns.

Before I was involved with the Solana Beach Council, I had always exercised on the right-of-way of the train tracks along Highway 101. After the tracks were lowered in Solana Beach, the council at the time was considering a redesign of the trail that was horrible, too urban for the beach. This was the moment for me where I thought, "Are you going to complain the rest of your life or are you going to go do something about this?" That was a turning point for me. I spoke against the design at council and ended up leading a grassroots effort to change the design. We provided an alternative plan and it was a success. The council voted unanimously for what is now our Coastal Rail Trail!

I've also always given to KPBS. I connect with their mission and like supporting good journalism. I'm a life coach and mentor as well, and giving back to others in this way is very rewarding. I'm motivated by inspiration and putting the light back in others.

I played in an orchestra when I was younger and it was really cool being one small part of a whole which made beautiful music. Donating time or money to a bigger cause feels like that to me too.



## SUSAN HOEHN

For my husband and myself, giving back to the community is based on our Christian faith. We're motivated by the love God has for us, which we in turn want to share with others. When we were young and getting started in our marriage, we heard a talk about how everything you have comes from God. We began giving ten percent of our income and still follow that principle today. We are passionate about helping others, advancing hope in the world, and supporting ministries and organizations that make lives better. We are devoted to our children, grandchildren, family, Christian ministry, and health.

We believe serving the community is important and have been on the boards of the YMCA, Ronald McDonald House, Young Life, Fellowship of Christian Youth Athletes, and InterVarsity. My husband and I are also extremely involved in the Salvation Army and the Heart Association. A local ministry, Plant with Purpose, is a reforestation organization that also provides microloans in developing countries. We stayed in villages with our children and worked with communities there. We're really pleased our adult children have also become passionate about philanthropy.

For my birthday these last few years, I have encouraged my friends and colleagues to experience the good things being done in San Diego. I pick a charity and have a party there with sixty-plus women. It's usually at a place these women might not know much about or haven't had the comfort level to go to before on their own. If I pave the way with a catered lunch and all their friends they'll come! Past charities I have supported in this way include Ronald McDonald House, Door of Hope, and the Rescue Mission. This year it will be aboard the Midway as we are being honored by the Boy Scouts.

I have a strong focus on helping youth. If we can influence youth to have a Christian foundation in their life they're much less likely to make unhealthy choices. A lot of kids have dysfunction in their lives. We want to provide a stable place for them through the organizations we support. My faith inspires me. I feel so blessed for advantages in life I have enjoyed that not everyone has. I love working with disadvantaged people to help them rise above difficult situations they find themselves in. Philanthropy is an absolute joy.



## ROSANNE HOLLIDAY

I always see myself in two ways — as someone who donates financially and who raises funds. My philanthropy began in Redlands, California, through experiences in my church and YWCA. I tithed and gave ten cents each Sunday morning! At the YWCA, I learned I could help provide food for those who needed it.

Once you try to raise funds, you're more generous. I started fundraising when I was with the San Diego Psychoanalytic Institute. They wanted to start a psychoanalytically-oriented nursery school based on sound child development principals. We started a little school in La Jolla but struggled financially. A beach cottage was donated to us as nursery space. To move it, we needed to raise \$40,000, and that was my first fundraiser. Now, raising money is the part that is most fun for me.

I was a founding member of the San Diego Women's Foundation and of Women Give. My husband Joel and I are interested in preserving open space and support land acquisitions in the name of preservation. I also founded four schools for young children during my career in the field of child development. Children are so important to me.

The largest gift I ever gave was as board president of Planned Parenthood in the late 1980s. I thought that I should set a model. After all, tithing was a habit from church. At that time, Planned Parenthood received very small gifts. I returned to my early principle of tithing and gave 10 percent of my salary to Planned Parenthood of the Pacific Southwest.

Today, my passions remain with Planned Parenthood of the Pacific Southwest. I still volunteer for them because I believe wanting a child and then planning for that child to be the single most important factor in raising a healthy child. Planned Parenthood helps people plan for their family so that every child is loved and wanted.





## CANDISE HOLMLUND

Twenty-eight years ago, my incredibly generous husband encouraged me to think about giving in a more holistic way. He wanted giving to be an integral part of our lives. Philanthropy in general helps you to think less of yourself and your own insecurities and issues and to think more about the needs of others. The journey has been fulfilling and enlightening at the same time.

Fifteen years ago, I started working with the Rancho Santa Fe Women's Fund, which is a collective giving entity. We educate women on the needs of the community and how they can be better philanthropists in their own lives. It has really shown me the power that a group of women working together can accomplish collectively. Together we truly can do more and enjoy the process while doing it! Women have great communication styles, awareness of needs, and the desire to solve problems.

Philanthropy for me stems from a desire to do what I can to make things better, a sense of responsibility, a feeling of blessing, a place of gratitude, feelings of empathy, and of compassion from my own experiences. It comes from seeing and feeling pain and wanting to fix that. I have a strong faith and I think that my own personal life experiences have not only strengthened my faith but also my resolve to help my community and beyond. Also, we cannot forget our responsibility. To whom much is given much is expected.

Our core family values, and therefore where we focus most of our giving, consist of religion, education, arts and culture, human services, youth, mental health issues, health issues, the disenfranchised, and support for the military. Faith has changed my life and inspires me every day to try to be worthy of it. Mental health touches so many people in a multitude of ways; my own family has experienced this. People just don't even want to talk about mental health or subsequent addiction issues, although they are the root of a large part of society's ills. The disenfranchised can't speak for themselves. They don't have a voice, outlet, education, or an understanding of what they need to do to solve problems and better their lives. As a society, we need to value, educate, support, and empower them.

In our family and through our work we talk about the importance of giving, being grateful, and of humility. I want to pass those values on to my children and to others if I have that opportunity. My philosophy is that if you can help, you should, but do it in a thoughtful and effective way. Time, treasure, and talents, we are called to use and give each of these. If everyone gave a little of each it would make a huge difference. I often find when I start out trying to do something for others that I am the one that ends up receiving in return.



## JANE HOPKINS

My philanthropic values developed over time by seeing how others share what they have to benefit the community. I'm inspired to give when I see an important need that might be fulfilled with adequate time and funds.

I'm most passionate about leveling the playing field. Many people I see haven't been as lucky as I have to be loved, educated, have a place to live and enough food to eat, and do whatever they enjoy most. Those of us who have more should share and help others help themselves.

It's a good feeling to be able to help others. I volunteer as a reader with Words Alive because I believe it is important for everyone to be literate so they can become educated, contributing members of society. As a retired teacher, I know that children will want to learn to read if they love books and are more likely to love books if they have been read to. Many children don't have an adult at home who reads to them. By being a volunteer reader, I can do that for them.

I also volunteer at and support the Mingei International Museum, the San Diego Repertory Theatre, and The Old Globe because the arts feed the soul. I think the arts are an important equalizer.

Giving my time as a reader and my financial support to buy books for children and fund literacy programs is my most positive giving experience because I see positive change and growth every week in the classrooms I visit. It gives me hope that progress is being made in educating our youth so they can lead full, satisfying lives.



## REENA HOROWITZ

My mother was a pioneer in civic activities in Louisville, Kentucky. She always believed in giving back and as I grew up, I helped her with her projects. These values came from the philosophy of the Jewish religion that we're supposed to help heal the world. I've always been conscious of how lucky we are and want to help other people that are not so fortunate.

Ever since I was a little girl, pain has been my opponent. I always hate to see people hurting or in need, so I think the biggest motivator of my philanthropy is to help people reduce their pain. Most of the time, my philanthropy involves either science and medicine or supporting United Service Organizations (USO) personnel. I got involved with the USO when I found out that the government does not give one penny to help them. In San Diego, the USO not only helps the military people who have come here to do basic training but it also has a lot of family programs. These patriotic young men and women risk their lives to protect us and our way of life and it's our obligation to give back and to help them.

I also support helping women and children and the arts. I think it's important to nourish our spirits as well as our bodies. It's either what moves me intellectually or whatever speaks to my heart. I take into account where I can reach the most people and do the most good. For example, with the Fishman Fund, we support the work of postdoctoral fellows who are doing basic research. If you help a brilliant young scientist, you can change the world.

One thing that helps us all in doing philanthropy is that you can be more effective if you have name recognition. Being recognized in this way is not for personal gain, but if you are recognized you can become more effective. And I find that it is true that it is more blessed to give than receive.



### MARIE ISAAKS

I was very involved with my kids through their school. From there, it was a natural conclusion for me to go into helping my mom, Joan Wyllie, with the nonprofit organization she founded Nine Girls Ask?. My mom was diagnosed with ovarian cancer and in the very beginning after her diagnosis, I distanced myself from her. I didn't know how to process it all. So I walked away from it and hurt her in the process. When she told me I hurt her, I realized what I was doing. It became important to me to help other people work through similar issues when dealing with a loved one's cancer diagnosis. Now, we have quite a few people involved in Nine Girls Ask? that are only involved because they're a friend of mine or my mom's and have no experience with cancer of their own, but want to help.

I'm not looking for accolades. I just enjoy doing this. It's kind of my job. I'm proud of what Nine Girls Ask? has done for my kids as well. My daughter lives in Alaska, and she's actually sent us a couple of women from there. My middle son has jumped right in and wants to take Nine Girls Ask? over and run it. My youngest son and I just started a company called Strength in Numbers, which builds awareness and fellowship by wearing t-shirts which represent all different cancers. I'm full of gratitude that my mom is still here and I can help her give back. It amazes me.



## JERRI-ANN JACOBS

My husband Gary and I have four children. As they were going through school, I wanted to be engaged in their education and activities, while giving them the space to grow and thrive. Giving back in the way that I could was important, so I helped in each of their kindergarten classrooms weekly. I even played the violin for some of their plays at the Jewish Community Center. When our younger two children went to High Tech Middle School and then High Tech High, I was on parent association committees and helped with fundraising and high school graduation.

I feel you need to give back to what you create. If you create something, you can't just hand it off. You should still be involved, and I am. This year, I'm helping with music in High Tech Middle School at Point Loma. Education is important and children learn in different ways. High Tech High is project-based, so if you're hands-on and think a little bit differently, it's very important to be able to explore that.

I'm on a committee for Heart of a Child, which is music therapy at Rady Children's Hospital. I shadowed a music therapist and saw how the children relax when they hear music. I also help out at the Jewish Community Center. I'm involved with the Jewish Teen Initiative, which is a partnership in San Diego between the Jewish Community Center and the Jewish Federation. It encourages Jewish teens to meet and grow within community.

I'm also on the committee for the Maccabiah Games, which is a youth, Olympic-style sporting competition held each summer in North America. It's the second largest organized sports program for Jewish teenagers in the world! My son is co-chairing the 2020 games and he asked me to help with housing for more than 2,000 kids that attend. My children do their own philanthropy—I don't need to tell them anything. They see what we do and they follow their passions.





## NAN JOHNSON

I have many early memories of both my parents volunteering. My dad was very active in Goodwill Industries of Cleveland, Ohio, for several decades. The earliest memory I have is being in Girl Scouts and touring the Goodwill headquarters in Cleveland. While we were on the tour my dad called Goodwill to talk to me because, of course, he knew about the tour. That was when I realized Goodwill was not where he worked, but where he volunteered and was on the board of directors. That tour was my introduction into the larger picture of philanthropy. One of the greatest joys of my parents' life was being in a group of five individuals who conceived of building a new theater at Chautauqua Institution, raising the money to do it, and seeing it all the way through to completion. Through my parents' example, they ensured I understood how fortunate our family was and that giving back was not optional but was part of being a good global citizen.

I have done my best to emulate the example both of my parents set since I was in college. When I was forty I met a teacher from India at a training program here in the U.S. Since then I have helped, supported, and watched his organization grow both in the U.S. and in India. It now provides a day school for street children, a program to give destitute women living on the streets a home, and vocational training and a medical program for people with leprosy who are not considered worthy of being cared for in many areas of India. This organization bought several acres along the Ganges, thought of as blighted land. They built beautiful gardens, which now serve as an education center for school children to learn how to take care of and revitalize the land. Through this small, private organization, I have been able to be part of something I know is directly benefiting people in need. It has been my privilege to give back in this way.

There is a quote from Helen Keller that I love. It sums up what I have learned from my family and throughout my life: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has. Education is the passport to the future, for tomorrow belongs to those who prepare for it today."



## JEANNE JONES

Growing up, my parents were very interested in making certain that the underserved in the community were helped. I grew up knowing that we kept our clothes really nice so that when we grew out of them and gave them to people less fortunate they were in good condition. We were cognizant of the fact that not everybody had what we had. From the time I was in high school, I volunteered and discovered the real joy of giving your time to something where you saw real benefit.

I really care about the Geisel Library at UC San Diego. I'm really interested in anything we can do to improve it. I'm on the board of the La Jolla Playhouse too because we do so much new work, and UC San Diego has an extremely good theatre and dance department. We use a lot of students from the university in our plays and set design.

The Timken Museum is also dear to my heart and it is the only free museum in Balboa Park. It houses the most incredible collection of old masters and Russian icons. Art is very inspiring. I also feel very strongly about medical research. I'm very involved with the Sanford Burnham Prebys Medical Discovery Institute. Innovation takes place as an artistic form and from people looking at the whole human experience on Earth.

My thanks comes in seeing the results. The real thanks for me at Geisel Library is when we opened the eighth floor. You don't have to be fabulously wealthy in order for philanthropy to be an important part of your life. No matter how much money you have, you have some disposable income that you could invest in the lives of people less fortunate.



## JENNY KALLIS

It was only two and a half years ago, in 2016, that I came to realize that a person doesn't have to have a lot of money to be a philanthropist. In fact, by means of estate planning, a gift can be made to the organizations supporting the environmental and social causes I most cared about in the future, after the spirit leaves my body. Morbid? I don't think so; on the contrary.

I began promoting this concept of philanthropy to my friends, family, and anyone interested. It seems time for us to reconsider how we plan our "after-life" bucket list.

Making a philanthropic gift in the form of estate planning didn't require me to expend my currently much needed income, and it also didn't preclude including family and friends in my end-of-life giving. I just chose to base my gifts amounts on reasonable percentages with 75 percent to go to causes I care most about. The 75 percent can be pointed towards any number of the organizations that champion research, preservation, human rights, animal rights, the list goes on and on.

I created a bequest to benefit the Scripps Institution of Oceanography at UC San Diego because their work in ocean research and preservation, as well as their commitment to educational outreach programs interests me. The educators from Scripps are stepping out from behind the science labs to teach children around the world about taking care of the ocean.

Rather than seeing end-of-life planning as morbid, I see it as an opportunity to make a difference and build a bridge to the future.



### **BARBARA M. KATZ**

My late husband Bob was always very giving, so he set the standard for me. It started with the National Symphony Orchestra in Washington, D.C. Bob was a musician and we went to the symphony all the time. After he got out of the army, he wanted to give back to people so that they could go to the symphony, too. Now, I'm on the board of Art of Élan. They donate some concerts for free to expose people to music. Music is a language that everyone can speak, and I have a wonderful appreciation for all kinds of music.

I was diagnosed with multiple sclerosis (MS) and together Bob and I did a lot for the MS Society in D.C. I do the MS Walk every year to raise money and walk for those who can't. I give to things that are close to me and things that I think are important to help. I like to help through giving of myself.

Bob and I used to go on trips to the Great Barrier Reef. We loved the water. When I moved to San Diego, the obvious place for me to donate was the Birch Aquarium at Scripps. My love of the ocean and the creatures therein also got me involved with E.W. Scripps at the Scripps Institution of Oceanography at UC San Diego. Anytime I can help others, I feel good about it. I like to help and be with people. To know that it's appreciated is enough for me.



## CIARA KENNEDY

Jan Tuttleman was in my class at the Rady School of Management. She was my inspiration for philanthropy. I grew up in Ireland where philanthropy is mostly religious organization-oriented. Jan educated our class on what philanthropy could be, should be, and is. She educated us on the reasons why it's important for us, particularly as the first class, to set the benchmark. There were sixty of us in the class, and we raised over \$250,000 to name the library. It was really eye-opening in terms of what a motivated group can accomplish.

Philanthropy is almost always an emotional decision. I'm passionate about transforming the medical future for patients who need better options or options, period. I'm passionate about doing quality research in important medical fields, building small, productive companies to do that research, and having appropriate education for my own children. Everybody needs something different from their education, so finding the right fit is really important.

I got very involved with patient advocacy groups. I had young children who were the same age as some of the children we were treating in our clinical trials. I was inspired by the way these families would just get on with life. These kids are so sick and so happy. That's inspiring. After we sold the company I helped found, Lumena Pharmaceuticals, the employees and investors committed \$300,000 to build a database of clinical data that would become a resource to understand Alagille Syndrome, the disease we focused on, from a data-driven perspective. I got a lot from my interactions with the patient advocacy group. They were so open and so welcoming to us. Philanthropy is the return of everything they shared with us. It's the desire to give that back to them.





## WENDY KIM

My parents immigrated to America a few years before I was born and they often had to rely on the kindness of others as they navigated their new, foreign world. As my brother and I were growing up, we often heard stories about neighbors, co-workers, and even perfect strangers lending a hand to this newlywed couple who spoke very little English and had even less means. There were bad experiences, too, but it was the good ones that imbued our family with a culture of giving, even if we didn't have much to give. As a teenager, I was inspired to pay it forward by volunteering in hospitals, soup kitchens, and nursing homes.

Now that I am older, I realize how formative those experiences were and I'm lucky to work for an employer that is focused on giving. Not only do they organize volunteer outings, but they also match charitable donations that employees make out of pocket. It is a very generous program and thanks to this I am able to financially support causes that I would not be able to on my own. Currently I am focused on supporting a study abroad scholarship for undergraduates at UC San Diego. Traveling abroad is an experience that all students should take advantage of. While you may have your whole life to travel, you only have one chance to do it while young and unencumbered by life's obligations. Immersing yourself in another culture can be one of the most eye- and mind-opening experiences of your life.

Any gift of time or money, no matter how small, can make a difference. For a lot of people, all they need is a little bit of help and you may in turn inspire them to pay it forward. Some people don't give because they feel their gifts are not big enough to be impactful, but if everyone gave a little bit, in aggregate it would be very impactful. Philanthropy to me is not a choice but simply a part of being human.



## MARCY CAMPBELL KRINSK

My mother was very involved in Doctors' Wives Philanthropy, the Dallas Theater Center, and the Dallas Opera Guild. Later in her life, she became a social justice activist and would go back and forth to Washington, D.C., protesting against the border wall. When she no longer was able to travel, I started going and representing her. Because of that, I got involved with Foundation for Change. Then, because I love animals, I went on the Foundation for Animal Care and Education (FACE) Foundation Board. With FACE Foundation, you instantly know you've saved an animal's life and made a family happy. I also sit on the University of California Press Foundation Board. UC Press publishes books that deeply embody our mission to drive progressive change by championing the world's brightest minds.

Seeing real need inspires me. I love the work they do at the Scripps Institution of Oceanography to protect and conserve our oceans and the environment. My husband and I founded The Krinsk Research Advancement Initiative (KRAI) at Scripps and started traveling to Africa and got involved with the African Wildlife Foundation, which is also primarily focused on conservation work through buying up large amounts of land so animals can migrate again. We are now also involved with The Wildlife Conservation Society.

A lot of people don't donate to things because overhead is so high. We like to stick with the organizations that dedicate ten percent or less to overhead. We established KRAI so that only ten percent of donated money goes to management. Through KRAI, we and others can donate stipends to graduate students. That way, graduate students can focus on their studies and research.

Philanthropy makes you feel good, but it's something that we all should do if you have the means. It's how I was raised.



## TAMARA LAFARGA

I was raised in a very Christian home with high moral values. I was taught from my earliest years to help those in need, as my mother and grandmother were constantly involved in charitable projects. I have always believed our purpose on Earth is to help others. Time, talents, influence, money, and energy are all ways you can donate.

I love the quote by Mother Theresa who said, “Not all of us can do great things. But we can do small things with great love. Let no one ever come to you without leaving better and happier.” I truly believe it is our privilege, blessing, and responsibility to assist those less fortunate than ourselves. I absolutely enjoy giving and knowing that I’ve improved someone’s life. What could bring you more joy than that? It physically hurts me to see someone suffering, so I have to help.

I currently serve on five boards. One of the boards I serve on is very dear to my heart because five of my grandchildren were in the neonatal intensive care unit and their mission is to unite families with their sick newborns through financial assistance and supportive services. I’m inspired to help those who cannot help themselves. I focus mostly on empowering women and supporting children. Helping women helps the world because they generally care for children, pets, grandparents, husbands, and everyone else.

San Diego has 10,844 nonprofits. My dream is to unite all these groups competing for the same dollars and using the same resources. If they collaborate, cooperate, and partner, we would efficiently use all the funds being raised. It’s difficult, but possible!

Giving is very rewarding. It has been scientifically proven that the human brain is hardwired to feel good when we give. It releases serotonin. To quote Booker Washington, “Those who are the happiest are those who do the most for others,” which is absolutely true! If you want to lift your spirits, try extending a helping hand. I believe we are here to love, serve, and forgive.



## CONSTANCE LEVI

Over the course of my life, I have served on the boards of over thirty not-for-profit organizations, from hospital and university boards to adolescent sex offender boards. As a result, I have become very aware of diverse needs throughout our society.

My first clear memory of being philanthropic was when I was ten years old, at the height of the polio epidemic. At that time children were confined to a polio isolation ward and not allowed to see anyone — even parents. Kids were sick and frightened. To help, I organized a small group of children who were a bit more mobile to create puppet shows for the sicker kids. It made a difference.

I believe the polio ward experience set the stage for how I would view philanthropy for the rest of my life. Much of my approach to philanthropy has focused on obscure issues that I would not have known about had I not been exposed in some way. For example, while serving in the Minnesota Legislature, most of my legislation dealt with children's issues. One day an inmate from the state prison in my district called to issue a challenge. He said, "If you really cared about kids, you would do something about child pornography." In collaboration with some inmates, former victims themselves, I authored legislation which ultimately became federal law, making possession of child pornography a crime for the first time.

For a number of years I have been interested in addressing issues related to human trafficking, another area where victims have little or no voice. I am hoping to work with my daughter Julie and San Diego County attorney Summer Stephen to highlight the need for prosecutors to charge consumers of human trafficking as equal partners of the traffickers themselves.

My philanthropic heart lies with the voiceless, the powerless, the silent, and the invisible and I do what I can to help. We all should.



## CAROL CASE LIEBERMAN

Giving back has always been something I did without recognizing it was something out of the ordinary. I always volunteered, whether at my kids' schools or co-chairing events for the Museum of Jewish Heritage in New York. A good acquaintance of mine started the museum with a small group of New York City influencers and I volunteered as soon as they needed me. Being a child of survivors, with a desire to find out more about my heritage, it seemed like a perfect fit.

My husband Ira was having issues with his heart — a genetic anomaly which he had since birth but was never detected. When his heart began to show signs of an aneurysm, he had open heart surgery to correct the problem. He/we went into it with no concerns, excited to have this blip in our lives behind us. Little did we know it would change our lives forever. During Ira's healing, it became apparent something wasn't right. The more research I did, the more I came to realize Ira could be facing life with Parkinson's disease. Through friends, I met one of the original board members of the Michael J. Fox Foundation who encouraged my involvement. As soon as Ira was formally diagnosed, I jumped on board. I had small salon events at our home, spoke at meetings to patients and other caregivers, became an ambassador in southern California for the foundation, went to Washington, D.C., with Michael and a group to speak to senators and Congress about patients and caregivers. It was a natural fit. I have also been on the board of the Parkinson and Other Movement Disorders Center at UC San Diego Health.

My mother had multiple sclerosis, my father had a stroke and late-onset Parkinson's, and my husband had atypical Parkinson's/Lewy bodies plus congestive heart failure. I needed to take the lemons and make lemonade. Giving back has been a gift. Whatever you put out into the universe comes back. Unfortunately I know firsthand what it is like to care for loved ones that are compromised. Being able to help others that are having trouble finding their way is an honor. We all need to pay it forward.





## CINDA LUCAS

I grew up with three generations. My maternal grandparents and my mom helped to form a sense of giving back to the community for our good fortune. I was taught to work hard, and not to expect anything without a lot of hard work. My grandfather was an entrepreneurial newspaper publisher in the early days of the San Fernando Valley in 1932. My grandmother encouraged the family to move from Topeka, Kansas, to the San Fernando Valley to take over a small newspaper. My mother was an editorial columnist who was always having debates about current events and challenging me to think on my own two feet.

Philanthropy was part of my upbringing. Caring and helping people whenever we could was also something ingrained in my upbringing, so that led me to get involved early in my life in organizations that helped others. I always volunteered in one way or another and served on boards where I was able to affect change and create vision to make life better for others. I started organizations to help women in business, to encourage women to achieve their personal best. For thirty-four years I served as a mentor and chapter advisor for college women, challenging them to seek their personal best.

In 1983, my husband had recurring malignant melanoma and it seemed only right for me to join the Cancer Center at UC San Diego Health which later became Moores Cancer Center at UC San Diego Health. I'm very involved in trying to eradicate cancer and get people to the best health care possible. I love Moores Cancer Center because we are making such huge strides from the bench to the bedside. Moores Cancer Center is raising the bar to attack cancer and take care of the whole patient as well as their family, which is so vital today and not often experienced without personalized medicine.

With my marketing and public relations background, I knew I could make a difference and I have remained on the board for thirty-six years, serving in various capacities. I firmly believe in not only giving your treasure, but more importantly your talent. I can and will continue to be involved as long as I can make a difference. I am proud and privileged to be able to serve this amazing institution which truly "makes the hope happen."



## SUE MAJOR

Philanthropy for me started with Sunday school and church, and then spread to school organizations I got involved in. I've been so lucky in my life to have more than I've needed. When you have more than you need, and you see people that need help, it inspires you to help.

My husband John and I are what I would call philanthropic "spreaders." We don't focus on any one charity. We're each involved in many colleges, charities, and local causes. We give to a variety of philanthropies. The charity that I've really grown to love most is the Girl Scouts. It is really helping young women become courageous, confident, and be women of character. Girl Scouts made a difference in my life and watching my own daughter become a Girl Scout and become more confident growing up was one of my favorite experiences. I know I benefitted the same way years before.

My first philanthropic experience was when I was eight years old, helping raise money to build a church in Valley Forge, Pennsylvania. We bought bricks for \$.05, and visually you could see your contribution as the church went up. I really felt a sense of pride and ownership when the church was completed. Raising money was fun. John and I have continued to give as we have been able to. We have also instilled the need for philanthropy in our children. They are starting to give time and money to their own schools and causes. We need the next generation to take on this mantle of giving to ensure funding of so many things.

Philanthropy is both giving and getting and this is what I enjoy doing. All of our giving is returned many times over by the organizations we work with. The feeling of satisfaction and appreciation keeps me motivated to do more.



## SUSAN PIDGEON MANDEL

I was exposed to the culture of giving early on through my parents. My parents were in involved in a lot of Jewish organizations and they believed in giving back and education. Early on, my philanthropy focused on schools and children's organizations. Then, it became more focused on cancer. I got involved because my husband, Larry, passed away from cancer. I wanted to try to help make a difference for people who have to go through this terrible disease. At Moores Cancer Center at UC San Diego Health, I first gave to the patient support services area. They provide emotional support for patients and caregivers. The gift was meaningful to them. It helped them expand their team and provide a lot more services. I really believe that you heal if you take care of yourself emotionally.

I also saw that when patients got to the hospital they were often overwhelmed and needed more guidance and direction. I totally understood this after my experience. There was a volunteer program at Moores Cancer Center but there was nobody on-site running it so it wasn't working as well as it could work. I hired and funded a volunteer head, and the whole volunteer program is amazing now.

I love learning, growing, meeting new people, and building better programs. I worked in development at La Jolla Country Day School. I was on the board of the Rancho Santa Fe Women's Fund. We looked at a hundred different nonprofits a year. I learned more about the needs that are out there in San Diego and I got very passionate. Now I am on the board of Moores Cancer Center and the Conquering Cancer Initiative at the Salk Institute for Biological Sciences.

I love to work on projects that help make the amazing doctors and professors at these institutions make a larger impact locally and globally. I am inspired and amazed by people who have overcome obstacles and who have done great things. This work also helps create a different perspective on your life.

It's really important to me that my kids do this kind of work too. It builds character and makes them better people. I want them to see the needs in the world and understand that they can help make a difference.



**SUSAN LESLIE MARCHETTI**

In 1886, my immigrant great grandparents settled in the Mission Valley area of San Diego to create a better life. I was raised in the 50s on our family's dairy farm that was located on Friars Road at the heart of Mission Valley. Our family built all that we have and enjoy today with discipline and work ethic. It was my beloved grandmother, Ruby Ohre, who showed compassion to all people and she instilled in me the importance and joy of generosity. There are many ways to give, financially is only one option. We all can inspire one another to look within, to discover a passion and purpose, and contribute, if not financially, by volunteering one's expertise. Through mentoring my niece, Cassidy Davis, I have the opportunity to encourage her to carry on my grandmother's legacy of giving.

If each of us actively demonstrates generosity toward education and inspires others to exhibit compassion to humankind, there will always be fresh footprints to carry forward the much needed positivity in our collective world. I consider our family's ability to contribute an honor.



## MAGDA MARQUET

As two young scientists looking for the California adventure, my husband, François, and I arrived in San Diego in December 1986. We didn't know a single soul but we felt welcomed right away. As we built our careers, started our biotech company, Altheam, and raised our two sons, Alex and Max, this community helped us along the way. What was supposed to be a couple of years of postdoctoral experience in one of the top academic centers in the world became three decades.

My philanthropy started with a willingness to give back to this community that gave us so much and my values evolved depending on my life stage. When my children were young, all my philanthropy efforts went towards organizations that helped children. Now, the areas that really drive me are education, science, medicine, and community building. Philanthropy has always been a family affair, focusing in areas where we want to make a difference.

They are so many worthy causes we can contribute to. However, my decisions are driven by emotion. I became very involved with the Moores Cancer Center and had the honor to chair the Board of Visitors. Since both my parents died of cancer, this dreadful disease had a profound impact in my life and by contributing to the efforts of this exceptional cancer center I was able to honor the memory of my parents in a meaningful way.

The other area that I'm very involved in is community building. If we want to continue to have a thriving community we can't take it for granted and we have to build the infrastructure as well as the arts scene. I dedicate a lot of my time to BIOCOM, the San Diego Regional Economic Development Corporation, and CONNECT. Of course, as a woman entrepreneur, supporting women is close to my heart. Our society needs to continue to encourage girls to choose STEM as a career and also become involved in science and entrepreneurship.

Philanthropy is a family affair. The conversation we had with our boys at the dinner table was about the importance of giving back at any level. Success and leading a happy life is about a balance between giving and receiving. You can be a philanthropist when you're twenty years old and decide to make a difference for a specific cause. I think the young generation understands that better because of their passion for community involvement. In addition, their participation is greatly facilitated by powerful tools such as crowdfunding. They are clear on the fact that if they want a community to be a certain way, they have to take responsibility for it. Giving back is such an important part of one's fulfillment in life. It can bring so much happiness. It's a mindset.





## PEGGY MATARESE

I was raised in a single mother household. Somehow, I managed to go to college and medical school and have a fantastic career. How could I not be grateful with that background? I would not have been able to go to college without scholarships. I know there are people just like me who are going through the system and need that same kind of help. There are folks who don't have the advantages others have, and, out of my gratitude, I want to help.

I was in the United States Air Force for thirty years. The Air Force has the Combined Federal Campaign and the Air Force Aid Society. Every year, they ask you for money. Philanthropy wasn't terribly intentional, but I built the habit. Now, I'm on the Water Conservation Garden Board, the overall UC San Diego Alumni Board, and the School of Medicine Alumni Board. There are people out there who don't have mentors — who have no idea what's even possible — and it motivates me to know that I can impact them.

I am a widow of five years. I began a new life where doing things that mattered was important to me. I'm passionate about expanding other people's perspectives, improving their lives, and leading by example. I don't want to do one-off things. I want to do things that generate more. When I can be face-to-face with the impact of my gift, I'm most inspired. I like sitting down with students to understand how what I did made a difference for them.

Another area of passion for me is helping people understand how significant their small gifts can be. Sometimes, impacting people means showing them the way to be impactful themselves. I truly believe that my life is richer because I give.



## MARIANNE MCDONALD

I attended the Convent of the Sacred Heart in Chicago and always admired the nuns' kindness and compassion. After the eighth grade, I went to Latin School of Chicago for high school. Because I loved Latin and Greek from exposure at the convent and teachers at Latin School of Chicago (where I also studied Greek), I established the Thesaurus of the Greek Language at UC Irvine, and subsequently in Greece. I also established the McDonald Center to combat alcoholism at Scripps and Sharp Memorial Hospitals because I came from a background of Irish alcoholics, wanted help for them, and was grateful to those who helped me.

I enjoy supporting Japanese studies. I established a chair in honor of my Japanese father-in-law, Hajime Mori, at UC San Diego. He is a wonderful, generous, and compassionate man. Professor Daisuke Miyao now occupies the Hajime Mori chair and his expertise and generosity with his students inspires me. Also important to me is a donation I made in honor of my son, Hiroshi Mori, to UC San Diego's LGBT Resource Center. The director, Shaun Travers, runs it well and I'm grateful to him for his vision.

I'm most passionate about benefiting others. I'm a Buddhist and believe compassion for everyone is best. I try not to kill or benefit from the death of living creatures. I am also passionate about animal rights and contribute to the Helen Woodward Animal Center in Rancho Santa Fe. I have five rescue dogs: two pit bull mixes, two holy terriers, and one Australian cattle dog. I also have thirteen rescue peacocks. I work closely with vets and the zoo for advice.

I tell my friends and family that philanthropy is the most important thing you can do with your life.



## ANNE MCENANY

I've been at the International Community Foundation (ICF) for fifteen years and have worked in Latin American conservation for more than twenty-five years. I came to philanthropy to help advise donors who have an interest in Mexico and Latin America and want to support local organizations and projects in health, education, and the environment.

When you're interpreting other people's needs and interests, you tend to try to echo their voice instead of inserting your own. I'm proud of the relationship I have with ICF's donors and I'm very privileged to help influence millions of dollars to support great projects and needs on the ground in Mexico and Latin America.

I am personally most passionate about land use. The decisions we make in urban areas affect every green area, park, and waterway around us. In Latin America, there is less enforcement of strong environmental laws so we need to be extra vigilant on those issues.

Success in this field means creating a lasting impact and leaving behind a better world for my grandchildren. I also really care about the sustainability of the nonprofit sector in Mexico and Latin America. They are the backbone of a strong society and hold government accountable in so many ways.

I talk with my family about being a female CEO and a global leader. Some of the most rewarding things are the unexpected ones. I was in Los Cabos last year and I dropped in on one of our grantee's exercise playgroups. When you really see it happening in front of you, you remember the impact philanthropy can have on people's daily lives. It's very personally rewarding.



## BETSY MCKIBBIN

From an early age, the importance of helping others was instilled in me. Erroneously, I thought only rich people made charitable donations and wealthy, non-working women volunteered. I didn't realize every bit helps and anyone can make a difference. Giving back to places I have benefited from is important to me. I'm involved with the University of Southern California's Trojan League and donate to UCLA. I want to feel like what I do is making a difference.

I am most passionate about animal welfare, the environment, and education. My mother was very into animals. We'd be driving down the street and she'd stop to help stray dogs. Consequently, I do the same thing. I can't not do it because it pulls on my heartstrings. I can't donate to animal testing because I don't feel good about it.

Scripps Institution of Oceanography is a world-class institution in my neighborhood and offered a learning opportunity. Scripps needs to raise money, and Birch Aquarium at Scripps is its community outreach arm, so Birch Aquarium is the logical place to spread the word and where I volunteer. Once people know about it, I think they will want to become involved.

I also support my college sorority because I made lasting friends there and friendship is important to me. Sororities sound goofy to a lot of people, but when women started college they didn't have a support group. That is how sororities started — not as an elitist thing. I'm now on the national housing board for Kappa Alpha Theta.

It is important to give back. Find something that you are interested in, do some research, and donate your time. No gift is too small, and a small gift is a great place to start. Everyone can afford something.



## DELORES MCNEELY

When my husband was alive, we practiced philanthropy together. It was important that we gave back to the community. My husband had pancreatic cancer and was treated at Moores Cancer Center at UC San Diego Health. He passed away four years ago, and I've carried on our philanthropy by giving to lots of organizations. The largest gift I've made since then was to support a nurse's station at Moores Cancer Center in his honor. It's on the sixth floor and in both of our names. Giving to Moores Cancer Center was my most rewarding giving experience. I liked it because it made me think about my husband. He would want me to give back.

At the beginning of 2018, I specifically wanted to give to women's organizations, but that didn't last long because I donated to whoever asked me. Since 2002, I've been in The Links, Incorporated. It's a group of women of color who give back to the community. Once a year, we train and develop high school senior African-American men by preparing them for college. I also support our Links to STEM students who are in the fourth to eighth grade.

I also feel really good about giving to the Salvation Army because of their Door of Hope. It's a place where single mothers live with their children. The San Diego Delta Foundation is a group of African-American girls I give to which is very rewarding too. I've made a point of donating to the American Red Cross and the San Diego Delta Foundation for their work with women and young girls. Recently, I gave to the Jackie Robinson YMCA to carry on my husband's support of their many programs. And, as a previous board member of The Center for Community Solutions, which is celebrating their fiftieth anniversary this year, it is also important to me to continue to support their work, which provides hope, healing, and prevention for battered women.

I get involved with children's initiatives and I walk for the Alzheimer's Foundation. People know that I like to give. It makes me feel warm inside to know that I'm helping others, especially children. Somebody from my church was giving to Water for Children Africa, and of course I wanted to be a part of that. Getting involved with different things makes you feel wonderful.



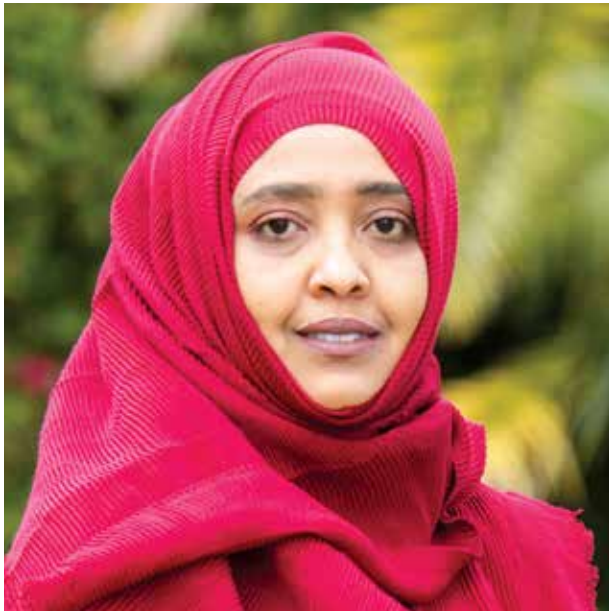


## JUDI MEZZULLO

When I was a child, I watched my father raise money to build a suburban chapel for our inner city church. He pretty much donated to everything and he wasn't a wealthy man but seemed to enjoy it. I watched him give and get people to give, so philanthropy was a natural development for me.

I am fortunate, I am healthy, and I really think you need to give back to your community. I promote whatever I think is important. Since moving here in 2006, I have spent most of my philanthropic hours raising funds to help expand Scripps Hospital Encinitas. If I feel any cause is worthy then I talk about it and try to inspire other people to get involved, too. I'm most concerned about health care and medical research.

Philanthropy makes me very happy. Giving money to others makes me happier than spending it on myself. I believe that education concerning what is needed creates philanthropy. Somebody once said to me, "If you educate the public, the money will follow." People are not going to donate without a good reason. They need to know about their investment. I also feel that you should try to support whatever you do on a continuing basis.



### AMINA SHEIK MOHAMED

I love working with women because they are the backbone of families and communities. It's important to encourage women and support their dreams because having strong female community members will lead to thriving families and communities. Part of the work that I do focuses on self-care, financial security, and mentorship connections and being a role model for women and youth.

Youth are our future and I learn a lot from them. They each have their own unique dreams, but it can be helpful to show them a path to what they want. I founded the Youth Advisory Council at UC San Diego's Center for Community Health four years ago in 2015. Their voices are discounted in a lot of spaces so we provide them the space to be who they are. The Youth Advisory Council (YAC) serves mostly youth of color who are immigrants or refugees. Comprised of passionate young leaders from throughout San Diego, the YAC is a group of highly motivated, hard-working, and passionate young people dedicated to improving health for San Diego communities, especially those communities which have experienced historical and systemic health inequities. Their parents came to the United States as immigrants or refugees before they were born, and now they want their children to improve their lives through education and access to opportunities.

Many family members work two jobs and sometimes support other family members outside of the U.S. They wanted their children to grow up away from war zones and to get a better education and healthy living conditions. Most of them live in impoverished communities and don't have access to many opportunities, even after they arrive here in the U.S. It is important for us to make their parents' lives easier by working to set up systems that help support the youth. I feel our work with the young people is a chance to identify and provide resources and create pipeline and mentorship opportunities.

I'm so lucky because giving to the community is my passion and my work! I don't differentiate them. Many times, we're the ones we're waiting for. I do this work because who else would? Philanthropy is not something you leave at the office. You should always continue to give. And giving is not only money, it is your time and talent.



## JUDITH MORGAN

I'm quite involved with the San Diego Public Library System on their foundation board. It's very important to me because it involves not just the downtown library, but all thirty-six library branches in San Diego. The libraries are expanding and becoming community centers because people need a safe place to go. Access to education is important. Looking back, I've always had a university in my life. I grew up on tree-shaded College Avenue, a block and a half from the University of Tulsa. I learned to roller skate on their sidewalks and how to ride my bike in their school of music.

I joined the *San Diego Union-Tribune* staff as a reporter when I moved to San Diego. We covered the birth of UC San Diego and I was very fortunate to know Roger Revelle and other founders. My late husband Neil was very close with a few professors and we established friendships with them. Eventually I was invited to the UC San Diego Foundation and it seemed natural to give financially once we were able to. I've loved being a part of the campus' past and all the better if I can be a part of the campus' future.

Our interest in endowing the university's fellowships began after Neil and I put our niece, nephew, and grandson through four years of college. I've been fortunate to know and work with each of the chancellors and acting chancellors since Roger Revelle. College costs are going up and I heard a lecture about student debt five years ago. Students are skipping meals to save money at universities. People will react to this kind of information and try to help them! I'm most passionate about scholarships and I'm quite open to new philanthropic ideas and fields. I lived in Argentina on a graduate scholarship years ago and wasn't any financial burden on my family. That's something I like to try to do with others.



### ELEANOR MUSICK

Philanthropy is something I've done since I was a kid. It started because I love animals and wanted to help take care of them. Now, if I see something good that needs assistance I want to help it along. It's not something I think twice about.

I've always been interested in the arts, but my real passion is the environment. I love nature. I've gone on some really exotic trips and even met my husband in Antarctica! I like ecotourism because I can see nature. My philanthropic contributions have varied over different organizations, but they weigh heavily towards environmental causes. One of my first gifts was to the San Diego Zoo. I'm passionate about animals and conservation efforts and I am still involved with the zoo today. I also helped create Cardiff Dog Park and have served for several years on the board of ECOLIFE Conservation. They create aquaponics systems for classrooms and individuals. It's a sustainable alternative to traditional farming and helps reduce the global agricultural footprint.

Philanthropy is not really an emotional decision for me. It's just seeing a need and wanting to help. It's not important for me to be thanked when I make a gift. I just want to know that I made a difference.



## TINA NOVA

I grew up in central California on a farm. I had a great, grounding childhood. My grandparents came to the United States from Greece and worked really hard to become successful in this country. We would hear stories about their struggles and occasionally travel back to Greece and see how much my relatives there didn't have. I became philanthropic from that exposure.

It's hard to define what my first philanthropic gift was. I always wanted to help others and volunteered constantly in school. When I began my career and had extra suits, I donated them to Dress for Success. Knowing somebody received something from you and it made them feel better makes you feel so good. That feeling is the best part.

I read about ElderHelp through a mail flyer. My mom had Alzheimer's at that point. We all like to give to children and cancer, which I give to everyday through my job at Molecular Stethoscope, but there's something about the elderly I connect with. Children have hope, but elderly people don't and maybe don't have visitors. We kind of forget about them, so I like to help them out. The biggest gift I've ever given was in honor of my mother to a lab at UC San Diego to support a graduate student doing Alzheimer's research.

I started some grants at UC Riverside with my major professor, Dr. Yolinda Tra. She was amazing and encouraged me to go to graduate school. She was the first female faculty member hired at UC Riverside in biochemistry. We started a Nova-Tra Grant and gave about six grants to students for summer lab work. The grants went to women who were B or C students because they still have a lot of opportunity. That was one of the most rewarding things I've done. I'm grateful to be able to give back after so many years of school.





## PAMELA PALISOUL

My philanthropic values developed over time. I began by donating toys for kids through Toys for Tots with my parents when I was in junior high school. Volunteering quickly became part of who I am as a person. As I've gotten older, I've given less time and more money. I've always been interested in issues and organizations which empower children to have a voice. My family was very structured and out of the four of us children, I was the only child who really stood up and spoke my mind. It's really important that children of all backgrounds have a sense of themselves and are able to express themselves.

One of my first gifts established a UC San Diego scholarship for a Revelle College student majoring in humanities. Revelle is known for science, and I wanted to support someone who thought they would major in science but then decided they loved literature or art.

My husband and I gave a gift to Pro Kids Golf Academy in Oceanside to build their new facility. Pro Kids exposes kids to golf and to learning values that can help them throughout their life. As a docent at the Timken Museum of Art, I love touring and teaching children about art. Kids are so intuitive given the chance outside of the confines of a classroom.

Volunteerism is vital to forwarding philanthropic goals and I'm passionate about it. My husband, children, and I have worked for Habitat for Humanity over the years. This is hands-on volunteerism at its best! My favorite Habitat experience was with my husband in New Orleans during Jazz Fest. There are many stories about millennials not having excess cash, but they can certainly volunteer. Being a volunteer for an organization which I believe in has added so much to my life, and just as important, it is fun!



## GAYNOR PATES

I was raised with memories of my maternal grandfather's contributions to varied causes during his lifetime and I know he would be pleased to see the later generations continue to support philanthropy at all levels. When I arrived in San Diego, I volunteered at KPBS and ultimately chaired their first wine tasting event. It was a major event during the decade I chaired, and one year we hosted the event at Sea World. I was also an active member on the KPBS Community Advisory Board for a number of years.

I am a strong believer in the three W's when involved in philanthropy: work, wisdom, or wealth. I have been a nonprofit coordinator for numerous charities in San Diego. The Preuss School UC San Diego is now our interest and we look forward to following its continued success while contributing as donors. It is an exceptional school and worthy of its success. In England, where I was educated, alumni associations at that time did not exist. My husband, Gary, is still an alumni supporter of his elementary school after all these years!

The National Charity League holds a major part in teaching young women volunteerism. It was a very special four years watching my daughter, Erin Preuss, develop her own knowledge and the importance of giving back. I recall chairing the Reuben H. Fleet Science Center's twenty-fifth anniversary of the moon landing in 1994. Many years later, our son-in-law, Peter J. Preuss, is now president of the Reuben H. Fleet Science Center Board.

As I go into my sunset years, I am actively involved with the Village Garden Club of La Jolla. It is an extraordinary group of similarly minded women who have given many years to philanthropic causes and volunteer commitments while "smelling the roses." Many of the jacaranda trees around town are donated by the club. Close to my heart, was developing The Bouquet of Thanks project at the club which supports the Veterans Hospital.



## CLARICE PERKINS

My parents were always philanthropic — not necessarily with money, but with deeds. My mom was PTA president and welfare chairman for every school I attended, collecting clothes and food for needy students. My dad would gather food and clothes, take them down to Tijuana, and just hand them out in a poor neighborhood — up until the age of 83. When I quit my full-time job teaching at Southwestern College, I needed to feel valued and do something constructive, so that's why I forayed into volunteer work.

At first, I started out by tutoring children in the local elementary schools in reading. I saw a definite need because reading is so important to student success. I developed manuals and a video for tutor training so tutors would have the skills to tutor effectively. I tutored for over twenty years. To see the spark when children are learning to read was really rewarding.

One of the first organizations I supported and still support is Planned Parenthood. Women's health is an area to which I'm committed. I chaired Planned Parenthood's Annual Dinner three years in a row since that's where I felt I could make the biggest impact. Currently, I'm passionate about Rady Children's Hospital (RCH). I'm on the foundation advisory board for RCH and the steering committee for its current fundraising campaign. RCH saves children's lives every day and doesn't turn any child away.

I'm also impassioned about the museums in San Diego's gem, Balboa Park. The museums are on a shoestring budget. They need money so badly and are so appreciative. Through Patrons of the Prado, I help raise money for the museums and Bucks4Buses to bring underserved children to the park. The museums send us letters students write after going to the museums and it's so gratifying. Another organization I enjoy is Friends of Children United Society (FOCUS). FOCUS doesn't give money, but members shop for things the organizations need, be it diapers, computers, books, etc. I recently volunteered to shop for Urban Street Angels who support homeless teenagers. They needed socks, hoodies, and food.

I feel you have to give back. I hope I'm making a difference in people's lives. You're put on this earth and if you don't leave it a better place it's a shame.



### PHYLLIS PFEIFFER

A newspaper publisher's role in the community is expanded through community involvement. I've always had an existential view of journalism. Reporters, as they should, do not get involved in anything that could compromise them. As the *La Jolla Light* publisher, in order to understand whether we are covering the community properly, I must understand the community from the inside and not just as an observer. I found the combination of my involvement with the media and getting involved with organizations in the communities which I serve made the publisher role even more powerful.

I'm spending a lot of time with the La Jolla Community Foundation. There's a satisfaction in giving back and making an impact. I'm very involved in the La Jolla community and we started the foundation to make community improvements. Because La Jolla has no local government, we have no say on how our tax dollars are spent. If we look around at the potholes, the streets, and the empty storefronts, the place is a mess.

For the first time in my life, I am politically active. The foundation spent three years involved with a political campaign to convince property owners to tax themselves to make improvements within the community. The tax was approved, but the funds collected were on hold due to a lawsuit. The judge recently ruled that the plaintiffs had no standing and all will move forward this year, which is very satisfying.



## JULIE POTIKER

When I was a young lawyer working full-time in Detroit, I volunteered at free legal clinics. Later, I got into community activities because I was looking for something more satisfying for myself as a stay-at-home mom. When we moved to San Diego twenty-five years ago, I got involved with the La Jolla Playhouse, Jewish Federation, and the Wexner Heritage Foundation, which more than anything, connected my volunteerism to Judaism.

I have been involved with the Jewish Community Center (JCC) since 2000 and I was president from 2008 to 2010. I also joined the board of the National Jewish Book Council in New York, in order to help our San Diego Jewish Book Fair, which I chaired.

I want to help alleviate suffering through what I teach. In 2010-2011, I enrolled in a new curriculum at the UC San Diego Center for Mindfulness called mindful self-compassion. Three years after, I completed the very first teacher training for mindful self-compassion and started teaching immediately. I enjoy teaching and have synthesized many trainings into *Mindful Methods for Life*, a best practices toolkit for living a more balanced life.

In order to try to reach more students, I wrote and published *Life Falls Apart But You Don't Have To: Mindful Methods for Staying Calm in the Midst of Chaos*. I have been donating the proceeds of my book sales to charity and allowing nonprofits to sell the book and keep the proceeds when I do a workshop at their site.

The Balanced Mind Meditation Center at the JCC started with my dad donating funds in memory of my mom. I matched his donation and it kept growing. We created this beautiful space that's free to the community. There are also free guided meditations on my podcast, *Balanced Mind with Julie Potiker*. People can do this work on their own, but I like teaching classes and workshops because it is good for people to learn in a group so they feel part of common humanity. There are over 7 billion of us humans on the planet. If you're feeling a particularly bad emotion, there are probably a billion other people experiencing the same emotion at the same time, many of whom are in worse circumstances.





## ERIN PREUSS

From a young age, I watched my parents volunteer in the community. Philanthropy was part of our everyday lives and I have rewarding memories of doing volunteer work with both my parents. Growing up, I was a member of the National Charity League, which helped instill in me a long-term interest in hands-on volunteer work, especially at The Blind Center and The Old Globe.

My first philanthropic gift was when I was eighteen. I graduated from Francis Parker School and our class gift was a bench. It made me very proud to give back to the school and I was eager to return to Francis Parker to see it. My most positive giving experience was the first time I donated to the University of Southern California. I was working there as a recent alum. I'm very proud that I was working in an environment that I wholeheartedly felt the need to give back to.

As a young mother, I'm most passionate about education and health care. I'm also passionate about my interests from before I was a mom. I have volunteered for the San Diego Crew Classic on their brunch committee and am enthusiastic about the University of Southern California, and of course, The Preuss School UC San Diego. I am a new member of the UC San Diego Health's Women and Infants Services Patient and Family Advisory Council and have found it very rewarding. It is interesting how much your volunteer life changes with your cycles of life.

I also volunteer at the Gillispie School. I serve hot lunch there once a month and cut fruit once a week. I'm a past classroom parent and have been on the committee for their annual gala too. Hands-on volunteer work is important to my parents, so I was exposed to it through them. Volunteering and donating are, these days, going hand in hand. Philanthropy is a way of life for us and we're setting an example for our children.



## PEGGY PREUSS

Philanthropy is very practical. We as individuals must pitch in to make things thrive in San Diego. The only way to do that is to get involved. My husband and I feel very passionate about The Preuss School UC San Diego and both love music. In San Diego, we don't have as much corporate support as a lot of larger cities do, so individuals must get involved.

When I taught in Monterey Park, I had children of upper middle class families who were highly motivated in their education. Working in Imperial Beach was the opposite in terms of socioeconomic status. I made hot chocolate in the mornings for kids in case they didn't have breakfast before they came to school. I've seen both sides of the spectrum and feel very devoted to helping children from disadvantaged homes have the same breaks that more blessed kids have. They should have the same education, opportunities, and belief in their own abilities. We are very proud to have given seed money to The Preuss School, which serves underprivileged kids. After the seed money, we needed to fundraise \$15 million. It's crucial to give to what you're fundraising for and it's been a pleasure to see the school thrive.

It's important to really care about causes you support and spend volunteer hours with them. I'm most passionate about music and education. I'm very involved with building The Conrad in La Jolla. I help fundraise and get people excited about The Conrad. Music needs to be a part of everybody's life, and I worry about kids not having enough. Many things get cut out of school budgets and music is one of the first to go. Music gets you out of yourself and puts you on a higher plane. It relaxes and inspires you to do and feel better. For kids, that's incredibly important.



## SOFIA SALGADO

Culture plays a large part in my philanthropic background. The Latino community is very close-knit, and family comes first. I grew up in El Centro, and my parents were immigrants with no more than a sixth-grade education. My mom worked full-time and took care of our extended family; she showed me the value of hard work and dedication. She also knew the power of an education so she encouraged me to attend UC San Diego.

I'm the executive director for MANA de San Diego, a nonprofit, Latina organization. MANA empowers Latinas through education, leadership development, community service, and advocacy. We begin by mentoring young girls, whom we call Hermanitas, in seventh through twelfth grade, then provide scholarships for Latinas enrolled in college. We offer leadership development for all Latinas at every stage of their development. Past Hermanitas mentees have graduated from our program, gone to college, and later returned to volunteer as mentors and interns. That's when I know MANA's programs are making a difference by creating cyclical change: our Latina leaders are positively impacting our community and beyond.

Mentors are the ones who see your potential and open you up to opportunities. I strive to surround myself with strong, intelligent, and courageous women so that I can tap into their wealth of experience and resources. I feel like I am personally a beneficiary of MANA because through my volunteering and meeting outstanding professional Latinas, they have supported and pushed me to set high expectations and succeed. I'm passionate about mentoring and seeing the potential in a young person that they don't see in themselves.



## BARBARA SAWREY

My mother was a giver, which set the tone for my philanthropy. She helped anybody who needed it and devoted her time and money to good causes. Now, paying it forward and giving back feels like my duty. I regularly contribute to the Southern Poverty Law Center, the American Civil Liberties Union, and the San Diego Food Bank, which feeds school-aged children during the summer when they're not getting a free school lunch.

I care deeply about giving women microloans through Women's Empowerment International. The lack of civility in today's life has led me to work with the National Conflict Resolution Center. I not only donate there but am also on the board of directors. When Hurricane Maria hit Puerto Rico, I was deeply affected by our lack of response as a country. I have friends who live in Puerto Rico and I saw what was happening to students there. I wrote to my congressmen regarding hurricane relief and felt so strongly that I put my money where my mouth is.

I am most passionate about scholarships. I was the beneficiary of scholarships and loan money when I was an undergraduate. It's very satisfying to know that your money helps students. I won an award from the American Chemical Society for encouraging women to study the chemical sciences. It was a cash award to me and an even larger cash award to the charity of my choice. I gave it to UC San Diego for scholarships. Additionally, I contribute to scholarships named for other people and for foster youth aging out of the system who have no reserves for school. Just in Time, a foster youth support group, helps them get their first apartment and teaches them how to manage their own money. I've introduced people to Just in Time who have gotten involved with them.



## CONGRESSWOMAN LYNN SCHENK

My parents were immigrants from Hungary; my dad was a Holocaust survivor. Although there never was much money in the household, we always had the blue and white Jewish National Fund box in the kitchen. My childhood allowance was a quarter, nickel, dime, and penny. The penny (and sometimes the nickel) went into the box before we lit Shabbos candles. From that small box and my parents' example, I learned that we have an obligation to "heal the world."

My mother was committed to the Jerry Lewis MD telethon. Even after a long and hard day of work she would spend most of the night at a call center. So, when I was young, my friend and I went door-to-door collecting money for the Jerry Lewis Telethon. One evening, an older man opened his door to our knock. We could see a hospital bed a few feet from the door. He said he didn't have much to give, but wanted to give what he could. He handed me a bus token. Clearly, it meant a lot to him — perhaps even his next visit to his doctor. Even at my young age, I knew this was special. I kept that token and turned in its worth, ten cents. The lesson of that incident — and the token — have stayed with me my entire life.

I have always been impressed by the philanthropy of Jews. We give to everything from secular causes to other religions, but it seems that very few others and sometimes only Jews give to Jewish causes — even though those causes help everyone. It is by far mainly, and in some cases only, the Jews who support Jewish Family Services, the Jewish Federation, etc. I'm passionate about Jewish organizations, especially Jewish Family Services. What they do is very important for the whole community — especially the support services for the elderly and isolated who tend to be women. Women live longer than men and many don't have a family support network. Jewish Family Services allows people to age with dignity.

In San Diego, I am proud to be the founding mother of the Lawyers Club (dedicated to advancing the rights of women) and the Urban Corps (focusing on at-risk young men and women by giving them life and job skills). My interest in that demographic stemmed from spending Saturday mornings at the YWCA downtown volunteering in an abused women's legal program. This was at the dawn of women understanding abuse. In fact, we didn't even use the words "abused women" at that time. I didn't think anything like the Me Too movement would happen in my lifetime!

I am also pleased I have had the opportunity to give back to my state both as the mother of High Speed Rail (which must and will happen; perhaps I won't be around to ride, but it is for future generations) and as the author of the bill in Congress creating the SENTRI lane at the San Diego-Mexico border.

I have been greatly privileged to have had opportunities to make a difference in the lives of others. For me that is the ultimate satisfaction of a life well lived.





## JANE SCHER

I am honored to be amongst a group of women who understand the importance of endowments. We are women for whom each gift is like an act of love for humanity, one that passes from us, through an organization, and into the world, providing a needed change that will improve other people's lives.

I believe that philanthropy involves both dreams and plans. As philanthropists, we are inspired and purposeful. Our gifts reflect our passions and our hopes, and are guided by our strengths, values, and imaginations. Philanthropy is joyful and fulfilling, simply and elegantly bringing us purpose and meaning. We give to create thoughtfully and courageously and to improve the world and leave it with our stamp, our legacy, and a sustaining connection to what we care most about.

We are women who recognize that the creation of our future as a people is a sacred task, grateful for our unique parts. We are determined to make our time count and to make a difference, often asking, "What are we proud of? What is our story? What will our legacy be?" Our legacies reflect everything that is most important and meaningful to us.

I believe that our community greatly appreciates and values our kind generosity, vision, thoughtfulness, wisdom, and experience. The Talmud teaches us, "Whoever practices tzedakah and justice fills the world with loving kindness." We strive to be connected, passionate, caring women who fill the world with loving kindness, grace, and generosity.



## DOREEN SCHONBRUN

From the time I was a very young child, I have been active in my community. My parents brought me with them while they worked hard helping a wide variety of organizations. Together, my family advocated for animal rights, worked for better conditions for orphanages, and raised funds for health related research.

Philanthropy continues to be a central focus of my daily life. I draw my inspiration from the people I work with daily. Gandhi said, "He who lifts up another man lifts up himself." This quote truly resonates with me.

I am passionate about fighting for children, particularly those greatly impacted by neglect, abuse, and parents with addiction issues. For fifteen years, I have served on the board of the San Diego Center For Children, and regularly teach art to the residents there. This has given me the opportunity to combine of my two greatest passions — children and art.

For the past seven years, I have been honored to serve as a commissioner of the San Diego Commission for Arts and Culture. There, I was able to create the first citywide committee for arts education, which illuminated a deep need in our community — the need for robust, quality, curriculum-integrated fine arts programs in our K-12 classrooms. I joined three other arts advocates and formed Visual and Performing Arts Foundation (VAPA) in order to provide these experiences, with a focus on Title I schools throughout the community.

Education is another cornerstone of my daily life. For the past twelve years, I have served on the board of the Fishman Fund at Sanford Burnham Prebys and co-program director of their Lecture Series: Group of twelve and Friends — a free science-based community lecture series.

It has been a pleasure to support many excellent organizations in San Diego, including recently naming the women's wing in the Department of Obstetrics, Gynecology, and Reproductive Sciences within Jacobs Medical Center at UC San Diego Health. Additionally, my husband and I love the arts, opera, theater, literature, and most of all, our combined family of five children and ten grandchildren.



## CHARLENE SEIDLE

In a world that is so fragile and where we sometimes feel we have so little control, philanthropy offers us the opportunity to take back the reins, repair the world, and cure injustices. I am so fortunate to be able to draw upon deeply held Jewish values of giving, including *tzedakah* (justice), *gemilut chasadim* (acts of loving kindness), *chavruta* (dialogue and partnership), *nachshon* (risk taking), and *moshiach* (a sense of possibility as we strive to a more perfect world).

Through many years of working with individuals and families at various stages of their lives — some facing, or having recently faced, crisis or grief, and others who emerged from poverty and hardship — I see how philanthropy blesses the giver even more than the recipient in many ways.

My best professional experiences have been sitting around a table with multiple generations of a family and bearing witness to their dearest values and experiences getting passed down to their children and grandchildren. And, also, witnessing the reverse where the grandparents listen with great attention to the ideas and innovations for social change presented by their grandchildren and are inspired to take more risk. These are the moments that restore your faith that, as Martin Luther King, Jr. said, “The arc of the moral universe is long, but it bends toward justice.”



## STEPHANIE SIDES

My main philanthropic focus is education. My parents believed education was the key to advancement and they always donated to family alma maters. And because my father did not graduate from college it was a life goal for him to make sure his daughters didn't make the same mistake. So my philanthropic interests have been heavily influenced by my parents' attitudes about education. But they've also been influenced by my career in writing. So I try to support educational programs that focus on writing.

I've always had a lot of opportunities and I like to help people that haven't had the same. That's one of the reasons I'm such a big fan of The Preuss School UC San Diego. I endowed a small fund there to support a scriptwriting program for eighth graders. It's amazing what those students are able to achieve (and how creative and funny they are!) with a little bit of opportunity and lots of structure, discipline, and support. I also mentored a student for six years and was so proud when she graduated from (my alma mater) UC Berkeley in 2015. Speaking of UC, I recently endowed some scholarships for UC undergraduates interning in government and public service at the UC Washington Center in D.C. I look forward to periodically meeting the recipients and learning more about them and their career interests. It's a fantastic program!

I have also given money to my high school to set up a visiting writer program. They've used income from the endowment for three elective classes: graphic novels, the voice, and dramatic writing. I was skeptical about the first, but I was won over when I saw the fantastic work they produced. (I learned you just have to trust the professionals on the ground, in this case the English department, to choose the topics!) The idea is to offer such a class once a year to complement the current writing program and expose the students to new techniques and approaches related to various kinds of writing.

I'm trying to give back in a way that I haven't done a lot of in my life. I find it very fulfilling and I look forward to doing more.



## BETH SIRULL

I was raised around the idea that each of us must work to leave the world better than we found it. You should do your part to take care of your neighbor and your neighbor's neighbor. My mom had a very strong sense of social justice. I quote and channel my mother all the time. She was well-read and well-educated at a time when her level of accomplishment was less common. I am fortunate that my dad was ahead of his time and appreciated her intellect. She was a great influence on my sister, brother, and me.

I am determined to work to shape business and capitalism as a force for social change. The world needs a lot of help and my set of business, investment, and social enterprise skills are well-suited to shaping philanthropy. Increasingly, the line between philanthropy and investing is getting thinner. The two can come together for huge positive social impact.

I am passionate about the ways business, capitalism, and incentives can be leveraged for positive social change. If we don't find a way to engage business in building the world that we want, it won't get built. If I die before my husband, he knows I want my tombstone to say, "Capitalism functions better because she lived."

To me, being a successful mother to my son means I raised a mensch (a decent human being). He's content, self-sufficient, and connected to the world. My husband and I live intentionally to improve the world and he saw that, although we rarely discussed it with him. He's in college now and is an ongoing donor to Doctors Without Borders at \$11 a month. I am very proud of him.





### **SARAH Z. SLEEPER**

My grandfather was a minister and my family were humble people who gave back to the community. I've always felt compelled to help wherever I can. My daughter and I volunteer at local charities and I'm hoping the idea of philanthropy will take root in her, too.

I think of all acts of charity as little gifts. Often, the gift of time is more meaningful and helpful than money. For example, through A Bridge for Kids, I mentored an underprivileged student for a year. Our time together was special for both of us, far beyond what I gave to her financially. I have many soft spots in my heart and rarely decline when asked to help. Animal welfare, literacy, accessibility for the disabled, and helping women in tough circumstances are important to me.

My daughter and I are part of the National Charity League, which promotes mothers and daughters doing philanthropy together. We've served those in need at Interfaith Community Services and made cookies at the Ronald McDonald House. My friend Tamara Joseph and I co-chaired The Country Friends' Art of Fashion last year, a professional runway show attended by hundreds of guests, which generated thousands of dollars for various San Diego charities. And in the recent past, she and I hosted two events for the Rancho Coastal Humane Society, a storytelling evening and an art show. The price of admission for both events went to Rancho Coastal. I'm also happy to volunteer for The Library Guild of Rancho Santa Fe, an organization that promotes literacy and literature, and adds tremendous value to the community.

For the past five years, I've held an annual fundraiser for Team Hoyt San Diego, a group that helps disabled families get running wheelchairs and participate in races. It began at a country club and this year it's at Petco Park! It's wonderful being around loving families who give their disabled kids the freedom and fun of being in the athletic community. One year, Team Hoyt San Diego dedicated a special wheelchair to me, called the SS. That was about as amazing as it gets.



### MARILYN STARK

Girl Scouts and tithing were the first giving experiences I remember. Philanthropy makes me feel like I've done something where I've enabled others to have a better life going forward. I think that every parent wants to do things future generations will benefit from.

I've always been most passionate about arts. Currently, I'm a member of the Center Theater Group. I volunteer in Los Angeles with the Music Center and am also a volunteer here in the San Diego area with Scripps Memorial Hospital Encinitas. Volunteering is a wonderful opportunity to aspire to inspire.

Through my first husband's company, I had the opportunity way back in the '70s to get involved with making a large philanthropic gift to the Music Center. My husband worked with a company called TRW. My husband engaged me, and TRW's whole charitable budget that year went to the Music Center. It was such an incredible feeling of doing the right thing at the right time.

Years ago, I was a member of the Chancellor's Council at UC Santa Barbara, and had an opportunity to spend \$10,000 to bring a Russian pianist to UC Santa Barbara to be part of their program. I developed a personal relationship with her. She was amazing, so giving, and so grateful to be able to come to our country to study, work, and play. And I cannot tell you that anything moved me more than that experience.



## RUTH STERN

I didn't get into specific philanthropy until after my husband died. The first specific thing I got involved with was at UC San Diego. The Division of Biological Sciences was creating a library honoring my husband. He essentially created the division and was a longtime chair. I have endowed a chair at UC San Diego and have also funded scholarships. The Division of Biological Sciences also created a fellowship in my name, which was a nice honor.

The wife of one of the biology professors at UC San Diego was, herself, at San Diego State University and building a life sciences building. For quite a while, I was involved with that at San Diego State. I still have two small scholarships I support there. I'm inspired by getting to know the recipients and seeing what they do with the money.

For a long time, I volunteered with a Jewish Family Service program called Mentoring Moms. We mentored girls who were living on the Salvation Army site for unwed teenage moms. These young women were kids raising kids, and I mentored four or five of these girls. This was the most positive thing I did.

Philanthropy runs very strongly in my family. My parents were, as I am, philanthropic beyond the expectations of someone of their means. My father was a rabbi, so they gave very strongly to Jewish and community causes. If I have money, I don't want to spend it. I want to give it. People always ask me for donations. The problem is never a lack of good recipients, but it's choosing where to spend my money. I'm most passionate about doing something that's big enough that it makes a difference, and personal enough that I can see the results. Giving to UC San Diego is a good example of that.



## IRIS STRAUSS

I was raised in a Jewish family in Chicago. Every Sunday, we brought money for the tzedakah box. My sister, brother, and I grew up with the expectation that we should contribute to others. There's always a reason to do better for other people and not just for yourself.

I was consistently on the Jewish Women's Federation board. I was great at organizing our temple's fundraisers, so I was often a committee chair. I'll never forget attending the first United Jewish Women's Federation trip to Israel. We went to greet some of the Russian immigrants who escaped the country. Seeing the women just tore us apart. We placed our necklaces on them and it was really meaningful to personally see how much the women appreciated it.

I started a group for women who wanted to learn more about finance and investing called the Dow Divas. It consisted of women who donated to the San Diego Opera because I also wanted to promote philanthropy. The Dow Divas are still going and I'm still president, although we are no longer associated with the Opera! Once a year, we give a significant gift to an organization we choose. This year, it was the La Jolla Music Society. It's a very unique group — some women have been there since the very beginning.

I hope my legacy is that I was an inspiration to my family, gave a lot of time, worked hard, loved people, and lived a meaningful life. It's never too soon to start philanthropy because there's always something you can do. If you can't afford it financially, you could give of your time. If you're passionate about something, do what you can. It feels so good to help and life would be terribly empty without philanthropy.



### ELIZABETH TAFT

After my husband finished law school, I went back to college. Attending UCLA was one of the best things I've ever done. Additionally, I've seen UC San Diego grow since I moved to La Jolla in 1966. The UC system developed my philanthropic values, so I support the UC system. I'm interested in excellence and scholarships. I received a wonderful education and am obligated to pass it on.

My first interest at UC San Diego was in the School of International Relations. Auditing classes in globalization was an extension of my undergraduate major in American political and diplomatic history.

Then, I was introduced to Town & Gown, a community outreach group that also raises money for scholarships, a most worthy endeavor. One example is a young female recipient from the Middle East. She was part of a religious minority and in her country for that very reason wasn't allowed to go to school. When the authorities found out that her father was homeschooling his children, they destroyed all their books and supplies. The family immigrated to the U.S. As a senior, she will soon be graduating from a top research public university, UC San Diego. It's unbelievable all she has been able to accomplish and overcome in her young life.





## SANDRA TIMMONS

Education has always been the most important thing to me. With education, you can change your life. It's learning how to find your talents, how to understand what you value, and where you can contribute in the world. It gives you a meaningful life.

The research on neuroscience and Early Academic Readiness and Learning Intervention (EARLI) Singing Study is near and dear to me. Part of the education gap has to do with kids not getting the right stimulation when they're ages zero to three. The gap exists until they get out of high school and into the world, so we have to look at early life experiences to minimize the gap.

The reason my husband and I feel so strongly about making gifts is because we realize how lucky we are. We're lucky to have come to a school that enabled us to learn and create things. Our success is not because we're brilliant (well actually, my husband is), but because we were able to get an education and meet people to collaborate with. Because of that, we have the means and motivation to give back. I am so grateful for the life I have and when I give, I know somebody else will have a chance to live the life they want.

Ability is random, but access is not. There are a lot of people in the world who have the ability, but don't have access to express that ability. That's my reason for giving to scholarships. If you don't have access, you're never going to develop your talents.

I understand the need to have your donors be publicly recognized because it encourages other donors to donate, but it doesn't make it any less uncomfortable. A sincere thanks is all I need.



## YEN TU

At the age of 10, I came to the U.S. as a refugee from Vietnam. My mother was already deceased and my father moved to Los Angeles, so my older siblings were my guardians. After starting our new life in Texas, we moved to San Diego and shared one car between seven people and initially all lived in a one bedroom apartment in Linda Vista. In college, I was fortunate to receive financial aid and was able to graduate with a degree in Chinese studies from UC San Diego. It was during this time that my participation in campus activities helped me become more confident in myself and embrace interacting with other students. I was involved with UC San Diego's Commuter Council and volunteered at the Chinese New Year Fair in Del Mar and the Union of Pan Asian Communities (UPAC).

As a refugee, I felt so fortunate that many people who did not know us helped my family. It was very heartwarming and an amazing way to enter a new country. I remember getting a Polaroid camera for Christmas from a stranger and felt such gratitude. I decided when I grew up and had the opportunity, I wanted to support worthwhile causes and be active in my community.

I have had an extensive volunteer role with many community organizations, including serving on the San Diego County Water Authority's board for sixteen years. I currently volunteer at the San Diego Chinese Historical Museum, UPAC, and the Asian Business Association. I was the Asian Business Association's first and second director, so I feel like I'm part of creating this organization. I've also chaired the Chinese New Year's Fair for many years.

I love helping connect people with services and opportunities to improve their lives. My passion is to make San Diego and our world a better place. I'm more focused on economic needs because I've been there and know how it feels. After all the generosity I've received, I want to give back.



## DEBBIE TURNER

I learned philanthropy from my late partner, Conrad Prebys. When I first met him, he had just given his first \$1 million gift to the Boys & Girls Clubs of East County. He was so excited about it! When we saw what a difference the new clubhouse was making in the lives of children in Santee and the East County, it was easy to continue to help build or remodel and improve the other Boys & Girls Clubs of East County and San Diego.

When Conrad was here, we gave to myriad charitable organization,s and we attended most of their events or as many as we could. Right now, my philanthropy consists of continuing to support organizations Conrad and I supported together but now by myself. I particularly enjoy supporting the arts and art education. The arts can make such a positive difference in the lives of children.

I am also passionate about supporting scientific research, specifically the Sanford Burnham Prebys Medical Discovery Institute and the Salk Institute for Biological Studies. I am so honored to help support the groundbreaking research being done right here in San Diego.

The La Jolla Music Society is very important to me personally and also because it was so important to Conrad. The opening of The Conrad Prebys Performing Arts Center last April was wildly successful. Conrad always said that The Performing Arts Center would be his greatest legacy and I am so very proud to be a part of that legacy. I am on the board and a few committees of La Jolla Music Society. I am also on the board of the Old Globe and Heartland House. Heartland House is a men's 12-step alcohol and drug recovery program and home. Conrad was on their board for 30 years and after he passed away, they invited me to join.

I am a habitual chair of many galas and fundraisers in San Diego County including the Sanford Burnham Prebys (SBP) Gala, the Old Globe Gala, the RITZ Gala, the Summerfest Gala, the East County Boys & Girls Clubs Gala, the American Heart Association's Go Red for Women Luncheon, and many more. I enjoy supporting and helping make a difference.



## DIXIE UNRUH

My values of philanthropy developed by observing my mother and father. They were both generous donors in the community of Idaho Falls, Idaho. My first philanthropic gift was when I was in the first grade. I gave a doll and baby buggy to my school. They were new and I had received them for Christmas. My parents were shocked that I gave them away! I took them to school for a show-and-tell segment. Many friends admired them. I decided to donate both the doll and buggy to the school for everyone to play with and enjoy.

I'm inspired by a need for a donation or help. A nonprofit's mission excites me to give, and my philanthropic decisions are made based on the wise use of donations. I always look at financial statements to see how much of the nonprofit's money goes to overhead versus how much goes to the charity's mission.

I am most passionate about academic medicine, education, and theater arts. Previously, I have volunteered with UC San Diego at their hospital auxiliaries, UCSD TV, the Chancellor's Associates, the Board of Overseers (now called the Board of Visitors), and the UC San Diego Foundation Board. I'm also involved with the San Diego Zoo. My most positive giving experience was helping to rebuild the Old Globe Theater in Balboa Park after it was destroyed in an arson fire.

When talking about philanthropy, I tell others that whatever they give will come back to them double time. Philanthropy is very rewarding. I, like other donors, want to know my donation was received and that it made a difference.



## PAT WEIL

I was born in Los Angeles, a third generation Californian. Both my husband and I were the first in our families to attend and graduate from a university. We understood later what a powerful difference this made in our lives. When we moved to San Diego twenty-two years ago we decided to form a family foundation so that we could make the university experience possible for others through scholarship provision.

At the same time, we heard of the groundbreaking for The Preuss School UC San Diego. Having been a teacher, I went to the school to volunteer and they gave me a wonderful eighth-grader who wanted a mentor. Since I was hanging out there and had credentials I ended up on the Preuss Board on which I served for seven years. Then, in 2004, the first Preuss graduation gave us the opportunity to cobble together a scholarship. That first year, we had nineteen applicants and decided we should interview each one of them. That proved to be a strategic mistake because once you have interviewed a student personally you find it almost impossible to say no. So we gave nineteen four-year scholarships. The experience was an exciting one for us. We have continued giving scholarships to Preuss graduates from that day on and have added other schools as well: Barrio Logan College Institute, Gompers Preparatory Academy, and Borrego Springs High School.

Another gift from our university experience was a love of music and theater, so our foundation has added institutions involved in these areas to our giving, especially where there is an associated educational component. Also, while in Los Angeles, we spent some serious time in education-related activities, including ten years as volunteers with Beyond War, an international nonprofit education foundation with programs highlighting the obsolescence of war in an age of nuclear weapons. We are also supporting organizations with a strong health and environmental focus such as Doctors Without Borders and the Sierra Club.

I often wonder if all this grew from my saving pennies to aid babies in faraway lands when I was a little girl. Who knows when seeds are planted. Very fortunately, our three children have become deeply involved in our family philanthropic activities and serve with us as officers of our family foundation. We couldn't do what we do without them and without our executive director, Macy Olivas, who graduated from The Preuss School in 2009.





## JEAN WELLS

I am dedicated to creating art and giving back to the community. I've been labeled as an artist who creates happy art and I also strive to create a happier community by giving my time and resources to some of my favorite charities. For example, I've been involved with the Salk Institute of Biological Studies and the Stuart Collection at UC San Diego for 18 years.

One of my favorite fundraisers was an idea that my daughter, Carrie Hammer, conceived. After I was diagnosed with breast cancer I dove into my art seeking relief and distraction. It was a very creative time for me. Carrie was in high school at the time and proposed the idea to sell my art to raise money for cancer research for Dr. Inder Verma's lab at the Salk Institute. Enough money was raised for Dr. Verma to hire two postdoctoral fellows dedicated to cancer research.

I look forward to putting my philanthropic energy into unique and creative projects much like my art. Thrilled with the success of the Salk fundraiser I became dedicated to bringing relief to those injured by war. Since Camp Pendleton is close to home, I chose to collaborate with Recon Marine Rudy Reyes. I learned from the Salk event that if you can create a product and sell it, it was an easier way to raise money. Hence, the birth of the *2007 American Heroes Calendar*. I found a photographer and set my mind to initiating and completing the calendar project. After spending a couple of months at Camp Pendleton daily, I was excited to get on with raising money. The calendar was first sold on a Freedom is Not Free website and over 2,000 Barnes & Noble bookstores at the time. Success came when the calendar garnered the attention of the Today Show and the Marines made an appearance on the morning show. A little over a half million dollars was raised and 100 percent went to providing prosthetics, increasing the number of burn beds, and treating head injuries for veterans.

I have also been involved with raising money for Dr. Helena Chang, the head of the UCLA Breast Center, through the sales of my mosaic art sculptures.

I continue to look for my next philanthropic creative adventure. My son owns Barbarella Restaurant in La Jolla Shores and it has a perfect venue for fundraising. Ideas are brewing. Giving back to the community brings so much happiness to me and more importantly to others.



## VANESSA WERTHEIM

I watched my parents practice philanthropy. When you're inspired at a young age, that's all you know how to do. We were at Walmart one day when I was young, and the person ahead of us was buying a car battery. He had a boy with him about my age and the father was short on cash. My dad just said to the cashier, "Put that with our things." That was the first time I remember seeing philanthropy. When my parents met, they had very little, which I think is why they have lived their lives giving back. They remember what it's like and want to help others live up to their fullest potential.

I love the quote by Winston Churchill, who said, "You make a living by what you get. You make a life by what you give." And it's good to remember that giving is not only about financial donations — it's about filling needs. You can give with whatever you have and that's what's so beautiful. Philanthropy is benefiting others with an idea, with your creativity, your time, your talent, and your money. Women are exceptional at coming up with things that benefit humanity. We have a different way of leading than men.

Time is the one resource I wish I had more of. I'm currently an advisor to the board of Rady Children's Hospital — San Diego. I used to work there, and they also saved my daughter's life. The hospital is an incredibly valuable resource in our community — pioneering new frontiers and saving countless lives every year.

I was born eleven weeks premature. To be here is a gift and I want to make the most of the life I was given. My life's purpose is to inspire. I hope to inspire someone so much that it inspires them to inspire others to be philanthropic. Compounding philanthropy is how you change the world.



## RUTH WESTREICH

I grew up in a very poor suburb of Los Angeles. Once a month, the state would back up this giant truck, open the back, and toss out cheeses and other foods as we stood in line. It was horrible food. I thought, "This is so wrong on so many levels." As I grew up I never forgot. I also never dreamed I would be in the position to help make a difference in so many people's lives. I have always believed in paying it forward, never expecting anything in return.

To give back, I wanted to create a foundation to scale the work that I've always done and my husband agreed. We funded the foundation about seventeen years ago, so now I'm in this unique position. Most of the work I'm doing has gone to integrative medicine; functional, natural, and palliative medicine; science of nutrition; and genetics. I am bringing groups together to look at genome sequencing, proteomics, nutrigenomics, and pharmacogenomics. Then, the road map is clear as to what fits that person and they can make amazing inroads. When I was raising my children, I knew preventing them from getting chronic disease was much better than waiting until something happened to them and then trying to fix it.

I'm so passionate about intra-professional education in medicine. When you learn alongside another person, you have an appreciation for what they do, and for how their profession fits into our whole health puzzle. I sit on the Southern California University of Health Sciences Board of Regents. I was attracted to this university because they make inter-professional education and team-based learning a priority.

I taught my children to stand up for what they believe in. If you're not willing to stand up and stand out, even when it's not popular, you become part of the problem. I am proud of who my children are in the world. They do stand up, contribute to making our world better, and they are teaching their children to do the same thing.



## CAROLEEN WILLIAMS

I was raised in Utah in a social environment heavily influenced by the Mormon Church. I think, because the church is largely a volunteer entity, its members expect to volunteer their time and energy to the greater good of the church — and the communities of its members. Later, while majoring in political science and international relations, I was introduced to the philosophies of seventeenth- and eighteenth-century political thinkers, philosophers who promoted the notion of a social contract, a philosophical agreement among the members of societies to cooperate for social benefits. I think this notion, coupled with the volunteer-oriented environment in which I was raised, framed my own attitude related to what contributes to good societies, at home and worldwide.

My interest in supporting university programs that help students surely is because I myself was offered tuition scholarships when I was a college undergraduate. At seventeen, I was on my own, and those scholarships made going to universities for undergraduate and graduate studies possible. My part-time jobs working in medical research laboratories paid for my living expenses. Those were good, but lean, years. When UC San Diego introduces their scholarship recipients to those of us who help in some measure with their college expenses, I am touched by their efforts to pursue university studies under much more imposing conditions than I ever experienced.

To my surprise, I have found that many volunteer assignments have provided benefits for me as well. Working as a civilian volunteer for local government-related organizations such as the San Diego Police Civilian Review Board and the San Diego County Grand Jury has been both interesting and useful. And, on leaves of absences from my full-time employment, I've often worked with international organizations, helping former communist countries create non-government organizations (NGOs) which themselves depend on volunteerism and philanthropy. These countries' citizens are only just learning the basics of democratic governance, and the notion of volunteerism and philanthropy is part of our message. Democracies depend on their citizens' participation. It is a privilege to be associated with UC San Diego's programs that are also engaged in that noble effort.



## CHRISTY WILSON

I grew up in a family where volunteering was an expectation. Because Rancho Santa Fe was such a small community, my parents were very involved. My mother was an enormous influence in my life. She was a very fun, soft-spoken, wise, inspiring woman. She taught me to be an independent woman and to think critically. There were always opportunities in our community to do things, so we did them as a family. I've carried that on through the rest of my life.

I think philanthropy is a learned practice and attitude. I don't think people are innately philanthropic. My husband and I incorporated philanthropy into our children's lives from the beginning. By doing it, you understand what good philanthropy is. That it's not about recognition, but the difference you can make. This is a very, very rewarding profession. The return on your investment of time and passion is magnified many, many, many times especially when the causes are close to your heart.

As chief executive officer of the Rancho Santa Fe Foundation, work days are long and challenging, but are also very rewarding. A lot of our work is to be the philanthropic vehicle for others, so I don't always see the impact firsthand, but at the end of the day when you know that you've done something good for somebody or some group, it makes you feel really good. I do this because I believe our job is to add value to our community.

I would want to be remembered for the quote, "As one person, I cannot change the world, but I can change the world of one person." That's what we do on a daily basis. Through our donors and work, we change the lives of individual people. When you get involved in this kind of profession you're adding value to your community and you're making your community and the people who live in it stronger, better, closer, and more productive.





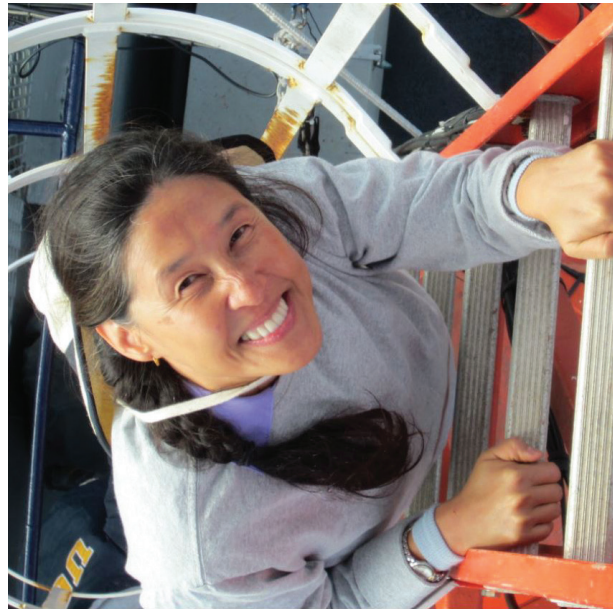
## JOAN WYLLIE

I credit my spirituality, along with love and support from my dear husband and family, for carrying me through some extremely difficult times. I was ill for approximately six months and during that period was misdiagnosed by nine physicians even though I displayed every symptom of ovarian cancer. I demanded laparoscopy surgery, where it was determined I had stage IV ovarian cancer. At that time, I was informed that my prognosis was indeed poor. As I was receiving my diagnosis, I experienced quite a miracle. I truly felt Jesus's hand on my right shoulder, along with my father's. My dad passed away when I was only sixteen years old, and I was extremely close to him. My dad and Jesus were, and continue to be, with me the entire time.

They were holding hands as they told me; "We have plans for you. You are whole and healthy." Jesus and my father had work for me to do! This experience blessed and comforted me to the point that I was not afraid. I knew at that exact moment in time and moving forward I would do everything in my power to assist other women once they received their diagnosis.

I had been blessed with a mission! During my chemotherapy, I formed Nine Girls Ask? for a cure for ovarian cancer. The name was derived from the fact we have three daughters and five granddaughters and including myself we total nine. The nine of us demand to know why there is no cure for ovarian cancer. My diagnosis has been a blessing on so many levels. Obviously, many of my medical issues have been beyond difficult, but the women, along with their families who have come into mine and my families lives from Nine Girls Ask? and our efforts, remain the largest blessing of all. The sister and brotherhood we share is beyond definition. If a woman passes, I know in my heart she is with God and wrapped in a warm blanket of health.

In addition, Nine Girls Ask? has taught our entire large family to be of service. Even our youngest granddaughter started raising money when she was seven. I have loved deeply and been shown more love than I ever thought possible. Most importantly, I have learned the importance of holding onto my faith every second of my life, which has been not only life-changing, but truly liberating. It has definitely become my passion and we will continue to pass this forward by helping others in their journey.



## MARY M. YANG

I wouldn't be in this world if my Chinese grandmother had not convinced my parents that my mother was pregnant with a boy. So I was born the youngest of three daughters and although I was not quite what they expected, my parents say that they have no regrets.

My father's job took us all over the world, moving frequently. My childhood best friends often had wings, a tail, and four or even eight legs. I embraced nature and it hugged me back in return. These early travels also allowed me to experience different cultures, see refugee camps and extreme poverty, and understand at an early age that water, trees, and food are precious and many do not have easy access to them.

I pursued science and a PhD in part because it was not a typical choice for women. I'm still fascinated by science and technology but also passionate about education and conservation. My partner, Bill, and I have a scholarship and mentoring program for motivated, low-income, high school STEM students who will be first-generation college students. We try to provide new experiences for them, such as meetings with career professionals, cultural and outdoor events, and social skills training.

I believe that climate change is an existential threat and that we are destroying the natural systems that nurture and sustain us. I'm motivated by a desire to protect our planet for future generations. I chair the Climate Action Commission of Solana Beach, am on the steering committee for the Center for Marine Biodiversity and Conservation at Scripps Institution of Oceanography at UC San Diego, the Board of Climate Action Campaign, and engage with several other NGOs. These efforts were recognized by Senate President Toni Atkins as a Woman of the Year for my civic involvement.



## RACHEL, SYBIL, AND CYNTHIA YORK

### Rachel

I'm inspired by two interests — scholarships and political causes. I'll donate to disasters, but my main interest is actually making political change. Sometimes I give donations to Planned Parenthood in Mike Pence's or Sarah Palin's name in hopes Planned Parenthood sends thank-you cards to them.

I strongly believe in donating money to general funds rather than dictating my gift's use. When we donate specifically for scholarships, my sister Cynthia and I like to designate that they go to science. I believe in liberal arts' value to humanity

a lot, but, because of our dad's scientific interests, the donations we make are for science. At Birch Aquarium at Scripps, we like to give to their general fund. We all know we're giving money to help, not to get patted on the back. In donating to the general fund, there's no student who's going to write us a letter and say, "Thank you, Mrs. York, for your money," but you know that it's helping and that feels great.

There is a York Scholarship at the University of Rochester, and, about four years ago, it was given to this absolutely wonderful young man from La Jolla named Ibrahim Akbar. He didn't have a lot of money and was raised by a single mother. He's tall, handsome, smart, so polite, and well-spoken. He went to the University of Rochester, and now he's a graduate student at UC San Diego studying engineering. He's the kind of person you want to be representing UC San Diego. He's just stellar and unbelievably nice.

I have a daughter in London in a girl punk band called *Charmpit* and she's constantly engaged as an activist. She and her pals invaded the red carpet for the British Academy Film Awards and laid down on the carpet. Angelina Jolie had to step over them. My other daughter is getting a seven-year, double doctorate in neuroscience and neuroimaging. They're quite different but like each other a lot. We talk about leading by example with our girls.

### Sybil

My philanthropic values developed very early in high school. Not that I had any money to give, but it was always important to me to help other people. This usually meant academically, so I would tutor students. In college, I tutored returning veterans too. I remember being in a statistics course and tutoring men who were going into statistics. They needed guiding. I was at the same level they were, but what was clear to me was not clear to them. I helped it become clear.

That was an example of giving time. When you're young, that's all you have to give. Then, as life developed, I was able to give money. Herb, my husband, was very philanthropic and he was the one who actually introduced me to the idea of giving money and helping students. He came from a very poor family but was very smart. In high school, he took the equivalent of the SAT and aced it. They thought it was a mistake. When they finally realized that Herb was really smart, someone stepped up for him and talked the University of Rochester into taking him on. Money was found, but not in his family. That is why he has always felt very strongly about scholarships and helping young people make their way. My philanthropic decisions have always been based on if we can afford it, then we do it. Herb was always so grateful for that college scholarship.



### **MAJOR GENERAL SHEILA ZUEHLKE, USAFR, RETIRED**

My mom grew up in poverty in war-torn China under Japanese occupation. When the communists took over, her family fled to Taiwan. As a result, there's a part of me that has always been very empathetic and compassionate towards those who have not been as fortunate as I've been. It's made me very thankful and appreciative for everything I have.

After the Air Force Academy, I interviewed for an intelligence position. After graduate school, I was assigned to the Pentagon in Washington, D.C. There, I began volunteering at a senior nursing home because my heart ached for our elderly, who were very lonely.

I've spent my life in the military protecting our nation and was so fortunate to have been able to serve for thirty-four years. Now, I'm volunteering in various cybersecurity efforts to defend against the largest threat to our national security. I'm motivated by sharing my experience with the next generation of students and encouraging them to consider careers in cybersecurity. I'm involved with Cyber Cup Challenges, which offer middle and high school students incredible opportunities to exercise what they've learned in their cybersecurity studies. I also work with the San Diego Cyber Center of Excellence to try to secure our city, since San Diego could be a target given our large military presence, hub on innovation in the life sciences, and other high-tech industry.

Last year, the Girls Scouts rolled out merit badges for cybersecurity. As part of the kickoff in Southern California, twelve senior women from different industries were invited to speak about their technical careers in cybersecurity. I loved being a part of that — listening to the women's stories and the aspirations of the young girls. I also want to give back to those who defend and protect, so I chair a small nonprofit to train service dogs for veterans and retired law enforcement officers who suffer from post-traumatic stress disorder and panic attacks. We hope to reduce the number of suicides among these people who have served and protected us.

ACKNOWLEDGMENT |

We want to express our heartfelt thanks to each of the women who shared her philanthropic story with us to make this book possible. Their generosity to the San Diego community through time, talent and treasure is an inspiration to all. These incredible women give of themselves in various ways every day and help make our city better. It has been an honor and a sincere pleasure to share their stories in the hope that they will inspire other women to be philanthropic throughout all stages of life.

We also want to thank our student writer, Alexandra Harbert, who listened to all of our recorded interviews and wrote these women’s stories. We couldn’t have done this without her. We also congratulate Alex on her recent graduation from UC San Diego and know she will go on to do great things with her life.

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With gratitude,  
Dani Dawson, Executive Director  
Elise Wald, Director  
Kim Wenrick, Director  
*Office of Gift Planning, UC San Diego*

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