

DIALOGUE

Published by the Unitarian Universalist Fellowship of San Diego in order to promote love, growth, and right relations both locally and globally.

WE LOVE OUR NEIGHBORS

IMMIGRANT	LGBTQ
OF COLOR	WITH DISABILITIES
OF ALL AND ANY FAITHS	

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Welcome
Rev. Elizabeth Kilpatrick

Welcome Rev Ellie



September 11 was a joyous day at UUFSD as members and friends, new and old, gathered to experience Reverend Ellie Kirkpatrick's first service here. The excitement and energy were palpable as we greeted each other and welcomed Rev. Ellie with a luncheon, words of gratitude, and a dwarf orange tree dancing with hopes for our time together.



From Your Board of Directors



Angie Knappenberger
President

Dear Fellow Members of UUFSD,

I am truly honored to be serving as President of your Board of Directors for the coming year. Your newly elected Board has come together a few times already and official minutes from our first two meetings are available on our website. We have begun the process of formulating our Board goals for the coming year and you will be hearing more from us on this soon.

Board liaisons for our committees have been established, and hopefully all committees have been contacted by their current liaison. We were pleased to approve an innovative proposal from the Planned Giving Committee to create a new sub-fund of our Endowment that will

provide enhanced financial support for our music program in the coming years. For more details about this new sub-fund, please feel free to ask myself or the Chair, Mark Tuller.

We are so very excited that our new minister, the Reverend Ellie Kilpatrick, has started her ministry with UUFSD! Reverend Ellie's first Sunday was September 11th and following the service, the Board hosted a Welcome luncheon and presented Reverend Ellie with a potted tangelo tree. The tree was decorated with colorful cards expressing wishes and hopes for Reverend Ellie and for our Fellowship as this new ministry begins. The many comments shared by members during the luncheon attest that Reverend Ellie's first message to us was very well received and that there is a true resurgence of positive energy and hope as we move forward as a beloved community. Reverend Ellie will be having regular office hours on our campus Tuesday, Wednesday and Thursday and will be setting up a calendaring system for members to sign up to stop by and introduce themselves. Her position with us is 2/3 time and her top priorities will be worship and pastoral care.

Based on the very enthusiastic recommendation of our Music Search Committee and other members of our music committee, a verbal offer has been extended to and accepted by an amazing candidate for our Music Director position! Once the offer is formalized in writing, we will be able to announce the details, and we trust that will be any day now. We are so grateful for the work done by the members of the Music Committee in this search process, and particularly for the leadership from Chair, Jan Berlin.

Our next Board meeting will be October 2nd, but beginning in November, our meetings will be the second Sunday of the month at the Fellowship. We hope having Sunday meetings after the service will be more inviting for members and/or presenters to be present for our meetings. Also please note that a Board member will be available at the Welcome table on the Sundays when there is no Board meeting. As always, we welcome your comments so please feel free to communicate with us. We want to hear from you.

Thank you to our Board members for their tireless devotion during this “rebirth” of our beloved community: Mary Anne Trause, Livia Walsh, Liora Kian Gutierrez, Louise Garrett, Andi MacLeod, Cathy Leach-Philips and our Treasurer, Sarah Miller. I truly believe we have an exciting year ahead.

In Fellowship,
Angie Knappenberger.
President Board of Directors

Happenings



4th of July Celebration

Approximately 50 members, and friends attended the UUFSD 4th of July celebration. **Special thanks to Louise Garrett, Trent Ulm, his friend Ed Lam, Niel Lynch, and Betsy Gilpin.**

Louise and her partners, provided a magnificent 4th of July feast which included hamburgers, both meat and vegan, and hot dogs, both meat and vegan. Members and friends added to the wonderful menu with a variety of salads, potato salads and other traditional side dishes. And then there were the desserts: fudge, all kinds and shapes of cookies, cake, lemon wedges, more cookies, cakes.....

Our site was perfect for reviewing the Del Mar Fairgrounds fireworks which were spectacular. It was truly a magnificent afternoon feast and evening entertainment.



Happenings



4th of July Campout

by Eri Lynn Heinrichsen

The 4th of July campout has become an annual tradition for us-- a time to gather with friends old and new. We started back in our Young Adult Group days, and quickly realized how fulfilling it was to bond with others in the community who we might not have connected with at services, and this brought us back year after year. Our kiddo's first camping trip was a 4th of July campout with UUFSD 5 years ago, where he was delighted playing in the dirt and having everyone sing Twinkle Twinkle to him as we said goodnight. Meanwhile we realized the joys of camping in a group when our tired parent brains forgot numerous camping essentials. Over the years our son has made new friends - both kids and adults - to play cards or other games with, expanding a circle of people he (and we) know within the congregation. We soak up the fresh air and beautiful surroundings on the easy hikes from the campsite through forested meadows, relax at the campsite, and look forward to when someone pulls out a guitar around the campfire at night. It is the peace that comes with being able to be both solo and in a community, welcomed as you are, enjoying a simple peace. We had 12 families (33 campers: 22 adults, 6 teens, 5 children)

We enjoyed an added bonus as well. A large Sierra Club group was camping nearby, and they were having an Astronomy night hosted by experts in the field with state-of-the-art equipment to look at the stars. We were invited to participate in the stargazing event and it was such a treat for all. Brilliant galaxies, vibrant nebulas, and distant stars were able to be seen by these telescopes, along with some interesting knowledge given by the experts about each and every one we observed.



Happenings

Mandala Art Workshop July 10 offered by Linda Luisi

Nine members signed up for this auction item. Linda Luisi indicated that unleashing creativity was her number one goal. She provided a sample for inspiration; with tips on how to make the mandala shape and how to achieve interesting color combinations, influence composition, create a feeling of movement, plus achieve depth and dimension. Students did as they wished, with suggestions and guidance on an individual basis. The excitement for Linda, as instructor, was witnessing each student's novel approach and enjoyment of this moment of bliss. A good time was had by all!



Adult Art Club - Ongoing

offered by Alice Brzovic

UUFSD now has a once-a-month open studio session for artists. It's called Adult Art Club. It is for adults who are interested in making art: crayons, watercolors, pen and ink, pencil, collage, cartoons. The medium and the projects are up to the participants. Since the beginning of the pandemic, Alice has felt the loss of open art studio sessions offered at libraries and community centers. Zoom is a poor replacement for working on art projects in the company of others without having to take a class.



After taking an informal survey, Alice found that other artists at UUFSD like to work this way too.

For their first session in August, they had six artists working on jewelry, pen and ink drawings, print making, portrait drawing, crayon and pencil drawings.

The Adult Art Club meets the first Sunday of each month at Noon in Founders Hall.



Happenings

Circle Dinners Are Back!!



Deepening Connections, Celebrating Community

These small potluck groups will be held on the 3rd Saturday of the month starting in September.

We are piloting a few changes to our traditional circle dinners:

A new group of people each month, so we can all get to know each other. Some dinners at the Fellowship or other venues, in addition to members' homes.

Flexible start times to accommodate both early birds and night owls!

To sign up, please register at <https://tinyurl.com/>

[UUFSDCircleDinnerSignUp](#) If you might be willing to host one or more dinners, please also complete the host information form at <https://tinyurl.com/UUFSDHostSignup>. If you have any questions, please contact Nancy Hebert (nancy.e.hebert@gmail.com)

Monthly Sacred Texts Meetup



Earlier this year we started a Sacred Texts group earlier this year which meets monthly. We discuss topics from all religions and belief systems.

The July discussion led by Linda Pratt was on the Council of Nicaea

The August meeting led by Robin Mitchell was on the topic of "The Origin of Christianity."

These monthly sessions are open to all members and friends of UUFSD. For more information visit the UUFSD newsletter.



Beach Party Birthday Celebration Saturday, August 20

All generations of the fellowship were in attendance at Moonlight Beach for the celebration of Betsy Gilpin's eightieth birthday. This beach party which has been an annual event was started by Betsy at her sixtieth. Here is an interesting fact about Betsy: She probably has saved more lives than anyone you will ever meet. How is that possible?

Well, Betsy was a biostatistician at the cancer center at UCSD and participated in the essential research which proved that second hand cigarette smoke is dangerous. Her published articles in JAMA, and other scientific journals fill two thick bound volume. Betsy would never mention this history herself because she is too busy volunteering weekly at the CRC, singing in the choir, running Art Camp at deBenneville (where she recently left the board) and overseeing the Membership committee and reaching out to visitors and new members of the fellowship, among other of her many activities. She has announced that she will no longer be hosting the annual beach party. Those in attendance on a beautiful August evening had a wonderful time.

Happenings

Blessing of the Animals Sunday, August 21



Our Values in Action



Impact of Our Endowment Fund

In June the congregation approved Endowment grants totaling \$4,200, for internal projects like painting Founders Hall and external projects by charities.

The Interfaith Shelter Network has sent an enthusiastic “THANK YOU!” for our support of their homeless programs. And our grant for Ukrainian refugee relief also prompted a wonderful “THANK YOU” letter from the International Rescue Committee.

Social Justice in Action September Generosity Sunday



Our September Generosity Sunday recipient was Gente Unida. Gente Unida’s focus is serving refugee and migrant children in the Southern California and Northern Baja California region. They have supported thousands of children from, Haiti, Latin America, Afghanistan, Ukraine and elsewhere. Many are in shelters while some are surviving outdoors. Apart from providing financial and donations of much needed supplies, they also provide dance, music and art so that the children can have an escape from their perilous journeys and the horrors they have witnessed and endured. Gente Unida has a long history of practicing love without borders. They receive constant feedback from the children and their families that their weekly sessions mean so much to them as they can feel the love which gives hope for a better tomorrow. Their mission is to let the children know they are loved as we advocate for humane immigration policies.



Social Justice in Action

Upcoming events

UU the Vote: Letter and post card writing through November

Christmas Baskets: Collection of throw blankets : November

Giving Tree: Collection of shoes and clothing for our Guatemalan families: Nov/ Dec

Reproductive Rights: Fundraiser for Planned Parenthood: Date to be announced

Gun Violence Prevention: Sandy Hook Vigil: December

Winter Shelter at St. James Catholic Church: January 2023

For more information and to join our Social Justice in Action Committee please email to socialjustice@uufsd.org

Our Values in Action

From Our Climate Action Task Force Recycle Guide

RECYCLE

These items go inside EDCO's blue commingled recycling containers!



CARTON CONTAINERS:

Aseptic cartons, including milk cartons and juice boxes, half-gallon juice cartons, soup/broth cartons, and wine cartons.



ALUMINUM:

Clean aluminum foil, clean aluminum trays, and pie tins.



GLASS CONTAINERS:

Glass containers including food jars and beverage bottles.



CARDBOARD:

Cardboard, including boxes used for moving and shipping or any other box or packaging made of corrugated cardboard.



MIXED PAPER:

Mixed paper, including junk mail, catalogs, telephone books, magazines, newspaper, and paper used for computer printing.



SHREDDED PAPER:

Shredded paper (placed in a sealed, labeled paper bag for easier handling).



PAPERBOARD:

Paperboard boxes such as cereal boxes, tissue boxes, refrigerated food boxes, boxes from toiletries, and soda/beer cases.



STYROFOAM:

Clean foam cups, meat trays, plates, egg cartons, block packaging, rigid polystyrene, and carry-out containers.



ALUMINUM:

Aluminum, steel & tin cans, such as food and beverage cans for soda, soup, beer, beans, fruit, and vegetables.



#1 - #7 PLASTICS:

All plastic containers, lids, and packaging with a recycling symbol of #1-7 (*all containers accepted with caps and lids*): water and soda bottles, peanut butter and other food jars, mouthwash bottles, vegetable oil containers, ovenable food trays, milk jugs, juice bottles, shampoo and conditioner bottles, detergent & bleach containers, condiment bottles, medicine bottles, bottle caps, butter and yogurt tubs, CD cases, baby bottles, 3-gallon water bottles, CDs, medical storage containers, and rigid plastics such as 5-gallon buckets.

**All food and beverage containers do not require rinsing as long as they are empty and free of food and liquids.*

Our Values in Action

UUFSD-the-Vote: Postcards and Letters

UUFSD-the Vote is working to increase civic participation by sending letters and postcards to voters. Writing letters and postcards to voters is one of the most effective ways to help increase election turnout. And you can do it right from home. That is why UU's from across the nation are partnering with Vote Forward for the letter writing project and partnering with Reclaim Our Vote for the postcard writing project.

UUFSD-the-Vote's first campaign was postcard writing to encourage Florida voters to vote in the primary on August 23. UUFSD-the-Vote second campaign is now actively writing letters and postcards for the November 8 elections. These will be mailed out in October to voters in various parts of the nation.

Ted Foster staffed the UUFSD-the-Vote table and handed out postage paid preprinted postcards, names and instructions after Sunday Services.



UUFSD Racial Justice Task Force - August 16



Three years ago, two of our members, Robin Sales and Andi Macleod, were instrumental in creating a North San Diego County chapter of Showing Up For Racial Justice, (SURJ). Creating this chapter provided our fellowship members and friends and many other residents in North Coastal San Diego County an opportunity to participate more fully in localized SURJ actions. Robin and Andi spoke at the SURJ North County San Diego about why they decided to start this chapter and what racial justice activities they have become involved in as a result.

Julia Darling will remain active in the 8th Principle Collaboration Group of San Diego (the cluster of 5 UU churches in San Diego County). They will concentrate on the study of "Widening the Circle of Concern" a UUA initiative.

Gun Violence Prevention at UUFSD

Because of the media's obsession with catastrophic shootings the reporting of other mass shootings in this country are often overlooked.



Were you aware that there were:

- 68 mass shootings in July 2022
- 64 mass shootings in August 2022
- 28 mass shooting through September 12, 2022

Were you aware that of these, 12 occurred in California during this time?

We are not powerless to act to prevent gun violence. The UUFSD Gun Violence Prevention program partners with various local and national GVP organizations in a variety of campaigns to end gun violence.

In August we asked our members to support an effort by the Newtown Action Alliance (NAA) for passage of HR1808, a bill to ban assault weapons. The NAA urged people to call or write to Senators of both parties who had not yet made up their minds on this legislation. HR 1808 passed.

Our next effort will be the annual Sandy Hook Vigil in December. We would appreciate your help in planning and presenting this event at the fellowship. Please contact us at: GVP@uufsd.org

Cream of Artichoke Soup. Yield: 4 servings

Cream of Artichoke Soup. Yield: 4 servings by Mary Anne Trause

You suffer the curse of a weekly farm box. Filled with luscious red tomatoes. Deep green broccoli. Baby



Brussel sprouts. A few pints of berries -- strawberries, blueberries and occasionally blackberries. You can't complain about those. But you also get strange ones like bok choy, jalapenos,

artichokes. That's not really so bad either. It's just the volume. And the pace. You don't have time to eat it all in a week. Even if you knew what to do with stuff. You feel this pressure to dream up dishes before anything spoils. Before anything is sent to the dump. It's not okay to waste food. You give money to food banks. Support the local farmer to help you both survive Covid. No more Sunday farmer's market. If grocery stores are out of toilet paper, how long will the veggies last? A weekly farm box provides a morsel of insurance in these uncertain times.



1. Steam the artichokes in 2 cups of water until tender (about 45 minutes) and reserve the liquid afterwards. Allow the artichokes to cool.

You get four artichokes four weeks in a row. You haven't really liked artichokes since the first time you tried them. In New York City when your engaged college roommate invited you for dinner. The artichokes weren't bad. Especially dipped in melted

butter. But so much work. Perfect for a night with a friend. Talking about her wedding and being her bridesmaid. But not so good for everyday life. And maybe your attitude toward artichokes was affected by her getting divorced a few years later.



2. Scrape the flesh from the bottom third of each leaf and place in a medium soup pot along with the artichoke liquid.

You give the artichokes to a friend the first two weeks. You put them on her porch to maintain social distance. She says eight artichokes are enough, thank you. You let them spoil the next week. Not okay. This week the race is on to use them pronto. You search through cook books. Discover some possibilities. Stuffed with mushrooms, shrimp or crab. Tossed with lemon and fennel. Marinated with endives and lamb. They sound delicious but difficult. You're not a gourmet cook. You decide to just steam them so they won't go bad. Then you forget and leave the pot out all night. But it still smells okay. You stick them in the refrigerator and keep looking for recipes.



3. Remove the fuzzy choke from each artichoke bottom and discard.



You find one for cream of artichoke soup. How hard can that be? And soup steaming on the stove

is always a treat. You put on your mask, set out to the store to get the ingredients. Including cream and vermouth. Hmm, sounds promising.

Cream of Artichoke Soup. Yield: 4 servings

4. Coarsely dice the artichoke bottoms and place in the soup pot. Next add chicken stock, vermouth, potato, carrot, onion, celery, garlic, bay leaves, and marjoram. Simmer until the vegetables are very tender and the liquid is reduced by 1/3, about 45 minutes. Blend with an infuser.



You enlist your husband's help on a Saturday afternoon. As usual, no plans for the weekend. He does the chopping. You scrape that tender morsel from each of the 300 artichoke leaves. Less than a

teaspoon each. You find a tiny knife so you won't destroy them. A little appetizer dip knife works just right. You settle in for awhile. Your husband puts Odetta on. She belts out the blues. It's gray and rainy outside. Warm and cozy in. You laugh as you see the job in front of you. A bit harder than nibbling the base of the leaves. You figure what the hell. You're in the midst of stay at home orders. This will take a few hours. That's your job lately. Creating fun where none exists.

5. Add the cream and cheese and heat through but don't boil. Add salt and pepper to taste. Serve with croutons on top.

You brush your hair and slip into your skirt. Set the table with placemats, matching napkins. A cedar scented candle. Create a bok choy salad with tomato, broccoli and a touch of jalapeno. Take a deep breath and exhale. Think of others actually dealing with the disease. Realize how fortunate you are. The subtle flavors seduce your palate. Soothe your body. You relish your Covid respite. Until tomorrow's box arrives. When you'll kneel at the gate, listen for the signal, sprint to the finish again.



Bedeviled to Beatified by Mary Anne Trause

The curse of a weekly farm box - lush veggies and those less known. The forced march to consume them too soon we're swamped by more.

Four weeks in a row of artichokes much too much work to enjoy tho' dipping in melted butter offers some tiny rewards.

We gifted our invaders to friends who'll take no more. Stuck! We must use them or send them to the dump.

The question's how to cook them stuff with mushrooms shrimp or crab toss with lemon and fennel marinate with endives and lamb.

The answer is artichoke soup. Chop carrots, garlic, potatoes while Odetta belts out the blues remove choke bottom brushes and chop the bottoms too.

My fingers cramp as I scrape flesh from three hundred artichoke leaves hidden morsel of tenderness barely a teaspoon each.

Seductive sounds and smells swell to fill the room mouth-watering expectation brightens our Covid gloom.



Mary Anne Trause

Remembrances



Robert (Cris) Owen Crisler (January 27 1926 - July 11, 2022)

Robert Owen Crisler - known as Cris - was born in Indianapolis, Indiana on January 27, 1926. He spent his early years in Chicago and then, when he was ten, moved to a farm on the out-skirts of Lowell, Indiana. Here he spent his next 7 years working on the farm where he developed a love for music and science in the Lowell school system. In 1943, Cris left for college at Purdue, majoring in chemical engineering joining the esteemed Triangle Fraternity.

His gift for music held him in good stead as he was able to help pay his way through the college playing clarinet and saxophone in local dance bands. He also played in the Purdue Band. During his Junior year at Purdue, he was drafted into the US Army where he was eventually promoted to Staff Sargent. After the war, Cris went back to Purdue and graduated in 1948 with a degree in Chemical Engineering. Cris was hired by Proctor and Gamble as a researcher.

Twenty five years later Cris retired from Proctor and Gamble moving to San Diego to pursue a Doctorate in Clinical Psychology at the California School of Professional Psychology. He worked professionally as a psychologist for many years. Upon retiring, he started a third career in the arts learning to paint and draw. He never stopped enjoying and performing music, either, becoming active in the UU and White Sands choirs. Cris lived his later years at White Sands in La Jolla where he was respected and known as "the kindest man". A true Renaissance man he never stopped learning, reading, creating and making music during his 96 years. He preceded in death by his life partner Mary (Molly) Low. He leaves behind three children, 5 grandchildren, 11 great grandchildren and 2 great-great grandchildren.

Remembrances by Wenda Alvarez

Cris loved jazz music. His clarinet solos were often highlights of our choir performances. His beautiful baritone was rich, true and a reliable lead for the choir's lower voices. Cris Crisler, and his partner Molly Low, UUFSD Music Director Emeriti, planted the seeds and nurtured the growth of solo voices, community concerts and a hillside chorus.

In addition to their UUFSD choir commitments, Chris and Molly advocated for ensemble performances and for building UUFSD as a North County music venue. Concert series, folk festivals, drumming circles, children's choir, the grand piano and planning for professionally budgeted music direction were all results of the Cris Crisler and Molly Low music leadership team.

Remembrances

Remembrances by Greg Brown

I first met Cris when I was asked to join the first men's group at UUFSD in the mid 1980s soon after I had joined the Fellowship. I welcomed the chance to get to know Pete diGirolamo, Ben Platnik, Stu Anderson, Donald Ross, and Cris on a deeper level that I had never experienced before. Cris' training as a psychologist helped set an intention of emotional sharing that was transformative for all of us.

Cris was a musician and singer too. He and I organized a jazz/pop sextet and named it "Jazzworks." The hours we spent rehearsing and performing upbeat numbers with cool harmonies are some of my happiest memories. Although a few others joined us for a time, the regulars were Molly Low, Jo Bailey, Alan Sohl, Cris, Jay Vreeland, and myself. Our signature number was "Java Jive." Cris and I both enjoyed making art. For years we were part of a group that met regularly in each others homes monthly sharing our latest creations.

I will miss my good friend, Cris, very much.

Remembrances by Betsy Gilpin

I belonged to a monthly art sharing group of which Cris was a part. At first, I had not been painting for long but Cris's comments were always helpful and positive. As I gained skill and confidence, Cris would remark on my progress without my even mentioning what I had learned. In addition, I enjoyed hearing Cris read bits and pieces of the biography he was writing for his children, grandchildren and great grandchildren. He was an inspiration.

Remembrances by Pietro di Girolamo

Cris truly had a gift for listening and bringing quiet thoughtful insight, both as a friend one-on-one, or challenging and furthering a group process; his unique talents were rare and are missed.

Remembrances by Lynne Talley

Cris Crisler, a calm, spiritual-eyed Renaissance man, who never seemed to grow older even into his 90s, reinvented himself as he decided to leave his earlier career as an engineer, long before I knew him at UUFSD. His clarity of direction led him to spiritual practice and psychology, music and art. Cris was firmly attached to UUFSD, so much so that when he and Molly Low married, both as later-in-life spouses and with grown families of their own, she moved to our provincial, DIY fellowship from First Church, leaving the much larger music presence there to join together in making music happen at UUFSD. Cris played a mean clarinet, and loved jazz, so we had a very fun jazz group for many years.

Molly wanted a choir, so she learned to direct and started one; Cris supported the baritone section for years. But perhaps the bigger attachment to UUFSD was the long-term men's group, of which I had little knowledge being of the wrong gender, but I was aware of its strength for a group of men at the core of UUFSD. Cris grew into being a sensitive artist, and we enjoy his sketch of a dulcimer player every day from our dinner table. He was quiet, humble and capable in every way, a bedrock of UUFSD. When he and Molly moved to White Sands, too far to come back to UUFSD on Sunday's, they dedicated themselves just as fully to their new community. We miss his presence very much.

Remembrances



Robert (Bob) Alan Quick



Robert Alan Quick, 68, died on February 14, 2022, from a major cardiac event. Born July 5, 1953, in Cincinnati, Ohio, he was the first child born to Ainslie and Robert Quick, Sr. When Bob was a year old, the family moved to Westport Conn., where his brother Jack was born in 1955.

Two years later, the family moved to Poughkeepsie, NY, where his sister Vikki was born in 1960. Growing up, Bob loved the outdoors... flying kites, riding 3 speed bikes and building go-carts. Bob joined the Cub Scouts and earned the rank of Eagle Scout before his 15th birthday. He loved summer camp and canoeing and achieved various leadership awards.

Bob's father's work as an engineer brought the family to Largo, Florida (1961-1965) and then Minnetonka, MN (1965-1970), where Bob learned about ice fishing and enjoyed skating and skiing. One of his greatest joys was caddying for Tony Jacklin, winner of the 1970 U.S. Open, and having the opportunity to work for ABC Sports broadcasting that event. This solidified Bob's love of golf.

In 1970, the family moved to San Diego, arriving on Bob's 17th birthday. He finished his senior year at Clairemont High School. Bob began his college years at UCSD, but transferred to SDSU after one year and finished with a bachelor's in Business Management. While in college, Bob developed a love for stained glass.

He worked for a stained glass company and also taught classes in the art. He claimed that he "almost quit college" to work full time in this medium.

Bob's professional career was primarily in aerospace: Cubic Corp., Ametek Straza, and General Atomics where he retired in December, 2021. During the years he worked at these companies, Bob organized ski trips and played Over The Line - another one of his passions - for 22 years.

Bob also enjoyed desert camping, old cars, playing poker, brain teasers (he was a member of MENSA International), comedy (he performed at the Comedy Store in La Jolla open mic night), and music (he had a huge collection of albums).

Bob was predeceased by his daughter, Haley. He is survived by his beloved wife of 28 years, Alana, and puppy, Leo. Bob also leaves behind his brother Jack; sister Vikki, their spouses MaryBeth and Woody; nieces India, Paige, Ainslie and Jaden; his brother-in-law Rick and sister-in-law Elayne; nephew Brandon; and grandchildren-at-heart Olivia and Emiliano.

For those who wish to honor Bob with a donation, please consider the Small Breed Rescue of Southern California 770 Sycamore Avenue • Suite 119-221 • Vista, CA 92084

Remembrances

Remembrances by Irv Himelblau

Bob, you left us too soon.

Bob and I met at the fellowship and became better acquainted when he joined our mens group. Bob was a quiet man, a man of few words. I watched as he slowly opened up emotionally and became vulnerable in facing his feelings and grieving over losing Haley, his daughter. This quiet man was eloquent in his brevity. Bob had an incredible sense of humor. At the drop of a hat, or of his many hats, he would recite one liners, leaving us in hysterics, as he maintained his poker face. Speaking of poker, our mens group met every once in a while for Poker Night. We knew five card stud and some knew Texas Hold Em. But these were not good enough for Bob. He introduced us to Omaha Hi, Omaha Hi-Lo, and other versions of poker, that we were sure, he created. Confusion with laughter often reigned. I wish I had an opportunity to witness Bob's artistic and literary and acting skills.

Bob, you left us too soon.

Remembrances by Steve Rosen

Bob was a close personal friend who always had warmth, kindness and empathy for his many friends. When asked, he carefully thought out reasons supporting his positions on issues involved. I followed his writings which spoke commitment to democracy and fairness. His untimely death was a great loss to his family and many friends.

Remembrances by Chris Butler

Bob was a member of our men's group at the Fellowship. He suffered a great personal tragedy when his only child died. He was able to talk about his feelings after she died. He processed his feelings in the safe atmosphere of the men's group. I so admired his courage and willingness to talk about his daughter and how her death impacted him and his wife. He left us much too early and is sorely missed.

Remembrances by Kenneth Kales

I looked to Bob as a gentle giant. He was sometimes quiet, but in the most meaningful conversations, his words carried such weight and profundity. I especially admired the way he stood with his beliefs, even if others disagreed. I felt I could rely on Bob to tell his

truth and that strength of his sits at the top of the list of things I appreciate most about him still. But at the very top of the list, no doubt, his love for his daughter is what I remember him most for. A big man in size and devotion.

Remembrances by John Sherman

In our Men's Group meetings, Bob was mostly quiet, simply listening as the rest of us spoke, but then he would usually add a wise observation, delivered in a droll way, related to all he'd just heard. Bob was very saddened by his daughter's death, and I believe that our group offered him much needed support in his time of grief. I enjoyed Bob's companionship, and we golfed together a few times, going in together on auctioned golf outings and also played other local courses. He was good company and a good friend. Bob seemed to be a pretty happy guy, and I miss him.

Remembrances by Barry McIntosh

I first met Bob when he joined our mens group. We started to get to know each other by sharing of ourselves in this safe space. He was very intriguing to me and I wanted to get to know this big and humorous man better. His t-shirts usually had a funny message on them and I wanted to find out more. I then visited his home and noticed immediately a juke box in his living room and that was it! I knew this was my kinda guy. I had a juke box in England and I knew, if you are a dedicated music lover, this is a very special item. I got to know him better and better and liked his jokey manner, never an opportunity missed for a joke. But he also was a man who wanted so much to be a better man, he wanted to improve and grow, he wanted to open up, he was a man after my own heart. I will hold Bob in my heart for his love of music, his humor, his desire for growth and his easy friendship which I not only admired but valued very much. Thanks you for being in my life, it's richer for your presence.

Remembrances

Cycles

*Perfect Joy and
Perfect Sorrow*

*One following another
following another.*

*The poles extremes,
of emotional life and
all points in between.*

*Following one another
following one another*

*Gently up & gently down
like the ocean
under a boat.*

*B. Quick
4-19-93*

my mirror

*the world outside is like a mirror,
reflecting the good and bad...
the joy and sorrow...*

*the laughter and the tears...
within me.*

*some people are difficult
mirrors to look into,
but you...*

*i look at you and i see all the beauty
inside of me.*

bquick 12-23-94

Community Life - Stay Connected

SPIRITUAL GATHERINGS

Buddhist Meditation Fridays at 10:00am

Learn More Contact Janet at janetmelugin@gmail.com

First and Third Thursdays of each Month at 6:30pm Buddhist Sangha

Learn More Contact Bob Isaacson at buddhistsangha@uufsd.org

COMMUNITY LIFE

UUFSD Book Club Monthly, Second Mondays at 6:30pm

Learn More Contact Cathy Leach-Phillips at bookclub@uufsd.org

Women of the World Second and Fourth Wednesdays of each Month

Learn More Contact Kay Byrnes at kaybyrnes@mindspring.com

Men's Informal Get Together for Pizza and Discussion

Fourth Friday of each month at 11:30am-1:00pm

Learn More Contact Drewe at sddrewe@gmail.com

Greet and Eat Sunday Second Sunday of each month

Learn More Contact Louise Garrett at lovenlou@gmail.com

Bit of Fun on Zoom 1st and 3rd Monday of each month

Learn More Contact Linda@LindaLuisi.com

Science in the Kitchen 3rd Saturday of each month

Learn More Contact Louise Garrett at lovenlou@gmail.com

UUFSD Adult Art Club 1st Sunday of each month

Learn More Contact Alice Brzovic at alicebrzovic@gmail.com

Earth Centered Spirituality Group 3rd Monday of each month

Learn More Contact Glenn Bowden at ggbowden@cox.net

INVOLVEMENT

Climate Action Group First Wednesday of each month 4 to 5 pm

Learn More Contact Sarah Miller at ClimateAction@uufsd.org

San Diego Food Bank Volunteer Night - Off Campus - 1st Thursday of each month

Learn More Contact Sarah Ohara at sara@SaraOhara.com

Building and Grounds - First Saturday of each month

(Except when it falls on a holiday weekend).

Learn More Contact Ed Mlakar at BuildingAndGrounds@uufsd.org

Community Life -Participate



- MEMBERSHIP COMMITTEE / GREETERS** 1 hr a mo. to greet before service. Betsy Gilpin
membership@uufsd.org
- CONNECTIONS** 2-3 hrs a mo. connect new members to UUFSD. Betsy Gilpin membership@uufsd.org
- JOY, FUN & FELLOWSHIP** Help w/ social events: Thanksgiving Dinner, potlucks, etc. 8 hrs a yr. Help plan one activity. Louise Garrett funandfellowship@uufsd.org
- RELIGIOUS EDUCATION (RE)** 2 hrs ev. 2 mo. to teach our children. Liora Kian-Gutierrez liorauufsd@gmail.com
- RE COMMITTEE** 3 hrs a mo. Liora Kian-Gutierrez liorauufsd@gmail.com
- PERSONNEL COMMITTEE** Non-managerial personnel-related. 5-8 hrs pr mo. Dale Gottdank
personnel@uufsd.org.
- FELLOWSHIP HISTORIAN** Compile Fellowship's history. Hrs up to you. Sarah Miller archive@uufsd.org
- FELLOWSHIP ARCHIVIST** 2 hrs a wk. Sarah Miller archive@uufsd.org
- USHERS** 2 hrs a mo. Angie Knappenberger ushers@uufsd.org
- KITCHEN COMMITTEE** 2 hrs a mo. Louise Garrett kitchen@uufsd.org
- STEWARDSHIP COMMITTEE / FUNDRAISING** Help w/ yearly Auction & Art Fair. 8 hrs a yr. Richard Macdonald communications@uufsd.org
- WORSHIP COMMITTEE** Worship Associates 8 hrs pr service 3-4 times a yr. Mary Anne Trause or Chris Byrnes
worship@uufsd.org
- COMMUNICATIONS/WEBSITE** Backup web administrator. 5-8 hrs a mo. Help webmaster. Richard Macdonald
communications@uufsd.org
- SOCIAL MEDIA MANAGER** Publicize events to the public . 5-8 hrs pr event (5-6 events a yr). Irv Himelblau
communications@uufsd.org
- DESIGN REVIEW** Review/approve plans for site improvements. 4-5 hrs a mo. Irv Himelblau
designreview@uufsd.org
- PARKING ATTENDANT** 20 min. a mo. John Sherman johnlsherman42@gmail.com
- PASTORAL CARE** Assist members in times of need. Occasional meal or ride for member (8-10 hrs a yr), or be a pastoral listener (20 min. after a service). Barbara Walker pastoralcare@uufsd.org
- BUILDING & GROUNDS** 4 hrs a mo. campus beautification crew. Ed Mlakar BuildingandGrounds@uufsd.org