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A publication of Osher Lifelong Learning Institute at UCSC (OLLI), a UCSC Friends Group.

Published biweekly during the COVID-19 Pandemic.

OLLI at UCSC is a community of men and women from diverse educational, occupational and geographic backgrounds who are devoted to the pursuit of learning. We enjoy spirited discussions, reading and exploring new interests. Money raised from our activities is used to fund scholarships for transfer and re-entry students at UCSC.

Publisher: David Lieby
Reporter: Johnna Laird

Future OLLI Meeting Dates:
To Be Determined

OLLI Newsletter

Let's keep in Touch!

Ronnie Gruhn's Classes On YouTube

Ronnie Gruhn, whose courses have enlightened us on world affairs over the years, has kindly offered to prepare podcasts for OLLI from time to time. She is calling them "Short Commentaries on International Aspects of the Current Crises and Its Impact on World Affairs" and will be released by-weekly. There will be links to them in this newsletter and in announcement letters. **Be sure to watch for and listen to them.** Ronnie is Professor Emerita of Politics at UCSC.

The latest can be found at:

<https://www.youtube.com/watch?v=gG1shQwiQJc&t=5s>

Use this link for a full list of Ronnie's Short Commentaries:

https://www.youtube.com/results?search_query=ronnie+gruhn

Ronnie is really interested in hearing people's questions and suggestions.

You can contact her at: ronnie@UCSC.edu

Barry Bowman's Food and Biochemistry Class

Barry's latest class can be found on YouTube too:

https://www.youtube.com/watch?v=Tk9_PD86G8g

Welcome to our new Secretary

Our past secretary, Janis Bolt asked to be replaced so she can pursue working for another group. The new work she is pursuing will require a lot of work. Janis has been a great secretary and helped us keep on track during the meetings. We will miss her.

At the OLLI board meeting on May 11th the board unanimously welcomed Guenter Vorlop who volunteered to assume the duties of secretary.

Here is a short introduction by Guenter:

Guenter visited Santa Cruz first in 1971 while working in Mexico City. Born and educated in Hamburg/Germany he immigrated to California in 1977 and worked almost 40 years in the ceramic capacitor industry with worldwide marketing responsibilities – retiring in 2016.

He is an enthusiastic OLLI fan and taking their courses has been an important part in his present activities.

Help us stay afloat!

We are drowning in data about the Pandemic.

We need things to help us get a breath of fresh air.

Please send us news about you and what you are doing to keep sane.

The President's Message

From Bonita Sebastian,

What helps you get through the day? What do you find most comforting? We are now experiencing beautiful weather in the Santa Cruz area and many of us are still mostly sheltering in our homes.

Please do try to get outside at least once a day... you can get exercise, breathe in fresh air, gather up some vitamin D, and exercise your mind and your visual perception.

Take a short or medium length walk... the best time is usually in the morning before 10:00 a.m. You can visit many places and not encounter others or if you do, they will be few and you can easily practice physical distancing. Some folks do walk with others- again still maintaining that social distancing but enjoying each the company.

And while you are walking, observe your surroundings: What do you see? What kind of birds? What kind of trees? What kind of vegetation? You might even discover a new avocation or hobby. There are bird and vegetation identification apps that you can download to your phone to help you discover what lies in front of you.

But the important thing is to take that walk.

I asked him to help me
 He suggested a walk
 "Take a walk."
 Put shoes on, brush hair
 Take a walk
 Open door, look back
 Take a walk
 Step outside, breathe in
 Take a walk
 Start strides, open eyes
 Take a walk
 Long breathe in, stand up taller
 Take a walk
 Look around, smell the earth
 Take a walk
 See a snowman, longer strides
 Take a walk
 Wave to a neighbor, smile at a stranger
 Take a walk
 Hear conversation, see laughter

Take a walk
 Watch the sky, feel the sun
 Take a walk
 Think of childhood, smile to oneself
 Take a walk
 Pet a dog, see a baby
 Take a walk
 Reach hands to heavens, stretch nice and tall
 Take a walk
 Loop back around, going further
 Take a walk
 Start a routine, stronger everyday
 Take a walk
 Find beauty, feel grateful
 Take a walk
 Be one with nature, feel emotions
 Take a walk
 Come back home "where'd you go?"
 "I took a walk."

Denise K. Casagrande

Nancy Abram's Book Discussion

Nancy Abrams, in collaboration with Peace United Church, is offering a Zoom discussion of her book, *A God That Could Be Real: Spirituality, Science, and the Future of Our Planet*. OLLI Members are invited to join in.

The book discussion will take place four Wednesday nights at 7:30, starting May 20, 2020. The zoom address: <https://zoom.us/j/91372593183?pwd=blpTNHlyVFBoUXZxczNkVThtZUM4Zz09&status=success>

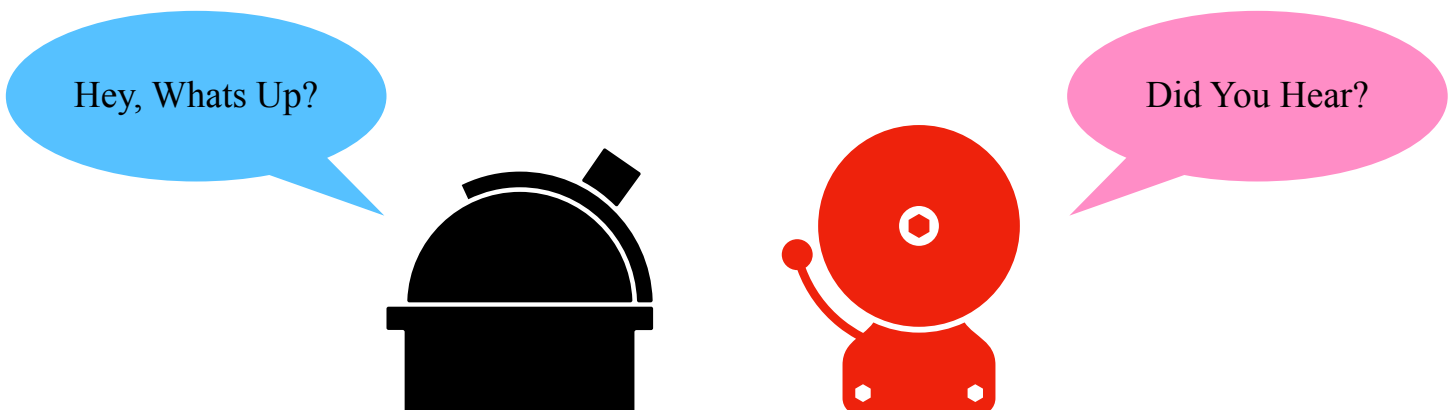
Santa Cruz Local

Santa Cruz Local is a local news podcast, newsletter and website. It's led by two former Santa Cruz Sentinel journalists. They produce the deepest reporting in the county on local government, housing, homelessness and the economy. Lately their top story has been the local COVID response. [Sign up for Santa Cruz Local's free email newsletter](#), to get local news delivered to your inbox two to three times a week.

Help Us Stay Connected

Send us your thoughts and ideas for inclusion in future biweekly newsletters. We are interested in the well-being of our members and what everyone is doing to cope with the rules created to help us weather the pandemic. Everyone is encouraged to participate in this effort.

Please send your input to: olliucsc@gmail.com with "Newsletter" in the subject line.



A Telemann Duet by OLLI Members Phyllis Rosenbaum and Peter Martin Poriss

A note here from one of our members who met the right person through OLLI

Phyllis and I met at an OLLI meeting, three-and-a-half years ago and discovered our mutual passion for playing, listening to, and supporting classical chamber music. Almost every day, we play duets, walk, bike, play scrabble, and practice cruciverbalism (with the New York Times crossword puzzle). We've just bought electric bicycles, with which we intend to ride far and wide, within and beyond Santa Cruz County.

Phyllis is president of the Santa Cruz Chamber Players, and I am a Realtor working exclusively with seniors who have decided to downsize.

For the pleasure of friends and family during "lockdown", Phyllis and I have produced two 3-minute videos of duets--one of blues and the other classical, a piece written by the baroque composer, Telemann. Our plan is to create and send a new video every two weeks.

Check it out on YouTube at: <https://youtu.be/D7sd31nA4J8>

We hope that OLLI members enjoy our duets.

Best wishes,

Peter Martin Poriss *and* Phyllis Rosenblum

Phyllis and Peter met at an OLLI meeting and soon discovered their mutual interests in music, humor, and the intellect.

Are there other couples/friends out there who met at an OLLI activity?

We would love to hear from you.

Please Send us videos and pictures along with stories if possible.

Please address them to olliucsc@gmail.com

SENIOR OUTREACH offers telephone consultations to anyone over the age of 50 who needs to talk to a trained peer counselor about personal challenges they are experiencing. This FREE service is available to OLLI members and to all seniors in the community. For more information, please leave your name and phone number at (831) 999-3659.

Keep up-to-date with the Santa County Corona Virus web site at:

<http://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/>

COVID-19 SLUG SUPPORT CAMPAIGN

These unprecedented times are challenging for all of us—but for some, the situation is dire. This is why our campus has created the COVID-19 Slug Support Campaign. Together, our Banana Slug community can help support students who are experiencing financial or personal crises because of the infection and the drastic measures our state and country have had to take to curb it.



In order to learn more about this fund and to easily make a contribution go to

[Coming together for our students in need](#)

Some thoughts on mask protocol from Dennis Morris

An incident today reminds me that many people do not understand the concept of the mask.

The Wearing of a Mask is not primarily to protect you; it is to protect others. Just to repeat when you wear a mask during this pandemic it is to protect others in the event you are asymptomatic and it is not primarily to protect you. I am reminded of this due to an incident that happened to my wife recently. Refusing to wear a mask because it is uncomfortable is not showing that you are concerned about others. Please wear a mask in public even if you are only meeting with a single person. You do not know if you have become a virus carrier.

Security Help

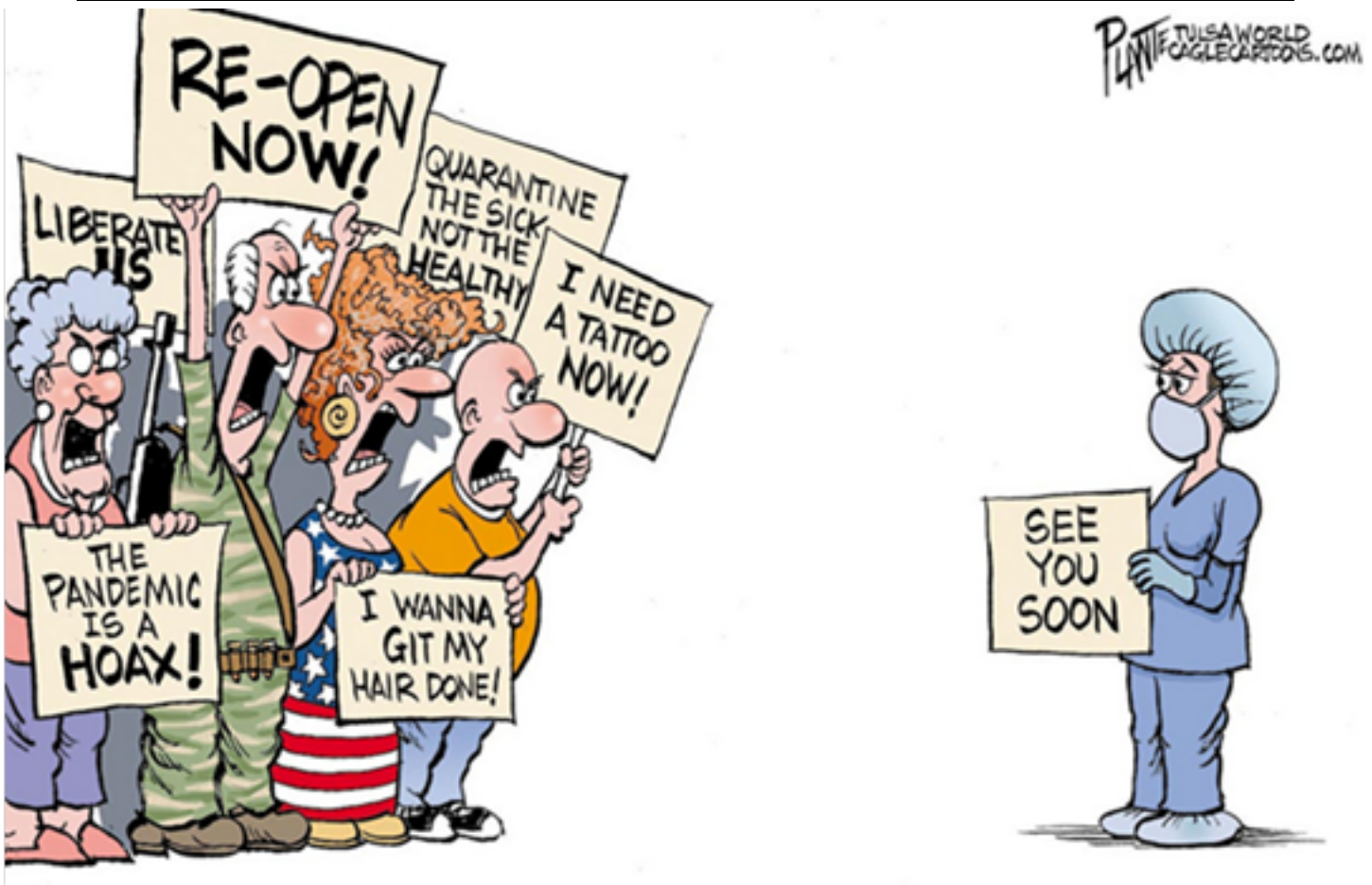
BE WARY and TAKE CARE!

Unfortunately, bad actors are using the uncertainty surrounding Covid-19 as an opportunity to gain access to personal data and to infect computers for future use.

Suspect Foul Play If...

- **Plays on fear or urgency** – Subjects such as “New Coronavirus Confirmed in Your Area” or “High-Risk Area” indicate a phishing attempt. Legitimate sources use calm and credible language.
- **Personal Information** – Almost never will a legitimate source ask for your password or personal information. Look closely at the link or website address to confirm it is legitimate.
- **Unfamiliar/Generic Greeting** – Emails starting with “Sir/Madam” or general, impersonal greetings should be viewed with skepticism.
- **Sketchy Sender Address** – Hover over the sender’s name to see the email address. Legitimate Covid-19 sources do not come from an *AOL.com*, *yahoo.com*, or even *gmail.com* address.

For authoritative information on the Covid-19, visit the World Health Organization <https://www.who.int/>, or the Center for Disease Control <https://www.cdc.gov/>.



A message from The Bernard Osher Foundation President, Mary Bitterman.

Dear Colleagues,

If all had proceeded according to plan, we would be meeting this week for the opening of the 13th national conference of Osher Lifelong Learning Institutes in beautiful Tampa Bay, Florida – a gathering to celebrate the many accomplishments of 124 outstanding Osher Lifelong Learning Institutes at colleges and universities in all fifty states and the District of Columbia. Although the principal rationale for coming together is to learn from one another and to share best practices, the meetings also promote valuable relationships. The personal connections made at the conferences have fostered a special sense of closeness and community within the national network. People come together at the conferences to discuss myriad topics – speaking about what has worked and what has not. Achievements are recognized and aspirations are discussed, and a high level of energy and optimism about future courses of action is palpable. Bernard Osher, our patron, often notes that each conference is an exhilarating experience, both educational and uplifting.

The escalation of COVID-19 has brought about tremendous changes in each of our lives. Mr. and Mrs. Osher, my fellow trustees and staff colleagues, especially Kelly Jane Rosenblatt, our new Program Director working directly with all of you, are enormously proud of your smart, resourceful, thoughtful, and compassionate efforts to continue to serve your members despite your universities and colleges being closed and many of your instructors and members being somewhat unfamiliar – or at least uncomfortable – with online platforms. It is not lost on any of us at the Osher Foundation that the distance between content and connection is the same gap you are now striving to bridge within your Osher Institute communities as instruction moves into virtual spaces that were not intended to replace the kind of human connection found in the classroom, the garden or the café. Ingenuity, creativity, dedication, and perseverance are the hallmarks of your efforts – and the way in which

you have been of assistance and support to one another is truly remarkable and praiseworthy. We salute you.

While Mr. Osher has engaged now in two Zoom sessions – one for the Foundation’s Investment Committee and one for a Zoom Seder on the second night of Passover – he is still enormously committed to the Osher Institutes providing the opportunity for people to come together to learn, to express and discuss views, and to develop personal relationships in one another’s good company. When we come to the end of this global pandemic, perhaps we will have some fusion of onsite and online learning opportunities as a result. You will be in the best position to determine the optimal future course of action.

We are most grateful for the continuing efforts of our colleagues at the National Resource Center (NRC) – Steve, Stacey, and Kevin -- to support your programs and to provide services, including instructional webinars that help you to be of ever greater service to your members and local communities.

All of us, beginning with Mr. and Mrs. Osher, applaud your fine efforts in “repairing the world” by reducing the isolation and loneliness of many seasoned adults through your proactive outreach, including online programming, texts, telephone calls, and postcards. We look forward to meeting with all of you hopefully later this year in the salubrious climate of Florida and, in the interim, to remaining in close touch. Please know that we could not be more proud to have such fine grantees.

With admiration, appreciation, and all good wishes,

Mary

Mary G. F. Bitterman
President
The Bernard Osher Foundation

Restaurants Deliver: Home Meals for Seniors

Shared by OLLI Member Susan Marx

Gov. Gavin Newsom recently announced that restaurants across California that have been struggling to stay afloat during the coronavirus economic shutdown will soon begin providing millions of subsidized meals to qualifying senior citizens.

He outlined the first-in-the-nation “Restaurants Deliver: Home Meals for Seniors” program but didn't say when it would start. The state's official website sign-up said information “will be available soon.” His administration said local officials would make many of the decisions.

Here's some of what's known:

WHO QUALIFIES?

Those 65 or older or otherwise high-risk because they have the coronavirus; were exposed to the coronavirus as documented by a public health official or medical professional; or have an underlying health condition.

Participants must live alone or with one other eligible adult. They can't be receiving assistance from other federal nutrition programs and can have income of no more than \$74,940 for an individual or \$101,460 for two. That is 600% of the federal poverty level.

They must state they are unable to prepare or obtain their own meals.

WHAT WILL BE PROVIDED?

An “unlimited number of meals,” Newsom said: three a day, seven days a week. Restaurants will be reimbursed up to \$66 per day: \$16 for breakfast, \$17 for lunch and \$27 for dinner, and an additional \$5 for “incidental expenses.”

But no junk food. The state will set nutritional guidelines, but leave it to local jurisdictions to decide which restaurants qualify. Although it's not clear how the guidelines will be enforced, Newsom said there will be an emphasis on locally produced produce, independent restaurants and a “diversity of options” and meals.

State guidance is that breakfast be low in sodium and with 100% fruit juices. Lunch and dinner must also must be low salt and include a piece of fresh fruit or vegetable on each dish.

WHO PAYS?

The federal government will reimburse 75% of the cost and local governments will pick up the rest. The state will then reimburse three-quarters of the local cost. Newsom said local governments will benefit from the sales taxes collected on the meals.

- Continued below

-Continued from above

Newsom provided no estimate of an overall cost for the program but said he thought “millions” of the state’s 5.7 million people 65 and older could qualify. If just one million sign up and get all \$66 per day the cost would be about \$2 billion per month.

Newsom said the program will continue as long as the virus crisis persists.

HOW CAN YOU SIGN UP?

Stay tuned. The state’s website says “as the local programs get established in the next few days, more information will be provided.” Newsom said seniors can call their local 2-1-1 information network call centers if they have one, or go to the state website. The state also plans an outreach program.

Officials say participants can apply with a phone call and provide “self-certification” on the eligibility requirements listed above, similar to the way they can assert that they are eligible for other disaster programs.

The state launched a website for the program — <https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/>

Newsom noted that Restaurant Delivery is for seniors ineligible for other assistance programs. The program is targeted at high-risk seniors — those who have been contracted the virus or been directly exposed to it, who have compromised immune systems, or whose finances are below 600 percent of federal poverty guidelines.



A note from Michel at Espressivo, one of our advertising partners:

Our Advisory Committee last night approved two programs I submitted, optimistically scheduled for January and April.

One features a Mozart symphony, the other a masterpiece by Ravel. At present, we can fund one, not both; but the community has always come through for us, even with several donations in the past six weeks. Thank you! More are welcome via <http://www.espressorch.org/support.php>

We applaud those ensembles that have found ways to perform online, but haven’t yet figured out the modalities that would work for us. Meanwhile, allow me to remind you that a dozen of our past performance videos are accessible on YouTube, collectively if you link to Espressivo "Channel"

<https://www.youtube.com/channel/UCgGecmQ6p1DkybJJuBkauHA>

Getting Movies, British TV, Audiobooks, etc. from the Santa Cruz County Library System

Prepared for OLLI by Johanna Bowen

Public Libraries across the United States were uniquely positioned to stay “OPEN” for their users even after closing their doors during the Covid 19 shelter-in-place. Our very own Santa Cruz Public Library was all set up for home use when the doors closed to on-site browsing and check out.

- We can find a rich selection of movies for viewing
 - We can download audiobooks and ebooks
 - We can consult the Reference Databases
- and,

SCPL also has reference librarians working daily to answer your questions emailed to:

elibrary@santacruzpl.org

This introduction focuses on finding Movies and TV but if you explore the SCPL Download/Stream resources you will find access to and directions for downloading ebooks, audiobooks, magazines, and music using your library card? It's free!

What do you need for Movies from SCPL?

- Tablet, smartphone, computer, or TV with Roku like streaming capabilities
- SCPL Library card number and PIN/password (only needed one time in the registration process).
- Kanopy app/ Acorn app/ or Hoopla app on your mobile device
- OR updated/current browser software (e.g. Chrome, Firefox, IE, Safari, etc.)

STEP 1: Go to the SCPL Download/Stream page

Go this site <https://www.santacruzpl.org/ematerials/>

Step 2: “Select Movies/TV” from the menu on the left side of your screen

Step 3: The next screen offers three actions for each: Kanopy, Acorn, or Hoopla

Go to... using your browser

View the tutorial... using your browser

Get the APP ... if you own an Apple or Android phone or tablet

— **Kanopy**: is a video streaming service providing access to more than 30,000 independent and documentary films. You are limited to 8 movies a month but Kanopy makes it easy for you to create your own Watchlist where you save the ones you want to see as soon as the new month begins.

— **Acorn TV**: streams world-class mysteries, dramas, and comedies from Britain and beyond

— **Hoopla**: streams / downloads a selection of movies, music, audiobooks, ebooks, comics and TV shows

Courses

FALL OLLI COURSES

While we are all washing our hands, obsessing on the news, taking solitary walks, and learning how to use ZOOM, and checking out our online courses and podcasts on the OLLI website, let's also look forward to OLLI courses for next fall. Because of the cancellations, we will be having a very full schedule. We may even have to have classes both morning and afternoon. We will be back to our old college days.

So, here we go--

Three courses to complete

Fred and Ginger: one more movie. (By the way, I find watching Fred and Ginger on youtube a real upper.)

Major Supreme Court Decisions that Changed America: Arthur Rolston has presented one thought provoking class so far.

Food and Biochemistry: Barry Bowman, informative as always

Scheduled courses hopefully postponed to the Fall

Beyond the Binary: New Ways of Thinking about Sex and Gender Mary Crawford's class already had a substantial enrollment.

A Survey of Ecology: We are so fortunate to have Jim Estes planning this class for us.

Recurring Courses

International Affairs, Fall 2020: Let's hope Ronnie Gruhn has some good news for us.

Modern Molecular Biology: ---always fascinating.

New Fall courses (so far)

Dante: Many of you may remember Margaret Brose's class on The Divine Comedy. Margaret is offering us a further look into the work of this fascinating and pivotal writer.

Frank Capra: Bill Park will be showing and discussing films by this director of the thirties and forties. Here is a quotation by Capra.
"Film is one of the three universal languages, the other two: mathematics and music."

A Primer on Climate Change: Roger Knacke, who has kept us informed on all things astronomical, is preparing a course that will give us a deep understanding of climate change.

The Beauty of Mathematics: Solving Equations Peter Farkas has been in Princeton this year, thinking about challenging classes for us.

Plus classes by Leta Miller, Dale Johnson, Aimee Zygmanski---subjects to be announced---and probably others I have yet to discover.

So, see you all in class next fall.

If you already paid for a course or paid for one you cannot attend, we will be flexible about fees.

Teaching an OLLI course with ZOOM

Barry Bowman

For several years I have taught a course titled Food and Biochemistry. It was derived from lectures in an Introduction to Biochemistry course I offered for many years at UCSC. In an attempt to keep undergraduate students interested in chemical structures and metabolic pathways I added connections to the food we eat.

This year my first OLLI lecture was on March 7th. It is hard to believe now, but we were barely aware of what was coming. One week later the course was cancelled, and shortly after that we were all “sheltering in place.” At the April meeting of the OLLI Board of Directors we were pondering what we could do to keep life-long-learning going during this pandemic. I had participated in my first Zoom session earlier in the week and thought it had real possibilities. As an experiment we decided I would resume my course, using Zoom.

I think it has worked quite well. Offered on Wednesday afternoons at 2 PM, 40-45 members have consistently participated. I use a PowerPoint presentation, which shows up well on the computer screen. Answering questions is a bit awkward, but after figuring out how to correctly mute and unmute the participants we have had good interactions. Some members seem a bit reluctant to ask questions via the computer but in OLLI we have a sizable cohort that is willing to speak up – more than in a group of undergraduate students! I think it is best to make the classes a bit shorter than they would be in a face-to-face interaction. Thus far my sessions have been about an hour and 15 minutes, including several breaks for questions. Perhaps some of my fellow OLLI teachers would like to try this with their courses. It is not going to be a long-term substitute for our traditional way of teaching. However, I get a lot of satisfaction from being an OLLI instructor and Zoom allows me to continue during these difficult times.



Interest Groups

During these strange times, I hope you and yours are healthy, getting lots of fresh air, and howling nightly to thank frontline workers, delivery persons, and store clerks risking their lives to serve us. Stay well, Ginna

PUNS, PUNS, PUNS...

- ◆ I wondered why the baseball kept getting bigger; then it hit me.
- ◆ Fish swim into a concrete wall; one says, 'Dam!'
- ◆ In a democracy it's your vote that counts. In feudalism it's your count that votes.
- ◆ The fattest knight at King Arthur's round table was Sir Cumference: too much pi.
- ◆ I thought I saw an eye doctor on an Alaskan island but it was an optical Aleutian.
- ◆ She was only a whiskey maker but he loved her still.
- ◆ Elastic band pistol in algebra class: weapon of math disruption.
- ◆ No matter how much you push the envelope, it'll still be stationery.
- ◆ Grenade thrown into a French kitchen: Linoleum Blownapart.
- ◆ Two silkworms had a race but ended up in a tie.
- ◆ A hole was found in the nudist camp wall. The police are looking into it.
- ◆ Time flies like an arrow. Fruit flies like a banana.
- ◆ Atheism: a non-prophet organization.
- ◆ Midget fortune-teller escaped from prison: a small medium at large.
- ◆ Soldier who survived mustard gas and pepper spray: seasoned veteran.
- ◆ A backward poet writes inverse.
- ◆ Cannibals ate a missionary to get a taste of religion.
- ◆ He jumped off the bridge in Paris; he was in Seine.
- ◆ A vulture with two dead raccoons boards an airplane: 'Sorry, only one carrion per passenger.'
- ◆ An Eskimo in a kayak lit a fire for warmth. It sank: you can't have your kayak and heat it, too.
- ◆ Buddhist who refused Novocain during a root canal transcended dental medication.
- ◆ I shared ten puns with you, hoping at least one made you laugh; no pun in ten did?

Public Enemy Number 19



**Unwanted for Participation in Recent Murders.
Extremely Dangerous.
If Encountered Do Not Approach.**

Promotion Partners

**Santa Cruz Chorale
2020**

Guest Concert: New Choir
Sunday, March 22, 4pm
CANCELLED

JS Bach and Franz Schubert
(postponed from May)
Saturday, October 17, 8pm
Sunday, October 18, 4pm

Christmas with the Chorale
Saturday, December 19, 8pm
Sunday, December 4pm

All concerts at Holy Cross Church
Santa Cruz

Info and tickets:
www.santachoralechorale.org
(831) 427 8023




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OLLIwood Squares



Bonita Sebastian, Cindy Margolin, Janis Bolt, Dennis Morris
 Bill Patterson, Lois Widom, Mark Gordon, Ginna Holcombe
 Barry Bowman, Guenter Vorlop, Karen Gammell, , Sara Radoff
 DeShonne Keller, David Lieby, Kate Erstein, Gail Greenwood
 ~not shown. Chris Le Maistre

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