



OLLI Newsletter

August 7, 2020

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Coming Attractions

August Zoom Class with Dr. Roger Knacke -



Continuing Classes and Interest Groups



The Current Crisis and World Affairs

with Prof Emerita Ronnie Gruhn

Ronnie's "Short Commentaries" series continues with the latest installment on YouTube.

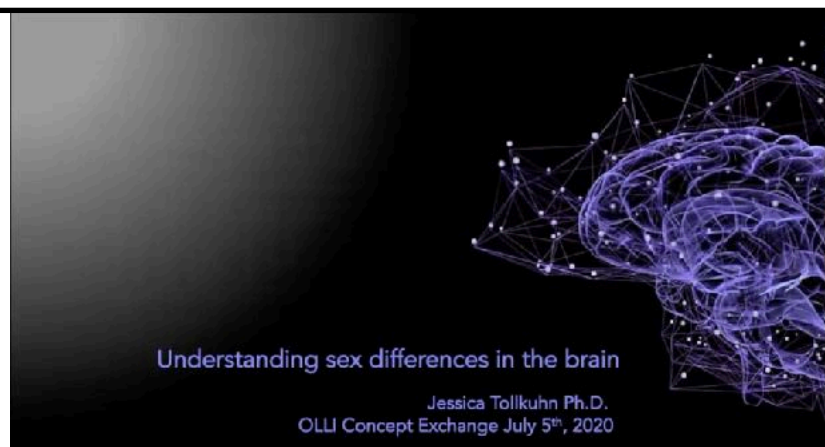
<https://youtu.be/u04uLdKUP7M>

Dr Gruhn welcomes feedback and questions. You can email her at ronnie@ucsc.edu

Concept Exchange Society Interest Group

Understanding sex differences in the brain
Jessica Tollkuhn Ph.D.

<https://youtu.be/OUuJsZq7oLQ>



The President's Message

We hope this newsletter finds you safe and well. These are certainly unusual and very different times that we are living through. It is sometimes difficult to maintain positive feelings during such times. However, we must be resilient... (I write this to you and also to myself- as I struggle with this every day).

A few tips for maintaining a better today and tomorrow:

- If you feel panicked, plan something for the future (maybe in the unknown future), which can increase optimism.
- Make a list of the first things you will do when the world opens again.
- If you get sucked into a daily spiral of bad news, seek out and share or think about the good that has happened in your day.
- If you find yourself frantically hoarding food and disinfectant wipes, flip your thinking to an altruistic mindset, focusing on doing something for someone else. It doesn't have to be a big thing- a phone call, a card, a text message.
- If you have started snapping at loved ones or others around you, stop yourself when you reach a level 6 out of 10 on your personal stress scale, disengage and take a breather.
- If you feel uncomfortable slowing down, then consider that you might come out of this with a new appreciation of the simpler pleasures of life.

Best wishes for continued wellness and peace of mind,

Bonita Sebastian

Join OLLI Now

Join or Renew Membership. Osher Lifelong Learning Institute at UCSC, Period Ending June 30, 2021

Please consider registering online at our website, <http://oli.ucsc.edu>. It's faster for you, saves us time and money, and helps ensure accuracy.

To join or renew your membership, which includes unlimited participation in our peer-led interest-group program* enter personal information. Enter credit card information or include your **check payable to UC Santa Cruz Foundation**. Mail this form to the address at right. For further information, contact Karen Gamell, 831-905-6636, kgamell@yahoo.com. Your membership established with this coupon and payment will end June 30, 2021.

Osher Lifelong Learning Institute
 c/o Bonita Sebastian
 755 14th Avenue, Unit 301
 Santa Cruz, CA 95062

Personal Information. Please print or to save time and postage, use online registration at <http://oli.ucsc.edu>.

Name	Address	Phone	E-Mail Address
..... Name to appear on ID badge if different:

Check small boxes (☐) above for information you *do not* want published in the OLLI at UCSC member directory. All names are published. We need your email address to send you our periodic email newsletters.

During this time when we are not meeting in person, all members will be sent an email link to a bi-weekly multipage PDF newsletter.

Current members will also receive invitations to the monthly course offering which is offered without charge.

Contribution Information:

We ask a donation of \$60. Please consider an additional donation to the Silvia Miller scholarship program. If funds are limited, in confidence you may contact OLLI president Bonita Sebastian, BonitaS@ucsc.edu. to discuss alternatives.

Membership	Donations	Amount
Membership, OLLI at UCSC	\$60. Membership includes unlimited Interest Group participation*	\$
	Additional contribution to the Silvia Miller Scholarship Fund:	\$
	Total Enclosed:	\$

*Some interest groups have limited membership. You may ask a group's leader to be placed on a waiting list or get help from our interest-group coordinator to form a new group. See our website for more information.

Contributions to the **UC Santa Cruz Foundation** are tax deductible as allowed by law. You will receive an acknowledgement of your contributions from the University. *Thank you for your generosity!*

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New Zoom Course

A New Class for August



A Primer on Climate Change

This course will be an introduction to climate change. Our focus will be on the science and physical processes, not on the politics. We'll also address some of the issues and arguments that swirl about the subject. Background in science is not necessary.

Roger Knacke, Wednesdays, August 5,12,19, 26; 10 am to noon. This will be a Zoom Course.

Meetings:

1. The Basic Science
2. Temperature and Its Skeptics
3. Expected Consequences
4. Solutions

Dr. Knacke is Emeritus Professor of Physics and Astronomy, Penn State Erie, where he retired as Director of the School of Science in 2010. His research focussed on interstellar matter and planetary atmospheres. He has taught six very successful courses for UCSC OLLI.

You do not have to enroll in this class now. A few days before the class begins, Barry Bowman will send the Zoom link to all OLLI members and you will be able to sign in.

OLLI is not charging for these zoom classes, but we hope many of you will appreciate these classes so much that you will choose to make a contribution to our scholarship fund when you renew your membership. At this time, there are many UCSC re-entry students needing our help. Thank you.

From Members

Responsibility as the Price of Freedom

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."

Remember to wear your masks to protect others.

From Kate Erstein:

Looking for an interesting experience from anywhere in the world?

If we can't actually travel now, this can help us have exposure to other cultures and interact with people around the world in real time. AirBnB has what they call "experiences" for people to do via Zoom. There is a great variety of topics - a laugh workshop from Portugal, cooking classes from Greece, Korea, India, Morocco, Kenya and many more, history walks through Beijing, and following a plague doctor through Prague, card magic from Ukraine, a magic show from Singapore and many more. In some of the cooking classes, the list of ingredients is sent ahead of time and participants cook along with the instructor and other students from around the world. Most of the classes are around \$20.

<https://www.airbnb.com/s/experiences/online>

From Lois Widom:

Many of you may remember sitting in the Turrell sculpture at the DeYoung . I did not know then that it had been given to the museum by Bernard Osher, who also funds OLLI.

<https://www.lacma.org/athome/watch>

Lois sends an interesting article every week or two to members of the Art and Architecture group. If you would like to be included, write her at LoWidom@yahoo.com

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.

From Ginna

The Influenza Masks of 1918 Alan Taylor 16Jul20

As people worldwide adapt to living with the threat of COVID-19, and especially as the rate of new cases continues to grow in the United States, face masks remain widely recommended, and in many places, mandatory. A century ago, an outbreak of influenza spread rapidly across the world, killing more than 50 million—and possibly as many as 100 million—people within 15 months. The scale, impact, and nature of the disease back then were very different from today's pandemic but wearing a face mask to prevent further contagion became widely adopted, then as now. While some masks were of improper material or worn improperly, most provided some level of protection against transmission by blocking droplets from the nose and mouth. From a century ago below are images of people doing their best to keep others and themselves safe (from *National Archives*).



Open-air barber shop at UC, Berkeley



Seattle policemen wear masks made by Seattle Red Cross



Boston nurses to fight influenza in hospitals



NYC: L, a letter carrier; R, masks distributed to police stations for whenever duty called

Taken from: <https://www.theatlantic.com/photo/2020/07/photos-influenza-masks-1918/614272/>



Frequently Misused Words



ACTUALLY Some think it means *Used to emphasize a strongly felt opinion*. But it really means *As an actual fact; used to stress something unexpected or surprising*.

DEFINITIVE Some think it means *Clearly true or real; clearly stated*. But it really means *Done or reached decisively and with authority; conclusive*.



ENERVATED Some think it means *Energized*. But it really means *Weakened*. The word *nerve* originally referred to sinews and tendons, but around the 1600s became a byword for strength and vigor.

FACTOID Some think It means *A fun, trivial fact*. But it really means **A fun, FALSE fact**. Coined by Normal Mailer in 1973 to describe “facts” invented by gossip reporters, this word has gone off the semantic rails in a few short decades.

INFLAMMABLE Some think it means *Not flammable*. But it really means **Super flammable**.



IRONIC Some think it means *Coincidental*. But it really means **Using words that mean the opposite of its literal meaning; marked by an incongruity between expectation and reality**.



NONPLUSSED Some think it means *Undisturbed*. But it really means **Utterly baffled; confused, surprised**. This word is a self-fulfilling prophecy, *nonplussing* generations of readers who forget that it means confused, not *non-confused*.

OUTLAW (noun) Some think it means *Someone who has broken the law*. But it really means **A person excluded from protection of the law**. In the historical sense, Robin Hood is not an outlaw because he robs from the rich; he is an outlaw because he *has lost all legal protection*.

SCAN Some think it means *To skim*. But it really means **To thoroughly examine something point by point**. Coming from a 14th century word for “counting off metric feet” in poetry, scan was synonymous with close examination until it came to mean the opposite in the 1920s.

TORTUOUS Some think it means *Very painful or unpleasant; like torture*. But it really means **Twisting or winding; devious or indirect; circuitous or involved**.



TRAVESTY Some think it means *Tragedy*. But it really means **A horribly inferior imitation**.

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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Santa Cruz Baroque Festival

P.O. Box 482 Santa Cruz, CA 95061
contact@santacruzbaroquefestival.org
scbaroque.org • 831.457.9693

OLLIwood Squares



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

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*Elected office

**Replacing resigned officer