Osher Lifelong Learning Institute at UCSC October, 2020

Volume 35, Issue 10



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

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

Ronnie's Videographer: Dean M Gottehrer

OLLI Newsletter

Zoom General Meeting

October 18th, 2020
10:00 AM Zoom Room opens
10:30 Breakout Groups (these are fun)
10:40 Business Meeting
11:00 Professor Jennifer Loros

Biological Clocks and Circadian Rhythms



Almost all biological creatures have internal clocks that coordinate activities with the time of day. Plants lower their leaves in the evening and raise them at dawn. Human body temperature goes up and down in a daily cycle and the level of many chemicals in our bodies is controlled by our internal clocks. Over the past decades Professor Loros and her colleagues have unraveled the detailed molecular structure of biological clocks and have shown how the clocks regulate many metabolic processes in living cells.

Professor Loros received her BA and PHD degrees at UC Santa Cruz. In 1988 she received a faculty appointment

at Dartmouth College. She is currently Professor in the Geisel School of Medicine at Dartmouth. She co-authored the book *Chronobiology: Biological Timekeeping*, and is a world leader in the investigation of biological clocks.

October, 2020 <u>olli.ucsc.edu</u>

Like this Newsletter?

Be sure to join OLLI for the coming year so we can send it to you.

Sign up online at <u>olli.ucsc.edu</u> or use the form at the end of the newsletter.

Continuing Class



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/VhEMqidXenE

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

Event Recording Links

China under Xi Jinping, Prof. Ben Read General Meeting 9-20-20 https://youtu.be/8eazCytikM0



Women in the Ancient Western World #1 2020 https://youtu.be/eZda7-98FUo



Our OLLI Reporter, Johnna, sent me the following: I would also be interested in people's pandemic tips, kind of a round-robin article with snippets from about 30 different people of how they keep their spirits up and themselves growing in meaningful ways.

This would be very helpful to all of us. Please email her directly at aleena12teacher@yahoo.com

Thanks for helping us.

Send us your thoughts and ideas for inclusion in future monthly 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.

Message from the President

It was terrific to see so many of you at the first Virtual OLLI General Meeting on September 20, 2020! There were about 140 of us tuning in. Technically, it seemed to work well. We did have a few folks who did not receive the email link to Zoom in. Your board is checking to see what we can do to ameliorate that problem.

By the way, the email list is drawn from our own shadow database, not from the University's files. If you have a new or different email address and have updated your account on the University's website, please be aware that the University does not update us on any changes you enter there. If you did not receive the Zoom invitation to the recent General Meeting, please send an email to me at BonitaS@ucsc.edu and I will check that your information in our database is correct and current. This will help to ensure that you receive all future mailings.

The speaker (Ben Read) was really interesting and certainly presented a good perspective on life and times in China- both socially and politically. We are so lucky to have access to the wonderful speakers from the University and to have Vice President Barry Bowman recruit them for us.

Thanks to all the OLLI Board Members who contributed to the success of the meeting. It takes a team and we have a great one! We will continue to hold these meetings virtually until further notice. The next one will be October 18th at 10:00 a.m. Once again, we will begin with Breakout Rooms so you can meet with and converse with a smaller group of fellow members. The business portion of the meeting will begin at 10:40 and the speaker will start at 11:00. Mark your calendar!

Don't forget to procure your own coffee, cake, and fruit so we can continue that tradition as well.

Best wishes, stay well and healthy,

Bonita Sebastian



Zoom Courses

WOMEN IN THE ANCIENT WESTERN WORLD



Thursday mornings, October 1, 8, 15 10 a.m.

This is a Zoom class. No advance registration is necessary. You will receive a Zoom registration notice a day or two before the class.

Instructor: Gail Greenwood

Have you ever wondered what we're doing with bunnies bringing eggs at Easter, and pine trees covered with baubles to celebrate the birth of a Jewish baby? Gail Greenwood did, and it never made sense to her until she learned about women's history. She is now offering us an 8-hour survey course she's calling "Women in the Ancient Western World." The primary idea examined will be that the story changes when the point of view of the story teller changes; though the actual facts may be the same, the significance of the facts and even which dates matter alter when viewed from women's rather than from men's perspective. The course will begin with Prehistory — The Great Mother and her cave children, with an examination of why we don't begin with the Greeks — followed with the Ancient Near East, Egypt, and Crete. Then we will (in a great sweep of thousands of years in an hour or two) look at ancient and classical Greece, Rome, and the Judeo-Christian heritage.

Gail Greenwood is a retired community college history teacher. For thirty-four years, she taught survey courses in American History, Western Civilization, and Women in both American and Western Civilization. In the 1970s she created the first Women in American History courses at American River College. Her students kept asking her to explain all the odd assumptions of the founding parents and wouldn't accept her answer that "They brought the beliefs with them along with their Bibles, pots, and pillows." She had to return to reading and studying and then she created a course about Women in Western Civilization. Her first startling discovery for one trained in modern Western Civilization with a focus on the Third Reich was that she ended up clear back in archaeology. Fortunately this multidisciplinary approach didn't bother folks at the community college and she hopes it will also be accepted by lifelong learners willing to gallop through history.

MAJOR SUPREME COURT DECISIONS THAT CHANGED AMERICA

Wednesdays, October 7, 14, 21, 28 10 a,m. on Zoom

You will receive a Zoom invitation from Barry Bowman before each class

Instructor: Arthur Rolston

Some Supreme Court decisions are simply more important than others due to their impact on ordinary Americans' economic, social, cultural, and/or political lives. We'll look at a number of them over the course of American history and place them in historical context as both indicators and agents of cosmic changes in American life.

The first class on October 7 will look at Dartmouth College vs. Woodward (1819) and Charles River Bridge vs. Warren Bridge (1837) in the context of the social, transportation, and early industrial revolutions during the



first half of the 19th Century. This class was taught in the Spring but will be repeated for those who missed it, and those of us who will enjoy hearing it again.

Next, on October 14, we'll focus on Dred Scott vs. Sanford (1857) and the coming of the Civil War.

Then on October 21 we'll address Brown vs. Board of Education (1954) and America's Second Reconstruction.

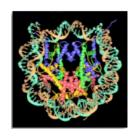
Finally, our last class on October 28 will examine the influence of the libertarian resurgence in three cases: District of Columbia vs. Heller (2008) on the Second Amendment; Citizens United vs. Federal Election Commission (2010) on corporations and free speech; and Obergefell vs. Hodges (2015) on marriage equality.

While there's no assigned reading, Google searches of the cases will lead to numerous links to the Court's majority and minority opinions.

Arthur Rolston is new to Santa Cruz, arriving in 2017, and this is his first time teaching for OLLI. He has a JD from UC Berkeley (1967), and a PhD in History from UCLA (2006). Prior to moving to Santa Cruz Arthur practiced law in Los Angeles for over 30 years and then taught history at UCLA as an adjunct lecturer from 2006-2016. He taught a class at Cabrillo College this past spring.

The Modern Molecular Biology course will begin in November

The tentative schedule is Saturday mornings, 10:30 a.m. - Noon, November 7, 14, 21 December 5 and 12



As in previous years Barry Bowman will organize the course and offer two lectures. Three other professors from the Molecular, Cell and Developmental Biology Department at UCSC will present lectures describing their research programs. Further details will be provideD on the OLLI website and in the next Newsletter.

Focusing on Others During the Pandemic

"Awe Walks" Boost Emotional Well-Being; Broader Smiles in Participants' Selfies Made Shift in Perspective Visible"

By Nicholas Weiler

https://www.ucsf.edu/news/2020/09/418551/awe-walks-boost-emotional-well-being

... "Awe is a positive emotion triggered by awareness of something vastly larger than the self and not immediately understandable — such as nature, art, music, or being caught up in a collective act such as a ceremony, concert or political march," Keltner said. "Experiencing awe can contribute to a host of benefits including an expanded sense of time and enhanced feelings of generosity, well-being and humility."

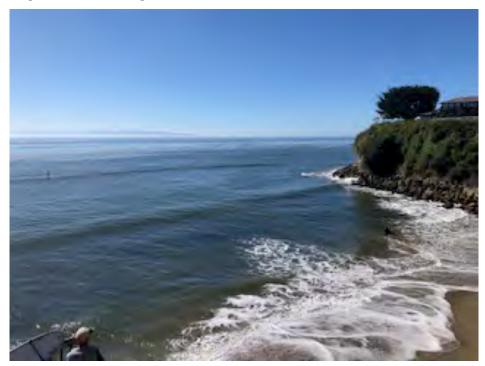
This suggests promoting the experience of awe could be an extremely low-cost tool for improving the emotional health of older adults through a simple shift in mindset."

"Experiencing awe is such a simple practice – just taking a moment to look out the window or pausing to consider the technological marvels that surround us – and we now show it can have measurable effects on our emotional well-being," Sturm added. "A little more joy and a little more connectedness with the world around us is something all of us could use these days." ...

[My takeaway from this article is that we are uniquely positioned in Santa Cruz to have mindful AWE experiences]

Johanna Bowen

Respect Science—Respect Nature—Respect Each Other



EAST SIDE VIEW

For these pandemic days, OLLI member Bill Patterson has issued a challenge:

Take a break, find comfort in traveling back down memory lane, and share your memories with other OLLI members. Anyone remember "The Adventures to the Lone Ranger"? "Come with us now to those thrilling days of yesteryear" and the William Tell Overture?

Nostalgia serves a psychological purpose according to Krystie Batcho, PhD who discusses the importance of remembering back in her American Psychological Association podcast: *Does Nostalgia Have a Psychological Purpose?* Remembering the past can create a "highly social emotion, connecting us to other people."

Bill's point exactly. Bill has been a member of OLLI for 20 years and has served almost every office including president. He currently serving on the Board as Scholarship Chair.

"So many challenges these days requiring adjustments from our familiar routines!" says Bill. "I find it comforting to take a break, occasionally, to return to 'Yesteryears.' I follow my wandering thoughts back to the childhood days."

Here are some of Bill's recollections, his random thoughts in these pandemic days, with a little research tossed in. Maybe Bill's memories will trigger some of your own:

- In 1938, Kate Smith sang, for the first time, Irving Berlin's "God Bless America" on her CBS program
- Superman appeared in Action Comics issue #1 in1938
- Adolph Hitler is named Man Of The Year by Time Magazine in 1938
- Olympics in 1936 held in Berlin, a propaganda parade for the master race but vanquished by USA's Jesse
 Owens's triumphant win of four gold medals (The Boys in the Boat: Nine Americans and Their Epic Quest for
 Gold at the 1936 Berlin Olympics)
- First VW Beetle, "the people's car," produced in Germany in 1938 after Volkswagen was founded in 1936; VW
 Beetle was created by automotive engineer Ferdinand Porsche
- Polio victim and President Franklin Roosevelt established March of Dimes in 1938; now 82 years later, the horrific children's viral affliction has been almost eradicated, down from 350,000 in 1988 to 407 cases in 2013, more than a 99 percent decline. World Health Organization estimates 10 to 20 million polio survivors world-wide today.
- Best actor, 1938 Spencer Tracy for Boys Town and Juvenile Oscar to Mickey Rooney
- The Adventures of Robin Hood, 1938, Warner Brothers' most expensive movie made up until that time, Errol Flynn and Olivia de Havilland. It was nominated for best picture and won for editing, art direction and original score.
- The Citadel, 1938, included Robert Donat and Rex Harrison in the cast. Elizabeth Allan was named leading lady but replaced by Rosalind Russell. Allan sued M.G.M.
- *Grand Illusion*, nominated in 1939 for best pictures, is deemed one of the greatest films ever made and one of the first prison escape movies,

Continued on page 8

Words that come back from the past, at one time overheard daily: Heavens to Murgatroyd. . .driving a Jalopy. . .We were Hunky Dory. . .Things were swell. . .Some guys were knuckleheads, nincompoops or pills. . .We wouldn't take it for all the tea in China!

Back in the day, I heard the older generation speak nostalgically of spats, knickers and fedoras.

I wake up from a short nap, and before I can say, "Well, I'll be a monkey's uncle!" or, "This is a fine kettle of fish," I discover words I grew up with, the words that seemed omnipresent, have vanished with scarcely any notice. Poof, go the words of our youth, words now left behind only in my mind.

Where have all those great phrases gone? Pshaw. . . The milkman did it. . . Hey! It's your nickel. . . . Don't forget to pull the chain. . . Knee high to a grasshopper. . . Well, Fiddlesticks! . . . Going like sixty. . . I'll see you in the funny papers. . . Don't take any wooden nickels. . . Wake up and smell the roses.

There are more lost words and expressions than Carter has liver pills. This can be disturbing stuff! Leaves me to wonder where will Superman find a phone booth. "See you later, alligator! After while crocodile" as Bill Haley and The Comets sang in 1956.

Editor's Note: Any of you find comfort in reflections from the past? Send your recollections, reminiscences, and wandering down memory lane to Newsletter Editor David Lieby, dlieby@gmail.com to include in a column to be called the "Good Ol Days" and yes, I remember the lyrics to Carly Simon's song, Anticipation: "And stay right here, 'cause these are the good old days." Please include a little about yourself so OLLI members get to know you better.



The Upper Koenigsbourg Castle in Alsace where some scenes of the movie Grand Illusion were filmed

Interest Groups

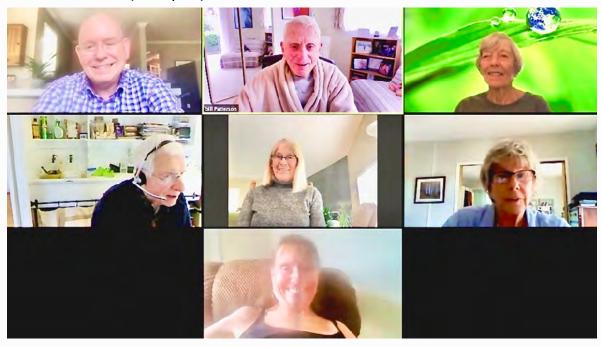
Happy Zoomers

New Yorker, Aptos (17Sep20)



Joan Rose, Lou Rose, Diana Cooper Carol Whitehill, Robin Drury, Naomi Bayer

Nonfiction East Side (07Sep20)



Owen Brown, Bill Patterson, Valera Templeman
David Copp, Pam Hardy, Pam Kotler
Judy McNeely (group originator now living near San Diego)
Missing members: Sylvia Brown, Barbara Schulties, Margie Lafia

Come One, Come All! Now that we congregate in small groups, appropriately distanced or masked, and preferably outside, interest group activity may be curtailed, at least for those unwilling or unable to carry on virtually. Nevertheless, keep in mind that interest groups meeting virtually no longer are limited by meeting room size! So try something different! Consider unfamiliar perspectives! Get out of your comfort zone! Make new friends! Contact group leaders for more information:

* full; virtual meetings

| Interest Group | Leader | Phone (831) | * full; virtual meetings Email |
|-------------------------------|-------------------------------|----------------------|---|
| Adventuring | Kathryn Nance | 332 8051 | momokat13@gmail.com |
| All Things Classical | Jay Stoffer | (310) 923 3099 | jaystoffer8@gmail.com |
| | Virginia Law | 425 5453 | veelaw29@gmail.com |
| American History & Literature | Mark Ordway | 295 2542 | meordway@gmail.com |
| Art-Joy of Painting | Gayla Pius | 464 6559 | gaylapius@gmail.com |
| Art & Architecture | Lois Widom | 423 0184 | lowidom@yahoo.com |
| Bagel Ladies | Mary McKane | 419 4588 | mmckane9@me.com |
| Baroque Festival | David Copp | 708 2206 | dhcopp@yahoo.com |
| Basketball Women | Mary Caravalho | 332 2361 | marycaravalho@gmai.com |
| Biographical Fiction | Jan Mintz | (714) 719 0694 | musicmintz@gmail.com |
| Bridge | Jo Anne Dlott | 688-1607 | jjdlott@gmail.com |
| Concept Exchange | Peter Marks | 464 8300 | peter@designinsight.com |
| Current Affairs I | Mark Gordon | (408) 314 4802 | mgordon@cruzio.com |
| Digital Photography | Cindy Margolin | 688 8129 | crmargol@gmail.com |
| Dining Out | Diane Zacher | 786 9550 | dianezacher@gmail.com |
| | Kathy Hatfield | 426 6399 | b40mom@gmail.com |
| Ears in Action | Florence Orenstein | 427-2380 | santacruzflos@aol.com |
| English in Action | Karin Grobe | 427 0984 | karingrobe@gmail.com |
| Evening Book Group | Dusty Miller | 426-0835 | hndmiller@hotmail.com |
| Explore Santa Cruz County | Kathryn Nance | 425 4569 | momokat13@gmail.com |
| | Sue Myers | 818 6450 | suemyers85@gmail.com |
| Favorite Flicks | Bill Patterson | 479 3729 | wilderwill@comcast.net |
| Fiction Writing | Leader needed | 000 0407 | |
| Financial Education | Steve Edmonds | 338 3106 | steve2rr@gmail.com |
| Folk Singing | Lou Rose | 477 0360 | ramblingroses@yahoo.com |
| French for French Speakers | Beatrice Barbakow | 661 5444 | bbarjac@gmail.com |
| Future of Capitalism | Barry Bowman | 459 2245 | bbowman@ucsc.edu |
| Great Books I * | Faye Alexander | 476 8575 | qtpie95010@gmail.com |
| Great Books II * | Susan Gorsky | 688 5371 | sgorsky@sbcglobal.net |
| Great Decisions | Joya Chaterjee Gaby Litsky | 458 9008 462 9023 | joya_chatterjee@yahoo.com glitsky@aol.com |
| Horticulture | Pat McVeigh | 566 4553 | pmcveigh@baymoon.com |
| Lunchtime Dining Out | Irene Lennox | 457 2690 | irenefraetroon@gmail.com |
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| | Kathryn Cowan | 431 6114 | . , |
| Memoir Writing II * | Jeff Manker | | kathycowan43@yahoo.com fireweed8@gmail.com |
| Natural History | Katrina Cope | 763 0725 713 8440 | katrina.cope@gmail.com |
| Navigating Retirement | Nancy Calvin | 466 0720 | nancycalvin52@gmail.com |
| New Yorker Aptos * | Joan Rose | 477 0360 | ramblingroses@yahoo.com |
| · | Faye Alexander | 476-8575 | qtpie95010@gmail.com |
| New Yorker Capitola | Barbara Banducci | 234 7906 | bbanducci43@yahoo.com |
| New Yorker SC I * | Peggy Williams | 476 2965 | pegwil.atty@gmail.com |
| New Yorker SC II * | Helen Jones | 420 1220 | helenjones815@gmail.com |

| | | | - |
|---------------------------|---------------------------------|----------------------|--|
| Newcomers | Kate Erstein | 454 8578 | kate.erstein@gmail.com |
| Nonfiction East Side | Owen Brown | 234 4903 | wowenbrown@mac.com |
| Nonfiction West Side * | Mary Caravalho | 332 2361 | marycaravalho@gmail.com |
| Play Reading | Billie Harris | 600 8315 | billie@cruzio.com |
| Puente Project | Richard Bruce Sesario Escoto | 462 1280 212 7184 | richard.bruce@gmail.com sesarioescoto@gmail.com |
| Read & Socialize * | Edna Elkins | 454 8611 | ednautah@msn.com |
| Read It Again, Sam * | Joan Rose | 477 0360 | ramblingroses@yahoo.com |
| Reading Circle | Irene Lennox | 457 2690 | irenefraetroon@gmail.com |
| Recorder Playing | Marilyn Rigler | 423 2505 | mprigler@gmail.com |
| Short Stories | Kathryn Cowan | 431 6114 | kathycowan43@yahoo.com |
| Social Science * | Dusty Miller | 426 0835 | hndmiller@hotmail.com |
| Spanish Convers Beginning | Helene Weil | 332 0547 | helene.ggd@gmail.com |
| Spanish Conversation * | Dolores McCabe | 588 5195 | dmccabe47@gmail.com |
| The Sun Magazine | Dale Zevin | 818 8059 | soqueldale@gmail.com |
| TED Talks | Constantine Lackides | (310) 505 6900 | cnlackides@gmail.com |
| Tennis Doubles | David Brick | 325 7380 | dbrick@cruzio.com |
| Theatricks | Margot Hoffman | 295 4144 | margothoffman@gmail.com |
| Travel Treasures | Joya Chatterjee Gaby Litsky | 458 9008 462 9023 | joya_chatterjee@yahoo.com glitsky@aol.com |
| Walking | Anandi Paganini | 334 3328 | alicet@cruzio.com |
| What If | Phil Lynch | 426-1837 | what.if.alternative.history@gmail.com |
| Wine Tasting | Margie Lafia | | mlafia56@gmail.com |
| Writing Geneal History * | Pamela Roby | 247 0675 | roby@ucsc.edu |

Lifelong Learning: Online Ideas



Architecture, in Abstract: A Quiz With international travel still largely curtailed, a pictorial trip around the world via abstract architectural photographs. Can you identify the city? https://www.nytimes.com/interactive/2020/08/13/travel/13-travel-quiz.html

Virtual View We bring our galleries to you! New Virtual Views launch on select Thursdays but dive into our archive anytime to explore past events. We take you inside our exhibitions, highlighting favorite artworks, and sharing artists' voices through video stories, live conversations with curators, feature articles, and more. https://www.moma.org/calendar/groups/58





Bird Academy Learn more about birds. Start at your level. Go at your own pace. There's something for every bird enthusiast: Bird Identification, Bird Biology, Art and Technical Skills, and Nature Appreciation. https://academy.allaboutbirds.org

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











https://www.santacruzshakespeare.org/



P.O. Box 482 Santa Cruz, CA 95061 contact@santacruzbarcquefestival.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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Secretary**

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Treasurer*

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Vice President*

Barry Bowman bbowman@ucsc.edu

Immediate Past President

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Barry Bowman bbowman@ucsc.edu

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Kate Erstein, 454-8578 kate.erstein@gmail.com

^{*}Elected office

^{**}Replacing resigned officer

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://olli.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.

Card or Check Number

Name on Card

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://olli.ucsc.edu.

| Name | Address | Phone | E-Mail Address | 8 |
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| Name to appear on ID badge if different | ent: | | | |
| • • | information you <i>do not</i> want published in the ldress to send you our periodic email newslett | | mber directory. All names a | are |
| During this time when we are newsletter. | ot meeting in person, all members will be so | ent an email link to | a bi-weekly multipage Pl | DF |
| Current members will also rece | ive invitations to the monthly course offering | ng which is offered | without charge. | |
| | | | | |
| Contribution Information: | | | | |
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| We ask a donation of \$60. Pleas confidence you may contact Membership Membership, OLLI at UCSC *Some interest groups have limited. | se consider an additional donation to the Silviet OLLI president Bonita Sebastian, BonitaS Donations \$60. Membership includes unlimited In | nterest Group particip ia Miller Scholarship Total End | Amount pation* \$ p Fund: \$ closed: \$ | |
| We ask a donation of \$60. Pleas confidence you may contact Membership Membership, OLLI at UCSC *Some interest groups have limited interest-group coordinator to form a ributions to the UC Santa Cruz in the contact of the | be consider an additional donation to the Silviet OLLI president Bonita Sebastian, BonitaS Donations \$60. Membership includes unlimited In Additional contribution to the Silviet I membership. You may ask a group's leader to | nterest Group participate Miller Scholarship Total Enc be placed on a waiting ion. | Amount pation* \$ pation* \$ plosed: \$ ng list or get help from our | |

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