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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 women and men 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.

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# OLLI Newsletter

January 2022

## Zoom General Meeting

January 16, 2022

10:00 AM Zoom Room opens

10:00 Breakout Groups (these are fun)

10:30 Business Meeting

11:00 Lecture

### How Hamlet Reads

Sean Keilen, Professor of Literature, UCSC

Professor Keilen will be looking at the way that Shakespeare presents reading, education, and the theater as resources for self-development and setting the world right. The lecture will not not assume any prior knowledge of Shakespeare, but Professor Keilen suggests reading or watching *Hamlet* beforehand will make for a livelier discussion.

Professor Keilen was educated at Williams College, University of Cambridge and Stanford University. As a Shakespeare scholar, he has worked closely with Santa Cruz Shakespeare. He is nearing completion of a new book with the tentative title "Shakespeare's Scholar's: Three Lessons for the Humanities"



# President's Message

Barry Bowman

## Learning About Our Local Environment



Like many people in OLLI my wife Rusty and I like to travel, especially to see the natural world. Travel is much restricted now, but fortunately Santa Cruz is one of the great places in the world for what can be seen within an hour's drive from home – Monterey Bay and the Pacific Ocean, sandy beaches and coastal bluffs, redwood forests, oak-studded grasslands and three-thousand-foot mountains. Where else can you see elephant seals, whales, sea otters and thirty kinds of birds on a good morning?

We have learned a lot about our home territory in the past two years. I offer you a few photos and recommend some favorite spots.

The Wilder Ranch and Coast Dairies trails along the ocean bluffs are spectacular - and little visited. A good starting place is north of Santa Cruz, seven miles from Western Drive. Parking is usually available across from the Rodoni Farms stand. From here easy trails north and south



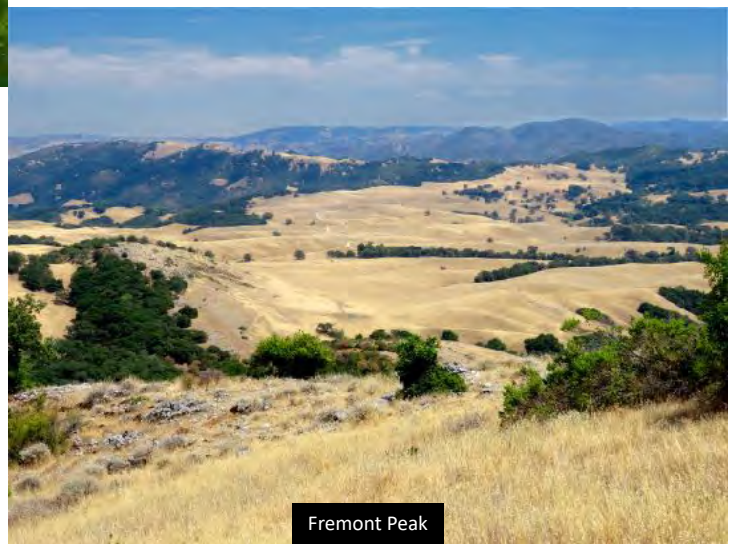
take you along the bluffs, including a great view overlooking Panther Beach, a colorful geological anomaly. Unfortunately, the trail down to the beach is steep and difficult.

South of Santa Cruz the relatively new Fort Ord Dunes State Beach offers a totally different geological view. Within the city a wonderful place to take visitors is the new loop trail around the UCSC Marine Labs. Park the car on Delaware Ave. near the entrance. The trail goes through a restored meadow with good bird sightings and along the coastal bluff and past the whale skeletons - all easy walking.



Good trails through the redwoods can be found on the UCSC campus. One of the nicest trails starts at the parking lot (free on weekends) by the UCSC fire station at Crown College. Elkhorn Slough is one of the best places in the world to see birds. This is no exaggeration. In 1983 a record was set here, 116 species seen in 24 h from a single spot.

If you want to see it all, go to the top of Mount Umunhum or Fremont Peak. One hour will get you to the base of the mountains, but it will be another 10-15 minutes of winding road to get to the top. At Mount Umunhum you can drive to the peak. Reaching the summit of Fremont Peak requires a short steep hike from the Parking lot.



## Courses 2022

### Food and Biochemistry



When: Tuesdays, Jan 11, 18, 25, Feb 1, 8, 10:30 – 12:00 pm

Where: Zoom online

Instructor: Barry Bowman

The food we eat is a complex mix of thousands of different kinds of chemicals. However, most of these chemicals can be put into a few simple categories, e.g. fats, carbohydrates and proteins. In this course we will see how the human body uses these chemicals and converts them into living tissue or into energy. We will explore questions like “Why does fat have more calories than sugar, and what is a calorie”? What are vitamins and what do they do in our bodies? What is difference between LDL and HDL carriers of cholesterol?

Participants are not expected to have a background in science. The content of the course will be largely the same as in previous years, but those who wish to participate again are welcome. Although the course will be offered via Zoom, opportunities will be available for questions and discussion. Barry Bowman is Professor Emeritus of Molecular, Cell and Developmental Biology at UCSC

**Online Courses:**The OLLI Board has decided that there will be no fees for our classes during the pandemic.

*For future online courses: We will open enrollment to all members... via email. First a message will go out informing all members of the upcoming course (title, date, time, instructor, description).*

*Then, a week before the each class begins another email will remind members. Finally, on the day before or in the morning before the class begins (depends on timing), another email will go out to members with the actual Zoom link.*

## International Affairs



### Commentary by Professor Emerita Ronnie Gruhn

We are again fortunate to have Ronnie Gruhn, Professor Emerita of Politics at UCSC, as one of our teachers. She has a passionate and undiminished interest in reading, writing, and talking about world affairs. Her courses offer powerful insights into what is happening today. Ronnie has been very generous in sharing her knowledge with OLLI members, and her courses have been exceedingly well attended.

Ronnie continues every other Monday. Watch your inbox for an email from OLLI with a link to the commentary.

The Complexity of US Foreign Policy 2021/22: Commentary by Prof. Emerita Ronnie Gruhn, 12-6-21  
<https://youtu.be/hiXT1JdiJdk>

Nationalism in an Age of Interdependence: Commentary by Prof. Emerita Ronnie Gruhn, 12-20-21  
<https://youtu.be/2htcDFZrQjw>

### ————— Other Courses since the last newsletter —————

OLLI Molecular Biology Lecture #3 November 20, 2021  
<https://youtu.be/jFNIMxHWRHk>

OLLI Modern Molecular Biology Lecture #4 December 4, 2021  
<https://youtu.be/e1He2QdS71g>

Subscribe to the OLLI UCSC YouTube channel by going to :[https://www.youtube.com/channel/UCU7U1Mly\\_RuSsk4QjQD4WNw](https://www.youtube.com/channel/UCU7U1Mly_RuSsk4QjQD4WNw)

Click [here](#) to see videos of past courses and commentaries on YouTube!

If you are having trouble with typing in the links, go to [olli.ucsc.edu](http://olli.ucsc.edu) and open the newsletter on your device. All the links are live and tested.

# Interest Groups

Ginna Holcombe



**Have an  
OLLI Jolly  
New Year!**

### ***Stopping by Woods on a Snowy Evening***

Robert Frost (1874-1963)

Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep.  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.

### **OLLI Walking Group from the arboretum to UCSC to the farm and back**

*Sunshine  
Mary Lois  
Wade  
Rick  
Mikoyo  
Garret*



*Dave  
???  
Jean  
Steve*

### Promotion Partners



Espressivo is delighted to announce our 6th Season of exciting new concerts.

January 23, 2022 and April 9, 2022

See our concerts page for more information and to purchase tickets.

<https://espressorch.org/concerts.php>





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

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\*Elected office

**Join or Renew Membership. Osher Lifelong Learning Institute at UCSC, Period Ending June 30, 2022**

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.

<p>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 <b>check payable to UC Santa Cruz Foundation</b>. Mail this form to the address at right. For further information, contact Karen Gamell, 831-905-6636, <a href="mailto:kgamell@yahoo.com">kgamell@yahoo.com</a>. Your membership established with this coupon and payment will end June 30, 2022.</p>	<p><b>Osher Lifelong Learning Institute UCSC</b>                  1840 41st Avenue                  Ste. 102-350                  Capitola, CA 95010</p>
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**Personal Information.** Please print or to save time and postage, use online registration at <http://olli.ucsc.edu>.

Name	Address	Phone	E-Mail Address
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
..... 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.

**All members will be sent an email link to a monthly OLLI newsletter.**

**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 Barry Bowman, [bbowman@ucsc.edu](mailto:bbowman@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:	\$
	<b>Total Enclosed:</b>	\$

\*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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 Name on Card

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 Signature (for credit card purchases)