



Newsletter: Volume 39, Issue 8, May 2024

Osher Lifelong Learning
Institute

OLLI at UCSC is a community of folks from diverse educational, occupational, and geographic backgrounds who pursue new ideas, new friends, and new activities through social and educational interaction. Its funds support scholarships to transfer and re-entry students at UCSC.

Environmental Contributors to Attention Disorders: Causality and Therapeutic Approaches

Donald Smith

Don Smith, Professor of Microbiology and Environmental Toxicology, has had a distinguished career investigating the toxic metals in our environment. For many years his focus was identifying sources of lead and looking at the effects of lead on human health. He played a major role in showing that California condors were being poisoned by eating animals that had been killed with lead-based ammunition. He has also focused on the effects of another metal, manganese. Miners and welders can be exposed to high levels with detrimental effects. Manganese can be present in high levels in some sources of food and water. In his recent work Professor Smith and his colleagues at UCSC have been doing lab studies with mice to see if attention deficits in children may be linked to excess consumption of manganese. Professor Smith is an excellent teacher and this promises to be a very interesting presentation.

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Editor: Barry Bowman
Copy Editor: Kate Erstein

Sunday, May 19th
10:00 – noon - open to the public

Colleges Nine & John R Lewis
Multipurpose Room

Free Core West parking and shuttle service
<https://olli.ucsc.edu/general-meetings/parking/index.htm>

Happy Cinco de Mayo!



While it celebrates neither Mexican independence from Spain nor the 1910 Mexican Revolution and isn't a marketing ploy to sell more beer and guacamole, Cinco de Mayo marks the unlikely defeat of elite French forces by a scrappy little band of Mexicans in the Battle of Puebla May 5, 1862. Emperor Napoleon III intended Mexico to be a new French stronghold in North America, taking advantage of Abraham Lincoln busy with the Civil War. The surprise defeat at Puebla prevented Napoleon from helping the Confederacy win the American Civil War. A relatively minor Mexican holiday, Cinco de Mayo in the US commemorates Mexican culture and heritage.

Happy Mother's Day!

The modern holiday was first celebrated in 1907, when Anna Jarvis held a Mother's Day service of worship in Grafton, West Virginia. Anna Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. She and another peace activist and suffragist, Julia Ward Howe, had worked for the creation of a "Mother's Day For Peace" where mothers would ask that their husbands and sons were no longer killed in wars. Forty years before it became an official holiday in 1911, Ward Howe had made her Mother's Day Proclamation in 1870, which called upon mothers of all nationalities to band together to promote peace.



Memorial Day! - Remember and Honor



Originally deemed "Decoration Day" as a way to recognize soldiers lost during the Civil War, when citizens would place spring flower memorials on graves of fallen soldiers, the day expanded to memorialize all those who gave their lives in military service. Memorial Day, first observed nationally May 30, is celebrated on the last Monday in May to honor service members who died in military service to the nation. The 1863 cemetery dedication in Gettysburg included a commemoration at the graves of dead soldiers; therefore, some have claimed President Abraham Lincoln was the founder of Memorial Day. World wars turned it into a day of remembrance for all US military members who died in service. In 1971 Congress standardized the holiday as Memorial Day and changed its observance to the last Monday in May.

Wait... there's more... another OLLI academic year together! Woohoo! And we want to celebrate our post-Covid success with a picnic - not an ordinary picnic with insects or uneven ground or challenging parking or long walkways or uncontrollable temperature. We're planning an 'indoor' mid-day picnic **June 6th** at the Santa Cruz **Elks Lodge** with lots of free parking, wheelchair access, nice round tables, live entertainment, no-host bar, and... togetherness! Mark your calendars and stay tuned for more information.

Go well, Ginna

After a pandemic-caused absence of four years, our rich collaboration with College 9 and John R. Lewis College, the Alternative Spring Break (ASB), was resumed this Spring. OLLI ASB'ers spent three days with UCSC undergraduate students learning by working together in the Watsonville community. The ASB was planned and managed by two student leaders Ali Gutierrez-Esquivel and Sahare Rostamizadeh. They did a wonderful job. Faculty advisor, Linnea Beckett supported the ASB in innumerable ways.



The Raul and Virginia Caballero family

Day 1. It was a cool and wet Saturday March 23rd, but the spirits of the 17 UCSC undergrad students and 11 OLLI members couldn't have been warmer and more buoyant. We travelled by UCSC van to Calabasas Elementary School in Watsonville where community members have developed a remarkable Community Garden. More than 40 families have plots with all

kinds of vegetables and fruits. We had hoped to join them in the planting of early spring crops, but the soil was too wet and so that could not happen. Instead, the families, many of whose children attend Calabasas School, proudly explained their plan for their garden plot this year. Most brought their children, who were adorable. Between the family plots, there are smaller plots for many of the classrooms in the school. Despite the rain, it was a lovely beginning to our three days with the student ASBers. Plans had to shift however because of the weather, as is normal at ASBs. We moved into the school's cafeteria space and suddenly a delicious lunch appeared for ASBers and the community gardeners. After lunch we shifted gears and visited the new space of the Watsonville Art Museum on Main Street which featured a fascinating exhibition describing in detail the various aspects of low rider car culture. It was beautiful and informative.

Day 2. On Sunday, we worked in the Watsonville Community Development Corporation's Commercial Incubator Kitchen. After an introductory talk and tour of the facility, we were assigned to work with the local folks who are developing their food businesses. We learned how to scrape off the spines on cactus leaves, the basis of the nopales salad we enjoyed the day before. We learned how to fill and label jars of a special garlic sauce. And we learned how to blend and prepare the complex recipe of mole powder. Still



others worked to bake enormous cookies and other pastries. The Incubator Kitchen is a deeply supported project of the Watsonville community, and is a source of pride for all the participants.

Day 3. On Monday, we returned to the Calabasas Elementary School to paint a school themed mural on the side of a campus building. Some of the ASB students turn out to have great artistic skills. What was wonderful about the day, besides the resulting beautiful mural, was the participation of the children of the school. So, imagine the scene: fourth graders, undergrad students, and OLLI members all working together, sharing paint, brushes, and learning skills from each other. The mural artist, Paul de Worken had prepared the wall, brought the supplies we needed and offered support, but mostly let the painters do their thing. By the end of the day we had had many opportunities to share thoughts and experiences with the remarkable UCSC students with whom we shared the ASB.

A make-up day in the garden was organized for Saturday, April 20. We dug long furrows, planted corn, squash and beans, and were treated to a feast of barbecued chicken, salads and handmade tortillas. A final gathering occurred on April 27. It was wonderful to see all the students we had gotten to know and appreciate. We're looking forward to ASB 2025.



UCSC students -
Destiny Solis
Allison Ryann Labucay
Ananya Jandhyala
Alex Castaneda

Spring Courses

To register for a course, go to olli.ucsc.edu; click [Log into Your UCSC OLLI Account](#). Click the [Course](#) button and follow instructions or register by mail using the form in this newsletter.

International Affairs ♦ **Ronnie Gruhn**, Professor Emerita, Politics
OLLI YouTube channel: Every other Monday

Dr Gruhn has a passionate and undiminished interest in reading, writing, and talking about world affairs. OLLI is most fortunate she shares her knowledge in podcasts offering powerful insights into what is happening today. To answer any question about current international affairs, please email Ronnie@UCSC.edu. Watch your inbox for OLLI email that links to each commentary. To subscribe to our YouTube channel, go to https://www.youtube.com/channel/UCU7U1Mly_RuSsk4QjQD4WNw.

Women in Western Civilization from Roman to Medieval World ♦ Gail Greenwood

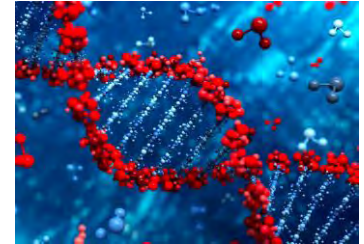
This course for May 2024 has been cancelled.

Modern Molecular Biology ♦ Barry Bowman, Professor Emeritus, Molecular, Cell & Developmental Biology

Room 240, Physical Sciences Building, UCSC, Saturdays 10:30 - Noon

May 4, 11, 18, 25

The last 50 years have seen tremendous progress in our understanding of genes, proteins and other molecules that combine to form living organisms. In this course, four UCSC professors talk about recent discoveries in molecular biology. Dr Bowman, the course coordinator, begins with a basic review of genes and proteins that is intended for a general audience. A scientific background or knowledge of biology is not expected. Free parking is near the classroom.



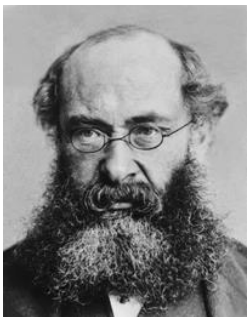
May 4: **Barry Bowman**: An introduction to molecular biology

May 11: **Michael Patnode**: How do microbes living in the human intestine compete with one another for nutrients in the foods we eat?

May 18: **Shaheen Sikandar**: How do stem cells in normal tissue differ from stem cells in cancer tissue?

May 25: **Valerie Cortez**: What are the molecular mechanisms by which viruses infect the cells of young children?

Introducing Anthony Trollope ♦ Bill Park, Professor Emeritus, Literature
London Nelson CC, Tuesdays 10:30 - 12:30, May 7, 14, 21, 28



Both Nathaniel Hawthorne and Henry James—coming from two different generations of America—believed that Anthony Trollope’s novels gave an uncannily accurate picture of Victorian England. The characters in Trollope’s novels face such romantic turmoil, pecuniary difficulties, and moral decisions that they give us a feeling not just of Victorian life, but of the human condition. I know of no novelist of any period who better offers such a range of three-dimensional characters, and no novelist is a more gifted storyteller. Imagine! Trollope wrote no fewer than 47 novels--all of them worth reading--while managing the Postal System of the British Empire. Trollope invented the mailbox. The course will focus on one novel, but will examine his art and vision. (A happy bonus: Audible Books offers a lively enhancement of the assigned novel read by the incomparable Timothy West.)

Dr Park is Professor Emeritus of Literature at Sarah Lawrence College, where he taught for many years. He received his PhD in Eighteenth Century English Literature from Columbia University and has written extensively about literature and film. We are fortunate he moved to Santa Cruz and is eager to share his knowledge with us. Our members who have attended his classes were impressed by his encyclopedic knowledge of film and literature.

From Bill Park - "In this course we will read *Can You Forgive Her?*, the first of The Palliser novels. Please acquire the Penguin Classics edition (abebooks.com offers many). I strongly suggest that you also acquire the Audible edition read by Timothy West. West's reading enhances the pleasures of the novel and enables you to listen while driving or doing chores ~ or just plain relaxing. Try to read or listen to the first ten chapters before the first class."

Eye Care, Disease, and Surgery ♦ Michael Lahey, ophthalmologist and retinal surgeon
London Nelson CC, Wednesdays 10:30- 12:30, June 5, 12, 26 *Note: no class Juneteenth*



Have you ever wished you had more time to discuss your visual problem and its treatment options with your ophthalmologist? Mike Lahey, retinal surgeon and ophthalmologist, will cover multiple facets of eye care, including common visual diseases of the aging eye, such as cataract, macular degeneration, glaucoma, vascular retinal disease, and dry eye. He will get into the how and why of modern ophthalmic treatment often not afforded by typical office visits. Ophthalmic testing, laser types, kinds of surgery, and treatment of common diseases will be discussed along with the embryology, anatomy, and physiology of the eye. The eye is a fascinating organ; participating in this course will help you understand its beauty and function in health and disease.

Dr Lahey is a semi-retired retinal surgeon who graduated from University of Texas Health Science Center at San Antonio and trained in ophthalmology at UCSF followed by a UCLA fellowship in vitreoretinal surgery. Thereafter he was one of the busiest retinal surgeons in the bay area at Hayward Kaiser Permanente and currently works with veterans in Livermore.

Course Calendar

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			01	02 MAY	03	04 Biology
05	06	07 Trollope	08	09	10	11 Biology
12	13	14 Trollope	15	16	17	18 Biology
19	20	21 Trollope	22	23	24	25 Biology
26	27	28 Trollope	29	30	31	01 JUNE
02	03	04	05 Eye Care	06	07	08
09	10	11	12 Eye Care	13	14	15
16	17	18	19 <i>Juneteenth</i>	20	21	22
23	24	25	26 Eye Care	27	28	29



Report on OLLI Book Groups

OLLI has eight book groups covering a wide range of literature - fiction and nonfiction, classics and current. I recently queried the group leaders about how they choose books and asked for names of some recent favorites. All responded promptly, and I wish I could include everything they said! Choosing of books ranges from simple to highly organized. For example, in [Biographical Fiction](#) a member volunteers for a date and says what book will be discussed. By contrast, in [First Wednesday Books](#) leader Dusty Miller keeps a list of books recommended by members, complete with a short summary and the reason it's suggested. Moreover, the book must be available in paperback, previously read by the member or have won a major award. Several times a year members vote to choose books to read from the list. Other groups choose books from published lists. [Read It Again Sam](#) finds books on 100 Top Works of World Fiction, while [Great Books II](#) is now choosing anthologies from the Great Books Foundation curriculum.

The answer to recent favorites was, as phrased by Edna Elkins of [Read and Socialize](#), "Too many books, too little time." Irene Lennox ([Reading Circle](#)) pointed out that picking favorites is difficult because members' opinions of books vary (which generally leads to a better discussion, RB). Some IG leaders sent a list of all the books read over many years, others sent titles from recent years, and some sent few enough titles to list here. For a hint of what each group has read and enjoyed, below is a list of OLLI book groups and two books they have recently chosen. Contact me (Rusty) or an IG leader (see Directory) for additional information on books read.

- Biographical Fiction – *A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II* by Sonia Purnell, *Horse: A Novel* by Geraldine Brooks
- First Wednesday Books – *Dissolution: A Matthew Shardlake Tudor Mystery* by C. J. Sansom, *Jadha Baladuna*, a selection of essays and stories by Arab Americans
- Great Books II – *The Seven Deadly Sins Sampler*, *The Civically Engaged Reader*, two anthologies from the Great Books Foundation
- Nonfiction East Side - *The Invention of Nature: Alexander von Humboldt's New World* by Andrea Wulf, *An Immense World: How Animal Senses Reveal the Hidden Realms Around Us* by Ed Yong
- Nonfiction Santa Cruz – *Supercommunicators: How To Unlock the Secret Language of Connection* by Charles Duhigg, *A Fever in the Heartland: the Ku Klux Klan's Plot To Take Over America and the Woman Who Stopped Them* by Timothy Egan
- Read and Socialize – *The Covenant of Water* by Abraham Verghese, *Remarkably Bright Creatures* by Shelby Van Pelt
- Read It Again, Sam – *Our Mutual Friend* by Charles Dickens, *Things Fall Apart* by Chinua Achebe
- Reading Circle – *Genghis Khan and the Making of the Modern World* by Jack Weatherford, *Once We were Home* by Jennifer Rosner

Interest Group Directory

Here is the complete interest group directory. Some groups are full; some groups are Zoom only. If a group is full, please contact the leader for how to start and organize a second group. Many groups are open and would welcome you as a member; contact their leaders for more information. If you want to start a new group, contact me at ebowman@ucsc.edu. IG Leaders: thanks for updating Dennis (dennis@valsys.com) and me whenever your group info changes.

*Full, **Zoom only

April 26, 2024

Interest Group	When	Leader	Phone (831)	Email
American History & Literature*	4th M 10a	Scott McInnis	661 5444	r.scott.mcinnis@gmail.com
Art & Architecture	contact leader	Lois Widom	423 0184	lowidom@yahoo.com
Bagel Ladies *	Tu 10:30a	Mary McKane	400 8799	omforest9@gmail.com
Basketball Women	M 9-10a Holy Cross gym	Sally Grey	325 0541	saligrey@mac.com
Biographical Fiction *	1st Th 1:30-2:30p	Jan Mintz	(714) 719 0694	musicmintz@gmail.com
Bridge	M 1p	Jo Anne Dlott	688-1607	jjdlott@gmail.com
Concept Exchange *	1st Su 10:30a	Peter Marks	464 8300	peter@designinsight.com
Current Affairs *	on hiatus	Mark Gordon	(408) 314 4802	mgordon@cruzio.com
Digital Photography *	4th M 1:30p	Cindy Margolin	----	crmargol@gmail.com
Dining Out	3rd Tu 6:30p 3rd W 6:30p	Diane Zacher Kathy Hatfield	786 9550 431 3587	dianezacher@gmail.com b40mom@gmail.com
Discover	contact leader	Kathryn Nance	332 8051	momokat13@gmail.com
English in Action	contact leader	Karin Grobe	239 1284	karingrobe@gmail.com
First Wednesday Books	1st W 4-6p	Dusty Miller	426 0835	hndmiller@hotmail.com
Folk Singing	Hiatus	Lou Rose	477 0360	ramblingroses@yahoo.com
French for French Speakers	3rd M 1:30p	Beatrice Barbakow	661 5444	bbarjac@gmail.com
Future of Capitalism	2nd Tu 1:30p	Barry Bowman	423 1450	bbowman@ucsc.edu
Great Books II **	1st W noon	Susan Gorsky	234 4590	sgorsky@sbcglobal.net
Great Decisions	M 10a-noon Feb, Mar, Apr	Joya Chatterjee Gaby Litsky	458 9008 (808) 446 1328	joya_chatterjee@yahoo.com glitsky@aol.com
Grow Getters	TBD	Janice Kuch	(626) 808 1448	jtkuch@gmail.com
Health, Longevity, and Lifestyle Solutions	2nd Th 11a-1pm	Rabia Barkins	(760) 942 2764	7rabia7@gmail.com
International Cuisine	3rd Th 1p	Irene Lennox	818 0976	irenefraetron@gmail.com
Jogging	F 10:30	Douglas Garcia	239 7620	douglasagarcia@yahoo.com
Mahjonn American	on hiatus until July	Mary Paulson	566 5159	profpaulson@att.net
Mahjonn Chinese	M 1:00-3:00	Ginna Holcombe	689 9503	gogetter9503@gmail.com
Memoir Writing I *	2nd Th 2:30p	Richard Bruce	427 7334	richard.bruce@gmail.com
Memoir Writing II *	alternate Th 11-1p	Kathryn Cowan	426 4842	kathryncowan@gmail.com

Memoir Writing III*	3rd Th 1:30	Sally Grey	325 0451	saligrey@mac.com
Mexican Train	tbd by group	Marian Disperati	438 2561	raymard@pacbell.net
Movies Monthly	3rd Tu 1-3:30p	Douglas Garcia	239 7620	douglasagarcia@yahoo.com
Music Monthly	tbd by group	Frank Baudino	(209) 769 0841	frankbaudino415@comcast.net
New Yorker Aptos *	alternate Th 1p	Joan Rose	477 0360	ramblingroses@yahoo.com
New Yorker SC I *	3rd W 2p	Dena Taylor	588 0746	denataylor22@gmail.com
New Yorker SC II *	2nd Th 2p	Helen Jones	420 1220	helenjones815@gmail.com
Newcomers	as needed	Kate Erstein	454 8578	kate.erstein@gmail.com
Nonfiction East Side **	4th M 1p Frederick St	Judy McNeely	600 6382	judybookdoc@collegepathfinders.com
Nonfiction Santa Cruz	4th Tu 2p	Rabia Barkins Gail Greenwood	566 4276 566 4276	7rabia7@gmail.com msaspasia@gmail.com
Read & Socialize *	4th F 10a	Edna Elkins	454 8611	ednautah@msn.com
Read It Again, Sam *	4th W 1p	Joan Rose	477 0360	ramblingroses@yahoo.com
Reading Circle	3rd M 1:30p	Irene Lennox	818 0976	irenefraetroom@gmail.com
Recorder Playing	Tu 2:30p	Sandy Cohen	247 2887	slcohen222@cruzio.com
Social Science *	3rd Tu 1:00p	Dusty Miller	426 0835	hndmiller@hotmail.com
Spanish Conversation	alternate W 2p	Dolores McCabe	588 5195	dmccabe47@gmail.com
Spanish South	1st & 3rd W 3p	Patrick Keown	427 9154	kcirtap@cruzio.com
Sustainability **	3rd Tu 3p	Mark Folsom	601 3770	mffolsom@gmail.com
Tennis Doubles	Tu & Th 10:00a	David Brick	325 7380	dbrick@cruzio.com
Travel Treasures	Th 1p London Nelson March 2024	Joya Chatterjee Gaby Litsky	458 9008 (808) 446 1328	joya_chatterjee@yahoo.com glitsky@aol.com
Walking	W 9:30a	Anandi Paganini	252 8980	anandipaganini@sbcglobal.net
Wine and Beer Tasting	contact leader	Margie Lafia	----	mlafia56@gmail.com
Writing Genealogy *	3rd W 1-3p	Pamela Roby	247 0675	roby@ucsc.edu



Front: Char, Karen, Susan, Ginna
Back: Terry, Diane, Susan, Joanne, Hazel

Monday Mahjonggers

Notice the smiles - we do have lots of fun! No longer beginners, thanks to Hazel Powell, our instructor and veteran mahjongg player, we're getting the hang of Chinese Mahjongg. Although we're more supportive than competitive, we often enjoy exceptional hands or outstanding scores. Primarily, however, we've grown very fond of the game and of one another.

MEMBERSHIP ENROLLMENT

Membership good through June 30, 2025

Name	Address	Phone	Email
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> X to omit info from directory			
Name on OLLI name badge, if different from above _____			

Annual membership is a tax-deductible donation of \$60; please consider an additional donation to the Silvia Miller Scholarship Fund.

Contributions	Amount
Membership through June 30, 2025	\$60.00
Additional donation to Silvia Miller Scholarship Fund	
Total Enclosed	

Please make checks to UCSC Foundation;
 mail to OLLI at UCSC, University Relations, 1156 High St, Santa Cruz CA 95064
 Contributions to UCSC Foundation are tax deductible as allowed by law.
 You will receive an acknowledgement of your contributions from the university.

Thank you for your support!

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Open Mic Benefit for Veterans' Village; Saturday May 11; 3:00-4:30pm St. Andrew Church 9850 Monroe Ave. Aptos, CA
"The Artist's Way", Discovering Buried Dreams Through Exercise
 Tuesday May 28-July 2; 4-5:00pm Trinity Presbyterian Church Youth Room
 420 Melrose Ave. Santa Cruz, CA
 Register at www.nextstagesantacruz.org or at the door
 Email: info@nextstagesantacruz.org or Call 408 357-0640 or

Come hear us sing!
Santa Cruz Chorale
Brahms' German Requiem
 Saturday, May 18, 2024, 8:00 pm &
 Sunday May 19, 2024, 4:00 pm
 Holy Cross Church,
 Tickets: www.santacruzchorale.org

<https://www.jeweltheatre.net/>

The Really Good Stuff
Michel Singher
Artistic Director
Schubert
 Symphony Nr. 5
Brahms
 Serenade Nr. 2
SUNDAY, JUNE 2, 2024
 4:00 PM, Santa Cruz
 Community Church
 411 Roxas St, Santa Cruz

TICKETS:
EspressOrch.org

ESPRESSIVO
 a small, intense orchestra

MAY 17 - JUN 9, 2024
Becky's New Car
 by Steven Dietz
 Directed by Hannah Eckstein