General Meeting, Sunday, January 15, 2017, 10 a.m.
Colleges Nine and Ten Multipurpose Room, UCSC
Speaker: Prof. Flora Lu
Native Amazonians, Cultural Change, and Oil Extraction in Ecuador’s Biodiverse Rainforests

Flora Lu is Associate Professor in the Department of Environmental Studies at UC Santa Cruz and Colleges Nine and Ten Provost.

Over two decades ago Flora Lu began traveling to indigenous communities in the Ecuadorian Amazon, conducting studies about resource use, household economics, and social organization. In this talk, she shares some of her work and stories about a group of Waorani communities, whose contemporary dilemmas exemplify the challenges when indigenous territories, protected areas, and oil concessions overlap.

COURSES (p2), SPEAKERS (p5), INTEREST GROUPS (p7)

Colleges Nine and Ten Alternative Spring Break

OLLI members can again participate in Colleges Nine and Ten’s Alternative Spring Break program, with a focus on the Watsonville Community.

The dates are Sunday March 26, 2017 to Thursday, March 30, 2017. Our plan is to pair up each of 10 participating OLLI members with an ASB student. The pair will work together all week on the ASB projects and activities in Watsonville.

There will be a meeting in February during which the participating OLLI members will meet with the student leaders of the ASB for an orientation.

Ahead of the ASB week there will be a panel of leaders from organizations serving the Watsonville community, especially focused on farmworker families. The panel will be held on campus early in March and OLLI members are invited to attend, whether they will participate in the actual ASB week or not.

There will also be an OLLI clothing drive to support a free flea market for farmworker families. Last year’s clothing drive was enormously successful, the items OLLI members donated were much appreciated by the families who received them.

If you are thinking you might like to participate in this year’s ASB, please contact Mark Gordon (mgordon@cruzio.com) or (408) 314-4802 with questions or to sign up. The group will be limited to 10 OLLI members. It should be a stimulating intergenerational and intellectually satisfying experience.

ASB student leaders will be introduced at our January 13th General Meeting.

Mark Gordon and Mary Carvalho

Mural painting, ASB 2016
Winter/Spring 2017 Courses

1708 – Better Living through Chemistry

January 7, 14, 28; 10 am - 11:30 am

Location: Physical Science Building, Rm 240 UCSC
Instructor: Various Professors

Better Living Through Chemistry is a new OLLI course covering new developments in Chemistry and Biochemistry and how our lives benefit by them, taught by UCSC faculty. No prior chemistry background is required; the instructors will develop the background. The class will meet at the UCSC Physical Sciences Building on Saturdays at 10am on January 7, 14, and 28. (Same place that Modern Molecular Biology met in the Fall.)

Jan 7, 2017
Professor Bakthan Singaram, "Sugar and Spice and Everything Not Nice."

Development of Boronic Acid Based Fluorescent Assay for measuring Blood Sugar and Gut permeability"
Sugar is connected with Type I and Type II diabetes and spice/curry is believed to cause gut inflammation/permeability/leak. We have developed an efficient way to measure sugar in flowing blood and sugar gut biomarkers in urine, This talk that will cover our continuous glucose sensing technology and mapping gut permeation using multi-well plate technology using our boronic acid based sugar sensor.

Jan 14, 2017
Professor Rebecca Braslau, "More than Just One Word Plastics"

Plastics: we love them and hate them. Organic chemistry professor Rebecca Braslau will discuss the history of plastics, what they are made of, health, environmental and societal issues, and exciting developments in emerging bio-sourced and biodegradable plastics.

Jan 28, 2017
Professor Scott Oliver, "Porous Solids and their Applications"

This class will cover the material science of solid state structures that are extended in two or three dimensions. These solids occur naturally or can be synthesized in the lab. In some cases, the structures can be charged, allowing channels and pores to run through the crystal. These pores afford many uses such as catalysis, gas storage and water purification.

1709 - Yoga for Seasoned Adults

Jan 17, 24, 31, Feb 7, 14, 21 10 am – 11:15 am

Location: Yoga Santa Cruz, 428 Front St.
Instructor: Abbey Asher

The practice of yoga has been medically proven to enhance balance, protect joint health, inhibit weight gain, improve emotional well-being, and much, much more. Now, OLLI members are invited to their own six-week introductory Iyengar Yoga class, taught by UCSC’s Abbey Asher. Students will learn basic postures, improve strength and flexibility, and be introduced to the philosophy that underlies this ancient practice.

Abbey Asher has studied and practiced yoga in the US and in India. She’s been teaching for 15 years at UCSC and at Yoga Center Santa Cruz. She is passionate about yoga and looks forward to sharing her love of this practice with you.

"Yoga is a gift for older people. One who studies yoga in the later years gains not only health and happiness, but also freshness of mind since yoga gives one a bright outlook on life. One can look forward to a more healthful future rather
Winter/Spring 2017 Courses, cont’d

(Continued from page 2)

than looking back into the past. With yoga, a new life begins, even if started later. Yoga is a rebirth which teaches one to face the rest of one’s life happily, peacefully and courageously.”

Geeta S. Iyengar

1710 – Opera - Out of the Shadows

February 6, 13, 20,27, March 6 1 pm - 3 pm

Location: Lounge, Peace United Church
Instructor: Miriam Ellis

CELEBRATING THE CHORUS AND ITS VITAL ROLE IN OPERA

An integral part of opera since the art form’s earliest days, the chorus is often overlooked or underestimated in performance, despite its valuable contributions to development of character and/or plot. We will be examining the history, form, and function of this important element of lyric theater and consider choral excerpts, ranging from works by Monteverdi, Purcell, Mozart, and Gluck, through examples from Verdi, the Romantics, French, German, & Russian composers, and conclude with verismo excerpts of the 20th century. We will also have a brief look at the challenges and experiences of choristers in one of the major houses in the US.

Miriam Ellis, Ph.D, has offered classes for Lifelong Learners and OLLI for many years, both before and since her retirement from UCSC, where she taught French language and theater, as well as other courses, for over 30 years. In 2001, with Language colleagues, she founded the UCSC International Playhouse (now the Miriam Ellis International Playhouse), which will be presenting its 17th annual season of multilingual theater in May, 2017. Her new book, The Flexible Figaro (with co-author Sherwood Dudley), an innovative piano-vocal score of Mozart’s Le nozze di Figaro, has recently been published.

1711 – Shakespeare

February 28, March 7, 14, 21 10 am – 12 pm

Location: Museum of Art and History
Instructor: Michael Warren

We are fortunate to again have Prof. Michael Warren, a very knowledgeable and vastly entertaining Shakespeare scholar, presenting a course for us.

His courses for OLLI for the previous six years have been enthusiastically praised by our members. The four lectures will be devoted to the plays of the 2017 Santa Cruz Shakespeare season: The Two Gentlemen of Verona and Measure for Measure. Two Gentlemen is one of the earliest of the Shakespeare plays, a lively comedy of male friendship, young love, and betrayal. Measure for Measure is a great play that is performed too rarely. Written around the same time as Othello, it is a comedy both deeply serious and very funny, an unromantic exploration of sexual desire, law, justice, and mercy in a tough urban setting.

We will devote the first meeting and half the second to Two Gentlemen, the remaining hours will be devoted to Measure for Measure. Members of the course should read the first four acts of Two Gentlemen for the first class.
Michael Warren is Emeritus Professor of English Literature at UCSC. He serves as Textual Consultant and dramaturge for Santa Cruz Shakespeare. He is a past president of the Shakespeare Association of America.

1712 – Expressivo

March 9, 16, 23 10 am – 12 pm

Location: Music Room, Peace United Church
Instructor: Michel Singher

OLLi’s special relationship with Maestro Michel Singher and his ensemble – Expressivo – A Small Intense Orchestra – will continue this Spring. Our members have been thrilled with the three Espressivo concerts and with the three courses Maestro Singher offered to OLLI members.

In this course Michel Singher will introduce the Espressivo orchestra concert of March 30th – "An American Heritage." He will elucidate a work each by Charles Ives, Ned Rorem and Aaron Copland. In an additional talk, he will give an insider’s view of what a conductor does.

1713 – Gravity

March 23, 30, April 6, 13, 20 10 am – 12 pm

Location: Museum of Art and History
Instructor: Roger Knacke

This course will explore our ideas about gravity, its role in the Universe, and the recent remarkable discoveries about Black Holes and Gravitational Waves. No background in Science is necessary.

Meetings:
- Newtonian Gravity
- Einstein’s Relativity Revolution
- Black Holes and their Role in the Universe
- The Mystery of Dark Matter
- Gravitational Waves

Dr. Roger 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 interests are in interstellar matter and planetary atmospheres.

1714 – Mark Twain

April 24, May 1, 8, 15, 22, 29 10 am – 12 pm

Location: Lounge, Peace United Church
Instructor: Forrest Robinson

Tom Sawyer and Huckleberry Finn will be read closely and critically. Prof. Robinson will give special attention to the ways in which the novels afford us a window on key issues and problems in the America of their day.

Forrest Robinson is Professor Emeritus of Distinguished Professor of Humanities Emeritus. He taught at UCSC for 44 years in literature and American Studies. He has written extensively about Twain and has offered both graduate and undergraduate courses on him and his work. His class on Melville's Moby Dick was well received this last Fall.

1715 – 2017 World Affairs Update

February 21, March 21, 1 pm – 3 pm

Location: Fellowship Hall, Peace United Church
Instructor: Ronnie Gruhn

We are very 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 power-
Winter & Spring Speakers

January (15th)
Flora Lu: See page 1.

February (19th)
Kerstin Wasson, Research Coordinator Elkhorn Slough National Estuarine Research Reserve

March (19th)
Bruce Lyon, Professor of Ecology and Evolutionary Biology.
Topic: What can we learn about animal behavior by studying birds?

April (23rd)
Lee and Lincoln Taiz. Lee is a former Research Associate and Lincoln is Professor Emeritus

Topic: Flora Unveiled: Discovery and Denial of Sex in Plants.

May (21st)
To be announced.
All of the above meetings are at the Multipurpose Room, Colleges Nine and Ten, UCSC Campus.

(Continued from page 4)

ful insights into what is happening today. Ronnie has been very generous in sharing her knowledge with OLLI members, and her past courses have been exceedingly well attended.

1716 - The Biochemistry of Food

Feb 18, 25 and Mar 4 10:00 am to 12:00 pm

Location: Physical Sciences Building, UCSC
Instructor: Barry Bowman

In this course we will look at food from the perspective of a biochemist. What is the chemical composition of different types of food and how are these chemicals processed in our body? Why do some foods have more calories (energy) than others, and what exactly is a calorie? What kinds of molecules are vitamins and what is their function?

Barry Bowman is Emeritus Professor of Molecular, Cell and Developmental Biology at UCSC. He has taught biochemistry at UCSC for more than 30 years.

Course Sign-up Process

Best way to register is online. Go to: http://ucsc-osopher.wikispaces.com/

1. Click on "Spring Courses" box part-way down on the home page.
2. Select "Click Here to Register for Courses On-line."
3. Enter your email address and password.
4. Select "Courses" on the “OLLI Transaction Website."
5. Select “Register for OLLI Course.”
6. Fill out or update your personal information
7. Select “Next”
8. Select the course(s) you wish to attend, then select “Next” for payment section.
9. If you wish to mail in your application and payment, you can download a form at Step 2. Donation is $20 per course. Check or credit card is accepted. Do not mail cash.
### Spring 2017 Course Registration Form

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**Total Enclosed** $4

**Personal Information:** Please print, or save time and postage use online registration at http://ucsc-osopher.wikispaces.com

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**Payment Information**

Make check to the UC Santa Cruz Foundation. Mail to: Osher Lifelong Learning Institute at UCSC STARS, 1156 High Street, Santa Cruz, CA 95064.

☐ Check ☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

Card Number

Card Expiration Date

Name on Card

**Signature for Credit Card Transactions**

You can help us speed up our processes and get more accurate results, and possibly even enable us to give more in student scholarships, if you get an OLLI account with a password and use your online account to renew, register for courses, or update your contact information.

If you don’t have an OLLI password and account, please go to our home page and use the link there to establish them. If you do, you can likewise use a link on our home page to log into your OLLI account and transact business.
For more information about interest groups, please consult our website, [http://ucsc-osopher.wikispaces.com/interest-groups](http://ucsc-osopher.wikispaces.com/interest-groups). On that webpage, you can use the blue links in the table to find out more about a group or to contact a group leader. If you want to discuss participation in an interest group, please contact the leader of the group.

Membership renewals and new memberships include interest-group participation; members may participate in any number of interest groups that have room. Many groups have unlimited participation, although some events may be limited. There is no longer a separate donation asked for interest-group participation.

We ask group leaders with fully subscribed groups to keep a waiting list of members who wish to join. We encourage members to form new Interest groups. Group leaders are free to structure and schedule their group as they and the participants wish. Group leaders will often be willing to help a member who wants to start a similar group. Also, please feel free to ask questions or express your interests to our interest-group coordinator, Peter Nurkse, 831-429-8493, nurkse@gmail.com.

### New Interest Group

**Dickens**

The Dickens Reading Group, new in 2016, is now being assisted by the Dickens Project at UCSC. They will be sending faculty, PhD students and Dickens Project board members from the program to meetings to offer their insights and background with Dickens novels we will be reading. They are also providing help with research and articles about the novels we have chosen as we read them. We will be reading Hard Times, Great Expectations, The Tale of Two Cities, David Copperfield and Bleak House in the next 6 months. We are happy to have new members join. Contact Cathy Cress at [cressga@got.net](mailto:cressga@got.net)

**Creative Writing**

Speaking of the Creative Writing group, a member said that “It is such a precious experience; the gatherings always produce fascinating vignettes of members’ lives and interests. It is a wonderful way to engage your muse and share weekly writing.”

Memoirs, science fiction, travel logs, poetry, and short stories are only some of the writings shared and critiqued. Tea, companionship, and laughter are enjoyed while stories are refined.

The group has produced three publications, and some members have published their work. If you aspire to be a published writer, this could be a good way to go. Leader: Elaine Heyman, 423-0513, elaineheyman@comcast.net.

### Groups with Room for More Participants

**Newcomers**

The Newcomers group meets once a month. Anyone and everyone is invited, whether you are new or not. We will talk about OLLI and its benefits, and if you are new to Santa Cruz, we’ll talk about that too!

**Winter Meeting Schedule:**
- Monday — 1/16 @ 3 p.m.
- Monday — 2/20 @ 7 p.m.

Please email/call Mary Caravalho if you will be attending. marycaravalho@gmail.com, 831-332-2361.

### Groups with Events

**Art & Architecture**

On January 10 the Art & Architecture group will be visiting the Frank Stella exhibition at the DeYoung Museum in San Francisco. Meet at the Gateway Center at 9:00 a.m. where carpools will be arranged. Museum senior-rate tickets are $20. Lunch will be at the Museum Café. There may also be an opportunity to visit two exhibits at the Legion of Honor using your purchased ticket. Contact Lois Widom at lowidom@yahoo.com

**Tennis**

Tennis (Doubles) info remains the same, except that our Tuesday-at-Meder-Street-Park play is now at 1:00 p.m., not 2:00 p.m.

**Visiting Not-for-Profits**

The group will be visiting Encompassing Community Services to learn about Gemma, a program to help women make the transition from jail to life after release. Please
Groups with generally unlimited participation

Get on a mailing list for as many of these groups as you like and pick and choose events you might like to participate in as they arise. Some events have limits to the number who can participate, and for those events the leader will request an RSVP.

- Art & Architecture
- Baroque Festival
- Colleges 9 and 10
- Discovering UCSC
- Exploring Santa Cruz County
- Visiting Not For Profits
- Walking
- Wine Tasting

Is OLLI Good For Your Health?

Our UCSC OLLI chapter sent a team to represent us at the 8th Annual Aging Young Senior Health Fair sponsored by Dignity Health Medical Group, Dominican Hospital and The Physicians Medical Group of Santa Cruz, held at Seascape Golf Club on Saturday, November 19. The clubhouse was filled with people stopping by vendors' displays all morning. Our team, comprised of Dennis Morris, Fred DeJarlais, and Myra Mahoney, was gratified by the interest the public showed as they viewed our slide show, reviewed our large poster and spoke with us to learn more about what we offer. Many people took our new brochures, which are a scaled-down version of the poster display, providing details about OLLI.

Your board is interested in reaching members of the community unfamiliar with The Osher Lifelong Learning Institute at UC Santa Cruz. Some people erroneously believe that they must be affiliated with UCSC to join, while others have never heard of the Osher Foundation, despite it being nationwide. Santa Cruz County attracts many newcomers looking for ways to connect and to become involved. While we offer interest groups, courses and regularly scheduled meetings with guest lecturers there is a fourth strand for participating in OLLI—we are a volunteer run organization! You can help and your help matters!

Jim Ferris told people at a recent party that someone had suggested that he would live a longer, better, healthier and happier life if he stayed connected with other people, so he and his wife Paula helped start OLLI and they also ran the Film Seminar. Is OLLI really good for your health? Do get involved and discover the answer for yourself.

Myra Mahoney

New Board Member!

Richard Bruce

Richard and his wife, Lisa, retired to Soquel 6 years ago after living for 30 years in Silicon Valley. They have 3 children and 3 grandchildren. They enjoy the arts and are having fun discovering the many local venues. Richard was trained in physics and spent most of his career in technology development. In retirement, he is exploring the liberal arts and finds them a refreshing change from a lifetime in science. He has taken several art classes at Cabrillo and now spends time building metal sculpture. He enjoys Memoir Writing, an OLLI interest group. He is an avid reader and has started playing pickleball. An outdoor enthusiast, he likes to go on camping road trips with Lisa and backpack in the Sierras with his kids. He volunteers as a mentor in the Puente Project at Cabrillo College.

Richard will be joining the OLLI Board of Directors as Publicity Chair. He has shared his preliminary ideas with our president, Dennis Morris, on how to attract new members to OLLI and some methods we might use to increase our diversity.
# Interest Groups

For more information, go to our home page and click on “interest groups” in the left column, or go directly to [http://ucsc-osopher.wikispaces.com/interest-groups](http://ucsc-osopher.wikispaces.com/interest-groups).

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<td><a href="mailto:sanjan@cruzio.com">sanjan@cruzio.com</a></td>
<td>Recorder Playing</td>
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Colleges Nine and Ten CoCurricular program

Colleges 9 and 10's CoCurricular Programs office (The CoCo) offers many programs for students and faculty over the course of the year. OLLI members are expressly invited to attend and participate in these events, which are held on campus, many in the Multipurpose Room where we hold our monthly General Meetings. Here are 4 events

**Muthaland**
**Wednesday January 25, 2017, 7pm**
Colleges Nine and Ten Multipurpose Room

Minita Gandhi performs as herself in an epic journey of coming of age for a first-generation Indian-American female. Her life is forever changed on a trip to India where she unearths family secrets and ultimately discovers her voice within a culture of silence. The familiar and the foreign swap roles in this dark comedy about culture, identity, spirituality, and sexuality inspired by true stories.

**World Hijab Day**
**Wednesday February 1, 2017**

The Coco and MSA are collaborating on a Pop-Up outside the Multipurpose Room and Dining Hall celebrating the right to choose how to dress and represent oneself. This worldwide event was created to foster religious tolerance and understanding by inviting people to experience the hijab for one day. Learn about the significance of the hijab culturally, religiously, and politically.

**Understanding Standing Rock**
**Friday February 3, 2017**
4pm - 7pm
Colleges Nine and Ten Multipurpose Room

A collaborative event focused on understanding the conflict surrounding the Dakota Access Pipeline and the next steps for earth justice activists.

"Can You Dig This?"
**Film Screening and Conversation with Ron Finley**

**Wednesday February 8, 2017, 7pm - 9pm**
Colleges Nine and Ten Multipurpose Room

Ron Finley is the renowned "guerrilla gardener of South Central L.A." and an advocate of urban gardens as a way to address poverty, alleviate food insecurity, and promote community cohesion. With the help of activists and community members, he was able to legalize curbside gardening in the city of Los Angeles for community use.

check out his TED talk:
https://www.ted.com/talks/ron_finley_a_querilla_gardener_in_south_central_la

The Cocurricular Programs Office (The Coco) at Colleges Nine and Ten, UCSC, plans presentations, conferences, lectures, workshops, classes, pop-ups and other events around the themes of Colleges Nine and Ten, International and Global Perspectives & Social Justice and Community.

Website:
http://collegeten.ucsc.edu/cocurricular/coco/index.html
Join or Renew Membership. Osher Lifelong Learning Institute at UCSC, Period Ending June 30, 2017

Please consider registering online at our home page, http://ucsc-osopher.wikispaces.com. It’s faster and saves us money.

To join or renew your membership, which includes unlimited participation in our peer-led interest-group program* enter personal information for one person or two at the same address. 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 Myra Mahoney, 831-421-0217, myramahoney1419@comcast.net.

Your membership established with this coupon and payment will end June 30, 2017.

Osher Lifelong Learning Institute at UCSC
STARS
1156 High Street,
Santa Cruz, CA 95064

Personal Information. Please print, or save time and postage: use online registration at http://ucsc-osopher.wikispaces.com.

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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 by email a link to a multipage PDF newsletter five times/year around the first of Sept., Nov., Jan., Mar. & May. Members also receive by USPS mail a printed copy of the newsletter. Check here: □ if you do not want to receive the printed copy in the mail. (There is also an e-mail-only newsletter around the first of Oct., Dec., Feb., and April.)

Contribution Information:

We ask a donation of $60/person. Please consider an additional donation to the Silvia Miller scholarship program.

If funds are limited, in confidence you may contact OLLI president Dennis Morris, dennis@valsys.com to discuss alternatives.

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<th>Donations</th>
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*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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