Zoom General Meeting

February 21, 2021

10:00 AM Zoom Room opens
10:00 Breakout Groups (these are fun)
10:40 Business Meeting
11:00 Leta Miller’s lecture

Practical Idealism:
The Musical Philanthropy of Phoebe Apperson Hearst

Phoebe Apperson Hearst, mother of William Randolph Hearst, was one of the greatest philanthropists of her day. Between 1891 and her death in 1919, Hearst gave away more than $21 million (equivalent to nearly $270 million today). Although she was schooled only through the eighth grade, Hearst’s primary focus was supporting educational enterprises, among them the University of California, to which she was a major benefactor. Among Hearst’s most intense interests was music (and especially opera), which she considered to have an “elevating” influence on the general population. This presentation, accompanied by more than fifty slides—some showing rare unpublished documents, and illustrated by recorded musical examples—shows the extent of Hearst’s generosity and substantiates the role that music in her day was considered to play in the development of a civilized and benevolent society.

Professor and Musicologist Leta Miller specializes in 20th-century music in the United States. Her earlier publications dealt with the French renaissance, music and science in the 17th and 18th centuries, and the music of C.P.E. Bach. In 2011 UC Press published her book *Music and Politics in San Francisco: From the 1906 Quake to the Second World War*, complementing her numerous articles and books on avant-garde composers of the 20th century, such as Lou Harrison, John Cage, and Henry Cowell.

Leta Miller’s recent research focuses on mid-twentieth-century experimental music in the United States. She has published two books on composer Lou Harrison, as well as a critical edition of his works in *Music in the United States of America (MUSA)*.

Leta E. Miller is a Professor Emerita of Music at the University of California, Santa Cruz. She is the author of *Music and Politics in San Francisco: From the 1906 Quake to the Second World War*. 
What an historic beginning to the year! We are certainly experiencing the most tumultuous times in our lives. Please stay safe and well and look forward to all of 2021 with hope for our community and for the world.

We at OLLI will continue with courses and with newsletters and with some of the interest groups. It is such a pleasure to see so many faces still Zooming in. I look forward to the time when we are able to meet in person again… I sure miss that coffee cake!

More hopeful news: Many of us are now able to get the COVID-19 vaccinations and that certainly brings some mental relief. In many cases, it has not been easy to locate the availability, but I have found the help of friends to be invaluable.

And now we finally have some much-needed rain… We only hope that it is not too much for the burn areas to handle. I find comfort in hearing the pitter pat of the drops falling on the roof, the windows, and the ground.

Bonita Sebastian
UCSC OLLI is pleased to announce that Professor Emerita Ronnie Gruhn will begin a series of Zoom webinars starting Monday, February 8, at 11 am. Zoom webinars provide an opportunity for speakers to make a presentation and accept and answer written questions.

Ronnie’s live Zooms will take place every other Monday at 11 am.

Ronnie will speak about a subject of her choice for approximately half an hour and then answer written questions submitted by participants for approximately another half hour.

We welcome questions for Ronnie. You can start sending them through the Q&A feature of the Zoom webinar as soon as you wish after the webinar begins.

The webinar will be recorded and posted later on the UCSC OLLI YouTube channel. Earlier recordings of Ronnie’s talks are also available on the UCSC OLLI channel.

Click on the “Subscribe” button on the OLLI UCSC YouTube channel at https://www.youtube.com/channel/UCU7U1Mly_RuSsk4QiQD4WNw and then the bell icon to receive reminders when future commentaries from Ronnie and other OLLI videos are posted.

You can also access the presentations from the OLLI webpage https://olli.ucsc.edu/. The link is toward the bottom and is titled OLLI Presentations Online.

An email will be sent to all UCSC OLLI members who have paid their membership fees for 2020-21 on the Friday before each webinar.
American Prisoners of War in Vietnam:
The joy of release and the challenges of returning home,
a first hand account by the physician in charge

Throughout the Vietnam conflict, our ground troops were usually killed, not captured. As Air Force and Navy fighters and bombers joined the combat and were shot down, the aircrews who survived were captured and held as “war criminals” in North Vietnamese prisons. As a group they were in no way similar to “average” POWs from any prior war. When the men were released in February, 1973, most had been in captivity an average of 6 years. They had summoned remarkable coping techniques to sustain themselves through years of torture, months in solitary confinement, near-starvation food portions, tropical diseases, and other life-threatening challenges. Their first joyous hours of freedom were aboard USAF cargo planes specially configured for their comfort, and staffed with flight surgeons and nurses trained by our speaker.

February 16, 2021
Dr. Hancey will describe his first hand involvement in the emotionally charged mission of receiving the repatriated POWs in Hanoi, then accompanying them to their American home bases and (for some) reunion with their family. He has photos and videos of the mission.

February 23, 2021
This class will focus on the extraordinary circumstances endured by the wives of flyers listed as Missing In Action (MIA). In the mid-1960s the now-unaccompanied wives were often considered an inconvenience by military commanders. Politically, the wives were strongly cautioned to remain silent about their husband’s status, to not organize or contact elected representatives nor talk to the press, and to basically “not make waves.” Personally, they had to decide how to start their lives over, earn their own living, and raise their children “not knowing if I’m a wife or a widow.” They, too, had to develop remarkable coping techniques.

Richard Hancey obtained his M.D. from Baylor College of Medicine in 1962, then entered the USAF as a Flight Surgeon. After assignments in Nevada and Germany he was assigned to the USAF School of Aerospace Medicine (USAFSAM) in San Antonio as a resident in Aerospace Medicine. While there, he became the only Air Force officer involved in the early planning for evacuating and medically evaluating American POWs once they were released. In February, 1973, he was the senior Flight Surgeon on flights bringing our men out of Hanoi. After his involvement with the returning POWs Dr. Hancey went on to become board certified in Psychiatry, retiring from the USAF in 1981 as Chief of the psychiatric service at Travis Air Force Base in California. Following his Air Force retirement he worked for civilian organizations, for the Veteran’s Association, and, finally, for a major corporation, before retiring again in 1996. He now resides in Scotts Valley with his wife Susan.
Gravity - Apples to Black Holes

Dates: Wednesdays, March 31, April 7, 14, 21, 28; 10 a.m. to Noon
Location: Zoom online
Instructor: Roger Knacke

The last five years have seen a spectacular revolution in our understanding of the force of gravity and its implications. We’ve detected gravitational waves for the first time; seen huge black holes collide in titanic explosions; witnessed a neutron star collision with the formation of heavy elements including gold; saw many of Einstein’s ideas about general relativity corroborated; and, in 2019, imaged a colossal black hole’s shadow. The course will begin with Isaac Newton’s first ideas of gravity, discuss major twentieth century theoretical and observational developments, describe the recent discoveries, and conclude with issues at the forefront of science. No background in science is required for this non-mathematical course.

Meetings:
1. Newtonian Gravity
2. The Einstein Relativity Revolution
3. Black Holes Revealed
4. The Mystery of Dark Matter
5. 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.
Santa Cruz Shakespeare 2021

Tuesdays, March 2, 9, 16, 23 10 a.m. to Noon
Location: Zoom
Instructor: Michael Warren

Michael, a very knowledgeable and entertaining Shakespeare scholar, will discuss with us the two plays that Santa Cruz Shakespeare will be presenting next summer. We will send out a notice when the plays are announced. Over the years our members have found that taking this class greatly enhances their understanding and enjoyment of the plays.

Professor Warren is Emeritus Professor of Literature at UCSC and Textual Consultant and Dramaturg to Santa Cruz Shakespeare since its inception, earlier as Shakespeare Santa Cruz.

- 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. At this time, there are many UCSC re-entry students needing our help.

Check out the Scientists Saving the Oceans virtual expedition from our friends at the Seymour Marine Discovery Center

Virtual Expedition: Protecting Dolphins and Whales from Oceanic Noise
February 8-24, every Monday and Wednesday, from 2:30-4 PM.

Join the Seymour Center from anywhere in the world for this unique virtual expedition to go behind the scenes with UC Santa Cruz’s Marine Mammal Physiology Project at Long Marine Lab to explore how Dr. Terrie Williams is racing to protect dolphins and whales from oceanic noise. Interact with expert animal trainers and researchers to learn how they work with resident dolphins and seals to voluntarily participate in conservation science. See how lab science underpins field research aimed at protecting wild narwhals and other marine mammal populations around the world.

Facilitated live through Zoom, this expedition consists of six engaging 90-minute classes. Each class session includes live-streaming time with the staff and resident animals cared for by the Marine Mammal Physiology Project at UC Santa Cruz.

Space is limited to 20 participants, ages 15-90+!

https://seymourcenter.ucsc.edu/learn/ongoing-education/scientists-saving-the-oceans/
New YouTube Class and Event Recording Links

Ronnie’s presentations:

Now what?
Commentary by Professor Emerita Ronnie Gruhn, 1-11-21
https://youtu.be/MgMtqcBSQZs

The China Challenge.
Commentary by Professor Emerita Ronnie Gruhn, 1-25-21
https://youtu.be/vkbzpeg9yG0

Other videos posted to YouTube this month:

The January General Membership meeting lecture:
You Never Become Fully Independent 1-17-21
https://youtu.be/hw6BKvYVWxU

The Ecology of Infectious Disease videos:
The Ecology of Infectious Disease #2 2021
Diseases of the Ocean
https://youtu.be/kmOGs-v2fOc

The Ecology of Infectious Disease #3 2021
The Ecology of Lyme disease
https://youtu.be/QXT5bsJHCbo

The Ecology of Infectious Disease #4 2021
https://youtu.be/YPR22MrXR0E
The Ecology of Covid-19

Learn More:
The Ecology of Covid-19
Dr Marm Kilpatrick
UCSC

YouTube Link
How did Covid arise?
How does it spread?
Are vaccines effective?
Will it ever end?

Check out the YouTube OLLI Channel for more lectures and classes at:
https://www.youtube.com/channel/UCU7U1Mly_RuSsk4QjQD4WNw
Items Sent In From Our Members

From Bill Patterson
Great Reads

Hi to our reading members.

From the Non-fiction (East Side) Reading Interest Group, founded by Judy McNeely and chaired by Owen Brown.

Having read seventy three good books over seven years, we are pleased to note that at the last OLLI General Meeting members expressed heightened appreciation for their access to enjoyable books.

With that interest in mind, we wish to share, that of the dozen books read as a group last year, the most valued were:

   Top Three:
   Caste   by Isabel Wilkerson
   Jonas Salk: A Life   by Charlotte DeCroes Jacobs
   American Nations   by Colin Woodard

   Runner Ups:
   Einstein: His Life and Universe   by Walter Isaacson
   The Great Bridge   by David McCullough
   Behind the Beautiful Forevers   by Katherine Boo
   The Worst Hard Times   by Timothy Egan

From Nancy Abrams
Here Comes The Sun redux

https://www.youtube.com/watch?v=4Cg9gnexjRo

From Dennis Morris
Great Links to things coming out of Stanford

Making Predictions About 2021

As we look to the new year ahead, many questions arise about how it might be different, and hopefully better, than 2020. Stanford magazine dived into these questions and investigated what 2021 may have in store, and asked faculty and alumni how our work, our homes and our play will be different in the year to come.

» Read the predictions
A Master Class with Chef Vito Mollica

Ready to learn new recipes and tricks in the kitchen? Watch Vito Mollica, executive chef at Il Palagio at the Four Seasons in Florence, give a virtual master cooking class and discuss sustainability, reducing food waste, and the health benefits gained from eating authentic, traditional and local foods (the Mediterranean diet) in this talk presented by the Stanford in Florence program. (48 minutes)

» Immerse yourself in the master class

The Stanford Alumnus Behind Netflix’s The Social Dilemma

Social media occupies an incredibly powerful space in our lives—much too large of a space, many would argue. Jeff Orlowski, ’06, director of the Netflix documentary The Social Dilemma, makes his case to stop scrolling for our collective benefit. Describing himself as a technical optimist, he discusses implementing positive change for social media for the betterment of humanity in this Stanford Pathfinders episode with Howard Wolf, ’80. (27 minutes)

» Listen to the conversation

The Science of Stress, Calm and Sleep

Even outside of a pandemic, many people struggle with maintaining healthy amounts of quality sleep and managing stress. The good news is that neuroscience offers interventions to help improve our physical and mental health. Professor Andrew Huberman discusses ongoing research from his lab, including practical applications that everyone at any age can use to manage stress and sleep better. (60 minutes)

» Get his practical tips

Positivity and Connections During Difficult Times

How can we infuse more positive thinking and behavior in our day-to-day life? As part of the Stanford Wellness Fireside Chats, Mark Lindquist, U.S. Air Force and Afghanistan war veteran and motivational speaker, discusses the importance of holding onto dreams for the future, starting the day off right, the importance of unplugging and more. (30 minutes)

» Listen to the conversation
February is Black History Month is an annual celebration of achievements by African Americans and a time to recognize their central role in our history. President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

In August of 1619, a journal entry recorded that “20 and odd” Angolans, kidnapped by Portuguese, arrived in the British colony of Virginia to be sold to English colonists. The fate of enslaved people in the US divided the nation during the Civil War. After the war, in 1909, the National Association for the Advancement of Colored People was founded, which has had a profound effect on the struggle for civil rights and the course of 20th Century American history. The legacy of slavery persisted, spurring movements of resistance, including the Underground Railroad, the Montgomery Bus Boycott, the Selma-to-Montgomery March, and the Black Lives Matter movement. Through it all, Black leaders, artists, and writers shaped our character and identity.


February is National Bird Feeding Month. If you feed them, they will come!

Mid-winter is a tough time for backyard birds. Food supplies dwindle while, in other parts of the country, snow often covers their food sources. A reliable high-energy supply of bird seed is essential to provide the energy your backyard birds need to survive the February cold. About one third of US adults feeds wild birds in their backyards and this percentage is much higher among seniors. If you haven't hung your bird feeder yet, what are you waiting for? If you don't have a bird feeder, what are you waiting for? Birds will entertain and reward you. New to bird watching and feeding? Locate your feeder where you can easily see it from the comfort of your chair or sofa! http://www.audubonpark.com/discovery-center/national-bird-feeding-month/

Waiting for your vaccination or antibodies? Enjoy our interest groups! Better yet, create a new one!

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<thead>
<tr>
<th>Interest Group</th>
<th>Leader</th>
<th>Phone (831)</th>
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<tbody>
<tr>
<td>Adventuring</td>
<td>Kathryn Nance</td>
<td>332 8051</td>
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<tr>
<td>All Things Classical</td>
<td>Jay Stoffer</td>
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<td>Bagel Ladies</td>
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Online Learning Opportunities

**Thurs, Feb 4, 5:30pm:** Navigating stress, anxiety, and isolation in the midst of a pandemic. As we approach 12 months of living with a global pandemic, Craig Haney and Alison Holman discuss how loneliness, isolation, and time distortion may affect our well-being as we negotiate the risks and human needs of social connection. Dr Haney, social psychologist and professor, is noted for his work on capital punishment and the psychological impact of imprisonment and prison isolation. Dr Holman studies the early post-event predictors of comorbid trauma-related mental and physical health problems. [https://ucsc.zoom.us/webinar/register/WN_f6fCO5BOT_2qO1vXq4uGhQ](https://ucsc.zoom.us/webinar/register/WN_f6fCO5BOT_2qO1vXq4uGhQ)

**Multi-Day Online Trips:** Join a group of new friends and expert instructors for an “Adventure Online” and be fully engaged with a week’s worth of live lectures, performances, discussions and more that re-create Road Scholar education trips. These virtual learning adventures are the next best thing to being there in person.

**Hour-Long Online Lectures:** Learn art, history, science - a wide array of subjects - learn from expert instructors around the world as they discuss everything from Vikings in France to the evolution of Native American cuisine in Santa Fe. Our online lectures give you a taste of our most popular programs from the comfort of your own home. [https://www.roadscholar.org/athome/why-online/](https://www.roadscholar.org/athome/why-online/)

**LACMA** Artists of all ages are invited to color our artworks at home! We’ve turned highlights from our collection into downloadable coloring pages. These free, printable posters from the Wagner Collection of art nouveau posters, donated in the 1980s, were made into black and white images for your coloring pleasure. They vary in subject and imagery and each offers a unique way to pass the time. [https://www.lacma.org/athome/learn/coloringpages](https://www.lacma.org/athome/learn/coloringpages)

**One-of-a-Kind Activities** led by experts from around the world, from mole cooking (Oaxaca), horse whispering (Barcelona), calligraphy (Paris), olive oil and wine (Klis, Croatia) to sake secrets (Tokyo). Led by locals who love where they’re from and what they do. With intimate group sizes, you’ll never get lost in the crowd. [https://www.airbnb.com/s/experiences?refinement_paths%5B%5D=%2Fexperiences%2FKG%2FTag%3A6951&search_type=unknown](https://www.airbnb.com/s/experiences?refinement_paths%5B%5D=%2Fexperiences%2FKG%2FTag%3A6951&search_type=unknown)

**Conversations with Authors** For more than 40 years, Book Passage has been a home for readers. And now, we provide remarkable conversations with our favorite authors. Please join us each week together with great authors and thinkers to share ideas and celebrate our community. These live, free, intimate conversations explore living through these times and connecting with people and ideas that bind us. Register once and you’re guaranteed a seat at every upcoming Conversations with Authors event. Help shape each session in advance by prioritizing issues discussed. Ask questions during each conversation. View the free archive of any event any time you like. [https://bookpassage.extendedsession.com/](https://bookpassage.extendedsession.com/)

**Sounds of the Forest**. People around the world recorded sounds of their woodlands and forests so you can escape into nature while in lockdown or unable to travel. Visit this site to chill, meditate, or gift a tree. [https://www.tree.fm/](https://www.tree.fm/). The growing sound map brings together aural tones and textures to form an open source library for your pleasure. [https://timberfestival.org.uk/soundsoftheforest-soundmap/](https://timberfestival.org.uk/soundsoftheforest-soundmap/)

**Your Actions Save Lives:**
- Wear a mask in public.
- Wash your hands regularly.
- Keep your distance in public.
- Limit mixing with people.
Pun, Pun, Pun

No matter how much you push the envelope, it'll still be stationery.
If you don't pay your exorcist, you can get repossessed.
I'm reading a book about anti-gravity. I just can't put it down.
I didn't like my beard at first. Then it grew on me.
When you get a bladder infection, urine trouble.
When chemists die, they barium.
I stayed up all night to see where the sun went; then it dawned on me.
I changed my iPod's name to Titanic; it's syncing now.
England has no kidney bank, but it does have a Liverpool.
Haunted French pancakes give me the crepes.
A woman said she recognized me from the Vegetarians Club, but I swear I've never met herbivore.
I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
A thief who stole a calendar got twelve months.
When the smog lifts in Los Angeles, UCLA.
I got some batteries that were given out free of charge.
A dentist and a manicurist married but fought tooth and nail.
With her marriage, she got a new name and a dress.
Police were summoned to a daycare center where a three-year-old was resisting a rest.
Did you hear about the fellow whose entire left side was cut off? He's all right now.
A bicycle can't stand alone; it's just two tired.
The guy who fell onto an upholstery machine last week is now fully recovered.
He had a photographic memory but it was never fully developed.
When she saw her first strands of gray hair she thought she'd dye.
Acupuncture is a jab well done. That's the point of it.
Those who get too big for their pants will be exposed in the end.
Dear Friends,

From our hibernation, we reach out to you with this sidebar, the first of a proposed series of chats with our cherished musicians or about our music. We hope it will remind you that you like us, and that it will keep you attuned to our expectations. At present, we have pencilled in concerts, outdoors, in June and September. More when we all know more.

We look forward to seeing you then. So please stay healthy!

Michel

P.S. Click on the link.
https://youtu.be/bhiOTJo4k1I
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