

Newsletter: Volume 39, Issue 5, February 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. Social and educational interactions are important to us. We fund scholarships to transfer and re-entry students at UCSC.

#### Contents Sunday Speaker 1 President's Message 2 3 2024 Courses Course Calendar 6 7 **Interest Groups Board of Directors** 10 Handy Hacks 11 **OLLI Activities** 12 **Promotion Partners** 13 Course Registration 14 Membership Form 15

Editor: Barry Bowman Copy Editor: Kate Erstein

# **Sunday Speakers**

# The Art of Photography



Kevin Osborn Mark Overgaard Kevin Lohman

Sunday, Feb 18th 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

## Sunday Speakers

## The Art of Photography





If you have participated in Open Studios you know that Santa Cruz County has many excellent photographers. The presentation for our Sunday meeting in February will be given by three outstanding photographers, Kevin Osborne, Mark Overgaard and Kevin Lomand. They

each have a unique style and artistic vision, combined with superb technical skills. To see examples of their work visit the following websites.

https://www.kevinosbornphoto.com/

https://www.kevinlohman.com/

https://www.markovergaard.art/

https://www.markovergaard.art/2nd-generation-project/

## President's Message

Ginna Holcombe

## Happy Valentine's Day, OLLI Friends:

In the tapestry of life where moments unfold, Lifelong learning is a treasure to behold. Aging gracefully like a vintage wine, Each year a chapter, a memory so fine.

Carpe diem, seize the day's embrace, Cherish the sunrise in love's warm grace. Friendship, a treasure, a bond so rare, A symphony of hearts so beyond compare.

Through the seasons of time, hand in hand, Exploring the landscapes, together we stand. Wisdom grows with each passing year, In this journey of discerning we persevere. Lifelong learning, an eternal flame
That ignites our souls like some great game.
Aging like roses with petals of gold,
Knowledge does linger as stories unfold.

Carpe diem, dance in the moonlight glow. Hold onto those moments to let wisdom grow. Friendship, a tapestry woven in time, A heartfelt poem in rhythm sublime.



## **2024 Courses**

To register for a course, go to olli.ucsc.edu and click Log into Your UCSC OLLI Account on the opening page. Click the Course button and follow instructions <u>or</u> you may register by mail using the form in this newsletter.

**Postponed Courses:** We are disappointed to postpone two courses due to instructor illness: (1) *Modern English Grammar* by Jorge Hankamer, and (2) *Puzzles in Astronomy* by Bruce Margon.

**International Affairs ◆ Ronnie Gruhn**, Professor Emerita, Politics



OLLI **YouTube** channel: Every other Monday, including Feb 5 and 19

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 ask any question about current international affairs, please email <a href="mailto:Ronnie@UCSC.edu">Ronnie@UCSC.edu</a>. Watch your

inbox for OLLI email that links to each commentary. To subscribe to our YouTube channel, go to <a href="https://www.youtube.com/channel/UCU7U1Mly">https://www.youtube.com/channel/UCU7U1Mly</a> RuSsk4QjQD4WNw.

**Quantum Mechanics** • Roger Knacke, Professor Emeritus, Physics and Astronomy for Non-Scientists London Nelson CC, Tuesdays 10:30: Jan 30, Feb 6, 13, 20, 27



Quantum Mechanics is the study of nature at its most fundamental levels. Quantum effects impact our lives through computers, phones, television, electronics, missiles, nuclear weapons, and many other ways. Yet the basic ideas are not well understood by non-scientists. This course introduces quantum concepts in intuitive, nonmathematical ways for those without a

science background. Revolutionary ideas and their impact beyond science, such as philosophy and literature, is discussed. Along the way, we meet the genius, eccentric, and controversial personalities of the field's founders. You won't become an expert in quantum theory but you'll see how quantum ideas transform our understanding of nature and the universe.

January 30: Water Waves and Electrons! February 6: What is a Quantum anyway?! February 13: Groping the Insides of Atoms!

February 20: The Quantum Revolution, Pitchforks and Waves!

February 27: Why Does the Sun Shine?

Dr Knacke has AB and PhD degrees in physics from UC Berkeley. His research focused on interstellar matter and planetary atmosphere. He has taught ten intriguing and very popular classes for OLLI.

**Technological Toolkits ◆ Terry Burke**, UCSC Professor, World History, retired **Susan Douglass**, Professor, Center for Contemporary Arab Studies, Georgetown University **London Nelson CC**, Fridays 10:30: Feb 2, 9, 16, 23

Where and when did the technological building blocks of the modern world first emerge? The answer, you may be surprised to learn, is not in Europe, and not win modern times. As a continuation of our two 2023 courses, we propose an

necessarily in modern times. As a continuation of our two 2023 courses, we propose an alternative global history of technology not involving key inventions like the algorithm, the printing press, and the compass. The course identifies ten essential technological complexes of toolkits that, rather than stemming from Europe, originated elsewhere and gradually diffused to the lands of Islam, where they were made available. We begin with a general overview of the project. Each of the next sessions explores the tangled history of a toolkit and its role in the Modern Transformation: mining/pyrotechnological textile, and medical/pharmacological toolkits.

Dr Burke began the UCSC Center for World History and is an originator of an online world history curriculum (World History for Us All),. Dr Douglass is Education Outreach Coordinator at the Center for Contemporary Arab Studies at Georgetown University.

The Holocaust ◆ Peter Kenez, Professor Emeritus, History
Murray Baumgarten, Distinguished Professor Emeritus, English &
Comparative Literature London Nelson CC, Fridays 1:00: Mar 1, 8, 15
We are privileged to have a course based on the acclaimed UCSC class taught on



campus by these two professors. It traces destruction of the Jews and Jewish life in Europe by Nazi Germany, drawing on history, literature, and film. Dr Kenez is a historian specializing in Russian and Eastern European history and politics. Dr Baumgarten was co-director of Jewish Studies and founding director of the Dickens Project at UCSC.

Climate Science and Solutions • Pauline Seales, Santa Cruz Climate Action Network London Nelson CC, Wednesdays 10:30: Mar 6, 13, 20, 27

Most people are aware that Climate Change is accelerating. Using nontechnical language, we look at the basic science, recent impacts, ongoing solutions, and other options. Attendees are encouraged to bring laptops to use interactive

websites. We all want to leave a better world for younger generations and we can do a great deal without joining a Washington protest. The focus will be positive. A background in science is not required.

March 6: Introduction & The Carbon Story - solutions and false solutions

March 13: Greenhouse Gases (pHet simulation) - Mini Solar fun, Food Cubes

March 20: En-ROADS and Drawdown - false solutions to be avoided

March 27: EVs and Home Electrification - plus financial divestment

Pauline Seales is a former silicon chip engineer and recent former high school teacher of Physics and AP Environmental Science. She has done lots of volunteer climate education in local schools and is a leader of Santa Cruz Climate Action Network, an active local group specializing in Climate Communication.

Santa Cruz Shakespeare ◆ Michael Warren, Professor Emeritus, Literature Zoom Only, Tuesdays 10:00: Mar 5, 12, 19, 26, Apr 2

The texts for this series of five lectures will be two plays that Shakespeare wrote around 1599-1600, when he was the preeminent playwright in London.

As You Like It is a comedy of unusual amplitude and variety. Set initially in a court and then in a pastoral countryside, it features romantic love, cross-dressing and mistaken identity, witty dialogue, a sophisticated jester, a melancholy philosophical commentary, a wise shepherd, many songs, and even Hymen, the god of marriage. It also considers seriously the structure and conduct of human society in court and country and the nature of male and female behavior, particularly in relation to power, desire, and love.

Probably the most famous of Shakespeare's plays, *Hamlet*, needs no introduction, only some reminders: Claudius, Gertrude, Polonius, Ophelia, Laertes, Fortinbras, Horatio, and Rosencrantz and Guildenstern; a touring company of players; some sailors; two gravediggers; a Ghost who calls for revenge... Fratricide, a problematic

succession; an international territorial dispute; a play within a play; two rash killings; two mad scenes; a suicide (perhaps); a duel; multiple deaths... Intellectual uncertainties; moral dilemmas; philosophical reflections; "To be or not to be...".

Dr Warren has been the Dramaturge and Textual Consultant for Shakespeare Santa Cruz since its inception. This is the fourteenth year he shares his deep understanding and love of Shakespeare's plays with OLLI members, enhancing our experience of the summer festival.

The Amazon and Humankind ◆ David Sweet, Professor Emeritus, History London Nelson CC, Tuesdays 10:30: Apr 9, 16, 23, 30

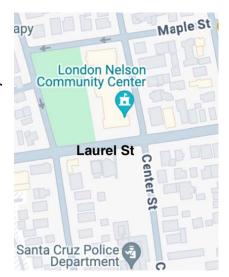
The vast Amazon basin is a unique, little-known space on our planet, whose unique history can enlighten in many ways the history of the whole human race. This course will demonstrate the truth of that claim through eight 45-minute stories, proceeding in chronological order.

The first says nothing at all about human beings; the second follows our humankind as we learned to live there and thrive for some ten thousand years. The third and fourth stories introduce European actors in their "discovery" of that space and its inhabitants and examines the chaos introduced (mostly by Portuguese) of a barely functional "society without government" in 17th and 18th centuries. The fifth story describes an impoverished, short-lived colonial government, bloody "caste war" against historic oppression, and incorporation of Amazonia into the independent Empire of Brazil, followed by the slow introduction of politics, the end of monarchy, foreign investment, and 19th-century industrial capitalism in the sixth story. Foreign immigration, urbanization, and neglect by the government of Brazil, culminating in a US-supported military dictatorship bent on exploiting Amazonia wealth at all costs is the seventh story. The final story explores developments, both horrifying and hopeful, for Amazonia and the world since the return to Brazilian democracy in 1984.

Dr Sweet taught Latin American (especially Mexican) and Early Modern history for thirty years at UCSC. Always an activist, he was a co-founder of Witness for Peace in the 1980s.

## **New Location for Courses**

The London Nelson Community Center will be the new home for most OLLI courses, in a building that used to be Laurel School. We will be returning to real classrooms. There is a small parking lot adjacent to the Police Station on the corner of Laurel and Center (3 hours free). Free parking for 2 hours is also available on Washington, Maple and Center streets. A free permit from the Center gives you 3 hours of free parking on these streets in areas with signs that say say "LNC permit."



## **Course Calendar**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30 Quantum Mechanics	31	1 Feb	2 Toolkits	3
4	5	6 Quantum Mechanics	7	8	9 Toolkits	10
11	12	13 Quantum Mechanics	14	15	16 Toolkits	17
18	19	20 Quantum Mechanics	21	22	23 Toolkits	24
25	26	27 Quantum Mechanics	28	29	1 March Holocaust	2
3	4	5 Shakespeare	6 Climate	7	8 Holocaust	9
10	11	12 Shakespeare	13 Climate	14	15 Holocaust	16
17	18	19 Shakespeare	20 Climate	21	22	23
24	25	26 Shakespeare	27 Climate	28	29	30
31	1 April	2 Shakespeare	3	4	5	6
7	8	9 Amazon	10	11	12	13
14	15	16 Amazon	17	18	19	20
21	22	23 Amazon	24	25	26	27
28	29	30 Amazon	1 May	2	3	4

## **Interest Groups**

#### **NEW GROUPS**

Health, Longevity, and Lifestyle Solutions: The hit Netflix show "You Are What You Eat" and *The Blue Zones*, Dan Buettner's book (and a hit Netflix documentary), inspired Rabia Barkins to start this group. While Rabia will lead the group, she will count on members to participate actively in discussions of age-related conditions and lifestyle-related solutions. Are you interested in staying healthy? Then this group is for you! Contact Rabia at 7rabia7@gmail.com or (760) 942-2764.

Horticulture, Garden: Janice Kuch has many ideas for enjoying plants and making a contribution to the community at the same time. Tending gardens, sharing seeds, visiting gardens and nurseries, and sharpening garden tools are samples of possible activities. Janice is thinking of bi-monthly group meetings, starting with a first Saturday morning at the Felton Discover Garden and third Mondays at various locations. For details contact Janice at jtkuch@gmail.com or (626) 808-1448.



Movies Monthly: Before the pandemic, London Nelson Community Center ran a program for seniors called Free Movies Once a Month. Post pandemic, OLLI will partner with them to restart the program with movies at the London Nelson Auditorium. This space is quite comfortable and perfect for showing movies. There will be a wide variety of movies for us to appreciate. Here are upcoming dates: February 20, March 19, April 30, May 21, June 18. All movie times are between 1 and 3:30 pm. Douglas Garcia will lead the group. Contact him to join the mailing list: douglasagarcia@yahoo.com or (831) 239-7620.



Music Monthly: Frank Baudino's new interest group, Music Monthly, is off to a good start. Five people, who play piano or keyboard, attended the first meeting and played a lot of music - Debussy, Fauré, Dvorak, Ravel, and some original works. Participants at any performance level and playing any instrument (including voice) are welcome. You just need to love

music-making in a low-pressure environment! To join the group contact Frank at frankbaudino415@comcast.net or (209) 769-0841.

#### ESTABLISHED GROUP TREAT

Helen Jones is the longtime leader of an OLLI interest group icon - New Yorker SC II. For the monthly meeting in January, Helen hosted Jonathan Franzen to talk about his New Yorker article concerning cats and birds (January 1 & 8 print issue). Moreover, Helen invited members of the two other New Yorker IGs, as well as OLLI Board members, to attend. I went. Franzen

was delightful, telling us the story of how he became a New Yorker author and educating us on how successful articles must center on people, not animals (photo below).



# **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.

January 26, 2024

\*Full, \*\*Zoom only

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

French for French Speakers Fleuture of Capitalism Creal Books II **  Tat W noon Susan Gorsky Joya Chaterjee Gaby Litsky Great Decisions Feb, Mar, Apr Gaby Litsky Holling Southions Horticulture, Garden International Cuisine Jogaging F 10:30 Jouga Chaterjee Gaby Litsky Ga	Folk Singing	Hiatus	Lou Rose	477 0360	ramblingroses@yahoo.com
Speakers					9
Tulture of Capitalism Great Books II **  1st W noon Great Decisions Feb, Mar, Apr Gaby Litsky Gaby Lit		2110 W 1.00p	Beatine Barbarow	001 0111	bbaljac gillali.com
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May   Day   Chaterjee   Gaby Litsky   Gaby   May   Add 1328   Joya_chatterjee@yahoo.com   Gaby Litsky   Gaby   May   May   May   May   May   Gaby   May	-				
Gaby Litsky   (808) 446 1328   glitsky@aol.com   Gaby Litsky   (808) 446 1328   glitsky@aol.com   Gaby Litsky   (760) 942 2764   Trabia7@gmail.com   Trabia7@gmail.com   Gaby Litsky			,		
Health, Longevity, and Lifestyle Solutions Horticulture, Garden International Cuisine International Cuisine Jogging F 10:30 Douglas Garcia Jogging Jogetter9503@gmail.com Jogging Mahipingg Chinese M 1:00-3:00 Memoir Writing I* Jonar Th 1:30 Jogetter9503@gmail.com Memoir Writing II Jogetter9503@gmail.com Jogetter9503@gmail.co	Great Decisions				
International Cuisine  3rd Th 1p	Health, Longevity, and Lifestyle Solutions	•	, ,		
Douglas Garcia   239 7620   douglasagarcia@yahoo.com   Mahjongg American   W 2p   Mary Paulson   566 5159   profpaulson@att.net   gogetter9503@gmail.com   Mahjongg Chinese   M 1:00-3:00   Ginna Holcombe   689 9503   gogetter9503@gmail.com   Memoir Writing II * 2nd Th 2:30p   Richard Bruce   427 7334   richard.bruce@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   douglas Garcia   239 7620   douglasagarcia@yahoo.com   Music Monthly   tbd by group   Frank Baudino   (209) 769 8530   frankbaudino415@comcast.net.   Movies Monthly   tbd by group   Frank Baudino   (209) 769 8530   frankbaudino415@comcast.net.   New Yorker Aptos * alternate Th 1p   Joan Rose   477 0360   ramblingroses@yahoo.com   New Yorker SC II * 2nd Th 2p   Helen Jones   420 1220   helenjones815@gmail.com   New Yorker SC II * 2nd Th 2p   Helen Jones   420 1220   helenjones815@gmail.com   Nonfiction East Side **   4th M 1p Frederick St   Judy McNeely   600 6382   judybookdoc@collegepathfinder   S.c.om   Sally Grey   Sally	Horticulture, Garden	contact leader	Janice Kuch	(626) 808 1448	jtkuch@gmail.com
Mahjongg American         W 2p         Mary Paulson         566 5159         profpaulson@att.net           Mahjongg Chinese         M 1:00-3:00         Ginna Holcombe         689 9503         gogetter9503@gmail.com           Memoir Writing II*         2nd Th 2:30p         Richard Bruce         427 7334         richard.bruce@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         contact leader         Douglas Garcia         239 7620         douglasagarcia@yahoo.com           Music Monthly         tbd by group         Frank Baudino         (209) 769 8530         frankbaudinod15@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         denatylor22@gmail.com           New Yorker SC II*         2nd Th 2p         Helen Jones         420 1220         helenjones815@gmail.com           Nonfiction East Side **         4th M 1p Frederick St         Judy McNeely         600 6382         judybookdoc@collegepathfinder           Scomal         Read & Social	International Cuisine	3rd Th 1p	Irene Lennox	818 0976	irenefraetroon@gmail.com
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Memoir Writing II *         alternate Th 11-1p         Kathryn Cowan         426 4842         kathrynocowan@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         tbd by group         Frank Baudino         (209) 769 8530         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 Tu 2p         Rabia Barkins Gail Greenwood         566 4276         7rabia7@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           Recorder Playing         Tu 2:30p </td <td>, ,</td> <td>2nd Th 2:30p</td> <td>Richard Bruce</td> <td>427 7334</td> <td>0 0</td>	, ,	2nd Th 2:30p	Richard Bruce	427 7334	0 0
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\* Elected position



Headlines wanting a proofreader:

- Man Kills Self Before Shooting Wife And Daughter
- Red Tape Holds Up New Bridges
- Police Begin to Run Down Jaywalkers

## **Handy Hacks**

Gail Greenwood

One of the many benefits of our OLLI program is having a community of people who love to learn. Mark Gordon put it well when he said, "I love being with humans. From what I see at most OLLI gatherings, I'm not alone. The buzz is infectious with happiness, and conversations bubble over." While offering intellectual stimulation, the classes, interest groups and meetings also bring an important sense of community.

In spite of Covid's enormous challenge, we learned to use Zoom to keep in touch; now we can do that *and* assemble for face-to-face meetings. One of the challenges of aging is that our memories, or lack of them, occasionally trip us up, especially when 2-3 years have passed in relative isolation. Mark reminded me of a handy hack to handle our returning conviviality. It's actually an old one—NAME BADGES! For him they are a "gift from heaven." He notes that new people in OLLI get to know us and for us old timers, who sometimes can't quite get that name of someone we've known for years, they are a godsend. I couldn't agree more! OLLI actually requires little of us, but we really appreciate it when OLLI members at classes and meetings wear their name badges.

When I forget mine at the monthly meeting, I'm happy to get a sticky one at the entry table because it's really for other folks that we wear them. It's embarrassing to greet people we know that we know and not be able to call them by name. I don't mind that they recognize me but not my name, since I'm often in the same boat. I choose to think it's kind to ignore it if anyone glances down at my chest to greet me by name.

Kate Erstein also has a neat trick to learn those names of new would-be friends. Her idea could work to help people remember names in interest groups or a class as well. When she first moved to Santa Cruz, she joined a Meetup group and everyone was new to her. At the first meeting, she made a point of remembering three names. If she heard a fourth or more, she ignored it because she found if she tried to remember a fourth, she forgot all of them. Kate went over the three in the car as she was driving away.

Then the next time she saw them, she could remember the first three and focus on three more to make six and so on. Other people (like me) may only remember two but that's better than none! It's worth a try. I will pretend it's a brain game.

How about hearing from you next time? Any idea is welcome, or here's a suggestion. Have you ever lost your car in a large parking lot? What tricks do you use to find it?

Reply to: <a href="mailto:msaspasia@gmail.com">msaspasia@gmail.com</a>, reference Handy Hacks.



The walking group at Piggie Beach, north of Santa Cruz near Coast Road.

The International Cuisine group eating the food of Yemen. By all reports it was delicious. Irene Lennox, Barbara Morrissey, Kate Erstein, Lena Townend, Megan Sand.

The Digital Photography group at the home of Susan Klebl. Starting at top and going clockwise: Wade Terry, Lilly Bogovic, Carolyn Lewis, Judy Feinman, Margie Lafia (behind), Lee Taiz, Alan Nerenberg, Susan Klebl.

All photos by Cindy Margolin

## **Promotion Partners**











## James Plays Lopland

YouTube recordings of the December 3 concert are here!



http://tinyurl.com/4p9vejfn

## Brass, Wood, Ivory

Sunday, March 17, 2024

HAYDN ~ Feld-Parthie Nr. 4 in F major JANAĆEK ~ Capriccio STRAVINSKY ~ Octet

DONIZETTI ~ Sinfonia in G minor

## The Really Good Stuff

Sunday, June 2, 2024

SCHUBERT ~ Symphony Nr. 5 BRAHMS ~ Serenade Nr. 2

All performances, 4:00 PM, at Santa Cruz Community Church, 411 Roxas St, Santa Cruz

ESPRESSIVO

For ticket sales and more information visit espressorch.org



## Spring 2024 Course Registration Form

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The older I get, the earlier it gets late.

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that fits none of your containers.

When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things and get really excited.

To me, drink responsibly means don't spill it.

Age 60 may be the new 40, but 9:00 pm is the new midnight.

I had my patience tested. I'm negative.

When I ask for directions, please don't use words like "east."

