

# KIT Mail (Keep in Touch)

## From OLLI at UCI

### Fall 2023



Monday, November 27, 2023

## Greetings OLLI Members!

We have some exciting classes ahead this week that you won't want to miss!



- **SS309: Self-Care Series: 6 Ancient Healing Practices for Body and Mind**  
Tuesday, November 28; 1:30 PM - 3:30 PM
- **SC206: Evolution of the Human Brain Size, Fetal Growth Rate and Pregnancy**  
Wednesday, November 29; 1:30 PM - 3:30 PM
- **AH112: Weird But Wondrous Instruments**  
Thursday, November 30; 1:30 PM - 3:45 PM
- **SC207: Chocolate Chemistry**  
Friday, December 1; 10:00 AM- 12:00 PM  
**Please read the "Enhance Your Experience" section below for at home instructions to prepare for the best class experience if you'll attending on Zoom!**

Warmly,

OLLI at UCI

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**Your OLLI at UCI Board of  
Directors cordially invites you  
to our annual**

# OLLI Jolly Holiday Party

Friday, December 8th  
4:00 PM - 6:00 PM

RSVP on the Evite that has been sent to your email address.



## FANTASTIC FEEDBACK

- **"Great, useful, effective practices. I've incorporated 2 or 3 to start and end my days. Thank you!"**
  - *OLLI Members in response to: SS309 Self-Care Series - 6 Ancient Healing Practices for Body and Mind*
- **"Dr. Frangieh presentation was so informative. He was very welcoming and encouraging of questions from the audience. We, who attended SC 205, we're very fortunate to hear Dr. Frangieh."**
  - *OLLI Members in response to: SC205 Living Well - Interventional Cardiology Innovations in the Treatment of Structural Heart Diseases*
- **"Fascinating program. Apryl's knowledge, preparation and presentation style and enthusiasm added so much!!"**
  - *OLLI Members in response to: SS308 Forensics*

## FALL SEMESTER SPECIAL EVENTS

(Click on the Special Events images to register)

# ORANGE COAST COLLEGE PLANETARIUM 2023:

## A Space Odyssey

SE 410

**Date:** Wednesday, December 13

**Time:** 11:00 AM - 1:00 PM

**Cost:** \$25 Plus parking.

**Location:** Self-drive to Orange Coast College, Costa Mesa



AT UNIVERSITY OF CALIFORNIA, IRVINE



A guide takes us through images of mysterious other worlds that share our solar system.

Immerse yourself in faraway constellations, star clusters and other wonders of the universe at the new Orange Coast College state-of-the-art Planetarium.

Bounce around the surface of the moon. See an astronaut's eye-view of the earth as it changes by the minute.

A 70-foot diameter dome in the heart of the campus peeks out from the center of the galaxy mimicking the Milky Way. Look up and touch the cosmos right here in Orange County.

## OLD ORANGE COUNTY COURTHOUSE: Court is in Session

SE 403

**Date:** Friday, December 15

**Time:** 10:00 AM – 12:00 PM

**Cost:** \$25

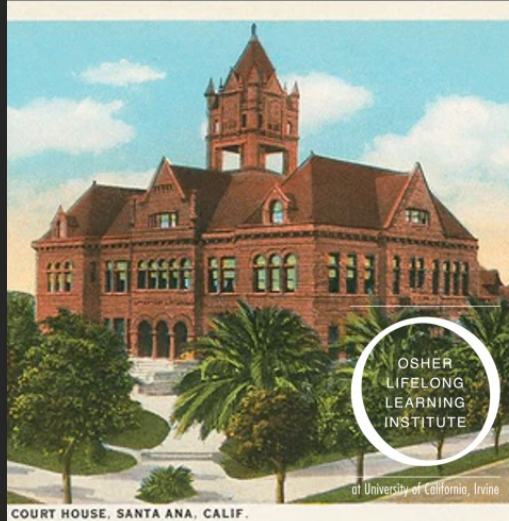
**Location:** Self-drive to

Old Orange County Courthouse

211 W. Santa Ana Boulevard, Santa Ana, CA 92701



It started out as a jail. It's a museum now and you can get married here too. The Old Orange County Courthouse built in 1901 of granite and red sandstone is an eye-popping example of Renaissance-Revival architecture in the Santa Ana Historical District. Completely restored in 1992 to look as it did at the turn of the century, archives highlight events and court proceedings that shaped Orange County's early history. A docent leads us through the storied old building that is part of our local heritage. Enjoy lunch on your own in Old Santa Ana.



OSHER  
LIFELONG  
LEARNING  
INSTITUTE

at University of California, Irvine

COURT HOUSE, SANTA ANA, CALIF.

## BEHIND THE SCENE AT SEGERSTROM CENTER AND A FINAL REHEARSAL

SE 413

**Date:** Wednesday, January 31, 2024

**Time:** 6:30 PM – 9:30 PM (arrive at 6:15 PM)

**Cost:** \$50 Includes tour of the Halls and symphony rehearsal (parking \$15)

**Location:** Self-drive Segerstrom Center for the Arts, 600 Town Center Dr., Costa Mesa



at University of California, Irvine

A first for OLLI and a music lover's dream! Join us for a private docent-led tour of the Segerstrom Center for the Arts and Renee and Henry Segerstrom Concert Hall. Following the tour and thanks to the generosity of the Pacific Symphony, we are invited to attend the final rehearsal of the Kern Plays Rach 3 concert series conducted by the Symphony's Music Director Carl St. Clair. Segerstrom's experienced and enthusiastic guides are certain to entertain us on our walk with good stories and little-known facts that may surprise and delight. This is a rare opportunity to see behind the curtain at one of the nation's most renowned performance venues right here in Orange County.





at University of California, Irvine

# OLLI Remote Learning Center

To view online classes, you will need to create an account for the **ORLC**. If you have not received your OLLI Membership ID, please email: [olli@uci.edu](mailto:olli@uci.edu).

If you already created an account for the **ORLC**, you can use the same log in and video password that you created. If you have forgotten your (Video) password, the office can reset it, by emailing: [olli@uci.edu](mailto:olli@uci.edu).

NOTE: Please allow 5-10 business days for a video recording to become available after a classes has concluded due to the editing process. Thank you.



## WEEKLY SCHEDULE

### Calendar at a Glance

Monday 11/27	Tuesday 11/28	Wednesday 11/29	Thursday 11/30	Friday 12/1
<u>10:00 AM</u>	<u>10:00 AM</u>	<u>10:30 AM</u> AH 102 FORMAT D <b>Full</b>	<u>10:00 AM</u>	<u>10:00 AM</u> SC 207 FORMAT B/C
<u>1:00 PM</u> AH 104 FORMAT A <b>Full</b>	<u>1:30 PM</u> SS 309 FORMAT B/C	<u>1:30 PM</u> SC 206 FORMAT B/C	<u>1:30 PM</u> AH 112 FORMAT B/C	<u>1:30 PM</u> SE 408 <b>Cancelled</b>

### Upcoming Classes

#### CLASS FORMAT LEGEND:

**A: Classroom ONLY** (Presenter and Audience attend in person)

**B/C: Hybrid with Presenter in person or via Zoom** (Audience attend in person or via Zoom)

**D: Zoom ONLY** (Presenter and Audience attend via Zoom)

## Upcoming Class Descriptions

To view our Fall 2023 catalog of courses click [here](#). We look forward to seeing you in person or online via Zoom! Stay Curious!

### Monday, November 27th

**AH 104**  
**Format A**  
**Full**

#### **AMERICAN SHORT STORY MASTERPIECES (Session 5 of 6)**

**Monday, November 27**  
**1:00 PM - 3:00 PM**

**Presenter: Susan Fouts**, OLLI member and long-time short story class developer and presenter.

This six-class series is a fun, interactive adventure in reading and discussing renowned American short stories.

Participants choose a favorite story from the text, develop questions and lead the discussion. Guidance for developing discussion questions and sample questions will be available.

The textbook is *THE SCRIBNER ANTHOLOGY OF CONTEMPORARY SHORT STORIES (2nd Edition)*, edited by Lex Williford and Michael Matone, available on Amazon in paperback and as an e-book.

### Tuesday, November 28th

**SS 309**  
**Format B/C**

#### **SELF-CARE SERIES: 6 Ancient Healing Practices for Body and Mind**

**Tuesday, November 28**  
**1:30 PM - 3:30 PM**  
**(Session 3 of 3)**

**NOTE: Dr. Barili will present remotely from her office at UC Berkely.**

How do the latest reports from Neuroscience research confirm what ancient healing wisdom and traditions tell us about the deep connection between our body and mind?

In these sessions we will explore six ancient centering and healing Practices.

**Presenter: Dr. Amelia Barili, PhD.**, faculty at UCB OLLI and Berkeley Buddhist Monastery. She teaches Meditation, Self-Care, Volunteering and Cultivating Positive Neuroplasticity.

Visit her website at:  
[ameliabarili.com](http://ameliabarili.com)

Then learn how science explains how our thoughts and emotions influence our health.

These Practices are easy to learn and integrate into our daily life for greater physical and emotional well being.

## Wednesday, November 29th

AH 102  
Format D  
Full

### WRITING LIFE STORIES (Session 5 of 8)

Wednesday, November 29  
10:00 AM - 12:00 PM

**Presenter: Tim Boyd**

This friendly class is where you will write down the stories of your life, share your stories and listen to those of others in the group.

The workshop provides prompts, ideas and writing resources. You will also learn about design and printing.

This workshop involves a commitment to attend regularly and to write a two-page story approximately every two weeks.

SC 206  
Format B/C

### THE EVOLUTION OF THE HUMAN BRAIN SIZE, FETAL GROWTH RATE AND PREGNANCY

Wednesday, November 29  
1:30 PM - 3:30 PM

**Presenter: Tesla Monson, Ph.D.**, Assistant Professor Anthropology.

**NOTE: Dr. Monson will be presenting remotely.**

Early Homo Sapiens extinction was a distinct possibility.

This presentation focuses on the evolution of human life history and the relationship of bone growth, brain development, pregnancy, and birth.

How do fossil teeth reveal how human brains develop in utero over millions of years in human evolution?

How do environment and behavior influence the evolution of the skeletal system?

## Thursday, November 30th

AH 112  
Format B/C

## WEIRD BUT WONDROUS INSTRUMENTS IN CLASSICAL MUSIC (Session 3 of 3)

Wednesday, November 29  
1:30 PM - 3:45 PM

**Presenter: Steve Weinstein, B.A.**  
in English with a minor in music,  
University of Pittsburgh.

Everyone knows the violin, the cello, the flute and the piano, but do you know the arpeggione? Or the baryton? How about the ondes Martenot or the traultonium?

Classical music has had its share of strange instruments over the centuries. Most had short lives, but a few have endured, and all had what some intrepid inventor felt was an important reason for being—creating a sound that was distinctive and that would contribute a new, rich dimension to music.

In this course we will look at 14 weird but wondrous instruments that found their way into classical music and, through compositions incorporating them, continue to live on.

## Friday, December 1st

SC 207  
Format B/C

## CHOCOLATE CHEMISTRY: How the Beloved Treat Gets its Flavor, Texture and Tricky Reputation as an Ingredient

Friday, December 1  
10:00 AM - 12:00 PM

**Presenter: Sheryl Barringer, Ph.D.**,  
Professor, Food Science and  
Technology, The Ohio State  
University.

**NOTE: Dr. Barringer will be presenting remotely.**

Americans consume almost 20 pounds of chocolate each year.

What are the volatile molecules that make chocolate taste good?

How long can you store it?

What causes that white bloom?

What creates the texture of a chocolate bar?

Why is it so difficult to cook with?

You have questions, Dr. Barringer has answers!

**Please read about Zoom classroom preparation for this class below in our "Enhance Your Experience" section of your KIT Mail!**

**SE 408**  
**Cancelled**

This event was cancelled at the beginning of the fall semester due to scheduling conflicts.

**MISSION SAN JUAN  
CAPISTRANO**

**Friday, December 1  
10:00 AM - 12:00 PM**

**Developers: Pat Dobbins**



**IMPORTANT CLASS NOTICES**

**SE 411**  
**DIRECTOR'S VOICE II: KING LEAR**  
**RESCHEDULED**  
**NEW DATE:**  
**Sunday, February 4, 2024**

Due to a schedule change with UCI Clair Trevor School of the Arts, we have rescheduled this event from the original date of Sunday, January 28 to the **new date of Sunday, February 4, 2024.**







SC207

# CHOCOLATE CHEMISTRY

HOW THE BELOVED TREAT GETS ITS FLAVOR, TEXTURE AND TRICKY REPUTATION AS AN INGREDIENT

Friday, December 1

10:00 AM – 12:00 PM

at University of California, Irvine

**HERSHEY**  
THE HERSHEY COMPANY

**GODIVA**  
Chocolatier

**GREEN & BLACK'S**  
ORGANIC

**GHIRARDELLI**  
CHOCOLATE

**Lindt**  
MASTER CHOCOLATIER  
SINCE 1845

**SCHARFFEN BERGER**  
CHOCOLATE MAKER

**Dove**  
Chocolate

**Cadbury**



SC 207

## CHOCOLATE CHEMISTRY: HOW THE BELOVED TREAT GETS ITS FLAVOR, TEXTURE AND TRICKY REPUTATION AS AN INGREDIENT

Presentation by Dr. Sheryl Barringer: December 1, 2023

### Who doesn't like chocolate!

Join us in the OLLI classroom or on Zoom, this Friday, December 1 from 10:00 AM until noon as we explore the secrets of chocolate.

We will discover the science behind storing and cooking with chocolate, learn why it feels so special and how it gets its taste. If you have questions, Dr. Sheryl Barringer has answers!

Dr. Barringer has requested that each participant complete some advanced "homework." Wouldn't it have been great if we had this assignment back when we were going to school?

### Perform At Home Instructions (both Zoom and in-class participants do this before class):

Prepare and drink the chocolate drinks in advance, as they are best consumed hot. We will discuss your impressions of them during the class.

1. Chocolate Drink #1: Mix together 1 Tablespoon corn meal, 2 Tablespoons baking chocolate or cocoa powder and water. (No sugar!) Heat, stirring as needed until chocolate melts and corn meal dissolves. Add water as needed. Whip vigorously to create a foam on top. Drink.
2. Chocolate Drink #2: Mix together 8 teaspoons chocolate or cocoa powder, 1 1/3 teaspoons anise, 2/3 teaspoon cinnamon, 7 teaspoons sugar, dash of black pepper, dash of cloves, dash of chili powder, 1 cup of water. Heat. Drink.

**We Will Do This Together During the Class:**

No need to bring anything if you attend class in-person; OLLI will supply the bar chocolates we will be tasting.

**If you are participating via Zoom, you may want to pick up the following items prior to class:**

1. Dark chocolate #1: Hershey's special dark or Dove dark chocolate.
2. Dark chocolate #2: Scharffen Berger 82% Dark Chocolate (Available at Gelson's or BevMo) or Green & Black's 85% Dark Chocolate (Available at Whole Foods).
3. Milk chocolate: Dove, Godiva, Lindt, Cadbury, Hershey, or Ghirardelli milk chocolate.



## UCI COVID-19 VACCINATION POLICY



### OLLI at UCI COVID-19 VACCINATION REQUIREMENT

- OLLI will continue to ask members to provide proof of COVID-19 vaccination and first booster at the first class meeting or special event a member attends.
- If a member (or guest) is not vaccinated, OLLI requests that they attend class online.

To add your digital State of California COVID-19 vaccination record to your phone, fill out the following form: <https://myvaccinerecord.cdph.ca.gov>.

## UCI COVID-19 MASK POLICY

### From the UCI Campus Public Health Response Team:

Face coverings will continue to be recommended indoors, but not required, regardless of vaccination status consistent with current [California Department of](#)

[Public Health \(CDPH\)](#) guidance on the use of face masks in California.

Therefore, individuals should feel free to continue to wear face coverings if they desire.



- OLLI at UCI will continue to provide face coverings to those that request one.

For the latest COVID-19 information, please continue to visit the [UCI Forward website](#). Thank you for your ongoing compliance with COVID-19 protocols to help with campus health and well-being.

## CONTACTING US



### OLLI at UCI

Office hours: 9:00am - 4:00pm

[Irvine Train Station](#)  
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Website: [ce.uci.edu/olli](http://ce.uci.edu/olli)

## VISIT US ON FACEBOOK



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