

GRAY MATTERS

News of the Osher Lifelong Learning Institute
Sonoma State University



SONOMA STATE
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Hello OLLI Members,

I love this quote about spring from the late Robin Williams, “Spring is nature’s way of saying ‘Let’s Party!’” Or, how about the passage from Luther Burbank, “Don’t wait for someone to bring you flowers. Plant your own garden and decorate your own soul.” Burbank was a firm believer that Sonoma County was the chosen spot on earth for nature. How right he was; we are still surrounded by the beauty he loved over 130 years ago.

Spring brings longer days and sunshine, along with increased energy and improved mood. It is also a great time for spring cleaning. There is a satisfaction that comes from freeing oneself from excess belongings. In doing so, you come to terms with the meaning and stories behind those items. Matt Paxton’s “Keep the Memories, Lose the Stuff” provides some great advice with his insider knowledge of decluttering and the meaning behind our stuff. If you are in the spring cleaning mode or preparing to downsize, I thoroughly recommend this book. The positive of clearing out is that you will feel better — as if a load has been lifted off your shoulders. Your children will thank you too, as my children have hinted at me.

During the season of spring cleaning, rid yourself of stuff, clear your mind and soul, and make more time for people and fun. There is another benefit; there will be less to clean!

Enjoy your OLLI spring classes!

A handwritten signature in black ink, appearing to read "Leslie Brutocao".

Leslie Brutocao
Director

*“Don’t wait
for someone
to bring you
flowers. Plant
your own
garden and
decorate your
own soul.”*

- Luther Burbank



LOCAL AUTHOR NEWS

Greg Sarris – Becoming Story: A Journey Among Seasons, Places, Trees, and Ancestors.

This book is about Greg's own life, being connected to the place one calls home and being where one's ancestors walked. Sarris shares the early years of his work as a tribal leader. A powerful memoir. Available at Copperfield's and Amazon.

DAFFODILS

By Ruth Waltenspiel

Over the years, I have often brought bouquets of daffodils to our OLLI classes.

Here is the story: In 1849 gold was discovered near Sacramento. Many people rushed to California for gold. They soon realized that prospecting was difficult and dangerous. They then turned to what they knew — farming. The northern part of Sonoma County was available in the form of 160-acre homesteads. These settlers developed water, built simple houses and planted fruit trees and daffodils.

When the Army Corps of Engineers was about to flood the upper end of Dry Creek Valley, I asked for the daffodils. With permission, I put a pack saddle on my horse and dug daffodils.

I planted them at my house in the middle of the valley. The following spring, I was rewarded with a field of yellow daffodils. I bugged my husband with the miracle that these bulbs survived so many generations that he booked us a trip to the Netherlands. The Dutch people have a talent for taking something plain and creating great beauty. There, I discovered that daffodils come in many colors and shapes.

Each June, the catalogs arrive, and I am compelled to order. Come November, I do more digging than a gopher. Each year from late January through April, I collect armloads and take them everywhere. The bank, dentist, and schools all receive bouquets.

May the gift of nature's daffodils fill you with joy this spring!

SAVE THE DATE!!!

OLLI Summer 2022 Classes

June 28 through August 4

10 – 11:50 a.m. | Classes at SSU and on Zoom

Tuesdays and Thursdays

OLLI à la Carte Classes

10 – 11:50 a.m. | \$25 per class

Bring a friend new to OLLI, and you and your friend attend FREE!

DO YOU NEED A PEP TALK?

Call **707-998-8410**, and I guarantee this call will put a smile on your face. If you are feeling mad, nervous, sad, or just need a pep talk from kindergartners, call the "PepToc Hotline" from Westside School children in Healdsburg. They have created something positive to help people that has created interest around the country. With the heaviness and grief in the world over the last few years, the idea of creating a hotline to boost people's moods with children's sweet voices came into being. The response to the hotline has been incredible, with thousands of calls received. If you know someone that could benefit from hearing children's voices and a PepToc, have them call 707-998-8410.

The PepToc hotline has been featured in articles and news stories around the country, including CBS Sunday Morning, People, Self, and Detroit news radio station.



To offset the costs of the hotline and help West Side School art programs, feel free to donate through westsideparentsfef.wixsite.com/felta/donate. How thrilling to have a school in Sonoma County doing such good in the world.



APRIL IS JAZZ APPRECIATION MONTH!

Exploring Jazz: The First 100 Years with Len Lyons

Wednesdays, 1 – 3 p.m. on Zoom

Did you miss the first two classes? Contact OLLI, and we will send you the Zoom recordings of the classes you missed.

SONOMA COUNTY HAPPENINGS

Alexander Valley Film Festival

April 29 – May 8

For movie lovers! Featuring locally produced and independent shows. AV Film brings global perspectives and engages students of ALL ages. Locations around Sonoma County. avfilmresents.org

Bodega Bay Fisherman's Festival

April 30 – May 1

Includes barbecued oysters, fish and chips, clam chowder and more. It also celebrates the opening of the salmon season with the Blessing of the Fleet.

Museum of Sonoma County

Through June 5

Agency: Feminist Art and Power

Through May 29

Manzanar: The Wartime Photographs of Ansel Adams

National Independent

Bookstore Day

Saturday, April 30

Support your favorite independent bookseller in your area, such as Poet's Corner Book Shop in Duncans Mills, Levin Bookstore in Healdsburg, or Pages Bookstore in Windsor.

Celebrate International

Sculpture Day

April 30 – May 1 | 9 a.m. – 4 p.m.

T Barny Gallery & Sculpture Garden, 4370 Pine Flat Road, Healdsburg

Sonoma County Farmers Markets are opening.

Information available at www.sonomacounty.com/articles/sonoma-county-farmers-markets

Mother's Day Piano Concert

Sunday, May 8, 2 – 4:30 p.m.

Jack London State Historic Park, Glen Ellen. General Admission.

"Valley of the Moon" Santa Rosa Symphony Concert

May 7 – 9, Green Music Center.

tickets@srsymphony.org

Historical Walking Tours of Downtown Cotati

May 7 and June 4 | 11 a.m.

1–2 hour tour. RSVP to mrmac@sonic.net. Meet at the Jim Boggio statue in La Plaza Park. July – October dates, call 707-794-0305.

For May SSU music performances, go to music.sonoma.edu

SSU Spring Performance Festival

Thursday, April 28 – May 7

theatreartsanddance.sonoma.edu

OLLI ART CLUB EVENTS – Organized by Linda Reid

Apple Blossom Festival Art Show – Sebastopol Center for the Arts

Opening Reception

April 22, 7 – 9 p.m.

(food, wine and art!)

The show runs April 23 and 24, 11 a.m. – 5 p.m.

This is in coordination with the Sebastopol Apple Blossom Festival and Parade.

I am chair of the Art Show and hope to see you there!

Open Studios – Art at the Source

June 4/5 & 11/12

Over 125 local artists open their studios for your visits.

I am one of these artists! This is a first for me, and I hope you will come to my studio.

There will be more on this as we get closer but save the date!

Reverberations: Two: A Visual Conversation

April 9 – May 15

An exhibition of art with poetry Sebastopol Center for the Arts. SebARTS.org / 707-829-4797

For OLLI Art Club activities, go to olli.sonoma.edu, and click on OLLI Activities and Events, or contact Linda L. Reid at LindaLReid100@gmail.com

Don't forget to register for the two-hour OLLI à la Carte Friday morning classes on May 6, May 13, and May 20.

Visit olli.sonoma.edu for class details. Register online or call 707-664-2691

RETRO RECIPES ARE BACK!

Southwestern Casserole

By: Candy Sagon – Taste of Home

This highly rated recipe adapted from the Taste of Home website is a good, all-in-one Tex-Mex dish that leaves enough leftovers for another night's meal. You can always add some canned beans for more plant protein and fiber. Makes two 2-quart casseroles, three to four servings each

Ingredients:

- 2 cups (8 ounces) uncooked elbow macaroni
- 2 pounds lean ground beef
(or substitute ground chicken or turkey)
- 1 large onion, chopped
- 2 large garlic cloves, minced
- 2 cans (14 ½ ounces each) diced tomatoes,
undrained, low-sodium preferred
- 1 can (6 ounces) tomato paste
- 1 can (4 ounces) chopped green chilies, drained
- 1 ½ teaspoons salt
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon pepper
- 2 cups shredded Monterey Jack cheese
- 2 jalapeño peppers, seeded and
chopped, optional



Directions:

Cook macaroni according to package directions. Meanwhile, in a large saucepan, cook beef and onion over medium heat, crumbling beef until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in next eight ingredients and mix thoroughly. Bring to a boil. Reduce heat, simmer, uncovered, for 10 minutes. Drain macaroni; stir into beef mixture. Preheat oven to 375 degrees F. Divide macaroni mixture evenly between two greased two-quart baking dishes. Top each with cheese and chopped jalapeño, if using. Cover and bake at 375 for 30 minutes. Uncover, bake until the tops are bubbly and thoroughly heated, about 10 minutes longer. Serve one casserole. Cool the second one; cover, wrap completely and freeze for up to three months.

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SCHOOL OF
EXTENDED
& INTERNATIONAL EDUCATION

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