News from the Duck Pond

Osher Lifelong Learning Institute at UH Manoa

Letter from the Director, Christmas Carole Mandryk

December - one of my favorite months! So many holidays! Hanukkah, St. Nicholas Eve, Santa Lucia Day, Winter Solstice/Yule, Fesitivus, Christmas, Kwanzaa, Boxing Day (and my birthday)! Something for everyone. Food, family, friends, acts of kindness, baking, celebrating hope and optimism, Hallmark Christmas movies, cookies. So many opportunities to share food and merriment with others; so many excuses to bake! It is also the end of our Fall term, and the beginning of registration for the Spring. Even though there is still so much work to do, I zipped down to Tajiri’s Christmas Trees first thing to get my tree before they were all gone. Now if only I can keep it alive all month.

Carole Mandryk

Important Dates

**KEY DECEMBER DATES**

Dec 10: Spring 2022 Catalog released to current OLLI members.
Dec 12: Public display of classes on Lumens website.
Dec 14: Registration Begins for Lottery Classes, continues through Jan 4
Dec 14-17: Zoom sessions on registration; Email wbarr@hawaii.edu to schedule help with registration.

**STAY TUNED:**
More information on Spring registration will be sent this week.
For this month’s newsletter feature, we will be featuring one of our most cherished instructors, Sue Nance, whose classes on film and pop culture are always a popular pick amongst OLLI members. She is beloved by her many “fans” who enroll in her classes every semester, and she is known for her vast knowledge, wit, and skillful facilitation of the all-important class discussions. As she approaches her 8th year with OLLI, which surpasses her own “guesstimate” of 6 years, I asked her some of the more basic questions such which has class as been her favorite to teach, and of course she responded in a way that endears her to us even more: “As for a favorite class, that’s too difficult to choose, since I LOVE my film classes indiscriminately! The participants are so bright, engaged, interesting and committed--it has been a joy to meet and to share ideas in our discussions, and to become a community of like-minded friends.” For all of us, students, instructors (and even graduate assistants) alike, OLLI has had a wonderful, positive impact on our lives, and Sue Nance is no different.

She explained the deep appreciation she has for OLLI’s community of learners but more than that, it is a group of “people who find ourselves at a time in our lives when we have time to pursue interests and to experience new ideas, perhaps, that we were too busy to ‘indulge’ when leading lives of careers, families, and other forms of ‘development.’ None of us are DONE, yet. We are excited to discover new challenges, ideas, thoughts, friends, and the energy which comes from centering on ourselves and what we can bring to one another and, more, what that provides for our own sense of self.” As was to be expected by those who know her best, Sue not only answered my questions but shared wisdom along the way. We are so grateful to have Sue in our cohort of amazing OLLI instructors and are excited to announce the classes she will be teaching next semester:

- I Found It at The Movies: Films About Films. Thursdays Jan 20-Apr 14

Written by Teagan Rae Rutkowski
December Featured Dishes

Carrot Cake Cookies, pg. 6-7

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Holiday Salad, pg. 4

Agedashi Tofu, pg. 5

Be sure to keep an eye out for our next submission for recipe features and other newsletter features in the future!
Something Green . . . Mixed Greens, Orange, and Pomegranate Salad

This salad is a fresh, colorful addition to any holiday table! Submitted by Carol Zink.

Salad Ingredients:
Large package mixed greens (such as arugula and spinach; any mixed lettuces will do), washed and torn into bite sized pieces
1-2 oranges, peeled including removal of white rind, seeded, sectioned and sections cut in half
1 orange for juicing
1 pomegranate
1/2 C toasted walnuts broken into large pieces, or pine nuts

Dressing:
1/4-1/3 C olive oil
2 Tbsp balsamic vinegar
Juice from one orange
1 tsp tarragon
1 tsp garlic powder or dried garlic (optional)
Salt and Pepper

To get pomegranate seeds out easily: cut pomegranate in half. Hold a half over a large bowl with water in it, seeds facing down, and thwack the pomegranate until all seeds have fallen into the bowl. Remove the white rind pieces from the water, drain the water, and spread the seeds out on a paper towel to remove excess moisture. Repeat with other pomegranate half.

Toss torn greens, prepared orange sections, pomegranate seeds, and nuts in large bowl.

Mix all dressing ingredients in a jar, shake jar vigorously. Dip a lettuce leaf in the dressing and taste it. Adjust seasonings as desired (sometimes I add more balsamic vinegar, garlic, and S&P at this point). Repeat tasting until satisfied. Right before serving, add dressing to salad and toss.

ALL of this can be done well ahead of time - store salad ingredients in separate containers in refrigerator, store prepared dressing in refrigerator and take it out about 1/2 hour before serving time so the oil warms up.
**Something Savory**

**Agedashi Tofu**

This light and crispy tofu dish served with broth is great for the winter months!
Submitted by Gail Karlen.

**Ingredients**
1 block of silken tofu  
Hot Peanut Oil for frying  
Arrowroot powder (or corn starch)  

*Dashi Sauce:*  
Kelp dashi (green package)  
Shrimp dashi (blue and red package)  
Fish stock dashi (green/red package)  
Mushroom dashi (orange package)  
2 cups of water or Chicken Broth  
2 Tbsp Shoyu  
Minced Green Onions

**Preparation**
Cut tofu into large chunks and dry on a paper towel for several hours. Lightly coat tofu with arrowroot powder before frying. Fry about 5 pieces at a time in a large sauce pan, turn over when golden brown. For the dashi sauce, add equal parts shrimp dashi, seaweed dashi, fish stock and mushroom dashi (Japanese section of Foodland store or Times store) to the water or broth and 2 tbsp of shoyu with minced green onions to taste. Serve with your hot, sizzling tofu and enjoy!

For vegetarians, leave out the shrimp and fish dashi.

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**Something Sweet**

**Aunt Lucy’s Snowball Cookies**

This winter classic makes for a very delicate cookie. Perfect for the holiday season! Submitted by Andrea Wagner.

**Ingredients**
1 c. flour  
1/2 c. butter  
3 Tbsp sugar  
1/2 tsp. salt  
1 tsp. vanilla  
1 c. chopped nuts (original recipe calls for walnuts but macadamias are also very good!)  
Powdered Sugar

**Preparation**
Preheat oven to 350F. Cream butter and sugar together. Mix in the remaining ingredients. Roll into small (1"-1/2") balls and place on a parchment-covered baking sheet. Bake for 15 minutes. Cool and roll in powdered sugar.
These Carrot Cake Cookies are cake-like and always a hit—make them small for a cookie tray or larger for an easy dessert. Submitted by Dean Thomas.

Yield: Makes about 2 dozen cookies

Cookie Ingredients
1/2 pound (2 sticks) unsalted butter
1 cup packed light brown sugar
1 cup granulated sugar
1/4 teaspoon salt
1 teaspoon pure vanilla extract
2 eggs
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 1/4 teaspoon ground cinnamon
1 cup rolled oats
1 cup sweetened shredded coconut
1 1/2 cups grated carrots
1 cup raisins
3/4 cup walnuts, chopped
2 cups Cream Cheese Frosting (recipe below)

Cookie Directions
1. In the bowl of a standing mixer fitted with the paddle attachment, gently blend the butter, sugars, salt and vanilla on low speed until light and fluffy, about 5 minutes.
2. Add the eggs one at a time scraping down the bowl after each addition.
3. Sift the flour, baking soda, baking powder, and cinnamon together into a large bowl. Add to the butter mixture all at once and mix on low just until combined.
4. Stir in the oats, coconut, carrots, raisins, and walnuts by hand. Chill the dough until firm, at least 30 minutes.
5. While the dough is firming up, preheat the oven to 350 degrees F. Line baking sheets with parchment paper.
6. Scoop the dough onto the prepared baking sheets using a #40 scoop (1 3/4 tablespoons) about 1 1/2 inches apart.
7. Bake until the cookies are golden brown, about 12-15 minutes. Rotate and switch the baking sheets as necessary for even baking.
8. Allow the cookies to cool for a minute on the baking sheets then transfer, using a spatula, to a cooling rack and allow to cool completely.
9. Use an offset spatula to spread a few tablespoons of frosting on half of the cooled cookies, then sandwich the cookies together.
10. Store the cookies in a single layer in an airtight container.

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Cream Cheese Frosting Ingredients
Yield: Makes 2 1/2 cups
1 cup cream cheese (8 ounces), soft
8 tablespoons (1 stick) unsalted butter, soft
1 cup confectioners’ sugar, sifted
1 teaspoon pure vanilla extract
1/4 teaspoon salt
1/4 teaspoon grated lemon zest

Frosting Directions
1. In the bowl of an electric mixer fitted with the paddle attachment, cream the cream cheese, butter, and confectioner’s sugar on medium speed until light and fluffy, about 6 minutes.
2. Add the vanilla, salt, and lemon zest and mix to combine.
3. Store the frosting in an airtight container in the refrigerator until needed. Before using, allow to come to room temperature and beat on medium speed using a paddle attachment until light and fluffy.

Thank you to everyone for all the wonderful recipes you submitted! We had so many submissions that we are planning to put together a cookbook in the future, featuring all of the recipes we’ve received and will receive.
Member & Instructor News

- In memoriam: We are sad to share that longtime OLLI member Geraldine Holt passed away on November 30th after a short illness. Fellow OLLI Member Phyllis Donlin shared this tribute to Gerry: “I met Gerry years ago through my daughter and Gerry’s granddaughter who were classmates at Kamehameha. She told me how wonderful the OLLI Program was and to sign up quickly before the classes filled up. It’s been almost ten years since I began taking Film classes with Sue Nance, thanks to Gerry Holt. I will greatly miss her”.
- Last week, our own Robin Bush, Zumba instructor extraordinaire was featured in “She’s got the moves: Exercise guru shares exuberance for life” in the Young at Heart insert in the Star Advertiser.
- Nominate an instructor or member to be featured in a future newsletter. Or volunteer to be the subject! How long have YOU been a member of OLLI? What is your favorite memory? Share it with us by emailing olliuhm@hawaii.edu. Or if you are a newer member, offer to do the interviewing of our longest active members!

Timely Way to Support OLLI!

Give through your IRA. By giving all or part of your Required Minimum Distribution (RMD), you can make an impactful gift to OLLI while decreasing your taxable income. Consider giving to endow courses, to allow us to offer additional classes in a subject area you love. For more information about giving through your IRA contact Allison Ohanian in the Office of Estate and Gift Planning UH Foundation at (808) 376-7873, Allison.Ohanian@UHFoundation.org.

FAQs

- How do I get a UH ID?
- What will a UH ID allow me to do?
- How do I add/drop classes? For now, email Teagan or Ninia and they will care of it. Soon, we will offer a training on how to do this yourself.
- How do I deal with registration or account issues?
- Registration Zoom meetings coming next week!! Email wbarr@hawaii.edu to schedule help with registration.

OLLI Staff News

Last week, the entire OLLI staff was able to meet up for the first time in person since Teagan came on board. This photo was taken after Teagan performed a solo in the recital for her class, Piano Vocal Collaboration.

About the Newsletter

We hope this newsletter will be useful to members and instructors alike. Distributed in a digital format, it will also be available on the Lumens website. Let us know what you would like to see here. CONTACT US