Letter from the Director, Dr. Carole Mandryk

I write this note for the newsletter on Halloween while sitting in the dark on the sofa in my brother’s den in Haymarket, Virginia. Besides reminding you that it is not too late to submit a course proposal for Spring 2022, or how to support OLLI and save on your taxes (see details p. 9), I just want to share the picture of my cousin Rosemary and I hugging last night at a COVID-delayed wedding celebration/family reunion. We hadn’t seen each other for over a decade. I want to wish you all as heartwarming a long-delayed family reunion with your own family (or whomever you hold dear), perhaps while enjoying some of the recipes below. Happy Thanksgiving!

Carole Mandryk
When asked how long Mary Flynn has been a member of our OLLI, she replied, “I have been a member of the [UH Lifelong Learning Institute] since it was founded or very soon after. Is that 25 years?” Joining OLLI was a coming together of good luck and coincidence when her friend Helmi Wilby, who was in her 90’s, needed a ride to Abe Arkoff’s class, Illuminated Life. That day, they parked under the beautiful, big tree near Krauss Hall, a place Mary describes as “a quaint old building surrounding a pond.” For her, it was love at first sight as ducklings milled about around the pond, and as kittens were stowed away in the maintenance closet. Even though Abe’s course was halfway through, Mary sat in to listen that day, even retaking the class the next time it was available, and she has been with OLLI ever since.

I also asked Mary if she had a favorite class during her time at OLLI to which she said: “I cannot name a favorite class because there have been so many and these have spiraled out to other joyful life experiences. For example... Tom Sheeran taught a class on Peru, and then led a tour, which included Machu Picchu. Truly a wonder of the world. I took Dave Johnson’s classes on the Iliad and Odyssey and then made a trip to Turkey to see Troy. Such variety to experience - cooking classes, olive oil tasting, poetry, creative writing, history, archeology, etc.”

It goes without saying that the positive impact OLLI has had on Mary’s life has been profound and in her own words, she said “OLLI has given me a chance to learn so many creative and liberal arts topics to round out my life and continue a presence at beautiful UH.” This positive impact goes both ways, however, with Mary being a long time contributor to the growth and well being of our lifelong learning institute in the middle of the Pacific Ocean. During her time with us, she has given lectures on art history, led museum tours, and has even given a lecture on Forensic Pathology.

Even though COVID-19 has changed all of our lives, in ways that are sometimes hard to process, the love and support fostered through our OLLI community is palpable. Like many of our members, Mary notes that she “misses the face to face [experience of being with] friends and in the classroom” but she and her husband Jim (who is also a member of OLLI) “continue to enjoy OLLI classes via Zoom.” When not in class, they also take the time to “walk in Hawaii’s natural beauty nearly daily.”

Thank you Mary, for being our first member of the month, and for showing us the love you have for OLLI, nurtured by years of experience, sparked that fateful day nearly 25 years ago.

Written by Teagan Rae Rutkowski
FOOD AND FRIENDS

Thanksgiving Edition!

November Featured Dishes

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Cranberry Pomegranate Bellinis, pg. 8

Breadfruit Pudding, pg. 5

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FOOD AND FRIENDS

Thanksgiving Edition!

Something Savory . . . Byaldi, (Provençal Vegetable Casserole)

A layering of vegetables into a savory dish. Beautiful treat for the eyes, as well as for the mouth. A recipe that may not be traditional Thanksgiving, but is delicious and can be made ahead, then reheated (highly desirable for Thanksgiving). Submitted by Andrea Wagner. Original recipe by Eric Ripert.

Cook Time 50 mins, Prep Time 30 mins, Servings 4

Ingredients

- 1/2 cup extra virgin olive oil, divided
- 4 medium yellow onions, quartered through the root and thinly sliced crosswise
- Fine sea salt and freshly ground black pepper
- 4 Roma (plum) tomatoes, cored and cut into 1/8-inch-thick slices
- 1 medium zucchini, cut into 1/8-inch-thick slices
- 1 medium yellow summer squash, cut into 1/8-inch-thick slices
- 1 large Japanese eggplant, cut into 1/8-inch-thick slices
- 1 tablespoon fresh thyme leaves, Swap option: Marjoram, parsley, rosemary, or herbs of choice can be used instead of thyme.

Preparation

1. Preheat the oven to 425 F.
2. In a large pot, combine 1/4 cup of the olive oil and the onions and cook over medium heat, stirring every few minutes, until they begin to brown and caramelize, 20-25 minutes. Do not rush.
3. Season the onions with salt and pepper and transfer them to a 10-inch casserole or baking dish, distributing them in an even layer over the bottom of the casserole.
4. Arrange a tight overlapping row of tomatoes along the edge of the casserole, then follow suit with the zucchini, summer squash and eggplant, and another row of tomatoes, zucchini, squash and eggplant, until you have filled the casserole with fanned rows of vegetables. Drizzle with the remaining 1/4 cup olive oil, and season with the thyme and salt and pepper to taste.
5. Transfer to the oven and bake until the vegetables are tender, and the casserole is bubbling and caramelized at the edges, 25-35 minutes.
6. Remove from the oven and let rest for 20 minutes in a warm place. Serve hot.

This sounds like a lot of olive oil, but do not skimp. The dish is excellent the next day as the flavors are allowed to deepen. Reheat at 300 F for 30 minutes.
Something Savory

Polish Pierogies (Dumplings)

A Polish style dumpling paired with a variety of fillings. Often pan fried in butter and served with caramelized onions, or sour cream and chives. Submitted by Deborah Harding Takahashi. Recipe from her grandmother, Jadweiga Karnot Rutkowski.

Ingredients (Pierogi Shell)
- 4 Cups Flour
- 3 Eggs
- 1 1/4 Cups lukewarm water
- 2 Teaspoons salt

Preparation
Mix ingredients with your hands. Divide into 2 parts. Roll out to a 1/8 thickness on a floured cutting board. Cut with a floured 3 inch round glass. Add about a tablespoon of filling. Fold in half. You can press with a fork or you can crimp in a wavy pattern around the edge. At this point you can refrigerate them, if you want to. Drop them into boiling salted water. Cook until they rise to the top. Remove with a slotted spoon. Fry in a large buttered pan. Serve.

For the filling, we like a sauerkraut, mushroom, salt and pepper filling. Others like dry cottage cheese or a boiled potato, onion, and 1 egg filling.

Something Sweet

Breadfruit Pudding

A sweet treat to serve with a Thanksgiving or Christmas dinner as you would candied sweet potatoes, or as a pudding on most any occasion. Submitted by John B. Hall.

Ingredients
- 1 firm, near ripe, breadfruit
- 1 can (15 oz) Coconut milk
- 1 Cup maple syrup
- Water, as needed

Preparation
Take the breadfruit and microwave on high for 12 minutes or until you can insert a fork all the way in. Let cool, and cut in half from stem to end. Remove core and slice off the rind. Take one half (freeze the other for future use) and slice it into 1/2 inch slices. Place these in a 2 qt casserole dish. Add the coconut and maple syrup. Add enough water to bring the liquid to about 1/2 inch of the top of the breadfruit. Microwave until hot but not boiling. Mash thoroughly with a potato masher. Cool. Let sit overnight in the refrigerator. The breadfruit starch should take up the liquid so that the resulting consistency is like that of stiff mashed potatoes or a pudding. Sprinkle chopped nuts over the surface if you wish. Place a layer of marshmallows on top and brown them in the oven.
FOOD AND FRIENDS

Thanksgiving Edition!

Something Sweet . . . Ms. Zink's Awesome Apple Pie

A classic apple pie, perfect for any Thanksgiving feast. Submitted by Carol Zink.

Ingredients (Crust)

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<tr>
<th>Crust for 8” or 9” Pie</th>
<th>Crust for Deep Dish 9” or regular depth 10” Pie</th>
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<tr>
<td>2 C flour</td>
<td>2 ½ C flour</td>
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<tr>
<td>1/2- 1 tsp. salt</td>
<td>1 tsp salt</td>
</tr>
<tr>
<td>2/3 C butter</td>
<td>1 C (2 sticks) butter</td>
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<tr>
<td>Ice water</td>
<td>ice water</td>
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Mix flour and salt. Cut in butter with a pastry cutter or two table knives until mixture resembles small peas (you don't want any chunks of butter). With a fork, stir in ice water 1 TBSP at a time, until dough forms a ball. Do not add too much water!!! Remember that you can always add more water, but you can't take excess water out, so add the water a little at a time.

If you are using a food processor, the procedure is to mix the flour and salt by pulsing; then cut the butter into 1 TBSP chunks and add it, and pulse it; then slowly pour the ice water through the feed tube while the food processor is running. Remember that you can always add more water, but you can't take excess water out, so add the water a little at a time. Keep the processor running until the dough forms itself around the blade.

Divide dough in half. Form each half into a ball and then flatten them. On a floured surface with a floured rolling pin, roll out a crust evenly, so that the edges are the same thickness as the middle. Tip: sprinkle a little water on your work surface. Put a piece of wax paper on this. Smooth the wax paper down. Once you're done rolling, pick up the wax paper and turn it upside down over the pie pan, position the crust, then just peel off the paper. This is especially helpful in humid Hawaii!!!

As you are rolling, flip the dough over once or twice so it doesn’t stick to the surface. Turn a pie plate upside down; you should roll the dough big enough to have about a one inch overlap beyond the pie plate's edges.

Gently place the crust in the pie pan, being careful not to stretch or tear it. Using your index finger, smooth the piecrust into the juncture of the side and the bottom.

Roll out the top crust the same way. (Continued on page 8)
Ingredients (Pie Filling)
8-12 apples, depending on the size of the pie dish and the size of the apples – you want enough apples to be able to have a fairly high pile in the pie dish. (Pippins, Jonathans, Granny Smiths, Macouns, Cortlands and Macintosh are good pie apples.) **Tip: take your pie dish to the grocery store. Pile apples into the dish so you have a high rounded top. Buy that many apples.**
3/4-1 C sugar, depending on the sweetness of the apples (you must taste an apple to make this determination; I NEVER use a full C of sugar – too sweet!)
3 TBSP flour
1-2 tsp. cinnamon
Nutmeg (fresh ground is best, but already ground is ok)
Molasses (about 2-3 TBSP)
A little ice water, A little flour, A little butter

Preheat oven to 425 degrees. **Tip: Make sure the oven rack is in the center before you turn on the oven, and put a piece of foil on the bottom of your oven to catch any drips from the pie.**
Peel, core, and slice the apples. It is important that the apples be evenly sliced.
Mix the sugar and the flour in a small bowl. Spread about 3 TBSP of this mixture on the bottom crust. Pile half the apples in. Sprinkle the cinnamon and nutmeg on the apples. Sprinkle half the remaining sugar/flour mixture on top of the apples. Pile the rest of the apples on top, and add the rest of the sugar/flour mixture. Drizzle with molasses. Place the top crust on. Using a sharp paring knife, trim the overlap down to about one inch. Fold the top overlap over the bottom. Using your thumbs and index fingers crimp the edges. Work a little butter between your hands and spread this gently on the top crust. Sprinkle a little flour on the top crust. Sprinkle a little ice water on. Cut slits in the crust.

To bake immediately:
Place pie in a 425 degree preheated oven, in the center. **Tip: Do NOT put the pie dish on a cookie sheet. This will result in an under-baked and under-browned bottom crust – yuck!** Bake for 15 minutes. WITHOUT opening the oven door, turn the oven down to 350 and bake another 45 minutes or until apples are completely tender (insert a fork through a slit to check). Cool pie on a rack.
FOOD AND FRIENDS
Thanksgiving Edition!

Something to Sip... Cranberry Pomegranate Bellinis with Lime

A cranberry and pomegranate-infused simple syrup is mixed with champagne (or seltzer) and a squeeze of lime for a sparkling drink. Submitted by Dorothy Lee.

Ingredients
For the simple syrup: 1/2 cup unsweetened 100% cranberry juice 1/2 cup unsweetened 100% pomegranate juice 1 cup sugar
For each Bellini: 1 ounce simple syrup 3 to 4 ounces Prosecco/champagne (or seltzer) Squeeze of fresh lime juice Whole cranberries and slices of lime for garnish, optional

To make the simple syrup:
1. In a small pot, stir together fruit juices and sugar.
2. Set pot over medium-high heat and bring to a boil.
3. Turn heat low and simmer for 5 minutes, stirring until sugar completely dissolves.
4. Pour syrup in a jar and cool completely. Store in refrigerator until ready to use.

To make a Bellini:
5. Pour 1 ounce of cranberry-pomegranate simple syrup into a champagne flute. Top with 3 to 4 ounces of Prosecco. Squeeze a wedge of lime into the Bellini. For a garnish, use a toothpick to skewer a whole cranberry and half slice of lime, if desired.

Tips, Tricks, & Variations
If your cranberry and/or pomegranate juice is already sweetened, reduce the amount of sugar in the simple syrup to 1/2 cup. To make a pitcher of Bellinis, mix 1 cup of cranberry-pomegranate simple syrup with a 750mL bottle of Prosecco. Squeeze in the juice of one lime. Taste and add additional simple syrup, if desired.

Yield: 12 Bellinis (if using full amount of sugar in simple syrup and 1.5 to 2 bottles of Prosecco)

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.
It's OLLI-UHM's 25th Anniversary!
The 2021-2022 academic year is our 25th anniversary as a Life Long Learning program and 15th anniversary as an OLLI! As part of our anniversary year activities we will be interviewing long-time members and instructors. How long have YOU been a member of OLLI? Do you have memories of the early years? Classes you took? Instructors you loved? What is your favorite memory? Share it with us, or nominate someone else to be interviewed by emailing olliuhm@hawaii.edu. Or if you are a newer member, offer to do the interviewing of our longest active members! Prizes may be involved. :) 

Another Way to Support OLLI!
Though membership rates have increased slightly (for the first time in 20 years!), there is still a gap between what we receive and OLLI’s program expenses. One way members can help sustain OLLI is by making a donation through their IRA. By giving all or part of your Required Minimum Distribution (RMD), you can make an impactful gift to OLLI. Such charitable donations would not only help OLLI, but would also help donors decrease their taxable income. If you would like more information about giving through your IRA or other opportunities to support OLLI, contact Allison Ohanian in the Office of Estate and Gift Planning for the University of Hawai‘i Foundation at (808) 376-7873 or 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 take will care of it. Soon we will offer a training on how to do this yourself.

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

NEW OR FORMER INSTRUCTORS:
It's not too late to submit a course proposal for Spring 2022! We have extended the deadline to November 3rd. You can submit a proposal here.

CURRENT INSTRUCTORS:
A reminder that if you have not already done so, please let me know ASAP 1) if you plan to teach in the Spring, 2) if you want your same day and time, and 3) if teaching a new course, submit the next course title and description by Nov 10th. For any questions on Spring course proposals, please email Carole at mandryk@hawaii.edu.

Spring Proposals

Editors: C. Mandryk and T. Rutkowski