A History of World War I

by Arthur Gottlieb

(Reporter’s note: Most of what follows are direct quotations from material provided by Dr. Schwartz. His words would only suffer by revision.)

At the dawn of the 20th century advances in science and technology convinced many that European civilization was on the verge of “la Belle Epoque” – a golden age of peace and prosperity. But the optimism was brutally dashed by the horror of World War I which forever changed the direction of European and world history.

As we approach the 100th anniversary of ‘The Great War,’ Dr. Don Schwartz’s course, A HISTORY OF WORLD WAR ONE, will examine the causes of that momentous conflict. It will trace the major military developments as well as the impact of war on average men and women, on European culture and society, and discuss how the results of the conflict gave birth to ideologies and movements that would propel civilization into a second world war. Each lecture will be accompanied by a PowerPoint presentation, archival footage of World War One, as well as songs and music of that era.

Dr. Don Schwartz, Professor Emeritus, received his Ph.D. in European diplomatic history from New York University. As a member of the CSULB history department from 1987 until his retirement in 2010, he has taught courses in 19th and 20th century European history, as well as modern U.S. history. One of our old time Senior University teachers, Dr. Schwartz taught courses including A HISTORY OF THE HOLOCAUST, RATING THE AMERICAN PRESIDENTS, and A CULTURAL HISTORY OF THE 1950S.

Dr. Schwartz has been named to the Outstanding Lecturer Program of the Organization of American Historians, he has taught overseas as part of the Fulbright Specialist Program, and is currently serving as Executive Director of the California Council for History Education. We are proud and honored that Dr. Schwartz has returned to OLLI as an instructor.

→ See class description on page 19
THOUGHT FOR TODAY:
A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.  *George Bernard Shaw*

*Jean and David Lowe,* formerly with us here at OLLI are still very active. For the residents of Morningside, in Fullerton, where they live, David initiated his “Travel Without Luggage” class a year or so ago, and it is open to anyone who wants to attend. They invited Renee and me to PowerPoint our Cuba trip at their August meeting.

Our cartoonist, *Phil Garcia,* is also a gifted artist. His watercolor “Let the Good Times Roll” has been selected for inclusion in the Fine Arts Gallery of the Orange County Fair. Kudos to another of our talented OLLI students.

OLLI classes at our Pine Ave. facility are going well and will now be listed as meeting at “PA” instead of “DT”.

Kudos to *Becky,* our new office manager, who did an outstanding job of preparing our last issue of the SUN.

Plan to attend our annual Membership Meeting on Saturday, October 6, 2012.

*September Equinox: September 22, 2012, 7:49 am PDT*
**President’s Corner**

With our October or fall session, we start a new OLLI year. Many of our cultural and religious traditions look on the autumn season as a new beginning. Harvest festivals and the return of students to their classrooms are occasions for reflecting on what we have accomplished and renewing our commitments.

An important part of our commitment at OLLI is reaching out to our local communities, spreading the news about OLLI, and providing classes and activities where our members live. Over the past four years, we have expanded our classes not only at our main campus classrooms but also at Leisure World and in downtown Long Beach.

As our courses, our members, and attendance have steadily increased at our classroom at 737 Pine Avenue, it became apparent that we needed to give this growing family member a suitable name. Accordingly, you will notice that in this issue of The Sun our downtown location is now called “Pine Avenue.”

Members who live west of the main CSULB campus will find our Pine Avenue classes particularly easy to reach by bus or car. Metered and non-metered parking and an off-street lot are steps away from the OLLI classroom door. Please consider taking one (or more) of the Pine Avenue courses listed in our schedule.

In pace with our increasing activities, our Development Committee has inspired many of us to support OLLI’s work. To keep OLLI on track and growing, our Development Committee consisting of Dennis Youkstetter and his energetic committee members has the task of raising $175,000 over the three-year period of 2010 to 2013. As of June 2012, we have received $130,150 in contributions from OLLI members and benefactors. We are grateful for this resounding vote of confidence from our members.

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**From the Executive Director**

We do not usually think of fall as a time of new beginnings and renewal, but here at OLLI that is the case. Because of the commitment of Dean Millar and the College of Health and Human Services, the old Frogs/Center for Active Aging has metamorphosed into a beautiful new facility, the LifeFit Center @ the Beach. This Center is dedicated to enhancing the physical health of adults 50 and older. It includes a full service gym and several exercise classes and is located a stone’s throw from our classroom in the Kinesiology building.

As in the past, the facility will be shared with students and faculty, providing the opportunities for mutual benefit. Our OLLI activity classes will also be conducted at LifeFit, freeing HSD 101 for additional classes (and preventing us having to move those classroom desks to the walls and back again!).

LifeFit membership is available to all OLLI members, and all LifeFit memberships will require concurrent Osher Lifelong Learning membership so that participants can exercise both body and mind. Information on the Center and grand opening events will be available in the OLLI office in the near future.

On another front, we continue to pilot a class at the Alpert Jewish Community Center this fall. It is open to ALL OLLI members and is an experiment in evening programming to accommodate those still in the workforce – Wednesdays from 7-8:30 p.m. with free parking at the door. Many thanks to Dale Lieberfarb for offering a GREAT BOOKS class at this venue. Please encourage family and friends to participate.

And finally, at this writing we are anticipating new computers in our lab through a generous contribution from an OLLI member. Instead of a perfect storm OLLI is experiencing a wonderful rainbow of events this fall.

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**SAVE THE DATE**

**OLLI GENERAL MEMBERSHIP MEETING**

**SATURDAY, OCTOBER 6**

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In the Spotlight by Sylvia Manheim

Summer is over. Hope all of you enjoyed vacationing and being with family and friends. A new semester awaits us with interesting and innovative classes. New friends, new experiences—enjoy.

Bea Roth, Vice President, Friends of OLLI at Leisure World, celebrated her 90th birthday. This amazing lady takes four classes every semester and helps to keep classes at OLLI Leisure World running smoothly.

On May 21st Jerry Loeb celebrated his 84th birthday at a Big Bash at the Queen Mary given by Cal Rep. and the theatre department at CSULB.

More than 130 sang happy birthday to him. Our Shakespeare teacher Michelle Roberge spent two weeks in France, a well deserved vacation.

John Donahue, a perpetual student who takes four or more classes every semester, had his photo taken at an antiwar rally in downtown Los Angeles. A photo of him carrying a poster appeared in LA Times on March 17th.

Yours truly participated at the Jewish Community Center with a group of young people baking bread. Our photograph appeared on the front page of the Press Telegram. The money from the bread sales went to charity.

Congratulations to Renee Simon on a new book she is currently writing. Rebecca Low, our office administrator, just loves her job. Cindy Smith, her predecessor, volunteers in our office every Tuesday. They are both really happy.

Cheryl Clark completed teaching a two-part course on the Brothers Karamazov at Leisure World. Sixteen sessions made it a stimulating experience for all. Logan Crow showed a series of eight foreign films at the new viewing room at the Pine Avenue bldg. More than 25 participated and found it fascinating. Hooray for OLLI-PA. Carl Schiermeyer, who taught ESCAPE BY RAIL IN SOUTHERN CALIFORNIA, took the class on two field trips. On June 9th, they rode to Pasadena on the Blue, then Red and finally on the Gold line. On June 14th, they went to San Juan Capistrano via Amtrack.

Our deepest sympathy to Inge Johnson, our beloved bridge teacher, on the loss of her daughter, Evelyn Hooker.

Dr. Ingrid Aall, one of our teachers, presented her book. The Multicultural Challenge at the Breakers retirement residence on May 14th. Many OLLI students were present. Congratulations, Dr. Aall. Have a great semester and enjoy learning something new at OLLI.

The Super Fundraiser by Sylvia Manheim

Meet Tyson Reyes, an outstanding member of our governing board and a real superman of fundraising. Tyson has spent over 20 years in higher education, fundraising, administration, student affairs and community relations. He was hired in 2010 as the director of development at the Department of Health and Human Services at CSULB. His major job description is fundraising. He currently oversees overall strategic planning, major gifts, foundations and implementation of development programs.

Tyson grew up in Torrance, CA. His mother was born in Hawaii and his father in the Philippines. Tyson received his Bachelor’s in political science in 1984 at CSULB. While attending college, in order to support himself, he gave piano lessons to children. At one time he had as many as 40 students. After graduating from CSULB he attended the University of Southern California where he earned his Master's in public administration at the Sol Price School of Public Policy. He also earned certificates in management and organizational theory at the Marshall School of Business.

In 1996 Tyson was hired by USC library as a fundraiser. From 1996 to 2005 he met a $25 million goal to construct the Leavey Library, the first of its kind in the academic digital age.

In 2005 he was hired by the Rosier School of Education at USC as a fundraiser. He increased revenues from $1.9 million to $10 million in a difficult financial period.

As part of his job at CSULB, he also manages and directs the major gift programs through major research identification, soliciting, cultivation, and stewardship of donors. His skills have been a great asset to our governing board.

Tyson believes that OLLI at CSULB is one of the model facilities in the country. He says that he feels honored to be on our governing board and is confident that we will grow to even greater heights in the future.
First we need to give a big OLLI “shout out” to Mark Barnett who has been conducting classes at Senior University and OLLI for over a decade. The classes he has led easily number over forty. Therefore, another “shout out” and a big “thank you” are definitely in order.

Mark is planning to lead two definitive classes beginning in the fall of 2012....

* TRAGEDY AND HOPE (PART I)
- A HISTORY OF CIVILIZATION FROM 1800 TO 1965

* A SOCIOLOGY OF PHILOSOPHY (PART I)
- A LOOK AT PHILOSOPHY FROM 1800 TO 1900.

During the winter session of 2013 he plans a continuation of the two classes. Mark goes on to state that we are now living in a post-modern global economy. What is “post-modernism and globalism”? His course will address these questions as he explains the class.

The core curriculum for TRAGEDY AND HOPE... will take us from 1865 to the end of the Vietnam War. We'll examine leading figures, institutions, and organizations that shaped our world. Based on the book, Tragedy and Hope by Carroll Quigley of Georgetown, Princeton and Harvard, we'll examine how intricate political patterns of the West influenced the development of today's world.

The second class, A SOCIOLOGY OF PHILOSOPHY, will examine how the 20th century developed intellectually and culturally. The course will take us on an intellectual tour from the beginnings of modernism through various schools of thought. Important to this study is to learn how scientific thought influenced the varied university subjects that are taught today that evolved out of philosophy.....humanities, social sciences, life sciences, and physical sciences.

Pretty heady stuff! Stimulating and timely courses—what more could we desire?

* See class description on page 25

Garland Holt, our OLLI member living in Vancouver, WA, will present a free class on DNA and Genetics. Garland, who has a B.A. and an M.P.A, is an instructor in Mature Learning at Clark College in Vancouver, WA. Garland continues to be a member of our curriculum committee and attends meetings via modern telecommunications.

Course Description: From the beginning of human history, there have been questions of from where we come, and how did we get here. Recently, there have been outstanding studies of our DNA that may give us an idea of our roots. Also, it now appears we may track health conditions for ourselves and loved ones using DNA testing. Yet, there are many ethical issues to such testing. Come and explore the recent advances in genetics and DNA testing – and see if you would want your DNA tested. Be warned, there will be more questions at the end than answers.

There will be four sessions of this class. (It is suggested that you try to come to all sessions, if possible):

See the class schedule for times and days.

Learning Outcomes - students will:
1. Identify the basic elements of the cell, and how DNA is passed from one person to another.
2. Reach a better understanding of genetics and the role it plays in evolution.
3. Better understand and discuss the role of DNA and DNA testing in discovering drug responses, possible health conditions, carrier status and population relationships.
4. Apply the knowledge of genetics and DNA to their own family relationships, health conditions and causes of death.
5. Discuss the ethical issues of DNA testing, the source of stem cells, cloning, growing of body parts, and genetically modified babies and foods.

Opportunities such as this class happen rarely. Don’t miss out!
OLLI has finally provided us hams with a professional acting instructor... one able to turn us into Burtons, Gielguds or Oliviers.

The course FROM TEXT TO STAGE is taught by Denis McCourt, a veteran of the stage and screen. Mr. McCourt is a member of the Screen Actors’ Guild (SAG), Actors’ Equity Association (AEA) and founder/Artistic Director of PUBLIC THEATRE of Southern California. He presents the class at Pine Avenue and a similar one on our main campus.

Students will go from page to performance; looking at text analysis, improvisation, various acting techniques and exploring voice, body and emotional life. They will also learn how their own personal life experience can help them become better actors.

Denis, director, actor, writer and professor of theatre, performance and film was on stage at the age of seven and has never left. He is committed to inspiring young artists through the craft of theatre/performance, giving voice to those stories that are seldom heard and provoking creativity in everyone. He has a B.A. and M.A. in Fine Arts with a focus on acting.

Former co-Artistic Director of Long Beach Shakespeare Company, Denis is the founder and Artistic Director of the Long Beach Theatre Arts Collaborative. He has directing credits that include a world premiere of “Conjugated Beliefs of Usalica” as well as McCourt’s “Adaptations of The Far-Gondoliers” and “A Christmas Carol.” Other projects include: “BENT,” “Anna in the Tropics” and “The Exonerated.”

An adjunct professor at Long Beach City College as well as New York Film Academy in L.A., he also collaborates with David Anthony on original musicals, is a consultant for Tribe Entertainment Group, a theatre/film production company run by Broadway producer, Michael Butler of “Hair” and “West Side Story” fame.

There is interest in a performance troupe already being generated by our enthusiastic senior actors. We will have to see if that curtain rises.

→ See class description on page 24

There’s no better example of a great partnership than the Art History Lecture Series that OLLI is again offering! The OLLI students and the graduate art students, who present the series, are a combination of enthusiasm and knowledge that generates lively interaction with great benefits to both groups.

This new series is being organized and co-ordinated by Christina Alegria, who is currently completing her master’s thesis and also working as the Assistant Curator of Education at the University Art Museum here at CSULB. Chris will be joined by other graduate students who will be speaking on topics which they have been working on extensively, often as part of the thesis program. The canvas of the class (small pun intended) is vast: from ancient Pompeii to, yes, reality TV.

The schedule is as follows:

October 10: Art of Reality TV (No, that’s not a misprint!)
   Joan Mace

October 17: Realism and the Birth of the Avant-Garde
   Amanda Wada

October 24: The Politics of Delacroix’s Harem
   Christina Alegria (his 1834 painting examined in the context of France’s colonization of Algeria)

October 31: (to be announced)

November 7: Ancient Greek Sculpture
   Kari Duffield

November 14: Filipino-American Artists
   Mary Grace Sanchez

November 28: Art from Ancient Pompeii and Roman Villas
   Christina Zeek

December 5: Fashions in the Portraits of Goya
   Tricia Romero

These are your opportunities to get new perspectives on these subjects with eager participation from all involved. That’s a successful partnership!

→ See class description on page 23
This Fall in the Computer Lab

Here’s the Excel class many of you have asked for. This spreadsheet part of the Microsoft Office suite is not just for the workplace. It can be used in your personal life to catalog, list and sort a variety of things. Although Excel is often used for budgeting and financial planning, you also can use it to keep track of birthdays and anniversaries, create lists to make traveling and packing easier, track your granddaughter’s Girl Scout cookie sales, chart blood pressure or blood sugar levels, set up a sortable database to catalog book or DVD collections, or create an address book to manage your mailing labels. **Mushroom Montoya** will teach **EXPLORING EXCEL 2010** on Wednesdays.

Have you taken pictures with your digital camera this summer on your vacation or at family birthdays and reunions? Do you see that some pictures are in need of editing but can’t remember which Photoshop Elements tool does what? Then here’s a class for you. Whether you’ve taken an Elements class at OLLI in the past or if you’re just starting to use this popular PC software, **TOOL TIME**, taught by **Harold Drab** on Tuesdays, will help you expand your photo-editing knowledge. Learn how to straighten a photo with a crooked horizon, lighten or darken part of your image, make the skies bluer, get rid of red eye, remove distracting elements, even eliminate people from a picture.

And speaking of photos, OLLI instructors **Terry Fiskin** and **Don Patman** will host free sessions of the **PHOTO GROUP** on October 18 and November 15 in the computer lab. The group is open to members who want to share their pictures and get tips about improving them. If you’re interested, watch the video bulletin board in the hall for details. → **See class description on page 28**

A Cruise with a Difference

**D**one any cruising lately? My husband Ralph and I have enjoyed several ocean and river cruises, but last May we were privileged to be able to participate in one of the best ever. OLLI branches were invited to send a representative to participate in a new concept in cruising—an Enrichment Voyage offered by the Institute for Shipboard Education.

Our 15-day cruise took us to six ports of call in Central America and Ecuador with the option of an excursion to the Galapagos Islands. The MV Explorer is a beautiful ship with a maximum capacity for about 800 passengers. Our cabin was the roomiest, most comfortable we have ever had. The food was varied, healthy, excellent! The staff was efficient, friendly, helpful! But best of all were the program and the people we met who are interested in life-long learning.

On board were more than a dozen noteworthy lecturers with expertise in a variety of fields. Every day at sea one could choose from a feast of four to six presentations and/or participate in a rich selection of workshops. Also on board were two college groups, providing a rich opportunity for conversations with PhD’s, eager young learners, and “in-betweeners” still passionate about life and new experiences. Movies or delightful entertainment were available in the evenings.

This short-term educational cruise is an off-shoot of the Semester at Sea, a program first developed by Chapman College about 50 years ago. Now under the aegis of the University of Virginia, the ISE has purchased its own ship and is planning more Enrichment Voyages to keep the ship and crew active year-round. New itineraries are planned each year, and many alumni are repeat travelers. To encourage continued participation of OLLI members in their unique programs, ISE is extending a 10% discount off any Semester at Sea voyage and will donate $100 for each OLLI member who registers to sail with them in December 2012 or April 2013.

For more information call Andrea Bronson at (434) 243-4068 or e-mail her at abronson@ise.virginia.edu. You can also go to the website enrichmentvoyages.org.
Our school. Originally Senior University (SU), now the Osher Life Long Learning Institute (OLLI), opened its doors to classes on October 14, 1996 in response to an innate desire for older adults to keep learning for the rest of their lives. Starting with this issue, we will present thumbprints of our history.

Prior to the opening, there was dedicated and hard work from volunteers including Dean Don Lauda, Dr. Dorothy Fornia, Max and Ray Freedland, Shirley Collins, Sylvia Manheim, Harold and Barbara Katz, Lyn Perlman plus others from CSULB and the surrounding area. Community Hospital donated funds to hire a director, Sue Palosi, to help get us started. The first year membership of 50 grew to 450 in just one year. Today OLLI has over 1200 students. We continue to grow.

The four member SU Governing Council meeting on August 12, 1996 (see below) looked ambitious with Bylaws and Open House on the agenda! The 10-member Governing Council of spring 1998, has increased to 21 active members today.

Classes offered at SU/OLLI have varied from basket weaving to Einstein. A NOVEL APPROACH TO MEMOIR WRITING, started by Max Freedland on day one of SU, has continued nonstop and is still encouraging and nurturing memoirists. Ray Freedland led a current events class called “90 MINUTES” and over the years a variety of instructors have continued to keep us informed and up-to date about what’s going on out there. Another early instructor, Jerry Ball, demystified poetry, opera and Gilbert & Sullivan. Howard Linn (then owner of the Art Theatre in Long Beach), another early class leader, discussed movies. Over the years, our curriculum committees have kept course offerings at SU/OLLI vital, timely and abreast with current scholarship.

CSULB SENIOR UNIVERSITY
ACTING GOVERNING COUNCIL MEETING MONDAY, AUGUST 12, 1996
AGENDA
Announcements from the chair
Welcome
The motto of Senior University: DO IT!
Welcome & recognition of officers
Max Freedland, Governing Council Chair
June Mulcahy, Council Vice Chair
Beverly Richards, Recording Secretary
Hal Katz, Treasurer
Governing Council Reports
Minutes of last meeting
Treasurer’s Report: Results of Foundation meeting
Committee Reports
Director, Sue Perisi: registration package and flyer for open House
Administration/Finance Committee, Lynn Perlman, Chair:
distribution of Bylaws
Curriculum/Programming Committee, Shirley Collins:
draft of class schedules, facilitator application and recruitment forms
Publicity & Community Relations Committee, Bette Sutcliffe:
open house, distribution of registration packages, outline for addressing senior groups, data base for mailings
In 1998, Max Freedland “volunteered” Jack Blecher to be editor of a school newsletter. The first issue appeared in spring that year. The original staff consisted of Jack Blecher, editor; Sylvia Manheim, reporter; Syd Benowitz, reporter and Dave Lowe, production. After a few issues, Judy Mednick came aboard and became assistant editor. After 14 years, Sylvia, Judy and Jack continue to get the SUN out four times a year, aided by a much larger Publication staff today.

Dave moved, and Syd has resigned due to illness. The masthead for the initial SUN was designed by Harold Collins. Volume 1, Issue 1, our first, consisted of 4 pages. Volume 16, Issue 1, this issue, has 32 pages. At first, a booklet containing a complete listing of classes and related time schedules was available as a separate publication.

In 2004, the two publications merged. The SUN, with its iconic yellow cover page, has become the voice of OLLI to the school’s membership and the community at large.

In 2004, in appreciation of a generous grant, we joined the Osher Lifelong Learning Institute (“OLLI”). Over 100 schools, such as ours, are members of OLLI. Based on our excellent performance, the Osher Foundation has given us two $1 million dollar endowments, from which we receive the earnings. To signify our affiliation, we changed our name from SU to OLLI at CSULB.

In future issues of the SUN, the history of the Computer Lab, the 10th anniversary gala, and other topics will be presented. We welcome any input from our readers who have memories of those early years of SU/OLLI.
LifeFit Center @ the Beach!

Looking for a place to work out, a place to catch up with friends, and a place to call yours? We have just the place for you! We are pleased to announce the opening of the LifeFit Center @ the Beach, the on-campus fitness center for the 50+ community. After the starts and stops between ‘Frogs’ and CAA, we now have a facility that we can call our own.

We’ll have the activities and equipment that many of you may be familiar with. We are looking at holding classes such as the Chair Challenge, Stretch & Balance, and Fit & Fun. In addition, the regular OLLI activity classes like Tai Chi Chih, World of Shamans, Longevity Stick, Senior Yoga, International Dance and Falls & Balance, will also be held in this new facility. There will be weight machines, free weights, tread mills and lots of bikes! We think that you will enjoy the open layout and dedicated activities rooms.

The activities at the LifeFit Center @ the Beach will be under the watchful eye of our newly appointed Center Director Ayla Donlin, a lecturer in the Department of Kinesiology and fitness expert! She is dedicated to bringing on a great staff to help make for a fun and effective fitness experience for adults 50 and older.

Our center will work extremely hard at bringing our Mission Statement to life: “To provide multi-disciplinary education, social, fitness, and wellness programming that fosters Intergenerational relationships and community, and ultimately cultivates a lifelong commitment to health.”

Those of us who are fortunate to work on campus fully appreciate the beauty of the University and the energy of the University atmosphere. We are sure that you’ll get the same feeling! Opening is anticipated for early October. Information on cost, parking and schedule will be available at the OLLI office soon. We’d be happy to answer any questions that you have and we look forward to seeing you at the LifeFit Center @ the Beach!!!!

OLLI Watches Venus Dance with the Sun by SUN staff

On June 5, 2012, planet Venus put on a show for skywatchers by moving across the face of the Sun as viewed from Earth. Carl Curtis invited his OLLI "Hubble" class to join him on the top deck of CSULB parking structure 2 to observe the Transit of Venus which occurred on the same day as the last class session. He set up his personal solar telescope plus a small refractor in order to project an image of the event on to a piece of white cardboard. Over the course of a couple of hours, about 15 class members joined to watch. Thank you to Betty Hutchens for her photographs of the event.

The next Transit of Venus, as seen from Earth, will occur in 2117. Our great, great, great grandchildren will read about it in the OLLI SUN, Vol. 416, Issue 3!! To hear more about the Hubble, try out Carl’s class held at the Pine Avenue classroom this term.

See class description on page 25
Managing and Maximizing your Money
by Thelma Teitel

Seve Ann Gilpin, who is a financial advisor, will again lead MAKING SENSE OF INVESTING classes during the fall and winter of 2012-13. Seve has worked in industry and has been a financial advisor for eleven years.

The classes promise to take the mystery out of investing by a thorough discussion of the basics of investing. Students will learn about fixed income investing, evaluation of bonds, mutual funds, tax-free investing, asset allocation and asset management, long term care insurance, plans for retirement, and how to select a professional Financial Advisor.

Seve likes the give and take, the sharing in the classes. Each class will include time for answering specific investment questions. Held at the Pine Avenue campus where you can discover classes with easy parking and a friendly atmosphere. Let’s take advantage of these timely classes. We can all use a little help in these difficult financial times!

→ See class description on page 20

Ways to Age Proof your Brain
AARP Magazine March 2012

LEARN NEW SKILLS
Learning is like Rogaine for your brain: it spurs the growth of new brain cells. “When you challenge the brain, you increase the number of brain cells and the number of connections between those cells,” says Kenneth L. Black, M. D., chair of neurosurgery at Cedars-Sinai Medical Center in Los Angeles.

“But it is not enough to do the things you routinely do—like the daily crossword. You have to learn new things, like Sudoku or a new form of bridge.” UCLA researchers using MRI scans found that middle-aged and older adults with little Internet experience could trigger brain centers that control decision-making and complex reasoning after a week of surfing the net.

“Engaging the mind can help older brains maintain healthy functioning,” says Cynthia R. Green, author of 30 Days to Total Brain Health.

A Profile of Our OLLI Spring 2012

Based on the survey of one third of our current membership, here are the results:

<table>
<thead>
<tr>
<th>Gender:</th>
<th>Age:</th>
<th>Learned about OLLI</th>
<th>Classes taken per Session</th>
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<tbody>
<tr>
<td>Female 64%</td>
<td>50-60</td>
<td>Word of mouth 75%</td>
<td>1-2 69%</td>
</tr>
<tr>
<td>Male 36%</td>
<td>61-70</td>
<td>Newspaper 12%</td>
<td>3-5 27%</td>
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<tr>
<td></td>
<td>71-80</td>
<td>Website 8%</td>
<td>6+ 4%</td>
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<tr>
<td></td>
<td>81-85</td>
<td>Presentation 5%</td>
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<tr>
<td></td>
<td>86+</td>
<td>Membership with OLLI CSULB alumni 28%</td>
<td></td>
</tr>
<tr>
<td>Ethnic group:</td>
<td></td>
<td>4+ years 46%</td>
<td>CSULB faculty or staff 5%</td>
</tr>
<tr>
<td>Caucasian 86%</td>
<td></td>
<td>2-3 years 29%</td>
<td></td>
</tr>
<tr>
<td>Asian 6%</td>
<td></td>
<td>1 year 25%</td>
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<tr>
<td>African American 3%</td>
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<tr>
<td>Latino 3%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Native American 0.6%</td>
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Cranial Challenge Solution:
(from page 9)
When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid’s right! And that’s where women’s buttons have remained since.
Osher Lifelong Learning Institute at CSULB
2012 - 2013 Academic Year Calendar

Class Sessions
Fall Session   October 8 - December 10, 2012
Winter Session        January 22 - March 18, 2013
Spring Session                  April 15 - June 10, 2013
Summer Session   July 8 - August 31, 2013

2013-2014
Fall Session        October 7, 2013 - December 9, 2013

Holidays – No  OLLI Classes
Office Closed – Campus Closed
Labor Day         Monday, September 3, 2012
Veteran’s Day        Monday, November 12, 2012
Thanksgiving Week Monday, November 19-24, 2012
Winter Holiday     December 25 - January 1, 2013

Class Breaks  - No OLLI Classes
September 2 - October 7, 2012
December 11 - January 22, 2013

OLLI at CSULB Web site
Have you visited the OLLI at CSULB web site recently? Go to:
www.csulb.edu/centers/olli
It contains:
• Classes
• Registration forms
• Maps
• FAQs (Frequently asked questions)
• The SUN Online

OLLI Office : 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu

OLLI at CSULB Fall Session 2012

Osher Lifelong Learning Institute at CSULB
2012 - 2013 Academic Year Calendar

Class Sessions
Fall Session   October 8 - December 10, 2012
Winter Session        January 22 - March 18, 2013
Spring Session                  April 15 - June 10, 2013
Summer Session   July 8 - August 31, 2013

2013-2014
Fall Session        October 7, 2013 - December 9, 2013

Holidays – No  OLLI Classes
Office Closed – Campus Closed
Labor Day         Monday, September 3, 2012
Veteran’s Day        Monday, November 12, 2012
Thanksgiving Week Monday, November 19-24, 2012
Winter Holiday     December 25 - January 1, 2013

Class Breaks  - No OLLI Classes
September 2 - October 7, 2012
December 11 - January 22, 2013

OLLI Office : 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu

OLLI at CSULB  Web site
Have you visited the OLLI at CSULB web site recently? Go to:
www.csulb.edu/centers/olli
It contains:
• Classes
• Registration forms
• Maps
• FAQs (Frequently asked questions)
• The SUN Online

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OLLI at CSULB Fall Session 2012

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OLLI at CSULB Fall Session 2012

CSULB ID Cards

Do you have a CSULB ID card?
What can OLLI membership do for you?
Current members of OLLI at CSULB can get
ID cards from the ID office located inside the
Bookstore on campus. All you need is your OLLI
name badge/registration and a picture ID.

Additional handouts about getting an ID card
and the benefits are available in the information
center outside the OLLI office door.

Scholarships
OLLI at CSULB has a scholarship program for
those who clearly need financial assistance to
participate or continue participating in our classes.
Please stop by the OLLI office for the form and
more information.
Vision
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

Mission
The mission of OLLI is to provide quality educational opportunities for older adults by offering a broad spectrum of programs.

The Details
• Membership is open to adults 50 or older.
• Membership is required to take all classes.
• Membership is $40 for a full academic year (October 1 to September 30).
• Membership is pro-rated to $20 for half of the year (March 31 to September 30).
• Computer class tuition for an 8-week class is $35; shorter computer classes are $20.
• Lecture class tuition is $10 each for the term for any length class.
• All class tuitions are in addition to the membership fee.

OLLI Info
• Class Limits
Enrollment in all computer classes and lecture classes with limits will be on a first-come, first-served basis.
• Computer Classes
Some computer classes have minimum enrollments. If enrollment is not met one week before the first week of class, the class may be cancelled. If there is a cancellation, students will be notified.
• Returned Check Policy
CSULB Foundation charges $7.00 per check for all returned checks. If your check is returned, you will be responsible for the amount of the check plus $7.00. Any check returned to University Parking Services by your bank will be handled by the University. A letter will be sent to you by the University. Please be sure to follow the instructions outlined in the letter.
• Refunds
No refunds will be made after the first week of classes for parking passes or for class tuition.

Fees and donations are tax deductible as allowed by current law.

How to Register
Check off the list!

√ Complete the personal information on both sides of the form.
√ Check the classes that you want to take in the column indicated.
√ Make payments by check or in cash.
√ Make checks payable to: CSULB Foundation for classes/membership and a separate check for...
CSULB Parking Services for parking permits

√ Bring your registration form with you when you register; or mail your form and payment to the address on the back of the registration form.
√ Please share the extra registration form with a possible new member.
√ An OLLI at CSULB name tag will be available the first week of classes. It represents your proof of membership for the entire year.
√ Call the office with any questions, 562-985-8237.

• Disclaimer
Our instructors come with a wide variety of backgrounds, experiences and influences. We strive to provide diverse views while maintaining the highest quality of academic excellence in all classes. The views of the instructors and their guests are their own and do not necessarily reflect or represent the views of the Osher Lifelong Learning Institute at CSULB or this University.
### OLLI at CSULB Fall 2012 ~ Registration Form
**October 8 - December 10**

**Name:** _______________________________ **Date:** _________________

**Address:** ___________________________________________ **City:** ___________ **Zip:** ___________

**Phone #:** _______________________________ **Email:** __________________________

<table>
<thead>
<tr>
<th><strong>OLLI Membership</strong></th>
<th>$40.00</th>
<th>$________</th>
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<tbody>
<tr>
<td>Annual fee for the class year 2012-2013.</td>
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<table>
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<th><strong>Lecture Class Tuition</strong></th>
<th>$10.00</th>
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<th><strong>8-Week Computer Class</strong></th>
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<table>
<thead>
<tr>
<th><strong>4-Week Computer Class</strong></th>
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<th>$________</th>
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</table>

**Contribution** $________

Contributors will be acknowledged in our publications.

☑ if you would like to remain anonymous check here.

Cash ____ Check # ________ Total $________

Make Checks Payable to CSULB FOUNDATION

**Parking Permit** ☑$20.00  # Issued ________

Check # ____________ Cash ☐

☑ Disabled ( Permit copy on file with office)

Make Check Payable to CSULB PARKING SERVICES

<table>
<thead>
<tr>
<th><strong>TIME</strong></th>
<th><strong>LECTURE CLASSES</strong></th>
<th><strong>SITE</strong></th>
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<tbody>
<tr>
<td><strong>MONDAYS, October 8 - December 10</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>Very First Computer Class (PC)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Beg. Photoshop Elements (PC)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Intermediate Computer (PC)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Intro to the iPad (PC/Mac)</td>
<td>C-Lab</td>
<td></td>
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<tr>
<td><strong>TUESDAYS, October 9 - December 4</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Tool Time (PC)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Photoshop Elements (Mac)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Windows 7 (PC)</td>
<td>C-Lab</td>
<td></td>
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<tr>
<td><strong>WEDNESDAYS, October 10 - December 5</strong></td>
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<tr>
<td>8:30-10:30</td>
<td>Word 2010 (PC)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Excel 2010 (PC)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>It’s Your Mac I (Mac)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>It’s Your Mac II (Mac)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td><strong>THURSDAYS, October 11 - December 6</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>Intro to Digital Camera (PC/Mac)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Manage Photos with Picasa (PC/Mac)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Gmail and More (PC/Mac)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>OLLI Photo Group (10/18 &amp; 11/15)</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td><strong>FRIDAYS, October 12 - December 7</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-5:00</td>
<td>Open Computer Lab</td>
<td>C-Lab</td>
<td></td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Out of the Box (Mac) (Oct.12-26)</td>
<td>C-Lab</td>
<td></td>
</tr>
</tbody>
</table>

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**DATE**

**Venue:**

**Field:**

**Instructor:**

**Course Title:**

**Course Description:**

**Registration Fee:**

**Contact Information:**

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**Notes:**

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**Conclusion:**

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**Resources:**

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**Fees:**

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**Support:**

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**Sponsors:**

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**Credits:**

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**Gallery:**

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**Appendix:**

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**Bibliography:**

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OLLI at CSULB Fall 2012 Registration Form

Member Information

Emergency Contact:

Phone:

Relationship:

- Pictures and videos are taken periodically of the classes and special events. If you DO NOT want your picture or video included in OLLI’s newsletter, website or brochures please check here. □

- YES - I would be willing to serve as a class liaison. (assist teacher, distribute papers, handle microphone, help with technology, etc)

Note: ________________________________

CSULB Campus = C OLLI Pine Avenue = PA
OLLI Leisure World = LW LifeFit Center = LFC

How to Register

- Complete the personal information on both sides of the form.
- Check the classes that you want to take in the column indicated.
- Make payments by check (see over) or in cash.
- Bring this registration form with you when you register or mail this form and payment to the CSULB address listed below on this form.

OLLI Office : 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu

Please return this form with your check/s to:

Osher Lifelong Learning Institute
OLLI at CSULB
Building HS&D, Room 100, MS-5609
1250 Bellflower Blvd
Long Beach, CA 90840-5609

OLLI OLLI Office : 562-985-8237 Fax: 562-985-8213
Office : 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu

OLLI at CSULB
CSULB Campus (C) - Lower Campus
HS&D Building, Rooms 101, 105, 119,
Computer Lab 100
LifeFit Center (LFC)
KIN Building, Rooms 107 and 110

OLLI Pine Avenue (PA)
737 Pine Ave Suite 202
Long Beach, CA 90813

OLLI Leisure World (LW)
13533 Seal Beach Blvd
Seal Beach, CA 90740

The Alpert Jewish Community Center (JCC)
3801 East Willow Street
Long Beach, CA 90815

<table>
<thead>
<tr>
<th>THURSDAYS, October 11 - December 6</th>
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</thead>
<tbody>
<tr>
<td>8:00-9:00 Falls and Balance (Tues AND Thur)</td>
</tr>
<tr>
<td>8:30-9:30 Longevity Stick</td>
</tr>
<tr>
<td>8:30-10:00 Memoir Writing</td>
</tr>
<tr>
<td>9:30-12:00 Acting Text to Screen (Oct 18-Dec 13)</td>
</tr>
<tr>
<td>10:15-11:45 I Speak Shakespeare, XIII</td>
</tr>
<tr>
<td>12:00-1:30 Freedom vs Tyranny</td>
</tr>
<tr>
<td>1:35-2:20 Tai Chi Chih</td>
</tr>
<tr>
<td>2:00-3:30 Buddhism (Oct. 11-Nov. 15)</td>
</tr>
<tr>
<td>3:00-4:30 Catch the Spirit Choir</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAYS, October 12 - December 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-10:00 Drawing Workshop</td>
</tr>
<tr>
<td>8:15-9:45 Getting Organized</td>
</tr>
<tr>
<td>8:30-10:00 Intermediate Bridge I</td>
</tr>
<tr>
<td>9:00-10:30 Senior Yoga</td>
</tr>
<tr>
<td>10:00-11:30 Tragedy and Hope I</td>
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<tr>
<td>10:00-11:30 Philosophy of Hinduism contd.</td>
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<tr>
<td>10:00-12:00 Watercolor Workshop</td>
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<tr>
<td>10:15-11:45 Intermediate Bridge II</td>
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<tr>
<td>10:15-11:45 Lessons from the Hubble</td>
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<tr>
<td>11:45-1:15 Sociology of Philosophy I</td>
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<tr>
<td>12:15-1:45 Advanced Bridge</td>
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<tr>
<td>1:30-4:45 DNA &amp; Genetics #1 &amp; #2 (Oct. 12)</td>
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<tr>
<td>1:30-3:00 Folk Guitar (Oct. 19 - Dec. 7)</td>
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<tr>
<td>2:00-3:00 Beginning Bridge</td>
</tr>
<tr>
<td>3:15-4:45 Conversational Spanish</td>
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<tr>
<td>3:15-4:45 Estate Planning 101 (4 sessions)</td>
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SATURDAY, October 13 (Only)

<table>
<thead>
<tr>
<th>SATURDAY, October 13 (Only)</th>
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</thead>
<tbody>
<tr>
<td>9:00-12:15 DNA &amp; Genetics #3 &amp; #4</td>
</tr>
</tbody>
</table>

Class Locations

CSULB Campus (C) - Lower Campus
HS&D Building, Rooms 101, 105, 119,
Computer Lab 100
LifeFit Center (LFC)
KIN Building, Rooms 107 and 110
OLLI at CSULB Fall 2012 ~ Registration Form
October 8 - December 10

Name: _____________________________________________________________ Date: ________________

Address: ____________________________________________________________ City: _______________________ Zip: ____________

Phone #: ____________________________________________________________ Email: _____________________________________

OLLI Membership $40.00 $ ________
Annual fee for the class year 2012-2013.

Lecture Class Tuition $10.00 $ ________

8-Week Computer Class $35.00 $ ________
4-Week Computer Class $20.00 $ ________

Contribution $ _________
Contributors will be acknowledged in our publications.
☐ if you would like to remain anonymous check here.

Cash _____Check # ___________ Total $ ________

Make Checks Payable to CSULB FOUNDATION

Parking Permit ☐$20.00  # Issued ________
Check # _____________ Cash ☐
☐ Disabled  (Permit copy on file with office)

Make Check Payable to CSULB PARKING SERVICES

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>SITE</th>
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<td></td>
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<tr>
<td>8:30-10:30</td>
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<td>C-Lab</td>
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<td>C-Lab</td>
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<td>C-Lab</td>
<td></td>
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<tr>
<td>3:15-5:15</td>
<td>Intro to the iPad (PC/Mac)</td>
<td>C-Lab</td>
<td></td>
</tr>
</tbody>
</table>

| TUESDAYS, October 9 - December 4 |
| 10:45-12:45 | Tool Time (PC)                      | C-Lab |   |
| 1:00-3:00   | Photoshop Elements (Mac)            | C-Lab |   |
| 3:15-5:15   | Windows 7 (PC)                      | C-Lab |   |

| WEDNESDAYS, October 10 - December 5 |
| 8:30-10:30 | Word 2010 (PC)                      | C-Lab |   |
| 10:45-12:45| Excel 2010 (PC)                     | C-Lab |   |
| 1:00-3:00  | It’s Your Mac I (Mac)               | C-Lab |   |
| 3:15-5:15  | It’s Your Mac II (Mac)              | C-Lab |   |

| THURSDAYS, October 11 - December 6 |
| 8:30-10:30 | Intro to Digital Camera (PC/Mac)    | C-Lab |   |
| 10:45-12:45| Manage Photos with Picasa (PC/Mac)  | C-Lab |   |
| 1:00-3:00  | Gmail and More (PC/Mac)             | C-Lab |   |
| 3:15-5:15  | OLLI Photo Group (10/18 & 11/15)    | C-Lab |   |

| FRIDAYS, October 12 - December 7 |
| 9:00-5:00 | Open Computer Lab                   | C-Lab | Free |
| 10:00-12:00 | Out of the Box (Mac) (Oct.12-26)   | C-Lab |   |

TIME | LECTURE CLASSES | SITE | X |
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<td>MONDAYS, October 8 - December 10</td>
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<tr>
<td>8:15-9:45</td>
<td>Copy Cat Art</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Satellites &amp; Spacecraft</td>
<td>C-101</td>
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<tr>
<td>10:30-12:30</td>
<td>Ageless Archery</td>
<td>ARCH</td>
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<tr>
<td>11:45-1:15</td>
<td>World War I</td>
<td>C-101</td>
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<tr>
<td>1:30-3:00</td>
<td>Acting: Character(Oct 15 - Dec 3)</td>
<td>C-101</td>
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<tr>
<td>2:30-4:00</td>
<td>Chinese Art History</td>
<td>LW</td>
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<tr>
<td>3:00-4:30</td>
<td>Short Story Omnibus</td>
<td>PA</td>
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<tr>
<td>3:00-4:00</td>
<td>Dance Around the World</td>
<td>LFC</td>
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<td>3:15-4:45</td>
<td>Play the Recorder</td>
<td>C-101</td>
<td></td>
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| TUESDAYS, October 9 - December 4 |
| 8:00-9:00 | Falls & Balance (Tues AND Thurs) | LFC |   |
| 8:30-9:30 | Longevity Stick | LFC |   |
| 10:15-11:45 | Literary Potpourri | C-101 |   |
| 10:00-11:30 | Making Sense of Investing | PA |   |
| 12:00-1:30 | The Law - Art’s Way | C-101 |   |
| 1:45-3:15 | Follow The Yellow Brick Road | C-101 |   |
| 2:15-3:45 | The World of Shaman | LFC |   |
| 2:30-4:00 | Hollywood Stars & Stories | LW |   |
| 3:30-4:45 | French as a Second Language | C-101 |   |

| WEDNESDAYS, October 10 - December 5 |
| 9:00-11:00 | Stamps and Stamping Art | C-119 |   |
| 10:00-11:30 | Current Events | C-101 |   |
| 11:45-1:15 | Women of Ground Zero | C-101 |   |
| 11:45-1:15 | Financial Rules of the Road | C-119 |   |
| 1:30-3:00 | Theatre History: Greeks /Romans | C-101 |   |
| 1:30-3:00 | Short Stories on Aging | PA |   |
| 1:30-3:00 | Memory into Poetry | C-119 |   |
| 3:15-4:45 | Art History | C-101 |   |
| 7:00-8:30 | Great Books: Conversations | JCC |   |
Member Information
Emergency Contact:
Phone:
Relationship:

✓ Pictures and videos are taken periodically of the classes and special events. If you DO NOT want your picture or video included in OLLI’s newsletter, website or brochures please check here. ☐

YES - I would be willing to serve as a class liaison. (assist teacher, distribute papers, handle microphone, help with technology, etc)
Note:______________________________________________________________

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OLLI Leisure World = LW   LifeFit Center = LFC

How to Register
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✓ Check the classes that you want to take in the column indicated.
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✓ Bring this registration form with you when you register or mail this form and payment to the CSULB address listed below on this form.

OLLI at CSULB Fall 2012 Registration Form

THURSDAYS, October 11 - December 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00</td>
<td>Falls and Balance (Tues AND Thur)</td>
<td>LFC</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
<td>LW</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
<td>C-101</td>
</tr>
<tr>
<td>9:30-12:00</td>
<td>Acting Text to Screen (Oct 18-Dec 13)</td>
<td>PA</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>I Speak Shakespeare, XIII</td>
<td>C-101</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Freedom vs Tyranny</td>
<td>C-101</td>
</tr>
<tr>
<td>1:35-2:20</td>
<td>Tai Chi Chih</td>
<td>LFC</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Buddhism (Oct. 11-Nov. 15)</td>
<td>PA</td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Catch the Spirit Choir</td>
<td>C-101</td>
</tr>
</tbody>
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FRIDAYS, October 12 - December 7

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<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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<tbody>
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<td>8:00-10:00</td>
<td>Drawing Workshop</td>
<td>C-105</td>
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<tr>
<td>8:15-9:45</td>
<td>Getting Organized</td>
<td>C-101</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Intermediate Bridge I</td>
<td>C-119</td>
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<tr>
<td>9:00-10:30</td>
<td>Senior Yoga</td>
<td>LFC</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Tragedy and Hope I</td>
<td>C-101</td>
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<td>10:00-11:30</td>
<td>Philosophy of Hinduism contd.</td>
<td>LW</td>
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<td>10:00-12:00</td>
<td>Watercolor Workshop</td>
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<td>10:15-11:45</td>
<td>Intermediate Bridge II</td>
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<td>10:15-11:45</td>
<td>Lessons from the Hubble</td>
<td>PA</td>
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<td>11:45-1:15</td>
<td>Sociology of Philosophy I</td>
<td>C-101</td>
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<td>12:15-1:15</td>
<td>Advanced Bridge</td>
<td>C-119</td>
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<tr>
<td>1:30-4:45</td>
<td>DNA &amp; Genetics #1 &amp;#2 (Oct. 12)</td>
<td>C-101</td>
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<tr>
<td>1:30-3:00</td>
<td>Folk Guitar  (Oct. 19 - Dec. 7)</td>
<td>C-101</td>
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<td>2:00-3:00</td>
<td>Beginning Bridge</td>
<td>C-119</td>
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<td>3:15-4:45</td>
<td>Conversational Spanish</td>
<td>C-101</td>
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<tr>
<td>3:15-4:45</td>
<td>Estate Planning 101 (4 sessions)</td>
<td>C-119</td>
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SATURDAY, October 13 (Only)

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00-12:15</td>
<td>DNA &amp; Genetics #3 &amp; #4</td>
<td>C-101</td>
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Class Locations

CSULB Campus (C) - Lower Campus  
HS&D Building, Rooms 101, 105, 119,  
Computer Lab 100  
LifeFit Center (LFC)  
KIN Building, Rooms 107 and 110

OLLI Office : 562-985-8237 Fax: 562-985-8213  
Web site: www.csulb.edu/centers/olli  
Email: olli@csulb.edu

Please return this form with your check/s to:  
Osher Lifelong Learning Institute  
OLLI at CSULB  
Building HS&D, Room 100, MS-5609  
1250 Bellflower Blvd  
Long Beach, CA 90840-5609

OLLI Pine Avenue (PA)  
737 Pine Ave Suite 202  
Long Beach, CA 90813

OLLI Leisure World (LW)  
13533 Seal Beach Blvd  
Seal Beach, CA 90740

The Alpert Jewish Community Center (JCC)  
3801 East Willow Street  
Long Beach, CA 90815
Lecture Classes FALL 2012

MONDAY

**Copy Cat Art: A Form of Pre-Art**  
Like to draw pictures? Like to impress or share your expertise? You don’t have to be a full-blown artist. In this class students will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pens will be provided. Arrive, relax, and enjoy drawing.  
*Class Leader: Patricia Woods,*  
Recipient of State Golden Bell Award for Performing Arts; with Ian Woods  
*Dates: Mondays, Oct. 8 – Dec. 10  
Time: 8:15-9:45 AM  
Location: CSULB, HS&D, room 101*

**Ageless Archery**  
Are you willing to accept the “ageless challenge” of shooting the gleaning arrow into the X of the target? Would you like to experience an awesome harmony in your mind and body with the bow and arrow? Whether in the past, you have tried archery or have just dreamt of shooting, this course will give you skills and thrills of healthy activity, endurance and a feeling of youth in archery.  
*Class Leader: Mel Leach  
Dates: Mondays, Oct. 8 – Dec. 10  
Time: 10:30 AM – 12:30 PM  
Location: Archery Field, near Pkg Lot 11 (map will be provided)*

**Satellites, Spacecraft and the Gadgets that Use Them**  
This course will cover the Global Navigation Satellite Systems: GPS; Galileo; GLONASS; and Compass. Through videos and other presentation media, we will discuss military and commercial satellite systems for communications, earth observation, weather, etc. How satellites stay in orbit and how they are launched will be highlighted. NASA spacecraft on scientific missions and the Space Station will follow. The last classes offer communications theory (no math required) in order to understand how the Internet works and how we connect to all these orbiting marvels with our Smart Phones, iPads, Wi-Fi, and other access technologies. Future space systems and technologies will be the wrap up session.  
*Class Leader: Len Jacobson  
Dates: Mondays, Oct. 8 – Dec. 10  
Time: 10:00 – 11:30 AM  
Location: CSULB, HS&D, room 101*

**The War to End All Wars: A History of World War I**  
In August 1914, the major European powers were plunged into a conflict, then called The Great War, which would forever alter the course of world history. In recognition of the upcoming 100th anniversary, we will trace the causes, course, and consequences of what we now refer to as World War I. Special emphasis will be placed on the impact of the war on average people as well as on European society and culture. In addition, we will discuss how this conflict changed the course of history in the 20th century.  
*Class Leader: Donald Schwartz, CSULB Emeritus Professor, Ph.D. Modern European History  
Dates: Mondays, Oct. 8 - Dec. 10  
Time: 11:45 AM – 1:15 PM  
Location: CSULB, HS&D, room 101*

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**ACTING: Developing a Character through Text Analysis**  
Students will learn to analyze scripts in order to develop scenes with richer subtext and character portrayal. In addition, students will use scenes from various written materials and learn the practical applications of Story analysis, of Scene analysis, and of Character analysis.  
*Class Leader: Denis McCourt, MFA  
Dates: Mondays, Oct. 15 - Dec. 3 (10/15, 22, & 29; 11/5 & 19; 12/3)  
(6 sessions)  
Time: 1:30 - 3:00 PM  
Location: CSULB, HS&D, room 101*

**Chinese Art History Survey**  
This class includes a lecture and PowerPoint survey of the Chinese civilization from 2000 B.C. to 2012 A.D. Students will briefly learn about the ancient and modern governments, religions, philosophies, economics, and science of China so they will better understand the art of China. They will learn the major Chinese Dynasties and a few examples of painting, ceramics, sculpture, crafts, and architecture from each dynasty and understand what impact they have on us today.  
*Class Leader: Richard Harsh, B.A. Fine Arts, M.A. Education  
Dates: Mondays, Oct. 8 – Dec. 10  
Time: 2:30 – 4:00 PM  
Location: LW, Clubhouse 3, room 3*

→ See article on cover
MONDAY

Great Books: Short Story Omnibus Part II
Be prepared for a lively discussion based upon a terrific selection of classic stories. The discussion will include contemporary forms of the short story. The selections will span a century and a half and are among the greatest ever written. The class books will be loaned.
Class Leader: Richard Black
Dates: Mondays, Oct. 8 - Dec. 10
Time: 3:00 – 4:30 PM
Location: Pine Avenue, Suite 202

Dance Around the World
Have you ever wanted to experience a different culture but not really pack to go there? Let's dance around the world for 8 weeks and go to Israel, Greece, Turkey, the Balkans, Africa, Russia, Latin America and the USA. No dance experience/partner necessary. Just COME and MOVE. Bring drinking water and dancing shoes.
Class Leaders: Julith Neff, performer w/ Syrtaki Intl. Folk Dancers, Rising Phoenix Morris Dancers, Cerritos Folk Dancers & Sue Griffiths, B.S., M.A., dance instructor, choreographer
Dates: Mondays, Oct. 8 - Dec. 10
Time: 3:00 – 4:00 PM
Location: LifeFit Center, KIN 107

Play the Recorder
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance time and is gaining popularity. Open to those who know nothing of the recorder and to those who know a little. Please bring your own recorder. Recorders are available for those without one.
Class Leader: Muriel Pendleton
Dates: Mondays, Oct. 8 - Dec. 10
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

TUESDAY

Falls and Balance: An Ounce of Prevention
This class will address factors that contribute to falls and ways to eliminate them. Participants will receive balance and mobility evaluations before and after an exercise program designed to improve balance and decrease the risk for falls. Participants must be able to safely walk a distance of 200 feet without an assistive device, and have no cognitive impairment or unstable medical conditions. Class members will also participate in a research project. NOTE EARLY STARTING DATE FOR THE CLASS. It is held TWO days each week.
Class limit: 25
Class Leader: Dr. Olfat Mohamed, Physical Therapy Dept, CSULB
Dates: Tuesdays AND Thursdays, Sept. 25 – Nov. 15
Time: 8:00 – 9:00 AM
Location: LifeFit Center, KIN 107

Making Sense of Investing
This class will cover the foundations of investing including lessons on how to evaluate bonds, reading stock tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, retirement plans and tips in selection of a professional financial advisor and what to expect when working with one. Each class will include time for answering your specific investment questions.
Class Leader: Seve Ann Gilpin, Financial Advisor
Dates: Tuesdays, Oct. 9 – Dec. 4
Time: 10:00 - 11:30 AM
Location: Pine Ave., Suite 202

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increasing physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.
Class Leader: Shona Howe
Dates: Tuesdays, Oct. 9 - Dec. 4
Time: 8:30 – 9:30 AM
Location: LifeFit Center, KIN 110

Literary Potpourri XXI—Forbidden Fruit
If you’re bothered by mockery of religion, tradition, country or family values, this is NOT the course for you. We will be exploring writing once banned. Authors include Malcolm X, Sherman Alexie, Shel Silverstein, Emile Zola, George Sand, Gustave Flaubert, James Joyce, George Orwell, Virginia Woolf and others. Discussion, biographical/historical context, music, visual media and guest speakers enliven and illuminate our exploration. All materials provided in class.
Class Leader: Judy Mednick, M.A. English
Dates: Tuesdays, Oct. 9 - Dec. 4
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 101
**TUESDAY**

**The Law – Art’s Way**
The pre-requisites for this class are a desire to be introduced to the field of law, a willingness not to take one's self too seriously, and an ability to use a scissors on newspaper articles dealing with the subject. Sourpusses will be dealt with severely. Politics, sex and religion are rarely discussed.

**Class Leader:** Art Gottlieb, retired lawyer, teacher, writer, lecturer
**Dates:** Tuesdays, Oct. 9 – Dec. 4
**Time:** 12:00 – 1:30 PM
**Location:** CSULB, HS&D, room 101

**Follow the Yellow Brick Road**
After an introductory discussion about the meaning of art, we skip together down 'The Yellow Brick Road' of contemporary artistic expression. Using the campus and community as our lab, we visit local museums, attend plays, read reviews, report our impressions, and voice our opinions. As we explore the events on each side of the road, we gather an overview of the challenges we face in the chaotic 21st Century.

**Class Leader:** Shirlee Gottlieb
**Dates:** Tuesdays, Oct. 9 – Dec. 4
**Time:** 1:45 – 3:15 PM
**Location:** CSULB, HS&D, room 101

**Introduction to the World of Shamans**
Come and learn what our ancestors knew. In this experiential class the students will learn how to journey into non-ordinary reality. They will experience a shamanic journey and learn how our ancestors accessed knowledge about the world around them. Shamans journey to receive information, inspiration, healing, and knowledge. This course will introduce the students to spirit helpers and other worlds.

**Class Leader:** Mushroom Montoya, graduate of Foundation for Shamanic Studies
**Dates:** Tuesdays, Oct. 9 – Dec. 4
**Time:** 2:15 – 3:45 PM
**Location:** LifeFit Center, KIN 107

**Hollywood Biographies: Stars and their Stories**
Biographies about Hollywood stars of the ’30s and ’40s eras will be discussed. In addition, class members will view movies in which these actors starred. One week the bio will be shown; the following week one of the actor’s movies will be shown. Also, we will talk about the early scandals and secrets of Hollywood. These stories, surely, will interest class members.

**Class Leader:** Barry Buckheim
**Dates:** Tuesdays, Oct. 9 – Dec. 4
**Time:** 2:30 – 4:00 PM
**Location:** LW, Clubhouse 3, room 3

**French as a Second Language**
Learn to speak the native language of over 200 million people on five continents and the favorite second language for millions more in Southern Europe, Middle East and for educated people worldwide. In this course you will learn basic structure, useful phrases, and essential vocabulary for enjoying the life and culture of the French - speaking world as well as tips for intercultural communication. This class is for beginners and those who want to refresh their proficiency in this language of science and the arts.

**Class Leader:** Malcolm Green, M.A.
**Dates:** Tuesdays, Oct. 9 – Dec. 4
**Time:** 3:30 – 4:45 PM
**Location:** CSULB, HS&D, room 101

**WEDNESDAY**

**Stamp Your Art Out**
Whether you’re a novice or an experienced stamper, there’s something for everyone to learn in our new two-hour stamping workshop. No longer just a teacher’s tool in the elementary classroom, stamps can be combined with other art media to create striking results. Make art pieces you will be proud to display or give to friends and family. Learn fast and frugal ways to make holiday cards, decorations and wrapping, and create card sets as gifts. Students should bring a small notebook, pen, small scissors, tape runner and paper trimmer to the first class. A $10 materials fee will be collected from each student at the first meeting. If you have questions, please email the instructor: lisaspaperarts@gmail.com

**Class Leader:** Lisa Peskay Malmsten
**Dates:** Wednesdays, Oct. 10 – Dec. 5
**Time:** 9:00 - 11:00 AM
**Location:** CSULB, HS&D, room 119

**National and International Current Events and Issues**
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.

**Class Leader:** Gary Colboth, B.S., M.P.A., J.D., Professor Emeritus and retired lawyer
**Dates:** Wednesdays, Oct.10-Dec. 5
**Time:** 10:00 – 11:30 AM
**Location:** CSULB, HS&D, room 101
Women of Ground Zero
Ground Zero holds stories of bravery and sacrifice. Like millions of other Americans, we could not take our eyes off the news that fateful day, as we watched in horror and disbelief. Later, we listened to the litany of names read honoring those who died. When we hear the names repeated yearly by loved ones, we wonder who they were, what their story was. Likewise, what do we know of the valiant heroes and survivors?

What about the women at Ground Zero, women dead and alive, whose stories are largely untold? Of course, there were thousands of brave men at Ground Zero; but I have chosen to give voice to the women. Port Authority Police Department Captain Kathy Mazza and NYPD Police Officer Moira Smith were last seen inside the Twin Towers, helping to evacuate thousands of terrified people to safety. Yamel Merino, a young emergency medical technician and single mother, also was lost in the collapse of the towers. This class is not intended to be a recitation of sorrows, but of uplifting faith in our human spirit. What was the story, no matter how brief, of women who perished that day—what hopes were never realized? What stories lie in the women who came to Ground Zero that day, women who lived, perhaps, with changed life goals or enduring lifetime physical problems which they bravely endure? These stories transcend, they uplift, they enrich.

Class Leader: Pam Watson, A.A., B.A., English, Science, Biology teacher
Dates: Wednesdays, October 10 – October 31 (4 weeks)
Time: 11:45 - 1:15 PM
Location: CSULB, HS&D, room 101

Financial Rules of the Road
The Road to Financial Independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? Probably not. Do they know a secret? Definitely not - because there are no real secrets to investing. But there are rules you can follow to work toward your goals. The course will cover: the most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know.

Class Leader: Steve Masoner, Financial Advisor
Dates: Wednesdays, Oct. 10 - Dec. 5
Time: 11:45-1:15 PM
Location: CSULB, HS&D, room 119

Theatre History: Exploration of the Greek and Roman
This eight-week class is an exploration of the elements of the Greek and Roman theatres. It expends more time on these topics than could be devoted in a chronologically wider survey course. We look at tragedy and comedy; we consider the playwrights and the plays; and we learn the conventions of the theatre and the architecture and stagecraft of those eras. We'll also weigh the foundational ideas of drama in the Western tradition. Begun as a kind of civic religion, later systematically described by Aristotle, spreading throughout the Mediterranean world and Asia minor, the theatre in the West from the 6th century BCE to the 2nd century is a vibrant institution of surprise and pleasure.

Class Leader: Patrick McDonough, Ph.D.
Dates: Wednesdays, Oct. 10 – Dec. 5
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Short Stories about Aging by well-known National & International Writers
In this class we will read and discuss work by writers such as Alice Munro, Bernard Malamud, Saul Bellow, Eudora Welty, and John Updike. In addition, we will read selections by authors from a variety of other cultures on the theme of growing older. Short fiction featuring older protagonists generally has not found a large audience. But times are changing, along with our life spans. In our class you may meet some writers for the first time. Each will provide much thought provoking material on the many different aspects of aging, from sex and love to wisdom and loss.

Class Leader: Mona Panitz
Dates: Wednesdays, Oct. 10 – Dec. 5
Time: 1:30 – 3:00 PM
Location: Pine Ave., Suite 202

Memory Into Poetry: Finding Words for your Life
Shape your life experiences into poems! In our poetry workshop you will learn how to develop language for those meaningful events as well as the “snapshots” of a lifetime. Each class meeting will include time to free-write and to read aloud. In order to provide creative inspiration, there will be a spirited discussion of a contemporary poet. First-time poets welcome!

Class limit: 20.
Class Leader: Linda Carr, Ph.D.
Dates: Wednesdays, Oct. 10 – Dec. 5
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 119
### THURSDAY

**Longevity Stick**
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. Develop better balance and increase physical strength by stretching the muscles and tendons. Bring a one-inch dowel - 1 to 2 inches longer than your height - with rubber (not plastic) end caps. Tennis shoes are recommended, as is loose and layered clothing.

**Class Leader:** Lynn Marsh, M.A.
**Dates:** Thursdays, Oct. 11 - Dec. 6
**Time:** 8:30 – 9:30 AM
**Location:** LW, Clubhouse 6, room C

### WEDNESDAY

**Art History**
The Art History Lecture Series spans the ancient past to the present. Christina Zeek shares ancient Pompeian and Roman villas, while Kari Duffield explores Greek Sculpture. Progressing to Romanticism, Tricia Romero chronicles fashion in Goya’s portraits and Christina Alegria examines colonial politics in Delacroix’s harem. Amanda Wada presents a defining look at Realism and Mary Grace Sanchez surveys Filipino American artists. Finally, Joan Mace critiques art and reality television.

**Class Leader:** Chris Alegria, B.A.
**Art History and Comparative Lit**
**Dates:** Wednesdays, Oct. 10 – Dec. 5
**Time:** 3:15 – 4:45 PM
**Location:** CSULB, HS&D, room 101

→ See article on page 6

**Great Books - Human Nature**
Class discussions will center on our human nature. Human nature includes our way of thinking, feeling and acting. We will discuss what these characteristics are, what causes them, and how fixed they are. We will be using the book *Even Deadlier Sins* which includes short masterpieces for reflections. In addition, we can discuss how our human nature gets out of hand. The book for the class will be loaned to students for the duration of the class.

**Class limit:** 15
**Class Leader:** Dale Lieberfarb M.A.
**Dates:** Wednesdays, Oct. 10 – Dec. 5
**Time:** 7:00 – 8:30 PM
**Location:** Jewish Community Center

**ACTING:**
From Text to the Stage & Screen
Have you always wanted to act? Have you been acting for years and want to continue? This class is your chance --- whether you are a first timer or have years of experience. We will go from page to performance, taking a look at Text Analysis, Improvisation, Various Acting Techniques, and exploring voice, body and emotional life. How do actors do what they do? If you take this class, you will wonder no more. We will explore how your own personal story can help you be a better actor, how your life experience can help you be a better actor, and how to bring YOU to the craft of acting.

→ See next page
**THURSDAY**

**Freedom vs. Tyranny**
This class is a study and discussion of how atrocities can be perpetrated in civilized societies. The course will examine the methods despotic governments use to control the social climate in a society. The class leader will supply materials for the discussion.

*Class limit: 18*

**Class Leader:** Emma Jane Mermelstein  
**Dates:** Thursdays, Oct. 11 – Dec. 6  
**Time:** 12:00 – 1:30 PM  
**Location:** CSULB, HS&D, room 101  

**Freedom vs. Tyranny (cont.)**

**Tai Chi Chih**
Tai Chi Chih is an American version of a Chinese system for maintaining health and balance. There are 19 movements and one pose in this discipline. Students of any physical capability welcome.

*Class Limit: 30*

**Class Leader:** Al Talberg  
**Dates:** Thursdays, Oct. 11-Dec. 6  
**Time:** 1:35 – 2:20 PM  
**Location:** LifeFit Center, KIN107

**Fear Not, I Speak Shakespeare Act XIII**
Working our way through the canon, we will study Measure for Measure and Coriolanus. The goal of the class is to learn how to enjoy plays – whether you see them in film or stage or in your imagination. Don’t fret if you are new – we start out with an overview of Shakespeare’s meager biographic info, the Globe Theatre and iambic pentameter (a sense of how and where he was writing). If you’ve taken this class before and want to skip the introductory material, I wouldn’t blame you. It is a great joy and honor for me to share my interest and what little I know about Shakespeare with you – and to learn more together!

**Class Leader:** Michele Roberge, M.A.  
**Exec Director:** Carpenter Center  
**Dates:** Thursdays, Oct. 11 - Dec. 6  
**Time:** 10:15 – 11:45 AM  
**Location:** Pine Ave., Suite 202  

→ See article on page 6

**FRIDAY**

**Drawing Workshop**
A class for beginners and intermediates intent on improving their drawing skills. The class will develop visual and perceptual skills that will help students interpret a variety of subject matter. Materials list and class outline available at the first meeting. Bring a #2 pencil and paper or sketchbook.

**Class Leader:** Leonard Hirsch  
**Dates:** Fridays, Oct. 12 – Dec. 7  
**Time:** 8:00 – 10:00 AM  
**Location:** CSULB, HS&D, room 105  

**Get Organized A-Z**
Less clutter, more storage-sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.

A: Act - If you want to do it, act on it now.

B: Break It Down – A project is easier to do if you break it down into manageable parts.

C: Containerize - Store belongings in see-through, plastic containers.

**Class Leader:** Sharon Farley  
**Dates:** Fridays, Oct. 12 – Dec. 7  
**Time:** 8:15 – 9:45 AM  
**Location:** CSULB, HS&D, room 101

**Senior Yoga**
Everything you always wanted to learn about yoga, but were afraid to try! Come prepared to participate in a relaxing fun way to stay young in body, mind and spirit. No body is too old, too stiff or too anything for yoga. All levels welcome, with or without a mat.

**Class Leader:** David Hennage, Senior Yoga Instructor  
**Dates:** Fridays, Oct. 12 - Dec. 7  
**Time:** 9:00 – 10:30 AM  
**Location:** LifeFit Center, KIN110
FRIDAY

Intermediate Bridge I
This class is for players who have had some experience playing bridge. We will start with basics: how to keep score, and opening with a suit and with No Trump. In addition, we will learn about overcalls.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Oct. 12 – Dec. 7
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 119

Intermediate Bridge II
This class is for players who have taken Intermediate Bridge I. We start with a review of what was learned in the previous class, and continue with preemptive bids and conventions such as Stayman, "Take Out Doubles", Gerber and Blackwood.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Oct. 12 – Dec. 7
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 119

Philosophy Of Hinduism ...
A look at Origin, History, Culture, Philosophy, Mythology, Gods and Goddesses, its Scriptures along with its critical analysis. Free discussions with questions and answers. All are welcome to participate.
Class Leader: Prem P. Gupta, M.D.
Dates: Tuesdays, Oct. 12 - Dec. 7
Time: 10:00 - 11:30 PM
Location: LW, Clubhouse 3, room 3

Watercolor Workshop
This class is for beginners and intermediates. Basic watercolor techniques and color theory will be stressed. If you have supplies, bring them to the first class meeting.
Class Leader: Roy Hubbs, Retired Art Teacher, MSA
Dates: Fridays, Oct. 12 – Dec. 7
Time: 10:00 AM – 12:00 PM
Location: CSULB, HS&D, room 105

Tragedy & Hope, Part I
This first semester covers Western History from 1815 to WWII. Students will examine the leaders, institutions, and organizations that shaped our current world civilization. The class is based on "Tragedy & Hope" by the late Carroll Qigley, professor at Georgetown, Princeton, and Harvard. His work details how the political, social, financial, and commercial patterns of the West have influenced today's world.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, Oct. 12 – Dec. 7
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Lessons from the Hubble
Since it was repaired in 1993, the Hubble Space Telescope has provided mankind with a treasury of images and data which have markedly changed our conception of the universe and our place in it. This class uses lectures on DVD by Professor David M. Meyer, Northwestern University, and some of the most iconic H.S.T. images-their meaning, and impact. Discussion follows.
Class Leader: Carl Curtis
Dates: Fridays, Oct. 12 – Dec. 7
Time: 10:15 – 11:45 AM
Location: Pine Ave., Suite 202

Advanced Bridge
For players who know the basics and want to learn more. Learn a variety of conventions so that you can play successfully at duplicate or join strangers for bridge parties.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Oct. 12 – Dec. 7
Time: 12:15 – 1:45 PM
Location: CSULB, HS&D, room 119

Sociology of Philosophy, Part I
What propelled us out of modernity into postmodernity? This course will show how the 20th century developed intellectually, scientifically, and culturally. Students will take a tour through the pageant of Western thought, from the beginnings of modernism to postmodernism. The curriculum is based on "The Sociology of Philosophies" by Randall Collins and "The Columbia History of Western Philosophy" which looks at philosophy from a skeptical and secular perspective.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, Oct. 12 – Dec. 7
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Folk Guitar
Dust off your guitar! Learn or brush up on the essentials of playing the folk guitar. Bring any acoustic guitar (non-electronic) and start accompanying yourself and others. Learn how to tune your instrument and how to play chords, strums, and picks for folk and pop music. You'll be making music in no time!
Class Leader: Michael Meckna, Ph.D.
Music History
(7 sessions)
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Beginning Bridge
This class is for players who have had absolutely no background with this fascinating game. We will start with "Whist" and go on, one step at a time, so that each lesson will be with fun and laughter as well as instruction.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Oct. 12 – Dec. 7
Time: 2:00 – 3:00 PM
Location: CSULB, HS&D, room 119
In the Beginning: DNA & Genetics
From the beginning of human history, there has been the question of where we came from and where we may be going. In fact, some scientists believe that this question is the very thing that makes us human. Recently there have been outstanding studies of our DNA where it appears we may track health conditions for ourselves and loved ones using DNA testing. This class will cover the recent findings in genetics and answer the question, “Should you have your DNA tested”? Be warned, there may be more questions than answers. A version of this class was previously given at Clark College.
Class Leader: Garland Holt, BA, MPA, Mature Learning Instructor at Clark College, Vancouver, WA.
Location: CSULB, HS&D, room 101

There will be no fee for this class. Non-OLLI members are welcome to attend.

There will be 4 sessions of this class as follows. It is suggested that you try to come to all sessions, if possible:

Session #1: Friday, 10/12, 1:30-3:00 PM
Introduction to the Cell and DNA

Session #2: Friday, 10/12, 3:15 - 4:45 PM
Genetics

Session #3: Sat., 10/13, 9:00-10:30 AM
DNA Testing

Session #4: Sat., 10/13, 10:45-12:15 PM
Discussion of Ethical Issues

Conversational Spanish
This class, taught entirely in Spanish, will focus on spoken language used in everyday conversation, as well as on the culture and traditions of various Spanish-speaking countries. Class content will cover Spanish grammar; however, emphasis will be placed on oral communication. The goal is to help students acquire more fluency. Basic knowledge of Spanish strongly suggested.
Class Leader: Lilia Vergara de Owens, M.A.
Dates: Fridays, Oct. 12 – Dec. 7
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

The Four Plans: Estate Planning 101
This class is for people who have not yet planned their estate and for people who already have planned their estate and want to be certain they have addressed every important issue. We will discuss the four key life decisions you must make when planning your estate. This four-week workshop will provide you with worksheets and questions that will help you make decisions about your retirement lifestyle, legacy plans, financial plans, health care plans, and your final estate distributions.
Class Leader: Susan Berkman
Dates: Fridays, Oct. 12 – Nov. 2
(4 sessions)
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 119

Auditing Classes
Are there other classes on the schedule that you are curious about? You have the opportunity to audit one meeting of any class for no fee.*
If you do audit a class and decide to continue, simply stop by the OLLI office to sign up and pay for the class.
*This does not include computer classes or classes with limits that are full.
**Computer Classes Fall 2012**

**MONDAY**

**Very First Computer Class (PC)**
This is where you start. You are welcome even if you have never touched a computer or a typewriter. It is the best opportunity anywhere to learn the basics of email and the Internet. You will learn the mouse tool, along with the keyboard and the desktop. Games and simple exercises will be used for emphasis. All questions will be patiently answered for the benefit of the entire class. When you complete this class, you will be ready to move to our Intermediate Computer class.


*No Prerequisites.*

**Instructor:** Don Patman

**Dates:** Mondays, Oct. 8 - Dec. 10

**Time:** 8:30 – 10:30 AM

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**Intermediate Computer (PC)**
You'll learn and practice these basic computer skills: save, print, cut and paste, drag and drop, how to delete an item, make a file or folder, and how to manage the windows on your desktop. You'll also learn the basics of email, including how to send and receive messages, how to attach documents and open documents that have been sent to you. The Internet section will include how to find Web sites, as well as Internet safety tips. You'll also take a quick look at a word processing program, so you will be able to easily create your own documents, and even insert photos.

*Text: Handouts*

*Prerequisite: Very First Computer class.*

**Instructors:** Computer Lab Instructors

**Dates:** Mondays, Oct. 8 – Dec. 10

**Time:** 1:00 – 3:00 PM

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**Beginning Photoshop Elements I (PC)**
Adobe Photoshop Elements is one of the most versatile image enhancement photo programs available today. First you will learn how to use the Adobe Organizer Program. This will get those picture files in a logical retrievable order. We will enhance those pictures with hands-on use of the many quick fix options available. Learning about resolution will help you email or prepare pictures for right size prints.

*Prerequisite: Very First Computer Class*

**Instructor:** Harold Drab

**Dates:** Mondays, Oct. 8 – Dec. 10

**Time:** 7:30:00 AM – 7:30 PM

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**TUESDAY**

**It’s Tool Time! (PC)**
Take an in-depth look at the powerful tools in Photoshop Elements. If you have taken an Elements class or two, but want to refresh your skills, want learn the new tools, or if you are new to Photoshop Elements, this is the class for you. If time permits, we will cover some of the filters and artistic effects. This will be eight weeks of fun and hard work, so come and join us.

*Text: Information available the first day of class.*

*Prerequisites: Intermediate Computer and basic knowledge of Windows operating system.*

**Instructor:** Harold Drab

**Dates:** Tuesdays, Oct. 9 – Dec. 4

**Time:** 10:45 AM – 12:45 PM

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**Exploring the iPad (Mac/PC)**
Here’s your chance to join the exciting iPad revolution and get the most from your iPad. Get acquainted with iPad features and apps. See how to play music, browse the Web, do email, watch videos and movies, listen to audiobooks and podcasts, and use the iPad as an e-reader. Learn how to find and buy the right apps for you, no matter what your interests are. Students are encouraged to bring their iPads to each class.

**Instructor:** Con Rader

**Dates:** Mondays, Oct. 8 – Dec. 10

**Time:** 3:15 – 5:15 PM
Photoshop Elements (Mac)
You’ve taken what you think is a great picture with your digital camera, but the horizon is a little tilted, some of the people in it have glowing red eyes, or that group of people is clustered in one corner of the shot. Learn how to straighten the horizon, get rid of red eye, crop the photo and other simple editing techniques such as whitening teeth and completely removing people from the photo. See how to enhance color and detail, apply filters and scan old photos. You’ll learn how to easily move your pictures out of the camera, into your computer and onto CDs. Text: Information available the first day of class. Prerequisite: Basic Mac skills.
Instructor: Barbara Kaye Cooper
Dates: Tuesdays, Oct 9 – Dec 4
Time: 1:00 – 3:00 PM

Introduction to Windows 7 (PC)
Explore the features of Microsoft’s Windows 7 operating system. You’ll learn how to transfer settings and files from your old computer, how to rapidly find information on your computer, and get acquainted with the file system and how to best navigate and organize your files. You’ll get to know the desktop with its sidebar and gadgets and how to control your computer’s settings to please yourself. Also see the differences and similarities between Vista and the new Windows 7. Text: Windows 7 for Seniors in Easy Steps ISBN: 9781840783865
Prerequisite: Basic understanding of the Windows XP operating system or instructor’s permission.
Instructor: Wesley Peck
Dates: Tuesdays, Oct 9 – Dec 4
Time: 3:15 – 5:15 PM

Working with Word 2010 (PC)
Did you buy a new PC in the last year or so, or did you buy just buy the latest version of Word? Get the most out of your new software by learning the many features of Word 2010, including improved text formatting effects, picture editing tools, and how to customize the ribbon. It’s easier than ever to create all kinds of documents—letters, fliers, newsletters, reports and more. Learn how to set up, edit and save documents, write and format letters, make lists, insert and edit photos and make tables. Text: Handouts
Prerequisite: Knowledge of basic PC skills.
Instructor: Kathy Winkenwerder
Dates: Wednesdays, Oct 10 – Dec 5
Time: 8:30 – 10:30 AM

Exploring Excel 2010 (PC)
Excel is an electronic spreadsheet program that allows you to create lists, compute numbers, control data. It is a tool that allows the user to keep track of events, the cost of an activity over time, keeping track of annual and sick leave, tracking the amount of money one makes on the sale of just about anything. The program is easy to use. In this class you will learn the basic tools that Excel offers.
Instructor: Mushroom Montoya
Dates: Wednesdays, Oct 10 – Dec 5
Time: 10:45 AM – 12:45 PM

It’s Your Mac.
Do What You Want to Do (Mac)
Are you a beginning Mac user? Join a hands-on class where you explore applications that came with your Mac. Learn how to manage the dock, finder windows, menus and shortcuts. We will use Apple email, set up the Address Book, use Safari to browse the Internet, write and save documents, and more. Personalize your computer and change your desktop, screen saver and views to reflect your interests and needs. There will be plenty of opportunities to have questions answered.
Text: Little Mac Book (depends on your own computer operating system), Robin Williams ISBN: 9780321646910
Prerequisite: You own a Mac or you’d like to own a Mac.
Instructor: Bonnie Elsten
Dates: Wednesdays, Oct 10 – Dec 5
Time: 1:00 – 3:00 PM

It’s Your Mac.
Do What You Want to Do Part II (Mac)
Are you a graduate of IT’S YOUR MAC? Ready to go into more depth? Then this is the class for you. We will work with the applications that came with your Mac, learn how to become more organized, back up your work, troubleshoot, download and install software and more. You will see how to customize your Mac, use the dashboard and widgets, and improve your Internet surfing. Bring your questions to get help.
Prerequisites: Previous Mac class or experience using a Mac.
Instructor: Bonnie Elsten
Dates: Wednesdays, Oct 10 – Dec 5
Time: 3:15 – 5:15 PM
**THURSDAY**

**Introduction to Digital Camera**
An introduction to the basic functions of the digital camera and scanner. Hands-on learning on how to download your photos from the memory card (camera) to your computer. You will also learn how to scan photos and documents into your computer. Eventually, you will organize and burn saved images to a CD. You will also improve your photography by learning some simple creative composition tools while viewing sample images. Text: Title available the first day of class.

*Prerequisites:* Basic understanding of Windows 7 operating system or instructor’s permission.

*Instructor:* Larry Hicks

*Dates:* Thursdays, Oct. 11 – Dec. 6

*Time:* 8:30 – 10:30 AM

**Manage and Enhance Your Photos with Picasa (PC/Mac)**
Get your pictures from your camera to your computer and edit them with Picasa. Learn how to download your pictures to Picasa, and then using Picasa’s tools, enhance your photos by cropping them, adding text or removing red eye in your photos. Once you have edited your photos, you can make a slide show or video from selected pictures, or you can organize photos into a collage. You can mail your pictures, print them, or have them printed commercially. The first session covers the basics of Picasa. Please bring your camera to class in the second session.

Text: Handouts

*Prerequisite:* Intermediate computer or instructor’s permission.

*Instructor:* Reggie Gates

*Dates:* Thursdays, Oct. 11 – Dec. 6

*Time:* 10:45 AM – 12:45 PM

**OLLI Photo Group**
The OLLI Photo Group is a gathering of photographers, both experts and camera-smart amateurs, who want to learn how to improve their digital photo images. Join this free, informal group led by OLLI instructors Terry Fiskin, who teaches TAKING BETTER PHOTOS, and Don Patman, a computer lab digital photography class instructor, to talk about your photos and get tips about how to get the best results from your digital camera. Bring three of your favorite images on a flash drive to share with the group. Our experts and advanced photographers will constructively comment on each member’s personal photos to help everyone to enhance their best images.

*Class Leaders:* Terry Fiskin and Don Patman

*Dates:* Wednesdays, 10/18 and 11/15

*Time:* 3:15 - 5:15 PM

*Location:* CSULB, HS&D, room 119

**FREE**

**FRIDAY**

**Out of the Box (Mac)**
If you’re thinking of getting a new Mac computer, this 3-week class is for you. After students go to the university bookstore to see what kind of Macs are available, they will learn what to do after they bring their computers home. The class will cover how to transfer your information from your old computer, if you have one; what to do when you get your computer home; how to hook up all those wires. It also covers how to connect to the Internet; how to personalize your desktop; then how to install the software you want to use.

*3-week class: $20.00*

*Instructor: Barbara Kaye Cooper*

*Dates:* Fridays, Oct. 12 - 26

*Time:* 10:00 AM – 12:00 PM

**Google: Email & Lots More (PC/Mac)**
Learn to download and configure the program just the way you like it. Try out an exchange of email with fellow students as you learn the features of Gmail. Other options for Web-based email will be offered if the class wishes. Other powerful and interesting Google programs will be explored, as well as other interesting and worthwhile Internet programs and Web sites. Internet security will be stressed throughout the course.

Text: Handouts

*Prerequisites:* Intermediate computer or instructor’s permission.

*Instructor:* Reggie Gates

*Dates:* Thursdays, Oct. 11 – Dec. 6

*Time:* 1:00 – 3:00 PM

**OLLI Photo Group**
The OLLI Photo Group is a gathering of photographers, both experts and camera-smart amateurs, who want to learn how to improve their digital photo images. Join this free, informal group led by OLLI instructors Terry Fiskin, who teaches TAKING BETTER PHOTOS, and Don Patman, a computer lab digital photography class instructor, to talk about your photos and get tips about how to get the best results from your digital camera. Bring three of your favorite images on a flash drive to share with the group. Our experts and advanced photographers will constructively comment on each member’s personal photos to help everyone to enhance their best images.

*Class Leaders:* Terry Fiskin and Don Patman

*Dates:* Wednesdays, 10/18 and 11/15

*Time:* 3:15 - 5:15 PM

*Location:* CSULB, HS&D, room 119

**FREE**

**FRIDAY**

**Open Computer Lab**
9:00 AM - 5:00 PM

The lab is open to help you practice what you have learned in class, or to answer your questions and help try to solve your computer problems. It’s a place to get one-on-one attention from your peers. Bring your laptop or iPad if you would like help with your personal computer or device.
OLLI Pine Avenue

Parking Options

• All day parking $3.00 on the South East corner of 7th Street and Pacific Avenue.
• Metered parking: 2-hour limit, use quarters.
• Non-metered parking: North of 8th Street on Pacific Avenue and Pine Avenue, as well as neighborhood streets West of Pacific Avenue.
• No parking on the South side of 8th Street on Wednesday for street sweeping.

Long Beach Transit

Northeast corner of 7th Street and Pacific Avenue. Long Beach Transit Red Passport C and Routes 51/52, 81, 91/92/93/94, 172/173/174 and 181/182. Please check a current bus schedule for route days and times. For further information, please call Long Beach Transit at 562-591-2301 OR visit the LB Transit website for route maps.

OLLI Leisure World

Parking at Leisure World

Entry passes for non-Leisure World residents who are taking OLLI classes will be available at the second class meeting. The security office at the main gate will have the names of enrolled students and will admit them for the first and second classes.
OLLI at CSULB

Student Parking Passes

For the convenience of our students, parking passes for general parking and Lot 11 are available through our office for $20.00 per 8 week session. Check or cash are accepted payments. If you have a current DMV disabled persons placard and provide a copy of it for the OLLI files, you may obtain parking access for Lot 9. Students must display their placard or license plate and their OLLI parking permit at all times when they are parked in Lot 9, whether or not they are in a designated disabled parking space. Students not displaying the DMV placard or license plate will be ticketed by Parking Services. Anyone who receives a ticket from CSULB Parking Services must go to the Parking Office (Merriam Way) to resolve the ticket.

Long Beach Transit Bus Schedules

Bus transportation to CSULB - OLLI at CSULB is easily available on Lines D, 81, 91, 92, 93, 94, 171 and 176ZAP. Bus Line 60 may be used if you come from Leisure World (exit on 7th Street and transfer to CSULB Campus Connection shuttle to East Campus). For further information, please call Long Beach Transit at 562-591-2301 or OCTA at 714-636-7433.

CSULB Campus Connection Shuttle Routes

The white Campus Connection Shuttles run around the campus during the fall, winter and spring sessions. There is a shuttle stop at the south-west corner of Parking Structure 2 in lot 11 which will drop you off in front of the Design building. For further information pick up a map outside the OLLI office.

Check out the CSULB website for complete campus maps
www.csulb.edu
Freedom vs. Tyranny

The idea of a moral code is prevalent in all cultures. Ten Short Novels of “Hitler’s War against the Moral Code,” a book published in 1939 by Armin L. Robinson, is a compilation of short novels. The authors banded together to write “a tenfold denunciation of the Nazi ghastliness.” These short novels will provide the basis for discussion about the social climate at that time in Germany or in one of the enslaved countries. Discussions of the authors’ voice, brought to the times in which they lived, will hopefully lead to an understanding of how freedom can lead to responsible action.

Three years ago at OLLI Emma Jane Mermelstein led the class DESPOTISM VS. MORALITY, based on the same book. Her new class, FREEDOM VS. TYRANNY, will explore and discuss how atrocities have been perpetrated in civilized societies. Additional information for this study will come from “The Auschwitz Volunteer”, by Witold Pilecki, a Polish cavalry officer who deliberately walked into a German roundup in Warsaw and was sent by train to Auschwitz. His astounding choice was made within, and for, Poland’s anti-Nazi underground. Also aiding the study will be two films. “The Unquiet Death of Julius and Ethel Rosenberg” documents the extreme fears and anxieties that characterized the Cold War years. The Louis Clyde Stoumen movie “The Black Fox” depicts the parallels between the story of Hitler and Reynard the Fox, the crafty hero of a famous beast epic of the 12th century.

Readings and films explore the social climate in a society ruled by a despot. Throughout the course discussion will emphasize that despotism did not begin or end with World War II and many “genocides” have happened since. Readings and study materials will be provided by the instructor. Ms. Mermelstein, a retired teacher, has taught several GREAT BOOKS courses at OLLI. Raised in a small southern town, she married an Auschwitz survivor, Mel Mermelstein, which began her “learning journey” through the Holocaust.

“Going back helps us go forward” says Ms. Mermelstein. “Despite all the historical documentation, thousands of oral and written testimonies by survivors and eyewitnesses, there are still Holocaust-deniers and we still are not sure how an intelligent, decent people can be led to perpetrate such horror.”

→ See class description on page 24