A new course on the history and plight of the NATIVE AMERICAN INDIANS is being taught by James Mayfield this summer and will continue in the fall. This course explores the Native American Nations in North America and their cultures. Videos, lectures and class discussion will cover three stories:

(1) Before Columbus: When Columbus arrived in the New World, millions of people were already living there. America wasn’t exactly a “New World,” but a very old one whose inhabitants had built a vast infrastructure of cities, orchards, canals and causeways.

(2) Trail of Tears: In 1830, President Andrew Jackson enacted the Indian Removal Act that forced the Cherokee Nation to leave their homeland and relocate into the Indian Territory in present day Oklahoma.

(3) Lost Nation: The Ioway. In 1824, two conflicted Ioway leaders met with Clark, of Lewis and Clark, to sign a treaty relinquishing title to the Ioway’s land between the Missouri and Mississippi Rivers. Chief White Cloud saw cooperation as survival for his people, while Chief Great Walker regretted the loss of their homeland.

James Mayfield, a Stanford Ph.D. Fellow, has a Bachelor’s in history from CSULB, a Master’s in history from CSU, Fullerton and a second Master’s in history from Stanford University.

When asked “What got you interested in the Native Americans?” he replied: “My interest in Native Americans developed out of my desire to apply my training on genocide and ethnic cleansing to Native American populations. I want to understand how, where, and if ethnic cleansing or genocide was inflicted by the US government on Native Americans. I also want to interpret how these traumatic memories created Native American “cultures of victimhood.” In other words, to what extent has the past contributed to Native Americans’ present ethos of victimhood and trauma?”

OLLI students anticipate with pleasure Mayfield’s answer to this question and others about our Native American Nations.
Editor’s Comments

THOUGHT FOR TODAY:
To take a great weight off your mind, discard your halo.

The SUN staff is grateful for all the kudos we’ve received, but there’s always room for improvement. Read Dick’s letter below. Readers, how do you think we can improve our cover page?

For those interested in statistics, this is the 63rd issue of the SUN.

The late Jim McCune, a long-time instructor in our computer lab, dreamed of going into space. In the June 25th Press Telegram, we learned that a capsule containing some of Jim’s remains was propelled into outer space. His dream materialized.

Bob Elias, a cartoonist, has joined our SUN staff.

Don Patman contributed photos for this issue, with many thanks!

We also welcome John Tellez as chair of the OLLI membership committee. He and his wife Bernadette have been active on the LifeFit Center advisory committee.

Errata: Terry Fiskin’s name was misspelled last issue. Sorry!

Attendance at our annual membership meeting on September 28 is a “must do.” Be there to vote for OLLI officers (see p. 8).

September Equinox: Sunday, September 22, 2013, 1:44 pm PDT

Letters to the Editor

Just a note to let you (and all OLLI artists) know that the art work in the classroom 101 is changed quarterly. We would like to have every one of you participate at some time during the year. We look for paintings, drawings, photography and other forms of hanging art.

It is easy to submit: fill in a form from the office and hand it in with your artwork on the last Friday of the term. (Aug. 30 and Dec. 6 are next.) We will then hang it on the Friday after taking down the current art.

I hope we can see YOUR art on the walls of our Classroom 101 Art Gallery soon.

Betty Hutchens

Hello Jack,

...I deposit copies of the SUN in my doctor’s lobby as well as other places and I think the cover page should be changed so it grabs the attention of people that have no idea what OLLI represents.

I’d like to see more headlines like.....Broaden your iPad Skills.....Get to Know Napoleon......Art and Music as You Knew It and maybe add a note that indicates this is a school for folks over 50. Your long cover page article in the summer issue looks like an editorial.

We need the cover page to get people’s attention and get them to pick up the SUN and review it.

I shot my wad. Can you help?

Dick Blankenship
President’s Corner

In the business world, managers and consultants have told us that satisfied customers are the best publicity. If your satisfied customer talks to friends, colleagues, and neighbors, he or she is a pearl beyond price. I have the sneaking suspicion that advertising, public relations, press releases, knocking on doors, handing out brochures and spinning signs on street corners and such will never be as effective as the freely given word of a satisfied customer.

We drafted a strategic plan several years ago that looked at what OLLI is trying to do: our strengths, our weaknesses, our resources, and what we want to look like in five years. We set goals for curriculum, facilities, and membership. Among these goals, we hoped to increase our membership by five percent each year. Looking back over the last three years, our year-on-year membership growth has averaged over ten percent with many new retirees adding to the mix.

No single individual or group can take bows for our membership. We know for certain that opening our Pine Avenue campus, reaching out to our Leisure World residents in Seal Beach, and expanding our classes into the LifeFit Center in the Kinesiology building have drawn in more OLLI members.

We also know that the expansion and enrichment of our curriculum with new and more diverse instructors, subjects, and activities have widened and diversified our membership. Finally, the untiring efforts of our former Membership Committee co-chairmen, Max Slegers and the late Syd Benowitz, made sure that our community associations and visitors to our local libraries and senior centers know about OLLI.

I still have the gnawing suspicion, however, that a big reason for our membership growth over the past three years has been you, our “satisfied customers,” who tell your friends and neighbors about what you have been doing and learning at OLLI. Thanks to you all and keep up the good work.

From the Executive Director

Do you have one that is new or well worn, ready to be shared and exchanged, fiction or nonfiction? If so, bring it to OLLI. No, it’s not your spouse or friend—it’s a BOOK! Thanks to Gary Colboth, we now have a book exchange in our classroom. This provides us an opportunity for lifelong learning, not only through classes, but through the books we read and share. There is a bookcase in the front of the classroom where you can “take one and leave one.” This is our opportunity to share knowledge and entertainment we have received through print materials with other OLLI members. This wonderful opportunity comes with a few caveats. Please do not leave a book without taking a book. This is not a way to clean out your library, but rather a way to share books among members on an even exchange basis. The book(s) you take you can keep or pass on. If the bookcase overflows, we will have to stop the exchange, so please make your selections and donations thoughtfully.

On another front: Would you like to experience lifelong learning on the sea? OLLI members are offered opportunities through the Semester at Sea “Enrichment Voyage” program. You will find brochures around OLLI describing a December holiday cruise from Nassau to San Diego via the Panama Canal, and a May-June voyage from Hamburg, Germany to London via St. Petersburg and Iceland. All voyages include courses, lectures, fieldtrip options, and distinguished faculty and scholars. OLLI members travel at reasonable rates and we also receive a monetary contribution for each participant—a way to enjoy a trip and contribute to OLLI at the same time!
Hope you all had a good summer. The new semester is beginning with all kinds of wonderful new learning experiences to enjoy.

Con Rader, who has spent many years with us as a leader for our computer lab, is starting a new adventure. OLLI celebrated his 14 years of helping us develop a fabulous computer lab, which aided many of our students to become computer experts. Lee, Sylvia, Janie, Barbara have moved to Morningside, a retirement community in Fullerton. We wish them good luck and good health.

Janie Payan, Barbara McClinton, Lee Freilich, and Sylvia Manheim had a reunion luncheon to discuss the early days of OLLI. It was fun to get together. Janie, our quintessential fundraiser and volunteer, is doing really well after her knee replacement surgery. She is back at OLLI doing her magic.

Can you believe that one of our members, Ralph Staunton, has 21 grandchildren? I wonder if he knows all of their names and birthdays. Congratulations. He has many birthdays to celebrate.

Jerry Loeb, one of our favorite OLLI thespians, celebrated his 85th birthday on May 25th. To many more healthy birthdays.

Dr. Ingrid Aall gave a lecture on Buddhism last May. It was inspiring and the students would like her to present again. We are fortunate to have her as a volunteer teacher resource. On April 12th Don Friedman spoke at the memorial service for Arthur M. Axelrad, retired CSULB professor of English and OLLI instructor.

On May 21st there was a big goodbye for President F. King Alexander who resigned to become the chancellor at LSU. The President stated that during his ten-year administration, he shook the hands of 75,000 students who graduated from CSULB. Pretty amazing.

We are delighted to say that our wonderful Shakespeare professor, Michelle Roberge is on her way to a full recovery. She is scheduled for a fall class and it is bound to be a “sell-out” again.

OLLI is proud of author Mushroom Montoya who recently held a book signing for his fictionalized story, Viet Nam Body Count. It reveals the dark secrets of a sailor. Mushroom now heals and teaches an interesting WORLD OF SHA-MANS class at OLLI.

Have a wonderful semester and do something delicious.

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The SUN staff congratulates our colleague and friend, Sylvia Manheim on the marriage of her son Karl to Roxana. Sylvia is proud to have added Roxana to her family.
On Saturday, June 15, from 10 AM to noon, OLLI’s classroom was the scene of an exciting and productive exchange of information and ideas between committee members and OLLI instructors.

About fifty OLLI members were welcomed by Executive Director Barbara White and OLLI President, Malcolm Green. Our President who also teaches French at OLLI, set the tone for the forum by noting that his proudest title was “Instructor.”

Curriculum committee representatives included Pat Wrenn, Karen McDonough and Carole Atkins; Bea Roth and Dolores Volpe represented Leisure World Implementation, Richard Black and Ken Nakagawa, Pine Avenue Implementation; and Kathy Winkenwerder represented the Computer Lab. Kathy introduced computer lab instructors present and described courses they taught. She said that our lab kept in stride with developing computer technology. In 2011, for example, the lab was already offering classes in the iPad and soon will be featuring “brain fitness” classes.

Next, instructors introduced themselves, stating their years as OLLI members and the courses they taught. Overall, the curriculum they described was astonishing for its diversity, relevance and academic rigor.

Carl Curtis described the state-of-the-art technical resources and tools available to instructors at OLLI sites. These range from a podium equipped with a multi-region DVD/Blu Ray Player and PC laptop computer with direct internet access, digital document camera, web camera, microphones, and assisted listening system to our computer lab equipped with 12 Mac/PC stations with scanners, printers, direct internet access and Ethernet connection for guest laptop or iPad. All these resources enable instructors to deliver the course content in engaging and compelling ways.

The rest of the forum was devoted to instructors’ concerns and suggestions. Karen McDonough asked teachers to share “surprises” and challenges they had encountered in the classroom. There were good suggestions for how to end a class on time in order to allow the next instructor preparation time without stifling students who had questions for the instructor or wanted to continue discussion. Solutions included establishing class procedures at the beginning of the course and continuing discussion in the hallway if necessary.

Instructors also shared useful strategies for handling classroom interruptions and conducting discussion so that all students had an opportunity to participate.

A clear success, the forum gave instructors practical strategies and resources for supporting and improving instruction and let them know how greatly their work is appreciated.
Memoirs: 17 Years
by Jo Fitzpatrick

Our first MEMORI WRITING class met in October 1996 under the leadership of Max Freeland, and it is still going strong today, the only course in continuous existence since 1996.

Florence Dodge and Jo Fitzpatrick now facilitate the class. The memoir class is not an English class; your work is commented on in a constructive environment, you don’t get marked off for spelling, punctuation or paragraphing. They don’t count. Your story does. Each one of us has a unique “writer’s voice” and has had experiences that no one else has had. Each one of us has stories to tell that can enrich and illuminate the lives of others. Students learn from other students, from comments made by the facilitators, and from recommended, not required, reading.

In 2010, present and past class members published their work in an anthology: Memoirs of WWII.

On June 21, 2013, the Long Beach Press Telegram published a front page article about OLLI MEMOIR writers with accolades for Burton Schild, who will offer a memoir in our next edition of the SUN.

Joan Saunders, whose article follows, gave the class a try. Why don’t you? Take advantage of the opportunity to preserve your personal experiences and history. Now is as good a time as any. As Joan says, join the “cool older people.”

Where are the Interesting People?
by Joan Sanders

When I was young, I did not give much thought to aging ... and when I did, it was with a frown and a shudder. After all, weren’t old people supposed to be square dancing, playing Bingo (well, Bingo might not be so bad), living in trailer parks, keeping their teeth in a jar at night?? Looking all wrinkled and ugly? Wearing baggy housedresses or overalls? Watching soap operas? Playing checkers? Keeping a few cats for company?? Wearing an ear horn?? Being crabby??

I assumed I wouldn’t be living that long anyway.

Yet, here I am, still here. Eventually, I asked myself: “Where are the Interesting People? Where does one find the cool older people ... the ones who watch PBS, read books, travel, have fun in life at any age? The more sophisticated people? The educated people? I don’t mean this to sound snobbish...I just mean that I didn’t want to fit into the stereotypical life of senior citizens. I wanted to be around witty, vital, fascinating, forward thinking people of any age. Yet, where were these interesting people??

I will tell you where they are. I have found them in this class in memoir writing.

Ann Cantrell and others have felt this way also, and have described their appreciation beautifully in words...sincere tributes to the members of this class and to our two facilitators, Jo and Florence.

There is such a mix of people here with outstanding achievements. I love hearing what each one has to say. I feel I know many of the participants on a deeper level than I know many of my friends and acquaintances. For instance, I spend a lot of time with fellow artists. They are smart, and well educated with many great qualities. However, when we are together, we are usually talking about art related subjects. We are not getting to know each other’s histories or how one feels about subjects in a broader sense.

Aside from the mental stimulation, laughs, and meaningful relationships developed in this class..... I have gotten one more huge benefit.

I have taken this class for two years now. I would rather drink muddy water and sleep in a hollow log than get up in front of people and speak or read. The first two terms, I had to use all my willpower to get up in front of the class. I read books ahead of time on gaining confidence to speak in front of others. I practiced breathing deeply, mental imaging, positive thinking.....I tried everything the books and Google had to say. Yet, my heart pounded when it was my turn to read. My knees knocked, my voice quivered and it was all I could do not to bolt for the door. Once in front of the class at the podium, I would read as fast as possible to get it over with.

But with time and practice and the realization that my classmates are very supportive, I finally can get up in front of the class with a degree of confidence and without turning to jello when it is my turn to read. This has been a major accomplishment for me. Thank you, class.

But, back to aging. As Jo has said, it is quite a relief when you finally stop trying to be young. Acceptance of one’s ageing is important, and it is much easier when you can grow old gracefully and be with people you truly enjoy.

That would, of course, be all of you.
Meet Kristi EagleHorse! New Pine Avenue Instructor

In a very short time, OLLI Pine Avenue volunteer, Kristi EagleHorse, has left her mark on “The Bungalow,” the downtown building at 727 Pine Avenue that OLLI shares with several other Long Beach non-profit programs. Using her skill as an artist, Kristi has already designed and painted colorful permanent doormats for two of these programs, the Cultural Alliance of Long Beach (CALB) and Better Learning for All Students Today (BLAST). Best of all, with just the right warm and windless weather in June for painting her next project at the property, she has also completed … our Downtown OLLI welcome doormat.

Originally from Chicago, Kristi, whose heritage is a blend of Cherokee and Irish, moved to Long Beach at age 14, has been “in and out of Long Beach,” and now resides near “The Bungalow,” where she generously volunteers her talent and time to foster the vibrant, village-style renaissance in this downtown cultural center for artists, seniors, OLLI students and community members. Her path to this point has not been an easy one. About 25 years ago, Kristi was riding a motorbike when an automobile hit her and her spinal injury was so serious that when she woke up, the only body part that she could move was her eyes. With much determination and persistence, it took her over a year to regain the partial use of her hands. She made very gradual improvement to re-learn how to move her arms and eventually her legs. Wheelchair bound for over 21 years, she has made such remarkable progress that she is now 4 years out of the wheelchair and has returned full time to the painting that she loves.

In addition to painting the OLLI welcome mat, Kristi also offered to share her passion for art with OLLI students by teaching a 6-week summer class, BASIC ART TECHNIQUES, a class in which she provided a hands-on experience of self-expression so that the students could be in touch with their inner artist. She emphasized the FUN aspects of creating art; students needed no previous drawing or painting experience. As a first-time adult art class teacher, her enthusiasm and willingness to share her love for art and expression were undoubtedly contagious.

Kristi herself works mostly in gouache, colored pencils, acrylics and oil paints and has amassed an amazing collection of her own work. Her art is representational in style and her subjects include Native American figures, wolves, natural images and landscapes. Kristi is gentle and self-effacing as she describes her work and is convinced that her accident has allowed her to “slow down and come at her art from a more spiritual place.” She is currently preparing and framing her art pieces, with the hope that she will soon be able to have a show in the coming months. Meanwhile Kristi continues to generously share her time and talents at OLLI Pine Avenue and invites all OLLI students to come and enjoy her creative doormat projects and the many class offerings there.

Thank you, Kristi EagleHorse!
Membership Meeting

This year our annual meeting of OLLI members will be on Saturday September 28 from 1:30 to 4:00. This is your opportunity to sound off about what you like about OLLI, what you don’t like, and make your suggestions for helping OLLI to work better for you. We will have refreshments, guest speakers, and entertainment provided by our own OLLI talent.

We will also introduce some new and some familiar faces who have volunteered to help guide OLLI. You will have the opportunity to nominate and elect the members who will help run OLLI for the next two years. Don’t miss this chance to come help us get to know each other better and celebrate. Cancel everything else you thought of doing on Saturday afternoon 28 September and mark your calendars to be at OLLI at 1:30 pm. Thank you also goes out to the ad-hoc Nominating committee; Carl Curtis, Cindy Smith, Ken Nakagawa, Toni Evans, Karin Covey for coming up with this selection of outstanding volunteers.

President
Malcolm Green

Our current President has agreed to serve a second term. Malcolm graduated from UC Berkeley and earned his MA at Georgetown University in Washington DC. After a private sector career in the aerospace industry, he joined the State of CA Technology, Trade, & Commerce Agency. He teaches CONVERSATIONAL FRENCH at our OLLI. As President, he will continue to lead us in growth and diversity.

Vice President
Bill Fitzpatrick

Bill, our current VP, has agreed to serve a second term. Bill was born in Omaha, and raised in Nebraska and Missouri. He received his BA in Physics, Masters in Science and PhD in Math all from the University of Missouri. A member of OLLI since 2008, he has taught several well attended courses in IRISH HISTORY. He also finds time to support and participate in the LifeFit Center.

Treasurer
Karen Covey

The OLLI Governing Board voted to waive the term limit restriction so that Karin can continue as our treasurer. In addition to keeping our finances in order, she has been one of the premium volunteers. Karin joined Senior University (now OLLI) in 2001 and has taken many classes. Karin has a BA and an MA in management from University of Redlands. She retired from Hughes Aircraft Co. She has been treasurer for 8 years.

Secretary
Vicki O’Toole

Vicki, a member of OLLI since 2008, has enjoyed and learned so much from all of her OLLI classes. She felt it was time to pay it back by volunteering for this position. Vicki has a Doctor of Pharmacy and MA from USC. She taught at the School of Pharmacy, Medical Campus for 20 years. She has served on the Long Beach Board of Health & Human Services for an 8-year term. Vicki is “expecting” her first grandchild this fall!

Member-at-Large
Mona Panitz

Mona transitioned easily from directing non-profit organizations and maintaining a private psychotherapy practice to short story writing and leading a popular class at our Pine Avenue OLLI on SHORT-STORIES about AGING. She graduated from the USC School of Social Work and Hebrew Union College of LA with an MA from each. Mona is also a proud former Peace Corps Volunteer, serving in the West Indies for two years.

Member-at-Large
Len Jacobson

Len has been with OLLI for the past 5 years as a student and instructor. He has given courses on GPS, Communications, Space, Intelligence. He worked in satellite communications and navigation as a career and as a consultant. Len received his B.E.E. from CCNY and his M.S.E.E from Brooklyn Polytech with post-grad work at UCLA and at the Stanford Executive Institute. Len is also a volunteer tax preparer for AARP. He lives near CSULB with Sherry, his wife of 50 years.

Cranial Challenge

1) A man and his son had a terrible car accident and were rushed to the hospital. The man died on the way, but the son was still barely alive. When they arrived, an old gray surgeon was called in to operate. Upon seeing the young boy, the surgeon said, “I can’t operate - this is my son.” How is this possible?

2) A completely black dog was strolling down Main Street during a total blackout affecting the entire town. Not a single streetlight had been on for hours. As the dog crosses the center of the road a Buick Skylark with 2 broken headlights speeds towards it, but manages to swerve out of the way just in time. How could the driver see the dog to swerve in time?

Answer to the Cranial Challenge: page 30

Auditing Classes

Are there 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 full classes with class size limits.
As often happens in life, we divide ourselves into two groups. In this case, you might be a person who has visited, volunteered and supported the art museum right here at CSULB. On the other hand, perhaps you’ve always intended to visit the museum because you’ve read of its outstanding reputation, but it just hasn’t happened.

Both groups can happily unite for THE ART MUSEUM: A GLIMPSE BEHIND THE SCENES. Brian Trimble, Curator of Education, has co-ordinated presentations from the senior staff of the museum. This is a wonderful opportunity to learn about the history of the museum, how major acquisitions of artwork come about, how exhibitions are put together and taken care of, and how technology and art are being integrated in amazing ways! Add to this list the exploration of some of the twenty-one works of sculpture that are displayed throughout the campus.

The enthusiastic staff is serious about taking you behind the scenes: on the agenda is a visit to the museum with a peek at collections rarely seen. Perhaps you would be surprised to learn that the permanent collection includes works by renowned contemporary artists such as Andy Warhol, Roy Lichtenstein and Lee Krasner.

Since the founding of the museum in 1973, as Dr. Trimble points out, the staff has focused on outreach programs in many directions in order to help people of all ages discover contemporary art as a vibrant connection in our society and this class at OLLI is just that—a grand opportunity for both of the previously mentioned groups!

Two New Classes
about Free Media Managers and More
by Kathy Winkenwerder

What’s better than a free computer application? How about a bunch of free applications, including two different media managers and selection of Microsoft Essentials software?

The 8-week MICROSOFT ESSENTIALS class covers the functions of Media Player, the Windows software that plays your media files, organizes your media collection, burns CDs of favorite music, syncs media files to a portable music player, and lets you shop for digital media content from online stores.

Other software is Microsoft’s photo-editing and photo-organizing application, Photo Gallery. You get all the basic editing functions: crop, straighten, retouch, red-eye, along with correction, face recognition, blemish fixing, panorama stitcher, and a collage creator. Another is Outlook.com, with its expanded features like photo and video preview, which is the successor to Hotmail. It provides links to SkyDrive, the cloud storage service that gives you a generous amount of free file storage. One more is Movie Maker, the program that lets you make a movie or video using photos and footage from your PC or camera and transfers the finished product directly to your computer.

A QUICK LOOK AT ITUNES is a 4-week class that explores the popular media player, management, and media store application, available in Mac, PC and iOS versions. You can learn how to buy music at the iTunes store, as well as bring copies of your own music CDs into iTunes to create a comprehensive music library you can access on any of your devices. You also can learn how to make music playlists, use the new MiniPlayer, and the Up Next and Play Next menus. Besides music there are videos, movies, audiobooks, podcasts, free Internet radio stations from all over the world, and iTunes U, where you can take a variety of classes, all free, from hundreds of colleges and universities.

If you have an iPod, iPhone or iPad, iTunes is where you buy and keep track of your apps and synchronize the material on your remote device with your computer. You also can use iTunes to set up and manage your iCloud account for music and other media storage.

No matter what kind of computer you use, there are computer lab classes this fall to show you free ways to organize and improve your electronic media life.
Hello Opera Fans!

This is what you’ve been waiting for at OLLI. An opera series will be coming to us starting this fall and continuing into the winter and spring sessions. This wonderful program is sponsored by the Los Angeles Opera Education and Community Engagement group. You don’t have to get on the 405 freeway, just relax and enjoy the music in one of our OLLI chairs. Mark your calendars for October 9, 16, and 23 from 11:45 to 1:15. October 9th will feature an introduction to opera; Oct. 16th, Mozart’s “The Magic Flute”; and Oct.23, Verdi’s “Falstaff.” We will also see clips from the operas that are discussed.

Now, if you want to see the entire operas in Los Angeles, the LA Opera will be performing “Falstaff” on November 9th through December 1st and “The Magic Flute” on November 23rd through December 15th; both at the Dorothy Chandler Pavilion Theatre.

The volunteers presenting these educational programs are trained by the Los Angeles Opera Education and Community Engagement people. Their backgrounds are varied, but they are all passionate music lovers. They are true aficionados who give their presentations in city and county libraries and in educational facilities comparable to our OLLI.

One of their associates, Eva Sebelevski, said that their Community Circle seating will be open to our group. Once a year they offer very discounted tickets for orchestra seats. More details will follow about this during the session. LA Opera.com is the website where you can retrieve information about their operas and also view high resolution photos of the operas and of the people on their staff.

We always look forward to something new and exciting at OLLI. Open up a new door to your learning experience, or if you’re an old opera fan, come and recapture the experience. See you there!

→ See class description on page 22

The Duke and John Ford...Behind the Scenes!

Remember watching John Wayne movies, especially those Westerns made in collaboration with Academy Award winning director John Ford? Want the inside scoop on these films, from Stagecoach to The Searchers? Interested in revisiting the best of these films with the insight and guidance of an energetic and knowledgeable film and stage professional? Here’s the class for you! With continuing years of experience in the movie and theater business as a writer, director and producer, the instructor of this new Pine Avenue class, Jeff Hathcock, has extensive insight into all elements of the movie making process.

In addition to making movies, Mr. Hathcock has written for such actors as Academy Award winner, Walter Matthau, Emmy Award winner, Jack Klugman and Walt Disney Productions. His latest film, a film noir thriller The Two Pamelas is due out this fall.

Each class in THE DUKE AND JOHN FORD BEHIND THE SCENES will begin with an introductory preview of a significant John Wayne/John Ford movie, including discussion of background and location information, filming techniques, financing and production details, and inside stories and anecdotes about the actors and filmmakers. The instructor may also bring some of his personal movie memorabilia to share. The highlight of each class will be a viewing of the film with a follow-up “Q & A” discussion to close.

Saddle up, join this entertaining class at OLLI’s downtown campus, and immerse yourself once again in the Wild Wild West!

→ See class description on page 24
In the winter of 2013, the OLLI Development Committee, under the leadership of Dennis Youkstetter and Jody Ramsey, established a $10,000 grant consisting of gifts from generous supporters. The challenge was to raise an additional $10,000 in matching contributions by June 31, 2013. We are pleased to announce that the goal was met ... and exceeded to the tune of $13,700! In addition to 20 anonymous contributors, the following OLLI members and supporters contributed to the 2013 Matching Challenge. Thank you!

Karen & Patrick McDonough
Mary & Scott Mighell
Carolyn Mijares
Patricia Miles
Susanne Milkes
Janice Miller
Huguette & Edgar Moran
Sheila Morgan
Simona Morris
Julia Nemechek
Cheryl Newman
Mona Panitz
Miriam Pearce
James Peightal
Sue Perslow
Mr & Mrs Thomas Poole
Don Preuss
Jody Ramsey
Adoracion Recalde
Caroline Reed
Dori Richardson
Eileen Ringerman
Marjorie & Rob Rivera
Lynn & Herb Rosenstein
Betty & Gary Roussel
John Russell
Grace Sheldon
Gail Sherain
Phyllis Spear
Marna K Stayton
Bonnie Strutin
Susan Stuhlbarg
Alexandra & Terrence Sullivan
Margaret Takemoto
Thelma Teitel
Bernadette & John Tellez
Elizabeth Thomas
Diane Thompson
Sandra Thompson

* Additional Thank you to 20 Anonymous Donors
In the summer of 2010, in an effort to establish enduring financial sustainability, OLLI established a goal to raise $175,000 over a period of three years. We are pleased to announce that, thanks to the generosity and commitment of OLLI members and supporters, the goal was achieved as of June 30, 2013.
OLLI Fall Session 2013

Keeping Fit ?? by Ayla Donlin

Greetings from the LifeFit Center @ The Beach!

We are a health and fitness facility for campus and community members age 50 and above. We have top notch programming including: group fitness, fitness and balance assessments, equipment orientations, personal training, nutrition counseling, and health and fitness education.

We have recently modified our OLLI membership price and now offer OLLI Members a LifeFit Membership at $30/month. We are pleased to be able to offer this discount as we highly value OLLI’s members and vision.

We would like to invite you as our neighbors to come and check us out. We will host you for a free day of fitness and fun. We are only a short walk from the OLLI office, and we would be happy to come and meet you at the office and walk you over.


OLLI HUMOR by Phil Garcia

Don’t Fall for Medicare Card Phone Scam

You answer the phone, and an unknown caller claims to be with the Medicare office. He informs you that your new Medicare card is in the mail, and you will receive it in a few days. Among questions asked: your Banking information! They will request a Medicare card number, which is the same as your Social Security number, as well as other personal information. With that info, a scammer can easily steal your identity.

Of course, there is no new card. The caller just wants you to share your banking information so they can steal from your account. Don’t be a target for these scammers. Never give out personal information over the phone. Keep your data safe - and spread the word that you learned it at OLLI!!

--Don Friedman

ANTHONY HUGH AVELINE LOCKE
1925 - 2013

Tony was born in Vancouver, BC and quickly showed a love for the sea. His career in the Merchant Navy led him around the world and to his wife Georgina after a visit to Durban, So. Africa. At the age of 36 he contracted polio, but this never diminished his demeanor or outlook on life. Upon retirement, he enjoyed time spent at Senior University and then OLLI where he met many friends and was an avid watercolor artist. Tony is survived by Gina, wife of 64 years, 2 children and 3 grandchildren.
OLELLI Info - The Details

• Membership is open to adults 50 or older.
• Membership is required to take any 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.

• Class Limits
Enrollment in 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 class meeting, the class may be cancelled and students will be notified.

• Returned Check Policy
CSULB Foundation or Parking charges $7.00 per check for returned checks and you will be responsible for the amount of the check plus $7.00. 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. NOTE: Please keep OLLI financially healthy by registering and paying for all classes attended.

• Disclaimer
Our instructors come with a variety of backgrounds, experiences and influences. We strive to provide diverse views while maintaining the highest quality of excellence in all classes. The views of the instructors are their own and do not necessarily reflect or represent the views of the Osher Lifelong Learning Institute at CSULB or the University.

Scholarships
OLL at CSULB has a scholarship program for those who clearly need financial assistance to participate in our classes. Please stop by the OLLI office to complete the Scholarship form and more information. We also appreciate donations to the Scholarship Fund.

Osher Lifelong Learning Institute is a
Fees and donations are tax deductible as allowed by current law.
OLLI @ the BEACH Fall 2013 Registration Form
October 7 ~ December 9

Name: ___________________________ Date: ____________
Address: _______________________ City: __________________ Zip: ____________
Phone #: _______________________ Email: ________________________________

OLLI Membership $40.00 $__________
For ALL Members in Fall 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 Check Payable to CSULB FOUNDATION

Parking Permit ☐ $20.00 Qtr. ☐ $80.00 Year
Cash ☐ Check # _________ TAG # ____________
Make Check Payable to CSULB PARKING SERVICES

OLLI @ the BEACH Fall 2013 Schedule

OLLI Membership: $40.00 waived for LifeFit Gym Members.

Computer Classes:
- Mondays, October 7 - December 9
  - 8:30-10:30: Very First Computer Class, PC
  - 10:45-12:45: Int. Photoshop Elements I, PC
  - 1:00-3:00: Intermediate Computer, PC
  - 3:15-5:15: Intro to Windows 8 (4 weeks), PC
- Tuesdays, October 8 - December 3
  - 8:30-10:30: Excel 2010, PC
  - 10:45-12:45: Beg. Photoshop Elements II, PC
  - 1:00-3:00: Out of the Box (4 weeks), Mac
  - 1:00-3:00: A Quick Look at iPhoto (4 weeks), PC/Mac
  - 3:15-5:15: Exploring the iPad, PC/Mac
- Wednesdays, October 9 - December 4
  - 8:30-10:30: Exploring the iPad, PC/Mac
  - 10:45-12:45: Advanced iPad, PC/Mac
  - 1:00-3:00: It's Your Mac I, Mac
  - 3:15-5:15: It's Your Mac II, Mac
- Thursdays, October 10 - December 5
  - 8:30-10:30: Intro to Digital Camera, PC/Mac
  - 10:45-12:45: Manage Photos with Picasa, PC
  - 1:00-3:00: Google: Email and Lots More, PC
  - 3:15-5:15: Microsoft Essentials, PC
- Fridays, October 11 - December 6
  - 9:00-5:00: Open Computer Lab, ALL Free

Lecture Classes:
- Thrusdays, October 10 - December 5
  - 11:45-1:15: LA Opera (3 weeks), PA-101
  - 11:45-1:15: All About Alzheimer's (5 weeks), PA-101

Time Computer Classes:
- Mondays, October 7 - December 9
  - 9:00-12:30: PC/Mac
  - 12:45-3:00: PC/Mac

Make Check Payable to CSULB FOUNDATION

* OLLI Class Tuition waived for LifeFit Gym Members.
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 am willing to serve as a class assistant. (contact teacher, print or distribute papers, handle microphone, help with technology, etc)

Note: __________________________________________

Class Locations

CSULB Campus (C) - lower Campus in HS&D Building
Rooms 101, 105, 119, Computer Lab 100
Archery Field (FLD) Student Union Lanes (SU)
LifeFit Center (LFC*) KIN Building, Rooms 107 and 110
Lawn Bowling Center at Recreation Park (REC)
1109 Federation Dr. near Anaheim and Park.

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

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

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

** Checks Payable to CSULB Foundation or CSULB Parking

Class Locations

FRIDAYS, October 11 - December 6

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<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:15-9:45</td>
<td>Senior Yoga</td>
<td>LFC*</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Beginning Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Drawing Workshop</td>
<td>C-105</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Watercolor Workshop</td>
<td>C-105</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Adv. Watercolor Workshop</td>
<td>TBA</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Western Philosophy II</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Making Sense of Investing</td>
<td>LW</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Intermediate Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>History of Science &amp; Math II</td>
<td>C-101</td>
</tr>
<tr>
<td>12:00-2:00</td>
<td>POV Films</td>
<td>PA-Th</td>
</tr>
<tr>
<td>12:15-3:00</td>
<td>Advanced Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>For Women Only</td>
<td>C-101</td>
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<tr>
<td>2:00-3:00</td>
<td>Art for Beginners</td>
<td>PA</td>
</tr>
<tr>
<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>Getting Organized A-Z</td>
<td>C-119</td>
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SATURDAYS, October 12 - December 7

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-11:00</td>
<td>Acting: Put on a Show! (6 weeks)</td>
<td>PA</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Manzanar Fishing Club - 10/19 only</td>
<td>PA-Th</td>
</tr>
</tbody>
</table>

** OLLI Class Tuition waived for LifeFit Members.

OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
OLLI Membership                    $40.00  $ ________  
For ALL Members in Fall 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 Check Payable to CSULB FOUNDATION

Parking Permit  $20.00 Qtr.  $80.00 Year

Cash  ____Check # ________  
TAG # ____________  
Make Check Payable to CSULB PARKING SERVICES

LifeFit Center Member    Yes

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>OS</th>
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<tr>
<td>MONDAYS, October 7 - October 9</td>
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<tr>
<td>8:30-10:30</td>
<td>Very First Computer Class</td>
<td>PC</td>
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<tr>
<td>10:45-12:45</td>
<td>Int. PhotoShop Elements I</td>
<td>PC</td>
<td></td>
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<tr>
<td>1:00-3:00</td>
<td>Intermediate Computer</td>
<td>PC</td>
<td></td>
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<tr>
<td>3:15-5:15</td>
<td>Intro to Windows 8 (4 weeks)</td>
<td>PC</td>
<td></td>
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<tr>
<td>7:00-8:30 PM</td>
<td>Writing for Wellness</td>
<td>JCC</td>
<td></td>
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<tr>
<td>8:30-10:00</td>
<td>Copy Cat Art</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Feel Great Again</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>11:45-1:00</td>
<td>Eastern Practices for Health</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Bicycle Safety</td>
<td>PA-Th</td>
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<tr>
<td>1:45-3:15</td>
<td>Non-Violent Conflict Resolution</td>
<td>PA</td>
<td></td>
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<tr>
<td>1:30-3:00</td>
<td>Native American Indian History</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>1:30-2:30</td>
<td>Discover the Exerciser... (4 weeks)</td>
<td>LFC*</td>
<td></td>
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<tr>
<td>2:30-4:00</td>
<td>Short Stories</td>
<td>LW</td>
<td></td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>World of Shamans</td>
<td>LFC*</td>
<td></td>
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<tr>
<td>3:15-4:45</td>
<td>Play the Recorder</td>
<td>C-101</td>
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<th>TIME</th>
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<tr>
<td>WEDNESDAYS, October 9 - December 4</td>
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<tr>
<td>8:30-10:30</td>
<td>Exploring the iPad</td>
<td>PC/Mac</td>
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<tr>
<td>10:45-12:45</td>
<td>Advanced iPad</td>
<td>PC/Mac</td>
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<tr>
<td>1:00-3:00</td>
<td>It’s Your Mac I</td>
<td>Mac</td>
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<tr>
<td>3:15-5:15</td>
<td>It’s Your Mac II</td>
<td>Mac</td>
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<th>TIME</th>
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<td>THURSDAYS, October 10 - December 5</td>
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<tr>
<td>8:30-10:30</td>
<td>Intro to Digital Camera</td>
<td>PC/Mac</td>
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<td>Google: Email and Lots More</td>
<td>PC</td>
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<tr>
<td>3:15-5:15</td>
<td>Microsoft Essentials</td>
<td>PC</td>
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<tr>
<td>FRIDAYS, October 11 - December 6</td>
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<tr>
<td>9:00-5:00</td>
<td>Open Computer Lab</td>
<td>ALL</td>
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* OLLI Class Tuition waived for LifeFit Gym Members.
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Relationship: __________________________

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☐ YES - I am willing to serve as a **class assistant**. (contact teacher, print or distribute papers, handle microphone, help with technology, etc)

Note: _____________________________________________

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

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<tr>
<td>3:15-4:45</td>
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<td>9:30-11:00</td>
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OLLI Office : 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
Classes Fall 2013

MONDAY

Copy Cat Art: A Form of Pre-Art
Like to draw pictures? Like to impress or share your expertise? In this class we 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 are provided. Arrive, relax, and enjoy drawing.

Class Leader: Patricia Woods, State Golden Bell Award for Perf Arts; assisted by Ian Woods
Dates: Mondays, Oct. 7 – Dec. 9
Time: 8:15 - 9:45 AM
Location: CSULB, HS&D, room 101

Feel Great Again...
Understand and Maximize Your Brain Biochemistry
Research has confirmed that what you eat controls the way you feel. We will journey through the brain to uncover the relationship between foods, moods and illnesses. We will explore four brain types including the strengths and vulnerabilities associated with each one of them. Discover your dominant neurotransmitter. Learn to support your unique brain type with natural supplementation and the right foods for optimal health. Class limit: 30

Class Leader: Holly Weber, RN, LCSW, Psychoanalyst

Class Leader: Holly Weber, RN, LCSW, Psychoanalyst
Dates: Mondays, Oct. 7 – Dec. 9
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Native American Indian History II
This course covers the Native American Nations in North America and their cultures. Videos, lectures, and class discussions will cover the following three stories: (1) America before Columbus (2) Trail of Tears (3) Lost Nation: The Ioway. Come discover facts and history about this fascinating part of our culture.

Class Leader: James Mayfield, MA, Historian, and Researcher

Class Leader: James Mayfield, MA, Historian, and Researcher
Dates: Mondays, Oct. 7 - Dec. 9
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Non-Violent Communication ...
Skills for Problem-Solving
Do you have conflicts with friends, acquaintances, family, or other people you love? This course will help you learn new ways of communicating and develop a set of skills to talk with people more effectively about difficult issues and situations. Participants will adopt a philosophy of how they want to orally relate to others.

Class limit: 25

Class Leader: Dr. Susan Rice, Prof.Emerita, CSULB School of Social Work, LCSW

Class Leader: Dr. Susan Rice, Prof.Emerita, CSULB School of Social Work, LCSW
Dates: Mondays, Oct. 7 – Dec. 9 (no class October 28)
Time: 1:45 – 3:15 PM
Location: Pine Ave., suite 202

Bicycle Travel – Near Home and Beyond
If you already ride a bicycle, then how about learning safety for local rides and running errands. Learn the ease of taking your bicycle on the bus to get closer to the beach, parks, or trails. We will practice bicycle handling, safe negotiation of paths and local streets; learn transit options, schedules and connections. If the class chooses, we will plan an overnight using public transit, Amtrak and bicycle paths. A helmet is a must; bicycles can be rented if you don’t have one. No bikes or helmets needed at first class.

Class limit: 8

Instructor: Christopher Quint, Trainer-League of Amer. Bicyclists

Instructor: Christopher Quint, Trainer-League of Amer. Bicyclists
Dates: Mondays, Oct. 7 – Dec. 9 (no class October 28)
Time: 12:00 – 1:30 PM
Location: Pine Ave. Theater

Short Stories
Join us to read and discuss some great short stories. The short story is an under-appreciated art form. The author must create tone, voice, style, atmosphere, and point of view. Characters must be established quickly and efficiently. There will be a new selection of short stories that are not from the Great Books series.

Class limit: 15

Class Leader: Dale Lieberfarb M.A.

Class Leader: Dale Lieberfarb M.A.
Dates: Mondays, Oct. 7 – Dec. 9
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 3

Eastern Practices for Healthy Living
Come explore ancient Eastern wellness techniques that promote relaxation, healing for the body, and peace for the mind. Topics covered will include various forms of meditation, wellness through movement forms such as Tao Yin and T’ai Chi, sound healing, and laughter as medicine. Classes combine media presentations, as well as active student participation. The practice of these tools, which tap into the body’s natural wellspring of relaxation, promotes harmony and vibrant health.

Class Leader: Ann Lovdahl, certified Qigong and Seijaku instructor

Class Leader: Ann Lovdahl, certified Qigong and Seijaku instructor
Dates: Mondays, Oct. 7 – Dec. 9 (no class October 28)
Time: 11:45 AM – 1:00 PM
Location: CSULB, HS&D, room 101

LOOK for the NEW COURSES offered by OLLI this term!
### MONDAY

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

**Class Leader:** Mushroom Montoya, grad of Fndn. for Shamanic Studies  
**Dates:** Mondays, Oct. 7 – Dec. 9  
**Time:** 3:00 – 4:00 PM  
**Location:** LifeFit Center, KIN 107

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**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 times and is gaining popularity. Come if you know nothing or know a little. Please bring your own recorder. Recorders are available for those without one.

**Class Leader:** Muriel Pendleton  
**Dates:** Mondays, Oct. 7 – Dec. 9  
**Time:** 3:15 – 4:45 PM  
**Location:** CSULB, HS&D, room 101

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**Write Yourself Well**
Words can help you heal. Research shows that writing about your feelings not only makes you feel better, but also results in better health, so come to class and write yourself well. No writing experience is needed. The focus is not on grammar or style, but on expressing yourself. The techniques in the book Writing for Wellness by Julie Davey will be the basis for the writing. Books and/or handout materials will be provided for class use.

**Class limit:** 25  
**Class Leader:** Joan Smith  
**Dates:** Mondays, Oct. 7 – Dec. 9  
**Time:** 7:00 – 8:30 PM  
**Location:** JCC Room #27 (Must be OLLI member and pay class tuition)

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**Discover the Exerciser Within You**
Whether you like to exercise or not, come and explore what being an exerciser means. Discover how exercise can benefit an individual physically, mentally, spiritually, and socially. Examine the definition of exercise and how much one actually needs to move to glean the benefits of regular physical activity. Purchase the book, The Intrinsic Exerciser, by Jay Kimiecik, ISBN number: 978-0618124909, and read to page 41 prior to the first class session. Class reflects concepts in this book and our discussions will focus around the readings.

**Class Leader:** Ayla Donlin, M.S. & Heather Mazzei  
**Dates:** Mondays, Oct. 7 – Oct. 28  
**Time:** 1:30 – 2:30 PM  
**Location:** LifeFit Center, KIN 106A

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**Ageless Archery**
Through class instruction and practice, the joy of shooting an arrow into the X of the target can be yours. Whether you have tried archery or just dreamt of shooting, come and enhance your skills, enjoy the thrills of this healthy activity. Equipment is provided. ($10 materials fee at registration)

**Class Leader:** Mel Leach, certified archery coach and competitor  
**Dates:** Mondays, Sept. 30 – Nov. 18  
**Time:** 10:30 AM – 12:30 PM  
**Location:** Archery Field

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**Falls and Balance: An Ounce of Prevention**
This class will address factors that contribute to falls and ways to eliminate them. Participants 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, stand for 45 minutes with minimal rest, and have no cognitive impairment or unstable medical conditions. The results of the evaluations will be used in a research project. NOTE EARLY STARTING DATES FOR THE CLASS. Class will be held TWO days each week and will finish the week before Thanksgiving.

**Class limit:** 30  
**Class Leader:** Dr. Olfat Mohamed, Physical Therapy Dept, CSULB  
**Dates:** Tuesdays AND Thursdays, Sept. 24 – Nov. 21  
**Time:** 8:30 AM – 10:00 PM  
**Location:** LW, Clubhouse 6, room 6A

Falls and Balance class is made possible with financial support from our friends at SCAN Health Plan.

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**Bowling for Better Health**
Can indoor sports be fun and healthy? Come find out what your bowling aptitude is! The CSU Student Union offers “state of the art” bowling lanes. Mel Leach will give her best coaching techniques to help you learn or improve your bowling IQ. The session starts a week earlier than other OLLI classes – note times below. A $20.00 fee paid to CSU for rental of ball/shoes and use of the lanes.

**Class Leader:** Mel Leach, Professor KIN Dept., certified bowling coach  
**Dates:** Mondays, Sept. 30 – Nov. 18  
**Time:** 1:30 – 3:00 PM  
**Location:** CSU Stud. Union Lanes

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**Call SCAN: 1-877-870-4865**
8am–8pm, seven days a week  
TTY users: 1-800-735-2929
Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. Develop better balance, increase 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. Athletic shoes are recommended, as is loose, layered clothing.
Class Leader: Shona Howe
Dates: Tuesdays, Oct. 8 – Dec. 3
Time: 9:00 – 10:00 AM
Location: LifeFit Center, KIN 107

Showtime!
Are you known for your theatrical flare? Do friends accuse you of pulling their leg or leaving them in stitches? Well, you need to be in our class. Improv, acting, live script reading, putting on a show, and applause are what you will get when you attend this class! Classes culminate with a performance in December.
Class Leader: Nancy Hathcock, BA, MA Theater Arts, Vice Pres. Theatre Guild /Southeast Civic Light Opera
Dates: Tuesdays, Oct. 8 – Dec. 3
Time: 10:00 AM – 12:00 PM
Location: Pine Ave., Theater

History of Communications
From the dawn of civilization, we have needed to communicate. Communicating across distances became difficult, thus requiring inventions. This course describes the efforts to communicate beginning with drums and smoke signals, to radio, telegraph, and telephone, and onto coaxial cable, fiber optics, satellites and television. It covers the evolution of digital communications and how it led to the Internet we use today. Transmission media like coaxial cable, fiber optics and satellites are covered along with the future of telecommunications.
Class Leader: Len Jacobson
Dates: Tuesdays, Oct. 8 – Dec. 3
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Making Sense of Investing
This class will cover the foundations of investing including: lessons on fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, and retirement plans. In addition, we will discuss how to evaluate bonds and how to read stock tables, along with 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. 8 – Dec. 3
Time: 2:00 – 3:30 PM
Location: Pine Ave., suite 202

Literary Potpourri XXIII--The Power of Place
Certain places have achieved literary immortality by inspiring authors and philosophers, historians and naturalists. Think Statue of Liberty, Walden Pond, Marrakesh, Amsterdam, New York City, London, Babiyar…. Think an international array of authors--Thoreau, Italo Calvino, Emma Lazarus, Anne Frank, Joan Didion, E.B. White... Expect interactive discussion, literary/historical background, videos, graphics, music and guest speakers. Count on having a good time. All reading materials provided.
Class Leader: Judy Mednick, M.A. Eng.
Dates: Tuesdays, Oct. 8 – Dec. 3
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Woody Allen and the Meaning of Life . . . Fun, Film, and Philosophy
Our winter session response to Woody Allen overwhelmed our Pine Avenue space, so the sequel moves to campus! With a new slate of films, we will laugh and discuss Woody Allen’s quirky complicated work, and argue about what it all means: the American anti-hero, our age of anxiety, Good and Evil, Love and Death. Dr. Carr provides provocative questions and rich backgrounds to understand our foremost Intellectual filmmaker and his take on Greek tragedy, existentialism, Swedish film, jazz, Kafka, film noir, and pop culture.
Class Leader: Dr. Linda Carr, USC dissertation “Humor as a Cognitive and Rhetorical Strategy in the Poetry of G. Stein, Dorothy Parker, A.Sexton.”
Dates: Tuesdays, Oct. 8 – Dec. 3
Time: 1:30 AM – 4:00 PM
Location: CSULB, HS&D, room 101

Release Your Inner Thespian
Develop your creativity! Discover your talent! Gain poise and confidence in front of an audience! All this and more await you in our basic acting class. Participation in theatre games, improvisations, monologues, and scene study will help you heighten your imagination and sharpen your sense of observation. If you’ve ever wondered how actors learn their craft, this course is for you. There is no memorization required!
Class limit: 18
Class Leader: Alice Lemon, M.A.
Dates: Tuesdays, Oct. 8 – Dec. 3
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, rm 3

TUESDAY
Taking Better Photos
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. You need not have a film or digital camera. If you do, bring it and your camera instruction manual to the first class.
Class Leader: Terry Fiskin
Dates: Wednesdays, Oct. 9 – Dec. 4
Time: 9:00 – 10:30 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 are encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.
Class Leader: Gary Colboth, M.P.A., J.D., Professor Emeritus
Dates: Wednesdays, Oct. 9 – Dec. 4
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Hispanic Film Festival
With instructor Harold Cannon, you will experience a rich and personal approach to viewing Hispanic films. His friendships with many of the actors and directors provide a look at the intricate nuances of the story lines. His deep passion for the rich culture of the countries will enrich your experience. Come join Harold for a lively and colorful experience.
Class limit: 30
Class Leader: Harold Cannon, Ph.D., Spanish
Dates: Wednesdays, Oct. 9 – Dec. 4
Time: 10:30 AM – 1:15 PM
Location: Pine Ave., suite 202

L.A. Opera - in 3 sessions
Introduction to Opera. Learn what it takes to put together an opera performance – and why it is more than the sum of its parts. The best operas blend seamlessly the power of story, the joy of music, the visual impact of scenery, costuming and the choreography of the show.
Mozart’s “The Magic Flute” - If you are new to the world of opera, there is no better entry than The Magic Flute. Packed with exquisite singing, stage wizardry and fantastic creatures.
Verdi’s “Falstaff” - In honor of Verdi’s 200th birthday, this class will discuss his comic masterpiece Falstaff.
ONE discounted ticket good for 4 family members will be given to each person who registers for the class.

WEDNESDAY

Class Leader: L.A. Opera Community Educators
Dates: Wednesdays, Oct. 9 – 23 (3 wks)
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101
→ See article on page 10

Healthy Aging Series
It’s the rest of your life! Why not make it healthy? The Alzheimer’s Association will present five topics, each of which will assist you and your loved ones to age healthy and be happy: 1) “Memory Loss & Aging” 2) “Memory Loss, Dementia, and Alzheimer’s Disease” 3) “The 10 Signs” 4) “Hypertension, Diabetes, and Alzheimer’s Disease” 5) “Partnering with your Doctor.” Learn risk factors, stages of the disease, and treatment. Learn how to prepare and become an active partner in the healthcare of someone with dementia.
Class Leader: Lan Trinh, Alzheimer’s Association representative
Dates: Wednesdays, Oct. 30 – Dec. 4 (5 wks)
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

The Great American Westward Movement
Students will review 100 years of exploration and settlement of the West. Included will be the effects of the Homestead Act, the Civil War, Indian wars, the California gold rush and the surge of American and European immigrants in the Great American Westward Movement. In less than 100 years, Americans moved 3,000 miles, ocean to ocean, using boats, rafts, wagons, railroads, and even walking.
Class Leader: Dick Lunde, Ph.D.
Dates: Wednesdays, Oct. 9 – Dec. 4
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Short Stories about Aging and Other Life Phases
We’ll read and discuss work by writers such as Alice Munro, Raymond Carver, Tillie Olson and John Updike. Writers from other cultures, such as Haruki Murakami, Gabriel Garcia Marquez, and Jamaica Kincaid will be read. These stories highlight aspects of aging and illuminate life’s rich variety of experiences from passion and love, to wisdom and loss.
Class Leader: Mona Panitz
Dates: Wednesdays, Oct. 9 – Dec. 4
Time: 1:30 – 3:00 PM
Location: Pine Ave., suite 202

Let’s Go Racing
Anyone who has lived in So. California for the past 39 years knows that, in mid April, the streets of Long Beach become a racecourse for some of the most powerful race cars in the world. How did this all get started? Come learn some of the history of auto racing in the United States and Europe from the early days to the blindingly fast racecars of today’s pro and amateur racing.
Leaders: Jim Elsten & Ken Thomas
Dates: Wednesdays, Oct. 9 – Dec. 4
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 119
**NEW**

**WEDNESDAY**

**Art: Historical Topics - Past & Present**
In this dynamic series of 8 sessions, Kari Duffield investigates prehistoric art while Christina Zeek explores Roman art in Egypt. Caroline Landon surveys Baroque art, Amanda Wada analyzes Abstract Impressionism and Pop, and Alyssa Shwendener discusses Feminism and art. Mary Grace Sanchez examines contemporary Filipina-American artists, Christina Alegria presents photography of Detroit’s recent decline, and Kristy Odett highlights local museum collections.

Class Leader: Kari Duffield, et al.
Dates: Wednesdays, Oct. 9 – Dec. 4
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 119

**Lawn Bowling...for Sunny Fun with Friends**
Lawn bowling is another ancient sport challenge — that of aiming and rolling a bowl to hit the jack. If you like to share a fun activity with smiling friends on sunny days, come learn lawn bowling on one of the finest facilities in California. Challenge your mind and body, as you learn basic skills and strategies of this fascinating sport. Open to all physical abilities, as it is easy to learn and harder to master. All equipment is provided.

Class Leader: Mel Leach, Prof. Emeriti, certified lawn bowling coach
Dates: Wednesdays, Oct. 2 - Nov. 20 (7 weeks - Note early start date)
Time: 3:30 – 5:15 PM
Location: Lawn Bowling Center in Recreation Park

**THURSDAY**

**Beginner Spanish**
Learn to communicate at a basic level and to understand and use everyday expressions. By the end of this eight-week session you will be able to speak Spanish to describe your background, environment and immediate needs!

Class Leader: Judith Porto Gonzalez
Dates: Thursdays, Oct. 10 – Dec. 5
Time: 8:30 – 9:45 AM
Location: CSULB, HS&D, room 119

**Intermediate Spanish**
At this point you know many useful expressions and your vocabulary is increasing every day. Review Spanish grammar and idiomatic constructions. Discussions and conversations are based on selected real situations. Oral communication will be emphasized.

Class Leader: Judith Porto Gonzalez
Dates: Thursdays, Oct. 10 – Dec. 5
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 119

**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: common investing mistakes and how to avoid them, strategies to help you reach your long-term goals, and the 10 rules every investor should know.

Class limit: 25

Class Leader: Steve Masoner, Financial Advisor
Dates: Thursdays, Oct. 9 – Dec. 4
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 119

**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. 10 – Dec. 5
Time: 8:30 – 9:30 AM
Location: LW, Clubhouse 6, room C

**A Novel Approach to Memoir Writing**
Write a living legacy for your family and generations to come. Tell where you came from, who you are, your dreams and feelings, and the depths of your soul.

Beginning writers will be introduced to writing techniques - how to write from the heart. Learn from exposure to classmates’ writings and from critiques of your own submissions.

Class Leaders: Florence Dodge & Josephine Fitzpatrick
Dates: Thursday, Oct. 10 – Dec. 5
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 101

**Cultural Art Gems**
Explore, visit, and discuss some of the cultural art gems of Long Beach. Participate in virtual and actual behind-the-scenes views of what it takes to present these cultural gems to the public.

Includes: (1) The play "Don't Dress for Dinner" at the International City Theatre. (2) The Trees exhibit at the Long Beach Museum of Art. (3) The Dia de los Muertos exhibit at the Museum of Latin American Art. Come and learn!

Class Leader: Karen Reside, Cultural Alliance of Long Beach
Dates: Thursdays, Oct. 10 – Nov. 14 (6 weeks)
Time: 10:00 AM – 12:00 PM
Location: Pine Ave., Theater
Fear Not, I Speak Shakespeare – Act XIV
Working our way through the canon, this course will study Coriolanus and All’s Well That Ends Well. The goal of the class is to learn how to enjoy plays – whether you see a film or on a stage or in your imagination. Don't fret if you are new to the class – we'll start out with an overview (so we'll have a sense of how and where he was writing). If you've taken this class before and want to skip the introductory class you've already heard, I wouldn't blame you. Join in anytime.  
Class Leader: Michele Roberge, M.A. Exec. Director, Carpenter Performing Arts Center, CSULB  
Dates: Thursdays, Oct. 10 – Dec. 5  
Time: 1:15 – 2:45 PM  
Location: LifeFit Center, KIN 110  

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 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: Thursdays, Oct. 10 – Dec. 5  
Time: 1:45 – 3:15 PM  
Location: CSULB, HS&D, room 101  

A Year's Worth of Cards, Part 2  
Whether the occasion is large or small, serious or silly, a handmade card is always welcome! Create cards that are suitable for multiple occasions from “get well soon!” to “thinking of you” and more… Bring a paper trimmer, small scissors, and tape runner to the first class, where the instructor will collect a $15.00 supply fee. Students not paying the supply fee at the first class meeting can not participate unless prior arrangements have been made with the instructor.  
Questions? Contact the instructor at lisaspaperarts@gmail.com.  
Part 1 is not a prerequisite.  
Class limit: 15  
Class Leader: Lisa Peskay Malmsten  
Dates: Thursdays, Oct. 10 – Dec. 5  
Time: 1:30 – 3:30 PM  
Location: CSULB, HS&D, room 119  

John Wayne/John Ford Western Film Festival  
Movie director and film historian Jeff Hathcock will show and discuss eight classic John Wayne/John Ford westerns, including The Searchers, Stagecoach and The Three Godfathers. Jeff will give you a behind-the-scenes look at how the pictures were made and anecdotes about the actors and the director. Jeff’s latest picture, The Two Pamelas, a film noir thriller, is due out this fall.  
Class Leader: Jeff Hathcock  
Dates: Thursdays, Oct. 10 - Dec. 5  
Time: 1:30 - 4:00 PM  
Location: Pine Ave., Theater  

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. 10 – Dec. 5  
Time: 1:15 – 2:00 PM  
Location: LifeFit Center, KIN 110  

Mediation  
Dr. Arnette has been teaching healing arts for over 25 years. In this 4-week course he will introduce simple meditative techniques to practice in one's daily life for physical, mental and spiritual well-being. Emphasis will be on the practice of meditation and related techniques such as breathing and light stretching and philosophy. Meditation is accompanied by a host of biochemical and physical changes in the body that regulate metabolism, heart rate, respiration, blood pressure, brain activity and the experience of pain.  
Class Leader: Dr. Allen Arnette  
Dates: Thursdays, Oct. 10, 24, 31, Nov. 7 (4 weeks)  
Time: 2:15 – 3:45 PM  
Location: LifeFit Center, KIN 110  

Catch the Spirit of Music  
Do you like to lift your voice? Do you like to sing in the shower? Do you like to feel good? If so, “catch the spirit” and join the OLLI Vocal Ensemble. We'd love to have you. There may be a $5.00 fee for music.  
Class Leader: Fran Harding, Retired Music Teacher  
Dates: Thursdays, Oct. 10 – Dec. 5  
Time: 3:30 – 5:00 PM  
Location: CSULB, HS&D, room 101
FRIDAY

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
Dates: Fridays, Oct. 11 – Dec. 6
Time: 8:15 - 9:45 AM
Location: LifeFit Center, KIN 107

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 includes fun and laughter as well as instruction.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Oct. 11 – Dec. 6
Time: 8:30 - 10:00 AM
Location: CSULB, HS&D, room 119

Intermediate Bridge
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 and finally overcalls.
Class Leader: Inge Johnson
Dates: Fridays, Oct. 11 – Dec. 6
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 119

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 limit: 25
Class Leader: Leonard Hirsch
Dates: Fridays, Oct. 11 – Dec. 6
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 105

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 limit: 25
Class Leader: Ladd Terry, MFA, PhD
Instructor at Coastline College
Dates: Fridays, Oct. 11 – Dec. 6
Time: 10:00 AM – 12:00 PM
Location: CSULB, HS&D, room 105

Watercolor Workshop-Advanced
Intended for students who have experience in painting. This workshop gives you an opportunity to improve your watercolor painting focusing on fundamental elements such as colors, value patterns, perspectives, composition. All the students contribute to the class by sharing experience, exchanging ideas, feedback and critiquing each other’s work. Bring your own materials and reference photos, paint your favorite subjects, and explore your imagination and creativity.
Class Leader: TBA
Dates: Fridays, Oct. 11 – Dec. 6
Time: 10:00 AM – 12:00 PM
Location: CSULB, HS&D, room TBA

Making Sense of Investing
This class will cover the foundations of investing including lessons on how to evaluate bonds, read stocks and tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, and retirement plans. It will cover tips in selection of a professional financial advisor and what to expect when working with a financial advisor. Time for answering your investment questions.
Class Leader: Andy Dilsaver, B.S., financial & marketing advisor
Dates: Fridays, Oct. 11 – Dec. 6
Time: 10:00 – 11:30 AM
Location: LW, Clubhouse 3, room 3

Survey of Western Philosophy
Part II-The Middle Ages
We will examine the development of philosophy from 800 to 1500 with special focus on Islamic, Jewish, and Christian intellectual developments with special emphasis on their relevancy to the ideas and concepts within our modern academic and intellectual world today.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, Oct. 11 – Dec. 6
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

History of Science and Math
Part II-The Middle Ages
We will examine the development of science and mathematics within the context of the Middle Ages and European Scholasticism including the impact of Hindu-Arabic numerals, development of algebra, concept of zero, and the increase of commerce/technology. Note: We will not be doing math but will be looking at what math does!
Class Leader: Mark Barnett,
Dates: Fridays, Oct. 11 – Dec.6
Time: 11:45 – 1:15 PM
Location: CSULB, HS&D, room 101
POV
Come view and discuss examples of an acclaimed series of independent documentaries produced in partnership with the Public Broadcasting System (PBS). This Point of View series focuses on issues impacting all cultures and viewed from a different perspective. The titles subjects will be given at the first meeting or found on website.
**Class Leader:** Ken Nakagawa, MS
**Dates:** Friday, Oct. 11 – Dec. 6
**Time:** 12:00 – 2:00 PM
**Location:** Pine Ave., Theater

Art for Beginners
Do you like to doodle? Come to this class and experiment with pens, pencils, and paper and see what you can create. No artistic talent required. Students will have fun exploring and learning simple drawing skills such as shapes, shading, and composition. A list of required materials will be distributed at the first class.
**Leader:** Kristi EagleHorse, BA
**Fine Arts; illustration, computer graphics & design**
**Dates:** Fridays, Oct. 11 – Dec. 6
**Time:** 2:00 – 3:00 PM
**Location:** Pine Ave., suite 202

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. We 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 Owen
**Dates:** Fridays, Oct. 11 – Dec. 6
**Time:** 3:15 – 4:45 PM
**Location:** CSULB, HS&D, room 101

Let’s Put on a Show!
**WHO:** YOU!! Calling all actors, would be actors, and everyone who is interested in the Craft of Acting.
**WHERE:** PINE AVENUE CAMPUS
**WHAT:** An Acting Class for Students of ALL ABILITIES! The class will explore “creating a show” through improvisation and personal storytelling, culminating with a performance for family and OLLI friends.
**WHY:** Fun & Important to our health - with a performance at the end!
**HOW:** Denis will hold your hand and lead you every step of the way.
**Class Leader:** Denis McCourt, MFA
**Artistic Director, Public Theater of So. California**
**Dates:** Saturdays, Oct. 12 – Nov. 16
* Performance Nov. 23
**Class Time:** 9:30 – 11:00 AM
**Location:** Pine Ave., Theater

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 if you break it down into manageable parts.
**C:** Containerize - Store belongings in see-through, plastic containers.
**Class Leader:** Sharon Farley
**Dates:** Fridays, Oct. 11 – Dec. 6
**Time:** 3:15 – 4:45 PM
**Location:** CSULB, HS&D, room 119

For Women Only
You will have fun learning the latest makeup tricks to maintain a more youthful look. Wearing the correct colors for your makeup and clothing can improve your appearance. You will learn how to mix, match, and multiply your clothing to extend your wardrobe and accessorize. Never again will you have to say, “I don’t have a thing to wear.” Come enjoy this confidence building experience.
**Class limit:** 15
**Class Leader:** Joy Grand, Certified Image/Makeup Consultant
**Dates:** Fridays, Oct. 11 - Dec. 6
**Time:** 1:30 – 3:00 PM
**Location:** CSULB, HS&D, room 101

The Manzanar Fishing Club
Open to OLLI members and friends
**FREE**
Come view a film that shows the spirit and independence of the Japanese internees of the Manzanar relocation center. Men would sneak outside the barbed wire fence to fish for trout. Some would hike days to higher elevations to catch the rare golden trout. Experience a deeper insight into the relocation center and internees.
Richard Inamura, writer, and Cory Shimazaki, director, will have a Q & A at the end of their movie.
**Saturday, October 19
**Time:** 1:00 – 3:00 PM
**Location:** Pine Ave., Theater
**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 should be ready for our Intermediate Computer class.

Text: *PCs Simplified*, Elaine Marmet
ISBN: 978-0-470-88847-6
No Prerequisites.
Instructor: Don Patman
Dates: October 7 — December 9
Time: 8:30 – 10:30 AM

**Intermediate Photoshop Elements I (PC)**
Take your skills to the next level and turn those snapshots into photographs. You'll learn how to take off ten pounds the easy way or remove those bloodshot eyes. Topics will include tips, shortcuts, layers and masks, followed by people and portraits. Then you will move onto working with color and some very special effects. Create pictures you can take real pride in sharing with others.

**Prerequisite:** Beg. Photoshop Elements part I and II or instructor permission.
Instructor: Harold Drab
Dates: October 7 — December 9
Time: 10:45 AM – 12:45 PM

**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. 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. We take a quick look at word processing, so you will be able to easily create your own documents and even insert photos.

Text: Handouts
**Prerequisite:** Very First Computer class.
Instructor: Dalia Hernandez
Dates: October 7 — December 9
Time: 1:00 – 3:00 PM

**Introduction to Windows 8 (PC) (4-Week class)**
Learn how to navigate and control Microsoft’s new operating system, determine if your computer can use Windows 8 and how to upgrade to it. Become familiar with and learn how to personalize the new Start Screen. Discover where your old familiar programs are hiding. Explore the new Live Tiles and Apps. Learn to utilize the Microsoft Store to get new free or paid Apps. See how to run older programs and learn about free programs that can bring back functions of previous versions of Windows. Because the lab has only 2 computers running Windows 8, students are encouraged to bring their own laptops. Text: *Any Windows 8 book*

Instructor: Wesley Peck
Dates: October 7 — December 9
Time: 3:15 – 5:15 PM

**Excel 2010 (PC)**
Microsoft Excel lets you collect, store and manipulate data into useful information. Excel’s ability to communicate with other programs can make this effort easier and more efficient. You will learn several practical applications of Excel that will help you manage elements of your everyday life like menu and vacation planning, as well as set up a home filing system. You’ll also see how Excel can help you budget and balance your checkbook.

**Prerequisite:** Basic computer skills.
Instructor: Joe Murray
Dates: October 8 – December 3
Time: 8:30 – 10:30 AM

**Beginning Photoshop Elements Part II (PC)**
This continuation of the Beginning Photoshop Elements class emphasizes basic editing concepts using the tools in the full editor. You will practice modifying images, using all the selection tools and some of the filters. Lighting and color improvement will be covered. You’ll also get an introduction to layers and styles, plus retouching and restoring old photos.

**Prerequisite:** Beginning Photoshop Elements I or instructor’s permission.
Instructor: Harold Drab
Dates: October 8 – December 3
Time: 10:45 AM – 12:45 PM
It’s Your Mac.
Do What You Want to Do (Mac)
Are you a beginning Mac user? We will 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 your email Contacts, 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.


Instructor: Bonnie Elsten
Dates: October 9 — December 4
Time: 3:15 – 5:15 PM

Exploring the iPad
Here’s your chance to join the iPad revolution. Get acquainted with iPad features and apps, and see how to play music, browse the Web, read and send email, watch videos and movies, listen to audiobooks and podcasts, and use the iPad as an e-reader. See how to find, buy or get free, and download the right apps for you, no matter what your interests are. Students must bring their iPads with them to each class.
Prerequisite: You have an iPad.
Instructor: Kathy Winkenwerder
Dates: October 9 — December 4
Time: 8:30 – 10:30 AM

Out of the Box (Mac) (3 weeks)
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 an old computer; what to do when you get your computer home; how to hook up all those wires, connect to the Internet; how to personalize your desktop; then how to install the software you want to use.
Instructor: Barbara Kaye Cooper
Dates: October 8, 15, 22
Time: 1:00 – 3:00 PM

A Quick Look at iTunes (4 weeks)
Explore the many features of this popular media player. You’ll learn how to buy music at the iTunes store, create your own music library and playlists. In addition to music, you’ll see videos, movies, audiobooks, podcasts and free Internet radio stations from all over the world. Look through hundreds of free classes offered at iTunes U from more than 3,000 universities. If you have an iPod, iPhone or iPad, see how iTunes keeps track of your apps and syncs the material on your remote device with your computer. If you have music CDs, bring one to class.
Prerequisites: Basic PC or Mac skills.
Instructor: Kathy Winkenwerder
Dates: October 29, Nov. 5, 12, 19
Time: 1:00 – 3:00 PM

Advanced iPad
For those who know how to use the iPad and all its features. The first meeting will be a review of the apps that come on your iPad. We will then cover additional apps available. We will download them on your iPad, review all the functions of the apps and why you might want to use them. The most popular apps will be covered in the first classes, and the students will decide as a class what apps are covered in the remainder of the classes.
Prerequisite: You must have an iPad and bring it to class every week.
Instructor: Marilyn Gettys
Dates: October 9 — December 4
Time: 10:45 AM to 12:45 PM

Advanced iPad
For those who know how to use the iPad and all its features. The first meeting will be a review of the apps that come on your iPad. We will then cover additional apps available. We will download them on your iPad, review all the functions of the apps and why you might want to use them. The most popular apps will be covered in the first classes, and the students will decide as a class what apps are covered in the remainder of the classes.
Prerequisite: You must have an iPad and bring it to class every week.
Instructor: Marilyn Gettys
Dates: October 9 — December 4
Time: 10:45 AM to 12:45 PM

Exploring the iPad
Join the iPad revolution. (See Wednesday iPad description.)
Prerequisite: You have an iPad.
Instructor: Marilyn Gettys
Dates: October 8 – December 3
Time: 3:15 – 5:15 PM

It’s Your Mac.
Do What You Want to Do 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: October 9 — December 4
Time: 3:15 – 5:15 PM
THURSDAY

Introduction to Digital Camera (PC/Mac)
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 at first class.
Prerequisites: Basic understanding of Windows operating system or instructor’s permission.
Instructor: Larry Hicks
Dates: October 10 — December 5
Time: 8:30 – 10:30 am

Manage and Enhance Your Photos with Picasa (PC/Mac)
Get 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. Once you have edited your photos, you can make a slide show or video from selected pictures, or organize photos into a collage. You can mail your pictures, print them, or have them printed commercially. Please bring your camera to the second session.
Text: Handouts
Prerequisite: Intermediate computer or instructor’s permission.
Instructor: Reggie Gates
Dates: October 10 — December 5
Time: 10:45 AM – 12:45 PM

Google: Email & Lots More
Learn to set up the Gmail program just the way you like it as you exchange email with fellow students and explore Gmail’s features. Also learn how to receive and send pictures, and include links in emails and email formatting. Explore other Google programs, including Calendar, Maps, and Search features. The basics of Internet security and backup will also be covered. This course requires a valid Gmail user ID, and students will obtain one at the first class. If you are unable to attend the first class, you must obtain a valid Gmail user ID before the next class.
Text: Handouts.
Prerequisites: Intermediate computer or instructor’s permission.
Instructor: Reggie Gates
Dates: October 10 — December 5
Time: 1:00 – 3:00 PM

Microsoft Essentials (PC)
Learn how to find and download these free Microsoft Essentials programs. For two sessions we’ll look at the four applications that make up Outlook.com: Mail, People, Calendar and SkyDrive, Microsoft’s cloud storage service. Two sessions will be spent learning how to use Movie Maker, and two to Photo Gallery, which lets you edit, organize, and share your photos and videos, and Media Player, which organizes your media files, play videos and music, and burn CDs and much more. The remainder of the class will be spent on Media Center. After each program is demonstrated, you’ll have time to practice using it.
Text: Handouts.
Instructor: Joe Murray
Dates: October 10 — December 5
Time: 3:15 – 5:15 PM

FRIDAYS
Open Computer Lab
10:00 AM - 5:00 PM
The lab is open for you to 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 Downtown**
- All day parking is $5.00 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 Ave. and Pine Ave., as well as neighborhood streets West of Pacific Avenue.
- Check signs for street sweeping days.
- Be sure to get a Parking Pass for your car from the office at the first class meeting.

**Take the Bus** - Check a current bus schedule for route times to get to Pacific and 7th St. A bus goes along Pine Ave with very good connections to the Downtown area. Check Transit schedules.

**PA - Suite 202 classroom** is accessed from the “alley” or Solana Court door entrance to the building. Use the buzzer and wait for a sound to open the door. Classroom is up 1 flight of stairs. A lift is available upon request.

**PA - Theater** classes are held in the same Bungalow Building as the OLLI office and classroom. The Theater door is next to the OLLI classroom entrance off of Solana Court. A 2nd entry door is available from Pine Ave.

**OLLI Leisure World**

**Parking at Leisure World**

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

**OLLI at JCC**

**Alpert Jewish Community Center**

3801 East Willow St. (Between Lakewood and Redondo Ave.)

Enter at the main gate and park anywhere in the lot. Classes are usually held in Room 27, down the Main Hall to classrooms on the right.

**CSULB ID Cards**

Do you have a Student ID card?
Current members of OLLI at CSULB can get ID cards from the ID Services office located inside the Bookstore on campus. All you need is your OLLI name badge or registration form and a picture ID. Info about ID card and ASI benefits is available in the hall outside the OLLI office door.

**Cranial Challenge Solution**

Answer 1 - The surgeon was a woman.
Answer 2 - It was daylight.

See Questions on page 11
OLLI at CSULB

Student Parking Permit

For the convenience of our students, parking passes for Lot 11 are sold at 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 the DMV receipt for OLLI files, you may obtain access to Employee Lot 9. Students must display their placard or license plate AND their OLLI parking permit when they are parked in Lot 9. Students are not allowed to park in areas marked for carpools or special parking.

If you receive a ticket from Parking Services, contact the Parking Office (Merriam Way) to resolve the ticket.

OLLI at CSULB

Governing Council

Barbara White                 Executive Director
Malcolm Green                        President
William Fitzpatrick                        Vice President
Karin Covey                                              Treasurer
Arlene Rees                                              Secretary
Barbara Katz                              Archivist
Judie Irving                  Community Relations
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Pat Wrenn                                              Curriculum
Karen McDonough                        Curriculum
Phyllis Ciscle-McDaniels                 PA Contact
Richard Black                        PA Contact
Ken Nakagawa                        PA Contact
Dolores Volpe                          LW Contact
Bea Roth                               LW Contact
John Tellez                         Membership
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Jack Blecher                                       Publications
Judy Mednick                                       Publications
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Dennis Youkstetter                        Ad Hoc Development
Carl Curtis                                 President Emeritus
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Advisory Board

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Casey Goeller                               Nancy Lewis
Dixie Grimmet                        Theresa Marino
Kit Katz                                Olfat Mohamed
Donald Lauda                                     Charlene Young

Long Beach Transit Buses

Many buses pass through the CSULB campus and stop at the transit center near Brotman Hall. Your OLLI membership offers access to a campus ID card which then allows you bus rides in Long Beach for free. For information, call Long Beach Transit at 562-591-2301 or OCTA at 714-636-7433.

CSULB Campus Connection Shuttle

The white Campus Shuttles run around the campus during the fall 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. Check the CSULB website for schedule.
¿Habla usted español? by Thelma Teitel

You don’t habla Espanol but have always wanted to; you dream of travel to Spanish-speaking countries (there are many--over 60; total native speakers are second only to Mandarin). You would like to jog your brain’s hidden resources where some Spanish from high school or college resides; or you just think it’s a beautiful language... you are in luck.

Judith Porto Gonzalez will be teaching two Spanish classes this autumn. After teaching SPANISH FOR TRAVELING this past summer, she will offer BEGINNING SPANISH and an INTERMEDIATE CLASS so that she can continue to see the advancement she is confident her students will make.

Judith is passionate and committed about teaching; it has been her profession for thirteen years. She was born in Barcelona and raised in Galicia, which she describes as a green and beautiful part of Spain. She particularly loves teaching seniors. OLLI is a great fix for her. Seniors want to be in class; they are patient and listen; and for her we serve as surrogates for her family, especially her grandmother, all who reside in Spain.

Classes will include some grammar exercises and interactive vocabulary, which she’s especially keen on. Judith is very giving and accessible. If her students have questions about anything, she’s available by phone or by Email. Her mantra, she says, is, “practice, practice, practice.”

Judith informs her students about TV opportunities to help them learn.....to listen and try to understand the spoken word.....to see countries where Spanish is the spoken language. I was so taken by this lovely young woman, that had the beginning class been available the next day, I would have enrolled.

SAVE THE DATE - BE THERE FOR THE FUTURE OF OLLI

Membership Meeting in HSD 101 September 28, 2013 1:30 PM

Election of OLLI Governing Council Executive Board and Members-at-Large