IRELAND, Past and Present

by Linda Fuchick

A delightful YouTube video shows a reporter asking people on the street in Dublin if they believe the Irish have a sense of humor. The resounding answer is “Yes!” with the explanation that “We better have—considering all we’ve been through.” This last part is the essence of the IRELAND, AS I’VE SEEN IT class which is being taught by Ladd Terry, M.F.A. (Art); Ph.D. (Psychology); Certificate in Irish Studies from the University of Ireland/Galway. Dr. Terry, like millions of us, has a sketchy family heritage back to Ireland, but in truth, he says, “Whether it’s romanticized or real, I attach a lot of personal connection to Ireland.”

This course will consider the history of the country from its murky pre-historic past to its contemporary cultures. The earliest descriptions of Irish culture may be found in the early myths and legends. These are the beginnings of a literature that eloquently expresses the English language as it reflects not only historical events but the national character of its people—and these will be included. Add to this Viking incursions, Catholic and Protestant influences, English domination, rebellion, civil war, partition and independence. These are only some of the aspects of Irish history which Dr. Terry will talk about, supplemented with handouts, slide images and video.

But Irish history is being made each day and that’s a part of the class, too! Walk around Dublin with your teacher as your guide: learn about Irish food, movies, pubs, phrases, jokes and yes, Irish curses. Dr. Terry has actually led a number of tours to Ireland with the Study Abroad programs through Long Beach City College and Orange Coast College. His next tour is tentatively set for September 2013. (If you are interested, Dr. Terry welcomes your inquiries and you may e-mail him at ladddz@msn.com)

So, whether you’re one of those millions of us who have some wee familial connection with Ireland—or not—the class will be an enriching experience and we can raise our glasses with a toast: “Silante” (Irish for “health”).
THOUGHT FOR TODAY:
The quickest way to double your money is to fold it and put it back into your pocket. Will Rogers

We welcome two new reporters to the SUN staff: Roz Hertz and Sue Walsh. We keep growing.

In fall, at our annual membership meeting, we will elect new officers and members at large to the Governing Council. Be sure to attend on September 28 to cast your vote. The OLLI office will accept the name of anyone desiring to be a candidate or to be on the Nominating Committee. No pay, but a lot of valuable experience.

Judy and Becky have organized this issue of the SUN while Renee and I enjoy a cruise along the Dalmatian coast in Europe.

Farewell to my dear friends, Syd and Tam. Your contributions to OLLI and the SUN are greatly missed.

March Equinox: March 20, 2013, 4:02 am PDT

Letter to the Editor

Thank you, Arlene and Sylvia for your write ups in the SUN on my DNA class in October. Depending on scheduling, I think I would like to do another two-day special event again in the future. Maybe I can work on a class on the “Origin of Life” and a new class I am putting together for Clark College and OLLI@UO entitled “Quantum Universe(s) & Reality.” More at a later time...

Garland Holt
President’s Corner
by Malcolm Green

Communities have souls. Spend enough time with a group, a community, or even an organization and you eventually get a sense of what makes them tick. The community can be a family, neighborhood, social group, school, or business.

Over the past two years I have been looking at how OLLI works. I have attended committee meetings, hung around the office, helped with paperwork and schedules, taught a few classes, answered questions. I have begun to get a sense that the heart and soul of OLLI is in its volunteers.

Most members see and appreciate the work of our volunteer office staff, instructors, coaches and class assistants. Largely unseen are the volunteers who work on committees that keep OLLI going. These committees put together our curriculum, produce our publications, reach out to our local media, secure our financial future through support from our members and community, keep our archives current, maintain and upgrade our computer lab, organize special events, and help recruit new members.

These volunteers are members just like you. Most of us never see them in action. I get to see them because they invite me to their meetings. And they need your help.

Would you like to help spread the word about OLLI, help select future courses and instructors, help write our newsletters and brochures, share your computer skills as an instructor or coach, teach a class? You are the heart and soul of OLLI. If you are interested in volunteering for any of these, please leave a note for me at the office or email me at malcolm.green@csulb.edu. OLLI needs you!

From the Executive Director
by Barbara White

In June of 2012 the curriculum committee invited our OLLI instructors to a meeting, both to share information and to generate discussion on ways that we could better support our faculty and students in the classroom. One of the major outcomes of this meeting was a request by our instructors to upgrade the media in our large classroom (HS&D 101) to better meet their needs and yours.

If you have attended a class on campus this winter session, you have, no doubt, noticed improvements in our audiovisual equipment. We now have a larger, ceiling mounted video screen, so that subtitles and the bottom of the screen are more clearly visible – especially for members of short stature! You may also have noticed that the overhead lights no longer need to be dimmed when there is a display on the screen – the new projector provides better visibility in a lighted room, and you can actually see to take notes while watching the screen!

We also have a new BluRay player that allows us to screen videos in both US and foreign formats. Our DVD player now accommodates differing formats, the VCR player remains available to play videotapes; and CDs can be played on the DVD player, on MP3 players and iPods, or on other personal computing devices.

We thank the curriculum committee for their leadership in planning and conducting the instructor forum. (Another is in the works for this June!) We are grateful to our instructors whose professionalism encouraged them to advocate for upgraded classroom equipment. We also thank Carl Curtis for shepherding us through the installation process and writing a users’ manual to guide us through the processes of using the new equipment. And we thank you, our members and friends, for continuing to contribute and support our mission to provide educational, social, and personal renewal opportunities to our members.

Let us continue to “Learn More ~ Age Less.”
In the Spotlight

by Sylvia Manheim

This past year we avoided hurricanes and earthquakes but weathered falling off cliffs and worried about our senior benefits. We miss loved ones we’ve lost and the places we used to play when we were young. But somehow morning comes with new hope and a child’s laughter. Hopefully the holiday season was a good one for all of us. May the new year bring us good health, joy and involvement in many more OLLI classes.

Students from CSULB’s design department enlisted the advice and expertise of Betty Hutchens and Robert Bartholomew in evaluating their project to create a shopping cart that would enable older folks to shop with more ease. Thank you, Betty and Robert, for the hours you spent helping us to shop effortlessly.

Congratulations to Roz and Bob Hertz on their Golden Anniversary. On January 19, they hosted 60 guests at the Grand in celebration of their 50th wedding anniversary and their daughter’s 10th. A double Gala.

The FALLS AND BALANCE class was a great success. Everyone gained more agility and better balance to cope with falling and being able to stand up again. Star students were Scott and Mary Mighell, who after (practice) falling, stood up very quickly without any problems.

Thanks to Carl Curtis, a dedicated OLLI member. Our classroom podium needed major repair and Carl immediately offered to pay to bring it back up to speed and to the latest model. Generous once again.

Instead of teaching during our winter session, Denis McCourt, our ACTING instructor, got a paid gig in a theatre in Hollywood! Congratulations and do return to OLLI soon!

Several students in the CURRENT EVENTS class traveled to different parts of the world. The exotic destinations were the Silk Road of China, Cuba, and Tibet, and yours truly did a troika to New York City, New Jersey, and Pennsylvania. Inspired by class discussions, clearly many of the students wanted to witness current events first hand!

Bragging rights go to Renee Simon whose son recently played at Lincoln Center. We are also delighted that Karin Covey, our quintessential volunteer, has gotten a new car after that horrible crash last year.

Congratulations to all our volunteers who devote their time and talent to make OLLI one of the most successful senior learning institutions in the nation.

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OLLI Poets Take the Stage

Our OLLI Poetry Workshop members closed the Fall Session with a debut presentation of their work here on campus. In a virtuoso reading on Saturday afternoon, December 1, fourteen talented poets from Linda Carr’s MEMORY INTO POETRY class read their poems while the printed texts appeared on the overhead screen. Some participants have been with Dr. Carr for all of the six years that she has offered the course, and their work showed the polish and insight that they have developed.

Betty Hutchens, an original member, introduced the event with her own poem. Maria Gonzales and Julie Heckman read their carefully crafted sonnets; Vicki O’Toole wrote with Robert Frost in mind; Ann Casady created moving memories of childhood, and John Hinrich added whimsy with his.

Carol Willner and Bernice Hogan crafted details of family members that brought loved ones alive again; Carol Feeney and Joanne Yockey read a clever poetic riff of responses building on each other’s ideas; and Susan Cooper’s work showed the process of building a poem from her journal-writing. Carol Kanode gave heart-felt scenes of growing up, and Maria Armstrong wrote of her unique Sicilian childhood in Brooklyn.

The members of MEMORY INTO POETRY have become a family, a weekly celebration, over the years, and as we set out the coffee and pointsettias for this first-ever poetry reading, the room sparkled with originality, creativity, friendship, and mutual admiration.

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Sylvia Manheim

Linda Carr leads the Memory Into Poetry class readings.
Sunday, December 9th, was a joyous day, as our OLLI family gathered together for our holiday luncheon at the lovely Courtyard Marriott in Cypress. Malcolm Green, our president, graciously welcomed us to a room festively decorated in holiday colors.

At tables with gorgeous orchids as centerpieces, smiling guests enjoyed their selection from a lavish and delicious buffet including assorted gourmet cheeses and crackers, a colorful citrus salad with toasted almonds, succulent tri-tip steak, savory chicken marsala, German potatoes, and grilled vegetables. Then came the great dilemma, the dessert choice. Eggnog cheesecake or mousse chocolate cake? Some of us took both.

A fund-raising opportunity drawing organized by our social and special events planner, Janie Payan, featured elegant gift baskets overflowing with gourmet chocolates, nuts, cookies, coffee, tea, wine, and even gas cards. Not everyone could win prizes, but we were all given a very special gift, the opportunity to converse with friends and instructors from our classes. Our heartfelt thanks to you, Janie, for all that you do.

Live music, provided by the talented keyboard musician Robert Fields, was lively and cheerful for our listening pleasure. Mr. Fields at his keyboard filled the room with the sounds of a full band. Great fun! This has become a wonderful OLLI tradition at the end of the year. Many thanks to our instructors, volunteers, the donors, and OLLI members for a memorable day. You are very special people. Sincere thanks to Barbara White, our director, for joining us and for her interest in and dedication to our members. We all look forward to another great holiday gala next year!
Otto Ross - OLLI’s First Centenarian
by Sylvia Manheim

To live 100 years is a masterpiece in itself. Otto Ross, born in Nuremburg, Germany on November 13, 1912, was the youngest of his family with two siblings, a sister and a brother. After attending school for 10 years, Otto decided to enter the business world instead of going to the university. Otto became fluent in French, Spanish, and English as well as his native German. He found employment in the shipping business and in 1931 traveled by ship to New York City with his boss, who left Otto the next day to fend for himself.

Well, he certainly overcame his loneliness and at the young age of 19 found a job in a ladies’ underwear manufacturing company. He started as a cutter and ended up as a traveling salesman.

Otto felt fortunate to be in the United States in the 1940’s when Hitler came to power in Germany. He brought his parents and sister over. His brother was hidden by friendly Germans all during the war and visited America after the war. Otto was drafted into the US Army and after almost four years in the service, he settled in California, met Belle, and fell in love with her immediately. They married and after a few years had a daughter, Dena. Otto owned and operated a successful shoe store in Belmont Shore.

When Senior University (now OLLI) opened its doors in 1998, Otto became a charter student. He has enrolled every session, usually taking up to 5 classes. He says, “The school is my home away from home.” Students and instructors respect and admire him for his passionate pursuit of knowledge. Life travels like a moment in time and on November 17, 2012, Otto celebrated at his 100th birthday party. Seventy friends and family members including great, great grandnieces and nephews, neighbors, his poker buddies, and OLLI schoolmates attended.

Otto’s daughter, Dena, presented him with a gigantic chocolate cake. There were hugs and laughter and much “catching up” with out of town relatives and friends. Otto read a lovely poem he wrote. An accordionist played traditional German tunes and everyone sang “Happy Birthday.”

Otto is an unusual person. He loves to write poetry, make tin sculptures, play poker and attend OLLI classes. His secrets for living to 100 +?
1. Do a crossword puzzle every day. 2. Take a walk. 3. Eat chicken soup with matzo balls. 4. Write poetry. 5. Play poker. 6. Be lucky. Happy 100th birthday, Otto. Enjoy many more healthy ones.
Here is the poem Otto Ross wrote on the occasion of his centennial—
November 12, 2012

Indeed I am ever so blessed to share this day with all of you!
Never did I expect to live to a hundred years, that is so very true.
So, let me thank you for your presence here this very fine day -
your celebrating with me is such a fine honor: what more can I say?

To be able to escape mortal danger in the land of my very birth --
living a wonderful life with my dearest wife, it was heaven on Earth.
Sharing this fine occasion with my sweet daughter and son-in law,
sometimes I wonder how I deserve all this, it fills me with awe.

There is sincere gratitude that I can share this occasion with you,
ever did I expect this great feast, yes that is ever so very true.
Surrounded by loving relatives and good friends, I am in much awe,
so many great people to share my joy, I just never, ever saw.

No matter what the future will bring, surely I am in your very debt,
I am ever so grateful --- your celebrating with me I shall not forget.
Your appearing shows that you think I am worthy of this feast,
that you came to share this with me leaves me ever so very pleased!

Leisure World - Our Success Story

by Bea Roth

It took the tireless effort of many months by a small committee of
dedicated volunteers to achieve our goal of a successful OLLI program at Leisure World. We have attracted many outstanding professional instructors who are now volunteering to teach on OLLI’s main campus.

We offer four classes each session and are attracting more students from outside Leisure World due to the ease of parking and the stimulating classes we offer.

Enthusiasm for OLLI at Leisure World is growing and so are expectations for its continuing success. Join other OLLI members who have discovered the exciting courses available at the Leisure World satellite.
BIG Bands Return to OLLI
by Thelma Teitel

Those of us who remember the Big Band Era will be happy to learn that we will once again be awash in that wonderful music that can evoke that time when we were young, perhaps newly in love, or going off to war, and dancing, dancing, dancing.

Jim Elsten, a retired high school science teacher who led the past OLLI classes SPORTS CARS and WAR BIRDS OF WW II, will lead a class in another of his passions, the BIG BANDS.

Although not a musician, he has done his research and located videos and loads of material including radio shows featuring the artists of that era. Your favorites, Glen Miller, Benny Goodman, and so many others will revive those memories that bring a smile to your face and pleasure to your ears. During the last half hour of each session, Mr. Elsten will also feature eight of the vocalists who sang with those great bands.

He hopes to persuade the leader of the Long Beach Municipal Band, Larry Curtis, a devotee of the era, to come to one of the classes and add to your enjoyment of that great music.

Sounds like a great time to take a trip down Memory Lane, right? And for those of you who are younger, what an opportunity to acquaint yourself with the defining popular music of that time.

→ See class description on page 23

Journey to China through Art
by Suzanne Walsh

Imagine learning the names of all the dynasties of China, in order, from the Shang in 1600 BCE to the Ching in 1912, in only fifteen minutes, while laughing and gesturing as you learn! When I met for coffee with dynamic CHINESE ART HISTORY teacher, Rick Harsh, to discuss his class, he had me doing that very thing... AND I can still recite them!

As an experienced high school art and art history instructor for over 40 years, Rick Harsh knows how to engage students using a variety of teaching techniques and memory tricks that incorporate all the senses. Having been part of a Getty Museum Art Education program, he includes in his course not only art history, but also aesthetics and art criticism. More than that, he plans to use the “Harsh Test” ... that is, “If I can’t relate the subject to your life and make it richer, then I won’t teach it.”

Alongside the study of CHINESE ART HISTORY, he plans to guide you to understand the relationship of Chinese art, sculpture and painting, to the culture of the longest continuous civilization still in existence on earth. Through PowerPoint presentations, interactive activities, discussions and the examination of true examples of Chinese art pieces, he will introduce you to the religion, economy, philosophy, government, science and inventions of the Chinese. Hand in hand with the study of their art, you will better understand and appreciate the Chinese people and their culture, and you will undoubtedly have fun learning about it.

When asked why students should take his course, Mr. Harsh replied, “They will have the opportunity to experience one of the greatest civilizations, and see how contributions and ingenuity of the Chinese, even now, relate to our everyday lives.” For now, I’m off to practice my dynasties ... Shang, Chou, Chin, Han ...

→ See class description on page 22

Cranial Challenge
In room 1, there is an electric light bulb. In room 2 (adjacent to room 1) there are three on/off switches. One switch operates the light bulb, the other two are dummies. You may make only one visit to room 1. You may set the switches to any position you choose. The switches are labeled A, B and C. Determine the active switch.

Answer to the Cranial Challenge: page 31
Disaster Preparedness
by Judy Mednick

Disaster is not something anyone likes to think about. That storm from hell or the earthquake that can never ever really be predicted is not an IF. It’s WHEN. What happens when you’re without power and water for a week? It’s not up to the Federal Emergency Management Agency (FEMA) or the Department of Defense (DOD) to help. Being prepared for disaster is an individual responsibility.

This is the premise of Liz Richardson’s new course, DISASTERS AND DISASTER PREPAREDNESS. She will give students an insider’s view of our Disaster Response System from the federal level down to the local level, including a review of state exercises and how they are integrated with local authorities and coordinated with federal authorities. The emphasis will be on local and individual preparedness plans.

If anything, Liz Richardson is probably overqualified to teach a course in disaster preparedness. Her education, training and professional experience are astonishing in depth and diversity. She has a B.S. in Management, a law degree and was a colonel in the US Marine Corps Reserve from 1984-2010. She has worked as Assistant to California’s Inspector General, Deputy City Attorney (Long Beach) and been an Administrative Hearing Officer at LAX.

In the Marine Corps Reserve, she served in disaster assistance operations at the state, national, and international levels. She assisted at the Katrina hurricane, the California fires, and Desert Storm. She supervised staff in a multinational Joint Task Force in Jordan, Egypt, Qatar, and Oman and was a Civil Affairs Officer of planning in a Rear Operations Command consisting of 500 Marines.

On top of all that, Ms. Richardson gives pro bono legal advice/service to Marines, dependents and retirees. And now she is presenting DISASTER PREPAREDNESS to help OLLI students develop individual preparedness plans.

For just $10 and 12 hours of your time, you won’t find a better (or cheaper) “peace of mind” insurance policy against disaster anywhere.

→ See class description on page 19

Denying or Lying
(A memoir) by Geoff Carr

For 49 years I practiced medicine and most recently practiced denial.

For weeks I waited for the DMV renewal. I have gone through this ritual for the last 12 years.

I dread this. From the day it comes ‘til the day I comply my personality gradually deteriorates, my responses to conversation are curt and humorless; my pulse quickens, my blood sugar and my cholesterol rise, my sleep is disrupted. The only things that remain are my wife’s understanding and my blood pressure.

I attribute this to love and modern pharmacology.

I am ordered to present this form with a DL62, a report of vision examination. I schedule my annual drive test. My vision was still stable.

Now the anxiety reared its serpentine head. I had it made, but…. I had driven through a red light less than a mile from my home. It was a bright sunny day. I did not endanger any other driver, cyclist or pedestrian. No horns blew, no fists flew, no fingers saluted and no shouts or curses greeted me.

I am best behind the wheel on cloudy or rainy days. I schedule my drive test for days with predicted inclement weather. I may see things that aren’t there, e.g. a shadow or a tree branch that becomes an animal, or an obstacle, or a piece of debris on the road. My inclination is to swerve. The right side mirror is not always clear. I understand the optical confusion as the same process of seeing words whose shapes are interpreted but not read as they are written.

I had a similar experience 2 weeks later. How many do you have to have before you make up your mind? Enough is too much. No more denial, no need for my loved ones or the governor to make decisions for me. I have not driven my car in the last 10 weeks….I’m done.

I need a lift home!

(Geoff has been a member of the OLLI MEMOIR WRITING class for many years.)

→ See class description on page 23
Syd Benowitz died on November 15, just short of his 97th birthday. He was a founding member of Senior University (now OLLI), enrolling in Max Freedland’s Memoir class on October 14, 1997. Syd was also an original staff member of the SUN becoming a star reporter. His last SUN article, dealing with balance, appeared in July 2010. In one of his articles, he introduced our school motto: Learn More – Age Less. As Chair of the Membership Committee, Syd served for 12 years on our Governing Board. During his reign, our membership grew from 250 to 1000. In addition to OLLI, Syd involved himself in humanitarian activities, enjoyed playing poker and pinochle, traveling and theater. As the owner and manager of Penny Auto in Long Beach for 25 years, he proved to be an astute businessman. Syd is survived by his daughter Phyllis, his son Sam, his close friend Lee Freilich, a grandson and others.

Arthur Axelrad passed away on January 15, 2013. Arthur came to CSULB in 1964, after earning a Ph.D. in English from New York University. He taught in the English department until he retired as a full professor in 1996. He was department chair from 1989-1991. As an Emeritus Professor, Arthur continued to serve CSULB, volunteering in Academic Advising and as docent in the University Art Museum. He also taught courses in Jane Austen and Sherlock Holmes at OLLI and was preparing a new Shakespeare course for OLLI when his illness intervened. A noted scholar himself, Arthur’s work on Milton’s Divorce Tracts is still regularly cited by other Milton scholars throughout the country. He has also written extensively on Jane Austen, publishing one book in 2010 and recently finishing a second manuscript for publication. He also published work and exhibits on Sherlock Holmes. His sense of humor will be missed.

Tamara “Tam” Lipson spent her early years in Syracuse, New York. During World War II, as a teenager, she spent a brief period of time working on a factory assembly line. She attended UC Berkeley, where she met her husband, Ben, a former Marine who was getting his Master’s degree with the help of the G. I. Bill. They moved to Long Beach and had four children. Tam spent twenty-four years teaching for the Long Beach Unified School District. Her husband died unexpectedly while they were in London on vacation. Tam overcame her shock and loss. In her own words, she “traveled with gusto all over the world,” and took her last major vacation in 2012. Tam participated in MEMOIR WRITING for at least fourteen years. She kept everyone in line with her sense of humor and her acerbic wit. She loved the Shakespeare class and often volunteered to read a part. She was out for her early morning walk when she was struck by a car and killed. Tam once said that she was “fully intent on enjoying every single day that her life might still contain.” And she did.

Don Hallwerck was born in Inglewood in 1925. He participated in the MEMOIR WRITING class for years, and vividly described his solo excursions on the street cars and Red Line, exploring Los Angeles on his own. The theaters he visited and the meals he ate came alive again in his writing. Don entered the army just three months after turning 18 and served in New Guinea and the Philippines in an Engineer Depot Company. His moving essay about his experience was included in the book published by the class, Perspectives on World War II – An Anthology. The GI Bill covered his education at USC. He spent 35 years as a logistician, the last 22 of which he spent at the Air Force Space and Missile Systems office in Los Angeles, where he worked on the very beginnings of GPS technology. His work was so highly classified that he could not share the details. Don loved the theater and wrote of the shows that he and Donna attended throughout the years. Don is survived by his wife, two children and one grandchild.

Burton Barnett was born and raised in Brooklyn, New York, and received his Bachelor’s in engineering from USC. He was an innovator who worked for Rockwell, Boeing and on NASA’s Apollo program, and later founded his own consulting business. He was a humble man who never mentioned that he held numerous registered patents, including the one on the Thrifty ice cream flavor known as “chocolate malted crunch.” Burt had an amazing memory for details and the ability to tell an enthralling story. He re-created his New York childhood in the essays he wrote as a member of the MEMOIR WRITING class. Burt was a master punmaker, able to write an entire story just to zing his readers with a pun in the last few lines. The class often rewarded his efforts with groans and laughter. Burt was predeceased by his beloved wife of forty years and is survived by five children, who have happy memories of a father who personally designed their unique Halloween costumes and cooked breakfast for them. His motto, which he shared with them daily, is a good one for all of us: “Have fun. Get smart. And have a good day.”
A Man of Integrity
by Max Slegers

Syd Benowitz and I first met in 1997 in the MEMOIR WRITING class of Max Friedland.

There were different ideas about what a good memoir should be. Some, Max Friedland among them, would take one isolated event in their life and weave a story around it. That was not Syd’s style. He believed a memoir should be what you remembered from your life. At first Syd wrote his stories in his neat handwriting. Later, he used a typewriter or a computer.

I liked his stories, especially the self-deprecating humor, so much so that I saved some of them. In October ‘97 he wrote a story: “What is up, Doc?”

Syd was lying on the examination table when an earthquake struck. The nurse fled; Syd felt abandoned. After a few seconds the quake stopped and the nurse reappeared, “Did you feel the earthquake?”

“Of course I felt it! Your job is to take care of patients.”

“Sorry, my first priority is to stay alive, otherwise I cannot take care of anyone.”

For many years Syd was the chair of the membership committee. He asked me to join him. The big Senior University/OLLI event was the Registration and Membership meeting four times each year. Syd took this very seriously. He always found interesting speakers. When he called the police department he would not be satisfied with a P.R. man but insisted on the chief.

Gradually we saw Syd age. He could no longer handle the paperwork of the literature distribution. He stopped attending the Governing Board meetings, attending classes and driving his car. Jack Blecher and I visited him for the last time a week before his death which was two weeks before his 97th birthday.

We have lost a valuable member of the OLLI community and a great friend.
**With thanks to ALL of you - including our 10 Anonymous Donors. Your contributions support the successful programs and facilities for educating seniors.**
As I was looking over the class offerings in the winter 2013 issue of The SUN, wondering what exciting new class to take, I got to thinking of the many wonderful classes in which I had participated over my ten or so years at OLLI. This was not so unusual since much of our thoughts as we grow older turn into remembrance. I realized that many new worlds had opened for me and there have been some that I delightedly revisited. But it was the passion of those who stood in front of the class, bursting with what they had to offer and never seeming to have enough time to tell all that they had in store for us, that really amazed me.

These volunteer instructors -- yes, they are all volunteers -- can so excite us with their preparation and knowledge. I was reminded of the saying, "a mind is a terrible thing to waste".....(yes, even a senior's).

So I belatedly take this opportunity to thank the many who have volunteered, lo these many years, to excite and inform us. Again, thank you. Incidentally, after all that soul searching, I chose the class called WOODY ALLEN AND THE MEANING OF LIFE .......a good choice.
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.

OLLI Info

- 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. If there is a cancellation, students will be notified.
- Returned Check Policy
  CSULB Foundation charges $7.00 per check for all returned checks and you will be responsible for the amount of the check plus $7.00. A check returned to University Parking Services by your bank will be handled by the University. A letter will be sent to you by the University. Please be sure to follow the instructions outlined in the letter.
- Refunds
  No refunds will be made after the first week of classes for parking passes or for class tuition.

- NOTE
  Please keep OLLI financially healthy by registering and paying for all classes attended.

Registration Starts March 11

How to Register

Check off the list!

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

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

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

Fees and donations are tax deductible as allowed by current law.
OLLI Membership                    $20.00  $ ________
Pro-rated Annual fee for April to Aug. 2013.
Lecture Class Tuition               $10.00  $ ________
8-Week Computer Class              $35.00  $ ________

Contribution $ __________
Contributors will be acknowledged in our publications.
☐ if you would like to remain anonymous check here.
Cash _____ Check # ________ Total $ __________
Make Checks Payable to CSULB FOUNDATION

Parking Permit ☐ $20.00  # Issued __________
Check # ______________________ Cash ☐
☐ Disabled (Permit copy on file with office)
Make Check Payable to CSULB PARKING SERVICES

LifeFit Member ☐ YES __________

TIME COMPUTER CLASSES OS X
MONDAYS, April 15 - June 10
8:30-10:30 Very First Computer Class PC
10:45-12:45 PowerPoint 2010 PC
1:00-3:00 Intermediate Computer PC
3:15-5:15 Exploring the iPad PC/Mac

TUESDAYS, April 16 - June 4
8:30-10:30 Excel 2010 PC
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1:00-3:00 Photoshop Elements Mac
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WEDNESDAYS, April 17 - June 5
8:30-10:30 Working with Word 2010 PC
10:45-12:45 Intermediate Computer /Win 8 PC
1:00-3:00 It’s Your Mac Mac

THURSDAYS, April 18 - June 6
8:30-10:30 Intro to Digital Camera PC/Mac
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1:00-3:00 Google: Email and Lots More PC/Mac
3:15-5:15 Eight Short Technology Classes Free

FRIDAYS, April 19 - June 7
9:00-5:00 Open Computer Lab ALL Free

FRIDAYS, April 19 - June 7
9:00-5:00 Open Computer Lab ALL Free

OLLI Class Tuition waived for LifeFit Members. OVER
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: ______________________________________________

How to Register

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

CSULB Campus = C  LifeFit Center = LFC
OLLI Pine Ave. = PA  Theater Pine Ave. = PA-Th
Pacific Tower Bldg = PT  OLLI Leisure World = LW

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

Please return this form with your check/s to:

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

OLLI @ the BEACH Spring 2013 Registration

THURSDAYS, April 18 - June 6

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* OLLI Class Tuition waived for LifeFit Members.

Class Locations

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HS&D Building, Rooms 101, 105, 119, Lab 100
Archery Field (FLD) Student Union Lanes (SU)
LifeFit Center (LFC*)
KIN Building, Rooms 107 and 110

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

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
Name: ___________________________ Date: ________________

Address: ___________________________ City: __________ Zip: __________

Phone #: ___________________________ Email: ___________________________

OLLI Membership $20.00 $ ________
Pro-rated Annual fee for April to Aug. 2013.

Lecture Class Tuition $10.00 $ ________

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April 15 ~ June 10

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

Ageless Archery
Would you like to experience an awesome harmony in your mind and body with the bow and arrow? You can master the challenge of ageless archery. Through the course’s instruction and practice, the joy of shooting an arrow into the X of the target can be yours. Whether in the past you had tried archery or had just dreamt of shooting, you will enhance your skills, enjoy the thrills of this healthy activity and have a feeling of youthfulness all through this class. All equipment is provided. Class limit: 25
Class Leader: Mel Leach,
Professor Emerita, Certified Archery Coach and competitor
Dates: Mondays, April 8 – June 3
(NOTE early starting date)
Time: 10:30 AM – 12:30 PM
Location: Archery Field, (south of softball diamond near Pkg Lot 11)
→ See article on back cover

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 and 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 class fee of $20.00 will be collected at registration to cover the rental fee for ball/shoes and use of the lanes.
Class Leader: Mel Leach
Dates: Mondays, April 8 – June 3
(NOTE early starting date)
Time: 1:00 – 2:50 PM
2:00 to 4:50 - June 3
Location: Student Union Bowling Lanes

Microeconomics: A Study of the Economic Principles Businesses and Households Use to Allocate Resources
The class will offer hands on experience in reading and interpreting economic results of business decision-making. In addition, we will analyze the effects on seniors of increased federal taxes on dividends and capital gains that will begin in 2013. Learn how important this is to seniors who rely on these to augment social security and pension income.
Class Leader: Dennis Youkstetter
Dates: Mondays, April 15 – June 10
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

→ See article on page 9
Nutrition and Aging Well
Learn how food is both the cause for ‘Rot and Rust’ (leading to inflammation, oxidation damage, accelerated aging, illnesses, etc.). What foods are best and worst? What are microbes; what do they do? This slideshow presentation includes four wellness viewpoints: Body & Cells, Food & Digestion, Diets & Self Care, and Issues & Healing. Topics include cell nutrition, biological activities, introduction to physiology, wellness tips plus illness issues/remedies.
Class Leader: Roger Saville, M.S.
Dates: Mondays, April 14 – June 16
Time: 9:00 – 10:30 AM
Location: LW, Clubhouse 3, room 3

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

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increasing physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. Athletic shoes are recommended, as is loose, layered clothing.
Class Leader: Shona Howe
Dates: Tuesdays, April 16 – June 4
Time: 8:30 – 9:30 AM
Location: LifeFit Center, KIN 107

Litrerary Potpourri XXII - Conversations with Passionate Minds
Ready for some racy reading? How do intimate ties between authors affect their writing? We explore this question and others in literature dating from the twelfth century to modern times. Authors considered include Heloise and Abelard, H.G. Wells and Rebecca West, Gertrude Stein and Alice B. Toklas, Ernest Hemingway and Martha Gellhorn. Discussion, biographic and literary/historical background, visual media, and guest speakers enliven and illuminate our exploration. Reading and discussion materials provided.
Class Leader: Judy Mednick, M.A.
Dates: Tuesdays, April 16 – June 4
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Great Books: Short Story Omnibus Part III
Be prepared for a lively discussion based upon a terrific selection of classic stories. Discussion includes contemporary forms of the short story. Selections will span a century and a half and are among the greatest ever written. Books for the class will be loaned for the duration.
Class Leader: Richard Black, M.A.
Dates: Mondays, April 15 - June 10
Time: 3:00 – 4:30 PM
Location: Pine Ave., Suite 202
**TUESDAY**

**Escapes by Rail in Southern California**
Have you been to remote Soledad Canyon, Vandenberg Air Force Base, Santa Barbara, or La Posada? Using Metro link and Amtrak, students will “travel” to these interesting places. In addition, we also will discuss general rail development plans within Southern California, High Speed Rail, and other related topics. “All Aboard!” This class was last presented in spring of 2012 but it’ll be worth the ride again!

*Class Leader: Carl Schiermeyer, M.A.
UCLA Urban Planning*

*Dates: Tuesdays, April 16 – June 4*
*Time: 11:45 AM – 1:15 PM*
*Location: CSULB, HS&D, room 101*

**Finance and Investing**
This class will cover the foundations of investing including lessons on how to evaluate bonds, reading stock tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, retirement plans and tips in selection of a professional financial advisor and what to expect when working with one. Each class will include time for answering your specific investment questions.

*Class Leader: Seve Ann Gilpin, Financial Advisor*

*Dates: Tuesdays, April 16 – June 4*
*Time: 2:00 – 3:30 PM*
*Location: Pine Ave., Suite 202*

**History of Television**
Class members will learn about personalities and shows presented in DVD format; and how that format started the greatest medium since the beginning of the movies. DVD format changed the viewing habits of how people get their information and entertainment.

*Class Leader: Barry Buckheim*

*Dates: Tuesdays, April 16 – June 4*
*Time: 2:30 – 4:00 PM*
*Location: LW, Clubhouse 3, room 3*

**Conversational French**
When you studied French in high school or college, you learned to memorize vocabulary, translate texts, and conjugate verbs. In this class you will practice what you have learned and increase your skills in understanding what you hear, see, and need to say in everyday life. In addition, you will learn more about French culture and practical techniques for enjoying life in the French - speaking world.

*Recommended preparation--previous study of French in high school or college and some proficiency in speaking and understanding French.*

*Class Leader: Malcolm Green, M.A.*

*Dates: Tuesdays, April 16 - June 5*
*Time: 3:15 – 4:45 PM*
*Location: CSULB, HS&D, room 101*

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

*Class limit: 25*

*Class Leader: Susan Rice*

*Dates: Tuesdays, April 16 – June 4*
*Time: 1:30 – 3:00 PM*
*Location: CSULB, HS&D, room 101*

**Spanish For Beginners II**
This class will be a continuation of Spanish Beginners I. If you have the basics of Spanish but need to reinforce them, this course is for you. Increase your knowledge of Spanish with this Pre-Intermediate level. We are learning introductions, numbers, the alphabet, question words, describing people, asking for prices, etc, and a variety of useful vocabulary words and common expressions.

*Class Leader: Judith Porto Gonzalez*

*Dates: Mondays, April 17 - June 5*
*Time: 8:30 – 9:45 AM*
*Location: CSULB, HS&D, room 101*

**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, be sure to bring it and your camera instruction manual to the first class.

*Class Leader: Terry Fiskin*

*Dates: Wednesdays, April 17 - June 5*
*Time: 10:00 – 11:30 AM*
*Location: CSULB, HS&D, room 119*
WEDNESDAY

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, B.S., M.P.A., J.D., Prof. Emeritus and retired lawyer
Dates: Wednesday, April 22 – June 22
Time: 10:00 - 11:30 AM
Location: CSULB, HS&D, room 101

Aging With Dignity
This class will prepare you for the challenging aspects of aging with dignity. Students learn about elder abuse prevention, housing transitions, caregiving issues, community resources and much more. You will leave with the knowledge to make wise informed decisions about your future. Class limit: 20
Class Leader: Deedra Patterson, M.S. Gerontology, elder abuse social worker
Dates: Wednesday, April 17 – June 5
Time: 10:30 AM – 12:00 PM
Location: Pine Ave., Suite 202

Writing for Wellness
Words can help you heal. The simple act of written expression is a miracle. Life threatening illnesses and tragedies affect all of us. Through directed writing we can restore hope, compassion, and care. Subjects include choosing happiness, recapturing joy, and capturing nature’s power. We will not focus on grammar or professional writing but on expressing oneself. The class is based on techniques in the book Writing for Wellness by Julie Davey. Books will be available for class use.
Class Leader: Joan Smith
Dates: Wednesday, April 17 – June 5
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 119

Chinese Art History Survey
This class will include a lecture and a Power Point survey of the Chinese civilization from 2000 B.C. to 2012 A.D. Students will learn about the ancient and modern governments, religions, philosophies, economics, and science of China so they will better understand the art of China. In addition, students will learn about the major Chinese Dynasties and a sampling of painting, ceramics, sculpture, crafts, and architecture from each dynasty and will understand the impact these have on us today.
Class Leader: Richard Harsh, B.A. Fine Arts, M.A. Education
Dates: Wednesday, April 17 – June 5
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Short Stories about Aging by Well-known Writers
“A nice consolation about aging is that all your friends are doing it too.”
D. White
Older people were once viewed as the submerged population whose voices were seldom heard. But those times are over. Yet, ours is still a youth culture, especially in the area of short fiction. We'll read and discuss stories by great contemporary writers, some whose work on the subject of aging never found a large audience. These include such writers as Grace Paley, William Styron, Jhumpa Lahiri, and more. In our class you may meet some writers for the first time. Yet, each will provide much thought provoking material on the many different aspects of aging, from sex and love to wisdom and loss.
Class Leader: Mona Panitz
Dates: Wednesday, April 17 – June 5
Time: 1:30 – 3:00 PM
Location: Pine Ave., Suite 202

Financial Rules of the Road
The road to financial independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? Probably not. Do they know a secret? Definitely not - because there are no real secrets to investing. But there are rules you can follow to work toward your goals. The course will cover: the most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know.
Class Leader: Steve Masoner, Financial Advisor
Dates: Wednesday, April 17 – June 5
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 119

Satellites, Spacecraft and the Gadgets that Use Them
This course will cover the Global Navigation Satellite Systems: GPS, Galileo, GLONASS and Compass. Using videos and other media, we'll discuss military and commercial satellite systems for communications, earth observation, weather, etc. How satellites stay in orbit and how they are launched will be highlighted. NASA spacecraft on scientific missions and the Space Station will follow. The last classes will have some communications theory (no math required) in order to understand how the Internet works and how we connect to all these wonderful orbiting marvels with our Smart Phones, iPads, Wi Fi.
Class Leader: Len Jacobson
Dates: Wednesday, April 17 – June 5
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101
Big Band Swing Era
1935-1950
Using videos and recordings, this class will explore the music of such greats as Count Basie, Bob Crosby, Cab Calloway, Duke Ellington, Tommy Dorsey, Benny Goodman, Glenn Miller, and Artie Shaw. Along with these wonderful bandleaders we will enjoy the music of some of the vocalists that performed with these bands.
Class Leader: Jim Elsten
Dates: Wednesday, April 17 – June 5
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101
→ See article on page 8

Life Strategies
Does the future you want seem beyond your grasp? Research suggests few of us think in an organized manner about our long-term goals, both work (or non-personal retirement activities) and personal. In addition, still fewer commit themselves to action plans to achieve these goals. This course presents a framework for applying strategic management principles to individual “life plans,” a process for doing so, and guidance for the resulting life transitions.
Class Leader: Dick McCabe, Ph.D.
Dates: Wednesday, April 17 – June 5
Time: 7:00 – 8:30 PM
Location: JCC, room 27

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, April 18 – June 6
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: Thursdays, April 18 – June 6
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 101
→ See article on page 9

Fear Not, I Speak Shakespeare – Act XIV
Working our way through the canon, we will study Coriolanus and All’s Well That Ends Well. The goal of the class is to learn how to enjoy the plays – whether you see them in a film or on a stage or in your imagination. We’ll start out with an overview of Shakespeare’s meager biographic information, Globe Theatre and iambic pentameter (so we’ll have a sense of how and where he was writing). If you’ve come before and want to skip the introductory class of material, I wouldn’t blame you. It is a great joy and honor for me to share my interest and what little I know about Shakespeare with you – and to learn more together! I look forward to having you join us!
Class Leader: Michele Roberge, M.A.
Exec. Director, Carpenter Performing Arts Center, CSULB
Dates: Thursdays, April 18 – June 6
Time: 10:30 AM – 12:00 PM
Location: CSULB, HS&D, room 101

“Ireland, As I’ve Seen It”
Silante’ (Irish for ‘health’ a common Irish greeting and toast). Failte’ (Welcome) to a study of Irish history and culture. I will present a personal rendition of Irish history from tribal pre-history to current, modern Ireland. It will include elements of archeology, poetry, literature, history, politics, and later theater, music and film. Voicing his experience of the Irish, Sigmund Freud said, “This is one race of people for whom psychoanalysis is of no use whatsoever.” I admit that I’m drawn to some of the baser elements of Irish culture- the pub, the limerick, the twist of a phrase, a joke that leaves you ‘gob smacked’. Come ready for an open and lively discussion.
Class leader: Ladd Terry, M.F.A., Ph.D., certificate in Irish Studies from Univ. of Ireland/Galway, tour guide of Ireland and England (Study Abroad Prog, LBCC and OCC)
Dates: Thursdays, April 18 – June 6
Time: 12:30 – 3:00 PM
Location: CSULB, HS&D, room 101
→ See article on front cover
THURSDAY

Bridge for Fun
Supervised play instead of formal lessons. A great way of making new friends. All levels of bridge players are welcome. FREE to registered OLLI members.
Class Leader: Inge Johnson
Dates: Thursdays, April 18 – June 6
Time: 1:00 – 3:00 PM
Location: Pacific Tower Bldg (next to Pine Ave. OLLI office)

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, April 18 – June 6
Time: 1:15 – 2:00 PM *time change
Location: LifeFit Center, KIN 110

Meditation
Dr. Allen Arnette has been teaching Asian 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. Philosophy will be taught along with the practices. 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 limit: 30
Class Leader: Dr. Allen Arnette
Dates: Thursdays, April 18 - March 14 (4 weeks)
Time: 2:15 – 3:45 PM
Location: LifeFit Center, KIN 110

Senior Yoga
Everything you always wanted to learn about yoga, but were afraid to try! Come prepared to participate in a relaxing fun way to stay young in body, mind and spirit. No body is too old, too stiff or too anything for yoga. All levels welcome, with or without a mat.
Class Leader: David Hennage, Senior Yoga Instructor
Dates: Fridays, April 19 – June 7
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 will be with fun and laughter as well as instruction.
Class Leader: Inge Johnson
Dates: Fridays, April 19 – June 7
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 119

FRIDAY

Akira Kurasawa Film Series
Akira Kurasawa has brought to life on the screen the deep rich meaning of Japanese philosophy. Regarded as one of the most important filmmakers in the history of cinema, Kurosawa directed 30 films in a career spanning 57 years. Throughout the 1950s and early 1960s, Kurosawa directed approximately a film a year, including a number of highly regarded films such as Ikiru (1952), Seven Samurai (1954) and Yojimbo (1961). His worldwide influence has affected many famous directors. His universal appeal has been etched into our psyche by his rich brush strokes of the human spirit. We have selected eight of his masterpieces and treasured movies for viewing. Come and enjoy these works of art. Lively discussion will follow.
Class Leader: Ken Nakagawa, M.S.
Dates: Thursday, April 18 – June 6
Time: 1:30 – 4:00 PM
Location: Pine Ave., Theater

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, April 19 – June 7
Time: 8:00 – 10:00 AM
Location: CSULB, HS&D, room 105

Catch the Spirit of Music
Do you like to lift your voice?
Do you like to sing in the shower?
Do you like to lift your voice?
If so, “catch the spirit” and join the OLLI Vocal Ensemble. There may be a $5.00 fee for music.
Class Leader: Fran Harding,
Retired Music Teacher
Dates: Thursday, April 18 – June 6
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101
FRIDAY

Tragedy & Hope, Part III
In order to include the finale of the Cold War this series on western civilization is extended to Part III. We will examine the leaders, institutions, and organizations that shaped our current global civilization. Based on Tragedy & Hope by the late Carroll Quigley, we will detail how the political, social, financial, and commercial patterns of the West have influenced today’s world. Jump in and join us. Enrollment in previous classes is not a prerequisite.

Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, April 19 – June 7
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Great Books: Great Conversations
Students will have the opportunity for discussion and examination of various readings written throughout the ages. These readings are united by the bold claims they make on the human condition and our imaginations. The selections are from all disciplines and are considered classics. Discussions are based on the concept of shared inquiry. The book is the newest in OLLI’s collection of Great Books and will be loaned to students for the duration of the class.

Class limit: 15
Class Leader: Dale Lieberfarb, M.A.
Dates: Fridays, April 19 – June 7
Time: 10:00 – 11:30 AM
Location: LW, Clubhouse 3, room 3

Intermediate Bridge I
This class is for players who have had some experience playing bridge. We will start with basics: how to keep score, and opening with a suit and with No Trump. In addition, we will learn about overcalls.

Class Leader: Inge Johnson
Dates: Fridays, April 19 – June 7
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 119

Cardmaking
Do you dislike spending $2 to $5 for a greeting card? Wouldn’t it be more gratifying if you had a handmade card? Even if you’ve never made cards before, you’ll surprise yourself at what you can do-- from quick and easy to absolutely stunning keepsakes. This class will focus on completing cards using simple techniques and readily available materials. Although the instructor’s tools will be available, each student should bring a paper trimmer, small scissors, and fine line black marker (ie:Ultra Fine Line Sharpie or a Micron 05) to the first class. A $10 materials fee will be collected at the first meeting. Questions? Email the instructor at lisaspaperarts@gmail.com.

Class limit: 15
Class Leader: Lisa Peskay Malmsten
Dates: Fridays, April 19 – June 7
Time: 1:15 – 2:30 PM
Location: CSULB, HS&D, room 105

Intermediate Bridge II
This class is for players who have taken Intermediate Bridge I. We will start with review from the previous class, and continue with pre-emptive bids and conventions such as Stayman, “Take Out Doubles,” Gerber and Blackwood.

Class Leader: Inge Johnson, retired Teacher
Dates: Fridays, April 19 – June 7
Time: 12:15 – 1:45 AM
Location: CSULB, HS&D, room 119

Watercolor Workshop
This class is for beginners and intermediates. Basic watercolor techniques and color theory will be stressed. If you have supplies, bring them to the first class meeting.

Class Leader: TBA
Dates: Fridays, April 19 – June 7
Time: 10:00 AM – 12:00 PM
Location: CSULB, HS&D, room 105

Intellectual Revolutions of the Twentieth Century
We will examine eight major intellectual trends that have impacted our world: All is Relative (Einstein & Co.), Harbingers of the Nuclear Age (Quantum Quarks), Politicians (Clash of Ideologists), Philosophers (Matter vs. Mind—United Antipathies), Existential Angst (Dasein & Nausea), American Pragmatic Progressives (James & Dewey), Psychotic Reaction (Depth & Beyond), and Gurus (Transcendental Karma).

Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, April 19 – June 7
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101
You’ll find the OLLI computer classroom, with its small classes and up-to-date software, an ideal place to learn. Along with instructors, there are coaches in each class who are there to help you, too.

That means that any time you have questions, there will be someone to answer them for you. And if you want to spend extra time working on class assignments, you can come to the computer lab on Friday. It’s open all day for computer class students.

About computer classes:

- They are held in CSULB campus HSD room 100.
- Each class has a limit of 12 students.
- They are filled on a first-come, first-served basis.
- Some have a minimum enrollment. If the enrollment is not met one week before the first week of class, the class may be cancelled.
- No textbooks are supplied. In many cases you’ll see the book the instructor will use listed just after the class description so you can buy a copy if you wish.
Computer Classes Spring 2013

MONDAY

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

*Text: PCs Simplified*, Elaine Marmet
ISBN: 978-0-470-88847-6

*No Prerequisites.*

**Instructor:** Don Patman
**Dates:** Mondays, April 15 - June 10
**Time:** 8:30 – 10:30 AM

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

*Text: Handouts*

**Prerequisite:** Very First Computer class.

**Instructor:** Dalia Hernandez
**Dates:** Mondays, April 15 - June 10
**Time:** 1:00 – 3:00 PM

**PowerPoint 2010 (PC)**
Get acquainted with this new version of Microsoft’s popular presentation program. You’ll be introduced to the ribbon, the many new templates in this version, and how to use the improved graphics capability. Learn to build and save a simple presentation, create and edit slides, apply themes, insert transitions, place text, insert clip art or other images from your computer, apply backgrounds, print speaker notes and handouts, and run the slide show.

*Prerequisite: Basic PC skills.*

**Instructor:** Harold Drab
**Dates:** Mondays, April 15 - June 10
**Time:** 10:45 AM – 12:45 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 to help you manage some elements of your everyday life. Some of the Excel applications that will be demonstrated will be money management, including budgeting and check book balancing, home filing system automation, vacation planning and menu planning.

**Instructor:** Joe Murray
**Dates:** Tuesdays, April 16 - June 4
**Time:** 8:30 – 10:30 AM

**Exploring the iPad (Mac/PC)**
Here’s your chance to join the exciting iPad revolution and get the most from your iPad. Get acquainted with iPad features and apps. See how to play music, browse the Web, do email, watch videos and movies, listen to audiobooks and podcasts, and use the iPad as an e-reader. 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 class.

*Prerequisite: You have an iPad*

**Instructor:** Kathy Winkenwerder
**Dates:** Mondays, April 15 - June 10
**Time:** 3:15 – 5:15 PM

**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:** Tuesdays, April 16 - June 4
**Time:** 10:45 am – 12:45 PM
Photoshop Elements (Mac)
You’ve taken what you think is a great picture with your digital camera, but the horizon is a little tilted, some of the people in it have glowing red eyes, or that group of people is clustered in one corner of the shot. Learn how to straighten the horizon, get rid of red eye, crop the photo and other simple editing techniques such as whitening teeth and completely removing people from the photo. See how to enhance color and detail, apply filters and scan old photos. You’ll learn how to easily move your pictures out of the camera, into your computer and onto CDs.
Prerequisite: Basic Mac skills.
Instructor: Barbara Kaye Cooper
Dates: Tuesdays, April 16 – June 4
Time: 1:00 – 3:00 PM

Working with Word 2010 (PC)
Did you buy a new PC in the last few years, or do you have the new version of Word? Get the most out of your new software by learning the many features of Word 2010, including improved text formatting effects, picture editing tools, and how to customize the ribbon. It’s easier than ever to create all kinds of documents—letters, fliers, newsletters, reports and more. Learn how to set up, edit and save documents, write and format letters, make lists, insert and edit photos and make tables.
Prerequisite: Basic PC skills.
Text: Handouts
Instructor: Kathy Winkenwerder
Dates: Wednesdays, April 17 – June 5
Time: 8:30 – 10:30 AM

It’s Your Mac.
Do What You Want to Do (Mac)
Are you a beginning Mac user? Join a hands-on class where you explore applications that came with your Mac. Learn how to manage the dock, finder windows, menus and shortcuts. We will use Apple email, set up the Address Book, use Safari to browse the Internet, write and save documents, and more. Personalize your computer and change your desktop, screen saver and views to reflect your interests and needs. There will be plenty of opportunities to have questions answered.
Text: Information on first day
Prerequisite: You own a Mac or you’d like to own a Mac.
Instructor: Bonnie Elsten
Dates: Wednesdays, April 17 – June 5
Time: 1:00 – 3:00 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. You’ll also learn the basics of email, including how to send and receive messages, how to attach documents and open documents that have been sent to you. The Internet section will include how to find Web sites, as well as Internet safety tips. You’ll also take a quick look at a word processing program. This class will include a discussion of Windows 8.
Prerequisite: Basic PC skills.
Instructor: Wesley Peck
Dates: Wednesdays, April 17 – June 5
Time: 10:45 AM to 12:45 PM

I Took Pictures. Now What? (Mac)
Learn how to get photos from your camera (digital or film) into a computer, order prints from an online service (Costco, PhotoWorks, etc.) and create photo books, slide shows, movies and DVDs. You’ll add photos to documents such as a family newsletter, to your email, cards, labels, T-shirts, and more. Find out how to use photos as a screen saver or desktop background, and organize your photos into albums in iPhoto.
Prerequisite: Basic Mac skills
Instructor: Bonnie Elsten
Dates: Wednesdays, April 17 – June 5
Time: 3:15 – 5:15 PM
**THURSDAY**

**Introduction to Digital Camera**
An introduction to the basic functions of the digital camera, including how to choose the right camera, lenses and accessories. Find out what mega pixel means, how to use automatic settings, manual settings, and when to use a flash. Learn how to download your photos from the memory card (in your camera) to your computer, how to see and compose your shots to tell more than a record, and solve problems like red-eye to dark of light prints, and about shooting conditions from close-up to capturing motion.

*Prerequisites: Basic understanding of Windows operating system*
Text: Available the first day of class.

Instructor: Albert Der  
Dates: Thursdays, April 18 – June 6  
Time: 8:30 – 10:30 AM

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

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

Instructor: Reggie Gates  
Dates: Thursdays, April 18 – June 6  
Time: 1:00 – 3:00 PM

**Google: Email & Lots More (PC/Mac)**
Learn to download and configure the program just the way you like it. Try out an exchange of email with fellow students as you learn the features of Gmail. Other options for Web-based email will be offered if the class wishes. Other powerful and interesting Google programs will be explored, as well as other interesting and worthwhile Internet programs and Web sites. Internet security will be stressed throughout the course. Much of this course requires having a valid Gmail user ID, and students will obtain one during the first class. If you are unable to attend the first class, you must obtain a valid Gmail user ID before the next Gmail and More class. Text: Handouts.

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

Instructor: Reggie Gates  
Dates: Thursdays, April 18 – June 6  
Time: 1:00 – 3:00 PM

**A Variety of Eight Short Sessions... All FREE**
Take a look at the new PC and Mac operating systems. There will be two sessions on Windows 8 (PC), led by Wesley Peck, and two sessions on Mountain Lion (Mac), led by Bonnie Elsten. OLLI instructors Terry Fiskin and Don Patman will continue to lead two sessions of the Photo Group, a gathering of photographers who want to learn how to improve their digital photo images. The other two session titles will be announced later.

Dates: Thursdays, April 18 – June 6  
Time: 10:45 AM – 12:45 PM

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

Class Leaders: Terry Fiskin and Don Patman

**SPECIAL**

**FRIDAYS**

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

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

Parking Options 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.
- No parking on the South side of 8th Street on Wednesday for street sweeping.

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.

OLLI Theater classes are held in the same Bungalow Building as the OLLI office and classroom. The door to the Theater is located next to the OLLI classroom entrance off of Solana Court. Another door is available from Pine Ave.

The Park Pacific Tower apartment building also is used as a space for OLLI classes. Access from the Pacific Ave. entrance to the apartment building.

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 and second classes. Entry passes for non-Leisure World residents who are taking OLLI classes will be available at the second class meeting.

OLLI at JCC

Alpert Jewish Community Center
3801 East Willow St.
(Near Redondo Ave.) LB

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.

Cranial Challenge Solution

Turn on switches A and B. Turn switch C to off. After several minutes, turn switch B off. Visit room 1. If light is on, then switch A is active. If light is off, then B or C is active. Touch the bulb. If hot, then switch B is the active one. If cold, then it's C.

This puzzle is from Jerry Manheim's collection.

Check out the CSULB website - and search for all campus maps
www.csulb.edu/maps/
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

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<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Barbara White</td>
<td>Executive Director</td>
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<td>Malcolm Green</td>
<td>President</td>
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<tr>
<td>William Fitzpatrick</td>
<td>Vice President</td>
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<td>Karin Covey</td>
<td>Treasurer</td>
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<td>Arlene Rees</td>
<td>Secretary</td>
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<td>Barbara Katz</td>
<td>Archivist</td>
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<td>Judie Irving</td>
<td>Community Relations</td>
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<td>Con Rader</td>
<td>Computer Lab</td>
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<td>Pat Wrenn</td>
<td>Curriculum</td>
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<td>Karen McDonough</td>
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<td>Phyllis Ciscle-McDaniels</td>
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<td>Dolores Volpe</td>
<td>Leisure World Implementation</td>
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<td>Bea Roth</td>
<td>Leisure World Implementation</td>
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<td>Max Slegers</td>
<td>Membership</td>
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<td>Don Friedman</td>
<td>Member-at-Large</td>
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<td>Betty Hutchens</td>
<td>Member-at-Large</td>
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<td>Jack Blecher</td>
<td>Publications</td>
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<td>Judy Mednick</td>
<td>Publications</td>
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<td>Mary Jane Payan</td>
<td>Social &amp; Special Events</td>
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<tr>
<td>Dennis Youkstetter</td>
<td>Ad Hoc Development</td>
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<td>vacant</td>
<td>Volunteers</td>
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<tr>
<td>Carl Curtis</td>
<td>President Emeritus</td>
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<tr>
<td>Dean Ken Millar</td>
<td>CHHS Ex-Officio</td>
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Advisory Board

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<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Donald Brault</td>
<td>Rosemary Lewallen</td>
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<tr>
<td>Casey Goeller</td>
<td>Nancy Lewis</td>
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<td>Dixie Grimmet</td>
<td>Theresa Marino</td>
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<td>Kit Katz</td>
<td>Olfat Mohamed</td>
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<td>Donald Lauda</td>
<td>Charlene Young</td>
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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.
Ageless Archery

by Thelma Teitel

Archery was practiced in antiquity on every continent and was the means of supplying the fruits of the hunt as well as the weapon used in great battles. And now those of you who feel like Robin Hoods and Dianas will be able to participate in that ancient art. **AGELESS ARCHERY** will be held at OLLI on Mondays, April 8 to June 3, 10:30 to 12:30, at the CSULB Archery Field under the leadership of **Mel Leach**, Professor Emerita, Head Varsity Coach and Gold Medal Competitor. She has been an inspiration to us with her enthusiasm and great proposals for activity classes.

An archery class was first offered in the fall and the 20 students who participated were pleasantly surprised at how well they did. They even opted for a second practice session this Winter under Mel’s expert guidance. There is a limit to the class size - be sure to be prompt with registration this March.

Her enthusiasm for the class can best be shown in her words, “Would you like to experience an awesome harmony in your mind and body with the bow and arrow. You can master the challenge of ageless archery.” Through course instruction and practice, the joy of shooting an arrow into the x of the target will be yours. If you have tried archery in the past or have just dreamt of shooting an arrow, this course will enhance your skills. You will experience the thrills of healthy activity and a feeling of youthfulness through the art of archery. Need more be said?

→ See class description on page 19

**SAVE THE DATE**

**MEMBERSHIP MEETING**  
September 28, 2013

Election of OLLI Governing Council officers and members at-large