Les Mittleman, Ph.D. (Emeritus Professor of English, CSULB) has taught many classes at OLLI and, as he tells his students, “I have always been fascinated by the way an artist’s life has influenced his creativity.” In OLLI’s summer session, once again Mittleman explores the life of an artist and the effect it had on the career of virtuoso singer Enrico Caruso (1873-1921).

He’s sure that many of us recall our childhood days when our homes were filled with strange-sounding, 78 rpm vinyl recordings of his amazing voice, one that became famous all over the world. In Caruso’s heyday, when he was chief tenor of the Metropolitan Opera, he sang so many roles that he became a living legend. (This writer notes: I recall my own father remarking that he had a vocal range from basso to tenor—it was absolutely amazing!)

Of course my experience with the legendary singer was through those screechy/scratchy recordings.)

Fast forward to CSULB in July. Mittleman will be treating his students to recordings that make “the great Caruso” sound like he’s right here in the OLLI classroom. (Those old 78 rpm recordings have been re-mastered into CDs that are state of the art.) Students will also learn the history of this famous Italian singer who had an amazing career. From 1901 to his final session in 1921, from the slums of Naples, Italy, to a life that encompassed the “Golden Age of Opera”, he continually fascinated his audiences. Not only that, but the power of Caruso’s natural voice was phenomenal; he never needed a microphone.

With that brief introduction, Mittleman invites anyone “who wants to go crazy from hearing this unbelievable talent” to join him in THE GREAT CARUSO. 

→ See class description on page 26
Editor’s Comments by Jack Blecher

THOUGHT FOR TODAY:
After the game, the King and the pawn go into the same box. ~ Italian proverb

OLLI at CSULB is alive and doing very well. The 2014 Spring term has 1335 paid OLLI members in 75 different courses, an increase from last year’s spring total of 1241 members. Just this term, we have over 160 NEW OLLI members. Much of the success of OLLI at CSULB is due to our volunteer teachers who not only lead classes for eight weeks, but put in hours away from school preparing their class material. We are grateful. Thanks.

Don Patman has retired from teaching computer classes at OLLI for health reasons. We may see him again in a new role. Many of his photographs have appeared in the SUN. Do visit us when you can, Don.

Otto Ross, our Centenarian plus, now has company. Denver’s OLLI has a Centenarian Paul Marcus, a very vibrant 100 year old who still takes classes.

Learn More ~ Age Less
We welcome Judith Granger, an established journalist, to our SUN staff as a reporter.

June Solstice: June 21, 2014, 3:52 AM PDT

Letter to the Editor

It is hard to believe that we have lived in Fullerton for 5 years, and for us, it has been a good move. We still miss our friends and colleagues at Senior University (yes, I know, I know, it’s OLLI!) who were a big part of our life before 2009. Dave and I race each other to grab the new issue of the SUN when it arrives, and I read it cover to cover, immediately. I read the latest issue and was pleased to see the names of friends and instructors who are still there, and I was pleased to see many new names, which means that OLLI-CSULB is growing, as it should.

I am taking a recorder class, and singing in the Chorale at CSUFullerton’s OLLI, and enjoying them. I am impressed by their large facility, and the level of enthusiastic volunteers. Best wishes to all.

Dave and Jean Lowe
**President’s Corner**

“When you are not sure where you are going, you will probably end up somewhere else.”

This old saying has many variations and most are true. Every organization will either develop or shrivel, grow or shrink, adapt or falter, prosper or dwindle with the passage of time. Every person, group, or organization must plan for the future. OLLI is no different.

Four years ago, our OLLI Governing Council approved a new strategic plan to sustain, focus, and grow our OLLI.

In the spirit of this plan, our Curriculum Committee, under the leadership of Karen McDonough and Pat Wrenn, has broadened and diversified our courses on the main campus, Pine Avenue, Leisure World and at the new activity rooms at the LifeFit Center. Our recent academic year, for example, offered 237 courses.

Our Development committee’s fund-raising successes, under the leadership of Dennis Youkstetter and Jody Ramsey, have made us confidently optimistic about OLLI’s financial viability.

Thanks to the support of our loyal members and with advice from the Computer Committee (Con, Wes, Kathy, et al.), we have been able to upgrade the computer lab with new Mac workstations. Our Instructional Technology Committee, led by Carl Curtis, also helped install new audio-visual equipment in our 101 and Pine Avenue classrooms.

Our Publications Committee led by Jack Blecher and Judy Mednick and John Tellez of our Membership Committee have spread the news about OLLI and have helped us recruit and retain OLLI members.

Building on these successes, OLLI Vice President, Bill Fitzpatrick, and his team are now putting together a new strategic plan for the next four years to visualize OLLI’s future and how to get there. The future of OLLI looks bright thanks to you, our members, benefactors, and fellow students.

**Executive Director**

Every 18 months two representatives from each of the OLLIs across the United States are invited to attend the Osher Lifelong Learning Institutes National Conference. This is an opportunity to learn from each other and share with each other the successes, new ideas, and solutions to the challenges of running an effective program. This year, Malcolm Green and I attended the Conference in Carlsbad, CA.

Mary Bitterman, the President of the Bernard Osher Foundation, shared a paper on the 35 years of Osher Philanthropy. To date the Foundation has funded 117 Institutes throughout the country for “seasoned adults,” including the endowments our OLLI received in 2006 and in 2012. Mr. Osher, a soft-spoken and humorous man, told of his commitment to lifelong learning and to adult re-entry programs for those who were unable to complete a degree in their early life histories. David Blazevich, Senior Program Officer, noted that each OLLI is uniquely designed for its circumstances within a specific University or College with no attempt being made for conformity in design. “If you’ve seen one OLLI, you’ve seen one OLLI” is a celebrated theme.

At the two-day conference we talked of many things... “of cabbages and kings.” These included strategic planning and member surveys (both of which we have done), diversity and development, recruitment and retention, peer learning, and parking (a problem everywhere), technology and teaching strategies, campus and community outreach and involvement, hearing and health.

Though we know there are many ways to improve and grow our organization, Mr. Blazevich views us as an example of an “excellent” OLLI. This is, of course, thanks to the vision of the founding members of our “Senior University” in 1996, to the exquisite volunteer leadership that we have been blessed with through the years, to our curriculum and instructors, to the ongoing support we receive from the College of Health and Human Services and our Dean, and to our dedicated members and friends.
CURRENT EVENTS class instructor, Gary Colboth, is working hard to expand our OLLI library in room 101. Bring your books that you have read and exchange them for different books donated by fellow students. We all can continue to support our library and help it flourish. As a favor to me, Gary transferred many books from the personal library of the late Dr. Jerome Manheim and delivered them to the math dept. at CSU Dominguez Hills. Thank you, Gary.

Vivian Jacobi Arluk received the prestigious “Judge’s Award” blue ribbon for Best in Show at Leisure World’s Art League on February 27. Congratulations.

To all of you... have a great summer.

In the Spotlight

Summer is upon us, vacation time, visiting friends and family. A time to relax, take some classes at OLLI, eat salads and hopefully experience new adventures.

Janie Payan did her magic again by putting together wonderful baskets of auction goodies for our 9th Art Gallery Show in February. Congratulations to Carol Wilner for winning two baskets. How lucky can one get!

Our OLLI Executive Committee and a CSULB architecture team is working on a way to make our lobby more comfortable with new seating for our ever growing student population.

Our deepest sympathy to Betty Hutchens, whose son Richard Michael Kronin, an artist, died of a heart attack. To add to her grief, Betty’s cat Simba also passed this month. In spite of great losses in her life, Betty feels blessed to have been a mother of her successful and loving children.

Ralph Staunton, a long time OLLI member and volunteer, has changed his address and wants to hear from his OLLI friends. We miss him in CURRENT EVENTS class! His new address is:

Sunnyside Retirement Center
22711 S Vermont Ave
Torrance, CA 90502

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WANTED
INSTRUCTORS to FACILITATE

OLLI is considering using the Teaching Company’s Great Courses to offer as a class. There are a wide variety of classes to choose from. Each class includes a DVD and a Discussion Guide. Usually the students watch a half-hour video followed by an hour of facilitator-led discussion. Does this sound like your cup of tea?

Contact the Curriculum Committee or the OLLI office for more details.
Successful Aging, Wellness Week at OLLI

by Roz Hertz

With age comes wisdom and with wise aging comes longevity. Read on and you will have the wisdom to live a long and healthy life.

On Monday, April 7, Wellness Week at CSULB began. The first event, The Brault Successful Aging Lecture, was underwritten by OLLI donors Don and Lori Brault. A panel discussion about successful aging and Blue Zones was offered in conjunction with the gerontology program at CSULB. The discussion was moderated by CHHS professor Maria Claver and CSULB lecturer Casey Goeller, a recipient of a prestigious leadership award from the California Council on Gerontology and Geriatrics.

A recent study on successful aging was headed by National Geographic journalist, Dan Beuttnner, who talked to centenarians across the globe. He identified the locations of “Blue Zones” (areas with many centenarians) as Sardinia, Ikaria in Greece, the Nicoya Peninsula in Costa Rica, Okinawa in Japan, and the Seventh Day Adventist community in Loma Linda. Among the centenarians he found similar living habits which he called the “Power 9.” See the list below:

1. Move naturally; that is make movement and exercise a natural part of the day, rather than going to the gym for 30 minutes.
2. Purpose. This is the reason you wake up every morning.
3. Downshift. Have a routine to relieve stress, for example, napping, praying, or happy hour.
4. 80% rule. Eat until you are 80% full, and make the last meal the smallest. Also, don’t eat too late.
5. Plant slant. Eat predominately beans with little meat.
7. Belong to some faith-based community. Denomination doesn’t matter.
8. Loved ones first. Be close to family.
9. The right tribe. Find social circles, but be sure they practice healthy behavior.

The panelists, which included OLLI members Jack Blecher, Sylvia Manheim, Dr. Scott and Mary Mighell and LBCC educator Mary Thoits (ages ranging from 89 to 93), revealed they were living lifestyles very similar to the Power 9. Our active aging representatives added these five additional tips:

- travel
- don’t fall
- be a fighter (have courage)
- gain medical knowledge
- have a sense of humor

Humor by Dr. Scott Mighell...

A patient sadly notified his doctor that he had shrunk and asked for a cure. The doctor replied that there was currently no cure. He would have to be a little patient.

Happy aging!
Becky’s Crew

Meet Becky Low’s Office Crew, our wonderful OLLI volunteers who staff the office and keep OLLI running smoothly.

Karin Covey, OLLI’s Treasurer, volunteers on Wednesdays and when needed. She has been at OLLI since 2001 and has volunteered for four office administrators. Her son, knowing Karin’s interest in genealogy, told her that OLLI was offering just such a class. She signed up and has been at OLLI ever since.

Diane Kalfus volunteers on Mondays. She’s been at OLLI over 10 years. She checked out programs for senior citizens in our area and concluded that OLLI had the depth and variety of programs that best suited her. She started in the classroom and transitioned to working in the office. She’s from the Bronx and retired as an industrial engineer technician from the Navy in Long Beach.

Janie Payan, our OLLI Special Events Coordinator, volunteers on Thursdays. Janie is serious about volunteering. It was Jean Lowe who urged her to do so. She’s originally from Texas and a 35-year retiree from McDonnell Douglas.

Elizabeth (Liz) Lopez is our part-time office employee. She started as a volunteer and came to OLLI just last summer. She retired after a 30-year stint with FedEx and was anxious to find something to do. A friend at church told her about OLLI. She took a few courses and was hooked. She volunteered in the office and it turned into a part-time job.

Of course we can’t forget Cindy Smith, our former Office Administrator. She comes on Tuesdays - when she isn’t too busy with all of her retirement activities!

Elaine Lewis volunteers on Mondays. She came to OLLI soon after retiring from Boeing as “the best little bureaucrat in the company.” Karin Covey (who is the mother-in-law of a niece of Elaine’s) “strong armed” Elaine to check out OLLI. She did and she liked it so well she stayed!

Wow, what a crew!

Meet Becky Low’s Office Crew, our wonderful OLLI volunteers who staff the office and keep OLLI running smoothly. Karin Covey, OLLI’s Treasurer, volunteers on Wednesdays and when needed. She has been at OLLI since 2001 and has volunteered for four office administrators. Her son, knowing Karin’s interest in genealogy, told her that OLLI was offering just such a class. She signed up and has been at OLLI ever since.

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Wow, what a crew!
From the Memoir Class

What is a Memoir?
Wikipedia defines it in many ways, e.g. account, history, record, chronicle, narrative, story, portrayal, sketch, depiction, an essay on a learned subject. The synonyms go on ad nauseam. My less formal definition includes wording which might be considered akin to blasphemy: something old, something new, something borrowed, mostly true, recognizing the reader’s choice to accept or reject the writer’s point of view.

Flo and Jo, Florence Dodge and Josephine Fitzpatrick, have led this program for years. It is structured to be an opportunity for self-expression based on the delivery of a wide variety of vignettes bound to touch your heart and soul. Comments on presentations can be added to copies of the material shared by the author and given to the class. Some comments are made orally. The class leaders offer suggestions as well.

Remember those days of childhood, school and beyond? Topics of vacations, holidays, time spent in the military or Peace Corps appear in some papers. Family fun brings forth memoirs unique to some and familiar to many. No matter our background, we often remember similar episodes in our own lives.

Charles’ tale of cross-country travel at 14 years of age goes from Puget Sound to Massachusetts. Traveling by rail, he compares the modern train to a less elegant grimy one which takes him from Chicago to New England. Can you imagine a trip you made long ago? For the rest of his story, read on and sign up for the ongoing MEMORI WRITING class.

TRAIN TRIP, 1947
by Charles Austin

The Olympian Hiawatha left Seattle’s Union Station each day at 3:15 pm. I boarded it on Wednesday, September 3, a 14-year-old off on the longest trip of his life (having left Washington State only for short trips to Portland, OR and Victoria, BC). My route would pass through 13 states, with two nights on the train to Chicago and one night from Chicago to Boston. I couldn’t have been more excited.

The train was a beauty, gleaming in orange, maroon and gray with a long-nosed 3-unit diesel locomotive built by Fairbanks-Morse, styled by Raymond Loewy with a wide corrugated chrome band across its snout. It was made up of several “lounge coaches,” a “Tip-top Grill” car with informal dining in one end and a cocktail bar in the other, a dining car, some sleeping cars and a unique “Sky-top Lounge” at the tail end.

→ See class description on page 26

by Geoff Carr

I rode and slept in a “lounge coach” (no sleeping car for me, but a 14-year-old can sleep anywhere) and ate in the “Tip-top Grill” which was much cheaper than the diner. Burgers and sandwiches were fine. I was pretty much on my own, but not bored. I was fascinated by the scenery of new states rolling by, and by exploring the train itself. We reached Spokane after dark and crossed the Rocky Mountains at night, a disappointment to me. I was awakened by the sound of splashing water in Deer Lodge, MT, where a crew was washing the windows with big long-handled swabs. On this first morning out, I had my breakfast in the “Tip-top Grill” with Montana rolling by outside.

It seemed to me to take forever to get through Montana, with stops at Harlowton and Miles City. In the evening we passed through a corner of North Dakota (Marmarth, Bowman and Hettinger) without stopping, and made our next stop at 10:40 pm in Mobridge, SD. Another night’s sleep and we were in Minneapolis and then in St. Paul; cities I’d actually heard of. Now I was getting someplace. Breakfast found me again in the “Tip-top Grill”, and the train in LaCrosse, WI. Then, in quick order, Milwaukee and Chicago, where I said goodbye to the beautiful Hiawatha.

After a night in Chicago (courtesy of an old friend of my mother), I boarded the New York Central’s Paul Revere, bound for Boston. After the Hiawatha, the Paul Revere was a big let-down. It had an old black steam engine, soot-stained windows, and probably stopped at every town along the way. At Albany it even lost its New York Central dignity; with a change of engine, it ran on the tracks of the Boston & Albany to Boston’s South Station.
Welcome to THE LAND OF ENCHANTMENT, an eclectic new course exploring the rich, diverse cultural heritage and natural splendors of New Mexico.

The instructor, Josie McCausland, who grew up in New Mexico, is excited about leading the class in an in-depth exploration of what makes the state both enchanting and unique. Instead of getting the standard guided tour, students will discover New Mexico through film; excerpts from famous literature, historical, and biographical writing; music; arts and crafts; and a guest speaker. Also there will always be an opportunity for students to share personal experiences related to the topics discussed. All in all, a veritable feast of learning!

From childhood on, Josie has been in love with learning, especially about Native American Nations, literature, history, art and anything to do with France and the French. She earned her B.A. from the University of New Mexico and completed a Masters in French Literature in Paris under the auspices of Middlebury College. After spending two unforgettable years in Paris, Josie had a decade of diverse teaching experience, including teaching college-level French at UCSB, home school teaching and computer skills for lawyers.

She enrolled at OLLI just over a year ago; the classes she took inspired her and reigned her passion for learning and teaching. That led her to design the course THE LAND OF ENCHANTMENT. Besides her knowledge of New Mexico gleaned from living there, as Josie prepared the course, she did extensive research and made some discoveries that will surprise even those who already know a lot about the state. The six-week class will meet at OLLI Pine Avenue on Wednesdays, 1:30-3:00 PM.

THE LAND OF ENCHANTMENT promises to be an enlightening and engaging journey into the unique cultural heritage of New Mexico. As in a truly successful tour, the travelers will have a good time because Josie says she is determined that students will have as much fun as she did in preparing the course. Be ready to enjoy and laugh while you’re learning.

→ See class description on page 25
For Our Students, Portable Device Use Mirrors National Trends

Look around you when you’re in a restaurant, in a dentist’s waiting room or passing the time in an airport and you see people using them. They’re looking intently at something on their tablets, reading with e-readers, or texting with smartphones. Portable digital devices seem to be everywhere. And they were everywhere almost before we knew what happened.

It was only seven years ago that the launch of the iPhone made smartphones available to the general consumer market. The same year Amazon’s Kindle was introduced and it would become the first popular e-reader. Also in 2007, the Android operating system was released, and one year later was used in smartphones made by Google and Samsung. And, it was only four years ago that the iPad tablet was introduced.

Today, according to a recent Pew Research report, 58 percent of American adults now have a smartphone, 32 percent own an e-reader, and 42 percent have a tablet computer, like an iPad, Samsung Galaxy or Kindle Fire. Even more amazing, industry analysts predict that next year tablets will outsell personal computers.

In the case of tablets, demand for computer lab classes reflected this changing trend. The first iPad class was held in the fall term of 2011, when only 10 percent of Americans owned tablets. iPad classes have been offered every term since then, with the number of classes increasing to three each term. And because of the high demand, this past winter term we held four iPad classes. Summer term, three iPad classes, an iTunes class, and for the first time, an iPhone class, are on the schedule.

The computer lab has conducted two surveys of its students since the introduction and popularity of remote devices to get a better sense of our students’ computer interests and computing environments. The first was in 2010; the second was in January of this year. It showed how many of our students have adopted these new devices, and also how the interest in these devices has changed. For instance, the older digital devices, digital cameras and iPods, were more popular in 2010 than in 2014.

With the newer devices, our students’ usage comes very close to that of the usage of the general public. The chart on this page shows that 51 percent of our students had smart phones, as compared to 58 percent of the U.S. public; 43 percent of our students had iPads, compared to 42 percent of the public; and 21 percent of our students had e-readers compared to 32 percent of the general public. The chart also shows a marked increase in ownership of these devices since 2010.

We asked a new survey question in 2014: Compare the amount of time you spend on your personal computer with the time you spend using your portable devices. More than 25 percent of our students said they spent half their time using their personal computers and half using their portable devices. Almost 20 percent of students said they used their personal computer only one quarter of the time. The rest was spent using their portable devices. Students are emailing, doing Web searches, taking pictures, shopping, reading the news and other activities, not only at their desktop or laptop, but also just about anywhere with their smart phones, e-readers or tablets.

Who says seniors don’t adapt to changing technology? Our students in the computer lab certainly have been and are continuing to adapt.

→ See class descriptions on pages 32 & 33

by Kathy Winkenwerder

Kathy W.
We honored the late Leonard Hirsch, who taught drawing classes at OLLI. His family and friends came a great distance to be there and to tell us about their father. The art students donated funds for a lovely plaque in his honor. It is on one of the chairs in the OLLI classroom. His daughter said that to Leonard the importance of his students' personal expressions and feelings through their art was primary. Dr. Hirsch's legacy will live on in OLLI's students and the art he inspired.

Our executive director, Dr. Barbara White, introduced Dean Kenneth Millar, Dean of Health Services and Human Affairs, who said that OLLI's “visual legacy” is its annual art exhibit since it leaves us with valuable and memorable works of art. He also recognized the importance of our dedicated volunteers and acknowledged OLLI's contributions to the University and the community.

Thank you to all our volunteers who brought food and beverages and who helped make this event a joyous success. Kudos to you, Betty Hutchens, for nine years of organizing this event—and more to come. Thank you, Janie Payan, for making possible the donations for our raffle.

OLLI's art classes and all of your talents make all this possible. Keep creating!
The Opera Lover, Steve Kohn

What an amazing guy - a triathlete who has run in the Long Beach Marathon, a mover and shaker involved with the planning and production of our Aquarium and our Convention Center. Meet Steve Kohn, who will present OLLI with the new course, OPERA THROUGH THE AGES.

He lives in the San Fernando Valley with Karen, his wife of 51 years. With chest-swelling pride he spoke of their 2 sons and 3 grandchildren. Steve has myriad interests, none more than opera. He is anxious to say, “I’m not a rock star, just a guy who loves opera.” A chance meeting with Gian Carlo Menotti at the Met started him on this path.

He has been a member of The Opera League of Los Angeles for years. The Opera League is a volunteer support organization which provides speakers dedicated to spreading both knowledge and love of opera throughout Southern California. Steve is thrilled with his role as a community educator. In addition, he manages the Opera League Gift Shop, his first endeavor in retail.

The 8-week course on the history of opera, from the 16th century to the present, will be accompanied by Powerpoints, class discussion and the welcome acceptance of questions. BRAVO, STEVE!

See class description on page 23
Poets Corner

In a gala conclusion to the MEMORY INTO POETRY workshop, Dr. Linda Carr’s 25 poets gathered to share a festive buffet, read their poems, and celebrate their new-found talents. Joanne Yockey wrote a poem for the occasion that says it all:

The Gift Outright to Robert Frost and to Us

We were the poem
before the poem was ours.
Before we planned and placed the words on the page,
we were the poem.

We were the voice, the memory,
of mother, father, uncle at his loom.
We were the voice of the past and of the future,
giving love and knowledge to our grandchildren
and to our new friends.

Our voice varied,
sometimes sad, sometimes funny,
erratic, ironic, or reverent.

Our images let us see rain, sun, moonlight,
ashes, Salome, Opa’s joke,
the sanctuary of toast and tea.

Now we are storied and artful,
but still waging war with the word.

We are the poem to be.
Joanne Yockey

OLLI Notes

Summer Registration Starts on June 7
We are trying out a Saturday Registration Day. Bring your completed form to the OLLI Classroom on Saturday June 7, starting at 8:30 to enroll in Summer classes. Cash or checks are accepted (a separate check for Parking Permits, please). Park in Lot 9 with a Permit.

OLLI Members -- Feedback Requested
Mona Panitz and Len Jacobson are your at-large representatives on the OLLI Governing Council. If you have any concerns, ideas for improvement of OLLI or just want to be heard please contact either of them. If you wish, they will keep your comments anonymous before the Governing Council.
Contact: Len Jacobson at lenj@charter.net or Mona Panitz at mgpanitz8@verizon.net

On April 11 and 12, 2014, Emerita Professor and long time Archery coach, Mel Leach celebrated the Archery Festival 50th Anniversary at CSULB. The festival offered a major reunion of all CSULB alums and students who participated in archery on campus. The day included a Parade of Archers (including many OLLI members), tours of the archery complex, a demonstration of Olympic style shooting and a Clout-Shooting event. The Festival honored the achievements of the past by preparing for the next 50 years in archery excellence at the Beach.
Look for an OLLI AGELESS ARCHERY class this Fall.
Health and Fitness Improvement

Adults age 50+ who participated in a fitness program called *Strength for Living* at the LifeFit Center @ The Beach on campus at California State University, Long Beach have experienced great health and fitness results.

*Strength for Living* is a 16-Week program led by a fitness professional with a degree in Kinesiology. The program accommodates a small group of six to eight participants who attend workouts three days per week. Each workout consists of 30 minutes of resistance training, 30 minutes of cardiorespiratory training, and 15 minutes of flexibility and balance training.

The first two cohorts to complete the *Strength for Living* program have experienced improvements in muscular strength, cardiorespiratory fitness, flexibility, and balance. Further, the participants reported reductions in weight, reductions in medication use, improvements in health, and elevated confidence in their abilities as exercisers.

On average, participants in *Strength for Living* improved their upper body strength by 60% and improved their lower body strength by 48%. One participant reported a 20-pound weight loss and a reduction in her blood pressure to healthy levels. Another participant, who has had diabetes her entire life, experienced the best control over her blood sugar levels to date. All participants reported activities of daily living, such as getting in and out of a car, easier to complete.

For more information about the *Strength for Living* Program, please visit The LifeFit Center @ The Beach website at: www.csulb.edu/lfcbeach, or call at 562-985-2015.

One way to improve fitness is exercising with a *LONGEVITY STICK*. It is low impact and involves 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality! Join a class at OLLI - Monday, Tuesday or Thursday.

Cranial Challenge

A rich old lady died and left all her money to her grandchildren and her children. At the end of the will she stated that she had one last thing to give away: her precious diamond. She gave a clue to where it might be. She said “it’s in a cylinder surrounded by a thousand squares.” One grandchild said, “I know where it is,” and found it. Where was it?

Answer: In a roll of toilet paper
William Littenberg  
October 11, 1922 -- March 10, 2014  
Born in New York City, son of Russian-Jewish immigrant parents, Bill worked his way from Depression-era poverty after the premature death of his father until he eventually became a Sr. Project Director in communication and defense satellite design at TRW, a self-taught programmer in the early days of digital computers, and a teacher at CSULB in computer sciences and later for the Senior University. He and his wife of 70 years, Doris, raised 3 children in their home in Long Beach where they resided since 1959. He died March 10, 2014 of natural causes at age 91. He is survived by his wife Doris, his son, two daughters, 4 grandchildren and 2 great grandchildren. Bill and Doris were founding members of Senior University. Bill helped to open our computer lab where he taught many classes. Asked in 2005 about why seniors should care about computers, he replied “The Internet is not only an infinite source of information; it is a gate to new beginnings and stimulations for your life.”

Milton William Valois  
(1917-2014)  
Milton William Valois, a longtime OLLI member, died on February 13 at the age of 96. Born in Pasadena, California, Milton earned his D.D.S at the University of Southern California. He served in the Pacific as an officer and junior medical officer on the U.S.S. Crittenden. He retired as a lieutenant-commander in 1954 and moved his practice to Sierra Madre, California where he and his wife Anne Hayes raised three children. There Milton served as school board president and was on the board of many civic and professional organizations. His “true love,” he said, was Anne, his wife of 71 years. Among his passions were boating and music. He and Anne traveled throughout the world, often cruising on small ships. He is survived by three daughters, four grandchildren and six great-grandchildren.

How is your Driving?

The California DMV has established the Senior Driver Ombudsman program for the expressed purpose of helping all drivers maintain their driving independence for as long as they can safely do so. To advance that goal the program will:

(1) Address specific concerns of senior drivers and provide DMV resources (including education and training resources).

(2) Assist as a liaison to ensure senior drivers are treated fairly and consistently when faced with changes in physical, visual, or mental abilities.

(3) Provide information and support to seniors and loved ones when safety becomes a concern.

As one in five drivers in the United States is anticipated to be the age of 65 or older by 2030, we recognize the importance of mobility for a good quality of life.

The Senior Driver Ombudsman Program will be coming to OLLI soon!
**SPRING 2014 CONTRIBUTIONS**

**With thanks to ALL of you including our 12 Anonymous Donors.**

Your contributions support the successful programs and facilities for educating seniors.

Jane Adair
Evelyn Anderson
Ruth & Erwin Anisman
Beverly August
Robert Barmeyer
Helen Barrad
Maxine Barton-Bauman
John Benson
Nessa & David Bernstein
Conny Bessem
Patricia Biggerstaff
Stephen Biskar
John Benson
Nessa & David Bernstein
Conny Bessem
Patricia Biggerstaff
Stephen Biskar
Barbara Blackwell
Jack Blecher & Renee Simon

Happy Birthday Lee Freilich
In memory of Bill Littenberg
Get well Cheryl Clark
In memory of Betty Hutchens’
son Richard
Linda Bolt
Gisela Braun
Marjorie Broadhurst
Pamela Chapin
Marsha Chase-Garcia
Jay Chelian
Donna Cole
Bob Cooney
Ettie Councilman
Karín Covey

For Scholarship Fund
Karen Cressy
Steven Crow
Alan Cunningham
Randolph Currin
Carl Curtis
Jane Dalton
Patricia Donley
Walter Dow
Michael Doyle
Noreta & Harold Drab

For the Computer Lab
Mary Dreyer & John Watson
Robert Frankenfeld
David Frick
Donald Friedman
Trude Gabor
In Memory of Fred Gabor
Jean Gaines
John Gawley
Rick Gonser
Phyllis Goodwin
Shirle & Arthur Gottlieb
Margot Graves
Robert Hannan
Ann Hanson
Suzuko Hara
Judith & George Hardy
Irene Heavern
Linda Henry
Carol Hesse
For the Scholarship Fund
Cathy Hicks
Laura Hillman
John Hinrichs
Booker Hinton
Mary Ann Hodges
Robert Hodges
Mary Holzgang
Sherry Howell-Cragg
Gary Hoy
Judie Irving
Len Jacobson
Toby Jamieson
Gretchen Johnson
Jeanette Jones
Dorothy & Joshua Kaye
Bobbi Kendig
Janet King
Janis Kleinberg
Margaret Kott
Karen & Dwayne Larson
Dale Leiberfarb
Isobel Leventhal
Jeanne & Bill Limmer
Mary Linehan
Janet Lipson
Carol LoPresti &
Erick Samuelson
Elizabeth Lucas
Joe MacDonald
Kay Mahone
Catherine Malone
Theresa Marino
Fred Masback
Carolyn Matzinger
Patricia Maxwell
Richard McCabe
Karen & Patrick McDonough
John McKenna
Horst Meyer
Carolyn Patti Mijares
Janice & Craig Miller
Carol Miller
Fujiko Miller
Joy Mullen
Joe Murray
Linda Newton
Linda Palitz
Catherine Pannell-Waters
Miriam Pearce
Donald Preuss
Karen Pruett
Ginny Quinn
Fern & Arthur Ramirez
Lydia Ramos
Patty Ramsdale
Jody Ramsey
In Memory of Joanne Pearson
Arlene & Ralph Rees
Rosario & Jes Reyes
Randall Rice
Andrew Robinson
Barbara Salveson
Burton Schild
Trina Schneider
Charles Schumacher
Alice & Darryl Sexton
Charles Sheldon
Barbara J. Smith
Phyllis Spear
Tom Stanford
Alice Stasiak
Lou Stewart
Pauline Strong
Alexandra Sullivan
Judy Swaaley
Margaret Takemoto
Thelma Teitel
Bernadette & John Tellez
Naida Tushnet
Jack Upshaw
David Urstein
Linda VanCouvering
Suzanne Walsh
William Ward
Lorraine Ward

For Scholarship Fund

Harriet Warner
Jerald Warren
Ann Weiss
Phillip West
Linda Wheeler
Chuck Whiston
Jill Whittington
Katherine Wightman
Jane Williams
Brucelle Williamson
Fung Lin Chan Wong
Rae & Milford Wyman

The Golden Age Foundation at Leisure World

OLLI Scholarship Program

In order to make OLLI programs available to all, we maintain a fund to grant scholarships to qualified applicants.

The scholarship fund is supported by donations from community organizations such as Long Beach Cares, SCAN, Housing Opportunities Program for the Elderly (HOPE), and generous OLLI members.

Over the years, more than 75 people have been able to join OLLI and participate in classes, special programs and other activities.

If you would like to contribute to the OLLI Scholarship Fund, please contact the OLLI Office or note “Scholarship Fund” on your check memo line.
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

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

OLLI 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 for the term for any 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.

Registration Starts
Saturday, June 7 at 8:30 am

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.
✓ 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.

Scholarships
OLLI 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 or for more information. We also appreciate donations to the Scholarship Fund.

Osher Lifelong Learning Institute is a 501 (c)(3) Non-profit status. Fees and donations are tax deductible as allowed by current law.
**OLLI Membership**
For NEW Members in Summer 2014

<table>
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**Lecture Class Tuition**

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**4-Week Computer Class**

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**Contribution**

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Contributors will be acknowledged in our publications.

- If you would like to remain anonymous, check here.

**Make Check Payable to CSULB FOUNDATION**

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**Parking Permit**

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- Disabled (DMV cert. copy on file required)

Make Check Payable to CSULB PARKING SERVICES

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**TIME** | **CLASSES** | **SITE** | **X**
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**Mondays, July 7 - August 25**
8:30-10:30 | Computer 101 | PC |
10:00-11:30 | Computers Demystified (4 wks) | PC |
11:00-12:30 | Intro to Windows 8 (4 wks-July) | PC |
12:00-1:00 | Advanced Int. Computer (4 wks-Aug) | PC |
1:30-2:30 | Intermediate Computer | PC |
2:30-3:30 | It's Your Mac | Mac |
3:00-4:00 | Computer Copy Cat Coloring | PC/Mac |
4:00-5:00 | Exploring the iPad | PC/Mac |
**Tuesdays, July 8 - August 26**
8:30-10:30 | A Quick Look at iTunes (4 wks) | PC/Mac |
9:00-10:30 | A Quick Look at iPhone (4 wks) | Phone |
10:00-11:00 | Computer Copy Cat Coloring | PC/Mac |
11:00-12:00 | Exploring the iPad | PC/Mac |
12:00-1:00 | Intermediate Computer | PC |
1:00-2:00 | It’s Your Mac | Mac |
2:00-3:00 | Click Start Genealogy Research | Mac |
**Wednesdays, July 9 - August 27**
8:30-10:30 | Exploring the iPad | PC/Mac |
10:00-11:00 | iPad Apps Only | PC/Mac |
11:00-12:00 | It’s Your Mac | Mac |
12:00-1:00 | Intermediate Lab Practice | PC |
**Thursdays, July 10 - August 28**
8:30-10:30 | Exploring the iPad | PC/Mac |
10:00-11:00 | Google: Email and Lots More | PC/Mac |
11:00-12:00 | Intermediate Lab Practice | PC |
**Fridays, July 11 - August 29**
8:30-10:30 | Open Computer Lab | ALL |
10:00-11:00 | Open Computer Lab | ALL |

* OLLI Class Tuition waived for LifeFit Gym Members.
OLLI @ the BEACH  Summer 2014 Registration

Name: _____________________________________________

Phone #: _________________________________________

** 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.

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

OLLI Pine Avenue (PA)
737 Pine Ave Suite 202
Enter from Solana Ct.
Long Beach, CA 90813
562 - 436 - 2100
(PA-Y) PA Yoga Studio
Enter at 743 Pine Ave.

OLLI Leisure World (LW)
13533 Seal Beach Blvd
Seal Beach, CA 90740
Clubhouse 3 or 6

OLLI @ the BEACH Summer 2014 Registration

**FRIDAYS, July 11 - August 29**

8:30-9:30 Senior Yoga C-119
8:30-10:00 Beginning Bridge C-119
10:00-11:30 Showtime Acting LW
10:15-11:45 Life & Times of Modern India C-101
10:15-11:45 Intermediate Bridge C-119
12:00-3:00 Film Noir Classics C-101
12:30-2:00 Advanced Bridge C-119
1:00-5:00 Arts Workshop Lab C-105
2:30-4:00 The Short Story - Voices & Visions LW
3:30-5:00 Catch the Spirit Chorus C-101

* OLLI Class Tuition waived for LifeFit Members.

**THURSDAYS, July 10 - August 28**

8:30-9:30 Longevity Stick LW
8:30-10:00 Memoir Writing C-101
10:00-11:30 Mosaicking (5 wks) C-119
10:15-11:45 The Great Caruso C-101
10:30-11:30 Tai Chi Chih PA
11:45-1:15 Current Real Estate Trends C-119
12:00-1:30 Play Reading Circle IV C-101
1:15-2:00 Tai Chi Chih LFC*
1:30-3:00 Building Blocks of Investment C-119
2:00-3:30 Qi Qigong PA-Y
1:45-3:15 Folk Guitar C-101
3:30-5:00 Catch the Spirit Chorus C-101

**FREE - Special Events @ OLLI CSULB**

Safe Driving Presentation
Tressa Thompson, DMV Senior Educator
Wednesday, August 6  1:30 – 3:00 PM

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Wayne Slavitt, owner of Mobul
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Opera as a Metaphor
Larry Verdugo, LA Opera educator
Wednesday, August 20  1:30 – 3:30 PM

Port of Long Beach Review
Port representative
Wednesday, August 27  1:30 – 3:00 PM

ALL CLASSES HELD IN HS&D BLDG. ROOM 101

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

OLLI Office:  562-985-8237  Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
OLLI Membership                    $20.00  $ ________
For NEW Members in Summer 2014
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                  ☐$33.00 per Qtr.  Cash ☐
Check # ___________ New Sticker # __________
☐ Disabled (DMV cert. copy on file required)
Make Check Payable to CSULB PARKING SERVICES

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<td>3:15-5:15</td>
<td>Click Start Genealogy Research</td>
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<td>THURSDAYS, July 10 - August 28</td>
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<td>10:45-12:45</td>
<td>Intermediate Computer</td>
<td>PC</td>
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<td>1:00-3:00</td>
<td>Google: Email and Lots More</td>
<td>PC/Mac</td>
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<td>3:15-5:15</td>
<td>Intermediate Lab Practice</td>
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<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
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* 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.

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

OLLI Pine Avenue (PA)  
737 Pine Ave Suite 202  
Enter from Solana Ct.  
Long Beach, CA 90813  
562 - 436 - 2100
( PA-Y) PA Yoga Studio  
Enter at 743 Pine Ave.

OLLI Leisure World (LW)  
13533 Seal Beach Blvd  
Seal Beach, CA 90740  
Clubhouse 3 or 6

The Alpert Jewish Community Center (JCC)  
3801 East Willow Street  
Long Beach, CA 90815  
562 - 426 -7601

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

THURSDAYS, July 10 - August 28

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<th>Room</th>
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<td>Longevity Stick</td>
<td>LW</td>
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<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
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<td>Mosaicking</td>
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<td>Beginning Bridge</td>
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<tr>
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<td>Advanced Bridge</td>
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<td>2:30-4:00</td>
<td>The Short Story - Voices &amp; Visions</td>
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<td>3:15-4:45</td>
<td>More Glamorous You (3 wks)</td>
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* OLLI Class Tuition waived for LifeFit Members.

FREE - Special Events @ OLLI CSULB

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ALL CLASSES HELD IN HSD BLDG. ROOM 101

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

**Instructor:** Patricia Woods, State Golden Bell Award for Perf. Arts; assisted by Ian Woods
**Dates:** Mondays, July 7 – August 25
**Time:** 8:15 – 9:45 AM
**Location:** CSULB, HS&D, room 101

→ See the description for Computer Copy Cat Coloring on page xx

**Longevity Stick**
This class promotes physical fitness, increased energy, and mental relaxation. Longevity stick involves gentle motions, stimulates blood circulation, increases flexibility, aids balance and coordination, is easy to learn, and is fun! Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. This equipment is available at Lowe’s, Home Depot, or most hardware stores. Tennis or athletic shoes are recommended, as is loose and layered clothing.

**Instructor:** Camilla Marie Gartland, certified longevity stick instructor
**Dates:** Mondays, July 7 – August 25
**Time:** 10:00 – 11:30 AM
**Location:** Pine Ave., Theater

**Advance Directive Workshop**
(2 parts)
An Advance Directive is a form you fill out to describe the kind of medical care you want to have if something happens to you and you cannot speak for yourself. It tells your family and your doctor what to do if you’re badly hurt or have a serious illness that keeps you from saying what you want. Join Constance Malaambo, a registered nurse, as she explains the importance of an advance directive and walks you through how to fill out the forms.

**Instructor:** Constance Malaambo, R.N., M. Hom
**Dates:** Mondays, July 7 & July 14
**Time:** 12:00 – 3:00 PM July 7
  12:00 – 2:00 PM July 14
**Location:** Pine Ave., suite 202

**Preserving Senior Independence**
This course will cover responsible estate planning, trust mills, durable powers of attorney, annuities, long-term care insurance, and scams including: reverse mortgages and identity theft. In addition, the subject of seniors as targets of financial abuse will be explored in depth.

**Instructor:** Maxine B. Barton, J.D., State Bar of CA, Women Lawyers of Long Beach, Estate Planning & Trust Counsel of Long Beach
**Dates:** Mondays, July 7 – August 25 (6 weeks)
**Time:** 10:00 – 11:30 AM
**Location:** CSULB, HS&D, room 101

**The Science of Climate Change**
There is a general consensus in the scientific community that Earth’s climate is changing, that mankind is at least partly responsible, and that future impacts could be very negative. This class will seek to bring understanding to some of the science, which has led to this consensus opinion. It will rely heavily on a series of lectures on DVD by Professor Richard Wolfson, Middlebury (VT) College, and on some current supplemental information compiled from the world-wide web.

**Instructor:** Carl Curtis
**Dates:** Mondays, July 7 – August 25
**Time:** 1:30 – 3:00 PM
**Location:** CSULB, HS&D, room 101

**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.
MONDAY

Storytelling
Being a good storyteller means transporting your listeners, along with yourself, to a new place and a new time. Stories are not just for children. To bring a tale to life, to make it live, to arouse emotions - wonder, laughter, joy, and amazement - this is the goal of the storyteller. Just as in any other art form, storytelling involves a desire to communicate to others what one finds moving. In this class we will explore the various types of stories: true experiences, fables, anecdotes, hero tales, folk tales, biographies, etc. In addition, we will learn how to prepare the stories for telling and practice presentation skills such as vocal expressiveness and body language so our stories will delight listeners of any age. Class limit: 18
Instructor: Alice Lemon, M.A.
Dates: Mondays, July 7 – August 25
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 4

The Recorder Consort
This class provides an opportunity for the more advanced recorder players to participate in a group. Students will analyze and interpret the music and improve their playing! Join us as we progress along the “path to perfection.” This class is for “beyond beginners”.
Instructor: Muriel Pendelton
Dates: Mondays, July 7 – August 25
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

TUESDAY

Meditation
Meditation has been defined as a way to quiet the mind, connect with our inner self, and even heal our body. It has been used for centuries within most spiritual and religious settings. In the Western world it is being accepted not only as a spiritual practice, but also as an adjunct to other therapies to treat chronic pain, lower blood pressure, even treat PTSD. It is a useful tool for everyone to disconnect from the constant barrage of emails, negative news, and traffic jams. Carol believes daily meditation provides her with insight into different levels of consciousness. After experimenting with other forms of meditation, today she primarily uses a technique classified as “open focus”. She looks forward to sharing her love for this calming and life-affirming practice.
Instructor: Carol Beckerman, M.A.
Dates: Tuesdays, July 8 – August 26
Time: 8:15 – 9:45 AM
Location: CSULB, HS&D, room 101

OLLI Players
“Hey, kids, let’s put on a show!” Join a merry band of performers! We are going to put on an afternoon of short plays, some improvisation, and a song or two for the public to enjoy. Develop or tune up your theatrical talents with a friendly group that is having a ball. No experience necessary - just a desire to be creative and keep your imagination tuned up!
Performance date: August 24
Class Leader: Nancy Hathcock
Dates: Tuesdays, July 8 – August 26
Time: 10:00 – 11:30 AM
Location: Pine Ave., suite 202

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. Develop better balance and 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 - loose, layered clothing.
Class Leader: Shona Howe
Dates: Tuesdays, July 8 – August 26
Time: 9:00 – 10:00 AM
Location: LifeFit Center, KIN 107

National and International Current Events and Issues
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.
Instructor: Gary Colboth, M.P.A., J.D., Professor Emeritus
Dates: Tuesdays, July 8 – August 26
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101
TUESDAY

Complex Social Problems, Round 2
We will continue exploring complex social problems and proposed solutions to them. Problems include: income inequality and its consequences, the persistent issue of poverty, and implementation of health care reform. Students will engage in fact-based discussion of alternative approaches to solving the problem and open discussion.
Instructor: Naida Tushnet, Ph.D.
Dates: Tuesdays, July 8 – August 26
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Irish Writers
The Irish have made a disproportionately large contribution to the world of letters. This class will feature a broad selection of writers, placing their literary achievements in the context of the history of the island. We will share a jar of biography with a wee drop of creativity.
Instructor: Bill Fitzpatrick
Dates: Tuesdays, July 8 - August 26
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Making Sense of Investing
This class will cover the foundations of investing: lessons on fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, and retirement plans. We will discuss how to evaluate bonds and how to read stock tables; tips in selection of a professional financial advisor and what to expect when working with one. Each class includes time for answering your specific investment questions.
Instructor: Seve Ann Gilpin, Financial Advisor
Dates: Tuesdays, July 8 – August 26
Time: 2:00 – 3:30 PM
Location: Pine Ave., suite 202

DreamDoors
Sleep and dreaming are esser for health and wholeness. The purpose of this class is to appreciate dreams as an art form. Each night of sleep contains 5-6 entries into unconscious dreamscape scenarios. A variety of methods will be explored for incubation and retrieval of both the contents and accompanying emotions of dreams. By focusing on interpretive skills we can enhance our innate and idiosyncratic wisdoms.
Class limit: 15
Instructor: Barbara L. Reinhart, M.A.
Dates: Tuesdays, July 8 – August 26
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 3
→ See article on page 8

Ayurvedic Medicine
Ayurvedic medicine is one of the world’s oldest medical systems. It originated in India more than 3,000 years ago and remains one of the country’s traditional health care systems. Learn the natural secrets of heath modalities of India. Ram Bot, who lived in India for many years and sat at the feet of the masters living in the Ashrams, will guide us through the esoteric system. This natural method of alternative medicine will focus on the healing properties of plants and herbs. You will learn how to eat for your body type. The ancient wisdom will unfold before you like a yogic pose, as Ram is a certified yoga instructor.
Instructor: Ram Bot
Dates: Tuesdays, July 8 – August 26
Time: 2:30 – 4:00 PM
Location: 743 Pine Ave., Yoga Studio (Enter from Pine Ave.)

Topics in Jewish Studies
This class is a series of various subjects in Jewish history:
Lectures 1 & 2: The History of the Tanach (the Bible)
Lecture 3: The Maccabean and Harmonian Periods
Lecture 4: First and Second Revolutions of 66 C.E. and 132 C.E.
Lectures 5 & 6: The Jewish Philosophers of the Middle Ages
Lecture 7: What is the Kabbalah?
Lecture 8: The Reform, Orthodox Conservative, and Reconstructive movements in contemporary Judaism.
Instructor: Mark Barnett, D.D., Ms.D.
Dates: Tuesdays, July 8 – August 26
Time: 7:00 – 8:30 PM
Location: Alpert JCC, room 27
($20.00 OLLI membership required of people NEW to OLLI plus class tuition of $10)

Opera Through the Ages
The operatic art form dates back over 600 years. It is the essence of music, theater, voice, and orchestra. It can be comedic or dramatic. Each week we will touch on each period, historically, and put each opera into its historical context. We will travel across this operatic history from the Baroque Period to the Twentieth Century. Prepare to be surprised by all the great characters and music we will explore and experience.
Instructor: Steve Kohn, Contributing Educator, L. A. Opera
Dates: Tuesdays, July 8 – August 26
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101
→ See article on page 11
Early Bird 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. In addition, it will cover tips in selection of a professional financial advisor and what to expect when working with a financial advisor. Each class will include time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.  
Instructor: Andy Dilsaver, B.S., Financial & marketing advisor  
Dates: Wed., July 9 – August 27  
Time: 8:15 – 9:45 AM  
Location: CSULB, HS&D, room 119

FREE SPECIAL EVENT  
Social Security Secrets  
Did you know there are 201 different ways that a married couple can claim benefits? Did you know there may be a reduction in benefits in the near future? Did you know you can be unemployed and retired at the same time? The average retiree leaves thousands of dollars ‘on the table’ simply because they don’t understand how to optimize their social security benefits. Don’t be one of them. Join us for this informative and easy to understand class where we revisit the genesis of the social security system, take a peek at the inner workings of the social security administration, and finally explore the ways in which you or loved ones can maximize benefits. The class is open to persons of all ages who are interested in learning and discussing the Old Age, Survivors, and Disability Insurance (OASDI) federal program.  
Instructor: John Pak, Financial services industry  
Dates: Wednesday, July 23  
Time: 10:00 AM – 12:30 PM  
Location: Pine Ave., suite 202

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.  
Instructor: Terry Fiskin  
Dates: Wednesdays, April 16 – June 4  
Time: 10:00 – 11:30 AM  
Location: CSULB, HS&D, room 119

WEDNESDAY
Special Events
Join us for an eclectic selection of classes. FREE for members and friends of OLLI. No registration is needed.

Safe Driving
The DMV has established the Senior Driver Ombudsman program for the expressed purposes of helping all drivers maintain their driving independence for as long as they can safely do so.

Tressa Thompson, DMV Educator
Wed., August 6 1:30 – 3:00 PM

Aging in Place
This course will cover topics including fall prevention, bath safety, aids for daily living, and personal emergency response systems. Products will be demonstrated.

Wayne Slavitt, Owner Mobül LB
Wed., August 13 1:30 – 3:00 PM

Opera as a Metaphor
This presentation features a brief retrospective of silent films that tried to achieve this blend operatic in their piano scores and by other means. Personalties that made a brief successful-if bumpy--transition to the Hollywood sound stage from the world of opera are also featured.

Larry Verdugo, LA Opera educator
Wed. August 20 1:30 – 3:30 PM

Port of Long Beach Review
The Port of Long Beach is one of America’s premier seaports and a trailblazer in goods movement and environmental stewardship. Learn more about this local resource and future plans.

Mario Gonzalez, Port representative
Wed., August 27 1:30 – 3:00 PM

Land of Enchantment
New Mexico is a land with a rich history and multiethnic heritage. Come and have fun exploring the many facets of its past and the peoples who have shaped its legacy. We will look at historical records, exemplary contributions to the arts and sciences, and so much more. This seminar includes a short movie, light readings and open discussion. Class limit: 15

Instructor: Josie McCausland, M.A.
Middlebury College French Literature
Dates: Wed., July 9 – August 13 (6 weeks)
Time: 1:30 – 3:00 PM
Location: Pine Ave., suite 202

Arthur Hopkins gives OLLI members, BEGINNERS and BEYOND BEGINNERS, a chance to learn the Ukulele! Find your Ukulele and join in the fun.

Arthur Hopkins

Ukulele 101 & 102
Beginner Class: Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun!

Beyond Beginner: Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills.

Instructor: Arthur Hopkins
Dates: Wed., April 16 – June 4
Time: 3:15 – 4:15 PM Uke 101
Time: 4:30 – 5:30 PM Uke 102
Location: CSULB, HS&D, room 101

All Events are held at
CSULB, HS&D, room 101
Seating as space is available
THURSDAY

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. Develop better balance and increase physical strength by stretching the muscles and tendons. Bring a one-inch dowel - 1 to 2 inches longer than your height - with rubber (not plastic) end caps. Tennis shoes are recommended, as is loose and layered clothing.
Instructor: Lynn Marsh, M.A.
Dates: Thursdays, July 10 – August 28
Time: 8:30 – 9:30 AM
Location: LW, Clubhouse 6, room C

Creative Mosaicking
This class will show students how to give items you own a new life using tile and glass. Learn to design, cut, break, and decorate pots, mirrors, frames, hot pads, trays, etc. Discover a very relaxing hobby that can be done anywhere with minimal supplies. Creativity that you didn’t know you have will emerge. Cost of materials will depend on your selection to decorate: approximately $5-15.
This is a class for beginners.
Class limit: 15
Instructors: Shelly & Barry Levinson, educator & communications tech, respectively, plus lifelong crafters
Dates: Thursdays, July 10 – August 7 (5 weeks)
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 119

The Great Caruso
Not everyone remembers Enrico Caruso (1873-1921) as “great”. From scratchy 78 records on our parents’ or grandparent’s Victrolas – to remastered state-of-the-art CDs, you can judge for yourself. What a voice! During a performance of La Bohème, a cast member was so overcome with emotion that she wept. We will not only listen to Caruso’s voice but also learn about the tenor’s career from 1901 to his final session in 1921 – from the slums of Naples, Italy, to a life that encompassed the “Golden Age” of opera.
Instructor: Alan Fasnacht, M.A.,
real estate agent & broker, owner:
escrow company, mortgage company, property management
Dates: Thursdays, July 10 – August 28
Time: 10:00 – 11:45 AM
Location: CSULB, HS&D, rm 119

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.
Instructors: Florence Dodge & Josephine Fitzpatrick
Dates: Thursdays, July 10 – August 28
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 101

→ See article on page 7

→ See article on front cover
A Play Reading Circle IX
Experience drama first-hand! Join this class to read plays from various historical periods; learn about the playwrights and the times in which they lived; and discuss the significance and value of each play. A list of the plays to be covered and the recommended translation to purchase or borrow from the library will be available at registration.
Class limit: 15
Instructor: Muriel Pendleton
Dates: Thursdays, July 10 – August 28
Time: 12:00 AM – 1:30 PM
Location: CSULB, HS&D, room 101

Building Blocks of Investing
We will cover a wide variety of topics related to personal investing including: basics of financial planning, how to read stock tables, fixed income investments, bonds, long term care insurance, retirement plans, annuities, distribution options for retirement plans, overview of estate planning, and what you should know and expect in selecting and working with a professional financial planner.
No products or services are sold, endorsed, or marketed in any way.
Instructor: Steve Masoner, Investment Counselor
Dates: Thursdays, July 10 – August 28
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 119

Qigong
Ram Bot is a certified instructor and trainer of yoga teachers. He will lead the instruction of this Chinese method of meditation. This practice of using breathing techniques, gentle movements, and meditation will enhance health by cleansing, strengthening, and circulating the life energy.
Come wearing comfortable clothing.
Instructor: Ram Bot, Eastern arts and Yoga instructor
Dates: Thursdays, July 10 – August 28
Time: 2:00 – 3:30 PM
Location: Pine Ave., Yoga Studio (enter from 743 Pine Ave.)

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, July 10 – August 28
Time: 1:15 – 2:00 PM
Location: LifeFit Center, KIN 110

Folk Guitar
Dust off your guitar! Learn or brush up on the essentials of playing the folk guitar. Bring any acoustic guitar (non-electronic) and start accompanying yourself and others. Learn how to tune your instrument and how to play chords, strums, and picks for folk and pop music. You’ll be making music in no time!
Class Leader: Michael Meckna, Ph.D. Music History
Dates: Thursdays, July 10 – August 28
Time: 1:45 – 3:15 PM
Location: CSULB, HS&D, room 101

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
Dates: Thursdays, July 10 – August 28
Time: 3:30 – 5:00 PM
Location: CSULB, HS&D, room 101

Folk Music players at the Art event, OLLI Chorus led by Fran Harding
→ See article on page 6
FRIDAY

**Special Mix of 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. All levels welcome, with or without a mat. Objectives of the class: create ease in seniors who want to learn and participate in yoga; teach basic yoga skills and philosophy; help seniors learn how to breath and exercise their way to improved or stabilized mobility and health.  
**Instructor:** David Hennage  
**Dates:** Fridays, July 11 – August 29  
**Time:** 8:15 - 9:30 AM  
**Location:** LifeFit Center, KIN 107

**Beginning Bridge**  
A class 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.  
**Instructor:** Inge Johnson, retired teacher  
**Dates:** Fridays, July 11 – August 29  
**Time:** 8:30 - 10:00 AM  
**Location:** CSULB, HS&D, room 119

**Interchange Bridge**  
If you have some bridge experience, this class is for you. We will review all of the basics and gradually learn some refinements to improve your skill in playing. This class is designed for pleasure, not competition.  
**Instructor:** Inge Johnson  
**Dates:** Fridays, July 11 – August 29  
**Time:** 10:15 – 11:45 AM  
**Location:** CSULB, HS&D, room 119

**Advanced Bridge**  
For players who know the basics and want to learn more. Learn a variety of conventions so that you can play successfully at duplicate bridge or join strangers for bridge parties.  
**Class Leader:** Inge Johnson  
**Dates:** Fridays, July 11 – August 29  
**Time:** 12:30 – 2:00 PM  
**Location:** CSULB, HS&D, room 119

**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. Improvisation, acting, character analysis, live script reading, putting on a show and applause. Performance date TBD.  
**Instructor:** Nancy Hathcock, B.A., M.A. Theater Arts, VP of The Theatre Guild and Southeast Civic Light Opera.  
**Dates:** Fridays, July 11 – August 29  
**Time:** 10:00 – 11:30 AM  
**Location:** LW, Clubhouse 3, room 3

**Life and Times of Modern India**  
We will study the culture, civilization, religion, and philosophy of India from the Islamic conquest (c.1,000 AD) and time of the Moguls to the 20th century. We will learn the impact of the Moslems, Mongols, and Europeans upon Indian life. More importantly, we will learn the impact of Indian religion and philosophy upon our Western civilization.  
**Instructor:**Mark Barnett, D.D., Ms.D.  
**Dates:** Fridays, July 11 – August 29  
**Time:** 10:15 – 11:45 AM  
**Location:** CSULB, HS&D, room 101
FRIDAY

Film Noir Classics: Behind the Scenes
Students will view eight classic film noir movies with movie-maker Hathcock providing the “inside scoop” on how the pictures were made, plus background info on the actors, the locations, and the directors as well as other “goodies”. Hathcock’s latest picture, “The Two Pamelas” is a film noir thriller and has received rave reviews on Internet Movie Data Base and placed second out of 400 entries in a worldwide movie trailer contest. Hathcock has been making movies since 1981 and has directed 174 legitimate theater productions. In addition to writing and producing for Walt Disney Productions and being head of talent at Knott’s Berry Farm, Hathcock wrote for Academy Award winning actor Walter Matthau and Emmy Award winner Jack Klugman and directed Academy Award winning actor George Kennedy in a western called “Three Bad Men”. Over a forty-year period, Hathcock has worked with over 4,000 actors, many of which have gone on to careers on Broadway, TV, and motion pictures. Take a trip back in time with Jeff Hathcock and relive the classic era of film noir movies.
Instructor: Jeff Hathcock
Dates: Fridays, July 11 – August 29
Time: 12:00 – 3:00 PM
Location: CSULB, HS&D, room 101

The Short Story: Voices and Visions
Drama, conflict, philosophy, entertainment, social commentary – the well-written short story can contain so many elements. Read thought-provoking selections by masters of the genre, learn more about the authors, and engage in lively discussions with class members. The Short Story Omnibus from the Great Books Foundation is loaned to class members for the session.
Class limit: 15
Instructors: Fern and Arthur Ramirez, Ph.D.
Dates: Fridays, July 11 – August 29
Time: 2:30 – 4:00 PM
Location: LW Clubhouse 3, room 3

Art Workshop Lab
Intended for students who have experience in painting or drawing. This non-directed time is for artists to improve painting, focusing on elements such as: colors, value patterns, perspectives and composition. Students contribute by sharing experience, exchanging ideas, feedback and critiquing each other’s work. Bring materials and reference photos, paint your favorite subjects and explore your imagination and creativity. The room opens at 1:00 - class leaders may be teaching between 2:00 and 4:00. Choose the time you wish!
Instructors: from the group
Dates: Fridays, July 11 – August 29
Time: 1:00 PM – 5:00 PM
Location: CSULB, HS&D, room 105

A More Glamorous You
Students will learn about the psychology of color, first impression, and wearing colors that harmonize with natural skin tone. They will become aware of their “fashion personality” so they can save time and money when shopping/dressing. In addition, students will learn about the various body types for women and how to dress to look their very best possible. Class will also include a core-wardrobe and accessorizing session, to create more looks with very few pieces.
Instructor: Kathy Marshall, Image Consultant, Fashion Stylist
Dates: Fridays, (3 sessions)
July 18, July 25, August 1
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101
Summer Registration Starts on June 7
We are trying out a Saturday Registration Day this time. Bring your completed form to the OLLI Classroom on Saturday June 7, starting at 8:30 to enroll in Summer classes. Cash or checks are accepted (a separate check for Parking Permits, please). Park in Lot 9 with a Permit.

Satire in Art & Film: Goya & Almodovar
In an attempt to understand the mutual aesthetics shared by art and film, we will examine the theme of relationships between men and women. Both artists successfully execute a farcical satire of human foibles. Join us to learn more! Class limit: 25 - Register in the Office
Harold Cannon-Lopez, Ph.D. Spanish
Wed., July 9 11:45 AM – 1:15 PM

Safe Driving
The DMV has established the Senior Driver Ombudsman program for the purpose of helping all drivers maintain their driving independence for as long as they can safely do so.
Tressa Thompson, DMV Sr Educator
Wed., August 6 1:30 – 3:00 PM

Aging in Place
This course will cover topics including fall prevention, bath safety, aids for daily living, and personal emergency response systems. Products will be demonstrated.
Wayne Slavitt, Owner Mobül LB
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Opera as a Metaphor
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Larry Verdugo, LA Opera educator
Wed. August 20 1:30 – 3:30 PM

Port of Long Beach Review
The Port of Long Beach is one of America’s premier seaports and a trailblazer in goods movement and environmental stewardship. Learn more about this local resource and future plans for the Port.
Mario Gonzalez, Port representative
Wed., August 27 1:30 – 3:00 PM

Events are held at
CSULB, HS&D, room 101
Seating as space is available
Bring a friend to OLLI and share our motto:
Learn More – Age Less

Another successful SHAKESPEARE class! Having a duo like Roberge & McDonough generated a crowd and the wait to enter became a good problem!

FREE SPECIAL EVENT
OLLI Pine Avenue Classroom
Social Security Secrets
Did you know there are 201 different ways that a married couple can claim benefits? Join us for this informative and easy to understand class where we revisit the genesis of the social security system, and more. The class is open to persons of all ages who are interested in learning and discussing the Old Age, Survivors, and Disability Insurance (OASDI) federal program.
John Pak, financial services
Wed., July 23 10:00 AM – 12:30 PM

Do you know that there are Radio Frequency Hearing Devices located in the campus classroom 101 for use by anyone who cannot hear clearly! Pick up a unit and try it out by adjusting the ear piece and the volume control. Return the sets to the charging station when finished. Ask in the office for assistance. Hear’s to happy hearing!
Computer Classes Summer 2014

MONDAY

Computer 101 (PC)
If you’re a beginner, even if you’ve never touched a computer or a typewriter before, this is the class for you. You’ll practice using the computer mouse, become familiar with the keyboard and how the desktop works. You’ll also learn the basics of email and how to search for things on the Web. Practicing won’t be boring; it includes playing games. In addition to the instructor, there are coaches on hand to help you. Complete this class, and you will be ready to take the Intermediate Computer class. Note: This is a beginning Windows PC class. For a beginning Mac class, see It’s Your Mac... on Thursday. No Prerequisites.
Instructor: TBA
Dates: July 7 - August 25
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. 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 includes 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.
Prerequisite: Computer 101 class or knowledge of skills taught in that class.
Instructor: Dalia Hernandez
Dates: July 7 - August 25
Time: 1:00 – 3:00 PM

Introduction to Windows 8 (PC)
(4 Weeks - July)
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
Prerequisite: Basic computer skills
Instructor: Wesley Peck
Dates: July 7 - July 28
Time: 3:15 – 5:15 PM

Computers Demystified (4 weeks)
DDR3, GHz, GB, eSATA, SDRAM, CPU, OS X, 64 bit, 32 bit, Linux, Dual-core, Cloud, 802.11gn. Confused by these and other terms when reading about computers? This class is for people that can use their computers but want to learn more. We will try to clarify computer related terms and give you an idea of how computers work.
Week 1 & 2 – Inside the box. What hardware comprises a computer system...
Week 3 – How computers think. What is an operating system and how does it relate to the programs you use.
Week 4 – Alternatives and the Internet Operating systems and programs. How the Internet and Cloud are influencing how programs are used today.
Prerequisite: Basic computer skills
Instructor: Wesley Peck
Dates: July 7 - July 28
Time: 10:45 AM - 12:45 PM

Advanced Intermediate Computer (PC) (4 Weeks - Aug)
You’ll get demonstrations, discussions and hands-on practice on a wide variety of advanced computer skills. Advanced Internet topics, such as understanding searches, email, links and capturing data from the Internet and saving to a computer file will be covered. Learn how to download and install programs from the Internet. You also will learn how to make changes to your computer settings using the control panel, and how to use different data transfer methods for backing up your computer files.
Prerequisites: Intermediate Computer class or knowledge of skills taught in that class.
Instructor: Dalia Hernandez
Dates: August 4 – August 25
Time: 3:15 – 5:15 PM

A very big Thank You to Don Patman for 10 years of volunteering as an instructor in the Computer Lab and being the “official OLLI photographer”!
Don gave many hours of help to new computer users along with those learning photography. We hope to see Don active again - in classes or maybe taking photos!
Cheers - take care!

Congratulations to the Class of 2014 - this is an end.

Thank You for helping us make this a successful session. We look forward to seeing you next year!
A Quick Look at iTunes
(4 Weeks - July)
Explore the many features of this media player to learn how to buy music at the iTunes store, create your own music library and music playlists. In addition to music, you’ll see videos, movies, audiobooks, podcasts and free Internet radio stations from all over the world. Look through the hundreds of free classes offered at iTunes U. If you have an iPod, iPhone or iPad, you’ll see how iTunes keeps track of your apps and syncs the material on your remote device with your computer. Students: if you have music CDs, bring one to class.
Prerequisites: Basic PC or Mac skills.
Instructor: Kathy Winkenwerder
Dates: July 8 – July 29
Time: 8:30 – 10:30 AM

A Quick Look at the iPhone
(4 Weeks - Aug)
Have an iPhone and aren’t sure how to get the most out of it? This short class for beginners will include a review of the apps that come with your iPhone, as well as how to get new ones, how to look at and send email, how to take pictures and videos and share them, how to manage your settings, how to surf the Web, how to listen to music, how to manage your calendar and contacts, and how to personalize your iPhone.
Prerequisites: have an iPhone 4 or higher. Bring your activated and charged phone to each class.
Instructor: Kathy Winkenwerder
Dates: August 5 – August 26
Time: 8:30 – 10:30 AM

Time:
Instructor: Kathy Winkenwerder

Computer Copy Cat Coloring
Learn to color using a computer mouse instead of a crayon. You’ll apply colors to a variety of pictures of animals, flowers, people, places, patterns, and fanciful designs in this activity that’s fun and relaxing and increasingly popular with adults. In this extension of the Copy Cat Drawing class you’ll use the latest version of Corel Painter X3 to transform a plain line drawing into a beautiful, colorful picture. The result will be a digital image that you can print out or send to friends and family.
Students should be familiar with basic computer functions. Class limit: 6
Instructor: Patricia Woods
Dates: July 8 – August 26
Time: 1:00 – 3:00 PM

Exploring the iPad
See Wednesday class description.
Instructor: Marilyn Gettys
Dates: July 8 – August 26
Time: 3:15 – 5:15 PM

iPad Apps Only
For those who know already know how to use your IPAD and all its features. The first class meeting will be a review of the apps that come on your iPad. This class will then cover additional apps available, we will download them on your iPads, 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: July 9 - August 27
Time: 10:45 AM - 12:45 PM

Exploring the iPad
Here’s your chance to join the exciting 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 are encouraged to bring their iPads with them to each class.
Prerequisite: You have an iPad.
Instructor: Kathy Winkenwerder
Dates: July 9 – August 27
Time: 8:30 – 10:30 AM

It’s Your Mac.
Do What You Want to Do (Mac)
Are you a beginning Mac user? Join us for a real hands-on class where you will explore many of the applications that came with your Mac. Learn how to manage the dock, finder windows, menus and shortcuts. We will use the Apple email program, set up the Address Book, use Safari to browse the Internet, write and save documents, and more. Discover how to personalize your computer for the way you want to use it. Change your desktop, screen saver and views to reflect your interests and needs. There will be plenty of opportunities to get your questions answered.
Text: The Little Mac Book Lion Edition by Robin Williams
Prerequisites: You own a Mac, you’d like to own a Mac.
Instructor: Bonnie Elsten
Dates: July 9 – August 27
Time: 1:00 – 3:00 PM

TUESDAY

WEDNESDAY
Click Start Your Genealogy Research
Do you want to know more about your family history? Have you already gathered information, but need to organize it? Learn what can be done using Internet resources. We will look at popular genealogy programs for the Mac to help you organize and document your research. We'll also explore ways to locate others researching your family lines, and find Web sites to further your research. If possible, bring a list of family last names and localities to your first class.

Text: Genealogy Online ninth edition by Elizabeth Powell Crowe
Prerequisites: The ability to use a Mac for Internet access.
Instructor: Bonnie Elsten
Dates: July 9 - August 27
Time: 3:15 – 5:15 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, so you will be able to easily create your own documents, and even insert photos.
Prerequisite: Computer 101 class or knowledge of basic skills taught in that class.
Instructor: Reggie Gates
Dates: July 10 - August 25
Time: 10:45 AM – 12:45 PM

Google: Email & Lots More (PC)
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-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: April 17 – June 5
Time: 1:00 – 3:00 PM

About computer classes:
• Held in CSULB, HSD 100 with Workstations for 12 students.
• Classes are filled on a first-come basis as registrations come in.
• If a minimum enrollment is not met, a class may be cancelled. You’ll find the OLLI classroom an ideal place to learn. OLLI instructors and classroom coaches will help you become digital experts!

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 get answers to your questions about 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 lot is $5.00 on the south-east corner of 7th Street and Pacific Avenue.
- Metered parking: 2 hour limit, use quarters.
- Non-metered street parking: North of 8th Street on Pacific Ave. and Pine Ave., as well as neighborhood streets west of Pacific Avenue.

Limited or NO parking is available adjacent to the OLLI building. Watch signs and spaces allowed. Note street sweeping signs overall.

**Take the Bus** - Check bus schedules for routes to Pacific and 7th St. A Passport 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 a flight of stairs. A lift is available upon request.

**PA - Theater classes** are in the same Bungalow Building - The Theater door is next to the OLLI classroom entrance off of Solana Court.

**PA - Yoga Studio** is a new facility in the same building. Enter from the front at 743 Pine Ave.

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**OLLI Leisure World**

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

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**OLLI at JCC**

Alpert Jewish Community Center  
3801 East Willow Street  
(Between Lakewood and 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.

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

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**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.
Member Parking Permits

For the convenience of our members, General parking passes for Lot 11 are sold in our office for **$33.00 per 3-month quarter**. Members may not park in carpool or employee parking without special permits. Check or cash are accepted payments.

If you have a current DMV disabled placard and provide a copy of the DMV receipt for OLLI files, you may obtain access to Employee Lot 9. Members must display their placard or license plate AND their OLLI parking permit when they are parked in Lot 9. Use of both the placard and OLLI permit will also allow use of employee spaces in Lot 11.

If you receive a ticket from Parking Services, contact the Parking Office (Merriam Way) at 562 985-4146 to resolve it. Instructors or volunteers will be notified about parking permits.

OLLI at CSULB Governing Council

Barbara White  Executive Director
Malcolm Green  President
William Fitzpatrick  Vice President
Karin Covey  Treasurer
Vicki O’Toole  Secretary
vacant  Archivist
Judie Irving  Community Relations
Kathy Winkenwerder  Computer Lab
Wesley Peck  Computer Lab
Pat Wrenn  Curriculum
Karen McDonough  Curriculum
Richard Black  PA Contact
Ken Nakagawa  PA Contact
Dolores Volpe  LW Contact
Bea Roth  LW Contact
John Tellez  Membership
Len Jacobson  Member-at-Large
Mona Panitz  Member-at-Large
Jack Blecher  Publications
Judy Mednick  Publications
Mary Jane Payan  Social & Special Events
Jody Ramsey  Ad Hoc Development
Dennis Youkstetter  Ad Hoc Development
Don Friedman  Ad Hoc Arts Committee
Betty Hutchens  Ad Hoc Arts Committee
Carl Curtis  President Emeritus
Dean Ken Millar  CHHS Ex-Officio

Advisory Board

Donald Brault  Nancy Lewis
Dixie Grimmett  Theresa Marino
Kit Katz  Dr. Susan Mathieu
Donald Lauda  Dr. Iris Schutz
Rosemary Lewallen  Charlene Young

Long Beach Transit Buses

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

CSULB Campus Connection Shuttle

Campus Shuttles run around the campus during the fall and spring sessions. A shuttle stops at the south-west corner of Lot 11 which will drop you off in front of the Design building. Check the CSULB website for schedule.
Have you ever wondered ... why so many scientists are convinced that climate change is taking place? What is their evidence? What controversies surround this topic? What is the position of the naysayers?

When Carl Curtis, past president of OLLI and self-avowed armchair astronomer, recently discovered that someone had put a set of lectures on climate change in his mailbox, he found his interest in the subject piqued. Then, as he was beginning to delve into the recorded lectures by Richard Wolfson (M.S. Environmental Studies; PhD. Physics), he realized that there were openings in the summer class schedule. It seemed a perfect time to offer a class, inviting OLLI students with similar interests to join him in an exploration of CLIMATE CHANGE.

Insisting that he has little knowledge and no expertise in the subject, Carl’s model for the class is to present a topic that he and others are interested in learning more about, and to offer a place and a time to come together to investigate and share ideas on this subject. He sees his role, not as the teacher, but more as a leader who will provide interesting materials to help both him and the participants to get a better understanding of the science of climate change. He wants to explore together, using Professor Wolfson’s lectures on DVD as a basis, the conclusion in 2007 of the Intergovernmental Panel on Climate Change and a consensus of hundreds of scientists, that “warming of the climate system is unequivocal ...” and that human activity is “very likely” the cause. If time allows, Carl also hopes to examine some of the controversies that surround the climate change issues.

Potential students can rest assured that Professor Wolfson’s lectures are described by the publisher as “a lucid presentation designed for non-scientists.” In addition, since the lectures are now about seven years old, Carl plans to find various supplementary materials to update the lecture information and make it more understandable and current.

No argument here ... this class is an opportunity to explore an interesting topic with like-minded OLLI learners!

NEW: Registration for Summer Session starts Saturday June 7, 2014 at 8:30 am