Foreign Film Noir in the Original

If you’re reading this article, you certainly know that letters attached to people’s names denote their occupation, special skills or talents. For example: M.D. means doctor, ESQ. means attorney, Ph.D. means “doctorate in a specific subject,” and SAG means screen actor’s guild. In the case of Michael Gavin (a retired doctor), he traded M.D. for a new set of letters we all recognize.

For the last ten years, Gavin’s involvement with OLLI has been a major part of his life. He has taught five film classes and three art history classes; and this year he has devised a new one. Titled NORDIC NOIR, it will consist of foreign “film noir” productions in their original language - with sub-titles, of course. By showing special films the way they were first envisioned, acted, and directed, they are often darker, more mature, and handled more graphically than American films. In addition, the subject can be quite disturbing.

For those new to Gavin’s film classes, here is a brief description of what to expect. In his own words, Gavin’s commentary about the films reflects his personal opinion. He makes no pretense of having academic credentials or being trained in film criticism; his sole goal is to impart a mind-set in his students that will allow them to become their own critics—to watch films for reasons that go beyond the narrative story-line. Each class includes a film without intermission. But before it’s shown, Michael discusses special things to watch for, along with information about the film’s producer, director, and actors. Afterwards he takes questions, and the class discusses whether or not the film met their expectations.

According to Gavin, “Foreign film noir evolves around four main elements: A pessimistic tone to the narrative, a sense of regret, isolation and/or alienation and frustrated longings in the main characters.” If all of this sounds fascinating, take a hint and enroll now! Film classes are exceedingly popular, and in the past Gavin’s classes have reached their quota long before they start.

→ See class description on page 30
THOUGHT FOR TODAY:
“Old minds are like old horses; you must exercise them if you wish to keep them in working order.” ~~~ John Adams

To keep up with the steady growth of our school, the SUN has increased from 32 to 36 pages. In 1998 we started as a four pager. I have taken over 100 classes since October 1998 when Senior University (now OLLI) opened its doors. One of the best was Roger Lafontaine’s class on the US Constitution. We will miss him and the other OLLI members listed on page 13. A memoir written by a former member of the MEMOIR class is featured again in this issue of the SUN (page 6). Geoff Carr, a member of OLLI’s MEMOIR class, has joined the SUN staff. Welcome aboard.

Trivia: August 2014 will have five Fridays, five Saturdays and five Sundays. This phenomenon happens only once every 823 years. The Chinese visitors (page 3) dressed in black outdid me in nonstop picture taking. We may end up on the front page of the Shanghai SUN.

The commercial press chose not to publish Gary’s letter below. Shame on them. Your SUN, however, recognizes and welcomes wit.

Letter to the Editor

We are goofy to tolerate this Thanksgiving nonsense: family obligations to travel, busiest travel day of the year, dangerous roads and iced airplanes, cancelled or delayed flights with sleeping on airport floors. This is madness! We should move Thanksgiving to the first Friday in October: good weather, three day weekend, more time to shop before Christmas. Black Friday shopping and shoving in October in loose fitting athletic clothes. Weeks to burn excess calories before Christmas overeating. What’s not to like? FDR moved the date once before.

Gary Colboth

March Equinox: Thursday, March 20, 2014, 9:57 am PDT
A delegation of Chinese government officials visited OLLI at CSULB last December. The seven-member delegation represented the Province of Hubei, located on the eastern edge of Central China with a population of more than 60 million, making it the ninth most populous Chinese province in an area about one third the size of California.

The delegation’s visit was organized by OLLI’s Past President, Carl Curtis, who coordinated the visit with the Chinese facilitator of the trip. Carl welcomed the group and he and Executive Director Barbara White provided an overview of CSULB. Current OLLI president, Malcolm Green, described OLLI’s history, curriculum, and organization. The delegation leader was impressed by how well CSULB provides for the needs of our community’s older residents through OLLI. Who knows? If the OLLI concept takes root in Hubei, we may someday have a chance to visit our sister campus in Central China.

Executive Director
by Dr. Barbara White

GIVING: The act of bestowing, as a gift. During the holiday season we received a wonderful gift of 13 state-of-the-art chairs for the OLLI Computer Lab. This donation is thanks to the generosity of Kimball Office, Inc. and their Market Sales Manager, and CSULB alumna, Christine Peter. The chairs are ergonomically designed and adjustable for our students’ comfort. We’d also like to recognize Dennis Youkstetter and Jody Ramsey of our Development Committee as the catalysts for replacing our old, outdated chairs; Tyson Reyes, the College Director of Development, for introducing us to the work that Kimball Office has done across the campus; and Systems Source for their assistance in delivery and initial orientation to the many features of the new chairs.

GIVING: The act of bestowing as a gift of gratitude. Over the past several months the University has wrestled with how best to recognize the many volunteers who give the gifts of time, talent, and treasure to the campus. The major issue has been on-campus parking for all University volunteers, which we know is limited for faculty, students, OLLI members, and volunteers. Both OLLI and the College have worked closely with Parking and Transportation Services to find an equitable solution to this issue. There is no doubt about the gratitude OLLI owes its volunteer instructors and staff, and we assure you that parking will continue to be provided as a small token of our profound appreciation of what you give us. Without you, there would be no OLLI @ CSULB. We will also continue to look for creative solutions for the parking challenges on campus for all of our OLLI members. Enjoy the spring session!
In the Spotlight

P oof, like a moment in time, spring is here. And what do we do? We smile when we see the beautiful flowers blooming and get excited about the new courses being offered this semester. Which one sparks our interest the most?

Congratulations to Fred Masback for enrolling in 14 classes again this semester. He feels that once he is at school he might as well fill his day with learning.

Our office manager Becky Low returned to Germany for Christmas. She had a wonderful reunion with the family that she had lived with as an exchange student during her teenage years. Congratulations and THANK YOU for running OLLI’s office so smoothly.

Elizabeth Lopez retired early from FedEx and volunteered in the OLLI office. She was recently hired as a part-time employee to assist us and her experience and skills will be well used. Nice to have you aboard.

Holocaust scholar Dr. Bill Younglove presented an original PowerPoint on the life and The Diary of Anne Frank in Judy Mednick’s literature class. He has spent many years researching the Holocaust and brought in an array of Anne Frank-based literature and media for the students to see. Thank you for sharing your erudition.

Carl Berke, a new OLLI member, already volunteers as a technology assistant in several classes. He was trained by Carl Curtis, who welcomes others who want to be trained in our Smart technology to help instructors.

Our Pine Avenue campus has 10 diverse classes this session and Leisure World has 5. In a single day, during registration, over 300 students signed up for a total of more than 1000 class enrollments. Look how we are expanding. OLLI is becoming contagious. Share these great learning experiences with friends and strangers and keep OLLI growing.

Wow, how lucky is Cindy Smith, our past office administrator (2007-2012) and current volunteer. She survived, completely unscathed, an accident where her car was totaled.

SUN editor Jack Blecher has many hidden talents. The dollhouse Jack built for his granddaughter has been in storage for the last 25 years. His daughter Gail recently found it in the back of a closet and VOILA, Jack’s great-granddaughter, Sadie, is playing with it. Dollhouse fantasy is timeless.

Thank you to Kimball Office furniture company for gifting us with new comfortable chairs in the Computer Lab. Have a heart and mind expanding semester.

The Carpenter Center Arts for Life program provides opportunities for everyone to enjoy access to arts experiences regardless of age, education or economic ability by offering many free or low cost options. Continuing this spring are two programs that might be of interest to OLLI members.

Community Cinema Series – free documentary films with guest speakers, all on Tuesdays at 7:00 pm
March 11 - The Trials of Mohammad Ali
April 22 - Medora
May 6 - The New Black

Shakespeare Aloud – one Saturday a month free reading of one of Shakespeare’s 37 plays. The community is invited to participate as readers or as audience members.

For more information call 562-985-7000 or go to CarpenterArts.org

Cindy Smith and volunteer dog Finley!
Early Hollywood Movies  

Remember the old movies where calls were made on dial phones, not cell phones and autos didn’t have seat belts and everyone smoked?

Jeff Hathcock will teach an OLLI class on early Hollywood. Among the films he’ll be showing are D.W. Griffith’s “The Birth of A Nation,” Chaplin’s “The Kid,” Douglas Fairbanks’s “Robin Hood,” Mary Pickford’s “Sparrows” and comedies of Harold Lloyd and Buster Keaton. What a deal!

Jeff is a motion picture director and currently has a wonderful film, “The Two Pamelas,” which is a classic film noir. To view the trailer, go to the website: thetwopamelasmovie.com and read the rave reviews.

He has been making movies since 1981. Another recent picture is “Three Bad Men,” a western, starring Academy Award winner, George Kennedy.

Jeff is also a legitimate theater director and has directed 174 stage plays and worked with over 5,000 actors. He has also written for Academy Award winning actor Walter Matthau, Emmy Award winner, Jack Klugman and Walt Disney Productions. He was Talent supervisor for Knott’s Berry Farm and was in charge of all talent.

On the status of current cinema, Jeff says:

“For the most part: Dull; bland; sans good stories or interesting characters; flat lighting; too many closeups; too many actors that underplay almost into a whisper; hardly any character actors; geared for the lowest common denominator. Occasionally, great films appear, such as “Saving Mr. Banks,” “Midnight in Paris,” “The Artist,” or “Apocalypto”.


Jeff was born in Los Angeles. He is a graduate of CSULB with a B.A. in Theater Arts. He currently lives in Cypress. His wife, Nancy, is also an OLLI teacher specializing in acting and improv.

Jeff is volunteering at OLLI, he says, “because I like to teach film, especially film noir, old Hollywood, and classic horror films of the 1920-30’s.” OLLI is delighted to share his tastes in cinema. Sign up for HOLLYWOOD’s PIONEER DIRECTORS at Pine Ave. this spring.

The Natural Way to Heal

If you search your lexicon for the term “naturopathy” and draw a blank, you would not be alone. It may well be the best kept secret in the art of healing.

Thanks to Dr. Barbara Rush, instructor of NATUROPATHIC MEDICINE, the secret is out, and OLLI students will have the opportunity to learn how Naturopathy heals. Naturopathic practitioners work with individuals to facilitate self-healing by using natural methods including homeopathy, nutritional therapy, exercise, hygiene, counseling, and acupuncture.

Barbara, a licensed primary care practitioner and acupuncturist with training in a typical medical setting, has successfully treated older patients with cardiovascular issues, osteoporosis, depression, cancer, weight problems, and a variety of other illnesses. The goal is to remove the underlying causes of illness rather than to merely eliminate or suppress symptoms, to be free of medications and to learn how to take responsibility for your own health.

You can also expect a little excitement - some classes will be “hands on.”

So come April 14 to June 9 to OLLI Pine Avenue in Room 202. Naturopathic Medicine will open your eyes to new options for healing.

See class description on page 21
Shakespeare and His Contemporaries

by Suzanne Walsh

Hark, Shakespeare enthusiasts and rejoice ye! Continuing their tradition of excellence from previous classes and needing little introduction, two OLLI favorite instructors, Patrick McDonough & Michele Roberge, are collaborating this spring in a fast-paced, comprehensive course covering the period of Shakespeare’s writing career in London from about 1588 to 1615. Unlike previous courses that have focused solely on Shakespeare and his plays, this course will not only consider the bard in comparison to several other significant playwrights of his time, but also will include a broader view of the influence on him of the theaters and theater companies, politics, economics, social climate and conventions of his day.

The two instructors of SHAKESPEARE AND HIS CONTEMPORARIES met years ago through contact in the local arts community and have remained friends since. Together they bring a rich and varied background in theater and arts to OLLI students as well as a palpable passion and enthusiasm for their subject. Michele, a former stage actress with an M.A. in Acting is currently the Executive Director of the Carpenter Performing Arts Center. According to Patrick, when Michele began the management of the Carpenter Center, “she really changed the feel of the place,” by increasing its effectiveness AND raising the money to make it vibrant.

Patrick has also had a long career in theater and theater management. With three academic degrees and five majors, he has either acted in, directed, managed or produced 103 productions, then went on to become a university dean, provost and president. He also worked for a major international foundation, which brought him to CSULB for a job with the Chancel-
or’s office. Later, as a CSULB professor, Patrick developed and taught in a joint MBA/MFA theater management program, which graduated students who have accreditation in both business and theater.

The inspiration for this joint course began with the two instructors’ theater backgrounds and more than that, according to Patrick, he wanted to work with Michele because “she is the queen of the box office”, that is, Michele has one of the longest running, most popular classes in OLLI. Having taught two classes per year, Michele has completed Act 14 (dubbed ‘Acts’ by Carl Curtis) or 7 years of courses about Shakespeare. Michele and Patrick are in agreement that these dusty old playwrights, Shakespeare and contemporaries, are not so inscrutable that they can only be understood by PhD. English majors. Rather, their thinking is that when you do “blood and guts theater” that brings the play to life; when the people who perform it are skilled and experienced, then ordinary people really want to attend, listen and pay attention. Simply stated, that can take the fear of Shakespeare away and begin the process of endless enjoyment.

“But Shakespeare’s magic could not copy be; Within that circle none durst walk but he.”
John Dryden,
The Tempest (1667) Prologue

Whether we agree or disagree with Dryden, Patrick and Michele know that during this London period, Shakespeare had very strong writers who came before him – theaters and audiences were in place already – and there were other contemporary playwrights who were writing at the same time. Michele promises to talk about major writing influences on Shakespeare, namely, Christopher Marlowe, Ben Jonson, and Francis Beaumont and John Fletcher, so this class will be an opportunity to look at what was happening, in writing and the larger society, at the same time as Shakespeare. What did Shakespeare learn from the other writers? How did he change their tastes and grab their attention? Michele will guide the class through the other playwrights, from an actress’s point of view, choosing a play from each of the three influences and explaining it to see why this is a great play. What was different about this play?

With his background in theater history and management, Patrick will focus on the theaters of the time, both the physical structures and the play genres and performance milieu. He hopes to consider: How did the theater industry work? What effect did outdoor/indoor theaters have? What motivated most playwrights to write? How did language and politics and the social climate of the time in Britain and Europe, influence Shakespeare and his contemporaries? Patrick will use video and/or technology and discussion to help students solidify the concepts.

We may come to understand that Shakespeare was the right person in the right place at the right time. Ben Jonson added about Shakespeare, “He was not of an age, but for all time.” So fare you well, gentle students, hither lies your path to information and merry entertainment!
From the Memoir Class

The MEMOIR WRITING class at OLLI, led by Florence Dodge and Jo Fitzpatrick, has not missed a single semester since day one of Senior University in 1998. The SUN will be publishing memoirs, recent and from the past, routinely. The memoir below is from the collection written by the late Arnie Schulman. On his 80th birthday, Arnie presented a bound collection of his memoirs to each of his four sons.

WHO DONE IT?
by Arnold Schulman  May 9, 2002

We had just finished dinner with our two young boys on a November evening in 1958 when the doorbell rang. I opened the front door and found a man dressed in a suit and tie and carrying a briefcase. “Mr. Schulman?” he asked. I nodded. “I’m John Smith from the American Insurance Company and I’m responding to your phone call about buying a large term insurance policy. Here’s my card.” “There must be some mistake!” I replied. “I wouldn’t have called as I already have all the term life insurance I can afford and use an agent I’ve known for some years. Maybe some other Schulman called your office.” “I don’t understand it. My secretary took the message from someone named Arnold Schulman at this address. I’m sorry if there was an error.” And he left.

About two weeks later the bell rang again and I answered it. This time standing on our front porch were two uniformed men. They told me that they were from a local mortuary and that they had been called to our address to pick up a body. Fortunately for us there was no body, just another mystery. We had lived in our home for about five years and felt that we had a good relationship with our neighbors. I couldn’t think of anyone from my past who had a grudge against me.

Now comes the kicker. On January 2, 1959 the doorbell rang once more and there was a young man with a well-used Christmas tree. “I’m here in answer to your ad saying you would pay fifty cents for used Christmas trees. Where do you want it?” “I don’t know what you’re talking about! I didn’t put any ad in the paper! Someone is playing a trick on me. I’m really sorry for your trouble and disappointment.”

As we spoke I saw more cars, usually with families inside, lining up on our street. All carried old evergreens. There were even a couple of pickup trucks loaded with trees that the driver had collected from their neighbors in hopes of making a few bucks. I stayed outside and told each of the drivers that the ad had been a hoax. When I told them of the other pranks most of them smiled as they drove off.

That was the last of the tricks. To this day I have no idea who the dirty scoundrel was who had been responsible for the dastardly deeds.

→ See class description on page 27
Olde Television

Barry Buckheim, will present THE HISTORY of EARLY TELEVISION Spring Session, 2014. This class will begin with a DVD on the History of Television; then the sessions will proceed in the direction the class wishes with DVDs of early television shows and discussion that shows development and place in our history.

History is past, but the past determines who we are. History records change and art history records cultural change. Television, as a subset of art, has changed our culture with its influence as well as mirroring the changes to our culture from other sources.

Barry comes from an old California family dating back to the early 1800s. He was born in Glendale, CA. At Poly High School he became interested in acting. At Valley College he continued acting and directing.

He joined the television industry after leaving the military in the sixties and worked with every major studio starting with NBC and ending with Universal Pictures. Editing film brought him close to the creation, development, as well as the people involved with most of the shows during his tenure. He presently works part time for Knott’s Berry Farm in Ghost Town because of his interest in the Old West.

He has many DVDs of early shows. We will learn how the shows that made TV what it was in 1948 when it really started to become a household item: Uncle Miltie who was Mr. Television for about 8 years, Burns & Allen, early Carson, Jack Benny, Sid Caesar, Steve Allen, and more.

Regarding current TV, Barry said: “I do not like the crop of current TV shows. Some are very good but they tend to be on the violent side which I do not care for. I also feel they are so spread around that you never know where or when they are going to play on cable, dish, or regular TV. I love the old western TV shows and the old western movies. Today I do not like the writing of the new television shows offered. Writing is the most important thing in any show and the writing does not hold up as the writing of the past.”

Barry has enjoyed teaching for the last three OLLI sessions at Leisure World. It gives him a chance to meet people and share his industry stories and thoughts of the movie and television industry which is changing every day.

New TV

As long as we are on the subject of TV, did you know that we have a couple of TV stars amongst the OLLI ranks? Well, at least we have good connections to TV stars.

Wendi McLendon-Covey, daughter-in-law of our Karin Covey, stars in the Tuesday night sitcom, The Goldbergs, as the mother. The show deals with life in the 1980s. Karin and Elaine Lewis (OLLI volunteer and Wendi’s aunt) can be proud to see a relative on TV weekly!

AND Camryn Manheim, Sylvia’s daughter, is scheduled to be in an upcoming Steven Spielberg show called EXTANT playing the role of a physician. She became a household name when she was on ABC’s The Practice. Who says that OLLI doesn’t have connections to talented people.

Cartoon by Phil Garcia
Living With Integrity

by Roz Hertz

We are very pleased to have Rabbi Perlmuter join us. He emphasizes that LIVING WITH INTEGRITY...(6 weeks) is not a course in Judaism. It is a course for everyone because throughout our lives we all face ethical issues, and these issues involve decisions. Rabbi Perlmuter hopes that a person taking his class, people will be better able to address challenging and perplexing moral problems and think critically about them. Some of the real world moral issues that he will present for discussion are dealing with parents, truth-telling, professional and business obligations, and forgiveness. He will include extensive discussion within his presentation. Many rabbis are trained in counseling, and Rabbi Perlmuter is one of them. Along with this expertise, he has researched the ethical questions discussed by many medical journals including, for example, Journal of Law, Medicine and Ethics, and the Journal of American Geriatrics Society.

Rabbi Perlmuter was born in Montreal, Canada. He did his pre-rabbinical studies in Morristown, New Jersey and was ordained in Brooklyn where he also did his graduate work. We are fortunate to have him in California where he is the Rabbi in Shul by the Shore, located at the Long Beach Seaport Marina Hotel.

Students will be exposed to contemporary academic thinking and legal issues concerning ethical questions. Several people who have attended Rabbi Perlmuter’s lectures have commented that they admire his personal approach, his knowledge, and his sense of humor. He says that he derives his wisdom partially from traditional and modern Jewish scholars.

We face decisions every day of our lives. Some are more perplexing than others, but they need to be resolved for the sake of our inner serenity. Make a decision now to improve your life. A first step? Enroll in Rabbi Perlmuter’s class and join others who want to learn rational and ethical ways to approach perplexing decisions.

→ See class description on page 21

In the Computer Lab

by Kathy Winkenwerder

Thanks Again!

Dr. Barbara White mentioned it in her article this issue, but those of us who spend time in the computer lab want to echo her thanks to Kimball Office furniture company of Los Angeles, who donated the new chairs to the computer lab at the beginning of winter term. We all appreciate the company’s generosity.

New Class: COMPUTER COPY CAT COLORING

Remember when you were little and how much fun you had coloring? It didn’t matter if you stayed in or strayed over the lines, it was soothing and relaxing. Well, you may not be six years old, but if you loved coloring you should try class leader Patricia Wood’s COMPUTER COPY CAT COLORING and learn how to color using a computer. Patricia will provide the pictures of animals, flowers, people, places, geometric shapes and more. See how you can have fun exercising your creative muscles. Using a computer mouse instead of a crayon, you will select from a great number of colors to bring the pictures to life. The class is limited to six students, so you can get individual attention if you need it. Students should be familiar with basic computer functions.

Learn the New Version of Picasa

If you haven’t yet had a chance to explore the latest version of Picasa, the free editing and organizing software, you will be introduced to all the new features in the MANAGE AND ENHANCE YOUR PHOTOS WITH PICASA class taught by Reggie Gates. You’ll learn how to “tag” or label your photos so you can find them later on by who’s in them or where they were taken; how to edit a photo’s color using a variety of filters with new photo editing effects. Also learn about the new side-by-side editing function that lets you compare versions as you edit. There’ll also be a review of simple editing tools, like cropping, straightening and getting rid of red eye. A reminder for all of you who are looking for a place to store your digital photos: you can get one gigabyte of free storage on Picasa—that’s enough room for about 4,000 pictures.

→ See class descriptions on pages 32 & 33
On December 15th, 2013 OLLI’s Holiday Gala at the Marriott Courtyard Hotel in Cypress attracted 72 people to the festivities. The tables were set with beautiful decorations provided by the Courtyard Marriott. The holiday-colored centerpieces glistened against the white linen tablecloths. People mingled about, talking to each other and reminiscing about classes, experiences, families, travels, etc.

Robert Fields was the musician, a regular one-man band. He played traditional holiday songs that we all loved to hear. There were also some danceable tunes.

The bountiful buffet featured delicious choices to please everyone’s palate—beef, chicken, and vegetarian entrees, with gourmet cheesecake as the sweet finale. There were cheese and crackers and an open bar.

The president of OLLI, Malcolm Green, the vice president, Bill Fitzpatrick and the executive director, Barbara White were all present celebrating OLLI’s 17th year.

Janie Payan did an outstanding job again setting up the entire event. She single-handedly put together gorgeous gift baskets that we raffled off to benefit OLLI. We had numerous happy winners and made close to $400 in contributions.

The room was filled with laughter and gaiety. Everyone was in wonderful spirits and there was incredible community feeling amongst the students, faculty and the governing board.

A big thank you to Don Patman and Jack Blecher for taking photos. Congratulations to our raffle winners and to Alice Sexton for winning two yummy baskets. Hopefully, the word will get out about how great the event was, and we will double the number of guests next year.
China’s Cultural and Historic Heritage
by Judy Mednick

We have China to thank for paper, printing, gunpowder, and the compass. But it is in China’s resplendent past that we find the most enduring and precious of her gifts. No wonder China has been called the “paradise of historians.”

It is the oldest continuous, homogeneous major culture in the world today. From at least 3,000 B.C., it has had historiographers who recorded everything that happened.

Besides its storied past, China is a rising star on the world stage. The world is watching as it grows in military power, cultural influence, diplomatic activity, and involvement in global governance institutions. Anyone wanting to understand China today needs knowledge of its cultural heritage.

In an unprecedented debut course, CHINA’S CULTURAL & HISTORIC HERITAGE, Dr. Teresa Sun will present a wide-ranging and in-depth view of China’s intellectual legacy. Dr. Sun is a professor and published author who has enjoyed a 50+ year career teaching the Chinese language and literature (classical and modern), cultural traditions, and theatre and drama at CSULB and UCI. She is one of the few educators in California with a Doctorate in higher education and human service from Seton Hall University, an M.A. in East Asian Languages and Literature from UCLA and extensive graduate work in education at Claremont.

Much of her professional activity outside of the classroom has been working to strengthen bilingual and international education. In this role, she has worked on numerous bilingual education councils, including one that met at the White House.

Some topics Dr. Sun will consider in CHINA’S CULTURAL AND HISTORIC HERITAGE: development of the Chinese language and literature (classical and modern); major philosophical systems (Confucianism, Taoism, Buddhism); famous art collections; theatre and drama; calligraphy art; Chinese symbols; and a taste of Chinese opera. She will use PowerPoint presentations, lecture and discussion to bring to life China’s rich intellectual legacy.

Many OLLI students have been in classes when Dr. Sun has presented and know her dynamic style and scholarly erudition. You can expect nothing less in this course. Don’t miss the chance to get an insider’s view of a great civilization.

→ See class description on page 23
Dr. Linda Carr’s MEMORY INTO POETRY class is back this winter, with 26 poets—both new and returning. In these opening weeks, Dr. Carr suggested writing about an experience with a parent or an observation of parents that revealed their character or relationship to the writer. An alternative suggestion was to describe an article of clothing in the back of the closet, long disregarded but why is it too meaningful to discard? Always another option is to write from any inspiration gained from the class.

Here is only a sample of the outstanding talent (and memories) that our OLLI folks have stirring in their hearts and minds:

**Star Light**  
Julie Heckman

Outside, the sound of my neighbors night-talking sinks into the air, and I am thinking about long ago when my father, my brothers and I go streaming through a thousand pennies from a sack on the rug, searching for a valuable date, a 1955 double-dye, worth a fortune—only ten in circulation. There under a desert crackle lamp my brothers and I in our flannel pajamas, and even my father too are on our knees looking at dates for our coin collections. I can feel the warmth of the flannel there on the rug, all of us looking and looking, the pursuit of a penny of greater value than its worth. Starlight drizzled down onto the floor through the window.

Afterwards my father worked wrapping the pennies in 50 cent bank rolls. He threw the rolled pennies back into the sack and off to the bank they went.

**The Gift**  
Susan Cooper

My uncle was a weaver, his loom a steady percussion under and over, under and over, filling in the pauses of the classical radio station.

He had the sight to read tea leaves into a pattern for a shawl, deep Alaskan blue with a glimpse of salmon into a scarf.

He had the touch.

A little pepper in the sweet, soft mohair in the tweed.

His gift to me, a scarf the color of a newly planted field, hangs lonely not warm against the Kansas winter wind.

For the loom now stands empty But I write between the pauses of the classical radio station.

**Work Ethic**  
Bernice Hogan

It’s a longago morning after a gentle snowfall - a glistening white sheet drapes our yard in stillness except the occasional swish swash of a boot treading the packed snow. Suddenly the silence is broken. A metal shovel hits its target, scraping, scrubbing and scratching the concrete sidewalk with determined strokes, steady rhythm. My mother is clearing a path for us to enter the world beyond. She does not stop until the job is done.

She was firstborn in a family of ten children, never went beyond grade school, not uncommon in those times. I have no memory of my mother relaxing at home in those pre-TV days—not when chores needed doing—cooking, cleaning, washing clothes. When she finished those tasks she would sit above her wooden frame and bead garments for her job away from home.

Now I am mother of three children. Seldom have I had helpers in my home if I could do what needed to be done.

Now I close my eyes and watch my aging mother cutting and chopping away at the self-directing fuschia bougainvillea twisting about my patio roof.

My pleas to stop go unheard.
She does not stop until the job is done

**Protected**  
Carol Kanode

Grey cape with its red lining, in a plastic bag to save the wool from predators, not opened in 55 years.

I pull the stubborn zipper feeling the coarse fabric, seeing the initials, and the now-rusted neck hook.

And a magic cloche, against the dark streets and lonely subway ride from the lower Eastside to Central Park West after my 11 o’clock shift, on the Bellevue Prison Ward.

Wistful remembrance from the incarcerated cancer patient, “You will come to no harm when you wear your uniform.”

**Home**  
Erwin Anisman

Mom cleans
Dad coughs, coughs...
Mom cooks
Dad gasps, wheezes...
Mom prays
Dad spits phlegm
We try to sleep
Fitfully
Cranial Challenge

This test will ascertain your mental state. If you get one right you are doing ok; if you get none right you better go for counseling.

1. HOW DO YOU PUT A GIRAFFE INTO A REFRIGERATOR?
   Stop and think about it and decide on your answer before you read below. Correct answer: Open the refrigerator, put in the giraffe and close the door. This question tests whether you tend to do simple things in an overly complicated way.

2. HOW DO YOU PUT AN ELEPHANT INTO A REFRIGERATOR?
   Did you say: Open the refrigerator, put in the elephant, and close the refrigerator? Wrong answer. Correct answer: Open the refrigerator, take out the giraffe, put in the elephant and close the door. This question tests your ability to think through the repercussions of your previous actions.

3. THE LION KING IS HOSTING AN ANIMAL CONFERENCE. ALL THE ANIMALS ATTEND... EXCEPT ONE. WHICH ANIMAL DOES NOT ATTEND?
   Correct answer: The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.

4. THERE IS A RIVER YOU MUST NOW CROSS, BUT IT IS USED BY CROCODILES, AND, YOU DO NOT HAVE A BOAT. HOW DO YOU MANAGE IT?
   Correct answer: You jump into the river and swim across. Haven’t you been paying attention? All the crocodiles are attending the Animal Conference. This tests whether you learn quickly from your mistakes.

According to Anderson Consulting Worldwide, approx. 90% of retirees tested got all questions wrong, but preschoolers got several correct answers. This conclusively proves the theory that most retirees do not have the brains of a four-year-old.
OLLI Farewells

Jack Shainline 1937 - 2013
Jack Shainline, a dedicated member of the OLLI Advisory Board from its inception in 1996, died Nov. 20, 2013. His advice and guidance during his 13 years of service were vital to the program’s growth and success. Jack came to CSULB in 1965 after working at Gettysburg College for 17 years as Dean of Admissions and then Dean of Students. He also coached football and wrestling. From 1965-1989, Jack was the Vice President for Student Services at CSULB.

In 1996, Jack, Dean Don Lauda, Dr. Dorothy Fornia and others championed the idea of a “Senior School.” Jack was persuasive in getting the required CSULB Academic Senate approval for this. When asked about his motivation and enthusiasm for senior education, he replied, “My father never had the opportunity for college, but he never stopped learning. I learned from him that education is a lifelong process. It doesn’t end with graduation. Senior education... what a great opportunity for only a few bucks!” As an elder statesman, his advice to OLLI was: “Keep going! Stay as a volunteer school. Pay attention to your audience. Don’t get too academic. Don’t get bound by bureaucrats; let the volunteers run the show.”

Leonard Hirsch 1925 - 2014
Leonard Hirsch was born in Chicago in 1925 and died on January 14, 2014. He was a creative man with some of the best puns ever heard. After an esteemed career as a construction manager, working on well-known buildings such as the Arco Towers, the Anaheim Hilton, and the UCLA Jules Stein Eye Institute, he continued creating through his own watercolor painting and as an instructor of drawing at OLLI. He was an avid and meticulous sailor, taking great pleasure in his boat, The 2nd Wish. Leonard will be remembered with love as a man of great patience, abundant humor, and unconditional friendship.

Hazel Nell McCown 1952 - 2013
Nell, as she was known to friends, passed away on November 15, 2013 from melanoma. She was a long time member of OLLI, enjoying the recorder class and astronomy. A native Californian, Nell graduated from Huntington Beach High School, earned a BA from Cal State Fullerton and an MA in Library Science at San Jose State University. Upon graduation, she enlisted in the U.S. Army and served 20 years of active duty as a Sergeant First Class. After her honorable discharge, she became a member of the California Military Reserve for 17 years. Prior to her death, she received an “Award of Excellence” and a “Proclamation of Meritorious Service” from the California Military Reserve, the second highest award possible. OLLI has lost a valuable member.

Barbara M. Parks 1942-2014
OLLI member, Barbara Parks died on January 13, 2014. She was born in Fort Wayne, IN and earned a BA in Journalism in 1963 from Indiana University. After moving to Long Beach she worked briefly for TV Guide magazine, but found her career at CSULB (1964 – 2003) as a writer in the Public Affairs and Publications Office. She was an avid volunteer with the Miller Japanese Garden, the Long Beach Yokkaichi Sister City Association, the CSULB Alumni Association, and Alpha Xi Delta. She was a member of both the DAR and the Society of Mayflower Descendants.

Phyllis Toby Crismon 1938 - 2014
Phyllis Toby Crismon, was born in Brooklyn, NY. She graduated Phi Beta Kappa, with a MSW from University of Utah. She moved west and was a happy resident of Long Beach. She lived to cook and loved to feed her friends; had a great sense of responsibility, gave back to the community and led an inspired and accomplished life. Phyllis will be missed dearly by many.

OLLI at CSULB - 2014
Class Sessions
Spring April 14 - June 9
Summer July 7 - August 29
Fall October 6 - December 8
Winter January 22- March 17

Holidays – No OLLI Classes
March 31 - Cesar Chavez Day
May 26 - Memorial Day
July 4 - Independence Day
September 1 - Labor Day
November 11 - Veteran’s Day
November 24-29 Thanksgiving Break
Thanks!

OLLI Winter 2014 CONTRIBUTIONS

**With thanks to ALL of you including our 15 Anonymous Donors.
Your contributions support the successful programs and facilities for educating seniors.

Lynne Alexander
Mary Ann Ammons
Ruth Anisman
John Anton
Maria Armstrong
Beverly August
Robert Barmeyer
Barbara Bell
Connie Bessem
Barbara Blackwell
Jurhee & Peter Blagaich
Marie Blayney
Jack Blecher & Renee Simon
Get Well to Ralph Staunton
Linda Bolt
Larry Max Bramble
Pamela Branch
Don Brault
Marjorie Broadhurst
Margery Brueggemann
Geoff Carr
Richard Castro
Margie Clark
Don Clark
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Bernard Cooperman
Karen Cressy
Steven Crow
Randolph Currin
Carl Curtis
Joyce Dalman
Jane Dalton
Patricia Donley
Michael Doyle
Lenore & Lloyd Fox*
Thank you to Inge Johnson
Robert Frankenfeld
Donald Friedman
Jean Gaines
Doris Garvin
John Gawley
Abraham Gepulle
For Scholarship Fund

Richard Gonser
Phyllis Goodwin
Faith & Brian Griffith
Theresa Griffith
Robert Hannan
Ann Hanson
Suzuko Hara
George Hardy
Linda Henry
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Carol Hesse
Laura Hillman
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Booker Hinton
Maryan Holzgang
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Sherry Howell-Cragg
Linda Huang-Doughty
Penelope Hubbard
John Ingram
Len Jacobson
Toby Jamieson
Keiko Karat
Betty Keast
Catherine King
Geraldine Landes
Isobel Leventhal
Nancy Lewis
Mary Linehan
Flora & Jerry Loeb
Judith Lorber
Jean & Dave Lowe
Elizabeth Lucas
Mutusko Lunsford
Marguerite Lyon
Sylvia Manheim
Fred Masback
Judy Mattson
Carolyn Matzinger
Patricia Maxwell
Richard McCabe
Glori McCune
For the Computer Lab
Karen McDonough
John McKenna
Horst Meyer

Judy & Bill Mednick
Happy Birthday to Otto Ross & Jack Blecher
Sheila Morgan
Joyce Mullen
Joe Murray
Helgard Niewisch
Phyllis O’Connor
Vicki O’Toole
Miriam Pearce
Lagrimas Petilo
Don Preuss
Ginny Quinn
Jody Ramsey
Arlene Rees
Jes & Rosario Reyes
Eileen Ringerman
Andrew Robinson
Burton Schild
Karen Schluntz
Trina Schneider
Ethel & Harold Seal
Alice Sexton
Charles Sheldon

Alice Stasiak
Ralph Staunton
Alix Sullivan
Patricia Sutch
Ronald Taylor
Thelma Teitel
Bernadette & John Tellez
Diane Thompson
Kathleen Togie
Naida Tushnet
Jack Upshaw
Linda Van Couvering
Lorraine Ward
Harriet Warner
Linda Wheeler
Sandy Whittall
Jill Whittington
Katherine Wightman
Jane Williams
Ingela Woldenius
Patricia & Ian Woods
Carol & Richard Zuck
In memory of Nell McCown
Kimball Co
Chairs for Computer Lab

A Special Gift
Through their generous gift, we are pleased to announce:
“The Lori and Donald Brault Successful Aging Lecture Series.”
This first event will be held on Monday, April 7, 2014 at the beginning of the College of Health & Human Services’ 3rd annual Wellness Week. The theme of the week is RecX: A Recreation Prescription for Health and Wellness - Recreation and Leisure as a Vital Component in Promoting Healthy Lifestyles.
Part of the week will focus on Blue Zones – originally 4 areas of the world that were exemplars of healthy aging and longevity. The Blue Zone movement has expanded to establishing healthy communities (the subject of the Donald Lauda Wellness Lecture on Tuesday, April 8). OLLI is a Blue Zone and the Brault Lecture this year will highlight local people who are prime examples of living long, healthy, vigorous lives. OLLI at CSULB will host the Brault Lecture in our classroom and open it to the University and the community at large. Please save the date and bring a friend. Detailed information is available in the OLLI office.
Vision
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

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

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 March 10
How to Register
Check off the list!

- Complete the personal information on both sides of the form.
- Check the classes that you want to take in the column indicated.
- Make payments by check or in cash.
- Make checks payable to: CSULB Foundation for classes/membership and a separate check for...
- CSULB Parking Services for parking permits
- Bring your registration form with you when you register; or mail your form and payment to the address on the back of the registration form.
- Please share the extra registration form with a possible new member.
- An OLLI at CSULB name tag will be available the first week of classes. It represents your proof of membership for the entire year.
- Call the office with any questions, 562-985-8237.

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

Osher Lifelong Learning Institute has a 501 c3 Non-profit status.
Fees and donations are tax deductible as allowed by current law.
OLLI Membership                    $20.00  $ ________  
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 # ________  

Parking Permit  ☐$33.00 per Qtr.  
Cash ☐  
Check # ___________ Pkg.Sticker # ____________  
 Disabled (DMV cert. copy on file required)  
Make Check Payable to CSULB PARKING SERVICES  

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<th>TIME</th>
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<td>Beg. Photoshop Elements I (PC)</td>
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<td>C-101</td>
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<td>3:15-5:15</td>
<td>Intro to Windows 8 (4 wks) (PC)</td>
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<td>3:15-5:15</td>
<td>Exploring the iPad (PC/Mac)</td>
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<td>It’s Your Mac I (Mac)</td>
<td>C-101</td>
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<td>Excel 2010 (PC)</td>
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<td>10:45-12:45</td>
<td>Manage Photos with Picasa (PC/Mac)</td>
<td>C-101</td>
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<td>1:00-3:00</td>
<td>Google: Email and Lots More (PC/Mac)</td>
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<td>FRIDAYS, April 18 - June 6</td>
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<td>10:00-5:00</td>
<td>Open Computer Lab (ALL Free)</td>
<td>C-101</td>
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* OLLI Class Tuition waived for LifeFit Gym Members.
OLLI @ the BEACH  Spring 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.  □

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

Note: __________________________________________________________________________

Class Locations

CSULB Campus (C) - lower Campus in HS&D Building
Rooms 101, 105, 119, Computer Lab 100
Archery Field (FLD) Student Union Lanes (SU)

LifeFit Center (LFC*) KIN Building, Rooms 107 and 110

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

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

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

Please return this form with your check/s to:

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

** Checks Payable to CSULB Foundation or CSULB Parking

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<tr>
<th>THURSDAYS, April 17 - June 5</th>
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<tr>
<td>8:15-9:45 Spanish for Beginners  C-119</td>
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<tr>
<td>10:00-11:30 Spanish for Travelers  C-119</td>
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<tr>
<td>8:30-9:30 Longevity Stick  LW</td>
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<tr>
<td>8:30-10:00 Memoir Writing  C-101</td>
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<tr>
<td>10:15-11:45 Shakespeare &amp; Contemporaries  C-101</td>
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<tr>
<td>11:30-1:30 Beginning Art  PA</td>
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<tr>
<td>12:15-1:45 LA Opera (3 sessions)  PA editable****</td>
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<tr>
<td>12:15-1:45 Long Term Care (2 sessions)  PA</td>
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<tr>
<td>12:15-1:45 Stroke Prevention (5/29)  PA</td>
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<tr>
<td>1:15-2:00 Tai Chi Chih  LFC*</td>
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<td>1:30-3:30 Financial Rules of the Road  C-119</td>
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<tr>
<td>2:00-4:30 Hollywood’s Pioneer Directors  PA</td>
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<td>2:00-3:15 Folk Guitar  C-101</td>
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<td>3:15-4:45 Financing for the Future  C-119</td>
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<tr>
<td>3:30-5:00 Catch the Spirit Chorus  C-101</td>
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<tr>
<td>10:30-12:30 Ageless Archery (3/6 - 5/1)  FLD +10</td>
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<td>1:00-2:50 Bowling for Better Health  “ “  SU +20</td>
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<tr>
<td>8:15-9:30 Senior Yoga  LFC*</td>
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<tr>
<td>8:30-10:00 Beginning Bridge  C-119</td>
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<tr>
<td>8:30-4:00 Arts Workshop Lab - all levels  C-105</td>
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<td>9:00-10:00 Eastern Practices for Living  C-101</td>
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<td>10:00-11:30 Showtime! Acting  LW</td>
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<td>10:15-11:45 Life &amp; Times of Ancient India  C-101</td>
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<td>10:15-11:45 Intermediate Bridge  C-119</td>
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<td>12:00-3:00 Nordic Noir  C-101</td>
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<td>12:15-2:00 Advanced Bridge  C-119</td>
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<td>2:30-4:00 Ireland As I’ve Seen It!  LW</td>
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<td>3:15-4:45 Conversational Spanish  C-101</td>
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<tr>
<td>3:15-4:45 Get Organized  C-119</td>
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Long Term Care seminar - 2 sessions
Thursdays, May 1 & 22  12:15 – 1:45 PM

Stroke Prevention talk
Thursday, May 29  12:15 – 1:45 PM

OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
**OLLI Membership**  
*For NEW Members in Spring 2014*  
$20.00  $ ________

**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.

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Total $ _________  
Make Check Payable to CSULB FOUNDATION

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☐ $33.00 per Qtr.  
Cash ☐

Check # ________  
Pkg.Sticker # ________

☐ 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, April 14 - June 9**
8:30-10:30 | Computer 101 | PC
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10:45-12:45 | Manage Photos with Picasa | PC/Mac
1:00-3:00 | Google: Email and Lots More | PC/Mac

**FRIDAYS, April 18 - June 6**
10:00-5:00 | Open Computer Lab | ALL  

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Thursday, May 29 12:15 – 1:45 PM

OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
Classes Spring 2014

MONDAY

Copy Cat Art: A Form of Pre-Art
Like to draw pictures? Like to impress or share your expertise? In this class we will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pens are provided. Arrive, relax, and enjoy drawing.
Class Leader: Patricia Woods, State Golden Bell Award for Perf. Arts; assisted by Ian Woods
Dates: Mondays, April 14 - June 9
Time: 8:15 – 9:45 AM
Location: CSULB, HS&D, room 101

Feel Great Again...
Understand and Maximize Your Brain Biochemistry
Solid research has confirmed that what you eat controls the way you feel. We will journey through the brain to uncover the relationship between foods, moods and illnesses. It has been proven that each person has a dominant brain bio-chemical neurotransmitter. We will explore four brain types including the strengths and vulnerabilities associated with each one of them. Discover your dominant neurotransmitter. Learn to support your unique brain type with natural supplementation and the right foods to promote optimal health.
Class Limit: 30
Class Leader: Holly Weber, RN, LCSW, Psychoanalyst
Dates: Mondays, April 14 – May 19 (6 weeks)
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Naturopathic Medicine: Natural & Alternative Approaches to Health Concerns
Do you want to make serious changes in your health? Dr. Barbara Rush is an Acupuncturist and Naturopathic Doctor (ND). She will be sharing the philosophy of NDs, their approaches to commonly experienced health concerns, and the other options people have in dealing with chronic health concerns. Topics will include aspects of osteoporosis, cardiovascular health, acid vs. alkaline diets, and more. Some classes will be hands on.
Dr. Barbara Rush, Naturopathic Doctor & Licensed Acupuncturist
Dates: Mondays, April 14 - June 9
Time: 10:00 – 11:30 AM
Location: Pine Ave., room 202

Living With Integrity
This course will cover some real world, perennial, ethical questions humans must face in their everyday lives. Sources will include wisdom and learning from traditional and modern Jewish scholars, as well as from contemporary academic philosophy and law. Some of the perplexing moral problems to be examined are dealing with parents, truth-telling, confidentiality and privacy, professional and business obligations, and forgiveness. Participants should come away with insights about how to handle perplexing moral problems and also how to think critically about other problems that inevitably will emerge.
Class Leader: Rabbi Abba Perlmuter, ordained Rabbi 1979, postgraduate studies in Brooklyn, NY
Dates: Mondays, April 28 - June 9 (6 weeks - note start date)
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

How to Talk So People Can Listen
Sometimes, we have difficulty solving conflicts with people in our lives. This four-session course will offer you ways to think about differences you have with other people, and skills for dealing with difficult situations more effectively. We will look at specific communication tools, ways to develop greater compassion and empathy towards others, and new ways of thinking about issues related to power and authority. Join us for a highly interactive discussion group that will give you increased comfort and competence in handling difficult situations!
Class Leader: Susan Rice, DSW, LCSW, Professor Emerita CSULB School of Social Work
Dates: Mondays, April 14 – May 5 (4 weeks)
Time: 12:00 – 1:30 PM
Location: Pine Ave., room 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, April 15 - June 9
Time: 9:00 – 10:00 AM
Location: LifeFit Center, KIN 107

Bicycle Safety: Beginning & Advanced
Don Moore will guide a beginning class through the rules and regulations of bicycle safety. The class will follow all safe practices in maintaining a safe experience for one’s bike. The first five weeks will be a beginner class. During the last three weeks students will move to an advanced workshop with instructor Chris Quint. The course will end with a two-day bicycle road trip (to be decided).

Class Leaders: Chris Quint, Master Trainer/League of American Bicyclists & Don Moore, Certified bicycle instructor
Dates: Mondays, April 14 - June 9
Time: 2:00 – 4:30 PM
Location: Pine Ave., Theater

Chinese Art History Survey
This class will use lecture and a PowerPoint presentations to survey the Chinese civilization from 2000 B.C. to 2012 A.D. Students will learn about the ancient and modern governments, religions, philosophies, economics, and science of China so they will better understand the art and culture of China. In addition, students will learn about the major Chinese Dynasties and a sampling of painting, ceramics, sculpture, crafts, and architecture from each dynasty. This will help students understand the impact these have on us today. Class limit: 30

Class Leader: Richard Harsh, B.A. Fine Arts, M.A. Education
Dates: Mondays, April 14 – June 9
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 4

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

Class Leader: Ayla Donlin, M.S. & Heather Mazzei
Dates: Mondays, April 14 - May 5 (4 Weeks)
Time: 1:30 – 2:30 PM
Location: LifeFit Center, KIN 106A

Play the Recorder
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance times and is gaining popularity. Come if you know nothing or know a little. Please bring your own recorder. Recorders are available for those without one.

Class Leader: Muriel Pendleton
Dates: Mondays, April 14 - June 9
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101
Literary Potpourri XXIV
The Mind under Construction
"It's not that I'm so smart. But I stay with the questions much longer." — Albert Einstein
Great thinkers ask big, tough questions like “Why are some people smarter than others?” “What shapes the human intellect?” Explore the mindscapes of Rousseau, Walt Whitman, Emily Dickinson, W.E.B. Dubois, Isaac B. Singer, Joyce Carol Oates, and Lin Yutang. Feed your intellect with challenging reading, interactive discussion, literary/historical context, documentaries and films, guest presenters, and more. Reading and discussion materials provided.
Class Leader: Judy Mednick, MA Ed. 
Dates: Tuesdays, April 15 – June 3
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Cultural and Historic Heritage of Chinese Civilization
This course will cover aspects of China’s historical, philosophical, linguistic, literary, and artistic traditions. For people who follow the changing scenes of world affairs, this course might help broaden the understanding of the underlying cause and effect of the sociopolitical development of an old civilization. The knowledge will help explain the behavior patterns of the Chinese people. Eight topics will be included and each will deal with one distinct cultural character. The focus will be on how a cultural tradition was shaped. Class lectures will be accompanied by slides and discussions.
Class Leader: Teresa Sun, B.A.
Chinese literature - Taiwan Normal University, M.A. Ed. UCLA, Ph.D. 
Ed. Seton Hall University
Dates: Tuesdays, April 15 – June 3
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Travel Without Luggage
Travel the world from the comfort and convenience of the OLLI classroom without fear of losing your passport. Each week we will travel to another part of the world using a fully narrated film based on 30 years of wandering the world. Watch juvenile, mountain back gorillas, illustrating the definition of insanity, by repeating the same behavior over and over expecting a different outcome, as a giant silver back keeps vigil over his troop deep in the jungle of Uganda. See the Great Wildebeest migration between Tanzania and Kenya from a hot air balloon and by land rover. Travel through Croatia and the Illyrian provinces. Learn where you can dine on the world’s best oysters in Dubrovnik and see an underground tunnel that saved the people of Sarajevo during the siege of that city by Serbs. Track tiger in the early morning hours on the back of an elephant and see this majestic animal ranging freely in India’s national parks. Gaze in awe at the world’s most beautiful monument to love, The Taj Mahal. These are only a few of the destinations to be visited during this wide-ranging armchair travel program. Other destinations will include Mongolia, Madagascar, Panama, Cuba and South Georgia Islands where thousands of King Penguins line the beaches.
Class Leader: Jackie Baird-Bunker, local film maker
Dates: Tuesdays, April 15 – June 3
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Rail Getaways
Explore hidden So. California by rail: tour LA’s Union Station, Old Town Pasadena, Calif. Science Center in Exposition Park, or even take a train up the coast to red-roofed Santa Barbara. In 8 weeks you’ll learn the ins and outs of our Metro Rail system, our regional commuter rail Metrolink and the many fascinating trips available on Amtrak. Every 2 weeks, on Saturday, the instructor will lead optional excursions on Amtrak to Santa Barbara, on Metrolink to San Juan Capistrano and Oceanside, and on Metro Rail to destinations in LA to be chosen by the class. We will consider an overnight train option to Mary Colter’s gem of a Harvey House—La Posada—in Winslow, AZ. Learn the fascinating history of the settlement of the West by the Harvey Girls/Santa Fe railroaders.
Class Leader: Carl Schiermeyer
Dates: Tuesdays, April 15 – June 3
Time: 10:00 - 11:30 AM
Location: Pine Ave., suite 202

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OLLI Players
“Hey, kids, let’s put on a show!” Join our merry band of performers! We are going to put on an afternoon of short plays, maybe 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 TBA at term end.
Class Leader: Nancy Hathcock
Dates: Tuesdays, April 15 – June 3
Time: 1:00 - 3:00 PM
Location: Pine Ave., suite 202
Making Sense of Investing
This class will cover the foundations of investing including: lessons on fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, and retirement plans. In addition, we will discuss how to evaluate bonds and how to read stock tables, along with tips in selection of a professional financial advisor and what to expect when working with one. Each class will include time for answering your specific investment questions.
Class Leader: Seve Ann Gilpin, Financial Advisor
Dates: Tuesdays, April 15 – June 3
Time: 2:00 – 3:30 PM
Location: Pine Ave., suite 202

Conversational French
When you studied French in high school or college, you learned to memorize vocabulary, translate texts, and conjugate verbs. In this class you will practice what you have learned and increase your skills in understanding what you hear, see, and need to say in everyday life. In addition, you will learn more about French culture and practical techniques for enjoying life in the French-speaking world. Recommended preparation--previous study of French in high school or college and some proficiency in speaking and understanding French.
Class Leader: Malcolm Green, MA
Dates: Tuesdays, April 15 – June 3
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

Chinese Calligraphy
This Chinese calligraphy class will introduce students to papers, brushes, ink, and techniques for traditional writing of ornamental or artful Chinese characters. As with Western typefaces and calligraphy, Chinese calligraphy can be of many styles and for many purposes. Rather than using a pen, however, Chinese calligraphy uses pointed brushes and requires an understanding of techniques and rules that form the basis for laying down the “bones” or “muscles” of each stroke, making up each character with control balanced with the expression of each calligrapher’s spirit or aesthetic. These classes will focus primarily on control of the brush, ink, and paper so that each student will gain a sense of how formal traditional characters are executed. As students gain strength in formal characters, we may begin to explore more expressive forms of calligraphy. But no promises as to the latter. Each student’s $10 materials fee will go to a brush, a stick of traditional ink, an ink stone, paper, and a pad.
Class Leader: Henry J. Josefsberg, Esq.
Dates: Tuesdays, April 15 – May 18 (6 weeks)
Time: 6:30 – 8:00 PM
Location: Pine Ave., suite 202

Introduction to the World of Shamans
Come and learn what our ancestors knew. In this experiential class the students will learn how to journey into non-ordinary reality. They will experience a shamanic journey and learn how our ancestors accessed knowledge about the world around them. Shamans journey to receive information, inspiration, healing, and knowledge. This course will introduce the students to spirit helpers and other worlds. Students who previously have taken this class may repeat it—something for everyone!
Class Leader: Mushroom Montoya, graduate of Foundation for Shamanic Studies
Dates: Tuesdays, April 15 – June 3
Time: 3:15 - 4:45 PM
Location: LifeFitCenter, KIN 107

A History of Early Television...
And the Shows that Started It
While viewing historical television shows, students will learn about the history of TV and how it was developed in the early years. In addition, a variety of “newer” shows from the 60s and 70s, most of them comedy and variety shows, will be viewed. Students will be encouraged to participate in discussions and to suggest shows they would like to view. Class limit: 30
Class Leader: Barry Buckheim
Dates: Tuesdays, April 15 – June 3
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 3

→ See article on page 8
Hispanic Cinema
In an effort to compare perspectives of Art, Film and Existentialism and their inextricable relationship, we will look at themes dealing with spiritual isolation and alienation. In the Hispanic art world we will examine Mexican artists who belong to the contemporary movement called “La Nueva Presencia” (The New Presence) They emulate the styles of Rembrandt, Velasquez and Caravaggio but focus on a broad human condition based on “an apocalyptic postwar awareness of the Holocaust, the atomic bomb and Hiroshima.” We will view Luis Bunuel’s treatment of the docudrama as he uses real “forgotten” children on the streets of Mexico (Los Olvidados), or when he presents Jesus Christ’s story of alienation on earth (El Nazarin). We will view at least one movie that treats the world of people living under a brutal dictatorship and compare it to the decadent misfits of Mexican artist Jose Cuevas. Finally, and without divulging the entire line up of movies, we will enter the world of surrealism as we experience the musings of artist Salvador Dali and director Bunuel (Un Cien Andalou) followed by Bunuel’s satirical depiction of the decadent rich in the film “The Discreet Charm of the Bourgeoisie.” In short, we guarantee a modicum of levity and laughter combined with some serious themes and discussions.

Class Leader: Harold Cannon, Ph.D. Spanish
Dates: Wednesdays, April 16 - June 4
Time: 9:00 AM – 12:00 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, bring it and your camera instruction manual to the first class.

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

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

Class Leader: Gary Colboth, M.P.A., J.D., Prof. Emeritus
Dates: Wednesdays, April 16 - June 4
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, rm 101

Politics and Government in America
The goal of this class is to make students more informed and active citizens by exploring the American system of government and politics. We will discuss theories of how our political system is supposed to work and compare them to how it actually works in practice. Students will learn what values influence our political beliefs and where power resides in the American political system. This class will provide a broad overview of the formal institutions of American government including: the Constitution, Congress, the Presidency, and the Courts. It also will consider the influence of elections, the media, and social movements on political outcomes.

Class Leader: James Espinosa, M.A.
Arts, Political Science
Dates: Wednesdays, April 16 – June 4
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, rm 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.
Scrapbooking Without Fear

Don’t feel guilty about the thousands of photos in boxes or on your computer. Scrapbooking all of them would take forever. But if you do nothing, eventually your family will toss those pictures, because they won’t know why certain photos are meaningful. Instead, in one 8-week session, you can prepare an album containing 100-200 photos, with stories and embellishments added. Using a special style of album and a different approach to scrapping, you will complete an album and be able to share it at the next family gathering. Pick a single subject like “Our Trip to Hawaii” or “My Grandchildren” for which you have or can print out 80 to 200 4”x6” (or smaller) prints. Contact the instructor at lisaspaperarts@gmail.com with any questions. Enroll early so the instructor can order albums for the class. A $15 materials fee will be collected at the first meeting. Bring some pictures, scissors, and a paper trimmer to the first class.

Class Leader: Lisa Peskay Malmsten
Dates: Wednesdays, April 16 – June 4
Time: 11:45 – 1:45 PM
Location: CSULB, HS&D, room 119

History of Communications

From the dawn of civilization, we have needed to communicate. Communicating across distances became difficult, thus requiring inventions. This course describes the efforts to communicate beginning with drums and smoke signals, to radio, telegraph, and telephone, and onto coaxial cable, fiber optics, satellites and television. It covers frequencies and bandwidths, the evolution of digital communications and how it led to the Internet we use today. The theory of signals and bandwidths is explained. Transmission media like coaxial cable, fiber optics and satellites are covered along with the future of telecommunications.

Class Leader: Len Jacobson
Dates: Wednesdays, April 16 – June 4
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, rm 101

Music Appreciation

Listening to classical music is a real pleasure, and can be made even more so if you learn how to listen and what to listen for! In this class, we will look at the history of western art music through a series of eight topics, focusing on listening and covering social relevance, eras, composers, texture, and form.

Class Leader: Patricia Dobiesz
Dates: Wednesdays, April 16 – June 4
Time: 3:30 – 5:00 PM
Location: Pine Ave., suite 202

Short Stories

Our journey into some of the great short works of fiction and non-fiction will begin with a famous essay written by George Orwell when he was employed as a police officer in Burma (now called Myanmar.) From there, we will discuss stories written by Fyodor Dostoyevsky, Henry James, Thomas Mann, and Alice Munro (recent winner of the Nobel Prize for Literature) from a psychological viewpoint. The selected stories will emphasize how the main characters deal with transitional events in their lives. Copies of stories will be available to class participants at the beginning of each class.

Class Leader: Dr. Bernard Natelson
Dates: Wednesdays, April 16 – May 14 (5 weeks)
Time: 7:30 – 9:00 PM
Location: Alpert JCC, room 27

($20.00 OLLI membership required of people NEW to OLLI plus class tuition of $10)

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.

Class Leader: Arthur Hopkins
Dates: Wednesdays, April 16 – June 4
Time: 3:15 – 4:15 PM Beginner Class
Time: 4:30–5:30 PM Beyond Beginner
Location: CSULB, HS&D, room 101
Spanish for Beginners
Learn to communicate at a basic level and to understand and use everyday expressions. By the end of this eight-week session you will be able to speak Spanish to describe your background, environment and immediate needs!
Class limit: 25
Class Leader: Judith Porto Gonzalez
Dates: Thursdays, April 17 – June 5
Time: 8:15 – 9:45 AM
Location: CSULB, HS&D, room 119

Spanish for Travelers
Do you enjoy traveling to Spanish speaking countries? Imagine how great it would be to be able to communicate with natives on your next trip. In this course you will learn useful words and expressions. Also, we will visit some of these countries “virtually” to discover their beauty through their more important touristic spots. Come and get ready for your summer travels!
Class limit: 25
Class Leader: Judith Porto Gonzalez
Dates: Thursdays, April 17 – June 5
Time: 10:00 – 11:30 AM
Location: LSULB, HS&D, room 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.
Class Leaders: Florence Dodge & Josephine Fitzpatrick
Dates: Thursdays, April 17 – June 5
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 101

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. Develop better balance and increase physical strength by stretching the muscles and tendons. Bring a one-inch dowel - 1 to 2 inches longer than your height - with rubber (not plastic) end caps. Tennis shoes are recommended, as is loose and layered clothing.
Class Leader: Lynn Marsh, M.A.
Dates: Thursdays, April 17 – June 5
Time: 8:30 – 9:30 AM
Location: LW, Clubhouse 6, room C

Beginning Art
Come have some fun! In this class we will experiment with colored pens, colored pencils, crayons, paper, acrylic paint, and all sorts of things, to see what we can create. No artistic talent or experience required. Students will have fun exploring and learning about different art media, and what each will do. A list of needed materials will be distributed at the first class meeting. See you there!
Class Leader: Kristi Eaglehorse, BA fine arts; AA design & illustration; computer graphics & design
Dates: Thursdays, April 17 – June 5
Time: 11:30 AM – 1:30 PM
Location: Pine Ave., suite 202

For Women Only
You will have fun learning the latest makeup tricks to maintain a more youthful look. Wearing the correct colors for your makeup and clothing can improve your appearance. You will receive instructions on how to mix, match, and multiply your clothing to extend your wardrobe. You will learn how to accessorize. Never again will you have to say, “I don’t have a thing to wear.” Come enjoy this confidence building experience.
Class limit: 15
Class Leader: Joy Grand, Certified Image/Makeup Consultant
Class Cancelled for this session.

Special Seminar in Shakespeare: Shakespeare and His Contemporaries
For the first time Michelle Roberge (“Fear Not, I Teach Shakespeare”) and Patrick McDonough (Greek & Roman Theatre, American Realism, Napoleon) will team up to examine Shakespeare within his own milieu. Contemporary dramatists of the Tutor-Stuart period, like Marlowe, Jonson, and Webster will also be featured. We will pay special attention to the whole competitive theatre scene in which Shakespeare made his living. The theatres, the acting companies, and the growth of theatre technology are all very prominent in this brief era of dazzling accomplishments.
Class Leaders: Michele Roberge M.A., Exec. Director of Carpenter Performing Arts Center & Patrick McDonough, Ph.D., Prof. Emeritus
Dates: Thursdays, April 17 – June 5
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 101
L.A. Opera Series

April 17 - “Lucia di Lammermoor”
Gaetano Donizetti’s Lucia di Lammermoor is a darkly romantic tale of family honor, betrayal and madness. Forced by her family to marry against her will, Lucia descends into madness. Her chilling, blood-splattered reappearance at the wedding reception has become one of the most iconic scenes in all opera. A tour-de-force of Italian Romantic opera at its most powerful and dramatic, Lucia di Lammermoor is the gleaming jewel in opera’s bel canto crown.

May 15 - “Thais”
The most beautiful courtesan in Alexandria, Thaïs holds an entire city in her thrall as she embraces life’s most sensual delights. One man alone, the monk Athanaël, weeps for her sins, but his pilgrimage to save the sinner’s soul becomes a tortured journey of erotic obsession. Filled with intoxicating melodies and exotic colors, Jules Massenet’s Thaïs seduces both eyes and ears with a glittering treasure trove of pleasures.

June 5 - “A Streetcar Named Desire”
Clinging desperately to a masquerade of Southern grace, Blanche DuBois moves into her sister’s cramped apartment, creating all the wrong kinds of sparks with her crude brother-in-law. When dark truths about Blanche’s past begin to emerge, her world comes apart at the seams in a spiral of violence and madness. A faithful adaptation of Tennessee Williams’ classic play, André Previn’s powerful opera evokes the most beautiful courtesan in Alexandria, Thaïs holds an entire city in her thrall as she embraces life’s most sensual delights. One man alone, the monk Athanaël, weeps for her sins, but his pilgrimage to save the sinner’s soul becomes a tortured journey of erotic obsession. Filled with intoxicating melodies and exotic colors, Jules Massenet’s Thaïs seduces both eyes and ears with a glittering treasure trove of pleasures.

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.

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

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!

Financing for the Future
A critical part of financing for future endeavors is the type of investment one should consider, whether it be real estate, securities, cash flow, satisfying cash needs, collecting art, etc. Learn appropriate investigative procedures, budgeting, handling wealth accumulation, dealing with taxes, setting up businesses (if so desired), and other investment concepts.

Presented By: L.A. Opera Community Educators

Class Leader: Al Talberg

Class Leader: Steve Masoner, Financial Advisor

Class Leader: J. Alan Rosen, C.P.A. & business consultant for retail, wholesale, manufacturing

See article on page 8
![image](image.png)

**THURSDAY**

**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, April 17 – June 5  
**Time:** 3:30 – 5:00 PM  
**Location:** CSULB, HS&D, room 101

**AGELESS ARCHERY**
Do you like outdoor sports? Try your skill at shooting arrows at targets. Learn a skill and keep healthy too!

**Dates:** Thursdays, March 6 – May 1  
**Time:** 10:30 AM – 12:30 PM  
**Location:** CSULB, Fieldhouse

**BOWLING for BETTER HEALTH**
Learn to Bowl and keep healthy too!

**Dates:** Thursdays, March 6 – May 1  
**Time:** 1:00 – 2:50 PM  
**Location:** CSULB, Student Union  
**Class Leader:** Mel Leach, Prof. Emeritus CSULB (Call for details)

**FRIDAY**

**Senior Yoga**
Everything you always wanted to learn about yoga, but were afraid to try. Come prepared to participate in a relaxing, fun way to stay young in body, mind and spirit. All levels welcome, with or without a mat. Objectives: create ease in seniors who want to learn and participate in yoga; teach basic yoga skills and philosophy; help seniors learn how to breathe and exercise their way to improved or stabilized mobility and health.

**Class Leader:** David Hennage  
**Dates:** Fridays, April 18 - June 6  
**Time:** 8:15 - 9:30 AM  
**Location:** LifeFit Center, KIN 107

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

**Class Leader:** AnneMarie Lovdahl, certified Qigong and Seijaku instructor.  
**Dates:** Fridays, April 18 – June 6  
**Time:** 9:00 – 10:00 AM  
**Location:** CSULB, HS&D, room 101

**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.

**Class Leader:** Inge Johnson, retired teacher  
**Dates:** Fridays, April 18 - June 6  
**Time:** 8:30 - 10:00 AM  
**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.

**Class Leader:** Nancy Hathcock, B.A., M.A. Theater Arts, VP of The Theatre Guild and Southeast Civic Light Opera.  
**Dates:** Fridays, April 18 – June 6  
**Time:** 10:00 – 11:30 AM  
**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, 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. Choose the time you wish!

**Class Leaders from the group**  
**Dates:** Fridays, April 18 - June 6  
**Time:** 8:30 AM – 4:00 PM  
**Location:** CSULB, HS&D, room 105

**Life and Times of Ancient India**
In this class we will study the culture, civilization, religion, and philosophy of India from its pre-history (Dravidian and Indus Valley Civilization) through the times of the Aryan Invasions during the Second Millennium B.C.E. to the Vedic, Heroic, and Epic Eras of the first Millennia. Learn the impact of the Persians, the Greeks, and the other Asiatic invasions prior to the coming of the Arabs and Mongols upon Indian life.

**Class Leader:** Mark Barnett, D.D., Ms.D.  
**Dates:** Fridays, April 18 – June 6  
**Time:** 10:15 – 11:45 AM  
**Location:** CSULB, HS&D, room 101
FRIDAY

Intermediate 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.
Class Leader: Inge Johnson
Dates: Friday, April 18 – June 6
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: Friday, April 18 – June 6
Time: 12:15 – 2:00 PM
Location: CSULB, HS&D, room 119

Nordic Noir
This class will examine the phenomenon of “Nordic Noir” through discussion and the showing of films from the Scandinavian region. We will discuss this genre in novels, radio plays, television, and cinema. In addition, we will see a minimum of seven films, all subtitled that are my choices to illustrate noir themes. Movies will include the complete “Millennium Trilogy” featuring Noomi Rapace as Lisbeth Salander. WARNING--These movies are quite graphic and not for the faint of heart. Viewer discretion is strongly advised.
Class Leader: Michael Gavin
Dates: Friday, April 18 – June 6
Time: 12:00 – 3:00 PM
Location: CSULB, HS&D, room 101

“Ireland, As I’ve Seen it”
Silante (Irish for ‘health’, a common Irish greeting and toast). Failte (Welcome) to a study of Irish history and culture. I will present a personal rendition of Irish history from tribal pre-history to current, modern Ireland. This study will include elements of archaeology, poetry, literature, history, politics, and later theater, music and film. Voicing his experience of the Irish, Sigmund Freud said, “This is one race of people for whom psychoanalysis is of no use whatsoever.” I must admit that I’m drawn to some of the baser elements of Irish culture: the pub, the limerick, the twist of a phrase, a joke that leaves you ‘gob smacked,’ or the slow settling of a foamy head on a pint of Guinness that allows the hesitation of thirst in deference to conversation. Come ready for an open and lively discussion. Of Ireland, Chesterton said, “From the great Gales of Ireland are the men that God made mad, for all their wars are merry and all their songs are sad.” Class limit: 30
Class leader: Ladd Terry, M.F.A., Ph.D., Irish Studies from U of Ireland/Galway, tour guide Ireland/England (Study Abroad, LBCC and OCC)
Dates: Fridays, April 18 – June 6
Time: 2:30 – 4:00 PM
Location: LW Clubhouse 3, room 3

Conversational Spanish
This class, taught entirely in Spanish, will focus on spoken language used in everyday conversation, as well as on the culture and traditions of various Spanish-speaking countries. Class content will cover Spanish grammar; however, emphasis will be placed on oral communication. The goal is to help you acquire more fluency. Basic knowledge of Spanish strongly suggested.
Class Leader: Lilia Vergara de Owens, M.A.
Dates: Fridays, April 18 – June 6
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

Get Organized A-Z
Less clutter, more storage-sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.
A: Act - If you want it, act on it now.
B: Break It Down – A project is easier to do if you break it down into manageable parts.
C: Containerize - Store belongings in see-through, plastic containers.
Class Leader: Sharon Farley
Dates: Fridays, April 18 – June 6
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 119

Long Term Care
Janet Morris, Family Caregiver Attorney, from Bet Tzedek Legal Services will discuss the importance of making plans for future care - wills, trusts, powers of attorney and advance directives. Part II will cover home care, day care, assisted living, nursing home and hospice care and paying for the care.
Dates: Thursdays, May 8 & May 22
Time: 12:15 – 1:45 PM
Location: CSULB, HS&D, room 101

Stroke Prevention
How to prevent a stroke and how to identify the warning signs. Visual aids and discussion are included in this presentation from local professionals in the field.
Class Leader: Vanessa Daniels
Dates: Thursday, May 29
Time: 12:15 – 1:45 PM
Location: CSULB, HS&D, room 101

FREE - SPECIAL EVENTS

See article on front cover
Computer 101 (PC)
Never used a computer? Or has it been so long since you did that you don't remember much about it? Then this is the class for you. Using games and simple exercises, you'll become familiar with the keyboard, the computer mouse, and the computer itself. Learn the basics of email, including how to send and receive it, as well as how to go online to search the Web. And, you'll get patient and individual help from our instructor and coaches. After you have mastered the class content, you will get a certificate of completion. Computer 101 can be repeated. No prerequisites.
Text: PCs Simplified, Elaine Marmet
ISBN: 978-0-470-88847-6
Instructor: Don Patman
Dates: April 14 – June 9
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: April 14 – June 9
Time: 1:00 – 3:00 PM

Introduction to Windows 8 (PC) (4 Weeks)
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: April 14 – May 5
Time: 3:15 – 5:15 PM

Advanced Intermediate Computer (PC) (4 Weeks)
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: May 12 – June 9
Time: 3:15 – 5:15 PM

A Quick Look at iTunes (4-Week class)
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: April 15 – May 6
Time: 8:30 – 10:30 AM
**TUESDAY**

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

*Prerequisite: Beginning Photoshop Elements I or instructor's permission.*

*Instructor: Harold Drab*

*Dates: April 15 – June 3*

*Time: 10:45 AM - 12:45 PM*

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**Computer Copy Cat Coloring (PC/Mac)**
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 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: April 15 – June 3*

*Time: 1:00 – 3:00 PM*

→ See article on page 9

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**Exploring the iPad**
See Wednesday class description.

*Instructor: Marilyn Gettys*

*Dates: April 15 - June 3*

*Time: 3:15 – 5:15 PM*

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**WEDNESDAY**

**Exploring the iPad**
Here’s your chance to join the iPad revolution. Get acquainted with iPad features and apps, and see how to play music, browse the Web, read and send email, watch videos and movies, listen to audiobooks and podcasts, and use the iPad as an e-reader. See how to find, buy or get free, and download the right apps for you, no matter what your interests are. Students must bring their iPads with them to each class.

*Prerequisite: You have an iPad.*

*Instructor: Kathy Winkenwerder*

*Dates: April 16 - June 4*

*Time: 8:30 – 10:30 AM*

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**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: Information the first day of class.*

*Prerequisites: You own a Mac or you’d like to own a Mac.*

*Instructor: Bonnie Elsten*

*Dates: April 17 - June 5*

*Time: 1:00 – 3:00 PM*

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**I Took Pictures. Now What? (Mac)**
Learn how to get photos from your camera (digital or film) into a computer, order prints from an online service (Costco, PhotoWorks, etc.) and create photo books, slide shows, movies and DVDs. You’ll add photos to documents such as a family newsletter, to your email, cards, labels, T-shirts, and more. Find out how to use photos as a screen saver or desktop background, and organize your photos into albums in iPhoto.

*Prerequisite: Basic Mac skills*

*Instructor: Bonnie Elsten*

*Dates: April 16 - June 4*

*Time: 3:15 – 5:15 PM*
**THURSDAY**

**Excel 2010 (PC)**  
Microsoft Excel lets you collect, store and manipulate data into useful information. Excel’s ability to communicate with other programs can make this effort easier and more efficient. You will learn several practical applications of Excel to help you manage some elements of your everyday life. Some of the Excel applications that will be demonstrated will be money management, including budgeting and checkbook balancing, home filing systems, vacation planning and menu planning.  
**Instructor:** Mushroom Montoya  
**Dates:** April 17 – June 5  
**Time:** 8:30 – 10:30 AM

**Manage and Enhance Your Photos with Picasa (PC/Mac)**  
Get pictures from your camera to your computer and edit them with Picasa. Learn how to download your pictures to Picasa, and then using Picasa’s tools, enhance your photos by cropping them, adding text or removing red eye. Once you have edited your photos, you can make a slide show or video from selected pictures, or organize photos into a collage. You can mail your pictures, print them, or have them printed commercially. Please bring your camera to the second session.  
**Text:** Handouts  
**Prerequisite:** Intermediate computer or instructor’s permission.  
**Instructor:** Reggie Gates  
**Dates:** April 17 – June 5  
**Time:** 10:45 AM – 12:45 PM

→ See article on page 9

**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 with its up-to-date software an ideal place to learn. OLLI instructors and classroom coaches will help you become digital experts!
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.

Starting Spring 2014 - There is NO parking available adjacent to the OLLI building. Do NOT park in the alley or next to the building.

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

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

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

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.

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.

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.
OLLI at CSULB

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

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<th>Name</th>
<th>Position</th>
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<tr>
<td>Barbara White</td>
<td>Executive Director</td>
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<td>Malcolm Green</td>
<td>President</td>
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<td>William Fitzpatrick</td>
<td>Vice President</td>
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<td>Karin Covey</td>
<td>Treasurer</td>
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<td>Vicki O’Toole</td>
<td>Secretary</td>
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<td>vacant</td>
<td>Archivist</td>
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<td>Judie Irving</td>
<td>Community Relations</td>
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<td>Kathy Winkerwerder</td>
<td>Computer Lab</td>
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<td>Wesley Peck</td>
<td>Computer Lab</td>
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<td>Pat Wrenn</td>
<td>Curriculum</td>
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<td>Karen McDonough</td>
<td>PA Contact</td>
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<td>Phyllis Ciscle-McDaniels</td>
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<td>Richard Black</td>
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<td>Ken Nakagawa</td>
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<td>Dolores Volpe</td>
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<td>Bea Roth</td>
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<td>John Tellez</td>
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<td>Len Jacobson</td>
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<td>Don Friedman</td>
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<td>Betty Hutchens</td>
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<tr>
<td>Carl Curtis</td>
<td>President Emeritus</td>
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<td>Dean Ken Millar</td>
<td>CHHS Ex-Officio</td>
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Advisory Board

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<th>Name</th>
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<tr>
<td>Donald Brault</td>
<td>Rosemary Lewallen</td>
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<td>Casey Goeller</td>
<td>Nancy Lewis</td>
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<td>Dixie Grimmett</td>
<td>Theresa Marino</td>
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<td>Kit Katz</td>
<td>Olfat Mohamed</td>
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<td>Donald Lauda</td>
<td>Charlene Young</td>
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Long Beach Transit Buses

Many buses pass through the CSULB campus and stop at the transit center near Brotman Hall. 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. There is a shuttle stop 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.
Good news! *Money* magazine predicts that the prices of gold and electric cars will go down in 2014. That doesn’t rock your world, you say? Would you consider it even better news if you learned that healthcare costs would go down? Of course, and who knows which of these things will prove to be realities in 2014?

**UNDERSTANDING CURRENT ECONOMIC AND SOCIAL ISSUES**

will approach the present situation in a different and stimulating way: film clips will be shown throughout the course. Some are documentaries and some are fictionalized but in both cases, they will address key economic issues and the social problems that they generate.

Leading the far-reaching discussions are two amazingly well-versed instructors: Dr. Naida Tushnet and Dr. Dennis Youkstetter. Both have taught previously at OLLI and bring a wealth of education and experience. Naida Tushnet holds a doctorate in policy analysis and administration. She has worked at local, state and federal levels in a variety of positions and is presently active in the Long Beach Coalition for Good Jobs and a Healthy Community. Dennis Youkstetter has a doctorate in organization management and has worked in the healthcare field for many years, both with insurance programs and hospitals.

No, “The Wolf of Wall Street” won’t be one of the chosen film clips, but the earlier “Wall Street” with Michael Douglas will provoke an exchange of real issues that are fictionalized. If you missed the movie “Glengarry Glen Ross,” you’re in for outstanding performances from the likes of Pacino, Lemmon, Arkin, and Spacey---portraying desperate real estate agents.

Among the documentaries will be “Walmart: The High Cost of Living” and “Michael Moore’s Capitalism: A Love Story.” Are you acquainted with Robert Reich’s “Inequality For All”? It’s a good place to find yourself: in a classroom with two discussion leaders, filmmakers’ interpretations of economic and social issues and a room full of students who have experience with the realities.

Registration for Spring Session starts March 10, 2014