Mark Barnett, who from the earliest days of classes at Senior University (now OLLI) brought learning and insights to the many classes he taught, will be embarking on a three-term series on psychology starting this spring.

The instructor’s description of his course content was influenced by the American philosopher and psychologist Ken Wilber. He states in his book, *Integral Vision*, “During the last 30 years, we have witnessed a historical first. . . . Knowledge itself is now global. . . . for the first time, the sum total of human knowledge is available to us—the knowledge, experience, wisdom, and reflection of all major human civilizations . . . .” How can anyone make this claim? How is such knowledge possible? What does such study entail? These questions are what this new three-term series will explore.

In the first session of *History of Psychology* (spring), Mark will present the historical beginnings of psychology and how it became a separate scientific discipline emerging from philosophy. The class will look at both Freud’s and Jung’s analysis of the human psyche or consciousness. The second session (summer 2015) will focus on Carl Jung and how Depth Psychology and Humanistic Psychology merged to produce the Transpersonal Psychology of Maslow and Grof. The third session (fall 2015) will examine the merger of these disciplines (including biology, physics and philosophy) to culminate in what is now referred to as Integral Studies or Integral Science.

Learn more about this trend that is fast becoming the wave of the future. This long-term study of the evolution of the field of psychology should be a fascinating endeavor.

→ See class descriptions on page 29
Editor’s Comments by Jack Blecher

THOUGHT FOR TODAY: Thinking is a Privacy Act—Listen and think what you like. No one knows what’s going on in your head... until you open your mouth.

The SUN welcomes aboard three new staff members: Barbara Butler, a reporter, and Tina Bowman, a master copy editor. Elizabeth Reinhart, will join us next session as a reporter and copy editor. Sue Walsh, who steps down as Assistant Editor as this spring edition goes to press, will remain on staff as a reporter and copy editor. Therefore, we are in immediate need of an Assistant Editor with management skills who would like to become editor when the current editor retires. We are also in need of an additional cartoonist and a handy photographer. If interested, notify our office.

We’re into contests again. Our haiku contest is explained on page 14. The winning poems will be featured in future editions of The SUN.

The SUN’s editor, plus many other audio deficient OLLI students, is grateful to Carl Curtis for his leadership in getting “audio loop” installed in our classroom. See page 12. Opera appears to be very popular here at OLLI with three separate classes in winter and two more in spring.

Freedom of the Press is being threatened worldwide. As a long-time editor, I support those who are resisting that threat.

Spring Equinox: March 20, 2015; 3:45 p.m. PST

Letters to the Editor

Dear OLLI,

After retiring from Roger’s Gardens in 2006, my wife, Marsha, and I traveled to fabulous places: Egypt, China, Europe and many others. However, I felt lost and useless since I had worked all my life. Then I heard about OLLI, and the void was filled. Thanks to the wonderful instructors who opened new doors to a variety of subjects, my mind absorbed education! In addition, friendships have been formed AND they put up with my jokes!! Marsha can’t believe they haven’t kicked me out of OLLI yet! For all this, I am grateful and I owe OLLI a big THANK YOU. A special thanks to Becky and her office staff and to Carl Curtis. Without them there wouldn’t be an OLLI.

Stu Span

OLLI members:

Thank you for your donations to OLLI in memory of my father, Otto Ross. He loved his school, he loved knowing all of you and participating with you.

Dena Ross
President’s Corner

As I wrote these words last January, I could not rid my mind of the senseless loss of life that scarred our new year. It recalled the tragic fictional character of Chauvin in nineteenth century French literature. He was a patriotic, idealistic, and well meaning but naive soldier of the French Empire.

Chauvin represents us. We try to defend our values, our heritage, the habits we grew up with. The good soldier Chauvin believed what he was told and learned obedience, respect for authority, and the enduring truth of what he was taught. Chauvin could be our model citizen, the one we are taught to be, the good neighbor who knows right from wrong, good from bad, and friend from enemy.

We soon recognize that our families, our friends, our nations, our cultures, and ourselves, are not always easily set into neat categories. Our world gives us the stranger, the unfamiliar, the comforting, and the discomfiting. I respect and resemble Chauvin. I love my traditions, my culture. And I will defend them. But I am also reminded that we are called to help heal the world and to love and care for what the world has given us.

Now in April, when many cultures and religious traditions rejoice in the season of spring (even in Southern California), we sense how the earth renews everything. We learn from the earth that when stale ideologies have run their course, we must make our garden grow. As we gather at OLLI for our new Spring Session of lifelong learning and rediscover our old classmates and welcome new OLLI members, please remember to rejoice in our continuing adventure of renewal and discovery together.

Executive Director’s Report

As spring arrives, we look back with gratitude to our members and friends of OLLI who supported our annual fundraiser this past fall. As you recall, we received $8,500 in challenge funds from two local organizations, Housing Opportunities for the Elderly and Long Beach Cares, along with a generous gift from one of our members. Our 2014 fundraising was to support our scholarship fund. We are pleased to announce that, in addition to the $8,500 challenge, we raised $12,538 to meet and exceed our goal and arrived at a total of $21,083. We received contributions from over 160 OLLI members and friends. Every contributor has received a letter expressing our gratitude for their continued support of OLLI goals and programs.

We believe that OLLI should be available to everyone interested in lifelong learning. As OLLI grows, so does the interest in scholarship consideration. Through our application process, we award annual membership and tuition for a limited number of lecture and/or computer classes, with a small co-pay, to those on limited incomes. In the past year, we awarded $4,060 in scholarship to 110 eligible individuals. With the amount we have added to the fund through your generosity we should be able to sustain our scholarship program for the next 3 to 5 years. Thank you for paying it forward!

We would like to thank the co-chairs of the OLLI Development Committee, Jody Ramsey and Dennis Youkstetter, for their support of our fundraising efforts over the past several years. We value their enthusiasm and dedication to OLLI sustainability.
Spring is spreading its happy, cheerful spirit of blooms all around us now. As we watch Nature paint its own original masterpieces within our landscapes, we’re gifted with long, magical moments of joy as the beauty around us is truly magnified. Bright promises of an early spring in the fields and meadows beam a fresh, sustainable welcome after the lengthy, chilly days of winter. And look! As we take in the first, sweet scent of hyacinth, an “orientalis” slowly eases its small, elegant stalks of color above ground, its perfect, dewy face finding warmth among the silvery leaves of first light. Ahead in the woodlands, shrubs and vines weave botanical bonds with the profuse lushness of wildflowers and rhododendrons, all blending a friendship with the reigning soft, colorfully showy azaleas. Overhead, our many feathered friends—birds of all species—create a snappy, lively chorus all their own.

But today, upon entering our own Bolsa Chica Wetlands, it’s impossible not to see the absolutely stunning sculpture in the natural landscape before us, from the craggy boulders above us to the marshy paths of yellow beach primrose with lavender sand verbena beneath our footsteps. Individual shorebirds, sharing space with a striking cast of familiar critters, grace the still waters everywhere now that the ocean seawater is back where it belongs.

Hush. The great white egret stands silent near the bridge but faraway the Yellowthroat is at full pitch with its usual hardy, friendly chant: “Take a walk with me, take a walk with me . . . take a walk with me.”
Do you want to learn to play the recorder or sharpen your rusty recorder skills? Here are two OLLI class options for you. During the fall, winter and summer sessions, Play the Recorder welcomes players of all levels to learn and play together. During the spring session only, The Recorder Consort invites experienced players to improve their proficiency.

Teaching both classes is Muriel Pendleton, whose goal is to provide the space for the “making of music” together. If you happen to notice a Mary-Poppins-like figure traveling by bicycle to and from the OLLI building, bike helmet in place and blue skirt fluttering in the wind, you might not imagine what mettle this instructor is made of.

Muriel was born in Birmingham, England. At the start of World War II, when she was not quite ten, Muriel and her younger twin sisters were among the children evacuated from British city centers to safer rural areas. “I remember going on the train all by ourselves with labels on our coats and clutching our suitcases,” she says. She was billeted in a coal-mining village with a woman who played the organ and taught piano, which began Muriel’s musical training. She returned home, only to experience the sustained bombing of the Birmingham Blitz.

After completing her basic education, Muriel attended drama school, which led to a love of Shakespeare and interactive discussion will be encouraged, along with suggestions for future projects.

Karen Reside will coordinate the class at Pine Avenue. She has had a "lifelong love of the arts" and will also facilitate a second OLLI class entitled POV (Point of View).

In 2012, Karen and others, formed the Cultural Alliance of Long Beach, a non-profit organization with 800 members. The group operates an art gallery at 729 Pine Ave. When Karen was the administrator at the Museum of Science and Industry in LA, she worked closely with the museum curator to integrate art and science. Her passion for the arts is again manifested in the gallery where artists meet and work.

Join this class and reflect your own love of the arts. Meet the Masters, and enjoy the fruits of their labor.
New CSULB President Connects with OLLI

CSULB President Jane Close Conoley

CSULB President Jane Close Conoley had just one regret when she visited OLLI for the first time. “I wish my schedule would have let me stay in the class about Woody Allen movies, although I don’t know if there would have been room,” she says.

Dr. Conoley is sold on more than just the sold-out Woody Allen class that was offered during the fall session. She embraces the entire OLLI program. “I love the tagline ‘Learn More—Age Less,’” she says. “Excitement about learning helps keep people cognitively healthy and emotionally connected.”

It may even deter debilitating diseases like Alzheimer’s. “It takes more than doing crossword puzzles,” she says. “It’s constantly challenging yourself to learn complicated new things. No matter what your age, your brain constantly develops new pathways.” OLLI helps stimulate that development. “I was blown away by the sophistication of the courses,” says Conoley.

Beyond the classroom, OLLI connects the campus with the community. “One of the missions of the university is improving the community,” Conoley says. “Long Beach should be a better place because it has a Cal State in it. If you prepare the best teachers, the schools should be better. If you prepare the best nurses, the hospitals should be better.”

Improving the lives of senior members of the community is part of that mission. And seniors can benefit simply by spending time on campus. It’s called “reminiscence therapy.” “Part of staying healthy as an older person is staying connected with positive memories,” says Conoley. “It’s energizing to be transported to another place, whether it’s college, a successful career or effective parenting. It reminds you that you have great skills, that you have a lot to be proud of. One of the dangers of aging is becoming hopeless. Connecting people back to their accomplishments can prevent that.”

Connecting with other people is even more important. “The camaraderie of OLLI is great,” she says. “People sit together and talk about the past, present and future. You always have something positive to talk about. You’re making new memories. You’re learning things you’re interested in, and people are interested in you.”

Conoley’s visit to OLLI affirmed the value of that human connection. “I spoke with one gentleman who’d lost his wife,” she says, “and he told me, ‘This group has become my family.’”

About the President

Jane Close Conoley became CSULB’s first woman president in July 2014. Before coming to CSULB, she served as dean of the Gevirtz Graduate School of Education at UC Santa Barbara. She joined UCSB in 2006, where she also was a professor of counseling, clinical and school psychology. She also served as interim chancellor of UC Riverside from November 2012 to August 2013.

A native New Yorker, Conoley earned a B.A. in psychology from the College of New Rochelle and a Ph.D. in school psychology from the University of Texas at Austin. Conoley is the author or editor of 21 books and more than 100 articles, some in consultation with her husband, Collie Conoley. They have three children and five grandchildren.

President Conoley and Long Beach Mayor Robert Garcia, former student body president at “The Beach.”
Wings on Her Feet - From the Memoir Class

Memories come from people just like you and me. Here at OLLI, there have been memoir writers from every imaginable walk of life, and some others that still surprised us. As memoirs are shared, we understand more about our neighbors; in our peers we gain understanding and inspiration. In fact, we have recollections that bring us closer to each other and we recognize stories and experiences we thought unique to ourselves. One talked about visiting the South Pacific, another talked about tracing her roots to Guiana. Today’s memoir comes from a place where most adults have not gone. Enid takes us to the world of dance. She doesn’t dance in ballet shoes, with ice skates, or in a pool with synchronized swimmers—no, she performs on roller skates. Enjoy her essay and realize how unique she is.

→ See class description on page 27

A Reinvented Life
by Enid Busser

An athlete? When I went to school, I couldn’t throw a ball and hadn’t a clue about any sports. I was a klutz and have always hated to look inadequate. I avoided sports.

I retired at 59 ½ and began to look for some new things to do. I began a skating class in Whittier. We worked on starting and stopping and how to fall down. I find I am never able to follow the falling instructions. It’s—Oh No! Crash!

“When you put wheels on your feet, you’re gonna fall down,” said a friend. Most of the time you just get a few bruises or a skinned knee. I do feel a bit old to go around with scabby knees. We learned a very simple, slow waltz called the Glide Waltz.

In October the next year, my husband suddenly passed away. I really had to reinvent my life. I decided to get more into skating, going to the rink in Buena Park once a week. I made friends there, and some of the brave men were willing to do the Glide with me. I watched the Southwest Regional Championships. The lowest level adult category was the Glide Waltz. I thought, “That doesn’t look too hard. I bet I could do that.”

Competitors in skate dancing go on the floor in flights—at that time usually four skaters. There are three judges and you skate, beginning from a standstill, until the judges have made their decisions. Each event has two dances for elimination and two more if you need a final. I know about 20 dances now. Competing made my knees feel weak and my arms shake, but I began to compete at local contests. I wore a dress of black and gold material that another skater wanted to sell. It fit me perfectly.

Skate dancing is a very exciting sport. Good timing is essential; that was easy for me. Each step must be in the correct place on the floor, with a correct lean. It really helps if you can be dramatic and look “really cute.” Showing off is the hardest part for me; I don’t have much of a dramatic flair. I do enjoy the costumes, however. Think of the dresses the ice skaters wear: sparkling materials, lots of rhinestones, brilliant colors and gaudy jewelry.

I now skate three times a week. I usually go in once a week to practice. I compete in the three local contests, regional championships and sometimes nationally. A few years ago they added a new age group, 65 and over, the Golden Division. I am the oldest woman competing in dance in our region—maybe in the US. I have also done some travel as a skater, going to invitational contests in Las Vegas, Seattle, and Pennsylvania. I even went to Australia with a group from Glendale to do a show number at the world championships.

I find skating an addicting activity and endless challenge. I can go to the rink, grumpy and tired. After moving to the music with my mind on the sensations and technique, I am smiling and happy.

In 2014 in Fresno I placed 4th of 8 in Golden figures, qualifying me for nationals. I was 5th of 5 in dance but three of them were just 65 and two of them had been national champions, so I was certainly outclassed. The big surprise was that for the first time I was not nervous. I think the reason I was not nervous was due to the memoir writing class. The first time I got up and read my story I was pretty nervous, but after doing it in this friendly group, I became relaxed. I think that carried over to my skating.
OLLI’s Current Events class is a forum in which various students share views on vital political issues. In 1998, when Senior University opened its doors, Ray Freedland led a class she called “90 minutes.” Ray’s goal was to stimulate people to probe beneath the surface of media “information” and to think independently. Until she moved to Arizona in 2004, the class continued without interruption. In 2009 Richard Butts led a similar class entitled “Political Policy for the Nation.”

The current “Current Events” class originated in 2008, with Gary Colboth and Richard Willner alternating sessions. Gary had these restrictions for his class: no religion, sports events and celebrity gossip; otherwise, any topic was allowed. Gary became sole honcho in 2010, never missing a session until he retired last October. In the fall session, four volunteers kept the class alive: Naida Tushnet, Alan Burbin, Len Jacobson and Paulino Lim, all excellent facilitators. Carl Curtis, with help from James Espinosa, has volunteered to lead the class until we locate a clone of Gary.

The photo collage below is a sampling of Current Events instructors and class members over the years. 

→ See class description on page 28
We live in an age dominated by science and technology, but what does that fact signify for philosophy? Can we learn anything from philosophy that cannot be learned from science? This class, led by Dr. Shane Andre, will attempt to show that we can.

Beginning with a comparison of science and philosophy, participants will find that, while the subjects are alike in some respects, they are interestingly different in others. They will also find different conceptions of philosophy itself, such as the ancient view of philosophy as the love or pursuit of wisdom; the proto-science view of it as science in the making; and the analytic view of it as conceptual analysis and critical thinking. Dr. Andre will propose that each concept has something important to contribute.

The class, Philosophy in an Age of Science, will also discuss a number of perennial philosophical questions. What is truth and how can we discover it? Is knowledge the same as true belief? How is it possible for physical bodies to be conscious? Can choices be both free and subject to natural law? What is the place of value in a world of matter? And what are the basic requirements of morality?

Although the answers may be controversial, the class will be concerned with how they can still be significant, reasonable and even true. Different conclusions and points of view will be shared and discussed in the classroom.

Currently retired, Dr. Andre taught philosophy at CSULB for 30 years and remains passionate about the subject. He looks forward to exploring "philosophy" with everyone in his OLLI class.

**** Register early for this one - class size is limited and Leisure World residents have priority.

In the Computer Lab

It’s Tool Time

Brush up on your Photoshop Elements skills by learning to use the variety of editing tools in Tool Time, a new class taught by veteran Elements instructor Harold Drab. Take the class if you’ve taken a Photoshop Elements class in the past but haven’t used the tools because you can’t remember what they’re for. Maybe you’ve used an older version of the software but want to see what the new versions of the tools can do. You might also be new to Elements and want to begin learning about it by taking Tool Time. You’ll be shown how to use the software’s tools to straighten, crop, or resize an image, draw or add shapes, get rid of red eye, clean up spots, erase part of an image, change colors and much more. All five categories of tools will be discussed.

Yosemite Is Now on Lab Macs

If you take a Mac class in the computer lab this term, you’ll see that Yosemite, the newest Mac operating system, has been installed on the lab’s computers. Now students who are new Mac owners or who have upgraded their current computer’s operating system will see the same thing in the lab that they see at home. That’s a good thing because here are just a few of the changes in the way the software looks and works: the standard typeface is different; the icons are flatter; iCloud in Yosemite has a separate drive to make it easier to store, view and organize files; and files can now be transferred between the iOS 8 and Yosemite operating systems.

To learn more about Tool Time or Mac classes, see the computer section of The SUN.
New Dynamic Duo

As new members of OLLI, Gael and Glenn Libby have added one more exciting experience to their lives.

The Libbys grew up in Boston, where they were high school sweethearts; after 43 years of marriage, their love affair continues. After Glenn graduated from Tulane medical school in New Orleans, the warm sunshine of California was calling. In 1973-76 he was fortunate enough to do his residency in internal medicine at Los Angeles County Medical Center, followed by a fellowship in pulmonary medicine at UC Irvine from 1976-78. In private practice Glenn worked with his patients and Memorial Medical Center for 35 years.

Gael was president of her local PTA and worked at the Optional Emerging Shelter for women for over 13 years. They also have three sons and six grandchildren who keep them very busy.

The Libbys are interested in many culturally diverse activities such as the Stephen Farbar film lectures in Los Angeles, discussions of old and new films with award winning actors and directors. They also attend the Distinguished Speaker Series in Pasadena, featuring celebrated individuals such as Malcolm Gladwell, Jeb Bush and others.

Avid theatergoers, they attend performances from Los Angeles to Orange County’s South Coast Repertory. One of the recent plays they saw was Blythe Spirit, starring 89-year-old Angela Lansbury (who among us is not inspired by that?).

Besides their love of film and theatre, travel, music and literature are also a large part of their activities. OLLI has now provided them additional intellectual enrichment with classes such as Current Events and Follow the Yellow Brick Road. As you can see, the Libbys live a very fulfilling and busy life.

Welcome to OLLI, Gael and Glenn! We hope you will both continue to take the intellectually stimulating, inspiring and fun classes offered by our senior university.

Write, Edit, Rewrite and Publish Your Non-Fiction

Have you ever considered adding writing and publishing to your bucket list? If so, Sallie Rodman has the tools, techniques and talent to help you recognize your potential in her class on writing and publishing non-fiction.

Sallie offers an “I Search” approach to her instruction, encouraging you to find your market first by finding a magazine or publication that piques your interest and then researching it. She gives many suggestions on where you should send your work for publication.

The next step is to start the writing process. She provides models and handouts to help you write about your experiences or other topics—and then you start writing. The writing then goes to your classmates. No one reads his or her own work because, according to Sallie, there is so much to learn when someone else reads it aloud. You can listen for inflections and nuances and discover where you need to edit your piece in order to begin the revision that helps you polish it and get it ready to submit for publication.

Sallie, herself, holds a Certificate in Professional Writing earned at CSULB, and has written articles that have been published in thirty-six Chicken Soup for the Soul books. She was also a finalist in the Writer’s Digest Annual Writer’s Contest. “Everyone’s a writer,” Sallie believes, and everyone has the possibility of being published. She’s always had a passion for writing, and she wants to instill that passion in you.

** Enrollment in the class is limited to 10.

→ See class description on page 27
The OLLI Johns and Janes got out of their jeans and dressed to the nines for the December 7th holiday party, where there were hours of entertainment and fun. It was upbeat right from the start with the music of Robert Fields that kept all participants toe tapping. There were some wonderful dancers, among them Eva and Mike Meckna and Becky Low, who not only keeps things moving at the office, but also kept it moving on the parquet as well! Kristi Eaglehorse danced up a storm; she could not keep still and provided us with a terrific solo performance in pink shoes as well. Also performing was a group called The Golden Sands, an all-female barbershop quartet, part of a larger group led by Lorna Katz. As the day of the party was on the 73rd anniversary of the attack on Pearl Harbor, one of their renditions was "This Land is Your Land" to commemorate the day. Surprisingly, a familiar face among the Golden Sands performers was Barbara McClinton, our first OLLI Outreach Director, who was influential in the growth of our senior membership.

And then there is Janie Payan! She worked her magic at the Marriott with beautiful table settings, great food and terrific prizes for the raffle winners. How does she do it year after year?

Also in attendance were Sheila and Malcolm Green, Barbara White and Bill Fitzpatrick. They looked relaxed and happy. It was good to see them that way, as they are always so busy keeping OLLI moving along. Alan Rosen was everywhere with his camera ready too!

For those of you who did not attend, please make sure you do so next year, as you missed a day of fun and friendship.
Happier listening for many of our members and guests has arrived! At least for those who have a “telecoil” (t-coil) and know how to use it!

As planned, an “audio loop” (AKA “hearing loop”) was installed in our main campus classroom during the winter. Simply put, this is a loop of special wires suspended between the ceiling and the underside of the building’s roof. When a low-voltage electrical current passes through these wires, it creates a mild magnetic field within the room below. The signal from the sound system is used to oscillate this field. Persons who have a telecoil in their hearing aid or as a part of their cochlear implant will have the advantage of having the sound transferred directly to their hearing device through a process called “magnetic induction.” It is like having their hearing aids double as wireless, customized loudspeakers that are not affected by ambient noise, room acoustics, etc.

Almost 23% of our membership who responded to the OLLI survey questionnaire last spring reported that they wear hearing aids or have trouble hearing. This is probably a pretty typical percentage for people our age. The Hearing Loss Association of America and other advocacy groups are working hard to make policy makers and the public aware that hearing loss is a disability covered by the Americans With Disabilities Act (ADA); that it must be accommodated; and that both public and private venues need to be made “communication accessible” through devices such as hearing loops, radio frequency devices, etc. And because the telecoil is reasonably inexpensive, the advocacy group’s agendas include pushing hearing aid manufacturers to include a “t-coil” in new hearing aids and to retrofit existing hearing aids whenever possible. Given this advocacy and the publicity it will generate, it is easy to predict that when we ask the question in the next survey, “does your hearing aid have a t-coil?” the percentage of “I don’t know” responses will drop far below the current 81.4%.

Our audio loop installation includes four assisted listening devices that utilize the magnetic induction technology so that those who do not have t-coils but want the experience can do so.

The addition of an audio loop to our classroom supplements the Radio Frequency Assisted Listening System, which was installed several years ago but which has been greatly underutilized. This system uses a low-wattage FM radio transmitter to broadcast the sound signal throughout the classroom to the ten battery-operated FM receivers and earphones. Recently, the rechargeable batteries were replaced, a new and clearer broadcast frequency was chosen, and all of the receivers were retuned to the new frequency. The tri-fold pamphlet that explains how to use the system has been revised to include instructions for the audio loop system. Hence, happier listening for our hearing-impaired members and guests!
Fall was bustling as usual at the LifeFit Center with events, lectures and holiday tips, as well as the regular OLLI classes such as Senior Yoga, Tai Chi, and Longevity Stick.

LifeFit Center openhouse, along with Executive Director, Barbara White, CSULB President, Dr. Jane Conoley, several esteemed deans, and the LifeFit Center staff. The focus of this open house was to showcase two programs that promote the University’s “Community Outreach.” Both the LifeFit Center and PT@The Beach underscore the CSULB mission by serving as laboratories for the faculty and students as well as providing a value-added service and community engagement to the greater Long Beach public, particularly to OLLI members.

All OLLI students are encouraged to take advantage of LifeFit Center programs to improve not only their physical needs, but also their mental, social and spiritual needs as well. With the motto, “Move More, Live Longer,” the vision of the Center is to inspire and educate about a lifelong commitment to holistic wellness and healthy behaviors.

For more information about membership in the LifeFit Center, please visit The LifeFit Center @ The Beach website or call 562-985-2015.
OLLI Farewells

Phyllis Ciscle McDaniels 11/17/36 - 12/11/14

Phyllis, a prominent member of OLLI, died in December at age 78. She was born in Baltimore, Maryland, and had ancestors that included two colonial governors, a congressman and a Baltimore political boss.

After graduating from Towson Catholic High School, she began a 40-year career in retail sales. At age 39, Phyllis and her “to be” husband Alan, moved to California where he opened his medical practice. Phyllis served as his office manager and according to Alan, she was the real “brains” behind the business. Her “entre” into medicine led to her involvement in human tissue transplantation. After retirement, she enrolled at OLLI and considered herself a college student. As an OLLI volunteer, she was a member of both the Curriculum Committee and the Governing Council. She was also very proud of her leadership in the establishment of the OLLI Pine Avenue satellite campus, in downtown Long Beach. To celebrate Phyllis’ life, continue to support and practice life long learning.

Burton Schild 1926 - 2015

Burt Schild, an active OLLI member, died peacefully on January 7, 2015. He was an outstanding member of the Memoir Class at OLLI, creating narratives that were insightful, yet humorous. He was also featured on the front page of the Long Beach Press Telegram and in OLLI’s publication, The SUN.

Burt excelled in school and attended Brooklyn College where he majored in chemistry. His studies were cut short when he enlisted in the U.S. Army during WWII, serving as a medic. After the war, he attended New York University Dental School on the GI Bill, earning his DDS. He married Florence in 1952. They moved to California in 1958 where Burt opened his orthodontic practice, which continued for forty years. Burt was known for his gentle disposition, humorous nature and eloquence. He was an active member of Temple Israel in Long Beach who supported several Jewish, health and civil rights-related charities.

Burt is survived by a sister, three children and ten grandchildren.

HAIKU CONTEST

Haiku is a form of three-line Japanese poetry usually about nature; yours can also be about senior issues or education. Lines one and three have exactly 5 syllables and line two has 7 syllables. Rhyming is not important. Here is an example:

Create poetry
Haiku contest here in spring
Become a winner

Mail or email your entry by May 1, 2015 to:

Rebecca Low
OLLI @ CSULB - HSD 100
1250 Bellflower Blvd.
Long Beach, CA 90840-5609

Or email to OLLI @ CSULB.edu

Include your name, address and email address. All SUN readers are eligible, except for SUN staff members. Limit: one entry per person. Judges: Linda Carr plus two more. Winners will be recognized in the summer 2015 issue.

OLLI at CSULB - 2015

Class Sessions

Spring April 13 - June 8
Summer June 26 - August 29
Fall October 5 - Dec 9
Winter January 11 - Mar 7

Holidays–No OLLI Classes
Campus & Office Closed

March 31 Cesar Chavez Day
May 25 Memorial Day
July 3 Independence Day
Sept 7 Labor Day
Nov 11 Veteran’s Day
WINTER 2015 CONTRIBUTORS

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

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Helen Barrad
Claire Beekman
Barbara Bell
Nessa & David Bernstein
Sanford Binder
Bonnie Bishop
Steve Borges
Pam Blansfield
Renee Simon & Jack Blecher

Happy Birthday to Grace Blankenship
In memory of Phyllis Cicle-McDaniels
In memory of Burton Schild
Happy Birthday John Donahue
Lori & Don Brault

For the Brault Successful Aging Series
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Jane Dalton
William del Castillo
Walter Dow
Michael Doyle
Camille Dull
Geraldine Eckner
Toni Evans
Constance Farrand
Dawna Farvour
Josephine Fitzpatrick
Dave Frick
Don Friedman
Jean Gaines
Philip Garcia
Doris Garvin
John Gawley
Sally Geiger

Phyllis Goodwin
Shirle Gottlieb
Sheila & Malcolm Green
Jean Han
Robert Hannan
Ann Hanson
Judith Hardy
Richard Harris
Linda Henry
Carol Herzlinger
John Hinrichs
Booker Hinton
Sandra & Gerlad Horwitz
Sherry Howell-Cragg
Gary Hoyt
Linda Huang-Doughty
Keiko Karat
Toby Jamieson
Jeanette Jones
Dorothy & Joshua Kaye
Lynn Kukes
Alicia Lackman
Karen Larson
Isobel Leventhal
Gael & Glenn Libby
Jeanne & Bill Limmer
Nancy Linden
Mary Linehan
Doris Littenberg
Flora & Jerome Loeb

For the Scholarship Fund
Elizabeth Lucas
Mutsuko Lunsford
Fred Masback
Patricia Maxwell
Richard McCabe
John McKenna
Miriam McLeod
Sue & Curt Metz
Horst Meyer
C. Patti Mijares
Sheila Morgan
Marian Mules
Gary Murph
Joe Murray
Oksana Orel
Vicki O’Toole
Linda Palitz
Flo Pickett
Sonya Pinto
Donald Preuss
Karen Pruett

Rita Rabinowitz

Thank you to Sylvia Manheim
Fern & Arthur Ramirez
Jody Ramsey
Eileen Ringerman
Harlene Rowe
Betty & Gary Roussel

In memory of George Hardy
Ignacio Ruiz
Karen Schluntz
Charles Schumacher
Joyce Seippel
Alice & Darryl Sexton
Charles Sheldon
Ginge Shontell
William Shilling
Phyllis Spear
Alice Stasiak
Bonnie Strutin
Alexandra Sullivan
Betty & Brendan Sweeney
Margaret Takemoto
Thelma Teitel
Bernadette & John Tellez
Carol Tincher

In memory of Eugene and Don Tincher
Yvonne Troutman
Nadia Tushnet
Jack Upshaw
Sam Upton
David Urstein
Linda VanCouvering
Joan P. Van Hooten
Suzanne Walsh
Starling Walter
Frances Wang
Harriet Warner
Jerald Warren
Ann Weiss
Philipp West
Linda Wheeler
Jill Whittington
Katherine Wightman
Jane Williams
Catherine Winans
Ingela Woldenius
Barbara Wolfe
Rae & Milford Wyman
Dennis Youkstetter
Carol & Richard Zuck

OLL Memoir class
In memory of Burton Schild
(a great storyteller)
Registration opens **Saturday**
March 7 - 8:30 - 11:30 am

**How to Register**
Check off the list!

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

**OLLI Info - The Details**

- **Membership**
  - 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).
  - Shorter computer classes are $20.
  - Lecture/Activity class tuition is $10 for the term.
- **Class Limits**
  - Enrollment in computer classes and lecture classes with limits will be on a first-come, first-served basis. No more than 5 will be allowed on a wait list.
- **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. You will be contacted by the OLLI office or Parking Services.
- **Refunds**
  - No refunds will be made after the first week of classes for parking passes or for class tuition. **NOTE:** Please keep OLLI financially healthy by registering and paying for all classes attended.
- **Disclaimer**
  - Our instructors come with a variety of backgrounds, experiences and influences. We strive to provide diverse views while maintaining the highest quality of excellence in all classes. The views of the instructors are their own and do not necessarily reflect or represent the views of the Osher Lifelong Learning Institute at CSULB or the University.

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

*Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Fees and donations are tax deductible as allowed by current law.*
OLLI Membership                      $20.00  $ ________
NEW Members only - Pro-rated Annual Fee
Non-Computer Class Tuition $10.00  $ ________
8-Week Computer Class           $35.00  $ ________
4-Week Computer Class     $20.00  $ ________

Contribution $ __________ (Office) __________
Contributors will be acknowledged in our publications.

Cash ____Check # ________  Total $ _________
Make Check Payable to CSULB FOUNDATION

Parking Permit  $33.00 per Qtr.  Cash
Check # __________ (office) __________
Disabled (DMV cert. copy on file required)
Make Check Payable to CSULB PARKING SERVICES

### TIME COMPUTER CLASSES OS X
#### MONDAYS, April 13 - June 8
<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
<th>OS</th>
<th>X</th>
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</thead>
<tbody>
<tr>
<td>8:30-10:30</td>
<td>It’s Your PC I - Getting Started</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>It’s Your PC II (Int. Computer)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beg. Photoshop Elements II</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Tool Time</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>iPhone (4 wks-start April)</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Beg. Photoshop Elements I</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Copy Cat Coloring</td>
<td>PC/</td>
<td>Mac</td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Smartphone Basics</td>
<td>iOS/Ad</td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>Exploring the iPad</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Exploring the iPad</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>It’s Your Mac I</td>
<td>Mac</td>
<td></td>
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<tr>
<td>3:15-5:15</td>
<td>It’s Your Mac II</td>
<td>Mac</td>
<td></td>
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<tr>
<td>8:30-10:30</td>
<td>Intro to Digital Camera</td>
<td>PC/Mac</td>
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<tr>
<td>10:45-12:45</td>
<td>It’s Your PC II (Int. Computer)</td>
<td>PC</td>
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<tr>
<td>1:00-3:00</td>
<td>Manage Photos with Picasa</td>
<td>PC/Mac</td>
<td></td>
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<tr>
<td>3:15-5:15</td>
<td>Intro to Win 8 (4 wks-start April)</td>
<td>PC</td>
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<tr>
<td>3:15-5:15</td>
<td>It’s Your PC II LAB (4 wks-start May)</td>
<td>PC</td>
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### TUESDAYS, April 14 - June 2
<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
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<tbody>
<tr>
<td>8:00-9:30</td>
<td>Foundations of Investing</td>
<td>C-119</td>
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<tr>
<td>8:15-9:45</td>
<td>Copy Cat Drawing</td>
<td>C-101</td>
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<tr>
<td>9:45-11:15</td>
<td>Spanish:Beg Grammar and more...</td>
<td>C-119</td>
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<tr>
<td>10:00-11:30</td>
<td>Feel Great Again (6 weeks)</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>LB Opera Presentation (6/1)</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Longevity Stick</td>
<td>PA-</td>
<td>To</td>
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<tr>
<td>10:30-12:30</td>
<td>Adv. Archery (starts 4/6) ($10 fee)</td>
<td>ARCH</td>
<td></td>
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<tr>
<td>11:30-1:30</td>
<td>The Year in Cardmaking</td>
<td>C-119</td>
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<tr>
<td>11:45-1:15</td>
<td>Ukulele: Beg. and Advanced</td>
<td>C-101</td>
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<tr>
<td>1:00-4:00</td>
<td>8 Great Adventure Movies</td>
<td>PA</td>
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<td>1:30-3:00</td>
<td>Geopolitics</td>
<td>C-101</td>
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<td>2:00-3:30</td>
<td>CSI for Savvy Seniors</td>
<td>C-119</td>
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<td>2:30-4:00</td>
<td>The Short Story: Tales, Parables...</td>
<td>LW</td>
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<td>3:15-4:45</td>
<td>The Recorder Consort</td>
<td>C-101</td>
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<tr>
<td>6:30-8:30</td>
<td>Overcoming Fear of Watercolor</td>
<td>JCC</td>
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### WEDNESDAYS, April 15 - June 3
<table>
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<th>Time</th>
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<tbody>
<tr>
<td>8:30-10:30</td>
<td>Exploring the iPad</td>
<td>iOS</td>
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<tr>
<td>10:45-12:45</td>
<td>Exploring the iPad</td>
<td>iOS</td>
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<tr>
<td>1:00-3:00</td>
<td>It’s Your Mac I</td>
<td>Mac</td>
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<tr>
<td>3:15-5:15</td>
<td>It’s Your Mac II</td>
<td>Mac</td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>Rail Getaways in So. California</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>8:45-10:15</td>
<td>A Love Affair with Roses (4/14,21)</td>
<td>C-119</td>
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</tr>
<tr>
<td>8:45-10:15</td>
<td>Nat’l. Security vs. Civil Liberty</td>
<td>C-119</td>
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<tr>
<td>9:00-10:00</td>
<td>Longevity Stick</td>
<td>LFC*</td>
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<tr>
<td>10:00-11:30</td>
<td>Eastern Practices-Healthy Living</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>OLLI Players</td>
<td>PA</td>
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<tr>
<td>10:30-12:00</td>
<td>Rainbow of the Mesas</td>
<td>C-119</td>
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<td>11:45-1:15</td>
<td>LA Opera (4/14, 28, 5/12, 26)</td>
<td>C-101</td>
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<td>11:45-1:15</td>
<td>Challenges Facing EU (2 weeks)</td>
<td>C-101</td>
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<td>11:45-1:15</td>
<td>For Men Only - Style Event (6/2)</td>
<td>C-101</td>
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<td>1:30-3:00</td>
<td>Voice Class- 1 (4 wks-Apr)</td>
<td>C-101</td>
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<td>1:30-3:00</td>
<td>Voice Class- 2 (4 wks-May)</td>
<td>C-101</td>
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<td>2:30-4:00</td>
<td>Laugh! Laugh! and more...</td>
<td>LW</td>
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<tr>
<td>3:15-4:45</td>
<td>French Conversation</td>
<td>C-101</td>
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### FRIDAYS, April 17 - June 5
<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
<th>OS</th>
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<tbody>
<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
<td>ALL</td>
<td>Free</td>
</tr>
</tbody>
</table>

* OLLI LFC Class Tuition waived for LifeFit Gym Members.
Member Information

Emergency Contact:
_____________________________________

Phone:
_____________________________________

Relationship:
_____________________________________

- Pictures and videos are taken periodically of the classes and special events. If you **DO NOT** want your picture or video included in OLLI's newsletter, website or brochures please check here.  Waiver form is available in the office.

Class Locations

CSULB Campus (C) - lower Campus in HS&D Building Rooms 101, 105, 119, Computer Lab 100
Archery Field (ARCH) Student Union Lanes (SU)
LifeFit Center (LFC*) KIN Building, Rooms 107 and 110

OLLI Pine Avenue (PA)
737 Pine Ave, Suite 202
Enter from Solano Ct.
Long Beach, CA 90813
562 - 436 - 2100

OLLI Leisure World (LW)
13533 Seal Beach Blvd
Seal Beach, CA 90740
Clubhouse 3, 4 or 6

The Alpert Jewish Community Center (JCC)
3801 East Willow Street
Long Beach, CA 90813
562 - 426 - 7601

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

FREE! SPECIAL EVENTS at OLLI
June 1 LB Opera Introduction Rm. 101 10:00-11:30
June 2 For Men Only - Stylin’ Rm. 101 11:45-1:15

REGISTRATION STARTS SATURDAY MARCH 7
8:30 - 11:30 in the OLLI classroom. Come for the best seats in classes. Wait lists are limited to 5.

Please return this form with your check/s to:
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 Services
OLLI @ the BEACH  SPRING  2015 Registration
April 13 ~ June 8

Name: _________________________________ Date: __________________
Address: _____________________________ City: ___________ Zip: __________
Phone #: _____________________________ Email: ______________________

<table>
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<tr>
<th>Membership</th>
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<tr>
<td>NEW Members only - Pro-rated Annual Fee</td>
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<tr>
<td>Non-Computer Class Tuition</td>
<td>$10.00</td>
<td>__________</td>
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<tr>
<td>8-Week Computer Class</td>
<td>$35.00</td>
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<tr>
<td>4-Week Computer Class</td>
<td>$20.00</td>
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**Contribution** $ __________(Office)__________
Contributors will be acknowledged in our publications.
☐ if you would like to remain anonymous check here.

Cash ____Check # __________  Total  $ __________

Make Check Payable to CSULB FOUNDATION

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Make Check Payable to CSULB PARKING SERVICES

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<tr>
<th>TIME</th>
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<tr>
<td><strong>MONDAYS, April 13 - June 8</strong></td>
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<tr>
<td>8:30-10:30</td>
<td>It’s Your PC I - Getting Started</td>
<td>C-119</td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>It’s Your PC II (Int. Computer)</td>
<td>C-119</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beg. Photoshop Elements II</td>
<td>C-119</td>
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<tr>
<td>3:15-5:15</td>
<td>Tool Time</td>
<td>C-119</td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>iPhone (4 wks-start April)</td>
<td>C-119</td>
</tr>
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<td>1:00-3:00</td>
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<td>3:15-5:15</td>
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<td>It’s Your Mac II</td>
<td>C-119</td>
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</table>

| TUESDAYS, April 14 - June 2 |                                  |      |
| 8:15-9:45   | Rail Getaways in So. California | C-101 |
| 9:45-11:15  | Spanish: Beg Grammar and more... | C-101 |
| 10:00-11:30 | Feel Great Again (6 weeks)      | C-101 |
| 11:45-1:15  | Adv. Archery (starts 4/6) ($10 fee) | ARCH |

| WEDNESDAYS, April 15 - June 3 |                                  |      |
| 10:00-11:30 | Longevity Stick                 | C-101 |
| 11:00-12:30 | LA Opera (4/14, 28, 5/12, 26)  | C-101 |
| 1:00-2:00  | Voice Class- 1 (4 wks-Apr)      | C-101 |
| 3:15-4:45  | French Conversation             | C-101 |

| THURSDAYS, April 16 - June 4 |                                  |      |
| 8:30-10:30 | Intro to Digital Camera         | C-101 |
| 1:00-3:00  | Manage Photos with Picasa      | C-101 |
| 3:15-5:15  | Intro to Win 8 (4 wks-start April) | C-101 |
| 3:15-5:15  | It’s Your PC II LAB (4 wks-start May) | C-101 |

| FRIDAYS, April 17 - June 5 |                                  |      |
| 10:00-5:00 | Open Computer Lab               | C-101 |

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_____________________________________

Phone: __________________________________

Relationship: ______________________________

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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 Services

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

FRIDAYS, April 17 - June 5

8:15-9:30 Not Your Daughter’s Yoga LFC*
8:15-9:30 Meditation C-101
8:30-10:00 Beginning Bridge C-119
10:00-12:00 Meet LB Master Artists (6 wks) PA-Th
10:00-11:30 Philosophy in an Age of Science LW
10:15-11:45 History of Psychology C-101
10:15-11:45 Intermediate Bridge I C-119
12:00-3:00 Daniel Day-Lewis Film Festival C-101
1:30-3:00 POV Films (6 wks) PA-Th
12:30-2:00 Intermediate Bridge II C-119
2:30-4:00 Acting with Alice LW
2:30-4:00 Getting Organized C-119
3:15-4:45 Conversational Spanish C-101

SATURDAYS, April 18 - June 6

8:30-12:00 Art Workshop Lab C-105
10:00-12:00 Famous Hollywood Musicals PA

WEDNESDAYS, April 15 - June 3

8:15-9:45 Elem. Japanese 101 C-119
9:00-11:30 8 Great Adventure Movies C-101
10:00-11:30 Taking Better Photos C-119
11:45-1:15 Opera: Unique, Different... (6 wks) PA
11:45-1:15 Chinese Literary Topics C-101
11:45-1:15 A More Glamorous You C-119
1:00-3:00 Watercolor Painting LW
1:30-3:00 Intelligence Community-Revisited C-101
1:30-3:00 8 Stories - 8 weeks PA
1:30-3:00 Financial Rules of the Road C-119
2:30-3:00 Tai Chi as a Dance of Life LFC* free
3:15-3:45 Shimmy, Shimmy, Shimmy! LFC*
3:15-4:45 Legendary Locals of LB C-101
3:15-4:45 Write, Edit, Rewrite, Publish C-119

THURSDAYS, April 16 - June 4

8:30-9:30 Longevity Stick LW
8:30-10:00 Memoir Writing C-101
9:00-11:30 Current Real Estate Trends C-119
10:00-11:00 Tai Chi Chih PA
10:15-11:45 Fear Not... Shakespeare XVI C-101
10:45-12:15 Greening Your Lifestyle (6 wks) C-119
12:00-1:30 Current Events and Issues C-101
1:30-3:00 Short Story Masters (6 wks) PA
1:15-2:00 Tai Chi Chih LFC*
1:45-3:15 Folk Guitar C-101
3:30-5:00 Catch the Spirit Chorus C-101

SUNDAYS, April 19 - June 7

8:30-9:30 Tai Chi Chih LW
9:00-9:30 Tai Chi Chih LW
9:00-11:30 Tai Chi Chih LW
10:00-11:30 Tai Chi Chih LW
10:15-11:45 Tai Chi Chih LW
11:00-12:00 Tai Chi Chih LW
12:30-1:30 Tai Chi Chih LW
1:30-3:00 Tai Chi Chih LW
2:30-3:00 Tai Chi Chih LW
3:15-4:15 Tai Chi Chih LW

Classes Spring 2015

MONDAY

Foundations of Investing
This class will cover the foundations of investing including lessons on how to evaluate bonds, read stocks and tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, and retirement plans. The class also covers tips in selection of a professional financial advisor and what to expect when working with a financial advisor. Each class includes time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.
Instructor: Andy Dilsaver, B.S., Financial & Marketing advisor
Mondays, April 13 – June 8
8:00 – 9:30 AM
CSULB, HS&D, room 119

Spanish: Beginning Grammar, Conversation, & Composition
This course is designed for those who have little or no knowledge of Spanish. The grammar and composition aspects will be based on dialogues (conversations), which will be studied and practiced in class. In order to reach class goals, there will be homework. Class limit: 25
Instructor: Murray Sokoloff, B.A., M.A. CSULB, Secondary Education
Mondays, April 13 – June 8
9:45 – 11:15 AM
CSULB, HS&D, room 119

Longevity Stick
This class promotes physical fitness, increased energy, and mental relaxation. Longevity stick involves gentle motions, stimulates blood circulation, increases flexibility, aids balance and coordination, is easy to learn, and is fun! Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. (Available at Lowe’s, Home Depot, or most hardware stores.) Tennis or athletic shoes are recommended, as is loose and layered clothing.
Instructor: Camilla Marie Gartland, certified longevity stick instructor
Mondays, April 13 – June 8
10:00 – 11:30 AM
Pine Ave., Park Pacific Tower (meet in the garden)

Feel Great Again: Understand and Maximize Your Brain Biochemistry
Solid research has confirmed that what you eat controls the way you feel. We journey through the brain to uncover the relationship between foods, moods and illnesses. It has been proven that each person has a dominant brain biochemical neurotransmitter. We will explore four brain types including the strengths and vulnerabilities of 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.
The book The Edge Effect by Eric Braverman, M.D. will be used as the text for the course. Class limit: 30
Instructor: Holly Weber, RN, LCSW, Psychoanalyst
Mondays, April 13 – May 18 (6 wks)
10:00 – 11:30 AM
CSULB, HS&D, room 101

Copy Cat Art: Drawing
Like to draw pictures? Like to impress or share your expertise? In this class we will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pens are provided. Arrive, relax, and enjoy drawing.
Instructor: Patricia Woods, State Golden Bell Award for Perf. Arts; assisted by Ian Woods
Mondays, April 13 – June 8
8:15 – 9:45 AM
CSULB, HS&D, room 101

Archery Lab
Provides former AGELESS ARCHERY students time to continue training and mastering skills they were taught. There will be personal coaching, encouragement and lots of shooting to achieve all XXXXXX’s while staying active and healthy. Material fee of $10 to cover tackle rental is payable in cash at time of OLLI registration.
Instructor: Mel Leach, Prof. Emerita, archery coach and competitor.
Mondays, April 6 – May 18 (6 wks)
(Note early starting date)
10:30 AM – 12:30 PM
Archery Range (south of Softball diamond near parking lot 11)

→ Also check Computer Coloring on page 32
**The Year in Cardmaking**

Do you hate having to spend $2 to $5 when you need a card? Wouldn't it be easier if you had an appropriate card on hand, handmade by you? Even if you've never made cards before, you'll surprise yourself at what you can do. Students will jaunt through card-worthy occasions of coming months, from the familiar (Happy Fathers Day!) to the under-recognized (National Garden Month), the personal (Happy Birthday! Congratulations!) and the slightly absurd Blueberry Muffin Day (because sometimes sending a “holiday” card is just an excuse to say “I'm thinking of you.”). Each student should bring a paper trimmer, small scissors, and fine line black marker to the first class. A $15 materials fee will be collected at the first meeting to cover part of the cost of supplies. Questions? Email instructor at lisapskay@gmail.com. Class limit: 15

**Instructor:** Lisa Peskay Malmsten

**Mondays, April 13 – June 8**

**11:30 AM – 1:30 PM**

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

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**Ukulele**

**Beginner Class**

You can learn to play songs with no prior musical training! Learn the joy of making your own music. Join us for hands on training. Be amazed at what you can do! Bring your uke and plan to have a lot of fun.

**Beyond Beginners**

Continuing class for learning the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills.

**Instructor:** Pedro Rodriguez

**Mondays, April 13 – June 8**

**Beg:** 11:45 AM – 12:30 PM

**Beyond:** 12:30 – 1:15 PM

**CSULB, HS&D, room 101**

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**8 Great Adventure Movies**

Come enjoy 8 great adventure movies. Each week there will be a question and answer period during which Mr. Hathcock will provide information on the actors and the movie. Teasers: *Captain Blood*, *Ulysses*, *Captain From Castille*, *Zulu*

**Instructor:** Jeff Hathcock

**Mondays, April 13 – June 8**

**1:00 – 4:00 PM**

**Pine Ave., Suite 202**

**Geopolitics in the 20th and 21st Centuries**

This class will help us understand the symbiosis of geography and politics and identify and deal with the looming, growing crisis in world affairs called geopolitics. In times of great upheaval “maps” are important as a beginning of understanding the historic importance of what comes next. Learn how history and geography play a fundamental role in understanding geopolitics. Current topics include Putin and his passion to re-establish the Great Russian Empire and Iran and the dream to re-establish the glory of the Persian Empire.

**Instructor:** Dick Lunde, Ph.D., History

**Mondays, April 13 – June 8**

**1:30 – 3:00 PM**

**CSULB, HS&D, room 101**

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**CSI for the Savvy Senior**

This class has three focal points: protecting against fraud, understanding the court system, and understanding and evaluating physical evidence as it is presented during a trial. Hands-on exercises will be used to enhance the importance of evidence and how it is collected and processed.

**Instructor:** John Zacha, CSULB grad student, B.S. criminal justice, minor forensic studies

**Mondays, April 13 – June 8**

**2:00 – 3:30 PM**

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

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**The Short Story: Tales, Parables, and Other Enigmas**

Short stories can entertain, challenge, and enlighten us. They also can represent the familiar in a new light or transport us to other realms. Often the best stories retain a core of mystery that lingers and intrigues. Read a varied selection by masters of the genre, and engage in lively discussions with class members about “what it all means.” Reading materials are drawn from the Great Books selections and are loaned to students. **Class limit: 15**

**LW residents receive priority registration for this class.**

**Instructor:** Fern Ramirez

**Mondays, April 13 – June 8**

**2:30 – 4:00 PM**

**LW, Clubhouse 3, room 4**

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**The Recorder Consort**

This class provides an opportunity for the more advanced recorder players to participate in a group. Students will analyze and interpret the music and improve their playing! Join us as we progress along the “path to perfection”. This class is for “beyond beginners”.

**Instructor:** Muriel Pendleton

**Mondays, April 13 – June 8**

**3:15 – 4:45 PM**

**CSULB, HS&D, room 101**

→ See article on page 5

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22
**TUESDAY**

**A Love Affair with Roses**
I will discuss how to select the correct rose for the area in which you live. This includes preparing the soil, selecting the correct location for planting your roses, and the importance of sun, water, and fertilizer. In addition, I will explain how to deal with insects and pruning.

*Class limit: 25*

**Instructor: Stu Span, B.A. Ornamental Horticulture, author, Consulting Rosarian with the American Rose Society at Roger’s Gardens**

**Tuesdays, April 14 & 21 (2 wks)**
8:45 – 10:15 AM
CSULB, HS&D, room 119

**Rail Getaways in So. California**
Let’s explore the hidden Southern California by rail: tour downtown’s Union Station, California Science Center in Exposition Park, or even take a train up the coast to Santa Barbara. In 8 weeks you’ll learn the ins and outs of our Metro Rail system, exciting destinations on our regional commuter rail--Metrolink and fascinating trips using Amtrak. The instructor will lead optional weekend 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, including an LA Conservancy tour of Union Station. We’ll review an overnight train option to Mary Colter’s gem of a Harvey House—La Posada—in Winslow, Arizona. Last year this trip included a tour of the Hopi Reservation on First Mesa. Learn the history of the settlement of the West by the Harvey Girls and the Santa Fe railroaders.

**Instructor: Carl Schiermeyer**

**Tuesdays, April 14 – June 2**
8:15 – 9:45 AM
CSULB, HS&D, room 101

**National Security vs. Civil Liberty: A post 9/11 conversation on speech rights, domestic spying, torture and due process.**
Under the Constitution, the President is allocated the power and authority of commander in chief of the armed forces. But what exactly are these powers? This class explores the conflict between national security and civil liberty in post-9/11 America. Explore the theory of the unitary executive and fundamental constitutional rights, including 1st Amendment speech rights, the 4th Amendment bar against searches w/o probable cause, and the 5th Amendment’s prohibition against depriving a citizen of life or liberty without due process.

*Class limit: 25*

**Instructor: Josie McCausland, M.A.**

**Tuesdays, April 14 – June 2**
10:30 AM – 12:00 PM
CSULB, HS&D, room 119

**MONDAY**

**Overcoming Fear of Watercolor**
This is a hands-on class for any level of experience. We will create and complete a watercolor landscape during each class---your own masterpiece! Every student will learn “it’s best to keep in mind all the time you are painting that you are not trying to reproduce the ‘picture’ but, instead, you are putting yourself in there with all your emotions and visual colors and painting the piece from your heart, not your eyes.” Email instructor for a list of materials needed for this class: joanborytaart@gmail.com

*Class limit: 15*

**Instructor: Joan Boryta**

**Mondays, April 13 – June 8**
6:30 – 8:30 PM
JCC, room 27

**Longevity Stick**
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increase physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.

**Instructor: Joe Ribakoff, J.D.**

**Tuesdays, April 28 – June 2 (6 wks)**
8:45 – 10:15 AM
CSULB, HS&D, room 119

**Rainbows of the Mesa: New Mexico’s Hidden Gems**
If you decide this is going to be just a travelogue, think again. When I speak of New Mexico, picture in your mind: awe inspiring vistas, audacious explorers, pious farmers, visionaries, all combined in an irresistible cultural tapestry. Together we’ll talk about fiestas and chili, geologic history and human migration, and also notable luminaries who have enriched our world, such as Georgia O’Keeffe and Ansel Adams, N. Scott Momaday and Richard Feynman. Come explore all the many facets of this interesting land. Course includes guest speakers, videos, and excerpts from fiction and poetry.

*Class limit: 25*

**Instructor: Josie McCausland, M.A.**

**Tuesdays, April 14 – June 2**
10:30 AM – 12:00 PM
CSULB, HS&D, room 119
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 well-spring of relaxation, harmony and vibrant health.
Instructor: Annemarie Lovdahl, Certified Qigong/Seijaku instructor
Tuesdays, April 14 – June 2
10:00 – 11:30 AM
CSULB, HS&D, room 101

Voice Class for all Levels - 1
Vocal improvement with each class you take with individual attention
Bring out the best in your singing and speaking voice! A conservatory-trained teacher will provide exercises to enhance your breath control, tone quality and vocal range. Taught in a playful yet professional way, beginners and those hesitant yet curious to see just what their voice can do, are highly encouraged to sign up! Class limit: 12
Tuesdays, April 14 – May 5 (4 wks)
1:30 – 3:00 PM
CSULB, HS&D, room 101

CSULB, HS&D, room 101

LA Opera (4 presentations)

It Can’t be an Opera if Nobody Dies!
How often have we heard this cliché? While it is true that many of the favored operas in the repertoire end with the death of the principal character(s), there is an equal number where no dead bodies clutter the stage at the final curtain. With both comedies and tragedies, one of the principal motivations of all opera plots is to keep your imagination tuned up!
Instructor: Harriet Bennish, Voice Teacher/Vocal Coach
Tuesdays, May 12 - June 2 (4 wks)
1:30 – 3:00 PM
CSULB, HS&D, room 101

Challenges Facing the European Union Today
How will the European Union respond to the military, economic, social, and organizational challenges it is facing today? Europe’s open border policy also will be discussed.
Instructor: Rita H. Jones, Ph.D., prof. in social science education
Tuesdays, April 21 & May 5 (2 wks)
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

Voice Class for all Levels - 2
See description above . A dual-purpose class: Students who were in the previous session will have ongoing reinforcement of what was learned in the first session. You may also start in this session. Class limit: 12
Recommended to bring to class: a small hand-held mirror and a recording device.
Instructor: Harriet Bennish, Voice Teacher/Vocal Coach
Tuesdays, May 12 - June 2 (4 wks)
1:30 – 3:00 PM
CSULB, HS&D, room 101

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, June 5, 2 PM, at Pine Ave. $10 fee to cover the cost of materials and to help with royalty payments.
Instructor: Nancy Hathcock, BA, MA, Theater Arts, V. P. of The Theatre Guild and SE Civic Light Opera
Tuesdays, April 14 - June 2
10:00 – 11:30 AM
Pine Ave., Suite 202

TUESDAY
**TUESDAY**

**Laugh! Laugh!**
**And More Laughter!**
In this class you will view of some of the most famous and great comedians of the 20th Century including some of the “Great Ones” no longer with us. This is going to be a fun class where you will enjoy the laughter that they gave us and are still giving us today. Come and enjoy the laughter. One great actor on his deathbed said, “Dying is easy. Comedy is hard”. Be aware: some of the language may be a little risqué. Enter laughing at your own risk.

**Class limit:** 25
**LW residents receive priority registration for this class.

**Instructor:** Barry Buckheim
**Tuesdays, April 14 – June 2**
2:30 – 4:00 PM
**LW, Clubhouse 3, room 3**

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

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

**Instructor:** Malcolm Green, M.A.
**Tuesdays, April 14 - June 2**
3:15 – 4:45 PM
**CSULB, HS&D, room 101**

**WEDNESDAY**

**Elementary Japanese 101**
Students will be coached in polite expressions and “survival Japanese” and given further insight on Japanese daily life and customs. “Hiragana” and “Katakana” (the two Japanese syllabaries) will be introduced in connection with basic reading and writing. CDs and video clips featuring native speakers will be used regularly to facilitate listening and speaking.

**Class limit:** 25

**Instructor:** William J. Teweles, Ph.D.
**Wednesdays, April 15 – June 3**
8:15 – 9:45 AM
**CSULB, HS&D, room 119**

**8 Great Adventure Movies**
Come enjoy 8 great adventure movies. Each week there will be a question and answer period during which Mr. Hathcock will provide information on the actors and the movie. Teasers: *Captain Blood, Ulysses, Captain From Castille, Zulu.*

**Instructor:** Jeff Hathcock
**Wednesdays, April 15 – June 3**
9:00 – 11:30 AM
**CSULB, HS&D, room 101**

**Taking Better Photos**
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. You need not have a film or digital camera. If you do, be sure to bring it and your instruction manual to the first class.

**Instructor:** Terry Fiskin
**Wednesdays, April 15 – June 3**
10:00 – 11:30 AM
**CSULB, HS&D, room 119**

**Opera: Unique, Different, or Stand Alone**
Sometimes it’s good to be unique. But sometimes it’s not so good. We will explore some themes, characters and stories in the operatic genre that relate to this idea.

**Celebrating the LGBT Contribution to Opera:** Some of the greatest creators, composers and singers, throughout the centuries, were gay and we will look at their work in the operatic world.

**Albert Herring (Benjamin Britten):** He certainly was a unique character and we learn why, in one of Benjamin Britten’s only comedies. Fun and silly!

**Nature’s Connection to Opera:**
What could be more unique in the world than nature? Opera composers have been inspired by the natural world in many different ways.

**La Forza del Destino (Giuseppe Verdi):** One of the main characters in this great Verdi masterpiece is an Incan, and a very unique and sad individual. Some of Verdi’s greatest music will be heard.

**Operas with a Message:** Opera and Twitter? Opera and Facebook? We take a very different and fun look at the way Opera could have been used in Social Media and more.

**La Fanciulla del West (Giacomo Puccini):**
Minnie certainly was a different character for Puccini. She was alone in the man’s world of the old American West, but she survived and she eventually met her cowboy.

**Instructor:** Steve Kohn
**Wednesdays, April 15 – May 20 (6 wks)**
11:45 AM – 1:15 PM
**Pine Ave., Suite 202**
A More Glamorous You
Students will learn about the psychology of color, first impression, and wearing colors that harmonize with natural skin tone. They will become aware of their “fashion personality” so they can save time and money when shopping/dressing. In addition, students will learn about the various body types for women and how to dress to look their very best possible. Class will also include a core-wardrobe and accessorizing session, to create more looks with very few pieces.
Instructor: Kathy Marshall, Image Consultant, Fashion Stylist
Wednesdays, April 15 – June 3
11:45 AM – 1:15 PM
CSULB, HS&D, room 119

The Role of Literature in the Life of Chinese Intellectuals
The development of the Chinese literary trend will be addressed in the light of a major cultural heritage—the elite and literate social strata. For each meeting a piece of Chinese literature that represents a literary period will be selected as reading material. Beside literary genre, the discussion of social and historical background, philosophical thought and linguistic characters of the piece will be emphasized. Knowledge provided may reveal how the literary accomplishment and talent played a role in the Chinese intellectuals’ ladder of sociopolitical mobility.
Instructor: Teresa Sun, BA Chinese Lit. from Taiwan Normal Un., MA Ed. UCLA, Ph.D. Ed. Seton Hall Un.
Wednesdays, April 15 – June 3
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

The Intelligence Community-Revisited... Who Are Our Spies And What Do They Do?
This course is an updated look at the 17 organizations of the US Government that make up the “Intelligence Community” (previously presented at OLLI). Through lectures, presentations, videos and perhaps guest speakers, it will describe how these organizations came to be, how they work, who they report to, and who provides oversight to them. Both human and technical intelligence activities will be included. In light of the Snowden revelations there will be additional coverage of the National Security Agency’s roles and missions. In addition, discussion topics will enable the class to present their opinions and understandings of the intelligence community.
Instructor: Len Jacobson, M.S.E.E.
Wednesdays, April 15 – June 3
1:30 – 3:00 PM
CSULB, HS&D, room 101

Financial Rules of the Road
The road to financial independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? Do they know a secret? There are no real secrets to investing. But there are rules you can follow to work toward your goals. The course will cover: the most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know. Class limit: 25
Instructor: Steve Masoner, Financial Advisor
Wednesdays, April 15 – June 3
1:30 – 3:00 PM
CSULB, HS&D, room 119

Watercolor Class
Learn to paint using watercolors with a talented teacher and artist. Bring your own supplies to the Leisure World classroom to try out new techniques in a guided setting.
Class limit: 25 LW residents receive priority registration for this class.
Instructor: Ladd Terry
Wednesdays, April 15 – June 3
1:00 – 3:00 PM
LW Clubhouse 4, Art Room

Eight Stories, Eight Weeks
Along with the daffodils we’ll welcome spring with short stories: Some about getting older, some about staying young. Hope you’ll join a very congenial group to read and discuss works by writers, some of whom you know and many others whom you’ve never experienced.
Class limit: 15
Instructor: Mona Panitz
Wednesdays, April 15 – June 3
1:30 – 3:00 PM
Pine Ave., Suite 202

Legendary Locals of Long Beach
Going back to the early history of Long Beach, we will explore some of the legendary locals who made the city great. Participants are encouraged to bring infor mation on friends and relatives whom they would like to nominate as a legendary local. We will also work with a Community Al manac (http://www.communityalmanac.org/Long-Beach-CA), made possible by the Orton Family Foundation, to share stories about Long Beach.
Instructor: Gerrie Schipske, Registered Nurse Practitioner, attorney, adjunct faculty CSULB/law & human resources/Health Care Admin Dept
Wednesdays, April 15 – June 3
3:15 – 4:45 PM
CSULB, HS&D, room 101
**WEDNESDAY**

**T’ai Chi Chih as a Dance of Life**
This class is the next level from the basic 20 movements. Some poses will be less than the traditional nine repetitions. Some improvisational movements will be used during the warm up and music will be used during some of the sessions. The desired outcome will be improved balance, grace and awareness!

**Wednesdays, April 15 – June 3**
2:30 – 3:00 PM

*and stay for this class FREE! ......*

**Shimmy! Shimmy! Shimmy!**
This class will get you dancing and moving to some exotic melodies. You will come alive as you learn hip circles, figure eights, hip lifts and drops. These techniques are easy and natural to execute. We are all young at heart and you will feel comfortable in this safe and supportive class!

**Instructor:** Diane Cohen, M. A., National Certified Counselor, U. of Phoenix

**Wednesdays, April 15 – June 3**
3:15 – 3:45 PM

CSULB, LifeFitCenter, KIN 107

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

**Instructor:** Lynne Marsh, M.A.

**Thursdays, April 16 – June 4**
8:30 – 9:30 AM

LW, Clubhouse 6, room C

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**A Novel Approach to Memoir Writing**
A man from Holland whose family hid Jews during World War II. The man who invented “rice crispy” ice cream. The woman who wrote her stories based on family recipes. They’ve written their memoirs. When are you going to write yours? How about now?

Memoir Writing is the only OLLI class that has met every semester since OLLI began, and its longevity is witness to the fact that every person has at least one unique and fascinating story. In the class, students read stories they have written at home and receive comments and feedback. Students learn from each other as well as from the instructors, who provide writing prompts, recommended reading lists, and other memoir-writing resources. Critiques are gentle and designed to encourage writers of all levels and educational backgrounds, including those for whom English is a second language.

**Instructors:** Florence Dodge & Josephine Fitzpatrick

**Thursdays, April 16 – June 4**
8:30 – 10:00 AM

CSULB, HS&D, room 101

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**THURSDAY**

**Current Real Estate Trends**
Have you heard that real estate is a fast changing industry? Do you want to gain a perspective to evaluate the market? Do you want to learn how to evaluate properties for sale or property management tips? Come to this class to discuss and learn about the ever-changing real estate business. See changes in lending and banking business. There is no real estate market-it is a neighborhood market. **Class limit: 25**

**Instructor:** Alan Fasnacht, M.A., real estate agent / broker, actively listing & selling real estate

**Thursdays, April 16 – June 4**
9:00 – 10:30 AM

CSULB, HS&D, room 119

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**Fear Not, I Speak Shakespeare – Act XVI**
Working our way through the canon, we will study *Pericles* and *Love’s Labor’s Lost*. I think they both should engender a bit of healthy discussion! The goal of the class is for you to enjoy Shakespeare – whether you see his plays in a film or on a stage or in your imagination. Don’t fret if you are new – we’ll start out with an overview of Shakespeare’s meager biographic information and the Globe Theatre and iambic pentameter (so we’ll have a sense of how and where he was writing). If you want to skip the introductory class of material you’ve already heard, I wouldn’t blame you. It is a great joy and honor for me to share my interest and what little I know about Shakespeare with you – and to learn more together! I look forward to having you join us!

**Instructor:** Michele Roberge, M.A.
Executive Director, Carpenter Performing Arts Center, CSULB

**Thursdays, Apr. 16 - June 4**
10:15 AM – 11:45 PM

CSULB, HS&D, room 119

→ See article on page 7
We'll be reading some of the masters of the short story: Ernest Hemingway, Anton Chekhov, Flannery O'Conner, William Faulkner, James Joyce, D.H. Lawrence, and others. Discussion will focus on the key elements of the story that give the reader pleasure: the Recognition of the Familiar, Moral Shock, Identification, Humor, the Imaginative Flight. How each of these elements contribute toward the enjoyment of the short story will be discussed in conjunction with what the reader brings to it.

**Instructor:** David Hennage  
**Fridays, April 17 – June 5**  
**8:15 - 9:30 AM**  
**LifeFit Center, room KIN 107**

### Folk Guitar

Dust off your guitar! Learn 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 play chords, strums, and picks for folk and pop music. You’ll be making music in no time!

**Instructor:** Jane Adair, Ph.D. Physical Education, Sport Social Psychology  
**Fridays, April 17 – May 8 (4 wks)**  
**8:15 – 9:30 AM**  
**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.
Instructor: Inge Johnson
Fridays, April 17 – June 5
8:30 - 10:00 AM
CSULB, HS&D, room 119

Intermediate Bridge I
This class is for players who have had some experience playing bridge. We will start with basics: how to keep score, and opening with a suit and with No Trump. In addition, we will learn about overcalls. Class limit: 25
Instructor: Inge Johnson
Fridays, April 17 – June 5
10:15 – 11:45 AM

Intermediate Bridge II
This will be the same as Intermediate I, so you have a choice of time. Response to 1 of a suit, to 1 No trump, overcalls and slams and pre-empts will be explained.
Instructor: Inge Johnson
Fridays, April 17 – June 5
12:30 – 2:00 PM
CSULB, HS&D, room 119

Philosophy in an Age of Science
Now that the sciences have emerged from philosophy, what is left for it to do? We will discuss the unique role of philosophy in analyzing basic concepts, probing widespread assumptions, and exploring the prospects of ethics in an age of science. Class limit: 25  LW residents receive priority registration for this class.
Instructor: Shane Andre PhD.
Fridays, April 17 – June 5
10:00 – 11:30 AM
LW, Clubhouse 3, room 3

Meet Long Beach Master Artists
We introduce Master Artists who live or have done extensive work in Long Beach within various art mediums, including dance, painting, sculpture, recycle art, video and murals. They will present what to look for when viewing their art form and give a brief demonstration of how they create it, followed by a discussion and viewing of the artist’s art.
The proposed artists are: Painting: Thea Robertshaw, Dean Triolo; Sculpture: Patrick Vogel, Robin Bott; Muralists: Jose Loza, Efren Luna; Recycle Art: Claudio Garzon, Paul Hogue; Dance: Maha Afra, Nanette Brodie; Video: Nima Rezai, Bill Almas.
Coordinator: Karen Reside, CALB
Fridays, April 17 – May 22 (6 wks)
10:00 AM – 12:00 PM
Pine Ave., Theater
→ See article on page 5

POV (Point of View) Films
Documentary films by the Public Broadcasting System (PBS) will be presented to challenge your mind and stimulate discussion. Award-winning documentaries cover issues relevant to everyone and offer different world-views. The schedule of these wonderful programs will be available on the first day of class.
Coordinator: Karen Reside
Fridays, April 17 – May 22 (6 wks)
1:30 – 3:00 PM
Pine Ave., Theater

Get Organized A-Z
Less clutter, more storage-sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.
A: Act - If you want to do it, act on it now.
B: Break It Down – A project is easier to do if you break it down into manageable parts.
C: Containerize - Store belongings in see-through, plastic containers.
Instructor: Sharon Farley
Fridays, April 17 – June 5
2:30 – 4:00 PM
CSULB, HS&D, room 119

Daniel Day-Lewis Film Festival
This class will explore the filmography of Day-Lewis who some (yours truly) consider the finest screen actor of all time. Prepare to see method acting at its finest and wonder at the personality behind it all. Films will include many multiple award winners.
Instructor: Michael Gavin
Fridays, April 17 – June 5
12:00 – 3:00 PM
CSULB, HS&D, room 101

History of Psychology
This class will extend over three sessions and will focus on the history of psychology and its emergence and relationship to philosophy and other life and physical sciences. This spring session will focus on how psychology emerged from philosophy, the development of psychoanalysis, and the analytical psychology of Freud and Jung. The summer session will focus on the emergence of depth, humanistic, transpersonal psychology. The fall session will focus on how transpersonal psychology has evolved into integral psychology and/or integral science. Each session will be exciting, informative, and self-contained.
Attend one, two, or all three sessions!
Instructor: Mark Barnett
Fridays, April 17 – June 5
10:15 – 11:45 AM
CSULB, HS&D, room 101

→ See article on page 9
→ See article on front cover
FRIDAY

Acting with Alice
Develop your creativity! Discover your talent! Gain poise and confidence in front of an audience! All this and more await you in our basic acting class. Participation in theatre games, improvisations, monologues, and scene study will help you heighten your imagination and sharpen your sense of observation. If you’ve ever wondered how actors learn their craft, this course is for you. There is no memorization required in this class. Instructor: Alice Lemon, M.A.
Fridays, April 17 – June 5
2:30 – 4:00 PM
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 students acquire more fluency. Basic knowledge of Spanish strongly suggested.
Instructor: Lilia Vergara de Owens, M.A.
Fridays, April 17 – June 5
3:15 – 4:45 PM
CSULB, HS&D, room 101

CSULB ID Cards
Do you have a Student ID card? Current members of OLLI 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. ID card and ASI benefits info is available in the hall outside the OLLI office door.

SATURDAY

Art Workshop Lab
Intended for students who have experience in painting or drawing. This non-directed time is for artists to improve painting, focusing on elements such as: colors, value patterns, perspectives and composition. Share experiences, exchange ideas, give feedback and critique each other’s work. Bring art materials, paint your favorite subjects, explore creativity. Choose any time you wish!
Instructors: from the group Saturdays, April 18 – June 6
between 8:30 AM - 12:00 noon
CSULB, HS&D, room 105

Famous Hollywood Musicals
Come find out just how wild and fun these musicals are! Hear music by Gershwin, Berlin, and Rogers & Hammerstein. See what makes a gold digger spend it, why Marietta was naughty, what makes Mickey Rooney so girl crazy, and how an umbrella leads to an epic tragedy. Teasers: Naughty Marietta, Gigi, Carousel, Cabaret. If you love classic Hollywood movies, have an ear for good music, and enjoy visually spectacular entertainment then this is the class for you.
Instructor: Allyson Hathcock
Saturdays, April 18 – June 6
10:00 AM – 12:00 PM
Pine Ave., Suite 202

Cranial Challenge
(From page 13)
Hint:
Turn the page 180 degrees
Answer: 87

SPECIAL EVENTS

Philip Glass’ “Hydrogen Jukebox”: An Introduction
Learn more about Long Beach Opera’s Outer Limits presentation, an intimate journey through America’s cultural landscape from the 1950s through the 1980s: sex, drugs, rock & roll, Eastern philosophy, and landmark political events – a kaleidoscope of social phenomena. Glass’ poignant, percussive minimalism, fused with Allen Ginsberg’s prophetic text, offers an experience passionately nostalgic and stunningly relevant.
Presented by Kevin St. Clair, DMA, USC
Long Beach Opera Education Programs Coordinator
CSULB, HS&D, room 101

For Men Only: A More Confident You!
Men have style too, whether they choose to or not! Learn the image you project. We will discuss many topics including wardrobe and color choices.
• Do you dress to reflect personal goals?
• Tailoring, shoe maintenance and men’s accessories
• How to update your look, eyeglasses, hairstyle, wardrobe!

Presented by Kathy Marshall,
Fashion Consultant, Fashion Stylist
CSULB, HS&D, room 101

Spring Registration STARTS on March 7
Come to our Saturday Registration Day for Spring term. Bring completed forms to the OLLI CSULB Classroom on Saturday March 7, from 8:30 to 11:30 AM. Cash or checks are accepted (a separate check for Parking Permits, please). Use your OLLI Parking Permit or pay for a space.
For Spring 2015...

### MONDAY

#### It's Your PC I Getting Started (PC)
Learn to use your PC to help you keep in touch with friends and family, quickly find important information, play all kinds of games and much more. In this first part of the It's Your PC class, you'll practice using a computer mouse, get to know the keyboard and, in general, understand how your computer works. You’ll also learn the basics of email and how to search for things on the Web. You’ll have the instructor and experienced coaches ready to help you as you learn. 

*No Prerequisites.*

**Instructor:** Richard Sherwood

**April 13 — June 8**

8:30 – 10:30 AM

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

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

**Instructor:** Harold Drab

**April 13—June 8**

1:00 — 3:00 PM

### TUESDAY

#### A Quick Look at the iPhone (4-Week class)
Have an iPhone and aren’t sure how to get the most out of it? This short class for beginners will include a review of the apps that come with your iPhone, as well as how to get new ones, how to look at and send email, how to take pictures and videos and share them, how to manage your settings, how to surf the Web, how to listen to music, how to manage your calendar and contacts, and how to personalize your iPhone.

*Prerequisites: have an iPhone 4 or higher. Bring your activated and charged phone to each class.*

**Instructor:** Kathy Winkenwerder

**April 14 — May 5**

8:30 – 10:30 AM

An additional session offered:

**A Quick Look at the iPhone (4-Week class)**

**May 12 — June 2**

8:30 – 10:30 AM

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

*Prerequisites: It's Your PC II (Intermediate Computer) and basic knowledge of the Windows operating system.*

**Instructor:** Harold Drab

**April 13 — June 8**

3:15 — 5:00 PM

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

*Prerequisite: It's Your PC I (Beg. Computer)*

**Instructor:** Craig Lowe

**April 14 — June 2**

10:45 AM – 12:45 PM
TUESDAY

Copy Cat Coloring (PC/Mac)
Learn to color using a computer mouse instead of a crayon. Apply colors to a variety of pictures of animals, flowers, people, places, patterns, and fanciful designs in an activity that’s fun, relaxing and increasingly popular with adults. In this extension of the Copy Cat Drawing class you’ll use the latest version of Corel Painter X3 to transform a plain line drawing into a beautiful, colorful picture. The result will be a digital image that you can print out or send to friends and family. Students should be familiar with basic computer functions. *Class limit: 6*

*Instructor: Patricia Woods*
*April 14 — June 2*
*1:00 – 3:00 PM*

Smartphone Basics (iPhone and Android)
Explore how smartphones work, how useful they can be and how much fun you can have using one. Learn what you can do with yours, what comes with your phone, what apps are and how to download them. Get comfortable with the touch screen and practice using it. You’ll learn how to set up voice mail, check your email, use your phone’s camera, browse the Web, play games, listen to music, and get directions from a map. There’ll also be an explanation of what the cloud is and how to store things on it. Includes demonstrations of the features of an iPhone and a smartphone with the Android operating system.

*Instructor: Marilyn Gettys*
*April 14 — June 2*
*3:15—5:15 PM*

Exploring the iPad
Learn how to get the most from your iPad. Get acquainted with iPad features and apps, and see how to play music, browse the Web, read and send email, watch videos and movies, keep a calendar and address book, take and store pictures, listen to audiobooks and podcasts, use the iPad as an e-reader, video chat, talk to Siri, and even more. See how to find, buy and download the right apps for you, no matter what your interests are. Bring your iPad with you to each class. *Prerequisite: You have an iPad.*

*Instructor: Kathy Winkenwerder*
*April 15 — June 3*
*8:30 – 10:30 AM*

Exploring the iPad
See the class description above.

*Instructor: Marilyn Gettys*
*April 15 — June 3*
*10:45 AM – 12:45 PM*

WEDNESDAY

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 Contacts, 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, screensaver and views to reflect your interests and needs. There will be plenty of opportunities to get your questions answered.

*Text: The Little Mac Book, Lion Edition by Robin Williams*

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

*Instructor: Bonnie Elsten*
*April 14 — June 2*
*3:30 – 5:30 PM*

It’s Your Mac
Do What You Want to Do - Part II
Are you a graduate of It’s Your Mac? Ready to go into more depth? Then this is the class for you. We will work with the applications that came with your Mac, learn how to become more organized, back up your work, troubleshoot, download and install software and more. You will see how to customize your Mac, use the dashboard and widgets, and improve your Internet surfing. Bring your questions to get help.

*Prerequisites: Previous Mac class or experience using a Mac.*

*Instructor: Bonnie Elsten*
*April 15 — June 3*
*3:15 – 5:15 PM*

FRIDAYS

Open Computer Lab
10:00 AM - 5:00 PM
The lab is open for you to practice what you have learned in class or to get answers to your questions about your computer problems. It’s a place to get one-on-one attention from your peers. Bring your laptop or iPad if you would like help with your personal computer or device.
Intro to Digital Camera (PC/Mac)
An introduction to the basic functions of the digital camera and scanner. Hands-on learning on how to download your photos from the memory card (camera) to your computer. You will also learn how to scan photos and documents into your computer. Eventually, you will organize and burn saved images to a CD. You will also improve your photography by learning some simple creative composition tools while viewing sample images. Text: Title available the first day of class.
Prerequisites: Basic understanding of the Windows operating system or instructor’s permission.
Instructor: Larry Hicks
April 16 — June 4
8:30 — 10:30 AM

Manage and Enhance Your Photos with Picasa (PC/Mac)
Get your pictures from your camera to your computer and edit them with Picasa. Learn how to download your pictures to Picasa, and then using Picasa’s tools, enhance your photos by cropping them, adding text or removing red eye in your photos. Once you have edited your photos, you can make a slide show or video from selected pictures, or you can organize a set of photos into a collage. You can mail your pictures, print them, or have them printed commercially. The first session covers the basics of Picasa. Please bring your camera to class in the second session.
Prerequisites: Intermediate computer or instructor’s permission.
Instructor: Reggie Gates
April 16 — June 4
1:00 — 3:00 PM

Introduction to Windows 8 (4-Week class)
Learn how to navigate and control Microsoft’s latest operating system, see how to determine if your computer can use Windows 8, and how to upgrade to Windows 8. Become familiar with and learn how to personalize the new Start Screen. Discover where your old familiar programs are hiding. Explore the new world of Live Tiles and Apps. Learn to utilize the Microsoft Store to get new free or paid for Apps. See how to run older programs and learn about free programs that can bring back some of the 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
April 16 — May 7
3:15 — 5:15 PM

It’s Your PC II (PC)
(formerly Intermediate Computer)
In this second part of the It’s Your PC class, you’ll learn and practice these basic computer skills: save, print, cut and paste, drag and drop, how to delete an item, make a file or folder, and how to manage the windows on your desktop. You’ll also learn the basics of email, including how to send and receive messages, how to attach documents, and open documents that have been sent to you. The Internet section will include how to find Web sites, as well as Internet safety tips. You’ll also take a quick look at a word processing program, so you will be able to easily create your own documents, and even insert photos.
Prerequisite: It’s Your PC I class or have the skills taught in that class.
Instructor: Reggie Gates
April 16 — June 4
10:45 AM- 12:45 PM

It’s Your PC II - Lab (PC)
(4-Week class)
Get individualized support to reinforce the skills you learn in your intermediate computer class. Students will get one-on-one help with anything covered in the class, such as using email, finding things on the Web, making folders, copying and pasting, using a simple word processing program, and where to store the documents you create.
Prerequisite: Current or past enrollment in the It’s Your PC II class.
Instructor: Toni Evans
May 14 — June 4
3:15 — 5:15 PM
Use the OLLI or CSULB website for all campus maps  www.csulb.edu/maps/
**OLLI Pine Avenue**

**Parking Options Downtown**

- A city-run parking lot on the south-east corner of 7th St. and Pacific Ave. which charges up to $5.00 per day.
- Metered parking: 2 hour limit, use quarters.
- Non-metered street parking: North of 8th St. on Pacific Ave. and Pine Ave., as well as neighborhood streets to the west of Pacific Ave.

*Limited or NO parking is available adjacent to the OLLI building. Watch signs and spaces allowed.*

*Note street sweeping signs on all streets.*

*Take the Bus:* Check bus schedules for routes to Pacific and 7th St. A free Passport bus goes along Pine Ave. with very good connections to the Downtown area. Check Transit schedules and ask about Senior TAP cards for travel.

*PA-Suite 202 classroom* is accessed from the “alley” or Solano 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-Tower* classes are in the Park Pacific Tower apartment building at 714 Pacific Ave. just behind the OLLI classroom building. Use buzzer for entrance to the 2nd Floor room.

*PA-Theater* classes are in the Bungalow Building at 737 Pine Ave. just next to the OLLI classroom. Enter from back.

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**OLLI at CSULB**

**Governing Council**

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<td>Malcolm Green</td>
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<td>William Fitzpatrick</td>
<td>Vice President</td>
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<td>Karin Covey</td>
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<td>Lupe Ruelas</td>
<td>Archivist</td>
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<td>Judie Irving</td>
<td>Community Relations</td>
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<td>Kathy Wikenwerder</td>
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<td>Bea Roth</td>
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<td>Don Friedman</td>
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<td>Betty Hutchens</td>
<td>Ad Hoc Arts Committee</td>
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<td>Carl Curtis</td>
<td>President Emeritus</td>
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**Advisory Board**

- Donald Brault
- Dixie Grimmert
- Kit Katz
- Donald Lauda
- Rosemary Lewallen

Use the Long Beach Transit website for all bus routes [www.lbtransit.com](http://www.lbtransit.com)

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**Long Beach Transit Buses**

Many buses pass through the CSULB campus and stop at the transit center near Brotman Hall. For information, call Long Beach Transit at 562-591-2301.

Use a Senior TAP card to get the best reduced fare of 60 cents per ride.

**CSULB Campus Connection Shuttle**

Campus Shuttles run around the campus during the fall and spring sessions. A shuttle stops at the south-west corner of Lot 11 which will drop you off in front of the Design building. Check the CSULB website for schedule.
Riding the Rails

Carl Schiermeyer and nine others from his fall Rail Getaways class took an overnight train and spent two nights and three days in Winslow, Arizona. We all stayed at the beautiful and historic La Posada Hotel on Route 66, which was designed by Mary Colter for use as a Harvey House, where rail passengers could stop for meals or lodging.

Our visit to Winslow included so many interesting experiences. Our tour guide at the Hopi Reservation on First Mesa was a Hopi woman who went to high school in Riverside, Calif., because there was no high school where she lived in Arizona. The trip to the Petrified Forest and the Painted Desert were well worth the drive. We also took an extended tour of the beautiful La Posada Hotel, where interesting arts, crafts and antiques are displayed. Lastly, the two-block walk to “Standing on the Corner in Winslow, Arizona,” made famous by the Eagles, was a must see. The trip home on the overnight train was another unforgettable experience.

Thanks, Carl, we all had a great time!

Carl will be teaching another Rail Getaways class this spring with a chance to explore locations in Southern California by Metro Rail, Metrolink and Amtrak. There will also be several optional Saturday excursions to various destinations, some chosen by the class, as well as a review of the overnight train option to Winslow.

Registration for SPRING session starts Saturday March 7 - 8:30 -11:30 am