Ron Redman was introduced to what was to become his life’s passion at the age of four. His Mexican godmother began introducing him then to the Spanish language and the culture of Southern California. His interest continued into his formal education and subsequently his professional career. Now Ron’s desire is to share this passion with students in the OLLI classroom. The instruction promises to be varied as he approaches the topic from a historical standpoint, a language perspective, and architectural styles that we see and hear daily. He’ll use a sensory approach that will bring lively discussion to the classroom.

Ron points out that the land CSULB now occupies was once a vibrant village of the Tongva people. He proposes that the diversity of Southern California has emerged in its own regional culture and vision of the “California Dream.” His final two class lessons will be held at Rancho Los Alamitos Historic Ranch and Gardens, located adjacent to the CSULB campus, where Ron has served as a docent for several years. This course promises to give all who attend ownership of their own California Dream.

Ron’s academic achievements include an A.A. from LBCC, Navy Shipyard Electrician; B.A., San Diego State, Spanish; PhD. USC, Latin American Studies; NDEA Scholar, San Francisco State, Linguistics and Language Acquisition.

"See class descriptions on page 25"
THOUGHT FOR TODAY: Of course I talk to myself, sometimes I need expert advice.

The SUN staff welcomes three new members: Eileen Ringerman and Cindy Smith as copy editors and Richard Adams, photographer.

Thank you, Scarlet Finney, for being Assistant Editor for several months. We regret that she chose to not continue.

The OLLI Governing Council has two new members: Guadalupe Ruelas, Archivist; and Michael Gavin, Member at Large.

On Saturday, March 7, there was registration madness again. Two hundred students woke up early to make sure that they would get into a computer class or Michelle's Shakespeare class.

Judy Mednick's poem on page 11 honors octogenarian poker players: Max Freedland, Mike Goldenberg, Jerry Manheim, Otto Ross, Jack Otis, Arnie Schulman, Dick Blankenship and me.

OLLI’s new officers will be elected at our general membership meeting on September 19. The bylaw changes will be presented at a June 30th meeting. Mark your calendars; your attendance is important.

Summer Solstice: June 21, 2015, 9:38 am PDT

Letter to the Editor

Watching the snow cascading down all day, I’m nostalgic, thinking of the glorious month of February spent in Long Beach with my friend Sylvia Manheim, who took me to OLLI, where I sat in on classes. I cannot say enough about the quality and professionalism of the volunteer faculty, who were always prepared and generously shared their expertise. I loved being a part of Linda Carr’s poetry class and listening to her students’ writing and hearing Donald Schwartz’ account of WW II. The plays of J.M. Synge came to life with dramatic presentation by Bill Fitzpatrick and Patrick McDonough. I must also compliment the Current Events and Meditation classes. I so appreciate being a part of such quality and devotion not only by faculty, but also by the students who faithfully attend and add to the lively discussion.

In addition to all I learned, I must compliment Long Beach’s weather. It makes it easy to greet one another with the rays of sunshine smiling down on us every day. I hope to be back.

Rita Rabinowitz
Great Neck, New York
President’s Corner

Most of us have entertained out-of-town guests. Their visits let us show off our new neighborhood, local attractions, and favorite places to eat or visit. We also learn how much or how little we really know about our community when we try to make sense of what our guests see and answer their questions. This can be a humbling experience. We see what’s important in our surroundings through our visitors’ eyes, often for the first time.

In the end, however, our guests understand the real nature of our town by seeing how it has shaped the life we lead and the persons we have become.

Last March, we invited our new Dean of the College of Health and Human Services to visit OLLI and to see and hear for himself what OLLI is all about. We got together to figure out what the Dean might want to know about OLLI and how to present the OLLI story in a coherent and memorable narrative. Preparing for Dean Koval’s visit forced us to look at OLLI from the viewpoint of an out-of-town guest.

Our first approach was to recite verbatim the OLLI mission, vision, statistics, accomplishments, and plans. This is a good story. From humble beginnings in 1996 as Senior University, we showed how our members have insured our continuing growth through their volunteer work and contributions. We laid out the spectrum of activities and curriculum that our members enjoy in history, literature, philosophy, graphic arts, politics, music, theater, languages, and fitness.

In the end, however, Dean Koval saw that OLLI is not its history, facilities, finances, or curriculum. OLLI is our members. You and me. We are generations who grew up here and built our communities. We are generations who have moved here and built our communities. We are generations who have moved here and built our communities. We learn, we teach, we strengthen and serve one another. We are a community. We are OLLI.

2015 Bylaws Amendment

Last fall, the OLLI governing council adopted a multi-year strategic plan. OLLI needs to update its governance structure in order to increase active volunteer participation as well as to develop future OLLI leaders. To achieve this, the governing council has approved a revision to our bylaws.

The bylaws revision reorganizes our committee structure and governing council. The current structure includes eleven standing committees, four ad hoc committees, and eighteen governing council voting members. While some of our committees have prospered, others have attracted just a single member. Our leadership ranks are thin, and council positions often remain vacant for several months. The revised bylaws will simplify and consolidate our governance. We will do away with single person committees while increasing the membership of the remaining committees. Committee volunteers will have increased opportunities to move into leadership roles. The committees themselves will be restructured into five working groups: Education, Technology, Communications, Member Services, and Governance. The reconstituted governing council, including working group leaders, will have eleven voting members. To increase accountability and transparency, monthly governing council meetings will be open to all members of OLLI.

Adoption of the amended bylaws requires the approval of the OLLI membership. At the June 30th summer general membership meeting we will vote on the amended bylaws. The meeting will be in our main classroom, room 101, at 1:30 that afternoon. Approval requires a two-thirds affirmative vote of the members present and voting at the meeting. We encourage all members to attend and exercise their vote.

A copy of the proposed bylaws revision is available both in the OLLI office and on the OLLI web page: http://web.csulb.edu/colleges/chhs/centers/olli/
Three panelists discussed Age-Related Macular Degeneration (AMD). Judi Delgado, representing AMD.org, explained the physiology of the eye and what causes AMD, which affects about 35% of older adults. Dr. Avani Patel talked about the many technical devices available to help overcome low vision. Nancy Hendrickson, representing the Braille Institute, discussed services available for the blind as well as people with low vision. This presentation provided much needed help to members of the audience who were not aware of what is available.

Jerry Loeb, our in-house theater expert, played a role in Murder on the Nile at the Long Beach Playhouse. A group of OLLI members attended the opening night gala on January 16th. Jerry was fabulous.

John Donohue, our iconoclast, celebrated his ninetieth birthday on March 26th. Happy Birthday, John. . may you have many more. John has attended classes at Senior University/OLLI from day one in 1998. Education keeps John going. Our satellite classes are doing very well. Pine Avenue had eleven classes last semester, JCC had one class, and LW had five.

Have a great summer, be healthy, and do something different.

The California Council on Gerontology and Geriatrics (CCGG) had its 35th annual meeting at the Marriott hotel in Long Beach on Friday the 10th of April. The CCGG is a state wide non-profit leadership organization that promotes the quality of life of California’s diverse aging population by informing and integrating educational programs, workforce development, and public policy. You can reach CCGG at www.cgg.org.

Over two hundred people were in attendance and participated in many different workshops to enhance their careers in the field of working with older adults. Some of the workshops included Elder Abuse and Exploitation, Face to Face with Aging, and many other helpful programs.

Dr. Barbara White, OLLI Executive Director, invited yours truly to participate in the conference by addressing three different topics: The factors that made me the advocate I am today at age 90, my childhood and my involvement in OLLI, and the ways glaucoma has affected my life at present time. The audience received my answers with enthusiasm. Another participant on the panel of seniors, Mr. John Knight, age 91, performed 21 push-ups and stated to the crowd that exercise and attitude were the secrets to longevity. A good day for all involved!
One More Irish Class
by Art Gottlieb

Following several classes offered lately, we now have another Irishman offering a class on 17th Century Ireland! Bill Fitzpatrick (you bet he’s Irish) has already presented several classes on Irish history and now offers us a summer class which tells a panoramic story of the time. It includes several iconic events of Irish history: Tyrone’s Rebellion, the Flight of the Earls, the Plantation of Ulster, Confederate Ireland, Cromwell’s Invasion, the Siege of Derry, the Battle of the Boyne, the Treaty of Limerick, and the Flight of the Wild Geese.

Why that story? Because it still reverberates in Ireland today. These are stories of the famous and infamous, and four hundred years later the Irish are not in agreement regarding which of these two categories is appropriate for these events.

Why is Bill teaching it? In his own words: “I began researching my family’s genealogy as a hobby several years ago. Among my family threads, I became curious about the circumstances of the emigration of my Irish-born grandfather, whom I never met. One trail led to another, and I was hooked on Irish history. I’ve now visited Ireland several times, and I always manage to save a bit of time for research while there. I’ve been leading classes at OLLI now for seven years, every winter and summer term. I’ve never offered the same class twice, but I’ve always stuck to Ireland. I started out with history classes, but the focus changed over the past few years to Irish culture—films, literature, theatre. Still, I’m partial to the history.” Bill’s class will be on Tuesdays from 11:45 to 1:15 in room 101.

Self-Hypnosis
by Roz Hertz

Learning about alternative techniques for physical or emotional healing can be magic for us because drugs and those little extra pills are not part of the process. Donna Kannard, instructor, will teach Self-Hypnosis for Relaxation, Self Improvement and Fun and use some of these techniques. Her work involves hypnotherapy, and no, you will not be in any kind of trance. Hypnotherapy hypnosis has been called “a powerful tool for change.” Some of these changes can be increased assertiveness, fear reduction, depression reduction, guilt elimination, pain control, or overcoming questionable habits.

Donna Kannard is a member of the International Association of Clinical Hypnotherapy. She has a PhD in this subject and started working in the field in 1987. She has a private practice in Santa Ana and is the author of Trance Magic. After speaking at several hypnotherapy conventions, she is delighted to return to OLLI, where she has previously taught. She hopes to have more guided imagery along with her lectures this time and also wants to interview the class in order to determine what they would like to know about this intriguing subject that encompasses “energy psychology.”

In the 1920s Einstein said, “Everything (including our bodies) is composed of energy.” One of the techniques used in hypnotherapy is Thought Field Therapy. Negative emotions cause energy blockage, but if the energy is unblocked, fears will disappear. Kinetic energy is the energy produced by motion, via our muscles. There are different techniques of kinesiology. Emotional Freedom Techniques emphasize healing the emotions along with the body. Acquired skills have resulted in successful healing for many people. In the past, learned men separated the mind from the body. Now it is known that they are inseparable for maintaining a healthy balance and to promote healing.

→ See class description on page 23
→ See class description on page 25

Bill Fitzpatrick
Donna Kannard
Walking the university campus is always an experience that brings pleasure, but especially at this time of the year. Trees in full blossom hint at the newness of the season and tease the students with the fact that they too are entering a different phase of their academic life. What remain tried and true are the sculptures that stand in silence at different places on the campus. They too have a story to tell that most likely is unknown to the majority of those that traverse the school’s vast acreage.

In the Sunday Los Angeles Times Calendar Section dated April 1st, an outstanding article concerned with the sculptures gives not only the history but present-day plans concerning the repair and upkeep of these works of art. In 1959 an international series of symposiums that had been launched in Europe was held in the United States. Brian Trimble, the interim director of the University Art Museum, stated, “It was a response to the war and to the politics of the era.” Artists wanted it known that as human beings they could work together, be civil, and not engage in destructive wars.

The symposium brought together artists from all over the world, including Poland and Japan. They were then connected to local industry representatives who brought to them an introduction to the region’s cutting-edge industrial technology.

For example, the artist visiting from Poland worked with North American Aviation Corp. in Orange County and produced a sculpture that is very familiar to campus visitors. It is the large bulbous form entitled NOW. It appears to take on the quality of an explosion that’s been frozen in stainless steel. NOW, because of the weather, and wear and tear, the large sculpture is showing signs of old age and is in need of some restoration. This is where things become interesting for those who frequent the campus. The Getty museum has provided an opportunity to have practical case studies that exemplify the challenges of working with outdoor sculptures. The Getty is also collaborating with the Museum of Latin American Art in Long Beach. A three-day conference will be held in October concerning the creating and conserving of art in public places, the title of which is “Far Sited.”

The University Art Museum is open seven days a week and offers a downloadable PDF map for a self-guided tour. This is available at www.csulb.edu/explore/university-art-museum. What a wonderful way to obtain more knowledge of our local college and take pride in its history and future.
Summer in the Sierras

My father was an avid trout fisherman. Dressed in faded jeans and plaid shirt, his face shaded by a stained and weathered Stetson, he became a part of that rugged environment where our family camped in the summer. Rising at dawn, he made coffee, gathered up his gear, filled his creel* with the lunch that Momma had packed the night before, and set out.

Eager to escape a campsite grown monotonous, my brother, Ronnie, and I soon inveigled Dad to let us accompany him. Images danced in our brains of returning to camp like conquering heroes, creels brimming with trout. We didn’t calculate the hard work involved. Marching up dusty switchbacks toward the promise of a trout-filled lake was catnip to Dad. The thin air and angle of ascent didn’t seem to bother him, but Ron and I struggled to match his stride, puffing through the thin air. I rejoiced whenever I found him, in the shade of a boulder or beside a stream, waiting for us to catch up.

Once arrived at the chosen lake, we kids sprawled in the shade to recoup our energy while Dad laid out his leaders and lines and tied his hooks. He always kept a jar of salmon eggs in reserve. The eggs were bright orange, smelly, and slimy to the touch. They fascinated and repelled me. Yet they were sometimes favored by the temperamental trout. But grasshoppers comprised Dad’s favorite bait. Therein lie the only times I ever saw my father look comical. These crusty mountain grasshoppers could grow as big as a thumb, but they were camouflaged, dun and motley as the scrub they lived in. They were also fast, whizzing from their hidden perches like zigzagging helicopters. Whether crossing the high meadows or in the dry sage beside the trails, Dad kept a sharp eye out for his prey. Walking along behind him, I would see him suddenly spring forward and slap the ground with his hat. If a loud whirring announced he had missed, much crash, crackle and spray of brittle branches followed as he vaulted and leapfrogged among the bushes, hat in hand, walloping the air or whacking it on the dirt.

In the end, despite stirred-up dust and sweat streaking his cheeks, he rarely failed to tuck a grasshopper, buzzing and scrabbling, into his tin pill box with a satisfied grin. This routine contributed many a trout to our table and considerable character to his Stetson.

*A “creel” for those of you are fishing ignorant is a wicker basket used by anglers to hold fish.
Health Science and Cancer

For Summer 2015, Edgar Moran, M.D., will be teaching two classes for OLLI. In earlier sessions Dr. Moran has led other science-related courses. The two eight-week classes are entitled Health Science–The Structure and Functions of the Human Body and Cancer: Causes, Prevention, Early Detection, and Control.

Dr. Moran has had a rich and distinguished career in medicine. He earned his M.D. in his native Romania. During World War II, he fought in Romania’s underground. After the war, he immigrated to Israel where he specialized in pathology. At the Hebrew University-Hadassah Medical School, he did clinical work, research, and teaching. In 1965, he moved to Canada and then the United States. In New York City, he specialized in internal medicine with a concentration on blood diseases and cancer. When he accepted a position in 1969 with the University of Chicago, his teaching and research concentrations were lymphoma and breast cancer. He was invited in 1976 to establish the first Department of Medical Oncology at the City of Hope in Duarte, California; he was its first director of Medical Oncology. Leaving Duarte for Irvine, he taught at UC Irvine for thirty-six years before being awarded Professor Emeritus status. Dr. Moran has since remained active in clinical work, research, and teaching at the Long Beach V.A. Hospital, where he chaired the Cancer Program.

OLLI is indeed fortunate that someone with Dr. Moran’s credentials volunteers his time to be one of its instructors. His passion and love of teaching facilitate a better understanding of their bodies by those who take his classes.

Wet your “Palette” with Watercolors

Watercolor instructor Ladd Terry begins with the basics. “The first thing I tell my students is the hairy end of the brush touches the paper,” he says. And while he welcomes advanced students, he devotes much of his attention to beginners. “The idea of the Watercolor Painting class isn’t to train famous artists,” he explains, “but to give students the chance to learn different techniques.”

For example, they learn how to do graded washes for skies and use a dry brush for grass. They learn to limit the number of colors in a painting to avoid a chaotic clash. And they learn nifty tricks. Want to create snow? Throw salt on wet paint, then flick it off, leaving behind little white spots.

Students may work from their favorite photos, or paint objects such as fruits and vegetables that Ladd brings to class. “Basically, watercolor is liquid drawing,” he says. Ladd earned bachelor’s and master’s degrees in art at California State University, Long Beach and a Master of Fine Arts at Claremont Graduate University. He began teaching art at Long Beach City College in 1974 and has since taught at ten colleges and universities.

His advice to his students? “Get in there, slop it on, and have a good time,” he says. “Don’t make it a task.” By the end of the class, he hopes they’re brave enough to go it alone. “Like a quiver full of arrows, they should have a collection of techniques that will enable them to make art on their own.”
Meet Jan

Jan Sampson earned her BA degree in art from CSULB, and this past winter, as a new OLLI member, she returned to the campus to further her education. According to Jan, in just her first quarter, OLLI immediately made a difference in her life: the classes met her current needs for information, they opened her eyes about resources for seniors, and they helped her to make new friends.

As a recent retiree, Jan had several areas of interest that she had put off and now needed to tackle, but hadn’t known where to begin. In the OLLI winter schedule, she found four classes that were exactly pertinent to her age, situation, and needs; she enrolled in Financial Security, Social Security, Advanced Directives, and Estate Planning. Attending the classes and learning from the teachers and other students has helped Jan to move forward with many “life matters,” and she is convinced that the classes were exactly what she needed to accomplish what she had avoided.

Because her classes were held at three different locations—Leisure World, Pine Avenue, and the CSULB campus—Jan also had her eyes opened to other options for seniors. As a result of the classes there, Jan was invited to tour Leisure World and its amenities and is now grateful for a new awareness of a potential future living situation. Through the Pine Avenue class, she also became aware of the vibrant senior community in downtown Long Beach. An additional plus for Jan has been the wealth of new friends she has made who are near her age and experiencing similar situations. She has been delighted to be able to share conversations with other like-minded OLLI students about common issues.

As an artist, Jan brings an interesting background to OLLI. Her CSULB degree in art took her to jobs that she never imagined. She was responsible for drawing computer wiring diagrams, and at Northrup Grumman Aircraft Corporation she worked with designers and engineers to draw fighter jets, the B2 Bomber, cockpits, wheel assemblies, and aircraft parts for instruction manuals. It appears that this “newbie” is here to stay for the “lifelong learning” that OLLI offers.

Keep up with OLLI Events

Jan Sampson

Check Out Our New OLLI Facebook Page

Have a Facebook account? After you see what friends and family are doing, take a look at our new page. When you put “OLLI at CSULB” in the search box you’ll see announcements about all kinds of classes, special presentations, meetings, and other events, along with important dates, like registration. And of course you can see pictures. You might even spot yourself in one of them. You can subscribe to coming events posts, comment on the postings, give the page a thumbs up, follow it, and leave a message. It has all the Facebook features you’re used to. Becky Low and Liz Lopez are the official page posters.

Other Ways to Find Out What’s Happening at OLLI

If you haven’t visited www.csulb.edu lately, you’re in for a happy surprise. The university website has been completely updated with great graphics and improved navigation. To get to our part of it, click on the magnifying glass at the top of the page, put “OLLI” in the search box, and you’ll see material about our classes in our four locations. If you’ve lost your copy of The SUN, take a look at SUN Online, which isn’t only a list of classes, but a source of more information about OLLI.

Our Video Bulletin Board

If you’re walking into our building from the parking lot, look up at the space between the office and the computer lab. The video bulletin board shows notices and dates of upcoming events. There also are two old-fashioned physical bulletin boards nearby, also full of OLLI-related information.

So whether it’s online or in person, you can always keep up with what’s happening at OLLI.

→ See class descriptions on page 32-33

9
10th Annual Art Show

Collage by Harold Drab
10th Annual Art Show
by Sydelle Pomi

It has become an annual art show due to the fact that Betty Hutchens has continued to devote her talents since the first one in 2006. When you meet this five-foot force of nature, you begin to understand that we at OLLI benefit from her efforts to expose us to the art of our OLLI classmates as well as her own.

This year we were treated to seventy-seven pieces of art from thirty-three artists. A special contribution this year was a beautiful abstract acrylic painting done by Betty’s son, Richard, who passed away recently.

While the gallery was open all week, the reception was on Sunday. The reception included a variety of OLLI performing arts groups and talents.

Muriel Pendleton opened the event with the Recorder Group followed by greetings from OLLI’s Executive Director, Dr. Barbara White; OLLI President, Malcolm Green; and Bruce Hatch, representing the Design Department. President Green reminded us that we should continue to develop our individual skills and participate!

Yoko Sugihara presented a beautiful drawing of her own to a very deserving Carl Curtis. Phyllis Goodwin and Louise Cunningham read their delightful memoir stories. Karen McDonough and Jerry Loeb wowed us with a wopping rendition of “My Favorite Things.” Fran Harding conducted the OLLI vocal ensemble. The day closed with the entire audience joining Al Talberg in a Tai Chi Chih demonstration. What a great afternoon.

Visitors signed a guest book all week with ninety-five attending on Sunday alone. We can’t thank Betty Hutchens enough. She did it all: booked the room, assembled the artists and their works, designed and sent the invitations, organized the program. Of course, she had a great group of helpers with the snacks and arrangements. She and Becky Low were the photographers. Harold Drab created the photo collage on page 10.

Betty told me that during the week a few young students wandered in and she overheard them say, “Would you believe it—old people did this!” Out of the mouths of babes. How does she do it year after year?

2015 Governing Council Elections

On September 19, OLLI members will elect officers to serve two-year terms on the Governing Council. The elected positions are president, vice-president, treasurer, recording secretary, and two members at large. In accordance with bylaws, an nominating committee has been formed.

The committee members are Michael Gavin, Liz Lopez, Sylvia Manheim, Ken Nakagawa, and Stu Span.

All OLLI members are encouraged to submit names of potential candidates either to a committee member or to the OLLI office. The slate of candidates will be announced in the next issue of The SUN. Nominations may also be made from the floor at the September general membership meeting.

It takes active volunteer participation from our membership to operate OLLI. For more information about these or any other volunteer positions, please contact the office.

I know some octogenarians . . .
more alive than eight-year-olds.
They’re not worrying about their souls.

They meet for poker every week, they play and joke and reminisce: how little gas and steak would cost, how hard it was to get that girl to kiss.

That was then, they say, and now it’s this: Get on with play. Forget how much you’ve won, how much you’ve lost.

If staying’s your intention, every play demands attention. Stop complaining, place your bet.
This game’s not over yet.

Judy Mednick
June 30, 2015, the 107th anniversary of the Tunguska Event, has been designated as Asteroid Day by members of the astronomic community. They see this designation as a means of increasing public awareness of 1) the catastrophic consequences that would result if a medium sized or large asteroid collided with Earth and 2) the likelihood of that happening. They also seek to garner public support for the steps being taken by governments and private non-profits which are searching for asteroids on a possible collision course with Earth and researching the manner and means for preventing a collision from happening.

OLLI at CSULB will observe Asteroid Day with a FREE all-day SPECIAL EVENT SEMINAR on Saturday, June 27, 2015 beginning at 9:30 AM. in OLLI’s Campus Classroom (Room 101, Building HS & D). The three-part event will include

1. An “Asteroids 101” presentation, in which I will describe the nature and locations of asteroids; the results of previous encounters between Earth and these celestial bodies; and the likelihood of future collisions.

2. A screening and critique of Armageddon, Hollywood’s 1998 flawed (but entertaining) answer to dealing with a potential asteroid collision [A lunch break will occur midway through the film.]

3. A “Where We Are Now” presentation, wherein I will provide details regarding the progress we have made tracking possibly harmful asteroids; the efforts currently under way to locate the remaining 90 percent of the potentially Earth-harming near earth objects, the present locations and trajectories of which are unknown; and the strategies currently under discussion for deflecting an asteroid determined to be on a collision course with Earth. Since this event is on a Saturday, parking will be available in Lot 9 for persons with a Summer Session Parking Permit as well as for those who purchase a “Day Pass” from the machine in the lot. Inasmuch as the event is in the middle of summer and on a Saturday, most on-campus eating facilities will be closed. Two options: *Bring your own “Brown Bag” lunch OR *Partake in a box lunch catered and delivered to our site by the campus food service’s Chart Room. The lunch will feature a sandwich (choices: chicken, roast beef, vegetarian), fruit salad, and a cookie at a cost of $ 10.00. *Reservations and cash payment for one of these lunches must be received by the OLLI Office by 4:00 PM Wednesday, June 25.

Coffee, doughnut holes, and water will be provided by OLLI beginning at 9:15 AM and during the lunch break.

This is a good opportunity to introduce OLLI to friends who are unaware of it. In other words, guests are invited!

Drawing by Ian Woods
If you can imagine yourself being eighty-five years old, can you also picture yourself working out in the gym and taking multiple group exercise classes three to four times a week? Well, one octogenarian OLLI and LifeFit member, Hugh McHugh, not only imagines it, he does just that. A LifeFit Center (LFC) member since its opening, Hugh is a former marathon runner, who also volunteers with local marathon groups and in OLLI computer classes. Hugh’s participation at LFC has led to friendships that extend beyond the gym, and he inspires others with a dedication to healthful living.

Meanwhile, winter at the LFC brought many opportunities for members to re-dedicate themselves to good health. There were monthly motivational themes and informative newsletters, educational speakers, two new group exercise classes, and several fundraisers for non-profit organizations, along with the continuing group personal training program, Strength for Living. In the New Year at LFC, membership blossomed and the new group exercise classes in Pilates and Zumba flourished.

January’s monthly focus was Goal Setting with two lectures for members on ways to develop meaningful and achievable goals related to health and wellness. February, Heart Health Month at LFC, featured a presentation on “Exercise and Stress Reduction for a Healthy Heart.” March, Nutrition Month, offered a lecture on “Planning for a Healthy and Nutritious Lifestyle” and opportunities to participate in charity fundraisers or volunteer for the summer 2015 Special Olympics World Games in Los Angeles. April introduced the theme Exercise Is Medicine (EIM) to the LFC community. EIM joins healthcare providers and health and fitness professionals to promote physical activity and exercise in community settings. April also featured a lecture on “Intuitive Eating” and an Art Walk on campus.

Undoubtedly, the connections that LFC members make with their instructors and one another motivate them to continue their healthful living.

The center serves as laboratories for faculty and students as well as provides 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 LFC programs to improve not only their physical needs, but also their mental, social and spiritual needs. 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 TheLifeFitCenter@TheBeach website or call 562-985-2015.

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**CranialChallenge**

There are 4 men who want to cross a bridge. All begin on the same side. You have 17 minutes to get all of them to the other side. It is night and there is only one flashlight. A maximum of 2 people can cross at one time, and they must have a flashlight with them. Each man walks at a different speed, but a pair must walk together at the slower man’s pace.

Man # 1 takes 1 minute to cross. Man # 2 takes 2 minutes. Man # 3 takes 5 minutes. Man # 4 takes 10 minutes (For example, if Man # 1 and Man # 4 walk across the bridge first, 10 minutes elapse by the time they get to the other side. If Man # 4 returns with the flashlight, a total of 20 minutes has elapsed and your mission has failed.)

Can you solve this?

→ See answer on page 30
Alden Bohlig passed away at the age of ninety-seven on January 13, 2015. Born in Minneapolis, MN, on January 13, 1918, he received a degree in chemical engineering from the University of Minnesota in 1939, served six years in the army in WWII, and later worked as a petroleum engineer. In 1951, he earned a Master’s degree in education from USC. For the next twenty-eight years he taught math for the LA Unified School District.

Alden also was a Deacon at St. Barnabas church and a volunteer in community activities. An OLLI member for the past 8 years, he played in the Recorder class and enjoyed classes with OLLI friends.

Barbara Katz  August 19, 1928 - November 26, 2014

One of the founding members of OLLI (Senior University), Barbara passed away on November 26, 2014. She was 86. For most of the seventeen years with OLLI, she was a member of the Governing Council, in the position of Archivist.

Barbara’s involvement with learning was a way of life for her. After receiving a B.A. from the University of Chicago in 1949 and an M.A. “With Great Distinction” from CSULB in 1958, she taught for more than twenty-five years as an instructor in psychology and sociology at Long Beach City College. Although Barbara was an avid reader, she loved being out on the waters of Alamitos Bay and the Long Beach coast, racing her Naples Sabot or her CAL-20 sailboat or just day sailing with family and friends.

She enjoyed playing piano and flute. She took classes at Long Beach City College in painting, drawing, and ceramics. One of her greatest opportunities for creativity came in the CSULB art classes in which she created kinetic sculptures and mixed media projects. Her last creation for the OLLI Art Show was the clay sculptures entitled “Owl and Pussycat.”

Barbara is survived by her husband of sixty-six years, Harold, her daughters Martha Thorpe and Liese Hoffman, seven grandchildren and nine great-grandchildren. Donations in her memory may be made to OLLI.


Michael Goodrich, beloved husband of Harlene Goodrich, passed away suddenly on March 8 of cardiac arrest. Michael, a Seal Beach resident for thirty-three years, was also a member of the Lions Club. He served in Viet Nam as a Navy journalist. He taught middle school for 30 years where he was acknowledged and loved by students and teachers alike. He was a man of many talents and a taste for adventure. Michael ran with the bulls in Pamplona, zip-lined in Hawaii, hot air ballooned in Kenya, sky-dived at Lake Elsinore, and hiked the Napili Coast on Kauai. With his wife, Harlene, the couple walked the coast of California from Mexico to the Oregon border. He will be missed by his OLLI friends.

OLLI at CSULB - 2015/16

Class Sessions
Summer  June 26 - August 29
Fall     October 5 - Dec 9
Winter  January 11 - Mar 7
Spring  April 11 - June 6

Holidays–No OLLI Classes
Campus & Office Closed
July 3    Independence Day
Sept 7   Labor Day
Nov 11  Veteran’s Day
Nov 23 - 29 Holiday Break
Dec 25 - Jan 3  Winter Break
Jan 18  Martin L King Jr. Day
March 31  Cesar Chavez Day
SPRING 2015 CONTRIBUTORS

** With thanks to ALL of you including our 17 Anonymous Donors.
Your contributions support the successful programs and facilities for educating seniors.

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Gloria Aleman
Barbara Alpert
Ruth & Erwin Anisman
Viven Arluk
Robert Barmeyer
Claire Beekman
Barbara Bell
Irene Berkley
Jan Berliner
Nessa & David Bernstein
Robert Berry
Sanford Binder
Renee Simon & Jack Blecher

_In memory of Barbara Katz_

Linda Bolt
Pamela Branch
Lori & Don Brault
Hortensia Breton
Eula & Howard Bricker
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Annie Buchanan
Estelle Byrnes
John Caulfield
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_For Scholarship Fund_

_In memory of Phyllis Ciscle-McDaniels_

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Ingela Woldenius
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Rae & Milford Wyman
Carol & Richard Zuck

_In memory of Alden Bohlig_

Karen & Patrick McDonough

Thank YOU!
Vision
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

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

OLLI Info - The Details
• Membership is open to adults 50 or older.
• Membership is required to take any classes.
• Membership is $40 for a full academic year (October 1 to September 30).
• Membership is pro-rated to $20 for half of the year (March 31 to September 30).
• Computer class tuition for an 8-week class is $35; shorter computer classes are $20.
• Lecture/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.

Registration opens
Saturday May 30 - 8:30 - 11:30

How to Register
Check off the list!

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

Scholarships
OLLI @ 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 application prior to registering for classes. We always 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  $ ________  
Contributions will be acknowledged in our publications.  
Cash ____Check # ________  Total $ ________  
Make Check Payable to CSULB FOUNDATION  

OLLI @ the BEACH  SUMMER 2015 Registration  
June 26 ~ August 21  

Name: _______________________________  Date: ____________________  
Address: ____________________________________________________________  
Home Phone #: ___________________________  City: _______________________  Zip: ____________  
Cell phone #: ___________________________  Email: ______________________________________  

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

LifeFit Center Member  ☐YES  ☐Parking LFC  

TIME  COMPUTER CLASSES  OS  SITE  X
Mondays, June 26 ~ August 21  
8:30-10:30  It's Your PC I - Getting Started PC  
10:45-12:45  Beg. Photoshop Elements - Part II PC  
1:00-3:00  It's Your PC II (Int. Computer) PC  
3:15-5:15  Powerpoint 2013 PC  

Tuesdays, June 30 ~ August 18  
8:30-10:30  iPhone (4 wks-start 6/30) iOS  
8:30-10:30  iPhone (4 wks-start 7/28) iOS  
10:45-12:45  Beg. Photoshop Elements - Part I PC  
1:00-3:00  iPad Apps Only iOS  
3:15-5:15  Samsung Smartphones Andr  

Wednesdays, July 1 ~ August 19  
8:30-10:30  Exploring the iPad iOS  
10:45-12:45  Exploring the iPad iOS  
1:00-3:00  It's Your Mac I Mac  
3:15-5:15  Click Start Genealogy Mac  

Thursdays, July 2 ~ August 20  
8:30-10:30  It's Your PC II Lab (4 wks-start 7/2) PC  
10:45-12:45  The Best of Google PC/Mac  
1:00-3:00  Manage Photos with Picasa PC/Mac  
3:15-5:15  Intro to Win 8 (4 wks-start 7/2) PC  

Fridays, June 26 ~ August 21  
10:00-5:00  Open Computer Lab ALL Free  

REGISTRATION STARTS SATURDAY MAY 30  
8:30 AM - 11:30 AM in the OLLI classroom.  

* OLLI LFC Class Tuition waived for LifeFit Gym Members.  

OVER
Name: ___________________________________ Phone #:__________________________________
Relationship: ______________________________________

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 90815 562-426-7601

FREE! SPECIAL EVENTS at OLLI
June 27 Asteroid Day Rm. 101 9:30-4:30
June 29 Sea Otters Rm. 119 2:00-4:30
June 30 OLLI Membership Mtg. Rm. 101 1:30-3:00
July 7 Social Security Info Rm. 101 3:15-4:45
July 14 Medicare 101 Rm. 101 3:15-4:45

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 Office:  562-985-8237    Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
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 Use)________
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 Use) ____________
 Disabled (DMV cert. copy on file required)
Make Check Payable to CSULB PARKING SERVICES

OLLI @ the BEACH SUMMER 2015 Registration
June 26  ~ August 21

Name: ________________________________  Date: __________________
Address: ________________________________  City: ____________ Zip: ____________
Home Phone #: _____________________________  Email: ________________________
Cell phone #: _____________________________

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 Use)________
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Make Check Payable to CSULB FOUNDATION

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Check # ___________   (Office Use) ____________
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TIME COMPUTER CLASSES OS X
MONDAYS, June 29 - August 17
8:30-10:30 It’s Your PC I - Getting Started PC
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8:30-10:30 It’s Your PC II Lab (4 wks-start 7/2) PC
10:45-12:45 The Best of Google PC/Mac
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FRIDAYS, June 26 - August 21
10:00-5:00 Open Computer Lab ALL Free

REGISTRATION STARTS SATURDAY MAY 30
8:30 AM - 11:30 AM in the OLLI classroom.

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

Emergency Contact:
_____________________________________

Phone:
_____________________________________

Relationship:
_____________________________________

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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 90815
562-426-7601

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June 29 Sea Otters Rm. 119 2:00-4:30
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July 14 Medicare 101 Rm. 101 3:15-4:45

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 Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
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 Advisor
Mondays, June 29 – Aug. 17
8:00 – 9:30 AM
CSULB, HS&D, room 119

Spanish: Grammar, Conversation, & Composition II
This course is a continuation of last session’s Beginning Grammar, Conversation, & Composition class. New students should have completed at least one semester of high school 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, June 29 – Aug. 17
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, June 29 – Aug. 17
10:00 – 11:30 AM
Pine Ave., Park Pacific Tower (meet in the garden)

Secret History of Rock and Roll Roots from the 1940s, 1950s, 1960s and Beyond
Class will consist of record spinning, 45s and LPs of original recordings of giant hits, obscure tunes and original versions of well-known songs and the stories behind them. Class participation in the form of observations and questions will be encouraged. It’s about the fun inherent in the type of influential music that’s not heard anymore on the radio.
Instructor: Steve Propes, BA, R&B DJ on Kلون 1981-1990; Charter TV DJ 1990 - 2000; taught rock history CSULB Ext. Division; author of 8 books on rock history
Mondays, June 29 – August 3
(6 weeks)
8:15 - 9:30 AM
CSULB, HS&D, room 101

Health Science and Health Care: Our Body Systems
A review of anatomy and physiology. Aimed to achieve a better understanding of our body structure and functions in the normal, diseased, and aged states. This will help understanding life phenomena, signs of disease, its prevention, and the healing process. We’ll discuss these in relation to the effects of the environment and of aging.
Instructor: Dr. Edgar Moran
Professor of Medicine, Emeritus
University of California, Irvine
Mondays, June 29 – Aug. 17
11:30 AM – 1:30 PM
CSULB, HS&D, room 119

LOOK for the NEW COURSES offered this term!
**Short Stories**

Join us to read and discuss a new selection of impressive short stories. The short story is sometimes an under-appreciated art form. The characters must be established quickly and efficiently. The author must create tone, voice, style, atmosphere, point of view, and communicate an aspect of our human condition. Let us see if the short stories we read meet the criteria.

LW residents receive priority registration for this class.

Instructor: Dale Lieberfarb, MA

Mondays, June 29 – Aug. 17
1:30 – 3:00 PM
LW, Clubhouse 3, room 4

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**Cancer: Causes, Prevention, Early Detection, and Control**

Major progress has been achieved in the understanding of the causes of cancer and refined methods of diagnosis and treatment are being used. Cancer prevention and early detection are mandatory and many types of cancer are curable. Cancer is no longer the most lethal of chronic diseases but the most chronic of lethal diseases.

**Instructor:** Dr. Edgar Moran, Professor of Medicine, Emeritus University Calif. Irvine

Mondays, June 29 – August 17
1:30 – 3:00 PM
CSULB, HS&D, room 101

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**FREE EVENT**

**Kim Steinhardt’s Sea Otter Adventures**

Discover the fascinating life of the elusive California sea otter through this multimedia presentation, which showcases dramatic images of their antics and daily struggle to survive along with personal observations and a discussion of their current threatened status. We will also look at a few of the extraordinary adaptations the otter has undergone in evolving from a land animal to a sea creature, and consider the historic fur trade, some modern threats, and current litigation that impacts their recovery from near extinction. We will explore what this can teach us about our own relationship to the ocean, and what we can do to assure a sustainable future.

This special program is presented by former Administrative Law Judge Kim Steinhardt, who photographs and regularly writes and lectures on sea otters, and who leads natural and cultural history walks for the California state parks along the coast near his home in Northern California.

A few comments about Sea Otter Adventures: Such an excellent class! A wealth of knowledge . . . My walks along the beach will never be the same . . . Beautifully presented and heartfelt . . . Incredible photos, exciting presentation, and lots of great information . . .

**SEATING LIMITED**

Monday, June 29
2:00 – 4:30 PM
CSULB, HS&D, room 119

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**Play the Recorder**

Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance time and currently is gaining new popularity. This class is open to those who know nothing of the recorder and to those who know a little. Please bring your own recorder. Recorders are available for those without one.

**Instructor:** Muriel Pendelton

Mondays, July 29 – Aug. 17
3:15 – 4:45 PM
CSULB, HS&D, room 101
Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, 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: Shona Howe
Tuesdays, June 30 – Aug. 18
9:00 – 10:00 AM
CSULB, LifeFit Center, KIN 107

Everything You Wanted to Know about Football... But Were Afraid to Ask!
Would you like to develop a greater understanding and appreciation for football and enhance your viewing experience? Have you ever wondered what the difference is between a forward pass and a fumble, a touchdown and a tight end, and what makes the Super Bowl so super? This interactive course will cover the basics of American football, including its history and evolution; the essentials of offense, defense, and scoring; explanations and diagrams of basic plays; and enough football vocabulary to allow you to watch a football game with your friends and family without having to ask “what just happened?” Bring your questions, no matter how basic.
Instructor: Bob Cooney, M.A., former football and basketball coach, Seton Hall, New York
Tuesdays, June 30 – Aug. 18
10:00 – 11:30 AM
CSULB, HS&D, room 101

A Play Reading Circle XI
Experience drama first-hand! Join this class to read plays from various historical periods; learn about the playwrights and the times in which they lived; and discuss the significance and value of each play. A list of the plays to be covered and the recommended translation to purchase or borrow from the library will be available in the first week.
Class Limit: 15
Instructor: Muriel Pendleton
Tuesdays, June 30 – Aug. 18
10:30 AM – 12:00 PM
CSULB, HS&D, room 119

17th Century Ireland
Modern Ireland was born in the 17th century. Beginning with the Flight of the Earls and ending with the Flight of the Wild Geese, it was a century of rebellion, plantation, invasion, siege, exile, and an Irish battle for the English throne. Through a series of documentary films and discussions, we will explore a most consequential era of Irish – and British – history.
Instructor: Bill Fitzpatrick
Tuesdays, June 30 – Aug. 18
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

→ See article on page 5

DreamDoors
Sleep and dreaming are essentials for health and wholeness. The purpose of this class is to appreciate dreams as an art form. Each night of sleep contains 5-6 entries into unconscious dreamscape scenarios. A variety of methods will be explored for incubation and retrieval of both the contents and accompanying emotions of dreams. By focusing on interpretive skills we can enhance our innate and idiosyncratic wisdoms.
Class limit: 15
LW residents receive priority registration for this class.
Instructor: Barbara L. Reinhart, M.A.
Tuesdays, June 30 – Aug. 18
2:30 - 4:00 PM
LW, Clubhouse 3, room 3
The 1965 Sculpture Symposium:
Art intersects technology and international boundaries on the CSULB campus
The University Art Museum is preparing to celebrate the 50th anniversary of the California International Sculpture Symposium in an archival exhibition opening in September of 2015. Christina Alegria, Interim Curator of Education, will present a five-part overview of the historic 1965 symposium that paired artists and industry to produce the first sculptures to grace the CSULB campus. The class will include contextual background on the artists and their innovative processes, as well as insights from newly uncovered research, historic films, and first hand accounts from participants that have been unearthed in the planning of the exhibition. The class will include an on-site tour of the sculpture on our campus.
Instructor: Christina Alegria, B.A. Art History and Comparative Literature, M.A. Candidate in Art History and Museum Studies
Tuesdays, July 21 – Aug. 18 (5 weeks)
3:15 - 4:45 PM
CSULB, HS&D, room 101

FREE EVENT
Social Security Benefit Planning Workshop
Did you know there are over 500 different ways that enrollees can claim benefits?
Or that one can claim 50% of one’s ex-spouse’s benefits?
Or that one can earn 8% per year for delaying benefits?
This informative and easy to understand class will be led by John Pak, who will simplify some of the more popular rules as well as the confusing ones. He will revisit the origins of the Social Security system, take a closer look at the mechanics of the program, and explore the ways in which individuals can maximize benefits and avoid the pitfalls. People who have worked hard all their lives will be in a better position to get the most out of their benefits by attending this class.
Instructor: John Pak, CFP, RICP
Tuesday, July 14
3:15-4:45 PM
CSULB, HS&D, room 101

FREE EVENT
Medicare 101
Understanding Medicare is becoming more relevant in the retirement community as an estimated 10,000 baby boomers turn 65 each day for the next 19 years according to the Pew Research Center. This basic course begins with a brief history and overview of the Medicare program, then dives into more in-depth details about the various parts of Medicare, which includes Part A-for hospitalization coverage, Part B-for physicians’ coverage, Part C-Medicare Advantage, and Part D-the prescription drug program.
In addition, the course provides valuable information on Medicare Supplemental insurance and how these policies may provide coverage and benefits to fill in the “gaps” in Medicare coverage. The available Medicare Supplement, or Medigap, plans are discussed, with details provided about each of the individual policies that are titled Plan A through N.
Instructor: John Pak, CFP, RICP
Tuesday, July 7
3:15-4:45 PM
CSULB, HS&D, room 101

→ See article on page 10
California Diversa
Consider the human cultural diversity Southern Californians may experience during a routine shopping trip: get hungry, skip the burger, and from several ethnic choices enjoy a tasty Mexican tamal while hearing four languages and seeing as many architectural styles. History can help us understand and appreciate why and how these three “foundation” cultures came to California, made it their homeland, and left a lasting legacy: the “First People,” the Tongva (for whom the current CSULB campus land was a very important village site); the kingdom of Spain, culturally diverse herself, whose colonial policies led to the inclusion of the Tongva and millions of other New World “Indios” into their colonial societies; and the Anglo-American United States, whose conquest and annexation of Mexican California added robust and innovative new dimensions to our culture.*

Finally we propose that from this diversity Southern California has emerged with its own regional culture and vision of the “California Dream.” We conclude by seeking a definition of that dream and discussing its current status.

*The final two class sessions (July 29 & August 5) will be held at Rancho Los Alamitos Historic Ranch and Gardens. Convenient free parking at the site.

Instructor: Ron Redman, Ph.D.

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.

Instructor: William J. Teweles, Ph.D.
Wednesdays, July 1 – Aug. 19
8:15 – 9:45 AM
CSULB, HS&D, room 119

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

Class limit: 35
Instructor: Constance Malaambo, Registered Nurse and Masters in Homeopathy
Wednesdays, Aug. 5-19 (3 wks)
10:00 – 11:30 AM
CSULB, HS&D, room 101

Self Hypnosis for Relaxation, Self Improvement, and Fun
This is a fun filled adventure into the benefits of Self Hypnosis and other self directed techniques which improve the quality of life. Self Hypnosis is effective in many areas of life including stress reduction, relaxation, pain relief, self control, positive thinking and better sleep, but best of all more JOY. Each class will end with a guided meditation.

Instructor: Donna Kannard, Ph.D., author of Trance Magic

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, July 1 – Aug. 19
10:00 – 11:30 AM
CSULB, HS&D, room 119

Pine Ave., Suite 202

→ See article on front page

Advance Directive Workshop

→ See article on page 5
**Caruso and the Golden Age of Opera**

In “The Great Caruso” class taught in the Summer 2014 OLLI session, we listened to the legendary tenor’s earliest rare recordings from 1901-06. Many of his performances were accompanied by only a tinkling piano or, later, a small studio orchestra. By 1906, when Caruso joined the Metropolitan Opera, he reigned as its wonder-voice until his collapse on stage and subsequent death in 1921. During this time, the Victor Recording Co. had exclusive rights to his disks, which Victor audiologists controlled with fidelity according to the accustical standards then in place. Singing in ensembles with him were such celebrated artists as Melba, Tetralini, Schumann-Heink, Galli-Curci, Ruffo, Scotti, Farrar, and others of the “Golden Age of Opera.” Golden? Are not all vocal ages wondrous? Judge for yourself.

**Instructor:** Les Mittleman, Ph.D

**Wednesdays, July 1 – Aug. 19**

11:45 – 1:15 PM

CSULB, HS&D, room 101

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**Beginning Watercolor Painting**

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, July 1 – Aug. 19**

1:00 – 3:00 PM

LW Clubhouse 4, Art Studio at back of the building

→ See article on page 8

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**Understanding the American Revolution and the Origins of our Government**

The crisis with Great Britain in the 1760s and early 1770s brought on by the series of actions of Parliament to tax and control the colonies gave birth to the formulation of revolutionary thought by the founding fathers. How this led to the Constitution and the creation of a completely new form of government that had never existed in the history of the world will be the focus of our study.

**Class limit:** 25

**Instructor:** James Espinosa, M.A.

**Arts, Political Science**

**Wednesdays, July 1 – Aug. 19**

11:45 – 1:15 PM

CSULB, HS&D, room 119

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**Travel Without Luggage**

Come travel the world from the comfort and convenience of the classroom. No fear of losing your passport, drinking the water, standing in line for a long flight in a tight cabin, leaving you with swollen ankles and feeling jet-lagged. Each week, travel to another part of the world. Watch juvenile gorillas, as a giant silver back keeps vigil over his troop deep in the jungle of Uganda. Visit the colorful ancient tribes of the Omo Valley and attend the annual Meskel Festival in a month long sojourn throughout Ethiopia. Experience winter in Yellowstone and track wolves on snowshoes and a 4-wheel drive and not get cold. Swim with the Humpback whales of the Silver Banks. Learn about lemurs when you visit Madagascar. These are only a few of the destinations to be visited during this second arm chair travel program at OLLI. No repeat destinations from the 2014 spring program.

**Your Guide will be:** Jackie Baird-Bunker, Local Film Maker

**Wednesdays, July 1 – Aug. 19**

1:30 – 3:00 PM

CSULB, HS&D, room 101

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**Write, Edit, Rewrite, Publish your Non-fiction!**

Have you wanted to see your own personal experiences in print? This is a workshop for those who want to write, seek honest but respectful critiquing, and get help with final editing. Opportunities for publishing will be discussed. There is nothing quite like seeing your work in print.

**Class limit:** 10

**Instructor:** Sallie Rodman, Certif.

**Professional Writing, Published in Chicken Soup for the Soul books**

**Wednesdays, July 1 – Aug. 19**

3:15 – 4:45 PM

CSULB, HS&D, room 119
WEDNESDAY

Effective Communication
This class will expose attendees to various communication principles and skills. There will be brief didactic presentations followed by class participation aimed at enhancing personal communication skills. The class is interactive between presenters and students as well as between students. Some of the topics covered include: mindfulness in communication, assertive communication skills, basic elements of the communication process, how to tailor communication to the preferences of the receiver, and basics of conflict resolution. Let’s learn and have some fun doing it.

Instructors: Herb Glazero, Ph.D., psychotherapist; and Tere Sievers, M.A., M.F.T., specializing in Solution-Focused Brief Therapy

Wednesdays, July 1 – Aug. 5 (6 weeks)
3:15 - 4:45 PM
CSULB, HS&D, room 101

The Art of Words:
Creative Writing Experience
Using the Amherst Writers & Artists method, this workshop will help you banish fear and silence your inner critic. Through the use of prompts and exercises, you’ll explore, create and surprise yourself with weekly writings. The Art of Words offers the new, experienced, and shy writer a safe and supportive space to take risks and learn from one another. No writing experience necessary.

Instructor: Marta Ceja Mora, Certified leader of workshops in the AWA method as described in Writing Alone & With Others by Pat Schneider

Wednesdays, July 1 – Aug. 19
7:00 - 8:30 PM
Alpert Jewish Community Center

THURSDAY

Longevity Stick – “Movement is the best Medicine”
The purpose is to help prevent disease and deterioration, protect your health and increase body awareness. Combining eastern and western medical knowledge, the 12 easy-to-learn movements aid in developing better balance, coordination, flexibility, strength, breathing capacity, mental focus and concentration. Bring a one-inch dowel - one to two inches longer than your height - with rubber (not plastic) end caps. Athletic shoes are recommended, as is loose and layered clothing.

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

Instructors: Lynne Marsh, M.A.
Wednesdays, July 2 – Aug. 20
8:30 – 9:30 AM
LW, Clubhouse 6, room 6C

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.

Instructor: Alan Fasnacht, M.A., real estate agent / broker, actively listing & selling real estate
Wednesdays, July 2 – Aug. 20
9:00 – 10:30 AM
CSULB, HS&D, room 119

A Novel Approach to Memoir Writing
A man from Holland whose family hid Jews during World War II. 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
Wednesdays, July 2 – Aug. 20
8:30 – 10:00 AM
CSULB, HS&D, room 101

Tai Chi Chih at Pine Ave.
Come and experience the deep relaxation and serenity of Tai Chi Chih. This is the American version of a Chinese system for maintaining health. It is known as “moving meditation” which brings about inner peace and quietness. This is a great way to obtain great health. It has 19 movements and one pose. All levels are welcome.

Instructor: Florence St. Peter
Wednesdays, July 2 – Aug. 20
10:00 – 11:00 AM
Pine Ave., Suite 202
SHALL WE DANCE?

Dancing is excellent for your brain and good for your body. If you can walk, you can dance! If you can count to four, you can dance! Learn or brush up your cha-cha, swing, waltz, and other dances, with lots of laughs guaranteed along the way. So grab a partner and get ready for more fun at receptions, parties, and on cruises. It’s easier with a partner, but singles are also welcome.

Instructors: Michael & Eva Meckna, musicians and dancers

Thursdays, July 2 – Aug. 6
10:15 – 11:45 AM
CSULB, HS&D, room 101

MOTION CREATIONS, LEVEL I AND II

Learn to design, cut, break, and grout tile and glass to create all types of decorative items: pots, frames, mirrors, bowls, hot pads, etc. Discover a relaxing hobby that you can do anywhere. Class will be at a beginners level and at an advanced level for returning students. Ideas are limited only by your creativity. Cost of materials will depend on the item you selection to decorate: approx. $5 - $15. Class limit: 20

Instructors: Barry and Shelly Levinson, life long crafters

Thursdays, July 2 – Aug. 6
1:00 – 3:00 PM
CSULB, HS&D, room 105

CATCH THE SPIRIT OF MUSIC

Do you like to lift your voice? Do you like to sing in the shower? Do you like to feel good? If so, “catch the spirit” and join the OLLI Vocal Ensemble. We’d love to have you. Possible $5.00 fee for music.

Instructor: Fran Harding

Thursdays, July 2 – Aug. 6
3:30 – 5:00 PM
CSULB, HS&D, room 101
The Writer’s Toolbox
There are many ways to approach a story be it fiction, memoir, or non-fiction. The creative urge tells you what you want to express and technique gives you the tools with which to write it. The emphasis of this class will be on showing rather than telling. You will have the opportunity to exercise your writing skills and use the “tool of the day” to improve the piece you create in class. For example, one technique we will work on is how to make a description more vivid. Whether you are a beginning or experienced writer, this class will help to hone your writing skills.

Instructor: Betty Coven, Ph.D., psychologist, author
Fridays, June 26 – Aug. 21
8:30 - 10:00 AM
CSULB, HS&D, room 119

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.

Class limit: 25  LW residents receive priority registration for this class.
Instructor: Kathy Marshall, Image Consultant, Fashion Stylist
Fridays, June 26 – July 17  (3 weeks)
2:30 – 4:00 PM
LW, Clubhouse 3, room 3

Writing for Wellness
Words can help you heal. The simple act of written expression is a miracle. Life threatening illnesses and tragedies affect all of us. Through directed writing we can restore hope, compassion, and care. Subjects include choosing happiness, recapturing joy, and capturing nature’s power. This class will not focus on grammar or professional writing but on expressing oneself, and will help the writer heal. The class contents will be based on techniques in the book Writing for Wellness by Julie Davey. Books will be available for class use.

Class limit: 25  LW residents receive priority registration for this class.
Instructor: Joan Smith
Fridays, August 7 - August 28  (4 weeks)
2:30 – 4:00 PM
LW, Clubhouse 3, room 3
FRIDAY

**Great Directors and Some of Their Finest Films**
We will address each film, discussing the little known “secrets” about the directors, the stars, the productions and Hollywood, in general. Some of the directors and the films from 1934 – 1956 that we will cover are: De Mille, Capra, Ford, Hitchcock, “The Man Who Knew Too Much” 1956, “It Happened One Night” (Clark Gable & Claudette Colbert) 1934, “The Best Years of Our Lives” 1946, and “The Big Sleep” (Humphrey Bogart & Lauren Bacall) 1946.

**Instructor: Jeff Hathcock**
**Fridays, June 26 – Aug. 21**
12:00 – 3:00 PM
CSULB, HS&D, room 101

SATURDAY

**Art Workshop Lab**
Intended for students who have experience in painting or drawing. This non-directed time is for artists to improve painting skills. 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!

**Saturdays, June 27 - Aug 22**
between 8:30 AM - 10:00 AM

**Advanced Watercolor Painting**
Stay for lessons and advice from an outstanding teacher and artist. Bring your supplies and ideas.

**Instructor: Mike Daniel**
**Saturdays, June 27 - Aug 22**
10:00 AM - 12:00 noon
CSULB, HS&D, room 105

**Cecil B De Mille: The Master of Film**
To this day, he is the most commercially successful director of all time. His movies are known for their spectacle, their sensuality, and their over-the-top production values. He introduced film noir to American cinema, created the sex comedy, and produced some gritty social dramas that were far ahead of their time. Come see why film historians call him the “Master” and why some of his movies were banned from the public for decades for being too naughty!

**Instructor: Allyson Hathcock**
**Saturdays, June 27 - Aug 22**
10:00 AM – 12:30 PM
Pine Ave., Suite 202

SPECIAL EVENTS

**FREE**
**INVITE A FRIEND!**

**Saturday, June 27**
9:30 – 4:30
ASTEROID DAY
Presented by Carl Curtis

**Monday, June 29**
2:00 – 4:30
SEA OTTERS
Presented by Kim Steinhardt

**Tuesday, June 30**
1:30 – 3:00
OLLI
GENERAL MEMBERSHIP MTG
Voting on Bylaw changes

**Tuesday, July 7**
3:15 – 4:45
SOCIAL SECURITY BENEFITS
Presented by John Pak

**Tuesday, July 14**
3:15 – 4:45
MEDICARE 101
Presented by John Pak

All meet in OLLI classroom 101

**Cranial Challenge**
(from page 13)

Answer to Bridge riddle:
Man #3 and Man #4 stay behind: Man #1 and Man #2 cross over. (This takes 2 minutes)
Man #1 crosses back. (This takes 1 minute)
Man #3 and Man #4 cross over. (This takes 10 minutes)
Man #2 crosses back. (This takes 2 minutes)
Man #1 and Man #2 cross over. (This takes 2 minutes)

In all, 2 + 1 + 10 + 2 + 2 = 17 minutes. Just in time!
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
June 29 — August 17
8:30 – 10:30 AM

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: Dalia Hernandez
June 30—July 21
8:30 – 10:30 AM

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
June 30—July 28
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
June 29 — August 17
10:45 AM – 12:45 PM

PowerPoint 2013 (PC)
Get acquainted with the powerful Microsoft presentation software that will help you create and edit slideshows. You’ll be introduced to the icons on the ribbon, the many templates, and how to take advantage of improved graphics capability. Learn to build and save a simple presentation, use rulers and guides, apply themes, insert transitions, place text, insert clip art or other images from your computer, apply backgrounds, print speaker notes and handouts, and run a slide show.
Prerequisite: Basic PC skills.
Instructor: Harold Drab
June 29 — August 17
3:15 — 5:00 PM

Beginning Photoshop Elements
Part 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
June 30—August 18
10:45 AM – 12:45 PM
iPad Apps Only (iOS)
Do you already know how to use your iPad and all its features, but want to learn what more about this popular device can do for you? The first class meeting will be a review of the apps that come on your iPad. This class will then cover additional apps available; we will download them on your iPads, review all the functions of the apps and why you might want to use them. The most popular apps will be covered in the first classes and the students will decide as a class what apps are covered in the remaining sessions. 
Prerequisite: You must have an iPad and bring it to class every week.
Instructor: Marilyn Gettys
June 30-August 18
1:00 – 3:00 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 must have an iPad and bring it to class every week.
Instructor: Kathy Winkelwerder
July 1—August 19
8:30 – 10:30 AM

Explore the iPad
See the class description above.
Instructor: Marilyn Gettys
July 1—August 19
10:45 AM – 12:45 PM

Samsung Phones (Android)
Explore how a Samsung smartphone works. 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. See what you can do with your Samsung smartphone besides making and answering phone calls or texts. You’ll learn how to check mail, use the camera, browse the Web, play games, listen to music, and get directions from a map. 
Prerequisite: bring a Samsung smartphone.
Instructor: Richard Sherwood
June 30-August 18
3:15—5:15 PM

Click Start Your Genealogy Research (Mac)
Do you want to know more about your family history? Have you already gathered information, but need to organize it? Learn what can be done using Internet resources. We will look at popular genealogy programs for the Mac to help you organize and document your research. We’ll also explore ways to locate others researching your family lines, and find Web sites to further your research. If possible, bring a list of family last names and localities to your first class. 
Prerequisite: The ability to use a Mac for Internet access.
Instructor: Bonnie Elsten
July 1 – Aug 19
3:15 – 5:15 PM
Manage and Enhance Your Photos with Picasa (PC/Mac)
Get your pictures from your camera or smartphone 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
July 2 — August 20
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
July 2 — July 23
3:15 – 5:15 PM

The Best of Google (PC/Mac)
See how to make the most of being online by using these free features and services from Google. You’ll investigate Google’s Chrome browser and its useful extensions; ways to use Google maps and Google Earth more effectively, and learn some little-known Gmail tips and techniques. And even if you’re familiar with the Google search engine, you’ll be shown additional ways of finding exactly what you want. The class also will explore the Google Art Project and Google Play.
Instructor: Reggie Gates
July 2 — August 20
10:45 AM - 12:45 PM
Use the OLLI or CSULB website for all campus maps  www.csulb.edu/maps

OLLI at JCC
Alpert Jewish Community Center
3801 East Willow Street, LB
Between Lakewood and Redondo Ave.
562-426-7601
Enter at the main gate and park anywhere in the lot. Classes are usually held in Room 27 (down the main hall to the classrooms off to the right.)

OLLI Leisure World

Parking at Leisure World
Entry for non-Leisure World residents is from the class list. The main gate security office will have the names of enrolled students to admit them for the first classes. Follow LW guidelines for parking.

OLLI @ CSULB Parking Permits

For the convenience of our members, parking passes for Parking Lot 11 are sold in our office for $33.00 per 3-month quarter. Members may not park in carpool or employee parking without special permits. Checks made out to Parking or cash is accepted payment.

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

If you receive a ticket from Parking patrol, contact Parking Services (Merriam Way) at 562-985-4146.
**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 street 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 Solana Court door entrance to the building. Use the buzzer and wait for a sound to open the door. Classroom is up a flight of stairs. A lift is available upon request.

* **PA-Tower** classes are in the Park Pacific Tower apartment building at 714 Pacific Ave. just behind the OLLI classroom building. Buzz office 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**

- **Barbara White** Executive Director
- **Malcolm Green** President
- **William Fitzpatrick** Vice President
- **Karin Covey** Treasurer
- **Vicki O’Toole** Secretary
- **Len Jacobson** Member-at-Large
- **Michael Gavin** Member-at-Large
- **Lupe Ruelas** Archivist
- **Judie Irving** Community Relations
- **Kathy Winkenwerder** Computer Lab
- **Wesley Peck** Computer Lab
- **Pat Wrenn** Curriculum
- **Karen McDonough** Curriculum
- **Ken Nakagawa** PA Contact
- **Dolores Volpe** LW Contact
- **Bea Roth** LW Contact
- **Vacant** Membership
- **Jack Blecher** Publications
- **Janie Payan** Social & Special Events
- **Dennis Youkstetter** Ad Hoc Development
- **Don Friedman** Ad Hoc Arts Committee
- **Betty Hutchens** Ad Hoc Arts Committee

- **Carl Curtis** President Emeritus

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**Advisory Board**

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

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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 and 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 semesters. A shuttle stops at the south-west corner of Lot 11 and will drop you off in front of the Design building. Check the CSULB website for schedule.
Music and art reflect the times in which we live. Styles and forms change throughout the years, thus telling the stories of different generations. In this class, Stephen Propes, the instructor, is going to tell us about the beginning of rock and roll including the celebrities who contributed their unforgettable talents.

The class will introduce us to the various styles of rock and roll. There are regional styles that originated in New Orleans, New York, Chicago, and Memphis. While listening to records (with many originals), the class can reflect on the stories associated with the music and the history behind the time period that rock and roll represented.

Many of us will remember Chuck Berry, Fats Domino, Little Richard, Buddy Holly, Jerry Lee Lewis, and Elvis Presley, to name a few. In this course the focus will be on rock and roll from the 40s to the 70s, with an emphasis on the 50s. Questions and comments will be welcomed.

Stephen Propes is a collector of original records and CDs. He received his B.A. degree from CSULB in 1965. Stephen has taught this class at CSULB in the extension division, at Golden West College, and in the Parks and Recreation division in the city of Lakewood. He was a disc jockey on the radio station Kلون (now called KJAZZ) from 1981-1989 and has written eight books on this subject, with more to come. Our instructor writes for the Beachcomber and has also published interviews with rock and roll originators. Let’s “Shake, rattle, and roll” (from our seats, of course) and learn the history behind this dynamic music that is still very much with us.

→ See class description on page 21