Get on your mark, get set, start THINKING! And thinking is what Naida Tushnet intends to get the class to do in *Persistent Dilemmas in American Society*. The topics, she suggests, will get everyone off and running. Wondering if our society has dilemmas is a moot point. But to share these dilemmas with classmates and discuss the different options for solving them is exciting and stimulating.

One topic, for example, is that of national security. The citizens of the country, without doubt, believe this is a necessary element if the country’s population is to prosper and live in peace. But as Naida suggests, personal privacy is also an important factor if we are to share an existence. An example of this is the terrorists who attacked the center in San Bernardino. We want to know how this took place and more about the individuals who carried out this heinous act. Apple may have the answers in iPhones, but will not open them to inform people. National security or personal privacy? This is the dilemma. Naida is anxious to prod her class into discussing arguments from both sides in order to see differing points of view. There will be no assigned reading, but she will bring handouts based on current events.

Naida was a high school history teacher in St. Louis but left her job to go back to college and earn her Ph.D at Washington University in St. Louis. Her dissertation was “Justice in Elementary Classrooms” which begs another important topic to discuss—education. What are the dilemmas in schooling? What rights do the teacher and student have? Who should plan the curriculum - the teacher or the state? These are but a few topics that can stimulate a healthy discussion. An important point about this course is that it is not based on debate but thoughtful, deliberate discussion. Let the thinking begin!

"LEARN MORE ~ AGE LESS"
Enroll at OLLI . . . the School for Learners 50 +

★ The OLLI Sun ★

Vol 19 Issue 4 Summer 2016

Naida Tushnet
Editor’s Comments

by Jack Blecher

THOUGHT FOR TODAY: “When truth is buried underground it grows, it chokes, it gathers such an explosive force that on the day it bursts out, it blows up everything with it.” Emile Zola

OLLI gives hundreds of people the opportunity to learn more truth and gain more talents. To see and hear is to learn. Learning in our classrooms comes from the efforts and life experience of volunteer teachers. They study their subject (many are experts in their field already) and prepare notes to give inspiring presentations. We appreciate them. We also acknowledge the work of Carl Curtis who makes sure you can see and hear what is going on. Through his work, microphones are in the right places and audio-visual equipment is prepared and set up so you enjoy a great learning environment.

While Renee and I relaxed on a luxurious two-week cruise to Hawaii, Rick Adams and The SUN staff did an excellent job taking care of the business of preparing another issue of The SUN.

In six months, we will distribute the Fall issue of The SUN. That issue will be dedicated to our 20 years of existence. The first ten years we were Senior University. Then we affiliated with The Osher Foundation and became OLLI.

June Solstice, Monday, June 20, 2016; 3:35 pm PDT

Letter to the Editor

Dear Jack,

In “The President’s Corner” (The SUN, Spring 2016) Bill Fitzpatrick generously praises my previous OLLI classes on W. B. Yates. As you know, he’s kissed the Blarney Stone and his words drip honey. Thank you, my friend.

But, I’d like to correct one of his statements. What I remember saying is: “You’re so brilliant, Bill, and so knowledgeable about all things Irish, you should think about teaching a class that follows your passion.” The rest, as they say, is history.

For current students of OLLI - - future instructors - - let me add my urgings with Bill’s. Try it; you’ll like it.

Les Mittleman
The President’s Corner

Ralph Staunton was just a typical OLLI member. We were often classmates. I knew who he was from early on. In nearly every class he’d say something that caught my attention. We became friends during the Yeats poetry class. He noticed that I kept opening my mouth. We’d talk before and after class about our Irish experiences, sharing a bit of blarney. Ralph had dozens of Irish stories that he loved to share. After World War II he settled in Southern California and began taking Irish step dancing lessons. Soon, a son was born on St. Patrick’s Day. He did extensive research on his Irish origins. He visited the Staunton Hotel bordering St. Stephen’s Green on his Dublin trip.

I told Ralph that I planned to teach an Irish history class and he was all in. He offered to be one of the class liaisons - making announcements, passing out handouts, walking handheld mics around the room and the like. When registration opened before that first session, Ralph approached me with a worried look. “I’m afraid they are going to cancel your class. There’s no interest in Irish history. You won’t get enough students.” But Ralph was wrong. We eventually got 25 sign-ups. The class was on. For six years, Ralph never missed a single Irish class. He was always there to serve as my aide even after liaisons went away. He attended more of my classes than I did.

Sadly, Ralph passed away two years ago this May. But his devotion to OLLI lives on. His family trust distributed $25,000 to OLLI. That was enough to fund the Ralph Staunton Endowment, a legacy gift that will continue supporting OLLI through the years.

Ralph Staunton was just a typical OLLI member – a great classmate, a super volunteer, a generous benefactor, and a friend.

From the Executive Director

Our OLLI provides exercise not only for the mind, but also for the body, and summer is the perfect time to stretch both! In that spirit we have OLLI members who are joining together to bike, to walk and to ride the rails. We welcome these activities as part of a class or as a special interest group. However, when involved in any activity sponsored by OLLI, each participant must sign a “Release of Liability.” This will be a requirement for participation, and we respectfully ask you to honor that obligation. OLLI is happy to have groups of members join their interests with others. If you are interested in forming a group under the OLLI name, please submit a proposal to the Executive Committee.

Continuing our close relationship with the LifeFit Center on campus, we have been offered an opportunity to participate in a study they will be conducting this Fall with a new piece of exercise equipment called In-Trinity®. Stay tuned for information about how to become involved. And thank you to the OLLI members who volunteered as “clients” in an undergraduate nutrition lab during our winter session. Students and faculty were grateful for practice with “real people.”

Finally, please join me in welcoming a new Dean to our College of Health and Human Services, Monica Lounsbery, PhD, who will begin her tenure in July 2016. Dr. Lounsbery comes to us from the University of Nevada, Las Vegas (UNLV) where she is a professor and associate dean of Faculty Affairs in the School of Medicine. She is a fellow in the National Academy of Kinesiology and an advocate for school physical education and activity programs. OLLI at UNLV shares a similar 20-year history on campus and an endowment from the Bernard Osher Foundation.
During winter term, OLLI had a series of special events that enhanced our curriculum. Long Beach Opera promoted Leonard Bernstein’s *Candide* and the world premiere of Tobin Stokes’ *Fallujah*. There was a screening of a new documentary, *IKE: From warrior to President, 1942-1951*, and a special event on the new book about the history of CSULB.

OLLI members were amongst those who went to California Pizza Kitchen for “Pizza with a Purpose” fundraising in honor of Nohe-mi Gonzalez, a CSULB student in the design department who was killed in the Paris attack.

Registration for the spring term started on March 5th, and before the doors opened at 8:30 am there were 100 students standing in line to register. In total more than 200 eager OLLI members signed up that day for classes. The future looks bright for OLLI. We thank the volunteers who helped with registration: Karin Covey, Janie Payan, Grace Blankenship, Georgiana Fox, Debra Zimmerman, Claudia Kaneshiro, Kathy Winkenwerder, Janet Lipson, Barbara J. Smith and Liz Lopez too.

On March 3, 2016, *The Grunion Gazette* interviewed Jack Blecher and yours truly and ran an article explaining the importance of OLLI for the members of our community.

An active member of OLLI for more than ten years, Alan Rosen has moved to Culver City. His presence and participation will be missed. Classes at the satellite locations, Leisure World and Pine Avenue, are doing well and continue to grow. Gratitude is due to the many volunteer instructors who give their time, energy, and talent in making OLLI successful. Have a delicious summer!

**In the Spotlight**

Summer will soon be here again: long beautiful days, the beach, plus planned or spur-of-the-moment getaways. A renewal of the mind and body can also be a result of taking summer-term classes and participating in all OLLI will be offering. It has been a busy time for OLLI this winter term. The classes went well with the usual large attendance at movie classes and courses on politics. The majority of the other classes were also well attended.

The Rail-Get-Away class got its students involved in travel. Carl Schiermeyer led class members on the Metro Line and Metro Link to Santa Barbara, downtown Los Angeles, Oceanside, Arizona and many other exciting places. The art show was extremely successful with great art, fun music and a superb enthusiastic audience. Though we all missed Betty Hutchens involvement, she surprised us and showed up with praise for the new organizers.

A number of our OLLI students volunteered for the Nutrition Lab, helping CSULB students use their newly learned skills regarding Body Mass Index (BMI) for older adults. We learned how overweight some of us are!
Try Meditation

Chris Ward, who has been practicing meditation for some 40 years, will teach the Meditation class. He will teach the Easwaran method of meditation, known also as Passage Meditation, which consists of “silent repetition of memorized inspirational passages from the world’s major religions and spiritual traditions” (https://en.wikipedia.org/wiki/Eknath_Easwaran). As a young man, Eknath Easwaran, met Gandhi and was influenced by him; he founded the Blue Mountain Center of Meditation in northern California in 1961 (Wikipedia). Because meditation has been a very important part of his life, our instructor attends the retreats at the Blue Mountain Retreat Center in Tomales Bay. People have been meditating for thousands of years. In some form or another meditation is part of every religion. In recent years, meditations derived from Buddhism have become a large part of the secular world; people strive to obtain calmness and a healthful lifestyle. Spirituality, which is unattached to any specific religion, exemplifies the need for a human connection to a higher intelligence.

About 15 years of scientific research has shown that meditation produces significant changes in both the function and structure of the brain. Scientists are learning that meditation has an impact on biological processes essential for physical health. In the journal Neurology Now, published by the Academy of Neurology, the article “Meditation as Medicine” tells us, “Studies show that meditation can increase attention span, sharpen focus, improve memory, and dull the perception of pain.” Passage Meditation is listed among others in this article as a method used to achieve these results.

If you want to improve your focus, ease stress, and promote a healthy mind-body relationship, start to meditate. Chris Ward will teach you how.

→ See class description on page 23

Summer Olympics

What were the politics when Jesse Owens competed in the 1936 Olympics in Berlin? What were the factors allowing “Eddie the Eagle,” a skiing neophyte, to participate the 1988 Calgary Winter games? Recent movies shed light on both stories, but they’re just the tip of the iceberg in Jane Adair’s Summer Olympics class. She returns to teach this class for a sixth time.

The first several meetings will be devoted to the fascinating history and political climate of the Olympics. Attendees can also expect discussions with local experts including a CSULB trainer who specializes in athletes and nutrition. In past years, others “in the know” have shared their experiences. One was a security team member from the '84 games that were held in Los Angeles.

Jane brings an extensive educational background to a topic she clearly loves. After her tenure as a sports reporter for her high school in Syracuse, New York, she attended Mt. Holyoke and later Temple University to earn her Ph.D. in sports psychology. Her doctoral dissertation addressed “flow,” or altered states of consciousness. The objective was to explore how top athletes and dancers employ mindfulness and meditation-like techniques. These elements enhance concentration at critical moments. Jane was far ahead of her time in this field. It later included contributions from the likes of the Lakers’ “Zen Master,” Phil Jackson.

When Dr. Adair relocated to Long Beach she taught full-time at Poly High. She also taught part-time at CSULB, presenting classes such as Women in Sports and Sports History. Since retiring, Jane has taken OLLI’s Shakespeare and travel classes. She has also taught a mindfulness class called Present Moment.

You are invited to “go for gold” and sign up for Summer Olympics. It promises to be an exciting educational and fun adventure!

→ See class description on page 21
I have been a student at OLLI for 17 years. My husband was a professor at Cal State Long Beach for 30 years. During his tenure I met a number of professors and administrators, but I never had the occasion to interview a reigning president about the road to becoming the head of a university and his or her hopes to improve the education of the future generation.

Dr. Jane Conoley came out to greet me as I was waiting for her at Brotman Hall. She welcomed me as if I were an old friend and took me to her office, which was filled with lovely paintings and photographs of her family.

Dr. Conoley is an impressive woman. She earned her bachelor’s degree in psychology from the College of New Rochelle in New York and a Ph.D. in school psychology at the University of Texas at Austin. While in Texas, she met her husband, who is also a professor of psychology. They now have three beautiful children and five perfect grandchildren.

Dr. Conoley learned early on - perhaps by attending an all-girls elementary school, a girl’s high school, and woman’s undergraduate college - that women can accomplish anything. And she was right! She served as dean of the Gevirtz Graduate School of Education at the University of California, Santa Barbara. She also served from 2012 to 2013 as the interim chancellor of UC Riverside. In 2014 she was appointed as the first female president of CSULB.

So what do university presidents actually do? Well, they do a lot. They are CEOs, politicians, administrators, cheerleaders, public relations representatives and professionals in the field of higher education. Dr. Conoley had a huge task ahead of her in taking this position.

One year after she became president, CSULB received 91,000 applications to the undergraduate programs from students. Years ago the state funded a high percentage of the operating costs of the university, but support dropped precipitously during the recession and has not yet recovered. This past year, the state provided only 24% of the funds necessary to run the campus. During the recession, tuition had to be increased. In addition, the university has needed to turn to the business world for additional funds and equipment for various departments. Companies such as Boeing, Long Beach Memorial Hospital, and St. Mary’s Medical Center have been instrumental in supporting CSULB to name only a few. This year CSULB completed its first comprehensive fund raising campaign, raising $238 million from alumni, philanthropists and corporate and foundation donors. One of Dr. Conoley’s dream projects is to refurbish an existing building for the purpose of helping all students make timely progress to graduation by locating all the services they need in one place. This building would be called the Student Success Center. The renovation will cost about $40 million, but the investment in students will contribute immeasurably to the region. I have no doubt she will see her dream become a reality.

Dr. Conoley feels that OLLI plays an important role on campus. She believes students are inspired by seeing older students checking out books at the library, going to the student union, and eating lunch on campus. This reinforces that learning is a lifelong process. It is a pleasure for Dr. Conoley to see older students mingle with younger students as they walk through the quad. She remarked that when she retires she would like to attend OLLI and would take every movie class that was available and possibly start a new career in the arts.

I am so grateful to Dr. Conoley for taking her valuable time to meet with me and inform the OLLI students about her work and expectations for the future of CSULB.
Memoir Writing

Joe Murray's vivid memoir of the human spirit enjoying a State Fair in the good-old-summertime connects us to its many alluring, thrilling attractions. Be it waiting in long lines for a roller coaster ride or meeting up with a chameleon who eventually becomes the family’s beloved pet for the summer, we happily share in his rollicking vacation adventure with his new pal Stumpy!

Soon after his retirement from his manufacturing business, Joe and his wife became members of CSULB Senior University—now known as OLLI. He signed up for the Memoir class led by Florence and Josephine almost 15 years ago. Joe became interested in memoir writing when he “recognized a need to study and develop different character perspectives, especially when reading aloud to the class.”

Today, after writing at least 100 memoirs, Joe is seriously working towards completing his first book of Short Stories for future publication.

Stumpy by Joe Murray

It was 1946, World War II was over, school was out, and summer had started. For the first time in four years, Tennessee was having a state fair, and we’re attending it. As we drove into my cousin’s driveway, I thought to myself, “How lucky Jay Harold is to live within walking distance of the fairgrounds. How lucky we are to have free parking.” I can hear the screams of the people riding old Lightening. “I can hardly wait to ride. Surely, 10 years is old enough.”

Inside the grounds, the smell of food and cotton candy fills the air. I see a lady standing on a stage with a very large snake wrapped about her neck, and hear the ticket man yelling to the crowd in front of him to come in and see the lady dance with the snake. A lot of men seem interested in seeing the dance. I hope that she doesn’t get bitten. I wonder, “Why would she want to dance with a snake.”

Before I get a ride on the roller coaster, my mother wants to go to the pavilion to see if her “Chow-Chow” had won a ribbon. Reluctantly, I walk with her to the pavilion. The pavilion is huge. There are flowers, quilts, pies, cakes, fruit jams and jellies. and finally, relishes. We search the tables until we find mother’s entry. There it is in all its glory, a red ribbon for second place. We all praise her and say that we think she should have gotten the blue. She’s pleased with the red. The day is off to a great start.

We head for the roller coaster, Lightening. The line at the coaster is very long, and my father says we’ll come back later. I’m very upset.

We pass a guy that has a large board with live chameleons attached to it by one of their legs with small gold colored chains. Some of the chameleons are on a brown patch of cloth, some on green and some on grey patches. Each chameleon is the color of the patch to which they are attached. I was fascinated by their ability to change color. I ask my father, “Please buy me one.” Maybe he’s feeling sorry about the roller coaster problem, but he says ok. I walk away with a chameleon attached to my shirt by his gold chain. I am very happy.

When we get back to the house, I carefully undo the chain that holds my new pet to my shirt. I look to see how to free his leg from the chain that is no longer needed. I make a terrible discovery. One leg has been amputated at his left elbow. It’s not bleeding and the chameleon does seem to mind that he only has three and one half legs. He seems happy that he is free from his chain at last. I look at him, and declare, “Your name is Stumpy.”

Stumpy seemed very content to be a member of my family. He had the run of the house. He did not venture too far from my bedroom. He would sit on the window sill and bask in the sun and catch a fly with his agile tongue. Sometimes I would take him out on the front porch and place him on our grey glider. He would immediately match the color and lie in wait for unsuspecting flies. Since it was summer in Nashville, flies were plentiful and Stumpy got very fat.

One day toward the end of the summer Stumpy was nowhere to be found. We looked for him to no avail. My father came to the breakfast table one morning. He poured himself a cup of coffee. He pulled the chair from the table, and placed his coffee beside his plate. He slowly sat down, and then a strange look came over his face. He slowly arose, and slid his chair back. He looked across at me with an anxious stare and said, “I think I found Stumpy.” It was a very solemn funeral in the backyard that morning. I never had another chameleon, but I’ll always remember the stealthy, but unlucky Stumpy.
Yoga for Oldies! You betcha!

When you learn that JeanMarie Van Dine is teaching Yoga at OLLI, you’ll want to join the class. She has successfully taught yoga to all kinds of individuals with and without health issues, even people with M.S.

After 29 years as an English teacher, she recently retired. She is married to a math teacher and has one son. So one day when she registered her mother for classes at OLLI, she thought we are the perfect group for learning yoga as a way to maintain and improve our physical wellbeing. She asked about teaching and we are happy she did.

Jean Marie says the Yoga will improve your posture, circulation, balance, flexibility and safety. She will evaluate each person and assess their needs and goals. Noting whether a person has any physical problems, she will work individually with class members.

Jean Marie is a well-rounded person with many interests. She and her husband have seen 35 countries in as many years. She has studied voice, sings in a local choir and is a member of a poetry group.

And as she wisely mentioned to me “Now is the best time to invest in your life.”

→ See class description on page 27

In the Computer Lab

Windows 10

For almost a year our students who bought new Windows computers or updated their current computers have had a hard time. While their computers at home used the Windows 10 operating system, the computers in the lab still were running the older Windows 7.

Now at last, Windows 10 has been installed on the lab computers, so if you sign up for the 8 week Get to Know Windows or 4 week Windows Skills Review classes, the computers in the lab will look like your computer at home. This should make it easier for you to practice what you learn in all our PC classes. And if you want to know more about the new Windows operating system, take the 4 week Windows 10 class. Also, there’s always the Friday open lab where, if you have questions about anything tech related, there will be someone to help you. Come visit and test it out.

New Projection Screen

When you come to class in the computer lab now you’ll see a new screen with a sharper image. For a while we have received comments that students were having a hard time seeing what was projected on the old one, so this should be a big improvement. The new screen was made possible by a generous gift from an OLLI member. Many thanks!

New iPad and other Smart Device Classes

Beginning this term, iPad instruction will be divided into two classes: Introduction to the iPad and Advanced iPad, a class to let students become more familiar with the apps that come with their devices. Apps Only for Smart Devices, covering iOS and Android device apps, is a more in-depth study of apps that will be selected by the class. Check your schedule for class descriptions, days, and times.

→ See class descriptions on pages 31-33

Do you use Facebook, Twitter, Pinterest, or Instagram? Want to help teach others to use it too? Instructors and Coaches are needed for our new classes. Interested or know someone who might be? For details go to the OLLI office.
The Defeat and Death of Napoleon

Do you think of history as boring, dry, or deadly dull? Think again! Sign up for The Defeat and Death of Napoleon, and OLLI instructor Patrick McDonough, will no doubt change your mind!

Although Professor McDonough maintains, “I’m just a fan; that’s all I claim to be,” military history, specifically the story of Napoleon, has been a passion of his for more than 25 years. As a board member of the Napoleonic Historical Society, he has consulted with published experts in the field and personally toured almost every significant battlefield that was involved during the Napoleonic era in Western Europe.

Don’t think that this class will be focused solely on battles. It will also reveal the human story of how Napoleon’s struggles played out over his last years and what the consequences were for him and for France. This class, a continuation of Part 1 that covered Napoleon’s ascendancy (attendance in Part 1 is not required), will begin with a description of what life was like for Napoleon at the height of his power and then examine his character, given the circumstances in which he later found himself . . . how and why his supremacy declined, what happened on St. Helena, and ultimately how he died, along with the related questions surrounding his death.

Professor McDonough insists that this is a class meant for general audiences: enough of the back-story will keep it interesting, and it will be peppered with audio-visual support, including clips from film and YouTube, historic battlefield paintings, and portraits. The class will be about the people and places that led to Napoleon’s decline and the possible causes of his demise.

If you enjoy a compelling story with intrigue, ambition, adversity, humiliation, and much more, consider letting Professor McDonough be your guide.

→ See class description on page 25

What’s New in LA

What’s new in LA? Plenty as was discovered by participants in the What’s New in LA day trips on March 22 and 29. Over 100 OLLI members and friends headed to LA to see the renewal of downtown the likes of which hasn’t been seen in years. The tour included:

• A visit to the The Broad, the edgy new contemporary art museum.
• Lunch at Clifton’s Cafeteria which reopened recently after a $10 million renovation.
• A stroll through the Grand Central Market to check out the variety of fresh produce and mouth-watering food concessions.
• A driving tour in the comfort of our motor coach with a gracious and knowledgeable “step-on” guide through the Art’s District with its reuse of worn-out warehouses into modern apartments and condos and out the Wilshire corridor.
• A view of the new exterior of the Peterson Automotive Museum which has clearly undergone much more than a wash and a wax.

Look for more exciting day trips to come from the Member Services Travel Sub Group.
The eleventh annual OLLI Art Show and Reception made for a lovely afternoon of viewing beautiful artwork while the music of recorders playing “Scarborough Fair” filled the air. Held on Sunday, February 21, in the Duncan Anderson Gallery at CSULB, this year’s show featured paintings created by OLLI students in the Advanced Water Color class taught by Mike Daniel. Art by other OLLI members was also featured. All types of art works, including photography, baskets and sculpture, were celebrated. The show is held for most of a week during the days, so people can visit it at their leisure.

This year’s show had a few new touches. In order to find out what type of art attendees like, a “fan favorite” survey was taken. Those who attended any time during the week or on Sunday had the opportunity to choose a favorite piece. The two top vote getters were Waiting for Summer by John Dietrich and Ship of the Line by Bruce Hatch. John’s picture was light and airy, evoking a wonderfully warm summer afternoon. Bruce’s painting of a magnificent sailing ship was very tight and precise. Both were outstanding examples of what OLLI students can accomplish.

The program featured performing groups from OLLI. Opening with tunes from the recorder class, the ukulele class also serenaded the group with “Ode to Joy” and the classic “When the Saints Go Marching In” with the audience singing along. The OLLI choral group added to the festivities with several songs, including a vibrant rendition of “Always Look on the Bright Side of Life” and ending with a lovely choral blessing, “Wherever You Go.”

Speakers for the afternoon included Bill Fitzpatrick, OLLI President. He spoke about his journey from OLLI student to teacher of a class on Irish history to president. Dean James Koval of the College of Health and Human Services reminded attendees that OLLI is part of that college. Betty Hutchens, who for so many years organized the art show, was recognized and thanked for all she has done. Betty recently moved to the desert and made a special trip to attend this year’s festivities.

An afternoon like this is made possible by a group effort. This year a committee made up of Bruce Hatch, Alix Sullivan, and Sandy Winkler took on the task of organizing the art show and reception. Another volunteer committee composed of Craig Kimball, Claudia Kaneshiro, and Bernice Hogan provided refreshments for the afternoon. These hard-working individuals, along with the artists, all deserve a huge thank you for a terrific show.
Kristi Eaglehorse shows her paintings

Bernice Hogan’s “Sailboats”

Craig Kimball’s “Cowboy”

Bill Fitzpatrick wins an Opportunity Draw painting

“Peoples Choice” winner John Detrick

Kristi Eaglehorse shows her paintings

The joy of Ukulele for Fannie Daly!

“Peoples Choice” winner Bruce Hatch
Can’t We All Just Get Along?

Personalities sometimes clash and learning to get along successfully with those close to us can be challenging. This summer Herb Glazeroff will be sharing the secrets of building and maintaining healthy relationships in a new class titled Relationship Rules.

Dr. Glazeroff is already known at OLLI because he previously team-taught classes about communication skills with Tere Sievers. His new Relationship Rules class will be based on key principals of interpersonal communication. He will present rules to be considered and discussed. Students will be encouraged to speak for themselves, own their own feelings, make commitments for the sake of a good relationship, and explore a proper balance between praise and criticism.

After earning his B.A. in Psychology at SUNY Buffalo in New York, Herb attended graduate school in Detroit and then moved to California where he completed his Ph.D. and became a licensed Clinical Psychologist. He worked in hospital-based programs, taught at Cal. Poly, did Contract Psychologist work in the California Department of Corrections and Rehabilitation and maintained a private practice.

Herb resided in Claremont, CA for 25 years prior to relocating to a New York-style loft in downtown Long Beach in 2006. His rewarding and successful career culminated in 2015 when he retired to pursue other life interests.

Always an active guy, Herb has participated in basketball, softball, running and scuba diving. These days he’s a serious devotee of lawn bowling. He appreciates the game’s challenging aspects and enjoys the social atmosphere that accompanies the competition. He also pursues more sedentary hobbies of reading, photography and movies.

Keep calm and get along!

→ See class description on page 26

Hands-On: Musical Instruments at OLLI

Join a musical instrumental class where caring, dedicated professionals engage you in developing your own style for your enjoyment! Participants will discover how music can radiate spiritual enjoyment through harmony within a peer group of instrument enthusiasts. Sign-up and see how easy it is to have fun while learning to play a musical instrument!

For instance, Ukulele For All led by Pedro Rodriquez, features practice for those with an interest, but no prior musical training. Having acquired more experience, students work towards a possible concert level of Ukulele, which offers additional chord and strumming techniques to enhance their playing skills.

Ukuleles, also known as “ukes,” are available in four sizes: soprano (the smallest), concert, tenor, and baritone (which has different toning than the other three). All four sizes have four strings, unlike guitars which have six. Professionals agree that the uke is completely unintimidating. Check it out! It takes very little time before you’re strumming a favorite tune of your own.

The recorder is a historically earlier instrument. It first became popular in the medieval and renaissance periods. Muriel Pendleton welcomes players to Play the Recorder during the OLLI fall, winter, or summer sessions, instructing all levels of players, including beginners.

In the spring, The Recorder Consort class is reserved for experienced players to sharpen their skills. Bring your best smile, your own recorder (recorders are also available in class), stop by, and “whistle a little tune” with Muriel! Join the fun!

→ See class descriptions on pages 21 & 22
A Magic Pill to Health?

According to a 2015 study in the Journal of the American Medical Association, 60% percent of adults take at least one prescription medication and 15% take five or more. And as we know, prescription drugs can come with a whole host of unpleasant side effects.

What if there was a pill that simultaneously decreased our risk and symptoms of most chronic diseases, our risk of falling, and all-cause mortality and increased or improved our mood, cognitive function, energy, self-confidence, physical appearance, and physical independence? Would you take it?

Now, there are some side effects including light-to-heavy sweating, slight body odor, changes in jean size, and feelings of euphoria and accomplishment. Although you have to take this “pill” regularly to see its long-term benefits, you can take it anywhere and its cost is little to none.

What is this magical pill? Exercise! Exercise has continuously shown to be an effective form of medicine. At the LifeFit Center, we’ve seen our members improve their health and mood, make lasting friendships, decrease their use of prescription medication, and more. As a Gold-Level “Exercise is Medicine on Campus (EIMOC)” Institution, the LifeFit Center is delighted to offer exercise opportunities to OLLI members.

If you’re interested in exercising, check with your physician to see if it is safe for you. Then, ask us about beginning a workout program! It’s never too late to start, and your body will thank you for it!

Cranial Challenge

Quick!

Count the number of times that the letter F appears in the following sentence:

“Finished files are the result of years of scientific study combined with the experience of years.”

How many Fs did you find?

→ See answer on page 14

The greatest wealth is health.

Virgil

from Still Growing by Gayle Schoepf
Tom Hennessy, a former columnist and longtime fixture at the LB Press-Telegram whose deeply personal anecdotes and colorful tales about Long Beach sparked morning conversations for nearly three decades, died from heart complications Saturday, April 16. He was 80. Every morning, Tom was the champion of what was right and good and decent in Long Beach. He shared his talents as a guest lecturer for OLLI. His wife, Debbie Hennessy, known throughout his columns - and to readers - as “The Duchess” attended many OLLI classes.

Janie came to OLLI (Senior University) shortly after her retirement in 2003 after a 35 year career at McDonnell Douglas. In no time she was recruited as a volunteer and served in many capacities right up until the day before she died. She was an office volunteer and helped with registration, however, her forte was planning fun social events and she was soon dubbed “The Perle Mesta of OLLI”. (Her email was janiejunkets). She scheduled bus trips to the Palm Springs Follies, was the life and spirit of the annual Holiday Gala, and helped with the Arts and Crafts show. She was especially good at creating lovely gift baskets.

Janie’s was a familiar and friendly face at OLLI as any time there was a gathering of OLLI members for any purpose, she was there with the coffee, the cookies, and the grapes. Janie was a gift to OLLI and we were fortunate to have had her as long as we did. Besides her OLLI family, Janie leaves 4 siblings, 9 nieces and nephews, 16 grand nieces and nephews, and 11 great nieces and nephews.

Booker T. Hinton, Jr. passed away March 12, 2016

Born November 21, 1932 in Monroe, Michigan

His grandson remembers him as “a Grand man, with a Grand presence in his voice, his generosity and his love.” He served in the Army in the Korean War. He earned a Masters of Arts degree from Wayne State University in 1976, while working as a fireman. As a social worker, he worked for the juvenile detention agency and for the Detroit Public Schools. He enjoyed many classes at OLLI, and played in the OLLI-CSULB Recorder Consorts throughout the year and at Christmas. He will be missed especially by the Recorder class.

Cranial Challenge Answer (from page 13)

Solution: Most people say three. The answer is SIX.

Why? We often don’t correctly process the word “OF” for two reasons. First, the letter F usually makes the “f” sound, like in “fox”. However, in the word “of”, it makes a “v” sound. Second, you have probably read the word “of” so many times in your life that you process it as one unit, overlooking the second letter/ sound.
SPRING 2016 CONTRIBUTORS

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

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

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Alexandra Sullivan
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Patricia Tibbs
Jack Upshaw
David Urstein
John Vackrinos
Linda Van Couvering
Lucy Van Wagner
Genevieve Vigil
Suzanne Walsh
Frances Wang
Maureen Ward
Harriet Warner
Jerald Warren
Ann Weiss
James Wells
Linda Wheeler

In memory of Wesla Kerr
Sandy Whittall
Jill Whittington
Katherine Wightman
Jane Williams
Brucelle Williamson
Carol & Richard Willner
Patty Wilshire
Catherine Winsans
Robert Winer
Vasiliki Witter
Ingela Woldenius
Barbara Wolfe
Rae & Milford Wyman
Jane Yoon
Judy Yuh
Mimi & Alex Yusem
Carol & Richard Zuck

In Memory of Janie Payan
Carl Curtis
Georgiana Fox
Lori Evans
Jean & Dave Lowe
Judy Lyons
Renee Simon & Jack Blecher
Kathy Winkenwerder

Remembering ...
Karen
Nell
Alden
Laurel
Booker
From the Recorder Class

[Heart symbol]
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 (April 1 to September 30).
- Computer class tuition for an 8-week class is $35; 4 week 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 five 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, June 4
8:30 - 11:30

How to Register
Check off the list!

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

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

Scholarships
OLLI @ CSULB offers scholarships for those who clearly need financial assistance to participate in our classes. If you would like further information, please call or stop by the OLLI office to complete the Scholarship application prior to registering for classes.

Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Fees and donations are tax deductible as allowed by current law.
OLLI Registration  SUMMER 2016  June 27 - August 22

Name: ___________________________________________ Date: ____________________
Address: ___________________________________________  City: _____________ Zip: ____________
Home Phone #: __________________  Cell phone #: __________________

OLLI Membership                      $20.00  $ ________
New Members ONLY (April - Sept)

Non-Computer Class Tuition   $10.00  $ ________
8-Week Computer Class           $35.00  $ ________
4or5-Week Computer Class     $20.00  $ ________

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Contributors will be acknowledged in our publications.

q  If you would like to remain anonymous check here.

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

Parking Permit  ☐$33.00 per Qtr.  Cash ☐
Check # ___________ (Office Use) ____________
☐  Disabled (DMV receipt copy on file required)

Make Check Payable to CSULB PARKING SERVICES

LifeFit Center Member  ☐YES  ☐Parking LFC

* OLLI LFC class tuition waived for LifeFit Gym Members.
Name: __________________________________________

Phone #: _______________________________________

Member Information
Emergency Contact:

Phone: _______________________________________
Relationship: ___________________________________

- Pictures and videos are taken periodically of the classes and special events. If you DO NOT want your picture or video included in OLLI's newsletter, website or brochures please check here. ☐ 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 (USU)
LifeFit Center (LFC*) KIN Building, Rooms 107 and 110
OLLI Pine Avenue (PA) OLLI Leisure World (LW)
737 Pine Ave, Suite 202 13533 Seal Beach Blvd
Enter from Solano Ct. Seal Beach, CA 90740
Long Beach, CA 90813 Clubhouse 3 or 6
562 - 436 - 2100 Art Studio - rear of
Park Pacific Tower (PA-To) Clubhouse 4

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

FREE! SPECIAL EVENTS at OLLI
June 1  LB Opera-The News  1:30 - 3:00
July  9  Social Security & Medicare  10:00-12:00 Workshop
July 12 Keys to Clearing Clutter  1:30 -3:00

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

Please return this form with your check/s to:
OLLI at CSULB
Building HS&D, Room 100, MS-5609
1250 Bellflower Blvd
Long Beach, CA  90840-5609

** Checks payable to CSULB Foundation or CSULB Parking Services

OLLI @ the BEACH    SUMMER  2016 Registration

WEDNESDAYS, June 29 - August 17

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:45</td>
<td>Elem. Japanese 101</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>The Defeat &amp; Death of Napoleon</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Taking Better Photos (5 wks)</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Zen Meditation</td>
<td>PA</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>World of Gilbert &amp; Sullivan</td>
<td>C-101</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Investing during the Senior Years</td>
<td>C-119</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beg. Watercolor Painting</td>
<td>LW</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Relationship Rules</td>
<td>C-101</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Write, Edit, Publish for Returnees</td>
<td>C-101</td>
</tr>
<tr>
<td>6:30-8:00</td>
<td>Short Story Masters (4 wks 7/27)</td>
<td>JCC</td>
</tr>
</tbody>
</table>

THURSDAYS, June 30 - August 18

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
<td>C-101</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
<td>LW</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>Chinese Calligraphy (new)</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:15</td>
<td>Yoga (new)</td>
<td>LFC*</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Tai Chi Chih</td>
<td>PA</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Persistent Dilemmas in America</td>
<td>C-101</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Current Events and Issues</td>
<td>C-101</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Mosaic Creations</td>
<td>C-105</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Pencil Play (5 wks starts 7/7)</td>
<td>PA</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beg. Watercolor Painting</td>
<td>LW</td>
</tr>
<tr>
<td>1:15-2:00</td>
<td>Tai Chi Chih</td>
<td>LFC*</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Building Blocks of Investing</td>
<td>C-119</td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Learn the Guitar</td>
<td>C-101</td>
</tr>
<tr>
<td>2:15-3:15</td>
<td>Shall We Dance?</td>
<td>LFC*</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Catch the Spirit Chorus</td>
<td>C-101</td>
</tr>
</tbody>
</table>

FRIDAYS, July 1 - August 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-12:00</td>
<td>Adv. Watercolor Workshop</td>
<td>C-105</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Intermediate Bridge I</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Writing for Wellness</td>
<td>LW</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>History - LIVE-in person!</td>
<td>C-101</td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Beginning Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-3:00</td>
<td>Eclectic Collection of Great Movies</td>
<td>C-101</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>Intermediate Bridge II</td>
<td>C-119</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Explore Islam (2 wks 8/12 &amp; 19)</td>
<td>LW</td>
</tr>
</tbody>
</table>

SATURDAYS, July 2 - August 20

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-12:00</td>
<td>Hollywood Musicals II</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Social Security &amp; Medicare (7/9)</td>
<td>C-119</td>
</tr>
</tbody>
</table>

** Checks payable to CSULB Foundation or CSULB Parking Services
OLLI Registration  SUMMER 2016  June 27 - August 22

Name: ___________________________________________ Date: __________________

Address: ___________________________________________ City: __________________ Zip: ____________
Home Phone #: ________________________ Cell phone #: _____________________________

<table>
<thead>
<tr>
<th>OLLI Membership</th>
<th>$20.00</th>
<th>_____</th>
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<tbody>
<tr>
<td>New Members ONLY  (April - Sept)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Computer Class Tuition</td>
<td>$10.00</td>
<td>_____</td>
</tr>
<tr>
<td>8-Week Computer Class</td>
<td>$35.00</td>
<td>_____</td>
</tr>
<tr>
<td>4or5-Week Computer Class</td>
<td>$20.00</td>
<td>_____</td>
</tr>
</tbody>
</table>

**Contribution**  $ __________(Office Use)________
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- [ ] if you would like to remain anonymous check here.

Cash ____Check # ________  Total  $ __________

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<table>
<thead>
<tr>
<th><strong>Parking Permit</strong></th>
<th>$33.00 per Qtr.</th>
<th>Cash [ ]</th>
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<tr>
<td>Check # ___________</td>
<td>(Office Use) ____________</td>
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<tr>
<td>[ ] Disabled  (DMV receipt copy on file required)</td>
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</tr>
</tbody>
</table>

Make Check Payable to CSULB PARKING SERVICES

- [ ] LifeFit Center Member  YES  [ ] Parking LFC

* OLLI LFC class tuition waived for LifeFit Gym Members.

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>OS</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAYS, June 27 - August 22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Get to Know Your iPhone</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Using Microsoft Excel 2013</td>
<td>PC/Mac</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Get to Know Windows</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Samsung Smartphone Basics</td>
<td>And</td>
<td></td>
</tr>
<tr>
<td>TUESDAYS, June 28 - August 16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Get to Know Your iPhone</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>PowerPoint 2013</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>It’s Tool Time! (Photoshop)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Explore Win 10 (4 wks)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>WEDNESDAYS, June 29 - August 17</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Intro to the iPad (Starts 7/6)</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Advanced iPad (Starts 7/6)</td>
<td>iOS</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Apps Only for Smart Devices</td>
<td>iOS/Andr</td>
<td></td>
</tr>
<tr>
<td>THURSDAYS, June 30 - August 18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Windows Skill Review (4 wks)</td>
<td>PC</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>The Best of Google</td>
<td>PC/Mac</td>
<td></td>
</tr>
<tr>
<td>1:45-3:15</td>
<td>Manage Photos with Picasa</td>
<td>PC/Mac</td>
<td></td>
</tr>
<tr>
<td>FRIDAYS, July 1 - August 19</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
<td>ALL</td>
<td>Free</td>
</tr>
</tbody>
</table>
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.

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Archery Field (ARCH) Student Union Lanes (USU)
LifeFit Center (LFC*) KIN Building, Rooms 107 and 110

OLLI Pine Avenue (PA) OLLI Leisure World (LW)
737 Pine Ave, Suite 202 13533 Seal Beach Blvd
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Long Beach, CA 90813 Clubhouse 3 or 6
562-436-2100 Art Studio - rear of
Park Pacific Tower (PA-To) Clubhouse 4

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

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July 12 Keys to Clearing Clutter  1:30 -3:00

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

Please return this form with your check/s to:
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
Classes  Summer  2016

MONDAY

Summer Olympics
The Olympics are coming to Rio. Join other interested “Ollites” in exploring Olympic history, politics, athletes’ preparation (psychological and nutritional), governance, sporting events, and, of course, Rio itself. Then watch some exciting events and highlights of the Games.
Instructor: Jane Adair
Mondays, June 27 - August 22
(no classes 7/11 & 25)
10:00 – 11:30 AM
CSULB, HS&D, room 101
→ See article on page 5

Personal Film Favorites
This session will be a selection of my personal favorites from the golden age of Hollywood. Dancing Lady (1933) Joan Crawford, Clark Gable, Fred Astaire; Gilda (1946) Rita Hayworth (the ultimate femme fatale) and Glenn Ford, portraying a young thug; Night After Night (1932) - Mae West (in her first movie role) and George Raft; The Great Dictator (1940) - Charlie Chaplin (in his first sound film) & Paulette Goddard; Reunion in France (1942) - Joan Crawford (a woman in occupied France) & John Wayne (a downed American flyer); plus others to delight you! Come join us as we enjoy and discuss these classics.
Instructor: Jeff Hathcock
Mondays, June 27 – August 22
10:00 AM – 1:00 PM
Pine Ave., suite 202

Foundations of Investing
This class will cover the foundations of investing and wealth building strategies to help you reach your financial goals. It will include lessons on how to evaluate stocks and bonds, fixed income investments, mutual funds, asset allocation, asset management, long-term care insurance, tax-advantaged investing, and retirement planning. Each class includes time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.
Instructor: Vince Fierro, Financial Advisor, M.A.
Mondays, June 27 – August 22
1:30 AM – 3:00 PM
Pine Ave., suite 202

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 - two inches longer than your height, with rubber (not plastic) end caps. (Available at most hardware stores.) Athletic shoes are recommended, as is loose and layered clothing.
Instructor: Camilla Marie Gartland, certified longevity stick instructor
Mondays, June 27 – August 22
10:00 – 11:30 AM
Park Pacific Tower, 714 Pacific Ave.
(meet in north patio)

LOOK for the NEW COURSES offered this term!

Ukulele for All Levels
Learn to play songs with no prior musical training or learn to enhance what you already know about playing a ukulele! Join us for practice and be amazed at what you can do! Bring your uke and music stand and plan to have a lot of fun.
Instructor: Pedro Rodriguez
Mondays, June 27 – August 22
11:45 AM – 1:00 PM
CSULB, HS&D, room 101
→ See article on page 12
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.
Class limit: 15
Instructor: Dale Lieberfarb, M.A.
June 27-August 22
2:30 – 4:00 PM
LW, Clubhouse 3, room 4

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 Pendleton
Mondays, June 27-August 15
3:15 – 4:45 PM
CSULB, HS&D, room 101

Quick & Easy Summer Cooking from Your Pantry
Creating great summer meals is easy when you learn how to stock your pantry, refrigerator and freezer. Pantry lists will be shared. Quick meals and basic techniques will be demonstrated. Chef Debbi has been teaching everyone how to cook for more than 15 years.
Instructor: Debbi Dubbs, professional chef, Author of What’s in Your Pantry?
Mondays, July 11, 18, 25
1:30 – 3:00 PM
CSULB, HS&D, room 101
Passage Meditation
We will learn to Meditate using an inspirational passage, utilizing a Mantram, setting priorities and reducing stress by Slowing Down. Learn why we should focus and concentrate with One-Pointed Attention, how to overcome unwanted habits by Training Our Senses, how to find joy through Putting Others First, why Spiritual Fellowship helps our practice, and why we encourage Spiritual Reading to stay motivated in this life-changing set of suggestions. In addition, learn a simple, very effective breathing technique to help us relax through each day. The instructor’s approach is based on Sri Eknath Easwaran’s Passage Meditation, that is nondenominational, nonsectarian, and free from dogma and ritual.
Instructor: Chris Ward
Tuesdays, June 28 – August 16
8:15 – 9:45 AM
CSULB, HS&D, room 101
→ See article on page 5

Economic Development Leads to Democracy
This course explains the conditions that, in most cases, lead to democratic adoption. We will explore various countries of the world that are striving to secure democracy. We will learn how, once set in motion, democracy penetrates all aspects of life in that country including but not limited to occupational specialization, urbanization, rising educational levels, rising income levels, massive growth of the Middle Class, and universal health improvements. We will discuss the benefits present democracies receive as they adopt a form of democracy.
Instructor: Dick Lunde
Tuesdays, June 28 – July 19
(4 weeks)
10:00 – 11:30 AM
CSULB, HS&D, room 101

Foundations of Investing
This class will cover the foundations of investing including lessons on how to evaluate stocks and bonds, read financial reports, fixed income investments, mutual funds, asset allocation, asset management, long-term-care insurance, and retirement plans. In addition, it will cover tips in selection of a professional financial advisor and what to expect when working with a financial advisor. Each class will include time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.
Instructor: Andy Dilsaver, AAMS, Financial Advisor
Tuesdays, June 28 – August 16
9:00 – 10:30 AM
CSULB, HS&D, room 119

CUBA! (Un) Friendly Neighbor
We will examine the recent history of Cuban-U.S. relations and consider possibilities for the future. Emphasis will be on considering BOTH points of view. We will discuss: differences in the first generations of independence; the triumph of Fidel Castro’s revolution in 1959, and the events that led to Cuba’s adoption of the Soviet communist model of government. We finish by discussing President Obama’s many changes in Cuban policy and his historic visit in 2016, encouraging hope for better relations between the neighbors.
Instructor: Ron Redman, Spanish; Ph.D., Latin American Studies; N.D.E.A. Scholar, Linguistics and Language Acquisition
Tuesdays, July 26 – August 16
10:00 – 11:30 AM
CSULB, HS&D, room 101
→ See article on back page

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 28 – August 16
8:30 – 9:30 AM
LifeFit Center, KIN 107
Irish History: The Forgotten Seven
2016 marks the centennial of the Easter Rising, the rebellion that led to the modern Irish state. The British military executed fourteen Dubliners for treason following the rising. Seven had signed their own death warrants by publicly declaring the provisional republican government. Who were the others? Here are their stories.
Instructor: Bill Fitzpatrick
Tuesdays, June 28 – August 16
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

Chinese Language
This class is designed for students who want to learn about China and the rich fabric of its cultures through learning the Chinese language. Class members will be guided by the professional language teachers from the Confucius Institute at CSULB into the everyday conversational Chinese on topics relating to different aspects of life in the Chinese society. Slowly and instinctively you will learn some Chinese words and phrases. In addition, you will build insights into the Chinese culture and learn about the everyday life of the Chinese people, food, festivals, sports, arts, music, landscapes, history, philosophies, social code and values, and much more.
Instructors: Xiangmin Li & Heidi Zhang
Tuesdays, June 28 – August 16
(no class on July 12)
10:45 – 12:15
CSULB, HS&D, room 119

Drawing for All
Drawing is basic to all art forms. Learn fundamental techniques of Contour Drawing, Form Analysis, Rendering and Perspective. The course is intended for beginning art students although it may prove helpful to experienced art students. Learn how to describe (draw) the natural world. A supply list will be presented at the first class or the following items are recommended: an 18” X 24” or 16” X 24” Bond Pad, graphite pencils (2b and 6B), an Art Gum Eraser. Class limit: 25
Instructor: Ladd Terry
Tuesdays, June 28 – August 16
1:00 – 3:00 PM
LW, Clubhouse 4(rear), Art Studio

A Play Reading Circle XIII
Experience drama first-hand! Join this class to read plays from various historical periods; learn about the playwrights and the times in which they lived; and discuss the significance and value of each play. A list of the plays to be covered and the recommended translation to purchase or borrow from the library will be available at registration.
Class limit: 15
Instructor: Muriel Pendelton
Tuesdays, June 28 – August 16
(no class July 12)
1:30 – 3:00 PM
CSULB, HS&D, room 119

Acting with Alice
Develop your creativity! Discover your talent! Gain poise and confidence in front of an audience! All this and more await you in our basic acting class. Participation in theatre games, improvisations, monologues, and scene study will help you heighten your imagination and sharpen your sense of observation. If you’ve ever wondered how actors learn their craft, this course is for you. There is no memorization required in this class. Class limit: 18
Class Leader: Alice Lemon, M.A., Drama, Theater
Tuesdays, June 28 – August 16
2:30 – 4:00 PM
LW, Clubhouse 3, room 3

Do you love your OLLI classes? Are you looking for more variety and opportunities at OLLI?

Become a volunteer on the Education Working Group! You might become involved in selecting or recruiting instructors... or contacting new instructors to assist them... or meeting with other OLLI volunteers to create a master schedule for each session...

Sound interesting? Drop by the OLLI office - complete a Volunteer form or email us at OLLI@csulb.edu
**WEDNESDAY**

**Elementary Japanese 101**
Class will begin with polite expressions (or “aisatsu”) that are crucial in daily communication and pertain to Japanese customs and traditions. “Hiragana” (one of two Japanese syllabaries) will be introduced early on to enhance reading and writing skills. Handouts and video clips will be used regularly for extra listening and speaking practice. Students are welcome to share their own experience with Japanese culture and to participate in a class ‘culture project’ toward the end.

*Class limit: 25*

**Instructor:** William J. Teweles, Ph.D.
**Wednesdays, June 29 – August 17**
(no class July 13)
**8:15 – 9:45 AM**
CSULB, HS&D, room 119

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**Taking Better Photos**
This 5 week class will focus primarily on composition, philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures and using newer technologies. You need not have a film or digital camera. If you do, bring it and your camera manual to the first class.

*Class limit: 25*

**Instructor:** Terry Fiskin
**Wednesdays, June 29 – August 17**
(5 weeks)
**10:00 – 11:30 AM**
CSULB, HS&D, room 119

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**THE FALL OF THE EAGLE:**
The Defeat and Death of Napoleon
In the summer of 2015, hundreds of thousands of history buffs and re-enactors traveled to Waterloo, Belgium for the 200th anniversary of the Battle of Waterloo. This battle in 1815 finished Napoleon’s reign, marked the collapse of the first French Republic, and brought the Bourbons and aristocrats back to power. Imprisoned by the British on St. Helena, Napoleon died of cancer (or perhaps murder) in 1821. Napoleon’s last battles, his extremely difficult family, and his humiliating captivity complete his story. You will enjoy Patrick’s take on the final chapters in the life of Napoleon Bonaparte.

**Instructor:** Patrick McDonough, Ph.D., Prof. Emeritus of Theatre, CSULB; Ntl Board Member of the Napoleonic Historical Society.
**Wednesdays, June 29 – August 17**
**10:00 – 11:30 AM**
CSULB, HS&D, room 101

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**Zen Meditation**
Join Rev. Yokoyama, Long Beach Temple resident priest, in unlocking the secrets of Zen. He will show us the way of the Soto school of Zen Meditation and will discuss Zazen, body scan, quieting of the mind, relaxation, and perhaps a Koan or two.

**Instructor:** Rev. Yukinori Gyokei Yokoyama
**Wednesdays, June 29 – August 17**
**10:00 – 11:30 AM**
Pine Ave., suite 202

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**Investing and Managing Finances during Retirement**
Some seniors may live in retirement as long or longer than they have worked. They will depend on Social Security, IRAs, Roth’s, and personal investments rather than company or government pension. Seniors need to understand personal finances and options open to them during retirement years. This class will explore:

- Types of assessment mgmt instru-ments available, the goals of each one.
- Suggestions for evaluating profession-ally managed funds.
- Where to find economic data to help understand current economic condi-tions.
- Techniques to manage assets.

**Instructor:** Dennis Youkstetter
**Wednesdays, June 29 – August 17**
(no class July 13)
**11:45 AM – 1:15 PM**
CSULB, HS&D, room 101

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**The Topsy-Turvy World of Gilbert & Sullivan**
Everybody (well—almost everybody) loves Gilbert & Sullivan. What’s not to love? Gilbert’s witty, silly words married to Sir Arthur’s sprightly tunes spin about in plots that are utterly absurd. We’ll watch PBS and other videos showcasing some of our favorite Savoyards, while our pedantic professor explains the intellectual-social Victorian back-grounds of the merriment. As a sign of good faith, Les promises neither to sing nor dance!

**Instructor:** Les Mittleman, Ph.D., Emeritus Professor of English
**Wednesdays,**
**June 29 – August 17**
**11:45 AM – 1:15 PM**
CSULB, HS&D, room 101
### Short Story Masters

Join us in a journey reading the tales of some of the masters of the short story. Selected stories will come from the works of Hemingway, Chekhov, O’Conner, Faulkner, Lawrence and others. The focus will be on the key elements of the story that give the reader pleasure. Some of the elements touched on are: The Recognition of the Familiar, Moral Shock, Humor, and The Imaginative Flight. We’ll see what the reader brings to the short story and how that may either add to or diminish their satisfaction with that story.

**Class limit**: 25  
**Instructor**: Bernard Natelson  
**Wednesdays**, July 27 – August 17  
6:30 – 8:00 PM  
Alpert Jewish Community Center

### Write, Edit, Rewrite, Publish Your Non-fiction!  
PREVIOUS STUDENTS ONLY

This session will be for students who have taken the Write, Edit, Rewrite, Publish Your Non-fiction class at some time previously. Emphasis will be on critiquing and submissions and how to do gorilla editing and rewriting for maximum publication opportunities.

**Class limit**: 14  
**Instructor**: Sallie Rodman, Certificate Prof. Writing, CSULB  
**Published in forty-five Chicken Soup for the Soul books, popular magazines and newspapers.**

**Wednesdays**, June 29 – August 17  
3:15 – 4:45 PM  
CSULB, HS&D, room 101

### Relationship Rules

We humans are social animals, beginning our life literally connected to another person. Research indicates that we are emotionally and physically healthier when we maintain a meaningful and fulfilling connection with others in ongoing relationships, not just marriage, but family, friendships, and social groups as well. We are more likely to thrive when we are “a part of” rather than “apart from.” While these connections can be very rewarding, they also can be, at times, quite frustrating and trying. This class will present a series of “rules” to enhance the quality of ongoing social and familial ties. Together we will consider the value of these “rules” and discuss the potential impact of applying them in our personal relationships.

**Class limit**: 32  
**Instructor**: Herb Glazeroff, Ph.D., clinical psychologist  
**Wednesdays**, June 29 – August 17  
1:30 – 3:00 PM  
CSULB, HS&D, room 101

### Long Beach Opera Event: JACOB TV’s THE NEWS

*The News* is a reality show in which live music is synchronized with non-fiction footage from the international media, based on speech grooves. Two singing anchors present breaking news from their newsroom, accompanied by a nine-piece band and a huge screen that shows manipulated news items about politics, economy, religion, war and peace, showbiz and trivialities. The music by Dutch composer Jacob ter Veldhuis (Jacob TV) is an appealing blend of classical and world music, blues, jazz, rock, and pop. Come learn more about this “techno/video/pop opera” that provides an eye-opening view of a society addicted to an endless stream of 24/7 information. We’ll also enjoy a special sneak preview of LBO’s 2017 season!

**Wednesday**, June 1  
1:30 – 3:30 PM  
CSULB, HS&D, room 101

### YOU ARE INVITED TO ATTEND THE OLLI PLAYERS SHOW!  
June 4 afternoon in the OLLI classroom  
Call for details!
**Chinese Calligraphy**

Students will be guided to learn and practice the unique techniques of Chinese calligraphy. Come to learn the strokes, brush techniques and meanings of the Chinese characters. Information about materials needed will be offered at the first class.

**Instructors:** Xiangmin Li & Heidi Zhang

**Thursdays, June 30 – August 18**
9:00 - 10:30 AM
CSULB, HS&D, room 119

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**Yoga**

This class will allow students to enjoy an hour of stretching and relaxing muscles while building stability and balance. In addition, we will work on posture, circulation, and preventing injury.

**Instructor:** JeanMarie VanDine, Certified Yoga Instructor

**Thursdays, June 30 – August 18**
10:00 - 11:15 AM
LifeFit Center, room KIN 110 B

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**Tai Chi Chih at Pine Ave.**

Come and experience the deep relaxation and serenity of Tai Chi Chih, 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

**Thursdays, June 30 – August 18**
10:00 – 11:00 AM
Pine Ave., suite 202

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**Longevity Stick:**

“Movement is the Best Medicine”

The purpose of Longevity Stick 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 - 1 to 2 inches longer than your height - with rubber (not plastic) end caps. Athletic shoes, loose and layered clothing are recommended.

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

**Thursdays, June 30 – August 18**
8:30 – 9:30 AM
LW, Clubhouse 6, room 6C

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**A Novel Approach to Memoir Writing**

Former kamikaze pilot. Man from Holland whose family hid Jews during World War II. Man who invented “rice crispy” ice cream. 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. Critiques are gentle, designed to encourage writers of all levels and educational backgrounds, including those for whom English is a second language.

**Instructors:** Florence Dodge & Josephine Fitzpatrick

**Thursdays, June 30 – August 18**
8:30 – 10:00 AM
CSULB, HS&D, room 101

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**Persistent Dilemmas in American Society**

The course will focus on enduring dilemmas in American society. A dilemma is more than a hard problem. It is a phenomenon in which two positions can be equally compelling. For example, in the first few classes we will discuss the dilemma of Individual Liberty v. Security. Most people believe Americans should have both, but our decisions usually emphasize one more than the other. The topics in this area are likely to include issues related to guns and those focused on surveillance. The second group of classes will concern the dilemma of Personal Achievement and Responsibility v. the Common Good. In these, we will discuss such matters as education, the environment, and medical care.

**Instructor:** Naida Tushnet, Ph.D.

**Thursdays, June 30 – August 18**
10:15 – 11:45 AM
CSULB, HS&D, room 101

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**National and International Current Events and Issues**

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

**Instructor:** Carl Curtis & Doug Haigh

**Thursdays, June 30 – August 18**
12:00 – 1:30 PM
CSULB, HS&D, room 101

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**See article on page 7**
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, singles are also welcome.
Instructor: Donna O’Keefe
Thursdays, June 30 - August 18
2:15 - 3:15 PM
LifeFit Center, room KIN 110 B

Pencil Play
You’ll learn some basic techniques of colored pencil art and how to use them to create a finished piece. Explore your own creativity while learning about colored pencils and what you can achieve with them. Please bring your own pencils (at least 10 colors) to the first class meeting so we can get right to it! (Prismacolor and Crayola are the best brands to get.)
Class limit: 12
Instructor: Kristi Eaglehorse, BA Fine Arts; AA Design & Illustration;
Thursdays, July 7 – Aug. 4 (5 wks)
1:00 – 3:00 PM
Pine Ave., suite 202

Beginning Watercolor Painting
Use watercolors and learn to paint with a talented artist teacher. Bring your own supplies to the classroom to experiment with new techniques in a guided setting. Class limit: 25
Instructor: Ladd Terry
Thursdays, June 30 - August 18
1:00 - 3:00 PM
LW, Clubhouse 4, Art Studio

Tai Chi Chih
Tai Chi Chih is an American version of a Chinese system for maintaining health and balance. There are 19 movements and one pose in this discipline. Students can be taught this simple program regardless of physical capability. Wear comfortable clothing.
Instructor: Al Talberg
Thursdays, June 30 - August 18
1:15 - 2:00 PM
LifeFit Center, KIN 110 B

Building Blocks of Investing
We will cover a wide variety of topics related to personal investing including: basics of financial planning, how to read stock tables, fixed income investments, bonds, long term care insurance, retirement plans, annuities, distribution options for retirement plans, estate planning, and what you should know and expect in selecting and working with a professional financial planner. No products or services are sold, endorsed, or marketed in any way.
Instructor: Steve Masoner, F.A.
Thursdays, June 30 - August 18
1:30 - 3:00 PM
CSULB, HS&D, room 119

Learn the Guitar
Have you wanted to learn to play the acoustic (non-electronic) guitar? This class will accommodate beginner and more advanced guitar aficionados. Learn how to tune your instrument and how to play chords, strums and picks for folk and pop music. Have fun and entertain each other.
Instructor: Craig Lowe
Thursdays, June 30 - August 18
1:45 – 3:15 PM
CSULB, HS&D, room 101

Catch the Spirit of Music
Do you like to lift your voice? Do you like to sing in the shower? Do you like to feel good? Do you like to harmonize? If so, “catch the spirit” and join the OLLI SATB Vocal Ensemble. We’d love to have you. Possible $5.00 fee for music.
Instructor: Fran Harding
Thursdays, June 30 - August 18
8:30 - 10:00 AM
CSULB, HS&D, room 119

Building Blocks of Investing
We will cover a wide variety of topics related to personal investing including: basics of financial planning, how to read stock tables, fixed income investments, bonds, long term care insurance, retirement plans, annuities, distribution options for retirement plans, estate planning, and what you should know and expect in selecting and working with a professional financial planner. No products or services are sold, endorsed, or marketed in any way.
Instructor: Steve Masoner, F.A.
Thursdays, June 30 - August 18
1:30 - 3:00 PM
CSULB, HS&D, room 119

Learn the Guitar
Have you wanted to learn to play the acoustic (non-electronic) guitar? This class will accommodate beginner and more advanced guitar aficionados. Learn how to tune your instrument and how to play chords, strums and picks for folk and pop music. Have fun and entertain each other.
Instructor: Craig Lowe
Thursdays, June 30 - August 18
1:45 – 3:15 PM
CSULB, HS&D, room 101

FRIDAY

Intermediate Bridge I
This class is for players who have played some bridge, perhaps way back in college days. We will review score keeping, opening one of a suit, No Trump, and then slam bids.
Instructor: Inge Johnson, retired teacher
Fridays, July 1 – August 19
8:30 - 10:00 AM
CSULB, HS&D, room 119

Mosaic Creations: Level I & 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. Beginners level and an advanced level for returning students. Ideas are limited only by your creativity. Cost of materials will depend on the item you select to decorate: approx. $5 - $15.
Class limit: 20
Instructors: Barry and Shelly Levinson, life long crafters
Thursdays, June 30 - July 28 (5 weeks)
1:00 – 3:00 PM
CSULB, HS&D, room 105

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. Beginners level and an advanced level for returning students. Ideas are limited only by your creativity. Cost of materials will depend on the item you select to decorate: approx. $5 - $15.
Class limit: 20
Instructors: Barry and Shelly Levinson, life long crafters
Thursdays, June 30 - July 28 (5 weeks)
1:00 – 3:00 PM
CSULB, HS&D, room 105
Art Workshop and Advanced Watercolor Painting
Intended for students who have experience in painting or drawing; non-directed time 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 the time you wish! Lesson and advice from our outstanding teacher is given between 10:00 and 12:00.
Instructor: Mike Daniels
Fridays, July 1 – August 19
8:30 AM - 12:00 noon
CSULB, HS&D, room 105

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
Instructor: Joan Smith
Fridays, July 1 – August 19
10:00 – 11:30 AM
LW, Clubhouse 3, room 3

An Eclectic Collection of Great Movies
Some of the most famous and “notorious” movies for their time will be featured in this session: The very racy (for its time in 1963) Tom Jones with Albert Finney; Georgy Girl- Lynn Redgrave & James Mason, a bittersweet comedy/ drama; The Third Man- Orson Wells & Joseph Cotton, released in 1949, considered one of the greatest films of all time, celebrated for its acting, musical score and atmospheric cinematography; High Anxiety- a wonderful Mel Brooks comedy; From Russia With Love- a 1963 James Bond movie starring Sean Connery. Come join us and learn more about our Hollywood tradition.
Instructor: Jeff Hathcock
Fridays, July 1 - August 19
12:00 – 3:00 PM
CSULB, HS&D, room 101

LIVE-IN-PERSON
Great Moments in History
The instructor will impersonate eight of the world’s major historical figures. ISAAC NEWTON: the Renaissance, Age of Reason, and more; ERASMUS: the Chaos of Europe, the Reformation and the Counter Reformation- Tragedy and Hope; THOMAS AQUINAS: Greek, Latin, and Medieval Foundations of Europe; BENJAMIN FRANKLIN: American, French, and Electrical Revolutions; NAPOLEON: Unification and Empire; ALBERT EINSTEIN: Electricity and Magnetism in Dynamic Motion, Relativity, and War; WOLFGANG PAULI: the Quantum Revolution and Carl Jung and Human Development; PAUL A.M. DIRAC: The Grand Unification-What will it be? A Theory of Everything?
Instructor: Mark Barnett, D.D., Ms.D.
Fridays, July 1 – August 19
10:15 - 11:45 AM
CSULB, HS&D, room 101

Beginning Bridge
A class for players who have had absolutely no background with this fascinating game. We will start with the card game Whist and go on, one step at a time, so that each lesson includes fun and laughter as well as instruction.
Instructor: Inge Johnson
Fridays, July 1 – August 19
10:15 – 11:45 AM
CSULB, HS&D, room 119

Intermediate Bridge II
This class is for players who have played some bridge, perhaps way back in college days. We will review score keeping, opening one of a suit, No Trump, and then slam bids. This is the same class as Intermediate I but at a later time.
Instructor: Inge Johnson
Fridays, July 1 – August 19
12:30 – 2:00 PM
CSULB, HS&D, room 119

Explore Islam
Islam is in the news daily. Where do all of the Muslims ideas come from? What does the Koran say about Islam? Is it a religion of peace that has been hijacked by Islamic terrorists? What about their view of women, Jews, Christians, or anyone who does not believe in their religion. Is it true that the Koran teaches world domination? We will explore the Koran to determine the answers to these questions.
Instructor: Alan Maben, A.A. Biblical Studies, BA History, grad. work in History and Christianity
Fridays, August 12 & 19 (2 wks)
2:30-4:00 PM
LW, clubhouse 3, room 3
There are so many ways you can Volunteer at OLLI. Offer a class, join a Working Group, assist in the OLLI office or be a Governing Board member. Contact the office for more information!

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**Hollywood Musicals II**

‘Hooray for Hollywood!’ was the slogan of the day during the height of Hollywood’s Golden Age of musicals. Learn how the musicals were able to get past the censors and change American society forever. You’ll hear the real stories behind some of the most beloved musicals, as well as get a glimpse into the often times turbulent lives of several singing and dancing stars. So come on down and enjoy the second annual “Hollywood Musicals” class- that’s entertainment!

**Instructor:** Allyson Hathcock

**Saturdays, July 9 - August 20**

(double feature on July 20)

10:00 AM – 12:00 PM

CSULB, HS&D, room 101

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**Contain the Clutter!**

Take some tips from our Keys to Clearing Clutter instructor, Tere Sievers at this special one-day class. Learn techniques for letting go of the things that you don’t want or need and find a home for everything you own.

**Tuesday, July 12**

1:30 – 3:30 PM Room 101

FREE - OPEN TO ALL

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**Medicare Benefit Planning**

*By JOHN PAK, CFP® RICP®*

Did you know Medicare doesn’t provide coverage for all of your health needs? Because of that, the typical retiree with Medicare currently spends about $4600 a year on health care expenses, according to an AARP study.

Get in-depth information about the various parts of Medicare - which include Part A - for hospitalization coverage, Part B - for physicians’ coverage, Part C - Medicare Advantage, and Part D - the prescription drug program - what they will, won’t cover and how, when to enroll.

John Pak, CFP® RICP® will also discuss 2016 updates and changes to the program.

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**Social Security Benefit Planning**

*By JOHN PAK, CFP® RICP®*

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 simplify some of the more popular rules as well as the confusing ones. John 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. In addition, he will review and discuss 2016 updates and changes to the program. 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.
Get to Know Your iPhone (iOS)
Have an iPhone and aren’t sure how to get the most out of it? This class for beginners covers the apps that come with your iPhone, as well as how to get new ones. Learn how to look at and send email; how to enter text; how to take pictures and videos, how to organize and share them. Personalize your iPhone using Settings; surf the Web; listen to music; and manage your calendar and contacts.
Prerequisites: have an iPhone 4s or higher. Bring your activated and charged phone to each class.
Instructor: Kathy Winkenwerder
Dates: June 27 – August 22
Time: 8:30 – 10:00

Using Microsoft Excel 2013
(PC and Mac)
Excel is a powerful personal tool that can be used to keep track of your finances, follow your progress on projects, make inventories, develop calendars, and much more. Learn how to create a spreadsheet on your own or use one of Excel’s many templates, enter and edit numbers and text, format a spreadsheet, insert photos, make calculations, create colorful charts and graphs, print your spreadsheet, use simple formula functions, as well as basic conditional formatting techniques.
Prerequisite: Be familiar with Windows 10 or Mac operating system.
Instructor: Gail Meredith
Dates: June 27 – August 22
Time: 12:30 – 1:30

Get to Know Windows (PC)
Whether you’re new to a Windows PC or just need a refresher, learn skills to help you keep in touch with family and friends, find important information, and more. Beginning skills include how to use a mouse, use a keyboard, how to play simple games, and in general how your computer works. Then move on to the intermediate skills of using email, searching the Web, making folders and creating simple documents. You’ll have the instructor and experienced coaches ready to help you learn from the beginning. The Windows 10 operating system is now on the lab computers.
No Prerequisites.
Instructor: Richard Sherwood
Dates: June 27 – August 22
Time: 1:45 – 3:15

Inspired To Teach?
OLLI is always looking for for people who love to tell others about their technology or other passions. Is it photography, games, social media, hardware, fitness apps, or anything else involved with technology? Contact the office and become a Volunteer Instructor or Coach!

Samsung Smartphone Basics
(Android)
Bring your phone and 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. Prerequisites: have a Samsung smartphone and bring it to class each week.
Instructor: Richard Sherwood
Dates: June 27 – August 22
Time: 3:30 – 5:00

Thank YOU

to Carl Curtis and Wesley Peck, our OLLI Technology resource people, for all the time and effort spent in upgrading the Computer Lab

New and Improved Lab
Now with Windows 10
TUESDAY

Get to Know Your iPhone (iOS)
Have an iPhone and aren’t sure how to get the most out of it? This class for beginners covers the apps that come with your iPhone, as well as how to get new ones. Learn how to look at and send email; how to enter text; how to take pictures and videos, how to organize and share them. Personalize your iPhone using Settings; surf the Web; listen to music; and manage your calendar and contacts.
Prerequisites: have an iPhone 4s or higher. Bring your activated and charged phone to each class.
Instructor: Kathy Winkenwerder
Dates: June 28 – August 16
Time: 8:30 – 10:00

PowerPoint 2013 (PC)
Get acquainted with the powerful Microsoft presentation software that will help you create and edit slide shows, now using the Windows 10 operating system. You’ll be introduced to the icons on the ribbon, the many templates, and how to take advantage of the 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
Dates: June 28 – August 16
Time: 10:15 – 11:45

WEDNESDAY

It’s Tool Time! (PC)
Take an in-depth look at the powerful tools in Photoshop Elements. If you have taken an Elements class or two, but want to refresh your skills, want learn the new tools, or if you are new to Photoshop Elements, this is the class for you. If time permits, we will cover some of the filters and artistic effects. This will be eight weeks of fun and hard work, so come and join us.
Prerequisites: Basic knowledge of the Windows operating system.
Instructor: Harold Drab
Dates: June 28 – August 16
Time: 12:00 – 1:30

Explore Windows 10
(4-Week class)
Learn how to navigate and control Microsoft’s new operating system. Become familiar with and learn how to personalize the new Start Menu. Discover where your old familiar programs are hiding. Explore the new world of Live Tiles and Apps. Learn to use the Microsoft Store to get 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.
Text: Any Windows 10 book
Instructor: Wesley Peck
Dates: June 28 – July 19
Time: 3:30 – 5:00

Introduction to the iPad (iOS)
Have an iPad and not sure how to use it? This beginners’ class will discuss and demonstrate all the basic features of the iPad. Learn how to use the touch screen and gestures, how to download apps and organize them, how to get and send email, how to personalize apps in Settings, how to talk to and get answers from Siri, take Notes, keep a Calendar and address book, search the web with Safari, and take, edit and store Photos. Bring your iPad with you to each class.
Prerequisite: You have an iPad.
Instructor: Marilyn Gettys
Dates: July 6 – August 24
Note: class starts the second week of the summer term.
Time: 10:15 – 11:45
**WEDNESDAY**

**Advanced iPad (iOS)**
Now that you know how to use your iPad, you’re ready to learn about more of the apps that come with your device. Learn how to use Maps to help you get where you’re going, how to talk on Facetime, how to buy eBooks online or borrow them from the library, and how to buy music or put your own music on your device. You’ll also see how to use iTunes to back up and store your media, how to watch Video, how to listen or watch Podcasts, and take, store and edit Photos. Bring your iPad with you to each class.

**Instructor:** Marilyn Gettys

**Dates:** July 6 – August 24

**Note:** class starts the second week of the summer term.

**Time:** 12:00 – 1:30

**Apps Only - All Smart Devices**
Do you have a smartphone or tablet and know how to use it, but want to learn what else it can do for you? The first class meeting will be a review of the apps that come with your device, and what additional apps are available. You’ll download some apps, review their functions and decide whether or not 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 during the remainder of the classes. Bring your device to class every week.

**Prerequisite:** know how to use your smart device.

**Instructor:** Marilyn Gettys

**Dates:** July 6 – August 24

**Note:** class starts the second week of the summer term.

**Time:** 1:45 – 3:15

**THURSDAY**

**Windows 10 Skills Review (PC)**
(4-week class)
Reinforce the skills you’ve learned in our Windows PC classes while getting acquainted with the Windows 10 operating system that has just been installed on the lab computers. You will get one-on-one help with how to use email, find things on the Web, make folders, copy and paste, use a simple word processing program, and where to store the documents you create.

**Prerequisite:** Current or past enrollment in Windows classes.

**Instructor:** Toni Evans

**Dates:** June 30 - July 21

**Note:** class starts second 4 weeks

**Time:** 8:30 – 10:00

→ See article on page 8

**FRIDAYS**

**Open Computer Lab**

10:00 AM - 5:00 PM

Open to all OLLI members. Join us for practice, questions, help. Bring your own technology devices or use the Mac and PC computers in the Lab.

**The Best of Google (PC and 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

**Dates:** June 30 – August 18

**Time:** 12:00 – 1:30

**Manage and Enhance Your Photos with Picasa (PC and Mac)**
Get your pictures from your camera to your computer and edit them with Picasa. Learn how to download your pictures to Picasa, and then using Picasa's editing tools, crop them, add text or remove 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. The first session covers the basics of Picasa. There also will be an introduction to the new Google Photos, an application that stores photos from your smartphone and tablet. Please bring your camera to class in the second session.

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

**Instructor:** Reggie Gates

**Dates:** June 30 – August 18

**Time:** 1:45 – 3:15
OLLI at JCC

Alpert Jewish Community Center
3801 East Willow Street, LB
Between Lakewood and Redondo Ave.
562-426-7601

Enter at the gate opposite The Grand and park anywhere in the lot. Classes are usually held in Room 27 (down the main hall to the rooms off to the right.)

OLLI at CSULB

OLLI at CSULB Parking Permits

For the convenience of our members, permits 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 CSULB Parking Services 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.

Use the OLLI or CSULB website for all campus maps www.csulb.edu/maps
OLLI Pine Avenue
Parking Options Downtown

• Metered street parking: two-hour limit, cash or cards
• 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. More parking on 9th St was added.

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 Passport bus may be available with 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 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 area at 714 Pacific Ave. just behind the OLLI classroom building.

OLLI at CSULB
Governing Council

Barbara White  Executive Director
Bill Fitzpatrick  President
Naida Tushnet  Vice President
Karin Covey  Treasurer
Vicki O’Toole  Secretary
Len Jacobson  Member-at-Large
Michael Gavin  Member-at-Large
Jack Blecher  Communications
Richard Adams  Communications
Pat Wrenn  Education
Karen McDonough  Education
Kathy Wikenwerder  Technology
Wesley Peck  Technology
Open  Member Services
Malcolm Green  President Emeritus

Members-at-Large represent the general membership at Governing Council meetings.

Upcoming Governing Council Meetings:
June 17 - July 15 - August 19 - Sept. 16

Meetings are held on campus at 1:30 pm in room ET 103. They are open to all OLLI members. Contact the office - 985-8237

Advisory Board

Don Brault  Theresa Marino
Dixie Grimmett  Dr. Susan Mathieu
Kit Katz  Rosemary Lewallen
Donald Lauda

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 CSULB fall and spring semesters. A shuttle stops at the south-west corner of Lot 11 and will drop off in front of the Design building. Check details at the CSULB website www.csulbshuttle.com

Use the Long Beach Transit website for all bus routes www.lbtransit.com
Cuba! (Un) Friendly Neighbor

by Sydelle Pomi

Cuba, called the Pearl of the Antilles, has a written history that began in 1492, a most familiar date for America as well. What I learned from Ron Redman, who will be teaching this new course titled Cuba (Un)Friendly Neighbor, is that Columbus believed his “discovery” was offshore China and that on a subsequent visit believed it to be the Garden of Eden. Dear Me! With those navigational skills, we are lucky he made it back to Spain to put us on the map.

A recent instructor at OLLI, enchanting us with his history of the Bixby Rancho, Ron taught for 40 years at Cypress College as a professor of Latin American Studies, the field of his Ph.D. Ron is a native Californian. His great-great grandfather came from Ireland to the east coast of the U.S. Ultimately the family made their way west. Married with three children, Ron resides in Long Beach.

I asked how and why Cuba is the way it is? He said his class will help us understand this, as he will present both sides of the issue. That tight little island has a most interesting history. It has been affected by Colonialism, Imperialism, Communism, Queen Isabella, Queen Elizabeth I, Columbus, Taino-Arawak, and revolution. Cuba is a big subject for an eight-week class. It is as vital today as it ever was, as evidenced by President Obama’s recent visit.

This class will cover U.S./Cuban relations from 1823 to the present. At our visit Ron outlined 21 different issues to discuss. A most interesting man and subject.

→ See class description on page 23