Bonsai—Gems of Art

Barney Belyn will be treating us to a special class this session on how to grow and create works of art with plants.

He has led an exciting life. A retired Navy man, Barney has an engineering degree from Iowa State and did graduate work in business at New York State University. He has 30 years in Judo and Aikido with a Black Belt and was president of the Black Belt Association. He is an instructor and shelter manager for the Red Cross, is on the crew of the SS Lane Victory, volunteers for the Long Beach Police Department working on Elder Abuse, and belongs to various Bonsai organizations.

Barney took up Bonsai gardening 15 years ago. His late wife taught Bonsai for 30 years. I asked how many plants he had and he replied, “Too many.” He is looking forward to teaching the art of Bonsai. Barney will have a textbook for students and plans to combine lecture and workshops with an American point of view. (I will let him explain that.)

Bonsai originally came from India, was taken to China by Buddhist priests and then on to Japan. Bonsai gardening was available in the U.S. as early as the 1900’s but wasn’t well known.

In BASIC BONSAI GARDENING, Barney will talk about what plants or trees are natural to this area that one can use. He will tell you what location in your yard or home is best, what pots and soils work best with these creations. He has many pictures to share, a library of books to lend out to students, and most exciting, he will bring some of his Bonsai to class.

He feels that Bonsai gardening is artistic, relaxing and gives a great sense of accomplishment. The Bonsai gardener is creating a “gem” from a little plant. It’s a project where one’s personality can be incorporated into the finished product.

Sign me up!

See class description on page 18
Editor’s Comments

The SUN staff extends to our readers a joyous holiday season. In the spirit of gift-giving, Santa (yes, Virginia) has arranged for all card-carrying students at CSULB to ride free on all Long Beach buses. A deal was made between the University and the Long Beach Transit Co. to allow students, including OLLI members, to use their student body cards for free transportation on Long Beach buses for a year.

This is a win-win situation. By riding on a bus you don’t use expensive fuel, there is less pollution, you save money, and probably the most important—you’re spared the agony of finding a place to park. A student body card is required to ride free. If you don’t have one already, the OLLI office has information on getting a student card.

December is a month for giving, but remember “a gift given with strings attached is not truly a gift”.

Winter Solstice: Sunday, December 21, 2008, 5:04 am PST
President’s Corner

One of the stereotypes many young people harbor concerning us “older folks” is that we do not like change very much. And you know what? They are right (speaking only for myself, of course)! I notice as the years pass, I have become ever more “set in my ways” and that setting myself up to have new adventures is increasingly less appealing. Yet change seems to be inevitable – even in OLLI, an organization for us “seasoned learners.”

One major change has already taken place. Our OLLI no longer employs a Community Outreach Director. During her four-year tenure in that position, Barbara McCiinton made significant contributions to our growth and maturation. We are deeply grateful for her service.

Another very major change is just around the corner – our entire system of governance is going to be modified! In order to conform to new requirements from the Bernard Osher Foundation (which are very strongly supported by the Dean of the College of Health and Human Services), we must have an executive director. This person must be a “full-time, director-level university employee [who] has been hired to oversee the operation and management of the Institute” (OLLI at CSULB).

At the time this column is being written (November 2) a more precise job description and the process by which this person will be hired are unclear. Equally undefined at this moment are the “leadership” roles to be assumed in the “new” organization by the officers/members of the Governing Council elected by the membership as well as the roles of the other members of the Governing Council. The roles of the members of our Advisory Board will also probably need re-definition.

Over the next couple of months, there will be meetings involving your currently elected leadership in which the details of the new structure and the relationships between its component parts will be decided. Our membership will be kept informed and up to date.

Look for written bulletins and emails for current information. In the meantime because of these pending changes in our governance, our scheduled election of new officers has been postponed. Your Governing Council made that decision at a special meeting on November 1 during which we voted to postpone the election of four officers plus two “Members at Large” which was scheduled for the January 10 General Membership/Registration Meeting. Perhaps we will be ready to elect new officers at the Spring Membership Meeting on Saturday, April 4. Most of the current group of officers have agreed to continue to serve in the interim. We will fill any vacancies with temporary appointments and will inform you of these changes also.

OLLI Calendar 2009

| Winter Session   | January 26 – March 20, 2009 |
| Spring Session  | April 20 – June 15, 2009    |
| Summer Session  | July 13 – September 4, 2009 |

Holidays – No Classes

- Martin Luther King, Jr. Day       January 19, 2009
- Cesar Chavez Day                   March 31, 2009
- Memorial Day                        May 25, 2009
- Independence Day (observed)        July 3, 2009
- Labor Day                          September 7, 2009

General Membership Meetings

- Winter Registration                January 10, 2009
- Spring Registration/Elections      April 4, 2009
- Summer Registration                June 27, 2009

Class Breaks - No Classes

- March 21 – April 19, 2009
- June 16 – July 12, 2009
- September 5 – October 4, 2009
Spanish Classes—Zero Stress, Mucho Fun
by Bea Almada

How many times have you said you’d like to learn a foreign language? And how many times have you wished you knew one, especially Spanish? As a former bilingual teacher I can tell you that Spanish is one of the easiest languages to learn because the a-e-i-o-u’s always sound the same. Here at OLLI we have a wonderful opportunity to learn with three talented teachers.

Teaching SPANISH 1 -2 is Sue Griffiths who began learning Spanish in her native New York and then in California where she worked with ESL students and their parents. Her travels to Mexico and Central America helped increase her vocabulary and knowledge of the language. Sue was also an adjunct professor at CSULB helping foreign speakers with their oral language skills. Sue has taught Spanish at OLLI and is returning this winter to continue her program. Who better to teach it than someone who was not a native speaker and will understand how to help new students learn? Sue has designed a course for introducing Spanish that utilizes work sheets, songs, CD’s and grammar.

Aida Porteneuve will also be teaching SPANISH 1 - 2. Aida is from Lebanon and learned Spanish in Venezuela where she resided for 10 years. Later Aida acquired a double major at CSULB in Spanish and French and has spent several years tutoring students in Spanish. Aida offers a multi-sensory approach to language learning. In her class you will speak, read, write and listen to dialogue to improve comprehension.

The class will be taught in both English and Spanish and guaranteed stress-free and satisfying. I can’t imagine two more experienced “Spanish Language Learners who became Teachers” to teach this class. They know exactly how one feels when beginning a foreign language class. What a wonderful experience for our students!

Our third gifted teacher is Lilia Vergara de Owens who is a native of Mexico and has an M.A. in Spanish literature. Lilia will be teaching CONVERSATIONAL SPANISH, a comprehensive program that includes everyday Spanish, the history and cultures of Mexico and Spain, and instructional strategies that help students build on previous knowledge. In addition, Lilia introduces art by Hispanic artists. Lilia is always impressed with the desire of OLLI students to learn.

All three teachers expressed their delight in teaching Spanish to such interested and enthusiastic students. So, who is ready to learn and have fun at the same time? Time to challenge the brain again!!!

→ See class descriptions on page 19

Garland says So Long..

Garland Holt, an OLLI teacher, student, volunteer and instructor, has moved to Vancouver, WA. We will miss his sharp wit and uninhibited, challenging style. Below is his farewell message to all at OLLI.

Our name is Osher Lifelong Learning Institute. But that is not right. We should be the Osher Learning Long Life Institute. For it is through learning that we have a longer life.

It is well known that learning increases the blood flow to our brain. And learning new things not only keeps the blood flowing, but keeps us from becoming inflexible in that thinking. A clear death sentence is to remain in a rocking chair letting the world go by. See, your thinking was that being a member of OLLI was just fun. No, it is a fountain of youth.

Garland Holt
Luncheon Honors Olympic Class Volunteers

by Judy Mednick

On August 16, well over 100 OLLI volunteers were celebrated as winners at an Olympic-themed event, complete with luncheon, tributes and entertainment. Jean Lowe welcomed the group and gave special recognition to former OLLI member, Ethel Al- lured, for her long service as a dedicated volunteer.

President Carl Curtis reiterated OLLI’s secret of success—“Learn more, age less,” then thanked all volunteers—office workers, instructors, class liaisons, registration workers, governing council and committee members.

Guests enjoyed special Olympian treats at their tables: “gold” medals, Chinese nibbles and fortune cookies, and black and gold-colored M&M’s with OLLI’s logo and motto. Following a refreshing lunch of sandwiches, salads and two huge cakes decorated in the Olympic colors, President Curtis gave a talk citing the astounding accomplishments of our school. We have over one thousand paid members, qualifying us for a generous endowment, and we’ve developed two successful satellites in downtown Long Beach and Leisure World.

Dave Lowe took the podium with his poetic tribute, a “heartfelt accolade” to Don Friedman, our tireless curriculum committee chair. He praised him as “the very model of a modern instructor hustler... (who) can never ever retire.”

Next, OLLI’s Chorus, led by Louise Wilde, entertained the group with lovely Scottish and Welsh airs and a soulful gospel tune. Our PLAY THE RECORDER class, conducted by Muriel Pendleton, played several traditional melodies dating back to the 1600s.

President Curtis concluded the program with congratulations to all Olympic class volunteers and paid special tribute to the committee members who planned and executed such a successful fete. These five OLLI stalwarts were Karin Covey, Diane Kalfus, Kay Rennison, Dottie Leach, and Jean Lowe.

Finally every volunteer, all winners, received appreciation gifts of note pads, retractable ballpoint pens, and pencils, all with the OLLI logo and motto and in CSULB colors. They left all smiles, savoring the sweet taste of thanks.

In the Spotlight

by Sylvia Manheim

EXTRA! EXTRA!

In eleven years, we have grown from a handful of students to an extraordinary membership of one thousand and more to come. Pretty spectacular isn’t it?

Due to the interest in our program and our accomplishments these past eleven years, two new satellites of OLLI have opened, one in downtown Long Beach, the other in Leisure World. Both satellites are doing well.

Let us thank the OLLI members at Leisure World for their hard work. They set up classes; worked on schedules, found classrooms, located instructors, and much more, to run a smooth, efficient educational experience. The Implementation Team included Dolores Volpe and Bea Roth, Co-chairs; Bill Drukker, Outreach Support; Pat Glow, Curriculum Rep.; Walter Gobas, Otto Ross, Roger Saville, Advisors; Anna Sigman, Secretary; Virginia Skinner, Liaison; Danny Tannehill, Photography; and Tom Pontac, CSULB Senior Liaison.

OLLI Leisure World Winter Session Classes:
1) Chronological Bible, Part I (Christian Scripture, New Testament) - Diane Wood
2) Is Military Justice Just? - Bill Drukker

OLLI Downtown Winter Session Classes:
1) Self-Hypnosis for Relaxation, Self-Improvement and Fun - Dr. Donna Kannard
2) Sensual Belly Dancing - Annitra Ravenmoon
3) Eating Well For Good Health - St Mary Medical Center
4) Mime and Improvisation - Beverly Shields
5) Still Life Drawing - Nanette Maclellan

The Saturday morning Long Beach historic tour was a hit! Students toured the Wilmore District Open House and Caroll Park, including the Art Theatre on 4th Street, which has been totally renovated.

Congratulations to Joy and Jim Mullen, who after 50 years of marriage will be going to Hawaii with their children and grandchildren to repeat their marriage vows. Mazel Tov!

Available soon on Amazon.com is Wesla Kerr’s new book, Cul-de-Sac: Mop-up for Malice. The first of three of her “Matty” books, it features housekeeper Matty’s involvement with her clients—even while her son is accused of murder.

Sharpen your pencils and minds and hop on that bus—see you at OLLI!!
Literature Classes are Thriving at OLLI

It’s no secret that students at OLLI have been able to participate in a number of rewarding literature classes over the years. Two stellar examples are Michelle Roberge’s FEAR NOT, I SPEAK SHAKESPEARE and Judy Mednick’s LITERARY POTPOURRI. These two classes attract large numbers of students as different course matter is presented each time they are offered.

In this same category are the classes presented at various times by Dr. Les Mittleman, Professor Emeritus of English, CSULB. His reputation for clarity, enthusiasm and sound knowledge has made his classes tremendously popular and he returns now with YEATS: THE LATER YEARS. Many students participated in the summer class (which dealt with Yeats’ early years) and were very receptive to this great poet even if they had very little prior knowledge.

In this session, the study of the poet who penned “That is no country for old men” will focus on the further development of Yeats’ poetry. This is inspiring because as he aged, his intellectual powers didn’t lessen—they increased! He produced a great quantity of work with renewed imagination, and as always, his poems helped him come to grips with what mattered most to him: he loved Ireland and he was active in its politics; in addition, his faith in the spiritual world (including ghosts and reincarnation) became stronger. He also became less prudish and more sensual (and married and had children in his 50s!). Rest assured, arguably the greatest poet of the twentieth century will be accessible in a most rewarding way under Dr. Mittleman’s superb direction.

Another outstanding literature class to consider is offered by Dr. Arthur Axelrad, professor of English at CSULB for 32 years. Recently he taught a very well-received class on one of Sir Arthur Conan Doyle’s Sherlock Holmes novels, and now he is returning in another area of his expertise with WHO’S AFRAID OF JANE AUSTEN? This famous novelist has been “reincarnated” for new readers and viewers countless times since she wrote her novels.

Both men and women have been passionate fans and if you’re a person who hasn’t read—or hasn’t read in a long time—one of her gently satirical and totally entertaining novels, this class is for you.

With great good humor and enthusiasm, Dr. Axelrad will first discuss Austen’s use of plot, characterization and dialogue (she’s great at that!). Then in the succeeding classes, he will talk about each of her novels and in essence, “tempt” you—but of course without giving away the entire plot! Pride and Prejudice and Sense and Sensibility are probably her best known works, but there are four others to consider as well.

Lest anyone think Jane Austen is a “woman’s writer”, be aware that men the caliber of Sir Walter Scott wrote glowing reviews of her novels.

Was she a prude? No. Was she a feminist? No. She’s between these extremes and discovering that is one of the joys of a Jane Austen novel. And with the benefit of Dr. Axelrad’s scholarly insights, you can look forward to delightful reading. In that same vein, you will be entertained enormously in the last class with several film treatments of one of the most famous “proposal scenes” in all of literature!

Add two more classes to your choices at OLLI—and experience the richness of good literature—whether it’s been a lifelong pleasure for you or something you’re just discovering.

See class descriptions on pages 11 & 17
Computer Classes Just for You

by Dave Lowe

When I was a young man, I had friends who worked on land surveying crews. They would start at a previously determined landmark. A member of the survey crew would unspool a lightweight chain the prescribed distance while another member with a telescope on a tripod would direct the chain guy right or left where a stake would be driven. They would repeat this endlessly until the plot of land was defined. Today, they do this with laser beams, GPS and hand-held computers.

When the OLLI computer lab started over ten years ago, the courses offered were limited by text material from SeniorNet, available computer programs and instructors. Also, few of our students had home computers or work experience with computers. The lab startup crew was kind of like the crew with chain and stakes.

During our summer term at OLLI, a survey was taken of all the computer students to find out what kind of computer equipment they had at home. They were asked what kind of classes they wanted OLLI to offer. The schedule of courses in this SUN tries to reflect the wishes and needs of our students while retaining our rock solid reputation of guiding students new to computers, both PCs and Macs.

Ready to leave the chain and stake era of computing? Then just take a look at offerings for this term. For example, transferring your handwritten genealogy family sheets, letting the computer keep your family history records and guiding you to new discovery sources from land ownership, church, census, military, immigration, wedding, birth, death, Social Security and civil and VA cemetery records.

We have a class for PC users to learn about the new Microsoft Windows Vista Operating system. For our Mac computer community we offer Quicken spreadsheets for the Mac and Microsoft Word for the Mac.

As we have done from the beginning, we continue to offer free Friday Open Lab to our students where they can ask questions, chat and practice using our computers from 9:00 AM until 5:00 PM on a first come – first served basis.

Each term when you fill out your registration form, help us improve. Turn it over and write out the types of classes you wish to see in the future. We’ll turn your wishes into reality.

Visit us on the Web - www.csulb.edu/centers/olli

Ronald Lloyd Trevithick (1934-2008)

Ronald Lloyd Trevithick was born April 30, 1934 in Watertown, South Dakota. In 1936 his family moved to California and settled in Long Beach.

He graduated from Long Beach Poly in 1951, attended Long Beach City College for two years, earned a B.S. at the University of California at Los Angeles, School of Business in 1956; and his LLB from the UCLA School of Law in 1959. He married Agda Anne Moes in 1960. They had three children, Agda and twins Scott and John. Agda died March 3, 1972.

At his 40th Long Beach Poly class reunion, Ron met classmate Barbara Decker who became his life partner and devoted caregiver during his battle with lung cancer.

A tax attorney, Ron co-founded Clark and Trevithick, a Los Angeles firm.

Since 2002, he was active at OLLI as dedicated teacher and computer lab coach. This April over 100 relatives and friends gathered at OLLI to celebrate Ron’s birthday and thank the school. Donations in Ron’s honor raised over $6000, designated for purchase of computer equipment and student scholarships. OLLI has lost a cherished member.

Connie Shainline (1930-2008)

Connie Shainline was a friend to many on campus and an active member of numerous CSULB organizations, including the Fine Arts Affiliates and Women in Philanthropy. She was married to John (Jack) Shainline, retired Vice President for Student Services at CSULB and a current member of the OLLI Advisory Board.

In lieu of flowers, the family has asked that donations be sent to Women in Philanthropy in care of the CSULB Foundation.
Membership Report
by Syd Benowitz

Seventy-seven eager and motivated OLLI members attended our fall general membership meeting, taking advantage of our new streamlined registration procedure and producing encouraging results. We are still growing at a healthy pace due largely to the continued dedication of our staff and volunteers.

President Carl Curtis welcomed the group with special acknowledgement of first time attendees. He urged them to get involved in the school and enjoy the many social and educational opportunities offered to interested and qualified individuals. Carl noted that in less than a dozen years we have grown from a very small group to over a thousand enthusiastic members. This is because of the sustained effort of the leadership and the volunteers to maintain a viable organization that fulfills an important role in our senior community.

We now have students in our two newly established satellite locations—one in downtown Long Beach and one in Leisure World Seal Beach. We have augmented our curriculum with new and exciting classes and are also offering advanced computer courses that address both PC and MAC systems.

Carl noted that the APPRECIATING ART HISTORY class taught by graduate students is very popular and its return is most appreciated. Mark Barnett, our expert on ancient history, will offer two new challenging courses, SURVEY OF JEWISH HISTORY and SURVEY OF CHRISTIAN HISTORY. As usual, Mark came in costume to promote his courses; he received a warm response.

Next Don Friedman elaborated on the fall lecture class schedule. Con Rader, our computer chair, was unable to attend but his video updating of our computer program was shown and explained. Some Saturday activities are also in the works, including HISTORIC LONG BEACH WALKING TOURS.

Dr. Leroy Hardy
(1927 - 2008)

As we are going to press we learned that Dr. Leroy Hardy has passed away.

He has taught many classes at OLLI which stimulated the political thinking of his many students.

We mourn his loss.
Creative Ways to Support OLLI

CSULB offers a variety of creative and simple ways for you to contribute to the continued growth of OLLI and its mission of providing lifelong learning opportunities to adults 50 years of age or over. With these strategies you can combine your desire to support OLLI with your personal financial goals.

Give Now  Outright gifts allow OLLI to receive immediate benefits from your gift, plus you receive a current charitable tax deduction. Some of the most popular gifts help you save on taxes, increase your income and pass more of your estate on to your heirs.

Give Later  You may also name OLLI as a beneficiary of your life insurance, retirement account or through your will or trust. These gifts allow you to make a large gift with no immediate cost to you and may decrease your estate taxes.

To determine which type of gift may be best for you, please contact CSULB’s Office of Estate and Gift Planning at 562-985-5489 or visit the website at www.csulb.edu/plannedgiving.

Drexel D’ArCY

The OLLI community mourns the death of Drexel D’ArCY, who passed away on August 27, 2008, after a lengthy illness. She was a valued member and volunteer and served on the Governing Council as Liaison Co-chair. She was a capable and professional addition to our volunteer office staff. She began volunteering soon after joining and had been an OLLI member for almost 4 years. She will be missed, and we send our deepest sympathy to her family.
Today's Health Issues  
8:15 - 9:45 AM (1 hour 30 minutes)  
First class meets Monday, January 26.  
This course will cover physical, metaphysical, and non-physical understanding of the human body. The physical is the body's requirement for energy and food, vegetarian and non-vegetarian. The metaphysical is mind, yoga, and meditation. The non-physical is spiritual food such as a deeper understanding of one's own belief system.  
Class Leader: Prem Gupta, M.D.

Travel Without Luggage  
1:30 – 3:00 PM (1 hour 30 minutes)  
First class meets Monday, January 26.  
Eight experienced world travelers who are proficient photographers gather at OLLI at CSULB each January to narrate their latest travel adventures and display exciting photographs to OLLI students. We always have exotic, romantic and educational destinations revealed to us.  
Class Leader: David Lowe

The Religion of India  
10:00 – 11:30 AM (1 hour 30 minutes)  
First class meets Monday, January 26.  
We will discuss the Hindu religion of the people of India. We will learn about their views and beliefs regarding their stages of life, growth, and spirituality, their ancient sagas and writings, such as Vedas, Upanishads, & Bhagavad Gita. We will cover various Hindu schools of philosophy known as the Darshanas. Time permitting, we will look at some of the unique aspects of Jainism.  
Class Leader: Mark Barnett, D.D., Ms.D.

Play the Recorder  
3:15 - 4:45 PM (1 hour 30 minutes)  
First class meets Monday, January 26.  
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance times and is currently 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.  
Class Leader: Muriel Pendleton

The Religions of China  
11:45 AM – 1:15 PM (1 hour 30 minutes)  
First class meets Monday, January 26.  
We will examine the three major faiths of China: Buddhism, Taoism, and Confucianism. We will see how the Buddha spread his message, the Four Noble Truths and Eightfold Path, and the two major divisions of Buddhism (Mahayana and Theravada) and their schools of thought. We will examine Lao Tzu and the Tao Te Ching of the Taoism faith. Lastly we will learn of Master Chung, who will become for us Confucius, and his life and writings.  
Class Leader: Mark Barnett, D.D., Ms.D.

OLLI at CSULB Web site  
Have you visited the OLLI at CSULB web site recently?  
Take a look!  
www.csulb.edu/centers/olli  
It contains  
~ Classes  
~ Registration forms  
~ The SUN Online  
~ Maps  
~ FAQs (Frequently asked questions)
Longevity Stick
8:30 – 9:30 AM (1 hour)
First class meets Tuesday, January 27.
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include: developing better balance, increasing 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. Seniors are famous for getting dehydrated, so drink plenty of water after exercising.
Class Leader: Shona Howe

For Women Only
9:45 – 11:15 AM (1 hour 30 minutes)
First class meets Tuesday, January 27.
Receive individual instruction on the latest makeup tricks to keep a more youthful look. Become knowledgeable about the basics of color for your individual makeup and wardrobe. In this class you will also learn to accessorize, spend half the money, have half the clothes and still have twice as much to wear. Come enjoy this confidence-building experience.
Class Leader: Joy Grand, Certified Image Consultant/Makeup Consultant

Yeats: The Later Years
11:30 AM – 1:00 PM (1 hour 30 minutes)
First class meets Tuesday, January 27.
In 1925, the year William Butler Yeats won the Noble Prize in Literature at age sixty, he might have retired, content to rest upon his laurels. Instead, he continued writing poetry into his seventies, verses of astonishing youthful passion and intensity. In this class we will read selections from The Tower, The Winding Stair, and Last Poems, writings of masterful power and originality. Yeats' themes are love (now erotic love), age, and spiritual rebirth.
Class Leader: Les Mittleman, Ph.D., Emeritus Professor of English

Royal Scandals
1:15 – 2:45 PM (1 hour 30 minutes)
First class meets Tuesday, January 27.
History like you've never known it before! Think Charles and Diana's shenanigans were the only ones?...well... Delve into the personalities and actions of European monarchs from Russia to England. In an atmosphere of absolute power these kings and queens could do or be anything - cruel, unfaithful, inbred, insane. Today we would call their behavior scandalous and unacceptable. In the past, it was the norm. Remember! Absolute power corrupts absolutely! These are more than amusing, titillating tales. This unbridled behavior caused wars, rebellions, and constitutions.
Class Leader: Doreen Seelig, B.A. history, UCLA; M.A. history, Loyola-Marymount

Taking Better Photos
3:00-4:30 PM (1 hour 30 minutes)
First class meets Tuesday, January 27.
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. The final session will be at the instructor's home studio. You need not have a film or digital camera. If you do, be sure to bring it and your instruction manual to the first class.
Class Leader: Terry Fiskin

CSULB’s Office of Estate and Gift Planning invites you to
UNDERSTANDING YOUR WILL/TRUST
Do you understand your will/trust? Does your will/trust still accomplish your goals? Have changes in your circumstances made your will/trust obsolete? Volunteers from the Long Beach legal and financial community will be available to review your documents and speak with you about your legal and financial concerns.*
Date: Tuesday, February 10, 2009
Time: By appointment
Cost: FREE to OLLI members
Location: CSULB, 1000 Studebaker, Long Beach (Free parking available)
Registration: Call 562-985-1662 to schedule your private appointment
*There will be no sale of products or services by the volunteers.
The Osher Lifelong Learning Institute (OLLI) at CSULB is located in the HS6D building on the California State University, Long Beach campus.

§ Membership is open to adults 50 or older.
§ Membership is required to take all classes.
§ Membership is $40.00 for a full academic year (October 1 to September 30).
§ Membership is pro-rated to $20.00 for half of the year (March 29 to September 30).
§ Students taking computer classes are required to be members of both OLLI at CSULB and SeniorNet.
§ SeniorNet membership is $40 per year per person. Students whose SeniorNet membership expires before or during an OLLI session must renew at the beginning of that session, if registering for a computer class.
§ Computer class tuition is $45 per class.
§ Lecture class tuition is $10 per class. All class tuitions are in addition to the membership fee.

**COMPUTER CLASSES WITH LIMITS**

- All computer classes are limited to ten students and subject to random drawing if over-enrolled. Second choice classes are also subject to random drawing if over-enrolled.
- If necessary, random drawings are held after noon on the Tuesday following the general membership meeting. Registrations received by that time will be included in the random drawing. Classes not filled by noon Tuesday following the membership meeting will be filled on a first come, first served basis.
- Those who lose out in a random drawing for a class will have a choice of another class (subject to availability) or a Certificate of Priority Placement. A Certificate of Priority Placement entitles the student to placement in the same class the next session that class is offered.
- Certificates of Priority Placement are only given to those who lose out in a drawing. They do not apply to classes that are cancelled. *Students will only be notified by phone in case of class cancellation or non-placement.*
- Placement cannot be guaranteed. In the event of class cancellation or over enrollment your class fee will be refunded.

**REFUNDS**

No refunds will be made after 4 PM Friday of the first week of classes for parking passes or for class tuition.

**RETURNED CHECK POLICY**

CSULB Foundation charges $5.00 per check for all returned checks. If your check is returned, you will be responsible for the amount of your check plus $5.00. Any check returned to University Parking Services by your bank will be handled by the University. A letter will be sent to you by the University. Please be sure to follow the instructions outlined in the letter.

**DISCLAIMER**

Our instructors come with a wide variety of backgrounds, experiences and influences. We strive to provide diverse views while maintaining the highest quality of academic excellence in all classes. The views of the instructors and their guests are their own and do not necessarily reflect or represent the views of the Osher Lifelong Learning Institute at CSULB.

*Fees and donations are tax deductible as allowed by current law.*
Wednesday

The End of the Hunt:
Irish History 1916 - 1923
8:15 – 9:45 AM (1 hour 30 minutes)
First class meets Wednesday, January 28.
Live the most tumultuous period in Ireland’s history - the Easter Rebellion, the War of Independence, Bloody Sunday, the Civil War. Learn the story of the birth of the “terrible beauty” - modern Ireland. Watch and hear how the tale’s been told in literature, song, and cinema.
Class Leader: Bill Fitzpatrick, Ph.D.

Great Steps to Civilization
10:00 – 11:30 AM (1 hour 30 minutes)
First class meets Wednesday, January 28.
On the road to civilization we had several great steps. Among them the domestication of plants and animals, the invention of the wheel, the study of medicine, the observations of the stars and faith and religion. How has religion affected our views about sexuality. These points will be discussed and their importance will be demonstrated.
Class Leader: S. I. Salem, Ph.D., Professor CSULB

Memory Into Poetry:
Finding Words for your Life
10:00 – 11:30 AM (1 hour 30 minutes)
First class meets Wednesday, January 28, Room 119.
Shape your life experiences into poems! In our poetry workshop you will learn how to develop language for those meaningful events as well as the “snapshots” of a lifetime. Each class meeting will include time to free-write and to read aloud. In order to provide creative inspiration there also will be a spirited discussion of a contemporary poet. First-time poets welcome! Class limit: 20.
Class Leader: Linda Carr, Ph.D.

Who’s Afraid of Jane Austen?
11:45 AM – 1:45 PM (2 hours)
First class meets Wednesday, January 21. Note early start.
Additional class dates: January 28; February 11, 18, & 25; March 11, 18, & 25.
We shall talk about the life (facts and fictions, with mostly the latter), times (Georgian and Regency England), literary influence, memorabilia, and novels of Jane Austen, the most popular writer of prose fiction in the English language. Highly recommended: Some familiarity with at least one of her six novels.
Class Leader: Arthur M. Axelrad, B.A., M.A., Ph.D.
→ See article on page 6

Political Policy for the Future
2:00 – 3:30 PM (1 hour 30 minutes)
First class meets Wednesday, January 28.
Decision, policies and legislation needed from the next president and administration to secure this nation’s future. Topics to include national defense, foreign policy, economic policy, domestic policy energy, global warming and other areas of significant national concern. The focus of the class will be on identifying the greatest problems facing this country today and finding the best possible solutions the next administration will need to pursue.
Class Leader: Richard Butts B.S.

Building Blocks of Investing
3:15 – 4:45 PM (1 hour 30 minutes)
First class meets Wednesday, January 28, Room 119.
We will cover a wide variety of topics related to personal investing including: basics of financial planning, how to read stock tables, fixed income investments, bonds, long term care insurance, retirement plans, annuities, distribution options for retirement plans, overview of estate planning and what you should know and expect in selecting and working with a professional financial planner.
Class Leader: Steve Masoner, Investment Counselor

Victimless Crimes: Law, Privacy, Morals & Opinion
3:45 – 5:15PM (1 hour and 30 minutes)
First class meets Wednesday, January 28.
Lively debates: Is it the law’s business? Abortion – stop it, limit it, full choice? Homosexual acts & gay rights - legalize them? Smoking and begging – should they be banned? Legalize drugs, prostitution, pornography, all gambling? Right to die/doctor assisted suicide/family and state euthanasia - should they be legal? Enjoy several videos, much humor, and a spirited but relaxed class interaction.
Class Leader: Bill Drukker, J.D. Criminal Justice

Auditing Classes
Are there other classes on the schedule that you are curious about?
You have the opportunity to audit one meeting of any non-computer class free.
If you do audit a class and decide to continue simply stop by the office to sign up for the class.
Thursday

A Novel Approach to Memoir Writing
8:30 – 10:00 AM (1 hour 30 minutes)
First class meets Thursday, January 29.
Write a living legacy for your family and generations to come. Tell where you came from, who you are, your dreams and feelings, and the depths of your soul. Beginning writers will be introduced to the technique of using dialogue, dialect, and syntax and how to write from the heart. Learn from exposure to your classmates’ writings and from critiques of your own submissions.
Class Leaders: Florence Dodge

World of Music
10:15 – 11:45 AM (1 hour 30 minutes)
First class meets Thursday, January 29.
Music is the universal language and gives us insight into the culture and time in which it is written. Join us as we listen to the Classics and learn how a composition is made. We’ll also delve into the lives of composers.
Class Leader: Fran Harding, retired music teacher

National and International Current Events and Issues
12:00 – 1:30 PM (1 hour 30 minutes)
First class meets Thursday, January 29.
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.
Class Leader: Gary Colboth, B.S., M.P.A., J.D., Professor Emeritus, retired lawyer, professor and university administrator.

Tai Chi Chih
1:45 – 2:45 PM (1 hour)
First class meets Thursday, January 29.
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.
Class limit of 30.
Class Leader: Al Talberg

Let’s Go Auto Racing!
3:00 – 4:30 PM (1 hour 30 minutes)
First class meets Thursday, January 29.
Anyone who has lived in Southern California for the past 33 years knows that in mid April the streets of Long Beach become a racecourse for some of the most powerful race cars in the world. How did this all get started? Come learn some of the history of auto racing in the United States and Europe from the early days to the blindingly fast race cars of today’s pro and amateur racing.
Class Leader: Jim Elsten
See article on back cover

Friday

Basic Bonsai Gardening
8:15 – 10:15 AM (2 hours)
First class meets Friday, January 30.
This class will be a combination of lecture, classroom participation, and practice. Students will come away from the course with an understanding of the evolution of bonsai through India, China, and Japan and in the last century in Europe and America. We will also cover the science of growing bonsai, the tools used, and the selection of trees to consider for bonsai. This course will satisfy those with a passing interest in the art and those interested in furthering their knowledge and practice of the growth and treatment of bonsai. A workbook will be used during the classes. Copies will be available for $5.00 in the first class session.
Class Leader: Barney Berlyn, experienced Bonsai Horticulturist
See article on front cover

Intermediate Bridge
8:30 – 10:00 AM (1 hour 30 minutes)
First class meets Friday, January 30, Room 119.
If you have some bridge experience, this class is for you. We will review all of the basics and gradually learn some refinements to improve your skill in playing. This class is designed for pleasure, not competition.
Class limit 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Advanced Bridge
10:15 - 12:00 PM (1 hour 45 minutes)
First Class meets Friday, January 30, Room 119.
This class is for players who understand the basics: opening
with a suit, no trump, overcalls and pre-emptive bidding. We
will start with slams, explore other conventions, and also play
duplicate bridge.
Class limit 20
Class Leader: Inge Johnson, Retired Elementary Teacher

Spanish 1 & 2
10:30 AM - 12:15 PM (1 hour 45 minutes)
First class meets Friday, January 30.
Students refreshing their high school or college Spanish stud-
ies or students new to Spanish language studies will enjoy this
fun Spanish language class. We will be watching “Destinos,” a
Spanish video, singing Spanish songs, and practicing conversa-
tion using The Living Language course book. The course book
will be available at a nominal cost at the first class meeting.
This class will continue for a year and is recommended as a
prerequisite for the Conversational Spanish class.
Class Leaders: Sue Griffiths, B.S., M.A. and Aida Porteneuve, B.A.
→ See article on page 4

Drawing Workshop
12:00 - 2:00 PM (2 hours)
First class meets Friday, January 30, Design Building room 121.
This class is for beginners and intermediates who are intent
on improving their drawing skills. The class will develop visual
and perceptual skills which will help students interpret a
variety of subject matter. Materials list and class outline will
be available at the first meeting. Bring a No. 2 pencil and
paper or sketchbook.
Class Leaders: Roy Hubbs, Retired Art Teacher
Assisted by Betty Hutchens

The Return of Film Forum
12:30 - 2:45 PM (2 hour 15 minutes)
First Class meets Friday, January 30.
This class will emphasize individual participation as we
discuss selected current cinema releases. Class members will
be expected to have attended a screening of the selected
film each week. The class leader will select a wide variety
of genres to broaden our experience. The first class will
emphasize how to view a film with a critical eye.
Class Leader: Michael Gavin

Beginning Bridge
12:45 - 2:15 PM (1 hour 30 minutes)
First class meets Friday, January 30, Room 119.
Everyone is welcome, even if you do not know a spade from
a heart. Bridge is mentally stimulating and a lot of fun; but
mainly this game will bring friendships for years to come.
This class is designed for enjoyment and learning step by step.
Class limit 20
Class Leader: Inge Johnson, Retired Elementary Teacher

Watercolor Workshop
1:00 - 3:00 PM (2 hours)
First class meets Friday, January 30, Design Building room 121.
This class is for beginners and intermediates. Basic watercolor
techniques and color theory will be stressed. If you have
supplies, bring them to the first meeting.
Class Leaders: Roy Hubbs, Retired Art Teacher
Assisted by Betty Hutchens

Papier Mâché
2:00 - 4:00 PM (2 hours)
First class meets Friday, January 30, Design Building room 121.
This class will introduce you to techniques for forming three
dimensional images with easily worked and attainable materials.
Class Leader: Roy Hubbs, Retired Art Teacher

Conversational Spanish
3:00 - 4:30 PM (1 hour 30 minutes)
First Class meets Friday, January 30.
This class, taught entirely in Spanish, will focus on spoken
language used in everyday conversation, as well as on the
culture and traditions of various Spanish-speaking countries.
The class will cover Spanish grammar, however emphasis will
be placed on oral communication. The goal is to help stu-
dents acquire more fluency.
Basic knowledge of Spanish strongly suggested.
Class Leader: Lilia Vergara de Owens M.A.
→ See article on page 4

Scholarships
OLLI at CSULB has a Scholarship program for those
who clearly need financial assistance to participate or
continue participating in our classes. Please stop by
the office for more information.
Tuesday

Sensual Seniors Belly Dancing
10:00 - 11:30 AM (1 hour 30 minutes)
First class meets Tuesday, January 27.
Low impact, sensuous stretches, belly dance moves designed
to be enjoyed by seniors, and slow arm movements with beautiful veils.
Basic classic patterns will be taught. This class will include
movements seated as well as standing. A great workout with
music from all ethnicities. Men are most welcome.
Class Leader: Annitra Ravenmoon

Health and Wellness
12:30 - 1:30 PM (1 hour)
First Class meets Tuesday, January 27.
During the eight-week series our nutritionist will cover an ar-
ray of health and nutrition topics to include: ideas on weight
management, how nutrition affects lifelong health, the impor-
tance of learning to read food labels, eating organic, food and
|kitchen safety...and much, much more! |Health & Wellness Fall Series.
Class Leader: St Mary Medical Center Staff

Wednesday

Self Hypnosis for Relaxation,
Self Improvement and Fun
9:30 - 11:00 AM (1 hour 30 minutes)
First class meets Wednesday, January 28.
This is a fun filled adventure into the benefits of Self Hypnosis
and other self directed techniques which improve the quality
of life. Self Hypnosis is effective in many areas of life including
stress reduction, relaxation, pain relief, self control, positive
thinking and better sleep, but, best of all more JOY. Each class
will end with a guided meditation.
Class Leader: Donna Kannard, Ph.D., Author of Trance Magic

Thursday

Tai Chi Chih
6:00 - 6:45 PM (45 minutes)
First class meets Thursday, January 29.
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.
Class Leader: Al Talberg

Saturday

Mime and Improvisation
9:00 - 11:30 AM (1 hour 30 minutes)
First class meets Saturday, January 31.
Chances are you have observed the arts of mime and
improvisation. Now you can learn and participate in mime
and improvisation. Mime is used as a theatrical medium or
as a performance art. A mime artist acts out a story through
body motions without the use of speech. Improvisation is the
practice of acting, singing, talking and reacting, of making and
creating, in the moment and in response to the stimulus of
one’s immediate environment. This can result in the invention
of new thought patterns, new practices, new structures or
symbols, and/or new ways to act. In addition, you’ll truly
enjoy the class.
Class Leader: Beverly Shields, M.A., producer for Long Beach
Community Television, member of The Found Theatre Company

Still Life Drawing
1:00 - 3:00 PM (2 hours)
First class meets Saturday, January 31.
Using Still Life as subject matter, you will develop your
drawing skills. Each week you will complete a drawing using
a different Still Life set up. The focus will be on line, shape,
volume, positive and negative space.
Class Leader: Nanette MacLellan, B.A. Fine Arts CSUF

OLLl classes at the DownTown site are
open to any OLLl at CSULB member.
See page 26 for location map.
Tuesday

Is Military Justice Just?
2:30 – 4:00 PM (1 hour 30 minutes)
First class meets Tuesday, January 27
Club House 4 Section C
Torture, Guantanamo Bay, Law of War; Servicemen’s Rights; Bush Laws: Detainee Act, Military Commissions Act, his Supreme Court; 4 “D’s”: Desertion, Disobedience, Disrespect, Dereliction; Conscientious Objectors, Non-Judicial Punishment, Courts-Martial; Administrative/Medical Discharge; Race, Women, Gays, Walter Reed, VA, Leavenworth, Death Penalty. Journey from 15th - 21st centuries via video, real cases, spirited discussions & end in the brig with your...
Class Leader: Commander Bill Drukker, JAGC, USN-Ret, J.D.
Criminal Justice

Wednesday

The Chronological Bible, Part II – Christian Scriptures/New Testament
10:00 – 11:30 AM (1 hour 30 minutes)
First class meets Wednesday, January 28
This class will focus on the Bible through three lenses – the literary, the historical and the cultural, while viewing the individual books in the order of the events as they happened. As literature, the writers create excitement, drama, humor and tragedy. As history, the Ancient Near East comes alive in the familiar Bible stories. As culture, the customs and values of ancient peoples become clear.
Class Leader: Diane Wood, M.A.
Computer Class Descriptions

OLLI Computer Classes

You'll find the OLLI computer classroom an ideal place to learn. Every computer is loaded with up-to-date software. Each class is small, with a maximum of 10 students, so you'll get individual attention. In addition to the instructors, there are coaches in each class who are there to help. That means that any time you have questions, there will always be someone to answer them for you. And if you want to spend extra time working on class assignments, you can come to the computer lab that's open all day on Friday.

Monday

Very First Computer Class (PC)
8:30 - 10:30 AM (2 hours)
First class meets Monday, January 26.
This is where you start. You are welcome even if you have never touched a computer or a typewriter. It is the best opportunity anywhere to learn the basics of email and the Internet. You will learn the mouse tool, along with the keyboard and the desktop. Games and simple exercises will be used for emphasis. All questions will be patiently answered for the benefit of the entire class. When you complete this class, you will be ready to move into our Intermediate Computer class.
Prerequisite: None.
Instructor: Don Patman

Beginning Photoshop Elements - Part II (PC *)
10:45 AM - 12:45 PM (2 hours)
First class meets Monday, January 26.
This continuation of the Beginning Photoshop Elements class emphasizes basic editing concepts using the tools in the full editor. You will practice modifying images, using all the selection tools and some of the filters. Lighting and color improvement will be covered. You'll also get an introduction to layers and styles, plus retouching and restoring old photos.
*Mac users can also benefit from this class.
Prerequisite: Beginning Photoshop Elements I or instructor's permission.
Instructor: Noreta Drab

Let Spreadsheets Solve Your Problems (PC)
1:00 - 3:00 PM (2 hours)
First class meets Monday, January 26.
See how you can create and easily change financial records, such as budgets, expenses, investments and many kinds of lists, such as home inventory, with spreadsheets. They are powerful because they automatically recalculate the effects of changes as you make them. In this class you will learn how to use Microsoft Excel to create spreadsheets, enter data, use formulas and functions, and create simple charts and reports. Prerequisites: Intermediate Computer or instructor's permission.
Instructor: Jim McCune

Quick and Easy VHS Tapes To DVD Movies (PC and Mac)
3:15 - 5:15 PM (2 hours)
First class meets Monday, January 26.
Learn how to convert VHS video tapes to DVD movies for your home DVD player and TV without editing. Or, you can learn how to combine analog or digital video clips with still pictures into a DVD movie/slide show, using sound, titles, transitions and effects. See how to use new, inexpensive thumb-sized USB adaptors with both Mac and PC computers to convert VHS analog tapes into DVD movies and even allow watching (and recording) “OFF-AIR” digital TV programs on your home computer. Bring your VHS tapes to class so you can start converting them.
Experience level: Familiar with Macs running Tiger or Leopard, or PC running XP or Vista, or instructor’s permission.
Instructor: Con Rader
Word for the Mac (Mac)
8:30 - 10:30 AM (2 hours)
First class meets Tuesday, January 27.
MS Word does much more than just word processing. You can use this popular software to create all kinds of professional-looking documents—letters, fliers, newsletters, reports and more—on your computer. Learn how to set up, edit and save your documents, make bulleted and numbered lists, insert photos and clip art, make indexes and tables, and use templates and the handy toolbars. Explore Word on the new Leopard operating system.
Prerequisite: Basic Mac skills
Instructor: Kathy Winkenwerder

Beginning Photoshop Elements - Part I (PC *)
10:45 AM to 12:45 PM (2 hours)
First class meets Tuesday, January 27.
Adobe Photoshop Elements is one of the most versatile image enhancement photo programs available today. First you will learn how to use the Adobe Organizer Program. This will get those picture files in a logical retrievable order. We will enhance those pictures with hands-on use of the many quick fix options available. Learning about resolution will help you e-mail or prepare pictures for right size prints. Orientation in the full editor will give you a real look at the full power of Adobe's capabilities. We will end the 8-week session of classes learning to print those improved photos.
* Mac users can also benefit from this class
Prerequisite: Very First Computer Class or instructor's permission.
Instructor: Harold Drab

Intermediate Photoshop Elements - Part II (PC*)
1:00 - 3:00 PM (2 hours)
First class meets Tuesday, January 27.
This class is designed to move your skills to the next level beyond the beginning classes. Turn those snapshots into photographs. Topics covered include: vignettes, collages, extracting and adding objects, frames, creations and text effects. Create pictures you can take real pride in sharing with others.
* Mac users can also benefit from this class
Prerequisite: Beginning Photoshop Elements Part I and II or instructor's permission.
Instructor: Harold Drab

Introduction to Vista (PC)
3:15 - 5:15 PM (2 hours)
First class meets Tuesday, January 27.
Explore the features of Microsoft's new Vista operating system. You'll learn how to transfer contents and settings from your old PC, how to instantly find information on your computer, and get acquainted with the new Internet Explorer 7. You'll get to know the Vista desktop with its sidebar and gadgets, which bring you real-time, direct information. You'll also see how you can edit, view and share your digital picture and music files, then organize them.
Prerequisite: Basic understanding of the Windows XP operating system or instructor's permission.
Instructor: Wesley Peck

Coaches Wanted!
If you have experience with a Computer program, consider coaching in the computer lab. Sign-up in the lab or talk to the course instructor.
Wednesday

**Intermediate Computer (PC)**
8:30 - 10:30 AM (2 hours)
First class meets Wednesday, January 28.
An introduction to the elements of word processing by writing letters using Word, and databases by making address lists using Microsoft Works. Take a look at the Internet, and refresh your knowledge of computer file management so you can easily find your files after you save them.
Prerequisite: Very First Computer Class or instructor’s permission.
Instructor: Bob Van Horn

**Intermediate Computer (PC)**
10:45 AM - 12:45 PM (2 hours)
First class meets Wednesday, January 28.
An introduction to the elements of word processing by writing letters using Word, and databases by making address lists using Microsoft Works. Take a look at the Internet, and refresh your knowledge of computer file management so you can easily find your files after you save them.
Prerequisite: Very First Computer Class or instructor’s permission.
Instructor: Bob Van Horn

**UCLA Scientists Say Googling is Good Exercise**

Internet searches may help the brain, according to a new study at UCLA, which found that searching caused more activity than reading in the decision-making and information analysis parts of the brain.

Games such as crossword puzzles are among the current recommendations to help counter changes in the brain that happen because of aging. However, now scientists are looking at the influences of computer and Internet use.

In a UCLA study, volunteers, who were between the ages of 55 and 76, were measured by MRI scans that recorded brain activity while they searched the Internet and read books. When the volunteers read books, they all showed activity in the regions of the brain that control language, reading, memory and visual abilities. However, when the volunteers who had had Internet experience performed searching tasks, their brain activity doubled because of the engagement of decision-making and analysis.

According to Gary Small, professor of psychiatry and director of UCLA’s Memory and Aging Research Center, “A simple, everyday task like searching the Web appears to enhance brain circuitry in older adults, demonstrating that our brains are sensitive and can continue to learn as we grow older.”

**It’s Your Mac – Do What You Want to Do (Mac)**
1:00 - 3:00 PM (2 hours)
First Class meets Wednesday, January 28.
The Macs in the lab have been updated to the OS 10.5 (Leopard) operating system. Join us for a real hands-on class where you will explore many of the applications that came with your Mac. Learn how to use the Apple email program, set up the Address Book, keep a calendar of all your appointments using iCal, use Safari to browse the internet, write and save documents, and more. Discover how to personalize the computer for the way you want to use it. Change your desktop, screen saver, and views to reflect your interests and needs. Learn about free applications you can download to your computer. There will be plenty of opportunities to get your questions answered.
Prerequisites: You own a Mac, you'd like to own a Mac.
Instructor: Bonnie Elsten

**Click Start Your Genealogy Research (Mac)**
3:15 - 5:15 PM (2 hours)
First Class meets Wednesday, January 28.
Do you want to know more about your family history? Have you already gathered information, but need to organize it? Learn what can be done using Internet resources. We will look at popular genealogy programs for the Mac to help you organize and document your research. We’ll also explore ways to locate others researching your family lines, and find Web sites to further your research. If possible, bring a list of family last names and localities to the first class.
Prerequisites: This is a beginning to advanced beginners genealogy class. Only the ability to use a Mac for internet access is needed.
Instructor: Bonnie Elsten
Thursday

Introduction to Digital Camera (PC)
8:30 - 10:30 AM  (2 hours)
First class meets Thursday, January 29.
Introduction to the basic functions of the digital camera and scanner. Hands-on learning on how to download your photos from the memory card (camera) to your computer. You will also learn how to scan photos and documents into your computer. Eventually, you will organize and burn saved images to a CD. You will also improve your photography by learning some simple creative composition tools while viewing sample images.
Prerequisite: Basic understanding of the Windows XP operating system or instructor's permission.
Instructor: Larry Hicks

It's Your Mac – Do What You Want to Do (Mac)
10:45 AM - 12:45 PM  (2 hours)
First Class meets Thursday, January 29.
The Macs in the lab have been updated to the OS 10.5 (Leopard) operating system. Join us for a real hands-on class where you will explore many of the applications that came with your Mac. Learn how to use the Apple email program, set up the Address Book, keep a calendar of all your appointments using iCal, use Safari to browse the internet, write and save documents, and more. Discover how to personalize the computer for the way you want to use it. Change your desktop, screen saver, and views to reflect your interests and needs. Learn about free applications you can download to your computer. There will be plenty of opportunities to get your questions answered.
Prerequisites: You own a Mac, you'd like to own a Mac.
Instructor: Dottie Leach

Quicken for the Mac (Mac)
1:00 - 3:00 PM  (2 hours)
First class meets Thursday, January 29.
The class will cover: opening accounts such as Banks (checking & savings), Credit Cards and Stores, Stock Broker and Mutual Fund; creating the “Category” list; creating “Standard” reports such as Net Worth, creating “Special” reports such as searching for a particular expense; and dealing with online banking.
Prerequisite: Basic Mac skills.
Instructor: Gene Knell

Very First Computer Class (PC)
3:15 - 5:15 PM  (2 hours)
First class meets Thursday, January 29.
This is where you start. You are welcome even if you have never touched a computer or a typewriter. It is the best opportunity anywhere to learn the basics of email and the Internet. You will learn the mouse tool, along with the keyboard and the desktop. Games and simple exercises will be used for emphasis. All questions will be patiently answered for the benefit of the entire class. When you complete this class, you will be ready to move into our Intermediate Computer class.
Prerequisite: None.
Instructor: Don Patman

Friday

Friday Open Computer Lab
The computer lab is open Fridays from 9:00 AM to 5:00 PM for computer class students to work on class assignments. Instructors are available to answer student questions.

More Seniors Now Using Computers
A recent survey found that 70 percent of adults ages 50 to 64 and 35 percent of adults ages 65 and older now use a computer.
Here's what they're doing when they connect to the Internet:
• 90 percent send or read emails.
• 76 percent of adults aged 50-64 and 71 percent 65 and older look up health or medical information online.
• 68 percent of adults 50-64 and 55 percent of seniors 65 and older get news online.
• 67 percent of adults 50-64 and 53 percent of seniors 65 and older purchase products online.
• 52 percent of adults 50-64 and 44 percent of seniors 65 and older look for news and information about politics and elections.
• 19 percent of adults 50-64 and 10 percent of seniors 65 and older have downloaded music.
Source: The Pew Internet & American Life Project survey conducted by The Pew Research Center, a nonprofit research organization.
OLLI DownTown

PARKING OPTIONS
~ All day parking: $3.00 on the South East corner of 7th Street and Pacific Avenue.
~ Metered parking: 15 minutes for a quarter, 2-hour limit.
~ Non-metered parking: North of 8th Street on Pacific Avenue and Pine Avenue, as well as neighborhood streets West of Pacific Avenue.

LONG BEACH TRANSIT

CSULB, Long Beach Transit Announce Extension of U-PASS
This will give Free Rides to Students, Faculty and Staff 365 days a year.
Students, faculty and staff at California State University, Long Beach (CSULB) are finding out that sometimes there IS such a thing as a “free ride.”
University and Long Beach Transit officials have announced that their U-PASS Partnership will allow the CSULB campus community to ride any Long Beach Transit bus or Passport shuttle free seven days a week, 365 days a year just by swiping a valid CSULB identification card through the bus' farebox.

CSULB ID Cards
Membership Benefits packets show what OLLI Membership can do for you.
Do you have a CSULB ID card?
Current members of OLLI at CSULB can get ID cards from the ID office next to the bookstore on campus. All you need is your OLLI at CSULB name Badge.
Additional information about getting an ID card and benefits is available in the information center outside of the office door.
STUDENT PARKING PASSES
For the convenience of our students, parking passes are available through our office for $14.00 per session. If you have a current DMV disabled persons placard, you may obtain a parking permit and key card for Lot 9. Students parked in disabled parking must display their DMV placard or license plate and their OLLI parking permit at all times when they are parked in that lot, whether or not they are in a designated disabled parking space. Students not displaying the appropriate placards or license plate will be subject to ticketing by Parking Services. Students are not allowed to park in areas marked for carpools or employee parking. Anyone who receives a ticket from CSULB Parking Services must go to the Parking Office (Merriam Way) to resolve the ticket.

CSULB CAMPUS CONNECTION SHUTTLE ROUTES
The white Campus Connection Shuttles run around the campus during the Fall, Winter and Spring Sessions. There is a shuttle stop at the South-west corner of Parking Structure 2 in lot 11 which will drop you off in front of the Design building. For further information pick up a brochure in the lobby. Parking Structure 3 continues on track in Lot 11A and will be opening in Spring 2009.

LONG BEACH TRANSIT BUS SCHEDULES
Bus transportation to CSULB - OLLI at CSULB is easily available on Lines D, 81, 91, 92, 93, 94, 171 and 96 ZAP. Bus Line 60 may be used if you come from Leisure World (exit on 7th Street and transfer to CSULB Campus Connection shuttle to East Campus).
For further information please call Transit @ 562-591-2301 or OCTA @714-636-7433.

CSULB Beach Cruiser
Park at the Long Beach Marina and Ride to the East turn-around (State University Dr.)
For more information see the flyer in the lobby.
Let’s Go Auto Racing

by Judy Mednick

Can you imagine driving with no rear-view mirror? No safety belt, radial tires or anti-lock brakes? If not for innovations developed by auto racing engineers, our cars wouldn’t have these lifesavers.

In Jim Elsten’s LET’S GO AUTO RACING you will enter the fascinating world of the sport Paul Newman called “a lot more exciting than anything else I do.”

A retired science teacher and football coach, Jim Elsten has been an auto racing fan, student, and corner worker* for 40 years. Born in Kansas, he came to Southern California after serving in the USAF in Massachusetts where he met his wife Bonnie who now teaches computer classes at OLLI.

Jim was inspired to teach LET’S GO AUTO RACING by the WWII history courses he took at OLLI. He will present a documentary history of auto racing in the US, Europe and Asia. Students will view and discuss videos chronicling sports car racing, including the Indy500, Formula 1, Nascar and Le Mans.

One session will focus on Formula 1, “the pinnacle of open-wheel, single-seater racing.” Ken Thomas, an auto racing buff with an extensive archive on the racing world, will present a video and commentary on Formula 1. Another session will feature the film “Le Mans,” starring Steve McQueen. Paul Newman, who was a familiar sight around the Toyota Grand Prix of Long Beach, also appears in “Circuit” as himself, a race car owner.

Along the road, the big questions about car racing will be answered. How is a car engineered for racing? How do drivers get that iron grip and surgeon’s concentration? What about women drivers? Is money so important to success in car racing that “you can (only) go as fast as you can afford”?

In the final session, students will share their own auto racing experiences. You don’t have to be a Mario Andretti or Janet Guthrie (first woman to compete in the Indy 500) to enjoy sports car racing. Remember those drag races?

Let’s go auto racing!

*warns drivers of potential road hazards with flag signals