The Right Combination

by Linda Fuchik

Our chances of getting the right combination in any endeavor—and in this case, it’s an OLLI class—is always something we strive for. But if we consider a class that has been offered more than once, and with a variety of presenters, you increase the odds that we have good things coming together here.

When Joan Mace, the coordinator and facilitator for the UNDERSTANDING ART HISTORY course this quarter, talks about the class, it’s easy to realize the most important component. That’s the enthusiastic engagement and interest of the OLLI students that fuel the graduate students’ energy and passion for their chosen subjects.

Joan has experienced this on a personal level as one of the previous presenters. In her case, she is not only in graduate art history studies, but also museum studies. She has been active at the Los Angeles County Museum since high school and as she pursues this degree, she is working on a show at the museum for next spring. Its focus will be on contemporary Los Angeles art. Discussing art at a class here at OLLI is yet another “opportunity and a privilege” because of the inspiring responses of previous classes. Each class is a presentation of a different area of art by a graduate student who is an art history major or a fine arts major at CSULB. The subjects are as incredibly diverse as Michelangelo’s Appropriation of Classical Imagery in the Sistine Chapel and Atomic Bomb Memorials in Hiroshima and Nagasaki.

Students who are open to new things and teachers with the passion to share have an opportunity to come together. That’s a synergy that equals “the right combination.”
Editor’s Comments by Jack Blecher

THOUGHT FOR TODAY: What’s the biggest advantage of going back to school as a senior? If you cut classes, no one can call your parents.

Phil Garcia has joined the SUN staff as our cartoonist. We found him drawing in Roy Hubbs’ art class. Welcome to our group.

Among the many benefits of having an OLLI student card is the use of the campus library. I found the librarians extremely helpful to me on every visit. More helpful than Google.

Betty Hutchens did it again. The Arts and Crafts show was outstanding. The creative talent of OLLI students is amazing. Betty is probably already working on another quilt for next year’s show.

Don’t pass up the opportunity of obtaining a copy of the WWII stories compiled into a book by members of our memoir class. The book is yours for a modest tax deductible contribution to OLLI.

September Equinox, Sept. 22, 2010, 9:09 PM PDT
President’s Corner

First of all, I offer high praise and compliments to the 33 past and present members of the MEMOIR WRITING class who contributed to the recently published book, Perspectives on World War II – An Anthology. It is an amazing work – a real “page-turner” that I read practically at one sitting. Josephine Fitzpatrick and Carol Willner deserve much credit for their work editing and shepherding the book through publication. And, of course, we all are grateful for the guiding hand of Florence Dodge who has led the class for the last six years or so and has served as a mentor to these authors. As many of you know, the rights to the book have been given to our OLLI for fund-raising purposes. OLLI paid for printing, binding, and shipping the book. We are giving a copy of it to persons who contribute $25 or more to OLLI. Our net “profit” is about $8.75 per book. The first printing of 100 copies has been distributed and a second printing has been ordered. I highly recommend the book – the Perspectives is both interesting and moving. And it is a good way to provide a little more financial support to OLLI.

Speaking of finances, our outlook for the next fiscal year improved significantly in May when the Bernard Osher Foundation invited us to apply for a $50,000 grant to be used for operational expenses. They recognize that many OLLIs our size are in a fiscal crunch because of our high expenses but are unable to receive any income from their previous endowment gift due to the economic down turn. (The current “market value” of the endowment investments has been eroded to a level below the gifted value. Until the economy improves and the market value returns to a higher level, we cannot receive any monies from the endowment. The earliest we can expect to see a disbursement of income from the endowment is August 2011.) Receipt of this grant will enable us to pay our anticipated bills for the forthcoming fiscal year that began July 1.

Understandably, the Osher Foundation is concerned about the sustainability of each of the Lifelong Learning Institutes it has funded. After all, they have made an “investment” that they hope will result in a continuation of the OLLIs providing quality educational experiences for folks our age for many generations to come. Hence as part of the application process for this $50,000 grant, we were asked to submit a plan to generate the earned and contributed income needed to sustain our program. Making such a plan is very much overdue – we have really needed to formulate a sound funding plan for our OLLI for quite some time. Your Governing Council has drafted a plan for submission to the Osher Foundation to satisfy their requirement. To be workable and successful, however, this plan will require considerable “fleshing-out.” We intend to engage the membership in this process through a series of discussion/focus groups to obtain your input and the recruitment of volunteers to implement the plan when it is finalized. I solicit your participation.

From the Executive Director

This month it is my pleasure to introduce you to Dr. Kenneth Millar, (pronounced “miller”) our new Dean in the College of Health and Human Services. Dr. Millar comes to us from Florida Gulf Coast University where he served as Dean of the College of Professional Studies for the past four years. He has also held Dean/ Director positions in the Schools of Social Work at Aurora University in Illinois, Louisiana State University at Baton Rouge, the University of Arkansas at Little Rock, and Laurentian University in Sudbury, Ontario. Dr. Millar received his Ph.D. from the University of Texas at Arlington, and Master’s of Social Work from the University of British Columbia at Vancouver. His multiple publications have been in the areas of education and practice in the field of social work.

Since beginning his tenure at CSULB on June 1, Dr. Millar has been introduced to OLLI and has met with the OLLI Executive Committee to support and encourage us in our fund-raising plans. Dean Millar and his wife also attended our annual Art Show on June 13, to the delight of all present. We look forward to working with Dr. Millar and will find an opportunity for our OLLI membership to meet him in the near future. When you do meet him, I am sure you will delight in his openness and enthusiasm. OLLI welcomes Dr. Millar to CSULB!
WOW! The House was Built in 1905

by Thelma Teitel

That’s the way I felt when I approached the charming house of Sherron Leno, the leader of HISTORIC LONG BEACH WALKING TOURS. There on the front porch was a plaque from the Long Beach Heritage Society telling, for all to see, that her house was indeed built in 1905.

Sherron, a lovely ebullient woman with a profound passion for architecture, history and restoration, was eager to show me her home. Much of the restoration has been completed; but she said, “I still have much more to do.” (She has been working on the house for almost ten years.) In fact, Sharon has done much of the work herself. The house is very cozy and comfortable. The furniture is Mission Style and the architecture is Victorian Queen Ann Free Classic. And if her next group is fortunate, they’ll get an invitation to see the house for themselves.

I learned that there are seventeen historic districts in Long Beach with possibly two more to receive this designation in the near future.

There are six sessions on the Walking Tours class. They meet Saturday mornings at OLLI’S downtown facility. The first session is a lecture orienting the walkers to the background of what will be covered and some history of the places to be visited. After orientation, Stan Poe will talk about the development of Naples.

Sessions two, three, four and five will all be different places. You may visit homes or buildings or re-use buildings (buildings that are now used for different purposes than originally planned); and all of the sessions may not be in only one historic district.

The sixth session is a surprise—an adventure. And I repeat, if you are lucky, part of the adventure will be to visit Sharon Leno’s home. She takes great delight in sharing her passion for the history and heritage of Long Beach with others.

→ See class description on page 20

Senior Safety Tips

by Barbara Anders

Don’t become a statistic. Develop awareness of potential hazards in your home. Free presentations are available for senior groups by the Long Beach Fire Ambassadors.

The Fire Ambassadors is an organization of retirees over 55 that works with the Long Beach Fire Department under the direction of Battalion Commander Frank Hayes and Captain Jack Jackson in the Community Services Division.

Providing fire safety presentations to the third grades in the Long Beach Unified School District is their main function. The Fire Safety House has a simulated kitchen and bedroom to teach awareness of fire hazards in the home and emergency exiting procedures. The “smoke” machine provides a dramatic, realistic experience for the children to learn how to react in a dangerous situation. Firefighters interact with the children by explaining their duties, showing equipment on the fire engine and answering questions.

The Senior Safety Program is a new project for the Ambassadors. Statistics show that seniors are at risk for accidental fires and falls in the home. If you would like to schedule a presentation for your organization, please contact GaleLynn Peterson at LBFD headquarters at 562-570-2563.

If you would like information about becoming a Fire Ambassador, you can also call GaleLynn at headquarters.

Sherron’s Historic House
In the Spotlight

Can you believe, summer has flown by so rapidly? Congratulations to all of us who have attended graduations of children, grandchildren and others. Many of us enjoyed wedding celebrations, trips and family get-togethers. They pass all too swiftly.

Now a new session awaits for us to enjoy. Discover new friends, new classes and new ideas.

OLLI welcomes our new Dean of Health and Human Services, Dr. Kenneth Millar. Best wishes in your new position. We hope you visit our classes and attend our festivities.

Congratulations to Bea Roth and Dolores Volpe for doing an outstanding job at Leisure World in making everything work with ease. The classes were very successful.

There was a “lock down” in the Shakespeare class held at the Los Altos Methodist Church. A robbery and police chase from Costa Mesa culminated in the vicinity of the church. The two male suspects exited the freeway near the church. All roads were blocked as were the church grounds so no one was allowed to leave the premises for over two hours. Although it was unnerving to be forced to remain when we really wanted to leave, we were all safe. But our stories later deserved Pulitzer Prizes!

The Shakespeare class was held in the church because fire regulations allow no more than 50 students in a classroom with only one door. For many years we did not know this. We are installing a new door on the long east wall to facilitate larger classes at OLLI.

OLLI members, Maurice and Diane Kalfus, attended their grandson Aaron’s graduation from Cal Poly Pomona. Aaron has joined the Navy and is attending Officer Candidate School to become a nuclear engineer on a submarine.

Aaron’s father, Arthur Kalfus, a dentist, recently retired from his private practice to join the Navy as a commissioned officer. He is stationed at Pearl Harbor in the Naval Dental Corps.

Maurice was in the Navy during World War II and Diane spent over 20 years working at the Long Beach Naval Shipyard inspecting ships. Truly a family who loves the sea and has served our country well.

Congratulations to Bea and Chuck Almada on their son’s marriage.

Enjoy the fall session.

(If you can't grow old gracefully, do it any way you can....)

We offer our condolences to Beverle Singer and family. Dr. Michael Singer, a long time OLLI student, died on July 2, 2010. Condolences to Michele Roberge on the death of her son-in-law in a plane accident.

Theatre as Art Form

I'll let you in on a little secret that Alice Lemon, who will be leading the THEATER THROUGH THE AGES class at Leisure World, may not tell you. Alice Lemon appeared in the television shows, “Hawaii Five-0” and “Magnum P.I.” The shows were filmed in Hawaii and that’s where she was working.

Alice was born in Los Angeles, educated at UCLA and received her M.A. in drama and theater at the University of Hawaii. After graduation she worked in community theatre and for ten years led a professional children’s theatre. She also worked for the department of education, touring the schools with plays for children. In addition, she brought theatre to air bases in Hawaii (a sort of drama USO). Then she went on to teach at the adult level at Honolulu Community College and Chaminade University. At the beginning of this year, she moved back to California and now resides in Leisure World.

In the eight sessions of THEATER THROUGH THE AGES, Alice hopes to introduce the class to the varied aspects of theatre: acting, directing, writing and design. The class will also learn how the art form has changed through the ages. She wants to bring a “taste” of plays from different periods to the class so the class can better understand the differences.

Alice looks forward to class members’ participation so they can become better theatre goers. Her goal is that we will better understand and appreciate this unique and wonderful art form.

See class description on page 10
OLLI Art Show

by Bea Almada

I have been attending OLLI Art Shows for three years and each time I think it will be about the same as last year. Well, not a chance. The art is better every time. The creativity, diverse media, and the expression of the artists' thoughts through their art really draw the visitors into the paintings, photographs, and sculptures. Well done!

Besides such splendid works, we had some talented groups and persons who entertained us with songs, recorders, memoir readings, poetry, and Tai Chi Chih. There were baskets, a quilt made by our Betty, and other wonderful gifts we could buy chances to win and of course, goodies to eat.

Betty Hutchens welcomed all and introduced two special friends of OLLI. First, the Dean of the College of Health and Human Services, Dean Ken Millar, spoke of how OLLI was significant to so many and how pleased CSULB was for OLLI to be part of our wonderful school. Then Donald Lauda was introduced and he told us how OLLI, or Senior University, began. A group of people came on CSULB’s campus and spoke to him, then Community Hospital became involved. Next a department of the university closed, providing a room for us. Much brainstorming with the College and the core group followed.

Finally, an advisory board was formed and our group took off, quite speedily, he said, and in October of 1996, Senior University opened its doors. The rest is history.

Following Dr. Lauda, Shirle Gottlieb spoke of the art around the room and how creativity keeps one young. She congratulated the 31 artists represented in the gallery and gave us insight into some of the art around us.

The afternoon was not only successful, but the ambience, friendships, and our Betty Hutchens who works so hard preparing the show, took OLLI to a new dimension of excellence.
Defying Despotism  

by Judy Mednick

In 1943 the Final Solution, the Nazi plan for the systematic extermination of European Jewry, was already underway, but this was not enough for Hitler and Goebbels. They also wanted to annihilate Christianity. History records their conversation about the need to kill God, “that Asiatic tyrant,” and to destroy “Christian slave morals.” In response, ten world famous authors who had fled Nazism wrote novellas. Their work was collected and published in 1943 in The Ten Commandments: Ten Short Novels of Hitler’s War Against the Moral Code.

This book will be the text* of DESPOTISM VS. MORALITY, a unique course created by Emma Jane Mermelstein. Each commandment is illustrated in novellas by writers such as Thomas Mann, Rebecca West, Franz Werfel, Sigrid Undset, Bruno Frank and Andre Maurois. Along with the readings and probing interactive discussion, the course includes historical and biographical background.

Emma Mermelstein, a retired teacher who has taught several Great Books courses at OLLI, has accumulated a vast knowledge of World War II—the Nazi regime, in particular through reading and experience. Married to an Auschwitz survivor, Mel Mermelstein, Emma says her life has been a “learning journey” through the Holocaust.

Three years ago a college roommate of hers, now a librarian in South Carolina, sent Emma some WWII library discards that included The Ten Commandments. She found the book so enlightening and thought-provoking that she gave copies to others, including Dennis Praeger and Congresswoman Laura Richardson. Then the idea came to her for this course at OLLI.

“Why another Holocaust-related course?” you ask. “Going back helps us go forward,” says Emma. In spite of 65 years of historical documentation, thousands of oral and written testimonies by survivors and eyewitnesses, there are still Holocaust-deniers. And we still do not understand why it happened.

DESPOTISM VS. MORALITY is limited to 15 students who want to participate in a search to understand the first attempt in history to systematically annihilate an entire people.

*Books loaned for duration of course

→ See class description on page 17
A Couple of Outstanding Volunteers

by Sylvia Manheim

The Blankenships’ love affair with OLLI started at the Seal Beach library five years ago. Grace and Dick noticed a paper on the bulletin board describing the classes and activities that were happening on the campus at CSULB for seniors.

Grace and Dick had just retired and had lots of time on their hands. The notice that they read sounded so interesting that they decided to investigate. That was the beginning of a rewarding and stimulating new life style for them.

Before moving to Long Beach, the Blankenships lived in Arcadia. They spent two weeks every summer for many years in Belmont Shore enjoying the ocean. Their two children loved coming and looked forward to their summer vacations near the beach. After graduating from high school, their son was accepted at CSULB. He suggested that his parents move to Long Beach after retiring, and they did just that.

Soon Grace and Dick discovered OLLI. They averaged three or four classes every session, volunteering as liaisons in those classes as well. To the Blankenships, volunteering at OLLI is a unique and stimulating experience. They say it gives them the opportunity to know what is going on and to meet new folks all the time. When they walk into the school, they feel a spirit that embraces the environment, the halls and the classroom.

Volunteering, meeting different people and continuously learning have become part of their lives. Outside of classes and volunteering at OLLI, they enjoy spending time with their five grandchildren.

Here’s one last fun factoid about Dick and Grace. They got married three weeks after their first date. They met at a dance hall and have been dancing together ever since.

Congratulations and thanks to both of you for your priceless contribution to OLLI.

You Asked for It

by Kathy Winkenwerder

For years the Photoshop Elements for the PC classes have been very popular, but there have been no classes for students with Macs. This term we’re happy to offer one. Photoshop Elements 8 will be taught by Barbara Kaye Cooper, a professional photographer for 30 years and a long-time Mac user. You will learn how to fix those photos that need more than iPhoto can offer. With Photoshop Elements you can enhance color, remove distracting elements, whiten teeth, make the sky bluer, and restore old photos. In addition, Barbara will show you how to scan photos, take better pictures of people, kids, pets and landscapes.

What to Do With Your Brand New Mac

Want to get a new Mac, but don’t know how to pick one out, hook it up or start using it?

Never had a computer before and interested in starting with a Mac? The 3-week class Out of the Box will take the mystery out of the process. You will go on a field trip to the campus bookstore and see what kind of Macs are available. When you get back to the computer lab, instructor Barbara Kaye Cooper will demonstrate what to do, beginning with getting the computer out of the box, hooking up all those wires, connecting your Mac to the Internet, either wired or wirelessly, then getting your computer ready for you to use.

Free Bus Rides

Due to the struggling economy and difficult budget years ahead for both Long Beach Transit and CSULB, the Free Bus Ride program has been scaled back and will only be in effect during the academic school year.

Free rides for all CSULB faculty, staff, and students (including OLLI students) using their identification cards will be in effect from August 16 through December 23, 2010 and January 24 through May 27, 2011.
Osher Lifelong Learning Institute at CSULB
2010 - 2011 Academic Year

Class Sessions

Fall Session          October 4 - December 4, 2010
Winter Session        January 24 - March 19, 2011
Spring Session        April 18 - June 13, 2011
Summer Session        July 11 - September 3, 2011

Holidays – NO OLLI Classes
Office Closed – Campus Closed

Thursday, November 11, 2010         Veterans Day
Monday - Saturday, November 22 - 27  Thanksgiving
Hi., Dec 24, 2010 - Sat, Jan 1, 2011 Winter Holidays
Monday, January 17, 2011            Martin Luther King Jr. Day
Thursday, March 31, 2011             Cesar Chavez Holiday
Monday, May 30, 2011                  Memorial Day
Monday, July 4, 2011                 Independence Day

Note: Classes meet as usual on Columbus day (Oct 12) and President's Day (Feb 21)

Class Breaks - No OLLI Classes

September 5 - October 3, 2010
December 12, 2010- January 23, 2011
March 20 - April 17, 2011
June 14 - July 10, 2011
September 4 - October 9, 2011

General Membership/Registration Meetings

Fall Registration       September 11, 2010
Winter Registration     January 8, 2011
Spring Registration     April 2, 2011
Summer Registration     June 25, 2011
Fall 2011 Registration  September 17, 2011

Osher Lifelong Learning Institute at CSULB
Building HS&D, Rooms 100-MS 5609
1250 Bellflower Blvd.
Long Beach, CA 90840-5609
Phone: 562-985-8237 Fax: 562-985-8213
Email: olli@csulb.edu

Lecture Class Liaison Coordinator

Duties:
- Recruiting Osher Lifelong Learning Institute (OLLI) members as liaisons for Campus Lecture classes for four eight week sessions per year
- Conducting training for liaisons including use of AV system
- Maintaining records of liaisons assignments

Skills required:
- Good organizational skills
- Computer skills (word processing and Excel) and e-mail
- Training or public speaking skills
- Able to learn classroom AV system (“smart” room)
- Telephone skills
- Enjoy interacting with others, particularly older adults

Days/Time Needed:
- Approximately five working days, four times a year, to recruit liaisons and prepare training materials
- One Saturday morning prior to each session for training including use of classroom AV system

Assignment Length: Four times per academic year

Special Activities Coordinator

Duties:
- Responsible for recruiting Osher Lifelong Learning Institute (OLLI) members for special activities such as:
- Working in OLLI booth at CSULB Kaleidoscope
- Participation in discussion groups with CSULB students (Sociology, Gerontology, Social Work, etc.)
- Attendance at annual tea sponsored by Gerontology students
- Coordinating with other campus entities for OLLI event participation

Skills required:
- Good organizational skills
- Some computer skills (word processing and Excel) and e-mail
- Telephone skills
- Enjoy interacting with others, particularly older adults and university students

Days/Time Needed: As required by activity

Assignment Length: One year with opportunity to renew or train successor

Call the OLLI office at 562-985-8237
Speak to Cindy
The Law Here and Now
The pre-requisites for this class are a desire to be introduced to the field of law, a willingness not to take one's self too seriously, and an ability to use a scissors on newspaper articles dealing with the subject. Sourpusses will be dealt with severely. Politics, sex and religion are rarely discussed.
Class Leader: Art Gottlieb, retired lawyer, teacher, writer and lecturer
Dates: Mondays, October 4 – Nov 29
Time: 10:00 - 11:30 AM
Location: CSULB, HS&D, room 101

English as a Second Language
This class is designed to improve communication in English for speakers from other lands. We will use pictures, signs, songs, and laughter to help you both understand and speak English better. Then you will be able to communicate better with your neighbors, doctors, business contacts, and friends who do not speak/understand your first language. As your English improves, you will find it easier to travel and that entire new worlds open to you via TV, radio, and movies. Life will be more fun!
Class Leader: Inge Johnson
Dates: Mondays, October 4 – Nov 29
Time: 10:00 - 11:30 AM
Location: DownTown, Suite 202

Sources for the Journey:
Selected Resources for Adult Spiritual Growth from an Ecumenical Perspective
We will begin with an Introduction to the Idea of Spiritual Growth and the four resources humans dip INTO for their spiritual growth. Areas of discussion will include: World Scriptures: the unique and universal teachings of the five world religions. World Traditions: the history, worship, symbols, creeds, etc. common to world religions. Reason: “logic” resources for faith and belief. Experience: how humans of all cultures experience and reflect on their faith-journey.
Class Leader: Dr. Jerry Larsen
Dates: Mondays, October 4 – Nov 29
Time: 11:45 AM - 1:15 PM
Location: CSULB, HS&D, room 101

Beginning Bridge
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 Leader: Inge Johnson, Retired Elementary Teacher
Dates: Mondays, October 4 – Nov 29
Time: 1:00 - 2:30 PM
Location: DownTown, Suite 202

Economics for the Non-Economist: Tools for Understanding and Prospering in an Increasingly Complex World
Most American and foreign policy issues can be viewed and interpreted through economics. This course will focus on how an understanding of economics affects us and helps us to make better personal and political (voting) decisions. The course will identify the most critical economic information or indicators that government uses, where to readily find this information, how to interpret it, and how to use it to make everyday decisions affecting our personal wellbeing, especially for seniors.
Class Leader: Dennis Youkstetter
Dates: Mondays, October 4 – Nov 29
Time: 1:30 - 3:00 PM
Location: CSULB, HS&D, room 101

Theatre Through the Ages
Theatre has been a part of human expression for thousands of years. It has been used as religious ritual, political provocation, an examination of human relationships, and just plain entertainment. Theatre has changed and progressed through the centuries. Explore the roles of actors, directors, playwrights, and designers and how they all work together to create an artistic whole.
Class Leader: Alice Lemon, M.A.
Dates: Mondays, October 4 – Nov 29
Time: 2:30 – 4:00 PM
Location: Leisure World, Clubhouse 3

Great Book Seminar: Civic Engagement
This class will provide an opportunity for discussion and examination of our participation in various kinds of civic activities. Examples of topics to be discussed will be giving, serving, association, and leading. This is a Great Books Seminar in which members will read a short selection from great literature prior to each meeting. Then members will discuss the selection in terms of the author’s and the individuals’ own experiences and beliefs. Books will be loaned for the duration of the class. Enroll if you ever considered the possibility of a better world. Reflect on how you might take part in such a place.
Class Limit: 18
Class Leaders: Phyllis Ciscele-McDaniels and Richard Black
Dates: Mondays, October 4 – Nov 29
Time: 3:00 - 4:30 PM
Location: DownTown, Suite 202
**MONDAY**

**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 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

**Dates:** Mondays, October 4 – Nov 29
**Time:** 3:15 – 4:45 PM
**Location:** CSULB, HS&D, room 101

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**TUESDAY**

**Longevity Stick**
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.

**Class Leader:** Shona Howe

**Dates:** Tuesdays, October 5 – Nov 30
**Time:** 8:30 – 9:30 AM
**Location:** CSULB, HS&D, room 101

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**Literary Potpourri XVII: British and American Masters**

“England and America are two countries separated by a common language,” quipped Shaw. Was he right? Not entirely. Both nations have produced great writers. Some whose works we will explore include Dickens, Twain, Orwell, Robert L. Stevenson, Emily Dickinson, Nellie Bly, Upton Sinclair, Rebecca Harding Davis, and Langston Hughes. Biographical background, literary/historical context, in-depth discussion, video and guest presenters enliven and illuminate the literature. Reading materials provided.

**Class Leader:** Judy Mednick, B.A. & M.A., English

**Dates:** Tuesdays, October 5 – Nov 30
**Time:** 9:45 – 11:15 AM
**Location:** CSULB, HS&D, room 101

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**Conversational French**
If you studied French in high school or college, you probably learned to translate and conjugate. In this class you will not translate or conjugate. You will practice understanding and speaking French in vocabulary and phrases that you are most likely to hear and say in everyday speech. In addition, you will learn practical techniques for intercultural communication. Recommended preparation--previous study of French in high school or college.

**Class Leader:** Malcolm Green

**Dates:** Tuesdays, October 5 – Nov 30
**Time:** 1:15 – 2:45 PM
**Location:** CSULB, HS&D, room 101

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**Follow the Yellow Brick Road**
After an introductory discussion about the meaning of art, we skip together down “The Yellow Brick Road” of contemporary artistic expression. Using the campus and community as our lab, we visit local museums, attend plays, read reviews, report our impressions, and voice our opinions. As we explore the events on each side of the road, we gather an overview of the challenges we face in the chaotic 21st Century.

**Class Leader:** Shirle Gottlieb

**Dates:** Tuesdays, October 5 – Nov 30
**Time:** 11:30 AM – 1:00 PM
**Location:** CSULB, HS&D, room 101
The Osher Lifelong Learning Institute, (OLLI) at CSULB is located in the HS&D 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. for a full academic year (October 1 to September 30).
- Membership is pro-rated to $20. for half of the year (March 29 to September 30).
- Computer class tuition for 8 week class is $35 all others are $20.
- Lecture class tuition is $10 per class.
- All class tuitions are in addition to the membership fee.

**Holidays for Fall**

Veterans' Day - Thursday, November 11
Thanksgiving Week - November 22-27

Everyone becomes a new member in the fall!

**Class Limits**

Enrollment in all computer and lecture classes with limits will be on a first-come, first-served basis.

**Computer Class News**

✈ Computer classes will now be filled on a first-come, first-served basis.
✈ There will no longer be a lottery system or priority placement.
✈ Read the class description to get the class that best fits your skills.
✈ Books are purchased by students.
✈ Each computer class has a limit of 10.

Some computer classes have minimum enrollments. If enrollment is not met one week before the first week of class, the class may be canceled. If there is a cancellation, students will be notified.

**How to Register**

Check off the list!

✈ Complete the personal information on both sides of the form.
✈ Check the classes that you want to take in the column indicated.
✈ Payments may be made by check or in cash.
✈ Make checks payable to:
  - CSULB Foundation for Classes/Membership
  - CSULB Parking Services for Parking permits
✈ Bring your registration form with you when you register; or mail your form and payment to the address on the back of the registration form.
✈ Don't forget to make a note of the classes you have selected.
✈ You will receive an OLLI at CSULB name tag that will be your proof of membership for the entire academic year.
✈ Please share the extra registration form with a possible new member.
✈ Call the office with any questions, 562-985-8237

**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 the 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 or this University.

**Refunds**

No refunds will be made after 4:00 PM Friday of the first week of classes for parking passes or for class tuition.

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

**Healthier Living**
Developed by Stanford University’s Patient Education Research Center, Chronic Disease Self-Management Program (CDSMP), also known as the Healthier Living program, is a six week workshop that takes place once a week for 2½ hours facilitated by two trained leaders. Disseminated by Partners in Care Foundation, California’s hub for the program, Healthier Living teaches the skills needed in the day-to-day management of chronic conditions and to maintain and/or increase life’s activities. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain, and isolation 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance 3) appropriate use of medications 4) communicating effectively with family, friends, and health professionals 5) nutrition 6) how to evaluate new treatments.

Class Leader: Partners in Care Foundation facilitators
Dates: Tuesdays, October 5 - Nov 9
Time: 2:00-4:30 PM
Location: Downtown, Suite 202

**Basic Conversational Spanish**
The course is ideal for seniors who employ or work with non-English or limited-English Spanish speakers. In addition, it will help you if you are considering a vacation to Spain or South America. You may bring a tape recorder so you can practice your Spanish lessons at home. We will be using two textbooks that are available at the CSULB bookstore:

Class Leader: Don Freeman
Dates: Tuesdays, October 5 – Nov 30
Time: 3:00 – 4:30 PM
Location: CSULB, HS&D, room 101

**Despotism vs. Morality**
Participants in this discussion class will use some of the short novels contained in the 1943 book, *The Ten Commandments*, to discover how Hitler intended to destroy the Judeo-Christian moral code and replace it with something of his own creation. In addition, participants will explore how Hitler’s tactics are being emulated by modern wannabe despots. The class leader will loan copies of this out-of-print book to class members for the duration of the class. **Class limit: 15**

Class Leader: Emma Jane Mermelstein
Dates: Wednesdays, October 6 – Dec 1
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D room 101

**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, 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
Dates: Wednesdays, October 6 – Dec 1
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 119

**WEDNESDAY**

**Despotism vs. Morality**
Come on! It’s time to enjoy a light stroll through the lives of both well-known and not-so-well-known first ladies starting from 1900 to the present day. This is a really fun class and, for a change, the ladies are in the spotlight.

Class Leader: Pam Watson
Dates: Wednesdays, October 6 – Dec 1
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

**Heritage Planning**
Planning how you will construct a memorable heritage in your family includes more than just writing a will. Will you be remembered for the gifts you left or didn’t leave, or do you want to be remembered for other things? In this class, discussion topics include the documents you need to have in place to protect your wishes and your legacy in your family, a discussion of values that drive your financial decisions, and completion of your Heritage Letter as an adjunct to your will.

Class Leader: Susan Berkman
Dates: Wednesdays, October 6 – Dec 1
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D room 119

**A Play Reading Circle**
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**

Class Leader: Muriel Pendleton
Dates: Wednesdays, October 6 – Dec 1
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D room 119

**Taking Better Photos**
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. 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
Dates: Wednesdays, October 6 – Dec 1
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D room 119

See article on page 7
Understanding Art History
By popular demand the graduate art history students return. This year the class begins with Michelangelo’s Appropriation of Classical Imagery in his Sistine Chapel Frescoes. Next will be DADA: A response to the failure of rationalism. Continuing on with Kara Walker; Representations of Geisha and Courtesans in Edo Period Japan; Alexander Calder; and Abstract Expressionism. Then come Atomic Bomb Memorials in Hiroshima and Nagasaki and Representations of Geisha and Courtesans in Edo Period Japan. The class will conclude with identity theory in the work of photographer Tina Barney and/or the orientalist watercolors of Sargent.

Class presenters will include Kari Duffield, Joan Mace, Sarah Finer, Nancy Walker, Elise Preiss, Jordan Christian, Joe Capezzuto, and Chris Alegria
Dates: Wednesdays, October 6 – Dec 1
Time: 6:30 – 8:00 PM
Location: Downtown, Suite 202

Comparative Religion
Religion has been called an opiate, a necessary evil, a civilizing influence, and a paean to creation. Every culture produces religion, and no human being escapes the influence of these all-pervading philosophies. But what is religion? What is its essence? Are the world’s religions more alike, or essentially different? Why do religions come into conflict? Is religion a positive or negative influence on humanity? By comparing the world’s religions, and by drawing on science and secular philosophy, we will begin to explore the answers to these and other relevant questions, and to develop an understanding of the religious impulse that is both broad and deep. With an attitude of neutrality, curiosity, and tolerance, and with an open-mind, we will examine the history, iconography, beliefs and practices of Judaism, Christianity, Islam, Hinduism, Buddhism, Sikhism, Shinto, Taoism, Paganism, Animism and other belief systems; and from this examination hopefully arrive at a deeper understanding of our world, our fellow human beings, and ourselves.

Class Leader: Daniel Brezenoff
Dates: Wednesdays, October 6 – Dec 1
Time: 6:30 – 8:00 PM
Location: CSULB, HS&D, room 119

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

Class Leader: Lynn Marsh, M.A.
Dates: Thursdays, October 7 – Dec 9
Time: 8:30 - 9:30 AM
Location: Leisure World, Clubhouse 6

Intermediate Bridge
If you have some bridge experience, this class is for you. We will review all of the basics and gradually learn some refinements to improve your skill in playing. This class is designed for pleasure, not competition.

Class Leader: Inge Johnson, Retired
Elementary Teacher
Dates: Thursdays, October 7 – Dec 9
Time: 8:30 - 10:00 AM
Location: CSULB, HS&D, room 119

A Novel Approach to Memoir Writing
Write a living legacy for your family and generations to come. Tell where you came from, who you are, your dreams and feelings, and the depths of your soul. Beginning writers will be introduced to 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 & Josephine Fitzpatrick
Dates: Thursdays, October 7 - Dec 9
Time: 8:30 - 10:00 AM
Location: CSULB, HS&D room 101

Fear Not, I Speak Shakespeare – Act IX
To give ourselves a sense of the playwright, the audience for whom Shakespeare wrote his plays and how he communicated with them, we will begin with a brief review of his meager biographical information, the development of Elizabethan Theater, and what iambic pentameter is all about. Then we will look at the two Henry IV plays focusing particularly on the wonderful comedic character, Sir John Falstaff.
Class limit: 95

Class Leader: Michele Roberge, M.A.
Executive Director, Carpenter Performing Arts Center

Advanced Bridge
This class is for players who understand the basics: opening with a suit, no trump, overcalls and preemptive bidding. We will start with slams, explore other conventions, and also play duplicate bridge.

Class Leader: Inge Johnson, Retired
Elementary Teacher
Dates: Thursdays, October 7 – Dec 9
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 101

Make up class for the Veterans’ Holiday on November 11, will be held on December 9th.
**THURSDAY**

Current Events, Issues, and Ideas  
Participants will have an opportunity to explore and discuss current events, issues, and ideas. Expression of individual perspectives is invited.  
*Class Leader: Richard Willner, M.D.*  
*Dates: Thursdays, October 7 – Dec 9*  
*Time: 12:00 – 1:30 PM*  
*Location: CSULB, HS&D, room 101*

Beginning Bridge  
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 Leader: Inge Johnson, Retired Elementary Teacher*  
*Dates: Thursdays, October 7 – Dec 9*  
*Time: 12:45 - 2:15 PM*  
*Location: CSULB, HS&D, room 119*

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.  
*Class limit: 30*  
*Class Leader: Al Talberg*  
*Dates: Thursdays, October 7 – Dec 9*  
*Time: 1:35 – 2:20 PM*  
*Location: CSULB, HS&D, room 101*

Expand Your Visual Literacy  
These three workshops will focus on studying art and people from multiple perspectives. Modern and post-modern expressions in photography and mixed-media will be emphasized. The experience of participating in discussions and experiments will introduce various interpretations and substantiate that seeing implies activating the mind.  
*Class Leader: Ingrid Aall, Ph.D.*  
*Professor Emerita, CSULB*

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**FRIDAY**

**Drawing Workshop**  
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 limit: 25*  
*Class Leader: Tom Cloutier*  
*Dates: Fridays, October 8 – Dec 3*  
*Time: 8:00 – 10:00 AM*  
*Location: CSULB, HS&D, room 105*

**Great Books: Great Conversations II**  
Have you ever wished to converse with some famous people who are no longer with us? Here is your opportunity to discuss, agree or disagree with some great minds in history. This fall join us in another great books group using the book Great Conversations II. Some of the discussions will be Rene Descartes, Fyodor Dostoyevsky and Mary Shelley.  
*Class Leaders: Dale Lieberfarb M.A. and Dolores Volpe M.A.*  
*Dates: Fridays, October 8 – Dec 3*  
*Time: 10:00 – 11:30 AM*  
*Location: Leisure World, Clubhouse 3*

**Watercolor Workshop**  
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 limit: 25*  
*Class Leader: Roy Hubbs, Retired Art Teacher, MSA*  
*Dates: Fridays, October 8 – Dec 3*  
*Time: 10:00 AM - 12:00 PM*  
*Location: CSULB, HS&D, room 105*  

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FRIDAY

Fast Tracking to Disaster Preparedness *Free 4-week class
Get expert help with developing your personal disaster preparation plan! This class meets for 4 sessions and will provide a comprehensive overview of disaster preparedness, including general preparedness for any type of disaster, earthquake preparedness, fire prevention, and protection during periods of extreme heat. In addition, information will be provided on disaster preparedness for seniors and individuals with disabilities. It is open to all interested persons. 4-week class
Class Leaders: American Red Cross Greater Long Beach Chapter Disaster Education Volunteers Dates: Fridays, November 5 - Dec 3 Time: 11:45 AM to 1:15 PM Location: CSULB, HS&D, room 101

Opaque Painting Workshop
This class is for beginners and intermediates who wish to express themselves using water-soluble oils and acrylics. Composition and color theory will be stressed. Students are expected to provide their own supplies: brushes, palette knives, palettes, paints, canvas, paper, cloth, or board.
Class Limit: 20
Class Leaders: Thomas Cloutier Dates: Fridays, October 8 – Dec 3 Time: 12:00 – 2:00 PM Location: CSULB, HS&D, room 105

Genealogy
This class will be an overview of different methods of locating family members. The class will include filling out charts, research methodology, citing sources, newspaper research and looking at the Census. We will discuss the different ways and places to find missing relatives and to explore what is and what is not available on the Internet. In addition, we will discuss the location of community libraries where special genealogy collections are available.
Class Leader: Liz S. Meyers, President, Questing Heirs Genealogical Society, Long Beach Dates: Fridays, October 8 – Dec 3 Time: 1:30 – 3:00 PM Location: CSULB, HS&D, room 101

Conversational Spanish
This class, taught entirely in Spanish, will focus on spoken language used in everyday conversation, as well as on the culture and traditions of various Spanish-speaking countries. The class will cover Spanish grammar, however emphasis will be placed on oral communication. The goal is to help students acquire more fluency. Basic knowledge of Spanish strongly suggested.
Class Leader: Lilia Vergara de Owens, M.A. Dates: Fridays, October 8 – Dec 3 Time: 3:15 – 4:45 PM Location: CSULB, HS&D, room 101

SATURDAY

Historic Walking Tours III
We’ll begin our walking tours of historic Long Beach with a classroom lecture by noted local historian Stan Poe who will discuss the history and architecture of Naples. We will walk upscale Bluff Park, 2nd St., and picturesque Lowena Drive historic districts. Next we will survey downtown Long Beach historic buildings that have been revived through adaptive reuse. We’ll take a look at the signature Greene & Greene craftsman Jennie Reeves and notable historic houses in Cerritos Tract. Then we will tour the south end of Drake/Willmore HD featuring Victorian houses with refreshments at the instructor’s cottage. Last will be a trip for the adventurous on public transportation to the craftsman Gamble House in Pasadena.
Class Leader: Sherron Lena Dates: Saturdays, October 16 – Nov 20 Time: 9:00 – 11:00 AM Location: Downtown, Suite 202

Lawn Bowling
All meetings will be held in Recreation Park at the Long Beach Lawn Bowling Club. This class will allow you to learn the fundamentals as well as the strategy of the game. The Long Beach Lawn Bowling Club will give a complimentary membership to each student to use the greens and to bowl with equipment provided by the club. The complimentary membership will be available for the duration of the class. Lawn bowling is a sport all ages can participate in, including those with physical handicaps. This is a fantastic opportunity to develop new friendships and to learn a sport that offers some exercise.
Class Limit: 12
Class Leader: John Arbogast and members of the Long Beach Lawn Bowling Club Dates: Saturdays, October 9 – Dec 4 Time: 9:00 AM – 12:00 PM Location: Recreation Park 1109 Federation Drive, Long Beach, next to the golf course.

Auditing Classes
Are there other classes on the schedule that you are curious about? You have the opportunity to audit one meeting of any class free.* If you do audit a class and decide to continue, simply stop by the OLLI office to sign up for the class.
*This does not include computer classes or classes with limits that are full.
Healthier Living
Six-week Workshop
Developed by Stanford University’s Patient Education Research Center, Chronic Disease Self-Management Program (CDSMP), also known as the Healthier Living program, is a six week workshop that takes place once a week for 2 ½ hours facilitated by two trained leaders. Disseminated by Partners in Care Foundation, California’s hub for the program, Healthier Living teaches the skills needed in the day-to-day management of chronic conditions and to maintain and/or increase life’s activities. The curriculum includes appropriate behavior modifications and coping strategies to enable you to manage your chronic diseases and medications and increase physical activity levels.
Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain, and isolation 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance 3) appropriate use of medications 4) communicating effectively with family, friends, and health professionals 5) nutrition 6) how to evaluate new treatments.
Class Leaders: Partners in Care Foundation facilitators
Dates: Saturdays, October 9 – Nov 13
Time: 9:30 AM – 12:00 PM
Location: CSULB, HS&D, room 101

Entry passes for non-Leisure World residents who are taking OLLI classes will be available at the second class meeting. The security office at the main gate will have the names of enrolled students and will admit them for the first and second classes.

CSULB ID Card & Campus Maps
Membership Benefits packets give you information on what OLLI Membership can offer. Do you have a CSULB ID card? Current members of OLLI at CSULB may obtain ID cards from the ID office. All you need is your OLLI at CSULB name badge. Additional information regarding obtaining an ID card and benefits is available on the counter or in the information center outside of the OLLI office door.

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 OLLI office for more information.
Computer Classes Fall 2010

You'll find the OLLI computer classroom, with its small classes and up-to-date software, an ideal place to learn. Along with the instructors, there are coaches in each class who are there to help you too.

That means that any time you have questions, there will 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. It's open all day Friday.

MONDAY

Very First Computer Class (PC)
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.
No Prerequisites
Text: Internet and Email for Seniors with Windows XP by Addo Stuur
ISBN: 978-9059050549
Instructor: Don Patman
Dates: Mondays, October 4 - Nov 29
Time: 8:30 - 10:30 AM
Location: CSULB, Computer Lab

Photoshop Elements 8 for the Mac (Mac)
You've taken what you think is a great picture with your digital camera, but the horizon is a little tilted, some of the people in it have glowing red eyes or that group of people is clustered in one corner of the shot. Learn how to straighten the horizon, get rid of red eye, crop the photo, and other simple editing techniques such as whitening teeth and completely removing people from the photo. See how to enhance color and detail, apply filters and scan old photos. You'll also learn how to easily move your pictures out of the camera, into your computer and onto CDs.
Prerequisite: Basic Mac skills

(Tuesday)

Beginning Photoshop Elements – Part II (PC)
This continuation of the Beginning Photoshop Elements class emphasizes basic editing concepts using the tools in the full editor. You will practice modifying images, using all the selection tools and some of the filters. Lighting and color improvement will be covered. You'll also get an introduction to layers and styles, plus retouching and restoring old photos.
Prerequisite: Beginning Photoshop Elements I or instructor's permission.
Text: Adobe Photoshop Elements One-on-One by Deke McClelland, Colleen Wheeler
ISBN: 9780596802394
Instructor: Harold Drab
Dates: Tuesdays, October 5 - Nov 30
Time: 10:45 AM - 12:45 PM
Location: CSULB, Computer Lab

Please Note: Textbooks are not supplied in computer lab classes. In many cases you'll see the book the instructor will use listed just after the class description so you can buy a copy if you wish. Book titles for all classes will be available by registration day.
TUESDAY

Out of the Box (Mac)
If you're thinking of getting a new Mac computer, this 3-week class is for you. After students go to the university bookstore to see what kind of Macs are available, they will learn what to do after they bring their computer home. The class will cover how to transfer your information from your old computer, if you have one; what to do when you get your computer home; how to hook up all those wires; how to connect to the Internet; how to personalize your desktop; then how to install the software you want to use.
3-week class $20.00
No Prerequisites
Text: None
Instructor: Barbara Kaye Cooper
Dates: Tuesdays, October 5 – Nov 30
Time: 3:15 - 5:15 PM
Location: CSULB, Computer Lab

Intermediate Computer (PC)
An introduction to the elements of the personal computer beginning with the derivation of the personal computer and an in-depth coverage of the Microsoft XP Operating System. This will be followed by an introduction to a downloading of the free OpenOffice.org office suite consisting of word processing, spreadsheet, presentation, and database applications. This entire office suite is free to the public and is virtually identical to the Microsoft Office 2003 suite.
Prerequisite: Very First Computer Class or equivalent experience.
Text: Title available at registration
Instructor: Bob Van Horn
Dates: Wednesdays, October 6 – Dec 1
Time: 8:30 - 10:30 AM
Location: CSULB, Computer Lab

Thrifty Mac Word Processing
Choices: iWork, SimpleText, Open Office, Google Docs (Mac)
Need a word processor for your Mac? You don’t have to spend a lot of money to get one. Discover applications that are free or cost just a moderate amount of money. To see what works best for you, learn about and test drive Pages in iWork (the successor to AppleWorks), TextEdit (the application that comes with your Mac), the free OpenOffice application that more and more people are using, and Google Docs, another popular, free word processing application you can use to share your documents with others on the Web.
Prerequisite: Basic Mac skills
No textbooks necessary, however, book recommendations will be available in class.
Instructor: Kathy Winkenwerder
Dates: Wednesdays, October 6 – Dec 1
Time: 10:45 AM – 12:45 PM
Location: CSULB, Computer Lab

It’s Your Mac - Do What You Want to Do, Part II (Mac)
Are you a graduate of It’s Your Mac? Ready to go into more depth? This is the class for you. We will work with the applications that came with your Mac, learn how to become more organized, back-up your work, troubleshoot, download and install software, and more. You will see how to customize your Mac, use the dashboard and widgets, and improve your Internet surfing. Bring your questions to get help.
Prerequisites: previous Mac class or experience using a Mac
Text: Snow Leopard on Demand by Steve Johnson
ISBN: 978-0-7897-3985-8
Instructor: Bonnie Elsten
Dates: Wednesdays, October 6 – Dec 1
Time: 3:15 - 5:15 PM
Location: CSULB, Computer Lab

Surfing for Seniors
Surfing the web provides a powerful mood boost: a recent Phoenix Center study demonstrated that Internet use by seniors reduced depression by 20%.
Computer use also promotes brain health, combining reading and interactivity in a powerful way. You have probably heard of “brain exercise” computer programs and games—but did you know that going on the Internet also gives our memory a good workout? A 2009 study by UCLA researchers showed that while seniors perform simple web searches, blood flow is increased to areas of the brain that are vital for cognitive health.

WEDNESDAY

Click Start Your Genealogy Research (Mac)
Do you want to know more about your family history? Have you already gathered information, but need to organize it? Learn what can be done using Internet resources. We will look at popular genealogy programs for the Mac to help you organize and document your research. We’ll also explore ways to locate others researching your family lines, and find Web sites to further your research. If possible, bring a list of family last names and localities to the first class.
Prerequisites: Only the ability to use a Mac for Internet access is needed.
Text: Genealogy Online 9/E
ISBN: 9780071740371
Instructor: Bonnie Elsten
Dates: Wednesdays, October 6 – Dec 1
Time: 3:15-5:15 PM
Location: CSULB, Computer Lab
THURSDAY

Introduction to Digital Camera (PC)
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.
Text: Title available by registration
Instructor: Larry Hicks
Dates: Thursdays, October 7 - December 9
Time: 8:30 - 10:30 AM
Location: CSULB, Computer Lab

Google: Email & Lots More (PC/Mac)
Learn to download and configure the program just the way you like it, and exchange email with fellow students as you learn the features of Gmail. Other options for Web-based email will be offered if the class wishes. Other powerful and interesting Google programs will be explored, as well as other interesting and worthwhile Internet programs and Web sites. Internet security (password protection, viruses, spyware, scams and safely using your credit card online) will be stressed throughout the course.
Prerequisite: Computer Intermediate or instructor’s permission.
Instructor: Reggie Gates
Dates: Thursdays, October 7 - December 9
Time: 1:00 - 3:00 PM
Location: CSULB, Computer Lab

Introduction to Windows Vista/7 (PC)
Explore the features of Microsoft’s Vista operating system. You’ll learn how to transfer settings and files from your old computer, how to rapidly find information on your computer, and get acquainted with the file system and how to best navigate and organize your files. You’ll get to know the Vista desktop with its sidebar and gadgets and how to control your computer’s settings to please yourself. Also see the differences and similarities between Vista and the new Windows 7.
Prerequisite: Basic understanding of the Windows XP operating system or instructor’s permission.
Instructor: Wesley Peck
Dates: Thursdays, October 7 - December 9
Time: 10:45 AM - 12:45 PM
Location: CSULB, Computer Lab

iTunes: It’s Your Music and More (PC/Mac)
Learn how to use the magic of iTunes to import your favorite music onto your computer so you can listen to it while you work, browse the Internet, or read email. You can also use the music in slide shows and movies. You can even create your own mix of songs to burn a CD or transfer to an iPod. iTunes is much more than just music. You can get free podcasts to learn new skills, hear lectures and dig deeper into your hobbies. Through iTunes Internet radio (it’s free too!) you can listen to radio stations from all over the world. In the iTunes store you can buy movies, TV programs, audio books and more to play on your computer, iPod, or iPhone.
Prerequisite: Basic PC or Mac skills.
Instructor: Con Rader
Dates: Thursdays, October 7 - December 9
Time: 3:15-5:15 PM
Location: CSULB, Computer Lab

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.

Wheel Mouse Trick
Do you have one of those handy little wheel mice? If so, here’s a cool trick for Internet Explorer that you’ll like. Have you ever found yourself on a web page with a font so tiny it was almost unreadable? Well, don’t strain your eyes a moment longer. Next time you visit a page like that, hold down your CTRL key and roll the wheel on your wheel mouse. You’ll find that you can increase / decrease the font size as fast as your finger can spin that little wheel. Give it a try.

Holidays for Fall
Veterans’ Day - Thursday, November 11
Thanksgiving Week - November 22 - 27
What classes will you be teaching this fall term?
Introduction to Vista and Windows 7. I also work in the lab on Fridays.

What other classes have you taught?
In addition to Basic and Intermediate Computer classes, I've taught the XP, Vista and Windows 7 operating systems, Open Office, Scanning and File Management.

What was your first computer?
My first computer experience was in 1971 at Pratt & Whitney on a big mainframe. My first personal computer was a Commodore 64 I got in the early 1980s because I wanted to learn programming.

How did you hear about OLLI and why did you start to volunteer?
Dave Lowe spoke at the computer club I belonged to and asked for coaches and teachers, so I came to OLLI about eight years ago, coached a couple of sessions, then started teaching.

What did you do before you came to OLLI?
I was a manufacturing engineer at companies that made parts for things as diverse as Humvees, aircraft and the space shuttle. My job was to write instruction sheets on how to manufacture and assemble the machined parts.

What do you enjoy about teaching?
I like the problem-solving part of teaching, and I also like helping people.

How do you choose what classes to teach?
I try to look at what isn't being taught and develop a class around the new subject.

What do you do with your non-OLLI time?
My other volunteer job is with the Sierra Club, where I lead camera field trips and maintain the local club's website and membership rolls. I also build model cars, airplanes, and trains, and repair my house and vehicles.

What was your most unusual class?
It probably was the one on cheap computing, where I showed the students how to get free or cheap software. There's really no need to spend huge amounts of money to use a computer.

For the fall session Wesley will be teaching
Introduction to Vista and Windows 7
Class description on Page 24
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.
- (No parking on the South side of 8th Street on Wednesday for street sweeping.)

Long Beach Transit
Northeast corner of 7th Street and Pacific Avenue.

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 and a picture ID. Additional information about getting an ID card and benefits is available in the information center outside of the OLLI office door.

Extension of U-PASS
Due to the struggling economy and difficult budget years ahead for both Long Beach Transit and CSULB, the U-PASS program has been scaled back and will only be in effect for the academic school year. CSULB has worked closely with Long Beach Transit to ensure that the U-PASS program will resume in the fall to coincide with the start of the academic school year.
Student Parking Passes
For the convenience of our students, parking passes are available through our office for $18.00 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.

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 Long Beach Transit at 562-591-2301 or OCTA at 714-636-7433.

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 outside the OLLI office.
Revisiting Vital Decisions

There are a lot of tasks in life that we do with as little emotion as possible and for good reason: we don’t want to feel guilty—or resentful—or confused as we execute the task. Regretfully, estate planning falls in this category.

The class HERITAGE PLANNING is being offered with the opportunity of changing this approach. Susan Berkman is dedicated to helping people think seriously about issues that should be considered but very often are not. She is an attorney who is an assistant vice-president in the Office of Estate and Gift Planning at CSULB and has worked in non-profit agencies extensively.

These experiences put her in a position to know firsthand some of the pitfalls we can fall into: leaving wills that children fight over and that divide families, not thinking about the legacy that we really want to leave, and not realizing that taxes which come with some inheritances negate any benefit!

The bottom line is that if we are educated in this complicated subject, it becomes possible to “stare down the fear.” We can do what we really want to do with our assets now AND we can decide how we want to leave assets to beneficiaries (family and organizations). Most important, we can do both of these things in a way that emphasizes what we value—and minimizes tensions—now and later. HERITAGE PLANNING will cover the practical aspects of doing this.

You’ve already been there and done that? How recently was it and how have things changed since then? We know the economy and federal health plans have changed and your family situation may well be different, too.

Susan will be aided by guest speakers who will bring information on resources such as using insurance in estate planning (including long-term insurance), and basic investing. In the final class session, participants will have the opportunity to bring in existing wills, living trusts or other heritage-planning documents and have questions answered.

Put another way, it’s finding answers to “What do I have?” “What can I do with my assets?” and “What do I want to happen to my assets?” Pretty important questions, right?

See class description on page 17

Fall 2010 Membership and Registration Meeting
Saturday, September 11th at 9:00 AM