Who’s Behind Every Great Man?
by Linda Fuchik

Of course, it’s a woman! Learning about the wives of American presidents will bring amazing new dimensions to this age-old adage. You can do this in a new class, LITTLE KNOWN FACTS ABOUT OUR FIRST LADIES. It’s being taught by Pam Watson, who is a former English and science teacher. Pam’s interest in First Ladies is only one of her eclectic pursuits: she’s had her own publishing company, is a serious student of Shakespeare and is an accomplished gourd-carver. In presenting this class at OLLI, she’ll be giving students an opportunity to learn about a group of women who didn’t ask for their positions (though there are a few notable exceptions!) and weren’t “trained,” as royalty would be, for the job.

Add to that, this is as diverse a group of women as one is likely to find! Which wife taught her husband to read many years before his presidency? Or which one “should have been a realtor” because she urged the White House staff to buy homes in Washington, D.C. (or threatened to buy a house for them and take the money from their salaries)?

The situations each woman had to deal with—and her responses to them—are windows of study in the history of our country. Does it seem incomprehensible that one of the First Ladies had to deal with the very tense situation of having the wife of a black Congressman visit the White House?

In the first class, on April 28, Pam Watson will give you sketches of many of the women and that will give you ideas about which women’s lives you would like her to share more thoroughly with the class. Trust me, you’ll change some of your long-held impressions about a few of these women and you’ll learn new things that bring personal and intimate associations to our history.

→ See class description on page 17
Editor’s Comments
by Jack Blecher

THOUGHT FOR TODAY:
Eating one pound of chocolate will not increase your body weight more than one pound.

We welcome Kathy Winkenwerder who has joined the staff of the Publications Committee as the computer lab reporter.

Thanks to Faye Halliwell for her stint with the SUN. She will continue her dedicated OLLI volunteer work elsewhere.

How do you like our new cover page masthead that was designed by Cindy Smith, our office manager? For this issue, the front page color was changed from solar yellow to goldenrod at the request of some staff members. Your editor prefers the brighter solar yellow. Considering both aesthetics and readability, which yellow do you prefer?

Our photo contest was a success. Thanks to all participants and judges. Congratulations to the winners. We are searching for another contest. Any suggestions?

Vernal Equinox, March 20, 2010, 10:32 am PST

Still Growing


OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csub.edu/centers/olli
President’s Corner

A major purpose of this quarterly publication, the SUN, is to announce our class schedule for the forthcoming term and to entice our readers (members and potential members alike) to partake in some of these classes. Offering interesting classes is the “bread and butter” of what OLLI is all about. What you see in this publication is the result of much hard work—mostly behind the scenes—by volunteers, the ones who put together both the computer and “lecture” class curriculums. They deserve your thanks.

Suggestions for classes which we might consider offering are always welcomed. Particularly with regard to the classes offered in our large classroom and at our satellite locations, the suggestion for a class and a suggested class leader are especially helpful. We will approach the persons you suggest and discuss with them the possibility of leading a class for us. In addition, we are fortunate to have some folks who approach us and ask to lead a class at OLLI. If you have either a suggestion for a class or want to lead a class yourself, please let the OLLI office know so that the appropriate committee can follow-up. And we certainly will appreciate your giving a “Teach Your Passion” packet to a potential class leader to help get the process started!

This is our 9th issue of the combined publication. For those of you with long memories, we used to publish both a quarterly newsletter and a course catalog (“Blue Book”). What you have in your hands is again the work product of (mostly) volunteers. The writers of the articles are members of our publications committee headed by Jack Blecher and Judy Mednick. They work with the curriculum and computer committee members who assemble the “write-ups” for the classes. All of this goes to Cindy Smith, our office administrator, who expertly designs the SUN and arranges for its publication.

When you compare this edition with the first combined issue (winter 2008), I am sure you too will appreciate what a wonderful job these folks have done to improve both the quality and “look” of this publication. Good job, folks!!

From the Executive Director ...

Despite these tough financial times our OLLI manages to keep costs within reason, to benefit all members. This is due to several positive factors:
- Wise financial decisions by our Treasurer, Karin Covey and our Executive Committee and Governing Council
- Our all-volunteer teaching faculty, who provide exciting classes based on their areas of expertise - without financial remuneration - and only for the joy of sharing their knowledge with us
- Our all-volunteer Governing Council, including Members-at-Large and Committee Chairs, and our office and event volunteers who support all OLLI activities
- Our generous donors who contribute undesignated funds as well as monies earmarked for such things as OLLI scholarships to members, teaching materials, classroom furnishings, and computers
- Our College of Health and Human Services that, in the midst of financial challenges, continues to support our activities with designated classroom space as well as support for our recent, very successful T-shirt fundraiser – the brainchild of another enthusiastic volunteer, Betty Hutchens

The keys to our continuing success are VOLUNTEERS and FUNDRAISING. As benefactors of OLLI, I hope that you will consider contributing some of your talent, time, and treasure to this organization in order to keep it viable and growing. To do this you can:
- Share a passion with OLLI members through teaching a class or enlisting someone else in your acquaintance to do so. Give your suggestions to our President, Carl Curtis.
- Give OLLI a few hours of your time as a committee member or office/event volunteer. Get to know your classmates in a different setting. Ask for details in the office.
- Consider a donation that will leave a legacy for the future of OLLI or the University. Please see Ed Fosmire, our College Development Officer for details.
Getting Wise about Health Care

by Judy Mednick


Feeling angry, confused, or helpless about our health care system? In POLITICS AND HEALTH CARE, you’ll learn what’s essential for understanding health care in the U.S.

It would be a challenge to find anyone more qualified to teach this timely course than Dr. Dennis Youkstetter. He holds a B.S. in biology from USC, an M.A. in business administration from the University of Utah, and a Ph.D. in organization management from Columbia University, N.Y.

Dr. Youkstetter has worked in the health care field for 30 years, mainly as consultant to hospitals and health care firms. He has set up and established health insurance programs for Blue Cross, Blue Shield, and CareFirst; developed marketing, strategic planning and health programs for over 30 hospitals and medical groups, including Long Beach Memorial, St. Mary’s Medical Center of Long Beach, Huntington Memorial of Pasadena, Glendale Memorial and Redondo Beach Medical Group.

From 1990-2000, Dr. Youkstetter worked at rescuing two failing hospitals, Queen of Angels and Hollywood Presbyterian Medical Center. They were losing an average of $100,000 annually. Within four years he transformed them into the most profitable medical center in Los Angeles County with a 97% patient census, the most OB deliveries and most modern emergency services department of any hospital in the county.

In POLITICS OF HEALTH CARE, Dr. Youkstetter will outline the background of the delivery of health care in the U.S. and explain how it works now. Next will be a review of current health care legislation and discussion of how it is likely to unfold. Finally, students will learn how they can make wise decisions in health care and as voters.

A seasoned university instructor in economics and health care administration, this is only Dr. Youkstetter’s debut offering at OLLI. Next will be macroeconomics. But mark this one TOP PRIORITY—for your health’s sake.

See class description on page 17

Development Matters

by Ed Fosmire

I probably don’t have to tell you that CSULB OLLI is a pretty amazing organization. It’s one of a handful of pre-eminent OLLIs across the nation, recognized by the Bernard Osher Foundation as an accessible, well-rounded and model program. The excellence of CSULB OLLI is due, in no small part, to supporters like you who take classes, attend events or serve on committees.

As the new Director of Development for the College of Health and Human Services, one of my primary roles is to help ensure that the financial future of CSULB OLLI is robust. My personal connection with CSULB goes back to the 1980s when I was an undergraduate student. Since that time I’ve held a number of positions, primarily in education and the arts. Having helped manage non-profits, I understand the importance that organizations like CSULB OLLI play in the community. I also understand that the fiscal health of an organization is a key component of its continued ability to excel and thrive.

Your current commitment to CSULB OLLI is vitally important. But you can take an additional step by considering a long-lasting gift. You’ll be making a statement now of your vision for OLLI’s present or future—and you can designate your gift to any purpose you see fit: OLLI scholarships, books and equipment, computer technology or whatever moves you. You can make cash or in-kind gifts now or work with our Office of Estate and Gift Planning to set up a deferred or estate gift plan that fulfills your needs and interests. In many cases you can get a tax benefit or consistent annual income from your gift. Making a gift is easy and I’m here to help.

Additionally, if you’ve already designated OLLI as a beneficiary in some way, please let me know—it helps us to more effectively plan for the future. We can publicly acknowledge your gift or keep it anonymous—the choice is yours.

I look forward to hearing from you. I can be reached at (562) 985-8343 or efosmire@csulb.edu.
OLLI offered many wonderful experiences this last semester. One was the Holiday Gala on December 6th at the Marriott Courtyard Inn. OLLI members and guests feasted on a lavish and elegant buffet. Musician Robert Field played holiday songs on his electric piano, including "Silent Night," "Joy To the World" and "The Dreidle Song."

DOWNTOWN SATURDAY WALKING TOURS, led by Sherron Leno, has been an interesting course. She has taken the group to historic neighborhoods in downtown Long Beach that most were totally unaware of. The last trip was in the Hellman District near the Museum of Latin American Art. The neighborhood is noted for Victorian homes. Many residents opened their homes to our students and showed them the beautiful architecture as well as serving sweets and beverages.

In conjunction with WALKING TOURS, Janie Payan arranged a trip to Heritage Park. The bus was filled with OLLI members excited about seeing vintage Victorian houses. Lunch was provided by Ralphs Supermarket with extras from Janie.

The FALLS AND BALANCE class at Leisure World, led by Sally Anderson and Dr. Olfat Mohamed, was a huge success. The students said it was one of the most important classes they had ever taken because it taught them how to balance without falling. CSULB physical therapy department students assisted OLLI members. This would be an ideal offering for OLLI’s main campus also.

Thanks to the Design department and Betty Hutchens for finding some chairs that were hidden away and donating them to OLLI. We will certainly put them to good use. Students in the MEMOIRS class wrote about their memories of World War II experiences—to be published soon.

In Michelle Roberge's last class of the fall session, a Shakespearean actor, David Birney, played characters from As You Like it Thrilling!

Bill Littenberg, a computer maven, has written a computer program containing 500 books. Contact Bill if you want this downloaded on your computer.

Renee Simon was honored once again for her tireless volunteer efforts for Jewish Family and Children’s Service in Long Beach.

Our own Otto Ross, now at Heritage Pointe in Mission Viejo, has already set up a poker club, as well as a poetry club. Nothing can stop that incredible guy. More power to you, Otto.

We are sorry about the loss of Eileen Benjamin. She was one of the early members of Senior University; she was the governing council secretary and helped write our bylaws. Our deepest sympathy to her family.

HAVE A WONDERFUL SPRING, ENJOY YOUR CLASSES, AND TRY SOMETHING NEW.
Taking Care of Ourselves
by Bea Almada

Looking at the news about health care initiatives, I wonder why we don’t take the initiative to care for our own health. Maybe we don’t know how to start, or what supplements to take, or how to REALLY eat properly. Now OLLI has an authority on nutrition who will answer questions, give information and get us onto the road of good health. His name is Roger Saville and he will be teaching NUTRITION FOR PREVENTION AND HEALING at our Leisure World Satellite.

Roger was in the aerospace industry, computer industry and owned a software company. When he was diagnosed with a serious ailment he began intensive research on how to get well naturally. He earned an M.A. in holistic nutrition and because of his great desire to heal himself—which he did, he learned so much that now he counsels others in need. He has given presentations at the American Cancer Society and other groups including OLLI.

In this class you will learn how the body works, how it stores fat, what “quality” types of food we should be eating, the proper eating habits and the supplements that we need. Roger states that we live in a society of processed foods that are harmful to our bodies. The most important word in his nutritional lexicon is “quality.” He will talk about fat our bodies store and how not to store bad fat. He will give insight on proper food preparation and what good nutrients we get from quality food.

We cannot rely on governmental health care initiatives; we need to rely on ourselves. Let’s prove that seniors are smart enough to take charge of their own nutritional health. You rock, seniors!!!!

Jewels from the Past
by Bea Almada

My little granddaughter often asks me about my life as a child and I begin to remember details of my past that I hadn’t thought about for many, many years. How does this relate to the course MEMORY INTO POETRY? Well, we have a gem of a teacher who will help us relive those thoughtful, fun, serious moments in our past.

Linda Carr, the instructor of the class, and I spent two delightful hours talking about poetry and how it can open closed doors from the past. Linda grew up in Des Moines, Iowa, received her B.A. from University of Iowa and her M.A. from CSULB. While raising a family of five children she continued her studies at USC earning her Ph.D. in American literature and teaching there for 20 years. Her interest in literature came from being an avid reader as a child. A world traveler, Linda has kept journals and written poetry from the sights, sounds and people she has encountered. She also taught in Prague for a year.

The class will begin with a look at the different forms of poetry such as sonnets and limericks. In each class thereafter, Linda will give a prompt to help you remember something in your life using your senses. Then the fun begins with 5-10 minutes of writing. I asked if people got stuck and couldn’t start. “Just the opposite,” she said. She has to tell the class not to write until she has finished with the prompt. Through the writing you rediscover hidden parts of your life, weaving them into the overall fabric of your life. A “workshop” follows where classmates give positive feedback.

Linda's philosophy on life is take every chance and every opportunity. Do difficult, new things and ignore those who say you can’t. With MEMORY INTO POETRY we can write our past and have a wonderful time doing it. Where is my pencil?

→ See class description on page 19

→ See class description on page 17
Our judges, Terry Fiskin, Joan Binkoff and Larry Hicks evaluated the SUN’s Photo Contest entries and picked the winners shown on this page. Every photo was high quality, but unfortunately, every photo could not be a winner. We urge each contestant to submit photos to our Arts and Crafts exhibit in June. The photos shown in black and white can be seen in color on our website. www.csulb.edu/centers/olli

Jack Blecher

First Place - Betty Evans

Second Place - Joan Hammond

Third Place - Karin Covey

Honorable Mention - Roy Hubbs

Honorable Mention - Max Slegers

Honorable Mention - Dona Marinos

Karin Covey, Betty Evans, Roy Hubbs, Dona Marinos, Max Slegers, Joan Hammond
Freud Debuts DownTown

by Richard Black

Widely known but often misunderstood, Sigmund Freud changed forever not just how we treat mental illness, but how we understand being human. INTRODUCTION TO FREUD will explain his theories and technique and how they may apply to us today.

The new course will be taught by Daniel Brezenoff, a licensed clinical social worker who is the son of a Freudian psychologist and has maintained a private psychotherapy and consulting practice in Long Beach since 2006. He is the former clinical coordinator for a local psychiatric outpatient program and has served children and adults as a teacher or counselor for almost 20 years. He completed his master’s degree in social work, with a concentration in mental health, at the University of North Carolina in 2000.

In addition to private practice, Daniel has assisted people of all ages with a variety of problems in many settings, including both inpatient and outpatient hospitals, group homes, schools, free clinics, homeless shelters, domestic violence shelters, crisis lines and street outreach. His approach to therapy is largely cognitive-behavioral, but includes elements of existential humanism, Freudian psycho-dynamics, Gestalt practices, and spiritual psychology. Daniel’s clinical specializations are in treating anxiety without medication, crisis de-escalation, anger management, personality disorders, young adults, and couples counseling. He also provides research and writing and organizational consulting services in the community.

Daniel’s op-ed about child abuse was published in the Los Angeles Times in 2003. Currently he also serves as a legislative analyst to a Long Beach City Council member, is the Vice-President for Programs for the Long Beach Democratic Club, and is a writer, percussionist, and producer of a monthly theatrical performance laboratory in Venice. Daniel lives with his wife and one-year-old son in the historic Rose Park neighborhood of Long Beach.

With Daniel Brezenoff’s wide experience and expert guidance, explore the fascinating dimensions of human consciousness in INTRODUCTION TO FREUD.

→ See class description on page 18

Class Conscious

by Syd Benowitz

You have heard it before, many times. Osher Lifelong Learning Institute (OLLI) depends upon dedicated volunteers for its continued growth and success—ultimately reflected in an exciting curriculum and enthusiastic student body. Most classes are thriving with increasing enrollment and volunteer support. One such volunteer deserves special recognition for his continued participation in OLLI – CSULB (formerly Senior University). Since its inception in 1996, he has attended every session and has taken scores of classes. His name is Ralph Staunton.

Ralph was born in Philadelphia. When he was one year old, his family moved to California for health reasons. He was raised in the Los Angeles area, graduated from George Washington High School in 1943, then enlisted in the Coast Guard for 32 months. He spent most of his time at sea on a small boat with a crew of 23, including the officers. He likes recalling that Cesar Romero was his shipmate for a short time.

While Ralph was overseas, his father died, leaving his mother to raise four young children. Immediately after discharge, Ralph went to work for the Santa Fe Railroad. After a year and a half at various part-time jobs he decided to take advantage of the G.I. Bill of Rights to attend the University of Pennsylvania. Then he transferred to the University of Southern California, receiving a bachelor’s degree in science from USC.

After graduation Ralph pursued a career in civil service for the state of California; most of his expertise was in transportation and related issues.

Staunton has engaged in a lifelong pursuit of education. He enrolled in CSULB while still working and has attended OLLI continuously from its inception.

He has dozens of classes to his credit and looks forward to many more. Frequently serving as class liaison, he enjoys the interaction with his fellow students and volunteers. Ralph lives in San Pedro and travels fifteen miles each way to school. He has raised nine children and 21 grandchildren in his spare time, almost enough to start a school of his own.
Nancy E. Darling
(1941-2009)

Nancy E. Darling, an OLLI instructor for the *Arthritis Self-help Program* and an OLLI member, passed away on December 6, 2009. Nancy graduated from Connecticut College where she studied zoology and throughout her lifetime retained a strong interest in nature and animals. She moved to California in 1964 where she received her master's degree in occupational therapy at USC. Until Nancy developed joint problems she was an ardent bicyclist and hiker. She enjoyed international travel and visited such exotic locales as Ethiopia, Tibet, Bhutan, Madagascar and most recently Papua New Guinea.
Exploring Roman Art
The class is an overview of everything Roman. It will begin with the Etruscans (1000 BC) and end with Constantine, which signals the end of pagan Rome (337 AD). In between we will explore Augustus and the Imperial Idea, the Julio-Claudians, the Flavians through Trajan, Hadrian and the Classical Revival, the Antonines through Severans, and the Soldier Emperors through the Tetrarchs.

Class Leader: Taneka Washington, B.A. /M.A. Psychology & Art History
Dates: Mondays, April 19 – June 14
Time: 8:15 – 9:45 AM
Location: CSULB, HS&D, room 101

History of Commercial Aviation
This course will trace the history of commercial aviation from the past to the present. We will discuss the invention of airplanes by the Wright Brothers, World War I, barnstorming, World War II, propeller airliners, and jet airliners. In addition, we will discuss other kinds of aircraft, airlines, airports (especially Long Beach), and air traffic control. During the final class we will discuss the current situation of airline travel and ways to make an airline trip less stressful and more enjoyable.

Class Leader: Ken Velten
Dates: Mondays, April 19 – June 14
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Taking Better Photos
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. 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: Mondays, April 19 – June 14
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

English as a Second Language
This class is designed for better communication in English for speakers from other lands. We will use pictures, signs, songs, and laughter to help you learn English. Then you will be able to communicate better with your neighbors, doctors, and shopkeepers. In addition, as your English improves, you will find it easier to travel. Life will be more fun!

Class Leader: Inge Johnson
Dates: Mondays, April 19 – June 14
Time: 10:00 – 11:30 AM
Location: Down Town, Suite 202

Religions and Culture of India
The Indian sub-continent has produced great religions and a culture which are not well known by most Westerners. This class seeks to improve our understanding by introducing us to how these religions and this culture began, how they evolved, and their effect on the modern age.

Class Leader: Prem P. Gupta, M.D.
Dates: Mondays, April 19 – June 14
Time: 2:30 to 4:00 PM
Location: Leisure World, Clubhouse 3, rm 6

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, April 19 – June 14
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

Healthy Aging Series *(6 weeks)
It's the rest of your life! Why not make it healthy? The Alzheimer's Association will present six topics, each of which will assist you and your loved ones to age healthy and be happy: “Alzheimer's Disease: What's That?” (Learn the facts about memory loss, dementia, and Alzheimer.), “Memory Loss & Aging” (Learn how to maintain and improve memory.), “Healthy Body, Healthy Brain” (Learn how taking care of your body has a direct impact on brain health.), “Who's in Charge?” (Learn what a Power of Attorney is, how a Financial Power of Attorney can help you, etc.), “Long Term Care” (Learn about the different kinds of care, hospice, etc.) “Medi-Cal for Long Term Care” (Learn how Medicare can benefit you.)

Class Leaders: Representatives of the Alzheimer's Association, California Southland Chapter
Dates: *Mondays, April 19 – May 24
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Holiday
No Classes on Monday, May 31st in honor of Memorial Day
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 shoes are recommended, as is loose and layered clothing.

Class Leader: Shona Howe
Dates: Tuesdays, April 20 – June 8
Time: 8:45 – 9:45 AM
Location: CSULB, HS&D, room 101

Literary Potpourri XVI: Winning Writers
We will feast on some of the best from a century of Nobel Prize literature. Featured will be Nobel Laureates Toni Morrison, Ivan Bunin, Pablo Neruda, Gerhart Hauptmann, Saul Bellow, Nadine Gordimer, Elie Wiesel and Martin Luther King. In addition, the class will feature biographical and historical background, shared inquiry, videos, and guest speakers. Expect spirited discussion and mind expansion. All materials provided.

Class Leader: Judy Mednick, M.A., English
Dates: Tuesdays, April 20 – June 8
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Introduction to the World of Computers
This course is designed for anyone who realizes that a whole new world is swirling around computers and wants to join that world. After demonstrating the fundamentals of the mouse and keyboarding, we will move into fun areas that computers can bring into your life, i.e., the internet, email, music, and interesting lectures available through iTunes.

Class Leader: Roy W. Palmer
Dates: Tuesdays, April 20 – June 8
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

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. You will learn practical techniques for intercultural communication.

Recommended preparation - previous study of French in high school or college.

Class Leader: Malcolm Green, B.A. & M.A. in French
Dates: Tuesdays, April 20 – June 8
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

For Women Only
Looking great on the outside can keep you feeling better on the inside. Receive individual instruction on the latest makeup tricks to keep a more youthful look. Wearing the correct colors for your clothing will improve your appearance. You will learn to extend your wardrobe and save money. You will also learn to accessorize. Then you will never again have to say, “I don’t have a thing to wear.”

Class Leader: Joy Grand, Certified Wardrobe Consultant, Makeup Artist
Dates: Tuesdays, April 20 – June 8
Time: 2:30 – 4:00 PM
Location: Leisure World, Clubhouse 3, rm 3

Fun with the Guitar
Get ready for some old time fun and learn the classic chords and leads of some of the great songs of the 50s and 60s: I Want to Hold Your Hand, Honky-Tonk Women, Blowing in The Wind, Pretty Woman, and many more. Please bring your own Guitar (Acoustic and/or Electric).

Class Leader: Larry Basche, B.S. (Business), Public Speaker
Dates: Tuesdays, April 20 – June 8
Time: 3:15 - 4:45 PM
Location: CSULB, HS&D, room 101

Tuesday classes continued on page 17
IMPORTANT OLLI INFORMATION

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 $40.00 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).
- 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.

Lecture Classes with Limits
Placement will be on a first come, first served basis.

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

- Refunds
  No refunds will be made after 4:00 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 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.
  Fees and donations are tax deductible as allowed by current law.
TUESDAY

Finding Employment in a Troubled Economy *(6 weeks)*

Students in this class will learn how to prepare for the current job market. This interactive seminar will consider job sources, resumes, cover letters, reference sheets, and thank-you notes. In addition, students will observe a simple original interview technique to assist you in getting the position you deserve.

Class Leader: Richard Black, Author and Lecturer

Dates: *Tuesdays, April 20 – May 25*

Time: 6:00 – 7:30 PM

Location: DownTown, room 202

WEDNESDAY

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, April 28–June 16*

Time: 8:15 – 9:45 AM

Location: CSULB, HS&D, room 119

The Origin of Biblical Stories

The impact of the Old Testament on the development of Western thought is not in doubt, but its authorship is open to questions. When the ancient literature of Mesopotamia, Canaan, and Egypt became available, it became possible to point out similarities between these ancient literatures and the content of the Old Testament. In addition, it also became possible to prove that the Old Testament is a compilation of ancient Middle Eastern literature. We will discuss creation stories, the laws, offerings and sacrifices, death and resurrection, etc.

Class Leader: S. I. Salem, Ph.D., Professor CSULB

Dates: Wednesdays, April 28–June 16

Time: 10:00 – 11:30 AM

Location: CSULB, HS&D, room 101

Memory Into Poetry: Finding Words for your Life

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.

Dates: Wednesdays, April 28–June 16

Time: 10:00 – 11:30 AM

Location: CSULB, HS&D, room 119

→ See article on page 4

Great Books: Seven Deadly Sins Sampler

This class will provide an opportunity for lively discussions of the Seven Deadly Sins based upon readings from the "Great Books" organization (books for the class will be loaned for the duration of the class). Class participants will be expected to read the selections pertaining to one "sin" prior to class sessions and be prepared to discuss them in terms of their own beliefs/experiences. Greed will be the first sin.

Class limit: 18

Class leaders: Dolores Svigals and Emma Jane Mermelstein

Dates: Wednesdays, April 28–June 16

No classes on Feb 3 and on March 3

Time: 11:45 AM - 1:15 PM

Location: CSULB, HS&D, room 101

Politics of Health Care

This class will review the influence of health care providers (physicians and hospitals), government, insurers, and consumers on the organization and delivery of health care services. The intent is to help citizens make appropriate personal choices and knowledgeable decisions on how to vote on these measures. It will include a review of current legislation and actions as they unfold.

Class Leader: Dennis Youkstetter

Dates: Wednesdays, April 28–June 16

Time: 11:45 AM – 1:15 PM

Location: CSULB, HS&D, room 101

→ See article on page 4

Healing Tools *(6 weeks)*

This class will focus on an exploration of symbols and metaphors through the use of sacred art and the healing mandala, dreams and cross-cultural healing tools. Recommended reading: Man and his Symbols, C.G. Jung hardback edition

Class Leader: Thea Robertshaw, MA, Artist, Teacher, Shaman, Lecturer at Long Beach City College for 26 years. She created a class - 'Art and the Self: Symbols, Myths and Dreams.'

Dates: Wednesdays, April 21–May 26

Time: 1:00 – 2:30 PM

Location: DownTown, Suite 20

Little Known Facts about our First Ladies

Come on! We all know who is behind the big guy! Enjoy a light stroll through the lives of both well-known and not so well-known (who?) first ladies. You can pick a favorite first lady at the first class meeting.

Class Leader: Pam Watson, AA, BA, teacher of English, Science, and Biology, Department Chair

Dates: Wednesdays, April 28–June 16

Time: 1:30 – 3:00 PM

Location: CSULB, HS&D, room 101

→ See article on front page
WEDNESDAY

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 US 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. We will learn how to be aware of incorrect and/or irrelevant information and how to make corrections.
Class Leader: Liz S. Meyers, President, Questing Heirs Genealogical Society, Long Beach
Dates: Wednesdays, April 28 - June 16
Time: 1:30 - 3:00 PM
Location: CSULB, HS&D, room 119

Financial Rules of the Road (cont.)
Class Leader: Steve Masoner, Financial Advisor
Dates: Wednesdays, April 28 - June 16
Time: 3:15 - 4:45 PM
Location: CSULB, HS&D, room 119

Introduction to Freud
Widely known but often misunderstood, Freud changed forever not just how we treat mental illness, but how we understand being human. This will be an introduction to his theories and technique and how they may apply to us today.
Class Leader: Daniel Brezenoff, MSW, LCSW, educator
Dates: Wednesdays, April 21 - June 9
Time: 6:30 - 8:00 PM
Location: DownTown, Suite 202

War Birds of World War II
The airplane was a major weapon that helped the Allies defeat the Axis during World War II. Through multimedia and lecture, this class will cover most of the airplanes that played a role in this epic struggle. We will cover the development and combat records of such planes as the P51, P47, P38, P40 and bombers like the B17, B24, B25, and B29.
Class Leaders: Jim Elsten & Ken Thomas
Dates: Wednesdays, April 28 - June 16
Time: 3:15 to 4:45 PM
Location: CSULB, HS&D, room 101

Financial Rules of the Road
The Road to Financial Independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? Probably not. Do they know a secret? Definitely not - because there are no real secrets to investing. But there are rules you can follow to work toward your goals. The course will cover: the most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know.

THURSDAY

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 and Josephine Fitzpatrick
Dates: Thursdays, April 22 - June 17
Time: 8:30 - 10:00 AM
Location: CSULB, HS&D, room 101

Introduction to Freud
Widely known but often misunderstood, Freud changed forever not just how we treat mental illness, but how we understand being human. This will be an introduction to his theories and technique and how they may apply to us today.
Class Leader: Daniel Brezenoff, MSW, LCSW, educator
Dates: Wednesdays, April 21 - June 9
Time: 6:30 - 8:00 PM
Location: DownTown, Suite 202

Attention

Campus classes will not meet on Wednesday, April 21st, due to Campus Budget Closure day. The classes will be rescheduled on Wednesday, June 16th.

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, April 22 - June 10
Time: 8:30 - 9:30 AM
Location: Leisure World, Clubhouse 6, rm C

Attention

Campus classes will not meet on Thursday, May 6th due to Campus Budget Closure day. The classes will be rescheduled on Thursday, June 17th.
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, April 22 – June 17
Time: 12:00 – 1:30 PM
Location: CSULB, HS&D, room 101

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 Leader: Al Talberg
Dates: Thursdays, April 22 – June 17
Time: 1:35 – 2:20 PM
Location: CSULB, HS&D, room 101

Catch the Spirit; Lift Your Voice
Do you like to lift your voice? Do you like to sing in the shower? Do you like to feel good? If so, "Catch the Spirit" and join the OLLI Vocal Ensemble. We’d love to have you.
There may be a $5.00 fee for music.
Class Leader: Fran Harding, Retired Music Teacher
Dates: Thursdays, April 22 – June 17
Time: 3:00 – 4:30 PM
Location: CSULB, HS&D, room 101

FRIDAY

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 limit 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Dates: Fridays, April 23 – June 11
Time: 8:30 - 10:00 AM
Location: DownTown, Suite 202

Nutrition for Prevention and Healing
This class is focused on body functions related to surplus and deficiencies of our diet and lifestyle. Food is discussed in relation to choices leading to healthy or to diseased conditions. Specific topics include weight management, immune support, artery issues, supplements, detox, combining foods, and digestive challenges.
Leader: Roger Saville
Dates: Fridays, April 23 – June 11
Time: 10:00 AM – 12:00 PM
Location: Leisure World, Clubhouse 3, rm 3
See article on page 6

Rise of Western Civilization IV: Renaissance & Enlightenment
We will look at some major features of the Renaissance in Italy, highlights of the new exploration of America, the Reformation and Counter-Reformation, the Age of Reason and Enlightenment, and the corresponding Scientific Revolution. In addition, we will discuss the French Revolution and Age of Napoleon culminating with the aftermath of the Congress of Vienna.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, April 23 – June 11
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

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 limit 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Dates: Fridays, April 23 – June 11
Time: 10:15 AM - 12:00 PM
Location: DownTown, Suite 202

Spiritual Traditions of the West IV: Rosicrucian & Freemasonry
We will begin with the impact of the Corpus Hermeticum on the Florentine Academy, the rise of the Scientific Revolution in the light of Medieval Alchemy, and the advent of Rosicrucianism. In addition, we will discuss the Invisible College, Royal Society of London, the establishment of Speculative Freemasonry and the Grand Lodge of London and its influence on the American and French Revolution.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, April 23 – June 11
Time: 12:00 PM – 1:30 PM
Location: CSULB, HS&D, room 101

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read and all the friends I want to see.
~John Burroughs
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: Roy Hubbs, Retired Art Teacher, assisted by Tom Cloutier
Dates: Fridays, April 23 – June 11
Time: 12:00 – 2:00 PM
Location: CSULB, HS&D, room 105

Basic Conversational Spanish
The course is ideal for seniors who employ or work with non-English or limited-English speaking Spanish persons. In addition, it will help you if you are planning 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 new textbooks that are available at the CSULB bookstore at cost, with no shipping charges. 1. Say it in Spanish, Dover Publications $3.95 2. Spanish Phrases for Dummies, Wiley Publications $9.95.
Class limit 25
Class Leader: Don Freeman
Dates: Fridays, April 23 – June 11
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 119

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 limit 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Dates: Fridays, April 23 – June 11
Time: 12:30 – 2:00 PM
Location: DownTown, Suite 202

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, assisted by Tom Cloutier
Dates: Fridays, April 23 – June 11
Time: 2:00 – 4:00 PM
Location: CSULB, HS&D, room 105

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, April 23 – June 11
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

Why always "not yet"?
Do flowers in spring say "not yet"?
~Norman Douglas

SATURDAY

Long Beach Historic Districts, Walking Tours, II *(6 weeks)
Our first class will be a lecture by a well-known Long Beach preservationist. The following four weeks will be neighborhood walking tours of Historic Districts. The final class, in this series, is a walking tour of Downtown Art Deco Buildings. A detailed list of locations and meeting places will be available at registration.
Class Leader: Sherron Leno, assisted by Phyllis Cisler-McDaniels
Dates: *Saturdays, April 24 – May 29
Time: 9:00 – 11:00 AM
Location: DownTown, room 202

Gardening 103
"The flowers that bloom in the spring!" Also included are the trees, shrubs, vines, poetry, soil, song, patriotic colors, planting and pruning. Plan to share your plants, poems, seeds, and ideas. There will be one field trip (to be announced).
*No class on May 29 -- Memorial Day weekend.
Class Leader: Dawn Aulenbrock
Dates: Saturdays, April 24 – June 12
Time: 9:00 – 11:00 AM
Location: CSULB, HS&D, room 101
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.

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 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 office for more information.

Map of Leisure World Spring 2010

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.

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

Long Beach Historic Walking Tours
Computer Classes Spring 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 that'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.
Prerequisite: None
Instructor: Don Patman
Dates: Mondays, April 19 – June 14
Time: 8:30 – 10:30 AM
Location: CSULB, Computer Lab

Beginning Photoshop Elements – Part II (PC)
This continuation of the Beginning Photoshop Elements class emphasizes basic editing concepts using the tools in the full editor. You will practice modifying images, using all the selection tools and some of the filters. Lighting and color improvement will be covered. You'll also get an introduction to layers and styles, plus retouching and restoring old photos.
Prerequisite: Beginning Photoshop Elements I or instructor’s permission.
Instructor: Harold Drab
Dates: Mondays, April 19 – June 14
Time: 10:45 AM - 12:45 PM
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: Mondays, April 19 – June 14
Time: 1:00 - 3:00 PM
Location: CSULB, Computer Lab

Word 2008 for the Mac (Mac)
Learn how to use this popular software to easily create all kinds of documents—letters, fliers, newsletters, labels and more—on your own computer. Explore the new features of Word 2008, from the floating formatting palette, to the object palette for pictures and other graphics, the new and expanded group of templates, and the ribbon that replaces the pull-down menus. You’ll see how to set up, edit and save your documents, make bulleted and numbered lists, insert photos and clip art, make tables and use templates.
Prerequisite: Basic Mac skills
Instructor: Kathy Winkenwerder
Dates: Mondays, April 19 – June 14
Time: 3:15 - 5:15 PM
Location: CSULB, Computer Lab

TUESDAY

Beginning Photoshop Elements Part I (PC)
Adobe Photoshop Elements is one of the most versatile image enhancement photo programs available today. First you will learn how to use the Adobe Organizer Program. This will get those picture files in a logical retrievable order. We will enhance those pictures with hands-on use of the many quick fix options available. Learning about resolution will help you email or prepare pictures for right size prints.
Prerequisite: Very First Computer Class.
Instructor: Harold Drab
Dates: Tuesdays, April 20 – June 8
Time: 10:45 AM - 12:45 PM
Location: CSULB, Computer Lab

Holiday

No Classes on Monday, May 31st in honor of Memorial Day
**TUESDAY**

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

**Prerequisite:** Very First Computer Class or instructor's permission.

**Instructor:** Barbara Cooper

**Dates:** Tuesdays, April 20 – June 8

**Time:** 1:00 - 3:00 PM

**Location:** CSULB, Computer Lab

**My Laptop and Me (PC/Mac)**
If you have a PC or Mac laptop or are considering the purchase of a laptop, this is the class for you. In this revolutionary computer course we invite students to bring their computers (or netbooks) to each meeting. We will cover connecting a wireless network in your home. You will learn to sync your iPod to your computer and to download utilities and programs from the web. You will be able to share your computer complaints and we will work toward resolving your problems. For those preparing to purchase a laptop (or tablet computer) we will identify current offerings, analyze your needs and wants to help you in select the best device. Join us for a great experience!

**Prerequisite:** Experience with PC or Mac Computer

**Instructor:** Con Rader

**Dates:** Tuesdays, April 20 - June 8

**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 and 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.

**Instructor:** Bob Van Horn

**Dates:** Wednesdays, April 28–June 16

**Time:** 8:30 - 10:30 AM

**Location:** CSULB, Computer Lab

**Attention**

**Campus classes will not meet on Wednesday, April 21st, due to Campus Budget Closure day. The classes will be rescheduled on Wednesday, June 16th.**

**WEDNESDAY**

**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 and 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.

**Instructor:** Bob Van Horn

**Dates:** Wednesdays, April 28–June 16

**Time:** 10:45 AM - 12:45 PM

**Location:** CSULB, Computer Lab

**It's Your Mac**
Do What You Want to Do (Mac)
Are you a beginning Mac user? Join us for a real hands-on class where you will explore many of the applications that came with your Mac. Learn how to manage the dock, finder windows, menus, and shortcuts. We will use the Apple email program, set up the Address Book, use Safari to browse the Internet, write and save documents, and more. Discover how to personalize your computer for the way you want to use it. Change your desktop, screen saver, and views to reflect your interests and needs. 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

**Dates:** Wednesdays, April 28–June 16

**Time:** 1:00 - 3:00 PM

**Location:** CSULB, Computer Lab

**I Took Pictures. Now What? (Mac)**
Learn how to get photos from your camera (digital or film) into a computer, order prints from an online service (Costco, PhotoWorks, etc.), and create photo books, slide-shows, movies and DVDs. You'll add photos to documents such as a family newsletter, to your email, cards, labels, T-shirts, and more. Find out how to use photos as a screen saver or desktop background, and organize your photos into albums in iPhoto.

**Prerequisite:** Basic Mac skills.

**Instructor:** Bonnie Elsten

**Dates:** Wednesdays, April 28–June 16

**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.*

**Instructor:** Larry Hicks

**Dates:** Thursdays, April 22 – June 17

**Location:** CSULB, Computer Lab

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**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, April 22 – June 17

**Time:** 1:00 - 3:00 PM

**Location:** CSULB, Computer Lab

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**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.

*Prerequisite: None*

**Instructor:** Don Pathan

**Dates:** Thursdays, April 22 – June 17

**Time:** 3:15 - 5:15 PM

**Location:** CSULB, Computer Lab

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**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.

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**Attention**

*Campus classes will not meet on Thursday, May 6th due to Campus Budget Closure day. The classes will be rescheduled on Thursday, June 17th.*
In the Computer Lab

Meet Con Rader, Computer Lab Manager

How did you hear about OLLI and the lab and why did you start to volunteer?

In 1998 I was running a computer lab for the department of Family and Consumer Sciences here on campus, and one day the people who were setting up the OLLI lab came by and asked for help. When the first instructor training classes were offered I took them and was one of the first computer instructors, along with Dave Lowe. Dave and I ran the lab together until 2004.

What classes will you be teaching this Spring term?

iTunes and a new class, My Laptop and Me on campus; Introduction to the World of Computers at OLLI Downtown. Along with several other instructors, I also will be in the computer lab on Fridays to answer students’ questions.

What other classes have you taught?

Beginning Computer, Publisher, PowerPoint, which is one of my favorite applications, iLife, VHS Tapes to DVD Movies, Technology for Seniors and iTunes. And until recently, every semester I taught a two-hour PowerPoint session for one of my wife’s classes in the department of Family and Consumer Science.

What did you do before you came to OLLI?

I was a biomedical engineer, and worked for a company that made all kinds of devices that measured things like anesthesia gases, heart rate, and blood saturation. I also used personal computers for research, ran them in hospitals, and also managed a computer lab for the company.

Why did you volunteer?

I’d tried other volunteer opportunities, but they didn’t really interest me. They needed someone to set up a lab, so it was a challenging and exciting time, learning how to make the lab work.

What was your first computer?

In 1980 Hewlett Packard came out with a calculator you could program. It was about the size of a large cell phone. Later in the early ‘80s, when personal computers came on the market, I got one.

What do you enjoy about teaching?

I like to learn new applications, then pass on what I’ve learned to our students. And when I work in our program’s open lab on Fridays, I enjoy helping students solve their computer problems.

How do you choose what classes to teach?

I like Mac computers and many of the applications on them, so I teach what I like. I also find the iPod and iTunes very appealing, so I want to tell our students what these Mac products can do.

What do you do in your non-OLLI time?

OLLI is my main volunteer activity. At home I like to experiment with my computers, watch movies and visit my children.

What was your most memorable classroom experience?

It was when I was talking to medical technicians about the technical aspects of our products. I knew my presentation was going well because people were listening and laughing. It was a heady feeling being able to engage people and make them happy.
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.

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’ fare box.

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 office door.
**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 keycard 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. 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 southwest corner of Parking Structure 2 in lot 11 that will drop you off in front of the Design building. For further information, pick up a brochure in the lobby.

**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.

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Check out the CSULB website for complete campus maps
www.csulb.edu
OLLI T-Shirts

“Our school should have a T-shirt with our name prominently displayed,” said Betty Hutchens at an OLLI Governing Council meeting. With financial help from the College of Health and Human Services, we purchased T-shirts. Betty set up shop in the lobby of OLLI, where for a contribution to our school the donor was gifted a T-shirt. If you don’t own an OLLI T-shirt yet, make a tax-deductible contribution and get one. So far, we have received over $4000 in contributions. Be generous and get a T-shirt for your mother-in-law too.

Betty Hutchens and Jack Blecher

Spring 2010 Membership and Registration Meeting
Saturday, April 10th at 9:00 AM