Cinematic Delights: Food Culture around the World

by Harold Drab

Our world is made of many complex cultures; an integral part of each is the diversity of foods we encounter as we travel. This film class will explore the delightful ambiance of food from many different places such as Japan, Germany and Italy. Students can expect lively discussions of exotic foods from noodles to chocolate along with insights into the life and culture of the specific locales.

CINEMATIC DELIGHTS FOOD CULTURE AROUND THE WORLD will be taught by two professors emeriti from CSULB with a combined experience of over 65 years. Both Teresa Ross and Yoko Pusavat have background experience with American Language Institute; both are avid readers and movie-goers. They have spent many hours together selecting appropriate films for this course.

Students will remember Teresa Ross from the class she taught at OLLI in the fall of 2008 titled HE LIKED THE BOOK, SHE LIKED THE MOVIE. Yoko Pusavat is a world traveler with a wide knowledge of international ethnology. She initiated most of the Japanese-related language and culture courses at CSULB for over 40 years. She also worked at developing non-verbal communication skills as a way to understanding other cultures. Other passions include nature, flowers, and plants. She is a docent at Sherman Garden and Library in Corona Del Mar in Orange County and a member of the Educational Outreach Committee at Earl Miller Burns Japanese Garden, CSULB.

This class is likely to leave students’ taste buds clamoring for more. If there is a desire by class members, the class can go out to a local restaurant in the area specializing in the food of the week. This will be decided during the first meeting of the class. The class time was chosen as the last class of the day on Friday so it would be convenient to do so.

Bon appetit.

→ See class description on page 20
**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.

**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 the CSULB website for complete campus maps

www.csulb.edu
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

CSULB, Long Beach Transit
Announce Extension of U-PASS
This will give free rides to students, faculty and staff 365 days a year.
Students, faculty and staff at California State University, Long Beach (CSULB) are finding out that sometimes there is such a thing as a “free ride.”
University and Long Beach Transit officials have announced that their U-PASS Partnership will allow the CSULB campus community to ride any Long Beach Transit bus or Passport shuttle free seven days a week, 365 days a year just by swiping a valid CSULB identification card through the bus’ 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.
Additional information about getting an ID card and benefits is available in the information center outside of the office door.
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.

-Donations-
Donations to OLLI at CSULB are always welcome and may be made for a specific activity or item of equipment, for the general use, or as an expressive gift, in observance of a birthday or anniversary or in memoriam.

OLLI at CSULB Website
Have you visited the OLLI at CSULB web site recently?
Take a look at it at
www.csulb.edu/centers/olli
It contains:
• Classes
• Registration forms
• Maps
• FAQs
• The SUN Online

TEST YOUR MOUSE KNOWLEDGE
It’s something you probably use every time to sit down to your computer, but how much do you really know about it?

1. When was the computer mouse invented?
A. 1959
B. 1964
C. 1972
D. 1980

2. What was the first mouse made of?
A. Fur
B. Wood
C. Plastic
D. Metal

3. Who invented the first mouse?
A. Bill Gates
B. Bill French
C. Douglas Engelbart
D. Douglas Chapman

4. When was the first integrated (sold as part of the computer) mouse introduced? (Hint: the mouse did not catch on with the public with this release.)
A. In 1979 (Radio Shack TRS 80)
B. In 1980 (Apple III)
C. In 1981 (Xerox Star)
D. In 1982 (Commodore 64)

5. The mouse was a hit right away when it was released with what computer?
A. Atari 520
B. Apple Macintosh
C. Hewlett Packard 10
D. IBM 5155

Answers on page 24
**WEDNESDAY CONTINUED**

**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:** Wed, Jan 27 – March 17  
**Time:** 1:00 - 3:00 PM  
**Location:** CSULB, Computer Lab

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**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, Jan 29 - March 18  
**Time:** 8:30 - 10:30 AM  
**Location:** CSULB, Computer Lab

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**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 Mac skills.  
**Instructors:** Mac Instructors  
**Dates:** Thursdays, Jan 29 - March 18  
**Time:** 1:00 - 3:00 pm  
**Location:** CSULB, Computer Lab

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**THURSDAY ➔**

**Introducing iWork 09**

Get to know this newest version of the productivity suite made up of the Pages, Numbers and Keynote applications made just for the Mac. iWork, with its emphasis on good design, will help you create attractive, professional-quality documents. You’ll also find its intuitive processes easy to use. Pages produces two kinds of documents: word processing and page layout, which is like desktop publishing. Learn how to insert pictures and charts and much more. You’ll see how you can quickly make anything from a simple letter to a newsletter. Although Pages will be the main focus of the class, you’ll also learn how Numbers, the spreadsheet program, and Keynote, the slide show program, work and will explore some of their templates. Your finished documents will not only look good, they can easily be shared with Mac and non-Mac users alike.  

**Prerequisite:** Basic understanding of the Windows XP operating system or instructor’s permission.  
**Instructor:** Larry Hicks  
**Dates:** Thursdays, Jan 29 - March 18  
**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 Patman  
**Dates:** Thursdays, Jan 29 - March 18  
**Time:** 3:15 - 5:15 PM  
**Location:** CSULB, Computer Lab

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**Answers:**

1 - B, 2 - B, 3 - C, 4 - C, 5 - B

**Location:** CSULB, Computer Lab
Excel 2003/2007 (PC/Mac)
See how you can create and easily change financial records, such as budgets, expenses, investments and many kinds of lists, such as home inventory, with spreadsheets. They are powerful because they automatically recalculate the effects of changes as you make them. In this class you will learn how to use Microsoft Excel to create spreadsheets, enter data, use formulas and functions, and create simple charts and reports.
Prerequisites: Intermediate Computer or instructor's permission.
Instructor: Jim McCune
Dates: Tuesdays, Jan 26 – March 16
Time: 8:30 – 10:30 AM
Location: CSULB, Computer Lab

Intermediate Photoshop Elements - Part II (PC)
This class is designed to move your skills to the next level beyond the beginning classes. Turn those snapshots into photographs. Topics covered include: vignettes, collages, extracting and adding objects, frames, creations and text effects. Create pictures you can take real pride in sharing with others.
Prerequisite: Beginning Photoshop Elements part I and part II or instructor's permission.
Instructor: Harold Drab
Dates: Tuesdays, Jan 26 – March 16
Time: 10:45 AM - 12:45 PM
Location: CSULB, Computer Lab

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, Jan 26 – March 16
Time: 1:00 - 3:00 PM
Location: CSULB, Computer Lab

Word 2007 (PC)
See the big changes in the look of this newest version of Microsoft's word processing software, including the ribbon that replaced many of the menus in previous versions of Word. With this easier-to-use software you can create all kinds of professional-looking documents—letters, fliers, newsletters reports and more—on your computer. You'll learn how to set up, edit and save your documents, write and format letters, make numbered and bulleted lists, insert photos and clip art, make tables and labels and use templates.
Prerequisite: Basic PC skills.
Instructor: Dottie Leach
Dates: Tuesdays, Jan 26 – March 16
Time: 3:15 - 5:15 PM
Location: CSULB, Computer Lab

Intermediate Computer (PC)
An introduction to the elements of word processing by writing letters using Microsoft Word and spreadsheets (using Excel) to do personal budgets and make address lists. We will also work on the basics of file management so you can easily find your files after you save them and take a look at using the Internet.
Prerequisite: Very First Computer Class or instructor's permission.
Instructor: Bob Van Horn
Dates: Wed, Jan 27 – March 17
Time: 8:30 - 10:30 AM
Location: CSULB, Computer Lab

Intermediate Computer (PC)
An introduction to the elements of word processing by writing letters using Microsoft Word and spreadsheets (using Excel) to do personal budgets and make address lists. We will also work on the basics of file management so you can easily find your files after you save them and take a look at using the Internet.
Prerequisite: Very First Computer Class or instructor’s permission.
Instructor: Bob Van Horn
Dates: Wed, Jan 27 – March 17
Time: 10:45 AM - 12:45 PM
Location: CSULB, Computer Lab

Attention OLLI Members!

The computer lab is looking for computer savvy coaches. If you have knowledge to share, please consider being a coach in one of our great computer classes. PC and Mac people welcome!
Sign up in the lab or talk to a course instructor.
**Computer Classes**

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, Jan 25 – March 15
**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, Jan 25 – March 15
**Time:** 10:45 AM - 12:45 PM
**Location:** CSULB, Computer Lab

**Google: Email & Lots More (PC and 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, Jan 25 – March 15
**Time:** 1:00 - 3:00 PM
**Location:** CSULB, Computer Lab

**iTunes: It’s Your Music and More (PC and 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:** Mondays, Jan 25 – March 15
**Time:** 3:15 - 5:15 PM
**Location:** CSULB, Computer Lab

"Some things Man was never meant to know. For everything else, there’s Google.”
Contemplating California's Colonial Past
¿Por qué el español se habla en California? This class offers a tour of California History spanning the period under the domain of the Spanish Empire and later Mexican state. The story of California's colonial past will be revealed through four lectures covering these topics as well as California's indigenous cultures. In addition, we will take two field trips to the San Gabriel Mission and the Pueblo of Los Angeles.
Class Leader: Amy Peters, B.A. Anthropology, M.A. History
Dates: Saturdays, January 30 – March 13
(6 Weeks, no class February 13)
Time: 10:00 - 11:30 AM (1 hour 30 minutes, except field trips which will be longer days.)
Location: Downtown, Suite 202 → See article on page 7

Osher Lifelong Learning Institute at CSULB
2010 Academic Year

Class Sessions
Winter Session January 25 – March 20, 2010
Spring Session April 19 – June 14, 2010
Summer Session July 12 – September 4, 2010

Holidays – NO OLLI Classes –
Office Closed – Campus Closed
Dec. 24, 2009 – Friday, Jan. 1, 2010 Winter Recess
Monday, January 18, 2010 Martin Luther King Jr. Day
Wednesday, March 31, 2010 Cesar Chavez Holiday
Wednesday, April 21, 2010 Furlough Day
Thursday, May 6, 2010 Furlough Day
Monday, May 31, 2010 Memorial Day
Monday, July 5, 2010 Independence Day (Observed)

Class Breaks -No OLLI Classes
December 10, 2009 - January 24, 2010
March 21 - April 18, 2010
June 15 - July 11, 2010
September 5 - October 3, 2010

General Membership/Registration Meetings
January 9, 2010 Winter Registration
April 10, 2010 Spring Registration
June 26, 2010 Summer Registration
Rise of Western Civilization III: Middle Ages
We will survey the history of Western Europe from the fall of Rome (476) to the Renaissance (c.1500). Focus will be on the rise of France, England, and the Holy Roman Empire entailing the Italians and Germans. Included will be highlights of the Byzantine Empire and the rise of Islam.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, Jan 29 – March 19
Time: 10:30 AM – 12:00 PM
Location: CSULB, HS&D, room 101

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 Leaders: Roy Hubbs, Retired Art Teacher, assisted by Tom Cloutier
Dates: Fridays, Jan 29 – March 19
Time: 12:00– 2:00 PM
Location: CSULB, HS&D, room 105

Spiritual Traditions of the West III: Sufis, Kabballists, & Mystics
We will continue to look at the spirituality of the Middle Ages and how the Aristotelian, Neo-Platonism, and Gnostic influences came together to impact the Islamic Sufis and philosophers. In addition, we will examine the Jewish philosophic traditions and Kabballists. Lastly, we'll survey the Christian scholastic and mystic traditions.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, January 29 – March 19
Time: 12:15 – 1:45 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 limit 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Dates: Fridays, Jan 29 – March 19
Time: 12:45 – 2:15 PM
Location: Downtown, Suite 202

Timeless Design – Beyond Decorating Trends
Don't get caught in the decorating trend cycle. Create rooms that never go out of style by following basic design principals.
Class Leader: Sharon Kroll
Dates: Fridays, Jan 29 – March 19
Time: 1:45 – 3:15 PM
Location: CSULB, HS&D, room 101

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 Leader: Roy Hubbs, Retired Art Teacher, assisted by Tom Cloutier
Dates: Fridays, Jan 29 – March 19
Time: 2:00 – 4:00 PM
Location: CSULB, HS&D, room 105

Basic Conversational Spanish
The course is ideal for seniors who employ or work with non-English speaking people. 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 2 text books that will be available at the book store at cost with no shipping charges. 1. Easy Spanish Phrase Book by Dover Publications $2.00 2. “ESSENTIALS” Spanish for Beginners by Research & Education Association $8.00.
Class Leader: Don Freeman
Dates: Fridays, Jan 29 – March 19
Time: 2:30 AM – 4:00 PM
Location: Downtown, Suite 202

Cinematic Delights: Food Culture Around the World
"Real food feeds the body, reel food feeds the mind." Culinary feasts may be the main course of the films to be viewed, but much more than food will be digested in class. The presenters will encourage discussion of cultural topics related to foods that are inspired by the movies. Bring your appetite for some wholesome talk and, perhaps, a meal afterward, at times.
Class Leaders: Yoke Pusavat and Tere Ross
Dates: Fridays, Jan 29 – March 19
Time: 2:30 – 4:30 PM
Location: CSULB, HS&D, room 101

An investment in knowledge always pays the best interest. ~ Benjamin Franklin

→ See article on back cover
**Thursday**

**Latin Dance**
Ballroom dancing—a taste of Latin flavor, learn the basics of Cha Cha, Meringue, and more. Dancing can be exhilarating and leaves one refreshed at the end of the class.

Class Leader: Albert Valdez
Dates: Thursdays, Jan 28 - March 18
Time: 2:00 - 3:00 PM
Location: OLLI Downtown

**Gangs and Gang Behavior**
This class will explode any prior concepts you have of how gangs operate in our prisons and on our streets. Through a combination of unbelievable first hand experience, actual trial representation, gang experts, student-instructor dialogue, videos/DVD’s, graphic handouts, and hopefully, Q & A with actual former gang members, the class will explore Skinhead, African-American, Hispanic, Asian, Outlaw Motorcycle and Prison Gangs and their behavior. Finally, prevention/intervention approaches will disclose the dim light at the end of the tunnel. Buckle your seat belts! No metal detector will be required for entrance into classroom.

Class Leader: Bill Drukker, J.D., Criminal Attorney and Criminal Justice Instructor
Dates: Thursdays, Jan 28 - March 18
Time: 2:45 - 4:45 PM
Location: CSULB, HS&D, room 101

**Get Organized A-Z**
Less clutter, more storage—sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.
A: ACT - Don't put it off until later. If you want to do it, act on it now.
B: BREAK IT DOWN - Anything you have to do is easier if you break it down into manageable parts.
C: CONTAINERIZE - Separate and organize your things by storing them in see-through, plastic containers.

Class Leader: Sharon Farley
Dates: Fridays, Jan 29 - March 19
Time: 8:30 - 10:00 AM
Location: CSULB, HS&D, room 119

**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, Jan 29 - March 19
Time: 8:30 - 10:00 AM
Location: OLLI Downtown, Suite 202

**Yoga:**
Stretch, Strengthen, Relax
Easy yoga will utilize chair work, stretching, breathing, and some floor work to improve your flexibility, serenity, and peace of mind. Leave your troubles outside the door. Bring a yoga mat or large towel, and a small pillow. Please, wear comfortable clothing and socks. Each class ends with a short restorative meditation session.

Class Leader: Sandy Baers, Certified Yoga Instructor
Dates: Fridays, Jan 29 - March 19
Time: 8:45 - 10:15 AM
Location: CSULB, HS&D, room 101

**Humans and Other Animals**
Are human beings embodied souls or simply embodied creatures like other animals? We will discuss both alternatives, their implications for religion and morality, and the recent charge that Speciesism-belief in human superiority leading to the exploitation of animals—is analogous to racism and sexism. Six-week class

Class limit: 25
Class Leader: Shane Andre, PhD
Dates: Fridays, Jan 29 - March 19
Time: 10:00 AM - 12:00 PM
Location: Leisure World, Clubhouse 3, room 3

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

Class limit: 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Dates: Fridays, Jan 29 - March 19
Time: 10:15 AM - 12:00 PM
Location: OLLI Downtown, Suite 202

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**Friday**

**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.
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 March, M.A Certified Longevity Stick Instructor
Dates: Thursdays, Jan 28 - March 18
Time: 8:30 - 9:30 AM
Location: Leisure World, Clubhouse 6, Room 3

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, Jan 28 - March 18
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 101

Self Hypnosis 201
Nifty Tips and Tricks
If the last class could be described as Self-Hypnosis 101, this would be Self-Hypnosis 201. It will feature some review, some cool new stuff, and lots of practice. No prerequisites.
Class Leader: Dr. Donna Kannard
Dates: Thursdays, Jan 28 – March 18
Time: 9:30 – 11:00 AM
Location: OLLI DownTown, Suite 202

The Magic of Music
Join us as we explore the makings of music from the classical period to today. We will listen to Absolute music (concertos, symphonies etc.) and Program music (Overtures, Tone Poems etc.) and discuss how they are written and where does a composer get his ideas? How does he mold them into a composition? How does he choose what form to use? How does music affect your life? Einstein said “It, the theory of relativity occurred to me by intuition, and music was the driving force behind that intuition. My discovery was the result of musical perception.”
Class Leader: Fran Harding, Retired Music Teacher
Dates: Thursday, Jan 28 – March 18
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 101

The Chronological Bible, Part II - New Testament Christian
This class will focus on the Bible through three lenses – the literary, the historical and the cultural, while viewing the individual books in the order of the events as they happened. As literature, the writers create excitement, drama, humor and tragedy. As history, the Ancient Near East comes alive in the familiar Bible stories. As culture, the customs and values of ancient peoples become clear.
Class Leader: Diane Wood, M.A.
Dates: Thursdays, Jan 28 – March 18
Time: 11:00 AM - 12:30 PM
Location: OLLI DownTown, Suite 202

National and International Current Events and Issues
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.
Class Leader: Gary Colboth, B.S., M.P.A., J.D., Professor Emeritus, Retired lawyer, professor & university administrator.
Dates: Thursdays, Jan 28 – March 18
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, Jan 28 – March 18
Time 1:45 – 2:30 PM
Location: CSULB, HS&D, room 101

The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind. ~ Khalil Gibran
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 Svirgals and Emma Jane Mermelstein
Dates: Wednesday, Jan 27 – March 17
No classes on Feb 3 and on March 3
Time: 10:00 - 11:30 AM
Location: CSULB, HS&D, room 101

Estate & Retirement Planning
This class covers basic estate planning. It will include the accumulation, preservation, and distribution phases of your estate. In addition, there will be presentations for wills, trusts, advance health care directives, and suggestions to select financial advisors and agents.
Class Leaders: Professionals in their respective fields
Coordinated by: Terri McAdams
Dates: Wednesday, Jan 27 – March 17
Time: 10:45 AM - 12:15 PM
Location: CSULB, HS&D, room 119

Adventures of Sherlock Holmes
The first set of twelve short stories about the Sage of Baker Street appeared in The Strand Magazine 1891–1892. Students will discuss the origins of the detective/mystery short story, its structure, and its impact on later literature. Required: text of the stories (details available at the January 9th registration meeting or after that date at the OLLI office).
Class Leader: Arthur Axelrad
Dates: Wednesday, Jan 27 – March 17
No classes on Feb 3 and on March 3
Time: 11:45 AM - 1:45 PM
Location: CSULB, HS&D, room 101

GPS – What’s It All About?
This course covers the Global Positioning System (GPS), its uses, benefits, and how it works. GPS applications include: Military, Civil Aviation, Marine, Consumer, Professional, etc. Foreign Global Navigation Satellite Systems (GNSS) and government policy are also explored. The legal ramifications of GPS use by law enforcement are described along with a look at how that might impinge on privacy rights. Finally we’ll discuss the modernization of GPS.
Class Leader: Len Jacobson
Dates: Wednesday, Jan 27 – March 17
Time: 2:00 – 3:30 PM
Location: CSULB, HS&D, room 119

Financial Rules of the Road
The Road to Financial Independence begins with a few simple rules. Why are some people more successful investors than other? 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 towards 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.
Class Leader: Steve Masoner, Financial Advisor
Dates: Wednesday, Jan 27 – March 17
Time: 2:15 - 3:45 PM
Location: CSULB, HS&D, room 119

Creative Writing
Have a book you want to write that is burning within you? Scott will help you uncover the keys to confidence, motivation and creative talent. Write a novel, memoir or non-fiction tome—with flair and quality. Come challenge and inspire yourself!
Class Leader: Scott Ringwelski
Dates: Wednesday, Jan 27 – March 17
Time: 6:30 – 8:00 PM
Location: OLLI Downtown, Suite 202

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.

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.
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).
- Computer class tuition is $45 per class.
- Lecture class tuition is $10 per class.
- All class tuitions are in addition to the membership fee.

Starting with the winter 2009 session, SeniorNet will no longer be required for computer classes.

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.
- Placement in non-computer classes with limits will be on a first come, first served basis.

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

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

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

Fees and donations are tax deductible as allowed by current law.
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: Shona Howe
Dates: Tuesdays, Jan 26 – March 16
Time: 8:30 – 9:30 AM
Location: CSULB, HS&D room 101

Science of Life
This course will concentrate on the structure and functions of body organs in simple non-technical language, as applicable to everyday life, for healthy living.
Class Leader: Dr. Prem Gupta
Dates: Tuesdays, Jan 26 – March 16
Time: 9:45 – 11:15 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. After demonstrating the fundamentals of the mouse and keyboarding, we will move into the fun areas that computers can bring into your life: the internet, email and music and interesting lectures available through iTunes.
Class Limit: 12
Class Leaders: Con Rader and Kathy Winkenwerder
Dates: Tuesdays, Jan 26 – March 16
Time: 10:00 AM - 12:00 PM
Location: Downtown, Suite 202

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. We will learn how to be aware of incorrect and/or irrelevant information and how to make corrections. 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: Tuesdays, Jan 26 – March 16
Time: 11:30 AM – 1:00 PM
Location: CSULB, HS&D, room 101

French Conversation
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—“French for Travelers” or previous study of French in high school or college.
Class Leader: Malcolm Green
Dates: Tuesdays, Jan 26 – March 16
Time: 1:15 - 2:45 PM
Location: CSULB, HS&D, room 101

Gangs and Gang Behavior
This class will explode any prior concepts you have of how gangs operate in our prisons and on our streets. Through a combination of unbelievable first hand experience, actual trial representation, gang experts, student-instructor dialogue, videos/DVDs, graphic handouts, and hopefully, Q & A with actual former gang members, the class will explore Skinhead, African-American, Hispanic, Asian, Outlaw Motorcycle and Prison Gangs and their behavior. Finally, prevention/intervention approaches will disclose the dim light at the end of the tunnel. Buckle your seat belts! No metal detector will be required for entrance into classroom.
Class leader: Bill Drukker, J.D., Criminal Attorney and Criminal Justice Instructor
Dates: Tuesdays, Jan 26 – March 16
Time: 2:30 - 4:00 PM
Location: Leisure World, Clubhouse 3, room 3

Marcel Proust’s Madeleines
Can Marcel Proust, the twentieth century French writer associated with the madeleine cookie, truly change your life? Proust claimed his novel, In Search of Lost Time, made every reader the reader of his/her own self. We will satisfy his theory by discussing selected passages in translation and contributing our own personal insights and memories to the reading experience.
Class Leader: Claudia Gosselin, B.A., M.A., Ph.D., French
Dates: Tuesdays, Jan 26 – March 16
Time: 3:00 – 4:30 PM
Location: CSULB, HS&D, room 101

→ See article on page 4

The school is the last expenditure upon which America should be willing to economize. ~ Franklin D. Roosevelt
Lecture Classes Winter 2010

**Architecture of Imperial Rome**
This class will explore the most significant architectural works of the most influential emperors (Augustus, Nero, Vespasian, Trajan, Hadrian, Caracalla). In addition, there will be an introduction to Roman architecture based on the influence of the Greeks and Etruscans.

**Class Leader:** Taneka Washington, B.A. & M.A. Psychology & Art History
**Dates:** Mondays, Jan 25 – March 15
**Time:** 8:15 – 9:45 AM
**Location:** CSULB, HS&D, room 101

**Winter Olympics**
This class will provide background and information to make watching the Winter Olympics more enjoyable. Once the Olympics begin, we will be watching it either via the Internet or video, as well as watching videos of earlier Winter Olympics. Other topics discussed will be governing bodies, politics, drug testing and use. Please, bring any stories and experiences to class.

**Class Leader:** Jane Adair, Ph.D., Physical Education
**Dates:** Mondays, Jan 25 – March 15
**Time:** 11:45 AM – 1:15 PM
**Location:** CSULB, HS&D room 101

**Early Medieval Ireland**
In the fifth century AD a man named Patrick came to Ireland from Britain; and the island was forever changed. History repeated in the twelfth century, only this time the man from Britain was named Strongbow. The class will explore the epoch between these bookends, Ireland’s Golden Age.

**Class Leader:** Bill Fitzpatrick
**Dates:** Mondays, Jan 25 – March 15
**Time:** 10:00 – 11:30 AM
**Location:** CSULB, HS&D, room 101

**English for Fun**
This class is designed for better communication in English for speakers from other lands. We will have pictures, signs, songs and laughter so that people can communicate better with their neighbors, their doctors, find travelling easier, etc.

**Class Leader:** Inge Johnson
**Dates:** Mondays, Jan 25 – March 15
**Time:** 10:00 - 11:30 AM
**Location:** Downtown, Suite 202

**Basic Conversational Spanish**
The course is ideal for seniors who employ or work with non-English speaking people. 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 2 text books that will be available at the book store at cost with no shipping charges. 1. Easy Spanish Phrase Book by Dover Publications $2.00  2. “ESSENTIALS” Spanish for Beginners by Research & Education Association $8.00.

**Class Leader:** Don Freeman
**Dates:** Mondays, Jan 25 – March 15
**Time:** 1:30 – 3:00 PM
**Location:** CSULB, HS&D, room 101

**Shakespeare & The Power of Myth**
The ancient myths concern the powers who control the human world, and the relationships between these powers and human lives. Shakespeare attempts to penetrate the boundaries between the mythical powers and human nature to reflect the greater powers of the cosmic order. The class will explore Shakespeare’s use of myth with a close reading of A Midsummer Night’s Dream.

**Class Leader:** Anna Sigman M.A.
**Dates:** Mondays, Jan 25 – March 15
**Time:** 2:30 - 4:00 PM
**Location:** Leisure World Clubhouse 3, Room 7

**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, Jan 25 – March 15
**Time:** 3:15 – 4:45 PM
**Location:** CSULB, HS&D room 101

The true meaning of life is to plant trees, under whose shade you do not expect to sit.

~ Nelson Henderson
Report on the 6th National OLLI Conference  
by Carl Curtis

There may have been snow on the mountain tops, but there was certainly learning in the Park City valley!

Under the theme, “Building a Community of Learners,” the Bernard Osher Foundation annually hosts a National Training Conference for the leadership of each of the OLLI Institutes. Two delegates from each OLLI are invited to participate. This year’s conference was held October 12 - 14 at the Canyons Grand Summit Hotel, Park City, Utah. Our Executive Director, Dr. Barbara White, and I were your delegates. One hundred and twenty OLLI Institutes were represented.

The Opening/Welcoming Session Monday afternoon featured a status report on the OLLI Network by Dr. Mary Bitterman, President of the Bernard Osher Foundation Board of Directors. She had both bad and good news to deliver. The bad: Mr. & Mrs. Osher were out of the country and would not be attending the Conference. The good: the Oshers are deeply concerned about the effect of the economic downturn on many of the OLLIs. They are therefore giving to each OLLI Institute a $25,000 “lagniappe” [a Spanish/Creole word which combines the sense of an unexpected gift” with that of a “little something extra”] to use as they see fit. Needless to say, this announcement was received with great enthusiasm by the delegates.

Then the virtually non-ending exchange of information and ideas among conference participants really got underway with the annual “WOW!” slide show. [Prior to the conference, each OLLI was invited to submit a photograph of an incident or event which occurred in their OLLI since the last conference along with two sentences of descriptive text. The intent was to elicit an exclamation of “WOW!” from the conference delegates upon seeing/learning about the event or incident. Our submission was a snapshot of our Art Show Gallery Director, Betty Hutchens, playing chess with the Papier Mâché and cloth figure who occupied a significant spot in our last show. I heard a number of “WOW!” exclamations, particularly when it became known that we have been putting on this exhibit for four consecutive years in one of the University’s gallery spaces.]

The learning/sharing continued at three general sessions, three break-out sessions, during breaks, over meals, etc. for the next day and a half. Too soon, there was a final wrap-up session Wednesday morning and lunch, then the 251 delegates “hit the road” to return to their OLLIs and spread their learning.

This was my third national conference. I again found it to be a very intense learning experience. Both Barb and I have many new ideas to share. You will be hearing from us!
The Professional Volunteer

You may know Lee Freilich as that lovely volunteer who welcomes you to membership meetings with a smile, fresh coffee and sweet delectables.

But there is much more to Lee. For many years she has championed education for seniors. In fact, even before academics were using the term “inter-generational education,” Lee was doing it. During the 1970s, as part of her job with the Nassau County Department of Senior Citizen Affairs in New York, she developed and coordinated “Project Outreach,” an adult education program that involved both youth and the elderly.

After completing leadership training and college courses in social group work, human relations, and management skills, Lee directed the Plainedge School District’s Senior Citizens Center in Bethpage, New York where she coordinated and supervised creative, educational and service programs.

In 1977 Lee, her husband, and two of their children joined their son who had already moved to Southern California. Lee became a community outreach worker responsible for a program that served older adults at two sites in Orange County. When she retired in 1983, her employer and coworkers called her a “doer” who taught new ways and “inspired them to do more than (they) thought possible.”

Lee Freilich has never stopped her advocacy for older persons. Even today, she is enrolled in CSULB’s gerontology program. At OLLI she is a tiny dynamo—mobilizing, recruiting, fund-raising (with that special Midas touch). She is in charge of hospitality/refreshments, donations and prizes at membership meetings and special events.

How did we find such a gem? About six years ago, OLLI charter member Syd Benowitz and Lee Freilich, both widowed, were introduced to each other by another OLLI student. It wasn’t long before they were classmates and soul mates.

Lee’s other passions include her family (three children, seven grandchildren), volunteering at Rossmoor Library, jewelry design and real baking (mundle bread from scratch). Never had it? Just ask and Lee will make some for you.
Our fall registration meeting was opened to an enthusiastic audience of new and returning students by President Carl Curtis. In spite of the parking snafu members were happily greeting old friends and discussing plans of classes they were going to take. Also, it was an opportunity to meet new members and help them feel welcome to our wonderful OLLI.

Carl gave an overview of the fall classes and spoke of Bernard Osher, who supports 125 OLLI institutes, at least one in every state of the union. His purpose is to provide opportunities for people over 50 to continue learning for fun. President Curtis and Dr. Barbara White will be attending an OLLI conference in October where attendees will exchange ideas and practices. They will report their findings at our winter registration meeting.

The meeting really began to swing with the Fran and OLLI Group. Conductor Fran Harding and her musicians delighted us all with lovely songs, beautifully harmonized. The group meets off campus and would love to have more members.

Down to business: The executive board plus two members at large for the upcoming two-year term of the Governing Council were placed in nomination and seconded from the floor, then elected by acclamation. Those elected are pictured below.

Carl introduced Con Rader who presented his own original video of the fall computer classes. Don Friedman followed with the new schedule of classes here at CSULB and our Leisure World and DownTown satellites; some of our teachers gave short presentations on their classes.

As the meeting adjourned, students were all abuzz with the fascinating and enlightening courses offered at OLLI this fall. Their appetites whetted, they ran down the hall (OK, maybe walked at a brisk pace) to sign up.

A look into California's rich history will be presented at Downtown OLLI by Amy Peters. Amy teaches middle school in Huntington Beach. She has a B.A. in anthropology, a B.A. in secondary education and an M.A. in history.

Amy is an ardent preservationist and is vice president of the Willmore City Heritage Association. She and her husband live in an early twentieth century craftsman, in the Willmore City Historic District. She became interested in OLLI through the Historic District Walking Tours class offered in Spring and Fall. Amy thought that CONT Template CALIFORNIA'S COLONIAL PAST would be a good fit. It turns out that it is. California history buffs; this class is for you.

Lecture classes will be held at OLLI DownTown. Amy will lead us on a field trip by bus to the San Gabriel Mission. The second field trip, by light rail will take us to the Pueblo of Los Angeles and Olvera Street.

Amy is a delightful and interesting leader and is certain to give us a high quality experience. More details of the field trips will be available on the first day of class.

See class descriptions on page 21
Seeing the Future in Ancient Rome  

by Judy Mednick

Recently our school struck it rich on the worldwide web. Searching for a teaching position online, Taneka Washington found our site, liked our program and offered to teach a course on the ARCHITECTURE OF IMPERIAL ROME.

Ms. Washington has an excellent academic background and wide travel experience. She earned her B.A. in psychology and art history from Occidental College, Los Angeles in 2005 and an M.A. in art with an emphasis on art history at CSULA in 2009. Her travels have included Africa, Latin America, India, Peru, Brazil, and much of Western Europe.

“Italy is my favorite place so far,” Ms. Washington says. She will use her experience there to present and explain the most significant architecture of imperial Rome. Beginning with Greek and Etruscan influences on Roman architecture, each week thereafter she will focus on architecture constructed during the reigns of Augustus, Nero, Vespasian, Trajan, Hadrian, and Caracalla.

Why the architecture of imperial Rome? First, after more than two millennia, it is still standing and in good condition. Moreover, the Romans were brilliant innovators. Perhaps the most supreme example is the Pantheon with its concrete dome, vaulted ceiling and enormous round opening, allowing light to enter. The Romans were the first to build with concrete, now the most common building material in the world.

An artist herself who paints in oils and dabbles in acrylics, Taneka Washington says she is in awe of the Romans’ architectural accomplishments. With limited means of construction “they were able to do things that we can only dream of doing, even with all our technological feats.”

We look forward to exploring the past and recognizing harbingers of the future in the ARCHITECTURE OF IMPERIAL ROME. Next summer Ms. Washington plans to travel to China. Maybe we’ll be lucky again and she will offer to teach a course on the architecture of ancient China.  

→ See class descriptions on page 10

What is GPS and How Does it Work?

by Bea Almada

How many times have we been lost looking for an address, an office building or a friend’s new home? I know that has happened to me too many times. Now we have GPS systems for our cars and cell phones. I used my phone GPS the other day and was more lost than ever.

OLLI has the solution to our basic lack of knowledge about GPS and how it works. Len Jacobson will be putting us back on course in our new offering WHAT IS GPS AND HOW DOES IT WORK? Jacobson has built a 30-year career in the defense industry developing and supporting GPS and other satellite systems for military and commercial use. He is president of Global Systems and Marketing, an international marketing, consulting and engineering company. His company has associations around the globe.

WHAT IS GPS AND HOW DOES IT WORK? will trace the history of GPS and explain its military, civil aviation, space and marine applications. It will also cover the legal and criminal issues of how GPS has been utilized. And perhaps most important, Len Jacobson will teach us how GPS works.

In the first class, he will outline the history of GPS and other Global Navigation Systems dating back to early radio navigation up until present day. From looking at the outline for each class I can see that our world will expand tenfold in understanding and appreciating how those big satellites give so much information. If we can get from point A to point B with our little GPS systems, imagine what those big ones can learn. That should lead to a most lively discussion in class. We will also get updates about the future of GNSS—Global Navigation Satellite Systems.

Don’t be afraid of the technical terminology you will be hearing and learning about. These terms commonly appear in our newspapers and magazine articles. In this timely class, GPS expert Len Jacobson will lead us through the technobabble. Time to put down the maps and fire up those GPSs we have in our cars and cell phones.

→ See class descriptions on page 17
Welcome to 2010. A good life is the sum total of all the worthwhile things you have been doing one by one.

Let us look back at 2009 and share some of our worthwhile experiences at OLLI. The luncheon for our magnificent volunteers on 8/29/09 was a tremendous success. More than 110 members of OLLI, many long-time contributors to our school's success, participated in the star-studded event at the Los Altos United Methodist Church in Long Beach. OLLI could not continue without our dedicated volunteers who worked in the office, served on committees and taught in the classroom.

The committee members who made the gathering such a success were Grace Blankenship, Ginni Conner, Karin Covey, Barbara Decker, Lee Freilich, Judie Irving, Janie Payan, Kay Rennison and Alice Stasiak. Other vital members included Cindy Smith, Harold Drab, Don Patman, Jack Blecher and Dr. Jerry Larsen (Senior Minister of LAUMC).

Dr Barbara White, OLLI Executive Director, introduced Dean Dixie Grimmett (School of Health and Human Services), Ed Fosmire (Director of Development of CHHS) and, of course, our esteemed president Carl Curtis. The crowd lunched on delicious turkey wraps, veggies and dips and a celebratory cake. Entertainment by Jeffrey and Paul playing Blues was outstanding.

Garland Holt, who has moved to Washington State, believes in long distance participation. OLLI is still very much a part of his life. He set up two very interesting, well-attended lectures. Tom Hennessey spoke on his life as a journalist and the serious plight of newspapers today. Dr Salem spoke on Iraq, its ancient history and contributions. Thank you, Garland.

Congratulations to SUN editor Jack Blecher whose first great granddaughter was born on 9/11/09 and to Shirley Collins on becoming a great grandmother.

The DownTown and Leisure World OLLI classes went very well. Our resident poet laureate, Otto Ross, summed up his feelings regarding the class he was taking. An excerpt:

Thoughts of great minds appeared on the printed page, Providing guidance that could be useful in our old age To our esteemed leader, Dolores, “Thanks” heads the list; She conducted the classes with humor and an iron fist.

A very happy and healthy New Year to all of you.
Jean and David Lowe Say “Thanks”

We would like to thank Jack Blecher and the SUN for this opportunity to express our thanks and love for the officers and members of Senior University and/or OLLI at CSULB, and for the privilege of learning and serving with you. It would be impossible to individually thank each person who contributed to our life here, but let us thank a handful that are standouts: the late Ron Trevithick, for his love for each student and associate; Don Patman for his patience in leading computer newbies to a new life; Con Rader for his knowledge and skill in making sure the computer lab is always up to date; Muriel Pendleton for holding our hands while we learned to play the recorder and for her scones; Karin Covey for her skill and willingness to do every task that needed to be done; the office crew who helped Gabriele and Cindy make the sometimes chaotic office run smoothly; all the members who answered calls for liaisons, served on committees, or helped whenever needed; Carl Curtis and the officers and members who had the vision and energy to expand to two new campuses. THANK YOU.

We are settling into our Morningside 3rd floor apartment which faces the San Gabriel Mountains. There are volunteer opportunities of every description here and we hope to become more involved during the November sign-up. David has become a photographer for the monthly newsletter, he has a part in the “Readers Theater” fall production and is taking a creative writing class. Jean is singing in the Morningside Chorus, volunteering in the library, participating in a monthly book-readers group, singing in the Yorba Linda Community Senior Chorus and playing with a recorder group in Fullerton.

We wish one and all continued success at OLLI.

Computers at OLLI Downtown

There are hundreds of seniors within a mile or so of OLLI DownTown, many of them with no computer access, or little or no computer skills. Our downtown office has just received six gently-used computers (and a printer/scanner), courtesy of some very generous donors. The challenge was getting the seniors and the computers together.

A pilot program which launched this fall tried to do just that with INTRODUCTION TO THE WORLD OF COMPUTERS. It isn’t a formal class like you can take at the computer lab on the CSULB campus. Something like that may develop later on. For now, it’s a lecture class about computers, but the content of the lecture will depend upon the questions students in the class ask. They can ask anything from “How do you turn the computer on?” to “How do I search for information about my medication?” to “Where can I work jigsaw puzzles online?” to “How can I listen to music online?” Or students can learn to use a mouse or a keyboard, or how how to get a free email address. The idea of the class is to show that for beginners and computer veterans alike, using a computer can be interesting, it can be educational, and it can be fun.

All of the computers have Internet access, so when students talk about what interests them, instructors can demonstrate the appropriate online site. In addition to using the computers at the downtown center, students learn to use a computer in other locations, for instance how to go to the library to use one there.

Con Rader, who heads the OLLI computer lab on campus, tackled the project of setting up the computers and getting them ready for the students. He teaches the class, along with Kathy Winkenwerder.

After five terms of operation, the number of downtown classes, including INTRODUCTION TO THE WORLD OF COMPUTERS expanded to 12 this fall term. The downtown center is also working with several downtown neighborhood groups to provide learning experiences to residents of the area.
President's Corner

by Carl Curtis

Your Governing Council recently decided to terminate our OLLI's relationship with the SeniorNet organization effective the end of the Fall 2009 term. The decision was preceded by much discussion inasmuch as SeniorNet provided significant help and guidance when our computer lab was established ten years ago. Over the years we have benefitted from the use of software which they made available to us as one of their “Learning Centers” and from the manuals and other teaching materials which they have provided. However, it seemed to us that the “law of diminishing returns” was in effect, particularly since SeniorNet does not support Macintosh equipment/programs (which constitute about a third of our current class offerings) and since many of our instructors have begun using non-SeniorNet curriculum. Hence, the decision was made to terminate the relationship.

This decision has immediate consequences: (1) beginning with the Winter 2010 term, membership in SeniorNet will no longer be a requirement for taking any of our computer classes. OLLI members can continue their SeniorNet membership if they choose to do so, however, being a member of that organization will have no effect on their registration for classes in our lab. (2) We will have to purchase some software and teaching materials to replace that which we can no longer use because it was obtained from SeniorNet. (3) Your Governing Council will need to carefully assess how the purchase of software and teaching materials will affect our bottom line and whether we will need to adjust our fees at some point in the future. We will, of course, keep our membership advised.

Our financial situation in these difficult economic times is a matter for some concern. We are not at a crisis point yet. We greatly need some of our members to “step up” and volunteer to help us raise money for operational expenses and scholarships through fund raisers, securing grants, and increased donations. Volunteers??

From the Executive Director...

by Barbara White

This month I would like to address an issue that arose at our Saturday membership and fall registration meeting on campus. Members attending the event were surprised - as were we all - that a $4 parking fee was required for the day. We had not received prior notification of this change of policy. Many members felt this was a personal affront directed at OLLI members. I want to assure you that this was NOT the case.

All users of parking lot 9 had watched the construction of a bright yellow parking permit station in the lot over several weeks in late summer. Though it was a curiosity we received no specific information about its use. It appears, now, however, that there will be a charge on weekends for using any campus parking lot. Parking Services is making every effort to deal with their budget shortfall, and Saturday parking fees are one of their strategies. It is one of the many ways we are all being asked to support our university in these difficult times. Students have faced a 30 percent increase in tuition this year, and will likely face another increase next year. Faculty and staff have agreed to a 9.23 percent decrease in salary this year to save positions and classes, and anyone using a campus parking lot on weekends will be charged.

I would like to thank Cindy Smith, our invaluable office administrator and Karin Covey, our treasurer, for their quick response to the parking issue on registration day. With their help we were assured that Campus Security would not ticket us that day.

Your Executive Committee and I will be working to devise a workable plan for the winter registration event. Thank you for your understanding and for your continued support of OLLI at CSULB.
Editor’s Comments

by Jack Blecher

THOUGHT FOR TODAY:
Humans think they are smarter than dolphins because we build cars and buildings and start wars etc., and all that dolphins do is swim in the water, eat fish and play around. Dolphins believe that they are smarter for exactly the same reasons.

-Douglas Adams, writer, dramatist, and musician (1952-2001)

Twelve years ago, Max Freedland, Senior University’s first president, had a regular column in the SUN entitled “Ramblings of an Octogenarian.” A member in his 80’s...wow! No big deal today, since we have active nonagenarians at OLLI like Syd Benowitz, Jane Helm, Maxine Montgomery, Eleanor Rosenbloom, and Otto Ross. Let’s look forward to our first 100-year-old student. Any volunteers?

David Lowe has already become a writer and photographer for the Morningside Monitor, the newsletter in his new community. Our loss, their gain.

Otto Ross, the patriarch of OLLI has moved from Leisure World to Heritage Pointe in Mission Viejo. We wish him well and he and his poetry will be missed.

Holiday greetings from the SUN staff. Drive carefully, drink responsibly and be generous with your gifts to the needy.

Winter Solstice: Tuesday, Dec. 21, 2009, 10:47 am PST

House for Sale!
Running water (when it rains, which is often)
Indoor Pool (after it rains)
Good view of antique outhouse

Submitted by Garland Holt
Marcel Proust’s Madeleines

Isn’t he the author of one of the longest novels ever written and aren’t those the cookies they sell at Trader Joe’s? If that was your reaction to the title, the name of an upcoming class, then a) you are correct, but b) maybe you’ve never watched an episode of “The Sopranos” in which Tony Soprano’s psychiatrist refers to “the episode of the Madeleine.” She means one of the ways we bring back memories of things in our past that we don’t even know we are still capable of remembering.

There’s the whole premise of this debut class that will be taught by Claudia Gosselin, who holds a doctorate in French literature and has taught at CSULB.

She will present and elaborate on short passages from In Search of Lost Time (formally titled Remembrance of Things Past). Each class will have a theme. But reading these passages is just the beginning. Next is applying Proust’s idea of involuntary memory: taking a bit of a Madeleine cookie causes the novel’s narrator to bring into consciousness childhood memories thought to be lost. In effect, this is what class participants will be invited to do with the selections. The opportunities abound for you. Why? Because Proust wrote about a universe of subjects including love, relationships, sex, music, painting, society and philosophy. (Seven volumes, after all!)

Just imagine yourself a person reading one of these excerpts in class feeling the sensual “jolts” from reliving past experiences you thought were “lost”? The possibilities for discussion and sharing will go in many directions. Did you think that like Robert Louis Stevenson you have a “grand memory for forgetting”? The opposite may just be true. Try MARCEL PROUST’S MADELEINES for a novel way of finding out (pun intended)!

> See class description on page 11