The Intelligence Community, Who are Our Spies and What Do They Do?

by Art Gottlieb

During his 30-year career in the defense industry as a consultant to commercial businesses and the military, Len Jacobson conducted and spoke at numerous seminars on the subject of GPS and satellite systems. That career honed his craft as an instructor of his earlier highly-praised OLLI class on GPS AND HOW IT WORKS.

In a new course based on private research, Len Jacobson has returned to tell us about THE INTELLIGENCE COMMUNITY, subtitled WHO ARE OUR SPIES AND WHAT DO THEY DO.

Though self-effacing, Len is a literal fount of information about the inner workings of our government. According to Len there are seventeen agencies that we know of which comprise the US intelligence community. He uses the term “that we know of” because no one is sure how many more there are. The lack of certainty is understandable, when one considers the fact that they have a budget amounting to some 80 billion dollars. (When I tried to write that number, he instructed me on the number of zeros to follow the 80.)

For me, personally, there are times when the words “Government Intelligence” are an oxymoron. Nevertheless, I personally plan to test my attitude by taking Len’s new course.

In THE INTELLIGENCE COMMUNITY, Len will talk about organizations in the U.S. government that comprise this community. Through lectures, presentations, videos—and perhaps a guest speaker or two—the course will describe how these organizations came to be, how they work, to whom they report, and who provides oversight to them.

Len will present discussion topics, including the Intelligence Community’s successes and failures, in order to give students the opportunity to respond with their own opinions of the agencies’ activities. In addition, there will be one session on foreign intelligence agencies.

Jokingly, Len stated that he has one prerequisite: Top Secret. But in all seriousness, he does ask for an open mind.
Editor’s Comments

by Jack Blecher

THOUGHT FOR TODAY: Experience is something you don’t get until just after you need it.

Bea Almada, one of the SUN’s gifted writers, has resigned from our staff because she is overextended in other volunteer work. Thank you, Bea, for your excellent service. To fill the vacancy, we are fortunate to have Art Gottlieb join the SUN staff as a reporter. A published writer, Art has written books, plays and hundreds of letters to the local newspapers. He has also taught many classes in law at OLLI and is teaching a new course this fall, THE LAW - ART’S WAY. (see page 10). Welcome aboard, Art.

As an editor concerned with censorship, I plan to enroll in the B-WORD Project. (see page 8)

Farewell Roy Palmer (page 8). We’ll miss your Jazz Class, your opinions in the Current Events class, and your outrageous clothing.

September Equinox, September 23, 2011, 2:04 am PDT

Taking classes is only one of the opportunities at your OLLI. Expand your involvement and your network of friends. Come volunteer with us:

- Special activities coordinator – 2 times a year
- Liaison coordinator – 4 times a year
- OLLI DownTown office coverage – based on your availability
- Community Relations Committee member
- Membership Committee member
- Piano accompanist for music classes

Check with the office for more details. OLLI Office: 562-985-8237

OLLI at CSULB
Building HS&D, Room 100, MS-5609
1250 Bellflower Blvd
Long Beach, CA 90840-5609
OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
President’s Corner

Finally! My last “President’s Corner” column!

By reading other articles in this issue of THE SUN, you will learn that there will be an election of officers at the Fall Membership Meeting on Saturday, September 17 at 9:00 AM. In accordance with our by-laws, a Nominating Committee has proposed a slate of candidates for our four elected officers and two Members-at-Large of the Governing Council. Nominations for all six positions will be accepted “from the floor” at the meeting; then the election will ensue. Those elected will begin their two-year terms of office on October 1. I hope that many of you who do not usually attend our Membership/Registration Meetings will plan to attend this one—both to vote your preference and to display your support for the new slate of officers.

I am “termed-out” and cannot be elected President again. That is a very good thing. Our OLLI needs different leadership to help it move forward in accordance with the recently adopted Strategic Plan. And I am “all worn out.” (My choice of the word, “finally” in the first sentence of the column was very deliberate.) I am more than ready to move into the next and more relaxed role that is prescribed in our by-laws—remaining a member of the Governing Council and its Executive Committee to give counsel, advice, and historical perspective to their deliberations. I only hope that I can do as good a job in this role as did my predecessor, Harold Drab, during the 4 years, 8 months he served as Immediate Past President.

I greatly appreciate the cooperation, assistance, and support of the OLLI membership, OLLI staff, and the University during my term of office. Credit for anything accomplished must be given to the TEAM of Officers, Governing Council members, and volunteers that contributed to our endeavors. Blame for stuff that was not done well or not done at all is mine alone.

It has been an honor and my pleasure to serve as President of our OLLI. It has been an “E Ticket” ride!

From the Executive Director

With the fall 2011 session we welcome new elected leadership to our OLLI. We cannot, however, welcome the new Executive Committee without recognition of Carl Curtis, our President for most of the past five years. It is only fitting that we quote William Shakespeare and say “[We] can no other answer make, but, thanks, and thanks, and ever thanks (Twelfth Night).

Henry Kissinger once said, “The task of the leader is to get his people from where they are to where they have not been.” Carl has taken OLLI at CSULB to expanded growth and quality, and built upon the leadership of previous presidents. With his support we now have classrooms at three sites, upgraded classroom media, the Great Books classes, and expanded scholarship funds. James Michener said: “The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he's always doing both.” We thank Carl for that rare kind of devotion to OLLI.

We are fortunate that Carl will remain on the Executive Committee for another two years as Past President. We will, however, miss Harold Drab, our current Past President, and thank him for his years of service. Both Carl and Harold have left OLLI at CSULB a legacy for the future through their dedicated leadership.

I would also like to thank our OLLI community for your comfort and support in the loss of my beloved husband. Your kindesses have given me much comfort at this difficult time.

562-985-8237 - www.csulb.edu/centers/olli
In the Spotlight

Yours truly spent the summer in the Northwest. This past year Mt. Hood, not too far from where I live, had 730 inches of snow, equivalent to about 70 inches of rain. This is five times as much rain as one gets in Southern California. The Columbia River swelled up as well at the lake close to our house. In addition, the summer was quite chilly and misty. Climate change is certainly visible in these parts.

Between vacations many of our students continued their learning at OLLI and attended classes. There were many interesting classes. A couple of the new ones were SHAKESPEARE’S SONNETS, taught by Les Mittleman and U.S. CONSTITUTION, taught by Roger Lafontaine. Two of our most popular classes continued during the summer session, THE HISTORY OF THEATRE PART 3 and IRISH HISTORY.

Hope all of you had a healthy and joyous summer.

Congratulations to Shirle Gottlieb who has been honored by the California Repertory Company for all she has done for the theatre community in Long Beach. Congratulations as well to Renee Simon who was honored by the Soroptomist Club for her many years of volunteering her time and talent to the community. Our sincere thanks to Garland Holt. Although he now resides in Vancouver, Washington, he continues to help on the curriculum committee by finding us instructors. He will also be presenting a special event this session on DNA and genetics. (see page 21) How about that for tenacity, skill and loyalty?

A celebration of Steve Horn’s life was held at the Carpenter Center. Our own Michelle Roberge set up the afternoon proceedings, an exceptional tribute. Steve Horn was President of CSULB from 1970-1988 and also represented our district in Congress for 10 years. During his tenure there were 300,000 CSULB students who graduated. They can be found all over the world.

Congratulations to Theresa Marino, an OLLI Advisory Board member, who was honored by the Conservation Corps of Long Beach by receiving the “2011 Founder’s Award”.

Otto Ross is still taking classes at age 98. More proof of our OLLI motto, “Learn more, age less.”

Have a wonderful semester. Take an interesting course or two and do something unusual.

New Computer Classes

The iPad, a Perfect Computer for Beginners and Almost Everyone Else.

Last year a popular YouTube video showed a 99-year-old woman getting her first computer, an iPad. At one time an avid reader, this former English major was no longer able to read books because of vision problems. In just minutes after the iPad was put in her hands, she was entering text. Now she can read books and documents on the screen, where she enlarges the size of the type. She is even writing poetry again.

In the INTRODUCTION TO THE IPAD class, you’ll see what this small device can do and why it’s a good choice for seniors. At a little over one pound and just less than nine inches high its size and light weight make it very portable, while the backlit screen is easy to read, even in low light. There’s no mouse to learn how to use. You move around in the iPad by touching the screen, a movement you can quickly learn. Use the iPad to do a variety of things using either free or low-cost applications. You can check your email, or use one of the built-in cameras to talk with friends and relatives on Skype. You can use it to read newspapers, magazines or books (with the type made big, if you need to), play all kinds of games, listen to music, play videos, type letters or other documents using the on-screen keyboard. This class filled up fast last term, so if you’re interested, enroll soon.

Have You Upgraded Your Mac Office Software?

See how the new versions of Word, Excel and PowerPoint work in the INTRODUCTION TO OFFICE 2011 class for the Mac. Changes since Office 2008 include the ribbon, which gives quick access to the most commonly used tools and adapts to whatever function you’re using, an increased number of templates and expanded graphics capabilities. Students will explore ways to create letters, fliers, spreadsheets, presentations, or other documents they choose.

The COMPUTER LAB USER GROUP will continue Monday afternoons, with a weekly discussion of what’s new and interesting in the computer world. Watch the video bulletin board in the hall every week for details. Remember, it’s first come, first served, so come to the lab early to make sure you get a seat.

For more information about these classes, see their descriptions in the computer section of the SUN.
Development Plan

by Jack Blecher

On a sunny Sunday afternoon, June 26th approximately 30 OLLI financial supporters and members of the Advisory Board and Governing Council met to discuss, in depth, the current and future status of OLLI at CSULB.

After thanking the attendees for their commitment and involvement with OLLI, Dean Ken Millar, promised continued support for the program from the University and the College of Health and Human Services as we strive to grow and expand.

Vice President Malcolm Green gave a status report that was based both on the recently conducted membership survey and the work of the Governance Committee as they developed the Strategic Plan. In general, he said, we are in good shape. Our membership is again at the 1000 level, we are presently financially solvent, and our curriculum is both wide ranging and well received. We are well regarded by the Osher Foundation. Our relationship with the University is mutually good. Of course, he concluded, there are areas where improvements can be made.

President Carl Curtis provided more detailed information on our financial status. Due to the current recession and a change in accounting procedures, the earliest we can hope to receive any earnings from our endowment is August, 2012. Pie charts showing where our funds for Fiscal 2010-11 came from and how they are being spent were discussed. This segued into Carl introducing Dennis Youkstetter, the newly appointed chair of the ad hoc Development Committee.

Dennis, who has a Ph.D. in Organizational Management from Columbia University and worked in the health care administration field for over 40 years, has led several OLLI classes. He shared his vision for the Development Committee: “...the overriding goal of the Committee is to establish an independent funding base for OLLI at CSULB. The near future remains unknown and OLLI must be ready to be self-sustaining.” He mentioned a number of potential activities in which the committee might become engaged and invited meeting participants to become “part of the future of OLLI” by working with his committee.

Ideas were then generated for encouraging others members to follow the good example of the attendees in giving their time, talent, and treasure to OLLI and otherwise improving what we do.
When I asked Marsha Harman from whose perspective she would be teaching DEATH AND DYING, she answered, “from my perspective.” This was not a boast; it was simply stated and heartfelt. Her perspective is the product of many years of study and research. Marsha received her Ph.D. from UCLA some thirty-five years ago. Her dissertation was entitled, “Death and Dying.” Through the years she has kept up and digested all the literature on the subject, and finds the conclusions she came up with all those years ago have come of age. She believes that people are now more comfortable and even eager to come together in compassionate groups to discuss their feelings, their fears and their plans for the end of life.

Marsha intends to open the class with a joke. The subjects to be discussed will be as varied as the class which will be led by a knowledgeable, warm, and compassionate leader. Hers is a gentle and understanding voice.

Dr. Marsha Harmon was a professor in the sociology department at CSULB for 37 years. She looks forward to teaching at OLLI. We are lucky to have an instructor with the perspective and compassion needed to explore life’s ultimate profundity.

DNA-EVOLUTION-GENETICS

Garland Holt will visit us from the rainy Northwest to present a series of lectures exploring the origins of life and our development as human beings. See page 21 for details of this free special events class.

Tawdry Tales of First Ladies

Due to popular demand, Pam Watson, who taught SHAKESPEARE’S WOMEN two sessions ago, will return with a new rendition of TAWDRY TALES AND TRAVELS OF THE FIRST LADIES. She will be teaching this luscious subject in two parts.

All the first ladies from Martha to Eleanor will get their due. Could Martha have been a murderer? Who was the person that inspired the name of the Baby Ruth candy bar? Sounds intriguing, gossipy and fun, doesn’t it?

Pam has a B.A. in communications, is credentialed to teach English, is a retired English and science teacher and she has a great sense of humor. The class promises to be great fun, and maybe raise some eyebrows.

Still Growing

Fun in the SUN

I WANT TO ADD LIFE TO MY YEARS, NOT JUST YEARS TO MY LIFE

© Gayle M. Schoepf
Candidates for OLLI Offices

Our by-laws mandate that we have elections every two years. Voting will occur at the membership meeting on September 17, 2011. It is extremely important for you to attend to vote and show support for our new executive board. The slate below was chosen by our nominating committee; however, other candidates may be added at the meeting.

Malcolm Green: President

Malcolm, currently Vice President of OLLI at CSULB, received a B.A. from the University of California, Berkeley, and an M.A. from Georgetown University in Washington, DC. After retiring from the aerospace industry, he joined the State of California Technology, Trade, and Commerce Agency. He teaches CONVERSATIONAL FRENCH at our OLLI. As president, he looks forward to guiding us in broadening our membership and curriculum.

Arlene Rees: Secretary

Arlene, member of OLLI for 8 years, enjoys our classes, especially writing memoirs. Born in South Dakota, she moved to California at the age of eight. She attended Mount St. Mary's College, L.A. She received her Master's from Cal State, L.A. in language arts. She was a high school teacher for 40 years.

Betty Hutchens: Member at Large

Betty has an M.A. in special education and is a long-time member. She has taught and coaches computer classes. She is the planner and coordinator of the annual OLLI art show. Betty, a member at large for two years, is experienced and fully qualified to continue.

William Fitzpatrick: Vice President

Bill was born in Omaha, and raised in Nebraska and Missouri. He received his Bachelor's degree in physics, Master's in science and Ph.D. in math, all from the University of Missouri. He is retired from the aerospace industry. A member of OLLI since 2008, he has taught several courses in Irish history during the past three years. He is a member of the St. Anthony High School Advisory Council and the 26.2 Club, the organization that supports the annual Long Beach Marathon.

Karin Covey: Treasurer

The Governing Board voted to waive the term limit restriction so that Karin can continue as our treasurer. In addition to keeping our finances in order, she has been one of our premium volunteers. Karin joined Senior University (now OLLI at CSULB) in 2001 and has enrolled in many classes.

Don Friedman: Member at Large

Don is a retired federal administrative law judge. He has been involved with the curriculum committee since 1999 as chair, co-chair and is still an active member. He is running for re-election as a member at large.

Nobody can do everything, but everyone can do something. ~Author Unknown

Vote
An Innately Helpful Volunteer
Linda Fuchik

According to Voltaire, appreciation is a wonderful thing because it makes what is excellent in others belong to us as well. Perhaps we don’t exactly “own” it but let me suggest, that when you chat with our featured volunteer, Toni Evans, you will feel inspired and enthused about many things.

Her calm and caring presence is now appreciated in the computer lab where she often spends an entire day as a coach in the classes, and as Kathy Winkenwerder says, “She’s innately helpful”.

Her nursing background is undoubtedly one of the reasons for this. A native of New Jersey, Toni achieved her goal of becoming a nurse in a hands-on three-year program at Queen of Angels Hospital, Immaculate Heart College and Loyola University. In Toni’s words, it was “worth every minute!” She then worked as a pediatric adolescent nurse for ten years at Daniel Freeman Hospital. This led to work in pediatricians’ offices and in particular, working the emergency phone triage.

Eventually, Toni became the first director of a non-profit crisis pregnancy center. She loved the work which included counseling and medical assistance, as well as speaking in schools on sexually-transmitted diseases. Unfortunately, the loss of vision in one eye forced her to resign from this position. (Good news: recently she’s re-gained some sight in the eye.)

A second reason for Toni’s warm helpfulness has to be that she can identify with situations many of us have experienced at OLLI. She originally signed up for the watercolor class, loved it, and continues to take the class. But she peeked in the door of a computer class and wondered, “Could I do this?!” Well, yes, she could and so she has proceeded to take many of the computer classes. As Toni says, it’s the idea of “Maybe I could do that” which inspires so many of us, and with a little confidence, it becomes “I really know what I’m doing!”

Here’s to a person who makes a difference in our lives at OLLI, and who in turn, is very grateful for all the wonderful people she meets and all the opportunities we have here.

Appreciation IS a wonderful thing!

LEROY W. PALMER (1929-2011)
Leroy (Roy) W. Palmer, 81 died on June 16, 2011. He served in the U.S. Army during the Korean War. His passion for music drew him to be an active member and volunteer for over 20 years with the Los Angeles Jazz Institute and Los Angeles Jazz Society. Roy attended and taught classes here at OLLI. In the spring 2009 term, when Todd Sanders had to cancel his BIG BANDS class, Roy stepped in and led JAZZ: AMERICA’S MUSIC in the same time slot. Roy then presented a follow up class on the history of jazz. For the winter 2011 term he was scheduled but unable to lead the class, AMERICAN MASTERS...JAZZ, due to his heart condition and subsequent death.

PATRICIA THOMPSON (1928-2011)
Pat Thompson, a long time member of OLLI, died on June 17, 2011. She had been a dedicated employee of the City of Long Beach Housing Authority, and for over the last 30 years was active in the League of Women Voters, where they nicknamed her “St. Pat.” In addition to her work with the City’s Housing Authority, Pat was an experienced user of American Sign Language (both her parents were deaf) and served as an official court translator.

The “B-Word” Project
The Carpenter Performing Arts Center has won a major grant to study censorship and responses to it. The entire University community (including OLLI) has been invited to participate in “The ‘B-Word’ Project’s” many classes, performances, and other related activities over the next year. A FREE Extended Education class which will undoubtedly interest many OLLI members is “Censoring the Cinema.” Taught by Dr. Craig Smith, the class will meet off-campus at the Art Theater, 2025 E. 4th Street, Long Beach and will feature lectures by Dr. Smith and screening of pertinent films. Class schedules and enrollment information are available in the OLLI office and on the project’s website: www.bwordproject.org.
CALIFORNIA STATE UNIVERSITY, LONG BEACH in conjunction with the Osher Lifelong Learning Institute (OLLI) is proud to offer programs within the Center for Active Aging & Kinesiotherapy Clinic (CAA) designed for adults 50+ who are looking for activities that exercise the mind, body, and spirit. CAA participants enjoy fitness classes and individual workouts on our weight and cardio machines, in an atmosphere of support and camaraderie. Supportive staff members are available to assist with program progression, adaptations, and to provide motivation.

General membership is $35.00 monthly, parking included. The following fitness classes are included in the $35.00 monthly fee and are every weekday, year round.

**Group Fitness Class Schedule (Year Round)**

**Monday**

* Aqua Fitness 12-12:50  
  Splash your way to a healthier you! Class is located at the University Pool near the track and field area.

* Fit and Fun 1:00 – 2:00  
  A fun one-hour class that includes 5-7 minutes of low-impact cardio, 35-40 minutes of resistance, strength training, and balance work, followed by 10-15 minutes of stretching. This class is designed for those looking for a comprehensive, yet low-intensity, workout that leaves you feeling fit and rejuvenated.

* Balance 2:00 – 2:30  
  Thirty minutes of core stabilization, postural, static and dynamic equilibrium exercises to enhance and improve your balance.

* Spinning 3:00 - 3:45  
  A 30- or 45-minute instruction on a bike at start of class, all fitness levels are welcome, and bikes can be adjusted for tension levels.

**Tuesday**

* Stretch 12:00 – 1:00  
  A relaxed, gentle class that combines dynamic and static stretching techniques to improve joint ranges of motion and muscle elasticity.

* Chair Challenge 1:00-2:00  
  A fun 45-minute class that includes 20 minutes of seated exercises, a 5-minute break followed by 20 minutes of seated and/or standing exercises, accompanied by stretching.

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The Center for Active Aging  
Walter Pyramid, Blue Southside Entrance  
Phone: 562-985-5995  
Email: caa@csulb.edu  
Website: www.csulb.edu/caa
The Law - Art’s Way
The pre-requisites for this class are a desire to be introduced to the field of law, a willingness not to take one’s self too seriously, and an ability to use a scissors on newspaper articles dealing with the subject. Sourpusses will be dealt with severely. Politics, sex and religion are rarely discussed.
Class Leader: Art Gottlieb, retired lawyer, teacher, writer, lecturer
Dates: Mondays, Oct 10 – Dec 5
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Religion in Science
This class will present a study of the way science and religion can assist us in our understanding of all that is relevant in life. It’s based upon the assumption that religion and science are not contradictory.
Class Leader: Dr. Jerry Larsen
Dates: Mondays, Oct 10 – Dec 5
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Release Your Inner Thespian
Develop your creativity! Discover your talent! Gain poise and confidence in front of an audience! All this and more await you in our basic acting class. Participation in theatre games, improvisations, monologues, and scene study will help you heighten your imagination and sharpen your sense of observation. If you have ever wondered how actors learn their craft, this course is for you. There is no memorization required in this class.
Class limit: 18
Class Leader: Alice Lemon, M.A.
Dates: Mondays, Oct 10 – Dec 5
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

The Writer’s Toolbox
There are many ways to approach a story: be it fiction, memoir, or non-fiction. The creative urge tells you what you want to express; technique gives the tools with which to write it. The emphasis of this class will be on showing rather than telling. You will have the opportunity to exercise your writing skills and use the “tool of the day” to improve the piece you create in class. For example, one technique we will work on is how to make a description more vivid. Whether you are a beginning or experienced writer, this class will help to hone your writing skills.
Class Leader: Betty Coven, Ph.D., psychologist, author
Dates: Mondays, Oct 10 – Dec 5
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 3

Great Books: Even Deadlier, Pt II
A Sequel to Seven Deadly Sins
This class will provide an opportunity for lively discussions of sins, Even Deadlier than the Seven Deadly Sins based upon readings from the Great Books organization. Class participants will be expected to read the selections pertaining to each “sin” prior to class sessions and be prepared to discuss them in terms of their own beliefs/experiences. Books for the class will be loaned for the duration of the class.
Class limit: 18
Class leader: Richard Black
Dates: Mondays, Oct 10 – Dec 5
Time: 3:00 – 4:30 PM
Location: Downtown, Suite 202

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, Oct 10 – Dec 5
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

Register Early
Registration is open as soon as you receive the SUN. You can Register in the OLLI office, by mail, or on registration day/voting day. Don’t miss your favorite class, register early!
www.csulb.edu/centers/olli

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 located inside of the bookstore on campus. All you need is your OLLI at CSULB name badge and a picture ID.
Additional information about getting an ID card and benefits is available in the information center outside of the OLLI office door.
Falls and Balance: An Ounce of Prevention

Falls are not just the result of getting older; many can be prevented. This class will address factors that contribute to falls and ways to eliminate them. Participants will receive balance and mobility evaluations before and after an exercise program designed to improve balance and decrease the risk for falls. Participants must be able to safely walk a distance of 200 feet without an assistive device and must have no cognitive impairment or unstable medical conditions. Class members will also participate in a research project.

Class will be held TWO days each week.

NOTE EARLY STARTING AND ENDING DATES FOR THE CLASS.

Class Limit: 25

Campus Location
Class leader: Dr. Olfat Mohamed, Physical Therapy Department, CSULB
Dates: Tuesdays AND Thursdays, September 27 - November 17
Time: 8:30 - 10:00 AM
Location: CSULB, HS&D, room 101

Leisure World Location
Class leader: Dr. Olfat Mohamed, Physical Therapy Department, CSULB
Dates: Tuesdays AND Thursdays, September 27 - November 17
Time: 10:30 AM - 12:00 PM
Location: LW, Clubhouse 6, room A

Longevity Stick

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

Class Leader: Shona Howe
Dates: Tuesdays, Oct 11 – Dec 6
Time: 8:30 – 9:30 AM
Location: CSULB, HS&D, outside/Quad

Literary Potpourri XIX — Great Writers Take On Money

How can money transform lives? Explore this question in provocative selections by Swift, Franklin, Alcott, Tolstoy, Jane Addams, Pushkin, Maupassant, Elizabeth Gaskell, and others. Biographical and literary context, videos, graphics, music, guest speakers, and interactive discussion will enrich our understanding and vivify the reading experience. Reading/study materials will be provided.

Class Leader: Judy Mednick, M.A., English
Dates: Tuesdays, Oct 11 - Dec 6
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 101

Follow the Yellow Brick Road

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

Class Leader: Shirle Gottlieb
Dates: Tuesdays, Oct 10 - Dec 5
Time: 12:00 – 1:30 PM
Location: CSULB, HS&D, room 101

French as a Second Language

Learn to speak French, the language of over 200 million people on five continents and the favorite second language for millions in Southern Europe, Middle East, and worldwide. Learn basic structure, useful phrases, and essential vocabulary for communicating in the French-speaking world. This class is for beginners and those who want to refresh their proficiency in this language of science, arts, and diplomacy.

Class Leader: Malcolm Green, M.A.
Dates: Tuesdays, Oct 11 – Dec 6
Time: 1:45 – 3:15 PM
Location: CSULB, HS&D, room 101

Understanding Human Biology, Part II

This class will cover: a general overview of various systems, their inter-connectedness and significance; their practical application in daily life; the interconnection of structure and function of body parts; and its value in maintenance of health.

Class Leader: Prem P. Gupta, M.D.
Dates: Tuesdays, Oct 11 - Dec 6
Time: 2:30 to 4:00 PM
Location: LW, clubhouse 3, room 3

Death and Dying

Death is a romantic thought when you are not dying. When do we begin to recognize the permanence of death? Is it when we are children and someone in our family dies? Is it when we are teenagers and someone we know encounters a violent death? Dr. Kevorkian had his own idea of death and dying. Most of us have our own idea of death and dying. This class will explore the concept of death and dying in our society today.

Class Leader: Marsha Harman, Ph.D.
Dates: Tuesdays, Oct 11 – Dec 6
Time: 3:30 – 4:45 PM
Location: CSULB, HS&D, room 101
Welcome to OLLI at CSULB

Vision
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

Mission
The mission of OLLI is to provide quality educational opportunities for older adults offering a broad spectrum of programs.

The Details
- Membership is open to adults 50 or older.
- Membership is required to take all classes.
- Membership is $40 for a full academic year (October 1 to September 30).
- Membership is pro-rated to $20 for half of the year (March 29 to September 30).
- Computer class tuition for an 8-week class is $35; all other computer classes are $20.
- Lecture class tuition is $10 per class.
- All class tuitions are in addition to the membership fee.

OLLI Info

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

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

- Returned Check Policy
CSULB Foundation charges $7.00 per check for all returned checks. If your check is returned, you will be responsible for the amount of the check plus $7.00.

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.

It's FALL!!
The OLLI yearly membership, of $40.00 is due for everyone.

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.
- Make payments 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.
- 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.

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

**Introduction to the World of Shamans**
Come and learn what our ancestors knew. In this experiential class the students will learn how to journey into non-ordinary reality. They will experience a shamanic journey and learn how our ancestors accessed knowledge about the world around them. Shamans journey to receive information, inspiration, healing, and knowledge. This course will introduce the students to spirit helpers and other worlds.

*Class Leader: Mushroom Montoya, Foundation for Shamanic Studies*

*Days: Wednesdays, Oct 12 – Dec 7*

*Time: 8:15 – 9:45 AM*

*Location: CSULB, HS&D, room 101*

**Chit Chat, Crochet, and Crafting**
Come crochet with us and enjoy each other’s company! We’ll be making either a yoga mat for you to take home or a bed roll that will be distributed to a community center and we’ll be making them out of plastic grocery bags that normally are thrown away after one use! If possible, bring your own crochet hook (any size between M & Q), your own sharp scissors, and about 120 plastic grocery bags. Plastic bags, crochet hooks, and scissors are available if you do not have these items.

*Class limit: 25*

*Class Leader: Kim Masoner, Founder “Save Our Beach”*

*Dates: Wednesdays, Oct 12 – Dec 7*

*Time: 10:00 – 11:30 AM*

*Location: CSULB, HS&D, room 119*

**The Intelligence Community: Who are Our Spies and What Do They Do?**
This course is about the 17 organizations of the US Government that make up the Intelligence Community. Through lectures, presentations, videos and, perhaps, a guest speaker or two, it will describe how these organizations came to be, how they work, to whom they report, and who provides oversight to them. Both human and technical intelligence activities will be included. Successes and failures will be shown as a way of understanding the missions that these agencies are committed to perform. There will be discussion topics to enable the class to present their opinions and understandings of the intelligence community.

*Prerequisite: Top Secret clearance...just kidding, the course is totally unclassified. Real prerequisite: An open mind!*

*Class Leader: Len Jacobson, M.S.E.E.*

*Dates: Wednesdays, Oct 12 – Dec 7*

*Time: 10:00 – 11:30 AM*

*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. You need not have a film or digital camera. If you do, be sure to bring it and your instruction manual to the first class.

*Class Leader: Terry Fiskin*

*Dates: Wednesdays, Oct 12 – Dec 7*

*Time: 11:45 AM – 1:15 PM*

*Location: CSULB, HS&D, room 119*

**The Tawdry Tales and Travels of the First Ladies**
You do not want to miss this class. They have all but been forgotten. Oh, sure, we remember a few...but it’s the ones whose names are long lost that are the most fun to get to know. Not one gal will be skipped. Section One will start with good old Martha and, probably, get to ugly duckling Eleanor!! History has never been so much fun. Learn about Mulatto Jack, the Rose of Long Island, Sahara Sarah, second-sight, and, of course, the usual sex and sin always associated with the White House.

*Class Leader: Pam Watson, A.A., B.A., teacher of English, Science, and Biology, Department Chair*

*Dates: Wednesdays, Oct 12 – Dec 7*

*Time: 11:45 AM – 1:15 PM*

*Location: CSULB, HS&D, room 101*

→ See article on page 6

**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? 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, Oct 12 – Dec 7*

*Time: 1:30 – 3:00 PM*

*Location: CSULB, HS&D, room 119*

→ See article on front page

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

**Short Stories about Aging by Well-known National and International Writers**

In this class we will read and discuss work by writers such as Alice Munro, Bernard Malamud, Saul Bellow, Eudora Welty, and John Updike. In addition, we will read selections by authors from a variety of other cultures on the theme of growing older. Short fiction featuring older protagonists generally has not found a large audience. But times are changing, along with our life spans. In our class you may meet some writers for the first time. Each will provide much thought provoking material on the many different aspects of aging, from sex and love to wisdom and loss.

**Class Leader:** Mona Panitz  
**Dates:** Wednesdays, Oct 12 – Dec 7  
**Time:** 1:30 – 3:00 PM  
**Location:** Downtown, Suite 202

**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 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.

**Class Leader:** Steve Masoner, Financial Advisor  
**Dates:** Wednesdays, Oct 12 – Dec 7  
**Time:** 3:15 – 4:45 PM  
**Location:** CSULB, HS&D, room 119

**Understanding Art History**

The graduate art history students return! The class begins with the painter Gerhard Richter and a lecture on the effects of art spaces/art market on the artistic process. The class continues with Neo-classicism and its detractors, the American history painter John Trumbull, the Cuban artist Rene Francisco, the Northern Renaissance and abstraction in photography. The class will conclude with the watercolorist Ella Du Cane.

**Class presenters:** Jordan Christian, David De Boer, Tricia Romero, Dana Stull, Chris Alegria, Kari Duffield, Aaron Giesel, and Alison Redfoot.  
**Class Leader:** Joan Mace, Graduate Student of Art History and Museum Studies  
**Dates:** Wednesdays, Oct 12 – Dec 7  
**Time:** 3:15 – 4:45 PM  
**Location:** CSULB, HS&D, Room 101

**Errata**

An artwork in the previous edition of the SUN was incorrectly attributed to Betty Hutchens. Our apologies to the artist, Blanche Taylor.

**THURSDAY**

**Falls and Balance: An Ounce of Prevention**

Falls are not just the result of getting older; many can be prevented. This class will address factors that contribute to falls and ways to eliminate them. Participants will receive balance and mobility evaluations before and after an exercise program designed to improve balance and decrease the risk for falls. Participants must be able to safely walk a distance of 200 feet without an assistive device and must have no cognitive impairment or unstable medical conditions. Class members will also participate in a research project. Class will be held TWO days each week.

**NOTE EARLY STARTING AND ENDING DATES FOR THE CLASS.**  
**Class Limit:** 25

**Campus Location**

Class leader: Dr. Olfat Mohamed, Physical Therapy Department, CSULB  
**Dates:** Tuesdays AND Thursdays, September 27 - November 17  
**Time:** 8:30 – 10:00 AM  
**Location:** CSULB, HS&D, room 101  

**Leisure World Location**

Class leader: Dr. Olfat Mohamed, Physical Therapy Department, CSULB  
**Dates:** Tuesdays AND Thursdays, September 27 - November 17  
**Time:** 10:30 AM – 12:00 PM  
**Location:** LW, Clubhouse 6, room A
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.
Class Leader: Lynn Marsh, M.A.
Dates: Thursdays, Oct 13 – Dec 8
Time: 8:30 – 9:30 AM
Location: LW, Clubhouse 6, room C

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 Limit: 25
Class Leaders: Florence Dodge and Josephine Fitzpatrick
Dates: Thursdays, Oct 13 – Dec 8
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 119
(Notice room change)

Fear Not, I Speak Shakespeare – Act XI
The goal of the class is for you to learn to enjoy Shakespeare’s plays – whether you see them in a film or on a stage or in your imagination. This semester we’ll look at two plays, Two Gentlemen of Verona and Hamlet, Prince of Denmark. For Two Gents, we’ll try something new – a reader’s theatre format, by voter recommendation. On the first day of class, anyone who would like to be a “reader” will be given a part in the play, divided into acts to accommodate many readers (for instance, you might be assigned Julia in Act II; someone else may be Julia in Act III, etc.). There are enough characters and acts that everyone could be a reader if they like. Everyone else will be the audience (we need audience!). We’ll work through the play, with our “readers” acting their parts with encouragement and suggestions from me (the teacher). Please don’t think you need acting experience to be a reader – it’s fun and painless. Readers will sit in chairs; so don’t worry about standing for a long time. Then, for one of Shakespeare’s masterpieces, Hamlet, we’ll let the “pros” take over and watch video performances of noted actors after we’ve dissected the text a bit so we all understand what we’re seeing. It is a great joy to share Shakespeare with you - I look forward to a rousing course!
Class Limit: 95
Class Leader: Michele Roberge, M.A., Executive Director, Carpenter Performing Arts Center
Dates: Thursday Oct 13 – Dec 8
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 101

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 and retired lawyer
Dates: Thursdays, Oct 13 – Dec 8
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 Limit: 30
Class Leader: Al Talberg
Dates: Thursdays, Oct 13 – Dec 8
Time: 1:35 – 2:20 PM
Location: CSULB, HS&D, room 101
* Also at Downtown Location
Dates: Thursdays, Oct 13 – Dec 8
Time: 5:00 - 5:45 PM
Location: Downtown, Suite 202
* This class must have a minimum of 9 students to be held.

Auditing Classes
Are there other classes on the schedule that you are curious about? You have the opportunity to audit one meeting of any class for no fee.*
If you do audit a class and decide to continue, simply stop by the OLLI office to sign up and pay for the class.
*This does not include computer classes or classes with limits that are full.

Catch the Spirit of Music
Do you like to lift your voice? Do you like to sing in the shower? Do you like to feel good? 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, Oct 13 – Dec 8
Time: 3:00 – 4:30 PM
Location: CSULB, HS&D, room 101
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: 20**

Class Leaders: Leonard Hirsch
Dates: Fridays, Oct 14 – Dec 9
Time: 8:00 – 10:00 AM
Location: CSULB, HS&D, room 105

Intermediate Bridge I
This class is for players who have had some experience playing bridge. We will start with basics: how to keep score, and opening with a suit and with No Trump. Later in the session we will learn about overcalls.

Class Leader: Inge Johnson, retired teacher, taught bridge players 20+ years in USA and Israel.
Dates: Fridays, Oct 14 – Dec 9
Time: 8:30 - 10:00 AM
Location: CSULB, HS&D, room 119

History of Judaism Part I
We will examine the historical foundations of pre-rabbinic Judaism from the time of Abraham and the patriarchs, Moses and the Exodus, and the Monarchy and Prophets. In addition, we will examine the Babylonian Exile, Persian period, Maccabean, Hasmonean, and Herodian dynasties up to the destruction of the Second Temple.

Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, Oct 14 – Dec 9
Time: 10:00 - 11:30 AM
Location: CSULB, HS&D, room 101

Great Books: Great Conversations
This class will provide an opportunity for discussion and examination of various readings written throughout the ages. The selections come from all disciplines and are considered classics. New selections have been chosen for this class. Books for the class will be loaned for the duration of the class.

Class limit: 15
Class Leader: Dale Lieberfarb, M.A.
Dates: Fridays, Oct 14 – Dec 9
Time: 10:00 - 11:30 AM
Location: LW clubhouse 3, room 3

Intermediate Bridge II
This class is for players who have taken Intermediate Bridge I. We will start with review of what was learned in the previous class, and continue with preemptive bids and conventions such as Stayman, “Take Out Doubles,” Gerber and Blackwood.

Class Leader: Inge Johnson, retired teacher, taught bridge players 20+ years in USA and Israel.
Dates: Fridays, Oct 14 – Dec 9
Time: 10:15 - 11:45 AM
Location: CSULB, HS&D, room 119

History of Christianity Part I
We will examine the foundations of early Christianity in the first century, the life of Jesus Christ, and the writing of the Christian Scriptures. In addition, we will study the development of the early Church, the Apostolic Fathers and Apologists of the second and third centuries up to the time of Constantine and the Nicene Council (A.D. 325).

Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, Oct 14 – Dec 9
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Give of Yourself
(With More Love Than Money!)
You have valuable gifts to give: your stories, your wisdom, your experience, and your thoughtfulness. Memory gifts have value long after the latest electronic gadget is obsolete. For very little money, you can share your passion: hand down special recipes to a newly married grandchild. You can explain family jokes or traditions, honor relatives now gone or just tell a friend that he or she is valued. If you don't do it, who will? You will learn the “how-to” quick projects you can personalize later. We will share stories or you can just listen and be inspired! In addition you will make unique, personal gifts of YOU for friends and family. A $10 materials fee, payable at the first class, will cover all supplies needed.

Class limit: 15
Class Leader: Lisa Peskay Malmsten
Dates: Fridays, Oct 14 – Dec 9
Time: 8:15 – 9:45 AM
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 limit: 25
Class Leader: Roy Hubbs, Retired Art Teacher, MFA
Dates: Fridays, Oct 14 – Dec 9
Time: 10:00 AM – 12:00 PM
Location: CSULB, HS&D, room 105
FRIDAY

Advanced Bridge
This class is for players who know the basics and want to learn more. We will learn a variety of other conventions so that players can play successfully at duplicate or join strangers for bridge parties.
Class Leader: Inge Johnson, retired teacher, taught bridge players 20+ years, in USA and Israel.
Dates: Fridays, Oct 14 – Dec 9
Time: 12:15 – 1:45 PM
Location: CSULB, HS&D, room 119

Writing for Wellness
The simple act of written expression is a miracle. Life threatening illnesses and tragedies affect all of us. Words can help you heal. Through directed writing we can restore hope, compassion, and care. Subjects include choosing happiness, recapturing joy, and capturing nature’s power. This class will focus on expressing oneself, and will help the writer heal. The class contents will be based on techniques in the book Writing for Wellness by Judy Davey. Books will be available for class use.
Class Leader: Joan Smith
Dates: Fridays, Oct 14 - Dec 9
Time: 2:30 - 4:00 PM
Location: LW, clubhouse 6, room B

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 will be a spirited discussion of a contemporary poet. First-time poets welcome!
Class limit: 20
Class Leader: Linda Carr, Ph.D.
Dates: Fridays, Oct 21 – Dec 9 (starts one week later)
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Beginning Bridge
This class is for players who have had absolutely no background with this fascinating game. We will start with “Whist” and go on, one step at a time, so that each lesson will be with fun and laughter as well as instruction.
Class Leader: Inge Johnson, retired teacher, taught bridge players 20+ years in USA and Israel.
Dates: Fridays, Oct 14 – Dec 9
Time: 2:00 – 3:00 PM
Location: CSULB, HS&D, room 119

FRIDAY and SATURDAY

In the Beginning:
DNA and Genetics
From the beginning of human history, there has been the question of where we came from and where we may be going. In fact, some scientists believe that this question is the very thing that makes us human. Recently there have been outstanding studies of our DNA. We may track health conditions for ourselves and loved ones using DNA testing. This class will cover the recent findings in genetics and answer the question, “Should you have your DNA tested?” Be warned, there may be more questions than answers.
Class Leader: Garland Holt, BA, MPA, Mature Learning Instructor at Clark College, Vancouver, WA.
Location: CSULB, HS&D, room 101
There will be no fee for this class. Non-OLLI members are welcome to attend this class.
There will be 4 sessions of this class. It is suggested that you try to come to all sessions if possible:
Session #1: Introduction to the Cell and DNA
Friday, 10/14, 1:30 - 3:00 PM
Session #2: Genetics
Saturday, 10/15, 9:00 - 10:20 AM
Session #3: DNA Testing
Saturday, 10/15, 10:35 AM - noon
Session #4: Discussion of Ethical Issues
Saturday, 10/15, 1:15 - 2:35 PM

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 considering a vacation to Spain or South America. You may bring a tape recorder so you can practice your Spanish lessons at home. We will be using two textbooks that are available at the CSULB bookstore:
Class Leader: Don Freeman
Dates: Fridays, Oct 14 – Dec 9
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101
You'll find the OLLI computer classroom, with its small classes and up-to-date software, an ideal place to learn. Along with 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 on Friday. It's open all day for computer class students.

About computer classes:
- They are held in CSULB campus HSD room 100.
- Each class has a limit of 10 students.
- They are filled on a first-come, first served basis.
- Some have a minimum enrollment. If the enrollment is not met one week before the first week of class, the class may be cancelled.
- No textbooks are supplied. In many cases you'll see the book the instructor will use listed just after the class description so you can buy a copy if you wish.

**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 to our Intermediate Computer class.

*No Prerequisites.*

*Text: Information available the first day of class.*

*Instructor: Don Patman*

*Dates: Mondays, Oct 10 – Dec 5*

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

**Beginning Photoshop Elements Part II (PC)**
This continuation of the Beginning Photoshop Elements class emphasizes basic editing concepts using the tools in the full editor. You will practice modifying images, using all the selection tools and some of the filters. Lighting and color improvement will be covered. You’ll also get an introduction to layers and styles, plus retouching and restoring old photos.

*Prerequisite: Beginning Photoshop Elements I or instructor's permission.*

*Text: Adobe Photoshop Elements One-on-One by Deke McClelland, Colleen Wheeler*

*ISBN: 9780596802394*

*Instructor: Harold Drab*

*Dates: Mondays, Oct 10 – Dec 5*

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

**OLLI Computer User Group (PC/Mac)**
- Free to all OLLI members

The computer lab’s new user group is a place to share your computer experience and skills and learn something new from others. Come to the first part of the meeting and hear a short presentation led by Con Rader or other lab instructors. Topics can include new software, the latest operating system for the Mac or PC, trends in computing, options for storing your data, or a discussion about Web browsers. The second part of the meeting will feature a question and answer session to help you solve common PC and Mac problems or a discussion about what’s new in computing technology, including the latest electronic devices. Sessions will be limited to 15 people, and seating will be first come, first served. Watch the video announcement board in the hall for the week’s presentation or discussion topic.

*Prerequisite: An interest in computers and how they can enhance your life.*

*Instructors: Computer Lab Instructors*

*Dates: Mondays, Oct 10 – Dec 5*

*Time: 1:00 – 3:00 PM*
**MONDAY**

**Intermediate Computer (PC)**
You’ll learn and practice these basic computer skills: save, print, cut and paste, drag and drop, how to delete an item, make a file or folder, and how to manage the windows on your desktop. You’ll also learn the basics of email, including how to send and receive messages, how to attach documents and open documents that have been sent to you. The Internet section will include how to find Websites, as well as internet safety tips. You’ll also take a quick look at a word processing program, so you will be able to easily create your own documents, and even insert photos.

Prerequisite: Very First Computer class.
Text: Handouts
Instructors: Computer Lab Instructors
Dates: Mondays, Oct 10 – Dec 5
Time: 3:15 – 5:15 PM

**TUESDAY**

**PowerPoint 2010 (PC)**
Get acquainted with this new version of Microsoft’s popular presentation program. You’ll be introduced to the ribbon, the many new templates in this version, and how to use the improved graphics capability. Learn to build and save a simple presentation, create and edit slides, apply themes, insert transitions, place text, insert clip art or other images from your computer, apply backgrounds, print speaker notes and handouts, and run the slide show.

Prerequisite: Basic PC skills.
Text: Information available the first day of class.
Instructor: Harold Drab
Dates: Tuesdays, Oct 11 - Dec 6
Time: 8:30 – 10:30 AM

**Introduction to Windows 7 (PC)**
Explore the features of Microsoft’s Windows 7 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 desktop with its sidebar and gadgets and how to control your computer’s settings to please yourself. Also see the differences and similarities between Vista and the new Windows 7.

Prerequisite: Basic understanding of the operating system
Instructor: Wesley Peck
Dates: Tuesdays, Oct 11 - Dec 6
Time: 1:00 – 3:00 PM

**Out of the Box (Mac)**
If you’re thinking of getting a new Mac computer, this 3-week class is for you. After students go to the university bookstore to see what kinds of Macs are available, they will learn what to do after they bring their new computers home. The class will cover how to transfer your information from your old computer, if you have one; what to do when you get your computer home; how to hook up all those wires; how to connect to the Internet; how to personalize your desktop; and then how to install the software you want to use.

3-week class $20.00
No Prerequisites.
Text: None
Instructor: Barbara Kaye Cooper
Dates: Tuesdays, Nov 15 - Dec 6
Time: 10:45 AM - 12:45 PM

**WEDNESDAY**

**Word 2010 (PC)**
Did you buy a new PC in the last year or so, or did you buy a new version of Word? Get the most out of your software by learning the new features of Word 2010, including improved text formatting effects, picture editing tools, and how to customize the ribbon. It’s easier than ever to create all kinds of documents—letters, fliers, newsletters, reports and more. Learn how to set up, edit and save documents, write and format letters, make lists, insert and edit photos and make tables.

Prerequisite: Knowledge of basic PC skills.
Text: Handouts
Instructor: Kathy Winkenwerder
Dates: Wednesdays, Oct 12 – Dec 7
Time: 8:30 – 10:30 AM
**WEDNESDAY**

Introduction to Microsoft Office 2011 (Mac)
Learn the basics of word processing using Word, presentation techniques using PowerPoint, and working with data in Excel. You’ll see how quickly and easily you can create polished, professional looking documents using the new ribbon. The latest version of this powerful group of applications now includes an expanded selection of colorful templates, increased graphics capabilities, image editing and access to iLife and iTunes files to enhance your letters, fliers, spreadsheets and presentations.
Prerequisite: Knowledge of basic Mac skills.
Instructors: Bonnie Elsten and Kathy Winkenwerder
Dates: Wednesdays, Oct 12 – Dec 7
Time: 10:45 AM – 12:45 PM

It’s Your Mac, Part I
Do What You Want to Do (Mac)
Are you a graduate of It’s Your Mac? Ready to go into more depth? Then this is the class for you. We will work with the applications that came with your Mac, learn how to become more organized, back up your work, troubleshoot, download and install software and more. You will see how to customize your Mac, use the dashboard and widgets, and improve your Internet surfing. Bring your questions to get help.
Prerequisites: Previous Mac class or experience using a Mac.
Text: Title available the first day of class.
Instructor: Bonnie Elsten
Dates: Wednesdays, Oct 12 – Dec 7
Time: 3:15 - 5:15 PM

**THURSDAY**

Introduction to Digital Camera (PC/Mac)
An 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.
Prerequisites: Basic understanding of your computer’s operating system or instructor’s permission.
Text: Title available the first day of class.
Instructor: Larry Hicks
Dates: Thursdays, Oct 13 – Dec 8
Time: 8:30 - 10:30 AM

Manage and Enhance Your Photos with Picasa (PC/Mac)
Get your pictures from your camera to your computer and edit them with Picasa. Learn how to download your pictures to Picasa, and then using Picasa’s tools, enhance your photos by cropping them, adding text or removing red eye in your photos. Once you have edited your photos, you can make a slide show or video from selected pictures, or you can organize a set of photos into a collage. You can mail your pictures, print them, or have them printed commercially. The first session covers the basics of Picasa. Please bring your camera to class in the second session.
Prerequisites: Intermediate computer or instructor’s permission.
Text: Handouts.
Instructor: Reggie Gates
Dates: Thursdays, Oct 13 – Dec 8
Time: 10:45 AM - 12:45 PM

Google: Email & Lots More (PC/Mac)
Learn to download and configure the program just the way you like it, and exchange mail 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 will be stressed throughout the course.
Prerequisites: Intermediate computer or instructor’s permission.
Text: Handouts.
Instructor: Reggie Gates
Dates: Thursdays, Oct 13 – Dec 8
Time: 1:00 - 3:00 PM

**Friday - Open Computer Lab**
9:00 AM - 5:00 PM
Meet Reggie Gates, who teaches MANAGE AND ENHANCE YOUR PHOTOS WITH PICASA and GOOGLE: GMAIL AND LOTS MORE in the computer lab.

How did you hear about OLLI?
A while ago someone at church who had been to OLLI lectures told me about the program, and told me they might want help in the computer lab. I started by coaching for Jim McCune in his Excel and Gmail classes. When Jim decided to focus on Excel, I started teaching Gmail. My students seemed interested in learning about Picasa, so a few terms ago I started teaching that too.

Why did you volunteer to teach in the lab?
I like helping people and helping seniors understand the technology that can enhance their lives. Before I started volunteering at OLLI, I taught an introduction to computers and beginning Word at OASIS, an organization that used to conduct computer classes for seniors in the Long Beach area.

What did you do before you came to OLLI?
For 35 years I was with Boeing’s Space & Missile Systems Division in Information Technology, working in programming, and in system analysis, testing, database, design and management. The last job I had before I retired was managing a group that maintained a Web site for the C-17 cargo jet to support suppliers and US Air Force personnel.

How did you get interested in computers?
I was a math major in college, and one term I needed a two-hour class to fill up my schedule, so I took an introduction to computing class. And when I went to work for Boeing (then Douglas Aircraft) we worked on one of the big IBM mainframes. My first personal computer was a Digital Group, which didn’t have a hard drive, but ran on cassette tapes. It came in a kit. I had to solder the parts, then put them all together. When my kids came along, I got an Apple, so we all could play games.

Do any classroom experiences stand out in your memory?
There was one lady who was having a lot of trouble with her mouse. She was so afraid she was going to break her computer she wasn’t able to use it. It was good to see her get past her fear. There also was a lady in my Google class who was originally from France. She was delighted when she found she could read and search through a French newspaper using her computer.

What do you like about teaching?
I like to see people learn and help them master new technology. What I find fascinating about teaching is that you think you know the subject, but you learn more as you prepare for the class and you also learn from your students. Every time you teach you learn something new.

What do you do when you’re not teaching in the computer lab?
I host a podcast with news, information and also opinion pieces about the author, C. S. Lewis and his books. I’ve been a fan of his more than 40 years and have a collection of his works. I like to play golf. Once a week my wife and I play in the Long Beach Community College band. She plays the clarinet. I play the tuba. We’re both active in church work. We also like to read, travel and go on walks in the local area.
OLLI DownTown

Parking Options

• All day parking $3.00 on the South East corner of 7th Street and Pacific Avenue.
• Metered parking: 15 minutes for a quarter, 2-hour limit.
• Non-metered parking: North of 8th Street on Pacific Avenue and Pine Avenue, as well as neighborhood streets West of Pacific Avenue.
• (No parking on the South side of 8th Street on Wednesday for street sweeping.)

Long Beach Transit


OLLI Leisure World

Parking at Leisure World

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.

OLLI LEISURE WORLD
13533 SEAL BEACH BLVD, SEAL BEACH CA 90740
OLLI at CSULB

Student Parking Passes

For the convenience of our students, parking passes are available through our office for $20.00 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.

Check out the CSULB website for complete campus maps
www.csulb.edu

Long Beach Transit Bus Schedules

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

CSULB Campus Connection Shuttle Routes

The white Campus Connection Shuttles run around the campus during the fall, winter and spring sessions. There is a shuttle stop at the south-west corner of Parking Structure 2 in lot 11 which will drop you off in front of the Design building. For further information pick up a brochure outside the OLLI office.
Living at Full Speed without Breaks

by Judy Mednick

We’ve all heard it—“Use it or lose it.” But the will can fail or courage fades. Chances are either you or someone you know has had a fall that resulted in a painful injury. Fearing another fall, the person becomes less active.

Don’t let this happen to you. It is not an inevitable consequence of aging; verified studies show that falls can be prevented. How? By improving your balance and mobility. Now at both CSULB and Leisure World, OLLI students can achieve this in a program called FALLS AND BALANCE—AN OUNCE OF PREVENTION.

Dr. Olfat Mohamed, an award-winning professor in the CSULB physical therapy department, will lead the class. After earning her M.S. in physical therapy at Cairo Egypt University and teaching there for several years, Olfat Mohamed moved to the U.S with her husband and children. She was determined to earn her Ph.D. in physical therapy. The University of Southern California was the only school in the world that had a Ph.D. program in her field. In 1989 she became one of the first to achieve a Ph.D. in physical therapy. A licensed physical therapist who has practiced privately and in hospitals and universities, Dr. Mohamed has vast knowledge and special expertise in geriatric physical therapy. In FALLS AND BALANCE..., she will lead an exercise program designed to improve balance and prevent falls. Participants will receive balance and mobility assessments in the first class and after completing the program.

Students from CSULB’s physical therapy and nursing departments will assist individual participants in exercises to improve their muscle strength and joint mobility; sharpen vision and hearing; strengthen the vestibular system (center of spatial awareness and balance); and increase environmental awareness. In each practice session, participants will challenge themselves to exceed their previous level of achievement.

Dr. Mohamed knows this program works because a few years ago when it was offered at OLLI Leisure World, she remembers Syd Benowitz as one of our students who improved greatly. Class size is limited so put on those exercise shoes and get moving! → See class description on pages 11 & 18

FALL 2011

Membership and Registration Meeting

Saturday, September 17 at 9:00 AM