How Can You Improve the World?

by Judy Mednick

"Homeless, Please Help—Any Kind." What do you do when you see that sign?

In our global village, humankind is so interconnected, we are in some way responsible for each other whether we like it or not. GREAT BOOKS—CIVIC ENGAGEMENT is a course that examines ways we can connect with others to improve our world.

The course will use The Civically Engaged Reader*, an anthology of selections that range across philosophy, literature and religion. Students will discuss ideas of great thinkers such as Kafka, Brecht and W.E.B. Du Bois. Through shared inquiry, participants consider all kinds of civic involvement from giving and serving to leading and associating.

Dolores Volpe, who has been both student and teacher of the course, holds a virtual Ph.D. in civic engagement just by the life she has lived. A Brooklyn native always involved in philanthropic endeavors, Dolores moved here in 1953. While raising a family, she attended California State University at Northridge and earned a B.A. in History and an M.A. in Educational Psychological Counseling & Guidance. She has lived in Mexico, Florida and San Diego where she and her husband opened a school supply business. Dolores has been a teacher; a board member of the Boys Club (the only woman), OLLI and the National Council of Jewish Women; a museum docent; and a lobbyist in Tallahassee, Sacramento and Washington, D.C. Outside of her myriad civic-minded activities, Dolores loves to sing, paint, and travel. She has spent months in Europe, visited China, Japan, and recently enjoyed a river cruise to Russia with OLLI member Bea Roth.

But don’t count on hearing about Dolores’ travels. She will lead with a provocative question “and the rest is serendipity,” she says. Do count on challenging ideas and fresh insights.

*Books loaned for the duration of the class.

→ See class description on page 19
Editor’s Comments

by Jack Blecher

THOUGHT FOR TODAY: If you want the rainbow, you gotta put up with the rain.

In 2008, I cautioned all of you to avoid SUDOKU since it is addictive and causes you to waste productive hours trying to be successful. I regret to inform you that I am now a victim of another puzzle—KENKEN. It can be found on the LA Times comic page just under SUDOKU. It’s more addictive than SUDOKU, more challenging, and causes one to waste more valuable time.

Use that valuable time saved to read Listening is an Act of Love by Dave Isay. This book was selected for the 10th annual Long Beach Reads One Book occurring from March 24 until April 10 this year. The brochure for this event recommends that readers enroll in OLLI’s MEMOIR WRITING class.

In this issue, don’t miss page 7 which features new and old photos of Syd Benowitz. In future issues of the SUN, we plan to extend this practice to other OLLI members...so find your baby pictures.

March Equinox, Mar 20, 2011, 4:21 pm PDT
Members need to be aware of the following changes coming to OLLI’s fee schedule, policies, and procedures:

PARKING: Effective spring term 2011, the fee for a parking permit will increase to $20.00 per OLLI term. This change will bring the fee we pay a bit more into parity with the fees others must pay for parking. When one considers the cost of a one-day permit at one of the vending machines is $5.00, that University students pay $123 per semester for their parking permits, and that metered parking on campus costs $2.00/hour, this small $2 increase still makes the fee we pay quite modest by comparison. Also regarding parking: volunteers and instructors who are offered the perquisite of complimentary parking must have on file with our Office Administrator an up-to-date CSULB Volunteer Identification Form before they can be issued a parking permit – effective immediately.

SCHOLARSHIPS POLICY: The Governing Council has revised the OLLI scholarship policy to reflect the increased number of requests for assistance to pay membership and class fees and the decreased monies available to help pay these fees. Beginning with the acceptance of registrations for the spring term, 2011 First Time applicants for scholarship may be awarded full funding for membership fees then due and full funding for up to three “lecture classes” ($30.00) OR one “computer class” ($35.00) OR one “lecture class” and one “computer class” ($45.00). Persons who have previously been awarded a scholarship shall be eligible to receive assistance for a maximum of membership fees then due and partial funding for class fees according to the following schedule:

1. “Lecture Class” tuition: Maximum of 3 classes at $5.00 each ($15 total) OR
2. “Computer Class” tuition: Maximum of one class at $25.00 OR
3. One “lecture class” and one “computer class” at $30.00.

The recipient will need to pay the balance of these class fees and full fees for additional classes taken. As in the past, the criteria for awarding all scholarships shall be the availability of monies in the scholarship fund and clear and convincing evidence based on information provided in the application that without financial aid, the applicant will be unable to participate in OLLI. Applications are available in the OLLI Office.

We’d like to welcome the new members of OLLI who have joined us for the express purpose of participating in the new $25 per month membership benefit: The CSULB new Health and Fitness Center on campus. This Center replaced the FROGS facility at the Pyramid earlier this year. A perquisite of your OLLI membership is the opportunity to attend our many non-credit classes designed to exercise your mind, as well. Our classes are thought provoking without tests or homework!

And to our traditional OLLI members who have joined us for the express purpose of taking our lecture and computer classes, you too have the new “perq” of joining the Health and Fitness Center gym for only $25 per month. If you haven’t done so, why not drop by the south entrance to the Pyramid and see the facility.

Several of you have asked about joining the new Student Wellness and Recreation Center (SWRC) on campus. Membership in that Center is only open to matriculated students, faculty, staff, and alumni of CSULB at this point in its history. This is because it is the students’ fees that have built the facility and maintain it. With over 30,000 students eligible to use that Center it will likely be a long time – if ever – before OLLI members will be invited to join.

We thank the University and especially Dr. Ken Millar, Dean of our College, for offering us the new Health and Fitness Center as an additional benefit of OLLI membership. We should have no doubt that we are an integral part of this University.
Holiday Gala 2010
Meet Dean Kenneth Millar

Dr. Kenneth (Ken) Millar has been the Dean of the College of Health and Human Services (CHHS) at CSULB since June 2010. OLLI at CSULB is one of the many programs within his purview. A native of Montreal, Canada, Dr. Millar received degrees from Sir George Williams University, University of British Columbia and the University of Texas. He has had previous academic appointments at Laurentian University in Sudbury, Ontario, the University of Arkansas at Little Rock, Louisiana State University, Aurora University and, most recently, Florida Gulf Coast University where he served as the Dean of the College of Professional Studies.

Dr. Millar is a voracious reader and devotee of acoustic folk and world music. He also competes in triathlons and, in a nod to his Canadian background, the cult sport of curling.

He is married to Patricia, a retired social worker, and is the father of two sons, both of whom live in Ontario, Canada.

SUN: What are your views on senior independent study centers?
Dr. Ken Millar: I strongly support them. OLLI at CSULB is my first encounter with this type of school and I am very impressed.

SUN: Why the hunger by seniors for non-credit classes?
KM: At any age, we should be life-long learners. An active and creative mind leads to longevity and richness in living.

SUN: What is your assessment of OLLI?
KM: OLLI is a fabulous outreach for our University. My first OLLI event was your Arts and Crafts show. I was struck by the talent and creativity. As long as I am Dean, OLLI will get my unequivocal support.

SUN: Any recommendations for our curriculum?
KM: No. Your curriculum is well rounded and should be membership driven.

SUN: Should we strive for increased enrollment with our limited space?
KM: Yes. It is an interesting problem. If and when needed, the college will find space for OLLI. Our fitness center will be a cause for your increased membership since a senior has to be an OLLI member to use the center. The fitness center is an opportunity for seniors to work out. An active body, in addition to an active mind, is worth having.

SUN: Will today’s grads upon retirement also yearn for more education?
KM: Yes. With the life span increasing, I am confident that there will be a continuing quest for education.

SUN: How bad are today’s financial problems affecting education?
KM: We are in difficult times. California’s world class higher education system is now in dire need of support. CSULB was once a state-funded university then became a state-supported university and now it is a state-located university. We have to behave like a private school and obtain private philanthropic support to maintain ourselves.

SUN: What can OLLI do for CSULB and vice versa?
KM: CHHS currently gives OLLI space, infrastructure, accounting, and tech support. The University should tap into the skill and expertise of OLLI’s membership. For example, you might offer us some guest lecturers.

562-985-8237 – www.csulb.edu/centers/olli
Short Stories by Well-known Writers about Aging

by Bea Almada

Just reading the title sparks immediate interest, doesn’t it? Aren’t we all aging from birth? And, aren’t all the Baby Boomers reaching that milestone? Now is the time to read what famous writers have said about the subject. We are indeed fortunate to have a new teaching member at OLLI. Her name is Mona Panitz with whom I had the pleasure of meeting and speaking the other day. Mona has had an adventurous life. Born in Brooklyn, Mona lived in various places before she settled in Long Beach with her family. She has an M.A. in Jewish Communal Service and a Masters in social work. After working for many years as a director of an agency with a senior population, Mona signed up for the Peace Corps and served on the island of St. Lucia in the West Indies where she taught young reform school boys to read. That’s not all she is a retired psychotherapist. Mona has always been a voracious reader and is also a short story fiction writer. When she and her husband took a class at OLLI Downtown, she was inspired to teach this class. In SHORT STORIES ABOUT AGING BY WELL-KNOWN WRITERS, students will read stories by many famous authors such as Alice Munro, John Updike, Roy Carver, and more. The tales deal with growing older and are about love, hate, wisdom, humor and sex. She hopes you will find much to identify with and that lost or hidden memories and thoughts will be recalled and shared with the class. I’m sure we will all find the interaction that Mona promotes in her class to be most stimulating.

We welcome Mona to the OLLI teaching community and look forward to her multi-thought provoking class at OLLI Downtown. Isn’t there a song by that name? DOWNTOWN! Put that one on your OLLI sign-up sheet.

Art for Your Sake

by Linda Fuchik

When did you last visit the Museum of Latin American Art here in Long Beach? Recently? Never? Have you ever visited Olvera Street in downtown Los Angeles and seen a mural which has been the subject of controversy since David Alfaro Siqueiros painted it in 1932? No matter how you answer these questions, you’ll have the opportunity for a broader understanding of Latin American art in the 20th century in Tracy Gorden’s course, INTRODUCTION TO LATIN AMERICAN ART.

No one can learn about the art of Latin America, in this case primarily Mexico, Brazil and Argentina, without also learning about the political, social and economic realities from which the art was created. Take, for instance, that mural by Siqueiros: it’s called “Tropical America” and it reflects issues of censorship, big oil business, labor, deportations of Mexicans living in California, and Communism. That’s a lot of history already recorded but history is still being made because of a movement to preserve it. It’s been whitewashed and it still appears!

Consider, too, the wonderful (and yes, sometimes bizarre) form of art called kinetic art because the art works are made of moving parts. Beyond that is optical art which gives the illusion of movement. The fun—and at times downright outrageous—creations of conceptual art will amaze you. Tracy, an articulate and personable graduate art student at CSULB, will use slides to illustrate how the visual culture shapes and reflects our world. And there will be plenty of time for questions, answers and discussion. This is one of the reasons Tracy is enthusiastic about presenting a class at OLLI: she appreciates the perspectives of different generations and encourages healthy criticism! Her eagerness to share the interests she is passionate about is the ever-present bonus at OLLI.

What is that, you ask? If you’re well-versed on the subject, you’ll be able to have a vibrant exchange of opinions. If you have some knowledge of the subject, you’ll be able to make meaningful associations. If you have never been exposed to the subject but have curiosity about the world and how it works, you’re in the right place!
Syd Benowitz has made some wise decisions. One of them was to move to Long Beach from Brooklyn in 1967 with his late wife Charlotte and their two children, Sam and Phyllis. Soon after, Syd bought a rundown auto service business on the verge of bankruptcy and ripe for proper management.

As he walked outside the door of his new business, Syd noticed a penny on the sidewalk. He tried picking it up, but it was stuck in the concrete. Without a moment of hesitation, he named the business “Penny Auto, Long Beach.” Syd operated his business for 25 years and had 20 employees. It became the largest and most respected auto repair shop in California.

After retirement he heard about Senior University (OLLI’s original name) and became deeply involved in its founding and organization. He has been a member of OLLI’s Governing Council and chair of the membership committee since 1999. He attended every meeting for 13 years and was a star reporter and writer for the SUN from its inception until his recent retirement. He and his committee also distributed the SUN to libraries, senior centers and Leisure World.

Not only has Syd contributed to OLLI he has also volunteered for the Jewish Family and Children’s Service as a friendly visitor to “shut-ins,” folks unable to go outside for various reasons. Outside of OLLI and other volunteering, Syd in his leisure is an avid poker player. For many years he enjoyed playing with other OLLI members Jack Blecher, Max Friedland, Mike Goldenberg, Jerry Manheim, Otto Ross and Arnie Schulman.

Syd’s friend, Lee Freilich, is very important in his life. For many years they have had a close and loving relationship. Lee has been a constant volunteer at OLLI. They enjoy lots of time together, taking classes, going out, visiting friends and family. They enrich each other’s lives.

Syd loves OLLI so much it has been his second home. One of his timeless contributions is our school motto “LEARN MORE~AGE LESS.” Our Syd Benowitz is special indeed, truly a mensch.
In the Spotlight  

Art Gottlieb, who has taught many courses about the law at OLLI, also has a beautiful voice. He put this talent to good use at his wife’s 80th birthday party.

Cheryl Clark, who also taught at OLLI, was asked to interpret a passage of Dostoyevsky for the Great Books class at Leisure World. She did so well that the members of the class would like her to teach a course about Dostoyevsky and his writing.

Richard Black and Phyllis McDaniel were awarded the Robert Garcia Community Award for their endless hours of volunteering in the downtown district.

Congratulations to Con Rader, head of our computer lab, on the upcoming marriage of his daughter in Hawaii. There are faint rumors that we will all be invited.

Mona Morris traveled to London. Roz Steiner made it to Israel and Helga Nesbitt went to Germany. Let me know where you traveled and I’ll tell your friends in the next Spotlight.

Renee Simon presented an analysis of the Propositions on the November 2010 ballot for the National Council of Jewish Women. She also co-authored a book with Michael Stugrin on the 75 years of the Long Beach Symphony.

More plaudits are due Janie Payan and her helper Grace Blankenship for their dedication to fundraising for OLLI and making the gala a success. (See pictures on page 4)

For April, Janie is planning a trip to San Juan Capistrano and for May, a trip to Palm Springs so we can see the Follies.

The Beginning  

by Dolores Volpe

On April 11, 2009, a baby was born—in—of all places, Leisure World Seal Beach. The seed for this baby was planted by our own poet laureate, Otto Ross, and it has been thriving ever since with nurturing from Dolores Volpe, Bea Roth, Anna Sigman, and in the beginning with Virginia Skinner and Pat Glow.

The father of this baby OLLI in LW is our own president, Carl Curtis, with the expertise of the indispensable Dr. Barbara White who has worked her magic here in Leisure World with the powers that be.

Today OLLI LW has grown from just two classes in the summer of 2009 to five classes this winter 2011. Thanks to the perseverance, foresight and determination of Carl Curtis, this OLLI satellite is healthy, successful and growing.

New in the Computer Lab  

by Kathy Winkenwerder

Curious about those new mobile electronic devices? Want to find out how to back up your computer files? If you’re interested in hearing about the changes in computing technology and electronic devices or just want to learn how to do something specific on your computer, come to the COMPUTER LAB USER GROUP Mondays at 1:00 pm. Sessions will begin with short presentations by Con Rader or other lab instructors, followed by question and answer sessions. The user group is free for OLLI members.

Some of the new technology presentations will include why a tablet may be your future computer, why experts say we’ll be moving data from our desktops to the cloud, or how your TV will become more and more hi-tech. Or maybe you want to learn how to scan old family photographs to put into a memoir or save the sound of your child’s voice on an old audiotape by copying it to a CD. Bring your questions to the lab.

MANAGE AND ENHANCE YOUR PHOTOS WITH Picasa, the free Google program that stores your photos, provides you with a variety of editing tools, and lets you either share your photos with friends and family or print them. The Picasa class meets Thursdays at 10:45 A.M.

If you do word processing and have Office 2010 on your PC, Word 2010 is for you. In this class at 10:45 A.M. on Wednesdays, you’ll see the new, simpler version of the ribbon, learn where the old familiar functions are located, and explore Word 2010’s new features.

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

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Members Tell Us What They Like (and Don't Like) About OLLI
by Malcolm Green

Last summer, we asked our members for their comments, likes and dislikes about our OLLI programs. Over 260 of you gave us written responses to our questionnaire. Many of you took the time to tell us in your own words what you want your OLLI to look like a couple of years from now.

Your comments show that you particularly approve of our academic, computer, and fine arts classes and enjoy easy and informal interaction with your instructors and classmates.

Other results:
1. Most of you are pleased with our lecture (207) and discussion (134) formats. A large number have encouraged us to include activity-related classes, such as field trips (110).
2. Most are happy with the 8-week session format (205); but a sizable number would also like to see 6-week sessions (131).
3. Many of you showed interest in participating in special events such as speakers/programs (153), trips to local performance venues (140); and CSULB campus theater, art, and music productions (147).

As we develop new classes and activities for OLLI, we are guided by your comments and suggestions. Your opinions are always appreciated. You are the reason why we are here. Keep telling us what we are doing right (or wrong) and how to make our life-long learning experience more enjoyable.
Story of the British Empire, Part II  
In this saga of British history we began with Pre-Roman times. This semester we'll begin with the Stuart Restoration (c.1660), the Glorious Revolution, the Hanoverians, and the 7 Years War. In addition, we'll discuss Napoleonic Wars, Pax Britannica & Empire, culminating in the Victorian-Edwardian War to the time of Churchill. We'll endeavor to show the impact Britain has had on world history, government, science, and culture.  
Class Leader: Mark Barnett, D.D., Ms.D.  
Dates: Mondays, April 18 – June 13  
Time: 10:00 - 11:30 AM  
Location: CSULB, HS&D, room 101

Heritage Planning  
Planning how you will construct a memorable heritage in your family includes more than just writing a will. Will you be remembered for the gifts you left or didn't leave, or do you want to be remembered for other things? In this class, discussion topics include the documents you need to have in place to protect your wishes and your legacy in your family, a discussion of values that drive your financial decisions, and completion of your Heritage Letter as an adjunct to your will.  
Class Leader: Susan Berkman  
Dates: Mondays, April 18 – June 13  
Time: 1:30 - 3:00 PM  
Location: CSULB, HS&D, room 101

History of Psychology, Part II  
This semester we survey the discipline of psychology from mid-20th century to today. We'll examine Jungian Depth & Transpersonal psychology, the Collective Unconscious, Archetypes, Synchronicity, and Individuation. In addition, we'll investigate Integral Psychology, Parapsychology, Out-of-Body & Near Death Experiences, and the research of Maslow, Grof, Tart, and Wilbur. Lastly, we'll look at Thanatology (Death & Dying) and ask what is scientifically verifiable.  
Class Leader: Mark Barnett, D.D., Ms.D.  
Dates: Mondays, April 18 – June 13  
Time: 11:45 AM - 1:15 PM  
Location: CSULB, HS&D, room 101

Great Books: Seven Deadly Sins  
This class will provide an opportunity for lively discussions of the Seven Deadly Sins based upon readings from the 'Great Books' organization. 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. Books for the class will be loaned for the duration of the class.  
Class limit: 18  
Class Leader: Richard Black  
Dates: Mondays, April 18 – June 13  
Time: 2:00 - 3:30 PM  
Location: DownTown, Suite 202

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 hone your writing skills.  
Class Leader: Betty Coven, Ph.D., psychologist and author  
Dates: Mondays, April 18 – June 13  
Time: 2:30 - 4:00 PM  
Location: Leisure World, Clubhouse 3

Play the Recorder  
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance time and is currently gaining new popularity. This class is open to those who know nothing of the recorder and to those who know a little. Please bring your own recorder. Recorders are available for those without one.  
Class Leader: Muriel Pendleton  
Dates: Mondays, April 18 – June 13  
Time: 3:15 - 4:45 PM  
Location: CSULB, HS&D, room 101
Comparative Religion Part II
This is the completion of our study of religions last fall, but can also be a stand-alone class. It will focus on finding the core agreements and disagreements between some of today's popular and influential faiths: Islam, Christianity, Judaism, Buddhism, 'New Age' thinking, neo-paganism, and other paths, including atheism and agnosticism. Daniel Brezenoff is a clinical social worker, policy analyst, writer, and communications specialist.
Class Leader: Daniel Brezenoff
Dates: Mondays, April 18 – June 13
Time: 6:00 - 7:30 PM
Location: DownTown, Suite 202

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, April 19 – June 7
Time: 8:30 - 9:30 AM
Location: CSULB, HS&D, room 101

Literary Potpourri XVIII: Writers Look at the Mating Game
To couple or not to couple? How do the ties that bind us also divide? Great literature probes these questions. We'll explore writing by Maxim Gorky, F. Scott Fitzgerald, Edith Wharton, Charles Lamb, Maxine Hong Kingston, Marcel Proust, Sandra Cisneros, Nathaniel Hawthorne, Langston Hughes and others. Biographical and historical context, in-depth discussion, videos, and guest speakers guide our journey to insight and further inquiry. Reading/study materials provided.
Class Leader: Judy Mednick, M.A., English
Dates: Tuesdays, April 19 – June 7
Time: 10:00 - 11:30 AM
Location: CSULB, HS&D, room 101

Economics for the Non-Economist: Tools for Understanding and Prospering in an Increasingly Complex World, Part II
Most American and foreign policy issues can be viewed and interpreted through economics. This course will continue to focus on how an understanding of economics affects us. The course will continue to identify the most critical economic principles and information that government and industry use to make decisions, both domestically and globally. It will present economic and financial information needed to help seniors make investment decisions and manage their assets prudently.
Class Leader: Dennis Youkstetter
Dates: Tuesdays, April 19 – June 7
Time: 11:45 AM - 1:15 PM
Location: CSULB, HS&D, room 101

Conversational French
If you studied French in high school or college, you probably learned to translate and conjugate. In this class you will not translate or conjugate. You will practice understanding and speaking French in vocabulary and phrases that you are most likely to hear and say in everyday speech. In addition, you will learn practical techniques for intercultural communication.
Recommended preparation: previous study of French in high school or college.
Class Leader: Malcolm Green, B.A. & M.A. in French
Dates: Tuesdays, April 19 – June 7
Time: 1:30 - 3:00 PM
Location: CSULB, HS&D room 101

Classes continued on page 17
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.

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

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

HOW TO REGISTER
Check off the list!

v Complete the personal information on both sides of the form.
v Check the classes that you want to take in the column indicated.
v Payments may be made by check or in cash.
v Make checks payable to:
  CSULB Foundation for classes/membership
  CSULB Parking Services for parking permits
v 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.
v You will receive an OLLI at CSULB name tag that will be your proof of membership for the entire academic year.
v Please share the extra registration form with a possible new member.
v Call the office with any questions, 562-985-8237

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

- Refunds
No refunds will be made after 4:00 PM Friday of the first week of classes for parking passes or for class tuition.
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’ve ever wondered how actors learn their craft, this course is for you. There is no memorization required in this class.
Class Leader: Alice Lemon, M.A.
Dates: Tuesdays, April 19 – June 7
Time: 2:30 - 4:00 PM
Location: Leisure World, Club House 6, room B

Improve Your Game Using Mental Techniques:
Sport Psychology for Olliites
We will learn mental training techniques to improve your game, whether it is golf, bowling, tennis, racing, etc. Relaxation, visualization, self-talk, tapping, belief change, and focusing are just a few. In class we will look at your present activities and decide which techniques will help to improve the outcomes of your game.
Class Leader: Jane Adair, Ph.D., Physical Education, emphasis Sport Social Psychology
Dates: Tuesdays, April 19 – June 7
Time: 3:15 - 4:15 PM
Location: CSULB, HS&I, room 101

Shakespeare’s Women
This class will offer a light approach for those who have wanted to know more about the bard but find the pursuit a bit daunting. No, you will not be reading him but will be experiencing him through videos...Desdemona...Katherine...the Queen of the Amazons and more.
Class Leader: Pam Watson, A.A., B.A.
Dates: Wednesdays, April 20 – June 8
Time: 10:00 - 11:30 AM
Location: CSULB, HS&I, room 101

Crochet & Chit-Chat
Come and 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 we will distribute 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, April 20 – June 8
Time: 10:00 - 11:30 AM
Location: CSULB, HS&I, room 119

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, and university administrator
Dates: Wednesdays, April 20 – June 8
Time: 11:45 - 1:15 PM
Location: CSULB, HS&I, room 101

Taking Better Photos
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. The final session will be at the instructor’s home studio. You need not have a film or digital camera. If you do, be sure to bring it and your instruction manual to the first class.
Class Leader: Terry Fiskin
Dates: Wednesdays, April 20 – June 8
Time: 11:45 AM - 1:15 PM
Location: CSULB, HS&I, room 119

Short Stories about Aging by Well-known Writers
“A nice consolation about aging is that all your friends are doing it too.” D. White. Older people were once viewed as the submerged population whose voices were seldom heard. But those times are over. Yet, ours is still a youth culture, especially in the area of short fiction. In our class we’ll get to read and discuss stories by great contemporary writers, some whose work on the subject of aging never found a large audience. These include such writers as John Updike, Alice Munro, Raymond Carver, Grace Paley, Saul Bellow, Joyce Carol Oates, Jean Rhys, Bernard Malamud, and others. In our class you may meet some writers for the first time. Yet, 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, April 20 – June 8
Time: 1:30 - 3:00 PM
Location: Downtown, Suite 202
→ See article on page 6
Financial Rules of the Road
The Road to Financial Independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? Probably not. Do they know a secret? Definitely not - because there are no real secrets to investing. But there are rules you can follow to work toward your goals. The course will cover: the most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know.
Class Leader: Steve Masoner, Financial Advisor
Dates: Wednesday, April 20 – June 8
Time: 2:30 - 4:00 PM
Location: CSULB, HS&zD, room 119

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance and increasing physical strength by stretching the muscles and tendons. Bring a one-inch dowel - one to two inches longer than your height - with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.
Class Leader: Lynn Marsh, M.A.
Dates: Thursdays, April 21 – June 9
Time: 8:30 - 9:30 AM
Location: Leisure World, Clubhouse 6

Introduction to Latin American Art, 20th Century
This course will explore the art of Latin America with an emphasis on Mexico, Brazil and Argentina. Students will look at art for its formal qualities and evaluate the social and political context in which it was created. Some of the topics that will be covered include: Defining “Latin America”, modernization, muralism and its legacy, geometry and op/kinetic art, Participatory projects, and conceptual art.
One session will be held at the Museum of Latin American Art, Long Beach (MOLAA).
There may be an admission fee for MOLAA.
Class Leader: Tracy Gorden, M.A. Candidate, CSULB, pursuing M.A. in Art and Latin American & Contemporary Art History
Dates: Wednesdays, April 20 – June 8
Time: 3:15 - 4:45 PM
Location: CSULB, HS&zD, room 101

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance and increasing physical strength by stretching the muscles and tendons. Bring a one-inch dowel - one to two inches longer than your height - with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.
Class Leader: Lynn Marsh, M.A.
Dates: Thursdays, April 21 – June 9
Time: 8:30 - 9:30 AM
Location: Leisure World, Clubhouse 6

A Novel Approach to Memoir Writing
Write a living legacy for your family and generations to come. Tell where you came from, who you are, your dreams and feelings, and the depths of your soul. Beginning writers will be introduced to the technique of using dialogue, dialect, and syntax and how to write from the heart. Learn from exposure to your classmates’ writings and from critiques of your own submissions.
Class Leaders: Florence Dodge & Josephine Fitzpatrick
Dates: Thursdays, April 21 – June 9
Time: 8:30 - 10:00 AM
Location: CSULB, HS&zD, room 101

Fear Not, I Speak Shakespeare – Act X
Back by popular demand...another look at Shakespeare’s masterpiece, King Lear. We’ll also look at an early play, The Comedy of Errors. Don’t fret if you are new to the class – we’ll start out with an overview of Shakespeare’s meager biographic information, the Globe Theatre, and iambic pentameter (so we’ll have a sense of how and where he was writing). The goal of the class is for you to learn how to enjoy the plays – whether you see them in a film or on a stage or in your imagination. If you’ve taken this class before and want to skip the introductory class material you’ve already heard, I understand. It is a great joy and honor for me to share the little I know about Shakespeare with you – and to learn more together! I look forward to having you join us!
Class Leader: Michele Roberge, M.A. Executive Director, Carpenter Performing Arts Center, CSULB
Dates: Thursdays, April 21 – June 9
Time: 10:15 - 11:45 AM
Location: CSULB, HS&zD, room 101

A Play Reading Circle II
Experience drama first-hand! Join this class to read plays from various historical periods; learn about the playwrights and the times in which they lived; and discuss the significance and value of each play. A list of the plays to be covered and the recommended translation to purchase or borrow from the library will be available at registration.
Class Limit: 15
Class Leader: Muriel Pendleton
Dates: Thursdays, April 21 – June 9
Time: 12:00 - 1:30 PM
Location: CSULB, HS&zD, room 101

→ See article on page 6
**THURSDAY**

**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, April 21 – June 9*
*Time: 5:00 - 5:45 PM*
*Location: DownTown, Suite 202*

**History of Theatre Part II**
This overview of theatre in the Western tradition focuses on the play in performance. We consider both literary and theatrical values of the plays of various eras, as well as the means and traditions of production and performance. Only interest, rather than previous theatrical study or performance, is necessary to bring to this class. In “History of Theater II” the survey continues from the high Renaissance to the 19th Century. Shakespeare, Lope de Vega, Moliere and Diderot are among those studied, along with theatre architecture (Neo-classic and Baroque).
*Class Leader: Patrick McDonough, Ph.D.*
*Dates: Thursdays, April 21 – June 9*
*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: 25*
*Class Leader: Roy Hubbs, Retired Art Teacher, MFA*
*Dates: Fridays, April 22 – June 10*
*Time: 8:00 - 10:00 AM*
*Location: CSULB, HS&D, room 105*

**Intermediate Bridge**
If you have some bridge experience, this class is for you. We will review all of the basics and gradually learn some refinements to improve your skill in playing. This class is designed for pleasure, not competition.
*Class limit: 20*
*Class Leader: Inge Johnson, Retired Elementary Teacher*
*Dates: Fridays, April 22 – June 10*
*Time: 9:00 - 10:30 AM*
*Location: CSULB, HS&D, room 119*

**Great Books:**
**The Civically Engaged Reader**
Readings drawn from literature, philosophy, and religion will be used in the Great Books Course discussion group. The book used for this class emphasizes activities for people who share a common world and seek in some ways to improve it. Books will be provided.
*Class Limit: 18*
*Class Leader: Dolores Volpe*
*Dates: Fridays, April 22 – June 10*
*Time: 10:00 AM - 12:00 PM*
*Location: CSULB, HS&D, room 105*

**Feel Great Again:**
**Understand and Maximize Your Brain Biochemistry**
Solid research has confirmed that what you eat controls the way you feel. We will journey through the brain to uncover the relationship between foods, moods and illnesses. It has been proven that each person has a dominant brain biochemical (neurotransmitter.) We will explore four brain types including the strengths and vulnerabilities associated with each one of them. Discover your dominant neurotransmitter. Learn to support your unique brain type with natural supplementation and the right foods to promote optimal health.
*Class Leader: Holly Weber, RN, LCSW, Psychoanalyst*
*Dates: Fridays, April 22 – June 10*
*Time: 10:00 - 11:30 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, April 22 – June 10*
*Time: 10:00 AM - 12:00 PM*
*Location: CSULB, HS&D, room 105*
Advanced Bridge
This class is for players who understand the basics: opening with a suit, no trump, overcalls and preemptive bidding. We will start with slams, explore other conventions, and also play duplicate bridge. Class limit: 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Dates: Fridays, April 22 – June 10
Time: 10:45 AM - 12:15 PM
Location: CSULB, HS&zD, room 119

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, graduate of Foundation for Shamanic Studies
Days: Fridays, April 22 – June 10
Time: 11:45 AM - 1:15 PM
Location: CSULB, HS&zD, room 101

For Women Only
Receive individual instruction on the latest makeup tricks to keep a more youthful look. Become knowledgeable about the basics of color for your individual makeup and wardrobe. In this class you will learn to accessorize, spend half the money, have half the clothes and still have twice as much to wear. Come enjoy this confidence-building experience.
Class Leader: Joy Grand, Certified Image/Makeup Consultant
Dates: Fridays, April 22 – June 10
Time: 1:30 - 3:00 PM
Location: CSULB, HS&zD, room 101

Critical Analysis Of Bhagavad Gita
The Bhagvat Geeta, also more simply known as Gita, is a dialogue between man and God written as what is called “Lord’s song”. Its message for all mankind was intended to reach beyond the scope of religion. This philosophy often is described as a practical, self-contained guide to life, art, the purpose of life, and the ability to discriminate between virtues and vices. This class will provide a critical analysis of this text and insight for today.
Class Leader: Prem P. Gupta, M.D.
Dates: Fridays, April 22 – June 10
Time: 2:30 - 4:00 PM
Location: Leisure World, Clubhouse 3

Beginning Bridge
Everyone is welcome, even if you do not know a spade from a heart. Bridge is mentally stimulating and a lot of fun, but mainly this game will bring friendships for years to come. This class is designed for enjoyment and learning step by step. Class limit: 20
Class Leader: Inge Johnson, Retired Elementary Teacher
Dates: Fridays, April 22 – June 10
Time: 1:00 - 2:30 PM
Location: CSULB, HS&zD, room 119

Basic Conversational Spanish
Ideal for seniors who employ or work with non or limited-English speaking Spanish persons. 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. Textbooks that are available at the CSULB bookstore: 1. Say it in Spanish, Dover Publications $3.95 and 2. Spanish Phrases for Dummies, Wiley Publication $9.95.
Class Leader: Don Freeman
Dates: Fridays, April 22 – June 10
Time: 3:15 - 4:45 PM
Location: CSULB, HS&zD, room 119

Conversational Spanish
This class, taught entirely in Spanish, will focus on spoken language used in everyday conversation, as well as on the culture and traditions of various Spanish-speaking countries. The class will cover Spanish grammar, however emphasis will be placed on oral communication. The goal is to help students acquire more fluency.
Basic knowledge of Spanish strongly suggested.
Class Leader: Lilia Vergara de Owens, M.A.
Dates: Fridays, April 22 – June 10
Time: 3:15 - 4:45 PM
Location: CSULB, HS&zD, room 101

Auditing Classes
Are there other classes on the schedule that you are curious about? You have the opportunity to audit one meeting of any class free.*
If you do audit a class and decide to continue, simply stop by the OLLI office to sign up for the class.
*This does not include computer classes or classes with limits that are full.
Historic Walking Tours IV
This series on pre-1940s architecture and history will begin with a classroom lecture on the Long Beach Museum collection and aviator Earl Daugherty. Enjoy walking tours starting with the Bixby Knolls tract of pioneer sheep ranching and agriculture. Belmont Heights Historic District features all variations on the working class Craftsman bungalow and a unique folk art house. Downtown Long Beach 'West of Pine' offers many examples of early 20th century homes, churches, and buildings. Wrigley H.D. has remarkable architectural unity in Spanish Colonial Revival style in contrast to Sunrise Blvd. H.D.: an area settled by pioneer LB families. The last class will tour Carroll Avenue Angelino Heights perched above downtown Los Angeles of the magnificent large Queen Anne and Eastlake Victorians, Mission Revival, and Craftsman.

Class Leader: Sherron Leno
Dates: Saturdays, (6 weeks) April 16 - May 21
Time: 9:00 - 11:00 AM
Location: DownTown, Suite 202
Meet at DownTown classroom, for the April 16th meeting.

Dare to Draw!!
This class is for beginner and intermediate students. Drawing skills will be developed through the use of still life arrangements. Compositional skills will be explored with contour drawing and gray tone value systems. This class is designed for enjoyment and improving your drawing skills. Students will need to provide their own supplies. A material list and class outline will be provided at the first meeting. Please bring a #2 pencil and a sketchbook to the first class.

Class Leader: Janet Matthey, M.F.A.
Dates: Saturdays, April 23 – June 11
Time: 10:00 AM - 12:00 PM
Location: 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 OLLI office for more information.

CSULB ID Cards
Membership Benefits packets show what OLLI membership can do for you.
Do you have a CSULB ID card?
Current members of OLLI at CSULB can get ID cards from the ID office next to the bookstore on campus. All you need is your OLLI at CSULB name badge and a picture ID.
Additional information about getting an ID card and benefits is available in the information center outside of the OLLI office door.

Wanted
OLLI Artists and Art Lovers by Betty Hutchens
We will be showing works of art in classroom 101 and invite OLLI artists of various art forms to submit their pieces. The display will change every four weeks; that is, there will be showings each term.
The art forms we are looking forward to seeing are photography, watercolor, pastels, oils, acrylics, drawings and gouache. All work must be original, signed and framed with a wire on the back for hanging.
Submission forms available in the office will ask for a photograph of the work with the dimensions noted. A jury will decide which items will be accepted and hung for each exhibit. We will not accept work that has been shown in our past annual visual art shows.
We hope that we will have a good representation of the entire OLLI student body and we will be proud to display our students’ talents for the enjoyment of all.
You'll find the OLLI computer classroom, with its small classes and up-to-date software an ideal place to learn. Along with the instructors, there are coaches in each class who are there to help you, too.

That means that any time you have questions, there will be someone to answer them for you. And if you want to spend extra time working on class assignments, you can come to the computer lab. It's open all day Friday.

Classes will be held on the CSULB campus HSD room 100.

- Classes will be filled on a first-come, first-served basis.
- Read the class description to get the class that best fits your skills.
- Books are purchased by students.
- Each computer class has a limit of 10.

Please Note: Textbooks are not supplied in computer lab classes. In many cases you'll see the book the instructor will use listed just after the class description so you can buy a copy if you wish.

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

**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: Internet and Email for Seniors with Windows XP by Addo Stuur
ISBN: 978-9059050549
Instructor: Don Patman
Dates: Mondays, April 18 - June 13
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 Windows XP operating system or instructor's permission.

Text: Windows 7 for Seniors in Easy Steps
ISBN: 9781840783865
Instructor: Wesley Peck
Dates: Mondays, April 18 - June 13
Time: 10:45 AM - 12:45 PM

**OLLU 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. Subjects can include the future of TV in your home, a peek at eReaders; why a tablet might be your next computer; how to convert an audio tape to a CD; how to use a scanner, or different ways to back up your files. 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, April 18 - June 13
Time: 1:00 - 4:00 PM
Photoshop Elements 8 (Mac)
You've taken what you think is a great picture with your digital camera, but the horizon is a little tilted, some of the people in it have glowing red eyes, or that group of people is clustered in one corner of the shot. Learn how to straighten the horizon, get rid of red eye, crop the photo and other simple editing techniques such as whitening teeth and completely removing people from the photo. See how to enhance color and detail, apply filters and scan old photos. You'll learn how to easily move your pictures out of the camera, into your computer and onto CDs.
Prerequisite: Basic Mac skills.
Text: Photoshop Elements 8 for Mac OS X, Jeff Carlson
ISBN: 978-0321684103
Instructor: Barbara Kaye Cooper
Dates: Tuesdays, April 19 - June 7
Time: 10:45 AM - 12:45 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, April 19 - June 7
Time: 1:00 - 3:00 PM

Manage Your Computer Files (PC and Mac)
Get rid of the clutter on your computer's desktop and hard drive and learn to organize and manage your files so you can find what you want in seconds. In these popular four-week classes (one for the PC and one for the Mac), you'll learn how to set up a folder and naming system; how to copy to another file; how to move, paste and delete files; how to rename files and recover deleted files.
Prerequisite: Basic knowledge of how your computer works. Texts: Handouts
- For the Mac 4 week session
  Instructor: Kathy Winkenwerder
  Dates: Tuesdays, April 19 - May 10
  Time: 3:15 - 5:15 PM
- For the PC 4 week session
  Instructor: Wesley Peck
  Dates: Tuesdays, May 17 - June 7
  Time: 3:15 - 5:15 PM

Three Reasons to Get a Computer
1. Conquer a New Frontier
If you feel as if the technology age has left you behind, now is the time to grab hold and master it!
2. Stay in Touch with Friends and Family
The Internet makes it a cinch to stay in regular contact with friends and family. Through email, chat rooms and various photo-sharing websites,
3. Keep Your Mind Sharp
With the many different computer programs and games available, you will find plenty of opportunities for keeping your mind active with the help of your computer. The Internet lets you keep up with the latest news and stay sharp and in-tune with the world around you.

Intermediate Computer (PC)
You will 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, where to put files once you've saved them and how to manage the windows on your desktop. In addition, you'll learn the basics of email, including how to send and receive messages and how to attach documents and open documents that have been sent to you. The Internet section will include how to get to the Websites that interest you, 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, using different fonts and even insert photos.
Prerequisite: Knowledge of basic PC skills.
Text: Handouts
Instructors: Computer Lab Instructors
Dates: April 20 - June 8
Time: 8:30 - 10:30 AM

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: April 20 - June 8
Time: 10:45 AM - 12:45 PM
**WEDNESDAY**

**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.

Text: Mac OS X Snow Leopard on Demand by Steve John
ISBN: 978-0321646910
Instructor: Bonnie Elsten
Dates: April 20 – June 8
Time: 1:00 - 3:00 PM

**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: April 21 – June 9
Time: 10:45 AM - 12:45 PM

**THURSDAY**

**Google: Email & Lots More (PC/Mac)**
Learn to configure the Gmail program as you exchange mail with fellow students and explore the many features of Gmail. See how you can exchange pictures with friends and family and format your email. Explore other powerful and interesting Google programs, such as an on-line calendar, which can be synched to your smart phone. You’ll also learn how to use Google maps and Google search techniques. Internet security will be stressed throughout the course.

**Prerequisites:** Intermediate computer or instructor’s permission.

Text: Handouts
Instructor: Reggie Gates
Dates: April 21 – June 9
Time: 1:00 - 3:00 PM

**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: April 21 – June 9
Time: 10:45 AM - 12:45 PM

**iTunes (PC/Mac)**
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 even create your own mix of songs to burn a CD or transfer to an iPod. 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.

**Prerequisites:** Basic PC or Mac skills.

Text: iPod The Missing Manual, Biersdorfer and Pogue
ISBN: 978-0596804312
Instructor: Con Rader
Dates: April 21 – June 9
Time: 3:15 - 5:15 PM

**Friday - Open Computer Lab**
9:00 AM - 5:00 PM
In the Computer Lab

Meet Don Patman Computer Lab Instructor

by Kathy Winkenwerder

Meet Don Patman, computer lab instructor. He teaches the Very First Computer class and also teaches the Introduction to Digital Camera class in Larry Hicks’s absence.

What did you find challenging about teaching?
Early on I started wondering how effective I was as a teacher, because I felt the students weren’t learning as much as I felt they should. So I started doing two things. The first was to make it mandatory to bring one question to every class. That turned out to be a great technique, because during some classes people asked questions for 45 minutes. The second was to volunteer to go to students’ homes to see their computer environment and to help them get started. I couldn’t help them with most hardware problems, but I could see if their computers were overloaded with viruses or if their printer wasn’t hooked up or even plugged in. I was able to help them solve their simple problems and most importantly, show them how to apply the class lessons. Over the years I’ve made between 50 and 100 of those visits.

How did you hear about OLLI?
I had a neighbor who was taking classes and he told me to go and take a look. I did and signed up for the Intermediate Computer class.

What was your most memorable classroom experience?
In addition to helping people, it was hearing their stories. Most of our students have had very interesting lives. I remember one man who told stories about flying an airplane full of gasoline from India to China over the Burma hump. There was another student who had been born in Germany and who was just learning about Google. With the help of Don Preuss, a coach in the class, she was able to see a copy of the daily newspaper in the town where she was born and see names of people she knew when she was a girl. She was weeping, she was so happy. I’ll never forget that.

How long have you been a member?
For about nine years now.

Why did you start to volunteer in the lab?
When I took the Intermediate Computer class the instructor asked me to coach, which I enjoyed, because we had some really nice people teaching the class. I like people and like helping them so it was perfect for me. Then I was asked to teach both the beginning and intermediate classes. When Larry Hicks isn’t able to teach his class I fill in for him. I’ve also substituted for Terry Fiskin in his photography lecture class.

When did you start using a computer?
We didn’t have one in the business I was in, but in the 1980s I started using word processing on a Mac to write a newsletter. That started it all.

What did you do before you came to OLLI?
My family had a business that bought beef carcasses, cut them to order and sold the meat to hotels and restaurants in the Los Angeles area. I started working there when I was 13 when I wasn’t in school, and learned to cut meat. Later I ran company departments and went into the management of the company.

What do you do when you’re not teaching in the computer lab?
In addition to OLLI, I’ve volunteered at the Los Angeles Mission. After I retired I developed an interest in photography. First I took the Photoshop Elements class here in the lab, then I started taking Photoshop classes on my own, editing and printing a lot of my own photos. Now I take pictures all the time, mainly candid shots of people. And my wife and I like to travel. We’ve gone on cruises to the Mediterranean, Alaska and the Panama Canal, and now we’re looking forward to our next trip to the Croatian coast. We also enjoy spending time with our three children and 10 grandchildren.
OLLI DownTown

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

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

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.
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.

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.

Check out the CSULB website for complete campus maps
www.csulb.edu
Who's Afraid of Shakespeare?

by Thelma Teitel

In WOMEN OF SHAKESPEARE, a course debuting this spring, Pam Watson, retired English and science teacher, hopes to relieve us of any anxieties we have about the plays of Shakespeare.

By exploring the relationships of the many iconic characters he created and how they've been interpreted through time, Ms. Watson hopes to make the great Bard more accessible and enjoyable.

So get ready to meet Othello and Desdemona, Lord and Lady Macbeth, Kate and Petruchio, Ariel and Caliban and a host of others. We'll follow these relationships as they evolve on the page and screen, discovering for ourselves the pleasures and insights Shakespeare offers.

So.....who's afraid of Shakespeare? Not those who sign up for WOMEN OF SHAKESPEARE.

Spring 2011 Membership and Registration Meeting
Saturday, April 2 at 9:00 AM