



## President's Message



It has been a quick study over the past few weeks as I familiarized myself with some of the challenges facing OLLI over the next several months and years. It feels wonderful to be thrown into action once again. I want to thank the OLLI Nominating Committee and membership for this opportunity. Immediate Past President Barbara Talento has

set high standards for performance and has been very helpful in acquainting me with the problems and opportunities facing OLLI. I am also very impressed with the new and veteran members of the Board and most importantly, our OLLI membership, where the level of volunteerism places OLLI CSUF at the head of the class as a premier learning in retirement organization.

OLLI's most immediate concern is to address a projected cumulative budget deficit at the end of the FY '09-'10 budget year. To address this deficit problem, we have proposed a six-year financial plan incorporating small dues increases and increases in membership. The previous OLLI Board had voted NOT to raise dues in fiscal year (FY) '09-'10 due to the deteriorated state of our nation's economy. I concur with their judgment even though OLLI dues have not been increased in the past six years. Note: It would take a one-time dues increase of \$50 to close the projected deficit gap. Instead, it is proposed that OLLI institute a financial plan calling for small incremental increases of \$10 next year, followed by \$5 increases until our OLLI reserves are returned to original levels. To put this in perspective, a \$5 dues increase amounts to less than a dime a week (10 cents/week over 52 weeks = \$5 or less than the cost of a 50 cent OLLI cup of coffee per month). In conjunction with this six-year financial plan, we will need to increase OLLI membership simultaneously by 70 net new members in FY'09-'10, by 50 net new members in FY'10-FY'11 and in FY'11-FY'12, and by 25 net new members in subsequent years. If we fall short in our membership goals, dues will have to be adjusted accordingly. A membership

*President's Message - Continued on Page 3*

## Spotlight on Carl Richards

As our light shines brightly on Carl Richards, we see an exceptionally interesting guy who started out life as a "Navy brat" in Bethesda, Maryland. Two years later, the family moved to California. Carl attended high school in



Alhambra and Temple City and graduated magna cum laude with a degree in mechanical engineering from USC. As we are about to discover, the great outdoors had more of a draw than engineering so he changed careers and retired from the postal service after thirty years.

While at USC, Carl played one-year semi pro and one year of college ball before deciding the baseball diamond was not for him, at least not at that time. Years later, he returned as coach to his son's Little League team. Carl shared that if he could change how his life evolved, he would work with kids coaching or teaching. He added that he felt satisfied and successful doing that. He's still doing baseball with his son Joey, now age 26. They met in New York to attend the Angels/Yankee game at the new Yankee Stadium.

Fishing plays a large part in Carl's life, both now and in the early years. In his twenties and thirties, he won several bass fishing tournaments and was interviewed by a sportsman's magazine. He's not limited to bass fishing and is just as likely to be seen with a rod and reel in his hand off the side of a boat on the ocean or the side of a pier. Travel is important to him at this time of his life. He got his first passport in '05 and since then has gone to Chile, Spain twice, Ecuador and the Galapagos, Mexico and Panama (to fish). He plans to go to Italy with his son this summer. According to Carl, "I better go while I still can."

At OLLI-CSUF, Carl volunteers as coordinator of Salon Español and OLLI Art House Cinema (he loves going to movies). For the past few years, he has facilitated the very popular OLLI Sports Talk class. He originally was interested in OLLI because of the Spanish classes and has taken quite a number of them. He is a contributing member of the Behind

*Carl Richards Spotlight - Continued on Page 3*



## OLLI-CSUF OPEN HOUSE

### Saturday, August 8

The annual OLLI OPEN HOUSE will begin at 9 a.m. on Saturday, August 8, with a Continental Breakfast served in the Shapiro Wing of the Ruby Gerontology Center. OLLI members are encouraged to bring their friends to this popular and informative meeting. Guests also are welcome and plenty of parking will be available for the event.



Before and after the general meeting at 10 a.m. in the Mackey Auditorium, pictures by the talented members of the very popular watercolor class will be exhibited in the patio. The creative work of the ceramics class also will be displayed. Desiree Engel, local artist, is the multi-talented instructor of this group. Desiree and Melissa de la Fuente, coordinator, encourage the students to use their imagination and enjoy a sense of adventure with pinch pots, slab work and coil and go wherever their imagination takes them.

These are only two of the numerous exhibits of our talented members which will be on display. Docents who give tours of the Center will be happy to answer any questions you may have.

Dave Musante, newly elected OLLI president, will conduct the meeting in the Mackey Auditorium beginning at 10 a.m. Coordinators and/or instructors of our fall classes and lectures will speak briefly about their respective groups. They will be happy to answer questions following the session. Member registration will be available before and after the meeting in room AB Shapiro Wing.

Carl Hurty, Vice President of External Relations, and members of the Marketing Committee have been actively involved in an advertising campaign about OLLI-CSUF for the past several months. Call Carl if you would like to assist him and his committee. They have a lot of fun while working hard on a program they truly believe in. As usual, the Hospitality Committee, headed by Elaine Mitchell, is planning a scrumptious Brunch which will delight all gourmets and everyone else attending.

If you haven't already done so, mark your calendars about this important event and tell your friends the advantages of joining OLLI. Every semester our programs and activities become more exciting thanks to our many dedicated members.

We hope to see all of you on August 8!

Lorraine Gerni  
Editor

President	Dave Musante
Vice President Administration	Russell Havemann
Vice President Programs	Joyce Ono
Vice President Communication	Bebe Pollack
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Vice President External Relations	Carl Hurty
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Desktop Publishing: Virginia White, Patsy Burns  
Photos: Bebe Pollack, Ken Kamber, Will Cornell

### Nia Renee Nakamura Masters in Gerontology Award

Nia Renee Nakamura, who was assigned to work with the Orange County Hoarding Task Force during her internship with the county's Health Care Agency, has been chosen to receive the 2009 OLLI-CSUF Masters in Gerontology award.



Nia said that she "found her area of passion" during her internship interviewing professionals in law enforcement about how hoarding cases are handled and interacting with agencies that work with older adults who have hoarding behaviors. "It allowed me to find a niche that would enable me to define the type of position I would like to have," she continued. Nia also said that the education she acquired at CSUF has given her the confidence that would represent the Gerontology program well in a key role in the creation of a new agency.

In addition to her academic classroom success, while working with the County Hoarding Task Force, Nia went above and beyond expectations of the Agency, according to Peggy Weatherspoon, MSG, Gerontology Programs. She visited homes of hoarders with County Social Workers, attended Task Force meetings and training and completed a review of the 2003 and 2005 hoarding surveys to document the findings and establish a baseline for 2009.

Her findings were so valuable for the Agency that they are published in the "California Association of Code Enforcement Officers'" Newsletter.

Finally, she developed a comprehensive handbook for the Hoarding Task Force which is the bases for her graduate

**Continued on Page 3**

## *President's Message - Continued from Page 1*

drive plan will be announced in the near future. Important note: By meeting our projected membership goals, OLLI will reach 1,000 members in FY '11-'12; subsequently, CSUF will receive a second million dollar grant from the Osher Foundation. Earnings from this second million dollar grant have been incorporated as income in OLLI's six-year financial plan.

Parking remains an ever-increasing problem on the CSUF campus, and our predicament requires new solutions. In that regard, a major emphasis will be placed on *carpooling* starting this fall semester. Members will be encouraged at the OLLI class level to seek out fellow class members who would be willing to carpool. As an incentive, it is planned to reserve 12 spaces in lot "J" for carpoolers. To be eligible for the reserved parking spaces, a car must transport a total of three members, i.e., a driver and two passengers. In addition, lot "G" parking will again be encouraged in conjunction with the "OLLI Trolley." OLLI will again offer prizes of a full year's OLLI membership, two concert tickets and four tickets to OLLI events. Carpoolers and lot "G" parkers will both be eligible for the end-of-semester drawing for the prizes by filling out an entry slip each day they park in lot "G" or car pool. A comprehensive parking plan is being prepared for the Fall semester. Your cooperation will be greatly appreciated.

Board Meetings: Plans are underway to make our monthly OLLI Board meetings more accessible by moving the meetings to Shapiro CD and encouraging members to attend. Members who wish to do so will be allowed to address the Board of Directors on matters *not* on that Board meeting's agenda.

Other issues are being discussed and plans formed for the fall semester as OLLI's new Board of Directors commences its work. Volunteers will be sought for the many tasks to be performed to keep OLLI at the head of its class in Learning in Retirement.

Sincerely,

*Dave Musante, President, OLLI*

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## *Carl Richards Spotlight - Continued from Page 1*

the News class, as well as the Wisdom Exchange group. In addition, his mathematics agility is getting sharpened at the biweekly "Poker" class.

Carl summarized his participation in OLLI-CSUF this way, "It's the social aspect for me, especially after losing my wife five years ago. It's nice to be among people who are interesting. I'm impressed with this open minded and intelligent group. They have made me feel welcome and part of the organization."

*Bebe Pollack, Editor*

## **Fee Schedule for 2009-2010**

In early July, OLLI members will receive registration packets for the coming year. The following represents the schedule in membership fees:

ANNUAL            \$215.00

Full membership for fall, spring and summer semesters.  
Fall 2009 – Summer 2010 Session.

**Annual membership can only be purchased in the fall session of every year.**

ASSOCIATE       \$110.00

One semester only for fall or spring semester associate membership, non-voting basis.

**Note: Please mail in your registration early and free yourself up to enjoy all the planned Open House activities.**

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## **CSUF Area Code has changed**

The new area code for CSUF, Fullerton and Irvine campus phone and fax numbers is 657.



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## *Nia Renee Nakamura...- Continued from Page 2*

project, according to Ms. Weatherspoon. The Gerontology Program Coordinator approved an Independent Study to allow Nia to undertake a second challenging endeavor—curriculum development for community resources and guest lectures on hoarding among older adults.

"She (Nia) demonstrates leadership, excellent written and interpersonal communication skills, and will be a credit to our field as a professional gerontologist," commented Peggy Weatherspoon.

A member of CSUF's Omega Sigma Phi since entering the Master's program in 2007, Nia worked in the corporate world in management in the field of information technology. In addition to helping those with hoarding problems, Nia said that she enjoys starting new projects.

Although she is looking forward to her graduation and beginning a new career, this active mother of two also is planning her wedding which will take place later this summer. We at OLLI wish Nia success in her career and happiness in her personal life.

*Lorraine Gerni, Editor*

## SPECIAL EVENTS

### OLLI-CSUF OPEN HOUSE

AUGUST 8

Continental Breakfast  
General Meeting

9:00 a.m.

10:00 a.m.

Shapiro Wing  
Mackey Auditorium

### OPEN TO THE PUBLIC - Bring a Friend

Best of Eclectics I	10:00 a.m.	July 7, 21	AUD
Counsel on Aging	1:15 p.m.	July 7, 21	AUD
New Vistas in Science	10:00 a.m.	July 9, 23	AUD
Best of Eclectics II	1:15 p.m.	July 9, 23	AUD

## CLASS / EVENT / NEWS

### Pre-register by Mail



Pre-register for OLLI-CSUF membership by mail in July or in August and be set for the start of the fall classes in September. Watch for the renewal membership packet in the mail with a renewal letter and registration forms for membership and parking. This should

arrive at your home in early July. Please fill out the membership and parking application forms and return them with your check for dues to the OLLI-CSUF office before fall classes begin on September 15.

Please pay special attention to the emergency information. Emergencies do sometimes occur. We must have current information including your street address and names of two emergency contacts.

Also include on your membership application your updated email address and check the appropriate box which allows us to send OLLI related information, as well as permission to publish your name, address, phone number and email address in the OLLI membership phone directory.

**Note: Mail in your registration early and free yourself up to enjoy all the planned Open House activities.** Registering early by mail assists the office staff in processing your fall membership registration, and as a reminder, *your current parking pass expires August 31*, so please register early.

Patsy Burns  
Manager, Administration



### Mail Crew

Many thanks to our great mail crew who prepared the June ChroniCLE for mailing: Maureen McCormack, Jo and Ed Orth, Jerry Pollack, Judy Randlett, and Phyllis and Roy Roberts.

### Nutrition

This is a new idea for the ChroniCLE and if you all like it please let us know, otherwise we can find other issues that you might enjoy more. Besides, I have to come up with the ideas for the column and it would be soooo much easier if you'd rather read juicy gossip or campus news.

For this month, let's decide you are wildly excited to learn about the foods that can extend your life, if only you knew what they were. Let's start with the ugly prune whose reputation is that it is only fit for old folks who have problems



with regularity and are forced to down prune juice. By the way, the new glamorous name for prunes on most packages is dried plums.

According to laboratory studies, the polyphenols in prunes affect a bone regulating gene that assists in bone strengthening and density. If that isn't enough to have you munching on the little sweet things, according to research, "prune flavonoids can help keep arteries clear and also contain Vitamins A, C, E, and B complex."

Ten prunes can deliver 20% of the daily need for potassium, copper and even some folate. Besides all that, they contain a whopping amount of fiber so if there should possibly be some regularity problems within your household, these little darlings couldn't hurt. My recommendation is five or more dried plums right after breakfast or dinner with a cup of tea or coffee. These five little fellows help bones, arteries, provide vitamins and iron. They are sweet and good for you, that's a treat! And you thought they were only for constipated old people!

Barbara Talento, RN, PhD  
Professor Emeritus of Nursing





## OLLI

at California State University, Fullerton

*"A Continuing Learning Experience"*

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*Ruby Gerontology Center, Room 7*

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### **Holiday – Office Closed**

The campus and OLLI-CSUF office will be closed on Friday, July 3.

Have a safe and peaceful holiday.

*Office staff*



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## Auditing Classes at CSUF

Did you know as an OLLI-CSUF member that you are entitled to audit classes at the university with permission from the class professor?

Classes that members have audited range from those in the arts to history to language to physics and beyond. They are as varied as we know the interests of OLLI members to be. Over the past 15 years, over 230 OLLI members have audited classes.

You, too, can join your fellow members in auditing classes at CSUF. Examine the schedule of classes in the campus catalog at the university library, or buy a copy at the Titan Shop or see the schedule on the Internet at [www.fullerton.edu](http://www.fullerton.edu). Obtain a Student Audit Request form at the OLLI-CSUF office, and then contact the professor of the class in which you wish to participate. If space is available in that class, the professor will grant permission, and you will be on your way to another experience in our continued learning program. Please make a note that the classes available for auditing are university classes and do not pertain to classes offered by Extended Education. This is one of the best rewards that OLLI-CSUF has to offer. Continue your learning at OLLI-CSUF and in auditing university classes.



## OLLI Cookbook

We would like to thank everyone who has submitted recipes for the OLLI Cookbook . Unfortunately, we will be unable to complete the cookbook unless we receive “many more recipes” from our members . In order to make this proposed project a success, please send some of your favorite family recipes to the office or e-mail them to [crojas@fullerton.edu](mailto:crojas@fullerton.edu) as soon as you can.

Thank you in advance for your recipes!



## Curriculum Committee Meeting 3:30 P.m. July 6, 2009

The Curriculum Committee will meet at 3:30 p.m. on Monday, July 6 in Room A in the Shapiro Wing of the Ruby Gerontology Center to determine courses to be held in the Spring Semester. Joyce Ono, Vice President of Programs, is chairman of this committee which is in the process of planning a reorganization and needs input from OLLI members. Subject areas such as technology, health and well-being, asset management, intellectual exploration and social and civic engagements will be discussed. If you would like to become a member of this committee, you are invited to attend this meeting. For more information, please call Nancy Spencer, Trustee, at 714/871-4156.

## Let's Stroll



“Just down the road a bit,” that’s where we’re going today. We’ll take the path that leads us beyond the front steps of the Student Health building. Just ahead and to our left is a pleasant area—a grove of trees with benches invitingly scattered within its tranquil frame. It’s an ideal place to take a few minutes to relax and enjoy the beauty of the campus.

This grove consists of seven trees planted in memory of seven members of the CSUF family killed in a campus shooting spree in 1976. Two other employees were wounded during this incident in the Pollak Library basement.

Out of tragedy comes this place of calm.

*Jerry Pollack Editor*

# OLLI CALENDAR — JULY 2009

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Please note: Deadline for the September *ChroniCLE* is Friday, July 24**

**1**

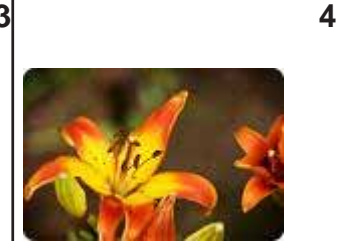
8:30 AM Spanish Pronun II 21  
 10:00 AM Drawing for Fun AB  
 10:00 AM Sports Talk CD  
 1:00 PM Watercolor AB  
 1:15 PM Oral Histories CD  
 1:15 PM Campus Authors 21  
 3:30 PM Survival Italian 21  
 6:00 PM Salón Español 21

**2**

10:00 AM Beg Spanish 21  
 10:00 AM Contempor. China AUD  
 1:00 PM Poetry 21  
 1:15 PM Am.Presidency AUD  
 3:15 PM OLLI Social ABCD  
 5:00 PM Creative Writing 21

**3**

7:30 AM Tennis CSUF Courts  
 Holiday - Office Closed



**6**

8:15 AM Tai Chi ABCD  
 9:30 AM Dup Bridge ABCD  
 10:00AM Great Books 21  
 1:15 PM Mac Help 11  
 1:15 PM Explor. Disc. CD  
 1:15 PM Inter.Spanish 21  
 3:30PM Spanish Pronun I 21  
 6:00 PM Art Cinema AB

**7**

10:00 AM StoryBook 2 21  
 10:00AM \*Eclectics I AUD  
 1:00 PM Creative Writing 21  
 1:15 PM Convers. German 19  
 1:15 PM \*Council on Aging AUD  
 1:15 PM World In Change CD

**8**

8:30 AM Spanish Pronun II 21  
 10:00 AM Drawing for Fun AB  
 10:00 AM PC Help 20  
 10:00 AM Behind the News CD  
 1:00 PM Watercolor AB  
 1:15 PM Eclectics III CD  
 3:30 PM Survival Italian 21  
 6:00 PM Salón Español 21

**9**

10:00 AM Beg Spanish 21  
 10:00 AM \* Vista In Science AUD  
 1:00 PM Poetry 21  
 1:15 PM \* Eclectics II AUD  
 1:15 PM Italian Art CD  
 12 Noon CLECAT Club CD  
 3:30PM Math of Poker AB

**10**

7:30 AM Tennis CSUF Courts  
 9:45 AM Elem Bridge D  
 9:45 AM Inter. Bridge C  
 10:00 AM Critics Choice AB  
 1:15 PM Great Decisions CD

**11**

9:30 AM Bicycling Santa Ana Rr

**13**

8:15 AM Tai Chi ABCD  
 9:30 AM Dup Bridge ABCD  
 10:00 AM Short Stories 21  
 1:00 PM PC Help 20  
 1:15 PM Explor. Disc. CD  
 1:15 PM Inter.Spanish 21  
 1:15 PM Mac Help 11  
 3:30PM Spanish Pronun I 21  
 6:00 PM Art Cinema AB

**14**

10:00 AM StoryBook 2 21  
 10:00AM Compart. Religion AUD  
 1:15 PM Convers. German 19  
 1:15 PM World In Change CD  
 1:15PM Classical Music 21  
 1:15PM Open Mic AUD  
 3:30 PM Pers Finance CD

**15**

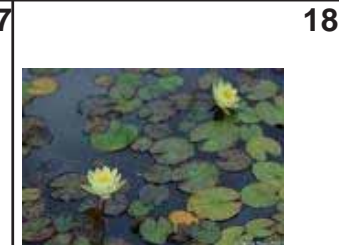
8:30 AM Spanish Pronun II 21  
 10:00 AM Drawing for Fun AB  
 10:00 AM Sports Talk CD  
 1:00 PM Watercolor AB  
 1:15 PM Oral Histories CD  
 1:15 PM Campus Authors 21  
 3:30 PM Survival Italian 21  
 6:00 PM Salón Español 21

**16**

10:00 AM Beg Spanish 21  
 10:00 AM Contempor. China AUD  
 1:00 PM Poetry 21  
 1:15 PM Am.Presidency AUD  
 3:15 PM OLLI Social ABCD  
 5:00 PM Creative Writing 21

**17**

7:30 AM Tennis CSUF Courts  
 9:45 AM Elem Bridge D  
 9:45 AM Inter. Bridge C  
 10:00 AM Critics Choice AB  
 1:15PM Film Classics AUD



**20**

8:15 AM Tai Chi ABCD  
 9:30 AM Dup Bridge ABCD  
 10:00 AM Great Books 21  
 1:15 PM Explor. Disc. CD  
 1:15 PM Inter.Spanish 21  
 1:15 PM Mac Help 11  
 3:30PM Spanish Pronun I 21  
 6:00 PM Art Cinema AB

**21**

10:00 AM StoryBook 2 21  
 10:00 AM PC Help 20  
 10:00AM \*Eclectics I AUD  
 1:00 PM Creative Writing 21  
 1:15 PM Convers. German 19  
 1:15 PM \*Council on Aging AUD  
 1:15 PM World In Change CD

**22**

8:30 AM Spanish Pronun II 21  
 10:00 AM Drawing for Fun AB  
 10:00 AM Behind the News CD  
 1:00 PM Watercolor AB  
 1:15 PM Eclectics III CD  
 3:30 PM Survival Italian 21  
 6:00 PM Salón Español 21

**23**

10:00 AM Beg Spanish 21  
 10:00 AM \* Vista In Science AUD  
 1:00 PM Poetry 21  
 1:15 PM \* Eclectics II AUD  
 1:15 PM Italian Art CD  
 12 Noon CLECAT Club CD  
 3:30PM Math of Poker AB

**24**

7:30 AM Tennis CSUF Courts  
 9:45 AM Elem Bridge D  
 9:45 AM Inter. Bridge C  
 10:00 AM Critics Choice AB  
 1:15 PM Great Decisions CD

**25**

9:30 AM Bicycling San Juan Cap.

**27**

8:15 AM Tai Chi ABCD  
 9:30 AM Dup Bridge ABCD  
 10:00 AM Short Stories 21  
 1:15 PM Mac Help 11  
 1:15 PM Explor. Disc. CD  
 1:15 PM Inter.Spanish 21  
 3:30 PM Spanish Pronun I 21  
 6:00 PM Art Cinema AB

**28**

10:00 AM StoryBook 2 21  
 10:00AM Compart. Religion AUD  
 1:15 PM Convers. German 19  
 1:15 PM World In Change CD  
 1:15PM Classical Music 21  
 1:15PM Open Mic AUD  
 3:30 PM Pers Finance CD

**29**

8:30 AM Spanish Pronun II 21  
 10:00 AM Drawing for Fun AB  
 10:00 AM Sports Talk CD  
 1:00 PM Watercolor AB  
 1:15 PM Oral Histories CD  
 1:15 PM Campus Authors 21  
 3:30 PM Survival Italian 21  
 6:00 PM Salón Español 21

**30**

10:00 AM Beg Spanish 21  
 10:00 AM Contempor. China AUD  
 1:00 PM PC Help 20  
 1:00 PM Poetry 21  
 1:15 PM Am.Presidency AUD  
 3:15 PM OLLI Social ABCD  
 5:00 PM Creative Writing 21

**31**

7:30 AM Tennis CSUF Courts  
 9:45 AM Elem Bridge D  
 9:45 AM Inter. Bridge C  
 10:00 AM Critics Choice AB  
 1:15PM Film Classics AUD

