




# OLLI CALENDAR — NOVEMBER 2009

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|--|--|---|--|
| <p style="text-align: right;"><b>2</b></p> <p>8:15 AM Tai Chi ABCD<br/>                     8:45 AM Beyond Beg. French 21<br/>                     9:30 AM Duplicate Bridge ABD<br/>                     10:00 AM Great Books C<br/>                     10:00 AM Sit N Knit 21<br/>                     10:00 AM Word 2007/PC 20<br/>                     1:00 PM Ceramics B<br/>                     1:15 PM Make Lists/Mac 11<br/>                     1:15 PM Photo Shop-6/Mac 11<br/>                     1:15 PM Explor. Disc. Group CD<br/>                     1:15 PM Inter. Spanish 21<br/>                     1:15 PM Photo Art/PC 20<br/>                     3:30 PM Spanish Pronun I 21<br/>                     6:00 PM CX10 Digital Photo 21<br/>                     6:00 PM OLLI Art Cinema AB</p> | <p style="text-align: right;"><b>3</b></p> <p>9:30 AM StoryBook I 21<br/>                     10:00 AM 20th Century AUD<br/>                     10:00 AM Eclectic Windows/PC 20<br/>                     1:00 PM Dig.Camera Appl./Mac11<br/>                     1:15 PM Classical Music 21<br/>                     1:15 PM Archaeology AUD<br/>                     1:15 PM Convers. German AB<br/>                     1:15 PM World in Change CD<br/>                     1:15 PM Multi-Media/PC 20<br/>                     3:30 PM Personal Finance CD<br/>                     6:00 PM Therapeutic Yoga CD</p> | <p style="text-align: right;"><b>4</b></p> <p>8:30 AM Spanish Pronun II 21<br/>                     9:00 AM Weight / Fitness 19<br/>                     10:00 AM Drawing AB<br/>                     10:00 AM Inter. French 21<br/>                     10:00 AM Wisdom Exchange CD<br/>                     10:00 AM Word 2007/PC 20<br/>                     1:00 PM Watercolor AB<br/>                     1:15 PM OLLI Sports Talk CD<br/>                     1:15 PM Make Lists/Mac 11<br/>                     1:15 PM Photo Shop 6/Mac 11<br/>                     1:15 PM Photo Art/PC 20<br/>                     3:30 PM Survival Italian 21<br/>                     6:00 PM Salón Español 21</p> | <p style="text-align: right;"><b>5</b></p> <p>10:00 AM Byzantine Empire AUD<br/>                     10:00 AM Beg. Spanish 21<br/>                     10:00 AM Words/Mus.Intrnt/PC 20<br/>                     1:00 PM Poetry 21<br/>                     1:00 PM Dig.Camera-App/PC 11<br/>                     1:15 PM *Eclectics I I AUD<br/>                     1:15 PM Italian Renaiss. CD<br/>                     1:15 PM Free Open Lab/PC 20<br/>                     7:00 PM *Medical IssuesSt Jude - Brea</p>   | <p style="text-align: right;"><b>6</b></p> <p>8:00 AM Tennis CSUF Courts<br/>                     9:45 AM Beg. Bridge D<br/>                     9:45 AM Inter. Bridge C<br/>                     10:00 AM Critics Choice AB<br/>                     10:00 AM Continuing Spanish 21<br/>                     10:30 AM Mac Help Free 11<br/>                     11:00 AM Am. Sign Language 19<br/>                     1:15 PM Film Analysis 19<br/>                     1:15 PM Great Decisions 21<br/>                     12:45 PM Improve Your Bridge C<br/>                     3:30 PM Mathematics of PokerAB</p>  | <p style="text-align: right;"><b>7</b></p> <p>9:30 AM *Boomer EssentialsABCD</p>   |
| <p style="text-align: right;"><b>9</b></p> <p>8:15 AM Tai Chi ABCD<br/>                     8:45 AM Beyond Beg. French 21<br/>                     9:30 AM Duplicate Bridge ABD<br/>                     10:00 AM Short Stories 21<br/>                     10:00 AM Word 2007/PC 20<br/>                     1:00 PM Ceramics B<br/>                     1:15 PM Photo Art/PC 20<br/>                     1:15 PM Explor. Disc. Group CD<br/>                     1:15 PM Inter. Spanish 21<br/>                     1:15 PM Create Web Site/Mac 11<br/>                     3:30 PM Spanish Pronun I 21<br/>                     6:00 PM OLLI Art Cinema AB</p>   | <p style="text-align: right;"><b>10</b></p> <p>9:30 AM StoryBook I I 21<br/>                     10:00 AM Around the World AUD<br/>                     10:00 AM Eclectic Windows/PC 20<br/>                     1:00 PM Creative Writing 21<br/>                     1:15 PM Conversat German AB<br/>                     1:15 PM House of Intellect AUD<br/>                     1:15 PM World in Change CD<br/>                     1:15 PM Multi-Media/PC 20<br/>                     3:30 PM Personal Finance CD<br/>                     6:00 PM Therapeutic Yoga</p>  | <p style="text-align: right;"><b>11</b></p> <p>9:00 AM *MedicalIssues St Jude-<br/>                     Elk Club</p> <p style="text-align: center;">Holiday __Office Closed</p>  | <p style="text-align: right;"><b>12</b></p> <p>8:00 AM OLLI Board Mtg CD<br/>                     10:00 AM *Eclectics I AUD<br/>                     10:00 AM Beg. Spanish 21<br/>                     10:00 AM Shakespeare Aloud B<br/>                     10:00 AM Words/Mus-Intrnt/PC 20<br/>                     12 Noon CLECAT Club CD<br/>                     1:00 PM Poetry 21<br/>                     1:15 PM Am. Presidency AUD<br/>                     1:15 PM Free Open Lab/PC 20<br/>                     3:15 PM Social Hour ABCD<br/>                     5:00 PM Creative Writing 21<br/>                     6:00 PM Communic. Series CD</p> | <p style="text-align: right;"><b>13</b></p> <p>8:00 AM Tennis CSUF Courts<br/>                     9:45 AM Beg. Bridge D<br/>                     9:45 AM Inter. Bridge C<br/>                     10:00 AM Critics Choice AB<br/>                     10:00 AM Continuing Spanish 21<br/>                     11:00 AM Am. Sign Language 19<br/>                     1:15 PM Film Classics AUD<br/>                     1:15 PM Be-A-Know-It-All AB<br/>                     12:45 PM Improve Your Bridge C<br/>                     3:30 PM Mathematics of PokerAB</p>  | <p style="text-align: right;"><b>14</b></p> <p>9:30 AM *Boomer Essentials<br/>                     ABCD</p> <p>10:00 AM Bicycling Dana Point</p> |
| <p style="text-align: right;"><b>16</b></p> <p>8:15 AM Tai Chi ABCD<br/>                     8:45 AM Beyond Beg. French 21<br/>                     9:30 AM Duplicate Bridge ABD<br/>                     10:00 AM Great Books C<br/>                     10:00 AM Sit N Knit 21<br/>                     10:00 AM Word 2007/PC 20<br/>                     1:00 PM Ceramics B<br/>                     1:15 PM Explor. Disc. Group CD<br/>                     1:15 PM Inter. Spanish 21<br/>                     1:15 PM Create Web Site/Mac 11<br/>                     1:15 PM Photo Art/PC 20<br/>                     3:30 PM Spanish Pronun I 21<br/>                     6:00 PM OLLI Art Cinema AB</p>   | <p style="text-align: right;"><b>17</b></p> <p>9:30 AM StoryBook I 21<br/>                     10:00 AM 20th Century AUD<br/>                     10:00 AM Eclectic Windows/PC 20<br/>                     1:15 PM Classical Music 21<br/>                     1:15 PM Archaeology AUD<br/>                     1:15 PM Convers. German AB<br/>                     1:15 PM World in Change CD<br/>                     1:15 PM Multi-Media/PC 20<br/>                     3:30 PM Personal Finance CD<br/>                     6:00 PM Therapeutic Yoga CD</p>  | <p style="text-align: right;"><b>18</b></p> <p>8:30 AM Spanish Pronun II 21<br/>                     9:00 AM Weight / Fitness 19<br/>                     10:00 AM Drawing AB<br/>                     10:00 AM Inter. French 21<br/>                     10:00 AM Wisdom Exchange CD<br/>                     10:00 AM Word 2007/PC 20<br/>                     1:00 PM Watercolor AB<br/>                     1:15 PM OLLI Sports Talk CD<br/>                     1:15 PM Create Web Site/Mac 11<br/>                     1:15 PM Photo Art/PC 20<br/>                     3:30 PM Survival Italian 21<br/>                     6:00 PM Salón Español 21</p>  | <p style="text-align: right;"><b>19</b></p> <p>10:00 AM Byzantine Empire AUD<br/>                     10:00 AM Beg. Spanish 21<br/>                     10:00 AM Words/Mus-Intrnt/PC 20<br/>                     1:00 PM Poetry 21<br/>                     1:15 PM Free Open Lab/PC 20<br/>                     1:15 PM *Eclectics I I AUD<br/>                     1:15 PM Italian Renaissance CD<br/>                     7:00 PM *Medical IssuesSt Jude - Brea</p>   | <p style="text-align: right;"><b>20</b></p> <p>8:00 AM Tennis CSUF Courts<br/>                     9:45 AM Beg. Bridge D<br/>                     9:45 AM Inter. Bridge C<br/>                     10:00 AM Critics Choice AB<br/>                     10:00 AM Continuing Spanish 21<br/>                     10:30 AM Mac Help Free 11<br/>                     11:00 AM Am.Sign Language 19<br/>                     1:15 PM Film Analysis 19<br/>                     1:15 PM Great Decisions 21<br/>                     12:45 PM Improve Your Bridge C<br/>                     3:30 PM Mathematics of Poker AB</p> | <p style="text-align: right;"><b>21</b></p> <p>9:30 AM *Boomer EssentialsABCD</p>  |
| <p style="text-align: right;"><b>23</b></p> <p style="text-align: center;">Office Closed</p>  | <p style="text-align: right;"><b>24</b></p> <p style="text-align: center;">Office Closed</p>   | <p style="text-align: right;"><b>25</b></p> <p style="text-align: center;">Office Closed</p>   | <p style="text-align: right;"><b>26</b></p> <p style="text-align: center;">Thanksgiving<br/>                     Holiday - Office Closed</p>    | <p style="text-align: right;"><b>27</b></p> <p style="text-align: center;">Office Closed</p>  | <p style="text-align: right;"><b>28</b></p> <p>10:00 AM BicyclingDockweiler Bh</p>   |
| <p style="text-align: right;"><b>30</b></p> <p>8:15 AM Tai Chi ABCD<br/>                     8:45 AM Beyond Beg. French 21<br/>                     9:30 AM Duplicate Bridge ABD<br/>                     10:00 AM Short Stories 21<br/>                     1:00 PM Ceramics B<br/>                     1:15 PM Explor.Disc.Group CD<br/>                     1:15 PM Inter. Spanish 21<br/>                     3:30 PM Spanish Pronun I 21<br/>                     6:00 PM OLLI Art Cinema AB</p>   |   |   | <p style="font-size: 1.2em; font-weight: bold;">Please note: Deadline for the January 2010<br/> <i>ChroniCLE</i> is Thursday, November 12</p>  |   |  |



### President’s Message

OLLI-CSUF is making a big membership push this fall - in hopes of hitting the historic achievement of 1,000 members --and we are getting closer.

As of Sept. 25, we were up to 854 and still growing! In comparison, we had 730 members signed on in September of 2008.



Our 1,000-member goal is more than just a number. Increased membership is important to OLLI’s future. Our six-year plan holds projected dues increases at a very modest level, based on reaching the 1,000-member goal. Attaining our membership goal will also make OLLI eligible for a second \$1 million grant from the Osher Foundation, which will generate income to help cover our expenses.

OLLI members, such as you, are our greatest marketing assets! We need you to tell your friends, neighbors and acquaintances about all the wonderful opportunities that OLLI at CSUF offers for continuing learning and just plain fun. Bring your friends along with you to some of our classes as our guests to experience what OLLI is all about. If they ride with you, there is no further impact on parking and there may be a good chance that some of your invitees may join our ranks and help us attain our 1,000-member goal. Thanks for considering this request.

Dave Musante  
OLLI President

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### OLLI-CSUF Volunteers Are the Greatest!

As another school year ends and a new year begins, the OLLI-CSUF Board of Trustees, management and office staff would like to thank all the volunteers who give of their time, talents and experience to our organization. Your service to OLLI-CSUF makes this the great organization that it is today. Thank you!

### Volunteer of the Year– 2008-2009

Donna Spradlin’s many contributions to OLLI were spotlighted at the 26<sup>th</sup> annual *Concert Under the Stars* when she received recognition as the Volunteer of the Year. This human dynamo with seemingly boundless energy logged in over 500 volunteer hours in 2008. The University commended her for her dedication and support,



which they deemed crucial to the program’s success and existence. We join them in the celebration of Donna.

If you’ve attended OLLI events or activities, you’ve seen her racing around carrying food from the kitchen to the tables as well as making sure all outside activities were running smoothly. She, as usual, along with husband Kirt, was among the last to leave after cleanup. Donna has worked tirelessly during the past few years and has been a major player in the planning, carrying out and the success of a wide range of OLLI-CSUF events—holiday and spring luncheons, themed evening events, the Baseball Bash, cultural receptions, kitchen renovation committee, and ushering at Titan home games. Her behind the scenes activities include *Volunteer of the Year...* - Continued on page 6

### Spotlight on Phyllis Iser

Being one of the few native Californians I have met at OLLI, Phyllis Iser’s parents came to Los Angeles about 1937. Phyllis attended Fairfax High and continued on to California State University, Los Angeles. However, she dropped out of college and started her career in Human Services while



working at the Broadway Department Store. In 1978 Phyllis returned to school at Cal State Fullerton earning her B.S. in Human Services and at the same time taking on the presidency of the PTA at her daughters’ elementary school.

Phyllis married David in 1965 and they acquired a home in Anaheim as David advanced as a Software Engineer. Phyllis became a stay-at-home-mom in 1967 following the *Spotlight - Continued on Page 3*

|                                    |                  |
|------------------------------------|------------------|
| President                          | Dave Musante     |
| Vice President Administration      | Russell Havemann |
| Vice President Programs            | Joyce Ono        |
| Vice President Communication       | Bebe Pollack     |
| Vice President Membership Services | Nancy Spencer    |
| Vice President External Relations  | Carl Hurty       |
| Vice President Facilities          | Pete Saputo      |
| Vice President Special Events      | Elaine Mitchell  |
| Treasurer                          | George Killianey |
| Secretary                          | Alice Gresto     |

Editorial Staff: Lorraine Gerni, Juanita Driskell, Bebe Pollack, Marcia Taylor, Estelle Waslosky, and Jerry Pollack  
 Desktop Publishing: Virginia White, Patsy Burns  
 Photos: Bebe Pollack, Ken Kamber, Will Cornell, Jerry Pollack

### New Programs Add to Choices



This semester, some popular new programs are grabbing the attention of OLLI members—the series on archeology, the medical series held off campus at the Elk’s Club, and the Impact of Technology Online Distance Learning series. Attendance has been good and the unscientific grapevine feedback indicates that members enjoyed these sessions and will be returning. A smaller new program that had good attendance is Let’s Sing—a late afternoon program that is developing quite a following.



**OLLI Donation Funds**

Be sure to look for the donation information flyer tucked within the pages of this Chronicle.

A gift to any of the funds is a thoughtful way to give tribute to or memorialize a special person. Donations to any of the funds are tax deductible.

*Volunteer of the year...- Continued from page 1*

buying supplies and food, taking and printing photos and creating an event book to be used as a guide for future events and luncheons. Donna also finds time to play Bridge and occasionally attend the political and eclectic series. She also plays an active role in OLLI Travelers. She and Kirt are always among the names on the OLLI travel rosters.

Away from the campus, life does not slow down. The Spradlins exchange their OLLI shirts and strap on their backpacks for hiking and mountain climbing adventures. Some of the Spradlin’s backpacking trips include the 212-mile John Muir Trail, ten trips up Mt. Whitney and down again, the Grand Canyon, Mt. Everest Base Camp (18,500 feet), the Great Alpine Traverse crossing the borders of seven European countries, Manchu Picchu, Kilimanjaro (19,340 feet), and Patagonia. They have visited the Costa Rican Rain Forest and also have traveled to Alaska, Ecuador, Galapagos, Easter Island, Greece, Egypt, England, Scotland, France and Italy.

When she is at home, Donna likes to read in the evening and sometimes watches a favorite TV show. Because their family is very important to them, Kirt and Donna enjoy spending time with their children and their families.

Congratulations, Donna, from your friends at OLLI.

Happy Holidays!



### CSUF Volunteers of the Year

Nancy Holmes, Patrons of the Arts; Lois Austin, Arts Alliance; Dave Musante, OLLI President; Donna Spradlin, OLLI; Claire Curran, Music Associates. Congratulations to these four OLLI members.



## Spotlight ... - Continued from page 1

birth of her first daughter. Currently the grandmother of 2-year-old twin girls living in Los Angeles, Phyllis is spending a day each week helping out her daughter with the constant task of caring for twins.

When Phyllis retired about 16 years ago from her Human Resource position, she sought stimulating daytime activity and discovered CLE now OLLI. She loves the people in OLLI, enjoys the lecture classes and is one of the coordinators of Short Stories along with Sybil Sectors and Janet Genow. Currently she is spending her time and energy with her granddaughters, so is active in only one class. As the twins require less constant care, Phyllis's class attendance will increase.

Phyllis and David enjoy travel, having recently returned from a cruise to the Eastern Mediterranean. While David is still working as a consultant, he will take time to travel with friends and return to OLLI when works allows.

*Marcia Taylor, Editor*

## All New Basketball Bash



The OLLI Basketball Bash on Saturday, Dec. 12 will feature good basketball, pizza & salad, OLLI beverages, and premium seating in the Titan gym. Come cheer on the Titans as they fast-break, slam-dunk and hopefully make some three pointers against Occidental College.

Festivities begin at 4:45 p.m. in Shapiro ABCD with pizza & salad and OLLI beverages of all kinds being served until 5:30 p.m. At 5:30 p.m., we'll walk the 100 yards or take the OLLI Trolley from ABCD to the Titan gym in time for the Titan game with Occidental College which starts at 6:00 p.m. Tickets, which include food, beverages and game admission, are \$8 each. OLLI members may bring up to four guests at this same great price of \$8 per ticket, but please remember that each person needs a ticket! Free and abundant parking is available for members and guests in lot J or Lot E or any other parking lot on campus. OLLI members and guests will sit together in a reserved section on the second floor of the Titan gym, some of the best seats in the house. Tickets are on sale in the OLLI office by Celia. Cut-off for purchase of tickets is Wednesday, December 9.

Glenn Simar and Dave Musante are co-chairs of this event, with much assistance from Patti Chikahisa and all of the OLLI ushers. Come enjoy and bring your friends and relatives to experience a good time, OLLI style.



## Let's Stroll

In the southeast corner of the Quad, passed and ignored by the thousands of students preoccupied with their quests for education, sits an arboreal monument to our university's history. A simple brass plaque tells the story, "The first Valencia orchard in California was planted here in 1880 by R.H. Gilman on the property of Placentia Fruit Company. The trees are still in flourishing condition. Dedicated by Grace Parker No. 242 Native Daughters of the Golden West. February 1, 1934."

The location is between Humanities and Social Sciences, University Hall, and McCarthy Hall buildings. This mini orchard, a page from our history, is a tranquil reminder to me of our history and of the pioneer whose work and vision have given me a fuller life.

*Jerry Pollack, Editor*

## Thoughts on OLLI ... OLLI OLLI Options

Revisit a favorite subject.

Tackle a new one.

Discuss the arts

Break out of your intellectual, analytical comfort zones.

Get your hands dirty in ceramics class.

Pick up a brush or charcoal to release hidden artistic talent.

Experience the energizing relaxation that is tai chi.

Visit with old friends.

Make new ones.

During our membership, we have done all of the above and so much more. OLLI OLLI Options, the choice is yours!

*By Doug & Mary Anne Nelson*

## A Special Place

"A retired friend persuaded me to come to an OLLI class with her before I retired. I decided then that this place was special, and I could hardly wait to retire so that I could join. OLLI brings people from diverse backgrounds together to do things that they may never have had a chance to do when they were in college or working. We can develop new  
*Thoughts on ... - Continued on Page 4*

## November Nutrition News



How would you like a kiss? Maybe even three? Go ahead and indulge, because three Hershey Kisses are only 90 calories! Hershey also makes small, dark chocolate, sugarless bars that are terrific. OK, so now you have found my

weak spot, I love chocolate so I have to justify eating it while I watch my weight. Luckily, research indicates eating those wonderful kisses is actually good for us (*Real Age*, 2009). Dark chocolate can help reduce atherosclerosis and blood clotting, aid blood flow and even improve cholesterol levels. It contains flavonoids and the antioxidant resveratrol, the new darling of nutrition mavens.

There are other foods that are high in flavonoids such as apples, apricots, blackberries, cranberries, grapes and red wine. Chocolate is not a cure-all. First of all it has to be the dark type; secondly, it is loaded with sugar when in candy. Therefore, it can be calorie intensive, has few vitamins and contains caffeine. The good news is that almost every candy maker is now producing dark sugarless chocolate. Anyone for a kiss? I bet you thought I was only going to write about prune things.

Remember the old adage, “An apple a day will keep the doctor away?” It turns out that it is true. According to Joseph Maroon, M.D. author of *The Longevity Factor*, apples enhance insulin sensitivity and that helps your body control blood sugar. Since we are approaching the season where new apples are due in stores, you should buy and eat them because they lower cholesterol, reduce allergies by blocking histamine and give you 31 milligrams of flavonoids (see above) (*Real Age* 8/09). *Real Age* is full of good information, so check the website: <http://www.realage.com>.



Since the holidays are coming up, I recommend another book, *Eat This Not That* by David Zinczenko. It costs under \$15 but has a hundred dollars’ worth of good information. It recommends what to order in restaurants, fast food places and even in grocery stores.

Happy eating, but watch your portion control during the holidays or you, like many Americans, will gain weight over the next two months.

## Take the OCTA Bus!

It’s free with your OLLI membership card. Take your card to the Pollak Library on campus. They will program it for the OCTA. The free pass is good on any line at any time. Travel with the college kids. It’s fun! Just swipe the pass at the driver’s box and hear the pleasant ping and you are good to go, go, go!



*Carmine Casucci.*

## Help New Members Feel Welcome

When Nancy Spencer rejoined OLLI a couple of years ago, she “had no idea” which courses to take. “There were so many, and they all looked good,” she says. “It would take a long time to try them all out.”



Nancy already knew Dave Musante because they served on a city committee together, so she sought out his advice. Having someone to quiz about OLLI classes was a big help. “He acted as a mentor in that way,” she says. As it turns out, they are still enjoying some of the same OLLI classes because they have similar interests.

Dave, who is now President of OLLI, believes that veteran members can play a major role in new member retention and satisfaction. “I would like to encourage veteran members to introduce themselves to new members,” he says. “You can identify them by the orange dot on their name tag. Through a short conversation, you can find out what classes the new member is taking and any special interests. Then you can suggest other classes they might not have considered.”

This proactive outreach will help new members feel welcome, and will open up their thinking on the large array of OLLI classes that are available. If you are a new member, please know that OLLI is a very friendly place. You can feel comfortable talking to other members on any subject related to OLLI. Veteran members will be honored to be asked.

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## Thoughts ... - Continued from Page 3

skills and talents, or resurrect those we haven’t used for a long time.

“OLLI members are very friendly and are always willing to share ideas and experiences. I was surprised when I first joined that people who were total strangers would greet me enthusiastically and ask what classes I was taking. Most of us came from jobs or professions in which we had colleagues who acted as a support system. When we retired, we lost that support. But I found it again at OLLI.”

*By Mary Sampson*

## Mail Crew

Many thanks to our great mail crew who prepared the October ChroniCLE for mailing: Don and Inez Fallis, Ed Orth, Maureen McCormack, Jerry Pollack, Judy Randlett, Phyllis and Roy Roberts, and Agatha Weber.



# OLLI-CSUF BREAKFAST HOUR

OLLI Breakfasts to encourage the use of parking lot G and commuting by the OLLI Trolley began with about 30 participants and continued throughout the week with an average attendance of 40. This freed up some 40 parking spaces in lot J.

Come join us for a cup of coffee, the morning news, entertainment, and good cheer.



What a way  
to start the day!

## SPECIAL EVENTS

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|                      |            |             |                          |
|----------------------|------------|-------------|--------------------------|
| O.C. Water Resources | 8:00 a.m.  | November 13 | Parking Lot A            |
| Basketball Bash      | 5:00 p.m   | December 12 | ShapiroWing ABCD         |
| Holiday Luncheon     | 11:30 a.m. | December 16 | Yorba Linda Country Club |

## OPEN TO THE PUBLIC - Bring a Friend

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|                           |            |                               |                  |
|---------------------------|------------|-------------------------------|------------------|
| Eclectics I               | 10:00 a.m. | November 12, Dec. 3           | AUD              |
| Eclectics II              | 1:15 p.m.  | November 5, 19, Dec. 10       | AUD              |
| Medical Series - St. Jude | 9:00 a.m   | November 11, Dec. 2           | ELKS CLUB        |
| Boomer Essentials         | 9:30 a.m.  | November 7, 14, 21, Dec.5, 12 | Shap. ABCD       |
| Eclectic Medical Issues   | 7:00 p.m.  | November 5, 19, Dec.10        | St. Jude Rehab./ |

## CLASS / EVENT / NEWS

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Wellnes Center

### Winter Wonderland Holiday Luncheon

“We’re Walkin’ in a Winter Wonderland.” OLLI members who attend our annual holiday luncheon on Wednesday, December 16, at the Yorba Linda Country Club will, no doubt, recall the words to that much loved song as they enter the dining room and see all the tables with blue, white and silver centerpieces.



The winter wonderland theme will continue with holiday entertainment being planned by Elaine Mitchell, V.P. of Special Events, and members of the hospitality committee. Dave Musante, OLLI president, will welcome the attendees.

Registration begins at 11:30 a.m. and lunch served at 12:30 p.m.

The menu features a choice between Chicken Supreme and tri-tip. A vegetarian dish also will be available. All dinners include salad, dessert and beverages at a cost of \$22 per person.

Enclosed please find a coupon for the luncheon. If you plan to attend, and we hope you do, please complete it and give or send it to Celia in the OLLI office, along with a payment of \$22 for each person. The luncheon is open to OLLI members and guests. Further information will be found in December ChroniCLE.

Special Note: If you plan to attend the luncheon, please make your reservations early. When the number reaches the capacity for the room, we can accept **no additional** reservations, even if this number is attained before the deadline date of Friday, December 11.

*Lorraine Gerni, Editor*

### Haunted Garden Tours

The ever-popular “Haunted Garden Tours in the Garden” return to the Fullerton Arboretum on October 23 and 24. This two-night event has become one of the most enjoyed in the area, and features many ghouls, vampires and monsters lurking in the garden—and is designed for adults and kids 12 years and older.



Tickets may be purchased in advance for \$10 for adults and \$6 for children. Cost is \$10/child and \$15/adult at the door; pre-paid admission is \$6/children and \$10/adults. For more information, call the Haunted Hotline at 657.278.4002.

A special “Children’s Party” for kids ages 3-6 years will be held Saturday, October 24 from 1-3 p.m. Contact 657-278-4010 for more information or send an email to [dianeking@fullerton.edu](mailto:dianeking@fullerton.edu).

### Are You Receiving Your OLLI Emails?

If not, and you’d like to receive a weekly email message from the OLLI office, please send an email to: [olli@fullerton.edu](mailto:olli@fullerton.edu) and we will add you to the list.

Be sure to change your computer spam controls to recognize our new e-mail address in order to continue to receive the OLLI announcements.

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**Campus will be closed all Thanksgiving week  
November 23 – 27  
No OLLI Classes**



## OLLI

at California State University, Fullerton  
"A Continuing Learning Experience"  
1979 - 2009: 30 Years of Excellence  
Ruby Gerontology Center, Room 7  
P. O. Box 6870  
Fullerton, California 92834-6870  
(657) 278-2446

**Address Service  
Requested**

Nonprofit Organization  
U.S. Postage  
**PAID**  
Permit No. 487  
Fullerton, Calif.

**Dated Material  
Do Not Delay Delivery**

### OLLI Cookbook's Corner

In case you have forgotten, we still need recipes for our proposed OLLI cookbook. So many of you have said you plan to submit a favorite recipe but apparently have been putting off doing so.



By the time you read this, many of our members have attended the "High School 'Daze' Remembered" party to which you brought either an appetizer or a dessert.

We had mentioned in a previous article what an excellent time of year this is for sharing your holiday recipes by having them published in our OLLI cookbook. Since our membership includes those from all over the United States as well as from Canada, South America, Europe and the Far East, our cookbook could have recipes from a variety of cultures.

We're asking for recipes which are easy to make with readily available ingredients found in the local super markets and food stores. For those of you who enjoy the Food Channel, you probably have seen recipes prepared using five ingredients, those costing under \$10 for four people and a favorite of many, Rachel's one-half hour dinners. Think about it. Do you have any recipes that fall into any of these categories? If so, please send or e-mail them to Celia at [crojas@fullerton.edu](mailto:crojas@fullerton.edu). You'll be glad you did!



### Holiday or Birthday Gift Ideas for You and Your Friends

There is still time to encourage your family to buy an OLLI-CSUF membership gift certificate for you or for you to buy a membership gift card for your friend and save on shopping trips later. These are available in the office for one semester at a cost of \$110 or for the academic year at a cost of \$215.

All the donor needs to do is send the name and money for the membership to the OLLI-CSUF office. Then a certificate, with the name printed on it, plus the detailed membership form, will be mailed to the donor or to the new member.