

OLLI CALENDAR—SEPTEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 	3	4	5 
7	8	9	10	11	12
Office Closed Holiday				8:00 AM Tennis CSUFCourts	10:00 AM Bicycling Newport Bk Bay
14	15	16	17	18	19
8:15 AM Tai Chi ABCD 8:45 AM Beyond Beg. French 21 9:30 AM Duplicate Bridge ABD 10:00 AM Short Stories 21 1:00 PM Ceramics B 1:15 PM Explor.Disc.Group CD 1:15 PM Inter. Spanish 21 3:30 PM Spanish Pronun I 21 6:00 PM CX10 Digt Photo 21 6:00 PM OLLI Art Cinema AB	9:30 AM StoryBook I I 21 10:00 AM Around the World AUD 1:00 PM Creative Writing 21 1:15 PM Convers. German AB 1:15 PM House of Intellect AUD 1:15 PM World in Change CD 3:30 PM Personal Finance CD 6:00 PM Therapeutic Yoga CD	8:30 AM Spanish Pronun II 21 9:00 AM *Med -St Jude-Elks Club 9:00 AM Weight / Fitness 19 10:00 AM Drawing AB 10:00 AM Inter. French 21 10:00 AM Behind the News CD 10:00 AM View Fall Classes/Mac11 1:00 PM Watercolor AB 1:15 PM Impact of Technol. CD 3:15 PM Let's Sing A 3:30 PM Survival Italian 21 6:00 PM Salón Español 21	10:00 AM *Eclectics I AUD 10:00 AM Beg. Spanish 21 12 Noon View Fall Classes/PC 20 12 Noon CLECAT Club CD 1:00 PM Poetry 21 1:15 PM Am.Presidency AUD 1:15 PM View Fall Classes/Mac11 3:15 PM OLLI Social Hour ABCD 5:00 PM Creative Writing 21 6:00 PM Communic.Series CD	8:00 AM Tennis CSUF Courts 9:45 AM Beg. Bridge D 9:45 AM Inter. Bridge C 10:00 AM Critics Choice AB 10:00 AM Continuing Spanish 21 1:15 PM Film Classics AUD 1:15 PM Be-A-Know-It-All AB 10:30 AM Mac Help Free 11 11:00 AM Am. Sign Language 19 12:45 PM Improve Your Bridge C 3:30 PM Math of Poker AB	9:30 AM *Boomer Essentials ABCD
21	22	23	24	25	26
8:15 AM Tai Chi ABCD 8:45 AM Beyond Beg. French 21 9:30 AM Duplicate Bridge ABD 10:00 AM Great Books C 10:00 AM Sit N Knit 21 12 Noon view Fall Classes/PC 20 1:00 PM Ceramics B 1:15 PM Explor.Disc.Group CD 1:15 PM Inter. Spanish 21 3:30 PM Spanish Pronun I 21 6:00 PM CX10Digit Photo 21 6:00 PM OLLI Art Cinema AB	9:30 AM StoryBook I 21 10:00 AM 20th Century AUD 1:15 PM Classical Music 21 1:15 PM Archaeology AUD 1:15 PM Convers. German AB 1:15 PM World in Change CD 3:30 PM Personal Finance CD 3:30 PM Photography Club AB 6:00 PM Therapeutic Yoga CD	8:30 AM Spanish Pronun II 21 9:00 AM Weight / Fitness 19 10:00 AM Drawing AB 10:00 AM Inter. French 21 10:00 AM Wisdom Exchange CD 1:00 PM Watercolor AB 1:15 PM OLLI Sports Talk CD 3:30 PM Survival Italian 21 6:00 PM Salón Español 21	10:00 AM Byzantine Empire AUD 10:00 AM Beg. Spanish 21 10:00 AM Shakespeare Aloud CD 1:00 PM Poetry 21 1:15 PM *Eclectics I I AUD 1:15 PM Italian Renaissance CD 7:00 PM Medical Issues/St Jude - Brea	8:00 AM Tennis CSUF Courts 9:45 AM Beg. Bridge D 9:45 AM Inter. Bridge C 10:00 AM Critics Choice AB 10:00 AM Continuing Spanish 21 10:30 AM Mac Help Free 11 11:00 AM Am. Sign Language 19 12:45 PM Improve Your Bridge C 1:15 PM Film Analysis 19 1:15 PM Great Decisions AB 3:30 PM Math of Poker AB	9:30 AM *Boomer Essentials ABCD 10:00 AM Bicycling Rose Dr.
28	29	30			
8:15 AM Tai Chi ABCD 8:45 AM Beyond Beg. French 21 9:30 AM Duplicate Bridge ABD 10:00 AM Short Stories 21 10:00 AM ABCs for Mac Users 11 1:00 PM Ceramics B 1:15 PM Explor. Disc. Group CD 1:15 PM Inter. Spanish 21 1:15 PM iPhoto 6/Picasa3/Mac 11 1:15 PM Picasa Photo/PC 20 3:30 PM Spanish Pronun I 21 6:00 PM CX10 DigitalPhoto 21 6:00 PM OLLI Art Cinema AB	9:30 AM StoryBook I I 21 10:00 AM Around the World AUD 10:00 AM Internet Eclectic/PC 20 1:00 PM Creative Writing 21 1:15 PM Convers. German AB 1:15 PM Maintaining Your PC 20 1:15 PM House of Intellect AUD 1:15 PM World in Change CD 3:30 PM Personal Finance CD 6:00 PM Therapeutic Yoga CD	8:30 AM Spanish Pronun II 21 9:00 AM *Med-St Jude-Elks Club 9:00 AM Weight / Fitness 19 10:00 AM Behind the News CD 10:00 AM ABCs for Mac Users 11 10:00 AM Basic Skills I/PC 20 10:00 AM Drawing AB 10:00 AM Inter. French 21 1:00 PM Watercolor AB 1:15 PM Impact of TechnologyCD 1:15 PM iPhoto 6/Picasa 3/Mac11 1:15 PM Picasa Photo/PC 20 3:15 PM Let's Sing AB 3:30 PM Survival Italian 21 6:00 PM Salón Español 21			

Please note: Deadline for the November *ChroniCLE* is Friday, September 25



Vice President of Programs Message

Joyce Ono



OLLI-CSUF's Vice President of Programs is responsible for providing stimulating programs that appeal to the broad interests of our membership and to do this according to the policy mandate that no hono-

rararia will be paid to lecturers or performing artists. The VP of Programs manages three program subgroups: the overall curriculum, the computer and technology programs, and the travel programs. The excellent programs you have enjoyed have been developed through monthly meetings of the OLLI Curriculum Committee. Fritz von Coelln, the former VP of Programs, is co-chairing this committee with Len Leventhal and the committee meets monthly on the first Monday of each month at 3:30 p.m. in room AB. These meetings are open to all OLLI members. A robust subcommittee of younger OLLI members, headed by Jim Kashiwada, Joanne Syrja, and Michael Stover, has been developing evening and Saturday programs that would appeal to baby boomers, many of whom are still working. This committee meets on the second Monday of each month at 3:30 p.m. in Shapiro AB. The Computer Education Committee (CEC), chaired by Bebe Pollack, develops the curriculum for computer classes, which charge a fee to maintain the hardware and software necessary for these courses. The CEC meets on the first Thursday of each month at 3:15 p.m. in room 9. The OLLI Trips Committee was recently reorganized and is headed by Bill Mills who works with Glen Simar to plan and organize both short-term and long-term trips. The Trips Committee meets on the second Wednesday of each month from noon-1:15 p.m.. Each semester, the Curriculum Committee develops a matrix consisting of meeting times and rooms that are available throughout the weeks of a semester. Through an iterative process, the committee fills this matrix, and write-ups for the OLLI Blue Book are collected and eventually published.

Since OLLI programs are the heart of the organization, and to make the process less burdensome for the Curriculum Committee (and future VP of Programs), my major task this year is to create an infrastructure that will assure

Vice President of Programs - Continued on Page 3

Spotlight on Sybil Shecter

Sybil Shecter is one of three coordinators of the popular Short Story class. The other two coordinators are Janet Genow and Phyllis Iser, but our story is about Sybil this time.



Although she was born in Philadelphia, Sybil considers herself a native Californian because she moved with her family to West Los Angeles when she was seven. She went to school there including UCLA, where strangely enough she didn't meet husband Fred, even though he went to UCLA also. It wasn't until he had transferred to USC that the two met on a blind date. Soon enough, they married. Then Sybil taught elementary school in LA for three years before their two girls came along and Sybil stayed home to raise them.

After she and Fred moved to Orange County, Sybil went back to work substitute teaching before she resumed teaching full time in the Placentia Unified School District. She taught there a number of years before deciding to retire in 1997 after a year of job sharing. Unfortunately, when she shared a year with another teacher, Sybil chose the spring semester, and it was very hard to be back at work after sampling the joys of retirement living.

But retire she finally did. Her friend, Kay Forrester, had been telling Sybil about OLLI (then known as CLE) and the watercolor class. Learning to do watercolor had been a long time desire of hers, so Sybil signed up. At first, she was only taking the watercolor class, but soon branched out to other classes, like Short Story, the Judge's lectures, the Eclectic Series, and most recently Sit 'n Knit. And because of her interest in both gardening and children, Sybil also volunteers at the Arboretum, giving tours to school children on their field trips there.

As can be seen, Sybil, like so many other OLLI members, lives an active retirement life. We are certainly happy that she does choose to spend so much of her time at OLLI.

Juanita Driskell, editor



V.P. of Programs - Continued from page 1

that more OLLI members, especially those that have expertise and passions for the broad range of OLLI programs, contribute to the planning and implementation of OLLI curricula. The OLLI-CSUF membership consists of many talented and accomplished individuals who could contribute their skills and expertise to OLLI, and with more people helping, the task of continually offering intellectually stimulating programs and trips, while increasing the repertoire of courses, would be greatly facilitated. The OLLI-CSUF Long Range Planning Committee has made two recommendations that affect our programs: 1) to align our curriculum with member preferences based on surveys of the membership; and 2) to support an emerging model of retirement by providing more volunteering opportunities within the CSUF community. I will be holding an OLLI Open Meeting at the Eclectics II session on Thursday, September 24th at 1:15-3:15 p.m. in the Mackey Auditorium to present the Long Range Planning Committee's study and recommendations and to collect input for the kinds of programs that you would like to see offered in the next several semesters. Please plan on attending this meeting and bring a pen or pencil for a group activity that will allow me to obtain your input. OLLI programs are in continual need for Coordinators, who support our speakers by introducing them, logging in attendance sign-in sheets, and in some cases, preside over the session. I would like to see every OLLI course supported by at least two Coordinators to make it possible for one to cover for the other in case of emergencies or when one needs to be out of town. Again, the more people involved, the easier the tasks will be! OLLI programs need YOU!



Reminder

**You can not have two campus parking passes issued to you.
Parking Passes are not Transferable**



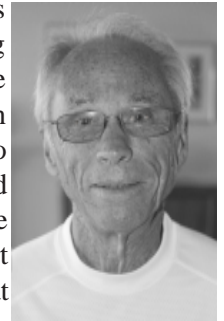
CSUF Area Code has changed



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

Need Personal Computer Assistance?

A number of OLLI members have organized a trial community service support group designed to answer emergency or general questions related to your Windows or Mac PC. If you have the time, taking your problem or question to one of the OLLI workshops is always the first recommendation — but timing does not always allow this. While the support group may not have a solution for every issue, they are dedicated to responding to your question promptly and using their years of experience to resolve your questions. You can ask for support in two ways; by phone to Bob Rineer at 714 401-0626 or by e-mail to pccommunitysupport@gmail.com. If you use e-mail, please be sure to include a contact phone number so we can get hold of you. The Help Desk is a community service and the support group consisting of Richard McCaman, Ted Shapin, Tom Allen, Robert Anspach, and Bob Rineer are dedicated to insuring the well being of your PC.



Let us know if you have any questions.

Thanks.

Bob Rineer

It's All About We

The OLLI of CSUF begins its new year and our community approaches 900 members. Unlike most OLLI programs, we are not spread out across the campus in available classroom space; we have a place, a center, for our activities. This is generally a virtue; an environment that nurtures the feelings of community and not simply a place of classes. As summer participants are well aware, our end of the campus is full of construction. Driving can be an adventure and parking problematic. Our private use lot "J" has 79 spaces (including the 4 designated for handicapped and up to 12 slots reserved for "carpoolers"). At any particular time, on average, there may be 125 plus people attending OLLI activities. Single occupant vehicles can quickly overflow the readily available space.

Parking can be a problem...or an opportunity. It can be about **we** and not just **me**. The "OLLI Trolley" runs regularly between Lot G and the Ruby Gerontology Center. The University is providing 500 park and ride spaces and a shuttle bus at the Meridian Sports Club, which is located just east of the Yorba Linda exit off the 57 Freeway. It is behind the Target Store. The most effective way to address parking limitations can be carpooling/ride sharing. This can be portal to portal, or from an agreed on park and ride location. Talking to others is the most available way of finding rider sharers. Ride share matching help is also provided by OLLI. Go to the University Website: Parking.fullerton.edu. The "Pool" will be limited to OLLI members only.

Stalky Lehman

OLLI Board Approves New Long Range Plan

After a seven-month effort, the long range planning committee presented its recommendations for an OLLI long range plan to the Board of Trustees this past Spring. The plan was approved by the outgoing Board and was presented to the new Board at its June meeting. Dave Musante, incoming Board president said, "This OLLI Long Range Plan provides a clear, well thought out roadmap as we strive to provide the best of lifelong learning for our members".

According to Carl Hurty, the Board member who oversaw the plan development, "the long range plan development was authorized by the Board last August to determine whether any changes to OLLI's strategies and objectives were called for to meet the needs of current and prospective OLLI members. The plan has met that goal."

After an analysis of member and target demographics, member preferences, other organizations serving older people, and societal change, the planning team recommended the following strategies:

- Bring our curriculum into closer alignment with member preferences and borrow curricula ideas from other "leading" OLLIs.
- Support the emerging societal model of retirement by providing more volunteer opportunities within the CSUF community.
- Extend our membership outreach so that OLLI more closely mirrors the target population, i.e., people 55 or older with some college education (and/or interest in lifelong learning) living in communities surrounding CSUF. More outreach to minority groups is clearly required.
- Increase the focus on membership retention-membership attrition has ranged from about 15% to 20%.
- Explore options to overcome classroom and parking constraints and thereby increase OLLI's capacity.

The OLLI members who have agreed to carry out these strategies and related objectives are Joyce Ono and Fritz von Coelln (curriculum), Carl Hurty and Ron Osajima (volunteer opportunities), Carl Hurty (membership outreach), Elinor Foster (membership retention), and Pete Saputo (classroom and parking constraints).

Our thanks to the long range planning steering committee (Charlotte Fox, Carl Hurty, Melody Johnston, Ron Osajima, Barbara Talento, and Fritz von Coelln) and working committee (Don Jebens, George Killianey, Ron Osajima, and Kirt Spradlin) for putting this plan together.

For more information on OLLI's long range plan, please access the OLLI website (olli.fullerton.edu), click on "Archives", then click on "OLLI's long range plan".

Nutrition News September

Dreaming of a luscious grilled steak, but you know it is not really good for you? Then try grilling a salmon steak, or ahi tuna or halibut. These are really healthy substitutes. Research shows that the omega-3's found in 6 ounces of a fatty fish can be a heart helper. (Real Age 6/29/09.) Omega-3s are excellent for improving triglycerides, blood pressure and heart rate. Just one serving a week can provide these benefits, so give it a chance.



Really hate fish? Okay, then eat these little gems. Walnuts add alpha-linoleic acid, an omega-3 type nutrient. But there are other benefits. Walnuts have been shown to decrease appetite if taken before a meal. Just five whole pieces is all that it takes. I have tried this and it works for me. A study in the "Journal of Nutrition" indicates that walnuts can help lower bad cholesterol (LDL) as well as total cholesterol. It can help lower a protein associated with inflammation of the arteries. Five walnuts will cost you about 135 calories: plus they taste good, not many foods can claim this honor. Five Brazil nuts are about 200 calories but are worth that as they contain significant amounts of selenium, calcium, iron, omega 3's, protein and fiber. Whoa, these are almost as good as prunes!

Summer is a peak time for munchies, but is also a great time to defeat them with healthy alternatives to chips and ice cream. Try water filled fruits such as watermelon or cantaloupe. One whole cantaloupe is about 277 calories and it has lots of good stuff like blood pressure friendly potassium and beta carotene. Veggies and fruits such as carrots, sweet potatoes, squash, spinach, apricots, and green peppers contain beta-carotene which helps prevent night blindness and other eye problems, enhance immunity, protects cancer formations, colds, flu, and infections. It is an antioxidant and protector of the cells while slowing the aging process. One cantaloupe won't cure it all, but that and other orange colored fruit and veggies are smart additions



to your diet. Besides it tastes good and that is always a plus.

One last thing, our own Paul Fanton's son has a wonderful web site about nutrition. Try it at: www.healthyfellow.com. I really enjoyed the one on pumpkin seeds which I eat and enjoy daily.

Barbara Talento R.N. PhD

Learn Social Networking

“When I first signed up for Facebook, I started hearing from people who were my classmates back when I was in high school,” says Don Lake. “It’s a great vehicle for networking, keeping in touch with friends and family, and rediscovering people you’ve lost track of.”



Don, who retired after many years as Director of the Center for Distance and Online Learning with the L.A. County Office of Education, is excited to be the coordinator for a new class where OLLI members can learn more about technology resources such as Facebook.

Social Networking: The Ups and Downs of Staying Connected Online is set for Sept. 16 at 1:15 p.m. in Shapiro Wing CD. The speaker is Cynthia Gautreau, Ed.D., who is an assistant professor in CSUF’s Department of Elementary and Bilingual Education. This class is the first in a five-part series entitled *Impact of Technology, Online Distance Learning and Instructional Technology*.

Social network sites such as Facebook have “taken off as a vehicle for communication for the younger generation,” Don says. “But you see people of all ages on Facebook. It’s a place where parents and grandparents can share pictures of their children as well as anecdotes with friends and family. It’s a nice way to communicate and it’s easy to do. All you need is a computer and Internet access.”

Other topics in the OLLI series include: *World of Warcraft: Building Real-World Skills through Virtual World Gaming*; *Get a (Second) Life! Teaching and Living Challenges with Online Communities*; *Services Offered by UEE Distance Education, CSUF*; *Exploring the Field of Online Distance Learning*.

Don says this provides an opportunity for OLLI members to learn more about these new technologies and the impact they have on our society. While he’s not expecting everyone who attends the “World of Warcraft” class to develop their own “Avatar” to interact with thousands of other players, he believes people will enjoy learning more about Internet gaming and how it works.

Please see your OLLI Blue Book or <http://olli.fullerton.edu> for dates and times of the entire series of classes.

September OLLI DayTrip

On Wednesday, September 30, members will have the opportunity to attend the first of the Fall series of OLLI day trips. This excursion will be to the North County Justice Center on Berkeley Avenue in Fullerton. We will meet at the main entrance behind the Courthouse at 8:45AM. Participants will watch actual trials, as well as have the opportunity to try their acting skills (with scripts) as a Judge, attorneys, clerk, plaintiff, defendant, bailiff, CHP officer, court reporter or juror. After the tour, we will meet at the Old Spaghetti Factory for lunch on Santa Fe Avenue (next to the Fullerton Amtrak Station).



Members of OLLI who missed getting their “Oscar or Golden Globe awards for drama” should sign up soon in the OLLI office since there are limited number of openings for the tour. For further information, contact Nancy Spencer at njanespencer@sbcglobal.net or Charlotte Fox at foxchar@roadrunner.com

OLLI OPEN HOUSE 2009

