



OMNILORE NEWS



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July 2023

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Omnilore Presents:

Jennifer Addington, Director, Palos Verdes Library District and Dr. Sara Deen, PVPUSD Governing Board Member speaking on

The Power of Words, Book Banning and Its Implications

by Leslie Criswell

Jennifer Addington, Director of the PVL, which serves the 68,000 residents of the four cities on the Peninsula, started her career there in May 2000 and worked her way up through increasingly responsible positions. She left in 2013 to serve as the Deputy Director of the Pasadena Public Library before returning to PVL as Deputy Director in 2016 and became Director in 2018. She is as committed as ever to her passion of instilling a love of reading through a robust and diverse library collection. Ms. Addington will be speaking about how collection development is done at PVL, increased book challenges faced by public libraries, how the American Library Association has responded and how PVL handles local challenges.



Dr. Sara Deen was born in Northern California to immigrant parents who came to the U.S. to pursue education through public schooling. She graduated with Honors from UC Berkeley in Molecular and Cell Biology and pursued her dental education at UCSF. She has lectured at UCLA, practiced dentistry in the South Bay, and was recognized in 2019 for her community service as an adult and youth interfaith leader by the California Legislature as the "Woman of the Year" in Assembly District 66. In 2022, Dr. Deen was elected by the voters of Palos Verdes Peninsula to serve a four-year term as a Governing Board Member of PVP Unified School District, where her own two children are students. She continues to be an advocate for an equitable and excellent education for every student, regardless of where they begin, who they are, or how they learn best.

Our speakers will be addressing the recent uptick in book challenges in both public schools and public libraries, locally and nationally, and the grave challenges faced as a result. They will describe the most common justifications for book challenges and discuss the ways that book banning/censorship can hamper creativity, intellectual freedom, and suppress knowledge and ideas. The issue in this country with national polarization is now threatening to politicize what happens, and doesn't happen, in our public libraries and classrooms.

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The Forum luncheon will be held:

Monday, July 31, 2023: Social Hour, 11:00 a.m.; Lunch, Noon

We're meeting at: the **Mary & Joseph Retreat Center**, 5300 Crest Road, Rancho Palos Verdes, CA 90275. Pasta Buffet with tomato, pesto and Alfredo sauces; olives; chopped basil; meatballs; Italian sausage; Primavera vegetable mix; green salad; garlic bread; dessert. The cost is \$40 per person. **Try our new online payment system** or use the Reservation Form on page 8.

Reservations must be received by JULY 17th

Questions? Call Leslie Criswell (310) 809-4365

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OMNILORE NEWS is a publication of OMNILORE Learning-In-Retirement, Inc., a tax-exempt 501 (c)(3) nonprofit public benefit corporation.

OMNILORE NEWS is published four times annually. We welcome short feature articles and news stories. Please contact the editor with your contributions.

Editor: Claire Damecour
Staff Member: TBD

MESSAGE FROM OMNIOLORE PRESIDENT'S DESK

Frank Pohlner



Frank Pohlner
President
Omnimore LIR, Inc.

Welcome as we prepare for a new year with Omnimore LIR Inc. We have just completed a second year as a nonprofit public benefit corporation although we have been helping each other keep our minds active since our inception in the Spring of 1992.

Now is the time to register for the coming Omnimore academic year, September 1, 2023, through August 31, 2024. We have an exciting slate of our traditional Study and Discussion Groups (S/DGs) planned for next trimester and have introduced new Lifestyle S/DGs which are available in the evenings and on weekends. The Movie Nights, Writer's Workshop, L.A. Field Trips and Tech Questions sessions have proved very popular additions to our curriculum with more on the way.

The big news is that beginning July 1st, you have two ways to pay your membership renewal fees: either online, using your credit card (the preferred method) or by downloading, printing, and filling out a registration renewal form and mailing it with your check (payable to: Omnimore Learning-In-Retirement, Inc.) by August 1st. Our online store also allows you to purchase tickets to our Forum on July 31st or to make a tax-deductible donation to Omnimore.

I would like to thank Omnimoreans, Al Ortiz and Elyse Gura, for their diligent efforts in making our online store a reality. And thanks to our webmaster, Hal Hart, for providing links from our existing website to the new online store and his assistance in recording the instructional video. A large group of Omnimoreans reviewed the online store and provided feedback as stakeholders and users to improve the experience.

You will see that online membership payment is as easy as any other shopping you do online – and there is no need for a special trip to the Post Office! If you have any questions while you are completing your online registration, watch the instructional video or just email us at Store@Omnimore.org and we will get back to you with the help you need.

Be on the lookout for an email message that was sent in the beginning of July with all the details on how to renew membership and links to the Omnimore Online Store. To reduce costs, we are no longer sending paper registration forms and pre-addressed envelopes to those that elected to receive electronic communications.

At the June Board meeting the Directors approved the budget for our next fiscal year (2023-2024). Basic fees increased to \$250 per year. The fee structure is described below. As you know, our annual fees are still a bargain compared with most other peer-led learning-in-retirement programs. A similar program in Westwood charges over twice as much at \$530 per year. Note that if we took the actual expenses and divided it by the total number of members the cost would be \$272/member. The Board of Directors has elected to subsidize the fees with money from our treasury to keep the fees reasonable.

1. Full member annual fees are \$250 for a member who elects to have e-mailed materials and communications. However, if you prefer to receive all Omnimore communications by USPS, there is a \$30 surcharge for postage, labor, and materials.
2. If you are unable to continue participating as an active member, but still want to be informed about Omnimore activities, you may become a "Leave of Absence" member at a cost of \$30 per year and continue to receive the *Omnimore News* and Forum announcements electronically. If you wish to receive all communications via USPS then the rate is \$60 to cover postage, materials, and labor.

Omnimore depends on volunteers for all its activities, a tradition since its founding. We have only one part-time employee. This is a cooperative learning endeavor. Please consider contributing your skills and experience to any of the Omnimore volunteer opportunities. Please have influence and share experiences with other volunteers. A critical position among the many volunteer opportunities is that of a coordinator or co-coordinator for one of our S/DGs. No S/DG can function without a coordinator and co-coordinator, so your participation in either capacity is highly regarded and central to the Omnimore learning experience.

I hope you have discovered and look forward to discovering the intellectual and social rewards of our peer-led programs and will renew your membership to enjoy another challenging, enlightening, and enriching year with Omnimore.

I ask that you invite your friends and acquaintances to attend one of our Introducing Omnimore sessions so they may also discover the rewards of our organization. **Almost all our new members are the result of invitations from current members.** The more members that we have, the lower the individual membership fees will be. The next session is July 11th at 10am via Zoom. Contact Membership-Inquiries@omnimore.org for a Zoom link and invitation.

In closing, like most nonprofits, we are asking for donations. In addition to your registration fees please consider a tax-deductible donation to Omnimore Learning-In-Retirement, Inc. You may now [make donations online](#) or enclose a separate donation check in your registration envelope. I am sure that when you reflect on what you have learned and the friends that you have made, that an investment in the future of Omnimore Learning-In-Retirement, Inc. is well worth it.

Looking to the future, **Frank Pohlner**, President, *Email:* president@omnimore.org

Continued from Page 1:

Detailed location, driving/parking instructions are in the email version of the Forum flyer and online payment instructions are attached to the Forum flyer email.

NOTE : There will be no postal delivery of additional Forum flyers (except for those who have paid for mail deliveries). So, if you're sending in your reservation "the old-fashioned way", please make yourself a copy of the form now and use that for your mailing.

Any questions, please call Leslie Criswell (310) 809-4365 (but please leave a message in case she doesn't answer, so she knows to call you back).

Omniole Profile: Carmen Svensrud

by Shera Dolmatz

Native Angeleno and Torrance resident, Carmen Svensrud is a teacher by profession, a long time Omniole student and a committed lifelong learner.

Her parents immigrated to the U.S. from Italy to escape Mussolini. Carmen's father arrived first, while Carmen's mother Carolina stayed back.

During that time, Carmen's mother roomed with a dear friend named Anna who migrated to the U.S. first. Because Anna didn't read or write they lost contact. Eventually Carolina came to the U.S. to reunite with Carmen's father.

In the U.S. the family changed their last name from Cotellessa to Cotelessa, deleting an extra "l" to sound more American. When Carmen married her husband, his family also Americanized their name by dropping a letter, an additional "e" from their Norwegian name, Svensrude to Svensrud.

Carmen's father, Dominick, was a coal miner in Illinois and met with John L. Lewis during the mine unionization process. However, his mining was curtailed due to asthma. Luckily, his Moose Lodge stepped in and obtained a liquor license for Carmen's father.

While relocating to California, Carmen's mother had a chance meeting with Anna, her dear friend in Italy. Carolina and Anna reunited, and that meeting helped Carmen's parents find a location for their liquor store in south-central Los Angeles.

Carmen was born and grew up in Watts. Her parents' liquor store was at 79th and Figueroa and the house was at the back. They lived in Watts during the 1965 riots. Carmen remembers how scared they were as their house and business shared a common wall and liquor stores had a lot of cash and were targeted for robbery and burnings. Carmen's dad hid the store's cash in a sand pile and the family fled to the safety of Inglewood.

She remembers her mother helping hungry people and the liquor store friendly to everyone in the neighborhood. Their kindnesses were remembered, and loyal customers stopped rioters from throwing a Molotov cocktail into the store.

Now, Carmen laughs at what she chose to save. She was a student at Marymount. She grabbed her calculus books because she had margin notes she couldn't replace.

She loved working at the liquor store. Among her favorite tasks was stocking the newspaper rack. While stocking she would read the papers and to this day, she remarks, "I need a paper newspaper. I must have a paper. It's part of me."

Carmen attended Manchester Avenue Elementary School and St. Michaels on Manchester and Vermont for junior and senior high. She obtained her Bachelor of Arts in Mathematics from Marymount's Palos Verdes campus, now home to the Salvation Army Territorial Headquarters.

She became a math teacher and student advocate, working at Marina High School in Long Beach, St. Mathias in Huntington Park, Junipero Serra in Gardena, and El Camino College. Her favorite teaching job was at an all-boys high school, citing once you got the boy's respect teaching them was easy. She loved the



way the boys butchered her name, finally settling on calling her Mrs. S. most of the time.

Through the years, Carmen has met many interesting people. As a teenager she worked at Hamburger Hamlet. The restaurant also sold Kentucky Fried Chicken. Occasionally Colonel Sanders came in. He always wore his signature white suit with a black tie. Carmen remembers asking him about his finger lickin' chicken. She asked, "What is the secret recipe? He replied, "It's a secret."

While waiting in line for the Matterhorn at Disneyland Carmen met Walt Disney who was riding the coaster.

In high school Carmen went to hear John F. Kennedy's acceptance speech for the Democratic Nomination for President at the Coliseum. She and her group left the stadium early to get to the motorcade. They were in front of the crowd and when it began to swell, she was a foot away from JFK. "He shook my hand and signed my poster." Now, JFK's signed poster is hanging in Carmen's family room.

A lifelong Democrat, Carmen began the first Young Democrats club at Marymount. Soon afterwards the conservative college established a Young Republicans club.

As the club's president, she received a call from Lyndon Johnson's election campaign requesting club members to act as hostesses at an LBJ barbeque benefit. She didn't have enough members to cover so she asked the Young Republicans if they could send some of their members, which they did.

Carmen recalls the olden days when there wasn't the contention now found in politics. The president of the Young Republicans was named Tamara. Carmen loved the name and years later used it for her daughter Tamara.

She met her husband Robert at a UCLA Extension Summer School math class. He had already graduated from USC in finance and was taking the class for the challenge of it. Their first date was at a Dodger game. The couple married and had two children, a son Christopher and a daughter, Tamara; Carmen is now a grandmother to three grandchildren.

Robert passed away 10 years ago on December 24. The family celebrates his memory with a waffle breakfast on Christmas Eve morning. Waffles were Robert's favorite breakfast.

A *Daily Breeze* ad led Carmen to Omniole in 2011. She joined and one week later both she and Robert were members. Omniole was so important to her late husband that he took classes until the month he passed. She commends Barbara Case for helping her husband with his last presentation. "When he was unable to give his presentation, she did it for him."

When asked about her favorite class, she replied, "That is a hard question. I always take movie classes." Her favorite presentation was the lecture she gave on perspective drawing in the Leonardo da Vinci class. "I gave everyone rulers and pencils with erasers." Adding, "I like to take classes that I don't know anything about. I love people. It's a nice community. The discussions are great. Omniole keeps my mind going."

Carmen's advice to new retirees "Keep busy and do things you love to do."



Omnioleoreans—Summer Fun

by Claire Damecour, Omnioleore News Editor

“All I want to do is have some fun ...?”

In this newsletter we focus on fun. It’s good for our health! We all have things we do for fun and Omnioleore may be one of those. I enjoy bicycling on the beach, going to movies, concerts, plays and musicals and watching comedy on TV.

Barbara Case shares her recent experience white water rafting in Costa Rica with several Omnioleore friends. Jim North reminisces about summertime fun in the 50’s in Philadelphia. Enjoy!



Barbara Case: The Unfun that Surrounds Every Fun Thing We Do



I had a lot of fun going white water rafting in Costa Rica with Joan Kolic and Susan Strauss in January of 2023. But the experience also involved a considerable amount of discomfort and brief moments of honest mild pain—at least for me. Also, it’s hard to say if the moments of terror were outweighed by those of euphoria and exhilaration. All that aside, I look back very positively on the experience. It is one that I’m extremely glad I did, one that I will never forget.

That’s often the nature of fun: it comes with parts that aren’t fun at all. Any pain, fear, discomfort or mild boredom generally just fades from memory.

I wonder if there is any kind of “fun” that also does not contain some elements of “not-fun-at-all.”

There is always the driving to the location—in LA that often means driving through miserable traffic. Then there’s the irritation of finding parking, the walk from the car to the fun spot, and perhaps a wait to get in, and maybe at the entrance an encounter with an unpleasant surly ticket agent or clueless usher. We forget all these negative aspects and just remember the good parts. We don’t have to do it consciously; our wonderful brains do it for us. Unless, of course, we are one of those unfortunate people who always emphasize and remember the bad while forgetting the good.

There is plenty of scientific evidence about fun and the brain. Just the simple act of being together with friends and loved ones produces pleasurable chemicals in the reward centers of our brains. That is why we do it. We are all addicted to pleasure chemicals in our brains. There does not have to be a fun place, any pleasant location might do: a home, a backyard, a walk in the local neighborhood. However, if the location is expected to produce “fun” (Universal Studios, a play, a movie, a dinner out, etc.), then the experience itself will produce its own cascade of brain reward chemicals which add to the joy of just being in the company of friends we care about.

While white water rafting in Costa Rica, my brain was bathed repeatedly in an intoxicating mix of pleasant reward chemicals: friend-bonding (oxytocin), awe (dopamine and serotonin), exercise (endorphins), and acceptable risk-taking (adrenaline). That “fun soup” of chemicals left a very positive memory stamped in my brain! When thinking about it, I have to think hard to remember being soaked in cold river water or the overexertion of padding with muscles not used to that activity. I do however remember the pain of having to maneuver my old body and joints repeatedly (every time the river raft guide shouted a special command) from sitting on the inflated side tube of the raft, to crouching on the floor in the shape of a human ball with my paddle straight up in the air, and then having to get up quickly and reseat myself on the edge of the raft again and do all of that while the bottom of the boat heaved like a trampoline in constant 3-D motion. That was not easy and very uncomfortable. I’ve mostly forgotten the cold shower afterwards in cramped sex-segregated quarters without privacy. I’m sure there is more that I’ve already forgotten; the ones above are just the few in the process of fading.

What I remember is the thrills, the awe, the beauty, the laughter, the squeals of delight, the shimmering water, the lush green jungle, the roar of rushing water cascading over boulders. I also remember the incredible taste of sweet fresh pineapple when our group paused on a quiet sandbar to take a break when we were all tired and thirsty. And of course, I remember with enormous delight spotting monkeys in the trees and colorful parrots overhead. But absolutely best of all, I remember the adrenalin rush of going over class three rapids and being splashed with what seemed like many dozens of buckets-full of cold water all at once. For me, exhilaration is the perfect word to describe this experience.

At my age, I’m so fortunate to have experienced full-on exhilaration, and best to have done it in the company of close friends.

Joan Kolic, Barbara Case and Susan Strauss white water rafting in Costa Rica



Continued on page 5.

Some Smiles from the April Forum



1. Steve Miller, Denis Bosch & Dale Korman; 2. Ruth Hart; 3. Ron Tompson; 4. Jean Steinmetz & Rhonda Ingelman; 5. Jeanne Wilson & Joan Kolic; 6. Jill McKenzie and Karol McQueary; 7. Bill Gargaro; 8. Harriet Allyn; 9. Rob Coe; 10. Denis Eggert 11. Haygo Salibian & Margaret Thelen

Thanks to Lori Spillane for these Wonderful Pictures!

Continued from page 4, Letters to the Editor

Jim North: Summertime Fun 50's

Cole Porter wrote the lyrics for the hit show *Porgy and Bess* "SUMMERTIME AND THE LIVING IS E-A-S-Y". Mr. Porter must have lived in Philadelphia. Summertime in Philly meant change, a complete downshift in your life. The last day of school was underlined and circled on every school kid's calendar and the good Sisters used those closing days to prepare the classroom for the Fall class. Wash and wax your desk, re-cover the textbooks and reorganize the class library.



Payment was a Holy card, the currency of the good Sisters.

The last day of class we wished everyone a safe summer and made a mad dash to Tony's barbershop for a summer buzz haircut. Next day you hopped on a PTC trolley and entered Shanahan pool. At 4 p.m., you reversed the procedure and went home for family dinner. My father was a true believer in beefsteak Jersey tomatoes, so juicy and sweet. Many times, dinner

was tomatoes, corn on the cob, watermelon and iced tea with lemon. The weather would reflect the season and the humidity would chase the temperature. Nighttime found families sitting outside listening to the Phillies baseball game on the radio. A

home run generated applause throughout the neighborhood. My major form of transportation during summer was my bike, decorated with red, white and blue streamers on the handlebars and a playing card attached to the rear wheel that made a clicking noise when you peddled - so cool. Our bike trips were incredible from a suburban area through Fairmount Park to the Franklin Parkway, to the Franklin Institute. A parent's nightmare but a taste of freedom for the child. And that, my friends, was SUMMER FUN-AND THE LIVING WAS EASY!

PTC Trolley



Write to the LA Times About Omnilore!

by Claire Damecour

I hope you know enough about the *LA Times* to know that Steve Lopez’ columns there are widely read and extremely popular ... particularly among our Omnilore demographic.

Briefly: he is turning 70 this year and is changing his column to specialize on aging ... stories about the problems and joys of aging in Los Angeles. He is calling on his readers to help him find good stories. I see a tremendous opportunity here to encourage him to write an entire column on Omnilore! Among others, we are just the type of unique positive LA aging story I’m sure he’s looking to find! It could be an amazingly awesome way to grow Omnilore. Let’s get there first before Plato, or any of the other CSU or UC OLLIs (there are lots of them in the LA Basin — but we are unique in a special way.)

Here are quotes from his introduction: “I’m turning 70 this year, and as of today, my column will focus on aging. The blessings and burdens. The challenges and advantages. The hopes and fears of the blessed and the lonely, the vital and the frail. I’m calling it Golden State. Finally, after nearly 50 years as a journalist, I’ve got a topic I know something about firsthand. But I need your help. Tell me how you’re doing. Are you thriving or struggling? When you glimpse your own reflection, do you see someone celebrating life or fearing death? ‘The fact that so many people are getting to experience old age, and doing so in better health, is one of society’s greatest achievements,’ Becca Levy wrote. ‘It’s also an extraordinary opportunity to rethink what it means to grow

old.’ I’m working on that. And to repeat the offer, I’d like to hear from those who glimpse their evolving selves in the mirror and might let me walk through time with them.”

Here’s a copy of what I sent him:

To: steve.lopez@latimes.com

Hello, my name is Claire Damecour and I am a retired psychiatrist and for the past eight years I have been participating in a learning-in-retirement organization I would like to share with you and your readers. Omnilore LIR, LLC, organizes groups for study and discussion for minds not ready for retirement. Approximately 300 seniors participate in the organization and selection of topics of interest. There are no tests or grades, and membership is open to all age 50 and over who seek intellectual stimulation and the challenge of shared inquiry. We study topics as wide ranging as Art, Philosophy & Religion, Science & Technology, Government, History, Literature, and Social Studies. There are numerous other Omnilore functions such as quarterly Forum luncheons, occasional field trips, and special interest groups (e.g. Walking, Best-Sellers, STEM and Movie Goers groups). We meet in person at Beach Cities Health Center in Redondo Beach, and on zoom everywhere!

For information call 310-215-1848, email membership@omnilore.org or visit the [Omnilore Homepage](#)

Personally, I enjoy learning about so many things I never got to study in school because I was taking all science courses. And the camaraderie between members is outstanding.

All the best, - Claire

Now it’s your turn – please send him an email and spread the word about Omnilore.

In Memoriam

Kenn Horowitz



Kenn was born on January 24, 1942, in Lawrence Township, NJ. His family moved to California when he was 14 and he’s been here ever since. He attended UCLA and then UCSF when studying Pharmacology.

In 2017, Dr. Horowitz was honored by the California Board of

Pharmacy for fifty years of service. Outside of CSHP, Dr. Horowitz showcased his extensive experience in all areas of pharmacy practice, including acute care, nursing home, consulting, sterile preparations and ambulatory care as staff pharmacist and in multiple management positions. He supervised dispensing and clinical functions for clinics, infusion center, surgery center, pain center and other ambulatory-based services while also teaching pharmacology to nurses and paramedics.

After his retirement in 2007, he worked part time at Torrance Memorial on special projects. He was only an Omnilorean a short 1 ½ years but was well liked and respected for his presentations. He passed last December of pulmonary fibrosis. He was one month shy of his 81st birthday.

Cecilia Carroll Graham



Cecilia was born in London, England on April 20, 1924. She could have had dual citizenship but decided against it. During WWII, she had 35 hours toward her private pilot’s license, with the intention of joining the WACs. When her two children were in school, she went back to school and obtained two master’s degrees. She travelled extensively throughout her life; even in her 80s she travelled to Japan, China, most of Europe, Africa, and Turkey plus other exotic adventures. Cecilia joined Omnilore during the decade of its founding. She married Will Graham on February 12, 2000. After he passed later that decade, she stayed with us until health problems prevented her from continuing. She passed away this April just a few days before her 99th birthday.

Report on the April 28th Forum Speaker:

**Forum Speaker Dr. Julianne Passarelli
Spoke about the Cabrillo Marine Aquarium**

by Leslie Criswell

Dr. Julianne Passarelli gave us a very informative and engaging slide show presentation on one of our local gems, the Cabrillo Marine Aquarium in San Pedro.

The origins of CMA go back to 1935 when a collection of marine samples was housed in the old Cabrillo Beach Bathhouse. Lifeguard Captain John Olguin, a man who spent his career as a lifeguard and then Director of Cabrillo Marine Museum, was passionate about our Southern California marine environment. As a conservationist and educator, he began whale watch and evening grunion programs long ago. Those programs still exist at the CMA, along with countless others, in its current facility designed by Frank Gehry in 1981.

Part of the City of Los Angeles Department of Parks and Recreation, CMA has grown into a trusted resource that inspires exploration, respect for and conservation of Southern California marine life. With its spectacular natural setting adjacent to the Cabrillo Beach Coast Park, CMA is uniquely suited to providing a leadership role for guests and students of all ages in marine science education, community engagement and field research.



*Leslie Criswell, Forum Chair, &
Dr. Julianne Passarelli*

Dr. Passarelli, marine biologist, lecturer and Education and Collections Curator at CMA, manages their educational programs, which display one of the largest collections of Southern California marine life in the world. Those collections are found in the many exhibits at CMA, including the aquatic nursery, laboratories, touch tank, Exploration Center and displays which feature our unique Southern California marine environments - kelp forests, rocky shores, sandy beaches, mudflats and saltflats.

She told us about the Young Scientists and docent programs for middle school and high school students, as well as adults; nearshore coastal monitoring research being done by local citizens; the many elementary school field trips offered throughout the school year; and sponsored voyages, including those to Baja California (for whale watching) and to the Channel Islands.

CMA also offers an ongoing lecture series, Tidepool Walks, Science at the Seashore programs, Meet the Grunion evenings, a rotating series of learning adventures for preschool and grade school children, the Salt Marsh habitat, and monthly Coastal Park cleanup.

CMA has it all and invites everyone to visit and become a member!



Social Hour



Our Room at the Red Onion.

**The
Next**

Via

Zoom

INTRODUCING OMNIOLORE MEETING:

Tuesday, July 11th - 10 a.m.

Help Spread the Word! RSVP 310-370-2494

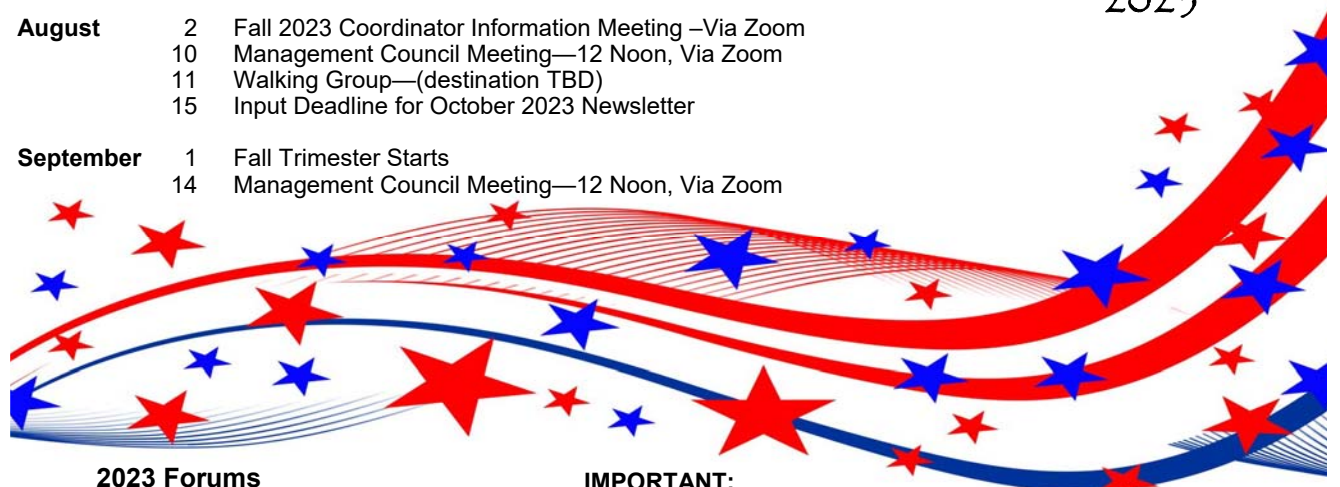


OMNIOLORE CALENDAR 2023

July	4	Independence Day
	11	Introducing Omnimore Meeting—10:00 a.m., Via Zoom
	13	Management Council Meeting—12 Noon, Via Zoom
	31	Summer Forum—11 a.m. Social, 12 Noon Luncheon (see article, page 1, Registration Form—below)
August	2	Fall 2023 Coordinator Information Meeting –Via Zoom
	10	Management Council Meeting—12 Noon, Via Zoom
	11	Walking Group—(destination TBD)
	15	Input Deadline for October 2023 Newsletter
September	1	Fall Trimester Starts
	14	Management Council Meeting—12 Noon, Via Zoom

2023 Forums
 Winter—January 31st
 Spring—April 28th
 Summer—July 31st
 Annual Mtg.—October 31st

IMPORTANT:
 Calendar changes and additions
 are scheduled with Sharon Bohner
Calendar@omnilore.org



Have You Read....?
by Cindy Eggert and Patricia Edie

The novel, *Take My Hand* by Dolen Perkins-Valdez, will bring up many of the same issues surrounding healthcare and welfare for the poor that the Omnimore Book SIG discussed in the non-fiction books - *The Immortal Life of Henrietta Lacks* and *Evicted*. Inspired by true events and a real-life law case led by a lawyer from the Southern Poverty Law Center, this fictional book is a deep exploration of accountability and redemption.

Fresh out of nursing school in 1973, an idealistic young Black nurse from a middle-class home in Montgomery, Alabama wants to make a difference and help others. In her job with the Family Planning Clinic, she comes face-to-face with reality in the poor communities of the post-segregationist South.

Within the first week, she gets deeply involved with the lives of two young girls in one family. Her decision to become a whistle blower on a terrible injustice perpetrated under poorly defined and misguided government welfare rules leads to shocking consequences as the story unfolds.

Sadly, history may be repeating itself as government becomes more and more involved in the reproductive rights of women.

So many books...so little time!



OMNIOLORE Summer Forum Luncheon Reservation Form

Please make _____ reservations for the Omnimore Summer Forum Luncheon at \$40.00 each:

Name(s): _____
(Please Print)

_____ (Please Print)

Phone _____

E-Mail _____

Enclosed is a check for: \$ \$40.00 each

Buffet: #

Please make checks out to **Omnimore LIR, Inc.**, and send to Leslie Criswell:

Forum Chair, Leslie Criswell
 27039 Sunnyridge Road
 Palos Verdes Pen., CA 90274-4030