



OMNILORE NEWS



Volume 24 Issue 2

www.omnilore.org

March 2015

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Kenya Davis-Hayes

Cal Humanities: A State of Open Mind

by Carol Kerster

Viewing the lists of her credits, it might appear that our speaker for the April 29 Forum, Dr. Kenya Davis-Hayes, has made the Mission Statement of Cal Humanities, the organization she will tell us about at our Spring Forum luncheon, her own personal mission. The statement is:

"To connect Californians to ideas and one another in order to understand our shared heritage and diverse cultures, inspire civic participation, and shape our future."

Dr. Davis-Hayes is an active Board member of Cal Humanities, which was founded in 1975 as the California Council for the Humanities, a granting organization and independent non-profit partner of the National Endowment for the Humanities. Over the years, the group has grown and evolved, now promoting the humanities as relevant and necessary by creating, producing, funding, and supporting "humanities-based projects and programs, eye-opening cultural experiences, and meaningful conversations."

Dr. Davis-Hayes not only earned her Ph.D. from Purdue University; she started her teaching career there. She served as teaching assistant in several departments from 2000 to 2005. Her subjects were "Curriculum and Instruction," "U.S. History" and "Native American History." From there, Dr. Davis-Hayes proceeded to the Chinese Academic Social Sciences at Campbell University in North Carolina, to Johns Hopkins, and then to Excelsior College, where she currently holds the position of Online Faculty Advisor [for] African American History, Civil War History, and History of Women in America, which is a reflection of another major component of the doctor's portfolio: women's issues, both local and international.

Her affiliation with Cal Humanities began in 2007, when then-Governor Arnold Schwarzenegger appointed her to the Board. This was followed in short order by Board membership in the Women's Empowerment Foundation and the International Visitor's Council.

Finally, and it is almost beyond imagining, this remarkable woman finds time for interests and hobbies: television and film history, fashion history, and global travel, including efficient ways of packing!

Dr. Davis-Hayes has a rich and timely repertoire of humanities-related topics from which to choose, and we look forward to her presentation at the Forum during the last week in April at our ever-friendly and accommodating Los Verdes Country Club, south on Hawthorne Blvd., this side of the blue Pacific. The luncheon costs \$22.00 and includes Caesar Salad, Champagne Chicken, Red Roasted Potatoes, Green Beans and Lemon Cake. Vegetarian meal served, on request via the coupon.

Send your registration as soon as you see the coupon on page 7 of this Newsletter, or with the coupon included in your soon-to-be received flyer, which arrives via U.S. Postal Service.

BOARD OF DIRECTORS Elected Officers

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VP - Administration	Linda Jenson
Treasurer	Gary Nofziger
Recording Secretary	Gloria Dumais
Past President	Howard Korman
Member-at-Large	TBD
Member-at-Large	Kate Nelson
Member-at-Large	Frank Reiner

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Curriculum	Rick Spillane
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OMNILORE NEWS is a publication of OMNILORE, a Learning-in-Retirement Organization, a program of the Osher Lifelong Learning Institute at the California State University Dominguez Hills.

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

Editor	Mary Golob
Staff Member	Carol Kerster

MESSAGE FROM THE PRESIDENT

by Art Irizarry

Welcome, new Omnilore members! We are pleased that you have joined us and look forward to meeting you in Omnilore activities available to you: the study and discussion groups (SDGs), special interest groups (SIGs), and our quarterly Forum luncheons. We hope you will also decide to contribute your talents to our all-volunteer functions as group coordinators, committee members and/or leaders of other activities.

As 2015 unfolds, we have some updates in our volunteer leadership. **Florence Murphy**, Board member-at-large, has been named Membership Committee chair to replace **Leslie Back**. Leslie, who became Membership chair last November, had to undertake some unexpected family obligations; she hopes to return to Omnilore activities when feasible. Florence will be working closely with **Linda Jenson**, vice-president of Administration. In addition, **Bill Gargaro** will chair the Website Working Group. **Jim Slattery** and **Frank Reiner** will be coordinators for the Automated External Defibrillator (AED) training and are looking for volunteers. (See related article in this Newsletter.)

Work continues on the 25th Anniversary Initiative on several fronts. **Linda Jenson**, vice-president of Administration, and **Carol Johnson**, office manager, are leading a review and revision of Omnilore governance documents -- our by-laws, operating rules and procedures -- to bring them into alignment with changed circumstances and organizational needs. Input has been provided by a number of individuals and committees. Linda, Carol and I were named as the committee to conduct the preliminary review and revisions. The committee met February 27 to begin the process of reviewing input and then integrate the

various recommendations. Once the committee review has been completed, the committee will submit recommended changes for Board review and approval. Revisions in the by-laws will be submitted to the membership for review in the September newsletter. Final approval of revisions will be voted on at our annual general meeting, which will take place in conjunction with the October Forum.

Lori Geittmann, Forum Committee chair, has begun planning for the 25th Anniversary celebration at the July 30 Forum. She and the **Forum Committee** will be leading preparations for the event. Any suggestions or ideas for the celebration should be directed to Lori (catcalico@aol.com).

Our Newsletter editor, **Mary Golob**, and the **Communications Committee** have begun work on committee organization in relation to internal and external communications. The committee has several members and a number of volunteers who contribute to specific areas of committee responsibilities.

On another front, the **Ad Hoc Plan B Committee**, chaired by **Rick Spillane** and including **Linda Jenson**, **Kathleen Fitzgerald**, **Howard Korman**, **Gary Nofziger**, **Jim Slattery**, **Bill Gargaro**, **Leslie Criswell**, **Bob Bragonier**, and me, has continued looking into facility alternatives. Among locations considered have been adult school sites in Redondo Beach and Torrance, service club facilities, a church community center, the Hermosa Beach Community Center, Torrance Cultural Arts Center, a significant sampling of commercial property locations and CSUDH campus facilities. A volunteer realtor has scouted several realty firms with significant commercial space but no positive outcomes.

Parking has emerged as a big factor from the standpoint of Omnilore members' needs and what commercial properties and other locations have to offer. City and school district facilities have established calendars of activities, as well as specific days or periods of closure, which are not suited to Omnilore needs. Required calendar adjustments at the Edison Center are a good example of the effects of the differences in the activities calendars. The committee will continue to look at options.

The Website Working Group has been involved in reviewing aspects of our website functions and content and will continue on improvements. **Dennis Goodno** has uploaded copies of the newsletter dating back to the first newsletter, in 1992, and is working on upload of Board meeting minutes. **Hal Hart**, who shares the webmaster duties with Dennis, has been working on updates to several areas of the website, including addition of the 25th Anniversary logo.

An outstanding roster of Summer SDG offerings has been compiled by the **Curriculum Committee**, chaired by **Rick Spillane**. Curriculum development is undertaken with a great deal of thought and care. Meticulous consideration is given to course content, readings and other curriculum support materials, diversity of course offerings, and potential interest. Some 18 volunteers participate in the Curriculum Committee with intensity, dedication, and conscientious attention to detail. As a result, we have an excellent intellectual environment planned for our Summer. I hope you remembered to send in your choices for this trimester that starts May 1.



*The
Next*

INTRODUCING OMNIOLORE MEETING:

Conf. Thursday, March 26th - 10 a.m.

**Room
B**

Help Spread the Word! RSVP 310-514-1415



Omnilore Profile—Florence Murphy, Membership Chair

by Kate Nelson

When I go to the movies and ask for a senior discount, no one asks me for proof of age, but I imagine that **Florence Murphy** is carded on a regular basis. Since no one checked when she joined Omnilore several years ago, I guess we'll just have to take her word for it that she's age-qualified.

Florence grew up in the Finger Lakes region of New York, an area referred to as the Snow Belt. She taught middle-school math and loved working with kids of that age ("so much energy; so much fun"). As the rest of her large family moved out to California, Florence finally made the move herself and settled in the South Bay. By this time she had an advanced degree in software engineering and began a career at TRW. She worked her way up to become a Program Manager for a satellite communication system and retired after 25 years with the company. Then she took the advice of co-worker and former Omnilore president Ruth Hart, whom she calls "Omnilore's best cheerleader," and joined the group. She quickly became a member-at-large and is now our brand-new Membership chair.

At first, like many of us, she stayed in her comfort zone, taking S/DGs that focused on science or math, but lately she has broken out, signing up for, and enjoying, classes in art and music. A recent class on the National Parks triggered a long-



standing wish to visit them; she can't wait for her husband to retire this year so that they can hike around the parks together.

So how did this software engineer meet her husband? On the Internet, of course. Florence saw its potential even before it became the go-to place for match-ups. She was searching for a "kind, caring, compassionate man." Imagine her astonishment when Mr. Right turned out to be a lawyer. Clearly, this one doesn't match the stereotype. He is, in fact, a kind, caring, compassionate lawyer who has spent time in some of the poorest and most troubled parts of the world advocating for human rights issues.

An avid outdoors person, Florence loves nothing more than being in beautiful, natural spots. She

grew up with downhill skiing, which over the years morphed into cross-country skiing and, currently, snow-shoeing. Off the slopes, she practices yoga and plays with her Westie terrier, a breed she grew to love after dog-sitting her sister's Westie for years. She's looking forward to guilt-free travel since her sister now owes her "13 years of dog-sitting." She's also a movie buff, so it seems appropriate to end the profile of this young-looking, fit, enthusiastic, multi-talented Omnilorean with the famous line from *When Harry Met Sally*: "I'll have what she's having."

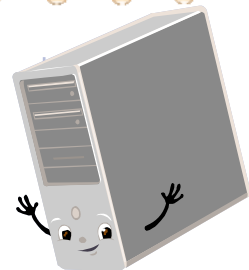
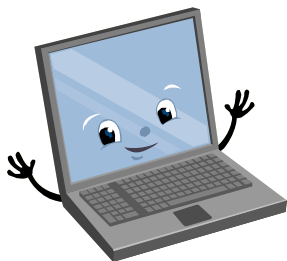


Computer Talks

March 26th - Noon to 1:00 - Conference Room B

Use of PowerPoint for Presentations

Presented by Rick Spillane



This Computer Talk will be focusing on everything you need to know and were afraid to ask to successfully use PowerPoint on both Macs and PCs. **Rick Spillane** will start at the very beginning: creating a presentation. We will first create an outline of a talk in PowerPoint, and then build and organize slides with your discussion points. We'll briefly look at customizing your presentation by adding notes to any slide and working with the slide master to set a style for the presentation. We will cover how to use PowerPoint to aid in your presentation and how not to confuse or put people to sleep. We will end by showing how to save the presentation on a flash drive to move it from your computer to the Omnilore classroom computer.

April 23rd - Noon to 1:00 - Conference Room B

Use of PowerPoint for Presentations II

Presented by Bob Bragonier

As a follow-up on Rick Spillane's introductory PowerPoint presentation in March, **Bob Bragonier** will lead attendees step-by-step through a number of common tasks useful in putting together a PowerPoint audio-visual presentation for Omnilore. These tasks include: inserting a picture into a slide; inserting music into a slide (to play on one slide or on a series of slides); inserting a YouTube clip (in real time) into a slide; inserting a downloaded video clip into a slide; using sequential bullets; animating arrows, and as many things as we have time for. As he goes along, he will highlight minor differences between 2003, 2007, and 2010 versions of PowerPoint. Plan to come early and bring your laptop to follow along with Bob; also, don't forget to bring along questions and concerns you have experienced during your own PowerPoint adventures!



A Lot is Going On in OLLI This Spring!

by *Dr. Cal Caswell*

Coordinator, Osher Lifelong Learning Institute at CSUDH—www.csudh.edu/olli



The spring Osher Lifelong Learning Institute lectures are well underway at each location – Carson, Torrance, and Manhattan Beach. Since the first of the year, the lectures included: “Philosophy as the Art of Living,” “Perils and Hazards: Silent Film Serial Queens, 1915,” “A History of Horse Stealing,” and “Truth, Lies, and Criminal Profiling: (Mis)Perceptions of Forensic Psychology in Popular Television.” The remainder of the semester will include the lectures: “A Middle East Update,” “Different Views of the Possible Future Human,” “Reflections from the Bottom of the Pool,” “The U.S. Constitution: Understanding the Supreme Law of the Land,” and many, many more. We are continuing our marketing efforts to increase our membership.

In addition to the Osher Lecture Series, I would encourage you to consider taking one or more of our OLLI courses that you find in this spring’s catalog. Courses in drawing, art, genealogy, health, bird watching, opera, nutrition, and much, much more are available on campus in our modern Extended Education classroom building. A poetry event on April 9 will also be held on campus, as well as the lecture presenting updated information concerning The Affordable Care Act with Dr. Lisa Santora, Chief Medical Officer at Beach Cities Health District on May 4.

I would also urge members to register early for the annual OLLI Members Meeting on Tuesday, April 21, 10 a.m. – 1 p.m. which will be held in the Extended Education classroom building. A box lunch will be provided for those members who register for the event by April 17. The ever-popular Dr. Edd Whetmore will present “Making Movies about Making Movies.” As always, you can register by phone calling our Extended Education registration office at 310.243.3741. (For more information, see page 35 in your OLLI spring catalog, or contact the OLLI office at 310.243.3208.). Have a great semester!

OMNIOLORE 101

Ideas for Enhancing Our Classes

by *Kathleen Fitzgerald, Vice President, Academics*

Basic to Omnilore is the idea of peer-directed learning. This approach means that everyone is involved in making the experience as interesting and productive as possible.

We are lucky that many able coordinators willingly volunteer to hold pre-meetings, set up schedules, arrange for equipment, ensure the communication flow between members, and do many other things necessary for the smooth maintenance of the class.

However, the responsibility for creating a class that is enjoyable and rewarding for all members is the shared responsibility of everyone in the class. Everyone can see if a discussion is getting off track, if time limits are not being observed, or if discussion is becoming excessively heated. Respectfully calling attention to these kinds of lapses can often get things back on track. If everyone takes responsibility, our classes can only be a more productive and enjoyable experience for all.

Along with our shared responsibility for these intellectual activities, we also share responsibility for our facility. It is everyone’s task to make sure that equipment and supplies are stored properly, that tables and the sink areas are cleaned up, and that classrooms are left in good condition.

Our coordinators appreciate your help!



Kathleen Fitzgerald

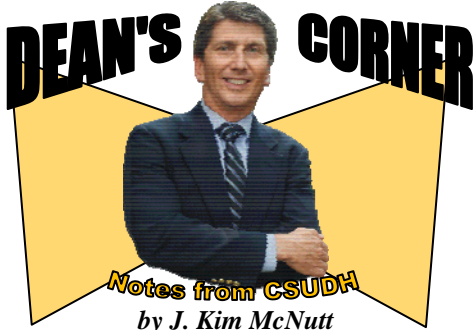
Are You Interested in Sharing Video/Photo Materials?

by *Art Irizarry*

Many Omnilore members are travelers -- whether local, national or international -- and among them is a cadre of videographers, who capture their travel thrills and discoveries on video and/or slides, to share them when they return home. They also bring back a wealth of information and tips for those who may want to visit new places and enjoy extraordinary experiences with as few inconveniences and missteps as possible.

Long-term Omnilorean **Mel Schrier** would like to gauge interest in a Special Interest Group for Omnilore fellow travelers, during which members can share their visual accounts of -- and conversations about -- places visited and fascinating cultural encounters, and also exchange information on potential future itineraries. He has suggested that Omnilore travelers willing to share their materials meet at members’ homes, where the only requirements of hosts would be a television set large enough for group viewing, a CD/DVD player, and adequate seating. Group meetings would be rotated to give different members the opportunity to host gatherings. The gatherings might have a coffee-and-cookies hospitality format on convenient evenings, maybe once a quarter, or as frequently as would be agreeable to group members.

Mel is inviting interested Omnilore members to contact him at eyedocmel@cox.net. If you are interested, please contact Mel. It will be important to have the names of prospective members before the SIG proposal is presented to the Board of Directors for consideration.



Dean, Osher Lifelong Learning Institute
College of Extended & International Education
CSUDH

Greetings, Everyone!
Spring is upon us and we are fortunate to live in a beautiful part of the country, as evident in the temperate climate and vibrant foliage. Thanks to everyone for making Cal Caswell, the new OLLI coordinator, so welcome. He is doing a fine job and has conveyed to me how much he enjoys his new role here at the College of Extended & International Education.

We are extremely busy with our spring courses and planning a robust summer schedule for our academic, non-credit and training programs.

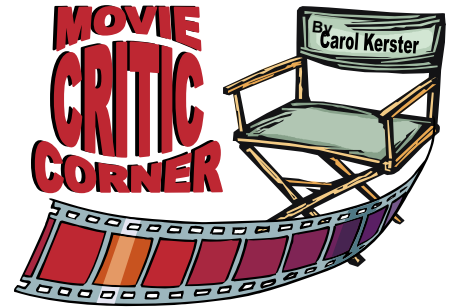
We are nearing completion of a national search for a new position here at CEIE, Associate Dean of International Education. We have big plans to grow this population of students here at Cal State Dominguez Hills, and the new A.D. will be charged with leading this effort. The new A.D. will be housed in the CEIE offices. We are also actively recruiting for other key positions, due to the wave of retirements that took place at the end of 2014.

I'm very proud of how well OLLI is organized and the terrific partnership between Cal and our engaged volunteers. Keep up the good work and I hope you have a wonderful and successful spring. Until next time, keep challenging yourselves mentally by participating in our OLLI programs.

The Priest's Children. If you noticed the South Bay bright with good cheer recently, it might have been due to so many of our fellow Omnioleans laughing their way through the Croatian movie *The Priest's Children*. Filmed on a small island on the Dalmatian coast of Croatia, a priest and two shopkeepers devise a plan to increase the birthrate. The deaths have been outnumbering the births for a number of years and these three are afraid of foreigners moving in and taking over as the population of Croats decreases.

Punching holes in condoms, replacing birth control pills with vitamins and keeping track of who is having sex with whom, sets the scene for a very lively, funny flick. The movie is full of digs at local customs, the Catholic Church, priests, and the beliefs and rituals that are involved within the church.

A delightful movie from start to finish. Aren't we lucky to have the South Bay Film Society showing quality movies in our area of town? (Thanks to Vickie Volchok for this input.)



A Final Ode to Oscar

BIRDMAN and BOYHOOD and BUDAPEST, the hotel,
FOXCATCHER, NIGHTCRAWLER, both straight out of hell,
Keaton, and Redmayne, and Cooper, the snip(er),
Benedict Cumberbatch, his portrayal was rife
With wisdom and wit. He captured the time, (WW II),
Tho' his name makes it difficult and hard to rhyme
With the names of the women, star actors all,
Who looked so amazing, at the Academy Ball,
It's hard to remember, from beginning to end,
The roles that make real, their talents to contend
With THE THEORY OF EVERYTHING, Felicity Jones,
Juliana Moore, given Alzheimer's blows.
The WILD, the temperament, of Reese Witherspoon,
Rosamund Pike's GONE GIRL, not a moment too soon,
Patricia Arquette, with all the right stuff,
Single mother of two, for 12 years . . . that's tough!
So many others, too many to cite,
Actors, writers, musicians, and might
I add just one film, of a story we know,
Whose outcome has been, sadly, too slow.
SELMA, fearless and brave, we're still on the way.
The film showed us how we might hasten the day.

This is my report of films from last year, (some of them).
It shouldn't take more than a minute's attention.
It's been fun for me to present them here,
To focus your minds on that marvelous invention,
MOTION PICTURES!

- Q: Name the four seasons.
- A: Salt, pepper, mustard and vinegar.
- Q: How is dew formed?
- A: The sun shines down on the leaves and makes them perspire.
- Q: How can you delay milk turning sour?
- A: Keep it in the cow.
- Q: What are steroids?
- A: Things for keeping carpets still on the stairs.

**Children's Science Exam
Answers**

- Q: What causes the tides in the oceans?
- A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

- Q: What is the fibula?
- A: A small lie.
- Q: What does "varicose" mean?
- A: Nearby.
- Q: What does the word "benign" mean?
- A: Benign is what you will be after you be eight.
- Q: Give the meaning of the term "Caesarean Section."
- A: The Caesarean Section is a district in Rome.

Call for Volunteers:**Automated External Defibrillator (AED) Training News***by Art Irizarry*

Jim Slattery and **Frank Reiner** have been named coordinators for the Automated External Defibrillator (AED) training to be held this Spring. Jim has had the training and was Omnilore's treasurer for three years. Frank, a relatively new member, serves on the Board of Directors as a member-at-large. A member of the Curriculum Committee, he also helps recruit SDG coordinators and co-coordinators.



AED training was established by the Omnilore Board of Directors several years ago to ensure quick response should an Omnilore member experience a cardiac emergency.

No Omnilore member has had such an emergency, but the Board would like to be prepared if one should occur, and use of AED has been found to improve outcomes in such situations. AED equipment was purchased, and training is paid for, through Omnilore's annual operating budget as approved by the Board.

AED training is conducted by a member of the Redondo Beach Fire Department. Trained members are certified to use the AED equipment in case of emergency need by an Omnilore member. Certification is for a two-year period and the long-range goal is to have overlapping periods of certification to provide for sufficient AED volunteers throughout the year. We currently have 30 certified members, all with 2016 expiration dates on their certifications, and we would like to recruit 15 new volunteers for a training class in the Spring of 2015.

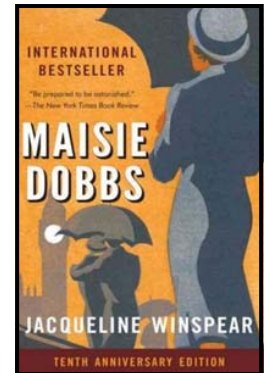
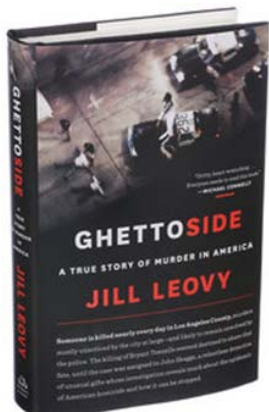
Interested Omniloreans should contact Jim, jbslat@verizon.net, or Frank, frankreiner2@gmail.com, to volunteer.

Change is Inevitable — except from a vending machine...*by Patricia Edie & Cindy Eggert*

Many Omniloreans enjoy our monthly The Best Seller's Book Group SIG. Recent adjustments to the availability of Conference Room B at the Edison have necessitated changes in our projected schedule. Below are the upcoming selections and dates. Sessions are held in the Conference Room B of the Edison Center from 11:00 am to 12:30. We alternate each month between works of fiction and non-fiction. You do not need to register to participate. Guests are always welcomed.

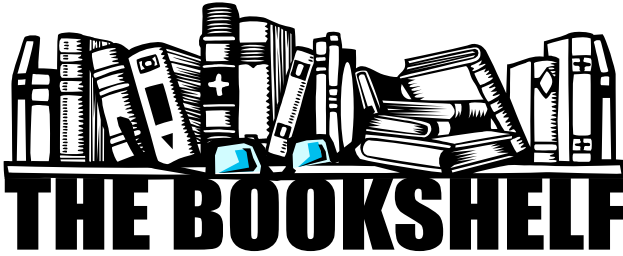
March 2: Fiction *Maisie Dobbs* by Jacqueline Winspear

This month we reach back to the first book written in the highly-regarded Maisie Dobbs mystery series. Maisie is a "psychologist and investigator" in post World War I London who untangles painful and shameful secrets stemming from war experiences. A nurse during the war, Maisie returned to London to work with her mentor, accomplished detective Dr. Maurice Blanche. When Blanche retires, Maisie opens her own detective agency. The novel was nominated for several awards and received the 2003 Agatha Award for Best First Novel.

**April: NO BOOK CLUB SESSION due to the Edison Center being closed on the first Monday of the month.**

May 4: Non-Fiction – *Ghettoside* by Jill Leovy (This is a tentative date. The SIG may move to another day of the week to try to avoid scheduling conflicts...stay tuned!)

Jill Leovy, award-winning reporter and editor for the Los Angeles Times, has written a penetrating look at the L.A. Police Department in her recent best seller. She tracks the daily movements of homicide detectives working cases that rarely attract the media spotlight. Believing that "every victim has a story" and that many homicides are unreported to the public, she created the L.A. Times blog Homicide Report where she identified the name and circumstances of each homicide victim in the city. In her book, she personalizes her message by tracing one of Detective John Skaggs's homicide cases: the murder of Bryant Tennelle, the son of an African-American detective on the L.A. Police force. It serves as a crucial reminder that "black lives matter" and how "the system's failure to catch killers effectively makes black lives cheap." Homicide remains the #1 cause of death for African-American males ages 15-34. It should provide for some interesting discussion!



slowly moving train, until you realize it's another train moving past your window). I can't say any more without spoiling the tale, so I just hope I've whetted your appetite on this one!

thrusts aimed at extending China's authority beyond its current borders. Two leaders combine to bring Taiwan, Hong Kong and the South China Sea area back into their country's control, one believing this is China's destiny and the other to compensate for the impending collapse of their economy. Clancy delivers his signature complicated and nail-biting storytelling, which includes jamming satellites, interfering with military communications and attacking our infrastructure.

Clash of Civilizations over an Elevator in Piazza Vittoria, by Amara Lakhous. A small, culturally mixed community living in an apartment building in Rome is thrown into disarray when one of the tenants is murdered. Each of the neighbors is questioned by the police and we hear their stories from their unique point of view. A moving story of life spent on society's margins told in a sensitive and at times humorous manner. Thought provoking.

How Adam Smith Can Change Your Life: An Unexpected Guide to Human Nature and Happiness, by Russ Roberts. Adam Smith wrote two books, the well-known *An Inquiry into the Nature and Causes of the Wealth of Nations* and *The Theory of Moral Sentiments*. In the recommended volume, Roberts takes the lesser known book and translates its key points into modern English and adds an insightful commentary. In some cases it really is better to read about an author's work than read the original; this is one of those cases. Not only does the present book give wonderful insights into human nature and the pursuit of happiness, but also new appreciation for Smith and a better understanding of *Wealth of Nations*. Highly recommended.

How to Sit by Thich Nhat Hanh. This is a tiny book on meditation and mindfulness that captures the essence of (Zen) meditation. The author writes: Sitting meditation has two aspects. The first is stopping and calming. The second is looking deeply.

Pines, by Blake Crouch is a thriller, a can't-put-it-down, holding-my-eyelids-open-with-toothpicks kind of book; and it's only book one of a trilogy. Its hero wakes up in the woods near a small, quaint town, not knowing how he got there, but things get stranger and stranger as he picks up clues along the way. Again and again he shows himself to be a survivor, even with the whole town hunting him down, and the only road out of town leading nowhere. The old saying, "You can't get there from here," takes on several new meanings as people change identities and seem to travel in time (an illusion somewhat like feeling you're in a

Threat Vector by Tom Clancy addresses cyber warfare against the U.S. by – who else? – China, of course! Although this was written a few years ago, the worry generally building in our minds that we are not in any way ready for this scenario is mirrored admirably in this story where hundreds of trained hackers attack our country in coordination with military

And when we do sitting meditation, we don't think that we're doing sitting meditation in order to become a Buddha. We sit to be happy. We sit merely to be there, to have the awareness that we are there, that the wonderful world is there, inside us and around us. If we sit like that, that is happiness already, and that is mindfulness.

Book suggestions from Omniloreans make this column work. Thanks to Dan Stern, and Rich Mansfield for contributing to this month's list. Please send your titles, with author's name and a brief description, to Johan (johansmith@ca.rr.com). Please put "Omnilore Books" as the subject of your email. We look forward to hearing from you.

OMNIOLORE Spring Forum Luncheon Reservation Form

WHEN: **Wednesday, April 29th, 2015—11:30 a.m.**

WHERE: **Los Verdes Country Club**
7000 W. Los Verdes Drive
Rancho Palos Verdes

NO Reservations
accepted after April 18th!

Please make _____ reservations for the **Omniole** Spring Forum Luncheon at **\$22.00** each:

Name(s): _____
(Please Print)

(Please Print)

Phone _____

E-Mail _____

Enclosed is a check for: \$22.00 each

Vegetarian plate: # _____ Regular plate: # _____ **Total number of meals:**

Please make checks out to **CSUDH**, and put in the Forum Committee's box in Conf. Room B or send to:

Forum Committee, c/o Lori Geittmann
420 Avenue E
Redondo Beach, CA 90277-5122

OMNILORE CALENDAR 2015

- March**
- 2 Best Sellers Book Group—11 a.m.-12:30 p.m. Conf. Rm. B
 - 8 **Daylight Savings Time Begins**
 - 12 Board of Directors Meeting—12 Noon-2 p.m., Conf. Rm. B
 - 17 **St. Patrick's Day**
 - 20 **First Day of Spring**
 - 26 Introducing Omnimore Meeting—10-11:30 a.m., Conf. Rm. B
 - 26 Computer Talk—12 Noon-1 p.m., Conf. Rm. B
Use of PowerPoint for Presentations—Rick Spillane
- April**
- 1 **April Fool's Day**
 - 1 Board of Directors Meeting—12 Noon-2 p.m., Conf. Rm. B
 - 3 **Passover**
 - 5 **Easter**
 - 6-10 **Spring Break (Edison Center Closed)**
 - 15 Input Deadline for May-June 2015 Newsletter
 - 17 Walking Group—10 a.m.-12 Noon
 - 22 **Earth Day**
 - 23 Computer Talk—12 Noon-1 p.m., Conf. Rm. B
Use of PowerPoint for Presentations II—Bob Bragonier
 - 29 **Spring Forum**—11:30 a.m., Los Verdes Country Club
(see article, page 1; reservation form, page 7)



2015 Forums

Winter—January 29th
Spring—April 29th
Summer—July 30th
Annual Mtg.—October 29th

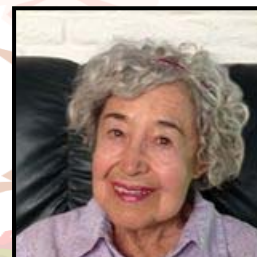
IMPORTANT:

Calendar changes and additions
are scheduled with Lynn Taber
(310) 831-4768—johnlynntaber@gmail.com

In Memoriam

Naomi Cosgrove

Omnimore lost a devoted member when Naomi Cosgrove died on February 25. Having suffered a heart attack at the end of January, Naomi had been hospitalized for some time; her son Michael reports that she had begun to make considerable progress, but experienced some setbacks in the last 10 days, and declined rather quickly. She had planned to select some S/DGs in our summer trimester and even tried to fill out the enrollment form from the hospital!



A member since early 1999, Naomi took a variety of S/DGs year-round, with a leaning toward science, government and current events.