



# OMNIOLORE NEWS



Volume 23 Issue 1

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January 2014

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### BOARD OF DIRECTORS Elected Officers

President	Howard Korman
VP - Academics	Janet Brown
VP - Administration	Kathleen Fitzgerald
Treasurer	Jim Slattery
Recording Secretary	Art Irizarry
Past President	Bill Gargaro
Member-at-Large	Leslie Back
Member-at-Large	Kate Nelson
Member-at-Large	Gary Nofziger

### Standing Committee Chairs

Membership	Linda Jenson
Forum	Lori Geittmann
Communications	Mary Golob
Curriculum	Rick Spillane
Head Coordinator	Vacant

### Appointees

New Member Liaison	Edith Garvey
Registrar	JoAnna Kerrigan
SDG Scheduling	Ruth & Hal Hart
Office Manager	Carol Johnson
Room Scheduling	Lynn Taber
Laptop Administrator	Rick Spillane
Equipment	Hal Hart
Supplies	Andrea Gargaro
Keys	Marilyn Landau
Webmaster	Hal Hart

## Learn How to Prevent Medicare Fraud

by Carol Kerster

Even though we are all Seniors, and most likely on Medicare, I wonder how many of us are aware of the existence of the Senior Medicare Patrol Program, which is funded through the non-profit, California Health Advocates (CHA). I also wonder how many here know about another non-profit, WISE & Healthy Aging (W&HA), which is funded by the Elder Abuse Prevention Program. And does anybody really know that these organizations have the most useful information and tactics available on how to best defend oneself in the ubiquitous fight against Medicare fraud and abuse? If you are among the unaware, as am I, we are about to be educated.

On January 30, 2014, we are very fortunate to have **Dora Hernandez** as guest speaker at the first Omnilore Forum Luncheon of the New Year. Ms. Hernandez is singularly equipped to educate us about these organizations, as she is the representative of one, CHA, and Programs Coordinator of the other, W&HA. Whether or not you are familiar with these organizations, I believe you will be amazed to learn what they do, and how they impact your health and, of course, your life. The speaker will provide accurate and unbiased information on such topics as Protecting Personal Information, Detecting Fraud, and Reporting Suspicious Charges. The focus will be on Medicare advocacy and education as well as on specific techniques that we, as consumers, can use to avoid becoming victims of fraud, of identity theft, and even of serious illness.

Finally, the "bottom line" to the importance of learning more about these topics, is something we hear about frequently. Fraud costs Medicare billions of dollars each year and fundamentally damages the Medicare program by raising the cost of healthcare for everyone. We can all benefit from learning how to reduce even a bit of this unnecessary expense!

This important meeting will take place at our tried and true venue for Forum Lunches, the Los Verdes Country Club, near the top of Hawthorne Blvd. You can register for it either by returning the form on page 7 of this Newsletter, or by sending in the form that will arrive in your regular mail very soon. The price of lunch, an elegantly prepared chicken or salmon dish, or vegetarian at your request, is \$22.00.

For the chance to socialize with Omniloreans you know, to make new friends, and to hear a compelling, relevant presentation, do not miss this event!

Due to the rise of food prices, Los Verdes has increased their prices for our Forum luncheons. To compensate this, the Omnilore Board has approved charging \$22 for our luncheons starting with the January 30<sup>th</sup> Forum.

We are also initiating a choice for your meals starting this time with salmon with mustard sauce or chicken with rosemary lemon sauce, as well as a vegetarian selection. As you will be given a ticket for your meal selection when you sign in, please check your reservation form with care, noting the number of each meal choice.

Lori Geittmann

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

OMNIOLORE 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 Howard Korman

Let me take this opportunity to wish you all a Happy New Year. I look forward to 2014 and participating in the new Omnilore trimester that is just beginning. I want to thank **Rick Spillane** and the curriculum committee, **Johan Smith** and the **Harts** for all their efforts to bring together another attractive array of interesting classes.

Our annual meeting and forum last October 31 was most enjoyable. Thanks go to **Lori Geitmann** and her committee for making this happen. The atmosphere was great with all the wonderful costumes. The lunch was excellent, and I found the speaker to be very engaging. Denise Hamilton's description of her journey through journalism to mystery writing really caught my fancy. I enjoyed the opportunity to purchase some of her books after the talk. Of course I enjoyed the camaraderie with Omniloreans and their significant others – my favorite feature of Omnilore. The Winter Forum on January 30<sup>th</sup> should also be a good one, with our speaker discussing Medicare fraud.

This will be the fifth year that we will have had our Automated External Defibrillator (AED) in Room 7. Thankfully we have not had to use it yet.

We provided free training for a number of Omniloreans in 2010 and 2012; the names of those who have been trained are identified by an asterisk on the S/DG rosters. However, the period of validity of the second training sessions will expire in 2014. **Gary Nofziger**, current Board member-at-large, will be coordinating recruiting and arranging for the training of up to 30 Omniloreans at NO charge to our members. Those who volunteer to be trained can be either members who received previous training or new volunteers who did not participate in previous sessions. These training sessions are tentatively planned to begin in April.

I would like to provide a status on a few items related to our Study/Discussion Groups (S/DGs). We had to cancel a class for the Spring trimester because the selected coordinator had to drop out for personal reasons, and no one in the class would take the coordinator position. We need Omniloreans to take on coordinator duties so that S/DGs can be formed and planned when people sign up for a class. Our head coordinator, **Norman Morris**, will no longer be doing this job, so we are looking for a replacement. If you have any suggestions, please email me at [President@Omnilore.Org](mailto:President@Omnilore.Org) with your

input. Our VP for Academics, Janet Brown, is planning to conduct a training session on how to do presentations. This will take place on Tuesday, January 28<sup>th</sup>, at 10 a.m. in the Franklin Center (FC), Room 8.



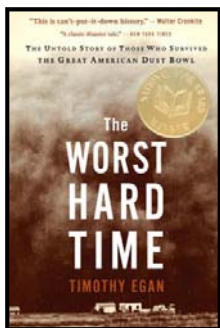
We are still in a month-to-month arrangement for renting the FC from the Redondo Beach Unified School District (RBUSD), due to issues with the FC. We have been exploring our options with CSUDH and the RBUSD, and plan to brief the School Board on Omnilore at their February Board Meeting. Our Board of Directors would like to have a good turnout from Omniloreans when this meeting is held. Stay tuned for details.

We all look forward to our January/February activities that you can review on our Omnilore website – so ably coordinated by our webmaster **Hal Hart** and his assistants. A few examples are: our new S/DGs, the Best Sellers Special Interest Group meeting on January 13<sup>th</sup> for *The Worst Hard Time* by Timothy Egan, the next Computer Talk on January 23<sup>rd</sup>, and the January 30<sup>th</sup> Forum.

**So, here's a toast to the New Year!**

## Omnilore's Best-Sellers Special Interest Group

Do you enjoy reading and talking about a book with others who have read it? Then consider participating in our Best Sellers Special Interest Group. On the second Monday of each month, some 20+ members and guests meet in Room 8 of the Franklin Center from 11 am to 12:30 pm to discuss the book chosen for the month. We alternate each month between various works of fiction and non-fiction. The subject matter is varied and the discussion always animated! So that you have plenty of time to read the chosen books, here are the upcoming selections:

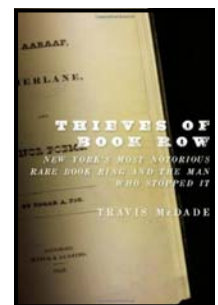


**January 13:** Non-Fiction  
*The Worst Hard Time*  
by Timothy Egan



**February 10:** Fiction  
*Defending Jacob*  
by William Landay

**March 10:** Non-Fiction  
*Thieves of Book Row*  
by Travis McDade



**As with any SIG, you need not register to participate. . . just show up on the date, prepared to join in. Guests are always welcomed.**

**OMNIOLORE PROFILE: Cathy Gallipeau**

*by Kate Nelson*

Cathy Gallipeau appreciates Omnilore for all the usual reasons, but one thing has really surprised her. “I was amazed and delighted to see how many Omniloreans are really tech-savvy,” she said. “These are people who are fully engaged with what’s going on now, and they’re my models for how to age well. In one of my classes, an 81-year-old man talked about the lady friend he met online. How cool is that?”

Cathy is one of those Omnilore techies who can rattle off a list of social media sites as easily as the rest of us can name our grandchildren. She recognizes that not everyone is as comfortable with technology as she is, and she’s setting out to bridge that gap. Recently a member of Omnilore’s Board, she is now starting to learn the ins and outs of Omnilore’s website administration from Hal Hart. She’s also helping a new start-up company develop social media for people who suffer from autism or extreme shyness. Unlike many of us who are somewhat overwhelmed by the rapid pace of change in the world of technology, Cathy embraces it. She came to this world naturally. After graduating from college in Illinois, she got a job as a computer programmer to earn money for law school. She worked for Ma Bell before the breakup, in the days when computers took up whole basements and spat out punch cards. That background came in handy when she coordinated the recent Omnilore S/DG, “The Idea Factory: Bell Labs and the Great Age of American Innovation.”

I asked her how a computer programmer from Chicago ended up as an Assistant District Attorney in Los Angeles.

“I was trying to decide between the University of Minnesota Law School and USC. One freezing winter day, as I stood on a train platform in Chicago, I thought: “More of these winters or sunny Southern California? It wasn’t a hard decision.”



Cathy spent seven years in the DA’s office prosecuting mostly low-level crimes. “People were always asking me if I worked on the O.J. case,” she said, rolling her eyes. “Not even close.” She hung up her briefcase to stay at home with her son and daughter while her husband pursued a career that took him on the road frequently. Now that her children are grown -- her daughter is majoring in Natural Resources at the University of British Columbia in Vancouver and her son has graduated from college -- she feels free to pursue her own interests. These include lots of Omnilore classes, reading avidly, walking widely and visiting art museums and galleries. Recent passions include Pilates and playing Bunco with a group of friendly neighbors. When asked how the game is played, she laughed, “Dice and a certain amount of alcohol are involved.” She’s also taking a vegetarian pot-luck cooking class, even though she’s not a vegetarian. “I like stretching myself,” she said.

**We Salute Our Coordinators/Co-coordinators!**

*by Janet Brown, Vice-President, Academics*

Coordinators and co-coordinators are special! Without them, there would be no Omnilore! All are volunteers, which makes Omnilore an extraordinary organization. These members see that our classes run smoothly; make the atmosphere welcoming; ensure each class has structure and purpose by getting classmates together for the pre-meeting, and keep all members informed of class happenings by e-mail throughout the trimester. These are dedicated members, indeed!

Remember that we are a peer-learning group...I take that to mean that we all share responsibility for the success of our S/DG classes. We can arrive early and help the coordinator set up; stay a few minutes after class to help put things away and clean up; volunteer to help set up the electronics when needed, and offer to co-coordinate. All for one and one for all!

And to those of you who volunteered this last fall trimester and to those of you who will lead our classes this spring, THANK YOU! And don’t be afraid to delegate!



*Fall Class **History According to the Movies** had a food tasting for “The Ten Commandments”*

*From left: Jean Custer, Carol Lopilato, Gloria Martin, Kate Nelson, Carol Wingate, Tony Lopilato and presenter Dale Korman.*

## DEAN'S CORNER



Notes from CSUDH

by Joanne Zitelli, Acting Dean

Osher Lifelong Learning Institute

College of Extended & International Education  
CSUDH

Dear Omnimore/ OLLI members,  
I'd like to take this occasion to wish each of you, on behalf of the staff of the College of Extended & International Education, a healthy and productive new year.

By way of reflecting on the year past and the year approaching, I'll take advantage of this stage to share a few ideas.

The passing of Nelson Mandela has generated a lot of conversation in media outlets about the significance of this human being's spirit and actions. In my mind, such reflections on his commitment to the ideals of freedom and dignity for all humanity resonate with traditions, religious and secular, celebrated across cultures and belief systems this time of year.

President Willie J. Hagan sent a message to the campus community on December 13, and I'd like to share parts of it with you.

"Mandela's charisma was the by-product of his innate ability to listen, always waiting for the person who is speaking to finish before he responded. In this way, he demonstrated care and recognition that what they had to say was important; instilling value in the individual and their words...Mandela's presence exuded warmth, graciousness and strength even to his opposition, enabling him to rebuild a country torn by centuries of inequality and fraught with unrest...I hope you will join me in celebrating his life by doing our part to extend his legacy by continuing Dominguez Hills' tradition of civility, grace and equality as we carry out our mission for the benefit of our students and our community."

Willie J. Hagan, President, CSUDH

If you'll indulge me a little longer, I'll share another reflection. In the past five years I have been discovering great pleasure by attending choral concerts and concerts with significant choral parts. Having no singing talent myself, I can only imagine how marvelous it is to join with others to create beautiful and complex harmonies with one's voice. I attended two exceptional choral concerts in the past weeks and the take-away intellectually from one was very similar to President Hagan's message on Mandela's legacy. I'd like to quote from a gorgeous composition, "Christmas Dances" by Stephen Paulus. Paulus is a contemporary composer but his text below is taken from a 17<sup>th</sup>-century poet. Though the intent of the last two stanzas below may be sacred, I see in these lines relevance to stories of individuals of every creed and nation who strive to defend and thereby elevate human dignity.

What comfort by him do wee winne?  
Who made himself the price of sinne,  
To make us heirs of glory?  
To see this Babe, all innocence;  
A Martyr born in our defence;  
Can man forget this Storie?

Peace and joy to you and yours in 2014.

## Top 10 Reasons To Attend Equipment Training January 3



### THE EQUIPMENT BOX

by Hal Hart, Omnimore Equipment Manager  
(Hal.Hart@ACM.ORG)



10. You can learn how wonderful our new portable 3-microphone voice-amplification system is.
9. You flout authority by ignoring the tags on all the equipment telling you where to store it.
8. You love the Room-7 Desktop Presenter but your SDG meets in Room 8.
7. You weren't a math major, hence can't remember the padlock combination.
6. You've been accused of having a little black cloud over your head, equipment-wise.
5. You don't know how to read the tags telling you where to store the equipment.
4. You still can't get the projector to recognize your laptop.
3. You're a well-intentioned helper — but in your heart, you know what you don't know.
2. You think "Extender Cable" means jerry-rigging your TV cable system to your bedroom.
1. Some of Hal's *magic touch* might rub off on you!

**Friday, January 3: 10:30am-Noon. Room 7**

Read more at: <http://www.omnilore.org/index.html#Equipment>

Send equipment questions, problems, comments to: [Equipment@Omnimore.org](mailto:Equipment@Omnimore.org)



## Computer Talks



**January 23rd - Noon to 1:00 - Room 7**  
**Introduction to the World of the Electronic Reader**

*Presented by Rick Spillane*

We all know that the world of books on paper is diminishing rapidly. Since Omnioleoreans love to read and since books, which are heavy, take up a lot of space on the trips we also love, what are our options?

The January “Computer Talk” by **Rick Spillane** will focus on the world of iPads and Kindles/Nooks, with special emphasis on eBooks.

Each of the following iPads/Apps, Kindles/mobi/az3, and Nook eBooks will be defined and demonstrated. I will show you how to effectively use them. You will also:

- ◆ Learn how to download eBooks from Amazon.com, Barnes & Noble, or your local library.
- ◆ Learn how to use your computer to convert eBooks from one format to another using Calibre, a free eBook library management program that runs under Windows, OSX, or Linux.
- ◆ Learn how to transfer or mail eBooks to different devices.
- ◆ Find out if there are legal ways to obtain free eBooks or music.

Please bring your iPad or Kindle, if you have one, or just come and learn how to take advantage of the new technology.

We will look at the iPad versions of Kindle, email, PowerPoint, and other Apps of interest if time allows.

Share your favorite apps for everything from “Angry Birds” to maps to photography with your fellow Omnioleoreans.



**February 27th - Noon to 1:00 - Room 7**  
**Looking Under the Webpage Hood - Simple HTML Features**

*Presented by Hal Hart*

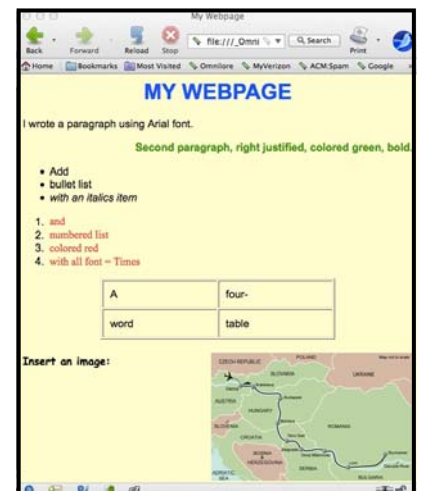
February's Computer Talk will help de-mystify webpage technology for you.

Would you be surprised to learn the files accessed by web browsers to open for the display of web pages contain nothing but fairly simple text characters?

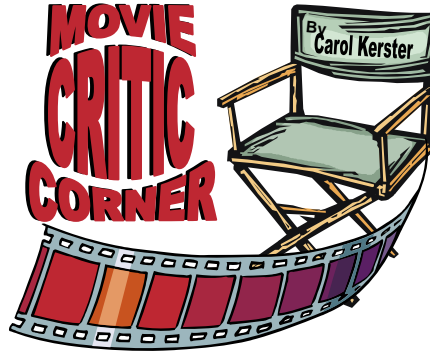
Webpage files contain HyperText Markup Language (HTML) which is mainly a combination of the text strings seen on the webpage and a set of **<tags>** which are character strings enclosed in angle brackets. Some tags denote formatting such as font type, size, color, bolding, and italics to be applied to spans of webpage text. Other tags describe layout of numbered or unnumbered (bulleted) lists, or specify where an image file is located on the web and how to size it and where to place it on the displayed webpage. You can see HTML for yourself for every webpage you visit because most web browsers have a “View Page Source” or “View HTML” feature.

This Computer Talk will illustrate the simplicity of basic HTML for static webpages by starting with a blank webpage and looking at the small handful of HTML lines underlying that blank webpage, then adding simple features one at a time and examining the added HTML for each. As shown in the image of a browser window at left, the webpage will grow to include a background color, a large title, a short paragraph, another line right-justified, font type variants, color changes, a bullet list, a numbered list, a 2-row/2-column table, and a graphic which is a map. Each feature introduces a different HTML tag or two. This simple, gradual build-up of HTML code will exhibit about a dozen different HTML tags which are pretty much all one needs for 90% of most webpages. (*View this webpage at <http://Omnioleore.org/MyWebpage.html>*).

A final point demonstrated will be how to learn on your own the meaning of (*or what operation is performed by*) any HTML tag you encounter.



**N**ebraska is a compelling, little film with a knock-out performance by **Bruce Dern**. As Woody Grant, he is a very stubborn, old guy who is convinced he's won a lottery and (because his car doesn't work) is bent on walking from his home in Montana to Nebraska, in order to receive the reward. His determination causes his unfailingly loyal son, played by **Will Forte**, to show equivalent determination. But his goal is to protect his irascible father from his own folly. Their wife/mother, played by **Sally Quinn**, and their more conventional, but equally loyal older son/brother, **Bob Odenkirk**, also enter the picture, which deals with perfidy, hypocrisy, fidelity, and ultimately with love, in a particularly satisfying, truly realistic manner. This is a film you do not want to miss.



based on the true story of Ron Woodward, a hard-driving, drinking, promiscuous homophobe who is diagnosed with HIV. When he discovers that a drug, which could conceivably “cure” him or at least prolong his life, but which is not FDA-approved, can be bought in Mexico, he develops a plan to acquire and distribute it to as many victims of the disease as he can reach. While at times it begs credulity, it is ultimately a tale of stubborn determination (see above review) and love. It is not for the faint of heart, but it is a credit to those who believe in “telling it like it is,” surely including the director, **Alexander Payne**. Again, for the acting of **McConaughey**, and of **Jared Leto**, who plays a transgender woman and is a most unlikely partner, it is well worth seeing.

**Matthew McConaughey** also gives a stellar performance -- in a film that for me was hard to watch, but harder to turn away from: **The Dallas Buyers Club**. The movie is



## “Bring a Friend”

by **Jim Bouchard**

Senior Program Development Specialist  
Coordinator, Lifelong Learning, OLLI AT CSUDH



**H**ow often do we share an interesting or funny email with friends? It's a small gesture, but it can make us laugh and even enrich our lives. How often do we share with others how much we've enjoyed an interesting class we are participating in, or how fascinating and entertaining we found an OLLI lecture to be?

We have made it very easy for all OLLI members to share with their friends the experience of lifelong learning by opening up six presentations in January and February to guests. These presentations are composed of three open houses featuring culinary historian, Richard Foss, and three additional presentations by CSUDH faculty members.

I would like to suggest that you invite a friend to attend one of these lectures and experience the enthusiasm of our presenters who share their knowledge and expertise. Ask any Omnimore member who has attended OLLI lectures in the past—I'm certain that they will say that they have found the lectures to be educational and thought provoking.

Anyone who becomes an OLLI member will be able to participate in the spring and summer semesters. They will be able to enjoy the fifteen Osher lectures, participate in free events on campus, attend OLLI courses on campus, and take computer courses in the Osher Mac Lab. There is even an OLLI “My Favorite Movie” series each summer!

There are nearly 600 current members of OLLI. Let's bring OLLI to even more South Bay residents—“Bring a Friend” to OLLI this January and February!

### “Bring a Friend” OLLI Lectures

**The Native American Diet: Culture and Agriculture Before Columbus**

Wednesday, January 22, 10am – 12pm; Carson Community Center

**Society and Philosophy of Shakespeare's World and Plays**

Tuesday, January 28, 3:30pm – 5:30pm; Levy Adult Center, Torrance

**Food and Drink in Dickens' England, and in His Books**

Thursday, January 30, 10am – 12pm; CSUDH Campus, Carson

**Pre-Historic Native Americans of Utah: Archeological Excavations of the Anasazi**

Wednesday, February 5, 10am-12pm; Carson Community Center, Carson

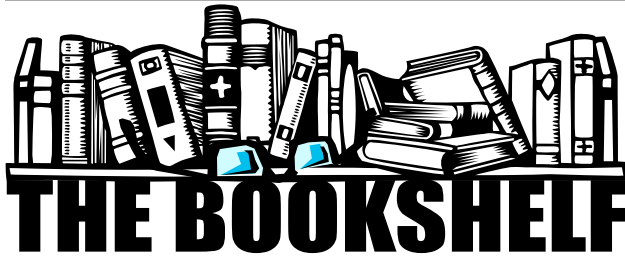
**Mad Men: Sex, Gender and the Art of Advertising in the Age of Camelot**

Friday, February 7, 10am-12pm; Joslyn Community Center, Manhattan Beach

**A Daughter Worth Investing In: French Family Inheritance Strategies under Roman Law**

Tuesday, February 25, 3:30pm-5:30pm, Levy Adult Center, Torrance

(Note: For more information, see the OLLI Spring 2014 Catalog.)



I picked up a couple of **John Grisham** books as my wife finished them. One, *Street Lawyer*, gave me an education about the homeless situation in D.C. (The career of an up-and-coming lawyer is interrupted by a violent encounter with a homeless man which leads, after much digging and research, to uncovering a dirty secret involving his fine firm; he bolted from the firm and landed in the streets himself, this time as an advocate of the homeless, a street lawyer.) The other, *The Racketeer*, was an astonishingly complex plot with yet another education, this time about federal involvement in general (DEA, FBI, U.S. Marshals) and the prison system in particular. Both stories were excellent, and the latter especially detailed in escape plans should anyone decide this country is falling apart at the seams. I wonder if Grisham has become an ex-pat?

Then on the recommendation of another friend, I finally got around to reading *Down and Out in Paris and London*, by **George Orwell** published in 1933. Yet another education on the plight of the homeless, far more detailed than Grisham's because Grisham narrated from

the lawyer's point of view, while Orwell took you right into the slums and "spikes" and almost made you taste the gruel. Yet it was fascinating, and he had some thoughts on the needlessness of the entire circumstance of menial labor that will bear more thinking about.

Lastly, I re-read a couple of decade-old **Lee Child** thrillers (*Tripwire*, and *Running Blind*), in which my hero Jack Reacher is gifted with a house and car, and ditches both as millstones. He rants quietly about how much work would be required to maintain that lifestyle, as compared with his life of wandering and living in cheap motels, and I muse about the lifestyle of Nicholas Berggruen, the "homeless billionaire," going from one five-star hotel to another. Simply a difference in venues, not values.

So I seem to be finding books at random with a common theme that says that the proper life is the unfettered one. It has a long history, from Diogenes to Omar Khayam to Ben Franklin (in a letter about the futility of educating the Indians) to Thoreau to Orwell to Gandhi, and culminating in Child and Grisham.

**Rachel Joyce** begins her novel, *The Unlikely Pilgrimage of Harold Fry*, in a somber mood. A long-time work colleague writes to Harold Fry to say goodbye because of her imminent death. Har-

old answers but on the way to mail the letter, he decides he will take it to her instead. Thus begins an unlikely journey of 600 miles by foot!

The story tells of his experiences along the way, what he learns and the people he meets. It shows how he changes and also changes others - including his wife. There are humor and expanding horizons for all the characters.

*The Jefferson Key* takes us on the usual gripping, drop-dead thriller we've come to expect from **Steve Berry**. We're exposed to a little-known and fascinating aspect of American history: generations of pirates turned privateers and their unique relationship with the U.S. government, as well as their role in defending our new country during the Revolutionary War and the War of 1812. Replete with assassination attempts, secret organizations, unbreakable cyphers, treasure hunts, and racing from North Carolina to Nova Scotia and back, we are kept balanced in this page-turner by our two favorite presidential agents finding the answers and keeping us safe - but just barely!

*Book suggestions from Omnioleans make this column work. Thanks to Rich Mansfield and Edith Garvey 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 "Omniole Books" as the subject of your email. We look forward to hearing from you.*

**OMNIOLORE Winter Forum Luncheon Reservation Form**

WHEN: **Thursday**, January 30th, 2014—11:30 a.m.

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

Reservations must  
be received by January 20th

Please make \_\_\_\_\_ reservations for the **Omniole** Winter Forum Luncheon at **\$22.00** each:

Name(s): \_\_\_\_\_  
(Please Print)

\_\_\_\_\_  
(Please Print)

Phone #: \_\_\_\_\_

Enclosed is a check for:  **\$22.00 each**

I want chicken:  I want salmon:  I want a vegetarian plate.  **Total number of meals:**

Please make checks out to **CSUDH**, and put in the Forum Committee's box in Room 7 or send to:

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

<b>January</b>	<b>1</b>	<b>New Year's Day</b>
	2	Spring Trimester Begins
	3	Equipment Training
	9	Board of Directors Meeting—12 Noon-2 p.m., Room 7
	13	Best Sellers Book Group—11 a.m.-12.30 p.m., Room 8
	17	Hiking Group—10 a.m.-12 Noon
	<b>20</b>	<b>Martin Luther King Jr. Day</b>
	23	Computer Talk—12 Noon-1 p.m., Room 7 <i>Introduction to the World of the Electronic Reader</i> —Rick Spillane (see article page 5)
	28	Presentations 101—10 a.m.-12 Noon
	30	<b>Winter Forum</b> —11:30 a.m. (see article, page 1; reservation form, page 7)

<b>February</b>	10	Best Sellers Book Group—11 a.m.-12.30 p.m., Room 8
	13	Board of Directors Meeting—12 Noon-2 p.m., Room 7
	<b>14</b>	<b>Valentine's Day</b>
	15	Input Deadline for March-April 2014 Newsletter
	<b>17</b>	<b>Presidents' Day</b>
	21	Hiking Group—10 a.m.-12 Noon
	24	Introducing Omnimore Meeting—10 a.m.-12 Noon, Room 8
27	Computer Talk—12 Noon-1 p.m., Room 7 <i>Looking Under the Webpage Hood</i> —Hal Hart (see article page 5)	

<b>March</b>	24	Introducing Omnimore Meeting—10 a.m.-12 Noon, Room 8
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**2014 Forums**

Winter—January 30th

Spring—April 30th

Summer—July 31st

Annual Mtg.—October 31st

**IMPORTANT:**Calendar changes and additions  
are scheduled with Lynn Taber

(310) 831-4768—johnlyntaber@gmail.com

OMNILORE  
CALENDAR  
2014

HAPPY

NEW YEAR

2014

**Time to Get REEL**

Omnimorean Carol Pleatman is instrumental once again in bringing “REEL Talk with Stephen Farber” to the South Bay: The 2014 screenings of independent and foreign films rarely shown in the area -- along with guest appearances by the films' makers -- will be **Tuesdays, January 28, February 4, 11 and 18 at 7 p.m.** at Arlight Beach Cities Theaters in El Segundo. The theaters are at 831 Nash street, just north of Rosecrans. A series pass is \$75; for more information, visit [www.reel](http://www.reel).

Carol partners with the South Bay Film Society (Randy Berler, president) and Farber, president of the Los Angeles Film Critics Association, to arrange these screenings, which are followed by stimulating panel discussions and audience Q&A.

More information and an opportunity to sign up for future screenings can be found at [www.southbayfilmsociety.com](http://www.southbayfilmsociety.com).

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The  
Next**INTRODUCING OMNILORE MEETINGS:****Mon. Feb. 24th - Room 8 Mon. Mar. 24th - Room 8****10 a.m. Help Spread the Word! RSVP 310-370-9522**