



OMNILORE NEWS

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OMNILORE NEWS

A publication of OMNILORE, a Learning in Retirement Organization affiliated with The Division of Extended & International Education of California State University Dominguez Hills

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

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We're Doing It Right!

by *Marvel Burke*

At our Forum lunch on April thirtieth our speaker was **Susan Burden**, CEO of the Beach Cities Health District. She was impressive in her enthusiasm for her work, which is to help enable the organization to give reality to its watchword, which is Prevention, Prevention, Prevention. "Eighty per-cent of progressive diseases," she said, "are preventable."

She then informed us that the reasons that allowed us to be there, enjoying the lunch and each other, are three: we were gifted with a superior genetic make up, we had good habits, and we had the ability to handle stress well.

The Center of Health and Fitness where many Health District activities take place was developed when the South Bay Hospital found it impossible to offer care as fine as larger local hospitals. It was decided not to continue. However, District leaders realized that there was a big need for preventive care and many other social and health services in their area. The hospital building became their Center.

This is a busy place where skilled staff and four hundred and fifty volunteers together offer a large variety of services, all designed to build and preserve good health and quality of life. The motto on their tee shirts is "Live Well." Services are directed to all ages. Adventureplex is a fitness center designed for children. There is a state-of-the-art fitness center for adults with trainers to help. A cardiac and surgery rehab center is there with staff always on hand.

A health library in the lobby is available to check out books. Pilates and movement therapy is there. Susan told us, "If you are troubled with arthritis, you must keep the joints moving." There are exercise groups for all levels. Seven social workers organize support groups and work on alcohol and drug issues with kids.

Susan talked to us about the tendency of some older people to cling to the idea that they must take care of themselves no matter what. "Reverse your grain," she asked, "and accept help."

Megan Burke, co-coordinator of volunteers at the center (a few are *Omniloreans*) spoke to us, inviting participation from us.

Susan was complimentary about our group, adding that an active mind was a terrific asset for good health and a boost to older adults which means us. We're doing the right thing!

The Center of Health and Fitness, along with other medical facilities, is located in Redondo Beach on Prospect.



DON'T MISS – IN THIS ISSUE

◆ President's Message	Page 2
◆ Osher Conference	Page 2
◆ Summer Trimester Interest	Page 3
◆ . . . About Shirley Bachelder	Page 4
◆ Computer Talks	Page 4
◆ Curriculum Committee Report	Page 5
◆ Guess Who?	Page 5
◆ Learning & Traveling Together	Page 6
◆ The Bookshelf	Page 7



MESSAGE FROM THE PRESIDENT

by Rick Spillane

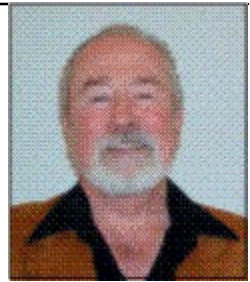
After a great spring trimester with interesting discussions and presentations, we are entering our summer trimester. Informative and enjoyable times lie ahead as we start our new courses.

Pause a moment and thank those people who serve as coordinators. Due to them the classes run smoothly and discussions stay on schedule. If you haven't volunteered to be a coordinator in the recent past, please consider volunteering next trimester. The job is not onerous, but it is important to have someone keep the schedule and handle the details.

*Omnio*lore is a group effort and we all need to contribute. Our head coordinator, **Laura Guneau**, and her committee members tell me how hard it is to call a number of people they may not know and to keep being turned down when they try to find a coordinator for a class.

For those who have not been coordinators Laura conducts a class for coordinators before each trimester and covers all that is necessary. While I am sure that everyone has valid reasons for turning down the position, the simple fact is that if you have enough time to take the class then you have enough time

to be a coordinator. Remember you are not an instructor just because you are a coordinator. So the excuse of not knowing the material, while true for everyone in the class, is not a valid reason to turn down being a coordinator. If we all take a turn it becomes easier on everyone and we don't have to depend on the same people each trimester. As my Grandmother used to say "Many hands make light work." Your effort will be much appreciated.



Jim Bouchard

Osher Conference

by **Jim Bouchard**

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



I just arrived at the annual Osher Conference here in Atlanta, Georgia, at the Chateau Elan (<http://www.chateauelanatlanta.com/>). I'm here with 200 other folks from over 100 Osher Institutes throughout the country. It's at a winery/golf course/conference center, and the best thing about it, thanks to philanthropist Bernard Osher... it's not costing us a penny!

As of now, there are Osher Institutes in 49 states (come on Arkansas!), and many in California. My counterparts from other Cal State Universities are here, and they are intrigued with our CSUDH Osher Institute structure: *Omnio*lore, OLLIonline, Osher Lecture Series, and O-Pods. For those of you who may not be aware of this, the CSUDH Osher Institute has four components. In addition to our peer-led *Omnio*lore group, we have a television series each spring and fall (OLLIonline), and live lectures from professors (Osher Lecture Series). We also have two O-Pods (OLLI Pods) which are learning groups that watch DVDs of our broadcasts which are followed with a facilitated discussion. (By the way, thank you to volunteer **Dick Granoff** who has been leading the Veteran's Park Redondo Beach O-Pod this year.)

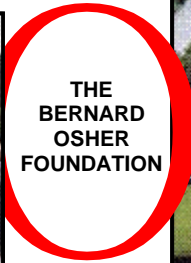
For the next three days the Osher Institutes will be sharing our experiences, and I will be finding out how the other institutes received their \$1 million endowments. I hope to bring back experiences from other Osher Institutes regarding lifelong learning, and I have been sharing my experience with them. The national Osher Institute movement is just beginning, and I hope that our cutting-edge work will help to bring a quality lifelong learning experience to others. I also look forward to utilizing this national Osher network so that CSUDH can reap benefits from the work of other Osher Institutes as well.

A quick update... as you probably have heard, the Middle East series is going very well for OLLIonline and Osher Lecture Series.

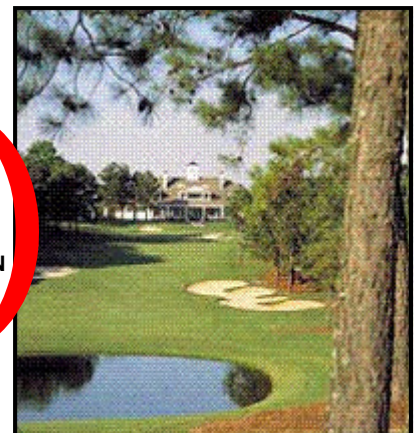


Chateau Elan at twilight, above; another view from its golf course, right.

Well, time to get back to the seminars!

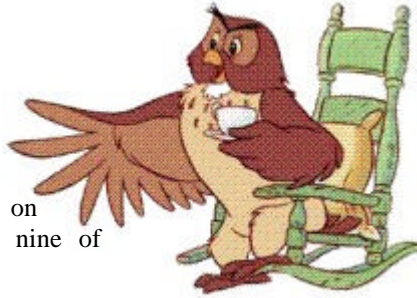


Bernard Osher and the organizations he has founded.



Summer Trimester Generates Much Interest

by Kathleen Fitzgerald



The "Introducing Omnimore" meeting held on March 29 drew 10 prospective members, nine of whom decided to join immediately.

The Membership Committee held a second "Introducing Omnimore" meeting on the morning of Friday, April 27th, to accommodate those prospective members who were unable to attend the earlier meeting. Six people attended and it resulted in the enrollment of four additional new and enthusiastic members.

Three people who attended an earlier session of "Introducing Omnimore" have also decided to join *Omnimore*, bringing the total of new members to 16.

Please welcome these new members into your classes and let others who might be interested know that we will be scheduling further "Introducing Omnimore" sessions for the Fall Trimester. Your referrals are our best source for new members.

- Ruth Bloland—Rancho Palos Verdes**
- Adele & Alvin Fletcher—Manhattan Beach**
- B. J Golik—Hermosa Beach**
- Hal Goodman—Rancho Palos Verdes**
- Jake Kamen—Rancho Palos Verdes**
- Jack Kondon—Rancho Palos Verdes**
- Kristin & Richard Loumeau—Lakewood**
- Jim North—Rancho Palos Verdes**
- Ellen & Marvin Orenstein—Rancho Palos Verdes**
- Jim & Diane Shneer—Palos Verdes Estates**
- Penny Stein—Rancho Palos Verdes**
- Dan Weintraub—Redondo Beach**



Hudson Valley Tour

by Carol Lopilato

*West Point, from across
the Hudson River,
(above).*

*From bottom right, view
along the Hudson; Erie
Canal locks at Lockport;
Sleepy Hollow Light-
house, near Tarrytown,
built in 1883;*

*Hudson as seen from
Hyde Park;*

*Mohonk Mountain
tower near New Paltz;
and at the top, Kykuit,
the Rockefeller Estate.*

Good news - Our autumn trip to the Hudson Valley is full with a maximum 28 people signed up! The six day expedition will begin on Monday, October 8th, and return on Sunday, October 14th. In addition to seeing the gorgeous fall scenery, we will take a boat ride on the Hudson, visit West Point, Hyde Park, Sleepy Hollow (watch out for ghosts!), Kykuit, New Paltz, Mohonk, Albany, and the Erie Canal Locks. A three day optional add-on in New York City is also in the works. The colors and company for this *Omnimore* travel excursion should both be spectacular!

While we have reached capacity, we have a Wait List. If you are interested in being contacted if accommodations become available, call **Tony / Carol Lopilato** at 310-540-6715 or **John / Lynn Taber** at 310-831-4768

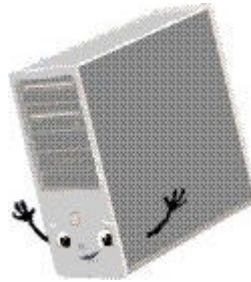


Computer Talks

How to Use Email in Omnilore

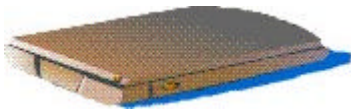
by Tom Vincent

Computer and Technology Group's next meeting will be on **May 24th** at 12 noon in Room 7 where the subject will be **How to Use Email in Omnilore**. For all those who try to avoid email, come learn and find out about how easy it is to use. We'll talk about how to make replies, attach files, and use mail groups. Email can be such a useful tool.



Learning to Use Scanners to Enhance Your Presentations

by Pat Stevens



For the June Computer Talks, **Pat Stevens** will demonstrate how to use a scanner to transfer pictures and charts to your computer. These can then be printed out or inserted into Power Point Presentations. Your printer/fax/copier may also have scanner capabilities. Come to Computer Talks on Thursday, **June 28th** at noon to learn of this computer tool.



A man wrote a letter to a small hotel in a midwest town he planned to visit on his vacation.

He wrote, "I would very much like to bring my dog with me. He is well groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?"

An immediate reply came from the hotel owner, who said, "I've been operating this hotel for many years. In all that time, I've never had a dog steal towels, bedclothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly, and I've never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome at my hotel. And, if your dog will vouch for you, you're welcome to stay here, too."



... About Shirley Bachelder



Shirley Olive Lord was born in 1921 and brought up in Medford, MA. She married a young man at 19 whom she met at church and became Shirley Lord Bachelder. They moved to Milton, MA, a suburb south of Boston. Together they had three children, a boy, David and two daughters, Diane and Aleta. In 1962 they relocated to Torrance, CA. In her fifties she went to El Camino Jr. College and graduated with honors in 1981. She took a course in Creative Writing there at 72 years old and broke into print in Reader's Digest Magazine issues in 1993 and 1994. *Chicken Soup for the Soul at Work* chose her "Angel on a Doorstop" for one of their stories. In 2005 she had her story, "A True Lighthouse Story" published in Lighthouse Digest (December issue).

She has an AA in Art, and has taught it at Hope Academy. She has taught various grades in Sunday school, been a cook on missionary ventures, and was going for her AB at California State University Dominguez Hills when her husband de-

veloped Alzheimer's. For over three years she waged war against the disease in creative and sympathetic ways. In 1997 Bob died after spending six months in a care facility. Besides a loving family of children, five grandchildren and four great grandchildren, she has a house full of memories and one cat, "Mister." She is still involved in teaching children at her church, and is surrounded by a loving group of friends and neighbors.

Over the years she has had many possums and raccoons try to join her via the cat door, but she has trapped them and sent them packing. At eighty she put a wreath of flowers on her hair to celebrate life. At eighty-five flowers still adorn her brow. She has been a part of *Omnilore* in the writing group for many years, watched it grow, and enjoyed her many friends there. Currently she is writing a book, *You Just Have to Smile*, a collection of humorous stories about people with Alzheimer's. The book is written to lighten the load of Alzheimer's caregivers.



Report from the Curriculum Committee

by Dick Johnson

Please don't be bashful! I am sure you have enjoyed taking courses that other members have suggested, and I am also sure that there are many other members who would like to take a course that you are craving to learn something about. So, go to the library or bookstore and select a proper text, then write up your course and e-mail it to me at dickajohnson@verizon.net. If you hurry, we can consider it for the fall trimester.

During the summer session everyone wanted to take a course in the afternoon which complicated the scheduling, so please leave as many mornings open as possible when you fill out your requests for the fall trimester. Also, please list more than one preference. **Ruth Hart** does everything possible to give everyone their first choice but sometimes it is not possible. Let's make her job as easy as we can.

When filling out the course selection form, if you are an *Omnilorean* with a year or two under your belt, please check the column saying you would be happy to be a coordinator. Then, when someone calls you to be the coordinator, you and the person calling you might consider a newer member as co-coordinator. It sometimes will be an easier task for the coordinator to call the potential co-coordinator so that he/she can explain exactly how you can work together. Being a co-coordinator is the best possible training to be a coordinator.





Springtime in France

by Carol Lopilato



Here is something special to look forward to in 2008 – a wonderful two week trip to France! “Caves, Caesars, Castles and Cathedrals” will be led by renowned historian, Professor Jean Bardot. Starting April 5th in Roman Gaul (Provence), the group will visit Aix, Arles and Orange. Then we will travel on to medieval France, including Avignon, Carcassonne and Albi. Next stop is the exciting city of Toulouse, with tours of the Cro-Magnon caves – Le Eyzies and Lascaux II. Additional stops include unique Rocamadour and Sarlat with its colorful market. The two weeks will end in elegant Bordeaux on April 19th, but there are optional extensions for Bordeaux, Paris and other regions. The approximate cost is \$3600 for double occupancy, including 13 nights in 3 star hotels, 13 breakfasts, 20 lunches and dinners, wine, all entrance fees, lectures, guided tours, an air-conditioned coach and airfare from Los Angeles. An optional *Omnilore* course will precede and supplement the excursion. For further information on this exciting travel opportunity, contact **Tony / Carol Lopilato** at 310-540-6715 or **Lynn / John Taber** at 310-831-4768.



Top picture on the right: Triumphal Arch at Orange, France; galloping bull and horses from the Hall of the Bulls in Lascaux II.



Guess Who?



Once upon a time there was a Web Page. It was enlivened by winking and fluttering owls. Its address was www.omnilore.org. Sometimes it got a little down because it didn't get many visitors. It didn't understand why. After all, it had attractive colors and some nice pictures of dynamic people. And oh my – the things it could tell you! It could give you the schedule of all of the latest courses along with descriptions. It could tell you room assignments. It could help you with resources for your presentations by linking you directly to some super-duper sites. Why, it could even give you pointers for giving presentations. It had tons of information that it really, really wanted to offer to its special friends, known as *Omniloreans*. Past newsletters and book lists, announcements and other current information – it was all there for people to see. So what was a lonely Web Page to do? “Don't worry,” its Webmaster said. “Just be there when they need you; they will come. I promise you, they will come.” “Whoooooo?” said the owls.

LEARNING & TRAVELING TOGETHER

by Patricia Edie & Mary Oran

Before:

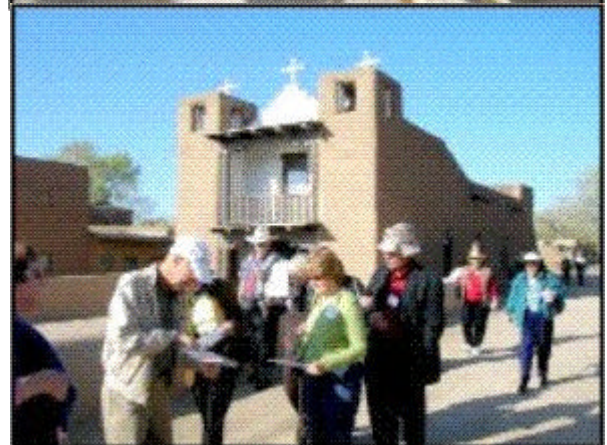
Often S/DGs will incorporate a field trip to enhance their study of a topic. One S/DG does even better than that...they take a trip together. During the Spring Trimester a group of **Omniloreans** studied the area of Santa Fe, Taos, and Los Alamos, New Mexico in preparation for an end-of-April trip. They researched the history, significant personages, landmarks, cuisine, the arts, and current issues. From seeing what the museums had to offer to tasting posole, from riding the rails to traveling the trail...the background offered by the presentations definitely enriched the travel experience. As an added bonus, attendees became acquainted with fellow travelers before the trip began.

During:

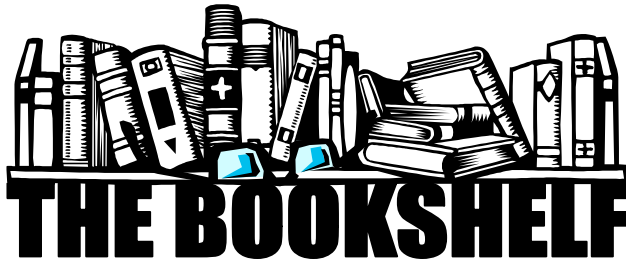
The trip to Santa Fe/Taos convinced the twenty-six participants that New Mexico is, indeed, the "Land of Enchantment." The Palace of the Governors presented an overview of New Mexican history. The Loretto Chapel captivated viewers with its mysterious spiral staircase. The International Museum of Folk Art was almost overwhelming in its varied and unique offerings, and the Georgia O'Keeffe Museum showcased wonderful art. The group activities were supplemented by free time to explore individual interests. From the Plaza to Canyon Road, sopaipillas to green chiles, afternoon sherry to a Pink Adobe dinner, we mingled and enjoyed the diverse flavors and cultures of Santa Fe. On the high road to Taos we visited Chimayo, where several people gathered the healing mud of El Santuario de Chimayo. We also observed the ancient craft of rug weaving. Walking through the Taos Pueblo took us back in time, and walking over the Rio Grande Gorge was a breathtaking moment. We admired the jewelry, pottery, and much more in the Millicent Rogers Museum. In Taos we independently explored interesting venues such as the Kit Carson House and the Nicholas Fechin Museum. At our farewell dinner in Taos, we were even entertained by our own Omnilore magician! Our departure day was packed with activities, including a hike at the Bandelier National Monument, where we viewed the Ancient Pueblo dwellings. A few hours at the Bradbury Science Museum in Los Alamos informed us about past and present projects at the Laboratory. Our accommodations were excellent; the weather was wonderful. Seven days of learning and laughter – the perfect Omnilore experience!

After:

Our participants have seen that the advanced study of an area enhances the appreciation of the trip. A reminder to all of you: attendance in an S/DG is not a prerequisite to the trip nor do all S/DG members opt to participate in the trip. Omnilore trips are also open to nonmembers. These travel experiences are another wonderful facet of the Omnilore experience.



Gloria Martin (top) during her presentation on Indian Crafts; Jim Slattery and Martha Kovalsky watch a weaver at Chimayo; Jim Slattery climbing into a dwelling at Bandelier National Monument; and John & Lynn Taber checking the schedule with the group at Taos Pueblo: Martha Kovalsky (far left), Nancy Shannon (partially blocked by John, David Plotts (with hat), Frances Roberts, Gary Marlotte (behind Lynn), Gloria Martin (approaching in red), and Sally Konstan (far right in blue).



by Mary Oran

All of the wonderful suggestions received since our last newsletter have been fiction; consequently, here is a feast of fiction reading for spring and early summer. These are great titles for vacation reading.

Vikas Swarup is an Indian diplomat (he has served in Turkey, Great Britain, Ethiopia and the United States) whose first novel is entitled *Q & A*. The book opens with the protagonist, Ram Mohammad Thomas, in jail for correctly answering all twelve questions on India's biggest quiz show, "Who Will Win a Billion?" (A decidedly different version of our popular "Who Wants to be a Millionaire?"). The story that follows is a beguiling blend of high comedy, drama and romance in which humanity is revealed in all of its squalor and glory. This is a different but delightful book!

Another book with an India setting is *One Last Look*, by **Susanna Moore**. It is a story taken from an actual journal and diaries, and tells of a man who is appointed Governor General of India. His appointment begins in 1836. The novel details the life of the man and his two sisters, and shows magnificently the beginning of the end of English imperialism.

For those of you who like long books to really get into, consider *Widow of the South*, by **Robert Hicks**. Taking place in Tennessee during the Civil War's Bat-

tle of Franklin, the novel centers on a bitter, reclusive woman who, because of the battle and its consequences, changes her outlook. Against her wishes, her home is requisitioned by a Confederate general as a hospital for wounded soldiers. The protagonist, Carrie McGavock, begins to work day and night to help the wounded and to console the dying. In doing so she becomes a different woman, finding her way back into the world and carrying out a significant mission.

My Jim, by **Nancy Rawles**, is the story of the runaway slave in Twain's *Huckleberry Finn*. The story is told from the perspective of Jim's wife. It is written in the vernacular, giving the text a richness and authenticity that so many "period pieces" lack.

For lovers of mystery and suspense, **Joseph Kanon's** *The Prodigal Spy* is recommended. Nine year old Nick Kotlar's life is turned upside down when his father is accused of being a communist spy during the McCarthy hearings. In an effort to help his father, Nick destroys a piece of evidence; then a key witness is found dead and Nick's father disappears. Twenty years later Nick is in London participating in a Vietnam War protest when a young woman journalist gives him a message from his father. Nick travels to Soviet-occupied Prague and confronts his father. This intriguing spy story evokes recent history set against the relationship of a father and son.

For something different, try *Travels in the Scriptorium*, an offbeat fabulist story by **Paul Auster**. It presents one day in the life of Mr. Blank, who wakes up in a

room and has no memory of who he is or how he got there. He pieces together clues to his past and the identity of the captors in what one reader describes as "this fantastic labyrinthine novel."

We end this month with a real home run, a piece of baseball fiction by **Steve Kluger** – *Last Days of Summer*. Beginning in 1936, the story relates the correspondence of a 12 year old boy with his baseball hero. But there is so much more. Joey Margolis also corresponds with FDR's press secretary and other real life figures. The book doesn't have a normal text. In addition to letters, it has box scores, newspaper articles, war bulletins, and much more. I'm going out on a limb here, but *Last Days of Summer* is one of the funniest, most delightful and most moving books I have ever read. At times I was laughing out loud and other times I was sobbing. Joey is a one-of-a-kind kid who manages to accomplish a lot in his young life. While baseball fans will find the book especially amusing, one doesn't have to understand or like baseball to enjoy the book. Trust me on this one! It's the perfect summer read.

And now – three questions. Is anyone reading any good nonfiction? Or remembering some good nonfiction from the past? And are any male *Omnioleans* doing any reading? Tell me!

(Our thanks to **Lucia Dzwonczyk, Patricia Edie, Edith Garvey, Gloria Jacobs, and Midge Solomon** for contributing to our list. Please send your suggestions, with title, author name and a brief description, to msoran@sbcglobal.net. Please put "Omniole Books" as the subject. We look forward to hearing from you.)

"People with a high level of personal mastery live in a continual learning mode. They never "arrive." Sometimes, language, such as the term "personal mastery," creates a misleading sense of definiteness, of black and white. But personal mastery is not something you possess. It is a process. It is a lifelong discipline. People with a high level of personal mastery are acutely aware of their ignorance, their incompetence, their growth areas. Paradoxical? Only for those who do not see that "the journey is the reward."

Peter Senge

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CALENDAR
2007

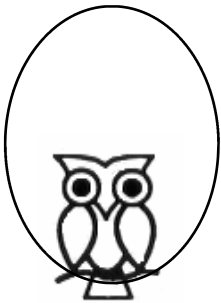
- May**
- 8 Membership Committee - 11:30 a.m. - 1 p.m. - Room 8
 - 10 Board of Directors Meeting - 12 Noon to 2 p.m. - Room 7
 - 13 **Mother's Day**
 - 18 Hiking Group - 10 a.m.
 - 24 Computer Talks - 12 Noon - 1 p.m. - Room 7
How to Use Email in Omnilore - Tom Vincent
(see page 4)
 - 28 **Memorial Day**

- June**
- 12 Membership Committee - 11:30 a.m. - 1 p.m. - Room 8
 - 14 Board of Directors Meeting - 12 Noon to 2 p.m. - Room 7
 - 14 **Flag Day**
 - 15 Input Deadline for July-August Newsletter
 - 15 Hiking Group - 10 a.m.
 - 17 **Father's Day**
 - 21 **First Day of Summer**
 - 28 Computer Talks- 12 Noon - 1 p.m. - Room 7
*Learning to Use Scanners to Enhance
Your Presentations* - Pat Stevens (see page 4)



IMPORTANT:

Calendar changes and additions are scheduled with
Pat Stevens - (310) 548-3253 - p.t.stevens@cox.net



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