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BOARD OF DIRECTORS Elected Officers

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There is No Us and Them - We are All in it Together

 ${\mathcal O}$ ome and meet a remarkable Muslim Woman: Moina Shaiq is this woman, and with her husband, has been a resident of Fremont, California for the past 35 years. Find out how she raised her children in America, why she started the Meet a Muslim® program, and what she is trying to achieve.

Her current mission is to build bridges of love, respect, understanding and acceptance, one heart at a time.

Moina Shaiq

Be prepared with questions; as she says, "Bring any question and I will try to answer it to the best of my ability. I will not be offended by any question."

Moina is a mother of four and an active member of her community. She has Bachelor's degrees in Economics and Psychology, and was a small business owner from 1991 to 1999. After the birth of her daughter, Samah, she decided to stay home and become more involved in community affairs.

Moina founded the Muslim Support Network (MSN) in 2005 upon a realization within the Muslim community that elders' needs were not being met by the community at large. Immediate action was taken by MSN in November 2006 to partner with the City of Fremont's Human Services Department (HSD). They created a program where the seniors could come out of their homes, and established a social and educational program to improve their lives. MSN held its first community meeting late in November of 2006.

The Omnilore Forum Luncheon will be held on Wednesday, January 31st at our usual place, the Los Verdes Golf Club, in the banquet room overlooking the ocean with a view of Santa Catalina Island. You may register for the Forum by using the coupon on page 7, or use the coupon on the flyer you will receive. Menu for this luncheon is traditional Caesar salad, grilled chicken breast, rosemary-infused roasted red potatoes, fresh cut green beans, and chocolate tuxedo mousse cake for dessert. All the coffee, water and tea that you can drink is available for free with your luncheon. Cost is \$27 per person. A vegetarian plate is available if you order at the time you make your reservation.

The Forum luncheon provides an opportunity for members and guests to enjoy a social event as well as hear a speaker on a topic of interest.

| Retirement Organization, a program of the | OMNILORE NEWS is published six times annually. We welcome short feature articles and news stories. Please contact the editor with your contributions. |
|---|--|
| California State University Dominguez | Editor Marion Smith |
| Hills. | Staff Member Open |



MESSAGE FROM THE PRESIDENT

Frank Pohlner

C hange is difficult. That is a statement that I am sure you have heard before. We are going through a change with the usage of the new audio-visual equipment set-up. New projectors were swapped in, switches failed causing bizarre false color images or no displays at all, sound was not present or only available through the tiny projector speakers. This has led to a lot of frustration particularly if it ruined a presentation that you had spent much valuable time and energy producing for your fellow students.

One lesson learned that I hope everyone heeds is to always have a paper print-out of a PowerPoint type presentation so that it may be presented using the desktop presenter in the case of a problem with the computer. I do this for every presentation I prepare.

In addition to the two new desktop presenters from the university, we have at least three of our Omnilore units in the storage cabinets. In fact, there is a complete set of backup equipment – laptop, desktop presenter and projector in the storage cabinet in each classroom. So, if you are giving a presentation, please arrive early enough to make sure the equipment is set-up and working. This is especially true if you decide that you must use your own laptop or tablet and cannot use the university supplied system by bringing your presentation on a USB memory stick.

The university is aware of the problems and recently had their contractor replace the video switch with a higher quality unit, rewire the wall junction box to the ceiling projector with a buffered line, and add an audio mixer unit so we do not have to unplug the audio line from the university computer in order to use it for one of our devices. There is now a dedicated audio cable for a second device. If you are using your own laptop or tablet, you simply: 1) plug the second HDMI cable into your device using an adaptor if necessary, 2) plug the second audio cable (if you want sound) into your headphone jack



and 3) press the button on the HDMI switch to select input #2. Use the white remote unit "Source select" button to control the ceiling projector as before.

The sound problems have been a combination of cable problems and operator error. Please do not change or adjust any equipment controls inside the lectern except the master volume up/down controls. And even then you should be able to adjust the volume with the computer controls. Absolutely do not change the controls inside the battery cover of the microphone unit. You may cause either the complete loss of sound or the most ear-piercing feedback howl imaginable.

I cannot cover all the details here but Hal Hart and his band of merry equipment elves will be offering Equipment Training on Wednesday, January 3, 2018: 11:30 am - 1 pm, Suite L8.

HOPE-topeHOPE-topeHOPE-topeHOPE-tope

S rom the mundane to the sublime as I revel in the spirit of the year-end holiday season. I often think of our ancestors as they came to recognize the recurring patterns of the amount of daylight through the year. Think how bleak this time of the winter solstice (December 21st this year) was with no artificial light. Especially those in northern Europe. But with a knowledge of lengthening days there was hope!

This spirit of hope and joy is celebrated by major religious and non-religious organizations around the globe. It has come to be an almost universal time of uplifting human spirit. My wife, Carolyn, and I wish each and every one of you the best of this holiday season and we both look forward to spending another enriching year in the Omnilore community.



Meet Omnilore's Official Academician--Don Tlougan

by Marion Smith

We elected Don Tlougan to the position of VP Academics at the October 31 Forum. VP Academics is definitely not a sinecure [figurehead] job. Don will be ultimately responsible for our Study/Discussion Group (S/ DG) offerings, the coordination of those S/ DGs, and our forums. He is replacing the very talented Judy Bayer, who has led us through outstanding academic offerings.

But Don can handle it. A fairly new member of Omnilore [he joined in January 2013], he coordinated his first class three years ago, and he has just finished coordinating his ninth!

Don has taken a wide variety of courses. He's taken history courses lately, but he's also favored psychology, politics, and science

topics. His Winter 2018 schedule includes Astrophysics for People in a Hurry (APH) and The Power of Fake News in Politics (NWS).

So who is this guy who will continue the Omnilore tradition of offering irresistible courses and lectures? Well, he was raised in Minnesota City, MN--a town of 300 people. His father had an eighth grade education and was a skilled tradesman, and he presumed this would be Don's life, too. And then: "In the Fall of 1968, I was a high school senior who had no idea of what he was going to do after graduation. Then a man selling subscriptions to a religious magazine came to our house. He told my parents and me about St. Mary's College, a local Catholic college with about 1000 students, and encouraged me to apply. My father wasn't exactly wild about the idea. He wanted me to go into carpentry or some other trade. However, I did apply, and I was accepted. I ended up getting a B.A. in Mathematics with minors in Physics and Russian. By the way, the magazine salesman was Dr. Leo Ochromowycz, and he would later be one of my Russian professors."

Don went on to earn an M.A. in Mathematics from the University of Minnesota before taking his first job at the National Security Agency in Fort Meade, Maryland, as a mathematician. Actually, his title was "Mathematician" but he was in reality a programmer for the NSA. After getting tired of working on the east coast, Don took a job at TRW in 1981, having the title Member, Technical Staff (a.k.a. MTS).

The TRW job brought lots of travel to Don's life. He worked 11 years at Space Park in Redondo Beach, then five years in Huntsville, Alabama, and seven years in Aurora, Colorado.



And he had long-term assignments in The Netherlands and Australia. He returned to Space Park in 2004 and retired there in 2009. Don's foci at TRW/ Northrop Grumman were software development, systems engineering, and later integration and test. Lots of Don's work was classified.

In 2012, a friend told him about Omnilore and suggested he take an orientation session, which he did with Linda Jenson as instructor. Don's reaction: "Gee, this sounds interesting. This sounds like something I could get involved in." Boy, did he get involved lucky for the rest of us!

This is how Don describes his motivation to join Omnilore: "One of the reasons I joined Omnilore was to force myself to read the books I bought. So many times I bought books, read about 20 pages, and then let them sit. It also gave me a chance to catch up on topics I ignored in college, like History, Psychology, and Political Science."

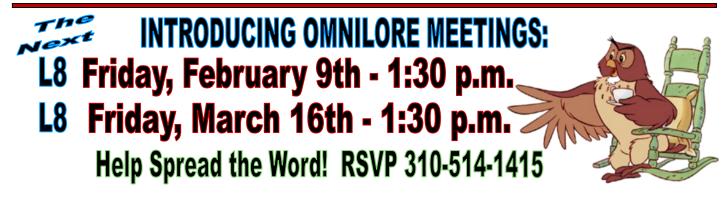
His favorite activity in Omnilore is doing the research for a presentation. He says, "This is a whole lot more fun than working!" He finds himself staying up to two or three in the morning—enjoying himself every minute—leading him to say, "I must be doing something right!"

When he's not geeking out on a presentation, he pursues a hobby: coin collecting. In addition to collecting commemorative coins, he enjoys finding coins from other countries. He also enjoys traveling—an annual trip to Minnesota and recent trips to Vancouver, BC, and Vermont.

Don's reaction to Art Irizarry's inviting him to run for the Omnilore board: "It's really nice to know people appreciate your work." He's happy to help classmates who are having trouble getting a presentation together, and he's always impressed by how imaginative people are coming up with topics.

Coming up in Don's life? Taking more classes! Meeting more Omniloreans! And "just enjoying my retirement."

One more thing: Don was born in Wabasha, MN, the town where the movie "Grumpy Old Men" was filmed. He says that from the opening scene, everything about the location was familiar to him. Lucky for us that this Wabasha product is not a grumpy old man!





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

The OLLI and Omnilore program at CSUDH offers unique opportunities for individuals who consider lifelong learning an integral part of retirement. Our program consists of a broad spectrum of experiences including workshops, lecture series, cultural events, field trips, study groups and more. All adults aged 50 and up are welcome to join OLLI at CSUDH. Members represent all walks of life, a wide range of experience and diverse backgrounds.

This is a special time in the history of OLLI at Dominguez Hills. 2018 marks the 15th anniversary of the lifelong learning program. OLLI has grown from humble beginnings to nearly 500 active members participating in programs at CSUDH, Levy Adult Center and our newest location at the Beach Cities Health Center in Redondo Beach. The Omnilore peer-led programs regularly utilize two classrooms at this location.

To ensure that OLLI and Omnilore remain vibrant and self-sustaining, we have launched the "Enrich OLLI" annual giving program that initiated over the 2017 holiday season. Our goal is to raise \$10,000 by early 2018. Toward that goal, I ask you to consider making a minimum \$50 donation. Making a gift is easy and convenient! You can go online using our secure giving site at www.csudh.edu/ onlinegiving and look for the College of Extended and International Education button and follow the prompts. The page is slow to load, so PLEASE be patient. Of course you can gift OLLI using a check if that is more convenient. All OLLI gifts will be used to enhance OLLI programs which serve hundreds of retired and semi-retired members-many of whom are finding a new purpose and path by participating in OLLI classes and events. Every gift, large or small is valued and appreciated. Thank You.

Become a part of the CSUDH family by joining and contributing to OLLI and Omnilore and help us get to the next 15 years! I believe you will be energized by the mutual support that such learning communities offer. I have always believed in the concept of K-80 education and Omnilore and OLLI at CSUDH provide the perfect opportunities for fulfilling lifelong learning.

Happy New Year Everyone!





Since the Spielberg class has focused on some of his best movies, it is no surprise that my next recommendation would be his most current film, The Post starring Tom Hanks and Meryl Streep. While the setting is 1971, it's a timely wakeup call about speaking the truth in this era of "fake news". Spielberg has turned this film into a "message movie" with Tom Hanks as Post editor Ben Bradlee and Meryl Streep as publisher Katharine Graham. After the New York Times publishes leaked top secret government documents detailing a vast web of lies about the war in Vietnam, President Nixon sues to stop further publication. So, Bradlee and his team of reporters "step up to the plate" for The Washington Post to publish the Pentagon Papers. Spielberg makes these crucial days in American history easy to follow. And, of course, the film hinges on the dynamics between the charismatic Bradlee and Graham who shows how she grew into the responsibility of her position and elevates The Post from just reporting a First Amendment story. According to Entertainment Weekly, the bottom line is that an adversarial press is essential to democracy. This gives us quite a bit for obvious discussions. Go see The Post and let's talk.

Perhaps you would like to join me at the movies and become a film critic partner?

> Dale Korman <u>howarddale@verizon.net</u>)

GOOD NEWS! The debut of the Movie Goers Group was a success! *Murder on the Orient Express* generated a lively discussion at Mimi's after seeing the movie together at the AMC - Rolling Hills.

The group decided that *Darkest Hour* would be the next movie to see. Due to December's busy schedules, January 28th (Sunday afternoon) was selected and to meet again at the AMC - Rolling Hills with the discussion at Mimi's private room.

Darkest Hour is a WWII drama with Gary Oldman as Winston Churchill, the British prime minister, early in his tenure, when he is forced to choose between negotiating with the Nazis or inspiring a nation to resist Hitler. According to *Entertainment Weekly*, "It's hard to tell where Gary Oldman ends and Winston Churchill begins in Joe Wright's rousing portrait of the bulldog British Prime Minister in the dire days of WWII. A perfect companion piece to *Dunkirk*."

If you are interested in joining us for *Darkest Hour*, please rsvp by emailing Dale Korman at <u>howarddale@verizon.net</u>. There are already 51 in the group. Twenty-one came to see the first movie, *Murder on the Orient Express*. We had a terrific discussion!

Since discussions are generic, no one needs to feel obligated to do any research prior to the movie selected (unless you want to, of course). There will be plenty to talk about. And, we Omniloreans love to talk!

See You at the Movies!

Omnilore Walking Group February 9th (Friday) – 10:00 A.M. Whale Watching and Walking at Point Vicente

by Dennis Bosch

 \mathcal{T} his walking outing is unique in several aspects:

- Easy & beautiful trail that is accessible by wheelchair or walkers; this outing will accommodate slower walkers
- Spectacular views of Pacific Ocean to view the annual migration of the Pacific gray whale at peak season (bring binoculars)
- Picnic tables for **our brown bag lunch** situated among the most beautiful views in the South Bay
- After the conclusion of the walk and picnic, you may wish to visit the Interpretive Center and enjoy its featured exhibits on the natural and cultural history of the Peninsula, with a special emphasis on the Pacific gray whale
- Native Plant Garden adjacent to the Interpretive Center

Friendly dogs OK on this hike, but dogs must be on a leash.

Meet in front of the Point Vicente Interpretive Center located at 31501 Palos Verdes Drive West, RPV. From PCH take Hawthorne Blvd south (toward the ocean), turn left on PV drive and follow the signs for the Interpretive Center.

Please R.S.V.P. to walking-group@omnilore.org by February 2, 2018.



Above: two views of museum displaying whales; top right: Point Vicente Lighthouse, Point Vicente Interpretive Center, and typical portion of the trail.

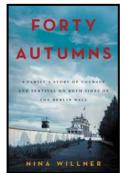


by Patricia Edie & Cindy Eggert

R ead an engaging book and gather to talk about it? Omnilore's Best Sellers Special Interest Group continues to meet each month at 12 noon on the second Monday of the month in Suite L8 of the Beach Cities Health Center to discuss the chosen book for the month. We alternate each month between various works of fiction and non-fiction. The discussion is always lively and interesting! Upcoming dates and book selections are:



Monday, January 8, 2018 Fiction *Eleanor Oliphant is Completely Fine* by Gail Honeyman Monday, February 12, 2018 Non-Fiction Forty Autumns: A Family's Story of Courage and Survival on Both Sides of the Berlin Wall by Nina Willner



As with any SIG, you do not need to register to participate... just show up on the date prepared to participate.

Guests are always welcomed.





OLLI Open House

La Margo Washington, OLLI Director Osher Lifelong Learning Institute (OLLI) California State University, Dominguez Hills (CSUDH) <u>www.csudh.edu/olli</u>



OLLI members are welcome to invite friends to the Open House. This is your opportunity to learn about membership in the Osher Lifelong Learning Institute and to find out how to register for classes.

Light refreshments will be served.



Tuesday, January 30, 2018 – 10 a.m. - 12 Noon

CSUDH Campus, Extended Education Building, EE-1213 (Auditorium)

Must RSVP to 310 243-3208 or by email to <u>olli@csudh.edu</u> by January 23, 2018.

Update on the Outreach Program

by Dale Korman

Omniloreans interested in the Outreach Team met on Monday, December 4th, at noon in L8 to talk about the possibilities for doing presentations in two assisted living residences: Welbrook and The Canterbury.

They came with suggestions for one topic in mind that they would like to present.

The first three presenters will be: at The Canterbury -Sydell Weiner - Topic: *Improving Family Relationships*, Leslie Criswell - Topic: *How Does Music Make You Feel*? and Gail Ruder - Topic: *Gilbert and Sullivan*.

The first three presenters at Welbrook will be: Dale Korman - Topic: *Hook*, directed by Steven Spielberg; Mary Gluck - Topic: *Music Appreciation*, and Howard Korman - Topic: *Klezmer Music*.

If you are interested in joining the Outreach Team, feel free to contact Dale Korman - 310-373-2442 or email:



Welbrook (above) South Bay, and The Canerbury in Rancho Palos Verdes

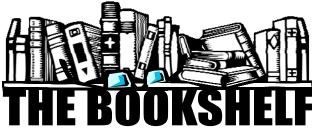
howarddale@verizon.net

In Memoriam–Marcia Kovalsky

Marcia was born in Detroit, Michigan 82 years ago this last July. She met the love of her Ulife, Al Kovalsky, when she was 17 and Al was 19. Marcia married Al two years later, in 1955. Their first trip on an airplane was for their honeymoon, and over the course of 62 happy years of marriage, they visited 74 countries together. Teaching piano while raising three sons led her to get a degree in Music Education from CSUDH in 1986. In 1988, she and Al cofounded Ultralum, a manufacturer of hi-tech ultraviolet light products for genetic research and optical products. In later years, Marcia became an accomplished artist, painting landscapes and portraits in oil.



Marcia and Al joined Omnilore in 2007, and she was an active participant when she passed away suddenly at her home this last November 24th.



Why Buddhism Is True by Robert Wright. Written by a best-selling author of books on various scientific disciplines, Wright focuses on evidence-based science for support of the Buddhist approach to life. He offers a lucid explanation that will win over skeptics based on his scientific approach. E.G., he makes a compelling case for how meditation actually works. An earlier best seller on evolutionary psychology forms part of the background material as he applies that work as well as fMRI and other neuroscience results to meditation and Buddhism. Wright doesn't skimp on philosophy or personal experience either, making this a well rounded review of Buddhism and many of its internal workings. His writing prefers an explanation based on evolutionary biology to arrive at the human condition leaving out some Eastern aspects like reincarnation that don't play much, if any, role in Western Buddhism. While the benefits of mindfulness meditation have been known for a while, this is the first treatment that includes both philosophy and evolutionary genetics, at least as far as I know. Deservedly, this is a best seller and great read that may get you to just sit there.

Homo Deus: A Brief History of Tomorrow by Yuval Harar. First, Harar wrote Sapiens, a New York Times bestseller. This is about the next stage of evolution. This is Homo Deus.

Already, for the first time ever, more people die from eating too much than from eating too little; more people die from old age than from infectious diseases, and more people commit suicide than are killed by soldiers, terrorists and criminals put together. The average American is a thousand times more likely to die from binging on TV and snacks than from being blown up by Al Qaeda.

What then will replace famine, plague, and war at the top of the human agenda? How can technology solve the problems it is currently causing (because technology won't stop)?

Homo Deus is about man and machine co -evolving at an accelerating rate. Even novels about super computers taking over, such as the *Colossus* trilogy, usually assume that once it was designed, that was it, no more changes. The TV series "Person of Interest" and the movie "Her" cast a wider net, with the operating system itself evolving.

Deadfall by Linda Fairstein. Everyone who knows Linda Fairstein's works knows to expect action, mystery and suspense. But for sure everyone also knows she's going to take some part of New York City and explore it. We'll get the history of her topic and how it fits into NY lore, along with the mystery she sets out to solve. This book does not disappoint! She takes on the original Bronx Zoo - from its bars and cages to today's Wildlife Conservation Society's enlightened open enclosures - thoroughly weaving this info into the story as it unfolds. And the beginning couldn't be further from the zoo, as it starts out with Manhattan DA Paul Battaglia, Coop's boss, being murdered. Exiting a fundraiser event at the Metropolitan Museum of Art, Coop hears her boss call out her name. She stops, but before he can get a word out, Battaglia falls into Coop's arms and dies.

Receiving no special treatment, Coop is thoroughly investigated. Still on leave to deal with traumatic past events, she decides the best defense is a good offense and enlists help from Mike Chapman, a brilliant NYPD detective who also happens to be her boyfriend, and his partner, Mercer Wallace.

Poaching, secret societies, and a juicy conspiracy about the death of a prominent real-life Supreme Court Justice all get worked into the story to create a thrilling page-turner that also educates NYC lovers everywhere.

Book suggestions from Omniloreans make this column work. Thanks to **Dan Stern** and **Rich Mansfield** for contributing to this month's list. Send submittals to: newsletter@omnilore.org

| OMNILORE Winter Forum Luncheon Reservation FormWHEN:Wednesday, January 31st, 2018—11:30 a.m. | | | | |
|--|--|--|--|--|
| WHERE: | Los Verdes Country Club 7000 W. Los Verdes Drive Rancho Palos Verdes | accepted after January 21st! | | |
| Please make reservation(s) for the Omnilore Winter Forum Luncheon at \$27.00 each: | | | | |
| Name(s): | | Phone | | |
| | (Please Print) | E-Mail | | |
| | (Please Print) | Enclosed is a check for: \$27.00 each | | |
| Vegetarian plate | : # Regular plate: # | Total number of meals: | | |
| | s out to CSUDH , and put in the sbox in L8 or send to: | Forum Committee, c/o Linda Jenson 43 Margate Square Palos Verdes Est., CA 90274-1843 | | |



Visit the Omnilore website at Omnilore.org! Key Omnilore volunteers can be contacted via email.

President@Omnilore.org VP-Academics@Omnilore.org VP-Administration@Omnilore.org Curriculum@Omnilore.org (new S/DG suggestions) Forum@Omnilore.org (Forum Committee) Publicity@Omnilore.org (send your PR ideas) Registrar@Omnilore.org (send updates to contact info) Newsletter@Omnilore.org (submit articles or news) Admin@Omnilore.org (Johan Smith) Supplies@Omnilore.org (need to replenish cups, plates ...) Equipment@Omnilore.org (report equipment issues) Webmaster@Omnilore.org CWG@Omnilore.org (propose a Computer Talk) Best-Sellers@Omnilore.org (book discussion group) Walking-Group@Omnilore.org Calendar@Omnilore.org (room requests for pre-meetings) SDG-Folders@Omnilore.org (help uploading class files) Technology@Omnilore.org (new Technology Committee)

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