

OMNILORE NEWS



Volume 28 Issue 1 www.omnilore.org January 2019

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BOARD OF DIRECTORS Flected Officers

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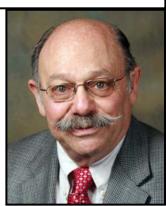
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David Bearman, M.D. to Address Omnilore's Winter Forum on the Subject of Cannabinoid Medicine

O annabis was officially prohibited with the passage of the Controlled Substances Act of 1970, and the U.S. Supreme Court ruled in 2001 that the Federal government has a right to regulate and criminalize cannabis even for medical purposes. By 2012, a majority of states had legalized the recreational use of cannabis, and by 2016, a majority of states had legalized the use of medical marijuana.

Dr. David Bearman of Goleta, California is one of the most clinically knowledgeable physicians in the U.S. in the field of medicinal marijuana. He earned his medical degree from the University of Washington and has spent 40 years working in substance and drug abuse treatment and prevention programs. Dr. Bearman was a



Dr. David Bearman

pioneer in the free and community clinic movement. His career includes public health, administrative medicine, provision of primary care, pain management and cannabinology.

Dr. Bearman is the author of *Drugs Are NOT the Devil's Tools: How Discrimination and Greed Created a Dysfunctional Drug Policy and How It Can Be Fixed* in 2 yolumes.

He is a member of the American Academy of Cannabinoid Medicine and has 15 years clinical cannabinoid medicine experience. He is the Medical Director SBRHA (now CenCal); Former Director/Health Officer Sutter County; Vice President, American Academy of Cannabinoid Medicine; and was named Doctor of the Day by *The Wall Street Journal*.

Dr. Bearman will report on the history of cannabis going back to 2600 B.C. when evidence was discovered of its medicinal use. In the 1920's, American doctors wrote millions of Rx per year that contained cannabis. Eli Lilly, Squibb, Merck, Sharp and Dohme, Smith Bros. all sold numerous forms of cannabis in the late 19th and early 20th century. Today, there are many therapeutic applications of cannabis that Dr. Bearman will elucidate.

The Forum luncheon will be held on Thursday, January 31, 2019 at 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 the flyer you will receive or use the coupon on page 7. The menu for this luncheon is Caesar salad, grilled chicken breast (champagne sauce with artichoke hearts and wild mushrooms), asparagus, potato au gratin and strawberry shortcake for dessert. Coffee, water and tea is available at no cost with your luncheon. The cost is \$27 per person. A vegetarian plate is available if you order at the time you make your reservation

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 Judy Bayer Staff Member TBD

MESSAGE FROM THE PRESIDENT

Steve Miller

Tappy New Year! I enjoyed meeting many of our members at the Yule holiday potluck held in mid-December at John and Lynn Tabers' house. It is a party organized by the Friday hiking group to which all Omniloreans are invited. Many thanks to John and Lynn for hosting the party and providing many of the goodies there. Also thanks to Dennis Bosch, one of the hiking coordinators, for his work on the party.

I would like to write this month about the operation of our curriculum committee. This is the committee that develops the study discussion group (S/DG) classes and that schedules our members' participation in those classes. The curriculum committee is one of five standing committees in Omnilore and its chairman, currently Rick Spillane, is a voting member of the Omnilore Board. Membership on the committee is open to any Omnilore member. About twenty members participate on the committee each trimester.

Work for this committee begins early in the trimester preceding the trimester when classes will be held. At that time suggestions for the next trimester's classes are solicited from all Omnilore members including the committee members. Each committee member is expected to suggest at least two candidate courses. The vast majority of candidate courses submitted are suggested by committee members but special attention is paid to suggestions from Omnilore members who are not on the committee.

This initial group of suggested courses, typically about 150, is compiled and sorted into general categories such as arts, science, literature, history, etc. This compilation of courses is sent to committee members who review each suggestion and choose 50 they think are most likely to appeal to the membership. The committee meets and votes on the suggested courses. The 50 courses with the highest number of votes are

examined to ensure that each of the categories has some representation. For example, if there are no religion or philosophy courses in the top 50, one will be added to provide a comprehensive set of choices. In some cases, the course descriptions may be rewritten or the titles of the courses changed to provide more clarity about the content of the course.



These 50 courses are distributed to committee members who each select 25 courses for a second round of voting at a second committee meeting. Here the 25 courses with the most votes are chosen and that group is examined to make sure that we have representation in all categories. This final group of about 25 courses is sent to the Omnilore membership who choose their individual classes and indicate which days and times they are not available to attend class.

At this point the individual choices for courses and available times are combined to find combinations of members' choices and times that provide at least ten members who have a common selected course and available time to meet. This process, which is more complicated than I have space here to explain, is done by **Hal** and **Ruth Hart** partly based on a computer program initially written by **John Taber**. Note that unlike most colleges, we choose the class meeting time to match the availability of the participants rather than choosing a meeting time before knowing the students' availability.

I can't end this column without reminding my readers that most of our new members join because they are invited by current members. So please tell your friends and acquaintances about the benefits of belonging to Omnilore. Thanks.



OLLI Spring 2019 Open House & Orientation La Margo Washington, OLLI Director

Osher Lifelong Learning Institute (OLLI)
California State University, Dominguez Hills (CSUDH)

www.csudh.edu/olli



Goin us at an OLLI Open House to learn more about lifelong learning for retired and semi-retired adults. For more information on OLLI at CSUDH visit www.csudh.edu/olli or call (310) 243-3208.

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 29, 2019 - 10 a.m. - 12 Noon

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

RSVP to (310) 243-3208 or by email to olli@csudh.edu by January 23, 2019

Jean Custer-VP Academics

by Judy Bayer

Omnilore enjoys the most amazing group of members, and outstanding among them is Jean Custer, the incredibly talented and energetic Vice President of Academics. Not only is Jean a member of the Omnilore Executive Committee, she also is a class coordinator, responsible for the Curriculum Committee, the Coordinator Committee, and the Forum Committee, and serves as Co-Chair of the Evaluation Committee.

Looking at her lifetime love of adventure and challenge, Jean's current involvement with Omnilore becomes apparent. Jean was 21 years old and had graduated from Harper College (SUNY) with a degree in biology and a specialization in botany when she joined

the Peace Corps and traveled to Malaysia. She taught biology at Malay College for Boys, an elite prep school in Kuala Kangsar, a small town located on the west coast of Malaysia, Kuala Lumpur, where she was the only female teacher. She lived on a river in a bamboo hut up on stilts in the local village and bicycled miles to reach Kuala Lumpur. Jean loved the children; she enjoyed teaching and getting to know the people of Malaysia, a different culture. Her lab assistant had lived under the subjugation of British Colonialism, yet he reached out and invited Jean to his home in a very poor village. She met his family who were honored that she was there, and his mother presented her with a beautiful hand-embroidered tablecloth as a gift.

Jean returned to the United States in 1967 and earned a Master's Degree in teaching from SUNY. After teaching biology followed by spending eleven years as a stay-at-home mom, still imbued with her adventurous spirit, Jean moved to Los Angeles. She worked at TRW in computer operations. While at TRW, she joined the Wilderness Club and met several Omniloreans, including Rick and Laurie Spillane, John Vehrencamp, and Peter Mann. The group hiked and mountain climbed together. It was not long before Jean joined the Sierra Club where she became a leader and offered wilderness training. Jean met her husband, Clark, on a Wilderness Club adventure, and ever since they have been traveling the world's most exotic outdoor, wilderness destinations.

Two years ago, Jean, Clark and Jean's brother hiked the John Muir Trail, an epic 211-mile trek that extends from Yosemite to Mt. Whitney, the tallest peak at 14,505 feet in the lower United States. They accomplished this feat in 19 days. And, by the way, Jean has climbed Mt. Whitney eight times. She also has been a long distance runner having completed many marathons.

Jean's love for children expressed itself in a most amazing way. She had lost her two sons, Chris, 22 and Tim, 21 in a plane accident during a terrible storm. Shortly thereafter in 1995, Jean and Clark adopted five children after learning of the overwhelming need for love and security that orphaned children have, especially older children who are placed for adoption in Russia. First to join their family was a 12-year-old boy followed two months later by two girls, ages five and ten.



Five years later, two boys, a five-yearold and a 13-year-old joined the family. The challenges of raising their five children can only be imagined. Due to Jean and Clark's loving home environment and their unshakeable commitment to providing the children with opportunities and resources for growth, they now are in their twenties and thirties and lead productive adult lives. And, as expected, the children while growing up loved to go on family camping and backpacking trips, exhilarating backcountry hikes, and other activities.

With Jean's myriad of interests, it's easy to picture the stimulating surroundings in which the children grew up. She is learning to play the harp; she still leads hikes and backpacking trips in Catalina

and tide pool adventures along the coast. Gardening has always been a favorite activity, and currently, Jean raises butterflies from caterpillar to shiny chrysalis until eventually, under her watchful eye, a beautiful Monarch emerges.

Jean's enthusiasm for gardening has evolved into a volunteer gardening club with the senior residents of Genesis in Torrance. Her youngest son for an Eagle Scout project built a planter that was wheel chair height and in which the members have grown artichokes, strawberries, corn, sun flowers along with milkweed, a natural food for the caterpillars that grow into Monarch butterflies. The group reminisces about their favorite vegetables grown in childhood gardens and find great enjoyment not only in getting to eat much of what they grow themselves but also in the social aspects of their gatherings.

For Jean, every day is a blessing. She firmly believes that we should take care of ourselves and others where and how we are able, even if it's just a smile and a "Hello". We never should stop challenging ourselves physically and mentally, and we might be surprised at what we are able to accomplish. Demonstrating her love of a challenge, Jean pulled out her first ever cell phone, an iPhone that she received for Christmas. She already has used FaceTime to communicate with her daughter in Russia.

Jean's background in science taught her that there was a right answer and a wrong answer. Matter was concrete. She always has loved studying, and now attributes Omnilore with her newfound enjoyment in the "art of discussion". She chooses classes that will provide an adventure in learning, that are new subjects to her. She loves being a coordinator, to set the tone for the class, to assure participants are on time and prepared while at the same time having fun and enjoying themselves. Encouraging classmates to try something different, to listen and support one another is very important as are the relationships developed and the knowledge garnered from each class. Jean regards her vision as Academic Vice President of Omnilore as closely meshed with her views as a coordinator. Seeing Omniloreans branch out a little, challenging themselves while enjoying the experience - even while doing a presentation - brings a smile. A positive class experience brings with it commitment and dedication to the ideals of the Omnilore experience.



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

This column is written by guest columnist Associate Dean Lynda Wilson, PhD.

A New Year: Reflection and Resolutions

It's hard to believe that another year has come and gone. As we approach 2019, I wanted to first reflect on OLLI's accomplishments during 2018. OLLI at CSUDH received a grant from the Osher Foundation which stipulated that we grow memberships and create a culture of giving. We welcomed 82 new members. Also, by working with CSUDH Development Office and a Fundraising Consultant, several activities, including a fundraising campaign were conducted to increase awareness of the importance of giving in order to sustain OLLI for many years to come. OLLI members and friends donated approximately \$15,000. These donations will benefit OLLI members by offering enhanced programming; trips in CA, the US and abroad; and offering appreciation events in 2019, including a Volunteer Appreciation event in April.

Upon reflection, OLLI programming in 2018 was robust. Members are still talking about the trip to Cuba, the donor-appreciation luncheon at CSUDH, as well as the member-appreciation BBQ in Redondo Beach and the international student Thanksgiving potluck.

The curriculum committee has created a vigorous array of courses for 2019. Just to name a few, we are resurrecting the Osher Lecture Series at the Levy Adult Center in Torrance. The first lecture on February 5th will feature Monique Turner, from the CSUDH Department of Psychology. OLLI will also kick off an inaugural Heritage series on February 19th with a lecture by Dr. Hata, Professor of History, who will discuss the Japanese American Concentration Camps also held in Torrance. In addition, in honor of contributions of African Americans, OLLI at CSUDH will feature lectures led by experts in the field of African American Studies. The first lecture is scheduled for February 4th. Former US Ambassador of Zimbabwe, J. Steven Rhodes, will share his White House experiences during the Reagan and Bush administrations, also in Torrance. A new distinct lifelong learning event on February 11th will discuss why Historically Black Colleges and Universities (HBCU) matter in today's America. A film and discussion course, led by OLLI member Norris Curl, will meet on three Mondays in February at CSUDH. In addition, the sixth annual poetry fair will be held at CSUDH on April 18th. Check the Spring 2019 interactive online course catalog for complete course offerings.

Looking forward to 2019, our resolution is to further enhance visibility of OLLI at CSUDH including Omnilore. We believe OLLI at CSUDH is one of, if not, the best kept secrets in the South Bay. Spreading the word in our community by sharing OLLI stories and the benefits of being an OLLI member, is key. To that end, a new Speakers Bureau will roll out in 2019. Members will share their narratives at various places of worship, community centers, etc., to encourage other seniors to continue their lifelong learning journey. We are confident new members who join in 2019 will discover the excitement of OLLI's programming as well as enhance their ability to socialize and develop new friendships.

We also resolve to get to know the new Omnilore board and develop a strong working relationship. A recent lunch meeting at CSUDH was a great beginning. We resolve to meet Omnilore classroom needs in Redondo Beach with continued technology and facilities support.

As 2018 comes to a close, I hope you reflect on the many benefits of being an Omnilore member and your experiences with OLLI at CSUDH. We encourage everyone to take advantage of the many courses that are being offered through OLLI at CSUDH in 2019.

CEIE wishes you a wonderful new year!



On the Basis of Sex - This film is a biographical legal drama based on the life of Supreme Court Justice Ruth Bader Ginsburg. It stars Felicity Jones as Ginsburg. The director is Mimi Leder. This biopic begins with Ginsburg as a first-year student at Harvard Law School. In spite of grad-

uating at the top of her class, she is unable to find a position with a law firm, because none of the firms she applies to wants to hire a woman. She does not give up, however, and believes that if she can set a precedent ruling that proves unfair discrimination on the basis of sex, she will have succeeded in opening doors to challenges of all America's genderbased laws and the American way of life. The final scene shows the real-life Ginsburg walking up the steps of the Supreme Court building in Washington, D.C. This is a movie not to miss.

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

Dale Korman

howarddale@verizon.net





Computer Talks

January 24th - Noon to 1:00 - L8

Introduction to the World of the Electronic Reader



Presented by Rick Spillane

We all know that the world of books printed on paper is diminishing rapidly. Since Omniloreans love to read and books are heavy and take up a lot of space on the trips we love, what are our options? My January Computer Talk will focus on the world of iPhones, 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.

- Learn how to download eBooks from Amazon, 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, OS X, or Linux.
- Learn how 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 favorites apps for everything from Weather, to Maps, to Photography and Facebook with your fellow Omniloreans.

February 28th - Noon to 1:00 - L8

Protect Yourself and Your Computing Device on the Internet

Presented by Rick Spillane

The February Computer Working Group talk will be on protecting yourself while using computing devices connected to the Internet. Between Wi-Fi spoofing, keyloggers, and other types of hacking, public networks really are cesspools. But if you're working remotely and need to access sensitive data on your bank's private servers or checking on Facebook, doing so from an unsecured public network like a coffee shop, hotel, or airport Wi-Fi could put that data, your financial security, and other private information at risk. Many hackers sit in Starbucks, cafes, hotels, and airports looking for people using unprotected devices. We will cover how to protect your iPhone, iPad, or laptop when away from home and even at home. It only needs one successful attack on your iPhone to compromise your data.

Movie Goers Special Interest Group

The latest movie that the SIG went to see was *Green Book*. It's an American comedy-drama about a tour of the Deep South in the 60s by African-American classical and jazz pianist Don Shirley, played by Mahershala Ali, and an Italian-American bouncer, played by Viggo Mortensen, who served as Shirley's driver and bodyguard, protecting him from the racism during the Jim Crow era. He is given a copy of *Green Book*, a guide for black travelers to find safe havens throughout the segregated South. It is not often that a film receives 5 stars, and it was felt by the SIG that it was well deserved. The developed friendship was the highlight to us, especially since this is based on a true story. It was recommended to listen to Shirley on YouTube. Already, the film has won many awards with more to come.

Our next SIG will be *On the Basis of Sex* at AMC in Rolling Hills Plaza on Sunday, January 20, 2019 (see review on page 4).

Again, please, email Dale Korman - <u>howarddale@verizon.net</u> - if you are coming, so that Mimi's has a head count. The private room has been so perfect for our discussions. Call time will be at 6:30 p.m.

Looking forward to being our own review critics. Our observations and opinions are definitely credible.

Kudos to Our Movie Goers!

Omnilore Walking Group February 8th (Friday) - 10:00 A.M. Palos Verdes—Highridge Park to McBride Trail

by Jean Custer

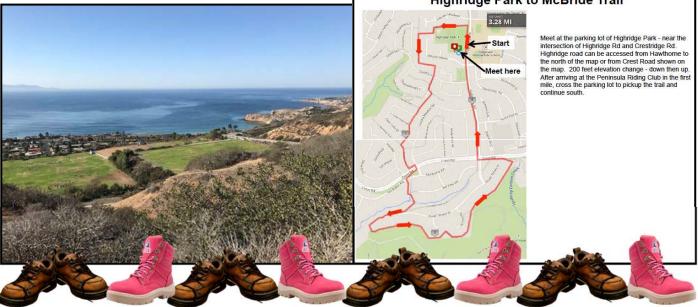
This 3 ½ mile walk takes us along horse trails from Highridge Park to the McBride foot trail which contours around the Palos Verdes bluffs. We will have spectacular views of verdant Palos Verdes Hills (if we continue to get rain), the coastline below and Catalina Island. We'll head back to the park for lunch.

We will meet at Highridge Park in Rolling Hills Estates at 10 a.m. This park is on the west side of Highridge Road just south of Crestridge Road. Park in the lot. Tables and restrooms are available.

Wear good walking shoes and bring water and lunch. Rain cancels.



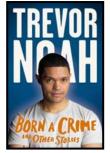
Highridge Park to McBride Trail



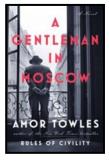
Best Sellers SIG Reads for the New Year

by Patricia Edie & Cindy Eggert

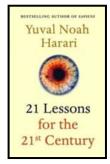
O alling all "Readers!" Omnilore's Best Sellers Special Interest Group continues to meet each month, at 12 noon, on the second Monday of the month in L8 of the Beach Cities Health Center to discuss the chosen book for the month. We alternate each month between various works of fiction and non-fiction. The discussion is always lively and interesting! Upcoming dates and book selections for early 2019 are:



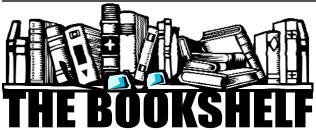
Monday, January 14: Non-Fiction Born a Crime: Stories from a South African Childhood by Trevor Noah



Monday, February 11: Fiction A Gentleman in Moscow by Amor **Towles**



Monday, March 11: Non-Fiction 21 Lessons for the 21st Century by Yuval Noah Harari



Wayward Pines, by Blake Crouch. If you like hard science fiction, try this one. It starts with a Secret Service agent waking up in a hospital minus his wallet, cell phone, and briefcase, and for some reason unable to call anyone outside the small town he's in. Then weird things start to happen, and it goes like the proverbial high-speed train from then on; I started reading it at 7PM and finished it at 2AM (I'm a slow reader). I dislike dystopian novels and love utopian ones; this is both. It's speculative, surprising, and yet logical and almost within reach technologically.

Shadow Tyrants, by Clive Cussler. Juan Cabrillo is Chairman of the Corporation,

a special US Governmentsponsored group that operates out of a ship called the *Oregon*: a marvel of scientific research equipment bristling with stateof-the-art weaponry – but disguised as a heap of junk.

Cabrillo and his crew of mercenaries with a conscience are able to cross the high seas in their rusting tub unmolested, seeking out those beyond the arms of the law and dealing out justice to any who would plot chaos on a global scale.

Nearly two thousand years ago, an Eastern emperor charged a small group with safeguarding secrets powerful enough to change the history of mankind. They went down in legend as the Nine Unknown Men—and now two rival factions of their descendants are fighting a mighty battle.

Both sides think they are saving the world, but their tactics could very well

bring about the end of humankind. Soon, Juan Cabrillo and his team of expert operatives aboard the *Oregon* find themselves trapped between two power-hungry adversaries, both of whom are willing to use shocking means to accomplish their goals.

Cabrillo and the team must divide and conquer as they fight dual threats, which include a supercomputer at sea and satellites that can wipe out technology across the globe—including the high-tech weapons on board the *Oregon*. The crew must rely on their unique skills to stop the tyrants in their tracks and save the earth from a dynasty of terror.

Book suggestions from Omniloreans make this column work. Thanks to **Rich Mansfield** for contributing the first book in this month's list.

Send submittals to:

newsletter@omnilore.org



Update on the Outreach Program

by Dale Korman, Outreach Coordinator

Wanted and Needed: More presenters to volunteer their time to interact with the residents at The Canterbury and Welbrook. It has been a win-win situation, and, hopefully, this association will continue in the coming year.

Please, contact Dale Korman if you are interested in joining the team of presenters. 310-373-2442 or https://doi.org/10.2016/joining-the-team-of-presenters.

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WHEN:	OMNILORE Winter Forum Luncheon Reservation Form Thursday, January 31st, 2019—11:30 a.m.	
WHERE:	Los Verdes Country Club 7000 W. Los Verdes Drive Rancho Palos Verdes	ncheon Reservation Form -11:30 a.m. NO Reservations NO Reservations accepted after January 21st!
Please make	reservation(s) for the Omnilore Winter For	
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 s box in L8 or send to:	Forum Committee, c/o Linda Jenson 43 Margate Square Palos Verdes Est., CA 90274-1843



L8 Thursday, February 21st - 10:00 a.m. L8 Friday, March 29th - 1:30 p.m. Help Spread the Word! RSVP 310-370-2494

Membership@Omnilore.org (inquiries about joining Omnilore, or referring friends)

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)