



OMNIOLORE NEWS



Volume 28 Issue 4

www.omnilore.org

July 2019

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July Forum Speaker:

Beach Cities Health District's *Healthy Living Campus Master Plan*



*Cristan Higa
Chief Marketing and
Communications Officer
Beach Cities Health District*

Cristan Higa is responsible for managing all communication efforts at Beach Cities Health District, including health promotions, public relations, community engagement, partnerships, IT and marketing.

She attended the University of Oregon where she played on the Oregon Women's Soccer Team.

Ms. Higa will be discussing the Beach Cities Health District's *Healthy Living Campus Master Plan*, an important and innovative concept for all of us to explore as we contemplate a future bursting with good health, active minds, loyal friends and so much more.

Beach Cities Health District (BCHD) is among the largest preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases in everyone.

Focusing on wellness, not sickness, encourages people to make wiser healthcare decisions. Preventative causes of illness and death, like tobacco smoking, poor diet and physical inactivity, are estimated to be responsible for nearly a million deaths annually—almost 40 percent of total yearly mortality in the United States. About 80 percent of today's healthcare costs are for treating people with chronic yet preventable diseases. BCHD's wellness and healthy living programs and services are aimed at making prevention an integral part of the classrooms, workplace and homes of the beach cities.

Since 2017, Beach Cities Health District has been working with the community to reimagine its aging campus to better reflect its mission and to meet the current health needs of local residents. When the 15-year master plan is completed, the intergenerational Healthy Living Campus will include a Community Wellness Pavilion with health and wellness services, meetings/conferences, a demonstration kitchen, rooftop space for exercise classes, approximately 420 Residential Care for the Elderly units, an upgraded child development center and a Center for Health & Fitness with more than four acres of active green space and walking and bike paths. The vision for this campus is a vibrant, research-driven center where people can learn and engage in healthy behaviors, form meaningful connections and be well...for many generations to come.

The Omnilore Forum Luncheon will be held on **Wednesday, July 31st** at our usual place, the Los Verdes Golf Course in the banquet room overlooking the ocean with a view of Santa Catalina Island. You may *Continued on Page 2*

BOARD OF DIRECTORS Elected Officers

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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 Judy Bayer
Staff Member TBD

MESSAGE FROM THE PRESIDENT

Steve Miller



As your Omnimore president, I have had two new goals for Omnimore this year. The first is increasing the active membership to 300 and the second is addressing four “crises” that I believe could seriously impact Omnimore’s operation. With respect to my first goal, I want to give a shout out to **Carolyn Pohlner**, our Membership Chair, and her committee for the professional and successful campaign they have run to increase our membership numbers. We are not yet at 300 but we have one more “Introducing Omnimore” session on July 12. I should also mention that Carolyn serves as our registrar and helps keeping our supplies replenished. A triple hitter!

This column in the last newsletter described the four areas that I thought of as potential crises. I feel much better about our ability to weather them than I did two months ago, and I will address each of them ending with the one of most concern.

First, we have to be concerned about possible loss of our meeting location. However, I know of no reason to think we are in imminent danger of that happening. Thus, I put this in the category of “We’ll deal with it if it ever happens”. Our landlord, Beach Cities Health District, is exploring changes to their campus so a future impact is possible. Our Forum chair, **Bob Mallano**, has contacted BCHD and asked them to speak about this at a future Forum [see page 1].

Second is my concern about any vulnerability we have due to a cyber-attack on our website, the nexus of communication with members. Since I have explored this potential vulnerability with the webmaster and the Technical Committee, my concern is greatly reduced. The Omnimore web pages are backed up on a hard disk, except for our S/DG folders, and our website hosting service (Power.com) also provides backup, providing protection against our accidentally deleting something in error. This combination is, in my opinion, sufficient to meet this risk.

The third risk is the temporary loss of our support by Johan and/or loss of the data on the computer that she uses for Omnimore work. The data on the computer is backed up locally on a hard disk in Johan’s apartment but might be lost in case of a fire in her building. We are now in the process of backing up Omnimore data on that computer in the cloud where it could be accessed remotely if needed. I expect the task will be complete by the time you read this newsletter. My thanks to the Technical Committee for handling this issue.

I have discussed with our various committee chairs the support that Johan gives to each committee and now believe we could, with one exception, collectively fill in during her temporary absence. There would be compromises required because our volunteer members cannot match her efficiency and experience in performing the myriad tasks she does. The exception I foresee to this conclusion is her support to the curriculum committee. A considerable effort is required to put into our standard format the over 150 course descriptions that the

committee reviews each trimester as well as preparing the descriptions as the number is reduced. In addition, she prepares inputs for the operators of the scheduling program and works with them on the various iterations it takes to arrive at a final schedule, as well as sending members the results of the scheduling process.

Thus, I believe we would have to find a paid replacement if Johan were absent during the few weeks each trimester critical to the committee’s course development process and scheduling. Finding this temporary replacement for the curriculum committee support is another case of “deal with it if it happens.”

The fourth crisis would involve loss of our ability to schedule our members’ participation in classes. As you are aware, we have a unique system that asks our members to choose classes and to designate when they are unavailable, and then we schedule the classes to satisfy the maximum number of members’ choices. We know of no commercial program that can do this. However, our program was written years ago to run on a now obsolete Apple operating system which runs only on computers no longer made. So, from my perspective there are three risks here: the unique software, the obsolete hardware, and the expertise it takes to run the program and to further optimize the selections.

We believe the solution for the first two risks is a recently identified computer program that emulates the obsolete operating system, thus allowing our unique software to run on up-to-date hardware using a current operating system. The solution to the third risk is training others to operate the program in case the current operators, **Hal** and **Ruth Hart**, cannot do it or want to pass this job to someone else. We are in the process of doing this now. The Harts have identified four members who are willing to give this a try and who have participated in some training. They and the Harts plan to use the emulator software to generate this next class schedule. If this is successful, my biggest concern will have been resolved.

In summary, I believe we now better understand the risks and implications of these potential crises and what our reaction should be to each. In addition, we have been able to reduce the risks to our operations by using online backup for data on Johan’s computer, by locating an emulator for the scheduling program’s obsolete operating system, and by identifying and training backup operators for the scheduling program.

I want to thank all those who have contributed to my understanding of these problems and who have found solutions for them.

Continued from Page 1—July Forum Speaker

register for the Forum by using the coupon on page 9, or use the coupon on the flyer you will receive in early July. Menu for this luncheon is a traditional Caesar salad, grilled chicken breast with artichoke hearts and wild mushrooms in Champagne sauce, potatoes au gratin, asparagus, and strawberry shortcake 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 protein vegetarian plate is available if you order it at the time you make your reservation.

Omniole Profile: Joan Kolic Recording Secretary, Omniole Board of Directors

by Judy Bayer

If you ever want to meet a truly positive person, say hello to Joan Kolic, Recording Secretary of Omniole. She grew up in McKeesport, Pennsylvania where her father was employed at the local mill. After he returned from military service in WWII, due to unfortunate circumstances, he no longer could retain his position at the mill. To make ends meet, he bought an “Archie Bunker” type bar. Joan helped her dad in the bar and got to socialize with all of the townsfolk who hung out there. People came in who were looking for jobs. Her dad became involved in politics. Shirley Jones’ father, Stoney Jones, who owned the local brewery, used to patronize the bar, although she didn’t get to meet Shirley. To Joan’s way of thinking, the customers always were sweet to her; after all, she was Joe Kolic’s daughter. Through conversation and interaction, she learned valuable counseling skills.

After graduating from high school, Joan attended Marquette College. She wanted to go to the University of Pittsburgh, but the nuns told her that because Fidel Castro had attended the school, she couldn’t possibly go there. She never has been able to verify that piece of information.

Joan was married while in college and moved with her new husband to Des Moines, Iowa where she attended Drake University. Shortly thereafter, she moved to Chicago and completed her education at the University of Illinois. This was the Viet Nam era with so much going on, and Joan was very interested in the politics of the day while remaining very involved with her four children: three boys and a girl. Mark, her oldest, is a radiologic technician at St. Vincent’s Medical Center in Los Angeles. During a recent illness, Mark stayed with Joan and was a tremendous help. He is still with her.

Erica, her daughter, has two children, Ethan who is ten and Ascena who is four. The family lives in Los Gatos where Erica is a manager at Cisco Systems, Inc., and her husband is an Internet Technology manager at Apple, Inc. David, Joan’s second son, was recently moved to Santa Barbara by The Raytheon Company with the perk being that he can walk to work. Joel, the youngest, is living in Alaska near his father.

When the children were quite young, the family moved to Alaska where Joan earned her Master’s Degree in Special Education. She taught at juvenile, women’s and men’s minimum and medium security prisons. She then accepted a position as a Job Corps recruiter for the entire state. As she traveled throughout Alaska, she experienced a land that radiated a masculine beauty, a raw wilderness of islands, bays, mountains, seashore.

Though it was an incredible experience, it still was a cold, rugged, and isolated place to call home. Divorced, Joan traveled back to Pittsburgh with her children. Her parents were fabulous grandparents, which eased the transition to the more



traditional city, though the move was very difficult for her.

While in Pittsburgh, she was employed by the Office of Workers Compensation where she specialized in vocational rehabilitation. In a conversation with her former Job Corps supervisor, she was offered a position handling all of Southern California. She couldn’t say “yes” fast enough, and her children were delighted with her decision, from the oldest who was 12 years old to the youngest who was three. They drove across the country and had a wonderful experience.

After a period of time with the Jobs Corps, Joan went back to

Workers Comp where she felt her abilities were most useful. She could help people who were disabled find work. Her field was ergonomics, essentially fitting the workplace to the worker, thus reducing the risk of illness and/or injury. As she said, “If you lose your job, you’re starting at entry level wages. You can’t support your family.” Knowing the difficult situations faced by her clients, she worked especially hard to help them, and was greatly appreciated by all of those whom she assisted.

Joan retired in 2013. While in a class for senior learning at Torrance Memorial Hospital, her instructor mentioned that California State University, Dominguez Hills offered college courses for seniors. It was at CSUDH that Joan learned about Omniole, and Voilà, she signed up. It was November 2017, and Joan’s first class, *Eisenhower*, was coordinated by Howard Korman. She was sold, and every class since has been “just magnificent”. The S/DG on *Being Mortal* was phenomenal. There was great energy. Everyone was comfortable sharing his/her personal thoughts. And, she is learning computer skills and appreciates the encouragement from Omnioleans in this endeavor.

What is Joan’s vision for Omniole’s future? A continued commitment to provide education in a very stimulating environment and sustained enthusiasm for the hard work necessary for a really good presentation. And, how does this happen? Joan attends every presentation workshop. She finds them “so good and learns something new from each one. [The Workshop facilitators] do such a great job”. She particularly appreciated the workshop demonstration by Karol McQueary on different types of maple syrup and most recently Carol Wingate’s on The Brain.

Joan volunteers in the surgical waiting room at Torrance Memorial Hospital. She has a warm sensitivity for the families who are in the hospital under stressful conditions and often offers to babysit for them when the need arises. She also cooks for the homeless at St. John’s Lutheran Church on Carson St. in Torrance. She loves cooking and thinks it would be great if Omniole started a cooking class.

Continued on Page 4



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

The Dog Days of summer. July 4th fireworks shows, grilling hot dogs and burgers, vacationing with family or hanging out at the beach. Traditional activities we associate with this time of year. While some faculty and students take summers off, the College of Extended and International Education (CEIE) at California State University, Dominguez Hills is just as busy in July as we are in November. Omnilore is no different, with a full slate of peer-led programs, lectures and com-

mon readings at the Beach Cities location. OLLI programs continue as well, with community education and enrichment programs throughout June, July and August.

CEIE offers an exciting menu of academic and professional development programs over the summer. We successfully completed a pet project of mine, issuing digital credentials or digital badges, for many CEIE non-credit extension and OSHA training programs. I'm happy to report 582 digital certificates were awarded by CEIE between May 2018 and May 2019. Students claimed their free credentials at an 80.6% rate; and the share rate was 63.5%. Digital credentials are shareable on social media platforms including LinkedIn and Facebook. They augment traditional hand signed paper certificates issued by the college as a value-added option for the student. More employers are searching prospective hire's digital footprint these days and perceptive students embedding digital certificates into electronic resumes will have a competitive advantage over those who do not.

CEIE is also launching a new Emergency Medical Transport (EMT) certificate program with a local ambulance company. MedReach donated a fully functional ambulance to provide students real world, hands-on experience. That certificate program rolls out this September. We successfully launched a graduate degree in Cyber Security and gained approval to offer a new master's degree in Systems Engineering in the Fall of 2020.

While it may be the lazy, hazy days of summer at the College of Extended and International Education, we never stop. For more information about the full slate of lifelong learning programs offered through CEIE, visit our website at www.csudh.edu/ceie.

That wraps up this edition of Dean's Corner. Enjoy your summer and get ready for Fall!



Update on the Outreach Program

by Dale Korman, Outreach Coordinator

The Omnilore Outreach Project is taking the summer off at the request of the retirement communities we are serving. The Canterbury has asked us to resume our presentations in September.

Meanwhile, we do want to spend our time off arranging for Omnilore volunteers who agree to give presentations once the new season is underway.

If you would like to come "on board" and be part of the Outreach Team, please give me a call. As I have always said, "This is a win-win for Omnilore and for the residents at the Canterbury."

Hope to hear from you soon!

Dale Korman—310-373-2442 or howarddale@verizon.net

Continued from Page 3—Omnilore Profile

And, when she's not taking classes or volunteering, Joan loves to travel. Rick Steves' tours are her favorite. They are "fabulous". Joan will be on her fifth one in September, this time to Southern Italy. She loved Spain and thought Russia was amazing and that the art there surpasses the Louvre collection. She described how during World War II, circumstances were so dire that the Russians could have taken their art treasures and burned them for heat. Instead, they chose to preserve them, and in addition, they brought in feral cats to eliminate rats and other vermin that could destroy the masterpieces. By doing so, they kept a truly significant part of civilization intact.

When asked about her retirement, Joan enthusiastically says, "Everything you get to do is the best part of retirement. There are no impediments. You should go wherever your imagination takes you". And it's important to share goodwill. Joan believes that if you are asked if it matters, the answer is, "At the end, it matters very much. You have the time and need to maximize every second of it. Make your life matter very much by doing socially conscious activities." Joan loves Omnilore, the people, and the learning environment. She believes that as people age, they become kinder, more understanding. She doesn't see old people as "crotchety". Our generation is reinventing old age. This probably is one of the happiest times of Joan's life: the choices, the variety. Joan's wonderful attitude is reflected in her philosophy: "This is what I'm doing. I'm going to live the good life no matter what."

**Omniole Walking Group: August 9th (Friday) – 10:00 A.M.
Malaga Bay Locale**

by Dennis Bosch

This walking outing features:

- ↳ Walk that will involve moderate elevation changes along sidewalks and low-traffic city streets.
- ↳ Spectacular views of Pacific Ocean and beautiful homes.
- ↳ Outside dining tables available for eating after the walk (around noon) at **Yellow Vase** or **Malaga Cove Ranch Market**.

Friendly dogs are OK on this hike, but dogs must be on a leash. Meet at **10 a.m.** in the parking lot in front of **Neptune Fountain** located at **27 Malaga Cove Plaza, Palos Verdes Estates, CA 90274**. See the Omniole.org website for map and directions.

Parking adjacent to the fountain is limited to either 2 or 4 hours, and is typically filled each weekday. Additional parking is available along Via Tejon immediately east of the parking lot (*in front of or beyond Malaga Bank or the Post Office*), or in surrounding areas to the south.

All Omnilore members (and their guests) are always welcome to participate in our excursions. We accommodate walkers of all speeds, so give it a try if our next route appeals to you.

Please R.S.V.P. to walking-group@omnilore.org by August 6th.



Spring 2019 Survey Results

by Judy Bayer

The Evaluation Committee has been busy tabulating your responses to the surveys in which you have participated recently. Thank you very much for your efforts in helping us keep Omnilore study/discussion groups up-to-date, interesting and informative. Through analysis of your class ratings, opinions, and comments, we are able to observe trends based on objective information and continue to evaluate what changes may be effective in improving your class experience and what currently is successful. Your perspective on coordinators also provides insight on the wonderful work they do and on actions that may be warranted to improve some situations.

We are able to recommend popular classes that should be offered again and to discourage others. Trends that have emerged include class presentations that are increasingly better prepared and more interesting; participation in discussions has been lively and provocative, an indication that the prepared questions have elicited an enthusiastic exchange of views. Interestingly, even in classes in which the selected text had been rated very poorly, the S/DG was given very high marks because of the contribution and interest of the participants.

Time management overall was positive; a suggestion was made to select a time-keeper for each class to ease the burden on the coordinator.

Kudos to those of you who were recognized by your peers for your outstanding presentations in the survey. Six of you took two classes and excelled in both, so you are mentioned twice:



Kudos to Spring 2019 Outstanding Presentations

- Frank Pohner
- Ginny Brown
- Linda Jensen
- Patricia Edie
- Zelda Green
- Don Tlougan
- Jim North
- Norman Stockwell
- Clifford Brodsky
- Joy Jurena
- Helen Stockwell
- Clifford Brodsky
- Carol Simone
- Jean Custer
- Kent McDonald
- Leslie Criswell
- Dayla Sims
- Sandy Pickar
- Marie Glerup
- Connie Siegel
- Mary Jo Gura
- Maria Ashla
- Adrian Pruetz
- Ralph Ford
- Frankie Goldstein
- Bonnie Bailer
- Elaine Winer
- Barbara Case
- Rick Pruetz
- Ruth Bloland
- Jay Edie
- Stu Watson
- Leslie Schettler
- Patricia Edie
- Rick Spillane
- Janet Christy
- Stu Watson
- Muriel Blatt
- Helen Nah
- Stan Nah
- Jay Edie
- H.E. Kamiya
- Stu Watson

The World of da Vinci Revisited

by Teddie Milner

For all of you interested, including those who took the Leonardo da Vinci S/DG last year, The Ronald Reagan Presidential Library and Museum, in conjunction with The Canadian Museum of Science and Technology in Ottawa, are offering a special exhibition which runs from May 24, 2019 to September 8, 2019 called: *The World of da Vinci*. Here is some of the information about this interactive presentation from the press release:

“*The World of da Vinci* showcases the versatility and creative power of da Vinci. His drawings cover mechanics, engineering, architecture, mathematics, geometry, astronomy, botany, zoology, anatomy, military and physics. Each of these can be seen in the reconstructions of his machines on display in the Reagan Library.”

“Leonardo da Vinci was one of the greatest minds and talents of all time. He was an artist and inventor who created the most incredible works of beauty, designed the most frightening war machines intended for death and destruction, and invented flying machines 400 years before man took to the skies. Now, for the first time ever, two original folios of the authentic, 600 year-old Codex Atlanticus, over three dozen reconstructions of Leonardo da Vinci’s ex-

traordinary machines, as well as a more modern take on da Vinci’s work including five original Warhol paintings featuring da Vinci’s *Last Supper* have been brought together for a one-of-a-kind



special exhibition.”

“Over the past few years, every time we have asked our visitors what special exhibit they would most like us to host, an exhibit on Leonardo da Vinci ranked number one by a landslide,” said John Heubusch, Director of the Ronald Reagan Foundation and Institute. “We are thrilled to say that not only did we answer their requests, but we did so by putting together an exhilarating and educational exhibition, which has never been seen before.”

It’s a lot of fun to see and to be able to play with many of the inventions developed by da Vinci. You will still see his masterpieces in painting and drawing. The last room features a multi-media show, which lasts about 15 minutes.

There are many floor to ceiling screens, sound effects and music, while the art and quotes from da Vinci fly by on the various screens. This part alone is worth the price of admission. This visit will probably take up your day but you’ll be amazed by its content.

The Reagan Library is located at 40 Presidential Drive in Simi Valley, California. Hours for this exhibit are: 10 AM to 5 PM daily. You can easily spend three hours enjoying the presentation and large crowds are expected; pre-purchased, timed-entry tickets are recommended. Tickets cost from \$9.00 to \$25.00.

Admission is free to those serving in the military. Be sure to leave on time as parking may be an issue and you may have to walk to the event from a far-flung parking spot. For more information on-line, go to:

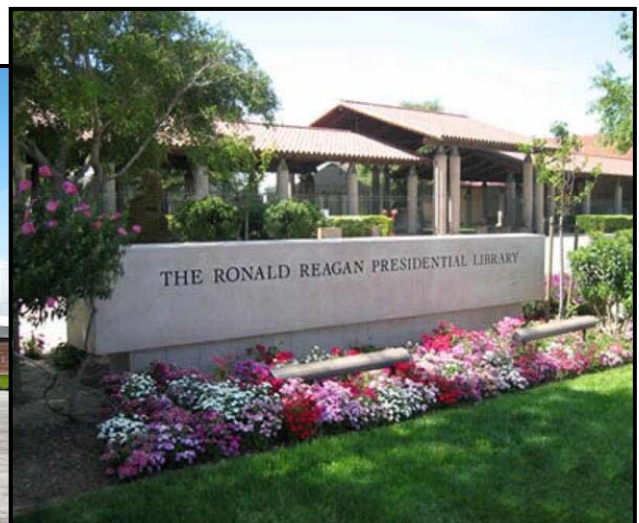
www.reaganlibrary.com/tickets.

You may also call: (800) 410-8354.

For extra credit: Who paid \$30.8 M for Leonardo da Vinci’s Codex Leicester?

[See the answer at the bottom of page 8.]

Below left: The Canadian Museum of Science and Technology in Ottawa, Canada. Right: Entrance to The Ronald Reagan Presidential Library in Simi Valley.



Joy Jurena, Beach Cities Compost Queen

Written by Sue Murray, Volunteer Spotlight Writer, Beach Cities Health District Website

**“The Nation that destroys its soil, destroys itself.”
Franklin Roosevelt**

Every now and then someone comes along and restores your faith in human nature; without a doubt, Joy Jurena is one of those people.

Unsurprisingly, although she’s been retired for years now, Joy still retains her RN license.

But retirement was something that Joy couldn’t quite come to terms with! So, despite working hard to disrupt the aging process by exercising daily and eating healthy, Joy joined Omnilore, an adult life-long learning program that she learned of when helping at Manhattan Beach’s flu clinic. Today Joy spends her spare time researching health topics such as Inflammaging—a form of low grade, chronic inflammation brought on by the aging process—and presenting her findings to Osher Lifelong Learning Institute (OLLI) at California State University, Dominguez Hills (CSUDH) and other groups.

However, it was about nine years ago when Joy was looking for somewhere to take her vegetable scraps for compost that she found a nearby school, met Beach Cities Health District’s (BCHD) Garden Angels and soon joined them.

Joy is with the Garden Angels three days a week, going from school to school in Redondo and Hermosa Beach, doing whatever the beds need, including general garden maintenance, weeding, transplanting, staking peas, tending to the compost or even building new boxes.

While Joy and the other Garden Angels aren’t always there to directly engage with the students, Joy fondly remembers a day when one class was having a compost lesson. Some fresh compost was in a bucket. A couple of students came by and Joy suggested they might want to look for critters. Very soon more students surrounded the bucket, all fascinated with the rolie polies, worms and other critters. It is the camaraderie

among the Garden Angels and times like this one that Joy finds so gratifying.

One of Joy’s fellow Garden Angels Ellen Gilman, summarized Joy, noting that “she is devoted to mining for gold—compost gold! Joy spends extra time outside her scheduled gardening days, up to her elbows in compost, spreading her knowledge about composting and healthy living. She always goes out of her way for the benefit of our LiveWell Kids initiative.”

BCHD’s Garden Education Coordinator, Mishell Balzer, expressed her gratitude for all Joy does by noting, “Beyond the hard work that Joy puts in, the Garden Angels always appreciate her clever humor and her nutritional knowledge that she so generously shares with us. I’m grateful to have Joy as a volunteer and recognize what a huge difference she makes in our gardens. She truly is a ‘joy’ to work with.”



Joy Jurena showing off her special-blend compost.

**THE NEXT INTRODUCING OMNIOLORE MEETING:
Friday, July 12 - 10:00 a.m.
L8 Help Spread the Word! RSVP 310-370-2494**



Well, we’re in the thick of it now, calling and emailing people to get coordinators and co-coordinators for the 23 S/ DGs scheduled for Fall 2019. When they knock on your door, be sure to give generously (of your time).

We will have an information meeting for all fall coordinators July 30th at 10 am in L8.

It’s very important for you to come! I’ll be there and Frank Pohlner, too, and there will be free snacks for all!! (Yes, there is such a thing as a “free lunch.”) First five to arrive qualify for a door prize!

And, most importantly, we can all prepare for a great trimester.



*Claire Damecour
Head Coordinator*

Omniole CPR and AED Training Class Success!

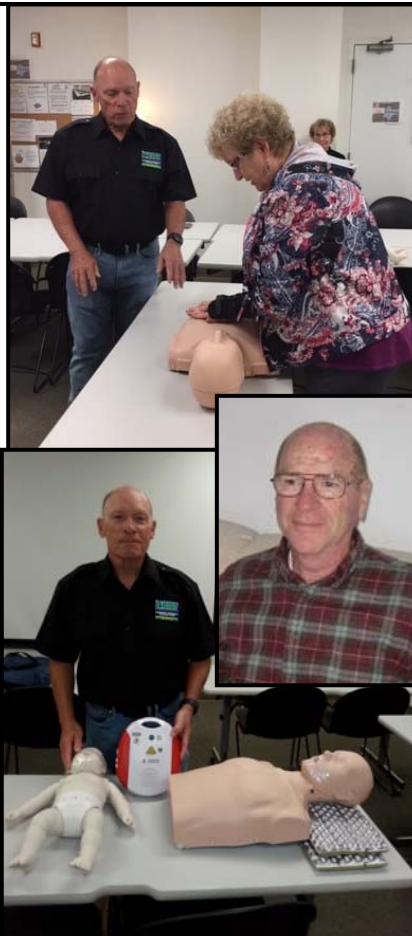
by Jack Lyons

Several years ago, concerns about members having a heart attack during an S/DG meeting prompted the Omniole Board to buy an Automated External Defibrillator (AED) and schedule training courses. After moving to the Beach City Health District facility, it was put into storage as the facility has their own AED and the Omniole AED required maintenance and insurance. While an AED was still available, the Omniole’s Board concern was that few people knew how to use it so the Board authorized a training course.

Scott Ninegar is a Red Cross certified First Aid/CPR/AED instructor who has taught approximately 18 full certification courses to over 500 students plus shorter non-certification classes. Scott recommended the shorter non-certification class as it is not necessary for a person to be certified to perform cardiopulmonary resuscitation (CPR) or use an AED. The person just needs enough confidence to recognize when and how to supply these lifesaving aids. The class is consistent with the Community Emergency Response Team (CERT) organization's and Manhattan Beach Fire Department's approach to CPR and AED training for the lay person. Scott was more than willing to teach this course for free as the more people who know CPR/AED the more people will be saved.

Working with Scott, it was decided to have three classes of 10 people each. Thirty people signed up and there was one walk-in, with 26 people showing up and five people having to cancel. That is an 84% attendance rate which is super! Everybody learned how to identify when a person requires CPR/AED and then learned how to perform CPR on an adult and child using training mannequins plus how to use an AED. The good news is that everybody performed CPR properly. The bad news is that everybody realized how tiring CPR is. In fact, one person said, “Forget about going to the gym . . . just buy one of these mannequins and practice at home”. The class also discussed their personal experiences with heart attacks—especially the warning signs.

Overall the training was a complete success. Many people complimented Scott on the class, with people who took the full certification class saying that this shortened version was better. As the coordinator I wish to thank **Hal Hart** for putting Omniole in contact with Scott and for Scott’s excellent training class.



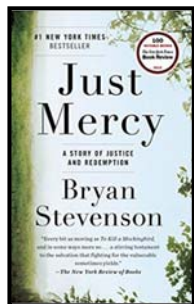
*Top: Scott Ninegar watches Gloria Martin as she gives CPR to the adult mannequin.
Bottom: Scott displaying tools of his teaching trade: baby and adult mannequins and AED unit.*

Insert: Jack Lyons who organized the event, recruited Scott and encouraged Omnioleans to participate.

Summer Best Sellers SIG Reads

by Patricia Edie & Cindy Eggert

Calling all “Readers!” Omniole’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 summer 2019 are:



Monday,
July 8:
Non-Fiction
Just Mercy
by Bryan
Stevenson

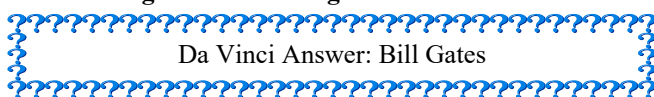


Monday,
August 12:
Fiction
The Huntress
by Kate
Quinn

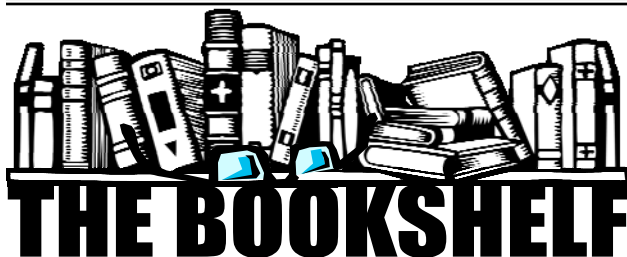


No Book
Group this
September
—see you
in October!

As with any SIG, you do not need to register to participate...just show up on the date prepared to participate. We always have interesting and stimulating discussions! Guests are always welcomed.



Da Vinci Answer: Bill Gates



Dale Brown debuted his writing career about three years after Tom Clancy's first novel, *The Hunt for Red October*. Dale's equally successful first novel was *The Flight of the Old Dog*, another cold war tale that had us biting our fingernails as an old souped-up B52 flew a mission into Russia. The characters set forth in this first book flow through his other novels in a series now already into the next generation of characters. His stories center around flying, always teasing us with some new inven-

tion from their headquarters in a portion of Nellis AFB, Nevada.

Brown's latest book – *Kremlin Strike* – is particularly intriguing, as it points out that someday, some country is going to try to get control of outer space and thereby impose its will on the rest of the world. From the title it's obvious who the aggressor is, and it becomes equally obvious how unsuspecting and unprepared the rest of the world is – including the U.S. – to counter, let alone deal with this type of aggression.

Brown's newly elected president is just starting to pick up the pieces from the previous administration that left America weakened in several areas, including diplomatic ties and the military (why does

that sound familiar?). When Russia puts up a military space station in several coordinated launches at one time and arms it with a high-tech weapon capable of killing satellites and hitting any target on earth, our new and old heroes resort to untried prototypes, sheer brilliance and sheer guts to try to turn the tide. Two weaknesses to the enemy system are sussed out and our younger generation heroes head to outer space thinking it is a one-way trip.

This is not only a good read, but also may wake up and worry some folks who think this cannot happen in the real world.

Book suggestions from Omniloreans make this column work.

Send submittals to:
newsletter@omnilore.org

Movie Goers Special Interest Group

Once again, it has been a challenge to choose a movie that meets our expectations of being worthwhile. At this moment in time, future movies have not created enough interest for us to meet. However, keep contacting the Omnilore Website to see the latest information concerning the SIG.

And, if you have suggestions, please give me a "buzz".

Dale Korman—310-373-2442 - howarddale@verizon.net



**Computer Talks Is Taking July & August Off!
Look for Us in the
September - October Newsletter**



OMNIOLORE Summer Forum Luncheon Reservation Form

WHEN: *Wednesday, July 31, 2019—11:30 a.m.*

WHERE: **Los Verdes Golf Course**
7000 W. Los Verdes Drive
Rancho Palos Verdes

**NO Reservations
accepted after July 21st!**

Please make _____ reservations for the **Omnilore** Summer Forum Luncheon at **\$27.00** each:

Name(s): _____
(Please Print)

_____ (Please Print)

Phone _____

E-Mail _____

Enclosed is a check for: \$27.00 each

Vegetarian plate: # Regular plate: #

Total number of meals:

Please make checks out to **CSUDH**, and put in the Forum Committee's box in L8 or send to:

Forum Committee, c/o Linda Jenson
43 Margate Square
Palos Verdes Est., CA 90274-1843

OMNIOLORE
CALENDAR
2019

- | | |
|---------------|--|
| July | <p>4 Independence Day
 8 Best Sellers Book Group—12 noon-1 p.m., L8
 11 Board of Directors Meeting—12 Noon-1:30 p.m., L8
 12 Introducing Omnilore Meeting—10:00 a.m., L8
 30 Fall 2019 Coordinator Information Meeting –10:00 a.m., L8
 31 Summer Forum—11:30 a.m., Los Verdes Golf Course
 (see article, page 1; reservation form, page 9)</p> |
| August | <p>8 Board of Directors Meeting—12 Noon-1:30 p.m., L8
 9 Walking Group—10 a.m. (see article, page 5)
 12 Best Sellers Book Group—12 noon-1 p.m., L8
 15 Input Deadline for September-October 2019 Newsletter</p> |



2019 Forums
 Winter—January 31st
 Spring—April 30th
 Summer—July 31st
 Annual Mtg.—October 31st

IMPORTANT:
 Calendar changes and additions
 are scheduled with Sharon Bohner
Calendar@omnilore.org



ing never-before-seen footage and cutting-edge Dolby Atmos technology.

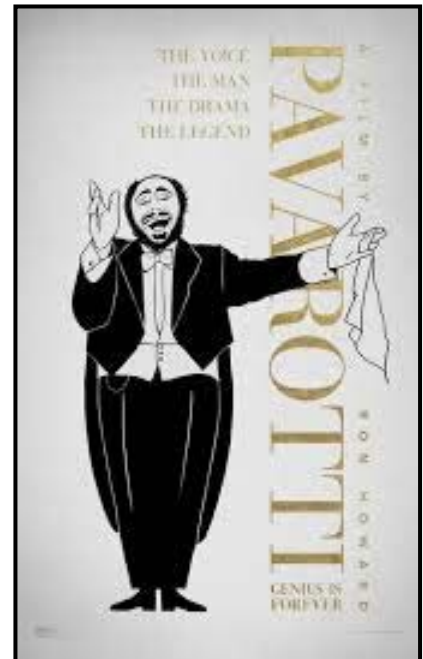
Perhaps you would like to join me at the movies and become a film critic partner?

Dale Korman

howarddale@verizon.net

Pavarotti pays entertaining tribute to a towering cultural figure with a documentary whose evident affection for its subject proves contagious.

Pavarotti is a riveting film that lifts the curtain on the icon who brought opera to the people. Academy Award winner Ron Howard puts audiences front row center for an exploration of The Voice...The Man...The Legend. Luciano Pavarotti gave his life to the music and a voice to the world. This cinematic event features history-making performances and intimate interviews, includ-



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)