



# OMNIOLORE NEWS



Volume 28 Issue 2

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March 2019

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## Omnilore Presents: Elizabeth Letts #1 New York Times Bestselling Author Talking About The Wonderful Women of Oz

Elizabeth Letts is the #1 New York Times bestselling author of both historical fiction and non-fiction. #1 New York Times Best-seller, *The Eighty-Dollar Champion*, was a 2011 Indie Next Pick, a Goodreads Reader's Choice Finalist and winner of the 2012 Daniel P Lenihan Award for Media Excellence from the United States Equestrian Foundation and is currently in development as a feature film at MGM Studios. Her second work of non-fiction, *The Perfect Horse* was a New York Times bestseller and the winner of the 2017 Pen USA Literary Award for Research Nonfiction and was published in a young reader edition in February 2019. Her most recent book, a novel, *Finding Dorothy*, was published in February 2019 and is a Publisher's Weekly and Los Angeles Times bestseller. Ms. Letts also is the author of two novels, *Quality of Care and Family Planning*, and an award-winning children's book, *The Butter Man*.



Elizabeth Letts

A graduate of Yale College and the Yale School of Nursing, she is a passionate equestrian, a former certified nurse-midwife, and she served in the Peace Corps in Morocco. She lives on the Palos Verdes Peninsula and in Northern Michigan.

Lisa Wingate, New York Times bestselling author of *Before We Were Yours*, wrote in praise of Ms. Letts current novel, *Finding Dorothy*: "A breathtaking read that will transport you over the rainbow, into the heart of one of America's most enduring fairy tales and the hardscrabble life that inspired it."

Ms. Letts will discuss the wonderful women of Oz. You will Learn how L. Frank Baum, the author of *The Wonderful Wizard of Oz*, was inspired by his mother-in-law, Matilda Joslyn Gage, a famous suffragist and feminist who wrote some of the 19th century's most influential works to support equality for women.

But is it true? Behind the Scenes in History and Historical Fiction: What's the precise difference between books labeled "history" and those labeled "historical fiction"? How does an author go about choosing a subject, researching and writing the book? From the writer's perspective, how are the two similar and different?

The forum luncheon will be held Tuesday, April 30th 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 11. Menu for this luncheon will be baby spinach salad with raspberry vinaigrette dressing; grilled salmon with lemon, caper, dill sauce; Potatoes au Gratin; fresh green beans; and carrot cake for dessert. A protein 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 hearing a speaker on a topic of interest.

### 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 most of you know, Omnilore is part of the OLLI program in the College of Extended and International Education (CEIE), California State University, Dominguez Hills (CSUDH). In addition to benefits you may be familiar with such as attending OLLI classes at the campus, there are three other opportunities you may take advantage of as a student at the University. And, yes, we all are officially students there.

The first item you receive as a student is a CSUDH email account. We all received a letter in October from the OLLI program director, La Margo Washington, that included our ToroMail email address. If you no longer have that letter, you can email La Margo at [olli@csudh.edu](mailto:olli@csudh.edu) for your address. It took me a while to figure out how to get an initial password, but I finally found that calling the help desk at 310-243-2500 and explaining my position as a student in CEIE was the solution. You then reset the temporary password to one of your choice. Having a .edu email address, like [abcd@toromail.csudh.edu](mailto:abcd@toromail.csudh.edu), can have advantages. I was able to get a subscription to a national publication at a substantially reduced student rate. We have apparently had these email accounts for quite a while; I found when I initially opened my email account, it had over 1000 emails from as early as 2009.

The second benefit you are entitled to as a student is a CSUDH student ID card. This card gives you a number of benefits including library privileges and a bookstore discount, but requires a trip to campus. I got my ID card at the CSUDH

cashier's office using my student ID number which was on the paid registration receipt that I received in August. If you don't have your student ID number contact the registration office at 310-243-3208 to get your number. Once you get to campus, go to the cashier (not OLLI registration) to pay the five-dollar fee and then walk to the nearby ID office where they will take your photo and print the badge. They use one of those tiny cameras that makes everyone's face look skinny.

A third benefit is a reduced price annual parking permit covering a one-year term starting on July 1. This is available only to OLLI members. The fee for the permit is twenty dollars while the daily fee to park is eight dollars. Again, you must visit campus and get a form from the OLLI office in Building 106 EE-1300, Extended Education Administration, before paying the fee at the CSUDH cashier. This is a good deal if you are taking a class on campus or otherwise plan to visit there often.

I suggest you plan any trip to campus for Friday when the parking is easier than other weekdays.

Finally, I again want to remind all our members to encourage your friends and acquaintances to consider attending the Introducing Omnilore meetings.



### Based on one Google Talk, Omniloreans Experiment with Poetry & Art . . .

Left: In the foreground:  
Richard Gleerup,  
Yvette Reiner and  
Marty Leveille.

Behind at the left:  
Howard Korman,  
Jim Slattery,  
Ruth Hart and  
Richard Reilly

To the right,  
Howard shows his  
artwork results



From Google Talk entitled, *Steal Like an Artist*, by Austin Kleon, this GO1 class experimented with redacted poetry (creating poetry from random newspaper columns) and making original artwork from cut paper in the style of Matisse.

The class was provided with colored paper, markers, crayons, glue, printed matter (newspapers, magazines, etc.) and asked to create something using these materials. Some chose to create original artwork and others took the printed materials, highlighted keywords and phrases, redacting copy they felt unnecessary to create poetry!

**Thanks to Paula Witkin, whose presentation this comprised, for the explanation and with Steve Miller for the pictures.**

## Jack Lyons—Member at Large

by Judy Bayer

How fortunate Omniloreans are to have such a wonderful cadre of talented, committed, and interesting members. And, Jack Lyons epitomizes the best of what Omnilore offers. Newly drafted onto the Omnilore Board as a Member-at-Large, he also has been an S/DG coordinator and has participated in two or three classes each trimester.

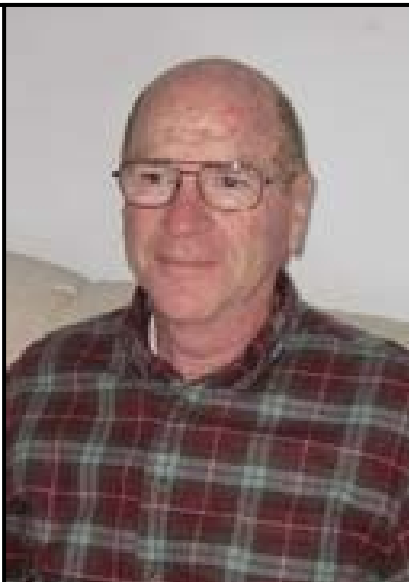
Born in New York City and raised in Plainview, Long Island, a faint New York accent still lingers though Jack's friends joke with him that it's still quite prominent.

After earning both a Bachelor's and Master's Degree in aeronautics at the Polytechnic Institute of Brooklyn, Jack joined Pratt and Whitney in Florida for three years. He moved on to McDonnell Douglas in Houston, Texas where he designed the Shuttle reentry profile assuring that the Shuttle would not violate any temperature, dynamic pressure or load limits and thereby land successfully.

In 1987, Jack relocated to California. He joined the Aerospace Corporation and worked primarily on systems analysis and systems design.

By the time he reached the age of 62, Jack decided it was time to retire. At first, he tried everything to fulfill the ideals of retirement, but found he was engaged in activities that he really did not enjoy. He stopped, took a deep breath, and for three weeks became a "bum". He rethought his life, read a lot of books and "hung out". What a wonderful way to find yourself, to understand who you are, what you need, and how you will achieve what's best for you. Now Jack enjoys visiting museums such as the Getty and LACMA. He reads a lot, and the Torrance Library, where he is a member of their book club, is one of his favorite destinations.

At the library one day, Jack spotted an Omnilore folder. It piqued his interest and inspired him to attend an Orientation class. He was hooked and started classes right away. The first one he chose was about movies because he didn't understand what kind of discussions or presentations would be required. His choice worked perfectly for him as he learned how classes were conducted and what was to be expected. Jack started with one class each trimester, and now takes two or three. Jack particularly likes topics that are unfamiliar to him and will



peruse recommended class books even when not taking the class. Learning is what it's all about. If a course such as the one he took on DNA is more like a tutorial, that's okay. The class really knew nothing about the subject. It became a learning experience, more instructive than simply a discussion. By contrast, in other classes the subject matter was more familiar resulting in lively dialogue.

Jack's family is very important to him. He visits his relatives who are in New York at least once a year at Christmas, and his sister comes out twice a year with her sons.

While Jack enjoys daily walks around his neighborhood, his true joy is Cavalier, his 24-year-old horse. He tells everyone, "We're both retired now, and can you believe, I live in Torrance and my horse

lives in Palos Verdes". He savors his time with Cavalier: the grooming, walking, and even trotting on occasion. When he moved to Los Angeles, Jack saw an advertisement for riding lessons at the Palos Verdes Stables, and he has been riding ever since. He just fell in love with it. Jack did not compete as he felt he had enough competition at work and just wanted to become a better rider; he wanted his horse to be a better horse. Why horseback riding? Probably because his mother had been an avid rider. "Why not give it a try," he thought, quoting his parents' philosophy.

Jack has blended his parents' credo with his own retirement aspirations: "Take it easy. Try to minimize the stress." His advice for Omniloreans reflects his own: You should try a lot of different things and see if something is really interesting. Even when you retire with no plan in mind, no hobby, eventually something will click, and you will love what will happen. Don't give up. Just keep trying. Jack is quick to point out, however, that what works for one person may not be the answer for another.

Jack enjoys being a coordinator, and although in one class, he had to give four presentations because of people dropping out and other situations beyond his control, he still considers it a valuable part of his Omnilore experience. He practices his belief that it is up to the individual to make his or her participation worthwhile. Whatever makes you feel comfortable works.

*The Next*

## INTRODUCING OMNIOLORE MEETING:

**L8 Friday, March 29th - 1:30 p.m.**

**Help Spread the Word! RSVP 310-370-2494**







THURSDAY  
 APRIL 25  
 10:00 – 12:00  
 Room L8  
 Beach Cities  
 Health  
 Center

## BARE NECESSITIES UNCOVERED

**THE BARE NECESSITIES** – Forget your worries. Forget your strife. The recipe for the bare necessities of how to prepare for a class presentation or study/discussion questions will be offered to you when you attend the **STUDY/DISCUSSION QUESTIONS AND PRESENTATION WORKSHOP** on Thursday, April 25, 2019 from 10:00 – 12:00 in Room L8.



Learn how you can create engaging, percipient questions that will stimulate thought-provoking dialog among your classmates, promote stirring give and take discussions while inspiring appreciation and respect for divergent opinions.

No matter the topic, whether it be *America's First Ladies*, *The Art and Science of Prediction*, or *Learning about Racism*, you will gain perspective and knowledge as you enlighten your classmates with a creative PowerPoint presentation, a Desktop Projector display, or a Musical, Epicurean, Dramatic demonstration, or original idea.

Be sure to mark your calendars now for this fun, hands-on workshop designed for YOU.



# Some Smiles from the January Forum



1. Carolyn (Membership Chair) & Frank Pohlner (Past President) display one of the centerpieces made possible by Vickie Volchok & Gloria Dumais; 2. Martin Ageson; 3. Dean J. Kim McNutt, CSUDH (Judy North in the background); 4. Gail & Connie Siegel, our snow birds from PA; 5. Jerry & Zelda Green; 6. Jill McKenzie and Jade Suzanne Neely; 7. Suzanne Weitz; 8. Dayla Sims; 9. Paula Witkin, our snow bird from MA; 10. Marion Smith—say goodbye, as she's moving to No. Cal. this month; 11. Steve Miller, President, and Jim Slattery, Technology Chair; 12. Rob Coe and Yvette & Frank Reiner, Member Advocate; 13. Marty Leveille and Marianne Nelson; 14. Bill & Andrea Gargaro; 15. Linda Jensen and Marilyn Brashear; 16. Jean & Larry Young.

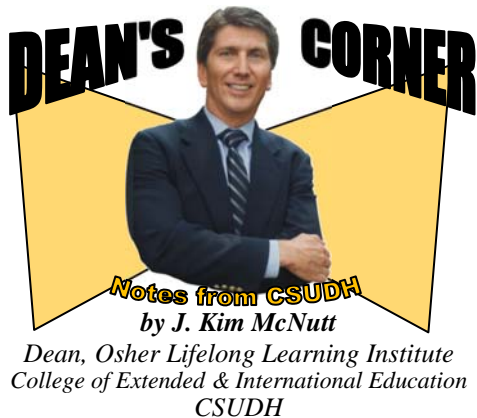




1. Judy & Jim North; 2. Gloria Martin, Carol Wingate and Bonnie Sadrpour; 3. Mary Ann & Kent McDonald (Treasurer); 4. Gail Ruder and Gloria Dumais; 5. JoAnna Kerrigan and Anne Coniglio; 6. Joann & Brian Bailey; 7. Linda Nutting and Gale Driver; 8. Hal Hart (Webmaster); 9. Frank Pohlner, Dennis Eggert and Steve Miller; 10. Don & Sharon Childers; 11. Cindy Eggert, Andrea Miller, and Patricia & Jay Edie; 12. Elaine Winer; 13. Lynn & John Taber and Diana Cutler.







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

By now, many Omnilore readers have heard me use the phrase, “The College of Extended and International Education is all about K-80 Education.” It’s a play on the term, K-12 or K-16 education.

What I mean by K-80 is that CEIE provides a learning continuum. It should never stop whether it is a summer reading program for kindergarteners, a project management training program for working professionals looking to advance at work or OLLI members “table top” reading a play or social tennis for seniors.

But from now on, I will use the term, “K-100 education” and here’s the reason why.

I was asked to make opening remarks last fall at our Osher Life Long Learning Institute Open House. The Extended Education auditorium was filled with new and continuing members. After describing the 50 academic, continuing and life-long learning courses we have in our portfolio, I said how much I believe in K-80 education. After my brief talk, a new member came to me and said, “Dean McNutt, I take umbrage with your remarks about K-80 learning.” I was taken aback by her comment and thought she may even be joking with me, but she was not. I replied that I was not sure what she meant. And then she said, “You should know, I am 95 years of age, and I am still here and still learning taking OLLI classes at Cal. State Dominguez Hills.” Much to my chagrin, I learned we have several OLLI and Omnilore members who are in their 90’s and still engaged in learning. So next time you hear me talk about the depth and breadth of our membership and the myriad opportunities we have for continuous learning, listen for the phrase, “The College of Extended and International Education is all about **K-100 Education.**”

With that in mind, be sure to pick up the Spring OLLI course catalog for programs running from January through May. There are 26 new programs and topics for your consideration.

Finally, I’d like to thank new Omnilore president, Steve Miller, for the invitation to attend the winter Forum at Los Verdes Golf Course in early January. Associate Dean, Lynda Wilson, Senior Financial Officer, Ed Cleek, and I enjoyed lunch and conversation with Omnilore members despite the cold rainy day. We look forward to another great year of collaboration and joint use of the Beach Cities classroom facilities in Redondo Beach. That’s a wrap for this edition of the Dean’s Corner. Have a terrific Spring and look for the next newsletter article for late Spring.



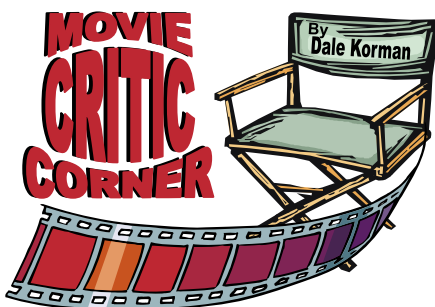
**Carmen Miranda Visits Omnilore Class**

by Jean de Angelis

On January 25th, the *Bad Girls Throughout History* class had a surprise visit from Carmen Miranda (AKA **GINNY BROWN**) She told us about her life as an entertainer having been a singer since her childhood. She was a great success appearing on stage, nightclubs in musicals and in movies. We heard her singing and saw a few movie clips. She was tiny - 4 ft 11 so she wore platform shoes. We were wondering how she could dance in those shoes and with those huge hats. Good job Ginny!

**Chekhov Answers Questions at Omnilore Class Studying His Short Stories**

**Judy Bayer** took this picture of **Jean Custer** at a January Chekhov short story class as Jean was presenting an introduction to the book and its author. She had given everyone questions to ask Mr. Chekhov at his news conference.



By Dale Korman

Now that the envelopes have all been opened and the winners of the Oscars announced, we can reflect on what the hype has been and how it has influenced us either positively or nega-

tively. Certainly, we all agree that there are far too many award shows and by the time the Academy Awards Show airs, the public is less than thrilled with it all. And, for sure, there were a few surprises. From the "buzz" in the South Bay, there definitely was an annoyance that *Roma* was not playing anywhere locally. (Not everyone has Netflix. Hopefully, this way of watching movies will not be the "new Hollywood".)

So, now we move on to a new set of films. Quite honestly, there isn't anything being released soon that has stood out to be a "must see". The claim by the critics informs us that the most anticipated movies of 2019 are: *Captain Marvel*, *Alita: Battle Angel*,

*Dumbo* - (a live action remake), *Fast Color*, *Shazam*, *Aladdin*, *How to Train Your Dragon: The Hidden World*, and more. Any of these "grab you"? We'll just have to wait and see if anything of real interest arises on the scene.

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

Dale Korman  
[howarddale@verizon.net](mailto:howarddale@verizon.net)



## A Report on Omnilore's Winter Forum:

### David Bearman, M.D. on the Subject of Cannabinoid Medicine

By Teddie Milner

On a cold, windy, rainy, last day of January, diehard Omniloreans came to the Los Verdes Golf Course to learn about cannabinoid medicine from David Bearman, M.D. Bearman is one of the most clinically knowledgeable physicians in the United States in the field of cannabis. For more detailed information about our speaker, please refer to the January 2019 edition of the *Omniole News*.

After a brief greeting and a short discussion of his ambitious agenda, Dr. Bearman assured us that there would be time after the close of his presentation for our questions. The topics he covered included:

- ↳ The enormous amount of research available on cannabis
- ↳ The difference between THC and CBD
- ↳ The stigma that must be dealt with
- ↳ The importance of not confusing medical use with recreational use
- ↳ Almost too useful for its own good
- ↳ Cannabis is the cousin to hops (in beer)
- ↳ The history of Cannabis
- ↳ Prohibition
- ↳ Legalization by 34 states but NOT the federal government
- ↳ The drug schedules 1-5

Dr. Bearman began by disclosing the small amount of stock he holds in GW Pharmaceuticals, a producer of Satinix, a tincture of cannabis. He also mentioned his work as a consultant for IN-SYS, a company producing Marinol, a brand name for a synthetic form of THC called Dronabinol. Dr. Bearman provided this information up front to avoid claims of conflict of interest. Neither of these companies nor their products were discussed during the presentation.

The doctor then turned to the history of cannabis. Marijuana is a 400-year-old medicine which was previously in the US medical mainstream for over 70

years. It was in the US Pharmacopeia from 1850-1942. It is currently being reintroduced back into mainstream medicine. This effort has been a gradual, grudging recognition and acceptance of the medical utility of cannabis. Through his presentation, Dr. Bearman hoped to help us understand that there is already a massive quantity of cannabinoid research, and what clinical experiences are revealing about cannabis use in medical practice. For our purposes, cannabis, hemp and marijuana are the same endocannabinoids that slow neuro-transmission.

The cannabis plant has been traced back to about 35 million years and is among the oldest horticultural crops in the world. It has been cultivated for at least 10,000 years. Cannabis for pain has been a common use for 4,000 years. Over time, the medicinal use of cannabis spread from China, India, the Middle East and finally to Europe in the 15<sup>th</sup> century. The Pope labeled cannabis as an instrument of the devil because of its healing capabilities. The papal action practically eliminated the medical use of cannabis by mainstream physicians in Europe. It was not until the 1890s that it was prescribed to England's Queen Victoria for menstrual cramps by her Royal Physician.

Prohibition and the scheduling of cannabis came about in America due to the strong political influences of DuPont and the oil companies. These companies, working on ways to produce synthetic THC and CBD replacements, were looking for new streams of income.

It had been known for centuries that cannabis is a treatment for relief from migraine headaches, especially for associated pain and nausea symptoms. From the 1850s to the 1940s, cannabis was a popular ingredient placed in with other drugs. Cannabis products were manufactured by Eli Lilly, Squibb, Merck and Parke-Davis. In the 1920s American physicians wrote 3 million prescriptions containing cannabis a year. In the late 1930s the AMA suggested cannabis use had decreased. This, the AMA explained, was because the product was hard to standardize and the product had



Forum Chair Bob Mallano with  
Speaker Dr. Bearman

a short shelf life. Some believe there may have been more to the AMA's story.

THC is one of the main cannabinoids, along with CBD, found in the cannabis plant and is responsible for the majority of the plant's euphorogenic properties. THC has medical benefits including analgesic properties, though perhaps its most defined quality is its tendency to increase the appetite.

CBD is the second most common of the 100 cannabinoids found in the cannabis plant. CBD has shown benefit for many conditions including autism, epilepsy and cancer. It is psychoactive but a non-euphoriant. CBD acts as an antagonist to the THC, reducing its euphorogenic effects.

Cannabis cannot be injected as it is an oil-based product, not water soluble. The combined effect of the plant is as an anti-inflammatory and euphoric drug. With 15-20 mgs of cannabis, a high is produced, but with just 5 mgs the quality of sleep may be enhanced and the appetite increased. It is also used as an anti-anxiety treatment for those suffering PTSD, ADD and ADHD. Side effects have been found to be dose-related and other reported adverse effects are low. Every study, international and American, recommends the legalization of cannabis.

The largest barrier to research and acceptance by the mainstream is that cannabis is a schedule 1 drug. Changing it

*Continued on Page 9.*



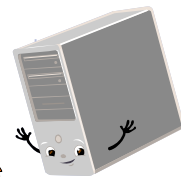


## Computer Talks

### March 28th - Noon to 1:00 - L8

Presented by Rick Spillane

## Use of PowerPoint for Presentations



This Computer Talk will be focusing on everything you need to know and were afraid to ask to successfully use PowerPoint on both Macs and PCs. Rick will start at the very beginning: creating a presentation. We will first create an outline of a talk in PowerPoint, and then build and organize slides with your discussion points. We'll briefly look at customizing your presentation by adding notes to any slide and working with the slide master to set a style for the presentation. We will cover how to use PowerPoint to aid in your presentation and how not to confuse or put people to sleep. We will end by showing how to save the presentation on a flash drive to move it from your computer to the Omnilore classroom computer.



Computer Talks are casual noontime presentations devoted to helping Omniloreans improve their computer skills. They are held on the 4th Thursdays of most months, generally excluding July/August and November/December. Read more about Omnilore's *Computer Talks* series on our [Computer Talks](#) webpage, and find some of the recent presentations there for viewing or downloading.

### April 25th - Noon to 1:00 - L9

Presented by Rick Spillane

## Free Software! Yes, Free Software for PCs & Macs Don't Pay Another Penny for Commercial Software



Microsoft's Windows 10 and Office 2016/360 are expensive. We will look at alternatives. Do you really need to buy new software and maybe even a new computer? Tired of paying high prices for software? Want to enhance your presentations and computer competence with "Word," "PowerPoint," "Excel"? Why pay for expensive software when you can get the same thing free?

Come hear a discussion of free software such as LibreOffice 6, an "open source" version of Microsoft's Office, which does everything Office does plus more and is free. Rick Spillane will cover what "open source" software is and why it is both free and legal. We will show how the LibreOffice version of Word and PowerPoint work using actual presentations and show the additional capabilities. We will

briefly discuss how to download and install recommended free versions of anti-virus, and firewall software programs, and the best email program out there, Thunderbird, plus many simple tools to make life easier. Note the software discussed runs on both PCs and Mac.



**\*Please note this Computer Talk is being held in L9, due to the Discussion Questions & Presentation Workshop being held in L8.**

*Continued from Page 8: Winter Forum Report*

to a schedule 2 would make research easier. Many activists suggest that it should be de-scheduled and treated as a plant.

There is also a need for standardization. All products should be lab tested and clearly show product contents and dosage on the label. Dispensaries need to become more professionally managed by nurses or pharmacists or other trained medical professionals. From 1850 to 1942, cannabis was provided through pharmacies.

For the future, the University of California has received a large federal grant for the study of cannabis and its safe use.

Questions and Answers:

- 1) Is there research regarding the use of cannabis for treatment of arthritis? Research has demonstrated that cannabis can slow the progression of arthritis but it is not a cure.
- 2) Where would one go to find a Cannabinoid medical professional? The American Academy of Cannabinoid Medicine's website or you can contact the speaker at: davidbearman@cox.net.

Time ran out for additional questions. We thanked Dr. Bearman, Hal Hart for AV support, Bob Mallano for the Forum Committee speaker selection, the staff of the Los Verdes Golf Course, and others who helped to make the presentation a success. By the time we adjourned the Forum, the sun was shining again.



Omnilore is a unique learning organization in that the members are the teachers, students and administrators. Each role is important in growing, inspiring and maintaining Omnilore. Each of us is automatically a student and teacher. Will you consider becoming part of the administration by volunteering to be a class coordinator or co-coordinator?

New members can learn “on-the-job” by being a co-coordinator and assisting in the smooth operation of your class. Coordinators maintain communication within the class and with the Omnilore Board, guide class decisions, keep classes running smoothly and guide new and existing members to choose topics of interest and create timely presentations and book discussion questions.

Omnilore is full of intelligent people with vast experience in taking creative and leadership roles. Will you step forward, support the organization that does so much to enrich our lives and volunteer to coordinate or co-coordinate your class?

Thanks for your consideration and existing personal contributions.



### Update on the Outreach Program

by Dale Korman, Outreach Coordinator

The Omnilore Outreach Project continues to be a positive activity, especially for The Canterbury. It certainly was a good experience for me when I presented in January. Having dinner with Diana Cutler and her friends was a wonderful perk before my presentation of Broadway Icons. Thank you to Kathleen Fitzgerald for presenting The Romanov Eggs and to Mary Gluck who will present visuals about her husband's artwork.

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.”

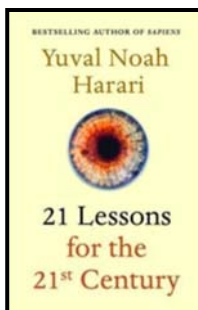
Hope to hear from you soon!

Dale Korman—310-373-2442 or [howarddale@verizon.net](mailto:howarddale@verizon.net)

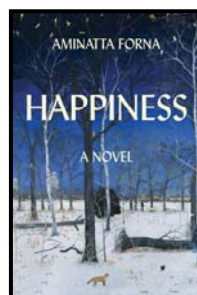
### Best Sellers SIG Reads for Early Spring

by Patricia Edie & Cindy Eggert

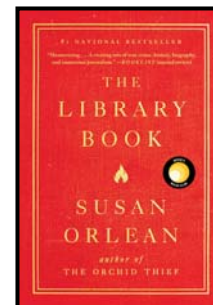
Calling all “Readers!” Omnilore’s Best Sellers Special Interest Group continues to meet each month, at 12 noon, on the second Monday of the month in L8 of the Beach Cities Health Center to discuss the chosen book for the month. We alternate each month between various works of fiction and non-fiction.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



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



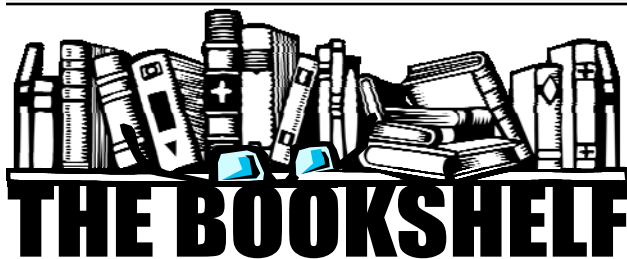
Monday,  
April 8:  
Fiction  
*Happiness:*  
*A Novel*  
by Aminatta  
Forna



Monday,  
May 13:  
Non-Fiction  
*The  
Library  
Book*  
by Susan  
Orlean

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.





Three popular books by **Carlo Rovelli**. Some physicists, mind you, not many of them, are physicist-poets. They see the world or, more adequately, physical reality, as a lyrical narrative written in some hidden code that the human mind can decipher. Rovelli writes with elegance, clarity and charm - a joy to read, as well as being an intellectual feast. *Reality Is Not What It Seems: The Journey to Quantum Gravity*, is intended for a non-scientific audience and contains only four equations. It tells the story of science's discovery of laws governing both the very small (Quantum Theory), the very large (General Relativity) and the search to combine the two. It is hard to not be

awestruck by the beauty and grandeur of the universe we live in. *The Order of Time*, another best-seller intended for the layperson, contains only one simple equation. Nonetheless, chapter by chapter, Rovelli shows how modern physics has annihilated common understandings of time. Yet he manages to communicate some of the most complex and inspiring ideas we have about time with poetry, charm and wit. Rovelli has crafted an accessible, mind-expanding read that challenges our perceptions of time, space and reality. Finally in *Seven Brief Lessons on Physics*, a text Omnimore will use next trimester, Rovelli takes on everything in physics in 80 pages. He includes only one equation to demonstrate it's compactness and beauty but manages to cover the very small (Quanta), the very large (the Cosmos), space, time, and black holes. No

matter what your level of knowledge was before starting this book, it will be improved by the end.

*Tough Men Don't Dance* - a novel by **Norman Mailer**. Although the movie (not a big success) is considered a crime-mystery-comedy drama, the book is considered a noir thriller and murder mystery. Written at the peak of Mailer's writing process - it has hardcore, not to be forgotten characters. When the main character wakes up to a hangover and forgotten night out, with a new tattoo, blood in his car and a severed head in his cannabis stash, the reading fun starts. Written in 1984, it was discussed by critics as a parody of Mailer's life or just as life in general. All in all it is a quick, enjoyable read.

*Book suggestions from Omnimoreans make this column work. Thanks to Dan Stern and Vickie Volchok for contributing to this month's list.*

Send submittals to:  
newsletter@omnilore.org

**Movie Goers Special Interest Group**  
by Dale Korman

Unfortunately, we were not able to meet in February because "If Beale Street Could Talk" was not playing anywhere as we had anticipated. At this moment in time, future movies have not created enough interest for us to meet. However, keep contacting the Omnimore 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](mailto:howarddale@verizon.net)

**OMNIOLORE Spring Forum Luncheon Reservation Form**

WHEN: **Tuesday, April 30th, 2019—11:30 a.m.**

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

**NO** Reservations  
accepted after April 20th!

Please make \_\_\_\_\_ reservation(s) for the **Omnimore Spring 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

- March**
- 10 **Daylight Saving Time Begins**
  - 11 Best Sellers Book Group—12 noon-1 p.m., L8
  - 14 Board of Directors Meeting—12 Noon-1:30 p.m., L8
  - 17 **St. Patrick's Day**
  - 20 **First Day of Spring**
  - 21 Evaluation Committee—10:30 a.m.-12 Noon, L9
  - 28 Computer Talk—12 Noon-1 p.m., L8  
(Use of PowerPoint for Presentations;  
See article, page 9—Rick Spillane)
  - 29 Introducing Omnilore Meeting—1:30-3:30 p.m., L8
- April**
- 8 Best Sellers Book Group—12 noon-1 p.m., L8
  - 10 Coordinator Information Meeting—Summer 2019—11 a.m., L8
  - 11 Board of Directors Meeting—12 Noon-1:30 p.m., L8
  - 12 Walking Group—10 a.m.
  - 15 Input Deadline for May-June 2019 Newsletter
  - 18 Evaluation Committee—10:30 a.m.-12 Noon, L9
  - 20 **Passover Begins**
  - 21 **Easter**
  - 22 **Earth Day**
  - 25 S/D Questions & Presentation Workshop—10:00 a.m.-12 Noon, L8  
(see article, page 4)
  - 25 Computer Talk—12 noon-1 p.m., L9  
(Free Software; see article, page 9, Rick Spillane)
  - 27 **Passover Ends**
  - 30 **Spring Forum**—11:30 a.m., Los Verdes Golf Course  
(see article, page 1; reservation form, page 11)
- May**
- 1 Summer Trimester Begins



**Happy St. Patrick's Day!!!**

**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](mailto:Calendar@omnilore.org)

[Membership@Omnilore.org](mailto:Membership@Omnilore.org) (inquiries about joining Omnilore, or referring friends)

**Visit the Omnilore website at [Omnilore.org](http://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)