



OMNIOLORE NEWS



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September 2019

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BOARD OF DIRECTORS Elected Officers

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Annual Meeting Forum Speaker:

Recruitment of People Living in the United States by Terrorists Including ISIS, al-Qaeda, and Domestic Extremists

Dr. Clarence Martin is a member of the College of Business Administration and Public Policy at California State University, Dominguez Hills. His teaching and research fields of specialization include Terrorism and Extremism, Homeland Security, The Administration of Justice and Juvenile Justice.



Clarence Augustus Martin
J. D., Ph.D.
Professor, Criminal Justice
Administration

In addressing ISIS recruitment practices, Dr. Martin will review cases involving recruitment by al-Qaeda, including an overview of resources available for recruitment among all extremist tendencies, including our own home-grown radicals; the scope of using these resources including use by domestic extremists; documented examples of successful recruitment; and, projections for the future. He will review ISIS and al-Qaeda documents, and show actual recruitment websites for these and other movements, including domestic extremist sites.

At CSUDH, Dr. Martin teaches courses on the subjects of terrorism and extremism and criminal law. He also has served as associate vice president for Human Resources Management, acting associate dean of the College of Business Administration and Public Policy, associate vice president for Faculty Affairs, and chair of the Department of Public Administration and Public Policy. He began his academic career as a member of the faculty of the Graduate School of Public and International Affairs, University of Pittsburgh, where he was an Administration of Justice professor.

Dr. Martin's educational background includes a Ph.D. from the Graduate School of Public and International Affairs, University of Pittsburgh, a J.D. from Duquesne University School of Law, and an A.B. from Harvard College.

He also is the author of several books on the subjects of terrorism and homeland security, including *Terrorism, an International Perspective*; *Understanding Homeland Security*; and *Essentials of Terrorism: Concepts and Controversies*. Another book he has written is *Juvenile Justice: Process and Systems*.

Prior to joining academia, Dr. Martin served as managing attorney for the Fair Housing Partnership of Greater Pittsburgh. He also was special counsel to the attorney general of the U.S. Virgin Islands on the island of St. Thomas.

Dr. Martin's vast experience in public speaking includes, but is not limited to, the Osher Lifelong Learning Institute Lecture Series on the subject of "The Law & Criminal Investigation in Film, TV, and Literature" and "Terror and the Law", California State University, Dominguez Hills.

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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



In the last two newsletters I've written about four potential crises for Omnimore and how we might address them if they should occur. I'm pleased to report good results involving our unique computer program for scheduling classes. The approach I mentioned in the last newsletter was to run that software on an emulator that could be used with current operating systems. Previously we have had to run the scheduling software on an obsolete Mac computer using an operating system version retired by Apple long ago. Using the emulator, called SheepShaver, we were able to generate the Fall class schedule using a current version of the Mac operating system. The emulator is supposed to also work with the Windows operating system but so far we are able to run the emulator only on Macs. This is not a serious problem as several members have Macs that could be used in addition to the Mac laptop that Omnimore has available for presentations.

I would like to bring up an issue discussed at the August Board meeting. We annually send out a letter concerning the next year's dues about 6 weeks before the August 1 deadline for renewal. Even though I think of all of our members as responsible adults, we find that a substantial number, more

than 70, delay sending in their dues beyond that date. This makes more effort for our registrar and our treasurer as the late dues dribble in over the next month or so. Prior to next August I expect the Board to implement a financial incentive for paying on time (or a financial penalty for paying late.) In addition to the additional work for the registrar and the treasurer, Johan sends messages and makes phone calls to remind tardy members; this is an expense that we should not have to incur. I also note that we have the same tardiness problem with members who do not register for classes by those deadlines. Come on members, grow up and meet these deadlines!

Finally, I note that Omnimore will be celebrating our 30th anniversary in 2020, probably at the July Forum. If you would be interested in joining the Anniversary Committee send me an email at President@Omnimore.org and we will notify you when the committee starts planning activities later this year.

Movie Goers Special Interest Group



Happy to say that our SIG - the Movie Goers - was able to choose a movie for July so that our group could gather together to see *Yesterday* and discuss the movie at Mimi's afterwards. As always, we had a wide range of opinions, although most agreed that Himesh Patel was perfect for this role as the flailing singer-songwriter who was hit by a bus and woke up to a world that had never heard of the Beatles. And, that Lily James was charismatic as his romantic interest. (Maybe I'm just partial to school teachers, having been one.) All really enjoyed hearing the music of the Beatles, and liked the twist in the storyline that he gained wealth and fame from introducing these songs as his own. However, many thought that perhaps the ending might have been more realistic if he had awakened from this fantasy of his, like the shower scene in *Dynasty*. If you haven't seen *Yesterday* and intend to, we don't want to tell you what really hap-

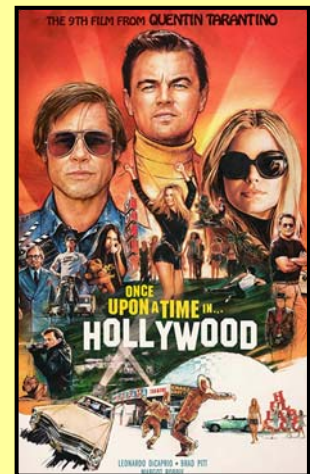
pened. We truly enjoyed this movie and recommend it.

Our next movie in August is going to be *Once Upon a Time.....In Hollywood*. (See the movie review for a brief snippet.)

Already we're thinking about September and probably will choose *Downton Abbey* as our selection. Keep your eye on the website for details. Or, contact — Dale Korman - (howarddale@verizon.net)

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

Kudos to Our Movie Goers!



Continued from Page 1—Annual Meeting Forum Speaker

The Forum luncheon will be held on Thursday, October 31, 2019 at the Los Verdes Golf Club, Rancho Palos Verdes, in the banquet room with a view of the Pacific Ocean and 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. The menu for this luncheon is traditional Caesar salad, grilled filet of salmon (herb crusted with roasted red pepper sauce), 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.

Omniole Profile: Claire Damecour Head Coordinator—Renaissance Woman

by Judy Bayer

It is amazing how interesting Omniole folks are. Everyone has a wonderfully unique story, and Claire Damecour is no exception. Not only is she the Head Coordinator of Omniole, she also coordinates most of the classes she takes and still has time to pursue challenging adventures and learning in many varied fields.

Born in Ontario, Canada, Claire grew up in Shawinigan Sud until the age of 11 and then moved to Montreal, Quebec. She received a Bachelor of Science in Psychobiology, a Master of Science in Neurosciences, along with a Medical Degree and Residency in Psychiatry. Her incredible education prepared her well for a career as a psychiatrist. She practiced psychiatry for a year in Montreal, 16 years in Phoenix, Arizona, and five in Los Angeles.

Claire chose to practice psychiatry rather than neurology because she believed she would be more likely to help her patients recover. To her, neurology did not have as much to offer in recuperative healing. She did say that there was a stigma associated with being a psychologist at the time she made her decision, but she has never regretted the choice.

Asked why she left Quebec, Claire said that she was part of an English-speaking community in a predominantly French-speaking area. In the 70s, Quebec tried to separate from Canada; the French strongly disliked the English and displayed animosity toward the community. The situation became so hostile that Claire and all of her siblings left Quebec. At the time, there were approximately 400,000 English speaking people there; today there are less than 40,000.

Claire has two children, a software engineer and a student studying for her doctorate in microbiology at McGill University.

Claire has been with Omniole since the fall of 2014. After arriving in Los Angeles from Arizona, she took a course at the



Torrance Art Center where she met Carmen Svensrud. Carmen told her about Omniole, and it was a fit. Because, as Clare says, “My college concentration on the sciences left me ignorant of social sciences, history, etc., I am focusing now on art, philosophy, and history classes”, her favorites. And, she thoroughly enjoys presenting what she learns to her fellow classmates. She has taken six courses during a trimester and usually no less than three. Among her favorites have been classes on Buddhism, the Dalai Lama, and existential philosophers.

More people, more classes, and more choices make up her future vision for Omniole. She would love to invite a friend to attend one of her classes, to see what he/she thinks about it. She believes

that observing the congenial classroom atmosphere where everyone is encouraged to participate would be a plus for prospective new members.

Adding to the list of provocative interests are Claire’s involvement in Zen Buddhism, motorcycling, languages, (She speaks English, French, Spanish, and German) travel, sailing, walking, bicycling, classical music, musicals, theater, movies, art, and guitar. Claire plays the guitar and enjoys composing her own songs. She also is a writer, sailor, and inveterate student. And, you wonder why she says the best part of retirement is sleeping in.

Claire loves to travel and has visited 69 countries. When asked her favorite destination, she said, “the best is where I’m going, not where I’ve been. I really enjoy looking forward to my next adventure.”

Clare’s retirement philosophy reflects her educational background, career, and interests:

It’s never too early or too late. Work as long as it’s challenging, enjoyable, and fun. Be sure to check out her website at www.clairedamecour.com.

Successful August Walk

by Dennis Bosch

We wound up with 14 walkers today (plus one dog, Captain).

I especially enjoyed the following aspects:

- ◆ Costume Closet - closing November 15th; open Wednesday (10:00 - 5:00) and Saturdays (10:30 - 1:30); 310.378.5005
- ◆ Roessler Point Gazebo
- ◆ The Neighborhood Church
- ◆ Luncheon at Malaga Cove Ranch Market

Hope that you enjoyed our time together as well.

Walkers: Dennis Bosch, Leslie Clark, Mary Ann Deitz, Cory Dixon, Marjorie Goddard, Elyse Gura, Ronnie Hon, Sarah Jones, Joy Jurena, Joan Kolic, Sally Moite, Carol Pleatman, Frank Reiner, Joani Thompson, and Carmel Valencia





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

By Lynda Wilson, Guest Writer

It's hard to believe that Labor Day, the official end of summer, is just around the corner. Where did summer go? Hopefully, your summer was filled with sunshine, friends and family get-togethers, excursions, etc.

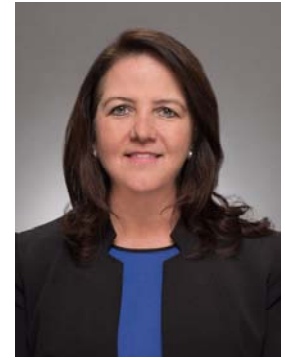
Now that Fall is in the air, there's an excitement for returning to school for every "K-100" student in the Los Angeles area, including Omnilore members. Every Fall

provides each of us a sense of educational renewal, and your Fall curriculum will not disappoint you.

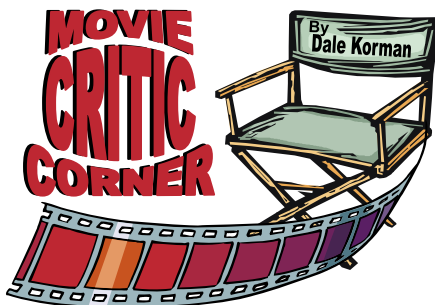
Fall 19 at CSUDH will be very busy. The University is expecting its largest Freshmen and Transfer cohort groups in its history and will welcome approximately 7500 new students. The total population at CSUDH in Fall 19, with the new and returning students, is expected to be approximately 17,000! In addition to new faces on campus, construction of two new University buildings and a new dormitory are well under-way.

The College of Extended and International Education will be busy as well. Our average annual enrollments are approximately 22,000. We are extremely excited to launch a new Emergency Medical Technician (EMT) program along with its well-established degrees, certificates, and training programs. We partnered with the MedReach Ambulance Company in Carson along with a paramedic/consultant. Together we created a rigorous curriculum that will train students to become professional EMTs serving the South Bay. In addition, MedReach generously donated an ambulance for use in the lab portion of the training program. The EMT program was approved by the County of Los Angeles this summer, paving the way for our launch in October. Many thanks to our staff members who worked hard to make the EMT training program become a reality!

It's an exciting time to be on the CSUDH campus, and we welcome our Omnilore students to come and experience the excitement with us!



Lynda Wilson, PhD.
Associate Dean
College of Extended
Education



Time in Hollywood is an affectionate ode to — and a fantastical re-imagining of — the Hollywood of 1969; while its plot may take its sweet time and meander a little bit, and while it may find some of Tarantino's trademark flourishes just a touch muted, it's a deeply personal work that's more than the sum of its snappy banter, unexpected narrative surprises and the "real-life players" in the film - Steve McQueen, Sharon Tate, Squeaky Fromme and Bruce Lee (all played by actors, of course.) The critics have ranked this film better than "Pulp Fiction". Go see it, and you be the judge of its worth.

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

Dale Korman
howarddale@verizon.net

Quentin Tarantino says he's going to call it quits after 10 films, and this week's *Once Upon a Time in... Hollywood* brings us one movie closer to his retirement. Fortunately, critics say the film is Tarantino in solid form, a passion project that reflects the director's love for Hollywood and the movie making industry at large. Set in 1969, the story centers on Leonardo DiCaprio's Rick Dalton, a washed-up TV star facing down his own impending irrelevance and the prospect of moving overseas to star in what would eventually come to be known as a "Spaghetti Western." His best friend is his longtime stunt double, Brad Pitt's Cliff Booth, and together the pair attempt to navigate the changing industry that employs them and embark on mini-adventures through Tarantino's lovingly recreated Los Angeles, until an explosive climax brings the film's various narrative threads together. Critics say *Once Upon a*

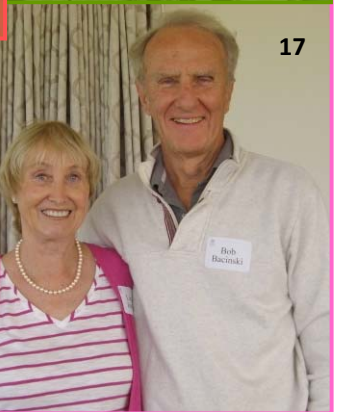


Quentin Tarantino surrounded by his lead stars in
Once Upon a Time in... Hollywood

Some Smiles from the July Forum



1. Yvette & Frank Reiner; 2. Steve Miller, Ed Cleek & Dean Kim McNutt; 3. Carol Wingate behind Marge Goddard; 4. Donna Wong with husband, Dennis Vaznaian; 5. Jeanne Wilson; 6. Elizabeth Brown; 7. Kathleen Fitzgerald; 8. Tom Vincent & Jim Slattery; 9. Lesly Pinada with Lori Geittmann; 10. Sally Moite; 11. Martin Ageson; 12. Margaret Thelend; 13. Larry Seymour with Mary Oran; 14. Paul Lieberman, Faye Schwartz, Dale Korman, Mary Ann Lieberman & Howard Korman; 15. Linda Jensen and Bob Bacinski.





1. Larry & Janet Brown; 2. Gloria Dumais, Vickie Volchok & Sandy Tofflemeier (guest); 3. Jill McKenzie & Dale Korman; 4. Mary Varieur & Andrea Gargaro; 5. Kenny Shoor, husband and guest of Suzanne Weitz; 6. Gloria Martin and Bonnie Sadrpour; 7. John & Lynn Taber; 8. Nancy Shannon; 9. RosaLee Saikley and Joe Murray; 10. Jim Jetton and Mark Pepys; 11. Rose Kolas and Leslie Clark; 12. Joann Bally and Jean Custer.

Update on the Outreach Program

by Dale Korman, Outreach Coordinator

To those Omniloreans who would like to make a presentation at The Canterbury this year, Diana Cutler is really hoping that there will be some of you who will be excited about coming to dinner with her at The Canterbury and then be willing to facilitate a stimulating discussion on an interesting topic with the residents. She knows that so many of you have already presented stellar and enriching thought-provoking topics in your classes. Only doing it once after having done all that research and organizing doesn't seem like enough. Here's your chance to reach out to enthusiastic participants who really look forward to having Omnilore come once a month to their facility.

If you are interested in "joining" the Outreach Team, please give me a call. Usually the third Wednesday of the month is when the Canterbury would like us to come.

Looking forward to hearing from you!

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

**Omnimore Walking Group: October 11th (Friday) – 10:00 A.M.
Discover the LA Waterfront**

by Dennis Bosch

Come and experience a truly unique slice of Los Angeles where the past meets the present at the doorstep of America's largest trade gateway -- the LA Waterfront.

In the past decade, the Port has invested \$600 million in public access and community projects, including Wilmington Waterfront Park, Harbor Boulevard Parkway Promenade, Downtown Harbor and Cabrillo Way Marina, with plans to invest an additional \$400 million in public access projects over the next decade. The Ports O' Call Village is being demolished to make way for a future project entitled "San Pedro Public Market".

**Our Walk will be on Friday, October 11th, from 10:00 AM – Noon
(< 3 miles round trip)**

The walk will have a couple of unique features:

- ↪ An easy, strolling tour just above sea level (no elevation changes) along the LA Waterfront (Downtown Harbor & Waterfront Promenade) in San Pedro
- ↪ Viewing of public art, museums, and historical aspects of the LA Waterfront

Public Art: On our walk, public art will include: ship chandler cabin, story ropes, memorials (American Merchant Marine, USS Los Angeles Naval, Fishing Industry), multicultural man statue, Telltales Wind Ensemble, and Fanfare Fountains (largest water feature in LA).

Museums: We will walk by these museums: LA Maritime, Battleship Iowa, and LA Fire Department) and view LA Fire Boat # 2.

Bring your cameras or cell phones for photos. For any grandparents, this is a great orientation walk for later outings with your grandchildren.

Meeting Place: At 10:00 AM in the parking lot outside the San Pedro Fish Market, 1190 Nagoya Way, San Pedro. Because of the demolition of Ports O' Call Village, expect some construction barriers near the parking lot.

Directions # 1—I-110 S, take exit 1A from I-110 S; take N Harbor Blvd and Sampson Way to Nagoya Way.

Directions # 2—I-110 S to end, S on Gaffey Street to 6th Street; left on 6th to LA Maritime Museum, right on Sampson Way, left on Nagoya Way.

Walk leaders are Dennis Bosch & Frank Reiner.

Bring a jacket in case of harbor breezes. Lunch will offer a choice of brown bagging or dining at San Pedro Fish Market & Restaurant. The Fish Market offers these dining options: Sea Food Counter, Fast Food Counter, Crab Tank, and Dining Room.

Please RSVP to Walking-Group@Omnimore.org.



Top: Battleship Iowa, LA Maritime Museum

Presentation Mentors

The following Omnimoreans have agreed to serve as Presentation Mentors to any other member who would like to receive one-on-one guidance and training on presentation techniques:

Howard Korman	(310) 373-2442	howarddale@verizon.net
Linda Jenson	(310) 375-7693	linda.jenson@yahoo.com
Karol McQueary	(310) 374-4197	Karolmcqueary@gmail.com
Don Tlougan	(310) 833-3987	donaldjtlougan@gmail.com
Frank Pohlner	(310) 370-2494	fapohlner@gmail.com
Rick Spillane	(310) 645-1431	RSpillane@ca.rr.com
Jean Custer	(310) 539-4797	hikerollinghills@gmail.com
Gloria Martin	(310) 433-7779	gloria.mrtn1@gmail.com

Kudos to Summer 2019 Outstanding Presentations

Joann Bally	Julie Citroen	Bill Gargaro	Helen Stockwell	Ralph Black	Dan Stern	Ralph Ford
Jay Edie	Rick Spillane	Dennis Bosch	Gloria Dumais	Elizabeth Brown	Ginny Brown	Carol Simone
Jean Custer	Gloria Martin	Leslie Schettler	Dale Korman	Judy North	Mariyn Brashear	Phil Solomita
Carol Wingate						

Tribute to Mary Ellen Richmond Bradford

by Lindie Banks

Ellen Bradford was not only a dear friend, she was a mentor to me and many others. She encouraged me to join Omnilore in 1994. Before that she had signed up for Plato where she met Burt Cutler and became one of the first members of Omnilore.

We began teaching high school at the same time. We met in a comparative literature class at Cal State Long Beach, although I had known her as a fellow faculty wife at El Camino College. Don Bradford taught history; my husband, Howard Banks, taught theater arts and speech.

I called her Ellen although in her later years, she preferred to adopt her mother's first name Mary. Ellen and Don had three nearly grown children when I first knew her: Judy, who became a high school teacher, Dulce who earned her law degree and Drew a talented guitar player who later became a technical writer. My daughter Chris took guitar lessons from Drew, a tall handsome young man; Erica, my middle daughter, babysat for Judy's daughters.

Ellen and Don lived just a few blocks away at that time, and we began to work on our assignments together. One afternoon, Ellen told me that Don had Huntington's Disease. I then confessed that my husband had metastatic prostate cancer. It was the first time I had told anyone.

Our husbands died seven months apart. By that time, I had been teaching at North Torrance High School and Ellen



*Lindie Banks and Ellen Bradford
at the 25th Anniversary
Celebration of Omnilore*

at Aviation High School and Mira Costa in Manhattan Beach. When Ellen's three children were all diagnosed with Huntington's disease, and eventually died, Ellen never lost her amazing strength and ability to persevere.

When computers first appeared, she started a computer group of teachers at Aviation High School. She welcomed the new technology as she did throughout her life. She bought a Kindle and an Apple watch before I was even aware of them.

Over the years we shared trips with Elderhostel. One was in Alabama where we took creative writing classes; another was going to Alaska in March while there was still snow on the grounds, but no mosquitos. We also visited Magdalena Bay where we saw gray whales up close.

When the Walt Disney Concert Hall opened, she immediately suggested that we subscribe to the Los Angeles Philharmonic Orchestra. We attended the Friday concerts for ten years until she had a stroke.

Ellen devoured mysteries-often finishing one a day. She wrote two of her own: one about cloning and the second one using different types of exotic teas for each chapter, but she never tried to publish them.

When she sold her home in Redondo Beach and moved to Brookdale, she took Spanish classes that were offered there, and began a Shakespeare study group. She was always up to date on the news and the latest books, and she began using an Uber before I'd ever heard of one. When her family moved her to a senior care facility in Northridge, it became difficult to see her as often as I had before. I would take an Uber or a Lyft, and have lunch with her. She kept up her enthusiasm for the latest books. The last one I brought her was President Clinton's mystery novel.

We both loved dogs. Ellen bought a beautiful standard poodle she called "Hobart", and I would bring my mostly Bearded Collie, Mollie, over to play. I am grateful to have had Mary Ellen as a dear friend for over 50 years.

She was an intelligent, bright and compassionate friend with a salty wit and sense of humor. Her amazing spirit in the face of stark tragedy, her will to embrace life no matter what, will stay with me always.

We only recently became aware of Ellen Bradford's passing earlier this year. She succumbed to complications of a stroke from four years earlier; she would have been 96 next month. She was a bonified native Californian, as her grandmother arrived in Redondo Beach from Texas in a covered wagon – which Ellen wrote about in a book. Ellen was one of the founders of Omnilore in 1990 and in 2012 left when it was too difficult to walk far.

To offset the tragedies of her family covered above, we learned that her son, Drew lived to be 52 and has a son, Garrett, who apparently is free from Huntington's Disease and who has produced a great grandchild whom Ellen saw before she passed.



**Bob Mallano, Chair of the Forum
Committee, welcomes all suggestions
for future Forum speakers.
Please send to him at forum@omnilore.org**



A Report on Omnilore's Summer Forum:

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

By *Teddie Milner*

On July 31st the Omnilore Forum was held at the Los Verdes Golf Course. The Forum topic: The Beach Cities Health District's Healthy Living Campus Master Plan. Cristan Higa, the Director of Communications for the Beach Cities Health District (BCHD), was the featured speaker. She was invited by Bob Mallano, the Omnilore Forum Chair, to discuss the revised Beach Cities Health District's Healthy Living Campus Master Plan. The plan has been in the works for some time; however, the CEO decided to invite additional public discussion in July 2019 to get a broader look at community concerns before going forward. Throughout the discussions, it became clear that the neighbors were most concerned about the impact of construction and how the neighborhood will be affected after the new BCHD begins operation.

As was noted in the announcement about Ms. Higa's presentation, The Healthy Living Campus Master Plan is an important and innovative concept to provide assistance in exploring a future with longer periods of good health, active minds, loyal friends and family. The plan is scheduled to come to fruition in 15 years.

Cristan began her presentation with a slide show, highlighting the 60 year history of the Healthy Living Campus. The campus is on an 11 acre property with a 63 year old BCHD building. The development began with a community vote to fund the South Bay Hospital in 1955. The hospital opened in 1960. By 1984, the costly requirement to update the building to current earthquake standards for hospitals coupled with the changes to medicine led the BCHD to lease the facility to an outside management group, Tenet Healthcare. In 1998 after running the hospital for 14 years, Tenet left, allowing the focus of BCHD to become preventive health. To further the goal of preventive health, in 2010 the BCHD was chosen to participate in the Blue Zones Project.

Currently, the BCHD provides 40+ programs and services, and it is the hope of the community that it can expand its services further through the \$530M revised Master Plan. The proposed 600,000 square-foot development plans to replace the 63 year-old South Bay Hospital building located off Prospect Avenue and Beryl Street. The new building, a 420-Unit facility which is to become an assisted living center and other multi-generational program space and will look sleek and modern with green space. The Healthy Living Campus will include a Community Wellness Pavilion with health and wellness services, meetings/conferences, a demonstration kitchen, rooftop space for exercise classes and more. The vision of 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 project is divided into three phases, three years each, limiting the impact on the community. A market study and a Gallup poll revealed that there was a need for 360 new assisted-living units. These assisted living units are expected to rent at market prices, which could go as high as \$10,000 a

month. Sixty additional units, bringing the total to 420, have been slated for memory care. **The current plan allows for Omnilore's continued use of classrooms in the future with limited disruption.**

The first phase of the project is scheduled to begin in the summer of 2021 with a completion date of 2024. In addition to the Child Development Center, an underground parking structure will be built. The current hospital building will then be demolished and the green space developed on the campus.



*Cristan Higa, Dean Kim McNutt, CEIE
and Steve Miller, Omnilore President*

The memory care units and 100 of the assisted living units are also to be completed in the first phase.

In the second phase of the project scheduled for 2026 to 2029, the Community Wellness Pavilion will be constructed. It is to provide meeting space, a café, an exercise center and multi-generational wellness programs. At that time, an additional 100 assisted living units would also come online.

In the final phase from 2030 to 2033, the campus will come together. An Environmental Impact Report will follow giving residents a chance to comment further.

The project is being financed by revenue from investments, lease revenues, program revenues and \$3.7M from property taxes raised by the cities of Redondo Beach, Manhattan Beach and Hermosa Beach. Property taxes represent only 26% of the district's revenue; the rest will come from leases, partnerships and fees. A new source of income toward the \$530M project costs would be funded through a partnership with the operator of the assisted living facility—which is yet to be determined—and there may be the requirement to borrow.

The Beach Cities Health District is recognized as a pioneer in preventative, community-based health services, earning na-

Continued on Page 10

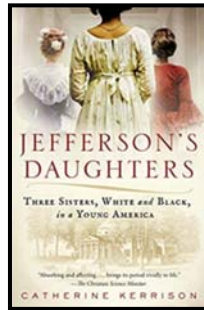
Fall Best Sellers SIG Reads

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 fall 2019 are:



No Book Group this September —see you in October!



Monday, October 14:
Non-Fiction
Jefferson's Daughters
by Catherine Kerrison



Monday, November 11:
Fiction
The Keeper of Lost Things
by Ruth Hogan

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.

Continued from Page 9—Report on the Summer Forum

tional recognition for successes such as lowered childhood obesity rates. The district has adapted over the past 20 years to fill in the gaps where the health care system was falling short, such as nutrition, fitness programs and help for seniors. If you would like to participate in the programs offered currently, you should check to see which programs are restricted to South Bay residents and which of the others are available



Blue Zones are regions of the world where it is claimed that people live much longer than average. The term first appeared in November 2005 in a National Geographic magazine cover story, “The Secrets of Long Life”. People inhabiting Blue Zones share common

lifestyle characteristics that contribute to their longevity. Initially, five regions of the world were identified as Blue Zones:

- ↪ Sardinia, Italy
- ↪ The Islands of Okinawa, Japan
- ↪ Loma Linda, California
- ↪ Nicoya Peninsula, Costa Rica
- ↪ Icaria, Greece

These groups live as isolated populations with related gene pools. They put family ahead of other concerns, smoke less, are semi-vegetarians, enjoy social engagement with people of all ages and are socially active and integrated into their communities. They participate in moderate, regular physical activity. They have a life purpose. They practice stress reduction and moderate caloric intake. They moderate alcohol intake and engage in spirituality/religion, family life and social life.



As Head Coordinator, I have been asked questions about the coordinator’s responsibilities, so I thought a quick review would answer any questions. Please remember that a coordinator is not the teacher of a class and is not responsible for class content. Nor are we the janitor! The classes are a joint effort between members and all decisions made should be shared by a consensus of class members. If you find yourself in a sticky situation, I’m always here for you. I have acted as coordinator or co-coordinator every trimester since 2015 (that’s 15 times!)

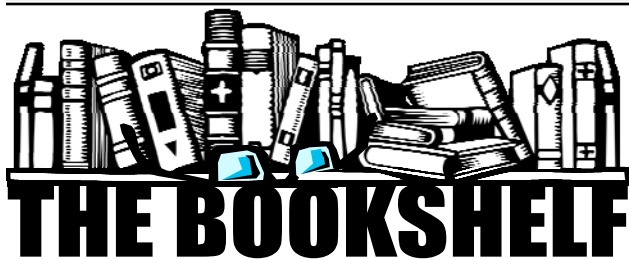
There is an easily accessible coordinator's responsibilities essay online at:

<http://omnilore.org/members/Training/COORDINATORS-MEETING-FOR-FALL-20190730%282-up%29.pdf>

Thank you for all that you do!



*Claire Damecour
Head Coordinator*



Educated: A Memoir by Tara Westover

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that she had no birth certificate, and there was no one to intervene when one of her older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Cambridge University and to Harvard.

tion and start walking, but this book shows the naivete of that assumption in ways you won't forget.

Rosa Lee by **Leon Dash**: Based on a Pulitzer Prize-winning series in the *Washington Post*, this is the story of one woman and her family living in the projects in Washington, D.C. For four years Leon Dash followed the lives of Rosa Lee Cunningham, her children, and five of her grandchildren, in an effort to understand the persistence of poverty and pathology within America's black underclass. Rosa Lee's life story spans a half

This is similar to *The Glass Castle* and *Hillbilly Elegy* in that her leaving the dysfunctional family she was born into was a difficult, soul-searching, sometimes scary process. It is easy to say that all she had to do is pick a direc-

century of hardship in the slums and housing projects a stone's throw from the monuments of the world's most prosperous nation. Yet for all of America's efforts, Rosa Lee and millions like her remain trapped in a cycle of poverty characterized by illiteracy, teenage pregnancy, drugs, and violent crime. Dash brings us into her life and the lives of her family members, offering a human drama that statistics can never describe. He also shows how some people—including several of Rosa Lee's siblings but only two of her children—have made it out of the ghetto, breaking the cycle to lead stable middle-class lives in the mainstream of American society.

Book suggestions from Omnioleoreans make this column work. Thanks to Rich Mansfield for contributing to this issue's list.

Send submittals to:
newsletter@omnilore.org



Do You Enjoy Omnioleore?

If so, how about submitting a review of Omnioleore at Yelp? Wait. What is Yelp? Located at www.yelp.com, it's a website that welcomes reviews of businesses from the communities in which the businesses live. Most visitors to Yelp are looking for restaurant reviews, but tons of other businesses and trades (e.g., piano tuning) are also listed there.

You'll find Omnioleore listed under Education and Adult Education in Redondo Beach, CA on Yelp. In February 2018, we were listed as #10 under "Adult Education" and #255 under "Education." Your review might improve [raise] Omnioleore's name in the listings. Thank you!



Burt Cutler Memorial Annual Meeting and Forum Reservation Form

WHEN: *Thursday*, October 31, 2019—11:00 a.m.

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

NO Reservations
accepted after October 21st!

Please make _____ reservations for the **Omnioleore Annual Meeting and Forum Luncheon** at **\$27.00** each:

Name(s): _____
(Please Print)

_____ Phone

_____ (Please Print)

_____ 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 Jensen
43 Margate Square
Palos Verdes Est., CA 90274-1843

September 2 Labor Day
 12 Board of Directors Meeting—12 Noon-1:30 p.m., L8
 23 September Equinox
 26 Computer Talk—12 Noon-1 p.m., L8
 (TBD—Notification via e-mail.)
 30 Rosh Hashana

OMNILORE CALENDAR 2019

October 9 Yom Kippur
 10 Board of Directors Meeting—12 Noon-1:30 p.m., L8
 11 Walking Group—10 a.m. (see article, page 7)
 14 Columbus Day
 14 Best Sellers Book Group—12 noon-1 p.m., L8
 15 Input Deadline for November-December 2019 Newsletter
 15 Introducing Omnilore Meeting—10 a.m.-12 Noon, L8
 24 Computer Talk—12 Noon-1 p.m., L8
 (TBD—Notification via e-mail.)
 31 Burt Cutler Memorial Annual Meeting and Forum
 —11:00 a.m., Los Verdes Golf Club
 (see article, page 1; reservation form, page 11)

November 3 Daylight Saving Time Ends
 22 Introducing Omnilore Meeting—10 a.m.-12 Noon, L8

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



*The
Next*

INTRODUCING OMNILORE MEETINGS:

L8 Tuesday, Oct. 15th - 10 a.m.

L8 Friday, Nov. 22nd - 10 a.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)