



# OMNIOLORE NEWS



Volume 29 Issue 3

www.omnilore.org

June-August 2020

### DON'T MISS — IN THIS ISSUE

President's Message	Page 2
Profile: Phil & Lynn Solomita	Page 3
What Else Is Going On . . .	Page 4
Next Intro. Omnilore Meeting	Page 4
Dean's Corner	Page 6
The Secret Killer	Page 7
Life of Riley	Page 8
That's Entertainment	Page 9
Best Sellers SIG	Page 9
Coordinator Corner	Page 9
In Memoriam	Page 10
The Bookshelf	Page 11
Movie Critic Corner	Page 11
Calendar	Page 12
Outreach Project Update	Page 12

### BOARD OF DIRECTORS

#### Elected Officers

President	Steve Miller
VP - Academics	Jim Slattery
VP - Administration	Donald Tlougan
Treasurer	Jack Lyons
Recording Secretary	Rich Gleeurp
Past President	Frank Pohlner
Member-at-Large	Martin Ageson
Member-at-Large	Joann Bally
Member-at-Large	Mitch Blake

#### Standing Committee Chairs

Membership	Carolyn Pohlner
Forum	Robert Mallano
Communications	Judy Bayer
Curriculum	Howard Korman
Technology	Rick Spillane
Head Coordinator	Claire Damecour

#### Appointees

Registrar	Carolyn Pohlner
SDG Scheduling	Ruth & Hal Hart
Room Scheduling	Sharon Bohner
Laptop Administrator	Rick Spillane
Equipment	Hal Hart
	Jim Slattery
Supplies	Ginny Brown
	Jill McKenzie
Office Manager	Marie Gleeurp
Member Advocate	Frank Reiner
Webmaster	Hal Hart

### Letters to the Editor

#### Omniloreans Share Hunker-Down Stories

by Judy Bayer

**I**t is heartening to be a part of a vital and innovative organization such as Omnilore. Our members have worked to create a supportive atmosphere and to provide imaginative solutions to keep us together and engaged during these difficult and unprecedented times. So much has been going on in our world. Our heads our spinning, and we are craving a bit of normalcy, of predictability. And you responded. Thank you for your replies to our new Letters to the Editor section of the newsletter featuring interesting experiences you are having during your hunkering down times at home. Your contributions while informative and inspiring also provided some much-needed humor. Enjoy!

### Letters to the Editor

#### SOCIAL CONNECTIONS—Claire Damecour

During the coronavirus lock down, I was frantic to find some social connection, being the huge extrovert that I am.

I started Zoom meetings with my ESL students that I usually saw through South Bay Literacy Council at the Torrance YMCA. Then I started Zooming the LSD S/DG I was coordinating. Then I created Zoom meetings for BSF and LA2 and joined the BOS Zoom meeting. But that was not enough! I found Zoom meetings for a variety of meditation centers all over the place (Seattle, Anaheim, Long Beach, Rossmoor, DTLA). I went back to work part-time in telepsychiatry 20



hours a week. I claim it was because of the "urgent need" but really it was because of boredom. Still not enough to do. I had to stop myself from going to the store more often than twice a week. I also had to stop myself from cleaning the bathroom twice in three days!! Bike rides were great until they closed the bike path along the beach. Walking around the neighborhood was okay, but boring. So, I volunteered for the Medical Reserve Corps. They had a free clinic in the parking lot of Long Beach City College. Two tents: one for COVID-19 screening, the other for any other medical issue. They had plenty of PPE (personal protection equipment), and I got dressed up like a "real doctor" for the six-hour shifts on weekend afternoons. It was great riding my motorcycle there, no traffic, 80 mph the whole way. Woohooo!!

*Continued on Page 2*

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



You may recall that last year the Board looked into four possible risks that posed a substantial threat to Omnimore's continuing operations. After examining the impacts that would occur if the risks actually developed, we identified what our responses would be. As you also now know, one risk we did not consider was a global pandemic that would profoundly impact life in California as we know it. California State University, Dominguez Hills decided on March 11 to suspend their in-person classes and directed that Omnimore suspend meeting in the BCHD classrooms. Later the University clarified that they did not want us to have in-person group meetings of any kind.

In the confluence of certain members' initiative and the availability of Zoom, a video teleconferencing service many of us had never heard of, Omnimore was able to resume most of our classes in a virtual classroom. Many members worked to make this happen but I would especially like to recognize and thank **Rob Coe**, who first got a class going on Zoom, and **Hal Hart** who set up individual accounts for each class, developed extensive instructions on using Zoom, and generally coordinated our use of Zoom. Kudos also to other members of the Technology Committee who made substantial contributions.

As I have previously reported to our members, the CSUDH direction caused us to cancel our April and July forums. Recently the CSU system has decided to teach the Fall semester online and this almost certainly means we will not be able to hold our Burt Cutler Memorial Annual Meeting in October as planned. In addition to the Halloween costume contest, we would normally elect officers and approve the next year's budget in that meeting. The Board is considering the best way to allow our members to accomplish those important functions. We will notify everyone when an alternative is chosen. In addition we had planned to celebrate our 30th anniversary at the meeting and we will have to reschedule that.

Finally, it is more important than ever that we keep our membership growing to provide a wide variety of Study Discussion Groups. Using Zoom we will be holding an Introducing Omnimore session in July for potential new members. Please encourage your friends and acquaintances to check out Omnimore for learning in retirement.




---

*Continued from Page 1: Letters to the Editor*

*Claire Damecour—cont'd:* I graduated from medical school in 1991, so my skills are rusty having been a psychiatrist for the past 29 years. The nurses and staff were super helpful, and I really enjoyed it. The snacks they had on hand were yummy too. It had been a long time since I'd had a donut! Mostly I enjoyed seeing people in the flesh and offering a receptive ear to their troubles. It helped me forget about my own.

### INVENTIVE AND RESOURCEFUL - Zelda Green

Just the other day, while walking in the neighborhood, I heard two girls talking and laughing with each other, and as I walked by two SUVs on the same side of the street, facing toward each other, about 15 feet apart. I noticed two teenagers in the open back ends having the best time, sharing what teenage girls do well, enjoying their "togetherness." I realized how inventive and resourceful we all have become these past few weeks and hope as we all do that life will again return, more in the fast lane again. I think we're all doing the best we can, learning to use Zoom.

### OATMEAL COOKIES - Delores Gilmore

I baked oatmeal cookies and gave some to my next-door neighbor. She was so excited. Later that day she brought me two chicken dinners (enough food for three days) and a quart of homemade chicken soup. I am very lucky.

*Continued on Page 5*



Calling all Omnimoreans! We are looking for a "few good men and women" to serve on next year's Board of Directors. All our Board positions are elected at our annual meeting in October or by mail vote, and serve a one year term starting at the first Board meeting in November. The Board has eight elected positions - president, two vice-presidents, secretary, treasurer, and three members-at-large. The Board also has five committee chairs and the Head Coordinator, all appointed by the incoming president. Most new Board members start as a member-at-large. That position has no specific duties but assists

the President or Vice-Presidents in their normal duties and works on special one-time projects as designated by the President or the Board.

The Board chooses a nominating committee which this year is chaired by the retiring president and has five members. If you are interested in getting more involved in Omnimore by serving on the Board, or if you have someone else in mind who might be interested, please pass that information to the president, [president@omnilore.org](mailto:president@omnilore.org), or to any member of the current Board.

## Omniole Profile: Phil & Lynn Solomita

by Judy Bayer

How very fortunate Omniole is to have members such as Lynn and Phil Solomita who bring so much of value to our organization.

Lynn was born in Los Angeles, raised in Southern California and has lived within three miles of her current home for 50 years while Phil grew up in Garden City, Long Island, New York.

After earning her undergraduate degree from UCLA and meeting Phil while there, Lynn pursued a Juris Doctorate degree and membership in the California State Bar.

Phil attended Brown University and graduated with a Bachelor of Arts degree. He then attended UCLA, earning an MA in music composition. Next came an MBA in Finance from UCLA.

Lynn and Phil live in Palos Verdes Estates with their two standard poodles and four rescue cats and within three miles of their daughter, son-in-law and two beautiful granddaughters ages 12 and 14.

After spending most of her career working for the USAF, NASA (she was there July 1969 - Do you remember what happened then?) and California Community Colleges, Lynn “finally really retired” in 2012. “Finally really retired”? Since retirement, she has volunteered for several organizations, most recently Las Vecinas - “The Neighbors”, a South Bay organization that provides South High School student scholarships and assists the needs of the community, The Palos Verdes Peninsula Village - a non-profit organization that preserves and enhances a sense of community for older adults who want to continue independent living in the Palos Verdes Peninsula area - and PVE Cares - Care, Assistance, Resources, Education, and Socials for Palos Verdes Estates seniors. Lynn also volunteers for TNR - Trap, Neuter, Release - a group that will Trap, Neuter or spay, and Release feral cats back to their environment.

Graduate school was interrupted for Phil by a three-year tour in the US Coast Guard in Baltimore, MD in the late '60s where duties within the same command included Port Safety (Law Enforcement for Dangerous Cargoes on ships and on the waterfront and newly enacted hazardous liquid transport), Port Security (search communist flag vessels in Baltimore for nuclear weapons or materials), Group Command (stations in the northern Chesapeake Bay and Annapolis River), and Search and Rescue Station Command (Baltimore Station at the Coast Guard Yard).

Phil's career included thirty years in financial management at firms including May Company, Kaiser Permanente, and Blue Shield of California. During the last 20 years of his employment, Phil was responsible for oversight of medical claims processing and compliance with federal and state regulations, involving health plan employers and over 125 medical groups and associations.

For Phil, with retirement in 2005 came time for consulting and time to volunteer for Palos Verdes Estates (disaster preparedness - an oversight committee) and for seniors (PVE Cares and the PV Peninsula Village) along with the opportunity to pursue his love of music. Playing viola with the



Peninsula Symphony he says “gives me a chance to apply my enthusiasm and modest skill in an often thrilling endeavor, playing at a level that my solo playing would never allow. Life rarely gets better than that.” He played soccer at Brown University where he won All American recognition. Phil continued playing soccer until he was 69 years old and still has season tickets to LA Galaxy games. He is an enthusiastic film buff who enjoys a wide range of serious art and even some arrested development fare. And, he holds season tickets to the Long Beach

Symphony. As a grandfather, he is passing on to his grandchildren his love of music, soccer, science and natural history - and perhaps the fun of dabbling in limericks with friends, such as:

“Maybe the curve has been flattened.  
I hope, because I have been fattened  
By snacks in abundance  
And my own reluctance  
To abstain or distain growing gluttoned.”

Lynn and Phil love to travel - Africa, Alaska, whales in Baja California, Costa Rica, Brazil (Amazon), Ecuador, Caribbean, Europe, and yearly to their Cabo San Lucas timeshare with their family. Their best trips, according to Phil, were with National Geographic and UCLA. This was supposed to be their year to travel; however, life got in the way of plans, and currently both Lynn and Phil remain safely in place. For Lynn, “watching the daily changing ocean and sunsets makes this a wonderful place to stay at home!”

Both Lynn and Phil became members of Omniole beginning with the Fall 2016 trimester, and they thank Carolyn and Frank Pohlner for introducing them to the organization. They appreciate the variety of course offerings and the multiplicity of perspectives from classmates and “wouldn't change a thing” about Omniole. Phil appreciates the “deadline-driven discipline” along with the variety of course offerings and multiplicity of perspectives from classmates.

Phil's favorite classes have included U.S. society, science, art, short fiction, and films, while Lynn likes mostly reading and movie (fun) classes. With the current COVID-19 pandemic surrounding her, Lynn misses the social aspects of being in a classroom and is not a fan of the Zoom sessions. Phil found Zoom classes “OK right from the start,” though he definitely prefers in-person S/DGs. He plans to sign up for the fall trimester.

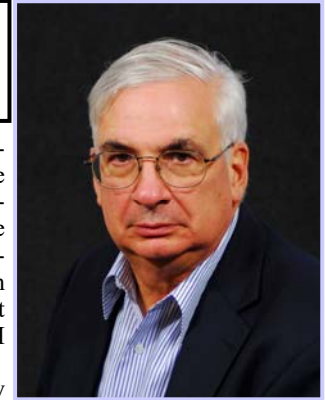
For Phil, the best part of retirement is his family, music, films, and Omniole. His philosophy is to “make things better for others and stay involved”. Such a positive outlook is sure to bring continued joy into his world and an excellent way in which to navigate our current unpredictable and trying circumstances.

And, when Lynn was asked what the best part of retirement was for her, she replied, “Where do I start?” She loves sleeping past 5:30 in the morning and having the time to do what she really wants to do. She has no problem filling her days with her volunteer work, and she loves playing mahjong and reading.



## Important Things Must be Happening, But What are they?

by John Simpson



Publishing Omnilore's newsletter when only those activities that can be moved to virtual meetings via Zoom continue and all the others are cancelled is no easy task. Staff understandably invites people like me — a former journalist — to write something different than the usual coverage, because those subjects simply aren't happening and there is nothing to report about them.

My challenge was to do a piece looking at important things going on that we are not focusing on and considering because the COVID-19 pandemic, the Black Lives Matter movement and protests across the country in the wake of the police killing of George Floyd are getting all the attention.

I said I'd give it a try. And I thought. And thought. And thought. My conclusion: important things to which we aren't paying attention — but probably should — are happening. I just can't figure out what they are.

One usually gets an inkling of mostly ignored issues — or at least I do — when they are mentioned in passing in a newspaper. There is a moment of insight when I realize that this topic is really a more significant issue than I first thought and then opt to dig deeper into the subject.

I'm having trouble finding those hints of other important issues that would prompt and enable me to dig deeper precisely because so much news coverage is devoted to the pandemic and protests.

Let me show you what I mean. I checked today's (Sunday, June 14) front pages of the print editions of the *New York Times*, the *Washington Post* and the *Los Angeles Times*.

The *New York Times* had two large pictures both related to the pandemic. One shows the West Point graduation with the

graduates "social distancing" and the other shows Russians coping with COVID19 in a crowded communal apartment building. There are six articles. Three are about racism, police and protests. Two are about COVID-19. The sixth is about big tech companies making acquisitions of smaller firms, but it turns out the big guys are able to do this because of the "pandemic induced recession."

It's a similar situation at the *Washington Post*. There are six articles on the front page. Four are related to racism, police and protests. One, with the lead photograph, is about COVID-19. The sixth is about a low-carbon future and how electric rickshaws are being used to cut emissions in India.

The *Los Angeles Times* front page has five articles. Two are about COVID-19. Two are about police brutality and protests. The main photos are with the police violence story. The fifth article is a profile of Janet Napolitano, who is stepping down as University of California president on August 1.

One reason for the newspapers' narrow focus is that the pandemic induced recession has slashed income as advertising has plummeted. And, when you don't have the money, you can't cover as much news. You stick with what's the most important stuff.

At the *Los Angeles Times*, for instance, the Los Angeles Times Guild reached a deal to avoid more than 80 layoffs and other cuts to the newsroom. The reduced work schedule is supposed to save \$2 million. The company furloughed 40 non-union employees and cut senior staff salaries as well.

By no means am I suggesting that the news media shouldn't be covering COVID-19, and the United States' racist history and

police brutality. These issues cannot be solved without in-depth and honest reporting. I understand why they are capturing so much attention as well they should be.

I just wish I could figure out what we are missing, because I know it's there. In thinking about this I've been drawn to an analysis offered by then Secretary of Defense Donald Rumsfeld during the Iraq war. He said there were known knowns, known unknowns and unknown unknowns. His words exactly:

"Reports that say that something hasn't happened are always interesting to me, because as we know, there are known knowns; there are things we know we know. We also know there are known unknowns; that is to say we know there are some things we do not know. But there are also unknown unknowns—the ones we don't know we don't know. And if one looks throughout the history of our country and other free countries, it is the latter category that tend to be the difficult ones."

Some current known knowns: We know COVID-19 is dangerous. We know we must end racism and stop police brutality. Known unknowns: We know we don't know when a COVID-19 vaccine will be developed. We know we don't know how many people police will wrongfully shoot this year. And the unknown unknowns? Well, as Rumsfeld says, they "tend to be the difficult ones." I expect we'll discover a few soon.

Hello Members!

As I am sure you are aware, our Omnilore gatherings have been taking place via Zoom, including all classes, SIGs, and Board meetings. So, for the first time ever, we will hold our Summer version of "Introduction to Omnilore" (IO) session via Zoom! Tell your friends and neighbors who are familiar with this Zoom service to join me and the Membership Committee on July 17<sup>th</sup> at 10:00 a.m. The Zoom meeting link will be provided upon request. Please direct all inquiries and requests for a link to the Introduction to Omnilore session to:

Carolyn Pohlner, Membership Chair / Registrar  
(310)-370-2494, or to:

[Membership@Omnilore.org](mailto:Membership@Omnilore.org)

Thanks for your support by spreading the word!

Unfortunately, I will NOT have the time to instruct first-time Zoomers at the time of the IO. If prospective attendees have not tried Zoom yet, please refer him/her to **Key Things #1 & #2** at <http://Omnilore.org/Zoom>

---

*Continued from Page 2: Letters to the Editor*

### **SOMETHING WE ALL COULD USE THESE DAYS – A SMILE OR A LAUGH—The Kormans**

Tomorrow is the National Homeschool Tornado Drill. Lock your kids in the basement until you give the all clear. You're welcome!

I was so bored, I called Jake from State Farm just to talk to someone. He asked me what I was wearing.

2019: Stay away from negative people. 2020: Stay away from positive people.

The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors!

You think it's bad now? In 20 years, our country will be run by people homeschooled by day drinkers . . .

This virus has done what no woman had been able to do...cancel all sports, shut down all bars, and keep men at home!!!

Do not call the police on suspicious people in your neighborhood! Those are your neighbors without makeup and hair extensions!

Since we can't eat out, now's the perfect time to eat better, get fit, and stay healthy. We're quarantined! Who are we trying to impress? We have snacks, we have sweatpants – I say we use them!

I never thought the comment "I wouldn't touch him/her with a six-foot pole" would become a national policy, but here we are!

Me: Alexa what's the weather this weekend?

Alexa: It doesn't matter – you're not going anywhere.

Can everyone please just follow the government instructions so we can knock out this corona virus and be done?! I feel like a kindergartner who keeps losing more recess time because one or two kids can't follow directions.

I swear my fridge just said, "what the hell do you want now?"

When this is over...what meeting do I attend first...Weight Watchers or AA?

Quarantine has turned us into dogs. We roam the house all day looking for food. We are told "no" if we get too close to strangers. And we get really excited about car rides....

Home schooling going well. Two students suspended for fighting. One teacher fired for drinking on the job. ("Not my story, but pretty funny—found online.") from **Mary Jo Little**

---

### **INCLUDING OUR GRANDKIDS—Joanne Bailey**

I have tried to reach out to our 8 grandchildren (2-13 years, living in northern California and Iowa) in a variety of ways. Drawings, cute pictures, etc. for the younger ones. All kinds of different things for the older ones.

Heading to the mailbox one day, 3 1/2 yr. old Mags told her mother – "I get pictures in the mail, too bad you only get bills."

---

### **LYSOL - Carolyn Pohlner**

I have been needlepointing for 43 years. Just last year I needlepointed a sampler with the following sentiment - "Live Well. Laugh Often. Love Much."- in bright primary colors and now hang it proudly in my family room.

I know people say "Laughter is the best medicine" and I believe it - I love to laugh! My family and friends know this and have sent me many humorous jokes and YouTube videos in the past several weeks regarding keeping a good sense of humor during the pandemic.

This one has stuck with me the most "Live. Laugh. Love. **LYSOL.**" That pretty much says it all!

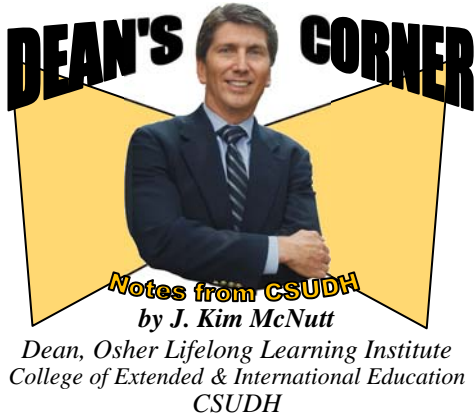
---

### **FITNESS AT HOME – Ralph Ford**

I teach two classes for the South Bay Adult School, "Fitness Through Cardio-Vascular Exercise" and "Fitness for Mature Adults." With social distancing and stay at home orders in place, I have had to take my classes online. The Adult School is officially closed and classes have been suspended for the time being.

Using Zoom, I have been able to bring much needed social contact and exercise to my students; several are Omnilorians. These classes are offered by me, not the Adult School; the classes are free and open to anyone. Currently classes are M-W-S mornings and Tu-Th evenings. Any Omnilorian is free to join in! If folks are interested, I can send the Zoom schedule.

*Continued on Page 6*



What a difference a year makes. Last summer, we talked about the Dog Days of summer. July 4th fireworks shows, grilling hotdogs and burgers, vacationing with family or hanging out at the beach. Traditional activities we associate with this time of year. This year the coronavirus (COVID-19) has caused life, as we knew it, to be changed.

In the early Spring 2020 term, all face-to-face courses were forced into an online or alternative modality literally overnight because of the COVID-19 pandemic. This disruption at CSUDH was felt far and wide, including OLLI and Omnimore. COVID-19 brought all face-to-face activity at CSUDH to a screeching halt. However, we applaud the CSU System for responding quickly. CSUDH transitioned courses, academic support, and student services to virtual modalities. Students left residence halls. Most staff members began working remotely. Intercollegiate athletics, intramural sports, and theater and musical performance were cancelled too.

Summer is no different. California State University-Dominguez Hills, which is usually very busy in the summer, feels like a ghost town. Classes remain delivered in the virtual modality. The loss of the CSUDH learning community for another term is not desirable, but the directions from CSUDH President Parham, CSU System Chancellor White, as well as State and Local Health Officials, dictate our policies and procedures.

The “new normal” is setting in, and considerations for the Fall 2020-Spring 2021 academic year have just been released. Most classes will remain virtual as we must meet rigorous standards for the safety and welfare of students, faculty, staff, and visitors. To meet the six-foot social distancing requirements, we will need to rethink the configurations of classes, sanitizing and disinfecting spaces and equipment, etc. Housing and dining services will be impacted too. For the academic credit-bearing courses that are impossible to be delivered online (labs, research) a rigorous argument must be made

*Continued from Page 5: Letters to the Editor*

### IMPROV - Carol Johnson

I do a lot of improvising. Am low on round coffee filters, so I reuse them, drying them out in an ice cream container. The milk soured so I put some Ensure on cereal, but it was too sweet. Wanted marinara sauce so I added ketchup and diced tomatoes to alfredo sauce - tolerable. I make snacks in a blender from watermelon chunks and granola (great), peanuts (dries out the mouth), cashews (better), bread-crumbs (worse). Made potato salad of brown-skin potatoes, a cooked egg and mayo (rather blah). A friend said add relish. Oh, I did buy some a few years ago, still good. Success. I sneeze and sniff around food! Save Kleenex by tearing it into thirds, in the direction of the fold.

### MY TRIP TO THE DMV – Judi Carter

A week or so before the DMV was closed, I had to renew my driver's license. I emailed state officials asking for the closure to no avail. Against the wishes of my daughter, I decided to go to the DMV. I told my daughter my decision was based on the fact that I did not want to be arrested for driving without a license. She laughed and said that I would not be arrested because they are letting people OUT of jail.

Nevertheless, I decided to go on my appointment time and date. I am always early and was the first in line at the Torrance DMV in the "appointment" line. I gave the evil eye to anyone who tried to come near. I was dressed in a bright pink neck warmer over my nose and mouth and blue rubber gloves that were at least 4 sizes too large (the only ones available the last time I went to Costco). I had on a warm blue puffer jacket. With that, I was finally allowed into the center. I had filled out the registration online, but did not know I had to bring in a confirmation number for it. I had to go to the computer banks to try to apply again, using my floppy blue gloves on the touch screen. The instructions were unclear, so I had to start over a couple of times, fearfully eyeing the others a couple of computers away.

I was finally given the ok to go to another station where I had to do a fingerprint. I took off my right glove and tried to get the machine to work. I had a hotflash a minute before as I awaited my turn. I was sweating so much, that my thumb was wet. The machine could not read my fingerprint. I tried again, but no success. Finally, the woman behind the counter gave me a tissue to dry my thumb so I could get a fingerprint. Then I paid for my license and a small donation with cash. The clerk got up and went in the back room to get my change. She took about 10 minutes while I stood there sweating and looking around at the suspicious people around me. I finally got my change, and the clerk sent me to get my photo. Again, I had to give a fingerprint. Three tries, and I finally was successful. I was sent back to the same clerk who told me my license would be mailed in a week or so. I said, "But I had not taken my test!" She said, "I have waived your test." I must have looked so pathetic, she had sympathized with me.

Finally, I exited the building, stopping to take off my gloves and deposit them into the trash, then headed for my car. I used hand sanitizer then drove home. I took off my shoes, left them out in the sun to hope the UV light would sterilize them, took off all my clothes, and took a shower and washed my hair. Then I washed my clothes.

I was nervous for the two weeks afterwards, waiting during the possible "incubation time" for the viral symptoms to show up. Fortunately, they never came, but my license did.



and approved by the CSUDH President and CSU Chancellor.

That wraps up this edition of Dean's Corner. I wish I had better news to share. I would normally say enjoy your summer and get ready for fall! However, for summer 2020, my message is to please stay healthy and connected with your lifelong learning friends and family. Hopefully, we will all be together in 2021! I've asked Omnimore leadership to direct any questions or concerns to OLLI coordinator Nicole Pacada so the lines of communication are clear and informative. Thanks again for your patience, cooperation and understanding as we navigate these unprecedented times.



## COVID-19, Chronic **Inflammation**, and US Healthcare

by Joy Jurena

The current pandemic has made clear all that is wrong with our healthcare system along with revealing failures in the US food and healthcare systems. As of June 1, 2020, the US leads the world in COVID-19 deaths. New York data indicates that 94% of those who were hospitalized with coronavirus had comorbidities: chronic conditions such as hypertension, diabetes II and obesity (42% of Americas are obese).<sup>1</sup>

If you have been listening to COVID-19 news, you probably have heard about **inflammation** and cytokine storms. Just about all chronic conditions have as a root cause chronic **inflammation**, now known as **Inflammaging** because it accelerates the process of biological aging. *Time Magazine's* February 23, 2004 edition was dedicated to the subject of chronic **inflammation**.<sup>2</sup>

The article provides some basic information and focuses on drugs as the potential "cure."

Now, sixteen years later US **Inflammaging** has become endemic during our current crisis. Jane Brody, M.D., a cardiologist from the UK and author of the *Big Fat Fix*, provides this warning: "An unhealthy dietary pattern exceeds the sum of all other risk factors for chronic conditions."<sup>3</sup>

In addition, chronic (preventable) conditions consumed over 70% of our \$3.65 trillion healthcare costs in 2018.

It was estimated by Price, Waterhouse Cooper in 2012 when healthcare costs were \$2 Trillion that half were wasted in three specific categories: Behavioral 40% - preventable conditions, Clinical 30% - defensive medicine, and Administrative 30% - inefficiency.

It is interesting that as far back as 1962, Walter Cronkite said "America's health care system is neither healthy, caring, nor a system." That statement rings true today.

This pattern is evident in Employer Sponsored Health Insurance (ESI), which dominates US healthcare. Since its inception in 1942, employers have received a tax exemption on their contribution. Wage stagnation and healthcare as a for-profit industry started with ESI.



COVID-19 has caused at least 10 million US employees to lose their healthcare insurance either by being furloughed or losing their job. There is no back-up plan, just a lot of talk. And a lot of stress for those affected.<sup>4</sup>

It is interesting to compare health care plans in Switzerland and the United States. Many Swiss employees have recently lost their jobs or were furloughed due to the coronavirus. The US and Switzerland have given employees and others support money. Health care insurance is mandatory for the Swiss. The low to no-income are given money to purchase premiums. This law applies now to those without jobs. As a result, the support includes money for health care insurance premiums.

It is time for the United States to restructure its health care plan taking into consideration the Swiss model while maintaining Medicare for those 65 and over and the disabled. This would be a "Best for All" US Universal Healthcare.

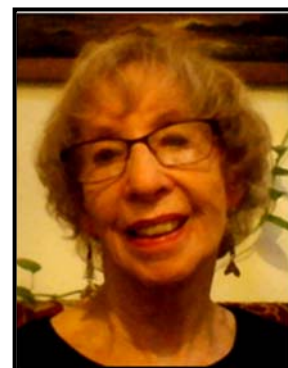
For more on "Best for All" US Universal Healthcare contact me at [ajoyitis@gmail.com](mailto:ajoyitis@gmail.com). There will be two presentations on **Inflammaging** in the HEA S/DG folder by July 3.

1 [nearly-all-nyc-area-covid-19-hospitalizations-had-comorbidities-67476](#)

2 *Time Magazine*. [inflammation-details/time-cellular-inflammation-article/](#)

3 [well/live/to-fight-covid-19-dont-neglect-immunity-and-inflammation.html](#)

4 [2020/05/04/848002626/coronavirus-conundrum-how-to-cover-millions-who-lost-their-jobs-and-health-insur](#)



## zoomzoomzoomzoomzoomzoomzoom

What would we do without our Zoom World techies? **Hal Hart** has spent many hours creating a set of instructions for Omniloreans to utilize to set up summer S/DGs and pre-meetings via Zoom, the answer to continuing through our Summer and Fall trimesters (and beyond) with minimum disruption from normal operations. The initial responses have been heartening with the highlight the high attendance at two summer pre-meetings, according to Hal, by a substantially greater percentage of members than any pre-meeting he ever has attended in his 15 years and approximately 100 S/DGs taken in Omnilore.

The only downside to the reports of the pre-meetings were the class attrition rates, although looking at the numbers from a positive perspective, the smaller a virtual class, the easier the participation.

We owe Hal and all of those who have helped out a huge thank you. **Rob Coe, Rick Spillane, Claire Damecour, Maureen Raynor**, and many others have made significant contributions with their technical support and expertise to the positive results we are experiencing. The success has been so enthusiastic that former Omniloreans who have not continued participating in S/DGs for various reasons, including relocating, are now interested in joining our virtual fall classes.

## Life of Riley

by Judy Bayer

Six-year-old Riley is a 90 pound Golden Retriever who indeed lives “The Life of Riley”. She is beautiful, pampered, fed three meals a day plus limitless treats, and plays with her friends without worrying about distancing. The leash law is a law to be ignored.

During our current pandemic with its current stay-at-home orders, I have been observing how the life of Riley really works. She has the good life down to a science: She awakes in the morning, stretches, scratches a bit and strolls over to my side of the bed. Her cold nose in my face assures a sleepy hello, followed by a romp in the back yard and breakfast served on a platter.

With exemplary patience, she waits for me to get ready for her walk. Once out the door, the tail starts wagging, and every tree, bush, and leaf carries a wonderful aroma that must be experienced at her leisure. We arrive at the first park on our route, her leash is off, and the run begins followed by a roll in the wet grass and a race back to me for big hello and a treat. Her smile is contagious.

Soon, in the middle of the bridle trail a rabbit pauses, taunting, and Riley stalks slowly, slowly, then boom! The chase is on. Of course, the rabbit wins. Riley would not know what to do if she ever actually caught up with it.

Tail wagging (still), she trots along until caught up with the scent of a gopher working diligently on its hole. The little head peers out; Riley’s head goes down; gopher head disappears; Riley’s head lifts just a bit; gopher head reappears, and Riley dives, digging as fast as she can. Nothing. The gopher is gone, but it was an incredible amount of fun.

The walk continues. Riley spots Zoey, her yellow lab best friend. She dashes past Zoey and up to Jeff’s left pocket barely able to contain herself. Jeff reaches in and pulls out her treat, but first she must sit. What you have to go through for a reward. Now it’s time to take off across the field, zigzagging and rolling over each other. What joy, and no worries about distancing.

After an hour or two, it’s time to go home. The sun is shining, and a full day awaits. A nice nap, lunch, attention, brushing, maybe a bath with my shampoo because I’ve run out of hers, and another nap at my feet while I work at my computer. If boredom sets in, Riley knocks my right elbow with her nose. It really messes up my typing. Success.

Five o’clock dinner time is on her radar followed by another walk. This is definitely a smell walk, as she is on the leash, and everything smells divine. More people are out because of the current circumstances, and all greet her enthusiastically.

What a day, this day in the life Riley. I talk to her; she doesn’t argue or disagree with me. We walk; she enjoys herself and everyone and everything else she encounters, and they love her. She doesn’t have to wear a mask or stay six (or ten) feet away from others. She is fed, groomed, bathed, and sheltered (in place).

My goal is to emulate Riley. I will live in the moment, smell the roses when walking, fix my gaze on the beauty of my surroundings, smile when I pass someone (even if they can’t see it through my face mask), stay positive and focused. If I do this, my stress level will be reduced exponentially, and I will make it through these crazy times.



The  
Next

Via  
Zoom

**INTRODUCING OMNIOLORE MEETING:**

**Friday, July 17th - 10 a.m.**

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





“Frankly, my dear, you probably should give a damn: 1939 represents Old Hollywood at its best - the studio system, the star system, the way they made movies. Whatever you liked about movies, it was there. 1939 did it all and did it well. There were 365 films released that year, many which remain the gold standard for their respective genres.

That moment of filmmaking is not just about filmmaking. It's about reflecting on a moment in America's culture and political history. Here are four standouts:

1. *The Wizard of Oz* - influenced *Star Wars*, *E.T.*, any Marvel movie. It's the roots of cinema as fantastic, an all-encompassing spectacle.
2. *The Women* - influenced *9 to 5*, *Bridesmaids*, *Ocean's 8*. It's a look at the interior lives of women told with heart, humor and high fashion through interconnected stories of love, marriage and divorce.
3. *Mr. Smith Goes to Washington* - influenced *All the President's Men*, *The American President*, *Lincoln*. Themes of corruption and graft in the American Senate have made it (sadly) enduringly relevant today.
4. *Gone With the Wind* - influenced *Doctor Zhivago*, *Titanic*, *Australia*. It's an all-time classic or dangerous romanticization of dark moments in history. Tomorrow may be another day, but Hollywood likes to present the world through scarlet-colored glasses. But lush romance, groundbreaking effects, and Scarlett's tale of survival still resonate.”

It'll be interesting what the movie historians will have to say about 2020. However, like Scarlett - we will survive!

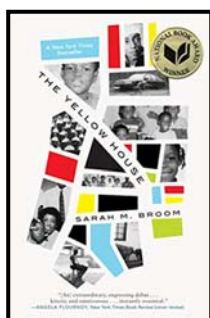
**Dale Korman Presents:  
Why 1939 was the Best  
Movie Year Ever  
(by Maureen Lee Lenker)**



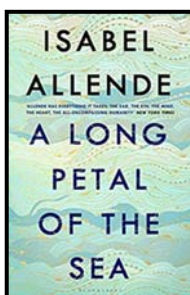
**Summer Best Sellers SIG Reads**

by Patricia Edie & Cindy Eggert

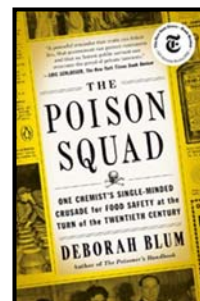
Calling all “Readers!” The Omnilore Best Sellers SIG rises to the challenge by transitioning to a virtual Zoom Book Group session, held at 12 noon on the second Monday of the month. The link to give you access to the session will be included in the reminder emails sent prior to each session. Here are the upcoming books.



Monday,  
July 13:  
Non-Fiction  
*The Yellow House*  
by  
Sarah  
Broom



Monday,  
August 10:  
Fiction  
*A Long Petal of the Sea*  
by  
Isabel  
Allende



Monday,  
September 14:  
Non-Fiction  
*The Poison Squad*  
by  
Deborah  
Blum

**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.**



The all Zoom Summer 2020 Omnilore trimester is going well. No complaints from members or coordinators. Fall 2020 is around the corner and the Coordinator Recruitment Committee will be reaching out to members to find coordinators and co-coordinators for approximately twenty five S/DGs. Please consider helping out. Omnilore cannot exist without you! We will have a Coordinators' Information Meeting on Zoom on July 31st. The newbies start at 10 a.m. and the veterans start at 11:30. Hope to see you there!

Contact me with any issues you have:  
clairedamecour@yahoo.com



Claire Damecour  
Head Coordinator

## In Memoriam

### Bob Grove



**R**obert “Bob” Grove passed away peacefully in Long Beach, California on April 7, 2020 at the age of 93. His wife of 74 years, Elaine (also a former Omnilorean), was holding his hand when he took his last breath.

Bob was born to immigrant parents, who had escaped tyranny and persecution in Europe, on September 26, 1926 in Chicago. After graduating from Manley High School, he joined the Navy during World War II. He then earned bachelor’s and master’s degrees in electrical engineering at Illinois Institute of Technology followed by a long and distinguished career in aerospace engineering, primarily

at Aerospace Corporation in El Segundo. He was passionate about his work and developed, among other things, technology that could distinguish armed from decoy missiles during President Reagan’s Strategic Defense Initiative (“Star Wars”). It was named the “Grovia Sensor” in his honor.

Bob and Elaine joined Omnilore in June 1998. Bob was Omnilore’s first Registrar, an appointed position created with the new board starting November 2002. Prior to that, he served as VP Administration for two years starting 2000. As Omnilore’s first Registrar, he was the first to set up membership information in Excel, an application in which he was very expert.

Bob also enjoyed biking, spending time with his family, and studying and teaching Jewish history.

A private funeral, led by Cantor Ilan Davidson of Temple Beth El San Pedro, was held at Green Hills Memorial Park on April 10, 2020. A memorial service and celebration of Bob’s life will be held at a later date.



*Elaine & Bob Grove at an earlier Forum*

### Stan Pleatman

**S**tan Pleatman passed away peacefully in his sleep three months before his 93rd birthday. He was the archetypical optimist, always seeing the glass as half full. His upbeat and happy personality drew people to him. He was a gifted conversationalist with the rare ability to laugh and listen. He had an innate curiosity about people and events.

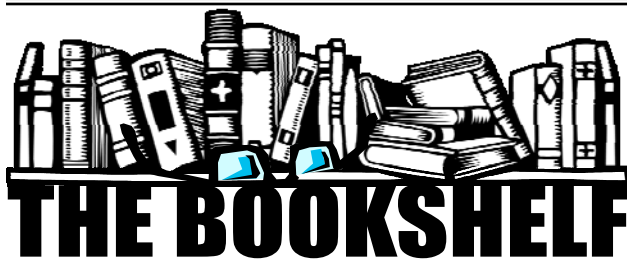
His friends called him the “Walking Wikipedia” because he read three newspapers a day, retained what he read and could speak factually on many subjects. He was a great story teller and it was a joy to be around him as he kept us entertained.

After retiring from a successful career in real-estate he devoted his energies to many volunteer activities, like the Wonders of Reading Program and The Pet Companion Program at Torrance Memorial Hospital.

Stan and Carol Pleatman joined Omnilore in November 2007 and dropped out a couple of years ago when Stan developed health issues. He is remembered for many things, but especially for his zest for life, witty sense of humor and warmth. In the words of one of his friends, “You can always tell where a beautiful soul has been by the tears and smiles left behind.”







**Systemantics: The Systems Bible** by **Dr. John Gall**. In this ambitious book, John Gall toys with us and with Systems and their antics (hence the title). To quote: “A System, after all, is a partial Intelligence; it participates in the great Mind of the Universe; and unless we ourselves have a direct pipeline into that Mind, we had jolly well better watch our step. *Systems don’t appreciate being fiddled and diddled with. They will react to protect themselves.*”

“It’s all here”, Gall says modestly. “Systemantics is a Science, perhaps even a branch of Mathematics. Practical wisdom lies in the ability to recognize and not to fight against the Laws of Systems. No longer can people take refuge in the plaint, ‘Nobody told me.’ ”

The further you read, the more you come

to believe. Starting from the early prophets (Korzybsky, Peter, Parkinson, Potter), he blazes further trails to codify most of what we need to know, hoping that there are those among us who will continue this great work — and since 1975 over three editions, many have indeed contributed, so that in one example after another he could show how systems expand, how we are gradually reduced to numbers instead of persons, and how persons inside large systems come to delude themselves about what they and their systems are accomplishing. “Reformers all agree on one point—that their own System would work very well if only it were universally adopted.”

Having humbled us, he goes on toward the end with a few self-defense strategies, but never departs from a tongue-in-cheek style. One reviewer writes: “Workbooks gall; Gall’s book works.”

**Tiny Habits: The Small Changes That Change Everything** by **B.J. Fogg**. You can have a happier, healthier life: by starting small.

Myth: Change is hard.  
Reality: *Change is easy if you use Behavior Design.*

Myth: It’s all about willpower.  
Reality: *Willpower is fickle and finite, and the wrong way to create habits.*

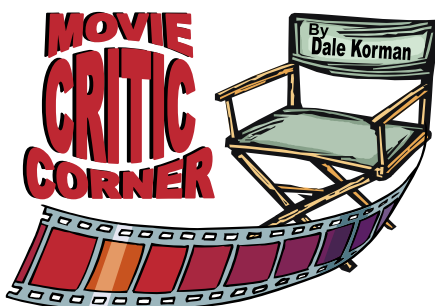
Myth: You have to make a plan and stick to it.

Reality: *You transform your life by starting small and being flexible.*

Armed with a Stanford Ph.D., BJ Fogg is here to revolutionize how we think about human behavior, based on 20 years of research and coaching over 40,000 people. In the *Tiny Habits* Method, you don’t set goals or track your behavior, or even need to be super-motivated. Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or exercise more, *Tiny Habits* makes it easy to achieve.

Book suggestions from *Omnioleans* make this column work. Thanks to **Rich Mansfield** for contributing to this issue’s list.

Send submittals to:  
[newsletter@omnilore.org](mailto:newsletter@omnilore.org)



“Just Mercy” starring Michael B. Jordan and Jamie Foxx was directed by Destin Daniel Cretton.

Our Movie Goers SIG was fortunate to have seen this film in January. Little did we know then what would be happening in our nation to bring citizens of all colors to come together to protest against racial discrimination and to stand accountable for putting an end to systemic injustice and violence. “Just Mercy” has been streaming and everyone needs to watch it, according to *Entertainment Weekly*. “It’s solidly rewarding to watch the wheels of Mercy turn from the certain judicial mindset of a death penalty for one accused of murdering a white woman to accepting the proof that this Black man is really innocent.”

What elevates this movie is the stellar performances of its cast, as well as the simple truth at its core that justice should never be decided in terms of black and white. That’s the basic thrust of this film and worth knowing that this story is based on fact, the accused - Walter McMillan and Bryan Stevenson, civil rights attorney, representing him.

After 6 years of being on death row, McMillian was finally exonerated in 1993. “Just Mercy” is based on the memoir of the same name written by Stevenson. There is much to learn from this film, and, hopefully, by the time this newsletter goes to print, our nation will have achieved many positive changes to eradicate prejudice.



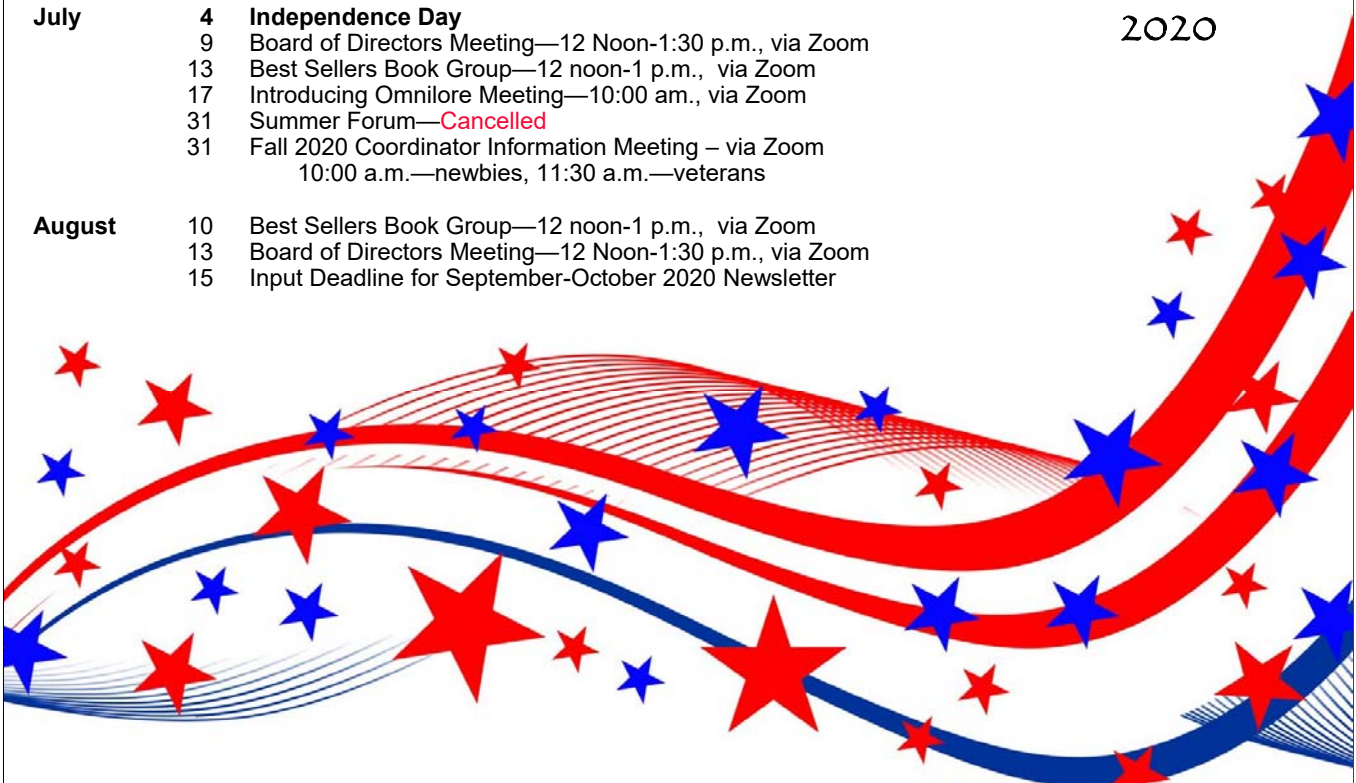
**Movie Goers SIG**

At the present time, the Movie Goers SIG is on hiatus. Naturally, we are looking forward to when the doors of the AMC will reopen and we can plan our next gathering. There are some very appealing movies being released soon - *The Secret Garden* and *In the Heights*. In the meantime, we are all taking advantage of the time at home to access films on Netflix or browsing our own collections that have been gathering dust on our shelves. Stay tuned and stay safe!

*Dale Korman*



		OMNIOLORE CALENDAR 2020	
<b>June</b>	8	Best Sellers Book Group—12 noon-1 p.m., via Zoom	
	11	Board of Directors Meeting—12 Noon-1:30 p.m., via Zoom	
	21	<b>Fathers Day</b>	
<b>July</b>	4	<b>Independence Day</b>	
	9	Board of Directors Meeting—12 Noon-1:30 p.m., via Zoom	
	13	Best Sellers Book Group—12 noon-1 p.m., via Zoom	
	17	Introducing Omnilore Meeting—10:00 am., via Zoom	
	31	Summer Forum— <del>Cancelled</del>	
	31	Fall 2020 Coordinator Information Meeting – via Zoom 10:00 a.m.—newbies, 11:30 a.m.—veterans	
<b>August</b>	10	Best Sellers Book Group—12 noon-1 p.m., via Zoom	
	13	Board of Directors Meeting—12 Noon-1:30 p.m., via Zoom	
	15	Input Deadline for September-October 2020 Newsletter	



**2020 Forums**  
 Winter—January 31st  
 Spring—April 30th  
 Summer—July 31st  
 Annual Mtg.—October 30th

**IMPORTANT:**  
 Calendar changes and additions  
 are scheduled with Sharon Bohner  
[Calendar@omnilore.org](mailto:Calendar@omnilore.org)

## Update on the Outreach Program

From **Lisa Jimenez** at The Canterbury: “We are managing to the best of our abilities at this time. We are getting more creative by the day as it comes to reaching out to our residents in the apartments. We worked with Cox Cable to get a Canterbury dedicated channel and are able to bring content into the resident rooms thru the TV’s. Anything on Zoom is a little bit harder because a lot of our residents are not good with technology and/or don’t have smart phones. We have been working with our performers who are recording YouTube videos and sending us the link which then gets uploaded to the channel 1960. If you have anyone interested that can record a video either on YouTube or a video file we are able to show that to our residents, please let me know as I know our residents would love to have that educational component back.”

From **Hal Hart**: “We’re already doing class attendance via Zoom with Omnilorean, Diana Cutler. One of the staff, Ramel Sumang, has an iPad, and was lending it to her and assisting her to attend her SPY class.”

Contact me if you have any suggestions or if you are interested in joining this “feel good” activity:

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

**[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)