



OMNIOLORE NEWS



Volume 30 Issue 1

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April 2021

DON'T MISS – IN THIS ISSUE

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Virtual Forum April 30, 2021 at 1 p.m.
Steve Norris and the Arts Council of Torrance (ACT)
 present
An American History Program in Honor of the Centennial of the Passing of the 19th Amendment

Women's suffrage and their hard fight to win the right to vote will be celebrated in the story of three pioneering women who struggled, fought, and persevered against entrenched social norms and finally were victorious.



Each state in the Union had its own voting laws, an evolving patchwork. The path of ratification of the 19th Amendment will be traced through several contested states until it reached Tennessee, the 36th vote necessary for ratification. The Suffragists pulled, pushed, and clawed their issues before the Tennessean legislature for an all or nothing vote using compassion and persuasion for social justice to win the day.

Three Suffragist leaders at odds with each other and working apart utilized new tactics to form a winning strategy to persuade a resistant President Woodrow Wilson to embrace their cause.

BOARD OF DIRECTORS

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Member-at-Large	Maureen Raynor
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Curriculum	Ruth Hart
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Technology	Rick Spillane
Head Coordinator	Claire Damecour

19th Amendment: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex."

Ida B. Wells was an African-American woman and civil rights advocate, journalist, suffragette, and anti-lynching crusader.

Carrie Catt, the president of the largest women's suffrage organization, the National American Women's Suffrage Association (NAWSA), turned her members into an army of effective lobbyists. Thousands of women's clubs owe their existence to her efforts. She believed in the mechanism of government but was growing impatient after fighting the cause for many years. Her tactic was persuasion and being helpful to the president and his political programs, negotiating with him and the Congress. She was a Quaker and a leader in the peace movement before America joined WW I, as well as being helpful to the President and his political programs and negotiating with him and the Congress.

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Appointees

Registrar	Carolyn Pohlner
SDG Scheduling	Ruth & Hal Hart
Room Scheduling	Sharon Bohner
Laptop Administrator	Rick Spillane
Equipment	Hal Hart
Supplies	Ginny Brown
	Carolyn Pohlner
Office Manager	Marie Gleerup
Member Advocate	Martin Ageson
Webmaster	Hal Hart

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'S DESK

Jim Slattery



Update Report on Omnimore's Relationship with CSUDH

Two-thirds of our members responded to our survey indicating they were not willing to travel to the CSUDH campus for in-person S/DG's. The CSUDH lease on the Beach Cities Health District (BCHD) suite expires June 30, and the College is not renewing.

While the College has indicated that they are interested in a continuing a relationship with Omnimore, they will begin charging fees for financial services previously free of charge. Omnimore has accumulated a substantial reserve account at the College. This may be used to compensate our Administrative Assistant as well as supplies and other expenses directly related to the present relationship with the College. It is anticipated that the reserves could sustain us with Zoom SDG's until about October 2022. While the College has encouraged Omnimore to become incorporated as a not-for-profit organization, the reserves can not be used for this purpose.

Meanwhile, we have initiated negotiations with Beach Cities Health District regarding a new lease of the present suite with Omnimore fully responsible financially. This situation requires careful strategy and planning. We neither want to leave unspent funds in our reserve account, nor can we pay rent at BCHD before we are able to have in-person groups there.

This task is being headed by a Working Group of the Board that includes myself, our two VP's (Carolyn Pohlner and Frank Reiner), Mitch Blake (Treasurer) and Steve Miller (Immediate Past President.) In addition, Omnimore member, Michael Goergen, an attorney with experience in this process, has volunteered to assist us.

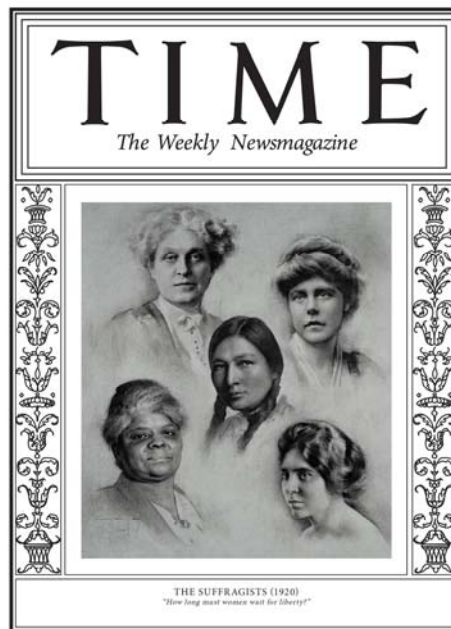
We will keep you informed as we progress in our effort.



Continued from Page 1: April 30th Forum

Alice Paul was a young idealist and more impatient and radical than the others. Also a Quaker believing all people are equal, she stood on the streets and spoke. She chained herself to the White House fence and was jailed and tortured. She also published *The Suffragette* magazine. She became the leader of the National Women's Party (NWP).

Together, these three women and many others turned a Suffrage-resistant President Wilson into an advocate of women's rights, endorsing it as a plank in the Democratic party platform. This all happened amid World War I in Europe, the 1918 flu pandemic, and Prohibition.



1920 Time Magazine Cover shows our three Suffragists:

Carrie Catt (upper left)

Ida B. Wells, (lower left)

Alice Paul (lower right)

Victoria Bailer Alvin (Carrie Chapman Catt)

Victoria is honored to be playing the role of Carrie Chapman Catt. She is an active member of the Manhattan Beach Community Church Theatre Board where she is currently the Director of Advertising. Victoria has been in many Community Theatre productions. Some of her favorite roles are April in Stephen Sondheim's *Company*, Elvira in Noel Coward's *Blithe Spirit*, Grace in William Inge's *Bus Stop*, and Virginia Poe in Steven Norris's *An Evening with Edgar Allan Poe*. She hopes Omnimore will enjoy this peek into history in this unique Zoom presentation.



Rhonda Yeager-Hutchinson (Alice Paul)

Rhonda began her love of theatre in South Texas, beginning with the role of Peter the Goat Herder in *Heidi*, graduating in later years to Eve in *The Apple Tree* to Margaret Mead in *Hair*. Time passes, and she finds herself in Southern California, portraying Brook/Vicki in *Noises Off* to discovering Manhattan Beach Community Church and the awesome theatre group from within. SO MUCH TALENT in every aspect of theatre terminology.



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Omnilore Profile: Maureen Raynor

by Judy Bayer

When Maureen Raynor joined Omnilore just over three years ago, she quickly became a class coordinator and recently has been elected to the Omnilore Board of Directors as a Member at Large. She has joined with Nicole Picada, the Interim Program Coordinator of OLLI, the Osher LifeLong Learning Institute, on a committee, *Bold Steps*, that is looking into the future direction both of Omnilore and of OLLI.

As a new member of the Board, she once substituted for Linda Nakashima as secretary, transcribing minutes during a recent Board meeting. The experience gave her a new respect for the detailed task of recording an Omnilore meeting.

Maureen came to Redondo Beach and Omnilore via her hometown of Egg Harbor Township which is located in the Pine Barrens area of southern New Jersey. The beautiful and scenic area is part of the largest remaining example of the Atlantic coastal pine barrens ecosystem.

After graduating from Rutgers University with a degree in Political Science, Maureen traveled in 1989 to Los Angeles where she attended graduate school at UCLA. After determining that a PhD and a career as a professor may not be exactly right for her, she went on to earn a master's degree with a specialization in quantitative research methods. Her degree led her into marketing research where she specialized in data tabulation for market research firms. Her job entailed long, demanding hours such as working with a movie company that was coming out with a new release. They needed to test trailers and to look at data in many different ways to determine the most effective trailer to generate the most interest and excitement for the film. Cross tabulation and analysis were required by the next morning which meant a lot of work and many a late night.

After marrying her husband, Richard, teaching looked like a more family friendly occupation. Maureen earned her credential and taught elementary school for two years. She loved the little ones; they were "so sweet." They loved their teacher and rewarded her with cards and hugs making her feel like a "rock star". She remained in education until the birth of her son, Jack, in 2005.



Maureen with son Jack

Maureen and Richard met through a vegetarian dating website in 2001. Soon after their marriage, they moved from Los Angeles to Tucson, Arizona for seven years before moving to Redondo Beach in 2012.

Richard is a defense attorney currently on the CJA panel in Los Angeles through which he receives court appointments representing criminal defendants in federal cases.

Maureen and Richard enjoy ocean kayaking every Sunday. They get to see dolphins, sea lions, birds, even whales on occasion. They were approximately 50 feet from a whale at one time. They also enjoy "urban exploring" on Saturdays, choosing a

different neighborhood to explore on each outing. On a recent Saturday, El Segundo was their destination. Maureen found the downtown area engaging with its small businesses, restaurants and shops. San Pedro and other nearby neighborhoods also have also been destinations. Their travel adventures have included Ireland, Italy and Spain, a country they truly loved. Recent plans to visit Japan had to be cancelled because of the pandemic.

Their son, Jack, is a freshman at Redondo Union High School and is doing fine during COVID-19. He is participating in a mock trial this year as he did in middle school in downtown Los Angeles. This year it is virtual as are the Model U.N. conferences he participates in every few months. Fortunately, Jack at the present time is mature enough to work more independently and to benefit from his virtual learning.

Maureen thanks her friend, Barbara Case, for introducing her to Omnilore. She truly enjoys class discussions, the more interactive, social aspects of a class, and she loves the broad range of subjects. Among her favorite classes was Irish Short Stories, especially because of the really interesting discussions. She also enjoyed Los Angeles Architecture and the field trips that included the Dominguez Rancho Adobe Museum, the Drum Barracks Civil War Museum, a military facility with a really fascinating history, and the Banning Museum in Wilmington.

Maureen typically takes one or two classes a trimester though she is presently a bit zoomed out as she is feeling the loss of human contact.

Continued from Page 2: April 30th Forum

Adrienne is extremely excited to be a part of this production! She recently was seen in the production of *Lewis Latimer: Black Inventor* written and directed by Steve Norris and put on by the Arts Council of Torrance. She also has been in several TAP (The Aerospace Players) shows over the years, including *A Funny Thing Happened on the Way to the Forum*, *The Music Man*, *Fiddler on the Roof*, *Seussical*, and *Mary Poppins*.

Adrienne Marie Fairley
(Ida B. Wells)



Steve Norris

President
Arts Council of
Torrance (ACT)

Responsible for
Setting up our
April Forum
Entertainment





Omnioleoreans Share Hunker-Down Stories

by Judy Bayer
Omniole News Editor



It looks like the pandemic is abating somewhat, and though vaccines are becoming more available, we still are responding to the situation responsibly. The future is looking more positive and our hunker-down tales are lighter and more optimistic. The thoughtful, discerning contributions you have continued to provide to the Omniole News Letters to the Editor Column have given all support and enlightenment. Entering a new political era provides much sustenance for hopeful sentiments and humorous outcomes. Keep the good news coming. Thanks.

Patricia Edie:

“When life closes one door, it opens another.”
“When an open door presents itself, walk thru, look around, you may like it.
And if you don't, you can walk back out.”

These are words I often said to three growing sons who have come back to haunt me during the pandemic. One door to a room that I have walked through and where I have decided to stay is the door to OLLI Zoom classes at CSUDH. Our OLLI membership is part of our Omniole membership. Over the years, both Jay and I have taken and even taught some OLLI

classes on campus. But the distance and the parking often limited participation. Now, Zoom has provided a new opportunity right from the comfort of my dining room table. Some classes that I have especially enjoyed are the monthly book club, the TED talks where we watch then discuss a short video, and a tai chi class. Periodically they have special events or presentations like a movie or a historical presentation such as the two-part series on Inkwel Beach given by Peggy Barton that presented a local history that was new to me! While the content was great, what is more valuable to me is the opportunity to renew old friendships and make new ones with OLLI members. I encourage Omnioleians to sign up for the weekly email newsletter that tells you what is coming that week and provides links to sign up. You will immediately receive a reply with the link to access the class on the day and time specified and even a reminder before the class.



Claire Damecour:

I returned from my motorcycle trip around the United States in early December- and then went to Oahu for two weeks. I meant to leave Los Angeles December 31st, but my motorcycle was totaled by a lousy mechanic. I towed it to a dealer who was unable to salvage it. So, I bought a new one, set it up for the road and crossed into Tijuana January 9th. I travelled through Mexico for a month, then Guatemala, El Salvador, Honduras and Nicaragua. I tried to continue south but Costa Rica wouldn't let me in. Only citizens or residents. Similarly, with Belize. I had to get COVID tests every time I crossed a border. Some places were easier than others. For example, Guatemala has a dozen locations open 24/7. Nicaragua has only one, open 15 hours a week.

Border crossings could take up to four hours. Long days! Small countries – I rode from the Costa Rican border to the Honduran border through Nicaragua in less than a day.

Many people ask me about the COVID situation in Central America. Interestingly, they take it much more seriously here in South America. There are many signs, warnings and public announcements. Mask wearing is uniform. No political agenda here; everyone agrees it's real and

dangerous, and we need to be vigilant. I've felt far safer here than I did in Texas and Florida!

Hoping to continue my journey southward some day when the borders open.

Bob Bacinski

Last March when the pandemic began was just about the time when my sweetheart and I bought a new house, one that was more suitable for us and perfect for our current lifestyle. In the last few months during COVID-19, we have spent most of our time renovating the house. We took down walls (what a mess!), raised ceilings, completely modernized the kitchen and bathrooms, installed wood floors throughout, and a myriad of other improvements. We also created a new garden layout, both front and back. Meanwhile, it also was necessary to get the old house of 50 years residency ready to be sold. You can imagine the junk that accumulated over 50 years! Every closet, cupboard, shelf, etc., was full of “stuff.” I had collected hundreds of books, photographs, media players, tape recorders, DVD and VCR players. I went through clothes and shoes from the 70s. We went through hundreds of slides, lots and lots of memorabilia. We actually filled a large dumpster—20x10x7—to the top! (I paid for an extra ton). After the initial clear-out, we decided to have an estate sale. The preparation was a lot of work but also a lot of fun. Even though we have completed our major makeover, we still find little things that we will need to do. The house, long walks, and daily Scrabble continue to keep us busy during these taxing times.

**They said a mask and gloves were enough to go to the grocery store—
they lied, everybody else had clothes on!**

Continued on Page 5

Continued from Page 4: **Letters to the Editor:**

Mary Oran:

One of my first projects was to compile a list of a hundred favorite things. I emailed them daily to a couple of friends so I would stay on task. It couldn't be just a word or two; there had to be an explanation or reason given. Whether it was a baby's giggle, which was such a joyous sound, or opening a new jar of peanut butter and digging into the smooth, soft surface of it - anything was game. My friends chuckled when one of my favorites was my garage door opener. Memories of my apartments with heavy garage doors that one had to pull up and down in all sorts of weather make me appreciate that opener on a daily basis. I felt good thinking of smells, sounds, tastes, tasks, etc. Once I reached 100, I was tempted to continue, but I didn't. My friends sometimes responded with choices of their own, inspired by mine. Now I am toying with making a list of favorite memories - sort of mini stories of a paragraph or two, like the day Grandpa taught me how to whistle while we were wandering in his large flower garden, or my one visit to Munich one summer, where I am standing across from the clock tower and suddenly hear my name being called- by a bunch of former students across the street. Memories that make my heart smile. I love to write - it is a world I have always been in, so off I will go down memory lane.



Mary gave us memories too when dressing up for our annual meetings.

Report on the January Forum via Zoom:

Richard Foss, Culinary Historian
The Strangest Cooking Methods in The World

Omnilore's January Forum featured Richard Foss, a true "Culinary Historian." Even on Zoom with the audience on mute, visual hurrahs and clapping were frequent, and at the end when mute buttons were turned off, the cheers were boundless.



Forum Chair, Martin Ageson, provided the introduction: Richard Foss, a long time South Bay resident, currently resides in Manhattan Beach. He has been reviewing restaurants since 1986 for L.A. newspapers and is a journalist, author, teacher, culinary historian and lecturer. Food, drink and the good life are at the core of his being, his passion and his work.

Foss loves the idea of Omnilore: get together, dine and learn. Have a free form conversation with a friend. Ideas will flow. Such was the concept for his topic, the evolution of cooking our food. Cooking our meals made us human, made civilization possible.

His talk, based on the first few chapters of his new book in progress, introduced Omniloreans to much of the history of cooking, the ways people cooked under strange and adverse conditions.

Cooking started out as a very straightforward activity: put food over a fire and turn it occasionally until it looks and smells ready. But what have people done when fuel wasn't available, and how did they improvise when a source of free heat presented itself? People have cooked using heat from volcanoes, hot springs, automobile engines, laundry appliances, weapons, and other ingenious methods. We were offered a light-hearted history of culinary innovation from prehistory to the present day.

Some very brief highlights included the beginnings of the use of utensils: In India, bare hands were used to move coals over live fires. Historically, man probably started turning meats or other foods with sticks, which were flammable and not too efficient. In the 1840s in the American West, shovels were commonly used; they already were necessary for a trip across the country and cut down on the need for extra luggage. Unfortunately, Foss noted, shovels are not found today in Williams Sonoma, and they didn't know when any would be in stock. He has checked it out.

In the South in the 1700s, it is said that hoe-cakes were cooked on the blade of a garden hoe, hence the name. If you were working in the fields, such a cooking method alleviated the need to come home to cook your corn bread, a Southern staple. Even sukiyaki once was cooked with a shovel over a flame. The word, sukiyaki, means cooking over a shovel or a spade.

Other unusual methods of cooking were explored. Foss explained that chimneys are a relatively new innovation. Huts typically had a smoke hole in the roof, but not a traditional chimney. Foss found that those living in a small hut would use geothermal heat if available. The Māori in New Zealand would place sweet potatoes into a bag and lower the bag into a geothermal pit. When asked if the end product had a bad odor, Foss was told, "You don't eat the smell." The strong odor of sulfur - you adjust to it.

There was time for a few questions: In response to an inquiry about his travels, Foss said that he had been the vice president of a chain of travel tour groups that focused on culinary and literary tours. He has traveled extensively and has found ways to include a culinary aspect to his adventures.

What a wonderful, entertaining and educational time was had by all Omniloreans at our January Forum. Most everyone unmuted for a round of applause. It was raucous! Lots of yeas and hurrahs, and Mercedes Ortiz posted a note that this presentation was her favorite, the #1 Forum in her six years with Omnilore.



Pungent Red Herrings Come from Chimneys Like this one in Bornholm, Denmark



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

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

Spring is here. That usually signals excitement with the coming of the dog days of summer. However, the excitement is being tempered this Spring with the continuation of COVID-19 in LA County, our nation and around the globe.

The impact of 12 months of living with COVID-19 has caused much disruption in our lives, and frankly, increased fatigue with continuous separation from family and friends along with our self-isolation in order to stay safe. I hope you and your loved ones have not been impacted by COVID-19, but if you have, please accept our condolences.

COVID-19 has, and continues, to impact our College and CSUDH. Our ability to repopulate the campus, the desire of many campus community members, is being driven by directives from the Chancellor's Office, the Office of the President of

CSUDH, LA County, and the CDC. The repopulation plan started in the Spring '21 semester. Approximately 8% of classes that don't lend themselves to Zoom or online education were selected to return to campus for face-to-face instruction. The classes selected included orchestra, pottery, theater, and the resumption of research labs.

The next phase, Phase 2, will consider increasing the number of students on campus, but just slightly. Each College recently submitted a formal request to the Chancellor's Office. We are hopeful that the six CEIE courses, EMT and OSHA courses will be permitted to resume face-to-face, but there are no guarantees. The courses identified articulated a need for face-to-face instruction and clearly illustrated why tactical learning was critical to achieving student learning outcomes. The request also included a reconfigured classroom schema along with a safe distance and disinfection plan.

Phase 3 and Phase 4 are not being considered at present, and there is no date for a total repopulation and resumption of learning via an on campus, hybrid, or online modality. Retention is of concern, especially in student progression and tuition revenue. The last figure reported indicated a drop in student count from Fall '20 to Spring '21. Every College experienced a loss of enrollment and subsequently in tuition revenue, including CEIE.

Unfortunately, the persistence of COVID-19 cases and subsequent deaths in LA County, has and continues to impact the operation of not only the CSUDH campus, but off-site locations including Beach Cities. The two certificate programs which were offered in the evening and on Saturday pre-COVID-19, Project Management and Human Resource Management, successfully pivoted from a face-to-face modality to a Zoom format. The students adjusted well to the pivot and are performing well. Based on feedback from the certificate students and their preference for online classes, there are no plans to return the two certificate programs to a face-to-face modality.

Omniole at Beach Cities was reviewed, and a decision was made to offer the group's meeting/learning activities at the local campus here in Carson, at no cost. This business decision to move Omniole back to campus was not made lightly. The financial impact on the College due to COVID-19 is not unique to CSUDH. In fact, many higher education institutions closed their doors completely due to COVID-19. Fortunately, closure won't be the fate of public universities in California, but we must be good stewards of Californian's tax monies and therefore have to consider what is best for our College and CSUDH. We will keep everyone posted on repopulation strategies for our students, including Omniole and OLLI@CSUDH. Stay well and stay safe.

CSUDH Email and Zoom Accounts are Available to Omniole Members

by Steve Miller

As I pointed out last year in one of my president's columns, our members have the ability to access their CSUDH student email address. In addition, each member has a CSUDH Zoom account which has more capability than the free, basic account you can get directly from Zoom. There are several steps required but detailed instructions are available online. First, locate your nine-digit CSUDH student account number contained in the receipts that the University sends out for OLLI dues. If you don't have that number handy, you can get it from the College of Extended and International Education Registration Office at 310.243.3741.

After you have your student number you will use it and your social security number to activate your account, and you will be assigned a user name and temporary password. Next you set up some security questions and choose a new password. After that you can establish your personal Zoom account. The University has provided a step by step set of instructions that explain the entire process better than I could. The detailed instructions for both establishing your student account and your Zoom account are found at:

<https://bit.ly/csudholli-howtoguides>

**The
Next
Via
Zoom**

**INTRODUCING OMNIOLORE MEETINGS:
Tuesday, June 22nd - 1:30 p.m.
Wednesday, July 14th - 10 a.m.
Help Spread the Word! RSVP 310-370-2494**



Best Foods to Eat Before and After Getting the COVID Vaccine

by Caitlin Kilgore Feb 12, 2021 (<https://www.eatthis.com/news-foods-before-after-covid-vaccine>)
expanded by Joy Jurena

There are no official guidelines for what to eat before or after getting a COVID-19 vaccine. Should there be? You want to assure that your immune system will respond to the vaccine but not over respond. The foods shown here have anti-inflammatory nutrients.

Most people have no side effects to the vaccine. Some report aches, fatigue, headache, chills, and sometimes a fever. Those with chronic conditions (comorbidities) such as obesity and diabetes may be prone to more severe effects. A NYC study in 2020 showed that 94% of those hospitalized had comorbidities. [nlm.nih.gov/search/research-news/9523/](https://pubmed.ncbi.nlm.nih.gov/search/research-news/9523/)

The largest portion of one's immune system resides in the lining of the gut. This is where most first responder immune cells do surveillance and work with 39 trillion microbes. Thus, it makes sense to keep the microbes and immune cells healthy.

The Best Anti-inflammatory Foods

1. BONE BROTH

Bone broth was a standard food years ago and still is in the Blue Zones and other countries. In the US eating only muscle meat became standard. 50% of an animal's nutrients are in the connective tissue bones, joints, cartilage, etc. "the glue that holds us together." And, the most abundant amino acid in bone broth - glycine - calms immune system cells. The collagen in bone broth - with the help of Vitamin C - maintains our connective tissue as we age.

2. WILD-CAUGHT SALMON and CANNED TUNA, (cooked in the can so no O3 is lost), SARDINES

These fish are excellent sources of omega-3 fatty acids. Omega 3 and Omega 6 are in all cell membranes to manage inflammation. O3 keeps the cells calm, and O6 is needed when inflammation is necessary to kill invaders. The ratio should be 1:1. Consuming a lot of highly processed vegetable oils renders the cells to be pro inflammatory.

3. GREEN VEGGIES

Dark leafy greens and sulfur veggies such as broccoli, all have high levels of antioxidants. They protect against oxidative stress (when an oxygen atom loses an electron during energy production it becomes a free radical. An antioxidant donates an electron and stops the free radical damage.) Seaweed is also an excellent source of both glycine and Omega 3 besides and would be particularly helpful for vegans.

4. GARLIC AND ONIONS

Garlic and all kinds of onions are high in prebiotics, which help feed the good bacteria in the gut. Dark chocolate is also a prebiotic food. hyperbiotics.com/blogs/why-your-microbes-want-you-to-eat-dark-chocolate

5. GREEN TEA

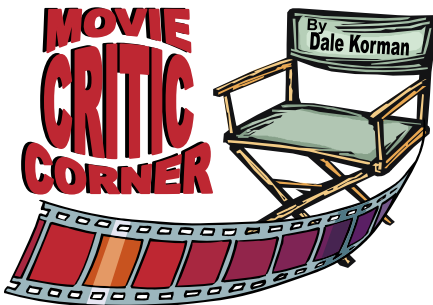
Green Tea has high levels of the plant compound EGCG (or epigallocatechin-3-gallate), which works as a powerful antioxidant.

6. BLUEBERRIES

Blueberries are another inflammation-fighting food. Not only are they a great source of antioxidants, but research also suggests that they may increase serotonin levels (the hormone responsible for balancing your mood).

Remember Ox Tail Soup?





Reagan Opening Delayed to Sometime in 2022

The only movie that held my attention in the February issue of Entertainment Weekly was “Reagan”, a biopic of the life of Ronald Reagan from his childhood to his time in the oval office. Dennis Quaid plays the lead character with Penelope Ann Miller as Nancy and Mina Sirvari as Jane Wyman. Also starring are Robert Davi as Leonid Brezhnev and Jon Voight as Viktor Novikov. There's even a Frank Sinatra character played by Scott Stapp that crit-

ics said definitely takes on this icon's charisma. The movie is based on author Paul Kengor's book, “The Crusader: Ronald Reagan and the Fall of Communism”. Director Sean McNamara had his challenges as production was constantly delayed due to the Coronavirus spread.

Producer Mark Joseph spoke to more than 50 people who personally knew the former president

to get stories that have never been shared publicly before. He said also that the film is more about the fact that there was totalitarianism in the world and Americans helped to end that. His hope is that this movie will prove to be a unifier and repair that which has divided our nation during this time of crisis. And, to quote him, “It's about a man and the challenges he faces, the people that helped him become who he becomes, the good and the bad. A story about a perfect person isn't very interesting, but a story about a man who's flawed, just like all of us, is always interesting”.

Certainly, this would be our SIG's choice for our Movie Goers to go see together and then discuss afterward, as we did before COVID shut downs. Hopefully, we'll be able to frequent the theaters again soon. Stay tuned.



Dennis Quaid and Ronald Reagan: What do you think?



It was great seeing all of you at the coordinators information meeting on April 6th. You should all have received an email with a copy of the slides I presented. Thanks again for offering to facilitate an S/DG this summer. Pre-meetings are currently being scheduled and the trimester starts up again May 3rd. We continue on Zoom through the summer and as for the fall, who knows? I hope everyone has been able to get vaccinated and that you are all in good health.

If you have any questions or issues, don't hesitate to reach out to me at clairedamecour@yahoo.com.



*Claire Damecour
Head Coordinator*



OLLI Spring 2021 Virtual Open House

by Carolyn Pohlner, Membership Chair



At the OLLI Spring 2021 Virtual Open House held back in January, more than 20 different speakers from OLLI and Omniole (Carolyn Pohlner) gave brief summaries of classes, events and programs currently being offered for the Spring semester 2021 at CSUDH. There are some interesting topics for everyone coming up, and I recommend you check out all of them! For a full listing and description of each one, you will need to register for the OLLI Weekly Email Newsletter at: olli@csudh.edu. This publication is emailed to Omniole members and offers details of each week's calendar of events, as well as advertises “Pop-Up” events that are not featured in their regularly published catalogues.

Some of the upcoming events that may interest you are:

- ✓ **TED Talks** with Denise Jefferson, scheduled every Monday at 12 p.m.. There are bound to be some interesting topics for you to explore.
- ✓ **OLLI's Thursday Morning Book Club** April's selection is *Becoming* by Michelle Obama. Tune in Thursday, April 22 at 10 a.m. for a lively discussion.
Beginning mid-April, an 8-week **OLLI NPR** online series kicks off by leading scholar of world mythology and comparative religion, Joseph Campbell. Mr. Campbell made the formerly esoteric subject of mythology relevant for ordinary people like us. For Campbell, all of the hero's stories are our stories, designed to impart crucial wisdom about the challenges, sacrifices, and transformations we all undergo on our journey from childhood dependence to autonomy and self-actualization. Join OLLI as we trace the 17 stages of the monomyth outlined in Campbell's classic *The Hero with a Thousand Faces* and find their relevance in our own lives. Time: April 15, 2021 at 12:00 p.m.
- ✓ **Opera Talks** The LA Opera continues its series of **opera lectures** on April 13 with *Opera and Greek Tragedy* and May 4th with *Shakespeare and Opera*.

**In Loving Memory of Howard Korman
May 31, 1942 – December 16, 2020**

by Judy Bayer—as told by Dale Korman

We all are saddened by the sudden passing of Howard Korman, a dear friend and colleague at Omnilore. Howard passed away peacefully on December 16, 2020 while at home in Torrance with his wife, Dale. Born in Cleveland, Ohio, Howard and Dale attended Cleveland Heights High School where he played tuba in the school band, and Dale sold event tickets. Howard attended Case Institute of Technology. Howard and Dale were married in 1964 and moved to Cambridge, Massachusetts where Howard attended Harvard University's School of Engineering, earning his master's degree and Ph.D. on a full scholarship.

After accepting a job at TRW in 1968 and moving to the South Bay, Howard was an instructor at USC's Graduate School of Mechanical Engineering. In 1979, he was reassigned to Norton Air Force Base where he became an instructor at UC Riverside. He founded a Systems Engineering Extension Program for UC Riverside, co-authored a book for the program, and taught a course on Concept Development. TRW brought Howard back from Redlands to Space Park in 1995, and in 2006 after 38 years with TRW/Northrup he retired.

Howard and Dale joined Omnilore in 2006 just after Howard's retirement. Over the years, Howard participated in 54 classes, kept his notes and presentations for every class, and found the time to serve as Omnilore's President, Membership Chair, and most recently Curriculum Committee Chair. When asked his best memories of Omnilore, Howard responded, "[All] the



wonderful S/DGs that I've taken over the past 14 years," and he stressed that the intellectual stimulation and wonderful people in Omnilore have had significant meaning to him.

His love of music was reflected in his enthusiastic involvement with the Torrance Symphony, playing the tuba in the Palos Verdes Symphonic Band and in a Klezmer band, and singing along with Dale in the choir at Temple Menorah. In Redlands, both Howard and Dale performed at the Redlands Bowl, and Howard also sang barbershop with Harmony Express. As members of the Prime Time Players, they appeared in the Norris Theater and sang with the *Notables*, a local touring choir. Both square dancers since 1971, they were the California Couple on the

Square Dancers of America float in the 1977 Rose Parade—the first time a float had live dancers.

Howard has left a legacy of love for his family and a commitment to his temple and community as a leader, volunteer, student, and musician. We will miss him, and we will remember him with respect and admiration.

Howard is survived by his wife, Dale; their children, Arik Korman (Monica), Caryn Keenan (Mickey) and Diane Numark (Cliff); and grandchildren, Drew and Jaymes, Zan, and Lincoln and Pearl. He also is survived by Dale's mother, Harriet Apsel, a Torrance resident and former member of Omnilore; his sister, Elaine Frank and brother, Shelly Korman and their children.

There are S/DGs you take and then there are S/DGs you remember! Howard coordinated a class on Winston Churchill that stood out in my mind and in his. We were discussing the London blitz during WWII and a classmate, Bernard, captivated the class telling us of his experiences as a ten year old who heard the sirens, immediately grabbed his gas mask and headed into the underground subway tunnels. Parents, children and infants huddled together waiting, and then the first bomb exploded followed by another and another as the ground under them shook and dust dropped from the ceiling overhead. "Hours later, the all clear sounded and people made their way to the street level hopeful that their home somehow survived, but ready to assist their less fortunate neighbors." Howard let Bernard finish his remembrance uninterrupted. Thank you, Howard. A moment to remember.

Jim North

This is a very sudden and sad passing. He was such a nice man. Going in your sleep is a blessing in these times for sure. **Jade Neely**

Just a note of thanks to all fellow Omniloreans who have been so kind in sending their condolences during this time of sadness. So many good memories of all the classes that we dialogued about and the excitement when we came across books that we thought would make worthwhile topics to explore. In gratitude for all the years in Omnilore, **Dale**

ing. I was attending an Omnilore program that Dale was managing. She had written a drama version of a story, and we needed one more actor. Howard immediately offered to be the actor. When Dale devised a combination movie-dinner for Omnilore members at AMC theater and Mimi's restaurant, and Howard didn't miss it. Little did I know that Howard had received a PhD from Harvard in Engineering provided at the university's expense. He paid back this education by providing exceptional work in his chosen field. **Dan Stern**

Continued on Page 10

I was Membership Chairman of Omnilore at the time and Howard was at the meeting for prospective members. He and I chatted, and I must have made a reasonable impression because he joined and that started his outstanding contribution to this organization. We spoke of the fact that we both had wives named Dale who joined Omnilore too. Also, I was coordinator of a class having to do with numbers and this, I believe, was Howard's first one. After it was over, it was clear that he knew more about the subject than I did. I enjoyed knowing him! **Dick Johnson**

In Memoriam

Judith Sommerstein



Judith was born on November 1, 1938 and grew up in Pittsburgh, PA. She graduated from the University of Pittsburgh with a Bachelor's in Education and received a Master's in Counseling from CSU Long Beach. After serving as a Career Counselor for 25 years, she went back to school at the Academy for Jewish Religion (AJR) and received her Master's in Jewish Studies through the Chaplaincy Program. She worked as a staff chaplain at Providence Little Company of Mary Hospital, San Pedro for nine years.

Recently retired from Little Company of Mary, Judith was a member of the bioethics committee of the hospital, returning to set up Jewish holidays for the staff and to do didactics for the CPE program. She provided healing services for two synagogues. Judith joined Omnilore in March 2015 and stayed active until ALS interfered with her ability to communicate. She was married to Dr Adam Sommerstein, a nuclear medical specialist, and had two children, Craig and Gary, and two grandchildren, Elise and Ethan. Judith passed away on January 13th; she was 82.

Jim Halloran

Born James Vincent Halloran III on May 12, 1942, Jim attended St. Mary's Grammar School and St. Mary's High School in Greenwich, CT. In 1964, he earned a BS in mechanical engineering at Catholic University, Washington, D.C.

After college, Jim spent four years in the USAF; stationed first in freezing Grand Forks, ND, where he worked on Minuteman missiles, and later, at Edwards AFB in the Mojave Desert of Southern California, where he worked in the Rocket Lab. After earning the rank of USAF Captain, he took a three-month world backpacking tour, then went on to obtain his MBA at the University of Chicago.

In 1974, Jim married Barbara Case from Torrance and settled in Redondo Beach. While Barbara pursued a career as an academic librarian at Cal State LA, Jim worked as an engineer, marketing specialist and contracts administrator in the Southern California aerospace industry.

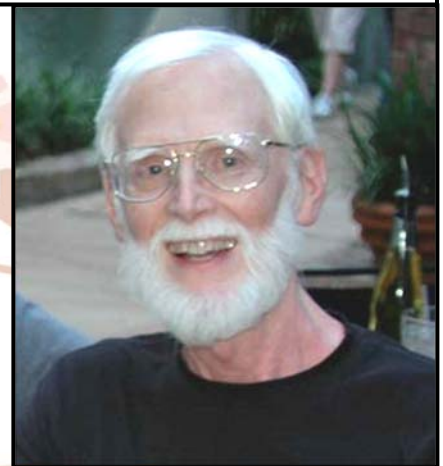
Jim enjoyed flying sailplanes, windsurfing, boogie boarding and road cycling. Barbara was also an avid cyclist and together they accomplished many long-distance bicycling vacations, the longest from the Canadian border to the Mexican border along the Pacific Coast (34 days). The couple also amused and intellectually entertained themselves with a variety of yearly independent and adventure travel experiences across the globe.

After retirement, Jim pursued his lifelong passion for airplanes and aviation by first working on Project Tomahawk—the restoration of a WWII Curtiss P-40b fighter—at Zamperini Field in Torrance, and later by volunteering at the Planes of Fame Air Museum in Chino, CA, where he eventually earned the honor of serving as Head Docent.

Jim joined Omnilore for a few years in April 2008; Barbara, joining with him, has been a staunch Omnilorean for 13 years.

Jim was a lifelong, outspoken and avid Libertarian. He attributed most of the world's ills to incompetent politicians and could argue endlessly about the waste of our tax dollars by local, state and national governments. The Libertarian Party asked him repeatedly to run for political office, but he always declined. He was an enthusiastic member of the Reason Foundation, and frequently attended their events, reading and absorbing virtually all their literature, authoring one of their papers, and providing feedback and research for many others.

On February 16, 2021, Jim passed away at home in Redondo Beach after a long illness. He was 78.



Continued from Page 9: *Howard Korman Memories*

We cannot believe that this man who has been engaged in so many important activities and remained such an important part of so many lives is gone. All of us who have known him will miss his involvement and his insatiable curiosity about the world around him. We shall miss him so much.

Zelda and Jerry Green

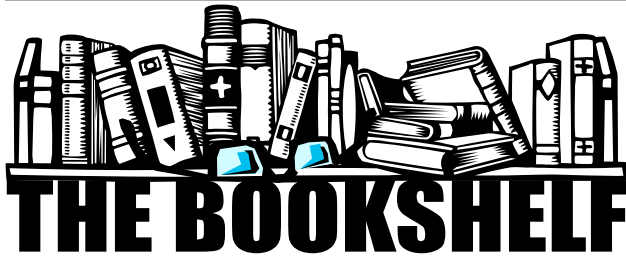
Howard was a very bright, energetic, enthusiastic member of Omnilore. He added enormously to the organization. He had a warm, friendly personality and never knew a stranger. I will miss him terribly and am sad for his wife Dale and family. With sympathy and love,

Nancy Shannon

I'm so sorry to hear the news of Howard's passing. I remember so fondly his talk in Manhattan Beach a few years ago on the subject of Klezmer music. With his usual enthusiasm and deep knowledge, he treated us all to a joyful, rousing introduction to the music and we all left a little lighter on our feet and in our hearts. He gave so much to his community. I will miss him.

Kate Nelson

I am so sorry to hear this. He was a very nice guy and a smart man. Steven Kolodny



The Recessional, by James A. Michener. As we read about this retirement home in Florida called The Palms, we meet a lot of delightful characters. The Palms is not only a retirement home; the Palms is a hospice facility with all the problems that can be associated with one. The Palms director is a disgraced OBGYN, Andy Zorn, who is hired to be simply the director of a financially troubled community. He is not to provide any advice or treatment in health areas. As situations arise, Andy finds himself in a difficult place as his professional ethics come into play.

Although this is one of Michener's shorter books, it is not lacking in interest or readability.



le Colonel Chabert by Honore de Balzac.

le Colonel Chabert is an 1832 novella by French novelist and playwright Honoré de Balzac. It is included in his series of novels known as La Comédie Humaine, which depicts and parodies French society in the period of the Restoration and the July Monarchy. At less than 50 pages, it's a quick but illuminating read.

Owing to his keen observation of detail and unfiltered representation of society, Balzac is regarded as one of the founders of realism in European literature. He is renowned for his multi-faceted characters; even his lesser characters are complex, morally ambiguous and fully human. Inanimate objects are imbued with character as well; the city of Paris, a backdrop for much of his writing, takes on many human qualities. His writing influenced many famous writers, including the novelists Émile Zola, Charles Dickens, Gustave Flaubert, Jack Kerouac and Henry James, as well as important philosophers such as Friedrich Engels.

Meditations by Marcus Aurelius. New Translation and Introduction by Gregory Hays. A series of spiritual exercises filled with wisdom, practical guidance, and profound understanding of human behavior, Marcus Aurelius' *Meditations* remains one of the greatest works of spiritual and ethical reflection ever written. Marcus's insights and advice on everything from living in the world to coping with adversity and interacting with others have made the *Meditations* required reading for statesmen and philosophers alike, while generations of ordinary readers have responded to the straightforward intimacy of his style.

As one reviewer aptly put it:

Be wise.
Learn and grow.
Take what is useful.
Discard the rest.

Book suggestions from Omniloreans make this column work. Thanks to , Vickie Volchok and Dan Stern for contributing to this issue's list. Send submissions to:

newsletter@omnilore.org

Wisdom from OZUG

by Elyse Gura

Send a copy of your presentation to S/DG techie:

This ensures that someone will be able to "share screen" your presentation in case of technical difficulties.

Avoid using up cellular data on a mobile device:

Connect to WiFi (accessible from Settings menu) before joining Zoom meeting from a mobile device.

Try using Reactions:

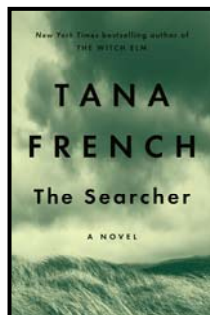
Click "Reactions" on the bottom black bar of your Zoom video screen to see 10 "emoticons" and the Raise Hand icon. The Raise Hand icon is used to show the host you want to speak and remains on your video until you click Reactions>Lower Hand.

Watch for more Wisdom from OZUG Zoom tips in the May/June 2021 Newsletter.

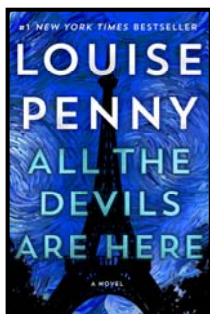
Spring Best Sellers SIG Reads

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.

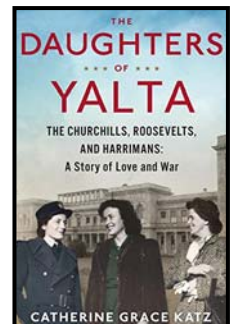


Monday, April 12:
Fiction
The Searcher
by Tana French

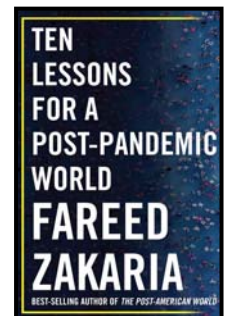


Monday, June 14:
Fiction
All the Devils are Here
by Louise Penny

Monday, May 10:
Non-Fiction
The Daughters of Yalta
by Catherine Grace Katz



Monday, July 12:
Non-Fiction
Ten Lessons For a Post-Pandemic World
by Fareed Zakaria



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.

- April**
- 4 **Easter**
 - 4 **Passover Ends**
 - 6 Coordinator Information Meeting—Summer 2021—10 a.m.,
via Zoom
 - 8 Board of Directors Meeting—12 Noon-1:30 p.m.,
via Zoom
 - 12 Best Sellers Book Group—12 noon-1 p.m.,
via Zoom
 - 22 **Earth Day**
 - 30 **Spring Forum**—1:00 p.m., via Zoom
(see article, page 1)
- May**
- 3 Summer Trimester Begins

OMNIOLORE
CALENDAR
2021



2021 Forums
 Winter—January 29th
 Spring—April 30th
 Summer—July 30th
 Annual Mtg.—October 29th

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

Update on the Outreach Program

For the Outreach, no one has volunteered to Zoom in one of their presentations to The Canterbury lately. However, I dropped off over 30 books to Brookdale where Lynn Schubert is living. They were Howard's that had accumulated over the years from his Omnilore classes. The librarian there was very impressed at the variety of subjects, especially since they were all non-fiction books and would appeal to the residents. She said that some of the topics already had been discussed in their group gatherings.

It's never too late to volunteer to do a presentation via Zoom. Hopefully, it won't be too much longer for us safely to be able to present in person again. If you are interested in participating, please let me know.

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



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 SDG 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)