



OMNIOLORE NEWS



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Omnilore Presents

Storyteller Ruth Stotter

"Open Sesame: Join Us for a Dive into the World of Storying"

Ms. Ruth Stotter is a professional storyteller, educator, and author based in Northern California. In addition to performing an encyclopedic repertoire of folktales from around the world, Ruth has given talks and led workshops on a wide variety of story-telling-related subjects on five continents.

Ruth is the Founder and retired Director of the Storytelling Program, Dominican College (San Rafael, California), 1985-1999. She has received a lifetime teaching credential (Kindergarten through University) from the State of California. She is a former chairperson of the American Folklore Society's Folk Narrative Section and has also served in the AFS' Children's Folklore Section where she helped to select the best Folklore-related publications for children. In 2011, she received the (USA) National Storytelling Network's Lifetime Achievement Award.

Ruth will be regaling us with histories and examples which will educate and excite us about recognizing how and why these traditional tales from the oral tradition continue to be told and retold.

Ruth Stotter



Please Join Us:

Friday, July 29th at 12 Noon



Above is a walrus ivory Yup'ik storyknife from SW Alaska. The teller draws images in mud or snow while telling the story. Ruth spent January 1986 performing and teaching in six Yupik villages.

The results of the Forum Poll conducted May 10th-20th from 153 responders showed 42% of the responders were willing at that time to attend in person, whereas those not wanting to attend in person plus those undecided and those who couldn't attend anyway added up to 58%. We concluded we would have to do this Forum via Zoom, as we do not appear to have enough members who are willing to attend a live Forum to make their cost reasonable. Zoom information has changed and will be provided to all as we get closer to the event.

OMNIOLORE NEWS is a publication of OMNIOLORE Learning-In-Retirement, Inc., a tax-exempt 501 (c)(3) nonprofit public benefit corporation.

OMNIOLORE NEWS is published four times annually. We welcome short feature articles and news stories. Please contact the editor with your contributions.

Editor Claire Damecour
Staff Member TBD

MESSAGE FROM OMNIOLORE PRESIDENT'S DESK

Frank Pohlner

It has been a little over a year as a nonprofit corporation, and we are ready to start another Omnimore registration cycle. The registration period is from July 1st through August 1st. We have been working hard to constantly improve our hybrid Zoom capability with new equipment and new procedures so that those of us who are comfortable meeting in our classrooms may do so while those who are not may join from home.

In conjunction with our registration period, we will be holding a recruitment campaign called Bring One Friend. As many of you know, almost all new Omnimore members come from the personal invitation by an existing Omnimore member not from health fairs, newspaper articles, library bulletin boards, retirement associations or other methods that we use to publicize our wonderful organization. During the months of July and August, we are asking each Omnimorean to reach out to at least one friend and tell them about your positive experiences with Omnimore and invite them to join. Our next Omnimore Orientation Meeting is via Zoom on July 27th at 10 a.m. At this meeting, potential new members learn what Omnimore is all about, what is required and how to register.

With careful budgeting and a little help from our donors, we have been able to keep our basic annual registration fee to just \$200, with email notifications, for unlimited Study/Discussion Group (S/DG) classes and access to our Special Interest Group activities. See details in the registration envelope sent to all members in the U.S. mail.

New this year, we will be adding "Lifestyle" S/DG's offered

in the evenings and on weekends allowing us to more fully utilize our classroom space and give members more and varied opportunities. These may include topics like: gardening, travel, home maintenance, bicycling, wine tasting, cooking, games like chess, bridge, mahjong, movie nights with discussions on our new 85" big screen TVs, etc.

Because budget issues forced CSUDH to stop financial support to us, we will no longer be collecting OLLI fees and enrolling our members in OLLI. If you wish to register for OLLI at CSUDH go to their website at: <https://www.csudh.edu/olli/membership-registration/>

This first year of incorporation as a nonprofit has meant a lot of extra work for our volunteer Board of Directors: State of California filings, bank accounts, tax returns, obtaining insurance, property tax, employee benefits, payroll services, dealing with building management, equipment installation, etc. Please look on the front page for their titles and thank: Rick Spillane, Dennis Bosch, Michael Goergen and Phil Solomita for their time, energy and expertise.

I am looking ahead with great enthusiasm for Omnimore.



Frank Pohlner
President
Omnimore LIR, Inc.



As you know, all S/DGs must have both a coordinator and co-coordinator in order to go forward. During the second week of July, we will be looking for members to fill these positions for the fall trimester. In the interest of sharing these positions more equitably, we are asking that you be open to accepting one of these positions. We would like to avoid having any member serve as a coordinator of more than one S/DG per term.

If you have not been a coordinator before and would like more information regarding what this involves, please feel free to contact me at dende88@gmail.com.

I am glad to help out new coordinators by sharing materials and answering questions any time. **The next Coordinator Information meeting will be held August 3 at 10:00 a.m. via Zoom.** All coordinators and co-coordinators for the fall term will be emailed the Zoom link and are requested to attend.

I would like to thank the committee for their efforts in obtaining the coordinators and co-coordinators for the summer trimester. Gloria Dumais, Gail Ruder, Carmen Svensrud, Carol Wingate and Marilyn Brashear worked with me to make it possible to complete this important task in a timely manner.



These committee members will be calling and emailing Omnimore members to serve as coordinators and co-coordinators for the fall trimester.

If you have any questions or issues, don't hesitate to reach out to me at dende88@gmail.com



Denise DeVenuto
Head Coordinator

Omnilore Profile: Pat Digre

by Shera Dolmatz

Philadelphia, Pennsylvania native, Pat Digre graduated from high school as the class valedictorian. At her commencement, she delivered sage and inspirational advice to her classmates. She directed them to love people and to go forth and care for the world. Pat followed her own advice and enjoyed a successful career in social work which centered around helping others.

Pat attended Wheaton College in Illinois where she received a Bachelor of Arts in Sociology. Then she volunteered for Vista for a year. Her job took her to Atlanta, Georgia where she worked with President Lyndon B. Johnson's War on Poverty Program assisting low-income women to develop their job skills and with the Salvation Army Girls Club as an Activities Director.

Following Vista, Pat attended the University of Illinois in Chicago earning her Master's in Social Work. Her professional career focused on working with the developmentally disabled and special education communities.

Early in Pat's career, she moved to Tallahassee, Florida with her young family. While in Florida, she was an administrator for the Florida State Head and Spinal Cord Injury Program in the Department of Vocational Rehabilitation. At this job, Pat developed Florida's first head and spinal injury program which is still in use.

In 1991, Pat moved to California where she continued to impact the developmentally disabled community. She was employed by the Betty Clooney Brain Injury Program, she created and ran her own consultancy firm which assisted adult day health care centers earn their state licenses, and she worked for the Harbor Regional Center as a Program Manager for clients with developmental disabilities.



Outside of work, Pat is an artist and a very involved member of the community. She is on the Board of Directors of the Lutheran Social Services of Southern California, a faith-based social services agency that provides social services to vulnerable populations in five counties of Southern California. She also has served as their interim Director and CEO. Pat is on the school board for First Lutheran Church and School in Torrance and in July will be on the church's council.

Over a dozen years ago, Pat's friend Cindy Eggert told her about Omnilore and Pat, a lifelong learner, knew the program would be a great fit. She was drawn to the concept of peer-led education and now enjoys the variety

of course offerings. When asked to pick a favorite class, Pat had difficulty choosing. "There have been so many. It is hard to pinpoint one." She settled on the Ornament of the World: How Muslims, Jews, and Christians Created a Culture of Tolerance in Medieval Spain. This class made her want to see that part of the world, a goal still on her bucket list.

She loves to travel and while Spain is still in her sights, she has already explored South America, Europe several times, China, Southeast Asia, and recently returned from a Rhine River cruise.

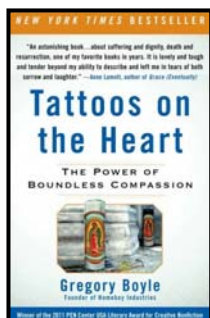
Pat has two children, a son, Jon and a daughter, Sara. She married Jim Mueller in 2011, and together they share his four grandchildren.

When asked to reflect on retirement and to provide advice to new retirees, Pat said that the best part of retirement "is having time to choose the activities that you want to do, time to stay healthy, and make new friends. I am so thankful that I have landed up in California and met so many good friends. I feel that I live a very fulfilled life."

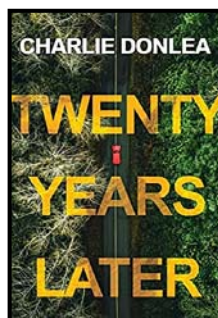
Best Sellers SIG Reads for the Summer

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 11:
Non-Fiction
Tattoos on the Heart: The Power of Boundless Compassion
by Gregory Boyle



Monday,
August 8:
Fiction
Twenty Years Later
by Charlie Donlea



Monday,
September 12:
Non-Fiction
Maybe You Should Talk to Someone
by Lori Gottlieb

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.



Omnioleoreans—Summer Stories

by Claire Damecour, Omnioleore News Editor

Thank you for sharing your Letters to the Editor. Everyone enjoys reading the wonderful vignettes describing your adventures as you first hunkered down, then took tentative steps forward, then navigated through the subsiding days of the pandemic and now spending your summer days out and about. More Omnioleoreans are showing up in person at the Beach Cities Health Center for hybrid classes and enjoying each other's company at potlucks in their homes and on field trips. We are beginning to feel confident about the future post-COVID world. Please continue to share your optimism and your heartening stories.



Jim North: Come Fly With Me.....OMG!

While we sheltered in place due to “you know what”, the travel industry embraced, no, actually married, the new technology for the benefit and ease of their customers. Really? If you're planning a trip - GET READY TO RUMBLE!

You can go online and order your ticket, select your seat assignment, pay extra for two more inches of leg room, order a meal - sorry, refreshments only - and pay for it all with your credit card. If you have a question, A/I will direct you to a new location that will answer any question you have except the one you have. You can still talk to an agent if you can find a phone number and are willing to wait an undetermined period of time listening to something like music only to be directed back to the page of answers on the internet. The local airport defies individual parking due to construction at every terminal and some kind of sky bridge that will be activated in two to four years. Just you wait! That leaves a car service if they show up! At the airport, the friendly sky cap never touches your bags but politely directs you to the self-operating kiosk inside the terminal and a line twelve deep with no airline personnel in sight. At the kiosk, you must use your phone to bring up your boarding pass, figure out how to scan it and pray the machine doesn't run out of paper on you. Attach the baggage tags, careful not to cover up the bar code or you will have to get back in line for new tags, and carry your luggage to the bag drop. Lift your luggage on to a scale and pray it is under the appointed weight limit or you will pay via credit card only. Finally, a uniformed employee tosses your luggage onto a conveyer, and you are in the



airport, your luggage is checked, you are two hours ahead of the flight time and free to proceed to the designated gate which is up the escalator and a half mile away. However, first you must pass thru TSA. If you are pre-approved the process is simpler, but without pre-approval, you must remove your shoes, belt, jacket, and raise your arms in the scanner. A money clip in your pocket may require a pat

down. Yikes!

Never miss an opportunity to use a bathroom because your departure gate could stand alone at the very end of the terminal. Bring food and get into survival mode.

You are lovingly assigned to a group and will be called to board the aircraft by group number only. No need to rush as you will spend a considerable time in the connector tunnel as 150 passengers ahead of you fill the overhead storage. At last, you see your aisle number and the dreaded letters ABC. How can this be as you requested an aisle seat C or D, and you are a B on the boarding pass. Look closely and see the small print that lets you know that a change of aircraft may be required for your flight. The seating arrangement reminds me of a ham sandwich and the middle set is the ham.

All in all, we were transported safely from the west coast to the east coast and back in less than ten hours, traveled over 5,000 miles, attended a wedding, reconnected with friends and family, and met six new members. In summary, thank you airline industry for the miracles you provide.

PS: NEVER BE WITHOUT YOUR PHONE!

Patricia Edie: Life is Better with a Dog!

Jay and I are thinkers and planners. Every New Year's Day we would write out our goals for the coming year...things we wanted to learn, places we wanted to visit, ways to improve our health. We took pride in being forward thinking and had the world by a string! But beginning in 2016, life began to change. It was no longer dependable. We couldn't count on things remaining constant. It started with the election of Donald Trump as President, catapulting us into a realization that our government and our United States was not what it had been. Our world had changed. We had to learn to communicate with people we respected but who held beliefs counter to ours.

This was followed by two years of the pandemic of the Coronavirus. Two years of being homebound, avoiding gatherings of any kind, wearing masks, being isolated in our homes, living in fear of disease and death. Fortunately, we were retired, we were technically savvy and Zoom pros so we could gather for online classes, meetings,

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Letters to the Editor—Continued from Page 4

family get-togethers and Happy Hours. While we were “shut-in” we still had stimulation and days that were full.

During this time, we also aged. We were surprised to realize that we were actually elderly and that we did have an expiration date. We mentally settled into the awareness that we were living out our remaining years.

One thing that I do to maintain friendships is participate in social media. One day a neighbor posted a picture of a beautiful Husky dog that was in need of a home. He had been rescued from the local animal shelter by a young couple just a few months previously. When the wife became pregnant with their first child and had severe morning sickness, they decided they could not keep the dog. Not wanting to take him back to the shelter, they were looking for someone to rehome him.

Jay and I never had talked about having a pet. We enjoyed spending time with other family dogs, and Jay always took them for walks during family gatherings, but the idea of committing to caring for one 24/7 never hit our radar. I showed Jay the photo, knowing he had a special appreciation for Siberian Huskies. He looked at it, looked at me, I looked at him and somehow the thought became present to us – “Would we like to adopt him?”

Long story short...we did, and our lives have been drastically changed! Kodi has gained a place in our home and our hearts that is permanent. He filled a void that we didn't know we had! We both love him and care for him, but he is really more Jay's dog! Jay has given his heart to this animal, and it is as if his life was injected with purpose and caring. He walks Kodi at least three times a day, losing weight in the process and feeling fit. Always a more introverted personality, Jay has broadened his social friendships by going to the dog park twice a day and interacting with other dog owners. First, he learned the dogs' names, then he learned the owners! Kodi is very attached to us and moves to settle down into whatever room we move to. Having a dog has also given us another thing to bind us as a couple. It is as if we share a child together as we immerse ourselves in Kodi's needs and enjoy his antics. Being a husky, Kodi sheds hair profusely but sweeping it up daily is a small price to pay for the joy of having another heart beating in our house.



Ray Destabelle: Broadway Musicals Galore!

Anne and Ray Destabelle just returned from our third immersive trip to Broadway. In 2018 and 2019 we went with Paul Garman, Director of Musical Theatre West (MTW), and a group of about 100 for a week on Broadway. We signed up for the 2020 tour that was cancelled because of COVID-19. We finally made it in 2022. We were booked for six nights at the Westin Times Square, a block from Times Square. We enjoyed six Broadway Musical Shows in five days, lavish meals at nearby restaurants and visits to the spectacular J.P. Morgan Library. In addition, we enjoyed many hours at The Metropolitan Museum of Art where one could lose oneself for weeks at a time. Currently, the very impressive Winslow Homer exhibit is on display along with countless other wonders.



We left Los Angeles on May 21, two days before our group, in order to spend two days and nights with family in Center Moriches, far out on Long Island.



The emphasis was on the Broadway shows. The shows we saw, ranked in order of our preference were; #1 *Moulin Rouge*; three shows tied for #2; *Music Man* with Hugh Jackman and Sutton Foster, *Mrs. Doubtfire*, and *Funny Girl*; #5 was *Company* with the lead role changed from the original male to a female lead; and last, a distant #6, *SIX* about the six wives of Henry the VIII.

We walked everywhere – to all theatres and to nearby restaurants that we had been to on previous MTW trips along with a new and fabulous Cuban restaurant. Our extravagant and lavish farewell dinner took place at the newly developed waterfront on the East River at The Water Club. And we even had free time as well to catch up on our reading. We look forward to another adventure with the group as they provide a seamless and thoroughly satisfying way to visit NYC and its wonders.

**Ah, the modern days . . .
I just saw a grandpa help a youngster
who was staring into his phone,
to cross the street.**

Volunteering in the Time of COVID

by Claire Damecour

I have enjoyed volunteering since my childhood in a variety of ways. I became a doctor and a psychiatrist in order to continue my altruistic efforts. When I stopped working full-time in 2010, and my children were teenagers, I began volunteering again. I tutored at a community college while I was in Phoenix. Here in the South Bay, I have volunteered at domestic violence shelters, after-school programs at Toberman in San Pedro, daycare with Harbor Interfaith Shelter in San Pedro, tutoring ESL (English as a Second Language) with the South Bay Literacy Council, Christmas gift drives, as well as with the board of Omnilore. When COVID shut everything down, I found myself scrambling for something to do. The first thing I did was switch my ESL classes to Zoom. Then I took a part-time telepsychiatry job for most of 2020. Then I moved my Omnilore classes to Zoom. I traveled for most of 2020 and 2021 and when I came back in November 2021, I contacted the places I used to go to volunteer, as well as several others that had been suggested to me. All shut down! I made more phone calls and sent more emails than I have ever done to get a job! I did volunteer at the Medical Reserve Corps who were running a vaccine clinic in Long Beach at the Community College. I had volunteered with them during the height of lockdown, March-June 2020 when they had a triage tent set up at LBCC to lower the stress on the Emergency Departments by seeing people with minor complaints who couldn't see their doctor or get into the Ur-

gent Care as they were shut down. Unfortunately, for me, the vaccine clinics appeared to be very overstaffed, and I stopped doing that.

Of all the places I contacted the only one who accepted me was the American Red Cross. It turns out that they are much more than blood donation centers. I completed a bunch of online and zoom training with them and began helping out in December. We have all seen on TV the Red Cross at sites of tornadoes, wildfires, etc., running shelters, handing out water and food and caring for the victims. What I didn't know was that the Red Cross reaches out and helps people who have experienced a fire in their home. I have been offering psychological support to these people through the phone, calling three times in three weeks and offering a listening ear. I learned in training that I should "listen like you have nothing better to do." I also screen for signs of PTSD or Severe Depression in order to know when to intervene with additional resources available in the community. I was on standby during the Super Bowl in case of a mass casualty event, which, thank goodness did not happen. I anticipate being deployed outside the South Bay when the hurricane, tornado and wildfire seasons begin again. In the case of sheltered victims, I will offer support to the victims as well as to staff, who may get burned out from the traumatic events. It is certainly very challenging but also very rewarding. The hardest job you'll ever love.

Letters to the Editor—Continued from Page 5

Stu Watson: My 1958 Porsche Speedster Lives On!

In 1963-64, I raced as an amateur a lightly modified 1958 Porsche Speedster at various road courses in the Cal Club Region of the SCCA (Sports Car Club of America). When the money ran out, I sold the car to a Fresno man who raced the car, now heavily modified, continuously for 33 years. His son and heir sold the car to a well-to-do retired Los Angeles dentist who exhibits the car at prestigious vintage sports car races like the annual Monterey Motorsports Reunion at Laguna Seca Raceway. I was reunited with the car at the 2018 Rennsport (Porsche race cars) at Laguna Seca. I met the dentist/owner and we've become friends. He is taking the car to Pacific Raceways near Kent, WA, over the 4th of July weekend and has invited me to join him. My son and I are driving there and will be staying with longtime friends in Olalla. The husband was a member of my pit crew. We'll also visit my niece and her family in Fircrest. My son and I will drive home after the 4th.



Top: My first race at the Goleta Airport track near Santa Barbara in May 1963. In the middle, I am on the right talking to the bearded man. My Speedster is #72 behind us. Left: Speedster as seen at Pacific Raceways, Kent, WA. Ernie Nagametsu, current owner is at the wheel.

To Zoom or Not to Zoom, That is the Question . . .

by Claire Damecour

I joined Omnilore in the fall of 2014, after moving from Phoenix where I lived for 16 years. The last few years that I lived in Phoenix, after going to part-time work, I participated in community college classes. When I got to Torrance, I was looking for something similar and contacted El Camino College. I was not considered a resident so it would have cost way too much money. I joined a ceramics class at Torrance Cultural Arts Center and met Carmen Svensrud who introduced me to Omnilore. My first classes were held at the Adult School over on Inglewood and then we moved to Beach Cities Health District (BCHD). I liked it right from the start and have been participating since then in up to six S/DGs a trimester, coordinating and co-ordinating almost every trimester, as well as volunteering on the Curriculum Committee, and as a Head Coordinator. When COVID hit and everything shut down, I was one of the first coordinators to get the S/DG up and running again via Zoom. There were some difficult days, with people struggling with sharing their presentations, etc., but we adapted and now it's second nature (for many of us). Omnilore, Learning-In-Retirement, has begun renting the BCHD classrooms again since September 2021. I have recently tried a hybrid class as one of my Summer 2022 S/DGs wanted to try. As we approach the Fall 2022 trimester, the question of hybrid or zoom only or in-person only will resurface. Each individual S/DG group decides what works best for them.

So, here's my list of advantages and disadvantages of the methods I have witnessed: Zoom, and in-person/hybrid: (I'm sure there are others I haven't thought of.)

Advantages of Zoom:

- ◆ no driving, no parking, no commute
- ◆ can be done from almost anywhere (I traveled over 70 thousand miles in 2020 and 2021 without missing a class)
- ◆ no microphone feed back
- ◆ no need for projectors and USB drives and dongles to connect your presentation to the screen
- ◆ no "techie" issues (or maybe just different ones)
- ◆ participants can be anywhere in the world (several members who quit Omnilore when they moved out of the area have rejoined)
- ◆ disruptive people can be muted or blocked
- ◆ only one person can talk at a time
- ◆ no spread of germs
- ◆ no public bathrooms
- ◆ no masks
- ◆ no cleaning up after snack eating
- ◆ no snacks (no extra calories I don't need)
- ◆ you can eat your own snacks at home
- ◆ you can wear your pajamas
- ◆ no searching for someone to open the door
- ◆ no waiting for the other class to finally get out of the room

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Disadvantages of Zoom:

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- ◆ power, internet or computer problems can shut you down
- ◆ the sound quality can be testy (different participants can be too soft or too loud)
- ◆ people can forget to mute and then make comments or carry-on conversations with their housemates, neighbors, etc.
- ◆ only one person can speak at a time
- ◆ you can't have a private conversation with one member, unless you do it by chat
- ◆ participants can be easily distracted by children or spouses or someone at the door, etc.
- ◆ no hugs or physical contact
- ◆ not the same atmosphere/ambiance
- ◆ cost of zoom memberships

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Advantages of In-Person/hybrid:

- ◆ all the disadvantages of Zoom disappear
- ◆ get out of the house, move the body around
- ◆ ability to meet with people socially before and after the class
- ◆ more focused on the task at hand, attending the SDGs
- ◆ members of Omnilore that have not wanted to do Zoom may return to participate

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Disadvantages of In-person/hybrid:

- ◆ all the advantages of Zoom disappear
- ◆ cost of rental

Having attended both zoom-only and in-person/hybrid, I can say that I personally prefer in-person. It's more friendly, and with the current set up you can hear and see everyone very well both in the classroom and on zoom. And it feels good to get out of the house!

I suspect hybrid classrooms will be our future, opening up more opportunities for learning for everyone, no matter where they are located.

Perhaps a silver lining of the COVID-19 pandemic.



Three senior guys are out walking. The first one says, "Windy, isn't it?"
The second one says, "No, it's Thursday!" The third one says,
"So am I. Let's go get a beer."



In Memoriam

Harriet Apsel



Born in Cleveland, Ohio 98 years ago, Harriet experienced many milestones and saw amazing technological advances. She was an avid storyteller about her life during the Depression with brother, Willard, as a war bride and mother during WWII, creating a successful photography business with her husband, Jay, of 65 years, nurturing two children, daughter

Dale (married Howard) and son Randy, enjoying the birth of grandchildren, Arik (Monica), Caryn (Mickey), Diane (Cliff) and Jennifer, and, especially, welcoming the next generation of the great grandchildren, Andrew, Jaymes, Alexander, Lincoln and Pearl, calling her Gigi.

Her passion was painting, music and the Arts. She was awarded for her volunteerism by the City of Torrance for The Torrance Symphony, The Arts Council, The Cultural Arts Foundation and for being a good neighbor by the YMCA.

Her presentations for OMNIOLORE gave everyone the older perspective of many topics.

Her secret to living a long and fulfilling life was caring more about others than herself and being an 80% glass-full kind of positive energetic person. She stayed very active and loved playing tennis and golf into her 80s.

She was laid to rest in a private family service at Green Hills to be with her husband. No doubt they are dancing together amidst the clouds.

I shared a movie class with Harriet and she held the group spellbound describing the efforts it took to complete SINGING IN THE RAIN. Inside knowledge revealed the true grit of another wonderful lady, Debbie Reynolds. My condolences to the family on this loss.

Jim North

I am deeply saddened to hear of Harriet's passing. She was one of the first Omnioleors I met in my early S/DGs. I enjoyed your mom's many contributions to our discussions, especially her sharing stories from her own past to make history come alive for me. I hope her memory always brings joy to you and to your family. Please accept my condolences for your loss. *Mercedes Ortiz*

I would like to thank all those who sent the family sympathy cards. Many remembered her presentations, especially those topics of music, short stories and movies - her favorites. Many mentioned her smile and positive attitude. Needless to say, she is missed, but I feel blessed that we were together for so long, looking younger than her 98 years. *Dale Korman*

Charles (Dave) Knauer



Charles David (Dave) Knauer, Jr. of Rancho Palos Verdes, passed away peacefully with family members present on May 15, 2022 after a long, prosperous life.

Dave was born July 1933 to Charles and Alvina Knauer in Duluth, Minnesota. After graduating from Denfeld high

school in 1951, he went on to study Mechanical Engineering at Michigan Technological University for his Bachelor of Science degree. He furthered his education by attending Purdue University for his Master of Science degree.

After graduation, Dave moved to California and started his career in the aerospace industry with Douglas Aircraft and Ford Aeronautics. He then moved to Hughes Aircraft Company where he had a long, successful 30+ year career and held various management and technical assignments. He was very proud of his professional designations and the published articles he collaborated on with colleagues.

Dave was certainly passionate about contributing within his community. Besides being a "rocket scientist", Dave was also known as soccer "Coach Knauer". He enjoyed his assignment as President of the South Bay Community Concerts Association. Education continued to be important to him either through attending courses or instructing others through Omniole, Investment Club or the Peninsula Breakfast Club. He also found time to visit more than 40 countries around the world.

Dave joined Omniole in December 2007 and stopped being active a couple of years ago when he wait-listed himself for a spot at The Canterbury, saying he'd rejoin once he was settled in. He enjoyed history and science courses, never shirking to coordinate. He would have celebrated his 89th birthday this month.

Sad news about a fine man. *Art Irizarry*

Not only were Dave and Howard in some of the same Omniole classes together, but also we were both on the South Bay Community Concert Association Board when he was president. He often made us chuckle when he introduced the entertainment and had "senior moments" in pronouncing their names correctly and announcing future concerts. He was well known for the charts he generated to show the status of the association. A true engineer!

Dale Korman

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In Memoriam

Carol Nord Johnson

Gerd Carol Nord was born on December 19, 1938, to parents Helmer Emil Nord and Elfrida Augusta Gjesbak. Her parents immigrated from Norway and became naturalized citizens. She joined her sisters, Solveig Marie and Elfrida Helene, and grew up on a farm six miles north of Appam, North Dakota. Carol's early elementary school years were spent at a nearby one-room country school.

At age 10, after her father's death, she moved with her mother and sisters to Williston, North Dakota where she continued her elementary and high school education. After she finished her freshman year at the University of North Dakota at Grand Forks, she took time off to travel with her family to Norway for four months. This was her first chance to meet her grandparents, aunts, uncles and cousins.

After her Norway visit, she received her Bachelor of Science degree in mathematics at North Dakota State University in Fargo. Carol was hired by the Boeing Company in Seattle, Washington as a computer programmer. While in Seattle she discovered Scandinavian folk dancing.

Carol moved to Southern California as the bride of James Johnson in 1969. They had no children when they later divorced. Her move to California led to a 13-year career at Rand Corporation starting in 1969. The entire time there was spent on a project which the Dutch government contracted with Rand to develop a hydro-dynamic model



to be used in the Netherlands for decision making in prevention of flooding. This was her favorite job!

Carol continued Scandinavian dancing in Southern California and added English Country and Scottish dancing to her repertoire. She was also a volunteer librarian at the Norwegian Seaman's Church in San Pedro, with a specific interest in their Norwegian language collection, until she was no longer able.

Carol was committed to preserving her Norwegian heritage. She spoke Norwegian and continued to visit her relatives who

still lived there. As part of her effort to maintain her Norwegian language skills, she read and translated letters written by her parents to each other during the time after her father immigrated to America and before her mother was able to join him. She was touched by their deep commitment to each other and to building a life together.

Carol was also an avid gardener. She could often be seen tending the plants in her yard yet was never too busy to chat with a neighbor. She was more than willing to share her expertise and her plant cuttings.

After retirement, Carol became very involved in Omnilore, joining in September 1996 and staying active the whole time except for a period a few years ago when she successfully battled breast cancer.

Carol passed away Monday, April 11th due to heart failure after a serious fight with bone cancer during her last months. She was 83 this last December.

So sorry to learn about Carol. She was so bright and got right into the spirit of things. Now she is free of her health problems. Wishing her rest and peace.

Nancy Shannon

I once ran into Carol at a dance in Culver City. I was envious of how good she was at traditional dances. She loved doing traditional dancing.

Vickie Volchok

26 years affiliated with Omnilore! Dennis Bosch

What Omnilore Means to Me

by Susan Strauss

When it was announced that Omniloreans who wanted to contribute to the Omnilore newsletter could do so, I impulsively jumped for the opportunity. Why was I so impulsive? First, that is a personal trait that I have yet to tame; secondly, I feel the need to give back to the Omnilore community a description of the gifts that it has given me.

The most precious gift that Omnilore has given me and keeps on giving me are wondrous friendships. It was in the first class that I ever took, which was three years ago, I met Joan Kolic. We sat next to each other and connected right away. She asked me that if for the next trimester I would be her co-coordinator for a wine related class: I was honored and of course, impulsively, said yes. We had a ball going to various places to taste wine and had fun organizing a wine tasting party at Delores Gilmore's house. Steve Miller organized the wine tasting with a great variety of wines and a score card. Since then, I've co-coordinated other classes, which has given me the opportunity to meet other Omniloreans with whom I have become friends.

An issue that we Omniloreans have been dealing with lately is how to get back into the classroom. A lot of people have said that the in-person classes are better for socialization, and I totally agree with that. However, I did meet a member, Barbara Case, in a Zoom class, and before we adjourned our first visit, we were already talking about traveling to Europe together, which we'll be doing this July. We wanted Joan to join us, but unfortunately she isn't able to. (But we are all going to Costa

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Report on the April 29th Forum:

It All Started with a Tattoo . . .

by Claire Damecour

“It all started with a tattoo” – Omniole Forum April 29th presented by Karol McQueary, Carolyn Pohlner (introduction) and Hal Hart (recording). There were 49 participants.

Speaker intro: Karol has been a member of Omniole for the past eight years and has been a much-appreciated coordinator as well. She is a retired teacher, principal, volunteer dinosaur bone preparator, English tutor, and past president of the Southern California Paleontological Society. Although she has collected minerals for most of her life, her interest in fossils began when she retired from Los Angeles Unified School District. She joined a fossil club and started volunteering at the Natural History Museum in their Dino Lab as well as in their Dino Hall.

Summary: When the opportunity came up to help California get its own state dinosaur, Karol enlisted the help of the kids in the Paleo Society as well as the students at her former school. Their efforts on behalf of our new state dinosaur, *Augustynolophus morrisoni*, were the topic of her talk, “It All Started with a Tattoo”

Description: She started her talk by explaining how the initial request for a state dinosaur came to be. A letter was written to the Natural History Museum by Misha, a UC Berkeley law student who, after seeing a friend’s tattoo of the Colorado state dinosaur, wanted to know why California couldn’t have one, too. Dr. Nathan Smith, one of the paleontologists in the Dinosaur Institute, wrote back that he not only liked the idea, but had a candidate for the dinosaur. *Augustynolophus morrisoni* (or Auggie). It was named to honor two people - as species often are - Gretchen Augustyn, who is a generous donor but also great supporter of NHM and paleontology specifically and William J. Morrison, who was probably the most famous dinosaur paleontologist in the West. It was thought to be just one more of a group of crested hadrosaurs, or duck billed dinos. It was only a few years ago that a group of paleontologists, including Luis Chiappe of NHM, studied the skeletons of the two specimens, and found that there were significant differences in the skull, enough to merit the creation of a new genus, and then a new name.

Misha went to his local assemblyman, Richard Bloom, whose district includes Santa Monica and parts north. Assemblyman Bloom started the legal process by having the idea written officially as a proposed bill for the state legislature to consider, AB 1540. Meanwhile, his assistants were looking for support for the bill, and one of them googled Southern California and paleontology, and got Karol’s club, the S.C. P. S. She received an email from them asking if she would be interested in supporting the bill.

Since the idea for this bill was to encourage kids in science, she decided to involve kids in the passing of this bill. So, Karol put together a presentation for the young members of the paleo society to tell them about the dinosaur but, more importantly, to show them how a bill becomes a law. She took this presenta-



tion to her last school, Chapman Elementary in Gardena, and presented it to all the fifth-grade students. The kids wrote letters, drew up petitions, and made posters in support of Auggie. They even made presentations to the younger kids at the school and had them write and sign petitions as well. The SCPS students made presentations to their classes and circulated petitions there. They ended up with a huge pile of letters, petitions, and posters,

which they sent to Sacramento. The posters ended up being on display in the Capital building. In addition to all that, her club wrote articles for a national paleontology magazine, as well as the CFMS newsletter. Auggie had his own Twitter page. Under the words Make Augustynolophus Great Again it describes it: Native Californian, Los Angeles resident, older than Jerry Brown (barely), vegetarian, firm believer in science. He also has his own Facebook page! Of course, Auggie made the front cover of the Paleo Society Bulletin as well. They ran an article during the process of getting support for the bill and then a second article after the bill had passed, telling how students had contributed to the effort. These articles also ran in the **Journal of the California Federation of Mineralogical Societies** and in the **MY FOSSIL** quarterly newsletter – a national fossil organization. Articles were also published in the **Bulletin of the San Diego Mineral and Gem Society**, the **Pegmatite**, and a number of other magazines. As a result, they did get additional clubs to submit letters in support of the bill.

Eventually they were invited to come to Sacramento to speak to the Senate, and took along their own kid representative from the club, 12-year-old Llandyn Lubs, to speak in favor of the bill. He wowed the crowd by teaching everyone how to pronounce the dino’s name!

Karol also shared more information about the dinosaur: much of California was under water during the Mesozoic Era, and so there have been very few dinos found – but this one, in addition to actually being found here and nowhere else, was in the best condition of any dino fossils found in the state. It was originally found west of Fresno in 1939 and a second one in 1940, by Chester Stock, a professor at Caltech. Both specimens are at the NHM, but not much is on display. It was a hadrosaur, a duck bill, about 26’ long and was an herbivore. It lived at the end of the Mesozoic, in the Late Cretaceous. Its teeth looked like a coffee grinder’s wheel burr, good for eating plants. Fossil impressions of the skin show that it looked reptilian, like a beaded lizard. Its bones were found in an area that also had shells and shark teeth and marine mammal bones. But the dinosaur didn’t swim. They probably lived near the shore, and after dying their carcasses got washed out to sea and eventually sank.

In conclusion, Karol’s hope is that someday it will be assembled and put on display, but meanwhile, teachers, especially those at Chapman, can tell their classes how kids helped get a law passed, and, maybe kids might see that “we the people” can have some influence on how we are governed – or at least when they are old enough, they will vote.

Vitamin MK2 K7 and Vitamin D3 Disrupt Aging for the Health of It!

by Joy Jurena



The two main forms of vitamin K: K1 and K2 are essential, fat-soluble nutrients needed in the body.

Vitamin K1 (phyloquinone): found in plant foods like leafy greens.

Vitamin K2 (menaquinone): found in animal foods and fermented foods.

Vitamin K1 was found in 1929 to be needed for coagulation of the blood to take place. The **K** was for **Koagulation (Danish for coagulation)**.

Weston Price traveled the world in the early 20th century studying the relationship between diet and disease in different populations. He found that nonindustrial diets were high in an unidentified nutrient, which seemed to provide protection against tooth decay and chronic disease.

Most people have never heard of vitamin K2, but growing evidence shows that Vitamin K2, besides activating the special proteins needed to deposit calcium in the correct spots, can impact health conditions that are **beyond Bone and Cardiovascular.** [nih.gov/the-brain-vitaminK2proteinS](https://www.nih.gov/the-brain-vitaminK2proteinS).

K2MK7 is the best form for getting calcium into bones and teeth. Food sources of K2MK7 are very limited **except** for Natto (a fermented soybean eaten mostly in Japan). Another Menaquinone, M2MK4, has recently been found to help the brain. K2MK4 is found in dairy and meat, **but, as with K2MK7, at levels too small to be helpful in humans.** [vitamin-k2-natural-origin-or-synthetic](https://www.vitamin-k2-natural-origin-or-synthetic). Innovix Labs seems to have the only K2 with MK7 and MK4.

Vitamin D3 and Vitamin K2MK7 are ESSENTIAL TOGETHER. D3 lets calcium into the body. However, without K2MK7, calcium can stay in the arteries causing atherosclerosis - a narrowing of the arteries by buildup of calcium deposits. It's only in the 21st century that vitamin K2 was finally recognized as the *vitamin that puts calcium into the bones keeping it out of the arteries.*

Taking Vitamin D3 or getting a lot of sunshine *without K2MK7 can have a disastrous effect on the bones and arteries.* **Vitamin D3** is now known to **create the need for Vitamin K2MK7.** [how-to-choose-the-right-vitamin-k2-supplement/](https://www.how-to-choose-the-right-vitamin-k2-supplement/)

Spring 2022 Survey Results

by Don Tloutan

Course Evaluations

- ◆ Number of respondents – 161/240 = 67%
- ◆ Book conducive to discussion (Yes/No/NA)
92% / 6% / 2%
- ◆ Recommend book – 76%
- ◆ Participants in Zoom class demonstrated respect, courtesy and good manners
(Yes/No) – 99% / 1%

- ◆ Coordinator Rating – (5 being best)
5 – 64%, 4 – 19%, 3 – 8%, 2 – 4%, 1 – 5%
- ◆ Overall Experience –
56% - Very Positive
27% - Somewhat Positive
12% - Neutral
3% - Somewhat Negative
2% - Very Negative

Comparison of Overall Experience Over Past Trimesters

	Fall 2018	Spring 2019	Summer 2019	Spring 2020	Fall 2020	Spring 2021	Spring 2022
Very Positive	64%	81%	68%	71%	82%	74%	56%
Somewhat Positive	24%	12%	22%	22%	13%	16%	27%
Neutral	6%	4%	4%	2%	4%	6%	12%
Somewhat Negative	5%	3%	3%	4%	1%	3%	3%
Very Negative	1%	0%	2%	1%	0%	1%	2%

July	4	Independence Day
	11	Best Sellers Book Group—12 Noon-1 p.m., Via Zoom
	14	Management Council Meeting—12 Noon, Via Zoom
	27	Introducing Omnimore Meeting—10:00 a.m., Via Zoom
	29	Summer Forum—1-2:00 p.m., Via Zoom (see article, page 1)
August	3	Fall 2022 Coordinator Information Meeting –Via Zoom
	8	Best Sellers Book Group—12 Noon-1 p.m., Via Zoom
	11	Management Council Meeting—12 Noon, Via Zoom
	15	Input Deadline for October 2022 Newsletter
September	1	Fall Trimester Starts
	8	Management Council Meeting—12 Noon, Via Zoom
	12	Best Sellers Book Group—12 Noon-1 p.m., Via Zoom

OMNIOLORE CALENDAR 2022

Summer



2022 Forums
 Winter—January 28th
 Spring—April 29th
 Summer—July 29th
 Annual Mtg.—October 31st

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

Susan Strauss—Continued from Page 9

Rica in February 2023.) I'm looking forward to making many more new friends as time goes on and maybe traveling with them!

Another gift that Omnimore has bestowed upon me is the opportunity to keep my mind active and my curiosity piqued. My favorite part about the S/DGs is designing and making presentations. I always take four classes a trimester and never have a problem coming up with a topic I'd like to study and share. For example, I did a PowerPoint about Mt. Whitney, which was fun to do because I was able to relate my experiences while attempting to climb it (four tries). Because lately there has been so much contentiousness regarding the recent appointments of Supreme Court justices, many of whom are Catholic and some who are Jewish, I decided to do a discussion conveying how religion plays a role in Supreme Court justices' decisions. Nevertheless, what, to me, is the most fun about designing presentations is beginning with a blank canvas, doing the research, and experiencing the evolution of my "art work" to a final product.

What I have shared with you are only two reasons why I love Omnimore. Perhaps in later editions of the newsletter I'll relate to you more experiences and sentiments, that is if my impulses direct me to do so.

*The
Next*

INTRODUCING OMNIOLORE MEETING:
Wednesday, July 27th - 10 a.m. via Zoom
Help Spread the Word! RSVP 310-370-2494



Membership@Omnimore.org (inquiries about joining Omnimore, or referring friends)

Visit the Omnimore website at Omnimore.org! Key Omnimore volunteers can be contacted via email.

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 Webmaster@Omnimore.org

CWG@Omnimore.org (propose a Computer Talk)
 Best-Sellers@Omnimore.org (book discussion group)
 Walking-Group@Omnimore.org
 Calendar@Omnimore.org (room requests for pre-meetings)
 SDG-Folders@Omnimore.org (help uploading class files)
 Technology@Omnimore.org (new Technology Committee)