



OMNIOLORE NEWS



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DON'T MISS – IN THIS ISSUE

<u>President's Message</u>	<u>Page 2</u>
<u>Omnilore STEM SIG</u>	<u>Page 2</u>
<u>Profile: Michael Feygin</u>	<u>Page 3</u>
<u>Letters to the Editor</u>	<u>Page 4</u>
<u>Coordinator's Corner</u>	<u>Page 4</u>
<u>A Look Back</u>	<u>Page 5</u>
<u>In Memoriam</u>	<u>Page 6</u>
<u>Best Sellers SIG</u>	<u>Page 7</u>
<u>Report on January 31 Forum</u>	<u>Page 8</u>
<u>The Bookshelf</u>	<u>Page 9</u>
<u>Sodium and Potassium . . .</u>	<u>Page 9</u>
<u>Calendar</u>	<u>Page 10</u>
<u>Omnilore News Openings</u>	<u>Page 10</u>

MANAGEMENT COUNCIL

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President	Frank Pohlner
VP - Academics	Rick Spillane
VP - Administration	Dennis Bosch
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Secretary	Michael Goergen
Recording Secretary	Karol McQueary
Past President	Jim Slattery
Member-at-Large	Shera Dolmatz
Member-at-Large	TBD
Member-at-Large	TBD

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Communications	TBD
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Evaluation	Rick Spillane
	Dennis Bosch
Technology	Rick Spillane
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Equipment	Hal Hart
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Office Manager	Marie Gleerup
Member Advocate	Gloria Martin
Webmaster	Hal Hart

Omnilore Presents

Karol McQueary

“It All Started with a Tadoo”

Karol McQueary 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. Karol still loves teaching though, and looks for opportunities to share her love of science whenever she can. Karol has been an Omnilorean for eight years and enjoys S/DGs on a variety of subjects.



Karol McQueary

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*, are the topic of her talk, “It All Started with a Tadoo”.

Please join us: **Friday – April 29th at 12 Noon**

We will be conducting the Forum on Zoom – one more time! Zoom instructions will be forwarded via Forum email notifications and reminders before 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 six times annually. We welcome short feature articles and news stories. Please contact the editor with your contributions.

Editor TBD
Staff Member TBD

MESSAGE FROM OMNIOLORE PRESIDENT'S DESK

Frank Pohlner

The major news as we are about to publish this newsletter is that we have received a check for \$40,980.37 from CSUDH. This amount represents the balance of our funds held by CSUDH. After we became a nonprofit corporation and signed a Memorandum of Understanding with them, CSUDH agreed to release the funds to us. I would like to thank **Dean McNutt, Associate Dean Wilson** and especially **Ed Cleek**, the Senior Financial Officer, for their efforts in returning our funds.

Speaking of funds, in January we sent out individualized thank-you letters/receipts to everyone who donated to Omnilore LIR Inc. in 2021. If you did not receive your receipt or there was an error, please notify me immediately so that we can correct it. We are deeply appreciative of the support we received especially since we did not have access to our previous funds.

As I write this, the schedule of S/DGs for the summer trimester is about to be finalized. Most of you are aware of how unique our S/DG scheduling system is. We spoke to a school software vendor who knew of no other educational organization using a system like ours and could not help us. Our system uses a custom program written in the programming language Pascal, which only runs on an obsolete version of an Apple operating system. Inputs from expert, experienced operators (**Ruth & Hal Hart**) combine with the program to produce our unique, individualized schedules.

You may recall that last fall we were selected to participate in a program at the USC Viterbi School of Engineering where senior students in Computer Science assist community organizations as a required Capstone Project. We had the students update and modernize the look and operation of our website. This spring the students are implementing a database function into this new website prior to its release. We also submitted a proposal for this spring to rehost our old scheduling program on new Apple Operating Systems (OS) and on current Windows OS. This will allow more people to

become involved with the scheduling process on modern OS giving us a backup to Ruth and Hal. Hal is our team lead with USC. Others on the two teams are **Dennis Bosch, Sharon Bohner, Mike Petersen, Carolyn Pohlner** and me.

When we were first organizing the new Omnilore LIR, Inc., we experienced reluctance by some members to volunteer to be corporate board members because they feared personal liability. After explaining the limits of nonprofit volunteer board members' personal liability under California law and obtaining liability insurance for our officers, most fears were calmed. We also organized as a small Board of Directors who are the corporate officers and a larger Management Council. I explain all of this because we have openings on the Management Council. Two of our Members-At-Large have moved up to Recording Secretary and Forum Chairperson. So, we are seeking replacements immediately. These new council members would be invited to help update our by-laws to align with our new nonprofit corporate status.

We also need a new Communications Chairperson and a Newsletter Editor. If you have the experience and a desire to help Omnilore, please let me or any of the Management Council members on the front page of this newsletter know.

This trimester I am taking S/DGs on California history, surrealist art and films based on John Steinbeck books. What are you learning, discussing, sharing?

Looking to the future with Omnilore LIR Inc.



Frank Pohlner
President
Omnilore LIR, Inc.

Omnilore STEM (Science Special Interest Group)

By Barbara Case

For this group, STEM means Science, Technology, Evolution and Meaning (not the traditional Science, Technology, Engineering and Math). The group is coordinated by co-hosts, Michael Feygin and Mike Costello. It meets monthly on the fourth Friday of each month in a social setting at a home or backyard, usually at 5-7 p.m. In the future, it could meet in an Omnilore facility, but preference is strong among group members for a personal social gathering for our discussions. Each event is also a light, pot-luck, happy hour. The group currently is comprised of 19 Omniloreans and three others closely associated with someone in Omnilore who have attended one or more meetings. Its official Omnilore email address: Stem-sig@Omnilore.org

Inaugural meeting - June 25, 2021: The meeting took place in the backyard of Michael and Polina Feygin's home. The meeting was hosted by Mike Costello who came up with the questions for discussion. The theme of the gathering was: **quantum fields**. To prepare for the discussion, the group watched this video: https://www.youtube.com/watch?v=zNVQfWC_evq "Quantum Fields: The Real Building Blocks of the Universe — with David Tong"

1st STEM Meeting - July 30, 2021: Because of the Delta COVID variant, this meeting was held via Zoom. The meeting was hosted by Ace Rosen, who came up with the questions for discussion. The theme of the gathering was: **The Aging with Optimal Brain Health**. To prepare for the discussion, the group watched this video: <https://www.youtube.com/watch?v=T4QHto0RPUI> "The Aging Brain: Prevention is the Best Medicine."

This group went "dark" for vacations - August 2021

2nd STEM Meeting - September 30, 2021: The meeting took place in the backyard of Michael and Polina Feygin's home. The event was hosted by Michael Feygin who came up with the questions for discussion. The theme of the gathering was: **How our brains develop intelligence**. To prepare for the discussion, the group watched this video: <https://www.youtube.com/watch?v=Z1KwkpTUBkg> "Jeff Hawkins: The Thousand Brains Theory of Intelligence" | Lex Fridman Podcast #208

Continued on Page 3

Omniole Profile: Michael Feygin

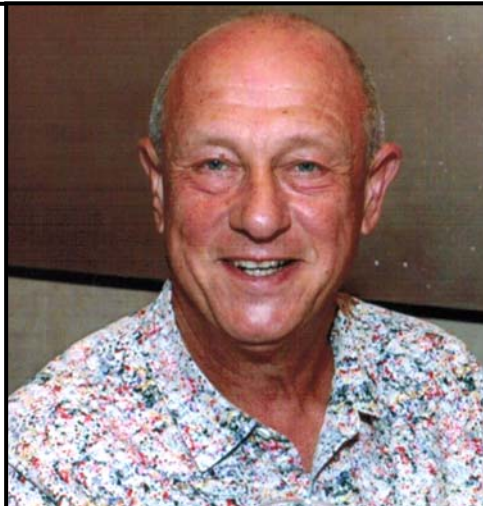
by Eddy Bay

Michael Feygin lists intellectual curiosity as a major personal trait. People who meet him would undoubtedly add even more characteristics: warmth, love of life, exuberance, interest in others. Yet intellectual curiosity remains perhaps the central force in his life.

His friend Al Rosen introduced him to Omnilore when Michael retired two and a half years ago, and it proved to be a fit for his interests. Indeed, had Omnilore not existed, he would have invented it. Though he enjoyed the meetings, Michael quickly determined that the class format was not conducive for students to develop good personal relationships, so he founded a side organization, STEMeaning, which now meets regularly on his back patio to discuss topics in science. He suggests that other classes do the same, or at least have parties at the end of their courses to encourage friendships.

Michael was brought up in Odessa (Ukraine) and trained in Mechanical Engineering at Moscow University. Antisemitism was virulent in the late 1970s USSR so at age 24, Michael decided to emigrate and landed in the Chicago area as a refugee. He studied graduate fluid mechanics at the Illinois Institute of Technology and began to research the emerging technology of 3D printing. Indeed, his entry into the field was so early that he was awarded only the third patent issued in that area. With the goal of founding a company for 3D printing, Michael began to apply for a series of grants to develop the technology.

Meanwhile, Michael met and married his wife, Polina, who emigrated from Minsk (Belarus) in 1980. She took a medical degree from Rush School of Medicine and by the time she won a residency in pediatrics at UCLA, the family had two tiny children, both of whom moved with Polina to California. With both Michael and Polina needing to complete preparation for their professional goals, Michael remained two more years in Chicago to continue his research on 3D technology. When Michael's grant funding expired, he left to drive across country in a worn-out VW. The car died in Nebraska, where Michael sold it for \$300 and carried on



west, possibly at the lowest point in his quest to launch his career. Ironically it was at that point that he was awarded a \$400,000 grant from the National Science Foundation, which allowed him, newly settled in LA, to get his company up and running.

The company thrived for a decade. It employed 120 people in its Torrance operation and was listed on the NASDAQ. It boasted, among other accomplishments, of creating one of the first 3D models of Disney Hall for the architect Frank Gehry. When the technology developed further, however, Michael decided to close the firm in 2000 and worked the remainder of his career for other companies.

Michael and Polina completed their family with a third child. All three are now adults, and all as accomplished as their parents. The eldest, Sidney, at 36 is an environmental engineer who earned his bachelor's degree at Columbia and PhD at Berkeley. A resident of San Francisco, he is involved in an AI start-up to build fleets of cars. Leah, their daughter, 34, took her degree at Cornell and is a middle manager at Twitter. Perhaps most creative, 29-year-old Larry studied electrical engineering at UC Davis but loved cooking. He recently accepted a job doing analysis for a NY restaurant that includes cooking once weekly.

Though the entire family is well versed in the sciences, they also love the arts, as evident from their art-filled home. Michael writes poetry, does digital sculpting and belongs to three book clubs that focus on non-fiction and history. They are regulars at the opera and philharmonic.

Intrepid travelers, the Feygins recently visited Costa Rica and Croatia and once drove south from LA to Cabo San Lucas, some 3000 miles. The ultimate trip is coming up, a trek to Everest Base Camp at 17,000 feet, planned for next year.

Watch for Michael at Omnilore events and classes. He's a wonderful addition to our community.

Continued from Page 2—Omniole STEM SIG:

3rd STEM Meeting - October 29, 2021: The meeting took place in the backyard of Michael and Polina Feygin's home. The event was hosted by Leslie Criswell, who came up with the set of questions for discussion. The theme of the gathering was: **Intelligence of Plants**. To prepare for the discussion, the group watched this video: <https://youtube/RpwW9Lw2Ku4> "Intelligence Without Brains" produced by the World Science Festival.

4th STEM Meeting - February 28, 2022: The meeting took place in the backyard of Michael and Polina Feygin's home. The event was hosted by Pauline Rosen (wife of Omnilorean Ace Rosen), who came up with the set of questions for discussion. The theme of the gathering was: **Genetic Testing**. To prepare for the discussion, the group watched this video: <https://www.youtube.com/watch?v=TB5xWPsFCnY> "Would you have your genome sequenced?—Dr Saskia Sanderson—TEDx"; and read *Time Magazine* article: <https://time.com/5783784/dna-testing-genetics/>. Pauline also prepared a 22-page document on



From left: Ace Rosen's lap (no face), Petrina Long, Rich Mansfield, Bob Bacinski, Leslie Criswell and Michael Feygin

the subject for the group to read and which she used as a basis for our STEM Group discussion.



Omnioleareans New Normal Stories

Thank you for sharing Letters to the Editor brimming with wonderful vignettes describing your adventures as you first hunkered down, then took tentative steps forward, and now have been navigating through the subsiding days of the pandemic and discovering what might be the new normal. With a brighter more hopeful future on the horizon both for Omnioleareans and our new Omnioleare Learning-In-Retirement, Inc., we all should be feeling positive and ready to share our optimism with one another. Keep your heartening thoughts flowing.

Claire Damecour:

I am a member of a Buddhist school called Kwan Um Zen. The founder hailed from Korea, but the over 150 centers are found all over the world. In addition to sitting and walking meditation, we also have chanting (in Korean, Chinese, English and Pali/Sanskrit), bows (full prostrations, usually 108 first thing in the morning), vows (four great vows) and kong, a practice (similar to the Japanese koan, where a “riddle” is asked of the student by the master in a formal interview).

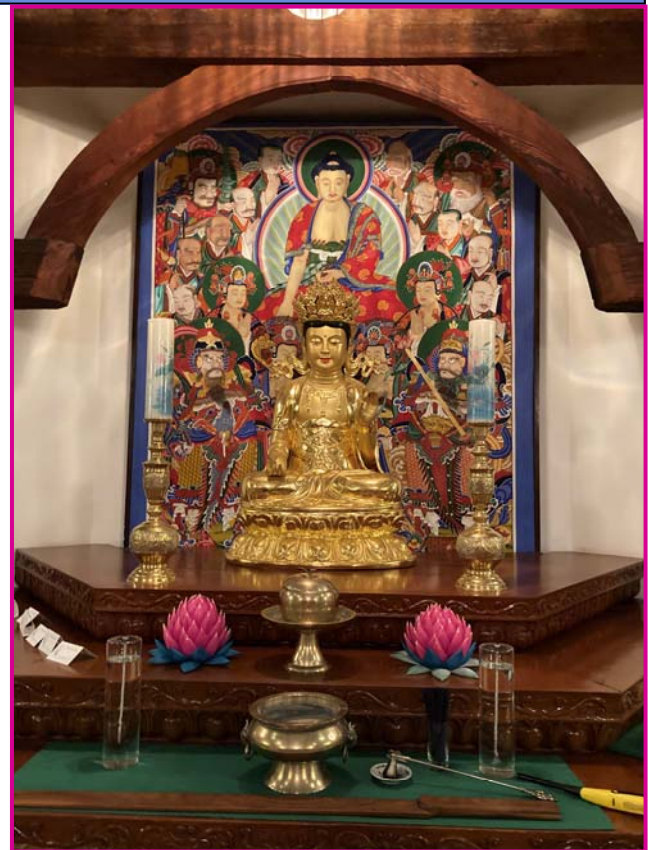
We have retreats several times a year, lasting anywhere from an afternoon to 90 days (the most common being 3 days), where we go to a center, sit in meditation, and do all the chants, vows, bows, and have kong and interviews. Our meals are vegan and everything happens in silence.

All of this stopped March 2020, though it sort-of didn't because Zoom offered us an online connection. The Long Beach, DTLA and Seattle centers continue to maintain themselves online through today. But the home temple, in Providence, Rhode Island, recently opened up for in-person retreats. The yearly 90-day winter retreat (known as Kyol Che) began January 8, 2022 at 4:30am and I was there. I had done 21 days there in winter 2017 and planned to stay for the entire 90 days this time. Unfortunately, omicron was raging at the time and several staff members and participants fell ill and tested positive. As they quarantined, the remainder found themselves with insufficient numbers to function normally. The first week we managed fairly well, having eight people total, but the second week we were only three. Then it really fell apart. At the end of the second week another round of COVID positive people shut us down completely. I was fortunate, having been triple vaccinated, not to fall ill.

But, I did come home to Torrance and was welcomed into four S/DGs, which I enjoy very much.

It is difficult not to be disappointed, but nonattachment is part of the Zen training. It is what it is. I'm back to practicing online every morning after doing my 108 bows and attending the Tuesday evening dharma talks. I will continue the online retreats, six per year. Perhaps someday I shall return to Providence for Kyol Che. Don't know. But for now, I “rest in the totality of present awareness.” And try to Wake Up! And help all beings. Claire Damecour—Buddhist name: Hae Um (Ocean Sound)

Continued on Page 5



The Altar



Coordinators and co-coordinators for Spring 2022, thank you for having volunteered for this important task that helps make our S/DGs successful. Our “debriefing” session for this term will be held on April 12, 10:00 to 11:00 a.m. The session held last term was very well attended and provided helpful input and suggestions.

For our upcoming summer trimester which starts May 2, we will have our Coordinator Information meeting on April 6, 10:00 to 11:00 a.m. This is a great opportunity to have your questions answered and to hear tips for a positive learning environment and engaging discussions. Pre-meetings will be held the third and fourth weeks of April.



*Denise DeVenuto
Head Coordinator*

If you have any questions or issues, don't hesitate to reach out to me at dendev88@gmail.com

Letters to the Editor—Continued from Page 4

Jim North: THE NEW NORMAL...GROCERY SHOPPING...A Unique Experience!

So Confused! The new normal seems a lot like the old abnormal. Take, for instance, grocery shopping on a Saturday morning. The truly warm, heartfelt greeting sign at the door welcoming the shopper to a “unique experience,” followed by a second sign that commands a face mask before you step inside the property subject to the proper action as designated by the authority of Los Angeles County for non-compliance in super fine print. Oh! There are no shopping carts, wrong, the carts are on the other side of the store, this time, and the handles should be wiped down before use.

Ready at last! The mask is doing its job as my glasses fog up on every second breath and the entire view is gone for five or more seconds as you secretly lift the mask for an unfiltered breath and a clear view. The first aisle seems particularly busy as you compete with store employees taking inventory with scan guns, supplier employees pulling product from container boxes on the floor, and call-in order shoppers trying to find a three ounce can of tuna using a grey battleship-size cart. Okay, on to the produce section and room to maneuver. Wow! Green bananas - bet they're imports from Ireland. People over 70 should buy these bananas with care, over 80, forget it. Oh yes, the large 18-ounce size of blueberries with the flimsy flip-top lid is sure to get a call for a cleanup in produce, so handle with extreme care.



Did it, I'm fourth in the line and queued up with the one working checker. Oh No! The lady ahead of me is using a check book and can't recall her old land line phone number, WHAT, I can't believe my eyes, she just pulled out a wrinkled fist full of COUPONS! My turn, as I quickly unload my cart and hear a mumbled question from a masked plexiglass-enclosed checker. I mumble back in agreement, use my credit card, absorbing the price shock. I may have agreed to donate blood before my next shopping. Exiting the store, I'm hit in the back of my legs by a shopping cart handled by an elderly gentleman like me, whose glasses are also totally fogged. **THE NEW NORMAL?**

A Look Back — by Jim North

The notice was sent to all executives that our invited guest was expected to arrive on Friday around 11:30 a.m. The ground floor receptionist would contact all offices of his arrival and we were expected to drop whatever we were doing, cancel any interview, terminate any call, and assemble in the third-floor showroom in front of the main elevator doors.

At 11:15 a.m. the call came through, and I immediately left my desk and joined the others in front of the elevator. The muted ding of the elevator bell announced his arrival as the spotless steel doors, ever so slowly, opened to reveal three individuals staring back at us. Two statuesque, very exotic African women dressed in flowing brilliantly colored garments, stood one on each side of a short darker haired man dressed in a black suit, white shirt, and black tie. For an eternity moment, nobody moved, then the two women walked out of the elevator and stood facing us, followed by the Marchese di Barsento. His hands in a prayer position he made a small nod and extended his hand to the President of Springs Mills Inc., and haltingly said “I'm Pucci, let us made fashion!” The assembly started to clap as the two men and one of the escorts made their way toward the executive suite.

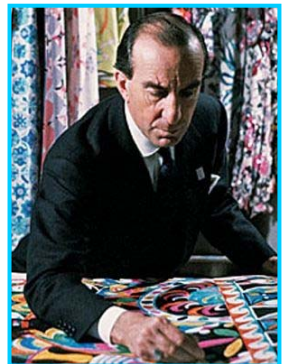
The second escort walked up to my boss, introduced herself as Sole, carrying a leather portfolio that contained the original Pucci drawings and color schemes for the new Fall introduction. The Pucci collection by Springs Mills would begin with a collection of Italian hand-rolled border bath towels, geometric designs featuring seven striking colors with Italian names such as Sophia, Gina, etc. This exclusive collection would be for the top tier of the retail market, who were expected in turn, to build a special Pucci section to house Pucci designed towels, sheets and pillowcases, blankets, etc.

Sole told us that she was from Nigeria, educated in London and resided in Naples, Italy. She spoke five languages and had a law degree. Her companion escort was trained in martial arts and provided protection for the Marchese in all their travels. Sole was all business in our meeting and had my boss sign a formal receipt for the drawings. At exactly 12:30 p.m., Sole stood up, thanked us for our time, shook our hands, wished us good luck

and joined Emilio Pucci and escort in the waiting elevator. This encounter was one of many introducing fashion into household everyday products, and the retail concept of boutique areas in high-end stores.

PS.: The Pucci/Springs Towel collection was never mass produced. The contracts with the participating stores were fulfilled with great effort. The equipment to print seven different colors on sheared terry was ten years in the future. Our production ran 97% seconds as one-color application interfered with another. In a survey, we found out that many retail consumers bought the towels and framed them. They owned an original PUCCI!

Jim says, “In 1963, I was hired as a junior salesman in the Philadelphia office of Springs Mills Inc. I worked with the regional manager for the area which included Pennsylvania, Maryland, Virginia and Washington, DC. Two years later, I assumed responsibility for the area, excluding Pennsylvania. Promoted in 1969 to the corporate offices in New York City as the assistant Springmaid Brand Sales Manager. The Pucci meeting occurred in June 1970.”



Right: Pucci at work; below: one of his design in towels. and the Springmaid brand.



In Memoriam

McNair Maxwell



McNair Maxwell was born in Fayetteville, NC to John and Mary Currie. She went to St Mary's High School and then Sweet Briar, where she graduated Phi Beta Kappa with a major in history. She later earned her Master's in history at UCLA. She was a lifelong "A" student and went on to become a beloved educator - teaching high school Latin for over 20 years. As a young woman, she never thought

she'd leave North Carolina, but her plans were interrupted when she was set up with Lt. Robert Maxwell, who was stationed at Fort Bragg with the MI detachment of the 82nd Airborne. They married in 1966 and immediately set out for Bob's hometown of Redondo Beach, California.

They had two children, and although she was an involved mother, she had to be really busy, highly productive, and socially engaged in order to be truly happy. So, when she rediscovered teaching Latin in the early 1980s (at Miraleste High School (now closed), Palos Verdes High School and Peninsula High School), she had found her calling. Latin is a demanding subject which drew some of the school's brightest students, but it also had the unexpected component of statewide competition which McNair loved. In order to keep the subject more engaging and fun, each high school had a Latin Club, and these clubs engaged each other in fierce academic and athletic competitions. The fearless captain of a program that became a California state juggernaut, McNair became a legend. She was the John Wooden of Latin, winning 13 California state convention titles at Peninsula High School.

After retiring from teaching, she found a new stride with her women's groups and charity work, as well as an active member of St. Peter's by the Sea Presbyterian Church. She was a natural leader and loved to organize charity events and women's retreats.

McNair joined Omnilore in December 2005 and left in the Fall of 2019 when she and Bob moved back to her home in North Carolina. She passed away a year later in December of 2021 at the age of 80.

AnnaJane Lescoe



Annajane was born August 11, 1926, to Florence Anna and Robert Kelso Burkett in Pittsburgh, PA.

At age 15 Anna Jane was best friends with Rita Lescoe and both were into roller skating. This is how she met her future husband Richard John Lescoe. In her senior year of high school, she lived in San Francisco with a school friend where she taught at the Fred Astaire dance studio.

AnnaJane and Dick Lescoe were married on June 4, 1949. She followed him to military bases where he trained and served. She had three children in three different states, finally settling in Torrance, CA where Dick trained at Queen of Angeles Hospital.

AnnaJane co-wrote a book, *Be A Lottery Winner (Through Numerology)* under an alias Jackie O'Hanlon, published in January 1985 (still offered on Amazon). Her family marvels she did not take any prescription or over the counter drugs and tried so hard to be healthy and be able to live independently. She lived by the ocean for the last 30 years of her life.

AnnaJane joined Omnilore for 21 years starting in August 1999, taking classes with the caveat that she needed to keep her mind active. She tried to continue after the pandemic started but had severe macular degeneration which prevented her from reading or using a computer.

She passed away in January of last year at the age of 94.

Neale Lehman

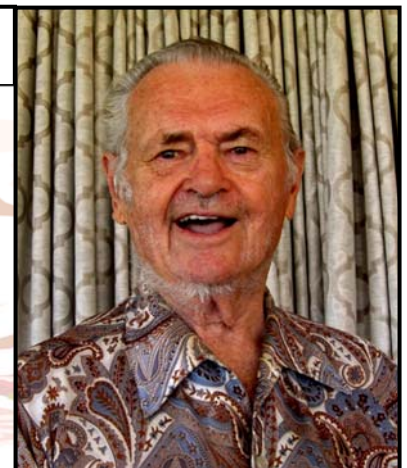
Neale was a member of Omnilore for about 20 years. He married later in life and unfortunately lost his wife to early onset Alzheimer's. He celebrated his 93rd birthday a month before his passing in December 2020.

Long-time member Dan Stern offered the following:

"I've known Neale for about 20 years. We were in both a Great Books Club and Omnilore. We also participated in an informal Omnilore Philosophy group that included Mike Scordan and Terry Savage, among others. Neale was interested in Philosophy, Psychology and Science as well as a variety of other subjects.

"He had served in the military as an electronics technician and then went to work for Northrop working on fire control systems. He rose through the ranks and became a Vice-President before retiring.

"He had an inquiring mind that wanted to get to the bottom of everything. That



Continued on Page 7

In Memoriam

Neale Lehman (cont'd)

Continued from Page 6 contributed to Neale's working success and allowed him to take a year off from work to explore the workings of his own mind and read widely in Psychology.

“Years ago, we would meet every other week for breakfast near his home and go through one of the 104 Great Ideas compiled in the Great Books. He was always better prepared than I was and had really thought through the particular great idea we were discussing.

“Neale was a true autodidact.”

Bob Bragonier

Bob was born in Ames, Iowa on the 4th of July in 1937. He graduated from Iowa State University in 1959, where he met and married his college sweetheart, Barbara Johnson. He graduated from Medical School (1964) and earned his PhD (1966) at the University of Nebraska, meanwhile completing his residency at Thomas Jefferson School of Medicine in Philadelphia. He spent two years at the National Institutes of Health (NIH) in Bethesda, Maryland before moving to Southern California in 1970. He practiced Obstetrics and Gynecology at Harbor/UCLA Medical Center in Torrance for 17 years. In 2002, he retired as Director of Maternal, Child and Adolescent Health, County of Los Angeles Department of Health Services; he was also Adjunct Professor of OB/GYN at UCLA School of Medicine for 32 years.



as a “disc jockey” of jazz and classical music on FM stations in Iowa and Nebraska. He was an accomplished trombone, piano and vibes player as well. Throughout his lifetime he accumulated a collection of jazz and classical music that approached 10,000 pieces that have recently been endowed by him to UCLA School of Music. For the past three decades he was a regular contributor to multiple jazz forums and websites.

He traveled with Barbara (a retired university professor and counselor) to over 80 countries. His impact was felt through his life-long political and human rights activism, his wide-ranging support of the arts, his contribution to AA, including co-founding the We Agnostics Chapter in Hermosa Beach, and his commitment to education.

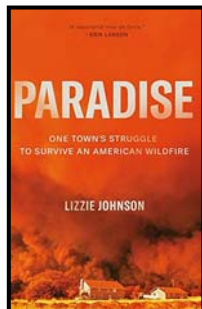
After retirement, Bob turned his decades-long passion for jazz into a second career, teaching “The History of Jazz” classes through the South Bay Adult School, as well as through Omnilore. Bob had a profound love of jazz, working his way through both college and medical school

Bob was a member of Omnilore for about ten years, starting January 2006. His classes on various aspects of jazz were hugely popular and he was known for working with many class members on their presentations, which was an education in itself. He passed away peacefully at home on October 26, 2021. He was 84.

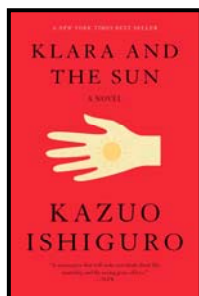
Best Sellers SIG Reads for Early Spring

by Patricia Edie & Cindy Eggert

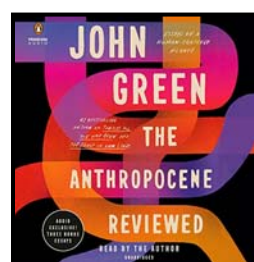
Calling all “Readers!” The Omnilore Best Sellers SIG rises to the challenge by transitioning to a virtual Zoom Book Group session, held at 12 noon on the second Monday of the month. The link to give you access to the session will be included in the reminder emails sent prior to each session. Here are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



Monday,
March 14:
Non-Fiction
Paradise: One Town's Struggle to Survive an American Wildfire
by Lizzie Johnson



Monday,
April 11:
Fiction
Klara and the Sun
by Kazuo Ishiguro



Monday,
May 9:
Non-Fiction
The Anthropocene Reviewed
by John Green

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.

Report on the January 31 Forum

South Coast Botanic Garden

Omnioleans were treated to a refreshing hour about the wonders of the South Coast Botanic Garden. Our speaker was Audra Platz, Director of Development and a Garden veteran of seven years.

Located on 87 acres in the Palos Verdes hills, the Garden has come a long way from its humble beginnings first as an open pit diatomaceous earth mine during the 1930s, then a landfill during the 1950s, and a dumping ground after that. Championed by Audrey Hepburn in 1960, it started on its way to become one of the best botanic gardens in the nation. Audrey was quoted as saying, “To plant a garden is to believe in tomorrow.” Frances Young led the private citizens who prevailed on the County Board of Supervisors to convert the landfill into a botanic garden. A foundation using the Garden’s name was created the following year and continues today to oversee the Garden’s vision and funds.

Their mission: To connect South Coast Botanic Garden will connect all people to the wonders of nature and create experiences that inspire stewardship and sustainability. To accomplish this, they have developed initiatives that challenge visitors to look at nature in new ways. And on a national level that is what South Coast Botanic Garden is becoming known for – immersive nature experiences for their visitors.

Some programs already in place:

- ⇒ SOAR – A butterfly exhibit that demonstrates the symbiotic relationship between butterflies and plants.
- ⇒ GLOW – An opportunity to view the Garden’s plant collections in a different light, through dynamic nighttime displays.
- ⇒ PALM PROMENADE replanting: The Garden’s newest planted area which sets the tone for a beautiful experience with water-wise plants.
- ⇒ HIDE AND SEEK – An exhibit to explore art in nature with large-scale sculptures.
- ⇒ LIVING WALL – An Instagram-ready vertical garden packed with ferns and succulents.
- ⇒ STAGHORN: the redesigned vegetable beds around the Living Wall plus Fern Collection
- ⇒ THE DISCOASIS – A magical nighttime music and roller-skating experience in the heart of the Garden.

Today, its 87 acres of rich plant life and shade trees are actively sequestering carbon and helping to cool one of the largest metropolitan areas of the United States. The Garden’s



healthy ecosystem is providing food sources and habitat for wildlife, birds, mammals and insects. And, by connecting visitors with nature, they are inspiring the next generation of environmental advocates.

Programs planned:

- ⇒ Re-introduction of the Rose Garden
- ⇒ Upper Meadow Project – depicting famous works of garden art
- ⇒ Children and Family Garden – 3 acres with tree forts, ephemeral streams, rambling woods, a fossil dig pit, sprout food garden, waterfalls, whimsical topiaries, root boardwalk, pollination paths, plant mazes, a big hill for rolling, and misting rock faces.
- ⇒ The Foundation is arranging for funding to create a lake.

Audra’s talk was accompanied by many pictures and her own personal experiences. She answered questions for a half-hour following her presentation.

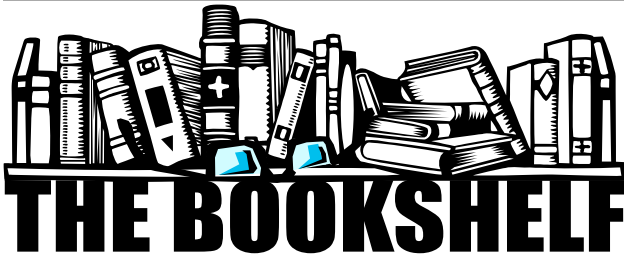


Above: Hide and Seek Exhibit

Butterflies from SOAR

Below: Living Wall





IQ by Joe Ide

If you like your mystery/action novels spiced with belly laughs and an unlikely hero with a contrarian sidekick, this might be to your taste. In addition, it's a local author writing about streets you may have driven, if you've ever been out

my way in Long Beach. Someone from the neighborhood has taken it upon himself to help solve the cases the police can't or won't touch.

Isaiah Quintabe — they call him IQ — is a loner and a high school dropout, his unassuming nature disguising a relentless determination and a fierce intelligence. He charges his clients whatever they can afford, which might be a set of tires or a homemade casserole. To get by, he's forced to take on clients that can pay.

This time, it's a rap mogul whose life is in danger. As Isaiah investigates, he encounters a vengeful ex-wife, a monstrous attack dog, and a hit man who even other hit men say is a lunatic.

Book suggestions from Omnioleoreans make this column work. Thanks to Rich Mansfield for contributing to this issue's input. Send submittals to:

newsletter@omnilore.org



Joy Jurena

The Na (Sodium) Surplus and K (Potassium) Deficit are of Worldwide Concern by Joy Jurena

Potassium and Sodium are a Dynamic Duo
lifeclinic.com.hk/potassium-and-sodium-the-dynamic-duo/

Potassium (K) and sodium (Na) are essential for life. Molecular pumps that pull **K** into cells and push **Na** out create a chemical battery that drives the transmission of signals along nerves and powers the contraction of muscles. They keep kidneys working and are for energy production and fluid balance. In healthy individuals, the kidneys respond to excess **Na** by flushing it out in the urine. **K** is removed too. If **K** levels are low, the body tries to hoard it, which also means hanging onto **Na**. Water follows **Na**, leading to an increase in the body and the volume of blood in circulation. Blood pressure climbs, and the heart must work harder. Excess **Na** blunts the ability of blood vessels to relax and contract with ease. *All of these responses are made worse by low potassium intake.*

Too Little Potassium and Too Much Sodium Is Bad For The Heart and General Health

01.12.2000, in trials (1980s and 1990s), researchers found that the higher the **ratio of Na to K**, the greater the chance of having a heart attack or stroke, needing bypass surgery or angioplasty, or dying of **cardiovascular (CV) disease over 10 to 15 years of follow-up**. Archives of Internal Medicine, "Our study suggests that just lowering sodium, or just raising potassium, won't be nearly as effective for fighting hypertension or heart disease **AS DOING BOTH TOGETHER.**" Nancy Cook, a biostatistician at Harvard.

01.11. 2021, six new studies across the U.S. and Europe had 10,709 generally healthy adults who were an average of 52 years old. **K** and **Na** were measured with at least two 24-hour urine samples, heart.org/new-study-reaffirms-risk-of-too-much-sodium-too-little-potassium During an average follow-up, 8.8 years, there were 571 CV events such as a heart attack or stroke, researchers found that higher **Na** levels, lower **K** levels were all associated with higher risk. After adjusting for other CV risk factors, participants with the highest levels of **Na** in the urine (about 4,700 mg) were 60% more likely to have a CV event than those with the lowest **Na** (about 2,200 mg).

Americans, on average consume **1 tsp (2,325 mg)** of table salt daily, slightly more than the **daily limit of 2,300 mg that is recommended**. A healthy, active adult needs between **200 and 500 mg of Na/day**.

Regular table salt is most commonly in the form of sodium chloride and can contain as much as 560 mg of sodium/serving.

MOST SALT IS HIDDEN IN PROCESSED OR PREPARED FOODS.

The ideal ratio of **K** intake to **Na** is roughly **1:3**. To better understand the **K:Na ratio**, check the Nutrition Facts when available. The amount of **Na** is always there. Sometimes the **K** is not. Check webmd.com/diet/foods-rich-in-potassium

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Item	Amount	K	Na	K to Na Ratio
Banana, raw	1 medium	422	1	422:1
Black beans, cooked (no salt)	1/2 cup	305	1	305:1
Orange	1 medium	232	1	232:1

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|--------------|---|
| March | 4 Introducing Omnilore Meeting—10 a.m., Via Zoom
10 Management Council Meeting—12 Noon, Via Zoom
13 Daylight Saving Time Begins
14 Best Sellers Book Group—12 noon-1 p.m., Via Zoom
17 St. Patrick's Day
20 First Day of Spring |
| April | 6 Coordinator Information Meeting—Summer 2022—10 a.m., via Zoom
11 Best Sellers Book Group—12 noon-1 p.m., Via Zoom
12 Spring 2022 Coordinator Debriefing—10-11 a.m., Via Zoom
14 Management Council Meeting—12:00 Noon, Via Zoom
15 Passover Starts
17 Easter
22 Earth Day
23 Passover Ends
29 Spring Forum—12:00 p.m., Via Zoom
(see article, page 1) |
| May | 2 Summer Trimester Begins |

OMNILORE
CALENDAR
2022



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



OMNILORE NEWS is looking for folks to fill the following openings:

- Movie Critic Corner**
- Movie Goers SIG**
- That's Entertainment**
- Outreach Program Updates**

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)