

# OMNILORE NEWS



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### Food, Drink . . . And All That Jazz

by Carol Kerster

ou may have heard the old adage, "The way to a man's heart is through his stomach." But have you ever considered that the way to knowing the culture of a society is through knowledge of what people eat and drink? This notion has been advanced by a man who has been writing about food and drink professionally since 1986, and who, I am delighted to say, is the speaker at our first Omnilore Forum luncheon meeting of 2013, Richard Foss



Richard Foss

Since starting this unique career as a reviewer of restaurants for the *L.A. Reader* newspaper, Richard has written for 20 different publications, including articles for the Encyclopedia of World Food Culture. He is a board member of the Culinary Historians of Southern California; he is a teacher: "500 Years of American Food" and "What Shakespeare Left Out" at Osher Institute/UCLA Extension, and he is an author whose book, "Rum: A Global History" was released last April. Additionally, as we are about to find out, he is a lecturer. Venues where he has spoken include the Mark Taper Forum, the National Arts Club in New York, meetings of culinary historians in Washington, D.C. and San Francisco, and at food and literary conferences in Phoenix and Montreal.

The subjects of Richard's lectures are fascinating. He covers such delicious notions as what the Elizabethans in Shakespeare's time ate and drank, including "Illusion Foods." He has described the "elaborate banquets" and "sumptuous parties" of Jane Austen's era and what drinks were imbibed by what social classes at that time. Rum has gotten its proper due in lectures entitled "American Fermented," and "Reflections on Rum, Spirit of the Cane." Did you know that rum – as well as tea -- helped spark the American Revolution?

The topic of our lecture, "The Challenges of Culinary History," will give us a picture of our own early culture, with tales of food taboos, historic diets, and recreated instructions for historic recipes with such helpful directions as "Keep stirring until it looks right," or measurements in "handfuls" or "pinches?" What cook today would not be thrilled to follow such specific directions?

Find out about this universally loved topic of food at the January 31 Forum. We are, as usual, starting at 11:30 a.m. at the Los Verdes Country Club. Register at the door (be sure to do so, and get your name tag), socialize, then enjoy a lovely lunch (vegetarian by request), which remains at \$20. This can be paid by using the form on page 7 of this newsletter, or with the form forthcoming in the regular mail.

Whether you live to eat, or eat to live, you will not want to miss this opportunity to discover some of "The Challenges of Culinary History."

OMNILORE NEWS is a publication of OMNILORE, a Learning-in-Retirement Organization, a program of the Osher Lifelong Learning Institute at the California State University Dominguez Hills.

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

Editor Mary Golob Staff Member Carol Kerster

### **MESSAGE FROM THE PRESIDENT**

by Howard Korman

et me take this opportunity to wish you all a Happy New Year. I look forward to 2013 and participating in the new Omnilore trimester that just began. I want to thank Rick Spillane and the curriculum committee, Johan Smith and the Harts for all their efforts to bring together an attractive array of interesting classes.

Our annual meeting and forum last October 31 was most enjoyable. Thanks to Lori Geittmann and her committee for making this happen. The atmosphere was great with all the wonderful costumes - the best I've seen in the last few years. The lunch was excellent, and the speaker was quite interesting. Best of all was the camaraderie with Omniloreans and their significant others - my favorite feature of Omnilore. Winter Forum on January 31 should also be a good one, with our speaker Richard Foss discussing the history of food. (Check out his website at http:// www.richardfoss.com/)

I would like to emphasize how we are doing in our Study/Discussion Groups (S/DGs). Many of us do an excellent job preparing for our presentations, providing our fellow classmates an overview for the next meeting, and engaging class members during the presentation. But we can do better. When doing your research, use your local libraries and the web as resources. If you do it right, it can be motivating and a lot of fun. But you need to take the time to properly prepare – you owe this to your classmates to make each S/ DG session worthwhile. I recommend that one to two weeks prior to your presentation you send out an overview with an outline, discussion questions for the presentation, and a bibliography (books, websites, and articles). There is a definite payoff in doing this, with the reward being a well organized presentation and kudos from your classmates. There is nothing better than the satisfaction of doing a good job with your presentation. I also want to remind

you to send out discussion questions in the same time frame if your S/DG is using a text and you are leading the discussion of it for the next class meeting.



Remember to pick questions that really provoke discussion – this just adds to the enjoyment of the class. Kudos to all for your continuing active participation in our S/DGs!

We all look forward to our January/February activities that you can review on our Omnilore website – so ably coordinated by our webmasters **Hal Hart** and **Dennis Goodno**. A few examples are: our new S/DGs, the Best Sellers Special Interest Group meeting on January 14<sup>th</sup> for Laura Hillenbrand's book *Unbroken* - the inspiring true story of local hero Louis Zamperini (for whom the Torrance Airport is named Zamperini Field), **Marion Smith's** Google 101 Computer Talk on January 24<sup>th</sup>, and the January 31 Forum.

So here's a toast to the New Year!



### **OMNILORE PROFILE—Rich Mansfield**

by Kate Nelson

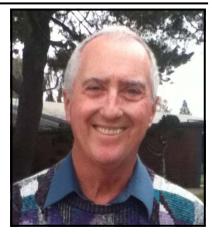
wonder I like Omnilore," Rich Mansfield said with a smile. "Choosing a lot of interesting options is pretty much the way I've lived." Indeed, if life is a banquet, then Rich is a happy omnivore.

Rich grew up in Manhattan (New York, not the South Bay) in the shadow of the Brooklyn Bridge where, he said, spices used to be stored. "I remember going by the bridge with my dad and smelling these exotic aromas." He was surprised later when he saw the film *The Lost Weekend* and recognized his old neighborhood. The family moved several times and each time his former neighborhood was torn down and built anew. This may partly explain his lifelong interest in reinventing himself and traveling widely in search of new experiences.

When he was ten, his family moved to Hermosa Beach. He graduated from Redondo Union High School, but hadn't yet thought much about his future. deciding that James Bond had it right, he aspired to become "Agent 008." He was realistic enough to attend college (several, in fact), and sampled a number of majors, including French and philosophy, before earning a degree in psychology from UC Riverside. Describing his major-switching as a "form of ADD," Rich says that "you never know what you're going to need in life." Facing the draft in 1964, he decided to enlist instead and was sent to an exotic location he had barely heard of: Because of his background in French, he became a translator and spent the next two years facilitating communication between Vietnamese and American officers.

Before and after Vietnam, Rich spent time traveling, both around Europe and in the U.S., satisfying his wideranging curiosity. He's a self-admitted vagabond at heart, but there is one important constant in his life. He's been married for 40 years to the love of his life, Jenia (pronounced like *genius* without the s). She's an extrovert, never happier than when they have 30 people at the house; he's an introvert who retreats to his man cave when the house gets too crowded. She dotes on her son from a previous marriage and her grandchildren; Rich is

Rich relieved that he "subcontracted out" children. She's still working in a job she enjoys in a medical office; he's more than happy to be retired and free to pursue his many interests. enjoys staying close to home; he takes advantage of his military space-available travel



options, a perk of being a longtime reservist.

He's had many jobs ("Work carries such an opportunity cost"): computer salesman, real estate salesman, metal shop worker and, his personal favorite, *roach coach* driver. He never did get to be a secret agent, but for a number of years he taught in elementary schools. He was, by his own admission, terrible at it. He loved having the captive audience, though, and introduced his kids to the first Apple computer and the first VCR in 1978. He also drove his electric golf cart to school and showed the kids how electricity powered it. Unfortunately, he never got the knack of teaching to the whole class. He once filmed himself in the classroom and discovered, to his chagrin, that as he was working intently with one child on a math problem, the rest of the class had descended into chaos.

These days Rich spends his time coordinating and taking Omnilore classes as well as traveling. He just returned from a trip back east to visit *Walden II*, the utopian community founded by B.F. Skinner. His visit was extended by a few days thanks to Hurricane Sandy. Rich didn't mind—he's spent a lifetime welcoming the unexpected.

This trimester, he's coordinating the S/DG, "Quiet – The Power of Introverts," and he has lots of ideas for future classes. He summed up his current approach to life this way: "A simple independence and Omnilore are all I need."

**INTRODUCING OMNILORE MEETINGS:** 

Mon. Feb. 25th - Room 7 Mon. Mar. 25th - Room 7 Help Spread the Word!



### Computer Talks



January 24th - Noon to 1:00 - Room 7

## Google 101: Stop Searching and Start FINDING

Presented by Marion Smith

re you sick and tired of looking for information about the Civil War and ending up with 5,243,897 links to things like sheet metal fasteners or punk rock bands? This presentation is for you! In this one-hour presentation you'll learn searching tips and techniques that will help you actually find what you are looking for with Google's help. If you're a new computer user, that's fine. You'll learn why "google" has become a commonly used verb—and you'll soon be using the word yourself.



### February 28th - Noon to 1:00 - Room 7

## February and March Computer Talks Bring Back Our Acclaimed Two-Part Series on the Use of PowerPoint for Presentations

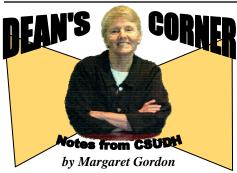
by Rick Spillane

ased on the total number of responses to the Computer Working Group's email asking what topics the membership would like to have covered at the Computer Talks, the second month of the new year brings help to those who would like to upgrade their presentation skills. We will focus on making PowerPoint understandable and thus easier to use. Coming to the Franklin Center February 28th and March 28th, Omnilore Computer Talks will be focusing on everything you need to know and were afraid to ask to successfully use PowerPoint on both Macs and PCs.

PowerPoint is a software program that can be used to organize your notes and graphics in a simple to understand and easy to use manner. No more scrambling through your note pages or juggling pictures for presentation on the screen. There will be handouts with the talks to enable you to use the information at home to build your own presentations. The various versions of PowerPoint (2003, 2007, and 2010) will be compared including OpenOffice's free version. You are encouraged to come with questions and problems related to your use of PowerPoint. Indeed, bring your own laptop and follow along.

The February talk by **Rick Spillane** will start at the very beginning: creating a presentation. We will first create an outline of a talk in PowerPoint, and then build and organize slides with your discussion points. We'll briefly look at customizing your presentation by adding notes to any slide and working with the slide master to set a style for the presentation. We will cover how to use PowerPoint to aid in your presentation and how not to confuse or put people to sleep. We will end by showing how to save the presentation on a flash drive to move it from your computer to the Omnilore classroom computer.





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

To each of you, best wishes for a healthy and enriching new year. I look forward to seeing you on campus during the spring term.

The California State University system begins 2013 under new leadership. In fall CSU Trustees announced the appointment of Timothy P. White as the seventh CSU Chancellor.

During the fall, Dr. White, while finishing his position of chancellor of the University of California, Riverside, consulted with retiring CSU Chancellor Charles B. Reed and executives in order to transition to the position of chief steward of

the 23-campus CSU system, the largest four-year public higher education system in the country. Chancellor Reed retired after 14 years of service.

Dr. White, 63, holds a doctorate from UC Berkeley and attended a California community college and a CSU campus on his way to becoming a professor and scholar in the field of human bio dynamics and movement science. Chancellor White is a member of numerous national organizations and is a Fellow of the American College of Sports Medicine. He was born in Argentina, immigrated to Northern California as a teenager, and is a first-generation college student.

As chancellor of UC Riverside, Dr. White helped UCR achieve national recognition in college rankings; helped establish a UCR School of Medicine and School of Public Policy; and was a successful fund-raiser for the campus.

The Board of Trustees commented that "Tim has experienced firsthand the powerful impact of higher education and has the leadership qualities to guide the system through these fiscally challenging times."

In a November 2012 letter addressed to the CSU Trustees and circulated to CSU faculty and staff, Chancellor White accepted the



Dr. Timothy P. White

offer to serve "because of my deep passion and interest in the mission of the CSU to advance California's future." He continued by requesting a 10% reduction in the state-funded portion of his salary because, he said, this is "what is best for the California State University... I also recognize that Californians expect me to properly steward these resources [reference to taxpayers' investment in higher education]. ..This is the basis of my request to reduce my own compensation to contribute to the rebuilding of this great university."

Dr. White and his wife, Dr. Karen White, have four sons. I know you join us in welcoming Chancellor White and his family to the CSU community.



#### ... And the Winners Are ...

If all of the articles, critical reviews, opinion columns, essays, interviews with the principals, etc. have not gotten you to a theater to see *Lincoln*, let me urge you to do so. The people who made the movie, Steven Spielberg, director, Tony Kushner, writer, based it on Doris Kearn Goodwin's book *Team of Rivals: The Political Genius of Lincoln*, and used a host of resources by other Lincoln scholars who are credited at the end of the film. There are few adjectives rich

enough to describe the actors, who made me wonder if they were actors, so authentic were their portrayals. Daniel Day Lewis in the title role, Sally Fields, Tommy Lee Jones, David Strathairn, James Spader and so many others make this depiction of the four months it took to pass the 13<sup>th</sup> amendment of the Constitution outlawing slavery a film experience to treasure. Would that our current Congress take a few lessons from Lincoln and his equally obstructive Congress.

Another film, as different in topic and style from Lincoln as imaginable, but equally excellent, is *Silver Linings Playbook*. Director David O. Russell has paired an unlikely couple, bi-polar (recovering) Bradley Cooper as Pat, and seriously depressed Jennifer Lawrence as Tiffany, in a breath-taking, up and down love story, which plays out against the background of Pat's quintessential dysfunctional family. His father, obsessive-compulsive gambler and Philadelphia Eagles fan, Robert DeNiro, and appropriately anxious mother, Jacki Weaver, are magnificent and believable, as is the young couple, and all the characters in this magical film. Based on a novel by Matthew Quick, it succeeds in bringing order out of chaos, clarity out of confusion, humor out of pathos, and true hope out of deep despair, with not one whit of sentimentality. It also brings out-loud laughter, real tears, and the deep satisfaction of seeing a truly extraordinary movie.

Both of these films and some of the actors have already been nominated in one or more of the plethora of awards given in this season. It will be surprising if Academy Award nominations have not been added by the time you read this.

(Contrarians, do not let that stop you from seeing them!)

You, too, can be a film critic! Send your review to Carol Kerster: CKerster@aol.com



### **OLLI in Spring 2013**

by Jim Bouchard

Senior Program Development Specialist Coordinator, Lifelong Learning, OLLI AT CSUDH



W

e have a lot of things in store for OLLI in spring 2013.

*Personal Finance* with Phil Gironda returns to the Franklin Center on January 17. In this class you will learn about personal finance, retirement planning and wealth preservation from an expert in the field.

There are two lecture series offered in the spring—one on campus at CSU Dominguez Hills, and the other in Manhattan Beach. The Osher Lecture series on campus is titled *OLLI Becomes Eclectic* and offers a variety of topics including Abu Ghraib, the Middle East, Martin Luther King, American literature, and teen angst at the movies. (The Osher Lecture Series has been sponsored for many years by Omnilore.)

The other lecture series is in Manhattan Beach. This series is called *Contemporary Scientific Issues* and will include a two-part presentation on the Higgs Boson. Check your OLLI catalog for the location and more information.

Many OLLI members may not be aware that we have an Africana Studies department, and that faculty members have been extremely generous about volunteering their time to present to OLLI members. These classes have been well attended by Omnilore members. If this area of studies interests you, I encourage you to take advantage of our unique offerings this spring, especially in February which is Black History month.

Other events and activities include: drawing, discussion groups, tennis lessons, and gardening. Also, check out the courses in the Osher Macintosh Lab where we will have classes in using the iPad, taking digital photographs, mastering Facebook and creating a memory book. Not familiar with the Macintosh computer? An introductory course to learn the Macintosh will be offered.

I look forward to a fun and educational spring!

### **Omnilore's Best-Sellers Special Interest Group**

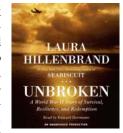
by Patricia Edie

The Best Seller Special Interest Group (SIG) continues to meet on **the second Monday of each month** for a spirited and diverse discussion of the month's selected book. Alternating between fiction and non-fiction titles, the attendees have enjoyed sharing opinions and comments and squeezing out all the "juice" from each selection.

The SIG is open to any Omniloreans who would like to participate. There is no need to sign up or notify anyone. Just come at 11 a.m. to Room 8 of the Franklin Center. . . prepared to participate. In the future months we will be discussing the following book selections:

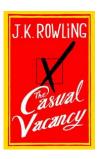
## January 14: Unbroken: A World War II Story of Survival, Resilience and Redemption by Laura Hillenbrand

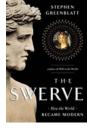
This long-time best seller non-fiction book tells the inspiring true story of a local, Torrance hero, Louie Zamperini, who lived through a series of catastrophes almost too incredible to be believed. In evocative, immediate descriptions, Hillenbrand unfurls his story--a juvenile delinquent-turned-Olympic runner-turned-Army hero. Torrance libraries have 66 copies of this book!



## February 11: *The Casual Vacancy* by J. K. Rowlings

After establishing herself as a successful children's author, Rowlings pens her first adult novel. She uses local politics to explore the complex social web of a small English town. With the death of a local councilor, a "casual vacancy" opens in the government of Pagford; the ensuing pursuit of his seat exposes the poorly hidden conflicts of this deceptively tranquil town.





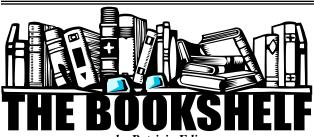
## March 11: The Swerve: How The World Became Modern by Stephen Greenblatt

One of the world's most celebrated scholars, Greenblatt has crafted a work of history and a thrilling story of discovery, in which one manuscript, plucked from a thousand years of neglect, changed the course of human thought and made possible the world as we know it.

Any questions, contact facilitators **Patricia Edie** (patricia.edie@gmail.com

or

Cindy Eggert (cindy.eggert@gmail.com)



by Patricia Edie

ecommendations of books others have found interesting:

The News from Spain: Seven Variations on a Love Story by Joan Wickersham is a collection of short stories held together by news from Spain. This is one great writer and these stories jump all over the map and time but are truly powerful. This is not about romanticized love and unreal characters but an exploration of people you may recognize and identify with and real situations you also may recognize.

The Unlikely Pilgrimage of Harold Fry by Rachel Joyce takes us to another country, England, and tells the story of Harold, a recently retired man whose life has stopped. He sits down and never gets up again until he receives a letter from a friend from his past who is dying. On a whim he begins a quixotic trek to see her and, released from his own passivity, he is transformed. Described as "Walter Mitty sky-diving" this book will make you pause!

*The City of Women* by **David Gilman** is set in Berlin, 1943. Most of the men are

serving on the front and the city holds the women, living every day with the stale terror of English bombings and suffering from the full moral complexity of the times. This work of fiction "reminds us of history as it truly

happened – and not simply as it affects us."

The Cost of Hope by Amanda Bennett is a memoir of this Pulitzer Prize-winning journalist. It is an account of an illness, her husband's cancer, and the cost --mental, physical and financial -- of trying to treat it via the complicated, frustrating, outrageously expensive American health care system. More than a polemic against the medical industry it is part marriage-confessional and part skilled-investigative-reporting. In the end she asks: would they have been able to make wiser choices if they had been able to see all the costs involved.

(Book suggestions from **Omniloreans** make this column work. This month, except for **Midge Solomon**, I did not receive any recommendations so I included some of my own. Unless you only want to read what I have been reading, please send your titles, with author name and a very brief description, to Patricia Edie, (patricia.edie@gmail.com). Please put "Omnilore Books" as the subject of your email. I look forward to hearing from you.)

### **New Year Quotes**

Ring out the old, ring in the new, Ring, happy bells, across the snow: The year is going, let him go; Ring out the false, ring in the true.

Alfred, Lord Tennyson

For last year's words belong to last year's language and next year's words await another voice.

T.S. Eliot

New Year's Day... now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual.

Mark Twain

Good resolutions are simply checks that men draw on a bank where they have no account.

Oscar Wilde

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

Hal Borland

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

Edith Lovejoy Pierce

Many years ago I resolved never to bother with New Year's resolutions, and I've stuck with it ever since.

Dave Beard

	nom you.)		>
WHEN:	OMNILORE Winter Forum Lunc Thursday, January 31st, 2013—11	heon Reservation Form 1:30 a.m. must	
WHERE:	Los Verdes Country Club 7000 W. Los Verdes Drive Rancho Palos Verdes	1:30 a.m.  Reservations must  Reservations fundary 2  be received by January 2	Isr
Please make	reservations for the <b>Omnilore</b> Winter Forum		
Name(s):		Phone #:	
	(Please Print)		
	(Please Print)		
I want a vegetarian pl	ate. Enclosed is a check for:	\$20.00 each Total number of mea	als.
	s out to <b>CSUDH</b> , and put in the s box in Room 7 or send to:	Forum Committee, c/o Lori Geittmann 420 Avenue E Redondo Beach, CA 90277-5122	





### **Omnilorean Brings "Reel Talk" to the South Bay**

Pilm buffs in Omnilore may be in for a treat when noted Los Angeles critic Stephen Farber brings his "Reel Talk" series to the Arclight Theaters in El Segundo for four *pre-release* screenings of independent/foreign films followed by stimulating discussions with film makers; the series starts January 30 for four consecutive Wednesday evenings.



On the other hand, at this writing, the series has been sold out. . . . and we know of only one Omnilorean who will definitely be in the audience at the Arclight: **Carol Pleatman**, who has been instrumental in snagging Farber and "Reel Talk" for these South Bay appearances. . . .

Carol, who formerly lived on L. A.'s Westside and attended Farber's classes through UCLA's Extension program, wondered when she moved to Redondo Beach, why his "Reel Talk" was not offered in the South Bay. In what turned out to be a nearly decade-long goal for Carol, she, Farber and the founder of the fledgling South Bay Film Society have now been able to form a partnership to bring these enlightening programs to this area; they hope the upcoming January-February series is just the beginning!

The extremely successful South Bay Film Society, which was started just last June by cinephile Randy Berler of Hermosa Beach, is already a popular venue for several Omniloreans. The society screens select new, "avant-garde" films at the Rolling Hills AMC Theatres in Torrance shortly after they have played in L. A.'s art houses; the films are followed by a discussion with other movie lovers in the audience.

This new trend -- of local audiences choosing what movies play in their neighborhood theaters -- has been enabled by the introduction of digital (vs. film) projectors in certain nationwide chains, which was encouraged by TUGG, a new company with which Ben Afflect is affiliated.

More information and an opportunity to sign up for future screenings can be found at www.southbayfilmsociety.com.