



OMNILORE NEWS

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OMNILORE NEWS

A publication of OMNILORE, a Learning in Retirement Organization affiliated with The Division of Extended & International Education of California State University Dominguez Hills

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

Co-Editors	Diana Cutler JoAnna Kerrigan
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“An Ounce of Prevention...”

by Carol Kerster

Many of us are familiar with the adage of Ben Franklin: “An Ounce of Prevention Is Worth a Pound of Cure.” Rarely will we hear of its implementation more forcefully than we will at our next Forum Luncheon.

Susan M. Burden, CEO of the Beach Cities Health District, will address *Omniloreans* at our Spring Forum on Monday, April 30. That she is a strong advocate of preventive health care as a foundation for all health care reform is testified to by her current role, as well as by an impressive list of credentials.



Susan M. Burden

Presently at BCHD, the South Bay’s premium and unique preventive health organization, Ms. Burden oversees services that span lives from infancy through seniority. Prior to this, she was an executive with Aspen Education Group in Cerritos, an overseer in hospital management in community clinic systems, and teacher of strategic planning on health care issues at Chapman College, where she received her Master of Health Administration degree. Ms. Burden also serves on the Manhattan Beach School District Substance Abuse Task Force, and Medical Advisory Board, and on Redondo Beach’s Round Table and Chamber of Commerce.

Whether or not you are familiar with BCHD, either through its physical education classes or through one of its many group activities, such as the Writing Group led by our own **Norman Lobsenz**, Ms. Burden is sure to increase your knowledge of this outstanding South Bay resource. She will tell us how this unique entity came into existence and what it offers to all of us living in the South Bay. Indeed, she might even whet your appetite for more active participation in it!

If you are skeptical, and if anticipation of such a lecture does not “whet your appetite,” surely you have “compelling evidence” that there will be a lovely luncheon, served by a lovely staff, at the ever-so-lovely Los Verdes Country Club! And, you do know the drill: register for this event by filling in and mailing the form on page 7, or by doing the same with the forthcoming sure-to-be-spring-colored flyer.

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MESSAGE FROM THE PRESIDENT

by Rick Spillane

What a great trimester this has been for *Omniole* and I hope for all its members with another month to go. The January luncheon was our best attended luncheon ever with more than 50% of the membership in attendance. The dynamic speaker Dr. Michael Shermer (thanks **George Clark**) covered a number of topics of interest to *Omnioleans*. Dr. Shermer's talk ranged from debunking the Internet's 9/11 Conspiracy theory, to the Intelligent Designer vs. Evolution controversy. The Question-and-Answer session after the talk was both interesting and thought-provoking and was finally brought to end by the President. If not it would have continued all afternoon.

Congratulations to the Forum Committee for once again providing us with both lunch and an entertaining speaker. Given their proven track record don't miss the next luncheon.

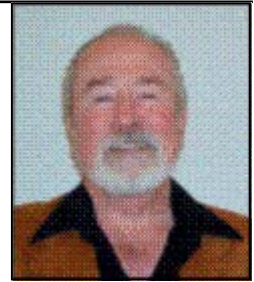
By now we all know what courses we wish to take this summer. **Dick Johnson** and the Curriculum Committee seem to offer more interesting and educational

courses each trimester. And yes, you are allowed to have fun while exercising your mind. Just think, if Sudoku is good for exercising and maintaining mental agility in the aging mind, how superior are *Omniole* courses.

Tired of TV's five-second sound bites on the ongoing Middle East crises? Do we have a series for you! This spring our Wednesday lecture series is being held at the Redondo Beach Library instead of at Cal State University Dominguez Hills. The subject is *An Overview of the History and Culture of the Middle East*. The series titles look to be very informative on a crucial area for American foreign policy. Agree or disagree with President Bush, this series will help you put in context what is happening. Since it is at the Library, the lectures are free and all are welcome. The lectures are on the 1st and 3rd Wednesdays at 10:30 a.m. More details are available on the *Omniole* web site. See you there.

In talking with our members, in or out of class, I find many of them have

computer-related questions. These questions which are very related to the work they do in class range from: "How do I make up a mailing list for people in my class?"; "How do I use the *Omniole* equipment that is available in the classroom?"; "How do I put together a PowerPoint presentation?" to "How do I do things like add music to my presentations?" At *Omniole* we are actively trying to answer questions like this by having a Computer Special Interest Group and by having a list of computer knowledgeable members who have indicated a willingness to answer individual questions and provide help when needed. Note it is common, particularly at our age to hold back on asking questions on how to use ever-changing technology. Try to not let this stop you from asking questions about technology. This is one case where we are all in the same boat and those who know a little more are very willing to help out others. Any questions or suggestions on providing help on technology can be emailed to me.



One of Our Owls Has Gone International!

by Myron Pullen

Recently we received a request from a student in England for permission to use one of our website's animated owls for a school project. The student is in the English equivalent of our 11th grade and lives in Mansfield in the Midlands County of Nottinghamshire. Her school project consists of creating a computerized game, and she feels that the owl in question will fit in well with the intended theme of her creation. The owl is the one with flapping wings, which appears at the bottom of most of our web pages in the left hand corner. It was created from drawings done by George Clark and colored and animated by our Webmaster, **Myron Pullen**.

The members of our Website Working Group (WWG) huddled and quickly decided that the requested authorization would be in complete accord with *Omniole's* major objective of encouraging education, and so the permission was granted. It is nice to consider that one of the graphics which was developed for the website of *Omniole* will be used by a teenager in England for a school project, thus spanning both age and geographic boundaries to accomplish an educational purpose.

The WWG consists of **George Clark, Patricia Edie, Jay Edie, Blanche Herring, Mary Oran, and Myron Pullen.**



Our Star Owl caught in mid-animated wave and Mansfield's location in England.



A Good Pun Is Its Own Re-Word

Energizer Bunny Arrested - Charged with Battery

A Pessimist's Blood Type is Always B-Negative

Practice Safe Eating - Always Use Condiments

A Hangover is the Wrath of Grapes Does the Name Pavlov Ring a Bell?

A Successful Diet is the Triumph of Mind over Platter A Gossip is Someone with a Great Sense of Rumor

Without Geometry, Life is Pointless

A Man's Home is His Castle - in a Manor of Speaking

What's the Definition of a Will? (Come on, it's a dead giveaway!)

He Often Broke into Song Because He Couldn't Find the Key

Every Calendar's Days are Numbered

Bakers Trade Bread Recipes on a Knead-to-Know Basis

Acupuncture is a Jab Well Done

**New
“Introducing Omnimore”
Meeting Planned**

by Kathleen Fitzgerald



In anticipation of the upcoming Summer Semester, a new introductory session is scheduled for prospective members on **Thursday, March 29th from 10 a.m. to 12 noon in Room 7 at Franklin Center.**

The registration fee at this time of the year, which covers just the summer session, is only \$30 for individuals and \$50 for couples, so this is a good time for those who might be interested to sample our *Omnimore* classes.

We know that a large proportion of our membership comes from referrals. Tell your friends about us. We have a large quantity of small business-sized cards available. Take a few and keep them with you to hand out to people who might be interested. It is the renewal that comes from a steady influx of new members that keeps our organization fresh and vigorous.

Dickens in Real Time!

by Edith Garvey

At the last “Dickens” meeting in December, we took turns explaining which character in our reading of *David Copperfield* we would most like to meet.

Here are two class members who threw themselves into the assignment whole-heartedly! **Edith Garvey** (left), who, as Peggotty, is ready to clean the house, and **Blanche Herring**, as Mr. Dick, who is going to work on his forever ongoing *Memorial*.



Jim Bouchard

**CSUDH OLLI Explores
the Middle East**

by Jim Bouchard
Director, Osher Lifelong Learning Institute
College of Extended & International Education
CSUDH



One of my co-workers pointed out to me today that the days are starting to get long again. Before we know it we will be experiencing spring fever . . . which, after all these years, still seems odd since we’ve had some 80° weather! While folks are shoveling out of yet another huge storm “Back East,” we get to ask such luxury questions as “is it too hot to wear a jacket at lunchtime?”

But while we enjoy the relative ease of Southern California, everyone is somberly focused on a part of the world with a climate similar to that of California—the Middle East. This semester’s topic of OLLIonline, the Osher Lectures, and an *Omnimore* class—*An Overview of the History and Culture of the Middle East*—has sparked more interest than any of the other seven OLLIonline themes to date. Last week we had nearly 100 people attending Dr. Ron Davidson’s presentation on *The Geography of the Middle East*, which is twice the number of attendees typically.

Last week’s OLLIonline broadcast featured Dr. Giamucakis who presented *Pre-Islamic History of the Middle East*. I was told by our television studio that the webcast was viewed by more people than any other OLLIonline presentation.

Today, at the Veterans’ Park Senior Center in Redondo Beach, 25 people gathered to watch last week’s OLLIonline broadcast on DVD. This was followed by a discussion facilitated by *Omnimorean Dick Granoff*, a former physics teacher. (Thank you, Dick!)

I am looking forward to learning more about a part of the world that I feel I know too little about. I’m hoping to come away from this series of presentations with some additional knowledge and insight regarding today’s events in this region of the world. From what I have seen so far, I don’t think I will be disappointed. ➡

Remaining Osher Lectures

- March 7th
Islam: Shia and Sunni Traditions
Amir Hussain, Ph.D., Dept of Theological Studies, Loyola Marymount University
- March 21st
Culture and Politics in the Middle East
Hamoud Salhi, Ph.D., Political Science, Economics & Labor Studies Dept., CSUDH
- April 4th
Pre-Islamic History of the Middle East
George Giacomakis, Ph.D., Director, Irvine Campus, CSUFullerton
- April 18th
Music of the Middle East
Joanna Nachev, Ph.D., Music Department, El Camino College



*Jim Bouchard
CSUDH*

Forum Memories

Photographs taken by Laurel Spillane



*Diana Cutler
Forum Chair*



*Edith Garvey;
Mary Golob
(glasses) and
Marilyn Peschel
enjoy a laugh (Jim
O'Neill in back-
ground); Mike Scor-
dan (below); Jay
Edie.*



*Michael Shermer, our speaker, flanked by
George Clark and Burt Cutler,
both former presidents of **Omniole**.*



*Bill Lama ;
Mary Oran
Bob & Barbara
Bragonier*

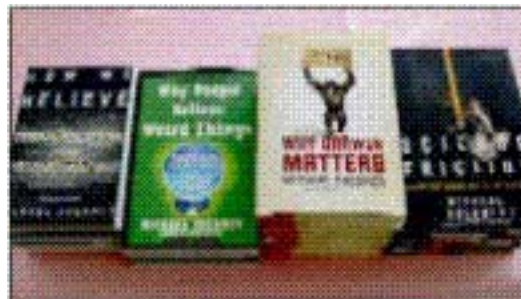


*Hal Fenton next to
Nancy Leonard (below
left); John Taber;
Larry Brown, Ken
Norris & Gen Carlisle;
Jim Sweeney, Irv Allyn
& Janiece Plank
(far right)*



*Meredith Grenier
Daily Breeze
Often covers our Forums*

Michael Shermer's books on display at the Forum:
Science, Skepticism, and the Search for God
*Why People Believe in Weird Things: Pseudoscience,
Superstition and Other Confusions of Our Time*
Why Darwin Matters
Science Friction: Where the Known Meets the Unknown



*Some of Our Greeters
Helen Leven (left),
Joyce Mar, and
Irma Cohen*

Ginger Rocks Computer Talks

by Merle Culbert

Those of you who have been in an S/DG with **Ginger Engstrom** know that her presentations are a class act. She always knows her stuff and she's organized. On Thursday, February 22, fourteen **Omnioleans** gathered at Computer Talks to hear her presentation on Digital Photography.

She and her husband are headed for China and she's looking for a new camera to take with them. In her usual way she has given a lot of thought to the advantages and disadvantages of buying a digital camera and buying it now. First she urged that we give serious thought to what we want in a camera. Are you a casual user, a serious photographer? Do you want something small to fit in a pocket or something with a big zoom? What kind of photos will you be taking? How are you going to be using them – as snapshots, e-mail, on your web page, to illustrate your presentation, etc.?

On page 3 of her very informative handout she listed seven good Internet sites for research but she strongly urged that you visit your local quality camera store to check out the camera that interests you. There's nothing like having it in hand to see if you can work with it and its features. Ask questions of the store staff.

She opened the discussion to types of cameras, resolution and zoom features. Batteries and memory cards were hot topics. Be well stocked with both. With the popularity of LCD screens some cameras may come without viewfinders. Check that out because we all know that an LCD screen outdoors is not always satisfactory. Actually, that's another thing she suggests you check out – take the camera out into the sunlight to see if you can see the screen.

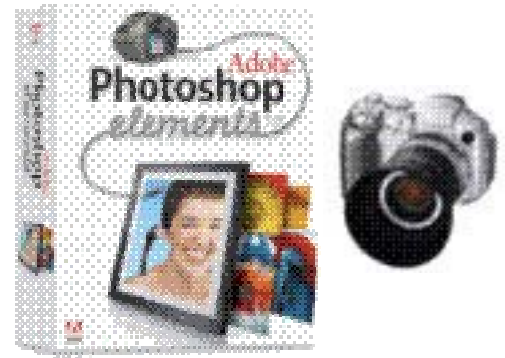
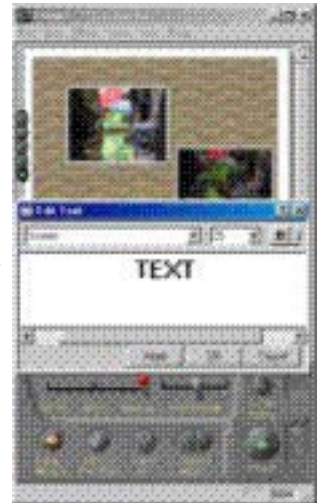
Startup time and latency factors in both the camera and the memory card are something you need to look at, especially if you shoot action photos. Additional bells and whistles also need your attention.

She spoke about three levels of processing your photos and ended up with passing around examples of her Level III photo processing that illustrated editing, organization and storage of your photos. These involved some impressive software (Adobe Elements Photoshop 5.0, Canon PhotoRecord, Canon PhotoStitch, the latter two coming bundled with Canon cameras). Her travel and wedding albums were produced with PhotoRecord, which combines photos and text, and they were gorgeous. She had a beautiful panoramic photo that combined several separate photos into one panoramic view using PhotoStitch. Let's hope that she can be prevailed upon to come back next year and show us the camera she bought and her China album, which will probably have fantastic panoramic views of that beautiful country.

Thank you for sharing with the rest of us techies, Ginger.

Just a reminder - Computer Talks are held from 12:00 to 1:30 PM on the 4th Thursday of the month in Room 7. Next month we will be discussing Power-Point for Presentations for beginners and advanced users. If you have a tech-

Items introduced in Ginger's talk:
PhotoRecord—right—Showing windows for arranging & processing;
PhotoStretch — Showing completed picture, along with its components;
Adobe Photoshop Elements software;
 Digital camera with zoom.



nology subject you think would help or interest our membership please contact **Carol Johnson, Tom Vincent or Pat Stevens.**

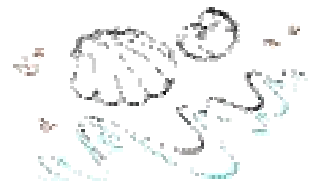
**I
Love
A
Beach
Town
In
Winter**

I love a beach town in winter.
 It has the melancholy look
 Of an abandoned lover cloaked in gray,
 Grey clouds and waves and sky
 Blending together along the shore.
 Remnants of past admirers -
 A tattered shirt, a shoe, a plastic wrap
 Taunt that they were here but now have
 gone



So I walk along the beach in winter
 With other hangers-on, sand pipers and seagulls
 And we croon a song together with the lapping tide
 That reassures her of her beauty

Colleen Welch





Sign on for a Shakespearean Summer Fling!

by Marilyn Landau

What could be better than warm summer days in beautiful Utah, with theater and scenery

to entice you? Join fellow *Omnioleans* for the Shakespearean Festival in Cedar City, Utah. The trip is planned for July 22nd through July 27th, 2007. Six plays are being presented, including three by Shakespeare: *Coriolanus*, *King Lear*, and *Twelfth Night*. The other three productions are George Bernard Shaw's *Candida*, the hilarious *Lend me A Tenor* by Peter Sham, and the American classic, *The Matchmaker*, by Thornton Wilder. Participants may purchase a package of all six productions for the price of five, or choose a selection of fewer plays. Free discussions of the plays will be held the day after the performances. Additionally, a backstage tour and dinner with one of the festival actors is part of the tour.

In addition to the festival, there are other attractions in the area. Optional tours will be available to special places such as Bryce Canyon National Park and Zion National Park. The lodgings are at the beautiful Stratford Court Hotel, which is within walking distance of all the theater attractions. Just imagine - a nice summer night, the moon is out, and one casually strolls over to the theater to see and hear the magical words of these wonderful playwrights!

The approximate cost of this trip will be \$730 per person, including airfare, lodging, and play tickets. For more information, call **Marilyn Landau** at (310) 514-3535. A \$50-per-person deposit is requested. While the deposit deadline is March 15th, it is recommended that you make your reservations as soon as possible while rooms and tickets are still available. They don't last long! Send your deposit to Marilyn Landau, 28538 Vista Madera, RPV, CA 90275. To go or not to go? There is no question! Sign up now for a delightful summer idyll!



Computer Talks

by Carol Johnson

Spiced-Up Presentations with PowerPoint



Do you want to start enhancing your presentations with slides showing your outline and/or pictures? Or do you already make PowerPoint slides, but want to get more elegant? Either way, do come to the Computer Talks noon to 1 p.m. on **March 22**.

We plan to have three laptop PCs there. **Pat Stevens** will offer "PowerPoint 101" on hers, for beginners. Simultaneously, **George Clark** will offer "Advanced PowerPoint" on his. **Tom Vincent** and **Carol Johnson** will advise those who want hands-on practice with *Omniole*'s laptop. This could include using M. S. Word to make slides, for those who do not have PowerPoint.



It would be helpful for this experimental lab session, if you let Carol Johnson know which of these three stations you want to attend, or that you plan to bring your own laptop.

Driving with a GPS Navigator

To find a new address in the big city, we often use MapQuest or other websites to print out directions and a map of the route. It is possible to get more interactive directions with a GPS (Global Positioning System) navigator. This is essentially a special-purpose palm-top computer. With roadmap display and voiced commands, it can lead a driver through a planned route, and can find points of interest such as nearby gas stations, restaurants and motels. **Carol Johnson** will illustrate some features of GPS navigators at the Computer Talks on **April 26** at noon in Room 7. Do come hear about this way to make life easier.



Report from the Curriculum Committee

by Dick Johnson

I had often wondered how we got so many good courses to choose from and why some of the course selections I submitted weren't accepted. As the new Curriculum Committee Chairman I am discovering the answers which I want to relate to you. First of all the Curriculum Committee has lots of members who do a fantastic job of bringing prospective courses for the Committee to consider. For our 2007 Summer Trimester we started with over 100 courses which were narrowed down to fifty some odd in the first committee meeting and then were cut further to 25 (after substantial rewrites in some cases) in the second meeting.

Many of these courses came from other adult education groups that posted courses on their websites. Course selection is strictly by majority vote of the Curriculum Committee. *Omniole* members submitting courses for consideration are welcome to attend the meetings and say a few words about their submittals and then participate in the voting. Your input is welcome. Submit an entry on our form (off the internet or in the Curriculum Committee box in Room 7) and come join the fun.





by Mary Oran

Before we present this month's selections, another plea comes your way. We know the majority of *Omnioleans* are readers. And most *Omnioleans* have e-mail too. So is it asking too much to request you to recommend the good books you are reading? Help me out here! My tastes go in certain directions, and I would like to have all directions covered. Please think about your lifetime of reading and books that have stayed with you. Tell me about them.

One of our members selected the perfect book for *Omnioleans* before it even hit the nonfiction best seller charts. *The Intellectual Devotional: Revive Your Mind, Complete Your Education, and Roam Confidently with the Cultured Class*, by David S. Kidder and Noah D. Oppenheim, is the perfect book to pick up every day. It offers 365 daily lessons from the seven fields of knowledge. The one-page lessons cover History, Literature, Visual Arts, Science, Music, Philosophy, and Religion. Fifty-two weekly lessons on each of these subjects! In some cases the material may be a review of what you already know, but in others, you are definitely going to learn some-

thing new. I am currently resisting the temptation to read ahead.

Another nonfiction item that offers diverse material is *The Book That Changed My Life: 71 Remarkable Writers*

Celebrate the Books That Matter Most to Them. Edited by Roxanne J. Coady and Joy Johannessen, the 71 writers present the first book that changed the way they thought about things, or stirred a strong emotion, or introduced them to a character they have never forgotten. The majority of the entries are two pages, and feature the selections of Kate Atkinson, Billy Collins, Doris Kearns Goodwin, David Halberstam, Sebastian Junger, Alice Hoffman, and Frank McCourt, among others. And their choices are fascinating! Who would think that chef Jacques Pepin would cite Camus? And Michael Stern presents the Sears Catalogue as his choice! This book is a great browser!

Our third nonfiction entry is *And Still We Rise: The Trials and Triumphs of Twelve Gifted Inner City Students*. Author Miles Corwin, a veteran Los Angeles Times reporter, spent a year with these students (and their teachers) in south central LA. He sat in the classrooms where bullets zinged past windows. He observed how both students and teachers transcended the many obstacles that confronted them. This is an inspiring profile of high achievers, and is

both engrossing and heartbreaking. Education and the school system are constantly in the news. Read about some of the successes that determination and discipline achieve.

Our classic fiction this month is *Michael Shaara's Killer Angels*. You won't find a better historical novel than this American war classic, the story of Colonel Joshua Chamberlain, a Maine college professor at the Battle of Gettysburg. The story is told from both the Union and Confederate point of view. Chamberlain, an amateur soldier, anchored the left flank of the union forces, and his decisive action was the turning point of a battle that ultimately was the turning point of the Civil War.

It's about time we recognized a science fiction classic. *A Canticle for Leibowitz* has been compared to *1984* and *Brave New World*. *Walter J. Miller Jr.*'s novel is set in the future, an age of darkness that is full of ignorance. Is there any hope for humanity? Imaginative, comic, and grim, the story is a search for meaning and truth. Read it and find out, perhaps, why an "ancient" shopping list is a sacred document. This is compelling writing at its best!

(Our thanks go to Luke Dzwonczyk and Chuck Herring for contributing to our list. Please send your titles, with author's name and a very brief description, to msoran@sbcglobal.net. Please put "Omniole Books" as the subject. We look forward to hearing from you.)

OMNIOLORE Forum Luncheon Reservation Form

WHEN: *Wednesday, April 30th, 2007 – 11:30 a.m.*

WHERE: **Los Verdes Country Club**
7000 W. Los Verdes Drive
Rancho Palos Verdes

Reservations are required by April 23rd, please!

Please make _____ reservations for the **Omniole** Annual Luncheon at **\$17.50** each:

Name(s): _____ Phone #: _____
(Please Print)

_____ (Please Print)

Enclosed is a check for: **\$17.50** Other

Please make checks out to **CSUDH**, and put in the Forum Committee's box or send to: Forum Committee, c/o Diana Cutler
10 Middleridge Lane S.
Rolling Hills, CA 90274

OMNIOLORE
CALENDAR
2007

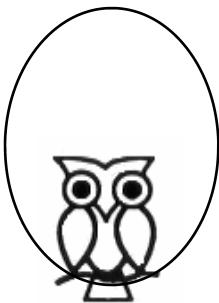
- March**
- 8 Board of Directors Meeting - 12 Noon to 2 p.m. - Room 7
 - 11 **Daylight Savings Begins**
 - 13 Membership Committee - 11:30 a.m. - 1 p.m. - Room 8
 - 16 Hiking Group - 10 a.m.
 - 17 **St. Patrick's Day**
 - 22 Computer Talks - 12 Noon - 1 p.m. - Room 7
Spiced-Up Presentations with PowerPoint
Pat Stevens, George Clark, Tom Vincent, Carol Johnson
 - 29 Introducing Omnimore - 10 a.m. - 12 Noon - Room 7

- April**
- 1 **Palm Sunday**
 - 3 **First Day of Passover**
 - 6 **Good Friday**
 - 8 **Easter Sunday**
 - 10 Membership Committee - 11:30 a.m. - 1 p.m. - Room 8
 - 12 Board of Directors Meeting - 12 Noon to 2 p.m. - Room 7
 - 15 Input Deadline for May-June Newsletter
 - 20 Hiking Group - 10 a.m.
 - 26 Computer Talks- 12 Noon - 1 p.m. - Room 7
Driving with a GPS Navigator - Carol Johnson
 - 30 Spring Forum



IMPORTANT:

Calendar changes and additions are scheduled with
Pat Stevens - (310) 548-3253 - p.t.stevens@cox.net



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