



President’s Message

Martin Luther King Jr. said “Life’s most persistent and urgent question is, what are you



doing for others?” The hundreds of OLLI volunteers answer that question every time they teach or coordinate a class, drive the trolley, make coffee, set up chairs or do any of the dozens of OLLI

volunteer activities.

April is National Volunteer Month, and OLLI is recognizing and thanking our many volunteers throughout this month. My thanks go out to all the volunteers that make OLLI at CSUF a fantastic community and a great experience.

I am asking for help from every member in several ways. First and foremost, take a moment to thank member volunteers that you encounter. They are the people who spend their time to make OLLI possible. A simple thank-you goes a long way.

Second, when you have a moment, write a short thank-you note to the volunteers that make a difference in your OLLI experience. To make this easier, tables with note-writing materials will be available in the Shapiro Wing during the week of April 8. Your notes really are appreciated.

Finally, if you can, attend the OLLI Volunteer Recognition Event on Sunday, April 7. The event is for everyone, and it will include a social hour (or two), a few short talks and music provided by CSUF students and faculty. Advance registration is required, but time is running out. If you haven’t registered yet, get to the OLLI office now for remaining registration slots.

Jim Monroe, President, OLLI Board of Trustees

Our Diverse Community

As the Lunar New Year celebrations approached, OLLI members were treated to an important presentation about the Vietnamese Community in Orange County. One of the presenters, Kim Son Vo, Ph.D., was once quoted in the LA Times as saying, “There is a belief that what happens on the first day [of the Lunar New Year], takes place throughout the whole year.” Dr. Vo and Dr. Frank Phuoc Nguyen shared their stories to help promote a better understanding and sympathy for what so many refugees have sacrificed to come to the U. S. The speakers risked their lives to seek safety and freedom by becoming refugees from the regime that had engulfed their native land. Through their hard work and sacrifice, they each became symbols of the American Dream.

We learned how, with the fall of South Vietnam in 1975, an original group of eight families were brought to this country by the U.S. government and placed in some makeshift housing in Camp Pendleton. The refugees were not at all familiar with how to adjust, and wanted to stay close to one another. Officials finally found space for everyone in an apartment building in Garden Grove. The community grew and grew, especially in Westminster, as more immigrants came. Some of the earlier people who were taken to other states, especially the cold northern states, relocated to the growing Vietnamese community in southern California.

Today Orange and Los Angeles Counties have about 313 thousand Vietnamese citizens. In 1989 an area in Westminster was designated as “Little Saigon,” and is a popular tourist attraction. There are many restaurants and bakeries with authentic goodies. San Jose and Houston also have very large Vietnamese populations—the current number in the

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OLLI Artists in the News



On the evening of February 21 at the prestigious 59th Hillcrest Festival of Fine Arts, Pat Woodhull’s collage “Out of this World” won first place in the Graphics/Mixed Media category, and Joyce Ono’s watercolor painting “Sakura Blossoms at Night” (pictured) received an honorable mention for watercolors. At the same festival John Blaydes sold his two watercolor paintings, two ceramic pieces and 26 photography cards.

Sandy Wessel was honored with a solo exhibition of more than 70 of her paintings at the Tustin Senior Center during the month of February. This is her sixth solo exhibit in this gallery.

Betty Redmon, Instructor, “Watercolor Workshop”

Important Parking Reminders

We all know that parking at CSUF is a challenge. We are fortunate to have our own Lot J, but it does not come close to handling OLLI member parking needs during peak class times.

Recently we have received requests for clarification on several aspects of parking policy. While many answers can be found on Page 15 of the Blue Book catalog, other details are found only in the CSUF campus parking rules, as follows:

Waiting in your car in parking lot aisles is not allowed anywhere on campus, including Lot J. It is certainly reasonable to wait briefly for someone to get in their car and vacate a parking space, but we are not allowed to line up in the traffic circle at the end of Lot J.

If you do stop to wait for someone pulling out, be sure to move to the right so that cars, and especially emergency vehicles, are able to pass.

Stopping on a crosswalk is not allowed, even temporarily. This is especially true of the busy crosswalk between the Ruby Gerontology Center and student housing.

To ease the overall parking congestion, please consider parking in Lots G or A and walking or taking the OLLI Trolley, if you are able. This will make a spot available for someone less able, and you will get a little exercise and perhaps meet some friends on the Trolley.

A final thought—do your best to be patient, and be especially careful whether walking or driving at OLLI or anywhere on campus.

Jim Monroe, President

When Lot J is Full

Lot G, a short walk or OLLI Trolley ride, is located on the southwest corner of Yorba Linda Blvd. and Associated Road. Lot A is a little further away on the southeast corner of Yorba Linda Blvd. and State College Blvd. On lighter class days such as Fridays, Lot E can be a good choice, located just south of the Gastronome. See the Blue Book for maps and more parking tips.

General Meeting and Election Coming Thursday, April 18

All OLLI members are encouraged to attend the annual General Meeting and Election. The program will include acknowledgements of the major accomplishments over the last year, thanking the many volunteers it takes to provide such a broad spectrum of curriculum and activities within our well-run organization for more than 1,500 OLLI members. An overview of the upcoming summer session courses and events will be provided. Then you'll have an opportunity to meet the six new officer nominees and five new trustee nominees, and vote to elect them onto the Board of Trustees. After the election in Mackey Auditorium, there will be an Ice Cream Social in the Shapiro Wing. It's on Thursday, April 18, from 1:30 p.m. to 3 p.m. See you there.

Did You Know ... ?

If you are at the Ruby Gerontology Center, and you want to see what classes are offered by OLLI that day and the next couple of days, up-to-date class schedules are always shown on the **electronic bulletin board** in the Shapiro Wing lobby.

If you don't want to show up for a class only to find out it was cancelled or rescheduled to another time, place or date, you should check the weekly **OLLI News Bytes** newsletter you receive by email every Saturday. It shows all classes and activities that were changed, cancelled or added.

If you want to know what special one-time events and trips are coming up, check the Special Events listing on Page 7 of each month's **ChroniCLE**. It gives dates, times, a brief description and when you can register at the OLLI office.

If you want at any time to confirm the time, place and dates of any course being offered during the current semester, go the **OLLI website** at <http://OLLI.fullerton.edu> and click on the CALENDAR tab on the home page. There is a short-cut link icon available, so you can quickly check the calendar

from your desk-top computer, laptop or cellphone.

If you want to see videos that recorded popular classes, you can view them on your computer or mobile device by going to the **OLLI website** and clicking on DISTANCE LEARNING VIDEOS under the CLASSES/ACTIVITIES tab on the home page. New videos are added from time to time. If you want to see current pictures and short descriptions about day-to-day classes and activities at OLLI, follow our new **Facebook** page at <http://www.facebook.com/ollicastatefullerton> or go to the OLLI website and click on LIKE US ON FACEBOOK.

Chris Shaw, Vice President Communications

DAR Veterans' Recognition Event Friday, March 29

The U.S. Department of Defense is honoring Vietnam veterans during the 50th Commemoration of Vietnam Veterans. All veterans are invited to visit with the Mojave Chapter of the Daughters of the American Revolution in the courtyard of the Ruby Gerontology Center between 11 a.m. and 3 p.m. on Friday, March 29. Vietnam veterans will receive commemorative pins, and other veterans will receive letters of appreciation. Veterans may also have their photo taken with a DAR member.

Join Us for In Memoriam

On Friday, April 12, at 3:30 p.m. in Shapiro ABCD, *In Memoriam* will take place in remembrance of OLLI members who have passed away since spring 2018. A silent PowerPoint presentation of the names and pictures of members will be followed by a reception of light refreshments. All OLLI members and bereaved families are invited to take part in this occasion for conversation and fellowship. We encourage you to join us in this traditional annual tribute.



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U.S. is over 2 million.

Dr. Vo's personal story was about how her family made nine attempts to escape the communists; how each attempt cost a great deal of money; how they sold everything and were even given money from extended family and friends to try again and again; and how they lived in terror that with each attempt they would be arrested, but they tried again. When they were finally successful, they walked for several days to the water where they were hidden on a fishing boat among its nets and fish for six days. Even though they had gone beyond the grasp of their former captors, the fisherman warned that the nearby port was full of criminals who would rape and hurt them. The fishing boat captain agreed to try to take them further even though they were all out of food and water. Dr. Vo felt it was a miracle when they happened upon an American ship which took them in, and they were able to continue to America.

From the mid '90s, Cal State Fullerton has fostered a positive relationship with the Vietnamese community. Dr. Vo was instrumental in starting Vietnamese language and Asian American studies programs. She agrees with many, that the knowledge of their native language helps to promote the important extended family ties that are the anchor of the Vietnamese culture. This grounds students in both cultures and leads to more successful citizens.

Many of us have stories of how our families came to this country. Sometimes these stories are only one-generation ago and sometimes they are many, but we can all be proud that our families have added to the strength of America's foundation in the best of all the cultures of the world joined with the strength of a system of government which continually strives to reach the highest human goals.

This Diversity Event class was recorded for OLLI's Distance Learning Program. The video and many others can be accessed through the OLLI-CSUF website.

Elaine Mitchell, Staff Writer



January OLLI Social Featured Entertainment

On Thursday, January 25, Ellie Monroe collaborated with the CSUF School of Music that sent four outstanding current and former students to perform with OLLI's own fine, talented performers at the monthly OLLI Social.

The student performers were Brian Clemens on piano, Jessica Ragsdale on drums, Nick Robins on bass and vocalist Ayanna Lewis. Nearly 30 musical numbers were presented in different combinations of both students and OLLI members. Starting off, Ayanna sang to Brad Woodhull's keyboard accompaniment, followed by Jan Mendez singing a solo. There were many numbers sung by our trio of Ellie Monroe, Renee Cabrera and Tony Perez, accompanied by the student musicians with Ayanna joining in on some numbers. The last hour was devoted to the students performing their specialty—jazz.

A huge variety of tasty snacks and beverages, including bottles of champagne-like cider served by Dennis and Carole Williams, really made it festive.

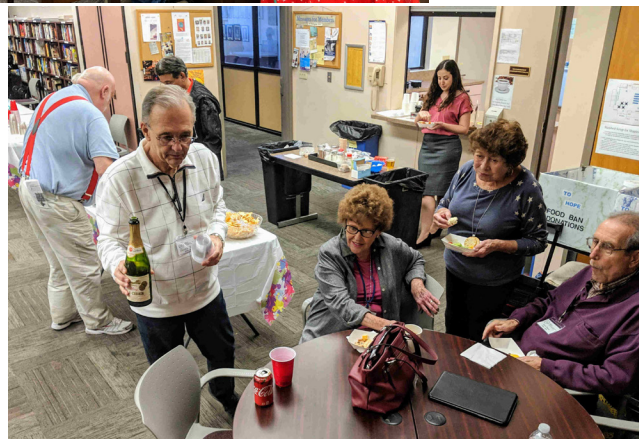
In addition to enjoying the students' performances at these events, OLLI members gain an appreciation for our CSUF students' talent and level of professional musicianship.

Music students also benefit from performing at OLLI functions: they are introduced to new styles of music and songs they have not heard, they gain the much-needed experience of doing live performances, and they learn what music is suitable and appreciated by other generations. And in this case, jazz students learned new styles of improvisation.

The mutual benefit is the relationship that develops between OLLI members and students. The students love performing to this very appreciative audience, and they really value the input and friendship that they receive from our members. Our members enjoy the interaction with the students, expressing that they are reminded of their own youth through these interactions and really enjoy having students joining in OLLI events.

Ellie Monroe and Denny Bean, Staff Writer

OLLI Social—January 25, 2019



Nursing Students Observe and Interview OLLI Members

Here at OLLI we are accustomed to sharing the Ruby Gerontology Center with young CSUF students, but twice a year there are “special” students who visit our classrooms and interact with us in several ways, depending on their class meetings, work schedules and their personal interests.

Every fall and spring semester since 2010, students from the CSUF School of Nursing have come to study the “well-elderly” (that’s us!). They review our Blue Book, select a course and class meeting date they wish to attend, and inform their professor, Cynthia Grauvogl. Professor Grauvogl notifies an OLLI-CSUF Collaboration Program facilitator (that’s me) with the visitation information, and the instructors of the chosen classes are then informed of the scheduled visits. The students attend and observe the class, then they interview an OLLI class participant regarding the class, their health and social interests, their aging process and how they handle it all. Announcements of the student nurse visits are also posted in the OLLI News Bytes.

We think these young people are just amazing, and these students think the same of us. In their visits they come to know us as individuals and begin to shed the stereotyped images of “old people.” We, in turn, get to know them as more than just “those university kids on skateboards in the parking lot.” These students are part of our future medical support team.

I had the opportunity to speak with CSUF student Chris Yoo (pictured) in the OLLI courtyard as he waited for the “Arboretum and/or Campus Walk” group to arrive. He already holds a B.A. in Fine Arts, majoring in Illustration and Graphic Design. He has returned to CSUF to participate in the Accelerated Bachelors in Science/Nursing Program, where he will earn the degree by completing five semesters in two years and one summer with no breaks.

Chris shared his thoughts about his OLLI visitation experience: “As nursing students, we interact mostly with elderly that are in the hospital dealing with some sort of illness. Coming out

to the OLLI program and interacting with the members, who are generally healthy and active, makes me happy to know that many elderly around CSUF have the OLLI program ... where they continue coming out to socialize and exercise their mind, body and spirit. This assignment for us to interview the OLLI members is a great opportunity for those who do not have an elderly person in their life. Seeing all the OLLI members meeting early in the morning to take classes and meet their friends reinforces the fact that elderly people are still youthful and can participate in many activities. Remembering my time with the OLLI members will help me spread the hope to all of the elderly in the hospital who may have lost that hope. I will be able to share with them a goal to work towards and keep their spirits up during their time of need.”

CSUF professors get fan mail about the



Collaboration Program, too. OLLI member Gordon Owens wrote, “I just thought I’d drop you a complimentary note. One of your students sat in with the OLLI concert band last Tuesday. It was so nice to have an enthusiastic and motivated young adult among us.” Professor Grauvogl later informed me that the student reported to her that she loved her experience in the band. She had initially been hesitant to sign up, but was so glad she did.

Some OLLI instructors have made inquiries about hosting the student nurses in their classes, as they want to share the quality programs that they so proudly lead. Professor Grauvogl is notified when an OLLI instructor specifically requests a visit.

Alice Gresto, Staff Writer

Chuck Wagon Meal & Country Jamboree

Coming Saturday, April 27

The program will start at 4 p.m. with a BBQ chuck wagon feast in the Shapiro Wing. The meal will cost \$12 per person, and reservations are required. Complete the coupon in the flyer, and register at the OLLI office.

To add to the fun, we encourage country style attire; this is a “country casual” event.

After you have dined, around 5:30 or 6 p.m., join us in Mackey Auditorium for a fun, free country jamboree of familiar country-western/Americana songs from your childhood, to your dating years and beyond. We will have stompin’-your-feet and singin’-a-tune.

Several of our own OLLI musicians will combine their talents to perform this great program for you. There will be singin’ and dancin’ goin’ on. See y’all there!

OLLI Members Share Life Experiences with CSUF

The Diversity Initiatives and Resource Center, located in the Pollack Library, marked St. Valentine’s Day by



having three OLLI couples share their thoughts on how they nurture their long-term

relationships. Fritz and Cindy von Coelln, Jerry and Adlean Hunter, and Bill and Paula Purpura spoke



about how they work at enhancing their partnerships, sharing challenges they overcame, romantic moments and cycles of life.

The event was coordinated with the OLLI-CSUF Collaboration Program. In attendance were students and staff of Cal State Fullerton.

Special Events

Events Requiring Registration

Country Jamboree/Chuck Wagon Meal

Saturday, April 27 • 4-7:30 p.m. • RGC
(see separate announcement for details)
Registration begins March 25.

Long Beach Aquarium of the Pacific

Monday, May 6 • 8:30 a.m.-5:30 a.m.
Guided tour of the aquarium, lunch on your own near there and shopping available. Registration begins April 1.

No Registration Required

DAR Veterans’ Recognition Event

Friday, March 29 • 11 a.m.-3 p.m. • RGC
(see separate announcement for details)

In Memoriam

Friday, April 12 • 3:30-4:30 p.m. • Shapiro
(see separate announcement for details)

General Meeting and Election

Thursday, April 18 • 1:30-3 p.m. • RGC
(see separate announcement for details)

Coming Soon

(dates subject to change)

Long Beach Aquarium – May 6

JPL – June

OLLI Summer Dinner – June 22

Hollywood Bowl - July 18

More Information

Flyers and sign-up coupons for events requiring registration will be available in the OLLI office, and on the OLLI website at <http://olli.fullerton.edu/> under “CLASSES/ ACTIVITIES” - “OLLI EVENTS” or “DAY AND OVERNIGHT TRIPS.” Watch for updates in future ChronicLES, OLLI News Bytes and Events Open to the Public newsletters.

OLLI-CSUF Name Tags

Security is a worldwide issue and it is no different for you or me. All members are requested to wear their OLLI-CSUF nametag on campus. If you bring a guest one to three times, please pick up a guest pass/name tag in the OLLI office in Room 7.





OLLI

at California State University, Fullerton

"A Continuing Learning Experience"

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Ruby Gerontology Center, Room 7

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If you have unsubscribed in response to **any** OLLI email, you have unsubscribed from **all** OLLI emails. If, for any reason, you are **not** already receiving OLLI emails about upcoming classes, events and special notices, you can subscribe (or re-subscribe) by going to <http://tinyurl.com/olliEmailSignUp> and entering your email address, first name and last name.

If you still have trouble receiving emails from OLLI, send an email to ollinewsbytes@hotmail.com and include your name and email address.



How to Get the ChroniCLE by Email - Save Trees and Stamps!

Unless you elected not to receive emails from OLLI, you are currently receiving an email each month announcing the new ChroniCLE and calendar for the upcoming month with links to view or download the publications. You can also access the most recent ChroniCLEs and calendars through links in the weekly OLLI News Bytes and on the OLLI Website.

If you are receiving the ChroniCLE in the mail, but no longer want it mailed to your home, send an email to olli-info@fullerton.edu with **your name and address** stating: "Do **not** send me a ChroniCLE in the mail." If you ever need the printed version, copies are always available in the OLLI office.

If you Need to Contact OLLI

Website: <http://olli.fullerton.edu>

Email: olli-info@fullerton.edu