



# OLLI ChroniCLE

OSHER LIFELONG LEARNING INSTITUTE at CALIFORNIA STATE UNIVERSITY, FULLERTON

*"A Continuing Learning Experience"*

February 2020

Volume XXXXI Number 5

## **President's Message**



I'm writing my ChroniCLE message on New Year's Eve from Hawaii, where my spouse and I spend time reconnecting with my family and friends, since this is where my roots are. I

feel fortunate to have lifelong friends that a year of not being face-to-face doesn't diminish the easy way we re-connect when we get together during these annual visits. There is something reassuring that, though we all lead separate lives, we have parallel experiences as we age, and the emotional connections established long ago still stay the same for decades. I'd like to think that the friends I've made through OLLI will be like the ones I made long ago as we too have parallel experiences as we age, but in this case, because of physical proximity, we communicate and support each other more directly.

2020 will mark my 17th year as an OLLI member and 15th year as a volunteer. In researching why retirees volunteer I think many of us have done so for the same reasons: fulfillment in doing something positive for a group, making new friends to replace those you left at your workplace, and giving back to a group that has provided you with so much. A [2015 study by Merrill Lynch \(page 1\)](#) and the [Age Wave organization](#) report that the boomer generation (41%) in comparison with their parents' generation (16%) "Prefer to challenge themselves to fully use their skills and experience when volunteering." I know this is true for myself and I hope many of you will find a good fit among OLLI's many needs for leadership.

*President's...Continued on Page 3*

## **OLLI China Culture Trip**

An OLLI travel group of 33 seniors toured north and central China for two unforgettable weeks in October 2019. We began our adventure in Beijing, flew west to Xi'an, traveled south by high-speed train to Chengdu and



Chongqing, cruised eastward down the Yangtze River on a riverboat to the Three Gorges Dam in Yichang, headed east by motor coach to Suzhou, and finally ended the trip in Shanghai. Our escort, Richard Liu from Great Western Travel, was with us the whole time. At each new location a local guide, steeped in the history of the region, joined us. Our trip was enriched by their knowledge and insights into contemporary life in China.

While staying in Beijing we visited Tiananmen Square. Many large floral decorations and banners were still on display from the October 1st celebration of the 70th anniversary of the National

*OLLI China ...Continued on Page 4*

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## How Lifelong Learning Began at Cal State Fullerton

By Betty Robertson

*Editor's Note: Betty Robertson—fondly referred to as the “Godmother of CLE”—wrote the following article shortly before her passing in November 2013. She was the last surviving member of the original founders of CLE, now OLLI.*



A bronze plaque on the Ruby Gerontology Center names the founders of Continuing Learning Experience. I've been actively involved in CLE from day one. Founding President Leo Shapiro anointed me “CLE's Godmother” on a special plaque given to me with a

Waterford crystal necklace when I retired and officially joined CLE.

In 1979 CLE, the forerunner of OLLI, was born at CSUF in the OEE (Office of Extended Education [now *Extension and International Programs (EIP)*], where I was the Director of Community Programs. My charge was to

develop university-level offerings for groups not being served by the CSUF state-supported degree programs. The goal was outreach to new people who could benefit from university-level experiences. The growing number of retired professionals in the aerospace business and education were natural prospects for this effort.

I wrote the original PTE (Partners in Education) grant to President Donald Shields. It was based on the concept that members would pay their own way and be volunteers in developing their own organization. This included developing programs using their expertise—a program of, by and for retirees. The original PTE grant was called SEE (Senior Educational Experience), but it changed. We have had three names, SEE, CLE and now OLLI.

At the very beginning, with the grant under consideration, one persuasive CLE founding member objected ardently to the word “senior” in SEE's title. She felt it categorized her and she didn't like it. In the end, they changed the name to CLE and it stayed that way the next twenty seven years. CLE became OLLI by joining the OLLI national network of 100 other university retiree programs, and by accepting a \$1 million endowment.

Finding volunteers to start the proposed program was a crucial challenge. I really lucked out finding a remarkable group of leaders who made CLE happen.

In March 1979 CLE received the PIE grant startup funds and an official Charter signed by the University president. The first programs were offered that fall in Mahr House and CLE flourished from the start. The CLE program and membership grew rapidly and soon outgrew the small campus quarters. And CLE members responded brilliantly.

Led by two former CLE Presidents, Leo Shapiro and Bill Coston, it took the dogged participation of the whole CLE membership and a remarkable eight years of very hard work to make the organization's current home a reality.

Leo's dedication and vision are legendary. He led the drive to plan, build and fund the RGC (Ruby Gerontology Center), which opened in 1988. Today, members can see Leo's many awards in a glass case along with a bust on a pedestal in the corridor en

*How Lifelong ...Continued on Page 3*

### *How Lifelong ...Continued from Page 2*

route to the coffee room. (Incidentally the bust was sculpted by CLE's Dr. Francis "Bud" Mackey, for whom our auditorium is named).

Leo died at 102, but his great spirit lives on in the RGC and today's OLLI.

## **Tips to Help Your Aging Eyes Read this Article More Easily**

If you're like me, you prefer reading this ChroniCLE, the Blue Book and your home-delivered newspaper in printed form, rather than on a computer screen. Over the years, despite ever-thicker reading glasses, it has become harder to read them. To make things worse, most of us develop cataracts, which worsen contrast and create glare.

It turns out there are numerous adjustment options and apps for your computer, cellphone and other mobile devices that can make it much easier to read this article on a screen, and thereby, ease the strain on your eyes. The following describes some of the options, which are available on all platforms—PC, Apple, Android and iPhone.

**Screen Appearance.** Most computer monitors and mobile devices offer adjustments to enable you to adjust the screen's brightness and contrast, among other things. If the monitor has no external adjustments, go to display settings within your computer or mobile device.

**Screen Scaling.** Your display settings also enable you to enlarge the size of the type and images that appear on your screen.

**Screen Zoom.** On a desktop PC in Windows 10 you can instantly zoom in (most programs and websites) to enlarge the text by holding down Control and hitting the Plus Sign (+) one or more times, and zoom back out with Control, Minus Sign (-) or Control, Zero (0).

On Apple computers, click the menu in the top-left corner of the screen, select System Preferences, and then click the Accessibility icon. On the next screen choose Zoom and see various options. There are also keyboard shortcuts.

On cellphones and other touch screens, you can zoom in by simply reverse-pinch the screen

*Tips to...Continued on Page 4*

### *President's ...Continued from Page 1*

This same study refers to a "Longevity Bonus," which they defined as the total amount of volunteer time and money that retirees could provide, and calculated to be an unprecedented \$8 trillion in the next two decades. The study found that giving time and money keeps you healthy and happy, and provides high self-esteem and a strong sense of purpose. OLLI-CSUF is aiming to increase contributions to fund major capital projects that will improve OLLI's facilities. We have been given estimates to enclose and remake the patio area adjacent to the kitchen, so it is usable all year round, and to upgrade the audiovisual system in Mackey Auditorium, and to refurbish the Ruby Gerontology Center exterior. The total cost of these projects is \$553,000, some of which should be shared with CSUF. If you would like to benefit from improvements to OLLI's facilities, please consider making contributions to the OLLI-Today and Tomorrow Fund (see instructions on Page 20 of the [spring Blue Book](#)), which provides unrestricted support for OLLI's needs.

I would like to end this monthly message with a thank you and farewell to Jim Cennane, our star volunteer who has added so much to OLLI's programs, communications, photography and technology. Jim is the creator of OLLI's Facebook page and has kept it lively through current images and videos of OLLI activities. He has contributed to how we schedule classes, provided photos for OLLI's publications, created a database of OLLI photos and videos, updated the flat-screen panel TV in the Shapiro lobby, and energized the Phocus Photography Club. Jim is fulfilling a wanderlust that many of us dream of: visiting and photographing sites throughout the US in a recently purchased motorhome. Best wishes and safe travels, Jim!

*Joyce Ono, President, OLLI-CSUF*

### **Did You Know? The "Godmother of CLE"**



(now OLLI) was Betty Robertson. As Director of Community and Outreach Programs at Cal State Fullerton in 1978, she researched and developed the idea, recruiting Leo Shapiro and other prominent founding member-volunteers



### *Tips to ...Continued from Page 3*

with your thumb and index finger, and zoom out by pinching the screen. Check the display settings on your cellphone for other zooming options.

**Roving Magnifier.** There are free apps that create a button that enables you to instantly create a square or circular virtual magnifying glass that can be moved over any part of the screen to magnify the text, etc. Depending on the app, you can scale the level of magnification and even operate your mouse within the magnification area. These apps are available in all app stores, such as Microsoft Store, Apple App Store, Google Play, Chrome Extensions etc., for computers as well as mobile devices.

**Dark Mode.** This is the latest, and possibly greatest, advancement to ease reading text on computer screens—and it's free. On a text page, dark mode turns the background black and the text white, which makes reading text so much easier, especially when you have contrast and glare issues. Newer cellphones have dark mode options in the display settings, and free apps are available for older mobile devices in the app stores.

Browsers have dark mode options for most websites, like Chrome's "High Contrast" extension, that gives you a button so you can click dark mode on and off within most websites. Most other browsers, like Edge, Safari, etc., also offer night mode options.

Dark modes are also available on operating systems. In Windows 10, go to the Windows icon on the taskbar and click Settings, then Personalization, then Colors. Choose Dark for Windows and/or Apps. Word does not go dark when Windows is in dark mode, but it has its own dark mode option: click the Design button, then Page Color and select Black or even other colors.

Many websites, like Facebook and Google Maps, have their own dark mode options. It's the new "thing."

Look for these settings options and apps and use your computer or mobile device for reading, and you'll get a new lease on your ability to enjoy reading the news, books and, yes, the ChroniCLE, Blue Book and OLLI's newsletters.

*Chris Shaw, Vice President Communications*

### *OLLI China ...Continued from Page 1*

Day of the People's Republic of China. We proceeded across the square to the Forbidden City. Twenty-four emperors ruled for nearly 500 years from this seat of power.

On our second day in Beijing we toured the Summer Palace which served the Qing dynasty as an imperial retreat from the summer heat. After a lunch of multiple Chinese dishes we traveled to the Great Wall. We climbed at our own pace and marveled at the history as we reached each tower, pausing to catch our breath and drink in the scenery. A Chinese proverb says, "He who has not been to the Great Wall is not a real man."

A two-hour morning flight brought us to Xi'an, the home of The Terracotta Army. The ranks of life-sized pottery figures representing cavalry, soldiers and high-ranking officers were buried with Qin Shi Huang, China's first emperor, in 210-209 BC with the purpose of protecting him in his afterlife. We gazed at the rows of soldiers, each bearing an individual expression, and could understand how this work required 720,000 builders.

A bullet train sped us on to Chengdu. We visited the Chengdu Research Base of Giant Panda Breeding. We were able to see adult pandas chewing bamboo and toddler pandas playing. We also delighted in watching red pandas climbing trees with great agility.

Another high-speed train delivered us to Chongqing where we embarked on a Yangtze River cruise. There were opportunities to disembark and explore Fengdu, the Shibaozhai Temple and White Emperor City, plus explore Shennong Stream by small boat. We sailed through Qutang Gorge and Wu Gorge. The cruise ended at the city of Yichang, and we visited the Three Gorges Dam site before boarding a bullet train to Suzhou.

We explored Suzhou, a network of canals and bridges. We toured the Lingering Garden, one of four designated as a UNESCO World Cultural Heritage Site in Suzhou. And we took a boat ride on the Suzhou Grand Canal.

The next morning, we drove to Hangzhou. We visited West Lake, a freshwater lake, with

*OLLI China... Continued on page 7*



# “Thanks for the Memories” Holiday Luncheon—December 11, 2019



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## Parking Tip: Carpool With CSUF Titan Waze Group

By using their “@csu.fullerton.edu” email address, OLLI members can register for the CSUF Titan Waze Carpoolers Group encompassing University students, staff and faculty.

Waze Carpool connects drivers and passengers from similar destinations with similar schedules by pairing them together to share campus commutes on the most optimal routes. Through the Waze Carpool app, users can choose a rider or driver based on their personal profile. Waze Carpool users may choose the days and times they want to carpool, and schedule rides up to seven days in advance. Suggested fees paid by riders to drivers are generated by the Waze app.

This program is **not** part of OLLI’s program that provides reserved spaces for OLLI carpools in Lot J.

For more information go to <http://bit.ly/CSUFcarpoolers>.

## Festival of Lights and Tour of Historic Mission Inn—December 3, 2019



## OLLI Spring Play and Supper Sunday, March 22 • 2 p.m.-6 p.m.

The Hospitality Committee will host an afternoon experiencing the play “Jane Eyre, the Musical,” based on the classic Charlotte Bronte novel and performed by the CSUF Department of Theatre & Dance at the Little Theatre, Clayes Performing Arts Center. And then, join us for supper after the play.

If you have joined us in the past for this type of event, then you will know this is a two-ticket event. You will be purchasing your play tickets online or at the theatre box office. Show your OLLI ID to purchase tickets; we pay the student price. If you have season tickets or Flex Tix, they are good for this performance; early reservations get the best choice of seats. Hint, the very best prices are to be had with Flex Tix, good for any performance throughout the 2019-20 season and can be used one at a time or all at one performance.

Watch for details about the supper location, total cost and date when reservations are available in the OLLI Announcements & Events newsletter as we get closer to the event date. The event flyer will have more details also.

If you prefer to join us for just the play or just for supper, you are free to do so. We’ll try to make this a unique experience, made even more fun by the company of OLLI friends.



temples, pagodas and gardens. We enjoyed a boat ride on this lake that has inspired poets and painters throughout Chinese history. The boat ride was followed by a visit to the Well Green Tea Plantation.

We made our way to Shanghai. A highlight was a 14-minute, round-trip ride on a maglev train. Our top speed reached 431 km/h (267 m/h). We walked along The Bund and explored Nanjing Road. In the evening we took a boat ride on the Huangpu River. Our last morning was spent in the Shanghai Museum. From the museum we drove to the airport and ended our 13-night trip.

We returned to California with thousands of photographs and even more memories.

*Susan McNamara, Staff Writer*

### **Sadie Hawkins Dance and Reception Saturday, February 29 • 3 p.m.-6 p.m.**

Li'l Abner, from the town of Dogpatch, invites you to join him at this very casual, fun event in Shapiro ABCD. Get yo' dancin' shoes on and come "cut a mean rug" with us. Stay and enjoy a wonderful reception once the music has stopped.

Reservations will be available at the OLLI office starting February 10. Additional information will be provided through the OLLI Announcements and Events newsletter, the OLLI website and flyers posted throughout the Ruby Gerontology Center.

### **OLLI in the News**

The OC Register had a very complimentary article about OLLI's "Annual Holiday Program" staged in Mackey Auditorium on Saturday, December 7. The program was produced by Ellie Monroe, and coordinated by Renee Cabrera. You can read the full article "OLLI musical show producer pleases CSUF holiday crowd with the standards and a surprise from Indonesia" online in the December 12 issue of the OC Register in the Cal State Fullerton section on Page T-1 at <https://tinyurl.com/OLLI-OCRegister>.

## **Special Events**

### **Events Requiring Registration**

#### **South Coast Repertory Theatre Backstage**

February 10 • 9 a.m.-3:30 p.m. • Lot A

See flyer for details.

*Trip is full, but office may have waiting list.*

#### **Sadie Hawkins Dance & Reception**

February 29 • 3-6 p.m. • Shapiro ABCD

Casual, fun dance to the theme of Li'l Abner from Dogpatch, followed by a reception.

*Registration starts February 10.*

#### **Much Ado About Pasadena**

March 5 • 9 a.m.-6 p.m.

Narrated, driven tour of famous sights and guided tour of Tournament House included.

*Sign-ups at Good Times Travel end February 5.*

#### **OLLI Spring Play & Supper**

March 22 • 2-6 p.m. • Clayes Center, CSUF

"Jane Eyre, the Musical" at Little Theater, Clayes Center. See article for details

*Watch newsletters for start of registrations.*

#### **San Diego Getaway Overnight Trip**

May 4-5

San Diego Safari Park, Seaport Village, Balboa Park and Museum of Music are included.

*Sign-ups at Good Times Travel end March 5.*

#### **Alaska Cruise & Land Tour**

August 26 to September 8, 2020

7-day Princess cruise from Vancouver plus 6-day land tour. See flyer for details.

*Check availability for friends & family.*

### **Coming Up**

(dates subject to change)

**OLLI: Past, Present & Future** • March 12

**Estate Planning/Giving** • March 21 & 28

**Hilbert & Howser Museums** • March 30

**Jet Propulsion Laboratory (JPL)** • June

### **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 and OLLI Announcements & Events newsletters.



## OLLI

at California State University, Fullerton

*"A Continuing Learning Experience"*

1979 - 2019: 40 Years of Excellence

Ruby Gerontology Center, Room 7

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### Not Receiving OLLI Emails?

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](mailto: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 newsletters 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](mailto: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](mailto:olli-info@fullerton.edu)