



## **President’s Message**

Welcome to the 2019-2020 academic year as OLLI celebrates its 40th Anniversary! As in the past, we have an exciting array of classes and events for you to select from and if you’re like me, I begin to populate my online calendar with the classes and events I look forward to attending as soon as the new semester courses and calendar appear on the [OLLI website](#). My smartphone has become an indispensable resource, tucked in my purse, and full of the information I depend on daily. [OLLI’s website calendar](#) is an easy way to check out classes and events, and you can add a class or event and its description to your online calendar simply by selecting the “copy to my calendar” link. Presto! The class or event with its description appears on the calendar on your smartphone!

If you’d like to learn how to do this and to schedule recurring events on your calendar, the Computer Education Committee (CEC) is planning to have a session at their CLECAT (Continuing Learning Experience Computers And Technology) class on Tuesday, September 17 at noon in Room 21. Like many organizations, OLLI is planning to reduce its reliance on printed materials and decrease its impact on our environment by encouraging members to use electronic resources for information. While many resist the reliance on electronic devices and their intrusion into their lives, I feel adapting and learning to use new technology is a good challenge for the brain to keep it nimble. One also needs to develop an attitude that a technological device is not something to be

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## **Parking Tips During Lot E Construction**

During the fall 2019 and spring 2020 semesters during the construction of the Lot E parking structure, OLLI parking permits are not valid in Lots E and D, except that parking is permitted in Lot D on Fridays and stacked parking is permitted in Lot E. Here are some tips for finding parking when you come to OLLI.

### **Come to Campus Early**

In the past, parking has become challenging after 9:00 a.m. on campus, particularly during the first month of the semester. Due to the temporary elimination of 500 parking spaces on campus during the fall and spring semesters, students may be coming in earlier. So, consider arriving on campus no later than 8:30 a.m., particularly during the peak attendance days of Tuesday, Wednesday and Thursday. If the class you plan to attend is scheduled in the afternoon, consider coming in early and attending morning classes as well. Make a day of it at OLLI.

### **OLLI Trolley**

The OLLI Trolley will be increasing its



frequency of service to Lots G and A, located along Yorba Linda Blvd. If Lot G spaces are full, try Lot A.

### **Stacked Parking**

Stacked parking, or double parking by attendants, is available in surface Lots G, A, A-South, College Park South and Titan Hall Lot. Lots G and A are located along Yorba Linda Blvd.

OLLI is also authorized to use stacked parking in

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President . . . . . Joyce Ono  
 Vice President Administration . . . . . Mike Stover  
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 Vice President Communication . . . . . Chris Shaw  
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 Sampson, Staff Writers

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## Who Was Betty Robertson?



I met Betty a few years after I joined OLLI. I was singing in the alto section of the OLLI Chorale. She was new to that group. Her dear friend, Char Oliva, had suggested to Betty that she might enjoy singing with the chorale. She sat down

right beside me and we began a new friendship.

I asked her what she did prior to retirement. She answered that she worked in an office over at CSUF. She was a humble person with a fine sense of humor and a love of music. She just hoped she could sing ... she could. One would never have guessed her background or the role she played in the inception and development of CLE, Continuing Learning Experiences, which eventually was renamed OLLI.

Today we know Betty as “The Godmother of CLE (OLLI).” You will see her name in large letters on the bottom of the plaque that is installed on the left, just outside the door to the OLLI office. It is her name that is associated with OLLI’s Betty

Robertson Award.

Betty was born in Dayton, Ohio, and raised in Seattle, Washington. She attended the University of Washington where she met her future husband, Ken, in her freshman year, on a blind date at age 19. He went off to serve in World War II, and they kept in touch through the mails. Eventually she transferred to Mills College in Oakland, California, where she earned a B.A. in Economics. She loved working summers in a Seattle department store. The personnel director, pleased with her work, urged her to think about a professional career in fashion retailing (a main career path for women at that time), so off she went to New York City, entering Tobe-Coburn School of Fashion Careers.

Soon Ken returned and they were married. He traveled, while she delighted working in the fashion industry. In 1950 they decided to put some adventure into their lives, so they quit their jobs and spent six weeks exploring the United States and Mexico. Then they headed to California, buying a home in Santa Monica, where Ken became the wage-earner and Betty spent the next eight years involved in civic projects and making a home for their family of four children.

In 1958 they moved to Fullerton where they built a home in Sunny Hills. Once the children were doing well in school Betty returned to her studies at CSUF where she received a Master’s Degree in Communications in 1973. She began working in CSUF’s Office of Extended Education where she was the Director of Community and Outreach Programs.

Her “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 the natural prospects for this effort. She wrote the original Partners in Education grant. 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

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## **Collaboration Steering Committee Meeting with Associate Deans**

Each year the OLLI Collaboration Steering Committee invites associate deans from all the



colleges at Cal State Fullerton for a lunch meeting. This year we met on July 9.

This meeting gives us an opportunity to share with the associate deans the many Collaboration projects OLLI has done over the previous year, and to solicit their input to identify new opportunities to assist them, their professors and their students.

In attendance were Deanna Leone from the College of Communications, Arnold Holland from the College of the Arts, Sang June Oh representing Engineering & Computer Science, Cindy Greenberg and Kavin Tsang from Health & Human Development, Karen McKinley from Extension and International Programs, Paul Levesque of Humanities & Social Sciences, Kim Case, new to the College of Education and Jenny Zhang, a first-time attendee representing Mihaylo College of Business & Economics. OLLI members who participated were Joyce Ono, Jim Cenname, Alice Gresto, Bill Purpura and Susan Mullaly.

The agenda included a short PowerPoint update by OLLI speakers Jim Cenname, Alice Gresto and CSUF student Ginny Oshiro, followed by discussion during lunch.

Several recommendations were made to expand our visibility and strengthen our Collaboration program across campus. In summary, we viewed our annual opportunity to communicate with the colleges successful.

*Janice Jeng, Vice President External Relations*

### *Parking Tips ...Continued from page 1*

Lot E, as long as the attendant parks the car, and we don't park in a Lot E space ourselves.

#### **Off-Site Parking Facility (EvFree)**

CSUF has authorized OLLI parking permits to be honored at a regularly patrolled off-site parking structure next to the First Evangelical Free Church on N. Brea Blvd. (2801 N Brea Blvd.), just north of E. Bastanchury Road. Parking is available on level 2 and level 3 (uncovered) only Monday through Thursday (not Friday) from 7:30 a.m. to 7:30 p.m.

For southbound drivers, entrance to the parking structure is on the west side of Brea Blvd. If you are driving north on Brea Blvd., continue past the parking structure, and you'll see a left turn lane into the church's surface parking lot. We are **not** allowed to park in the surface lot, but you may drive through the lot to an entrance to the parking structure, or use the lot's entrance to get to southbound Brea Blvd.

CSUF provides free shuttle service to and from the EvFree parking structure and the campus near the Parking & Transportation Office on West Campus Drive just off State College Blvd. Plan on 15-30 minute wait times, in addition to the 8- to 10-minute ride. OLLI's Parking Restriction Mitigation Subcommittee is working to arrange transportation from/to the EvFree drop-off/pick-up point on State College Blvd. and the Ruby Gerontology Center (RGC).

#### **Carpooling**

Consider talking to your friends at OLLI about carpooling to either the campus or EvFree off-site parking. Possibly the best candidates for carpooling are co-attendees of your favorite courses at OLLI, because they need to come to the RGC the same days and times you do.

#### **Best-Kept Parking Secret on Campus**

Lot G has quite a few disabled person parking spaces, located just across West Campus Drive opposite the stadium entrance, and very close to the OLLI Trolley pick-up point. It turns out those spaces are almost never used. Since they are so close to the OLLI Trolley, they are relatively convenient for OLLI members, particularly when disabled person parking spaces close to the RGC are few and in high demand. If you have a California disabled person license, these spaces are tailor-made

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## New Member Orientation

New OLLI members are invited to attend an orientation session to learn more about OLLI-CSUF on **Wednesday, September 4 at 1p.m.-2:30 p.m. in Shapiro ABCD**. Meet with members of the OLLI Board of Trustees as well as other new members. Learn of the many benefits of membership and how to access them to enhance your OLLI experience. This is the time to have your questions in hand! Learn of our many volunteer activities that you can participate in. Following the presentation, please join us for refreshments and door prizes.

## Moon Lander

By this time, we all know that 50 years ago the



Apollo Program sent three astronauts to the moon. But the tricky part was leaving the command and service module (CSM) in the lunar module (LM), known as “Lem,” and landing it in order to set foot on the moon.

Well the astronauts get all the credit, but the staff who designed and built these vehicles should share some of these honors as well. Living just off Euclid and south of Imperial is one of these men. This young man of 101 years is Myron Bantrell, and he happens to be a long-time member of OLLI.

The Lem is made of the upper and lower parts. To resist the pull of the moon’s gravity, the lower part had two fuel oxidizer tanks made of titanium alloy that are bullet shaped, four feet in diameter, and cost a half-million dollars each. Upon departing from the moon, the lower element is left behind, and a different set of fuel tanks return the upper unit back to the CSM. Well, the Program Manager for both of these fuel tank systems was Mr. Bantrell. I guess one could say that these systems were an essential part of this “Giant leap for mankind.”

The pictured model of the Lem was constructed by Myron’s stepson.

Myron was born in Rochester, New York at  
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feared and can be conquered to help make some parts of your life more efficient. When a positive attitude alone doesn’t solve your problem, you can Google for help, or there is always the “Free OLLI Tech Help” on Friday afternoons in Room 20, or a teen-aged grandchild. The first chair of the CEC was Betty Robertson, OLLI’s godmother, and this issue of the Chronicle honors one our OLLI’s “Legends,” who exemplified someone with a positive, can-do outlook.

In the 2019-2020 academic year, OLLI members will also be facing parking issues due to the construction of a new parking structure in Lot E, resulting in a 13-month long loss of parking spaces that will impact the entire campus. This issue of the ChroniCLE has an article on how OLLI will attempt to mitigate this temporary but frustrating problem for its members. Please try some of these measures to alleviate the pressures of getting to your favorite classes and keep telling yourself, “this too shall pass ....” We have an ongoing need for OLLI Trolley drivers during the coming year and we hope members will step up to help. Instructors should try to arrange for ridesharing among members in their classes, especially among those who have similar interests and attend the same classes on a particular day. With all of us trying to make the best of an unfortunate situation, we will overcome!

*Joyce Ono, President, OLLI-CSUF*



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

for you.

### **Questions/Suggestions?**

If you have questions or suggestions about parking, see the staff in the OLLI office or contact Mike Stover, Vice President Administration and Chair of the Parking Restriction Mitigation Subcommittee, at [stovermw@gmail.com](mailto:stovermw@gmail.com). In addition to expanding the OLLI Trolley service, OLLI officers are working on other mitigation ideas. Watch the OLLI Announcements & Events newsletter, emailed to OLLI members each Saturday, for more parking tips and announcements.

*Chris Shaw, Editor*

**Celebrating 40 Years of Lifelong Learning at Cal State Fullerton  
CLE's (Now OLLI) Founding Members**



**Leo Shapiro**



**Florence Arnold**



**Russell Ball**



**Ernest Lake**



**Lucien Miner**



**Ray Nichols**



**Charles L. Ruby**



**David Walkington**  
(Ex-officio Member)



**Betty Robertson**  
(Ex-officio Member)



**Leo Shapiro meets with Betty Robertson and David Walkington to discuss the concept of a self-supporting educational unit on campus for older adults to access lifelong learning.**

**To see CLE/OLLI's complete historical timeline, go to the OLLI website at <http://olli.fullerton.edu> and click on About OLLI-CSUF**

## Take Your Vitamins

Can vitamin D help you to think better in your older years?

That was the basic question at the heart of Professor Rosario Sakamoto's pilot study conducted by the CSUF Robust Aging Program. She wanted to "explore the effects of vitamin D3 supplementation on global cognition, executive function and episodic memory among older community dwellers."

Dr. Sakamoto came to the Osher Lifelong Learning Institute (OLLI) to find subjects for her study in 2017. OLLI members volunteered to be screened for participation. It took until 2018 to find enough participants who met the requirements of the study. The individuals were predominantly white, highly educated and physically, moderately active. After screening, which included eliminating those who were already taking vitamin D, had a history of dementia or taking anti-dementia drugs, cancer, stroke and chronic liver disease, as well as a number of other medications or conditions that might interfere with the metabolism of vitamin D3, participants were randomly assigned to treatment or placebo groups.

Participants were tested on cognition and physical measurements, as well as a blood draw for a baseline prior to testing.

Approximately 70-90% of adults older than 65 years have cognitive difficulties and also suffer from vitamin D deficiency. Vitamin D has been suggested to improve many vascular risks such as slowing of brain tissue plaque and tangle formation which may delay the onset of cognitive decline or prevent the progression of cognitive dysfunction. Vitamin D is not just some random vitamin; it is actually a hormone that has a number of biological functions which influence hundreds of genes. It was a six-month-long, randomized, blind study with neither the nurse administering the medication nor the participants knowing who had received the placebo and who had received the vitamin. Dr. Sakamoto had hoped to have at least 64 participants for the study, but 80 would have been an ideal number with 40 in the placebo group and 40 in the vitamin group. After several attempts to recruit more participants, a much smaller sample

size was settled upon. With 12 participants with the average age of 70, the study commenced with seven receiving 5,000 units of vitamin D3 and five, the placebo. Five thousand units is a higher dosage than most people who take vitamin D supplements take. After three months, a blood draw was done to check on how they were progressing. The final sample was taken at the end of the six-month testing period, and results were analyzed.

Among all the participants, there were no adverse events or side effects, and all the participants were very conscientious about taking the pills and they all tolerated them well.

The conclusion reached by Dr. Sakamoto was that "healthy older individuals who had intact cognition, supplemented with a high dose of vitamin D3 and followed for six months showed improvement on the global mental status and trended toward improvement in executive function," but not episodic memory.

If you would like to read the longer, more technical, article from Dr. Sakamoto's study, a few copies are available on the table in the Shapiro lobby.

*Mary Sampson, Staff Writer*



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program of, by and for retirees. This became CLE, now OLLI.

After 13 years, Betty retired from CSUF in 1988. She and Ken promptly joined CLE where she remained active from its inception. Ken, the love of her life, passed away in 2003. Family, friends, CLE/OLLI and travel were the treasured parts of her life until she passed on in 2013.

An announcement of her death in November 2013 read: "Although there is sadness at the end of her life, there is also strength, gratitude and happiness in knowing she has lived a wonderful, full life as daughter, sister, spouse, mother, aunt, mother-in-law, grandmother, great-grandmother, friend, mentor and Godmother for CLE/OLLI."

*Alice Gresto, Staff Writer*

## Welcoming Social Thursday, September 19

This is the first of many events celebrating OLLI's 40th Anniversary. Join us at 3 p.m. in Shapiro ABCD for an afternoon filled with fun, music, refreshments and, above all, a chance to get to meet new members as well as your OLLI friends. Light refreshments will be served along with the chance to win a variety of prizes. Help us celebrate the new academic year together!



### *Moon Lander... Continued from page 4*



the beginning of WWI, and received a degree in Chemical Engineering from Rochester University. He then went to work for Fairchild Chemical Company alloying metals at Niagara Falls. The Army hired him to work on ordnance back in his home town. WWII

broke out and Myron became a Navy Ensign, and later a Lieutenant. His job was inspecting proximity fuses at RCA in Bloomington, Indiana. As the war wound down, Myron was sent to the Pentagon to close government contracts, and later left the service. He spent the next 11 years back home doing engineering and quality control on government ordnance at Eastman Kodak. Then it was Aerojet and the Lem, followed by the Fairchild Corporation in Manhattan Beach, developing the Ammonia Boiler System for the space shuttle.

In the early '90s he and his wife, Pumpkin (Genevieve), joined Continuing Learning Experience (CLE) at CSUF, now Osher Lifelong Learning Institute (OLLI), enjoying German and poker classes.

*Denny Bean, Staff Writer*

## Special Events

### Events Requiring Registration

#### Concert Under the Stars

September 21 • 5:30 p.m. • Intramural Field  
See Announcements & Events for details.  
*Reservations end September 8.*

#### LAX Airfield Tour & Museum

October 16 • 8 a.m.-2:30 p.m. • Lot A  
Behind-the-scenes airfield tour plus Flight Path Learning Center & Museum.  
*Registration begins September 17.*

#### "Peace, Love & OLLI" Dinner

October 19 • 5 p.m. • RGC  
Italian dinner & entertainment. Come dressed in '79.'80 happenings.  
*Registration begins September 19.*

### No Registration Required

#### New Member Orientation

September 4 • 1-2:30 p.m. • Shapiro ABCD  
See separate announcement for details.

#### Welcoming Social

September 19 • 3-5 p.m. • Shapiro ABCD  
See separate announcement for details.

### Coming Up

(dates subject to change)

**New Member Round Table** • October 10  
**LAX Airfield Tour & Museum** • October 16  
**Orange County Crime Lab** • November 8  
**Mission Inn Festival of Lights** • December 3  
**OLLI Holiday Luncheon** • December 11  
**Rose Parade** • January 2  
**Alaska Cruise** • August 2020

### 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 and Events newsletters.



## OLLI

at California State University, Fullerton

*“A Continuing Learning Experience”*

1979 - 2019: 40 Years of Excellence

*Ruby Gerontology Center, Room 7*

*P.O. Box 6870*

*Fullerton, California 92834-6870*

*(657) 278-2446*

**Address Service  
Requested**

Nonprofit Organization U.S. Postage <b>PAID</b> Permit No. 487 Fullerton, Calif
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**Dated Material**

**Do Not Delay Delivery**

### 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 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](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)