President’s Message

* Annual election
* Planning for the future
* New member profile

Annual election

This edition of the ChronïCLE presents profiles of members who have been nominated for OLLI offices and the Board of Trustees. Except for the office of President, each OLLI officer or Trustee position is a two-year term, which cannot be consecutively repeated. The President has a one-year term with a maximum one-year extension. The immediate past president remains on the Board until his successor leaves office.

The term of the new officers and trustees begins on May 14.

This year’s OLLI Annual Meeting to elect officers, hear reports from the President and Treasurer and conduct any “official” business will be held at 1 p.m. on Tuesday, April 21. The meeting will be immediately followed by an “Ice Cream Social” hosted by the OLLI Hospitality Committee.

The OLLI Bylaws provide that the Board of Trustees select a six-member Nomination and Elections Committee to the Board. By policy, this committee consists of the immediate past president, two members from the current Board of Trustees, two members from the general membership and a chairperson. Members of the Nomination and Elections Committee may not be candidates for elective office.

Four years ago, I served on the Nomination Committee chaired by past president Barbara Talento. I found the process very grueling. Every

OLLI-CSUF Board Election

April 21, 2015

The OLLI Nomination and Elections Committee met in October and November 2014, tasked with recommending a slate of candidates for the 2015/2016 Board of Trustees. The list of candidates (shown in bold in the list of Board members, below) was presented to the Board in December, and will be finalized by a vote of the membership at the annual election meeting on April 21, 2015 at 1 p.m. in the Mackey Auditorium.

The OLLI Bylaws establish a process whereby members may nominate candidates not listed on the Nomination and Elections Committee slate. Bylaw 8: Elections states the following process for adding additional nominees:

8.4 “In addition to the single slate of candidates, nomination for any elective office may be made by petition of 10 members in good standing, with the consent of the nominee. A nominee for president must have served at least one term on the Board of Trustees. Said nominations must be filed with the Nomination and Elections Committee chairperson at least three weeks prior to the annual election meeting and sent to the membership at least two weeks prior to the annual election meeting.”

8.5 “Voting shall be by secret ballot, or by acclamation, at the annual election meeting in April (ARTICLE IX-3 of the constitution). The Nomination and Elections Committee shall supervise the voting and act as vote tellers. Any member may attend the voting meeting.”

For their fine recruitment efforts, we thank the Committee: Mary Sampson, Fritz von Coelln, Patti Chikahisa, Mary Alice Blaydes, Phil Barnhard,
Barry Escoe

Barry Escoe is nominated for President.

Barry was an educator in the Anaheim Union High School District for 37+ years, serving in various teaching and administrative leadership positions. After he retired, Barry, a CSUF graduate, learned about OLLI/CSUF on a trip to Israel from long time OLLI members Thea and Leonard Leventhal. Barry was searching for avenues to volunteer, and OLLI was the perfect place. He attended OLLI classes and joined the Curriculum Committee. Joyce Ono, Curriculum Committee Chairperson at the time, encouraged him to expand his volunteerism and become an OLLI teacher/coordinator.

Barry began volunteering as a teacher/coordinator for a new class which focused on the “Reforms for Federal Health Care.” Barry continues to coordinate “Dynasties, Wars and Nations,” taught by Ed Woodson, and “Learning Blues Guitar,” taught by Mike Shelton. In addition to his experience instructing and coordinating classes, he served as Vice President of Administration from 2012 to 2014. Last year he was appointed to serve as Chairperson of the 35th Anniversary Recognition Luncheon, and he is currently Co-Chairperson for the OLLI Long Range Strategic Plan (2015-2020).

Barry and his wife Cheryl, also a CSUF graduate and OLLI member, promote OLLI with their friends and other retirees they meet from Orange County and on their travels. Barry’s altruism and his administrative experience are excellent qualifications for President of OLLI.

Lorraine Gerni, Editor
effort was made to find potential nominees with the right skills, diverse curricular interests, OLLI volunteer experiences, aptitude and passion for organizational leadership.

Once appointed, the Committee is fiercely independent of the President and Board.

Planning for the future
The new OLLI officers and Board will continue to address some daunting issues including the impact of increasing number of Baby Boomer generation and other retirees wishing to join OLLI, effects of membership growth on OLLI classrooms, and our future place on campus as Cal State Fullerton increases its undergraduate and graduate enrollments.

As you may know, campus facility planners have periodically approached the Board on potential alternative campus locations for OLLI classes, computer labs and the office that would allow us to meet our facilities needs while providing for the expansion of student dormitories into our current RGC location at some future, yet underdetermined, date.

I am confident that future leaders of OLLI will continue to put our members’ interests first while constructively working with campus leaders, who are required to make facility decision making in the best interest of the entire university.

New member profile
We welcome 160 new members who have joined us for the spring semester.

In recent years, we have surveyed our members to get their impressions on the “OLLI Experience” and to gather background statistics. Some findings:

* Almost half (47%) of new members responding to the survey are from the “Baby Boomer” generation (born between 1946 and 1964). Nearly one-third (28%) are over 70 years old.
* More than half (55%) are semi-retired, still working or retired less than two years.
* Retired K-12 or college teachers comprise one-quarter of our new members. Former managers make up one-sixth (16%) of our new members.
* Respondents have diverse educational achievements. Six percent hold doctorate degrees. Ninety-four percent are college graduates.

* Respondents’ top curriculum interests are history (43%), geography/travel (38%), computers and mobile devices (38%), languages (33%), music (33%), health (30%) and art (30%).

Mike Stover, President
stovermw@gmail.com

**Nutrition News**

Let’s go bananas. Bananas are very healthy, because they contain fiber, many vitamins such as B6 and B12, and minerals such as iron and potassium. And they contain three natural sugars, so they satisfy the sweet tooth. Potassium is particularly important for those of us who take diuretics to help with blood pressure, because diuretics lower the body’s potassium level, and eating a banana can help compensate for that loss.

The natural sugars in bananas can increase our energy level, but that is not the only way they can help keep us healthy. Here are a few:

* Depression—Bananas contain tryptophan that converts to serotonin, known to improve mood and help us relax.
* Anemia—Bananas are high in iron, which can stimulate the production of hemoglobin in the blood.
* Strokes—According to the New England Journal of Medicine, eating bananas as a regular

---

**OLLI-CSUF In Memoriam, 2015**

On Friday, April 17, at approximately 3:30 p.m. in Shapiro Wing CD, OLLI-CSUF In Memoriam will take place in remembrance of OLLI members who have passed away since spring, 2014. A silent PowerPoint presentation of the names and pictures of these OLLI 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.
Janice Jeng

Janice Jeng is nominated as Vice President of Programs. Janice received her B.A. in Liberal Arts from California State University, Long Beach in 1965. She became a certified travel agent in 1989 and began a career in the travel industry, eventually setting up her own agency in Newport Beach in 1991. She later became Director of Special Projects with RCI Resort Management in Mission Viejo. Along with her many positions within the company she became Vice President of USI/Travel Insurance Services, dealing with sales, client relations and global medical products. Her hobbies are hiking, opera, cooking and international travel. She recently returning from a trip to Vietnam and Cambodia.

Janice has been an OLLI member for almost three years. She learned about OLLI while visiting with friends who attended the Channel Islands OLLI program, so she and her husband, David, decided to check out OLLI at CSUF. She enjoys most of the classical and “History of Broadway” music classes.

Janice currently serves as Co-chair of the Curriculum Committee and is coordinator of the “Eclectics” and “Around the World in 90 Minutes” classes. Janice will bring a multifaceted set of skills to her new position.

Alice Gresto, Staff Writer

Ellie Monroe

Ellie Monroe is a nominee for Vice President of Membership.

Ellie Monroe is a nominee for Vice President of Membership. This California native graduated from CSUF with a degree in Finance and Marketing and was employed in that field for over 30 years.

Ellie is best known for her music classes, which have covered the lives and music of the classical composers to the “History of Broadway” shows. She is the instructor of recorder and piano classes. She is the Chairperson for the Musical Performance Committee and coordinator of “Musical Performances” and “Noontime Student Piano Performances.” She works closely with the CSUF School of Music as an OLLI Collaborator. Ellie also assembles pictures of OLLI members who served in the military during previous wars, and shows them, accompanied by patriotic music, during the “Fourth of July and Veterans Recognition.”

Ellie was a Trustee, and is completing her term as Treasurer. It is a testament to their dedication to OLLI that Ellie and her husband, Jim, are both completing two-year terms as Board members, and are nominees for different offices on the Board for the next two years. Their education, experience and dedication to OLLI will serve them well in their new offices.

Lorraine Gerni, Editor

Gene Hiegel

Gene Hiegel is nominated for Vice President of Facilities.

Gene Hiegel is a native of Wauwatosa, Wisconsin. Gene received a B.S.c. degree in Chemistry from the University of Wisconsin, Milwaukee and a Ph.D. degree in Organic Chemistry from the University of Wisconsin, Madison. Following two years of postdoctoral research at Columbia University, he joined the Department of Chemistry and Biochemistry at CSUF and continued teaching and research here for 40 years.

His activities in OLLI have included taking Spanish, piano, guitar and poker classes, and assisting with a variety of programs. His other interests include gardening, exercising and reading. Gene served as Trustee from 2013 to 2015, and was a member of the Anniversary History Committee during 2014.

Gene remarked that he finds OLLI a great organization full of bright people willing to participate. With this
Judy Lech

Judy Lech is nominated for Vice President of Hospitality.
Judy was born in Connecticut where she attended the University of Connecticut. In 1966, she and her husband, Pete, who had also gone to UCONN, decided to move to California. Here, Judy went to CSUF and got a B.A. in Business Management. That enabled her to own and run her successful sandwich and yogurt shop in Fullerton for 13 years. But she also worked at other jobs over the years, including 10 years for Kawasaki Motors at their corporate office in Irvine.

Judy and her husband both retired about the same time at the end of 2009, and since they love to travel, spent much of their first year (246 days) traveling all over. Then they both joined OLLI. Pete co-coordinates the “Around the World in 90 Minutes” class, and Judy serves on the Hospitality Committee. Judy attends almost all of Ellie Monroe’s classes. She also attends the gardening and poker classes, as well as the “Medical Series.”

Judy is a busy lady, so we are glad that she will make time to head the Hospitality Committee as Vice President.
Juanita Driskell, Staff Writer

Tamara Reddy

Tamara Reddy is nominated for Secretary.

Tamara received her B.A. in Business Administration from CSUF, where she graduated with top honors in 1995 at the age of 33, having spent her 20s out of the workforce raising her two daughters. After graduation, she worked in the insurance industry; first as an underwriter; then as a sales representative; and finally as the assistant director of advertising. All three positions required hands-on knowledge of computers, including database management, software utilization, and website design and implementation. She retired in 2011, with her husband, Michael, retiring one year later in 2012.

Tamara and Michael have many hobbies to keep them busy, including running, biking, hiking, backpacking, traveling and RV’ing. A recent hiking trip took them 100 miles through the Swiss Alps. This year they plan to spend a week backpacking in the Grand Canyon.

Tamara has been an OLLI member for three years. She learned about OLLI while hiking with a local chapter of the Sierra Club. Tamara currently serves as a member of the Computer Education Committee, and has taught “Social Media 101,” “Microsoft Word 2010/2013 for Windows PC,” and, new this semester, “Blogging 101.”
Linda Kapiloff, Staff Writer

Jim Monroe

Jim Monroe is a candidate for Treasurer.

Jim is a native of Detroit. A graduate of Michigan Technological University with a degree in physics, Jim earned a M.B.A. at CSUF. He was employed as a Program Manager at Boeing before he retired.

As a member of the Orange County Astronomers, Jim is involved with the Outreach Program which involves visiting elementary schools with telescopes. He brings his...Continued on page 6
Jean Bryant is nominated for Trustee.

Jean was born in Vallejo, California. She grew up partly in California and partly in Israel. She attended the College of San Mateo in the Bay Area, where she received an A.A. degree in Physical Education and Linguistics. She wasn’t able to get a job in this field, so she went to work in a factory that made and printed envelopes. She worked there for 39 years, off and on, with several leaves of absence to go to Israel to live and work in two different kibbutzim. She was a shop steward while working in this factory and dealt with her fellow workers, representing them to management.

Jean retired in 2009 and joined OLLI. Since then, she has participated in lots of classes: “Spanish 2” (and 3), “German,” “Tai Chi,” “Longevity Stick,” “Behind the News,” “Wisdom Exchange,” “Wisdom Healing,” “Line Dancing” and “Poker.” She has also worked on the Hospitality Committee, the Mailing Crew and at the Baseball Bash.

She says she is so grateful for OLLI and what it has meant for her life, but it’s OLLI that will be lucky to have her as a Trustee.

Juanita Driskell, Staff Writer

Jim Cox is nominated for Trustee.

Jim was born and raised in Colorado and attended the University of Northern Colorado, where he received his B.A. in Math in 1960. After teaching math in Nebraska and Colorado he decided to go into school administration. He went back to school, earning a M.A., and then a Ph.D. in Educational Research. In 1970 CTB/McGraw Hill brought him to Monterey, California.

Five years later he took a job with the Los Angeles County Office of Education. He became the Director of Research and Program Evaluation for the Anaheim Union High School District, and later joined the faculty at the University of LaVerne. In 1996 he and his wife, Keni, formed their own company, J K Educational Associates, where for 15 years he consulted with school districts, and county and state departments of education in the areas of student testing and program evaluation.

Upon retirement three years ago, encouraged by friends at CSUF, Jim and Keni joined OLLI, seeking to find and develop new interests. Jim has served as one of the coordinators for the “Storytelling & Drama & Improv” class and the “OLLI Follies.” He participates in writing classes, and with Keni in “The New Yorker Magazine Discussion Group” and “What’s Behind the News?” classes.

Alice Gresto, Staff Writer
Lee Ann Donaldson

Lee Ann Donaldson is nominated for Trustee.

A saucy red head, you may have caught her moves in the tap dance numbers at the Holiday Luncheon last December. Lee Ann holds a B.S. in Human Development from Penn State University and a M.S. in Counseling from CSUF. She is licensed as a Marriage and Family Therapist. In 1983 she worked for the U. S. Marine Corps to establish a Family Service Center at the El Toro Marine Base. She developed the logo that was used to represent Family Service Centers at that time. She worked at St. Joseph Hospital in Orange for 13 years, developing outreach programs serving the poor and seniors of the community. From there she went on to work with Orange County Mental Health programs. Retired, Lee Ann currently does volunteer work for the National Alliance on Mental Illness.

Her connection to CLE/OLLI-CSUF goes back many years to when she worked for Betty Robertson in Extended Education as an outreach programmer, helping to develop the basis of what we know today as OLLI. Three years ago she initiated the tap dance program at OLLI. Currently she is still dancing, plays clarinet in the OLLI Orchestra, and sings in the OLLI Chorale.

A multi-talented person, Lee Ann will bring many skills to the OLLI Board.

*Alice Gresto, Staff Writer*

Ron Osajima

Ron Osajima is nominated for Trustee.

Ron was born and raised in Southern California. He lived most of his childhood years in the Boyle Heights area of Los Angeles. He received his Bachelor’s degree in Math from UCLA, and his M.B.A. from Fairleigh Dickinson University. After a few years as a software developer at Douglas Aircraft, he was an application systems development manager/director for System Development Corporation and Bell Labs in such diverse industries as military command and control, healthcare, criminal justice and telecommunications. His last employer was Volt Information Sciences, a $2 billion company principally engaged in telecom and staffing. He served initially as vice president and general manager of a small telecom division and, in his last seven years before retiring, he was Volt’s Chief Information Officer.

Ron joined OLLI in 2006, led the development of OLLI’s long range plan, and has led the OLLI–CSUF Collaboration effort since its inception in 2009. While the Collaboration is his primary OLLI interest, he also enjoys singing, attending OLLI classes and auditing CSUF gerontology classes.

Activities outside of OLLI include enjoying time with his family and friends as well as travel, working out, reading and cheering for the Bruins and Clippers.

*Linda Kapiloff, Staff Writer*

Chris Shaw

Chris Shaw is nominated for Trustee.

A native of California, Chris grew up in the San Francisco Bay Area. He obtained an A.A. in English from Foothill College, a B.A. in Social Sciences from UC Irvine and a M.A. in Business Management from Claremont Graduate University. He worked 34 years for Transamerica, over the last 10 years as Vice President and Chief Compliance Officer, responsible for the writing, editing and government approval of life insurance policies, mutual fund prospectuses and other legal documents, and responsible for the general sales compliance of Transamerica’s mutual funds and securities broker-dealers.

*Chris ...Continued on page 8*
Jack Wheatley

Jack Wheatley is nominated for Trustee.

Jack grew up in northern West Virginia during and after WWII. Thanks to an athletic scholarship, he could afford to attend nearby Bethany College, graduating with decent grades in his math and physics majors. He served in the peacetime Army. His science background led him into the nascent computer industry way back in 1956. Jack found his calling with software design and development, eventually growing into the title of Computer Scientist, with the freedom to delve into whatever problems Hughes Aircraft had that he thought he could help with. After 30 some years, with an upheaval in technology every 12 to 18 months, he was heading in the direction of being the dumbest guy in the room, so he retired.

After hearing about OLLI from friends in 2005, Jack and his wife, Gayle, found it a delightful learning environment. Now he’s beset with bridge students who ignore him, plus, as the put-upon Producer of “OLLI Follies,” he gets to mingle with fascinating artists of all stripes who give him fits, but always manage to get it together to put on a monthly show.

Why this spotty record would qualify him as a Trustee, he has no idea, but his OLLI associates do.

Gayle Wheatley

Gayle Wheatley is nominated for Trustee.

Gayle grew up in northern West Virginia in the ‘40s and ‘50s. A stuttering problem plagued her early on, but she worked her way through it. After marriage, a move to Chicago, then California, and raising four kids, she was ready for something outside the home. She took classes, attended Dental Assistant School, graduated 1st in her class, and started life as a professional.

Thirteen years later, back problems forced her to retire. Still motivated, Gayle started a specialized janitorial service for banks, medical and dental offices. She joined a Cleanroom Service company and began training their employees in the protocols necessary for a cleanroom environment. She then branched out and taught at drug, aerospace and electronics companies, teaching engineers at UCI and scientists at Stanford and JPL. She managed 40 accounts and the West Coast office.

After retiring yet again, Gayle learned about OLLI from friends in 2005, and has since donated her talents here. She has developed and coordinated a cooking class and drum exercise classes. Gayle takes writing classes, has published a couple of family books, and now serves as a group leader for others who want to write about their history.

Chris Shaw, Associate Editor
**SPECIAL EVENTS**

Spring Instrumental Recital   1:00 p.m. April 1   AUD-ABCD
In Memoriam            3:30 p.m. April 17   ABCD
Catalina - Overnight!      8:00 a.m. April 22-23   Lot A

**OPEN TO THE PUBLIC**

Great American Songbook   12:00 p.m. April 7   AUD
Best of Eclectics II     12:30 p.m. April 9   AUD
Best of Eclectics I      10:00 a.m. April 14  AUD
Musical Performances      2:15 p.m. April 14  AUD

---

* Constipation—Bananas are high in fiber, which can help restore normal bowel movement without resorting to laxatives.

Compared to the apple, bananas have four times the protein, twice the carbohydrates, three times the potassium, five times the vitamin A and iron, and twice as many other vitamins and minerals (WebMD 2014).

Best of all, according to an Internet article, if you buy bananas that are slightly green, wrap the stalk end (the hard top we start peeling from) in plastic wrap, and put them in the refrigerator, they will keep fresh for days without turning the deep brown of overripe bananas. I have tried this, and it does work. So, go bananas.

*Barbara Talento, R.N., Ph.D.*

---

**March Mailing Crew**

**THANK YOU** to the volunteers who helped with the March ChroniCLE mailing:

Don and Inez Fallis, Cindy De La Cruz, Dar and Norine Fredrickson, Susi Karlan, Bob and Sue Knepper, Linda Lockwood, Jerry Pollack, and Roy and Phyllis Roberts.

---

**SAVE THE DATE!**
Saturday, June 20, 1015
A Hospitality event!

---

**Late March Coffee on the Veranda**

A gentle breeze of early spring wafts through the morning air perfumed in lemon blossoms and earth, still damp from last evening’s drifting scarf of rain.

Pewter green shafts of iris jut from clay pots foretelling a Van Gogh Easter. Tubal chimes whisper a grace of harmony. Tomatoes, zinnias, devil grass and wild clover thrust tender leaves to greet their sun goddess.

The newspaper slips from my hand, aroma of coffee overwhelmed by the scent of spring. Song birds trill in territorial ecstasy. I plot my attack on the emerging weeds.

*Alice Gresto, Staff Writer*
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/OLLI-email 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

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://oli.fullerton.edu
Email: olli-info@fullerton.edu