President’s Message

* Excitement returns
* AED will save lives
* Unfinished business

There is excitement greeting the start of every new OLLI semester—the classes, the instructors, the classmates, and very importantly, the many opportunities to interact with the OLLI community on the campus of a great university.

The OLLI experience remains one of the greatest bargains in our lives. Where else can you attend a virtually unlimited number of classes in a university setting with bright, friendly people at a cost equivalent to $8.00 per week, including parking?

Behavioral scientists tell us that experiences, such as taking classes and travel, improve well-being more than buying a possession. While objects we purchase can deteriorate with time, experiences create lasting memories. Moreover, sharing such experiences add a social element that can make you happier. As one researcher noted, “You’re the sum of your experiences, not the sum of your possessions.”

Our energetic—and tenacious—OLLI leaders are a true force of nature in getting things achieved.

Their latest achievement involves a project spearheaded by the irrepressible Ellie Monroe. OLLI has received all the necessary signoffs to purchase an Automated External Defibrillator (AED). An AED device automatically analyzes heart rhythms, and when it detects a problem that

A Look Inside Science & Technology

Class Offerings

Gold is colored, well, gold. But once you slice it down to a diameter of less than 30 nanometers, it turns red (30 nanometers is 1/3 the size of a typical virus!). If you attended the class on Nanotechnology given by Susan Hanna and Rick Hearn during the 2014 Summer Session, you would know that. Sue and Rick have given several fascinating science classes, last semester starting a series called Science for You, which they plan to continue for the foreseeable future. During the 2015 Spring Semester they will present Science for You: Understanding the Brain, which will continue through the Summer session.

The title, Science for You, reflects their intent to present scientific information in an accessible way, designed for their audience—OLLI members who were not scientists, but know some basics, and now want leading edge details about what the scientific community has learned about life, evolution, the senses, our brains, magnetism and electricity, the big bang, and challenging new concepts like quantum mechanics, thermodynamics, and string theory. This semester’s class will delve into how cells in the brain communicate. With its combination of neurology, biology, and psychology, this course will help you understand how we perceive the world through our senses—how we move, how we learn and remember, and how emotions affect our thoughts and actions.

Another course offered in the Science & Technology section is Archeology: The Etruscans, the People Before the Romans, presented by perennial favorite, Bonnie Shirley. Bonnie has been giving her classes on archeology, human geography, and similar human historical studies to a packed Mackey Auditorium for years. Her
John Blaydes
Vice President, External Relations

“The biggest problem with communication is the illusion that it has taken place.” - George Bernard Shaw

The job of the OLLI Vice President, External Relations is to communicate and coordinate OLLI's outreach program to the CSUF community. We never really know how effectively we’ve communicated with others, but somehow that doesn’t keep us from trying.

The Board of Trustees would like to communicate that OLLI’s marketing efforts will be reduced, with less reliance on widespread, random Blue Book distribution and more on “word of mouth,” our most effective advertising tool. The key to maintaining a vibrant membership is to get out the word about OLLI to others. OLLI members will always be encouraged to invite friends and acquaintances to share the joy of OLLI by becoming members. Our outreach efforts in the future will focus on maintaining current membership numbers by replacing the 15-20 percent who do not renew and welcoming new members.

One of my major jobs is coordinating the distribution of OLLI Blue Books, flyers, and other OLLI publications to the community. This spring we created a program that will help us determine the effectiveness of our distribution of Blue Books. Rather than random distribution we’ve limited our distribution to 41 primary target locations such as the libraries, senior centers/community centers, and residential communities in our eight “core” cities. This spring we have coded the membership application forms in each Blue Book that was distributed to these core locations. Now we will be able track and identify the effectiveness of each specific location. Analysis of these codes will allow us to target those locations that show results, modify those that do not, and help us save on the cost of printing additional Blue Books for outreach purposes.

Part of our outreach efforts will be turned more “inward” to the Cal State Fullerton University community to ensure that the administrators, faculty, and staff know more about our programs. I will meet with the deans from the various colleges on campus, and provide OLLI publications to be shared with their faculty and staff.

Other important aspects of my job are:

• Provide speaking engagements and conduct workshops about OLLI for community organizations and groups. I’ve developed two PowerPoint presentations: “Introduction to OLLI” and “Transitioning to Retirement.”

• Coordinate media releases for OLLI’s big events with University Extended Education (UEE).

• Organize Board approval for CSUF student research projects that request OLLI member participation.

• Supervise the selection and presentation of OLLI’s Betty Robertson Graduate Award and Outstanding Gerontology Graduate Student Award.

• Appoint the Open House Docent Chair to coordinate the use of docents to provide tours of the OLLI campus during Open House and Spring Preview events.

This fall we created the position of “OLLI

John Blaydes...Continued on page 6
presentation style is delightfully candid and humorous, making her lectures a joy and very popular.

Our World in Change: It’s Definitely Not Going to Be “Business as Usual” is another continuing series enabling you to learn about the latest scientific and engineering research findings on climate change, progress in sustainable energy technologies, and the environmental impacts of global warming. This class is presented by Bryce Bardin, Fran Mathews, Dennis Fassnacht, and Grace Bertalot.

Another very popular on-going series is Boundaries of Science—Outer to Inner Space, presented alternately by Jim Monroe (outer space) and Richard McCaman (inner space). Jim has covered such topics as the many telescopes, both on earth and in orbit, probing outer space to answer questions from how the universe was formed to what distant planets may harbor life. Richard’s focus is on the microscopic world, addressing questions like how genes and chromosomes work and how we can use that knowledge to help cure disease.

Jim’s and Richard’s classes inspired Susan Hanna and Rick Hearn to make it their mission to bring more science-related classes to the OLLI curriculum. Sue and Rick were named as the 2014 Spirit representatives of OLLI’s Science & Technology curriculum. They base their presentations on DVDs from The Great Courses and online material from Coursera.org, and then add a great deal of homework and course preparation to assure the presentations are understandable and comprehensive. They augment the DVD material with additional information and explanations throughout the presentation, and encourage questions and discussion. I was impressed with their ability to explain the occasional scientific jargon in the DVDs and break down complicated ideas into understandable terms. And they bring an enthusiasm for learning about science that is a hallmark of a Spirit representative.

You might think they were science teachers, but you’d be wrong. They met at Lawrence University, a liberal arts college in Appleton, Wisconsin.

Lawrence’s curriculum required an interdisciplinary approach, which was well-matched to their natural inclination for many interests. As Rick put it, “It’s important to pursue the things you find interesting.” That’s what they have done in presenting these science classes. And that’s what Sue did when they graduated—Rick moved to California, and Sue followed Rick. They have been together ever since.

Rick and Sue both ended up working for Beckman Instruments in Orange County. Rick had learned the BASIC programming language in high school, and Sue had a broad-spectrum knowledge of the “soft” sciences, like anthropology. In the heady days of the early 1970s, Beckman was inventing ways to program microprocessors to run instruments that analyzed everything from the constituents in human blood to the components in fossil fuels. So, they both reinvented themselves as microprocessor software engineers.

They also use their software engineering experience to benefit OLLI by teaching several computer classes. Computer classes represent a large portion of the Science & Technology curriculum and the widest array of classes of all OLLI programs, offering classes in Microsoft Word, digital photography, photo editing, operating Macs and PCs, operating iPhone/iPad and Android mobile devices, using social media, and more. For those interested in photography there is the PHOCUS Photography Club. And the CLECAT Club is for those interested in “anything with a chip.” There are even tutorial classes that provide individually designed training for newbies (Sue could be your tutor on introductory PC topics). And if you have a problem with your computer or application, there are free open labs—one for PCs and one for Macs and mobile devices—where you can drop

A Look … Continued on page 7
OLLI Help Desk and Malware

OLLI members have two Help Labs (Room 20 for PCs & Room 11 for Macs and mobile devices) available every week (Fridays 1:00-3:00 pm) to help resolve software and hardware issues for computers and mobile devices. Traditionally, the PC group led by Jeff Harter (and includes Dan Coby, Warren Wilson, and Richard McCaman) has had major experience in maintenance and repair of aging computer hardware, updating software, and removal of malware. During the past holiday period, when seniors are most frequently connecting with family members over the Internet, we saw a rash of compromised computers that had been infected by viruses and other malware. Malware comes in many shapes and forms, but the common result is frustration with sluggish to unresponsive computers and a missed opportunity to have a happy visit with family members and friends. The purpose of this article is to remind you that the benefits that we find in using the Internet to communicate with friends and family via email, Skype, or various social media requires an increasing vigilance to maintain those benefits.

For those of you who have no prior experience with malware, the term is short for malicious software and is used generally to describe any program, application, or code that is intended to disrupt your computer’s normal functions and/or steal private information. There are additional forms that include unwanted ads in popup screens, and more recently, and more seriously, malware that can wipe out or delete all the files on your computer hard drive or encrypt them in such a way that you have to pay a ransom to retrieve them in a usable form. It is not the intent of this article to start the New Year with a note of gloom and doom; it is an opportunity to remind you that if you are dependent on the use of the Internet that you should make some serious efforts to minimize the impact of an increasing number of malicious programs that are spreading their way around the Internet.

The ‘Malware’ Wiki at Wikipedia.org (en.wikipedia.org/wiki/Malware) describes the more prevalent forms of malware that we have had to deal with in the Help Lab. This website also describes free and commercial anti-malware software designed to catch and disable the malware or to periodically scan and clean it up before it causes more damage.

Some simple rules of safe conduct include:

1. Keep your computer operating system and all important programs that you use regularly (including any antimalware programs) up-to-date at all times. This helps correct the weaknesses in the original programs that the malware creators are trying to exploit to gain entry to your system and take it over. If by chance you are still using a computer with the Windows-XP operating system, for which Microsoft no longer provides updates, drop by the Help Lab. We have several possible free solutions that will reduce your risks.

2. Along with automatic updates (above), you should have an active antivirus program (see rankings at www.pcmag.com/article2/0,2817,2372364,00.asp), firewall, and antispyware software installed, and an additional “clean up” anti-malware program like Malwarebytes AntiMalware that you manually update and activate to do a system scan periodically.

3. Don’t download and install any program without “googling” it to be sure it does what you want it to do, and doesn’t have the reputation of causing unanticipated problems (some “anti-malware programs” are actually a malware in disguise!). When installing any software downloaded from the Internet, be sure and watch for and decline the installation of any additional programs other than the intended one (after verifying the intended one is “good,” based on a Google search). Always use the Control Panel to check installed programs after installing a program from the Internet to see if any unwanted programs were installed as well (after sorting the program listing by date).

4. NEVER click on a link in a popup, especially ones that claim your computer is “infected” or “can speed up your computer,” etc. Recent examples of this malware have presented popup windows that won’t go away unless you click on the “accept” button. The presence of the popup means you...Continued on page 6
Holiday Luncheon Held December 10, 2014

OLLI Chorale—(not in order) Marge Osborn (Director), Cindy Von Coelln (Accompanist), Lee Ann Donaldson, Judy Brazell, Barbara Gossett, Rose Gottlieb, Linda Lester, Jean Lowe, Judy Peterson, Barbara Robinson, Anne Thorward, Johanna Vander, Heyden Gohres, Evelyn Wolf, Tim Dwyer, Mary Ferris, Cyndi Daiello, Alice Gresto, Judy Avalos, Susan Hanna, Miriam Hurdle, Jan Mendez, Linda Manzo, Beverly Simmons, Carol Smith, Pat Althoen, Virginia Blommer, Kathy Dower, Kathy Engels, Linda Callen, Virginia Barnhart, Simon Janson, Linda Hut, Tom Hut, Tom Stachelek, Herb Stewart, Fritz Oliva, Ron Osborn, John Van Wey


Raffle—Lorraine Miller, Claire Curran, Linda Lockwood & Linda Ganda

Office Staff—Wendy Gillilan, Ying Lu, Patsy Burns & Celia Reynolds

OLLI Orchestra—David Doo, Sandra Ortiz & Ann Thorward.
may respond to an electrical shock, delivers it to restore normal heart rhythm.

The OLLI AED unit will be installed later this semester. The AED unit we are purchasing can be used by untrained individuals. This is because it uses both electronic voice instructions and an interactive video panel showing step-by-step CPR, rescue breathing, and external defibrillation procedures.

Installation of the AED culminates a six-month process. While many members have requested we purchase an AED, momentum for the purchase occurred when the Curriculum Committee and I received a detailed proposal submitted by Betsy Gibson and championed by Ellie. Betsy and Ellie pointed out there is no immediate access to an AED device at the RGC in the event a medical emergency arises during the hours which the Center for Successful Aging housed in Room 18 is closed.

Purchasing and installing the AED is part of an overall program involving training of OLLI coordinators and others in CPR/medical aid training. A win-win for sure, and another demonstration of OLLI members being proactive in expanding the value of the OLLI experience at CSUF.

My term of OLLI President ends in May. After 21 months, I’m ready to transition to “immediate past president.”

Yet, there is some “unfinished business” to complete. Here are three items that are “still on the desk” to complete:

* **Travel**: The first is getting our overnight excursion program reinstated. Thankfully, we have strong support from UEE Interim Dean Kari Knutson Miller.

* **Communications**: With the strong leadership of Joyce Ono and John Blaydes, a review of our existing communication resources is now underway. The goal is making our communications even more responsive to your interests and our organizational priorities.

* **Fund Raising Strategy**: For too long, we have relied on the generous legacy of the first generations of CLE/OLLI membership for the bulk of our fund raising. An updated strategy in tune with our 21st century needs is being developed. We only need to review our history to understand that our future on campus is dependent on our ability to remain financially self-supporting and responsible to inevitably changing University priorities.

Mike Stover, President
stovermw@fullerton.edu

**OLLI Help...Continued from page 4**

are already infected and you need help NOW! Try the Help Lab for free; the alternative has cost a few OLLI members several hundred dollars, and resulted in a totally useless computer.

Happy New Year and safe computing!
Richard McCaman, Instructor, OLLI Computer Classes

**In Memoriam - Theda Leventhal**

It is with deep sadness that OLLI announces the passing of longtime member Theda Leventhal on December 29, 2014, and we extend condolences to her family and friends.

**New Carpeting in the Shapiro Wing, Plus Room 20**

**John Blaydes ... Continued from page 2**

Hosts” for our Open House and Spring Preview events. The Hosts rove the event, welcoming guests and helping the day run smoothly by trouble-shooting and helping our guests find their way around campus.

Let’s continue to communicate and share the successes and joys that we experience as OLLI members with others—that will be our key outreach effort.

John Blaydes, Vice President, External Relations
SPECIAL EVENTS

Hsi Lai Buddhist Temple Trip  
9:15 am, Feb 4  
Lot A

TiR Essentials  
9:30 am, Feb 7, 14, 21, 28  
ABCD

OPEN TO THE PUBLIC

Great American Songbook  
12:00 pm, Feb 3, 17  
AUD

Best of Eclectics II  
12:30 pm, Feb 5, 19  
AUD

Best of Eclectics I  
10:00 am, Feb 10, 24  
AUD

Musical Performances  
2:15 pm, Feb 10, 24  
AUD

Computer and Mobile Devices Classes

Session 2 (February 17 – March 13)

Office pre-registration begins February 2 through February 15. Pick up a registration form in the OLLI office and follow instructions on pages 74-75 in the Blue Book.

Accessing the CSUF WiFi and Student Portal—WX1b
Tuesday 2:30pm–3:30pm Room 20  
February 17

Blogging 101—IX10
Thursdays Noon–2:00pm Room 20  
February 19, 26, March 5, 12

Lightroom for Managing and Editing Your Photos—AX1
Mondays and Wednesdays 10:00am–noon Room 20  
February 18, 23, 25, March 2, 4, 9, 11

Using Picasa for Photo Editing and Management—IX1
Mondays and Wednesdays 1:15pm–3:15pm Room 20  
February 18, 23, 25, March 2, 4, 9, 11

Android Mobile Devices Essentials—BMD2
Mondays and Wednesdays 3:30pm–5:30pm Room 20  
February 18, 23, 25, March 2, 4, 9, 11

Intermediate Basic Mac Skills—IM2
Monday and Wednesday 1:15pm–3:15pm Room 11  
February 18, 23, 25, March 2, 4, 9, 11

Microsoft Word 2010/2013 for Windows PC—BC7
Tuesdays and Thursdays 9:30am–11:30am Room 20  
February 17, 19, 24, 26, March 3, 5, 10, 12

December Mailing Crew

THANK YOU to the volunteers who helped with the December-January ChroniCLE mailing: Mary Alice Blaydes, Dar and Norine Fredrickson, Susi Karlan, Bob and Sue Knepper, Linda Lockwood, and Jerry Pollack.

A Look ...Continued from page 3
in on Friday afternoons and get help from OLLI’s seasoned nerds, uh experts.

Science and computer classes may not be the first thing many OLLI members look for when considering the semester’s program offerings, but give them a try—science can be fun!

Chris Shaw, Associate Editor
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://olli.fullerton.edu
Email: olli-info@fullerton.edu