President’s Message

* Thank you for your gifts
* Overnight travel resumes
* “Do you hear us now?”

Once again, OLLI members have demonstrated their generosity and commitment to our organization. More than $9,000 was received through our annual letter to members requesting contributions.

These tax-deductible donations will allow us to extend scholarships to individuals who cannot afford OLLI membership, to purchase such items as the life-saving AED equipment I described last month in the Chronicle, and to make timely investments in our instructional technology.

Of course, donations are always welcome. And, they are easy to make. Page 68 of the Blue Book describes the many ways you may give. Additionally, we have a “donate” button on the top navigation row of our olli.fullerton.edu website for those who wish to make their contributions online. All contributors receive an acknowledgment for their tax records.

Fund raising is important to OLLI. We are the organization we are today with a diverse curriculum BECAUSE the first generation of OLLI members raised $750,000 from themselves and $1.75 million from others to build the Ruby Gerontology Center. Historically, this culture of giving by our members is not only focused on OLLI, but extends to the other critical programs of the University. Whether you give time (as a volunteer), or money or both, your support of

Dr. Joseph Lawton, Spirit Representative
Healthy Living Curriculum

Dr. Joseph Lawton was named the Spirit representative of OLLI’s Healthy Living curriculum.

Joe was a family practice physician in Fullerton for 40 years. He was born in a small town in northwestern Iowa, where his father was a farmer. Due to the poor economic conditions in the Midwest and South, his father moved with his family to Southern California in 1942, which Joe called part of the “great western migration.” Because of WWII, jobs were plentiful in the defense industry at the time; his father found employment in the Long Beach shipyards and the family settled in Bellflower.

It had not occurred to Joe to study medicine after he graduated from St. Anthony High School, he wasn’t sure what he wanted to do. Joe’s mother, however, who emigrated from Holland and knew the value of an education in the U.S., wanted her son to attend Loyola University. The family could not afford the costs at Loyola, so Joe’s mother personally persuaded the president of Loyola to allow her son to attend Loyola on a student worker scholarship. Thus, it was while working in the biology lab that he made a decision to study medicine and upon graduation enrolled at Creighton University School of Medicine in Omaha, Nebraska.

The young Dr. Lawton returned to Southern California and served his internship at the Los Angeles County Hospital. He began his family
Edward Dunvan  
Vice President of Administration

The list of duties of the Vice President of Administration is a lengthy one, and I am still learning. Fortunately, I have received much help and guidance from other board members and officers. My predecessor, Barry Escoe, has been especially helpful. Patti Chikahisa and Judy Randlett have worked hard to keep me on track. One of the delights of OLLI is the support we receive from each other. This is also a good time to acknowledge the great work and support of the office staff, led by Patsy Burns.

One of the activities that I enjoy most is preparing for the Volunteer Opportunities Workshop. I can’t overemphasize how much OLLI relies on Volunteers. OLLI simply would not be OLLI without the quiet, steady and often behind the scene work of our volunteers. I know we all value OLLI and the many interesting and informative programs, but all this is made possible because of the OLLI members who so unselfishly volunteer.

We maintain a list of volunteer opportunities and the contact persons for every area of volunteer activity in the office. Please stop by the office and pick up a list. You are sure to find the volunteer area that suits your talents and experience. The magic of volunteering is that you will gain so much by giving of your time and talent. You will make new friends and feel the satisfaction of helping to keep all of our wonderful programs and services going.

I have been blessed with four children and two granddaughters. All I can say is, this “Grand” parenting deal is the best!

When I joined OLLI, after years of technical work, I decided to push myself a little bit and get out of my comfort zone. I currently enjoy the “Tap Dancing,” “Great Books” and “Short Stories” classes, as well as “Our World in Change” and “Shakespeare Aloud.” It’s also been my great privilege to facilitate the “New Yorker Magazine Discussion Group” and to assist with the “Story Telling & Drama & Improv” class.

If you are new to OLLI, get involved. You are going to love it.

Edward Dunvan, Vice President of Administration

Remember to Return Library Books
Our World in Change

Apparently the collection of books on climate change (referenced in the “Our World in Change” class) kept in the OLLI library are very popular—there are no more books left on the shelf.

If you have inadvertently forgotten to return any of them, please do so in the near future, so that they may continue to be available for others to read. So that you can be sure which ones they are, note that these books are all clearly stamped with “Our World in Change” in multiple places. They should be returned to the shelf labelled “Our World in Change” in the OLLI library in Shapiro CD.

As our world continues to warm, these resources are becoming more and more useful in understanding how the Earth will continue to change in the future.

Library Committee

OLLI is a program of the CSU Fullerton Auxiliary Services Corporation administered by University Extended Education, California State University, Fullerton
A Look Inside the Healthy Living Curriculum

Healthy living is of interest to us all, and we’re fortunate to have a rich curriculum in the Healthy Living selection of classes offered here at OLLI, comprising a broad range of classes offering both mental and physical health exercises.

Following is a brief summary of the Healthy Living classes, followed by an in-depth discussion of the “Brain Education for Successful Aging” class presented by Judith Smith (shown here). On page 1 of this Chronicle a separate article focuses on Healthy Living’s “Medical Series” and its coordinator, Dr. Joseph Lawton.

“Arboretum and/or Campus Walk” is scheduled every Tuesday and Thursday morning with coordinators Rod Collier and Al Morgan. They gather OLLI members for a walk from the RGC courtyard through the Arboretum and back, providing members with overall health benefits in an environment of natural beauty.

“Longevity Stick Exercises,” presented by Mary Hori, Nancy Baualer, and Fran Dobley, meets every Wednesday morning in the Arboretum Pavilion to practice a Vietnamese exercise regimen designed to maintain a healthy body and spirit by improving one’s balance, flexibility, strength, mental focus and breathing capacity.

“Tai Chi” also meets in the Arboretum Pavilion every Monday morning, coordinated by Charlotte Oliva and Kay Tracey, where Diane Globerman instructs OLLI members on ancient exercises for health and serenity.

“Yoga for the Rest of Us” meets every Monday afternoon, coordinated by Aileen Hollowell and Suzi Attal. This semester, instructor and new OLLI member, Nancy Rosemberg, eases attendees into yoga poses to help with energy, balance, flexibility and stress relief.

“Tennis” takes advantage of the CSUF courts on campus for two hours each Friday to play non-

President’s... Continued from page 1

OLLI and CSUF is greatly appreciated. Thank you.

One of our longest sought goals has been achieved. Overnight travel is back! We can thank our Travel Committee under Ken Luke’s leadership and the strong support of our Dean, Dr. Kari Knutson Miller. In her first presentation to OLLI members after becoming Dean, Dr. Miller set forth a “pathway” for the restoration of overnight travel at her talk to the “Tales of a Great University” class last fall. Key to restoring travel was insuring the University against travel-related liability.

While we are starting “small” with a one-night trip to Catalina, our goals are quite ambitious. Long-time members of our organization know that educational travel—and the deepening of our OLLI friendships—has been an integral part of our program from our earliest days. So, the resumption of overnight travel is a “big win” for all who made it possible.

An almost universal challenge for membership organizations is effective communications. We are no different. We certainly use many means of communication to reach you. These include the Chronicle, two weekly OLLI NewsBytes emails, single topic “blast” emails, OLLI website postings, flyers pinned or taped on our bulletin boards and elsewhere, oral class announcements, news releases and printed publications including our Blue Book and various brochures.

Despite the abundance of our communication “vehicles,” some members say they don’t always hear about a special presentation or event, or the cancellation of a class. Still others tell us they wish we didn’t send them so many emails, or alternatively, we should post more updates on our websites or create an OLLI Facebook page or twitter account. Similarly, we hear from members and others about CSUF faculty or staff members who have “never” heard about us.

To assess our communication effectiveness, challenges and opportunities, I am working with a talented group of members led by Joyce Ono and John Blaydes on a communication assessment and action plan development.

You can help. Our plan includes a communication
Dr. Joseph...Continued from page 1
practice with a small group of family physicians at St. Jude Medical Center. Dr. Lawton became Vice President of Medical Affairs, and served as Chief of Staff and Chairman of the Board of Trustees at St. Jude. Although retired, this dedicated physician continues his family practice by volunteering at least one day a week at the St. Jude Neighborhood Clinic in Fullerton.

After his retirement Joe decided to audit some classes at CSUF. He had heard of CLE, as OLLI was known at the time, from his father-in-law, John Ducey, who was Chairman of the Board of the Golden Hearts, a volunteer organization at St. Jude. Then Golden Hearts approached OLLI with the thought of establishing a Medical Series to improve the medical literacy and health of the members of OLLI, and ultimately open it to the public. With Joe as coordinator, the Medical Series started meeting at the Elks Club Lodge in Fullerton. Then Joe added classes at Morningside Retirement Community in Fullerton, and last year started meetings at Capriana Retirement Community in Brea and the Fullerton Public Library. These classes are all open to the public.

The Medical Series has become one of the most popular series of classes in OLLI’s Healthy Living curriculum. Through his connection to St. Jude, Joe attracts leading physicians in the area from every medical discipline to give lectures on the latest medical knowledge and leading-edge research. Coming up this semester are classes on the diagnosis and treatment of aneurysms, stress-related medical issues, back problems and heart conditions. In addition there will be classes on exercise, immunizations and balance, mobility and fall prevention. At the end of each presentation the audience has the opportunity to ask questions, and OLLI’s always inquisitive members don’t hesitate to query a knowledgeable doctor. Joe believes that your “medical literacy” can improve your quality of life and can prolong your life, and that’s backed up by research published in the Journal of the American Medical Association.

After the questions subside in his Medical Series classes, Joe always invites the audience to attend his other OLLI program, “Jazz Series at Steamers.” This program is listed under the Art Appreciation curriculum in the Blue Book, but perhaps it should be listed under the Healthy Living curriculum, because Joe jokingly refers to his “clinic” in downtown Fullerton (Steamers), and promises you will feel much better after your “treatment.”

Although he hadn’t played the saxophone since he was in high school, Joe decided to take lessons on a sax he found in his closet. He started playing with two or three other musicians at Phan’s 55 Vietnamese Restaurant in Fullerton. Now, playing at Steamers, you’ll find Joe Lawton, Mike LeVan and the Docs, made up of professional jazz musicians and local physicians. Joe begins each program with a brief history of the featured artist or type of music being presented, then a capacity audience enjoys lunch and music. On March 7 he will feature Irving Berlin; April 11 will be dance music; and May 2 will be spiritual jazz.

In reminiscing about his life Joe commented, “I find that each stage of my life is better than the last.” Dr. Lawton is an outstanding volunteer at OLLI, deserving of the designation Spirit representative for the Healthy Living program.

Lorraine Gerni, Editor and Chris Shaw, Associate Editor

What OLLI Means to Me

“When I’m at OLLI, I’m not alone and not lonely. I belong.” – Anonymous

“One thing is to be a long life learner. Another one is to be a perpetual immature student.” – Anonymous

“A community that cares and shares!” – Anonymous

President’s...Continued from page 3
survey. This is one part of a proactive outreach to you encouraging your suggestions and help. However, you don’t have to wait for the survey, you can contact the team now with your ideas by emailing me at mstover@fullerton.edu or talking to me the next time you see me.

Mike Stover, President
Spring Preview Meeting Held January 10, 2015

Joan Lebsack & John Blaydes

Guest Registration Table

Mike Stover Address

OLLI Host
Sandy Jones

Ron Osajima Speaks to Attendees

Warren Wilson & Bob Newcomb
Talk to New Member

Spring Preview Social
competitive tennis for fun and exercise, coordinated by Eugenia Hathaway and Arie Passchier.

“Exploring Health & Fitness,” coordinated by Ken Luke, meets once a month on Thursdays and offers insight into off-campus fitness activities not sponsored by OLLI, such as hiking, bicycling, kayaking, and dancing, but specifically geared to a senior age group.

“Meditation for Everyday Life,” presented every Monday by Marci Matthews, hopes to improve our psychological well-being through meditation by reducing stress, depression, anxiety, blood pressure, and addictions.

“Mind, Body and Spirit: A Course in Miracles,” presented by Marci Matthews every Tuesday, gives a series of spiritually-based psychological exercises to gently lead us to a new understanding of ourselves, others, and our relationships with them.

“Wisdom Healing” is led by Marty Cole on alternate Thursdays, and teaches us how to practice awareness, consciousness, and self-healing techniques for good health and wellness.

“Brain Education for Successful Aging” is another class offering mental exercise, but combined with physical exercises, and presented with great energy and enthusiasm by Judy Smith, Ed.D. and Jan Cogan on alternate Tuesday mornings. Based on the book “In Full Bloom: A Brain Education Guide for Successful Aging” by Ilchi Lee and Jessie Jones, Ph.D. (a professor at CSUF), the classes cover a five-step curriculum designed to improve sensory awareness, balance, motor control, emotional regulation, attention and imagination. Judy Smith, who began conducting these classes shortly after joining OLLI in 2009, is the lead instructor. Jan Cogan provides support, primarily in leading the physical exercise portions of the meeting. Don’t worry, the exercises are tailored to us older folks, designed to limber up the body and, with it, the brain.

Judy graduated from CSUF with a B.A. in English, then went on to Pepperdine, earning an M.A. in Educational Leadership and an Ed.D. (Doctor of Education). She spent 40 years teaching—25 years in public schools and 15 years here in the CSUF College of Education. She is still an Adjunct Professor at CSUF, and works with children with autism, helping them develop the mental tools to make a normal life for themselves. She is certified as a Brain Education Leader at the Master level by Brain Education International.

Attendees of Judy’s class often return each semester, one attendee explaining that “Each class is unique, and I learn something new every time.” That may result in part from Judy’s teaching style, which encourages class members to ask questions and share their experiences. In one lecture, Judy entreated the class to “Budge the grudge!”—meaning cleanse yourself of old, negative thoughts, and forgive yourself and others, in order to achieve a happy and healthy mind, body and spirit.

A happy and healthy mind, body and spirit is the goal of all the programs in the Healthy Living curriculum, representing a great opportunity for OLLI members who participate.

Chris Shaw, Associate Editor

Catalina Overnight Excursion

OLLI’s first overnight excursion in four years is going to Catalina Island! Get your reservation in now. See the enclosed flyer, fill out the coupon and liability waiver forms, and turn them in to the OLLI office now.

In Memoriam - Tom Eckert

It is with deep sadness that OLLI announces the passing of member Tom Eckert on Wednesday, January 21, 2015. Tom was an integral part of the “Fitness for Life” class.

February Mailing Crew

THANK YOU to the volunteers who helped with the February ChroniCLE mailing: Jean Bryant, Vicki Colvin, Cindy De La Cruz, Dar and Norine Fredrickson, Susi Karlan, Bob and Sue Knepper, Linda Lockwood, Jerry Pollack, Roy and Phyllis Roberts, and Marie Stiegler.
SPECIAL EVENTS

UCI MIND Institute
2:45 p.m. March 26
Lot A
TiR Essentials
9:30 a.m. March 7, 14, 21, 28
ABCD

OPEN TO THE PUBLIC

Great American Songbook
12:00 p.m. March 3, 17
AUD
Best of Eclectics II
12:30 p.m. March 5, 19
AUD
Best of Eclectics I
10:00 a.m. March 10, 24
AUD
Musical Performances
2:15 p.m. March 10, 24
AUD

Computer and Mobile Devices Classes

Session 3: March 16 – April 17
No classes during spring recess
March 30 – April 4

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

Photoshop Elements 12: Editing and Organizing Photos—IX2
Monday and Wednesday • 10:00 a.m.–noon
Room 20
March 16, 18, 23, 25 • April 6, 8, 13, 15

iPad Essentials—BMD1b
Tuesday and Thursday • Noon–2:00 p.m.
Room 20
March 17, 19, 24, 26 • April 7, 9, 14, 16

iPhone Essentials—BMD3b
Monday and Wednesday • 1:15 p.m.–3:15 p.m.
Room 20
March 16, 18, 23, 25 • April 6, 8, 13, 15

Android Mobile Devices—Entertainment Apps—IMD5
Monday • 3:30 p.m.–5:30 p.m.
Room 11
March 16, 23 • April 6, 13

Android Mobile Devices—Productivity Apps—IMD6
Wednesday • 3:30 p.m.–5:30 p.m.
Room 11
March 18, 25 • April 8, 15

Setting Up Time Machine Back-Ups and More—IM6
Monday and Wednesday • 1:15 p.m.–3:15 p.m.
Room 11
March 16, 18, 23, 25 • April 6, 8, 13, 15

Blue Book Changes and Updates

Spring 2015

Class Cancellation
Passing Down Stories (A Writing Workshop)
Originally scheduled alternate Wednesdays, starting January 21 at 10:00 a.m.

Computers and iPad for Artists—IMD7
Originally scheduled Mondays, starting March 16 at 10:00 a.m.

Date/Time/Location Changes
New Yorker Magazine Discussion Group
Juniper 111 in student housing.
Spanish 2 (Friday Mornings)
Juniper 111 in student housing, except March 13 class in Pine 111

General Meeting/Election
Tuesday, April 21 • 1:00 p.m. • Mackey Auditorium and Shapiro ABCD

Yoga for the Rest of Us
Class will meet in KHS-203 with instructor Nancy Rosemberg

Programs Added
Musical Performances
Small Ensemble Concert
Friday, March 27 • 3:30 p.m. • Mackey Auditorium
Coordinator: Marge Osborn

OLLI Orchestra and Chorale Concert
Saturday, April 18 • 2:00 pm • Mackey Auditorium
Reception follows in Shapiro
Coordinator: Marge Osborn
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