



## **President’s Message**

*By Mike Stover, President, OLLI-CSUF*



Welcome to the 45th year of lifelong learning at Cal State Fullerton. Our kickoff event is the expanded OLLI Spring Preview on Saturday, January 13.

From day one, lifelong learning on this campus was volunteer-

driven by dedicated educators, business leaders, philanthropists and artists. Fortunately, university presidents, administrators and faculty encouraged and supported our efforts at critical times, although campus red tape and bureaucracy occasionally frustrate us.

While times and instructional technologies have changed, our volunteers and leaders steered a course toward three core goals—growth, engagement and impact. These goals are as relevant now as then.

Let’s examine how:

\* **Growth:** Leaders of our organization (initially named CLE for Continuing Learning Experience) steadily expanded the curriculum from eight classes during the first semester to more than 100 classes and activities. They also expanded membership. They knew sufficient space for classes, computer labs, meetings and offices could be achieved only if a permanent home for lifelong learning was built. Our founding president, Leo Shapiro, tirelessly led a multi-year fundraising and project management drive that resulted in the construction of the Charles and Rachael Ruby Gerontology Center, which opened its doors in 1988.

\* **Engagement:** Lifelong learning on this

*President’s...Continued on Page 3*

## **Auditing CSUF Courses for Free An Often-Overlooked OLLI Benefit**

*By Chris Shaw, Editor*

One of the most valuable OLLI benefits is the privilege to audit any Cal State Fullerton course, free of any tuition fees, with the instructor’s permission and approval from the OLLI office. OLLI members don’t receive any official, academic credit from the University, but they enjoy the benefit of a world-class education, participating with university students.

CSUF’s spring semester starts on January 20, 2024, so if you want to audit a University class you need to start the application process pretty soon. You must enroll through OLLI.

Go to the OLLI website at <http://olli.fullerton.edu> and click on [AUDITING CLASSES](#) for step-by-step instructions to enroll through OLLI.

- The first step is to find courses of interest in the catalog. The OLLI webpage provides links to the CSUF course catalog and schedule of classes for each semester.

- The next step is to access the schedule of classes to find specific classes and their Zoom meeting times. Using CSUF’s schedule of classes can be daunting, so the OLLI website gives detailed instructions on how to navigate through it.

- You will be asked to complete a form, including your email address, and submit it to the OLLI office at [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu).

- The office will obtain instructor approval to attend your course(s) of choice. If approved, you will receive confirmation from the instructor, and later, information on how to access the class.

Many instructors use CSUF’s online learning management system, either Titanium or Canvas, to post handouts and assignments and communicate with their students. This system is also used

*Auditing CSUF ...Continued on Page 3*

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## Lisa Sewell Vice President Hospitality

*By Lisa Sewell, Vice President Hospitality*



For my background, I am a California native, born in Coronado and raised in Orange County. I attended CSUF and received a degree in History and a Masters in Curriculum & Instruction. I hold a California teaching credential in Elementary

Education and I taught for the Rowland Unified School District at Blandford School for 39 years.

Friends introduced me to OLLI in 2012, and I began taking classes in the afternoons before I retired. I am an avid reader and love working in my garden or cooking new recipes in the kitchen. I currently lead “Kitty’s Book Club” and coordinate the “GROW Gardening Club.”

I have been a member of the Hospitality Committee for the past nine years, where I have been active in planning and carrying out events with the Committee, all the while delighting in the camaraderie involved and the satisfaction of

hosting activities enjoyed by our OLLI members. I was elected Vice President Hospitality in April 2021 and appointed by the Board to continue as Vice President Hospitality in 2023.

What is the role and responsibility of OLLI’s Hospitality Committee? We have seven specific events that we are part of. Those events include three OLLI business meetings, the January Spring Preview, the General Meeting/Election in April and the August Open House. Hospitality provides beverages, snacks or light meals and hosts an Ice Cream Social after the OLLI election meeting. The four OLLI social events hosted by us are the March Spring Event, the June Dinner, the October Dinner and the December Holiday Luncheon. These events will usually have a registration signup and a cost for the food and/or entertainment. These parties are planned and hosted by the Hospitality Committee. They can be held on or off-campus.

Besides the role of Vice President Hospitality as a Board of Trustees member, I set up the agenda and conduct our monthly meetings. Our fantastic committee members, “our team,” are the heart of the Hospitality Committee. They play a very important role planning for an event by deciding on a theme of the event, the menu to serve, which decorations to have and what entertainment to offer. It is definitely a group effort, and we have great satisfaction seeing our OLLI members come together and enjoy each other’s company, usually centered around FOOD.

Our committee would love to have new volunteers who enjoy entertaining and socializing. Come and join the Hospitality Committee and be a part of our fun-loving team of OLLI members. Our Committee meets usually the first Friday of each month at 10:30 a.m. in Room 8 or on Zoom. You can get the Zoom meeting link from the weekly OLLI Class Information and Updates Newsletter or the OLLI website.

We look forward to seeing you perhaps at our monthly meeting or attending a Hospitality event. Stop by and say, “Hi.”

*The President's ... Continued from page 1*

campus was always focused on engaging members in intellectual, social and healthy living classes, activities and programs. Members can attend classes, but optimal membership value connects our curiosity with our “treasure chest” of members whose diverse employment, education and life experiences make OLLI so beneficial.

\* Impact: From our beginnings to today, we have been dedicated to making positive impacts for the betterment of members, this university and the community. We are not only a lifelong learning provider but also a campus and community support organization. Through our OLLI-CSUF Collaboration program and many other ways, we assist CSUF’s nearly 50,000 students, faculty and staff in the transformational role of a university in a free society.

After 45 years, I’m convinced that our most impactful days as a lifelong learning and campus support organization are ahead of us, not behind.

Why do I believe that?

\* While appropriately controversial at the time, the decision to become an Osher Institute affiliate brought us a \$2 million endowment that keeps our budgets balanced and support staff employed even with pandemic-related reductions in membership revenue. Moreover, Osher Institutes affiliation allows us to exchange “best practices” with 124 other college-based lifelong learning organizations in all 50 states. Fears that Osher would make us change in ways that distracted us from our goals never materialized. Your elected OLLI-CSUF Board of Trustees remains the policy-making and principal budget authority.

\* We are back growing our membership. From a pandemic low of 800 members, we should end this academic year at 1,100—less than our peak of 1,700—but headed in the right direction.

\* We focus on high-value “first things, first” to rise above organizational inertia and stagnation. Organizing more academic courses, high-engagement trips and socials, and encouraging members to use available campus resources and activities provides us with an action plan.

One more thing: I chaired OLLI’s 35th anniversary year activities in 2014 and was designated to lead the pandemic-aborted 40th

anniversary programming in 2019. Now, I daydream about the successes that can lie ahead when we reach our 50th year. The strategy is clear. Let’s continue forward.

*Auditing CSUF ...Continued fromPage 1*

to provide links to virtual classes. See OLLI’s Auditing Classes webpage for more details.

OLLI members have found that when auditing CSUF courses you really need to buy the books. Most, but not all, instructors will let you slide on homework and exams, but you may want to do the work in order to fully participate and gauge how well you are learning the material.

OLLI members have also found that they were encouraged to ask questions and participate in class discussions. This is good news—we all know OLLI members like to ask questions and offer their thoughts in class. I believe that OLLI members bring a wisdom from their life experiences that can add significantly to class discussions and benefit the young CSUF students.

Our members have found CSUF instructors to be insightful and their courses to be challenging. The books may not be cheap, but the value of this level of instruction goes way beyond that cost, especially when you consider you pay no tuition.

## **Alaska Cruise Trip: Reservations Open for August/September Trip**

The Denali Explorer Cruise Tour, a 13-night cruise and land tour on the Princess Cruise Line’s Grand Princess cruise ship, is now available to OLLI members through Great Western Tours. The trip starts in Vancouver on August 28 and ends in Fairbanks on September 10. Stops include Ketchikan, Juneau, Skagway, Glacier Bay, College Fjord, Anchorage, Talkeetna, Denali and Fairbanks. See the flyer for trip details and reservation and payment instructions.

Full trip packets with all the forms and information you need are available in the OLLI office.

## **New Programs for Spring Semester**

### **Don't Trip! Balance Training and Fall Prevention**

One of the leading causes of injury in the older adult population is related to falling episodes due to underlying balance and strength deficits. As we age, we lose skeletal muscle mass and bone density, both of which are factors that can lead to falls. Adding a resistance training and balance routine two to three times a week can have a significantly positive effect on function, mobility and independence, leading to improved satisfaction levels and quality of life. Oftentimes, 20 minutes of structured, well-designed physical activity can be a huge benefit to our older adult population.

Instructor Ziad Dahdul and Coordinator Jeanette Reese will offer this course on Monday, February 12 and March 11 at noon-1 p.m. in Shapiro AB.

### **Introduction to Physical Geology**

Upon completion of this course, you will have a better understanding of major rock groups, geologic processes, and structures using examples from the Orange County area. We will cover Plate Tectonics, Rock Cycles, Faults and Folds and Earthquakes. There is one field trip that includes light walking.

Instructor Richard Lozinsky and coordinator Ellie Monroe will offer this course on alternate Tuesdays, January 23, February 6, February 20, March 5, March 19 and April 9 at 12:15-1:45 p.m. in Mackey Auditorium.

There are two optional texts as well as various handouts: Free E-Textbook: <https://openpress.usask.ca/physicalgeology/> and "Our Backyard Geology in Orange County, California" by R. Lozinsky, 2016, 3rd edition, McGraw-Hill Custom Publishers.

### **American Magazine: News, Politics, Economics, Law**

This course replaces the following courses: "American Presidency: The Man, His Policies, His Foes," "Money News: Personal Finance, Business, Economics," "The People's Houses: Lawmaking, Policy and Politics by the U.S. Congress and the California Legislature," "See How They Run 2024: Presidential and Congressional Elections," "Supreme Court and the Constitution in Today's

America."

Instructor/coordinator Mike Stover will offer this course on alternate Tuesdays, January 23, February 6, February 20, March 5, March 19 and April 9 at

## **Spring Preview (Open to the Public)**

**Saturday, January 13 • 9 a.m. to noon**

**Auditorium/Shapiro ABCD**

Befitting the beginning of our 45th year at CSUF, this annual event expands to a major new member sign-up activity as well as a spring semester classes and activities preview with RGC rooms designated for members and guests to ask questions of representatives of each of our eight major curriculum areas.

We also will honor those OLLI members with five or more years of membership who have reached the age of 90+. Their many contributions built the vibrant lifelong learning program we now enjoy.

After the 10:00 a.m. auditorium presentation, complimentary light refreshments will be served in Shapiro.

On-site registration will be offered throughout the event. Free parking is provided, with shuttle service from the State College Parking Structure (enter on Gym Drive, off State College Boulevard).

For more information about OLLI, call 657-278-2446, email [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu), or visit our website's "Welcome to OLLI" page: <https://olli.fullerton.edu/aboutollicsuf/Welcome.php>.

## **OLLI Authors Hit the Town**

*Article by Alice Gresto, Staff Writer*

*Photos by Donna Judd*

Members of the "Authors Central OLLI-CSUF" course promoted OLLI authors and programs on Indie Author Day at the Anaheim Central Library on November 5th.

OLLI authors have published over 100 books in many genres. Several of the published members of the OLLI writing classes including Ann Casas, Larry R. Macklin, Stephanie Leon, Betty Redmon, Marilyn Schultz and Veronica Michalowski promoted their books at the event.

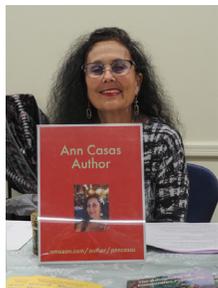
***OLLI Authors ... Continued on Page 6***

# Veterans Day Celebration and DAR Pinning Ceremony—November 9, 2023

*Photos by Jim Di Tota*



OLLI Authors ...Continued from page 4



**OLLI authors clockwise from top left: Elizabeth Daron Redmon, Ann Casas, Veronica Michalowski and Larry R. Macklin.**

Professor Marilyn Schultz conducted a poetry writing workshop for event attendees, “Portraits and Poetry—Writing a Cafe Portrait.” Each participant went home with a poem designed for the poem’s readers to visualize the person and/or setting without ever seeing the original picture.

Ron Baesler held forth on a panel discussing “Facts to Impact: Mastering Non-Fiction Writing Strategies.” Fritz von Coelln informed the audience and fellow writers on “Small Press Dynamics: Crafting Literary Partnerships” as demonstrated in the success of several writers in the OLLI writing programs.

OLLI authors were much interested in presenting their work once again as they appeared at the Fullerton Public Library’s event, Local Author Day, on November 18th. There, 19 writers came together to converse with visitors, share their work, sell their books and sign them.

Writers from OLLI included Stephanie Leon, Elizabeth Daron Redmon, Ann Casas, Veronica Michalowski, Larry R. Macklin, Alice Gresto, Keni Cox, Fritz von Coelln and Jim Cox. A variety of publications including mysteries, memoirs, poetry, how to and children’s stories were presented at the event. Readings throughout the afternoon included those by Alice Gresto, Larry R. Macklin, Ann Casas, Jim Cox and Veronica Michalowski.

It was a time for meeting and greeting new

writers and old friends, signing books and taking home more books than one intended to buy. Bob Kovacev coordinated the OLLI entry table.

Writing programs currently offered in the Literary Arts curriculum at OLLI include “Authors’ Central OLLI-CSUF (ACOC): Poetry Editing,” “Kick Starting Your Writing,” “Life Story Workshop,” “Poetry for Pleasure,” “Publish Before You Perish,” “Women Writers’ Workshop: Prompt-Inspired Fiction Writing,” “Write Now!” and “Writing with Feedback.”

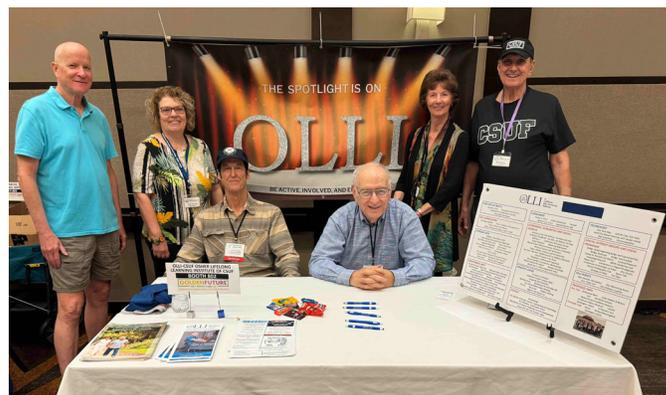
## **OLLI to Visit the Motion Picture Academy Museum on February 14**

Visit this magnificent new museum on the Miracle Mile, and celebrate the art and science of movie making, featuring such memorabilia as the set from “The Godfather,” costumes of magnificent artistry, historic collections of scripts, Oscar winners’ exhibits and huge screens to rekindle movie memories.

After the museum, we will go to the famous Canter’s Deli.

The cost is \$60 for the museum, transportation and water and snacks. Canter’s meal is your choice at your expense. See the flyer for more details.

Sign-ups begin in the OLLI office on January 16.



OLLI members (from left) Kent Morris, Debbie Maxwell, Chris Milord, Bill Sampson, Joanne Hardy & Bob Kovacev at the North Orange County Golden Future Health Fair on November 17, 2023 promoting membership in OLLI at Cal State Fullerton.

## What's Happening at the Board

*By Chris Shaw, Editor*

Following are highlights from OLLI's Board of Trustees meeting on November 9, 2023:

- OLLI office Administrative Manager Patsy Burns introduced the new Administrative Support Assistant Lina Segura to the Board.
- Applicants are being reviewed for the new Executive Director office position.
- Development/Philanthropy Committee met with CSUF's Philanthropic Foundation to obtain recommendations and consider adding a new CSUF student scholarship.
- President Mike Stover appointed a new team to communicate campus opportunities to members.
- Mike will appoint a team to organize OLLI's 45th Anniversary Celebration.
- Total membership as of November 9 is 1,017, including 203 new members.
- The Spring Preview on January 13 will focus on recruiting new members, retaining current members, recognizing our 90+ members, curriculum information rooms and 45th anniversary kickoff.
- Nominaton & Election Committee Chair Joanne Hardy asked the Board to encourage members to apply for election by November 15th. Applying for trustee positions is a great way to see how OLLI operates.
- VP Membership Debbie Maxwell is following up with members who expressed interest in volunteering.
- First reading of proposed changes to OLLI Policies were given to: 1. Change election nominee deadline from February 1 to January 15; and 2. Allow speedier approval of overnight trips by eliminating Board pre-approval.
- Reduction of partial year membership fees was approved as an incentive to join OLLI.
- Purchase of two video processing workstations was approved.
- Increase in budget for new Executive Director position was approved.
- Additional modifications of the Blue Book were approved to return to a recombination of the program catalog and class meeting schedule documents.

- Contributions can be made to the new CSUF Basic Needs Program starting in spring 2024.

- A new P-Card credit card is now available for purchasing supplies.

## Welcome Lina Segura To the OLLI Office Staff

*By Chris Shaw, Editor*

At the Board of Trustees meeting on November 9, OLLI's Office Manager Patsy Burns officially introduced Yareni "Lina" Segura on her second day as our new Administrative Support Assistant in the OLLI office. Filling Michelle's long-vacant position, she was enthusiastically welcomed by Board members with hearty applause.



Lina has held various support and management positions in customer service, marketing and operations in higher education, including public libraries, radio and retail. She spent a number of years at the student- and volunteer-run radio station at UC Santa Cruz, graduating as its general manager and operations assistant, and she is eager to apply that experience to this new role.

Lina has a B.A. in Film and Digital Media with a minor in linguistics from UC Santa Cruz and is passionate about nonprofit organizations and community engagement.

Lina can be reached at [ycsegura@fullerton.edu](mailto:ycsegura@fullerton.edu) and in the OLLI office (RGC: Room 7) Monday through Friday.

Welcome to OLLI, Lina.

## OLLI in the News

OLLI's "Cooking Potpourri" course was featured in the November 23 edition of the Orange County Register. See Judy Bart Kancigor's article, titled "Cooking with Judy: Pile Holiday Goodness in One Pie," at <https://www.ocregister.com/2023/11/23/cooking-with-judy-pile-holiday-goodness-in-one-pie/>.



## OLLI

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### **Not Receiving OLLI Emails?**

If you have unsubscribed in response to **any** OLLI email, you have unsubscribed from **all** OLLI emails, including the ChroniCLE emails. If, for any reason, you are **not** already receiving OLLI emails about upcoming classes, events, the ChroniCLE and special notices, you can subscribe (or re-subscribe) by going to <http://bit.ly/OLLISubscription> 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 for the upcoming month with links to view or download the publications. You can also access the most recent ChroniCLEs through links in the weekly OLLI newsletters and on the OLLI website.

If you are receiving the ChroniCLE in the mail, but no longer want it mailed to your home, send an email to [olli-info@fullerton.edu](mailto:olli-info@fullerton.edu) with **your name and address** stating: "Do **not** send me a ChroniCLE in the mail." If you ever need the printed version, copies are always available in the OLLI office.

### **If you Need to Contact OLLI**

Website: <http://olli.fullerton.edu>

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

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