



## VP Programs

It takes a hundred plus OLLI volunteers to coordinate and present the diverse programs that we provide for our members. For this fall we offer over 110 classes, lectures, and activities from Acting to Yoga (we don't have a class that begins with Z yet). Remarkably, most of the subjects are suggested by OLLI members who then agree to become coordinators and instructors. Our members possess a powerhouse of talents and skills and we are always searching for additional offerings.



Thank you coordinators and instructors for what you do to make OLLI stimulating, viable and growing.

Putting it all together takes talents and skills by diligent volunteers scheduling classrooms, pursuing information for course descriptions and compiling it all into the OLLI Blue Book. It is almost a never-ending process because once a semester's blue book is finished it is time to work on the next semester. For instance, as the fall blue book went to the printers we were already planning for spring.

What makes it worthwhile is the tremendous response we receive from our members.

The office of OLLI Vice President of Programs includes several committees that explore and define classes—Curriculum Committee, Transition in Retirement Committee, Computer Education Committee, Travel Committee and several sub-committees.

*Fritz von Coelln, VP Programs*

## Cookbooks for Sale

OLLI Members' Favorite Recipes cookbooks continue to be on sale in the office. We urge those of you who have not purchased any to buy one.

Old and new members are asked to support OLLI and those on the committee who worked endless hours on the cookbooks. Whether or not you cook, perusing the pages is an excellent way to learn something about other OLLI members. (A coupon is inclosed.)

## Spotlight on Jack Wheatley

Jack Wheatley, a native of Salineville, Ohio, is in this month's Spotlight. He grew up in West Virginia where he graduated from Bethany College in 1954 with a B.S. in mathematics and physics. After he earned his degree Jack served in the U.S. Army for two years. When he received his first regular pay check from the Army Jack asked Gayle, his high school sweetheart, to become his wife.



“The first time I saw her I knew she was the only girl for me,” commented the young soldier. Fortunately, because he was stationed at Army bases throughout the country, Gayle joined him from time to time.

Following Jack's discharge the couple moved to Chicago where he was employed as a Computer Programmer for Western Electric. After three years, however, Gayle said she did not want to continue to reside in the cold, snowy and inclement weather so Jack called a friend at Hughes Aircraft about a job for a computer programmer in Southern California. As a result of that phone call, Jack, Gayle and their two youngsters moved here and two more children were born. During his 35 years at Hughes Jack designed and implemented business systems, taught systems and program design and was promoted to the position of computer scientist.

At the time Jack retired Gayle was working full time so this thoughtful husband became the family chef. He was more than happy, however, to turn over the culinary duties to his wife after she retired. Jack, a member of our garden club, enjoys “puttering around in the yard” and provides Gayle with fresh vegetables for her recipes.

Friends invited Jack to OLLI approximately four years ago; he liked what he saw, joined the Storybook class and began to chronicle the lives of their grandchildren publishing two volumes using old letters, photos and news clips. Jack likes to read books by authors he considers to be “good writers” and attends various lectures. The couple plays Duplicate Bridge and Jack teaches an Intermediate Bridge class.

Jack assists Bill Mills in planning long trips and has presented a couple of OLLI slide shows of their travels at OLLI. Jack was coordinator of the recent OLLI trip to South  
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*Spotlight ... - Continued from page 1*  
 America. He and Gayle have cruised rivers in Holland, Portugal and Spain and went down the Danube from Budapest to the Black Sea, followed by a week's drive through Transylvania. Other tours include Italy, France, Switzerland, Guatemala and Costa Rica where their son lives.

Jack Wheatley is a lucky man with an active and full life and a wife who "is and always will be the only girl for him." Although they are grown, Jack's face "lights up" when he speaks of their grandchildren. "They really like to come and stay with us," he said with a broad smile.

*Lorraine Gerni, Assistant Editor*

**Wisdom Exchange**

Hooray!! Wisdom Exchange is delighted to announce our beloved Cheryl Svenson will be here on September 21.

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**New Computer Classes for the Fall**

The Computer Education Committee (CEC) is responding to the expanding technological interests of OLLI members. It was evident from the attendance at Bob Newcomb's evening workshops in the spring on the basics of using Apple's iPad that many OLLI members are embracing the use of mobile devices. Consequently, the CEC is offering workshops (IX10) in the fall on the use of the iPad and, depending on the interest of OLLI members, additional workshops (IX10) will be offered on various mobile devices applications (apps). If you have mastered a mobile app that may be of interest to other OLLI members, and are willing to share your expertise, please contact Joyce Ono, the new chair of the CEC, by leaving your contact information at the OLLI office (657-278-2446).

Richard McCaman has mobilized several OLLI members experienced in genealogy research to begin a Family History Club. He and a team of facilitators will be offering sessions (IX20) on genealogy applications and Internet tools to do genealogy research and authentication. Bob Newcomb and Joyce Ono are co-teaching a Mac class (IM5) that will provide a project-based class using the popular and powerful iLife Suite, which includes iPhoto, iMovie, iDVD, iWeb, and Garage Band. Bob's class on using Apple's iPhoto to organize and edit photos (IM4) is a prerequisite for this class. In addition, a new cross-platform, Mac and PC class on creating PowerPoint presentations (IX6) aimed at OLLI instructors and those interested in creating travelogues, will be offered by Joyce Ono and Ellie Monroe. If you have expertise in using computers and would like to share your expertise with OLLI members, please consider joining the CEC by contacting Joyce and attending meetings of the CEC on the first Thursday of the month at 3:30 p.m.

*Joyce Ono, CEC Chairperson*

## Members and Guests Invited To OLLI Retirement Boot Camp

Dr. Pauline Abbott, Director of the CSUF Institute of Gerontology, will lead an impressive lineup of speakers at OLLI's seminar on retirement issues from 9:30 a.m. to 3:30 p.m. on Saturday, September 17. The full name of the six-hour session is "Retirement Boot Camp: Secrets of Surviving and Thriving in Uncertain Times." It is designed to facilitate the transition from active employment-based careers to equally engaging retirement lives. The Boot Camp is the fall semester kickoff activity of OLLI's Transitions in Retirement Essentials series.



Organized by the OLLI Transitions to Retirement Commission, Boot Camp topics include:

- \* Secrets of Successful Aging
- \* Your New Identity: Finding Relevance in Retirement
- \* Retirement Financial Security
- \* Staying Healthy in Retirement
- \* Rightsizing Your Life and Your Housing
- \* Expanding Your Social Connections
- \* Remaining Intellectually Curious
- \* Real Stories in Retirement

Each Boot Camp topic will be presented by a CSUF professor, medical doctor or other expert, including Dr. Abbott; Brad Borsari, M.D.; Zelda Benson, CFP; Dr. Barbara Cherry; realtor Judy Hirou; and Dr. Laura Zettel-Watson. Handouts on retirement and successful aging will be available at the OLLI Boot Camp's Resource Fair segment.

OLLI members are invited to attend and bring guests who retired in the past three years or are planning to retire in the next two years. The Boot Camp is one of OLLI's "free and open to the public" offerings. There will also be an opportunity for guests and other OLLI nonmembers to register for the fall semester. A 30-45 minute, no-host lunch break including lunch choices at the newly open CSUF Gastronome food pavilion that is adjacent to the OLLI/RGC building is planned.

Reservations are not required for the Boot Camp; however, seating is limited. To "guarantee" a seat and help ensure that sufficient refreshments and informational materials are available for you and your guests, please make a "free reservation" by contacting the OLLI Office at (657) 278-2446

*Michael Stover, VP Eternal Relations*

## Guitar Class

Have you ever longed to play an instrument? Piano? It's hard to carry around. Trumpet? It doesn't sound too good by itself. Guitar? Ah...yes. Portable and a stand-alone instrument.

Mike Shelton came to OLLI just last year and already has three of his students jamming with his jam band in Yorba Linda. It never occurred to the students that they would play bluegrass at a local restaurant.

Believe me, on your first day of class you will go home with a familiar song to play on your guitar. You might doubtfully ask...but how can I catch up with the students who started last year? EASY. Mike taught junior high school band for years. Talk about different levels and abilities...he has seen it all. He adjusts the class so that the beginners are working at their level and those who already play are progressing at their ability level.

OLLI is about doing the things you only dreamed about before. Class meets every other Tuesday at about 3:15 p.m. Check your catalog for the beginning date. Let's make some dreams happen.

*Carolyn Cardamis, Guest Contributor*

## Where Have All the Donations Gone?

Much has happened in the United States since January 20, 2009 when newly-inaugurated President Obama challenged us all to volunteer in whatever way we could to make life better for those in need.

As it turned out, there was quite a bit we could do. After discussion in one class, the Fullerton Interfaith Emergency Services food bank was targeted as a worthy and "do-able" organization to focus on. The holidays were over and donations were starting to decline. In several months their shelves that provide food to needy families would be depleted. As unemployment rose, the need became greater. With approval by the OLLI office, plans were made to put good intentions into action.

Posters were made, boxes were gathered, articles were written and spread by word-of-mouth. OLLI members were asked to bring a can or package or two of food each week. Many responded and some even donated money. Several hundred pounds of canned and packaged foods were shuttled to the FIES food bank by OLLI volunteers every week. Even during semester breaks, food continued to be brought in and was transported to the food bank. Sadly, the accumulation of food each week in Shapiro AB has dwindled to the point that a weekly trip to deliver food to the FIES food bank is probably a waste of gas. Let's "kick-start" the program and "kick-start" our participation!

*Mary Sampson, Guest Contributor*

## Nutrition News September

The berry season is upon us and a delicious season it is. Strawberries are nearing the end of their time so while they are sweeter and more delicious than ever, they are getting mushier and spoil easily. However, since there is a grand plan for all nutrition, blueberries, raspberries and blackberries are hitting prime time. Berries are easy to eat using your fingers and they are loaded with nutritious goodies. First, they are low in calories partly because of their high water content. They contain anthocyanins which are anti-oxidant substances that keep unstable molecules from causing inflammatory responses. According to the Harvard Health Letter varied lab experiments have shown that berries halt or interfere with disease process of all sorts.

Now some bad news. In the L.A. Times in July, an article gave grilling and barbequed food a bad rap. According to some research cooking meat at a high temperature causes a compound (HCA and PAH) to form which can be associated with cancers of the prostate, pancreas and colon. One way to circumvent the HCA issue is to reduce time on the grill via microwaving or precooking it. Bad news or no, I'm not giving up b-b-qued ribs; I will pre-cook them before they hit the grill to get that yummy char.

Did you know that watermelon is not a fruit but is a part of the cucumber and squash family. It is low in calories and high in lycopene. To determine if one is fresh, give it a good thump; if it sounds hollow that's one step to perfection. Next, pick it up to check if it feels heavy for its size and turn it over. The side that sat on the ground should have a nice creamy color. Voila! You have a fruit high in vitamin C, potassium and lycopene, sweet to taste and thirst quenching. Now a bit of history: watermelons were first documented in Egypt 5000 years ago in hieroglyphics and were placed in pharaohs' tombs to nourish them in the afterlife. Thank Heavens we don't have to wait that long.

*Barbara Talento, RN, PhD*

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## Chronicle Crew

A big start of the school year "Thank You" to the following members of the Mail Crew; Salome Banks, Suzanne Clifford, Dennis & Susan Fassnacht, Dar Fredrickson, Russ Havemann, Sue & Bob Knepper, Maureen McCormack, Ed & Jo Orth, Judy Randlett, and Barbara Talento.

Also "Thanks" to members who helped with the application membership packages: Dennis & Susan Fassnacht, Lorraine Gerni, Karen Katz, Diane Nielen; Judythe Randlett; as well as the people helping with the Blue Books mailing: Dennis & Susan Fassnacht, Karen Katz, Ed Orth, Judythe Randlett and Barbara Talento.



## TAL

Tuesday Afternoon Live (TAL) is coming your way at your local Mackey Theater. Mark your calendars for September 20<sup>th</sup> afternoon at 3:30 p.m.

OLLI is proving to be FULL of talent. Our newly founded Chorale under the direction of Marge Osborne will share some of its latest songs as well as seasoned favorites.

And please look for our own Dr. James Young. Jim will delight us with his humorous take on everyday topics. When you peek at the world through Jim's eyes, you are bound to have a good laugh.



There is a place in TAL for both amateurs and professionals. Richard Demarco (aka Richard Molinaro) will repeat his stellar performance as Victor Borge. Imagine from Las Vegas to Mackey Auditorium. Our OLLI is second to none. The German class will also be on hand to teach us a thing or two.

Make sure you are ON HAND as well.

*Carolyn Cardamis, Guest Contributor*

## Gourmet Cooking Class

No matter how you cut it you can cook it. Slice it, dice it, crop the ends, knife it, scissor it, asparagus cutter it— whoops. You peel an asparagus! Well, that's what Nancy Hunyadi says and what ever she says is golden! She peels each sprout, snaps off the end that is too hard to eat and then....

Nancy is our gourmet-cooking instructor, sharing her honed skills to a full class of OLLI members and also residents of Jacaranda Senior Apartments in Fullerton. Her kitchen in the clubhouse is magnificent and state-of the art. This off-campus class is so popular that there is a participant waiting list and this new summer program will spill over into the fall.

Cut an onion? Did you know there is a right way to cut an onion? Or a watermelon?

Of course having the right implement for each cooking operation is a must! Nancy shows and tells how, shares what she prepares with her class and dispenses recipes. There is a nominal fee and the class is restricted on a first-come basis. Watch for our fall blue book for schedule, location and sign-up information.

Oh, broccoli flowers—to get the stems to be as tender as the flowers cut an "X" in the spear. How about that!

## Fiction Writing

"The knife pressed against his Adam's apple and he dared not swallow, cry out, or move even a fraction, fearing for his life...."



### OLLI Trolley

The OLLI Trolley will operate on the regular schedule of Monday through Thursday. The times the trolley operates from lot G or OLLI will be 8:45 to 10:15 a.m., Noon to 1:15 p.m. and 3:15 to 3:45 p.m.

Last spring semester the trolley drivers transported 872 members safely to or from OLLI and about 50 per week during the summer.

OLLI now has 27 member volunteer drivers that have completed all the required training. This will be the start of our third year of using volunteers to drive the trolley. The drivers primary duty is to transport the members safely. The training includes class instruction, hands-on driving and a campus on-line defensive driving course. They also had a background check through the University Police department. The drivers are commended for the great job they have given to OLLI.

**REMINDER:** Parking Passes are not transferable.

### Two New Ways of Staying Healthy



Staying physically healthy is one of the goals of the OLLI-CSUF program. Two new OLLI exercise classes introduced this summer and continuing into the fall are Line Dancing and Longevity Stick Exercise.

OLLI member Maureen Lee is the instructor for the Line Dancing class and power couple, Ellie and Jim Monroe, facilitate the class by providing technical support for the music and audio and they, as well as Mary Desiderio, serve as dancing guides. Maureen’s experience in teaching seniors line dancing is evident in her positive attitude about us acquiring the various moves while having fun, coupled with her precise descriptions of each step. In the fall this class will meet every Thursday, 3:30-5:30, with instruction on alternate Thursdays when it meets in ABCD and practice sessions on the other Thursdays in a kinesiology classroom (KHS 109).

The Longevity Stick Exercise class is coordinated by Stephanie Leon who brought veteran instructor, Mary Hori, to teach at OLLI. This class will continue to meet on Wednesday mornings from 8:30-9:30 at the Arboretum and requires that you bring a stick the length of your outstretched arm span plus two inches. Make your stick by purchasing a 1” dowel cut to the proper length and capped at both ends by rubber tips for chairs. Mary is a gentle dynamo and teaches at several local Senior Centers. The 12 movements of the exercise are coordinated with breathing and is a relaxing way to increase and maintain flexibility, strength, and balance.

These two new classes are a testament to how OLLI members share their enthusiasm with others.

*Joyce Ono, Curriculum Committee*

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So goes the prolog to fiction being the truth. How would you feel in this situation? Go on, you can finish that scenario which leads into a story of intrigue, suspense and conclusion—hopefully a happy ending.

Patricia McFall prompts us to write and write some more—write anything that comes to mind. Developing the character so you, the reader, feel the pain, thrill, joy or whatever—placing you directly into the plot. Elements of good fiction writing are covered during her instruction including plot building, character development, point of view, dialog, voice and self-editing.

Each lesson culminates with a writing exercise to be shared at the following class. Patricia encourages class members to work with a peer to read, encourage, provide feedback and rewrite until every word becomes important to the story. Class members vary in skill from first time writers to those aspiring to be published.

“Starting or Restarting Your Fiction Writing” will continue this fall. Join us to learn the basics of fiction and/ or improve your writing.

*Fritz von Coelln, Guest Contributor*

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