



OMNILORE NEWS



Volume 30 Issue 2

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Summer 2021

DON'T MISS – IN THIS ISSUE

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Virtual Forum July 30, 2021 at 1 p.m.

The Historical Novel Society Presents a Panel Discussion on *Traveling Through the Ages*

We are extremely excited about our July 30th forum from 1-2pm via Zoom. Instead of one speaker, we are welcoming a panel of five authors from the Historical Novel Society. As pandemic restrictions begin to ease, we thought that this panel on *Traveling Through the Ages* would be appropriate.

Whether it is the Silk Road through the Far East, dog mushing in arctic areas, railroads in California history, or comfortable berths aboard the Lusitania, this panel takes a lively look at how merchants, clergy, pilgrims, and settlers got to where they wanted to go.

Participants & Subjects:

- Janet Wertman, Moderator
- A. E Wasserman (horses, wagons, and carriages)
- Colleen Adair Fliedner (ship travel)
- Anne Louise Bannon (getting around Los Angeles in the 1870s)
- Xina Marie Uhl (railroads and dog sleds)



Anne Louise Bannon has made not one, but two careers out of her passion for storytelling. Both a novelist and a journalist, she has an insatiable curiosity. In addition to her mystery novels, she has written a nonfiction book about poisons, freelanced for such diverse publications as the Los Angeles Times, Ladies' Home Journal, and Backstage West, and edits the wine blog OddBall-Grape.com. On the fiction side, she writes a romantic serial, a spy series, and her Kathy and Freddy 1920s

mystery series. Her most recent title is *Death of the Chinese Field Hands*, set in Los Angeles, 1871. She and her husband live in Southern California with an assortment of critters. Visit her website at:

<https://annelouisebannon.com/>

The daughter of a newspaperman, A. E. Wasserman wrote her first novella at age 14 and never stopped writing. She has received numerous awards, including honors from Writer's Digest for her work. A.E. Wasserman's current mystery/thrillers, *The Langsford Series*, have garnered international attention. After graduating from The Ohio State University, she lived in London, then San Francisco. Currently she resides in Southern California with her family and her muse, a Border Collie named Topper. Visit the author's website at:

<http://www.aewasserman.com/index.html>



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Zoom Instructions Will Be Sent Via Email.

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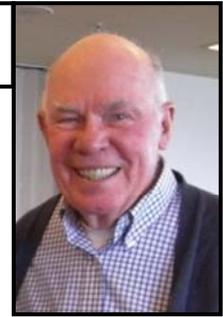
OMNILORE NEWS is a publication of OMNILORE Learning-In-Retirement, Inc., a 501 (c)(3) Nonprofit Organization.

OMNILORE NEWS is published six times annually. We welcome short feature articles and news stories. Please contact the editor with your contributions.

Editor Judy Bayer
Staff Member TBD

MESSAGE FROM OMNIOLORE PRESIDENT'S DESK

Jim Slattery



Update Report on Omnilore's Relationship with CSUDH

I would like to thank all members of the Omnilore Board for getting us through an interesting year: COVID-19, closure of our Beach Cities classrooms, ZOOM, a restructure of our relationship with California State University Dominguez Hills and the incorporation of Omnilore Learning-In-Retirement (OLIR) as a 501(c)(3) Non-Profit Organization. The changes have provided excitement and challenges!

Lease negotiations for our Beach Cities Classrooms are under way, and we hope to start the fall term back in classrooms.

We have a sizeable financial reserve at CSUDH of \$20,000 which may be used to offset some of next year's fees and also to purchase equipment if CSUDH agrees that we own the equipment. Hal Hart and Rick Spillane have come up with a list of upgraded hardware and software that we will be needing in the future.

Our new organization (OLIR) will need startup funding and will be able to solicit grant money and donations. Thank you all for your support during these difficult times.

Continued from Page 1: July 30th Forum

Colleen Adair Fliedner is the author of three nonfiction history books, hundreds of magazine and newspaper articles, and an award-winning historical novel, *In the Shadow of War: Spies, Love & the Lusitania*. Her latest work is a popular history book, *Fascinating True Stories from Old California*, which should be published in 2021. Being hired to work as a professional research historian for the California State University system was a dream come true for Colleen, who still loves to dive deep into her research to come up with accurate, yet entertaining stories.



Xina Marie Uhl is a fiction author and freelance writer of thirty-plus nonfiction books for young people. She holds a BA and MA in history with a specialty on the ancient Mediterranean. Uhl splits her time between writing action-packed fantasy adventures and humorous historical romances. Except for a book about how to tell you what your cat wants, most of her fiction involves historical subjects and places. She's visited the Old West, Antarctica, and Navajoland in the Southwest in her fiction. Her latest project is *Blue Moon Rising*, an urban fantasy featuring shapeshifters. It will debut in serialized form on Kindle Vella in mid-July. Learn more about her work at xuwriter.com.

Moderator Janet Wertman's books indulge a passion for the Tudor era she has harbored since she was *cough* eight years old and her parents let her stay up late to watch *The Six Wives of Henry VIII* and Elizabeth R. Janet's *Seymour Saga trilogy* – featuring *Jane the Quene*, *The Path to Somerset*, and *The Boy King* – has been critically acclaimed as masterful and engaging, her dialogue as exceptional. She is deep into writing the first book of her next trilogy, which takes up where the *Seymours* left off to illustrate the life of Elizabeth I. Janet also runs a blog (<https://janetwertman.com>) where she posts interesting takes on the Tudors and what it's like to write about them.



 **historicalnovelsociety**
southern california chapter
History Talks!

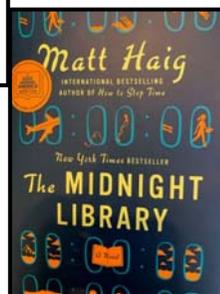
History Talks! is here, there, and everywhere. Learn more about our authors, new releases, speaking engagements, and more. They are affiliated with the Southern California Chapter of the Historical Novel Society.

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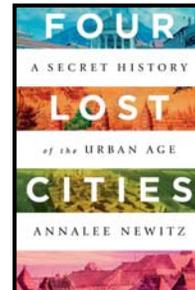
Summer Best Sellers SIG Reads

by Patricia Edie & Cindy Eggert

Calling all "Readers!" The Omnilore Best Sellers SIG rises to the challenge by transitioning to a virtual Zoom Book Group session, held at 12 noon on the second Monday of the month. The link to give you access to the session will be included in the reminder emails sent prior to each session. Here are the upcoming books.



Monday, August 9:
Fiction
The Midnight Library
by Matt Haig



Monday, September 13:
Non-Fiction
Four Lost Cities: A Secret History of the Urban Age
by Annalee Newitz

As with any SIG, you do not need to register to participate...just show up on the date prepared to participate.

We always have interesting and stimulating discussions!

Guests are always welcomed.

Omnilore Profile: Michael Goergen

by Judy Bayer

Many thanks are in order to Michael Goergen who has provided incredibly valuable assistance to Omnilore in its journey to becoming an incorporated nonprofit corporation. Michael drafted and filed the articles of incorporation with the Secretary of State that included its corporate bylaws, and he submitted all of the necessary forms to the I.R.S. to become a non-profit entity. Be sure to see the article in our Omnilore News summarizing our incorporation efforts, the Initial Board's first planning meeting and plans for the near future.

Michael was born in Downey, California. His family moved to La Crescenta when he was eight years old. In his junior year in high school, Michael was on the CIF championship football team. Unfortunately, the team didn't do well his senior season because the star quarterback's focus turned to basketball. He went on to be All American at UCLA and played for the Lakers for several years, winning championships.

Michael was recruited by several colleges to play football and settled on San Jose State University. Because of a lingering knee injury, which still bothers him today, he decided not to play football and transferred to UCLA where he earned a bachelor's degree in Sociology in 1978. After graduating in just three years, he married and started law school, all in the month of August. Now he tells his kids to take it slowly and enjoy college. It will be the best years of their lives.

After earning his Juris Doctor degree in 1981, Michael passed the bar examination on the first try, which at the time was no small feat. He started practicing law in Westlake Village, California, took up bankruptcy law in Encino, ultimately moving on to a firm in downtown Los Angeles. He enjoys telling the story about the name of the most senior named partner in the firm and his mentor. His name was John Argue, and he once practiced with his father in the firm of Argue and Argue. Perfect name for a law firm. For the last thirty years, Michael has been in sole practice.

Michael has a 35-year-old daughter with his first marriage, and 23 and 18-year-old daughters from his second marriage. All great kids. The first two have graduated from college, and the third will start this Fall. He has always joked that the average age between his children was 13 years when his second daughter was born. When his third daughter was born the average went down to five.

Waiting anxiously to become a grandfather, Michael decided to take things into his own hands. Almost nine years ago he remarried, and he and his wife are expecting their first child, and Michael's first son. Their rainbow child is expected to be delivered on July 30th. According to Michael, "One of the advantages that I am discovering as I reach a mature age is that the judgmental opinions of others do not matter to me. My wife is happy, my kids are happy, we are all healthy, and that is what matters. And my average is going back up to 13."



Michael works out religiously at the gym and he does outrigger paddling with Lanakila Outrigger Canoe Club out of King Harbor. "Until you paddle from Catalina to Newport with a nine-man crew, jumping out of the canoe and climbing back in every 20 minutes or so, you can't appreciate how difficult that is."

In addition to paddling, Michael also enjoys off-roading and camping in his 2003 Jeep TJ along with long motorcycle rides on his Harley Davidson Road King. "In fact," Michael reports, "my wife and I met while both participating in a motorcycle meet-up group. The group had a page on-line, and I saw her picture. I had to ask her to go for a ride. I like to say that I met her on-line, which in a way

is true. It just wasn't a dating site."

Michael was introduced to Omnilore by Art Irizarry, and he is very grateful. At 64, Michael is a tad younger than the average member; he is not retired; he does not have grandchildren; and he loves the group and the classes. He takes one class a term and never anything that has to do with legal stuff. He thinks it's fun to take a class without the pressure of a test at the end and believes that the presentations are a bit of work, but it's fun work. His favorite classes so far have been "Art That Changed the World" and his first class, "Women Directors." For Michael, the most challenging class was "How to Talk to White People About Racism". He discovered that the answer is you can't.

Prior to the pandemic, and the pregnancy, Michael and his wife were world travelers. They will be again, but it will be limited to the U.S. for a while. Since their marriage, they have traveled to Kenya, Tanzania, Jordan, Oman, Paris, Canada, Greece, Montenegro, Croatia, Italy, Morocco, Viet Nam, Spain, Portugal, and his favorite, Iran. Michael also won an all-expense paid first class trip to The Seychelles, where they stayed on a private island at the Six Senses Resort.

As a result of life decisions, and a new son on his way, Michael states that he most likely will never retire; however, he is making changes. His primary focus of practice is estate planning and dispute resolution, along with corporate succession planning. Also, the practice of law has undergone significant changes because of the pandemic, many that he enjoys. All court appearances have been made via telephone or video. The time saved not driving to court go to Michael and family, time to sip his coffee in the morning and take off early in the afternoon to paddle or work on his golf game. He also has had the time to help the new Omnilore organization get off the ground and qualify as a non-profit. "Things will be fine for our group. I am optimistic," Michael predicts.

Although he loves Zoom for court appearances, he doesn't think they are that great for learning. "Nothing will ever replace face-to-face learning. I'll do it as long as the group wants to, but I'm anxious to get back into a classroom. But no tests!"

MESSAGE FROM THE PRESIDENT OF OMNIOLORE LEARNING-IN-RETIREMENT, INC.

Frank Pohlner

Plan For Omnilore Learning-In-Retirement, Inc.**Summary**

- ◆ CSUDH has stopped paying for classroom space at BCHD, removed their computers, screens, sound system and wi-fi. They will charge us 20% to administer our funds.
- ◆ We have established Omnilore Learning-In-Retirement, Inc. as a 501(c)(3) non-profit corporation.
- ◆ Registration fees will increase to \$155 + \$30 OLLI fee = \$185 (\$205 with US Mail membership). Make checks payable to Omnilore Learning-In-Retirement, Inc. Due before August 1st.
- ◆ The organization structure will remain the same. Johan Smith will be hired as an employee.
- ◆ In-person S/DG's will resume at BCHD in the Fall, with masks, and on the honor system that you are vaccinated per new CSUDH policy.
- ◆ Your registration fees and tax-deductible donations are very much needed immediately, before August 1st to buy equipment and pay rent.

Background

- ◆ CSUDH has stopped paying for leased classroom space at BCHC after June 30, 2021 and will not guarantee space on the CSUDH campus for the following trimesters.
- ◆ CSUDH has removed their computers, screens, projectors, sound, and Wi-Fi systems from the BCHD classrooms.
- ◆ An Omnilore membership survey indicated that two-thirds responding did not wish to go to the CSUDH campus.
- ◆ CSUDH encouraged us to establish a nonprofit corporation to pay for our expenses including equipment, rent, administrative help, etc. and to enter a written agreement with them. CSUDH refused to enter a written agreement with Omnilore until we became a NP corporation.
- ◆ If the CSUDH Foundation manages any new funds for us, we will be charged a 20% administrative fee.
- ◆ An administrative fee will not be charged on existing Omnilore funds held by CSUDH.
- ◆ CSUDH has decided that under new State of California law, our administrative assistant, Johan Smith, no longer qualifies as an independent contractor and CSUDH will not hire her as an employee.

The Plan

1. Parts of this plan will form the basis of a written agreement with CSUDH.
2. The incorporation date of Omnilore Learning-In-Retirement, Inc. as a nonprofit 501(c)(3) corporation for the public purposes of continuing education for seniors was May 24, 2021.
3. The existing Omnilore Board and the Omnilore LIR, Inc.

Board will operate in parallel until Oct 31, 2021, then merge. The existing Omnilore Board will continue to administer the program while Omnilore LIR, Inc will be responsible for all financial and contractual issues. The Omnilore LIR Board members have agreed to serve during the 2021-2022 year if asked to preserve continuity.

4. The estimate for start-up costs above usual Omnilore expenses for the new corporation for May 24th thru Oct 31st is \$10,500 to \$15,000.
5. Using the most recent budget and actuals available yields, a best estimate for dues for November 1, 2021 thru October 31, 2022, is an increase of \$45 per member to \$155 plus \$30 OLLI fee to CSUDH for a total of \$185 per member, \$205 for those receiving U.S. mail. (Assumes 258 members) This also assumes that we can draw down our reserves held by CSUDH until July 1, 2022. These reserves are projected to be approximately \$20,000. In subsequent years, dues would increase an additional \$41/year assuming we would then drop our OLLI memberships at \$30/year. This increase could be reduced with grants or donations.
6. To make the transition as seamless as possible to our membership, we will request that this year's membership combined registration fee for \$185 or \$205 be made in one check payable to Omnilore Learning-In-Retirement, Inc. We will then forward the OLLI registration forms plus one check to CSUDH to cover all the registrations. (We have concurrence from CSUDH for this process change.)
7. To cover the \$10-15K start-up costs, we are soliciting tax-deductible donations from our members, other interested individuals, and local foundations. We are also searching for grant opportunities. The initial fundraising is starting now.
8. We expect the incorporation follow-up paperwork allowing us to open a bank account, to be complete within the next week. When our nonprofit status is granted by the IRS, it will be retroactive to our incorporation date of May 24th. It should be approved before the end of July.
9. Our Rental Facilities Negotiating Team has given August 1st as the first day for us to pay rent to BCHD.
10. Omnilore LIR, Inc. will hire Johan Smith as an employee.
11. In-person S/DGs will resume at BCHD in the Fall, with masks, and on the honor system that you are vaccinated per new CSUDH policy.
12. We will have our yearly membership sign-up with fees due from now thru August 1st.



Frank Pohlner
President
Omnilore LIR, Inc.

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Arranging for Our Classrooms at BCHD

by Steve Miller

As you know from earlier communications from President Jim Slattery, California State University Dominguez Hills (CSUDH) informed us in March that they would not be renewing the lease on our classrooms when the lease expired in June. They also informed us that they would be levying a 20% fee on any new money we deposited with them except for OLLI dues. CSUDH suggested that Omnilore create a new corporation and collect funds from our members to lease the classrooms from Beach Cities Health District (BCHD). CSUDH also said that we could not use any of the Omnilore reserve funds we built up over many years for paying rent on the new lease, but we could keep paying routine expenses from that balance. Since then, Omnilore has taken two major steps to allow us to continue operating with minimal impact: we have established a nonprofit corporation and we have negotiated with BCHD to rent the classroom space.

I'll leave discussion of the corporation's status, plans, and schedule to the separate article in this newsletter written by Frank Pohlner.

A group of three members, Jim Aldinger, Maureen Raynor and Steve Miller was asked by Omnilore leadership to contact BCHD to investigate a lease with them. BCHD was then deeply involved in the response to the pandemic and was understandably not able to respond to our enquiries as rapidly as we might have wished, but after some email communication, we had a Zoom meeting with their representative in early May. The four of us discussed how Omnilore fit into BCHD's mission to encourage better health by providing mental stimulation and development for seniors. At the end of the meeting, the representative asked us for our proposal for the rental rate. We replied two days later and proposed a rate of zero to \$1 a square foot. (The classrooms total 1280 square feet.) BCHD replied stating they were supportive of Omnilore staying in the building and were willing to reduce the rent to \$2 a square foot to help us as we would be a new nonprofit corporation. (CSUDH had been paying more than \$2 a square foot for our rooms.) We scheduled another Zoom call with BCHD to discuss the rent and during that meeting they generously offered to lower the rate to \$1.25 a square foot which is their fixed cost for the space. We agreed on that rate. We are continuing to work out the details of the lease. BCHD also suggested that we might apply for one of their mini grants to cover part of our startup costs. Now that our new corporation, Omnilore Learning-In-Retirement, Inc. is legally established, it will handle future negotiations with BCHD.

One other item worth mentioning, CSUDH confirmed that they are donating the tables and chairs in the classrooms to us. And I guess now we can arrange them any way we want!

Continued from Page 4: Plan For Omnilore Learning-In-Retirement, Inc.

Key Milestones

Incorporation	May 24
Budget Revised & Dues Determined	June 17
Financial Plan Reviewed w/Omnilore & CSUDH	June 22—June 30
Incorporation & Financial Plan Presented to Membership	July 2
Incorporation & IRS Paperwork Complete	June 30
Bank Accounts Open	July 5—Estimated
Fees Due (Enrollment Period)	July 1—August 1
Initial Fundraising Campaign	July 1—August 1
Start Paying Rent	August 1
Purchase & Install A/V Equipment	August 1—August 30
S/DG's Start	September 1
New Combined Omnilore LIR Board	October 31

We all owe a debt of gratitude to those who stepped up and volunteered their time and talents to make this incorporation possible:

- ↳ Michael Goergen, attorney and Omnilore member, who donated his time and expertise to file the paperwork with the State of California and the IRS.
- ↳ The initial Incorporation Committee: Jim Slattery, Steve Miller, Carolyn Pohlner, Frank Reiner and Mitch Blake.
- ↳ The initial Rental Facility Negotiating Team: Maureen Raynor, Steve Miller and Jim Aldinger, former Mayor of Manhattan Beach.
- ↳ Linda Jenson who is leading our Fundraising Committee.

In addition to paying your annual registration fees, Omnilore needs your immediate, generous support to fund our start-up costs for this fiscal year of \$10,000 to \$15,000. Omnilore Learning-In-Retirement, Inc. is registered as a 501(c)(3) non-profit organization. Contributions to Omnilore Learning-In-Retirement, Inc. are tax-deductible to the extent permitted by law. Ask your tax advisor about donating from your IRA by a non-taxable Qualified Charitable Distribution. You may also give your check to Linda Jenson (linda.jenson@yahoo.com). If you wish to mail us your check, the address to send your donations is:

Omnilore Learning-In-Retirement, Inc.
Post Office Box 24
Palos Verdes Estates, CA 90274

Looking to the future,

- Frank Pohlner**, President, Omnilore LIR, Inc.
- Rick Spillane**, Vice-President, Academics, Omnilore LIR, Inc.
- Philip Solomita**, Treasurer, Omnilore LIR, Inc.
- Michael Goergen**, Secretary, Omnilore LIR, Inc.



Omnioleoreans Share Hunker-Down Stories

by Judy Bayer
Omnioleore News Editor

Thank you for sharing Letters to the Editor brimming with wonderful vignettes describing your adventures as you have been navigating through the subsiding days of the pandemic. With a brighter more hopeful future on the horizon both for Omniloreans and our new Omnilore Learning-In-Retirement, Inc., we all should be feeling positive and ready to share our optimism with one another. Keep your heartening thoughts flowing.



Jim North: Life in a Bubble and Beyond

That marriage vow “for better or for worst” is spot on and tested severely in the time of the COVID lockdown. Retired couples confined to a small living area for over a year can really get to know each other in so many different ways. Add to that dynamic a partner with a hearing loss, and things can get really interesting. Phrases that never bothered you in real life like “Pardon?”, “What did you say?” “Excuse me!” become hot bits of COVID irritation. The replacement of ten-year-old hearing aids became the game changer! Thanks to modern technologies your partner is now capable of hearing a tit mouse fart in an Iowa corn field while living in Southern California. Dialogue between residents on the international space station discussing the problem of regularity due to weightlessness prompted a message to try liquified prunes as a solution. Your under the breath responses to a variety of false accusations are over, done!

Looking back at this time, it is important to identify and take to heart the lessons learned. Life is fragile and precious and your relationship with your fellow human beings should be taken seriously. Respect and courtesy are a given. As we gain back our ultimate freedoms, let this COVID experience be a new starting point for you. A BETTER AND WISER YOU.

Claire Damecour:

We were asked to share our getting out of quarantine stories in this issue of the newspaper. However, I only hunkered down for a few months, and I’ve been on the road since July 18, 2020. In September, I decided I wasn’t going to live in Los Angeles again, so I emptied my apartment, got rid of almost everything and rented a 4-foot by 5-foot storage space. I took off on my motorcycle, traveling all around the United States. Many museums etc. were closed due to COVID. In January 2021, I retired from my very part-time online job and left for Central America, riding all the way to the Costa Rican border. It was closed to land traffic due to COVID, so I rode back north, visiting every country and all 32 states of Mexico. I was back in the states in mid-March, was able to get vaccinated, and then I toured around the western states: Texas, California, Utah, New Mexico, Arizona.

My fully vaccinated husband offered to travel with me, so in April I parked my motorcycle in his garage, and we left in his car to tour the national parks and monuments in Arizona, Utah, Colorado and New Mexico. It’s very different from my previous travels as we are doing lots of hiking, and I’m enjoying the climate control inside the car when it’s hot/cold/windy/raining. And, it’s more fun to share the trip with someone! We plan to travel as long as we enjoy it, perhaps 6-7 months.



Michael Feygin: Our Trip through Mexican Baja CA

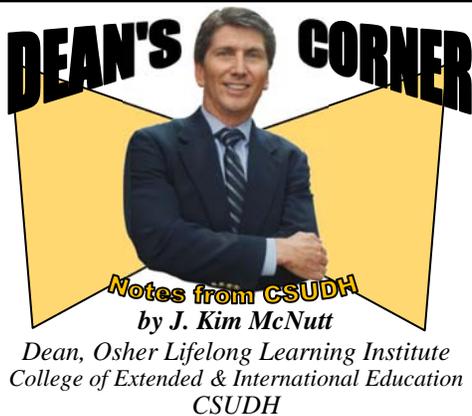


Michael & Polina on Sunset Cruise in Cabo San Lucas

I like to fish and my wife Polina likes to swim. We decided to combine our passions by going on a road trip through the Mexican Baja Peninsula. At the end of April, we formed a plan to traverse Baja all the way from Los Angeles to Cabo San Lucas and, hopefully, back. I researched the route, reserved the hotels, and arranged Airbnb rentals. Polina, meanwhile, identified swimmable beaches on the Sea of Cortez and on the Pacific. Prior to the trip, we received our COVID shots. Of course, coming from the former Soviet Union we prefer shots of a different kind, but such are our times!

We completed our Mexican road trip in the third week of May - 3,000 miles of driving! It was a true adventure! We went to really cool modern wineries and Michelin-style restaurants in the Valley de Guadalupe; hiked and traveled off-road in the Catavina desert; did ocean kayaking in a mangrove estuary of San Ignacio; saw moonscape-like salt lakes in Guerrero Negro; spent two leisurely days in the beach town of Loreto; watched beautiful sunsets in Todos Santos; partied on a cruise boat in Cabo San Lucas; ate at a beautiful restaurant called “Flora Farms” in San Jose del Cabo; fished in the bay of San Quintin; successfully bargained with corrupt Mexican traffic cops; ate lots of great seafood and drank Don Julio tequila almost every day. It was a nice way to end the COVID seclusion! [For a more detailed description, contact Michael.]

Continued on Page 10



This column is written by guest columnist Associate Dean Lynda Wilson, PhD.

While Los Angeles is improving its COVID-19 statistics, increasing the number of LA county residents who have received their vaccinations, and opening up the county to lesser restrictions, CSUDH has been working on the University's repopulation strategy. Repopulation discussions have been ongoing with the ultimate health and safety of students, faculty and staff driving Administration's decisions.

Which factors are being considered? How aggressive should DH be in its repopulation strategy? What is the appropriate number of students who should return in Fall 2021? What does social distancing look like in the classrooms, Loker, and the library? How will administration reduce anxiety levels with faculty and staff who note their concern with returning to campus? How often do we need to sanitize learning and meeting spaces? How long should DH require masks? What testing methods will be required? Will vaccinations ever be required? What modalities of learning (face-to-face, online, hybrid) are appropriate as we repopulate DH? When will the general public be welcomed back to campus?

You can be assured that CEIE students, faculty and staff will be provided a safe learning environment. We have installed HEPA filters. Additionally, a new appointment system is being installed to reduce traffic and exposure to the registration staff. Many courses, which shifted to a Zoom modality during the pandemic, will continue until further notice.

We want to thank Arvin for his technical assistance during the pandemic. I also want to thank Dean McNutt and the Director of Registration, Martin Simpson, for coming to campus each day since March 2020 to keep CEIE running like a well-oiled machine. I am happy to report that we remained safe and healthy.

Thanks go out to Gema and Nicole for pivoting OLLI so quickly so that our curriculum only experienced minimal disruption. I am happy to report that our members adjusted well to learning via Zoom.

No changes for CEIE courses, including OLLI/Omniole, are planned in Summer 2021. Fall 2021 won't be finalized until June. However, my goal is to keep each OLLI/Omniole member abreast of developments with our repopulation effort. So stay safe and stay tuned.



Two Top Officers of Omniole Come from Aerospace Retirees' Club (ARC)

by John M. Simpson



Maybe it's just a coincidence. Perhaps it's a sign that members of the Aerospace Retirees' Club have a special affinity for Omniole, a learning-in-retirement community in the South Bay of approximately 300 seniors.

Whatever the reason, it's worth noting that Omniole's two most recent top officers are also Aerospace Retirees' Club members. But they weren't just ARC club members; they both held board positions. Jim Slattery served as Membership Chair, and Steve Miller, as Program Chair. Slattery is currently Omniole president and Miller is past president, having just preceded Slattery in the top position.

Omniole is a program of Osher Lifelong Learning Institute (OLLI) at California State University, Dominguez Hills. It's centered on study/discussion groups (S/DGs), which usually meet on the Beach Cities Health Center/District campus in Redondo Beach. With the COVID 19 pandemic, all meetings are being conducted over Zoom. Omniole organizes study discussion groups that are conceived, planned, and directed by

the members. There are no tests or grades.

Membership is open to anyone over age 50 who seeks intellectual stimulation and the challenge of shared inquiry. For members who do not want to participate in a study group, there are also Special Interest Groups (SIG) such as a Best Sellers Book SIG, Movie Goers SIG, Computer Training Workshops and a Hiking/Walking SIG. The SIGs typically meet on a monthly basis. The Best Sellers and Computer Training SIGs have also been held via Zoom during the pandemic, thus enabling people from out-of-the area to participate.

Slattery retired from The Aerospace Corporation in 2002 and was the Principal Director of the SBIRS HighSpace Program. Miller officially retired in June 2006 but continued working as a part-time casual for about 18 months. He was Systems Director for the Wideband Gap-filler Satellite Program. Miller joined Omniole in 2007, while Slattery has been a member since 2003.

Slattery said his retirement has been great, and Miller said he has not faced any particular challenges in retirement. Asked if they think there are particular aspects of Omniole that would especially appeal to members of the Aerospace Retirees' Club, Miller said: "One big selling point is continued learning in a wide variety of subjects as well as friendships with those of similar interests. Retired technical types are one of our biggest demographics, if not the biggest."

Slattery put it this way: "Interesting people, interaction with new friends, and an opportunity to research and learn new things."

Could it be that there were things about their jobs at The Aerospace Corporation which might have led them to become Omniole president or helped them in the position?

Continued on Page 8

I am a Wannabe Health Coach

by Joy Jurena

Because, like many health coaches I follow, I had a serious health problem – pain and numbness in my right hip and leg, starting in 2008. The report had arthritis written all over the place. By April, 2011, walking was increasingly painful along with numbing my right leg. I had a three level spinal fusion - 8 screws and 2 bars. (Doc told me one screw was loose. Well, I had been told that before, so I did not worry.)

Within a year I had pain again in my lower back and right hip. I could not raise my right leg fully. My PCP assured me the surgery had not failed. Where do I go from here? Pain medicine? Heat pad?

2012 and 2014, I stumbled on two books - Wheat Belly by Dr. William Davis - I gave up grains. Bagels were the most difficult. I still had pain.

Dr. Terry Wahls reversed secondary progressive multiple sclerosis, considered an irreversible condition. I increased veggies, ate high quality meat, wild caught fatty (omega 3) fish – in Goldilocks amounts. Bone broth was an essential part of the Wahls diet. I did that too. Within six months or so, I found I didn't need much pain medicine, then none at all. I did not know what in my diet or if it was my diet change that stopped the pain.

In 2015, Barbara Case forwarded this article to me - nature.com/10434. The prevailing theory of **aging defects in mitochondria** (our energy factories) was that they are caused by mutations and can't be changed. Other scientists had a different theory: That the defects were an epigenetic process (environment and behavior that affects genes). They reprogrammed both young and old fibroblasts (cells that make collagen – the glue that holds us together) back to an embryonic state. **Glycine** was then added to the culture medium for 10 days. **Result:** aging defects in both the **97 year old and 18 year old fibroblast cell lines** were gone. Takeaway: “**Tsukuba scientists reverse aging in human cell lines and give the THEORY OF AGING a new lease on life.**” It was from this article I did more research on Glycine.

Glycine is the smallest amino acid – they build proteins. Amino acids have a lot of other jobs. Glycine has many. Because our body makes some, it is classified as non-essential. And it is found in many foods. However, there is **25 times as much in bone broth as in muscle meat**. Muscle meat has only 50% of the nutrients. Our ancestors and those in the Blue Zones always made bone broth. They did not waste any animal part. Many scientists regard Glycine as conditionally essential.

I stumbled on Joel Brind, PhD, an immunologist who has published many studies on Glycine increasing longevity in rats as well as studying how Glycine calms our immune system after a battle with a pathogen. Dr. Brind - “**As to what interferes with repairing and rebuilding mechanism of tissues, nothing interferes like inflammation, and nothing fuels inappropriate inflammation like glycine deficiency.**” This is the major reason people develop chronic preventable conditions:

180degreehealth.com/diet-inflammation-part/

Many Americans may be deficient in Glycine by about 10 grams/day (selfhacked.com/glycine-little-protein/, *easy to read*, ncbi.nlm.nih.gov/940/, *not easy to read*). I was deficient in glycine and perhaps other nutrients. I continue to make and drink bone broth and take pure Glycine powder in coffee and tea each day.

I hope this information is helpful.

Continued from Page 7: Omnilore Officers from ARC

“No,” said Miller, succinctly, while Slattery had a different take. “I always enjoyed learning new things, and Aerospace was a special place for me. In 37 years, I was fortunate to have worked in seven groups,” Slattery said. “Lots of learning, briefings, demanding customers and personnel management all contributed to my willingness to lead 300 seniors. Trust me - I am still learning.”

Slattery said he became an officer when Miller asked him to become treasurer of the organization, adding that “Omnilore has been such a plus in my retirement, I felt I needed to put something back in the organization.”

Omnilore is organized on the trimester system. Each study group meets twice a month for four months. A study group consists of ten to twenty members who meet informally. There is no instructor, but one member of the group acts as coordinator. Omnilore members propose subjects they would like to know more about, and the curriculum committee selects about twenty of the suggested subjects for each trimester.

Are you interested in finding out more about Omnilore? Check out the group's website at www.Omnilore.org. You can find out when the next introductory session is scheduled and how to visit a current study/discussion group session or SIG.

Miller offers some practical reasons to choose Omnilore if you're interested in joining a learning-in-retirement program: “Dues are low compared to other learning-in-retirement groups, parking is free, and our regular (pre- and post-pandemic) meetings are in Redondo Beach.” In the meantime, you can attend through Zoom.

And, of course, if you're an Aerospace Retirees' Club member, who knows? You might even end up as president.

[This article first appeared in the Aerospace Retirees Club newsletter.]



John Simpson

In Memoriam

Mark Pepys

Mark Bradley Pepys, 83, husband, father and grandfather, passed away peacefully in his sleep on April 18 at his home in Rancho Palos Verdes. One of six children, Mark was born in Los Angeles, the son of Eric and Mary Pepys. He grew up in San Marino and graduated from UC Berkeley and UC Berkeley Boalt Hall School of Law. After law school, Mark joined Schell & Delamer, where he became a partner. He later became Of Counsel to Prindle, Decker and Amaro. He was a member of the Los Angeles County Bar Association, American Board of Trial Lawyers and the American College of Trial Lawyers. Mark married the love of his life, Anne, and they celebrated their 50th wedding anniversary last July. He enjoyed playing the tenor saxophone and listening to jazz music, often frequenting live music at The Lighthouse Cafe in Hermosa Beach and attending jazz festivals. He enjoyed traveling on vacation to Hawaii, Tahiti, Caribbean, and the East Coast to see the fall leaves. Mark was a longtime member of Ascension Lutheran Church and the Palos Verdes Sunset Rotary Club. Mark was also an avid reader, read the Bible daily and enjoyed intellectual discussions as a member of Omnilore.

Mark joined Omnilore in time for spring classes ten years ago, and until the last couple of years, took three classes each trimester, so many Omniloreans will know him. Anne said he had a heart condition which had been deteriorating over the last few years, although he never let on to us he had that problem.



Bob Mallano offered: "I knew Mark for 61 years, starting when we were first-year law students at Boalt Hall (now Berkeley Law). We both went to work for downtown LA law firms and have kept in touch through the years. Mark was a warm and gracious person — I have never heard him say an unkind thing about anyone. He was successful as a lawyer, becoming a partner at a prominent insurance defense firm. He was well liked by his peers; it would be impossible for it to be otherwise. At regular luncheons attended by classmates, Mark would produce clippings of articles praising other classmates, never himself. He was as good a friend as you could have. One episode sticks in my mind, and he liked to talk about it, is

when Mark, my wife and I, and other classmates flew to Paris just after taking the State Bar Exam. We were all hunting for a room when a bunch of us arrived at a hotel that had only one room to offer. Mark stood in front of the group and said that my wife and I should have the room because she was pregnant and suffering morning sickness. Thanks to Mark, we got the room. That was Mark, thinking of other people, a kind, gentle and loving person. He will be sorely missed by all who knew him."

Vickie Volchok says: "When I first met Mark we were taking classes at Franklin Center. He was always a class standout. He was prepared, on time and ready to join in. He dressed better than most going to church nowadays. I will never forget his dapper ties. I know I looked forward to being in classes with him and how much he will be missed."

Roberta Ross Moore

[We reached out to relatives to get up-to-date info on Roberta or an obituary, with no results. We were able to find some info on her which has been cobbled together as follows.]

When Roberta finished Bennington College (VT), she still thought that she was on a path to medical school. While working with doctors on a daily basis, and studying organic chemistry at Columbia, she realized that she did not want to be a doctor but just enjoyed studying medicine. Her major had been physics with a very strong second field in biology, and through reassessing what she wanted to do, decided that she wanted to work with the man-machine interface.

At the time, it appeared that most of this subject had been developed in the automotive industry but was in its infancy in aircraft and space. Therefore, she moved to California and went job hunting, doing temp work while pursuing the search. She says she could have moved to Texas but did not then realize that Texas had a beach and she wanted to live at the beach! She found work at Garrett AiResearch in the spring of 1966 and started earning a minimum wage which was women's fate back then. She saw a Wang calculator at work, invested a bit, and was able to pay off her college loans a year later.

She met and married Carl Moore with whom she had three children, now middle-age, and stayed home for six-and-a-half years. Unhappy in marriage, she separated, and re-

turned to the professional world around 1976.

Roberta said the hardest things she ever did in life were quitting smoking and quitting a career. The scariest were quitting marriage and quitting a career (health insurance, income, guaranteed pension, etc.). She lived on a boat for about ten years and when she returned to the world, she said, "Everyone had computers, and I was an old lady—synonymous with unemployable." She ran an ad as a handy woman and supported herself with that income and with rent from part of the house until Medicare commenced.

Roberta joined Omnilore in January 2003 and went on LOA about five years ago when she suddenly became the full-time caretaker of two grandchildren, a 3 ½-year-old girl and a 10-year-old boy. The situation was the result of a son's divorce and was exacerbated when he moved in during this period for which neither was prepared.

Roberta passed away peacefully at her home on March 5th as the result of a history of cancer that culminated in a brain tumor. She was 78.



Continued on Page 10

In Memoriam

Alfred Bernstein



Bob Bacinski (left) poses with Al who is well known for avoiding the camera!

Born to Laretta and Martin Bernstein, Alfred grew up in Brooklyn, NY with his younger sister, Joan. After matriculating from Brooklyn Technical High School, he graduated from City College of New York with a BS in Mechanical Engineering. Drafted in 1950, Alfred served in the Ordnance Corps at Aberdeen Proving Grounds. He and Norma Tarrow were married in 1951 (they divorced in 1973), moved to New Hyde Park for his work at Sperry Gyroscope before settling in Jericho, Long Island, to raise their three young sons. In 1968 the family moved to Southern California after Alfred accepted a job with Hughes Aircraft.

Alfred was a life-long learner, iconoclast, and non-conformist. He earned master's degrees in Electrical Engineering and Marriage and Family Counseling and for several decades was an active member of Omniole, having joined in 1996. He was an avid tennis player and marathon runner, competing in several tournaments and races, and continued taking long daily walks well into his later years.

Alfred took early retirement and became a dedicated naturalist, a frequent patron of the local public library, and an amateur paleontologist. His prize discovery, a large artifact bearing the divots of ancient purple sea urchins dating from when what became Palos Verdes Peninsula was under the sea, is now housed in Rancho Palos Verdes City Hall. He found his true calling in his encore career as a volunteer teachers' assistant at Torrance and Los Angeles Elementary schools. In this role he shared fossils, flags, coins and plants with young students; dressed up as George Washington, Abraham Lincoln and Benjamin Franklin; and helped children with reading and early arithmetic.

Alfred Bernstein passed away peacefully on Friday, May 28 in his home in Rancho Palos Verdes, surrounded by family. He was 93.

OMNIOLORE NEWS is looking for folks to fill the following openings:

Movie Critic Corner
Movie Goers SIG
That's Entertainment
Outreach Program Updates

Delores Gilmore:

Sunday at the Stadium

It is raining and cold as I drive through the entrance
 The line into Dodger Stadium weaving through
 endless orange cones
 The bleachers empty, no joy today,
 the scoreboard dark
 Nervous
 Anxious

I have been here before in the hot summer sun
 The organ music, the crack of the bat,
 the crowd cheering wildly
 Beer and soda spills over the cup's plastic rim
 Dodger Dogs with yellow mustard and relish are
 cramped in the wrapper
 A five-pound sausage in a two-pound bun
 Not today
 No game to cheer, no peanuts, no crackerjacks
 Nervous
 Anxious

My car creeps forward, the radio news a blur of noise
 At last, it is my turn
 No pain
 Band aid in place
 I feel great

My spirits are lifted and I begin to sing,
 Take me out to the ballpark
 Buy me some band aids and COVID Shots
 In four weeks, I will gladly come back

The future shines bright
 Time is renewed
 Excitement rejoined
 Joy reigns at Dodger Stadium tonight

Continued from Page 6: Letters to the Editor

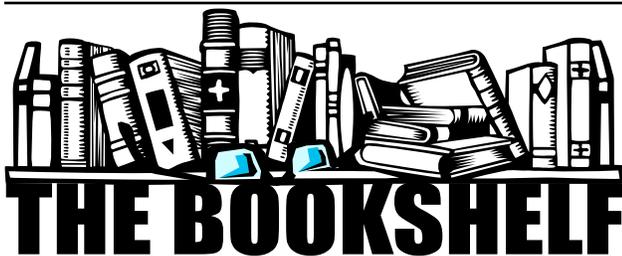
Elyse Gura: How I Knew We were Moving Back to "Normal"

For me, the first step of moving towards "normal" meant having a meal with a friend at my home in late February. To be safe, I had chosen not even to use outdoor dining in the past year, so this visit was the first time since March, 2020 that anyone had been at my house at all when neither of us was wearing a mask. It felt like an adventure! Then in late-April, two of us got together at another friend's house for lunch and S/DG planning. And finally, dinner with friends at a restaurant in early May! Each of these events, which we would have taken for granted just a year ago, seemed daring and familiar at the same time. For me, they meant that the door to normalcy was opening, that the possibility of the pleasure of an in-person meal and conversation could be realized.

Lindie Banks:

My "coming out party" was on Mother's Day. Chris, my oldest of three daughters, prepared a delicious dinner and we sat outside in their beautiful garden as their three dogs circled the table stopping hopefully at each elbow. There were ten of us, all vaccinated and maskless.

It was magical to be outdoors on a beautiful spring afternoon after a year of solitary dinners.



Nicomachean Ethics by Aristotle, a newer better translation by **Joe Sachs**.

Sachs's translations of Aristotle are truly exemplary. They combine a rare sensitivity to Aristotle's use of the Greek language with an English style that is straightforward and imaginative. But what makes Sachs's translations even more noteworthy is their attunement to the thought that is indicated by Aristotle's words, an attunement born of a profound

awareness of the untranslatability of this thought into modern philosophical concepts. Sachs brings the work to life.

For anyone seriously interested in Aristotle's philosophy, Sachs's translations are indispensable.

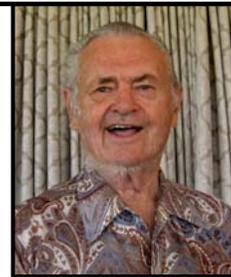
This translation is used by the free Hillsdale College course of the same name—A great guide to reading the book. See Hillsdale.edu .

Book suggestions from Omnioleans make this column work. Thanks to Dan Stern for contributing to this issue's list. Send submittals to:

newsletter@omnilore.org

Dear Reader:

We had a request from a person in PA asking us to stop using Neale Lehman's email address because he passed away last December.



Neale Lehman

We cannot find anyone who knows the circumstances or any details, and the person left no contact info. If anyone knows anything about this, please contact Johan: 310 215-1848—johansmith@ca.rr.com.

Neale was a member for several years and we'd like to say a proper goodbye to him in the newsletter.

Report on the April Forum via Zoom:

Steve Norris' "An American History Program in Honor of the Centennial of the Passing of the 19th Amendment."

by Maureen Raynor

At the April 30, 2021 online Forum, Omniole members and guests were treated to a live performance (via Zoom) of Steve Norris' play, "An American History Program in Honor of the Centennial of the Passing of the 19th Amendment." The play consisted of three actors, each portraying a different pioneering member of the women's suffrage movement.

The play was both educational and enjoyable. The actors wore costumes and sashes in the colors of white, purple, and gold, which were the symbolic colors of the suffrage movement. The vivid performances of the three actors brought to life the courageous and passionate real-life women that they represented.

The play begins on August 18, 1920, with Suffragist Carrie Chapman Catt waiting by the phone to hear the outcome of the vote of the Tennessee state legislature on the 19th amendment, which gave women the right to vote. Catt, portrayed by Victoria (Vikki) Bailer Alfvín, explains that 36 states are needed to ratify the amendment, and at that point, 35 states have already ratified. While she is waiting to find out about the vote, Catt tells her life story and explains how she was raised as a Quaker but had to sacrifice her pacifist beliefs since their support of the World War I home front effort helped the suffrage movement gain much needed public support. As she answers the call where she finds out that the Tennessee legislature has ratified the 19th Amendment, ensuring that it becomes law, she humorously adds that the tie-breaking vote in favor of ratifying the amendment was cast by a young man who acted on the advice of his mother.

Next, we are introduced to Ida B. Wells, portrayed by Adrienne Marie Fairley. As a young person Wells endures hardship after hardship, including being born into slavery, losing both of her parents to yellow fever, and having to raise her younger siblings. But she perseveres and goes on to co-own a newspaper where she documents racial inequalities and the horrors of lynchings. Despite being an ardent supporter of women's suffrage, Wells explains how she and other black suffragists had to endure the indignity of being forced to march in the back of the Woman's Suffrage Parades in order to placate Southern women who refused to march beside or behind them. She confronts white suffragists and exposes their hypocrisy for their failure to condemn the racism within the movement.



Maureen Raynor

Finally, we meet Alice Paul, portrayed by Rhonda Yeager-Hutchinson. Like Catt, Paul was brought up as a Quaker, which informed her later political beliefs. Paul describes how the suffrage movement strategically aligned with the Temperance movement, whose proponents believed that alcohol led to the disintegration of the family. As a consequence, many men became anti-suffragists because they worried that if women gained the right to vote that they might lose their access to beer! Paul was a firebrand who organized a hunger strike and was even jailed for 7 months due to her organizing of protests outside the White House. After the success of the suffrage movement, she continued her activism for civil rights and for the Equal Rights Amendment.

The play was a resounding success. The actors were both entertaining and believable in their roles and were aided by beautiful period costumes and an antique candlestick type telephone prop. The cast did a great job painting a picture of the many personal sacrifices endured by these heroes to bring about a freedom that is sometimes taken for granted. For people interested in further exploration of the suffrage movement, the playwright Steve Norris recommends the book "Sisters: The Lives of America's Suffragists" by Jean Baker.

Thanks to Steve Norris for sharing his enlightening work with us. Steve not only is a talented playwright but also is the President of the Arts Council of Torrance (ACT), an organization that sponsors and promotes the arts in the local community. For more information about ACT, visit their website at:

<https://www.artscounciloftorrance.org>

July	4	Independence Day
	8	Board of Directors Meeting—12 Noon-1:30 p.m., Via Zoom
	12	Best Sellers Book Group—12 Noon-1 p.m., Via Zoom
	14	Introducing Omnilore Meeting—10:00 a.m., Via Zoom
	26	Fall 2021 Coordinator Information Meeting—Via Zoom 10:30-11:30 a.m. for Newbies 11:30-12 Noon for Veterans
	30	Summer Forum—1-2:00 p.m., Via Zoom (see article, page 1)
August	9	Best Sellers Book Group—12 Noon-1 p.m., Via Zoom
	12	Board of Directors Meeting—12 Noon-1:30 p.m., TBD
	15	Input Deadline for September-October 2021 Newsletter
September	1	Fall Trimester Starts

OMNIOLORE CALENDAR 2021

Summer



2021 Forums
 Winter—January 29th
 Spring—April 30th
 Summer—July 30th
 Annual Mtg.—October 29th

IMPORTANT:
 Calendar changes and additions
 are scheduled with Sharon Bohner
Calendar@omnilore.org

Update on the Outreach Program

Lisa Jimenez, Life Enrichment Coordinator at The Canterbury, recently sent this message:

“Just wanted to see how things are going and if Omnilore is up and running with guest speakers. I also wanted to share that our requirements have lifted a little. Guests and speakers are no longer required to test prior to coming but they are required to be fully vaccinated. Hopefully this will make it a little easier to find a guest speaker. Our residents are eager to see different faces and hear some great lectures.”

Anyone interested in presenting a recent presentation to The Canterbury residents, please send your info to:

newsletter@omnilore.org



Membership@Omnilore.org (inquiries about joining Omnilore, or referring friends)

Visit the Omnilore website at Omnilore.org! Key Omnilore volunteers can be contacted via email.

President@Omnilore.org
 VP-Academics@Omnilore.org
 VP-Administration@Omnilore.org
 Curriculum@Omnilore.org (new SDG suggestions)
 Forum@Omnilore.org (Forum Committee)
 Publicity@Omnilore.org (send your PR ideas)

Registrar@Omnilore.org (send updates to contact info)
 Newsletter@Omnilore.org (submit articles or news)
 Admin@Omnilore.org (Johan Smith)
 Supplies@Omnilore.org (need to replenish cups, plates ...)
 Equipment@Omnilore.org (report equipment issues)
 Webmaster@Omnilore.org

CWG@Omnilore.org (propose a Computer Talk)
 Best-Sellers@Omnilore.org (book discussion group)
 Walking-Group@Omnilore.org
 Calendar@Omnilore.org (room requests for pre-meetings)
 SDG-Folders@Omnilore.org (help uploading class files)
 Technology@Omnilore.org (new Technology Committee)