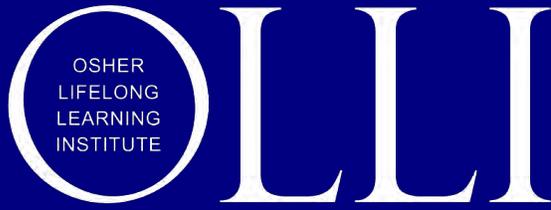


Winter 2021

January-March



@ Cal State San Bernardino

Educational courses & events
for adults age 50+



*Join us online
this winter.*

*Learn for
the joy of it!*



Learn for the joy of it.

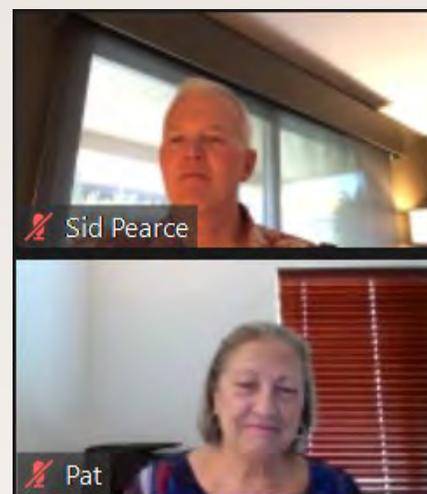
Take non-credit, university-level courses with other mature learners and experience all the joy of learning, but without the grades, tests, or homework.

A wide variety of courses are offered each quarter, including topics in the arts and humanities, natural sciences, and social sciences. You may also enjoy our educational trips and shared interest groups. OLLI is engaging, interesting, and fun!

Membership

- \$75 annual membership fee, includes a parking permit
- Choose as many courses as you like and pay by the course
- Enjoy a variety of fun events, trips, and university activities
- Most courses are held once a week for either six or three weeks

Is cost a concern? Contact us for more information.



OLLI membership offers you opportunities to:

- **Continue learning:** You're never too old to learn. Explore a wide variety of topics as you engage intellectually, challenge your thinking, and build your knowledge.
- **Participate in interesting activities:** Become part of a dynamic learning community that is full of diversity, insight, wisdom, and intellectual stimulation. Enjoy lively conversations, share opinions, and discover new ideas.
- **Meet new people:** Meet and mingle with mature adults who share your interests and those with very different perspectives. You'll build new and rewarding friendships.

For more information: 909-537-8270 or olli@csusb.edu

Learn more about OLLI membership: csusb.edu/OLLI/membership

Join or renew now: csusb.edu/OLLI/join

Table of Contents	
Membership.....	2
Member Events.....	3
One-Week Courses	4
Six-Week Courses.....	7
Three-Week Courses.....	10
Shared Interest Groups....	13
Donate	14
Online Learning	15
Registration Form	16

Meet the OLLI Staff



**Johnna
Norris**

**Program
Coordinator
909-537-8270**

johnna.norris@csusb.edu



**Debbi
Vesey**

**Administrative
Assistant
909-537-8121**

debra.vesey@csusb.edu

Join us for these fun member events.

Until further notice, all member events will meet online via Zoom. Please register in advance. You will receive the link to join the event via email a few days prior to the event. These events are free to OLLI members.

The C-Change Primer: A Non-Partisan Introduction to Climate Change

Tuesday, November 17

3:00 p.m.

The [C-Change Primer](#) is a non-partisan overview of the science behind climate change and a clear-eyed assessment of the potential risks ahead. It frames climate change in terms of jobs and the economy, health and personal security, and geopolitical security. The presentation answers the questions most Americans have about climate change, such as: How do we know climate change is real and is caused by humans? What is the scientific consensus? What are the dangers? Is there hope?



Sue Anderson's Retirement Celebration

Friday, December 4

2:00 p.m.

Zoom in to help us wish Sue all the best in her retirement.

Watch your email for more information.

Coffee Hour

Tuesday, January 19

9-10 a.m.

Interview with Larry Fox

Please join us for coffee and some fun, friendly conversation. This coffee hour will feature a lively discussion with long-time OLLI instructor and member, Larry Fox. Larry has a fascinating background and is a man of many interests. Zoom in to learn more about Larry, see some old acquaintances, and make some new OLLI friends. We hope to see you.

Happy Hour

Wednesday, January 20

3:00 p.m.

What I'm Watching at Home
with Dale Knorr

Many members know of Dale's fabulous documentary and international film classes. Over the past few months, Dale has discovered some exceptional new online resources. Zoom in to learn more about Dale's recommendations for fun, free, educational programming that you can enjoy from the comfort and safety of your own home.

Happy Hour

Wednesday, February 17

3:00 p.m.

Rhythm & Rubato in Music
with Tim Kopf

Back by popular demand! Join us for this fun and educational lecture & performance program that explores the yin and yang of musical tension and release. Tim is delightful, talented, and skilled on many instruments. He was an award-winning orchestra conductor and has performed with orchestras in Lincoln Center and the Kennedy Center.

Register by mail: complete the attached registration form

Register online: csusb.edu/OLLI/events

Register by phone: 909-537-8270 or 909-537-8121

One-Week Courses
\$10 each

All winter courses will meet online via Zoom. You will receive the link to join the course via email a few days prior to the first class.

Two Historic Institutions: The Royal & the Smithsonian

David Haas, PhD

Monday, January 11

10:00 a.m.-12:00 p.m.

The Royal Institution of Great Britain was founded in 1799 as a forum for making science available to the public. It provides daily lectures and events primarily for journalists to learn about current science and research. Now a science museum in London, it remains committed to scientific education and research. The Smithsonian Institution, also known simply as the Smithsonian, is a trust instrument of the United States composed as a group of museums and research centers. It was founded on August 10, 1846, "for the increase and diffusion of knowledge." Come explore these two historic institutions in comparison with one another.

About the Instructor

David earned his BA in physics and PhD in biophysics in protein crystallography and molecular biology at the State University of New York at Buffalo. He helped design some of the first airport security X-ray systems in the 1970s. David and his wife, Sandra, later formed Temtec Inc., which developed and manufactured high-tech visitor and temporary IDs. Dr. Haas is the author of the book, *Personal Identification: Its Modern Development and Security Implications*. He and Sandra have more than 80 patents to their credit.

How America's Judges Really Make Their Decisions

Charles Schudson, JD

Monday, January 11

1:00-3:00 p.m.

Go behind the bench with Judge Schudson to probe judicial minds analyzing actual trials and sentencings, including abortion protesters, murderers, sex predators, white supremacists, and others. Hear judges forging appellate decisions about life and death, corporate crime, multimillion-dollar damages, and priceless civil rights. Look at the financial, political, personal, and professional pressures threatening judicial integrity like never before. This course will appeal to scholars, lawyers and judges, and all citizens concerned about judicial independence and the future of America's courts.

About the Instructor

Charles is a Wisconsin Reserve Judge Emeritus, an adjunct professor of law, and president of Keynote Seminars, LLC. A graduate of Dartmouth College and the University of Wisconsin Law School, he served as a state and federal prosecutor, a Wisconsin Circuit Court judge, and a Wisconsin Court of Appeals judge. Schudson has authored hundreds of published appellate opinions and other works including *On Trial: America's Courts and Their Treatment of Sexually Abused Children* and *Independence Corrupted: How America's Judges Make Their Decisions*, which was nominated for the National Book Award.

Titanic's Lost Sister

Cash Baxter, MFA

Tuesday, January 12

10:00 a.m.-12:00 p.m.

Join us as we dive to the ocean depths with Titanic discoverer, Bob Ballard, as his team of historians and a shipload of high-tech equipment search for Titanic's twin, the HMHS Britannic. The most luxurious of its line, the Britannic sank only four years after Titanic in half the time. Why did Britannic's safety installations fail to operate? Was it felled by a malicious torpedo attack or did it hit a mine? And what kind of shape is the majestic steamer in now? Come and learn more about this fascinating story.

About the Instructor

Cash is a fine arts painter, art historian, and world traveler. He is an award-winning, internationally acclaimed Broadway producer/NY director whose career in show business spans 40 years. Chosen by Richard Rodgers to direct two Japanese productions of *The Sound of Music*, Cash was awarded the Chunchi Theatre Award, the Japanese equivalent of Broadway's Tony Award. He founded the Musical Theatre Workshop at Southern Illinois University and was artist-in-residence at universities in New York, Illinois, Ohio, Massachusetts, California, and Texas. Cash has been teaching at the Osher Institute since 2004.

Register by mail: complete the attached registration form
 Register online: csusb.edu/OLLI/courses
 Questions? Call us at: 909-537-8270 or 909-537-8121

A Refugee Child in 1940 America

Ruth Lindemann, BBA
Tuesday, January 12
1:00-2:30 p.m.

Come learn about the first-hand experiences of a Jewish refugee child in 1940 America. Ruth will share her reflections of a time when most Americans, including teachers, had no experience with people who did not speak English and were not educated on the customs and traditions of her culture. As a seven-year-old child, Ruth was equally unaware of many American customs. Hear amusing and educational stories from those times as Ruth wandered the streets of Washington, D.C. unattended and discovered the marvelous wonders of this strange, new world.

About the Instructor

Ruth was born in Vienna, Austria, and lived for two years under the fascist Nazi regime before arriving in the United States in 1940. She served on the speaker’s bureau for the Holocaust Resource Center in Portland, Oregon, for 35 years and has been a lecturer at the Tolerance Education Center in Rancho Mirage for the past ten years. Ruth has also published two books: *To Survive Is Not Enough*

Saving Money on Prescription Drugs

Harry Schaffner, JD
Wednesday, January 13
10:00 a.m.-12:00 p.m.

Come learn four different ways to access prescription medications more wisely. Explore getting prescriptions through mail order, driving to Mexico to purchase prescriptions, the company GoodRx, and drug foundations that specialize in paying prescription medication copays for those who qualify. Comparisons between these four options will be presented as they apply to widely-used medications for seniors. Discuss how these options may help seniors pay for the high cost of branded medications, and how to take advantage of these programs.

About the Instructor

Harry is a litigation attorney who has resided in the Coachella Valley for 14 years. He was named Lawyer of the Year from the county bar in 1999, has presented over 50 law seminars, served as an adjunct law professor at Northwestern University, and has taught at the University of Illinois High School for the Gifted. Harry’s goal is to help people get the benefits that are available to them, benefits

Darwin’s Errors

Larry Fox, MBA
Wednesday, January 13
1:00-3:00 p.m.

Come explore the fabulous story about what Darwin got wrong and what he couldn’t have known in his day and age. Undergraduate science students now know how species originated and mutated. More advanced scientists have a refined theory about when and where the first life form originated. This non-technical, fun, and lively story examines life at its starting point.

About the Instructor

Larry founded and managed a private equity group that purchased controlling interests in a number of notable companies. When he retired from business, he was appointed professor of finance in the Kellogg School of Management at Northwestern University. Larry plays bridge and loves nature, contemporary art, the movies, non-fiction books, 1950s rock & roll, and the hard sciences.



All winter courses will meet online via Zoom. You will receive the link to join the course via email a few days prior to the first class.

More About the Drugs in Your Life

Fred Abramson, PhD
Thursday, January 14
10:00 a.m.-12:00 p.m.

This course will cover drugs used to alleviate pain, including narcotics, anticoagulants, and a whole spectrum of drugs that work on the brain. We will explore drugs used to treat depression, anxiety, sleep disorders, Alzheimer's, migraines, and more. Learn how these drugs work, their limitations, and their costs, and why your physician might prescribe one or the other. This is a continuation and expansion of last year's course, though you can take this course without having attended last year's course.

About the Instructor

Dr. Abramson received his BA in chemistry from Western Reserve University in 1962 and his PhD in chemistry from The Ohio State University in 1965. After two years of postdoctoral experience and five years in industry, he joined the pharmacology department at the George Washington University School of Medicine in 1972 and retired after 31 years on the faculty. He holds a long-term interest in transmitting science to the general population.



Doctor Zhivago: A Poet for All Seasons

Bernard Epps, MFA
Thursday, January 14
1:00-4:00 p.m.

Nominated for ten Academy Awards and winner of five, *Dr. Zhivago* (1965) tells the epic story of doctor/poet, Yuri Zhivago (Omar Sharif), and the great love of his life, Lara (Julie Christie), against the backdrop of the Russian Revolution. Directed by David Lean, the film features a stellar cast and memorable score by Maurice Jarre. This course will provide a recorded introduction to the film prior to class, then you rent and watch the film independently in whole or in part via a streaming service of your choice. On class day, we will meet online at 1 p.m. for an analysis and discussion of the first half of the film and again at 3 p.m. for an analysis and wrap-up of the entire film. Separate film rental fee is approximately \$4.

About the Instructor

Butch received his MFA degree from the UCLA Department of Film and Television's Independent Producers Program where he focused on story development and working with screenwriters. He served as the academic liaison to high profile faculty, including studio heads, development executives, and others. More recently, Butch has been teaching film appreciation courses while developing a book on Orson Welles's Mercury Production of *Citizen Kane*.

Writing a Legacy Letter

Jay Sherwin, JD
Friday, January 15
10:30 a.m.-12:00 p.m.

This workshop is designed to introduce the concept of legacy letters and to encourage you to craft your own legacy document. A legacy letter, or ethical will, is a brief written document that allows you to share your life lessons, express your values, and transmit your blessings to future generations. Writing one is a rewarding experience that creates an enduring gift for children, grandchildren, and other loved ones. The workshop includes discussion and brief writing exercises, and offers advice and a model structure to help you organize your thoughts and start writing.

About the Instructor

Jay created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. He has practiced law, worked with charitable foundations, served as a philanthropy consultant and a hospital chaplain. He has extensive experience teaching and facilitating online learning programs, including recent presentations for six other OLLI programs.

Six-Week Courses
\$50 each

Introduction to Reiki

Debbi Vesey, RMT, MA
Friday, January 15
1:00-3:00 p.m.

Reiki is a powerful method for directing universal life force energy for support, protection, and healing. It is available to anyone in order to improve the health of all living things, intend the most positive outcome of situations, and promote peace and harmony. This course will cover reiki's history and how it can be used to improve the quality of life for you, your loved ones, your pets, and more.

About the Instructor

Debbi is a lifelong learner who is interested in topics such as permaculture, native plants, alternative healing methods, and spiritual health. She received her Reiki Master Teacher designation in 2015. Debbi also earned a BS in business and an MA in education. She is the current administrative assistant for the OLLI program at CSUSB.



Dr. Merrie Lyn Shickler



Butch E.

Bohemian Greenwich Village

Barry Schoenfeld, BA
Mondays, 10:30 a.m.-12:00 p.m.
Jan. 25, Feb. 1, 8, 15, 22, Mar. 1

In the early twentieth century, New York City's original home of poets and peasants was Greenwich Village. This refuge for artists and free thinkers provided cheap quarters which allowed bohemians to escape the dreary, industrial world and live a penniless, enlightened lifestyle. However, a new subway extension commercialized the borough and rent prices rose rapidly. The bohemians fled, and the Village turned into a ghost of its once thriving and authentic community. Come learn about this distinct time in New York City's history.

About the Instructor

Barry has over 20 years of experience in advertising, marketing, strategic planning, and business development. He is familiar with the social media that shape and influence contemporary communications. His clients have included American Express, Walmart, Trader Joe's, Toyota, NY/NY Hotel & Casino, Samsung, and Eastern Airlines. Barry founded The California Community of Men on Facebook, which now boasts over 11,000 members. He received his bachelor's degree from Cornell University and is an opera lover and a practicing Buddhist. His interests include photography, archaeology, and travel.

How Music Reflects Culture

Gordon Williams, BM
Mondays, 1:00-3:00 p.m.
Jan. 25, Feb. 1, 8, 15, 22, Mar. 1

How does music reflect the outlook of its host culture? Explore non-western traditions such as Indian and Indonesian music, and consider how the songs of Native Americans, Australia Aborigines and the Melanesians of Papua New Guinea reconcile the people to their landscape. We will also look at how various western genres reflect different beliefs. This course will consider the words of songs and their relationship to other musical elements.

About the Instructor

Gordon has worked as a senior programmer and editor of publications for Australia's six symphony orchestras. His writing credits include *Journey to Horseshoe Bend* with composer Andrew Schultz, a narration for Beethoven's Egmont music, and new dialogue for the first Australian opera, 1847's *Don John of Austria*. For the Adelaide Symphony Orchestra, he produced *Music is our Culture*, the first work for symphony orchestra by Indigenous Australians. He has been the Los Angeles reviewer for *OperaWire*, teaches at the Osher Lifelong Learning Institute at UCLA, and has given pre-concert talks at Sydney Opera House.

All winter courses will meet online via Zoom. You will receive the link to join the course via email a few days prior to the first class.

Does Education Really Equal Opportunity?

Larry Fox, MBA

Tuesdays, 10:00 a.m.-12:00 p.m.
Jan. 26, Feb. 2, 9, 16, 23, Mar. 2

We should long since have reached consensus on how to increase opportunity through education and should have long since taken the steps to make it happen. The facts and methods to increase opportunity through education are widely known, but not incorporated into current policies and programs, many of which have been largely unchanged since Victorian times. The result is that our educational achievement under-performs almost all advanced countries at every level. We have fewer skills, fewer facts, and sometimes an undeserved self-confidence. What to do is straight-forward, pragmatic, and, with broad commitment, not terribly hard. Together, let's develop that mutual commitment to future generations.

About the Instructor

Larry founded and managed a private equity group that purchased controlling interests in a number of notable companies. When he retired from business, he was appointed professor of finance in the Kellogg School of Management at Northwestern University. Larry plays bridge and loves nature, contemporary art, the movies, non-fiction books, 1950s rock & roll, and the hard sciences.

Theism, Atheism & Agnosticism

Ken Zanca, PhD

Tuesdays, 1:00-3:00 p.m.
Jan. 26, Feb. 2, 9, 16, 23, Mar. 2

If you have taken a position on the question of whether or not God exists, you have already considered the philosophy of religion. This course will examine the underpinnings for theism, atheism, and agnosticism, and will critically evaluate each one. No matter where you stand on this question, we can all benefit from periodic review and re-examination of basic assumptions regarding these religious philosophies.

About the Instructor

Originally from New York, Dr. Zanca has lived in California since 1985. He is professor emeritus at Marymount California University, where he taught philosophy and religious studies for over thirty years. Kenneth has authored many books and articles, including an introduction to ethics textbook, *How to Arrive at a Considered Opinion*.

The Men of Ballet

Barry Schoenfeld, BA

Wednesdays, 10:30 a.m.-12:00 p.m.
Jan. 27, Feb. 3, 10, 17, 24, Mar. 3

Ballet is one of the most beautiful art forms, but when most people hear the word ballet, they imagine elegant women in tutus. However, there are just as many male ballet dancers who deserve the spotlight and recognition. This course will explore a little about the training and commitment required for this art form and will explore the rich history of male ballet dancers from Nijinsky to Nureyev to Baryshnikov to Polunin to Vasiliev, including videos from over a hundred years of stunning performances from all over the world.

About the Instructor

Barry has over 20 years of experience in advertising, marketing, strategic planning, and business development. He is familiar with the social media that shape and influence contemporary communications. His clients have included American Express, Walmart, Trader Joe's, Toyota, NY/ NY Hotel & Casino, Samsung, and Eastern Airlines. Barry founded The California Community of Men on Facebook, which now boasts over 11,000 members. He received his bachelor's degree from Cornell University and is an opera lover and a practicing Buddhist. His interests include photography, archaeology, and travel.

REFER A FRIEND

Current members, refer a new member and you receive a voucher for one free course!

Learn more:

csusb.edu/OLLI/membership

Register by mail: complete the attached registration form

Register online: csusb.edu/OLLI/courses

Questions? Call us at: 909-537-8270 or 909-537-8121

Engaged Buddhism Today

Michael McDonald, PhD

Wednesdays, 1:00-3:00 p.m.

Jan. 27, Feb. 3, 10, 17, 24, Mar. 3

Modern Buddhism has evolved from passive meditation. Now, many Buddhist teachers focus on social engagement and offer practical advice for dealing with psychological stress or problems such as anger, frustration, and grief. This course begins with Thich Nhat Hanh exploring his expertise in teaching, poetry, and meditation, and will also focus on select ideas from the Dalai Lama, Pema Chodron, Jack Kornfield, and other modern Buddhist teachers. Emphasis will be on the practical help psycho-spiritual pointers can give us in our common quest to find peace and satisfaction in life.

About the Instructor

Dr. McDonald received his PhD in philosophy from the University of Hawaii in 1995, and specializes in the study of Plato and Chinese philosophy. He maintained a business career and taught classes in Chinese thought, philosophy, and religion at Prescott College in Arizona, the University of Redlands, and California State University in San Bernardino. He also teaches as a tutor for Mirus Secondary Schools.

Winston Churchill: Soldier of Freedom

Kevin Peterson, MA

Thursdays, 10:00 a.m.-12:00 p.m.

Jan. 28, Feb. 4, 11, 18, 25, Mar. 4

In the summer of 1940, most of Europe lay prostrate under the brutal conquest of Nazi Germany. Belgium, the Netherlands, Poland, Hungary, Romania, and France had all surrendered to Hitler's jack-booted legions. In Western Europe, only fascist Spain and Great Britain remained independent. If Britain were to survive, it would need a leader who would embody all of the old-fashioned virtues of courage, patriotism, and the love of freedom, and who would be as ruthless as Hitler, but for a better cause. That man, if he existed, would be Britain's last hope. Fortunately, in London, there was such a man.

About the Instructor

After a career of over 30 years in investment banking, Kevin has chosen to return to his other great interest, the study and teaching of history. Kevin has been an instructor with OLLI since 2017, and in that time has taught courses on Abraham Lincoln, George Washington, Dwight Eisenhower, and the history of American foreign policy. Prior to that, he was an instructor for OLLI at the University of Utah. Kevin has a bachelor's degree in history, a master's degree in political science, and has done graduate work at the doctoral level in political science.

Love & the Cold War in Film

Bernard Epps, MFA

Thursdays, 1:00-4:00 p.m.

Jan. 28, Feb. 4, 11, 18, 25, Mar. 4

During the Cold War, lies, deceits, and betrayals were standard tradecraft in the murky world of intrigue between rival superpowers. These qualities can be rough on personal relationships, especially between men and women. Let's talk about the Cold War and learn how rough it was as depicted in the following films: *The Third Man* (1949), *The Spy Who Came in From The Cold* (1966), *Topaz* (1969), *Seven Days in May* (1964), *The Lives of Others* (2006), and *The Russia House* (1990). We will meet online via Zoom for an introduction of the film, then you rent and watch the film independently via the streaming service of your choice. After the film, rejoin us for a discussion of each film's topic and issues. Separate film rental fees are approximately \$25 total.

About the Instructor

Butch received his MFA degree from the UCLA Department of Film and Television's Independent Producers Program where he focused on story development and working with screenwriters. He served as the academic liaison to high profile faculty, including studio heads, development executives, and others. More recently, Butch has been teaching film appreciation courses while developing a book on Orson Welles's Mercury Production of *Citizen Kane*.

Current Events Discussion Group

Lara Bloomquist, JD

Fridays, 10:00 a.m.-12:00 p.m.

Jan. 29, Feb. 5, 12, 19, 26, Mar. 5

You have a right to your opinion about the news and this is the course to express it. Or, you can sit back and listen to others voice their thoughts. Each week the class covers the hot topics of the day based on articles from *The New York Times*, the *Los Angeles Times*, *The Wall Street Journal*, *The New Yorker*, *The New Republic*, *The Economist*, *Time* magazine and many more. You will be alerted in advance of class which articles will drive the week's discussions. All thoughtfully delivered points of view are encouraged and will be respected because different opinions spark engaging discussions.

About the Instructor

As an attorney, former prosecutor, and criminal justice instructor, Lara has had a long professional and personal interest in civic and social issues. She headed the Domestic Violence Division of the Los Angeles City Attorney's office, was named Woman Prosecutor of the Year by the League of Women Prosecutors, and was selected by the L.A. County Bar Association to be the recipient of their Prosecutor of the Year award. Lara has been active in many social, political, and judicial issues that drive today's news.

Governmental Connections & Contrasts: U.K. & U.S.

Arlette Poland, JD, PhD

Fridays, 1:00-3:00 p.m.

Jan. 29, Feb. 5, 12, 19, 26, Mar. 5

What, if anything, does our constitutional law have to do with how English Parliament works? This course will delve into the English Parliamentary system to trace how it might have impacted, influenced, or inspired the formation of the United States constitutional law system. By reviewing how the English Parliament system works, and by comparing and contrasting that system with our own, a better understanding of the evolution of the United States constitutional law system can be achieved.

About the Instructor

Dr. Poland is a retired lawyer turned theologian and professor. She holds a BS in political science from UC Berkeley, an MA in religion from Claremont School of Theology, an MA in ethical leadership from Claremont Lincoln University, a JD from San Francisco Law School, and a PhD in philosophy of religion from Claremont Graduate University. She has been teaching at the college level since 1999 and lecturing with OLLI since 2005. Her areas of specialty based on her PhD include Buddhism, Judaism, science and religion, and world religions.

Three-Week Courses

\$30 each

Tips for Healthy Aging

Barbara Appelbaum, MBA, MAT

Mondays, 10:30 a.m.-12:00 p.m.

March 8, 15, 22

Aging is inevitable, but how you age is not. It's never too late to start caring for yourself because everything you do over the course of your life contributes to your aging. Healthy aging consists of two components working collectively: physical and mental well-being. By keeping these optimized, you can stave off age-related diseases and live your best life in your senior years. Come explore an integrative approach to medicine, nutrition, fitness, and spirituality. Learn to stay strong mentally and physically to actively pursue all that life has to offer.

About the Instructor

Barbara is an engaging speaker, author, wellness coach, and consultant. She offers strategies to recognize resilience in order to live well as we age. She has published two books, *Be Your Own Superhero* (2018) and *Live in Wellness Now* (2013), and is recognized as an expert in the growing field of integrative wellness. By combining healthy living, spirituality, and neuroscience principles, Barbara aims to help people understand how to be proactive in their health care versus reactionary in their sick care.

Register by mail: complete the attached registration form

Register online: csusb.edu/OLLI/courses

Questions? Call us at: 909-537-8270 or 909-537-8121

All winter courses will meet online via Zoom. You will receive the link to join the course via email a few days prior to the first class.

Making the Music Dance Again

Cash Baxter, MFA

Tuesdays, 10:00 a.m.-12:00 p.m.

March 9, 16, 23

Choreography is the art of devising dances. Masterful choreographers invite us to be transmitted to exotic and exciting places in live theatre, as well as in motion pictures. This course is an affectionate look at two of the greatest masters, Fred Astaire and Bob Fosse. The “enchanted evenings,” in which these two remarkable dancers created and performed their magic, take us from Vaudeville to Broadway, movies to television, and changed the way the world of dance is perceived.

About the Instructor

Cash is a fine arts painter, art historian, and world traveler. He is an award-winning, internationally acclaimed Broadway producer/NY director whose career in show business spans 40 years. Chosen by Richard Rodgers to direct two Japanese productions of *The Sound of Music*, Cash was awarded the Chunichi Theatre Award, the Japanese equivalent of Broadway’s Tony Award. He founded the Musical Theatre Workshop at Southern Illinois University and was artist-in-residence at universities in New York, Illinois, Ohio, Massachusetts, California, and Texas. Cash has been teaching at the Osher Institute since 2004.

Normality & Terror: Life in Nazi Germany

Anette Isaacs, MA

Tuesdays, 1:00-3:00 p.m.

March 9, 16, 23

Seventy-five years after the end of World War II, most of today’s research on Nazi Germany is focused on its system of terror that ultimately led to the death and destruction of millions of people. By looking at various societal paradigms, such as education, employment, cultural expression, and the role of women, this course will present fascinating insights into how the German people were oscillating between normality and terror, and how the Nazis were able to turn Germany into a brutal and horrific dictatorship.

About the Instructor

Anette is a German historian and public educator who has been presenting hundreds of programs on more than 30 different topics pertaining to her native country’s history, politics, and culture. Ms. Isaacs holds master’s degrees in American studies, political science, and history, and is an adjunct faculty member at the lifelong learning departments of five community colleges and universities in Illinois. She is also a popular instructor at Florida Atlantic University’s OLLI in Boca Raton.

Digging Deep: Health & Medicine

Fred Abramson, PhD

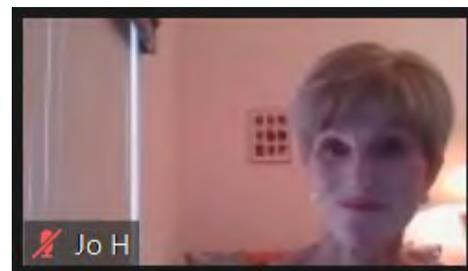
Wednesdays, 10:00 a.m.-12:00 p.m.

March 10, 17, 24

This course will examine various contemporary questions such as: What’s the story about stem cells? How dangerous are environmental pollutants like endocrine disruptors? Should you be concerned about conditions like prediabetes and prehypertension? What are therapeutic potentials of illicit drugs like LSD, Ecstasy, and psilocybin? For each topic, the background, discoveries, and evaluation of risks and benefits will be presented.

About the Instructor

Dr. Abramson received his BA in chemistry from Western Reserve University in 1962 and his PhD in chemistry from The Ohio State University in 1965. After two years of postdoctoral experience and five years in industry, he joined the pharmacology department at the George Washington University School of Medicine in 1972 and retired after 31 years on the faculty. He holds a long-term interest in transmitting science to the general population.



All winter courses will meet online via Zoom. You will receive the link to join the course via email a few days prior to the first class.

The L.A. Zoot Suit Riots of 1943

Barry Schoenfeld, BA
Wednesdays, 1:00-3:00 p.m.
March 10, 17, 24

The Zoot Suit Riots were violent clashes during which mobs of U.S. servicemen, off-duty police officers, and civilians brawled with young Latinos in Los Angeles. The June 1943 riots took their name from the baggy suits worn by many minority youths during that era, but the violence was more about racial tension than fashion. Local papers framed the racial attacks as a vigilante response to an immigrant crime wave, and police generally restricted their arrests to the Latinos who fought back. Come learn about this divisive time in California's history.

About the Instructor

Barry has over 20 years of experience in advertising, marketing, strategic planning, and business development. He is familiar with the social media that shape and influence contemporary communications. His clients have included American Express, Walmart, Trader Joe's, Toyota, NY/NY Hotel & Casino, Samsung, and Eastern Airlines. Barry founded The California Community of Men on Facebook, which now boasts over 11,000 members. He received his bachelor's degree from Cornell University and is an opera lover and a practicing Buddhist. His interests include photography, archaeology, and travel.

Artists with Arthritis: Then & Now

James Louie, MD
Thursdays, 10:30 a.m.-12:00 p.m.
March 11, 18, 25

This course will explore the determination of many artists with autoimmune diseases. We will look at artists who lived in early times with less understanding and less effective therapies for their ailments, then contrast them with artists in the current times who have benefitted from more effective therapies. Learn about artists such as Renoir, Dufy, and Oysterbridge, who suffered from rheumatoid arthritis; Paul Klee who dealt with scleroderma; Toulouse-Lautrec's pycnodysostosis; and Ruth Asawa's systemic lupus erythematosus. Viewing the changes in their lives and their artistic expressions will be instructive and inspirational.

About the Instructor

Dr. Louie is the associate physician diplomate for UCLA Rheumatology at the David Geffen School of Medicine. He received his doctor of medicine degree from Washington University in St. Louis, and has served as a professor for UCLA's School of Medicine. James has presented lectures on artists with autoimmune diseases worldwide, and is the co-author of two books, *Targeted Treatment of the Rheumatic Diseases, 1st edition* and *Treatment of the Rheumatic Diseases, 2nd edition*.

Current Events Discussion Group

Lara Bloomquist, JD
Fridays, 10:00 a.m.-12:00 p.m.
March 12, 18, 26

You have a right to your opinion about the news and this is the course to express it. Or, you can sit back and listen to others voice their thoughts. Each week the class covers the hot topics of the day based on articles from *The New York Times*, the *Los Angeles Times*, *The Wall Street Journal*, *The New Yorker*, *The New Republic*, *The Economist*, *Time* magazine and many more. You will be alerted in advance of class which articles will drive the week's discussions. All thoughtfully delivered points of view are encouraged and will be respected because different opinions spark engaging discussions.

About the Instructor

As an attorney, former prosecutor, and criminal justice instructor, Lara has had a long professional and personal interest in civic and social issues. She headed the Domestic Violence Division of the Los Angeles City Attorney's office, was named Woman Prosecutor of the Year by the League of Women Prosecutors, and was selected by the L.A. County Bar Association to be the recipient of their Prosecutor of the Year award. Lara has been active in many of the social, political, and judicial issues that drive today's news.

Shared Interest Groups

Shared interest groups (SIGs) are free, peer-facilitated discussion groups that foster fellowship and active learning. They are open to current OLLI members and meet throughout the year, so you can participate as your schedule allows.

All SIGs will meet online via Zoom this year unless otherwise noted. Sign up today to get started.

Book Club

Are you a reader? Are you ready to take the next step and engage in fun and stimulating conversations about the books you've read? Join the OLLI Book Club. We will meet once a month at a time and place that works for all of us. We will agree on which book(s) we will read and then get together to discuss them. Members of the group will take turns volunteering to lead the discussion. Books may be any genre, vintage, or subject that the group wants to explore.

Meets the second Wednesday of each month.

Coordinator: Shelley Mitchell

707-496-8689 or shelleydmitchell@gmail.com

Genealogy Club

Genealogy is the study of families, family history, and the tracing of lineages. Who are your ancestors? Where did they live? What did they do? How did their life choices lead to where you are today? This SIG will help you explore your family history using multiple resources. Come develop an understanding of genealogy and unlock the mysteries of your family's past.

Meets upon request.

Coordinator: Dick Knapp

760-861-2010 or knappassoc@aol.com

Glass Club

Man has been fascinated with glass, naturally formed or man-made, for thousands of years. Whether fashioned for utilitarian, decorative or personal use, glass has been an important commodity throughout history; that's even more true today. This SIG will explore many facets of glass history including, but not limited to, glass objects of historical/stylistic periods, fabrication in the past and present, historical glass designers and artists, popular glass collectibles, and more. Possible visits could include nearby museums, collections and glass hot shops. No prior knowledge is required.

Meets the first Wednesday of each month.

Coordinator: David Novick

760-345-8041 or dtnovick@earthlink.net

Don't see a group that interests you? Contact us at 909-537-8270 to discuss your ideas.

Register by mail: complete the attached registration form

Register online: csusb.edu/OLLI/SIGs

Register by phone: 909-537-8270 or 909-537-8121

Ways to Support OLLI

Our Osher Lifelong Learning Institute is a financially self-supporting program that does not receive any state funding. Membership fees and endowment interest are our largest sources of revenue, but they still don't cover our full operating costs. We rely on the generosity of our members to keep the program thriving and affordable. Making a financial gift is one way to appreciate the impact OLLI has had on your life in retirement. Help ensure the long-term sustainability of the enriching educational and social programming that touches the lives of so many seniors throughout the Coachella Valley. Your gift ensures that OLLI has:

- the capacity to expand and adjust to changing needs
- the staff to provide a high level of service for all members and instructors
- the space and ability to serve lifelong learners throughout the Coachella Valley
- the resources to be innovative and entrepreneurial, whatever the economic climate

Please consider a gift to OLLI at a level that is comfortable for you. Your support matters and is appreciated.

Give for Today

- Make a single donation of any amount.
- Make a multi-year pledge with convenient payments to fit your budget.
- Gifts help fill the gap between membership revenues and operating costs, and provide flexibility to create new initiatives and programs.
- You can designate your gift to support a specific program, course, or instructor.

Give for Tomorrow

Wills, Trusts & Retirement Accounts

One of the simplest ways to provide a charitable legacy is through your will or trust. Life insurance policies, investment accounts, and retirement accounts can also be used to create your charitable legacy. You select the specific amount or percentage, and you maintain the ability to change or revoke the gift throughout your lifetime. This option is the easiest and most flexible.

Stocks

Typically, you select the stock to be gifted at its appreciated value and make an outright gift through a transfer of shares. You can minimize or eliminate taxes on capital gains, and in most cases, you can deduct the full amount of the fair market value of the stock as a donation.

Annuities

In exchange for your annuity gift, you will receive a fixed, periodic payment for life, sometimes at a higher payout than other investment options. A portion of the distributions may be tax-free or taxed at a more favorable rate. Annuities often provide an immediate federal income tax deduction for a portion of the gift.

Charitable Remainder Trusts

A charitable remainder trust allows you to receive an income now through fixed, periodic payments. At the termination of the trust, the remainder is transferred to OLLI at CSUSB. This type of trust can eliminate taxes on capital gains, plus you can select the payout rate and duration of the trust.



"We support OLLI because it enriches our lives through exposure to new subjects, journeys to new places, making new friends, gaining new knowledge, and developing new skills. We want to ensure the opportunity continues."

Cash & Betty Baxter

Thank you to all of our generous OLLI supporters. Visit our website to see the most current list of donors.

csusb.edu/OLLI/donate

Give by mail: add a donation on your registration form

Give online: csusb.edu/OLLI/donate

Contact us by phone: 909-537-8270

Learning via Zoom is easy & fun!

If you've never used Zoom before, we understand it can feel a little scary. But...it really is quite simple. If you use email or can get to our website, you have the skills necessary to participate in a Zoom course online. To help you feel more comfortable, we've created a few resources that you can either view now or print and keep for later reference.

Let's get started...

- Sign up for online classes just like you do for all other OLLI courses and activities. You can either register on our website or mail in a registration form.
- A few days before your first class, you'll receive an email that includes a link you'll click to join your class. That's it. Just click the link and you're in. **Be sure to save that email as you'll need the link to join the class.**
- If it's your first time using Zoom, you'll be prompted to download the application on your device; simply follow the instructions on your screen. You don't need to purchase anything or set up an account. It's safe, easy, and free.
- You can participate via your computer, tablet, or smartphone. Most laptops, tablets, and smartphones have a built in camera and microphone, which will enhance your Zoom experience. No camera or microphone? You can still participate from your computer by watching the screen and typing any comments or questions in the Chat section. You can also join in from your telephone (with or without a computer) to listen in.

Zoom Orientation Workshops

We offer a variety of opportunities to help you get started or to explore some more advanced features when you're ready. To participate, just click on the workshop date below or visit our website for the links. Remember, if this is your first time using Zoom, you'll be prompted to download the application on your device; simply follow the instructions on your screen.

Need help?

Don't hesitate to call us:

Johnna Norris: 909-537-8270

Debbi Vesey: 909-537-8121

How to Zoom

Tuesday, Jan. 5, 10:00 a.m.

Meeting ID: 862 3839 8437

Zoom for Tablets & Smartphones

Thursday, Jan. 7, 10:00 a.m.

Meeting ID: 886 2098 9355

Additional dates to be announced.



For Zoom orientation workshop links, a printable resource guide, and additional information about learning online, visit our website:

csusb.edu/OLLI/online-learning-resources



@ Cal State San Bernardino

Check out the new OLLI Podcast



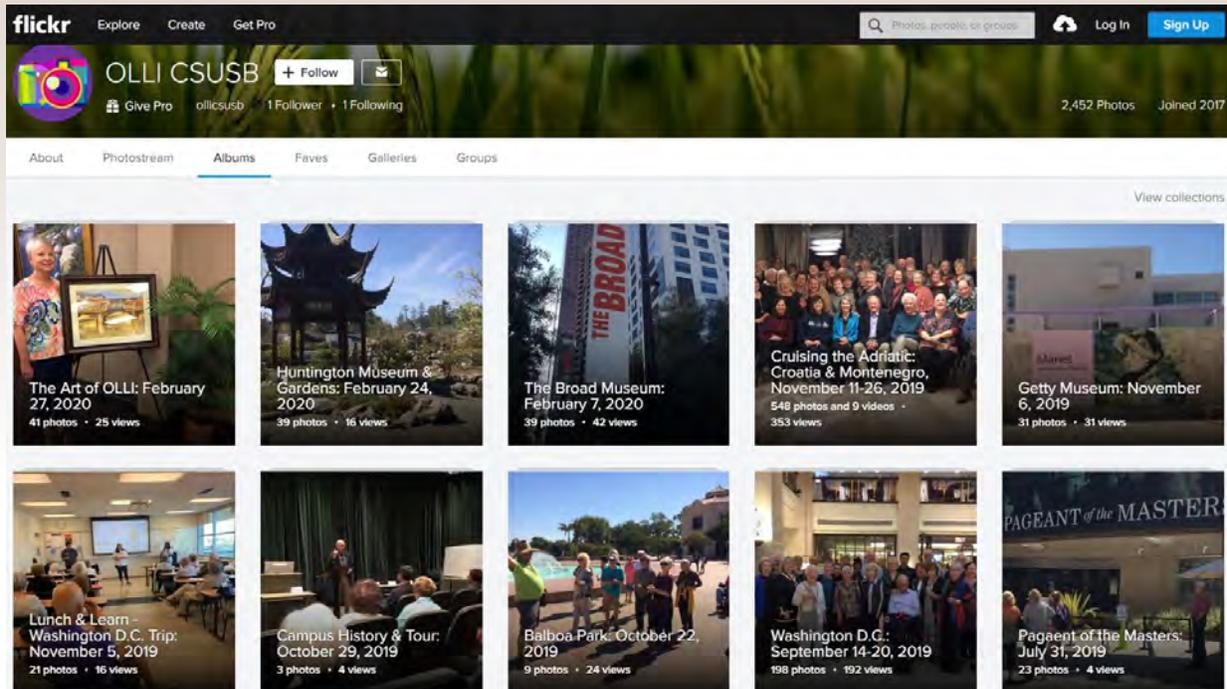
IN CONVERSATION: The Voices of OLLI

Listen in on these fun conversations with OLLI members, instructors, staff, and university partners. Our OLLI podcast is like an on-demand radio program. Enjoy!

[Click here to listen or subscribe.](#)

Visit our Flickr page to revisit some of the fun times we've had at OLLI over the years. Enjoy photos from past trips, activities, and member events.

[Click here to view the OLLI Flickr page.](#)



Winter 2021 • Registration Form

PLEASE NOTE:

Your annual membership is valid from July 1, 2020 through June 30, 2021.

ABOUT YOU

(PLEASE PRINT)

First Name _____ M.I. _____ Last Name _____

Returning OLLI member New OLLI member

Referred by: _____

LOCAL Mailing Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Date of Birth*: ____/____/____

*Required for registration

Email _____ Male _____ Female _____

For information regarding disability accommodation, please call (909) 537-5975.

MEMBERSHIP & COURSE FEES (select courses on back)

_____ Annual Membership (required): \$75 (July 1, 2020-July 30, 2021)

_____ I've already paid my 2020-2021 membership

_____ 1-Week Courses: \$10 each

_____ 6-Week Courses: \$50 each

_____ 3-Week Courses: \$30 each

_____ \$25 Late Fee (after registration deadline)

_____ Optional donation to OLLI (tax deductible)

TOTAL AMOUNT \$ _____

PAYMENT

Make check payable to **CSUSB**. Mail registration form and check to:

OLLI @ CSUSB Palm Desert Campus
37500 Cook St.
Palm Desert CA 92211

Register early for the best course selection!

Registration Deadlines

Jan. 4 for 1-week courses

Jan. 18 for 6-week courses

Mar. 1 for 3-week courses

\$25 late fee after the deadline

Register by Mail

(pay by check)

OLLI @ CSUSB

Palm Desert Campus

37500 Cook St.

Palm Desert CA 92211

Register Online

(pay by credit or debit card)

csusb.edu/OLLI

Refunds

Refund requests must be submitted 48 hours prior to the start of the course. If approved, a credit will be issued for a future course in lieu of a cash refund. If there are extenuating circumstances and a refund is approved, a \$25 administrative fee will be deducted from the refund. If a course is canceled by OLLI, you may choose a refund or credit for the full course amount. There is a \$25 fee for all declined credit cards or returned checks.

REFER A FRIEND

Refer a new member and you receive a voucher for one free course.

Learn more: csusb.edu/OLLI/membership

I agree to abide by the university policies as outlined in the CSUSB catalog and on the website at csusb.edu/policies.

Signature _____

Date _____

Winter 2021 • Registration Form

CHOOSE YOUR COURSES & ACTIVITIES

One-Week Courses (\$10 each)

- | | |
|---|---|
| <input type="checkbox"/> Two Historic Institutions: The Royal & the Smithsonian | <input type="checkbox"/> Darwin's Errors |
| <input type="checkbox"/> How America's Judges Really Make Their Decisions | <input type="checkbox"/> More About the Drugs in Your Life |
| <input type="checkbox"/> Titanic's Lost Sister | <input type="checkbox"/> Doctor Zhivago: A Poet for All Seasons |
| <input type="checkbox"/> A Refugee Child in 1940 America | <input type="checkbox"/> Writing a Legacy Letter |
| <input type="checkbox"/> Saving Money on Prescription Drugs | <input type="checkbox"/> Introduction to Reiki |

Six-Week Courses (\$50 each with membership)

- | | |
|---|--|
| <input type="checkbox"/> Bohemian Greenwich Village | <input type="checkbox"/> Engaged Buddhism Today |
| <input type="checkbox"/> How Music Reflects Culture | <input type="checkbox"/> Winston Churchill: Soldier of Freedom |
| <input type="checkbox"/> Does Education Really Equal Opportunity? | <input type="checkbox"/> Love & the Cold War in Film |
| <input type="checkbox"/> Theism, Atheism & Agnosticism | <input type="checkbox"/> Current Events Discussion Group |
| <input type="checkbox"/> The Men of Ballet | <input type="checkbox"/> Governmental Connections & Contrasts: U.K. & U.S. |

Three-Week Courses (\$30 each with membership)

- | | |
|---|---|
| <input type="checkbox"/> Tips for Healthy Aging | <input type="checkbox"/> The L.A. Zoot Suit Riots of 1943 |
| <input type="checkbox"/> Making the Music Dance Again | <input type="checkbox"/> Artists with Arthritis: Then & Now |
| <input type="checkbox"/> Normality & Terror: Life in Nazi Germany | <input type="checkbox"/> Current Events Discussion Group |
| <input type="checkbox"/> Digging Deep: Health & Medicine | |

Member Events (free with membership)

- | | |
|--|---|
| <input type="checkbox"/> The C-Change Primer | <input type="checkbox"/> Coffee Hour (multiple dates) |
| <input type="checkbox"/> Sue Anderson's Retirement Celebration | <input type="checkbox"/> Happy Hour (multiple dates) |

Shared Interest Groups (free with membership)

- Book Club
- Genealogy Club
- Glass Club

You can also register online:

csusb.edu/OLLI/register