

# the *Adventurer*

OSHER  
LIFELONG  
LEARNING  
INSTITUTE



Term: Fall | Issue 18:2 | October 2018

## MONTHLY MEETING

### Fast, Feast, & Fest: World Religions and Their Holy Days

Wednesday, Oct. 10, 2018

8:45 am—Registration & Light Refreshments

9:30 am—Welcome & Announcements



One way to understand major world religions is through their holy days. In this talk, Dr. Nichols of SVSU's philosophy department will

use examples of annual religious events—major holidays, mostly—from around the world as a way of understanding religious traditions and their “sacred time.” We will see how holidays play a role within larger liturgical calendars and how they shape community identities. Each religious tradition has a way of situating human beings into a deeper realization of what makes their time meaningful. Holidays have the power to transform how we think about the ordinary time of everyday life—there are many ways of thinking about religious orientation to time!

## NOTES & NEWS

- The OLLI “How Long Will My Money Last? Retiree Financial Planning” class (112) has been moved to Saturdays Oct. 27, and Nov. 3 from 9 a.m.-Noon.
- Visit the Marshall Frederick Museum’s “Saints, Sinners, and Spirits” invitational exhibition, opening Oct. 2. Free.
- Join the Saginaw Children’s Zoo for a lunch and learn on the Association of Zoos and Aquariums. Oct. 5, 1-2 pm. Free.
- The Second Saturday Series for Bay County Historical Society features “The History of Pine Ridge Cemetery” on Oct. 13 at 1 pm. Free.
- Check out Mother Nature’s Halloween Trail on Oct. 20 from 4-9pm at the Bay City Recreation Area where animal actors tell about the area’s misunderstood wildlife. Free.

## CONTACT US

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SAGINAW VALLEY  
STATE UNIVERSITY

## OLLI WISDOM

*“If it’s something you really want, don’t give up on it.”*

## IMPORTANT DATES

Wednesday Nov. 14

Monthly Meeting: Caring for Yourself While Caring for Another & The OLLI’s Follies  
By: Jerry Willing, LMSW, LMFT  
Curtiss Hall Banquet Rooms

December

No Monthly Meeting!

December 4 & 6

Registration for Winter Semester Opens

## CHAIR'S NOTE



Hello OLLI friends,

Continuing my theme of good news (from Steven Pinker's book Enlightenment

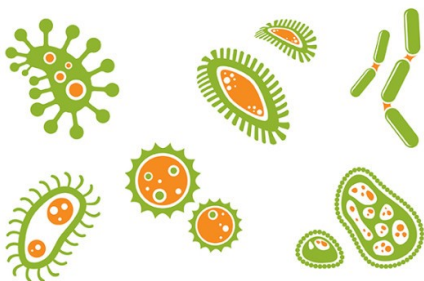
NOW), this month's good news is about historic improvements in health.

We all take the germ theory of disease for granted, but its development led to really important health measures such as hand washing, sewage control, mosquito control, protection of drinking water from sewage, vaccines, and chlorinated tap water. We all probably also take for granted medical procedures such as antiseptics, anesthesia, blood transfusions, antibiotics, and antitoxins that were developed in the last couple hundred years.

All this scientific advancement has led to the eradication, or near eradication of many diseases and conditions. Some of them are familiar, such as polio, malaria, smallpox, measles, and rubella. Some are less familiar, such as cattle plague, Guinea worm, elephantiasis, river blindness, blinding trachoma, yaws, sleeping sickness, hook worm. I had never heard of many of those.

According to Steven Pinker, researchers assembled a list of about a hundred scientists whose discoveries saved lives and estimated how many live have been saved by their work. How many? Over five billion. Let's all cheer for science!

—Carol Gohm, Advisory Board Chair



## COFFEE WARM UP

As the autumn air becomes more crisp and the leaves begin to dance down to the ground from the branches of the neighborhood trees, many people turn back to warm beverages as the season grows cooler.

Some people drink hot coffee year round, but others stick to cool drinks in the summer. No matter which camp you fall into, why not jump on the pumpkin spice trend this October and try a delicious and seasonally-inspired beverage.

Coffee not only warms our bodies up, but perks us up mentally too with its caffeine boosts. Some roasts boast as much as 183 milligrams per 8 ounce cup! Decaffeinated coffee may have as little as 10 milligrams, however.

To get your fall mornings started, try this delightful recipe:

### Pumpkin Spice Coffee

#### *Ingredients:*

- 1/4 C. ground coffee (reg. or decaf.)
- 1 t. ground allspice
- 1/2 t. ground cinnamon
- 4 C. water
- Half and Half to taste
- Sugar or artificial sweetener to taste

#### *Directions:*

Mix the cinnamon, allspice, and coffee in a small bowl. Put coffee mixture into the filter of a drip coffee maker. Use 4 cups of water to brew two large cups of coffee. Use half and half and sugar to taste. Enjoy!



## MEET ZOE!

If you've been in the OLLI office lately, you've probably seen a new smiling face. Meet our new student worker, Zoe Davis!



Zoe is from Adrian, Michigan and is a fourth year student at SVSU. She is studying Occupational Therapy.

"What I like most about working at OLLI is the friendly work environment and getting to interact with the awesome members," Zoe says.

Zoe also enjoys playing volleyball and staying active by working out and riding her bike. She joins our other student worker, Cydney Bentley, who joined us last fall.

Welcome Zoe!



## CURRENT INTEREST GROUPS

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"><li>• Bridge</li><li>• Buddhist Psychology</li><li>• Choral Singing</li><li>• Cross Country Skiing</li><li>• Current Events</li><li>• Cycling</li><li>• Dinner</li><li>• Esoteric Cosmology</li><li>• Euchre</li><li>• Games</li></ul> | <ul style="list-style-type: none"><li>• Gardening</li><li>• Guitar</li><li>• Kayaking</li><li>• Knitting</li><li>• Lunch</li><li>• Music Collegium</li><li>• Pickleball</li><li>• Ping Pong</li><li>• Recreational Biking</li><li>• Sharing the Great</li></ul> | <ul style="list-style-type: none"><li>• Courses</li><li>• Short Stories</li><li>• Stamp &amp; Coin Collecting</li><li>• Theatre</li></ul> |
|--|---|---|

For group leader contact info see: [svsu.edu/olli](http://svsu.edu/olli)

## MEMBER SPOTLIGHT

### *“The Car” by M. Mason*

She wandered, out of breath, down the dark alley, the wet asphalt glistening under the full moon.

A noise. She snapped her head around to see an alley cat licking its paws after jumping off a pile of crates.

“Where is he?” She wondered, checking her watch again.

Her heels were digging into the sides of her feet and she silently chastened herself for choosing form over function. She wanted to look nice for him. She wanted to look professional too.

Leaning into a dark doorway, she propped herself against the cool brick wall and pulled a cell phone out of her pocket. Scrolling through her emails, she came across the one that had set up this evening.

“The car will arrive at midnight. Keep a low profile and I’ll meet you there. –G”

Again, she checked her watch. It was 3 minutes until midnight. Thank God the rain had let up.

“The cold alone would be her death,” she thought as she pulled her jacket lapels closer. Just then a dark Lincoln Town Car pulled into the alley, lights aglow. *To Be Cont...By You! Submit the next installment to olli@svsu.edu*

## HALLOWEEN

According to the National Crime Prevention Council, older people are more likely to be fearful of Halloween. While it’s not the pint-sized ghosts and goblins they worry about, it is the con artists and robbers that also take advantage of the holiday.



How can you remain safe and aware on Halloween when everyone roaming the streets is costume-clad? Follow these safety tips to enjoy a Spooktacular day:

1. Only turn your porch light on if you intend to give out candy. This should deter many.
2. Only give out candy to those children and relatives you know. Invite them to come to your house during trick-or-treating hours.
3. Get out of the house for Halloween—go out with friends to dinner or to a safe event, like a sponsored “trunk-or-treat” instead.
4. If you are handing out candy to the general public, light up your whole house—not just the porch—so that you can see those that come to your door clearly.
5. Avoid decorations that can hinder your mobility.
6. Only entertain trick-or-treaters during scheduled hours and turn off your porch light as soon as the time frame is over.



## ADVISORY BOARD

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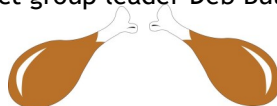
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Katherine Ellison, SVSU-OLLI

## GROUP FOCUS: DINNER GROUP



If you’re a restaurant connoisseur, a French fry fanatic, or just a ham, the OLLI dinner interest group needs you! Dining in three different communities, the dinner group offers a planned dinner out for you and your friends, or just you, if you’re looking for new friends with which to dine. Enjoy visiting local “mom-and-pop”-type restaurants for a fun evening out. To join the group and find out when they are dining next, contact group leader Deb Bula at 989.781.1126. Bon appetite!



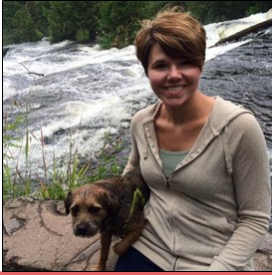
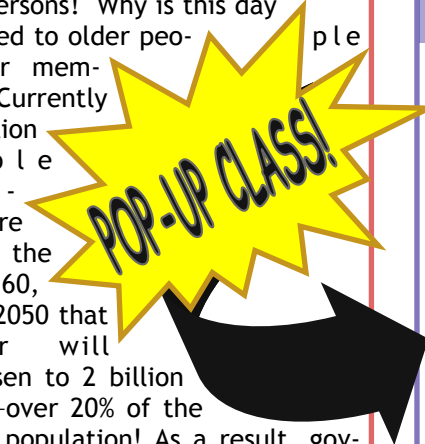
## NEWSLETTER

“The Adventurer” is published monthly for SVSU-OLLI members at Saginaw Valley State University. Reprints of this newsletter may be obtained by calling 989.964.4475.

Newsletter Editor:  
Katherine Ellison  
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## DIRECTOR'S CORNER

October 1st is International Day of Older Persons! Why is this day dedicated to older people like our members? Currently 700 million people worldwide are over the age of 60, but by 2050 that number will have risen to 2 billion people—over 20% of the world's population! As a result, governmental institutions are beginning to focus on the needs of this older group of individuals with a focus on health, roles in society, and rights for older people. Wow!



\*.e.

## CLASS HIGHLIGHT

### Who's in Whose "Mainstream:" SCOTUS in Transition (209)

The class discussions will consider recent Supreme Court decisions in controversial cases and the potential for changes in the direction of constitutional law as the composition of the Court changes. Key issues will include political "Gerrymandering," religious freedom vs. nondiscrimination laws, and executive powers concerning immigration. Class taught by former SVSU President Eric Gilbertson.



**Mondays 10/8, 10/15**  
**10am-Noon Ott Auditorium**  
**\$18 Members/\$36 Non-Members**

## TRIP HIGHLIGHT

### Fool for Love

In a rundown motel on the edge of the Mojave Desert, former lovers May and Eddie square off to make sense of their intensely volatile relationship. Once childhood sweethearts, they're as unhappy together as they are apart. As they grapple with ghosts of the past and their tortured, tangled feelings of desire, a stranger visits, unleashing dark, long-hidden secrets that threaten to consume them and everything they've known. Written by acclaimed playwright Sam Shepard, *Fool for Love* was a Pulitzer Prize finalist and won an Obie Award for Best New American Play. Includes lunch at the Royal Oak Brewery, motor coach transportation from SVSU, performance and lunch.

**Sunday, Oct. 14**  
**9am-6pm**  
**\$95 Members/\$115 Non-Members**

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