

the *Adventurer*

OSHER
LIFELONG
LEARNING
INSTITUTE



Term: Winter | Issue 18:6 | March 2019

MONTHLY MEETING

Cold War Polygraphs

Wednesday, March 13, 2019

8:45 am—Registration, Light Refreshments
9:30 am—Welcome & Announcements

A person strapped to a polygraph machine. Nervous eyes, sweaty brow, the needle trembling up and down. Few images are more evocative of Cold War paranoia. In his history of the polygraph as a tool and symbol of American war policies, John Philipp Baesler, Associate Professor of History at SVSU, tells the story of a technology with weak scientific credentials that was nevertheless celebrated as a device that could expose both internal and external enemies. Considered the go-to technology to test agents' and employees' loyalty, the polygraph's true power, Baesler argues, was to expose deep ideological and political fault lines among Americans.



NOTES & NEWS

- March 2. 7:30 p.m. Join OLLI instructor and pianist George Fee with soprano Kinda Scharich for the Made in Michigan Series at the MCFTA. \$19 Admission.
- March 4-8. SVSU Spring Break. OLLI is OPEN.
- Spend any Saturday or Sunday in March at the Sugar Shack at Chippewa Nature Center. Watch and learn the process of maple syrup making. 1-4 p.m. Free.
- March 5. Celebrate Mardi Gras New Orleans style with delicious shrimp and grits. Find a recipe at allrecipes.com
- March 20. 1:30-3 p.m. Learn the art of bookfolding at Bay City's City Market. \$15 Fee.

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OLLI WISDOM

"Plan for the future, but don't get too attached."

IMPORTANT DATES

- | | |
|--------------------|--|
| Wednesday April 10 | Monthly Meeting: First Robotics & SVSU
By: Sean Murray, Dow HS/Adrienne Cole, SVSU
<i>Curtiss Hall Banquet Rooms</i> |
| Wednesday May 8 | Monthly Meeting: Blood on the Mitten
By: Tom Carr, Author
<i>Curtiss Hall Banquet Rooms</i> |
| Wednesday June 12 | Holocaust Survivor Irene Miller, details TBA |

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 improvements in wealth and poverty. In 1800 and 1975 the modal income in 2011 dollars per day was less than a dollar a day. In 2015 it was about 8 dollars per day. That shift means that huge numbers of people have moved out of poverty (extreme poverty being about 2 dollars per day). Another way of looking at the data is by looking at the percentage of people living in poverty, which went from about 90% in 1820 to about 10% in 2015.

In addition to raw dollars, the quality of life has changed in other ways. Some things that improve the quality of life didn't used to exist, such as refrigerators, washing machines, cell phones, and the internet. Think of the impact of even those few items.



What happened, what caused this improvement? Pinker developmental experts give five causes. First, the decline of communism and the rise of capitalism. Second, leadership including Mao in China and the rise of levelheaded, humanistic leaders around the world. Third, the end of the Cold War. Fourth, globalization especially the explosion of trade. Fifth, and maybe most importantly science and technology. All in all, I'm really glad I live now. Sometimes humans are so impressive!

—Carol Gohm, Advisory Board Chair

LET'S GET SAUCY

March is, amongst other things, national sauce month! And really, who doesn't love sauce—ketchup, syrup, gravy, liquid cheese. Mmmm...

Put your sauce making skills to work this month with the recipe below and send a picture of the finished product to OLLI at keelliso@svsu.edu or Instagram it @SVSUOLLI.

Turkey Cutlets in Lemon-Wine Sauce

Ingredients:

- 1/2 C AP Flour
- 1/2 t Salt
- 1/2 t Paprika
- 1/4 t Pepper
- 4 Turkey Breast Cutlets (2.5 oz each)
- 1T Olive Oil
- 1 C White Wine or Chicken Broth
- 1/4 C Lemon Juice



Directions:

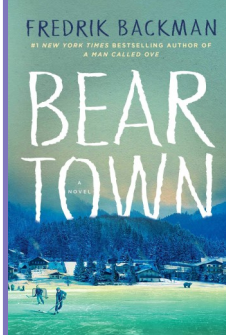
In a shallow bowl, mix flour, salt, paprika and pepper. Dip turkey in flour mixture to coat both sides; shake off excess.

In a large skillet, heat oil over medium heat. Add turkey and cook in batches 1-2 minutes on each side or until no longer pink. Remove from pan.

Add wine and lemon juice to skillet, stirring to loosen browned bits. Bring to a boil; cook until liquid is reduced by half. Return cutlets to pan; turn to coat and heat through. Serve over pasta or with rice. Enjoy!

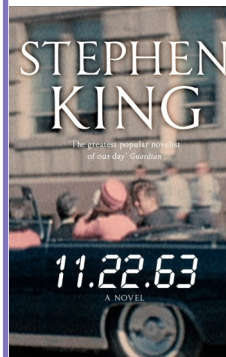
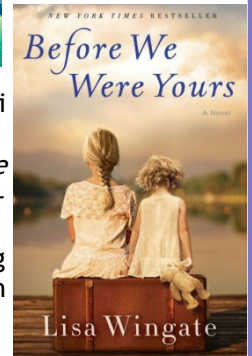
GOOD BOOKS

March is well known as “reading month.” Have you picked up a good book lately? Here are some recommendations from the OLLI office to get you going!



Carol Maday recommends: *Bear Town* by Fredrick Backman “You have to read this book through to the end!”

Debbie Piotrowski recommends: *Before We Were Yours* by Lisa Wingate “A fascinating read based on true events!”



Katherine Ellison recommends: *11.22.63* by Stephen King “It will make you rethink history and the consequences of your actions.”

For more great book recommendations visit the SVSU library or your favorite local library and talk to a friendly librarian. Happy reading book worms!

CURRENT INTEREST GROUPS

- Bridge
- Buddhist Psychology
- Choral Singing
- Cross Country Skiing
- Current Events
- Cycling
- Dinner
- Esoteric Cosmology
- Games
- Gardening
- Guitar
- Kayaking
- Knitting
- Lunch
- Movies
- Music Collegium
- Pickleball
- Ping Pong
- Recorder
- Recreational Biking
- Sharing the Great Courses
- Short Stories
- Stamp & Coin Collecting
- Theatre

For group leader contact info see: svsu.edu/olli

MEMBER SPOTLIGHT

Cheryl Revard

Back by popular demand, the popular *Behind Closed Doors* formerly hosted by Dan and Maggie Kempf is having a facelift!

After its short absence, I am introducing, *Opening the Doors*. This is a very exciting class where you will visit local businesses and/or organizations to learn about their history and other interesting facts. You will



visit interesting businesses and/or organizations in Midland, Saginaw and Bay City. After the presentations we will visit a local restaurant.

The class is off campus and you are responsible for your own transportation and lunch. Check out the Spring/Summer brochure. We will be visiting SVRC Marketplace in Saginaw, Creative 360 in Midland and State Theatre in Bay City.



SPARK JOY

The latest show to take the internet by storm is *Tidying Up with Marie Kondo* on Netflix. The show features a demure Japanese woman and her interpreter (her English is fairly sparse), who travel to the homes of those families needing help escaping their clutter.

The American lifestyle is one of plenty, with one's stuff often overtaking his/her life. The first episode of the series features a family with young children whose home never seems to be without piles of junk everywhere that causes stress and arguments between the parents.

Marie's theory is easy. Whatever doesn't "spark joy" needs to go. Pushing her clients to dump all their clothes, kitchen utensils, and more into giant piles, they then must go through the items one by one. Each item is held, determined to be kept by the joy it sparks, or thanked for its service and tossed.

Those items kept must find new homes in neat squares stacked into horizontal rows in drawers, or nifty organizing boxes. Sounds simple, right?

What does it mean to spark joy? How do we separate joy from some lingering memory or feeling attached to an item we no longer use? When is it time to get rid of all those books, which brought so many hours of enjoyment? Do those spark joy? These are all things to think about as spring cleaning rolls around.

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GROUP FOCUS: Classical Stretch/Essentrics

Maybe you already do Miranda Esmonde-White's "Classical Stretch" at home with DVDs or her televised programs on PBS, or maybe you are interested to start. If



so, help create an Interest Group to keep you supple and vital through this proven and research-based technique. It might be that there is someone out there who can actually lead the exercises. Let's stretch our telomeres together! Contact Marnie Krzyzaniak at mkrzyzan@gmail.com

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:
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DIRECTOR'S CORNER

March kicks off both Mardi Gras and then the Lenten season. Here in the Midwest, this generally ushers in a plethora of Friday fish fries! One year a group of friends and I tested all the local fries to find out who had the best. We ate a lot of fried food that year, and it took us months to recover—just in time for another season of fries! Here are some excellent choices if you're in the mood for fish.

Fridays through Good Friday—**Bridgeport Gun Club**, Saginaw. Noon -7 p.m. \$12 for non-gun club members. Pop \$1 extra per can.

Friday March 15—**Second Presbyterian Church**, Saginaw. 5-6:30 p.m. Fried fish, sliced potatoes, coleslaw, bread, & lemon cupcake. \$11/person.



Handwritten initials: J.E.

CLASS HIGHLIGHT

Aristotle's Fix It Shop

This course is a conversational exploration of personal worldviews. A worldview is a "belief system" behind all of a person's actions, feelings, and attitudes. Often, we are not aware of all parts of this "philosophy of life." Participants will have a chance to map out their own worldview, analyze it, compare it to other participants' views, check it for consistency, and seek ways to improve it if they so desire. A Socratic dialogue will be led by the instructor. Six common sub-categories of worldviews will be examined: mankind, god, ethics, nature, death, and society. The discussion leader's focus will be on philosophical methods, not ideologies nor personal values.

Thursdays 3/28-4/25 * C129
10 a.m.-Noon
\$30 Members/\$60 Non-Members

TRIP HIGHLIGHT

Stratford Festival

Join OLLI members and friends on our 15th annual 2 day excursion to Stratford, Ontario, Canada!

We will be seeing the following plays:

- *Othello*
- *Private Lives*
- *Billy Elliot, the Musical*



Trip includes: Premium seating to the shows above, lodging at the Arden Park Hotel, 3-course lunch at the Revival House, buffet dinner and breakfast at the hotel, choice of optional tour or actor chat, and deluxe motor coach transportation from SVSU.

June 13 & 14
\$445 Doubles Member Rate
\$521 Singles Member Rate
(Non-Members will pay \$50 More and Receive a 2019 Membership)

We enrich.



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