

the *Adventurer*

OSHER
LIFELONG
LEARNING
INSTITUTE



Term: Winter | Issue 19:4 | January 2020

MONTHLY MEETING

WINTERFEST!

Wednesday, January 8, 2020

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

Remembering Elvis Presley on his Birthday



Join us for our annual Winterfest meeting with more than 20 vendors from around the area and help us celebrate the King. On Elvis Presley's birthday, Scott Seeburger remembers one of the most celebrated performing artists of the 20th century. This presentation will recall all eras of his career and include his exciting performances, his impact on music, and Presley's personal spiritual journey. This discussion includes Presley's unexpected performances in Saginaw, which Seeburger was able to see. The program will include a question and answer. Seeburger has been a longtime music fan and former Contemporary Music Writer for *The Saginaw News*. He has written about music arts for several newspapers including the *Detroit Free Press*. He is also a former radio station group co-owner and worked as chief spokesperson for Dow Corning Corporation. He has been active for decades with arts groups in mid-Michigan and is a long-time music collector.

NOTES & NEWS

- Jan. 7, visit the Saginaw Castle Museum for their lunch and learn program—Gardner Williams: A Man of Many Firsts. Noon. \$1 fee.
- Don't forget to join us for the annual Winterfest celebration on January 8 at 8:45 a.m. Get ready to rock.
- Jan. 20, SVSU-OLLI closed for MLK Day.
- Join friends at the Chippewa Nature Center in Midland for a snowshoe hike on Jan. 21. 5 p.m. Free. Call (989) 631-0830 for more info.
- Too cold to go out? Check out the series *Grace and Frankie* on Netflix for a good laugh.
- Make your own hot cocoa with a recipe from Allrecipes.com.
- If you don't want to be trapped inside this winter season, try joining the OLLI cross country skiing or ping pong group.

CONTACT US

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WEIRD LAWS

MCL 436.201 “No person shall while in an offensive state of intoxication enter or be on or remain upon any railway train...”

IMPORTANT DATES

Wednesday, February 12

Monthly Meeting: Jennifer Stinson, Ph.D. SVSU
Unearthing the African American Dream...
Curtiss Hall Banquet Rooms

Wednesday, March 11

Monthly Meeting: Ben Cohen, Sm. House Farms
Saving our Seeds
Curtiss Hall Banquet Rooms

Wednesday, April 8

Monthly Meeting: Consumers Energy

CHAIR'S NOTE



Hello OLLI friends,

I recently read two articles in the Washington Post that reported good news for the future of the world. The first reported that progress is being made on being able to get energy from nuclear fusion. Fusion is what occurs when hydrogen atoms fuse together, giving off large amounts of energy. The hope is that perfecting this process would provide “a safe, clean and limitless source of energy”. Such an energy source would be wonderful news.

The second article was about a company called UBW Materials in Israel that turns trash into pseudo-plastic pellets that can then be used to make other items. The process uses almost all kinds of household trash. Employees first pull out large items like shoes and coffee makers, then remove metals, glass and rocks. They then use a proprietary process involving heat and chemicals to re-engineer the material into the pellets. Another company, Plasgad, makes pallets, crates and other products from the pellets. The Central Virginia Waste Management Authority has purchased recycling bins from them. As dealing with the world's trash has been a dire and growing environmental challenge, this new process is great news.

—Carol Gohm, Advisory Board Chair



COFFEE TALK

An American infatuation since the time of the Boston Tea Party, coffee plays a prominent role in many people's lives. Waking us up or warming us up, coffee may have more health benefits than being a tradition.



Benefits from coffee, both regular and decaf, come from anti-inflammatories and antioxidants found naturally in coffee. Studies have shown that coffee may even help lower the risk of endometrial cancer, gallstones, liver diseases, oral cancer, and type 2 diabetes, amongst many other benefits.

Doctors warn to steer clear of too much sugar and cream in your coffee, however, which can negate the potential health benefits of the drink. Drink it black or try adding a dash of cinnamon or ginger for additional benefits.

Most people can safely consume up to 400 mg of caffeine a day, or about 3 cups of regular coffee. So, drink to your health!



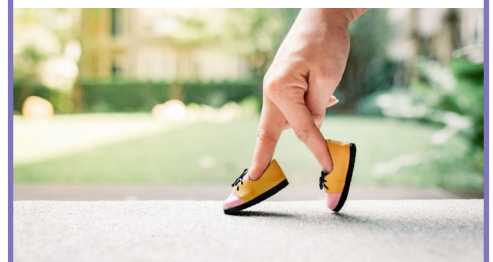
WALK THE WALK

Many people feel overwhelmed at the start of the new year with so much pressure and so many options to “get fit.” While most Americans are overweight (80% of men aged 50-54 and 73% of women aged 60-64 are overweight for example), slimming down and getting healthy can seem like a daunting and expensive task.

Gym memberships can cost anywhere between \$100-500 per year, and most make their profits by selling memberships to people who never or rarely use them, saving wear and tear on equipment. Fitness equipment can cost thousands of dollars and is often inaccessible to the home user for lack of money or space.

There is one thing that every person can do to get fit—get moving. Simply walking 30 minutes a day can help decrease weight and help improve muscle mass and endurance. Walking doesn't require any special equipment and is free, so it is available to almost everyone.

Not able to walk? Lift some hand weights to build up strength and muscle. Any additional movement is good for you and your body.



CURRENT INTEREST GROUPS

- Bridge
- Buddhist Psychology
- Celtic Music
- Choral Singing
- Cross Country Skiing
- Current Events
- Cycling
- Dinner
- Esoteric Cosmology
- Games
- Gardening
- Guitar
- Hiking
- Kayaking
- Knitting
- Lunch
- Movies
- Music Collegium
- OLLI Folks on Spokes
- Pickleball
- Ping Pong
- Recorder (dojo)
- Recreational Biking
- Sharing the Great Courses
- Stamp & Coin Collecting
- Theatre

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

MEMORIAL GARDEN



Many of you know, but some don't, about the OLLI Memorial Garden. This tiny bit of beauty sits behind the ponds of the Health and Human Services/Gilbertson buildings. Full of native Michigan plants, the OLLI

Memorial Garden serves as a place of respite and remembrance for those who wish to stop and sit for a while on its bench.

The OLLI Memorial Garden is upkept by members of the Garden Committee, which is currently looking for new, passionate, and able gardeners to spread their love to our little garden come springtime.

If you wish to join the Memorial Garden Committee and help upkeep and determine the future of the garden, please contact OLLI Director Katherine Ellison at keelliso@svsu.edu or by calling the OLLI office. The garden needs YOU!



OBITUARY

On a recent day trip, OLLI members were overheard discussing the problems with the dispersion of obituaries today in the Great Lakes Bay Region. Without a daily newspaper, sometimes obituaries, which often serve as the death notification, are not seen. It seems unfortunate that a short column about one's life should serve as the final notice on their death—did obituaries always serve this purpose?

The first obituaries were the “daily acts” of Rome. Daily announcements and notices of prominent deaths in newsletter form for public consumption. Also known as “Bills of Mortality” or “Memorial Advertisements,” the obituary didn't change much through the colonial era—as print was difficult. Obituaries were kept short, even for important people.

As technology improved and society changed, obituaries began to tell the reader more about the person and the era. Biographical and genealogical information was included in 19th century obits as a way to help notify as many relatives as possible through word of mouth. Additionally, industrial era obits focused on the deceased person's wealth and job status, a reflection of the significant issues of the time.

Obituaries can say a lot or a little about a person, where they were from, or the time in which they lived. The next time you read one, think about what *else* it is saying.

ADVISORY BOARD

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989.964.4016

SVSU Representative
Katherine Ellison, SVSU-OLLI
“The Adventurer” is published monthly for SVSU-OLLI members at Saginaw Valley State University.

GROUP FOCUS:



Happy Holidays from the OLLI Bridge Group!

For more information on playing with them, please contact Marilyn Bechtel at .989.894.1089.

NEWSLETTER

Reprints of this newsletter may be obtained by calling 989.964.4475.

Newsletter Editor:
Katherine Ellison
989.964.4475

DIRECTOR'S CORNER

OLLI Committees are the lifeblood of the behind-the-scenes operation of our organization.

There are six committees beyond the Advisory Board.

These committees are made up of volunteers like you and help advise the director and associate director on member wants and needs. Currently we are looking for new members for our membership committee, which greets and passes out lanyards at the monthly meetings. We are also in

need of new members for the Memorial Garden Committee which oversees the garden and its operation.



POP-UP CLASS!

CLASS HIGHLIGHT

POP UP CLASS: Domestic & World Political Update

In keeping with the structure of our long-running and successful course, World Political Update, this offering will discuss ongoing areas of concern and interest, especially with elections in Israel, Uruguay (the canary in the coal mine of Latin America), Hong Kong and other locations. Additionally, we will also discuss the very real and historic significance of the impeachment hearings, the potential blowback Democrats may face because of the same and the historic context of impeachment itself. As always, we will address issues and questions students bring to the course.

**Tuesday and Wednesday 1/14-1/15
11-4 p.m.**

\$54 for Members

\$81 for Non-Members

Instructor: Jim Johnson

TRIP HIGHLIGHT

PREVIEW: America by Rail

Are you ready for something different? America by Rail provides escorted train tours to North America's premier destinations. Travel the comfortable, fun way to exciting destinations throughout the United States and Canada! Relax in your comfortable Coach seat with leg rest or choose to upgrade to a private Roomette or Bedroom. Either way, you are sure to enjoy spectacular views as we ride the rails. Join us to find out more about America by Rail, the best way to see America!

Wednesday, January 8

11:30 a.m.-12:30 p.m.

**Free for Members and Non-Members
C140**



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