

Continuing this *Adventure* called *Life for 20 Years!*



# the *Adventurer*



Term: Fall | Issue 20:1 | September 2020



## MONTHLY MEETING

### BIRDING WITH GREG

Wednesday, October 14, 2020

ONLINE



From Birdwatching in your backyard to Birding across Michigan, Greg Bodker's beautiful photography will help you learn more about birds and demonstrate the joys of

birding you can have both in your backyard and in the field. Novice and aspiring birders will especially benefit from the program. Topics include: Differences between birding and birdwatching, the excitement and enjoyment of birdwatching, how to attract more birds to your backyard, backyard birds, types of seed, feeders and their care, how birding beyond the backyard leads to many enriching experiences, birds you can find in Michigan and places to go birding, the excitement of a bird chase, stories from the field while birding, birding tools - what to take on a bird trip, and birding ethics.

Must RSVP/register online at [svsu.edu/olli](http://svsu.edu/olli) for access via Zoom. Free for members. Renew your membership today! [svsu.edu/olli](http://svsu.edu/olli)

## NOTES & NEWS

- OLLI continues to strive to keep everyone engaged, for a complete list of up to date programming and events, please check our website or call the office. For community events, please check online for information.
- October registration is NOW open! Call the OLLI office or sign up online today.
- Wondering where to walk once it gets cold? Walk for free through the Bay City Town Center at 4101 East Wilder Road , Bay City.
- Feeling spooky this October? Check out the OLLI "Six Feet Under Series" under local adventures. Each session features a different cemetery. Be ready to *dig up* some interesting info!

## CONTACT US

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## OLLI FAQ

SVSU OLLI is one of 124 OLLIs nationwide. It is the longest operating OLLI in Michigan.

## IMPORTANT DATES

Wednesday, October 14	Monthly Meeting: Greg Bodker on Birding <i>Online</i>
Wednesday, November 11	Monthly Meeting: TBA <i>Online</i>
December	Monthly Meeting: TBD

*Make Sure to Renew Your Membership Today at [svsu.edu/olli](http://svsu.edu/olli)*

## CHAIR'S NOTE



Greetings from your Advisory Board. September 1 begins a year long celebration of our 20th anniversary. I found the following quotation

in my box of quotes and thought it might be a good way to begin our new year. I have no idea who the author is, but I like the words. "Anyone can give up: it's the easiest thing in the world to do. But to hold it together when everyone would expect you to fall apart, that's true strength." (Chris Bradford). There is no doubt about it. The past six months have been difficult for all of us and that includes our OLLI program and everyone involved with it. One option that was never available to OLLI was giving up. Take a look at the past few weeks. Your advisory board had a unique meeting in the park socially distanced at several picnic tables. Shelley has been meeting regularly with the travel committee giving updates and making plans. A date has been set for the curriculum committee to meet. The membership committee is looking for ways to help with our membership drive. And did you look at the offerings sent out by our director and associate with the almost 70 classes and 14 local events? And that was just for the month of September! Some of our interest groups have been able to meet. New members have been coming forth and volunteering to take on special responsibilities. Our SVSU OLLI did not and has not given up. The future is taking shape and it is looking good. Our staff is determined to keep our OLLI going into our 21st year stronger than ever. Special thanks to the over 500 of you that have already renewed your membership. If you have not done so, please take a minute today to do so. We need everyone to renew as a sign of strength and determination as we go forth. It will be different, but OLLI is not going away thanks to all of you.

—Roger Spann, Advisory Board Chair

## SAFETY FIRST

At OLLI, safety is our number one priority when it comes to our members. Last month, you probably noticed the newsletter column on the Cardinal 5 practices for staying safe. We have taken this same concept on the road with OLLI classes and local adventures, promoting social distancing, mask wearing, and additional sanitizing and cleanliness.

We remain vigilant in keeping members safe and offering an option for everyone—face-to-face, virtual via Zoom, and livestreams. Take another look at our monthly programming



and see if one of these options fits your comfort zone. Meanwhile, keep the Cardinal 5 in mind and know that OLLI will be following the plan:

1. DAILY HEALTH SELF-SCREENING
2. MASKS / FACE COVERINGS
3. PHYSICAL / SOCIAL DISTANCING
4. HAND WASHING / SANITIZING
5. BE CONSIDERATE OF OTHERS

Stay informed, stay engaged, and stay safe!

## RETIREMENT PLAN

A new study, *Estimating 'The End' of Retirement*, has come out recently, which argues that most individuals do not plan appropriately for their retirement, underestimating their lifespan by at least 5 years.

The study found that even those who factor in gender, health, smoking, etc. or plan to be around for 20-30 years after retirement are often underestimating; therefore they are not planning well for the best golden years they could have.

The study found that on average individuals should add an additional 5 years to their retirement finance plan and couples should add an additional 8 years to their plans for each of them, even while factoring in one spouse passing before the other.

The study also reiterates the fact that life expectancies in the United States continue to increase and it is more and more likely for people to live past age 95 or potentially more than 30 years post-retirement.

Morning Star Investment Management LLC. *Estimating 'The End' of Retirement*. Chicago (August 20, 2020).

## OLLI SNAPSHOT

Beacher & Ruth Pearce enjoy the flowers during the OLLI Local Adventure to Dahlia Hill on September 1.



## INSTRUCTOR FOCUS



Hello, my name is Anna VanKirk. I am the crazy fitness instructor you may have bumped into at SVSU. My journey as a fitness instructor really skyrocketed when a friend of mine asked me to

take over OLLI's Strength Training classes. At the age of 18 I took over two of the Strength Training classes and fell in love with them... I fell in love with the ability to help others truly move and feel amazing. From there I knew there was more I could offer to people... I then started offering Pilates & Spinning classes. My classes continue to give me the ability to transform the outlook people have on fitness. Fitness should be FUN, it shouldn't feel like a chore! I am continuing to grow and learn as a personal trainer/fitness instructor. I am currently going to school pursuing a degree in Exercise Science along with Small Business Management in hopes of owning my own fitness studio one day. I love hiking, biking, skiing, traveling, shopping, family time, exercising and hanging out with my adventure buddy (my fiancé Ty). As busy as I can be, when it comes to my days off you'll most likely find me snuggling with my 5 month old chihuahua and wiener dog mix named Roxy.



## FALL FUN

As the end of September officially ushers in fall, October brings the traditional pumpkins, colored leaves, and the start of the holiday season. With some grandchildren at home, learning virtually, this fall, take advantage of visiting them and learning together with this fun and delicious fall treat. Practice their (and your!) math, science, and fine motor skills.



### Bread in a Bag



#### You will Need:

- 3 cups plain flour, divided
- 3 tablespoons granulated sugar
- 1 .25oz Packet rapid rise yeast
- 1.5 teaspoons salt
- 1 cup of warm water
- 3 tablespoons olive oil
- 1 gallon size zip-top bag

#### Directions:

Open up the bag and place in a bowl. Add 1 cup flour, 3 T sugar, packet of yeast, and 1 cup warm water (110' F or baby's bathwater temperature). Squeeze air out of bag and seal. Massage with your hands until well mixed. Let mixture sit for 10-15 minutes.

Open up bag and add 1 cup flour, salt, and olive oil. Seal the bag and mix again.

Add last cup of flour, seal the bag and mix again. Remove the dough and knead on a floured surface for 10 minutes. Cover with a damp towel or plastic wrap and let rise for 30 minutes. Place in a greased pan and bake for 25 minutes at 375'F. Enjoy warm with butter.

## ADVISORY BOARD

**Chair—Roger Spann**  
989.799.8417

**Vice Chair—TBD**

**Secretary—Chris Eckerle**  
989.684.2058

**Curriculum Committee Chair**  
Chris Eckerle  
989.684.2058

**Membership Committee Chair**  
Karen Howell  
989.684.6598

**Finance Committee Chair**  
John Walter  
989.631.5403

**Travel Committee Chair**  
Roger Spann  
989.799.8417

**Technology Committee Chair**  
OPEN

**Memorial Garden Chair**  
OPEN

**At Large Member(s)**  
Carol Likam 989.753.9463

**Faculty Representative**  
Christine Noller, Health Sciences  
989.964.4016

**SVSU Representative**  
Katherine Ellison, SVSU-OLLI

## NEW COOKING INTEREST GROUP

Do you dream of dumplings, salivate over soufflés or go bonkers for borscht? If so, this interest group is for you! Join OLLI member Linda Phillips on a culinary adventure and discuss your favorite dishes and cooking techniques in this new OLLI interest group. Group members will initially meet virtually, but future meetings will actually involve cooking together as a group when guidelines allow. For more information or to join, contact group leader Linda Phillips at LindaAPhillips@yahoo.com or 989-980-8279.



## 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  
989.964.4475

## DIRECTOR'S CORNER

I want to thank everyone that has already renewed their OLLI membership. I was impressed by the outpouring of support for OLLI in our 20th year, but I know there are still many of you that have not renewed—there is still time, just give the OLLI office a call and we will help you. Meanwhile, we have been working around the clock on fall scheduling. We are really excited about what classes and local adventures we have to offer, so keep an eye on your email and the website for the latest news! If you're not ready to join us in person yet, check out the virtual options we offer. We are always there to help members wanting to access classes via Zoom or livestream, just call us!



## CLASS HIGHLIGHT

### OLLI Political Roundtable: Revisiting the Past 4 Yrs.

In an historic campaign that drastically altered the political map, Donald Trump gained an electoral victory in the 2016 election. Featuring political scientist Dr. Todd Curry of the University of Texas, Western Michigan University historian, William Watson, M.A., and Delta College economist Erik Q. Beckman, this group of experts will lend their analysis to what has happened over the last four years inside the White House and the country. The panel will respond to audience questions and each other regarding the Trump Administration's policies over the last 4 years and their impact on the world along with the upcoming 2020 election.

**Panel**  
**Thursday • 10/15**  
**2-4 p.m. Virtual via Zoom**  
**Price: \$10 for members**

## TRAVEL HIGHLIGHT

### Six Feet Under Tours

Check out the October calendar for 3 spooky tours of local cemeteries and one virtual tour of Grand Rapids' Fulton Graveyard, perfect fodder to get into the Halloween spirit! Join local guides as they visit cemeteries across the Great Lakes Bay Region and beyond, including Oakwood Cemetery in Saginaw, the Midland City Cemetery in Midland, Pine Ridge in Bay City, and Fulton in Grand Rapids. Learn about the history of these fascinating resting places and who is buried beneath them.



**10/16, 10/23, 10/26 OR 10/30**  
**Times and Locations Vary**  
**Price: varies**

Renew Your OLLI Membership Today!

