

the *Adventurer*



Term: Fall | Issue 18:1 | September 2018

MONTHLY MEETING

FALL KICKOFF! Cancer Free with CyberKnife

WEDNESDAY Sept. 12, 2018

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



Dr. V. Elayne Arterbery Radiation Oncologist at Seton Cancer Institute will lead a discussion into the current advances in cancer care for patients

while highlighting the unique capabilities of the CyberKnife system. The St. Mary's of Michigan CyberKnife, located in Saginaw, brings leading-edge technology and a highly sought-after treatment option to our local communities. This specialized system provides patients a pain-free, nonsurgical option for the treatment of tumors anywhere in the body, often with little to no recovery time or side effects. Dr. Arterbery will discuss current advances in treatment options and review a series of actual patient case studies. Taking a special interest herself in the treatment of cancer of the prostate and breast Dr. Arterbery will also share the current research and advances being made to care for these patients less invasively in the future.

NOTES & NEWS

- Have a safe and happy Labor Day weekend! The OLLI office and campus will be closed Monday September 3 in observance.
- Those 65+ may enjoy free admission at the Saginaw Children's Zoo on Wednesday, September 5.
- Check out the Hemlock Sawdust Days Festival from 9/14-9/16, more info at hemlocksawdustdays.com
- If you're interested in writing, the 14th annual fall writing workshop, "Gateway to Writing" is taking place on 10/6 in Standish. To register or for information call 989.846.8211.
- Join Abraham Lincoln, Benjamin Franklin, voyageurs, redcoats, and confederates alike for the Bay City River of Time September 28-30 in Veterans Park. Free Admission.

CONTACT US

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OLLI WISDOM

"Just spend your life doing what you love to do."

IMPORTANT DATES

Wednesday Oct. 10

Monthly Meeting: Fast, Feast, and Fest: World Religions and their Holy Days
By: David Nicols, Ph.D—SVSU
Curtiss Hall Banquet Rooms

Wednesday Nov. 14

Monthly Meeting: Caring for Yourself While Caring for Another
By: Jerry Willing, LMSW, LMFT
Curtiss Hall Banquet Rooms

CHAIR'S NOTE

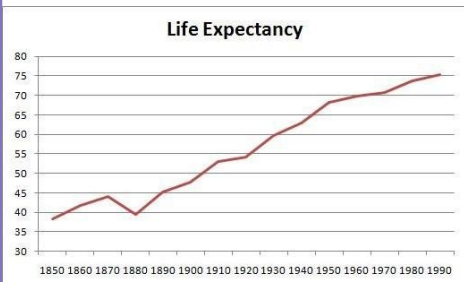


Hello OLLI friends,

As some of you know, I'm a news junkie. One problem with that is that so much of today's news is negative. It's depressing. Sometimes I blame the news outlets, but, really, they are only catering to our natural human tendency to focus on negative information. It takes a concerted effort to look for positive news. For that reason, I decided that I wanted to pass on some positive news in this article.

I've been reading a book called, "Enlightenment Now" by Steven Pinker. He spends most of the book documenting ways that the world is better now than it has ever been. It's a very good antidote to current news. For example, did you know that the average lifespan in the world in 2015 was 71.4 years. I'd never have guessed it was that high worldwide. In the 1700s and 1800s it was about 30. Then around 1880 it started rising, rising rapidly. Much of the rise is due to declines in infant mortality. The percent of children who died before the age of 5 in Sweden, for example, went from about 35% in 1750 to less than 5% in 2013. The implications of this decline are huge. It means that a host of other things have improved: water quality, nutrition, health care, lack of violence, etc. Thus, the decline infant mortality measures the quality of life overall. Very good news.

—Carol Gohm, Advisory Board Chair



HAPPY BIRTHDAY

Blaine Trombley, our oldest, or "most seasoned," OLLI member recently turned 102 years old! He celebrated amongst friends in the Bridge interest group.



Trombley was born during the Great War and grew up during the Roaring Twenties and Great Depression. He has seen 18 Presidents over his lifetime and been able to vote for 14 of them.

He witnessed WWII as a PT boat captain, The Cold War, Korea, Vietnam, the Persian Gulf War, and War on Terrorism.

Before retiring and joining OLLI Trombley was the president of Mutual Savings and Loan.



NEW COLUMN

You may have noticed that we've traded in the "OLLI Decoded" column for something new this year— "OLLI Wisdom."

In this spot, we'll be bringing in some inspiration from the younger generation at SVSU—any advice they have for those aged 50 and older!



In the OLLI office, we thought this might be an interesting experiment to see what college students come up with for advice—things they must find significant. Take it with a grain of salt and enjoy hearing a few words from our friends in the halls. The quote for this month is certainly fitting for our OLLI members!

If you'd like a college student's advice on something in particular—how to get back into the dating world, how to answer your email on your phone, or how to connect with younger people—let the OLLI office know and we'll be sure to get the scoop!



CURRENT INTEREST GROUPS

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

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

MEMBER SPOTLIGHT

One-Who-Cleans-Behind-the-Scenes: An Interview

Dr. E- "I was wondering if you would be interested in doing the member spotlight column for the September OLLI newsletter--first one of the new membership year! "

O-"After years of a "sort of" public-face; quite "cloaked" and under-the-radar is my currently preferred stance at least so far as can be achieved....my goal is to leave the planet virtually "ungoogleable"....so far not quite attained but locating me on the internet does take some doing. I much enjoy the intricacies and subtle dynamics of playing my new role: that of the offstage disembodied "voice" becoming a whisper, becoming a smile, becoming a wink....thankfully, there are no spotlights offstage, but the dust mites can keep me busy! "

Dr. E- "What advantages do you feel a masked correspondence affords you?

O- "Theatre is an amazing metaphor for life....Shakespeare has assisted greatly in raising awareness of the vital value of mutuality and collegiality in the roles we play not for personal advantages but in an effort to serve the ultimate success of the whole play. The stage hand's tasks are as important as the well delivered lines of the spotlighted play's lead character and one cannot function optimally without the optimal "selfless performance" of the other."

ICELAND

A group of 42 OLLI members recently returned from a trip to the "Land of Fire and Ice," Iceland.

Highlights from the trip included: the



famed Blue Lagoon thermal Spa, breathtaking waterfalls and volcanic landscapes, geothermal geysers, an outstanding whale watching excursion, and several traditional cuisine experiences.

OLLI Associate Director Shelley Wegner led the group. "Iceland was one of the most unique and beautiful places I have ever seen. From the glaciers and snow covered peaks to the rolling hills, grazing sheep, and lava fields, I found it so wonderfully pristine," noted trip participant Joanne Rummel.



ADVISORY BOARD

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Faculty Representative
Christine Noller, Health Sciences
989.964.4016

SVSU Representative
Katherine Ellison, SVSU-OLLI

GROUP FOCUS: THEATRE TICKETS



The Theatre Interest Group has tickets for two Broadway shows taking place in Midland, MI at the Midland Center for the Arts: *Something Rotten* on 11-24-18 at 2 p.m. and *Kinky Boots* on 5-29-19 at 7:30 p.m. Cost for each is \$69/ticket. Dinner before/after the show and transportation are on your own, but this is a great chance to meet other OLLI members and enjoy a brilliant performance.

To buy tickets, see Dick Holmes at the Theatre Group table at the monthly meetings or contact him at (989) 781-4450 to find out more. *All checks must be made out to "SVSU."*

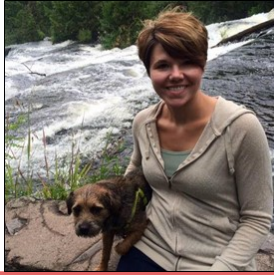
NEWSLETTER

"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

Living in a small town is one of the few great joys in life, though it's not for everyone. You have to enjoy running into someone you know and having a chat *every time* you go into a store or restaurant. You have to appreciate the mailperson knowing where your mail belongs even if it's misaddressed. You have to know every dog in town, on sight, and you have to wave at passersby at least five times before getting out of town. Small towns are a place where people know each other, enough to still care in this fast-paced world. They may ask about your day a little too frequently, but they *really* want to know. If you want a taste of small town America, join me at our Hemlock Sawdust Days Festival in September. Yes, it's about Sawdust.



3.2

CLASS HIGHLIGHT

Choosing Wisely

Are you smarter than a medical student? You may not be as smart as your doctor, but you have real-life experience, and common sense besides. Couple that with what Dr. Louis Constan, experienced Saginaw Physician, can teach you using the internationally acclaimed "Choosing Wisely" Program, and you just might become smarter in some ways than Dr. Constan's medical students. You'll see this for yourself during the class as you play his quiz game called, appropriately: "Are you smarter than a medical student?" Along the way, you'll learn how to ask the right questions to ensure that you get the right amount of medical care. No more...and no less.

Thursdays 9/6, 9/13, 9/20
10am-12:30pm C129
\$27 Members/\$54 Non-Members

TRIP HIGHLIGHT

School of Rock

Based on the hit film, *School of Rock* is an energetic musical comedy that follows the life of wannabe rock star Dewey Finn as he serves time as a substitute teacher. Turning his class of straight-A students into a rock band, Finn inspires everyone to be a little-bit rock. This performance features all the songs from the film as well as 14 new songs from Andrew Lloyd Webber of *Phantom of the Opera*-fame and a kids' rock band. We will enjoy lunch beforehand at Bravo Cucina Italiano. This trip includes motor coach transportation from SVSU, the performance, and lunch.



Saturday, September 22
9am-6pm
\$155 Members/\$175 Non-Members



We enrich.



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