

# the *Adventurer*

OSHER  
LIFELONG  
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INSTITUTE



Term: Winter | Issue 18:4 | January 2019

## MONTHLY MEETING

### Winterfest w/the Saginaw Elite Big Band!

Wednesday, Jan. 9, 2019

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

Join your OLLI friends to dance the *morning* away at this lively Winterfest meeting. We'll be joined by the Saginaw Elite Big Band! The Saginaw Elite Big Band is comprised of musicians that are experienced veterans of local concert, variety and swing/ballroom dance bands that have performed in and around the Great Lakes Bay Region over the last 25 years. The Saginaw Elite Big Band will cover and perform music pieces ranging from jazz to high energy swing and ballroom dance standards. This band was formed with the intent to provide only the best arrangements of music - performed by the best musicians in the area!

Bring a friend and show them what OLLI is all about!



## NOTES & NEWS

- Check out the *Yes We Can!* Exhibit of artists age 80 and older at Midland's Creative 360 on January 11 from 7-8:30 p.m. Free.
- OLLI/SVSU Closed January 21 for MLK Day.
- Join SVSU in welcoming Valerie Jarrett, senior advisor to President Obama, at her keynote address for the MLK regional celebration on January 23 at 7pm. Free.
- On January 25th help out by giving blood on campus in the Student Center Thompson Room.
- Find your next car at the Michigan International Auto Show in Grand Rapids on January 31.
- Happy New Year!

## CONTACT US

SVSU Osher Lifelong Learning Institute  
7400 Bay Road  
Curtiss 111

University Center, MI 48710  
989.964.4475

[www.svsu.edu/olli](http://www.svsu.edu/olli)  
[olli@svsu.edu](mailto:olli@svsu.edu)



## OLLI WISDOM

*"Older doesn't always mean wiser, unfortunately."*

## IMPORTANT DATES

December 21-January 1	OLLI/SVSU CLOSED—Winter Break
January 21	MLK Day—OLLI/SVSU CLOSED
February 13	Monthly Meeting: <i>Unearthing the African American Dream in the 19<sup>th</sup> Century Midwest</i> By: Jennifer Stinson, Ph.D. SVSU <i>Curtiss Hall Banquet Rooms</i>

## CHAIR'S NOTE



Hello OLLI friends,

Continuing my theme of good news, this month's good news is a b o u t "kindness contagion",

a term used by Professor Jamil Zaki of Stanford University. It turns out that witnessing or being the recipient of an act of kindness inspires other acts of kindness. For example, Washington Post writer Steven Petrow writes about offering to share a scone with a person behind him in the line who cried out that he had wanted that last scone. His offer was met by that person buying another pastry and offering to share it. Another time a total stranger in front of

him in line paid for his coffee, saying that he just does that sometimes because it makes him feel good.



Professor Melanie Rudd at the University of Houston would say that acts of sharing and giving lead to a "helper's high", a good feeling that occurs when we do something nice for someone and see them happy. Doing a kindness may be "impure altruism" as she calls it because it makes us happy too, but it is still a good deed. So, buy someone a cup of coffee, smile at a stranger, do something nice for someone. Not only will you be helping them, but you will feel a nice warm glow too. AND It will spread.



—Carol Gohm, Advisory Board Chair

## OLLI SPECIAL FEATURE

# OLLI Tai Chi/QiGong Festival

## Saturday, March 9, 2019

This gentle form of exercise can help maintain strength, flexibility, and balance. It could be the perfect activity for the rest of your life. Tai Chi is often described as "meditation in motion." Transform your quality of life as millions of Chinese have. "The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improves health," according to the Mayo Clinic, per the Harvard Medical School.

Students and teachers from around the state will explore the latest developments and techniques. This event will be hosted by SVSU/OLLI's Tai Chi teacher and founding member of Cloud Hands Michigan, Jim Bush. The sessions focus on interesting aspects of these Arts, led by outstanding instructors from around Michigan.

Sessions will be relaxed and suitable for beginners as well as more advanced practitioners. There will be sufficient breaks, with lunch included in the cost. Wear comfortable clothing for movement. Please note that swords or weapons are not allowed per SVSU University policy.



### Details:

- Date: Saturday, March 9, 2019
- Time: 9:15am-3:30pm  
*Registration begins at 8:45am*
- Location: Saginaw Valley State University  
Curtiss Hall Banquet Rooms
- Cost: \$30 (Includes lunch) until Feb. 28  
\$40 (Includes lunch) after Feb. 28

**Get Fit  
Physically  
& Mentally  
in 2019!**

**REGISTER ONLINE TODAY at [SVSU.EDU/OLLI](http://SVSU.EDU/OLLI)  
Or 989.964.4475**

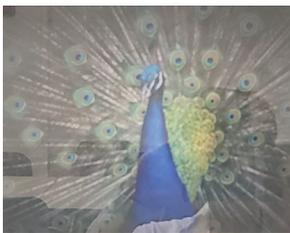
## MEMBER SPOTLIGHT

### *Ray Novak*

It took many years for me to find photography as a means of artistic expression.

I think of photography as a life-long learning process, constantly evolving. You bring to the art all the pictures you have seen, the books you have read, the people you have encountered. With every press of the camera shutter, the process, the inspiration and the journey that brought me to that place, all of it builds upon itself to shape the vision and composition of every image I take.

As I fulfill my own curiosity to explore, create, and grow, it is my hope to capture images that inspire people to get out and enjoy their surroundings. There's nothing quite like seeing the image with your own eyes, taking it all in with a deep breath, to make you feel more alive than ever.



Here's to enjoying the never ending journey of photography.

*OLLI members can now view Ray's exhibit of photographs in the OLLI classroom, Curtiss 129.*



## A GROUP IN NEED

The Bay City VITA program needs your help! The Volunteer Income Tax Assistance (VITA) program provides free income tax filing assistance to low-to-moderate income individuals using IRS-certified volunteers.

Volunteers are needed to prepare taxes or to act as greeters. Training is provided at no cost to the volunteer. The training for volunteer tax preparers will be held at Delta College on Jan 2-4, 2019. This training will include a tax law refresher as well as working 15 or more "storybook" problems to practice with the tax preparation software. Volunteers are required to take an IRS test to become certified to do taxes as a VITA volunteer.

Taxes will be done 2/13- 4/11/19 at the Financial Edge CU in Bay City from 9 a.m.-5 p.m.. You don't need to volunteer all 3 days or even all day. Some of our current volunteers help out a half day a week. Your help could make the difference for someone in need.

If you are interested or need more information, please call Ted Wolanin at 989-631-7262.



## ADVISORY BOARD

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## GROUP FOCUS: LET'S MAKE IT REEL!

Do you jump at the thought of a good thriller? Do you have a shrine to Sean Connery in your living room? Do you just enjoy eating popcorn out of a cardboard bucket or drinking soda by the gallon? Then look no further! This is a new interest group just for movie lovers! Join us as a group for "Thrifty Ticket Tuesday" at Goodrich Quality Theaters in Saginaw and enjoy a good movie with friends! Cost is \$5/person/per movie. Contact Cheryl Revard at [clrevard@gmail.com](mailto:clrevard@gmail.com) or 989.326.3997 to join today! Group begins January 15, 2019.



## 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

January marks the beginning of yet another new year. Many of us will dust off our treadmill, throw out the candy, or grab a smaller size at the store to “work toward.” Bettering yourself doesn’t have to be that hard, however. Did you know that socializing with friends at things like OLLI classes, meetings, and trips, can lessen things like depression and actually help you live longer? Keeping your mind active is also extremely beneficial in combatting mental decline and hastening the onset of diseases such as Alzheimer’s. One of the most healthful resolutions may be to just keep having fun and learning with OLLI! You might even find it easier to sign up for another OLLI class than pass up that second piece of chocolate cake.



*Handwritten signature or initials.*

## CLASS HIGHLIGHT

### SAVE THE DATE—Tai Ji/Qigong Workshop with Deng Ming Dao

Deng Ming-Dao is an author, marital artist, and Taoist. He is known nationally and internationally for nine books, including *The Chronicles of Tao*, a biography of his Taoist master; *365 Tao*, a book of daily meditations; and *Scholar Warrior*, a book showing how exercises, meditations, and philosophy combine into a single spiritual path. His books have been translated into sixteen languages.

*Join Deng Ming-Dao for a series of seminars. Come to one or all:*

- (1) The 8 Pieces of Brocade & Taoist Meditation
- (2) The Muscle Change Classic. Qigong from Bodhidharma
- (3) Review of Taiji 10 and Taiji 24

**Thursday and Friday 5/16 & 5/17**  
**\$36 Members/\$52 Non-Members**  
 (per seminar)

## TRIP HIGHLIGHT

### *Anastasia* at the Wharton



Inspired by the beloved film, the romantic and adventure-filled new musical *Anastasia* is on a journey to Mid-Michigan! This dazzling show transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing con man and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. This trip includes motor coach transportation from SVSU, performance, and lunch.

**Saturday, January 19**  
**8:30 a.m.-7 p.m.**  
**\$140 Members/\$160 Non-Members**



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 University Center, MI 48710

