

the Adventurer

Term: Winter | Issue 17:4 | January 2018

OSHER
LIFELONG
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MONTHLY MEETING

Winterfest & Diversity Month

8:45 am—Registration, Vendor Tables, & Light Refreshments

9:30 am—Welcome & Announcements



This address from Dr. Mamie Thorns, SVSU special assistant to the president for Diversity Programs, will explore the importance of educating the public on better understanding individuals with different backgrounds and lifestyles.

Beginning this past year, SVSU — with Dr. Thorns' guidance — began hosting a series of lectures and training sessions aimed at broadening the audience's understanding of people of different genders, ethnicities, nationalities, religious affiliations, and worldviews. Professional speakers, coaches, consultants, authors and experts from national organizations have been invited as keynote speakers to SVSU's Cultural Competency Dialogue series, which also has involved interactive ice-breaker sessions and role-playing scenarios that have allowed attendees to better grasp the perspectives of others.

NOTES & NEWS

- The *Adventurer* has a new look! Same great information included in a new easier to follow format!
- OLLI office hours resume after winter break on Wednesday, January 3.
- Campus will be closed on Monday, January 15 for Martin Luther King, Jr. Day.
- January 4 is National Trivia Day—did you know that a baby can cost new parents 750 hours of sleep in the first year? Now you know why our Director might be tired!
- Wish Michigan a happy birthday on January 26! She'll be 181 years old this year.

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QR
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IMPORTANT DATES

Wednesday, Feb. 14

Monthly Meeting: The Life and Times of the Lincolns

By: Abraham and Mary Todd Lincoln
Curtiss Hall-Banquet Rooms

Wednesday Mar. 14

Monthly Meeting: The Problem of Gerrymandering

By: Kevin Deegan-Krause, Ph.D. (WSU)
Curtiss Hall-Banquet Rooms

CHAIR'S NOTE



Hello, OLLI friends.

Alistair Fraser, who used to be a faculty member at Pennsylvania State University and is now Emeritus Professor of Meteorology, now lives at Kootenay Lake in British Columbia, Canada. His blog is revelatory.

Photography that catches the smallest detail of birds, marmots, black bears, Grizzly bears, insects and the physics of nature (especially rainbows) is just part of this glorious blog.

But it also includes such hilarious descriptions as this one:

"It seems that a PR representative of the Union of Carrion Workers (Vulture Division) must read my blog. A week ago, I commented that I had only ever seen Turkey Vultures flying, but never perched. Apparently, the Vulture Local was concerned by this lack of representation, and three days later, I was shown seven of them perched in trees. However, they were all distant and I posted nothing about it. So, the vultures upped the ante and yesterday I was given a close view of two. It pays to complain."

In these days when we all need to be a bit more serious than is good for us, and who thirst for knowledge about our natural world, I recommend this blog. If you have not already, please check it out at <http://blog.kootenay-lake.ca/>

Leslie Sanders
OLLI Advisory Board Chair



GET FIT WITH OLLI

As we get older, it seems harder and harder to keep the pounds off or take them off when we need to. Getting fit or staying fit can be challenging, but OLLI offers a number of options to keep your heart rate up and your pant size down. If you've never tried yoga or Zumba, now is a great time to take the plunge and meet your fitness goals in 2018.

If you're not quite ready to join a group fitness class, try lacing up your walking shoes and hitting the halls around SVSU's campus. Walking is a great, low-impact, way to shed pounds and build muscle—and it's practically free. All you need is a good pair of comfortable walking shoes to get started.

Though there is a wide swath of older active adults, ranging from those running marathons to those struggling to walk a few blocks, the US Government recommends just 30 minutes a day of moderate aerobic exercise, five days a week for improved health and fitness. For an average-sized person, this equates to a burn of between 500 to 625 calories per week. Combined with a healthy and nutritious diet and you'll feel better in no time—having more energy, experiencing more restful sleep, and perhaps you'll even be a bit slimmer in the waist.



BANISHED WORDS

Have you ever heard a particular word used again and again on television or the radio and you wonder what it means or where it even came from?

Words have a way of being overused by the media—probably suggestive of our lack of creativity with the English language here in the United States. Nonetheless, we are bombarded with the same “in the moment” words again and again until they either join our lexicon or fade away.

Lake Superior State University in Sault Ste. Marie, Michigan has sought to do something about these annoyingly overused words. For more than forty years—they've banished them!

At the beginning of each year, LSSU releases its “banished word list” from the previous year, focusing on words that have fallen prey to “mis-use, over-use, and general uselessness.” Originally started as a clever publicity ploy for the little known Lake Superior State College in 1976, the tradition of a yearly list stuck.

In 2017 such words and phrases as “town hall meeting” and “post-truth” that came out of the presidential election cycle were done away with, as well as “bigly” and “historic.”

For 2018's list of words come January 1, check out:

**say “ ”
what!**

[https://
www2.lssu.edu/banished-words-list/](https://www2.lssu.edu/banished-words-list/)

CURRENT INTEREST GROUPS

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

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

MEMBER SPOTLIGHT

“Chance Encounter”

(Continued from Nov.)

...But instead he asked if he could share her booth as the restaurant was filling with the noon crowd.

Was this some pick-up line? She then gave him a quick study: About her age, taller, not exactly good-looking but with those sad brown eyes and raindrops dampening his light brown hair, he looks like a puppy that really needs to be rescued from the elements. It's a busy place, it can't do any harm. So she invited him to join her.

“I’m Marcia, Marcie, by the way, and you are?”

“It’s Brad, Brad Middleton. Do you eat her often, haven’t seen you before.”

Now that was definitely a pick-up line. “Not often, but it’s convenient to my work.”

“And that might be?”

“Oh, the large medical complex on Sheridan, right around the corner. And you?”

“Well, I’m recently discharged from the service and I’m helping out in my dad’s insurance office until something works out for me.”...

Want to read the rest?

Visit our SVSU OLLI

Facebook page on Dec. 15!



WINTER SAFETY

Baby it’s cold outside! How cold is too cold, however? Here in Michigan the weather varies from crisp 40 degree temperatures and sunshine to frigid sub-zero wind chills in January. While the weather impacts some more than others, there are some tips to follow no matter who you are.

First, avoid being exposed to temperatures below zero for very long without proper gear. If you must venture out into the cold, make sure your head and ears are covered, from which you are bound to lose most of your body heat. Gloves or mittens to keep fingers covered to avoid frostbite and chapped skin are also important. If you must be out longer than a short time, you may want to invest in a balaclava or facemask to cover your nose and mouth area. This will help keep your face warm, but also warm the air you breath before it hits your lungs, making breathing easier. Thick socks or multiple layers of cotton or wool socks will help keep your feet dry and warm as well.

Second, snow and ice can cause slips and falls especially dangerous to older people, no matter how active you normally are. Prepare yourself for the winter conditions by purchasing nonslip boots or a pair of YakTrax that slip over the sole of your boots or shoes and provide extra grip on snow or ice when walking or even running. Likewise, be careful when walking through light snow because the pavement beneath may have frozen over with a thin layer of ice.

GROUP FOCUS: STAMP & COIN COLLECTING

Does your stomach lurch at the thought of a lost British Guiana 1856 one cent magenta? Does your vanity plate say CNJNKY1? Then you probably belong in the OLLI Stamp & Coin group as a dedicated philatelist or numismatist. Join this interest group to ponder the interest and values of currency and postage amongst judgement-free friends who also dream of buckets of silver nickels and steel pennies. For more information, contact group leader Bob Bula at 989.781.1126.



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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

It's another new year! Did you finish out 2017 with a bang and/or do you have high expectations for 2018? Did you set a resolution to get fit? Learn something new? Or go somewhere amazing? OLLI can help you meet your goals. Here at OLLI we're looking forward to another great year of classes, trips, and events geared toward our members' interests. Let the OLLI staff or committees know what you'd like to see more of in 2018 and we will try to accommodate! Personally, I'm looking forward to being able to travel more with OLLI members and experience some of the same great adventures that make people say, "I can't wait until I'm 50 so I can join OLLI too!" So let's continue this adventure called *life* together! Happy New Year!



CLASS HIGHLIGHT

History of God— Just Added!

Back for another course in the long-running series is the "History and Philosophy of God." During the winter semester the class will complete the study of the meaning of life as expressed by the ancient philosophers, The Buddha, Mahayana Buddhism, Zen, etc. We will then move into modernity to study Hume, Kant and Mills. Our guide will be Professor Garland on the Great Courses video, "The Meaning of Life: Perspectives from the World's Great Intellectual Traditions." Class will be led by OLLI member Ron Taylor.

Thursdays 1/4, 1/11, 2/22, 3/1, & 3/8

9:30am-Noon C129
\$36 Members/\$66 Non-Members



TRIP HIGHLIGHT

Nana's Naughty Knickers

Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area! Will Bridget be able to handle all the excitement? Will her Nana get arrested - or worse! - evicted? Join OLLI for this fun and whimsical comedy, including your ticket, motor coach transportation from SVSU and lunch at Romano's Macaroni Grill.

Saturday 1/20

10am-6pm

\$97 Members/\$117 Non-Members



We enrich.



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