

# the Adventurer



Continuing this *Adventure called Life!*

June 2017  
Volume 16, Issue 9

## Monthly Highlights

- ♦ Come check out the Creative Cardinals exhibition in the Marshall M. Fredericks Gallery running May 25 through June 17. Exhibit features work from members of the faculty and staff around SVSU's campus!
- ♦ June kicks off the free summer concert series for Saginaw's Classic Legacy Band. Join them at Thomas Township's Roethke Park on the third Thursday of June, July, and August at 7pm for a variety of concert band music. For more information visit [www.classiclegacyband.com](http://www.classiclegacyband.com)
- ♦ On Wednesday June 7, visit the Art and Garden Festival at the Andersen Enrichment Center in Saginaw. Festival includes art, gardening demonstrations, family fun, and vendors. Visit [www.andersencenter.org](http://www.andersencenter.org) for more information.

## SVSU Osher Lifelong Learning Institute

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## June Monthly Meeting

*Wednesday, June 14, 2017*

RSVP ONLINE!

8:45 a.m. Registration & Light Refreshments  
9:30 a.m. Welcome & Announcements

## Optimal Aging

*Presented by New Hope Valley Retirement Community*



**NEW HOPE VALLEY**  
INDEPENDENT LIVING, ASSISTED LIVING & MEMORY CARE

Join Dr. Tazeen Ahmed, board certified doctor of internal medicine, geriatrics, hospice and palliative care along with K. Rumi Shahzad, co-founder and managing director of New Hope Valley Independent Living Community for a co-presentation

on optimal aging. Optimal Aging is the ability to flourish throughout one's lifetime. It is a new understanding of the aging process in which intergenerational, compassionate communities have all the resources available for people to lead physically, socially, and emotionally healthy lives from birth to death. Dr. Tazeen and Mr. Shahzad's discussion will include a holistic model of care including physical, emotional, intellectual, spiritual, and social aspects of well-being as well as a discussion of senior living market trends and a Japanese case study.

**We want to serve you better! Please RSVP to monthly meetings through our website [www.svsu.edu/olli](http://www.svsu.edu/olli) under the Monthly Meetings tab! This will help ensure that we have enough seating and food for everyone!**

## Upcoming Events & Monthly Meetings

No meeting in July!

Wednesday, August 9

Monthly Meeting, *History of the MI State Police* by Trooper William Smith  
Curtiss Hall - Banquet Rooms

Wednesday, Sept. 13

Monthly Meeting, *Have I got a Story to Tell You* By Dave Kampfeschulte  
Curtiss Hall - Banquet Rooms

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## ADVISORY BOARD

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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.

Hello OLLI friends,

There was a muskrat next to the pond, eating grass. A big one.

According to various encyclopedias, muskrats are not related to the genus *rattus*. They are related to lemmings and mice. And they are omnivorous. In addition to pond weeds, grass, cattails, yellow water lilies and other plants, they eat small frogs and fish.



And apparently we eat them, too. According to that inestimable source, Wikipedia, "In the southeastern portion of Michigan, a longstanding dispensation allows Catholics to consume muskrat on Ash Wednesday and on Lenten Fridays (when the eating of meat, except for fish, is prohibited); this tradition dates back to at least the early 19th century." That's sourced from the Catholic News Service, March 8, 2007.

Some of us wear them, at least as headgear. The winter hats of the Royal Canadian Mounted Police are made from muskrat fur.

And now that I'm a little better informed about muskrats, I enjoy watching that one swim and dive in the pond. From a distance.

Leslie Sanders, OLLI Advisory Board Chair

## Marshall M. Fredericks Sculpture Museum: Adult Art Camp

**June 13-17, 2017**

**5 days, 5 artists and 5 art media!**

- Class Fee for all 5 days: \$50 (purchase own supplies) or \$100 (museum provides supplies)
- To register: Send name, address, phone, email, and payment **before June 6** to Andrea Ondish, Marshall M. Fredericks Sculpture Museum, SVSU, 7400 Bay Road, University Center, MI 48710

For more info: 989.964.7096/Ondish@svsu.edu

**6/12—Embellishing Bottles with Wire & Beads** (w/Valeri Trombley)

**6/13—Creative Millifiori Polymer Clay Vessel** (w/Tamar Aldrich)

**6/14—Needle Felting** (w/Sherri Archer)

**6/15—Collage** (w/Geoffe Haney)

**6/16—Kitchen Lithography** (w/Andrea Ondish)

## Opportunity for Involvement!

### Dow Home Needs Volunteers!

Love people and history? Whether you enjoy the prospect of leading tours or would like a more behind-the-scenes role, there's a place for you!

Join the staff at Dow Gardens and learn about the many ways you could help share the Dow family legacy. Enjoy a self-guided tour of the Herbert H. and Grace A. Dow Home, the Pines, a Q&A with Historian Samantha Engel, and refreshments. There is no fee when you pre-register for this special event.

Strolling tours begin at 10:00AM. The program will begin at 10:30AM.

Please call (989) 631-2677 or email [info@dowgardens.org](mailto:info@dowgardens.org) to register.

# OLLI Needs You!

Do you enjoy working on your own garden and have some free time to spare? Do you want to do more volunteering to help OLLI or do you just enjoy being outdoors? Then the OLLI Memorial Garden Needs You! From June 19-22 the Memorial Garden Committee will be working on this year's planting, and they could use a helping hand. Prior to this, they will also need volunteers to help clean up the garden as well. If you are interested, please email the chair of the Garden Committee, Vicki Shrope, at [vshrope@gmail.com](mailto:vshrope@gmail.com) or call the OLLI office at 989.964.4475 to sign up.

I WANT YOU!

TO  
HELP  
O.L.L.I.



Did you read something interesting you think your OLLI friends would like to hear about? Or recently write a short story or poem? Then consider submitting it to the OLLI newsletter staff for publication! We are now accepting creative, unique, or informative short pieces for future monthly newsletters. You may submit them via email to Katherine Ellison at [keelliso@svsu.edu](mailto:keelliso@svsu.edu) or in hard copy to the OLLI office in Curtiss 111. Director reserves the right to edit and/or refuse any submissions.

## Box Tops for Education



Box Tops can be found on a variety of packaged food items, office supplies, and paper products, but did you know that they can add up to extra dollars for schools? Ten cents for each Box Top can go back to the school if they are participating in the program. If you have extra Box Tops around the house, clip them out and bring them into the OLLI office to donate to the Hemlock Public Schools Band Program, where they are used to buy new instruments for school children! Just drop them into our canister and we'll take care of the rest! A detailed list of products that contain Box Tops can be viewed at [www.boxtops4education.com](http://www.boxtops4education.com)

## OLLI Fast Stats

- SVSU OLLI's April 2017 Meeting was the first meeting for which members were asked to RSVP. RSVP for upcoming meetings at [www.svsu.edu/olli](http://www.svsu.edu/olli) under "Monthly Meetings."

## Current OLLI Interest Groups

**Board Games:** Ted McLaughlin, (989) 790-9587, [tshorty@chartermi.net](mailto:tshorty@chartermi.net)

**Bridge:** Matt Skowronski, (989) 684-6402, Marilyn Bechtel (989) 894-1089

**Buddhist Psychology:** Eric Devos, (989) 964-4329, [devos@svsu.edu](mailto:devos@svsu.edu)

**Choral Singing:** Rose Kohut, (989) 790-1883, [obsessedreader@hotmail.com](mailto:obsessedreader@hotmail.com)

**Cross Country Skiing:** Pam Young (989) 781-2759, [pamelaroseyoung@gmail.com](mailto:pamelaroseyoung@gmail.com)

**Current Events:** Carol Gohm, (989) 574-5862, [cgothm47@gmail.com](mailto:cgothm47@gmail.com)

**Cycling:** Linda Ackerman (989) 781-2961, [lmackerman50@gmail.com](mailto:lmackerman50@gmail.com)

**Dinner:** Deborah Bula, (989) 781-1126, [dbretired610@gmail.com](mailto:dbretired610@gmail.com)

**Esoteric Cosmology:** Wayne O'Brien, (989) 686-0475, [woobrien@tm.net](mailto:woobrien@tm.net)

**Euchre:** Ruth Skeebo (989) 631-1183, [rskee42@charter.net](mailto:rskee42@charter.net)

**Feminism:** Eileen Harris (989) 780-8893, [eileenh@umass.edu](mailto:eileenh@umass.edu)

**Gardening:** Crystal Kauer (989) 792-6874, [cmkauer@chartermi.net](mailto:cmkauer@chartermi.net)

**Guitar:** Mike Juengling, (989) 245-3940, [mikejuen5@gmail.com](mailto:mikejuen5@gmail.com)

**Kayaking:** Dan Dauer (989) 753-6038, [dauerhome@juno.com](mailto:dauerhome@juno.com)

**Knitting:** Barb Weadock, (989) 792-8839, [barb@weadock.net](mailto:barb@weadock.net)

**Lunch:** Rita Grasso, (989) 781-4725, [ritaolli11@yahoo.com](mailto:ritaolli11@yahoo.com)

**Music Collegium:** Eric Nisula, (989) 964-4307, [epn@svsu.edu](mailto:epn@svsu.edu)

**Pickleball:** Edith Sommers, (989) 751-3819, [edithsommers@charter.net](mailto:edithsommers@charter.net)

**Ping Pong:** Carol Lagalo, (989) 752-9857, [lagaloc@yahoo.com](mailto:lagaloc@yahoo.com)

**Readers Theatre:** Rose Kohut, (989) 790-1883, [obsessedreader@hotmail.com](mailto:obsessedreader@hotmail.com)

**Recreational Biking:** Vicki Shrope (989) 615-0317, [vshrope@yahoo.com](mailto:vshrope@yahoo.com)

**Short Stories:** Don Sugg, (989) 295-0889, [dlsugg@gmail.com](mailto:dlsugg@gmail.com)

**Stamp & Coin Collecting:** Robert Bula (989) 781-1126

**Theatre:** Bonnie Rowell, (989) 799-3102, [bjrowell43@yahoo.com](mailto:bjrowell43@yahoo.com)

**Walking:** Mike Michaels, (989) 799-5090, [mikem24108@live.com](mailto:mikem24108@live.com)

## Interest Group Feature: New Group—Short Stories!

Do you enjoy reading quality fiction but perhaps lack the time to read novels? Would you like to discover contemporary American authors with whom you may not be familiar as well as enjoy stories by some familiar favorites? If so, you may want to consider joining our new short story interest group. At each meeting, we'll have in-depth discussions of two or three stories taken from *The Granta Book of the American Short Story, Volume One* edited by Richard Ford (new and used copies are available from [amazon.com](http://amazon.com), [bn.com](http://bn.com), [betterworldbooks.com](http://betterworldbooks.com), and [powells.com](http://powells.com)).



The discussions will be led by OLLI member and retired Great Books Foundation consultant, Don Sugg. For more information, contact Don at [dlsugg@gmail.com](mailto:dlsugg@gmail.com)

## Director's Corner: Katherine Ellison

Advisory Board Chair Leslie Sanders and I had a great time at the Osher Conference in Texas during the first part of April. We spent a lot of time learning about the different generations and what these outcoming and incoming groups will mean for OLLI membership and activities across the country. Which generation do you belong to? The *Greatest Generation*, born from 1901 to 1945, values hard work and recognition for good deeds and volunteerism, while the *Baby Boomers*, born between 1946 and 1964, prefer to work on teams and keep working past retirement! Today's OLLI members are mainly Boomers in their 60s and 70s, but *Generation X* is coming! Born between 1965 and 1980, Xers are highly educated, goal oriented, challenge seekers!

What does this mean for OLLI? Keeping tabs on our generations and embracing programming for all ages within "senior status." And all of us should keep an eye out for the *Millennials*...like me! Technology savvy and the largest generation yet—we'll be OLLI members before you know it!



## Class Highlight: Homemade Preserving: Jams & Jellies



Ever looked at the ingredients in store-bought preserves and wondered how to make your own, delicious homemade version from local, fresh produce? Now you can learn how! Come join MSU Extension Food Safety Educator Lisa Trieber for all the basics of home jam and jelly making and preserving for shelf stability. Imagine enjoying Michigan strawberry jam in December or fresh grape jelly with that PB & J! With this course, you can make that taste sensation a reality!

**Tuesday June 20**  
**10am-Noon**  
**C140**  
**Member Cost: \$20 ;Non-member Cost: \$40**



Find us on Facebook: [facebook.com/OLLIatSaginawValley](#) Search for OLLI at SVSU

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