

the *Adventurer*

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INSTITUTE



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MONTHLY MEETING

Great Lakes Islands

Wednesday, October 9, 2019

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



Author Maureen Dunphy visited 136 Great Lakes Basin islands over the course of 27 trips during two summer seasons. The result of her travels and research is the 2017 Michi-

gan Notable Book, *Great Lakes Island Escapes: Ferries and Bridges to Adventure* (Wayne State University Press, 2016), which also won the Midwest Book Travel Award and the Next Generation Indie Book Travel/Travel Guide Award. This year, Dunphy completed the juvenile nonfiction book *All About the Great Lakes* (Blue River Press, 2019). When she's not writing, through Dunphy Consulting Services, Maureen coaches others to achieve their writing goals, edits manuscripts, and facilitates weekly writing workshops privately and for Springfed Arts. Maureen spends weekends at her cottage on Ontario's Pelee Island in Lake Erie. On October 9th, she will be taking us to one of her favorite islands in each of the Great Lakes.

NOTES & NEWS

- Oct 4. Saints, Sinners, and Spies Gala at the Marshall Fredericks Sculpture Museum. Starts at 5:30 p.m. Tickets available from MFSM.
- Oct. 5. Fall Harvest Festival. Chippewa Nature Center. Midland. 10 a.m.-4 p.m. \$5 admission for non-members.
- Oct. 12. Keepsake Arts and Crafts show at SVSU's Ryder Center. 10 a.m.-4 p.m.
- Oct. 12. Slice of Fright Film Fest. Bay City State Theatre. 6 p.m. \$6 admission.
- Oct. 19, 20, 26, & 27. Scarecrow Fest. River Platz. Frankenmuth. 12- 6 p.m. Free.
- Oct. 29. Bay Concert Band Concert. Bay City Central Auditorium. 7:30 p.m.
- Oct. 30. Paranormal Reveal. Wirt Library, BC. 6 p.m. Free

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SAGINAW VALLEY
STATE UNIVERSITY

WEIRD LAWS

MCL 435.241 *The Last Sunday in June shall be known as "Log Cabin Day."*

IMPORTANT DATES

Wednesday, November 13	Monthly Meeting: Elder Law By: Carol Thomas <i>Curtiss Hall Banquet Rooms</i>
December	No Meeting. Happy Holidays!
December 10 & 12	Registration for Winter Semester
Wednesday, January 8	Winterfest Meeting!

CHAIR'S NOTE



Hello OLLI friends,

One section of Steven Pinker's book "Enlightenment Now" talks about how dan-

gerous everyday life was throughout most of human history. We were in danger from a wide range of things: snakes, insects, crocodiles, large cats, and toxins in plants and animals. Few of these are a problem today.

In more modern times motor vehicle accidents have been a major cause of injury and death. They are still the fourth-leading cause of death in the United States. However, there has been a really huge improvement in the number of deaths over the years. In 1920 there were about 25 deaths per 100 million miles driven. In 2015 the number was only about one. The reasons that Pinker cites for this improvement are a whole range of technological, commercial, political, and moralistic advancement. Laws were passed to require safety features in automotive design, though sometimes the manufacturers built safer cars on their own initiative. Features added included seatbelts, padded dash, padded visors, and safer steering wheels.

In addition to safer cars we have more safety features on our roads, e.g. divided highways, safety guardrails, and broad shoulders on some sections of highways. We have higher drinking ages, stigmatization of drunk driving, stricter enforcement of traffic laws, and driver education. These cultural changes have contributed to making the United States a much safer place to live. Makes me feel really proud of my country.

—Carol Gohm, Advisory Board Chair



CarFit

CarFit is a free, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.

You can schedule a 20-minute appointment to review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints and learn how to use and adjust your safety devices.

The CarFit event will take place on Wednesday, October 2, 2019, from 10 a.m. until 2 p.m. at the First United Methodist Church at 4790 Gratiot in Saginaw.

To schedule an appointment, please contact Laura Walker, RN EMT CFRN, at Covenant Healthcare at 989.583.7541.

For more information, please visit www.car-fit.org.



ALASKA

At the end of August OLLI sent a group of 43 travelers to Alaska, a trip taking place partially on land, and partially on a cruise.

The group had a great time flying in float planes, walking on glaciers, whale watching, and visiting Denali and Glacier Bay National Parks.

The group started on land in Fairbanks and traveled south to Anchorage to board the Royal Princess cruise ship. En route, they went on a river boat cruise down the Chena River, where they stopped to visit a village showcasing the traditions of the Athabaskan and Tlingit peoples. Members also heard from the owner of a sled dog kennel and a float plane pilot while cruising along the river.

OLLI members also stayed in two lodges located near Denali National Park. Despite the signs warning of bears and moose, the views were outstanding. Most of the OLLI group even became lucky members of the few who have actually seen the peak of Mt. McKinley, also known as Denali.

On board the Royal Princess, members visited ports in Skagway (the gateway to the Klondike), Juneau, and Ketchikan before disembarking in Vancouver, British Columbia. These picturesque towns offered a taste of life in America's last frontier.



CURRENT INTEREST GROUPS

- Bridge
- Buddhist Psychology
- Celtic Music
- Choral Singing
- Cross Country Skiing
- Current Events
- Cycling
- Dinner
- Esoteric Cosmology
- Games
- Gardening
- Guitar
- Kayaking
- Knitting
- Lunch
- Movies
- Music Collegium
- OLLI Folks on Spokes
- Pickleball
- Ping Pong
- Recorder (dojo)
- Recreational Biking
- Sharing the Great Courses
- Stamp & Coin Collecting
- Theatre
- Women Active Multi-Interest

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

MEMBER SPOTLIGHT

A TRAVEL UPDATE

OLLI travel does not just happen. Your OLLI travel committee spends many hours researching destinations and evaluating past, current, and future travel opportunities for all of your adventures. This includes day trips, "Opening Doors", domestic, international, and overnight travel. It takes long range planning in order for everything to fall into place with the ultimate goal of a diverse offering to enrich our members lives. In addition to planning trips, the travel committee is also involved in evaluating the "travel experience" for our members. As we know, sometimes problems arise prior to, during, and after the travel experience. Your committee has future plans to implement a travel handbook for our OLLI travelers and OLLI staff escorts to help make clear the complexity of the travel program and to attempt to standardize the procedures and policies used for all trips. In the next several months all members will receive a detailed travel survey which will be used to help guide the committee in its planning. Please return the survey even if you have never traveled with OLLI. We hope you will continue to enjoy the adventures planned by your committee. Great things have happened in the past and even greater things are sure to happen in the future. Personally, I am looking forward to the OLLI trip to Mars.

—Roger Spann, OLLI Travel
Committee Chair

SENIOR TECH

Some older people might have a hard time with new technology, but they aren't being ignored by tech companies.

Google's Alexa, for instance, isn't just for one generation, studies have shown that is often easier to show first time tech users, like older people, how to use voice control rather than typing on a tablet.

A company called It's Never Too Late also designed a 70" touchscreen tablet that tested highly amongst older people, keeping them engaged with lectures, music, and more, even though they were not tech savvy.

Additionally, communities like Trousdale, California, Sunny View in Cupertino, CA, and Rhoda Goldman Plaza in San Francisco, CA have integrated technology into their retirement communities, utilizing smart sensors, virtual reality scenarios, and medical reminder technology. The goal of these communities is to promote health and well-being through use of technology.

Along those same lines, Togg and Trueloo are two devices geared toward health and safety for older people. Togg monitors older people to help prevent falls, tracking heartrate, breathing, gait, motion and frequency of toilet use. Trueloo helps prevent and monitor potential illness by automatically detecting what's going into the toilet and scanning it.

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GROUP FOCUS: GREAT COURSES

Are you familiar with The Great Courses? Would you like to view more of them for your own benefit? The Great Courses are a series of lectures and discussions by university professors about a variety of topics, often used as supplemental visual aides in classes. If you'd like to learn more from the Great Courses, consider joining the Sharing the Great Courses interest group where a variety of Great Courses topics are exchanged for member enjoyment and learning. For more information, contact group leader Doug Baldwin at badwind@sisd.cc



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.

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DIRECTOR'S CORNER

Recently I enjoyed another visit with some friends and hopefully, soon-to-be friends, up north at the Northern Bay-Arenac Retired School Personnel meeting in Standish. It was great to see some familiar faces and hear some accolades, but also get to share information about how the rest of them could get involved with our great organization! In a few weeks, I am also headed to visit with a group of U.A.W. retirees here in Saginaw. I'm looking forward to hearing more from them and sharing about OLLI. As the nights grow longer and the sun warms us less, it's time to move indoors with OLLI, so get cozy, grab a pumpkin spice latte, and check out that fall catalog again for great classes on jewelry making, elections, mysticism, and so much more.



J.R.

CLASS HIGHLIGHT

Where is Your Moon II

By popular demand, a new course "Where is Your Moon II" has been added to the fall schedule as a pop-up. Attendees from "Where is Your Moon I" last June are invited to attend, along with anyone else who has a basic understanding of astrology. The first hour will be a review of the last class, covering the signs of your natal moon and the lunar cycle. Additional topics will be introduced, including special events like eclipses, monthly and progressed lunar returns, and the life cycle. Participants will be asked to provide date, place, and time (if known) of their births at the time of registration. Natal charts will be drawn in advance and distributed with other personalized information.

Tuesday 10/29 • 1-5:30 p.m.
\$32 for Members
\$64 for Non-Members

TRIP HIGHLIGHT

Dracula

Starring David Rogers, this musical adaptation of Bram Stoker's Dracula is sure to keep you on the edge of your seats. Watch in awe as Count Dracula seduces the lovely Lucy and Mina and an epic battle ensues to free them from Dracula's curse before sunrise. This trip includes motor coach transportation from SVSU, lunch at Crabby Joe's Tap & Grill and tickets to the performance. You **MUST** have a valid U.S. passport or enhanced license to go on this trip.

Thursday 10/24 • 7 a.m.-8 p.m.
\$110 Members/ \$130 Non-Members



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