

the *Adventurer*

OSHER
LIFELONG
LEARNING
INSTITUTE



Term: Winter | Issue 19:5 | February 2020

MONTHLY MEETING

Unearthing the African American Dream

Wednesday, February 12, 2020

8:45 am—Registration & Light Refreshments

9:30 am—Welcome & Announcements



Amid sweeping economic changes, rising immigration, and intensifying debates about slavery, white mid-nineteenth-century Americans looked to the West as their “manifest destiny.” They and the New York journalist John O’Sullivan who coined that phrase rarely acknowledged or welcomed the free African Americans who, like white settlers, put down roots and planted crops across the Upper Mississippi Valley. Yet rural families of color richly shaped the economies, cultures, and politics of the farm neighborhoods and small towns they helped to found. Jennifer Stinson, Associate Professor of History at SVSU, weaves together diverse documents written by and about nineteenth-century African American midwesterners to explore the successes and strains that marked men’s and women’s quests to realize the full rights and dignities of American citizenship in the West.

NOTES & NEWS

- Feb. 1, Join the Harvest Store at Bay City’s City Market to learn how to make chocolate covered strawberries. 11 a.m. Free. First come, first serve basis.
- Feb. 1, View The Met Opera Live in HD’s rendition of *Porgy and Bess*. 12:55 p.m. 220 min. runtime. Senior ticket \$17.
- Feb. 7, listen to the National Arab Orchestra Takht Ensemble play the fundamentals of Arab music at SVSU’s Rhea Miller Auditorium. 7 p.m. Free.
- Feb. 15, Visit Hoyt Park in Saginaw for the 6th annual outhouse races! Races begin at 1 p.m. Free open skating until 4 p.m.
- Feb. 11, try twilight yoga at the Saginaw Castle Museum. 6:15 p.m. \$10. Registration Required.
- Feb. 23, Join OLLI for the Classic Legacy Band’s winter concert. Rhea Miller. 3:30 p.m. Free will.

CONTACT US

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SAGINAW VALLEY
STATE UNIVERSITY

WEIRD LAWS

MCL 750.477a “Any person who shall knowingly sell any horse or dog meat unless plainly labeled shall be guilty of a misdemeanor.”

IMPORTANT DATES

Wednesday, March 11

Monthly Meeting: Ben Cohen, Sm. House Farms
Saving our Seeds
Curtiss Hall Banquet Rooms

Wednesday, April 8

Monthly Meeting: Consumers Energy
The Energy of the Future
Curtiss Hall Banquet Rooms

April 14/16

Registration for Spring/Summer Begins

CHAIR'S NOTE



Hello OLLI friends,

A Washington Post columnist (Steven Petrow) recently wrote about how empathy is not a hard-wired trait, at least not entirely. It is at least partially learned and is a skill that can be trained to be stronger. He reported on research by Jamil Zaki at Stanford whose research shows that practicing kindness builds long-term empathy. His research also suggests that empathetic people tend to finish first, be happier and have greater professional success. Zaki has developed five “kindness challenges,” exercises to help people build empathy and increase kind behaviors. You can read about them on his website (warforkindness.com/challenges), or read his book of the same name.

I am happy to report that there are organizations specifically devoted to encourage and develop kindness. Bridge the Divide, for example, tries to facilitate “respectful and face-to-face conversations among millennials.” Also, Better Angels is a nonprofit group “seeking to break down the barriers among people of every political persuasion and ideology.” In the present climate of partisan rhetoric, it re-affirms my belief that most folks do not like the strident and angry attitudes that we too often see in the news. Most of us really do want to get along and be kind to each other.

—Carol Gohm, Advisory Board Chair



AGING IN PLACE

As many people get older, they find that the home they once loved has become a burden. Spouses and children leave behind empty rooms, dark hallways, and silence. People become torn between the home they love and the lonely space.

New smart home technology is helping older people cope with these issues as they age, however, allowing them to “age in place” and stay in their home.

Voice-activated speakers allow a person to hear their own voice and have someone to talk to in their own home. Some devices allow people inside a home to speak to those on their porch, etc. through a security system. Keeping them safe. Other systems might use facial recognition software to allow wanted visitors into one’s home automatically to check on aging parents and friends that might have mobility issues.

New smart refrigerator technology can even keep an eye on your eating habits, alerting you when you’re low on certain foods, or letting you, or a caregiver, know what is in your fridge at any certain time.

While this technology isn’t a complete replacement for a real person, it can help one stay in their home longer.



LINCOLN DAY

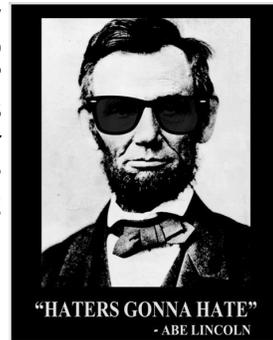
This year, February 17 will be recognized as Presidents’ Day, and many people believe it is the combination of both Abraham Lincoln and George Washington’s birthdays that the holiday celebrates, but in reality, there is no “Presidents’ Day”; it is actually Washington’s birthday observed.



The Uniform Holiday Act of 1971 allowed for Washington’s February 22 birthday to be observed on the third Monday of the month. This regularly placed it between Lincoln’s birthday (February 12) and Washington’s birthday, leading to misnomer that it was a Presidents’ Day in honor of both.

In reality, the holiday was created, along with moving several other holidays (like Memorial Day for example) to Mondays to give federal employees more three-day weekends. This was meant to increase the opportunity for travel and other vacation time.

So where does this leave Lincoln? Many states celebrate Lincoln on his birthday—or the day after Thanksgiving. What does Black Friday have to do with Lincoln? Honest Abe is to thank for designating the Thanksgiving holiday!



CURRENT INTEREST GROUPS

- Bridge
- Buddhist Psychology
- Celtic Music
- Choral Singing
- Cross Country Skiing
- Current Events
- Cycling
- Dinner
- Esoteric Cosmology
- Games
- Gardening
- Guitar
- Hiking
- 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

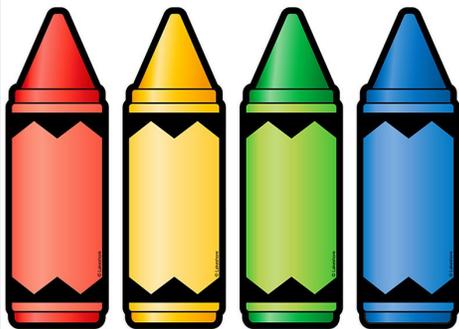
For group leader contact info see: svsu.edu/olli

SPOTLIGHT



Sarah Hahn

My name is Sarah Hahn and I am a third year student studying Elementary and Early Childhood Education. I grew up in Saginaw and live on campus while working as a Resident Assistant looking over first year students who live in MJ Brandimore House. I have worked as an Orientation Leader, and am involved with Alternative Breaks service trips around the country as well as the co-ed service fraternity Alpha Phi Omega. I enjoy reading, hammocking, and baking in my free time! When I graduate I hope to teach Kindergarten in a low-income school district.



CONCERT SEASON

Despite the winter blues, music is in the air as February marks the kickoff of 2020 concert season for our local groups.

Join the Classic Legacy Band of Saginaw for their concert on February 23 at 3:30 p.m. at SVSU's Rhea Miller Recital Hall. This year's concert will feature the music of Gustav Holst, most famous for *The Planets*. The band will accept a free will offering.



The Saginaw Area Concert Band will be performing at the Red Cedar Festival of community bands on Saturday, February 29th in Okemos, Michigan.

The Red Cedar Festival brings together community bands from all over the state for a day of public concerts and clinics for the group. The Red Cedar Festival has been active for the last 24 years and is well worth attending for those interested in community band music.

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GROUP FOCUS: LONELY HEARTS CLUB



The Lonely Hearts Club isn't a *real* OLLI interest group, but all of our groups provide an opportunity to meet new friends and stave off loneliness! If you're active, check out the ping pong group this winter, or biking and kayaking come spring. If music is your thing, try the guitar, recorder (dojo), or music collegium groups. If you just want to meet some new people, try the lunch and dinner group, or learn something new with the esoteric cosmology crowd. All of the information on who to contact can be found on our website svsu.edu/olli under "Interest Groups."

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
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DIRECTOR'S CORNER

The holidays were a hard time for the OLLI staff as we mourned for one of our own with the tragic passing of OLLI senior secretary Carol Maday just before Christmas. We only knew Carol for a couple of short years, but we all got to know her very well in that brief time. We miss her more each day as we realize just how much we depended on her and how much we laughed with her around. OLLI has received several donations in her memory and we are looking into focusing those funds on grandparents and grandkids programming, as Carol had fun with her two grandkids, Mia and Kimo at OLLI's Camp Timbers adventure last year. In the meantime, you may see a couple new faces around OLLI from time to time, including Linda Haas, who is helping to fill in around the office. We appreciate your patience.



CLASS HIGHLIGHT

March Madness

Millions of casual and diehard college basketball fans watch the annual NCAA Men's Basketball Tournament, commonly referred to as March Madness. This class will utilize PowerPoint slides, videos, and handouts to answer at least the following questions: What is the science of bracketology? In what manner are the 68 teams selected to make the tournament? How can you keep track of your favorite teams using cable television, satellite radio, the Internet, and digital streaming?

Fridays, 2/7, 2/14, 2/21, 2/28 □
1-3 p.m.

Location: C140

Price: \$27 for members □
\$54 for non-members

TRIP HIGHLIGHT

CANADIAN ROCKIES II

You asked and we listened! OLLI will now be taking registrations for a SECOND Canadian Rockies Trip in the fall of this year, with registration beginning on 1/23 at 8:30 a.m. This second trip will run from September 24 through October 4, 2020 and includes the same schedule as the original trip. If you are interested in going, please contact the OLLI office today at 989-964-4475.



September 24-October 4, 2020



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