

Monthly Highlights

■ Please remember to give your mobile phone number to our office if you have decided to discontinue your landline. This is the best way for us to contact you in case there may be last minute changes in any of the classes or trips that you have registered for.

■ Watch for the "President's Weekly Update" that will be included in the electronic emails from OLLI. These updates are written by SVSU's President, Don Bachand and feature campus and community highlights.

■ A second bus was able to be scheduled for the *LaBoheme* dress rehearsal on the same day, Friday, October 16. See page 3 for trip details.

■ There are still spots available for the Senior Fitness Test on Thursday, October 22 from 10:15-11:15 or 11:45-12:45. Call the OLLI office to register 964-4475.

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October, 2015
Volume 15, Issue 2

OLLI Monthly Meeting

Wednesday, October 14

Presenter: Nan Spence, Mindfulness Meditation Teacher

8:45 a.m. Registration, Socializing & Continental Breakfast

9:30 a.m. Welcome & Announcements

SVSU, Curtiss Hall Banquet Rooms

Too often we tend to focus on regret and grief about past experiences, or in fear of the future. Mindfulness is a form of meditation which teaches us to live in the present moment with non-judgmental awareness and acceptance of what is. It helps us to flow more easily with the ups and downs of our lives. It uses the power of the mind to help us to be present to our current life experiences. This can help to free our minds from negativity and open our hearts to deeper wisdom, love, joy, peace and compassion. This form of meditation is becoming popular in the medical, psychological, and education fields. Our presenter is Nan Spence, who has both educational preparation and experience to share as a mindfulness teacher. She holds master's degrees in counseling and theology with an emphasis on spirituality. In addition, she has studied mindfulness with respected teachers, including Jon Kabat-Zinn.



Monthly meetings are an SVSU-OLLI member benefit. Guests are welcome to attend one OLLI monthly meeting without a charge. This gives a non-member a chance to check our program out. If you come more than once you either need to join OLLI or pay a \$10 fee per meeting.

Corporate Sponsor - Gardey Financial Advisors

Upcoming Events & Monthly Meetings

- | | |
|--------------------|---|
| October 6 | Technology Tuesday: Unmanned Aerial Vehicles (UAV's)
<i>Presented by David Herald, Merrill Aviation & Defense</i> |
| November 4 | New Member Orientation |
| November 11 | Monthly Meeting
Wingman: The Life of Retired General David M. Hall
<i>Presented by Ricardo Verdoni, President of Verdoni Productions, with special guest General David Hall</i> |
| November 17 | Technology Tuesday: How to Track Activity with the FitBit
<i>Presented by Meghan Baruth, Asst. Professor of Health Sciences</i> |

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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 Members,

As I write this (in September), I'm sitting on the shore of Lake Erie enjoying a weekend with my sons and their families. It's hard to think about what October will bring. But I do know this; the fall is a time of gathering in, and preparing for winter. I'm buoyed by the thought that our OLLI programs can help all of us through the short days and long nights ahead. Our classes, trips and activities help us to stay active during the coming 'dark'. So do it; sign up if you haven't or volunteer if you like.

Surrounded by screaming grandchildren, yours in continued learning,

Steve Parkhurst
 OLLI Advisory Board Chair



Welcome New Members (Since June 2015)

Linda Albano	Pinconning	Karen Grimaldi	Saginaw	Alice Paulius	Midland
Barbara Allen	Saginaw	Herb Hardy	Midland	Carol Pawlanta	Freeland
Robert Anderson	Essexville	Richard Heiny	Midland	Carl Peil	Saginaw
Michael Andress	Bay City	Henrietta Hensler	Saginaw	Tony Piwowarski	Saginaw
Carole Archangeli	Bay City	Barbara Heuvers	Frankenmuth	Edward Popielarz	Saginaw
Mary Bain	Freeland	Konrad Heuvers	Frankenmuth	Debbie Randall	Midland
Mike Bain	Freeland	Constance Hits	Montrose	Linda Rector	Hope
Barry Baker	Bay City	Carol Hogan	Auburn	Thomas Reder	Bay City
Alice Baldwin	Saginaw	Brenda Huff	Essexville	Mittie Ross	Saginaw
Adrian Barnes	Saginaw	Virginia Hughes	Auburn	Margaret Rouleau	Bay City
Nancy Barnes	Saginaw	Dick Humphreys	Saginaw	Doris Rytlewski	Saginaw
Alice Baudzinski	Essexville	Ruth Ann Jones	Midland	Beverly Schultz	Freeland
Connie Bockelman	Saginaw	Michelle Kirchman	Linwood	Jennifer Sherzer	Bay City
Jim Bockelman	Saginaw	Randall Kursinsky	Midland	Linda Sims	Saginaw
Carol Boes	Bay City	Pam Lake	Hemlock	Linda Skrocki	Essexville
Beverly Brown	Saginaw	Cathy LaLonde	Bay City	Katharine Sozanski	Midland
Joann Bunce	Midland	Ann LaMarre	Bay City	Donna Stanaback	Midland
Ruth Ann Butler	Saginaw	Vicki Larson	Freeland	Norman Sterchele	Saginaw
Constance Butts	Saginaw	Barb Leo	Saginaw	Susan Sterchele	Saginaw
Janice Cartmill	Midland	Katheryn Lewis	Saginaw	Alice Stricker	Birch Run
Alvin Cheesbro	Midland	Elaine Livingston	Bay City	Kay Sural	Saginaw
Todd Crawford	Freeland	Linda Magnus	Freeland	Jan Tessin	Freeland
Jean Davis	Saginaw	Marge Marchlewicz	Bay City	Michael Thom	Saginaw
Catherine Denay	Bay City	Marge Marchlewicz	Bay City	Rosemary Tinney	Frankenmuth
Michael Denay	Bay City	Catherine Marinik	Sanford	Amy Tolton	Midland
Christine Doherty	Frankenmuth	Nancy Markel	Bay City	Thomas Tolton	Midland
Paul Douglas	Saginaw	Nell Mauck	Saginaw	Judy Ursuy	Saginaw
Janet Dueweke	Bay City	Sally McCaffrey	Pinconning	Kim Wasik	Caro
Greta Engelman	Saginaw	Pam Miller	Saginaw	Dan Weigl	Saginaw
Thomas Fancher	Saginaw	Susan Moore	Linwod	Helen Weitzmann	Saginaw
Mary Ann Fleming	Essexville	Michael Olken	Midland	Kenneth Wenzel	Saginaw
Renee Foote	Saginaw	Kathleen O'Toole	Saginaw	Shirley Wenzel	Saginaw
Rose Mary Gaumer	Freeland	Patrick O'Toole	Saginaw	John West	Saginaw
Marilu Gonzalez	Saginaw	Bonnie Otto	Midland	Eddie Wicks	Munger
Andrew Graham	Midland	Margaret Paron	Saginaw	Margaret Wilson	Midland
				Thomas Wolfe	Freeland



SVSU-OLLI Annual Report

July 1, 2014 - June 30, 2015



2014 - 15 Highlights

- We began the year with 1,669 Members
- Our OLLI Memorial Garden came to life over the summer and fall with the addition of 276 native flowers, bushes and trees. Also, a pergola was erected, a mulch path was laid, and water was piped to the sight.
- Our 14th Annual Fall Kick-Off featured presentations by Covenant HealthCare on the mind-body-spirit connection, and shoulder pain.
- OLLI offered 21 Interest Groups this year including new stamp collecting, technology, and walking groups.
- Thirty-four members traveled to Yellowstone and Grand Teton National Parks for a nine-day trip in August.
- Forty -four members visited Massachusetts, Vermont and Maine in early October during the peak color season.
- Approximately 100 members and guests attended our second technology conference in late October. Highlights included a presentation on driverless cars and the top ten gadgets.
- Our November monthly meeting featured an interesting presentation about human trafficking by local and state resources for victims.
- Our 12th annual WinterFest in January featured a presentation by St. Mary's on strokes, and healthy knees and backs.
- In January, OLLI offered two \$2,500 faculty-led study abroad scholarships. One was awarded to a nursing student for a trip to China and one to an occupational therapy student for a trip to Ecuador.
- About 130 people from around the state attended our February Tai Chi workshop.
- Thirty-eight OLLI members traveled to sunny San Diego for six-day trip which featured the San Diego Zoo and Torrey Pines.
- OLLI collaborated with the SVSU History Club in April and offered a student speaker series which examined WWII atrocities in China, American ideology, and the history of U.S. relations with Latin America.
- Fun was had by all at our dinner dance in mid-April which featured the band CEYX playing hits from the 1960s.
- Our April monthly meeting featured lively "Lullabies of Broadway" performed by Jim Hohmeyer and Dexter and Laura Brigham.
- Thirty-three OLLI members enjoyed a 16-day Great Rivers of Europe cruise in May.
- We began offering free Technology Tuesday presentations this year. A representative from Home Depot spoke at our first one on June 23 about smart home technology.
- Our final monthly meeting of the year in June featured a professor from MSU discussing climate change and its implication for agriculture.
- OLLI advisory board chair Steve Parkhurst's artwork was featured in the OLLI classroom in the spring.
- We ended the year with 1,756 members - a 5% increase from the previous year. Twenty-four percent of those (426) were new members.



OLLI Memorial Garden



Yellowstone & Grand Teton National Parks



OLLI Dinner Dance



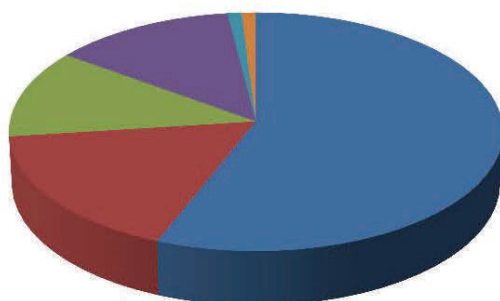
"Lullabies of Broadway" - April Monthly Meeting

SVSU-OLLI Annual Report

July 1, 2014 - June 30, 2015

Continuing this adventure called life!

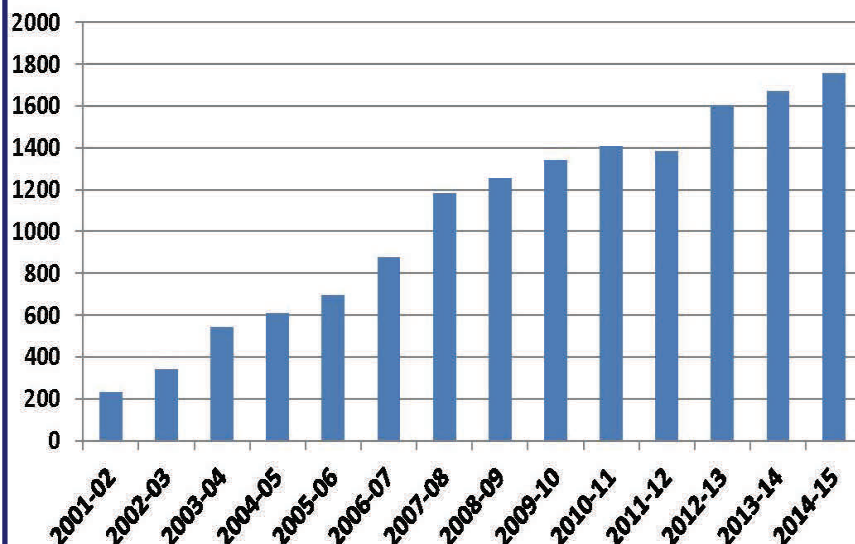
OLLI Sources of Income



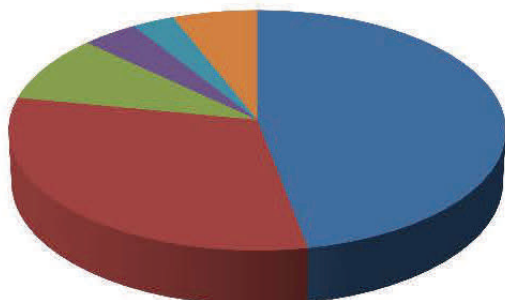
Trip Fees	56%
Class/Special Event Fees	17%
Membership Fees	12%
Endowment Distribution	13%
Corporate Sponsors/Donations	1%
SVSU Contribution	1%

Membership Growth

2001 - 2015



Uses of OLLI Income



Trip Expenses	47%
Salaries & Benefits	31%
Class/Special Event Fees	9%
Schedules/Newsletters/Promotion	4%
Monthly Meeting	3%
Other	6%

OLLI Class & Trip Statistics 2014 -15

- We offered 230 classes on 2014-15, with an average class size of 17. Total enrollment for the year was 3,580. Twenty-three classes were cancelled due to low enrollments or instructor issues, and three classes were added due to high demand. This compares to 210 classes offered in 2013-14 with total enrollment of 3,421.

	Class Offered/Held	Total Enrollment
Fall 2014	81/75	1,381
Winter 2015	80/73	1,335
Spring/Summer 2015	69/59	864
	230/207	3,580

- We offered 28 day trips on 2014-15 compared to 28 day trips in 2013-14. Average day trip attendance was 50 compared to 48 in 2013-14. No trips were cancelled due to low enrollments. A second coach was added for one trip. Thirty-four were held this past year compared to 36 in 2013-14.

	Trips Offered/Held	Total Enrollment
Day Trips	28/28	1,406
Overnight Regional	2/2	106
Long Term Domestic/Int'l	4/4	111
	34/34	1,623

UPCOMING SVSU OLLI CLASS

Are you certain that all of your financial affairs are in good order?

You will leave this class with a list of actions that will put your financial affairs in order.

Here are just a few of the concerns that will be addressed in this class:

- Have the beneficiaries been updated on each of your policies and accounts?
- Do you take advantage of year-end tax savings that may be present in your portfolio?
- Has your estate plan been reviewed within the last five years?
- Are you incurring more investment risk than you should?

Class description:

The course is designed to provide you with an Action Plan to protect yourself against the various threats to your financial future. After answering a series of questions with a simple “yes” or “no,” you will leave the class with a list of actions to take. This list will give you a clear understanding of what you need to do to protect both you and your assets. Reverse mortgages, estate planning, tax minimization, too much or too little insurance, portfolio risk, annuities, outliving your investments, and post-retirement planning will be addressed. It is common practice to acquire a medical second opinion; this course provides the same service to your fiscal health. The class will be taught by Kim Gardey, Chairman of Gardey Financial Advisors. He has counseled hundreds of clients in his career as a financial advisor.

When: The class meets twice: October 1 and October 8 (9:30 a.m. to 11:30 a.m.)

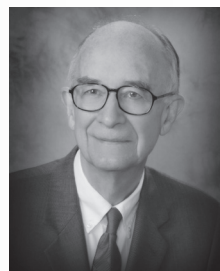
Where: Room C129 in Curtiss Hall

Price: \$18 for members; \$36 for non-members

Enroll today!

To register by phone, call 989-964-4475.

To register online, visit www.svsu.edu/olli



Class Instructor:
Kim M. Gardey,
MA (Econ.), CFP®
Chairman

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Technology Tuesday - October 6 Unmanned Aerial Vehicles (UAV's)

This presentation will take a walk through the beginning of the UAV technology and look into how the systems have been updated and used throughout the years. Today with drones being hyped in the media we will look at the commercial and military uses for UAVs along



with rules and regulations. Other items that will be covered will include how a remote control model is different than a UAV, current and future uses of the technology inside U.S. airspace, and future uses for the technology from a commercial standpoint. Multiple UAVs will be on display during this session and there will be a demonstration of a Quad Rotor UAV. Our speaker is David Herald, a program manager with Merrill Aviation and Defense in Saginaw. He has 15 years of advanced composite experience and ten years aerodynamic experience in auto racing and UAV technology.

Tuesday: October 6 from 1 - 2:30 p.m.

Room: Ryder Center East

Price: Free for Members and \$10 for Non-Members

Second Bus Scheduled - Same Day La Boheme Dress Rehearsal at the Detroit Opera House (15)

Everyone, at some point in life, will endure the same trials: love and loss, and bliss and heartbreak. That's especially true in Giacomo Puccini's story of Mimi and Rodolfo, played by Nicole Cabell and Sean Panikkar. They play a poor young couple seeking a lovers' paradise among their resilient, struggling friends in the Latin



Quarter of Paris. The Michigan Opera Theatre says they will be presenting a scintillating, easily accessible romantic adventure for lovers of any age. Our package includes general seating to the 11 a.m. dress rehearsal, a late three-course family-style lunch at Fishbones, and motorcoach transportation from SVSU. It also includes a pre-trip opera overview led by Greg Largent, Director of Music Ministries at First Presbyterian Church in Saginaw.

Pre-Trip Lecture: Tuesday, October 13, 4 - 5:30 p.m. in C129

Friday: October 16 from 8 a.m. - 5:30 p.m. \$89 Member;

\$109 Non-Members

Interest Group Contacts

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

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

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

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

Cross Country Skiing: Karol Walker (989)423-4889, karolw2986@gmail.com

Current Events: Carol Gohm, (989)574-5862, cgohm47@gmail.com

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

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

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

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

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

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

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

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

MahJongg: Catherine Young, (989)327-1050, clyoung00@yahoo.com

Music Colloquium: Eric Nisula, (989)964-4307, epn@svsu.edu

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

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

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

Stamp Collecting: Robert Bula (989)781-1126

Technology: Terry King (989)714-4408 terry@actionleaders.com

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

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

New Music Colloquium Interest Group

Do you play a musical instrument and would you like to get together with others once a week to play music? If so, we have started a new Interest Group that you may enjoy. The group is led by SVSU music professor Eric Nisula. We will perform mainly Medieval, Renaissance, and Early Baroque selections. Anyone who has an instrument and can read music is welcome to attend. Those with period instruments such as a recorder, or a modern instrument such as a guitar, are welcome. The group will meet every Friday that the college is open. Group I will meet from 1 - 3 p.m. and Group II from 3 - 5 p.m. During the fall semester the group will meet in A102. If interested, contact Eric directly to discuss which group best suits you. His home number is 790-0730 or you can email him at epn@svsu.edu.



Detroit Lions Excursion (16)

Attention football fans! We have secured tickets to the 1 p.m. Sunday, November 22 game against the Oakland Raiders. Our seats are on the lower level near the corner of the end zone in section 118. If you haven't been to Ford Field yet you don't want to miss this opportunity. Our package includes tickets to the game, and motorcoach transportation from SVSU. Register quickly as we anticipate that the seats will sell fast.

Sunday: November 22 from 9:30 a.m. - 6 p.m.
Price: \$109 Members; \$129 Guests



SVSU Travel Scholarship Awardees



The two recipients of the SVSU-OLLI study abroad scholarships, Ashley LeFever and Alaina Kuebler presented a short program sharing their experiences at the August monthly meeting. Ashley studied nursing in China and Alaina got hands-on occupational therapy experience in Ecuador.

Both students remarked on how this opportunity was a life changing experience for them, and that it would not have been possible without the help of the OLLI scholarship.

New Member Orientation

We welcome you to join us at the new member orientation on Wednesday, November 4 from 1-3 p.m. This event will give you the chance to learn more about our organization, meet the OLLI staff and members of our advisory board, as well as take a tour of the SVSU campus. Although there is no cost for the orientation and tour, you must register so we know how many to expect. The orientation will be held in C129. Please call the OLLI Office to register at 964-4475 by Friday, October 30.



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