



OKLAHOMA STATE UNIVERSITY

NOVEMBER 18, 2021

The OLLI UPdate

OSHER LIFELONG LEARNING INSTITUTE



Friends,

NOV, 18, 2021

All of us here at OLLI wish that your Thanksgiving is blessed with the bounties of the season and the love and warmth of your dear ones. We are thankful for each and every one of you. Thank you to our instructors who continue to offer their expertise and love of teaching with our members. We thank our volunteers who help keep things running. We especially thank our members — you are the reason we do this.

If you'd like to share OLLI with someone on your gift list, our a la carte memberships are discounted by \$10 through Friday, December 17, making them \$30. To purchase a gift membership or gift certificate for OLLI classes, contact the OLLI office.

Kindly,

ROBBIN

Your OLLI Director

Give the gift of OLLI!

OLLI OFFICE * (405) 744-5868 * OLLI@OKSTATE.EDU

Stay Safe in the Kitchen

FOOD PREP & STORAGE TIPS

The holiday season is here, and many will be gathering around the dinner table devouring their favorite meals. Keep food safety in mind when preparing those meals. Here are some tips from OSU's Robert M. Kerr Food & Agricultural Products Center:

- Shop for holiday foods safely. Buy meat 1-2 days before events. Shop for refrigerated products last.
 - Develop a master plan. Take your refrigerator, freezer and oven space into consideration.
 - Wash hands often.
 - Use two cutting boards: one for raw meat, one for cooked foods or preparing salad.
 - Wash all fresh produce.
 - Thaw frozen meats safely—defrost for approximately 24 hours. Cook to proper temperature. Use a thermometer to ensure food has been cooked long enough.
 - Keep guests out of the kitchen. This prevents the spread of germs and other bacteria.
 - Refrigerate leftovers. Divide leftovers into smaller containers and eat them within three to four days. Reheat leftovers to 165 degrees.
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Handling Awkward Conversations

HOW TO PREVENT HOLIDAY MELTDOWNS



Holiday gatherings can be the source of challenging interactions with loved ones. It is possible to avoid those relationship land mines by rethinking how you interact. In this brief segment from KOTV, News on Tulsa's Channel 6, Dr. Tami Moore and Dr. Mike Stout from the Center for Public Life at OSU-Tulsa share ways to handle awkward holiday conversations using the principles of deliberative dialogues.

To watch, click [here](#).



Fall Piano Recitals

STUDENT MUSICIANS SHOW THEIR WORK

Fill the air with soothing instrumental music. Watch and enjoy these student musicians from OSU's Greenwood School of Music as they perform before the Thanksgiving break. To watch, click [here](#).



GivingTuesday is Nov. 30

MARK YOUR CALENDARS!

GivingTuesday is a global philanthropic movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate and celebrate generosity.

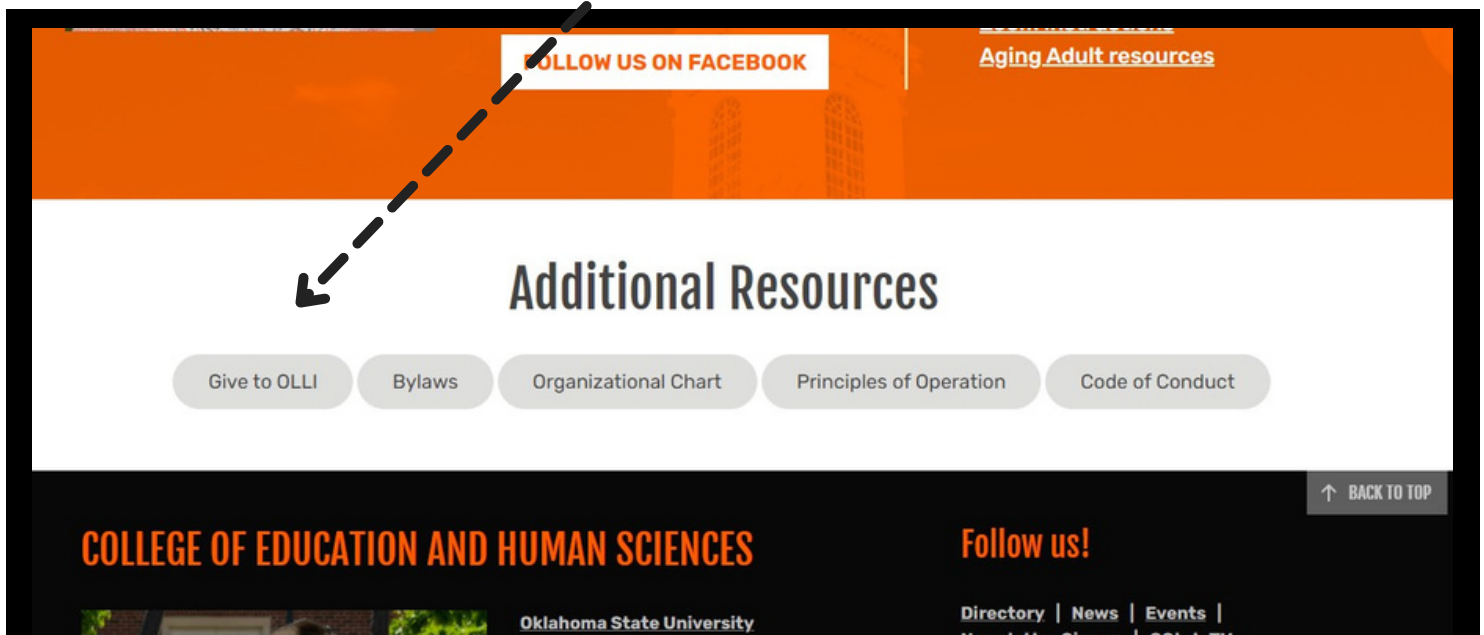
Participate in the Global Day of Giving by donating to causes that you care most about. We hope you will join us in support of OLLI@OkState by making a gift on Nov. 30.

Give to OLLI by [clicking here](#).

You can donate to OLLI by [clicking here](#).

Or, you can get there from our home page.

Go to the bottom and click on the grey bubble titled "Give to OLLI."



Why Should I Donate to OLLI@OkState?

Annual membership fees cover only a portion of the amount OLLI needs to operate. Your contribution means that yearly membership dues can be kept low as we continue to bring you the high-quality educational program you've come to expect from OLLI@OkState. Our annuity fund accounts for approximately 50% of our overall budget and allows us to support two full-time staff positions. A solid foundation of financial support will be essential to the future of our OLLI.

Feast of Light



Feast of Light: A Holiday Gala

The Choral and Vocal area of OSU's
MICHAEL AND ANNE GREENWOOD SCHOOL OF MUSIC
invite you to join them for *Feast of Light: A Holiday Gala* featuring
University Singers, Spirit Vocal Ensemble and the Concert Chorale
with solo performances by Vocal Faculty

Hosted at the Wesley Foundation, 823 W University Avenue in Stillwater
Friday, December 3, seating begins at 6 p.m., dinner at 7 p.m.

Dinner catered by Free Range Kitchen
\$100 per person, includes a \$60 tax deductible donation

Reservations required. Contact Holli Stevens at holli.stevens@okstate.edu

Limited availability. Reservation deadline is soon.

You may also purchase raffle tickets for a chance to win OSU swag
and other goods. Raffle tickets are \$5 and may be purchased at the event.

Menu includes: Berry salad, dinner rolls and sweet cream butter,
roasted New York strip with sides or vegetarian option of
spinach and mushroom cannelloni,
plus Fireside S'more Chocolate Pots de Creme.

To purchase tickets and/or make a reservation,
email Holli Stevens at holli.stevens@okstate.edu