

NEW FRONTIERS CALENDAR

Be sure to check our website regularly for any changes!

SPRING PROPOSALS WANTED

<https://newfrontiers.mesacc.edu/propose-a-class.html>

EMPTY BOWLS

[10:30 AM] Wednesday, November 8
MCC Red Mountain Campus
Saguaro Lobby

OUT TO LUNCH

[11:30 AM] Thursday, November 9
[Joe's Real BBQ](#)
301 N Gilbert Rd. Bldg 2
Gilbert, AZ

COUNCIL MEETING

[9:30 AM] Monday, November 13
Online or at the MCC Downtown Bldg.
See the website for details.

EMPTY BOWLS

[10:30 AM] Wednesday, November 15
MCC Southern & Dobson
Kirk Student Center – Navajo Room

HUHUGAM HERITAGE CENTER

[10:00 AM] Thursday, November 16
21359 S. Maricopa Rd
Chandler, AZ

NO CLASSES

Thursday & Friday, November 23 & 24

STUDY HALL

[4:00 PM] Tuesday, November 28
The Monastery
4810 E. McKellips Rd.
Mesa, AZ

HOLIDAY PARTY

[11:30 AM] Thursday, December 14
EVIT (East Valley Institute of Technology)
1601 W. Main St.
Mesa, AZ



GUEST SPEAKERS

Dr. Brian Dille (MCC) talks with Jacki McDugle, Curriculum Co-chair, before presenting his class "How The US Wages Economic Warfare With Its Adversaries".



ENGAGING CLASSES

Getting ready to take off and learn about the Stars of the Pharaohs thanks to James Enos the Mesa Community College Planetarium Coordinator.



OUTDOOR ACTIVITIES

Despite our extreme AZ heat this year, the walking group has been getting out. Here they explored Riverview Park and were surrounded by all the flowers there.

CURIOSITY NEVER RETIRES

Come Join Us!

Membership is open to anyone interested in lifelong learning. While the majority of our members reside in the East Valley, we have members from all around the greater Phoenix area. Winter visitors are also welcome.

OPEN HOUSE & NEW MEMBER COFFEE



Around 70 people attended the Fall Open House & 13 new members joined!



People were excited about the classes available for the fall.



Roland Tanner (left) and Sam Wong prepare to talk with those who attended.



Suzanne Brown (standing) talks a bit about the Curriculum Committee.



A relaxing morning to learn more about one another and our backgrounds.



Mary Boehlen, Membership Chair, gives an overview of NFLL.

September 8, 2023, the Open House was held at Red Mountain. Approximately 70 people attended —both Members and Prospective Members—visiting with friends and making new friends. The Curriculum Committee held a very successful Balance Screening. Thirteen new members signed up and after Open House, an additional six people joined bringing our total membership to 195.

October 6, 2023, the New Member Coffee was held at Red Mountain. Five new Members, including a New Member who signed up that day, joined us for refreshments, a NFLL Presentation, and Committee Chairpersons described their Committee function. Each New Member gave us a brief overview of where they were from, what brought them to Arizona, and their background and/or special interests. As usual, we have an eclectic group of people with diverse backgrounds. Many thanks to Allan Zisner for his help with updating the Power Point Presentation and technical help.

Mary Boehlen

SPRING 2024 IS COMING



Class listening to Dr. Billie Enz talk about Gender Differences.

NFLL Spring Session 2024 is starting FEBRUARY 5, 2024 with some exciting courses for members! The Curriculum Committee has been busy soliciting courses to meet a variety of interests. Classes will again be offered in-person and online. Our collaboration with New Adventures in Learning (NAL), Chandler-Gilbert Community College share online courses will continue since attendance has been excellent from both programs.

Online registration for courses will open Tuesday January 23, 2024. New this year, registration will open at 12:01 am. This change was made in order to save time for the input of classes by our volunteers since the default in our software is 12:01 am and this change eliminates one item of input. As in the Fall registration, phone registration will be available for those members needing assistance. More information will be in the printed class schedule slated for mailing on January 5!

At the time when this article was written, the Spring 2024 Schedule has over 20 courses (deadline is still 2 weeks away) with a variety of topics from history, social sciences, discussion, literature, nature, travel, technology, arts, finance, health, and just fun. Margo Heaps has submitted an outstanding weekly program of movies and documentaries at the Dobson campus. Bob Dukelow will challenge our memories with a class titled "Remember When." He promises to make us think about things from our pasts! As usual, our hiking, walking, and cycling groups will be continuing throughout the Spring months.

Watch your emails for more information.



Never Have I Ever Class **Fall Session Review**

The Fall 2023 session will conclude Dec. 14th with the Holiday Party. Ninety-eight classes were offered with ten cancelled for insufficient enrollment. Overall positive responses were received on the offerings in the Fall term. Average attendance at in-person classes has ranged between 3-46 with the average about 12. Online courses have had a steady increase in attendance of 8-50 with an average of 18 members attending. No show rates are increasing which causes presenters and facilitators to over plan supplies and room size requests. No shows without cancellation calls have reached an all-time high of 40%.

Technology issues have been minimal with the improvements to all classrooms. In most cases the technology consoles in the front of the classrooms have been standardized so using the system is much easier. This year MCC has implemented a Zoom account for presenters which has made online courses easier to share. Room scheduling issues have been an inconvenience during the term, but the administrators at both campuses have worked with us and no classes were cancelled due to lack of space. Classroom availability has been impacted by increased enrollment on both campuses as well as the storm damage to the Red Mountain Rosewood building which took four classrooms out of service. Efforts to schedule NFLL classes consistently in the same classrooms this Fall has helped us find our classes!

Thanks to all the presenters, facilitators, and online hosts who worked to make the Fall term successful.

Without all our volunteers we could not do what we do.

Matter of Balance

The Center for Resilience in Aging, A.T. Still University-(ATSU) Arizona School of Health Sciences, will offer the evidence-based program, Matter of Balance, to NFLL members throughout the Spring. This course will begin before our other programs so if interested, please register early. Registration can be completed through the NFLL class registration site or by calling the office at 480 461-7497.

Classes will be held 1/19/24, 1/26/24, 2/2/24, 2/9/24, 2/16/24, 2/23/24, 3/1/24, and 3/8/24, If enough interest is shown, programs will be held at both Red Mountain and Dobson. The program will be presented by groups of multi-disciplinary health professions students and faculty from ATSU.

[A Matter of Balance](#) (MOB) is designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments. Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely.

Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating.

If interested, please register early. Registration can be completed through the NFLL class registration site or by calling the NFLL office at 480 461-7497.



Ralph Wilson
Instructor Spotlight

Dr. Wilson's class about medical missionaries is Dec. 1. Be sure to register and attend!

Dr. Ralph V. Wilson, a new member of New Frontiers, is a board-certified orthopedic surgeon in practice for more than 50 years. He enjoys the challenge of dealing with difficult problems in all disciplines of orthopedics, from the hand to the spine. An orthopedic surgery internship, coupled with his military service in the United States Army Orthopedic Department at Fort Polk, LA and in Vietnam, provided many experiences that solidified Dr. Wilson's decision to practice orthopedics. He attended the University of Iowa Medical School and completed residency programs with San Bernardino County Medical Center in California and Vanderbilt University Medical Center in Nashville, Tennessee. Dr. Wilson has volunteered on numerous overseas medical missions and feels one of the best aspects of his jobs is getting the chance to relate to patients across the entire age spectrum. He also strives to stay current on the latest innovations in orthopedics and appreciates the challenge of keeping on top of the nuances, current research and best practices within the field. In his free time, Dr. Wilson enjoys writing interesting short stories, playing tennis, and golf.

Ralph was recruited by Bob Dukelow to present a New Frontiers class about medical missionaries on December first. Bob is also a member of his writing group. Ralph found himself among friends in NFLL because he plays tennis with Dan Taylor and attends church with Lois Schaffer. Ralph Wilson is exactly the type of student we should all be looking for to recruit into New Frontiers. He enjoys attending our classes and is willing to share his knowledge and expertise with us.

The Meaning of RSVP

New Frontiers is a volunteer organization that offers lifelong learning for our members. Continuing Education may even help you prevent serious diseases that affect older adults such as Alzheimer's and dementia, for example. (AARP22)

In order for New Frontiers to offer continuing education to our members, we rely on volunteer member facilitators, those who identify presenters and arrange for the presentations. MCC provides the room for the presentation at either the Southern & Dobson or the Red Mountain campus.

NF's volunteers also create the presentation schedule and work with the College staff to ensure that members can register for the presentation.

RSVP comes from the French phrase "répondez s'il vous plaît." It means yes, I will attend..

The NF's registration is your RSVP that you will attend the presentation. And if you are unable to attend, we encourage you to call or email the Facilitator. We ask that you do this because the Presenter is also a volunteer. And just imagine if you were the Presenter who had spent several hours preparing your talk, only to find that the original number who signed up to attend had been cut in half or even less.

As a Facilitator, I thank you.

Barbara Thelander

Knit-Wits

Hey fellow Knit-wits, Crochet Aces, Needle Nuts, etc. Interested in a working group? This won't be a class per se, just a time set aside to work and perhaps share with each other when we are stuck (never happens, right!). If you are interested, please email me at mcdugle@gmail.com. I would like to know:

The day of the week you are interested in working
The best time of day
The area(s) you are working in
Which you are doing (knit, crochet, needlework, etc.)

We will most likely be working in the Library at Red Mountain campus.



THE BENEFITS OF HONEY



This past summer of 2023, we had an opportunity to visit Cox Honeyland, located in Logan, Utah, a fourth-generation family business which came from humble beginnings in St. George, Utah.

During pollination season, Cox's honeybees are shipped to California to help pollinate California's almond and avocado crops. During the summer months, when the pollination season is over, the hives of the honeybees are returned to Northern Utah where some are left in the Bear River Mountains to enable the honeybees to gather pollen and nectar from the local flowers in the mountains. This has enabled Cox's honeybees to produce honey in a variety of flavors, with the most popular flavors being Cache Valley, so named because the honey comes from the local flowers in the area, and Mountain, which comes from the higher elevations of Logan Canyon.

Cox Honeyland produces raw unfiltered honey which does not contain any preservatives so it tastes fresh. Since the honey is bottled on-site at the back of the store, regular customers can bring their own containers to get it filled with honey.

There are several kinds of honey. However, the best honey to get is raw honey. Since raw honey is strained before it's bottled, it is organic, meaning it is free of chemicals so it retains most of its beneficial nutrients such as pollen. In contrast, regular honey is processed, thereby removing most of its beneficial nutrients so it is basically sugar in water with no nutritional value.

Customers can also buy royal jelly which is only fed to the queen bee. It is highly valued by Asians for its medicinal properties. Royal jelly must be refrigerated and should only be taken sparingly, a tiny bit at a time

on a toothpick, whenever you feel under the weather.

I had long heard that honey helps allergy sufferers but was unsure how you take honey so it will help you with your allergies. I have since learnt that you should take a spoonful of honey once a day, holding the honey to the roof of your mouth and between your tongue so the nutrients will get absorbed into your system.

I also heard honey is good for arthritis and joint pain and helps to reduce inflammation. Apply it topically to the area of pain eg. your knee, four times a day. You can also use the honey as a massage oil by mixing it with coconut or olive oil before applying it to your skin.

Honey may also be used to treat wounds and burns as well as insect bites to promote healing and speed up tissue regeneration.

For those who suffer from insomnia, honey may help you to sleep. Take one teaspoonful of honey or mix the honey with apple cider vinegar, a dash of cinnamon and hot water and drink it 30 mins. before sleeping. This mixture should not only help you to sleep, it should help to reduce your blood pressure and lose weight.

For best results, especially if you are taking honey to treat allergies, you should get local honey which has been produced by local honey bees.

Who would've known honey and the honeybee was so important to us?

Jennifer Wong



Welcome New Members

Our newest members have already been spotted in our classes, outdoor activities, and social gatherings! We are thrilled you joined New Frontiers and look forward to getting to know you better.



NEW FRONTIERS FOR LIFELONG LEARNING

New Frontiers is an organization dedicated to adults wishing to continue their discovery of knowledge and advance their learning. Founded in 1995, New Frontiers for Lifelong Learning was created through the sponsorship of Mesa Community College.

The community college is located in Mesa, Arizona and serves the communities of the East Valley of metropolitan Phoenix. We are a peer-led, self-governed organization with interests in volunteer opportunities, travel, hiking, and healthy lifestyles.

Discovering new, lifelong friendships is an added bonus.

New Frontiers for Lifelong Learning
Mesa Community College
7110 East McKellips Road
Mesa, AZ 85207

Phone: 480-461-7497
Fax: 480-461-6329
email: neva.hansen@mesacc.edu



LEARN MORE



MARK YOUR CALENDAR!

Our Holiday Party will be Thursday, Dec. 14 , 11:30 am at EVIT (East Valley Institute of Technology). More information will be coming, so be sure to check your email and the website.

NEW FRONTIERS GOVERNING BODY

President – Cindy Schrantz
Vice President – Bill Lents
Secretary – Pat King
Treasurer – Fred Searing
Members at Large – Jan Lorette, Lois Schaffer, Carolyn Follette
Past President – Roland Tanner
Curriculum – Suzanne Brown
Membership – Mary Boehlen
Volunteers – Mary Adamick
Technology – Allan Zisner
Scholarship – Barbara Thelander
Newsletter Editor – Cindy Schrantz

MCC Program Coordinators – Neva Hansen, Sammy Rudi-Trujillo
MCC Career & Community Connections – Kathleen Perales, Associate Dean

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