

Volume 32, Issue 3 January-February 2024

NEW FRONTIERS CALENDAR

Be sure to check our website regularly and check your email. That's where you will find additional information on the items listed below!

OUT TO LUNCH

Typically held the 1st Thursday of the month

STUDY HALL

Typically held the last Tuesday of the month

COUNCIL MEETING

[9:30 AM] Monday, January 8
Online or at the MCC Downtown Bldg.
See the website for Zoom link



OPEN HOUSE

[1:00 PM - 3:00 PM] Friday, January 19
Red Mountain Campus

NEW MEMBER COFFEE

[10:00 AM - 12:00 PM] Friday, February 2

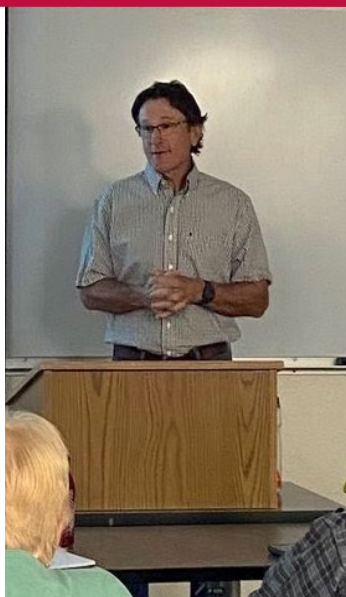
COUNCIL MEETING

[9:30 AM] Monday, February 12
Online or at the MCC Downtown Bldg.
See the website for Zoom link



INTRIGUING CLASSES

Not all our classes are held in a classroom. NFFL members learned about the light rail system and then rode to downtown Phoenix and back.



CAPTIVATING SPEAKERS

Gibby Gorman, retired firefighter and NFFL member had a packed class when he shared his 33 years of experience in "A Day In The Life of a Firefighter."



OUTDOOR ACTIVITIES

Ron Schueman and Allan Zisner, two of our outdoor enthusiasts, are ready to explore another trail with the Thursday morning bikers.

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.

NFLL HOLIDAY PARTY



Arlys Medicott and Lois Schaffer greeted everyone as they arrived.



Janice Overdorff (center) made two quilts for us to raffle off. We raised \$396 dollars which was donated to United Food Bank!



Laurie Fagan provided our entertainment and we all enjoyed singing along with her.



We really appreciate the welcoming and hospitable demeanor of Bruce Sandground of the EVIT Culinary Institute.



We were surprised and delighted when Margot Tanner (94 years young) sang Silent Night in German!



The students and staff from Culinary Arts at EVIT created and served outstanding food and impeccable service.



Once again you provided hundreds of items to give to MCC's Mesa Market.





What a holly jolly time we had !!

Nearly 80 people gathered for food, fun, singing, door prizes, and donations at our annual holiday party, held December 14 at the East Valley Institute of Technology (EVIT).

The room was festive and oh so jolly thanks to the Social Committee's holiday party crew: Monica Karels, Helen Dodds, Lois Schaffer, Mary Boehlen, Diane Yarbrough, Neva Hansen, Sammy Trujillo and Roland Tanner.

We also give a very special thank you to Neva Hansen for working above and beyond with us and with MCC personnel. Thank you to Sammy Trujillo for the entire labels and for assisting Neva and Roland.

Keeping track of all who wanted to come, collecting their money in various ways, everyone's menu options, and making sure all were correct by the deadline is no small task. Thank you again MCC staff for the support.

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 Year's Journey

Years ago, a friend and I gave up making New Year's resolutions and decided to call it our New Year's Journey instead. That way we could continue to grow and challenge each other to try something we weren't comfortable doing throughout the year.

As I was thinking about my 2024 journey, Allan Zisner shared a podcast he had listened to titled, "Feeling Alone? 5 Tips To Combat Loneliness" on NPR. Here's the link if you'd like to listen to it [Feeling Alone?](#) It talks about the consequences of social disconnection and long-term effects, everything from increased risk of heart attacks to dementia. But feeling alone is not all doom and gloom. There are ways to combat it, and these are the 5 tips the article/podcast outlines:

- Be curious
- Make something
- Take a risk by having conversations
- Find a group that matches your interest
- Other people's loneliness matters too

That's what I love about NFLL. We understand that at all ages, people want to be connected and doing so means we live healthier lives both mentally and physically. Our variety of classes (humorous, intellectually stimulating, creative arts, culinary experiences, on and on); the number of social opportunities (out to lunch times, study halls, tours), signature events (holiday party, spring picnic); outdoor opportunities (weekly hiking, biking, walking); and volunteer opportunities (maybe one time, maybe on a regular basis) give us ways to connect.

May your 2024 be a continuation of the journey you are already traveling!

Cindy Schrantz, NFLL President





Jay and the famous "Diving Lady" neon sign in Mesa. Jay has helped lead the effort to restore many important signs in the Valley.

Jay Mark aka Vic Linoff

Instructor Spotlight

Jay Mark aka Vic Linoff, has been a favorite speaker for New Frontiers for a number of years. He is a world traveler, a historian, preservationist, writer and photographer. He also has been in the antique and book business since 1973.

Jay has produced seven antique related books for Dover Publication, co-authored The Buckhorn, an Arcadia Publications Images of America series book, and has worked tirelessly to save the Buckhorn.

In October of 2010 the Diving Lady was tragically destroyed in a storm. Many feared the damage would be irreparable, but the Mesa Preservation Foundation rose to the challenge of restoring and reviving the animated vintage sign. The restoration project was designed to maintain the original metal integrity of the sign utilizing time-consuming methods, while forgoing using less expensive materials. Although a more tenuous process, the dedication to preservation mattered to those involved, and more importantly, to the public who admired the Mesa neon treasure.

The restoration of this staple relied upon more than just tender love and care. Finances were a significant component to the project, with the expected cost of restoring the sign changing significantly from the start to the completion of the endeavor. The East Valley community rallied and raised funds for the project, yet the recession was at the forefront of the struggle to meet the financial goal. Ultimately, through the hard work of the community, neon artist Larry Graham, the Mesa Preservation Foundation, and countless travelers and residences alike, the Diving Lady now continues her nightly plunge on East Main Street.

In addition to Jay spending time each semester on two presentations for New Frontiers, he taught a Antiques & Collecting continuing education class at Mesa Community College and presents for the Arizona Humanities Council AZSpeaks series.

Jay was recently at the opening of "The Post", Mesa's restoration of the Post Office built in 1936. The building will serve as meeting space for the City's residents. And hopefully soon, the collection of neon signs that have been saved will be installed in an area adjacent to The Post.

Jay is presenting for New Frontiers this Spring. In February – To Steal A Kingdom; and in March – Eeny, Meeny, Miny MOAI – Or how I learned to Rapa Nui. Sound interesting – you bet!

Please check your Spring 2024 Class Schedule for details on where the presentations will be and how to register. New Frontiers is fortunate to have Jay Mark as a guest speaker.

Book Club

Fellow book lovers!

You may know NFLL has hosted book clubs at the Aster Center in downtown Mesa for years. Now the Aster Center at Red Mountain would like us to host a book club there.

If you are interested and willing to start a book club, please let Cindy Schrantz cindyschrantz@gmail.com know. Cindy will give you information about who to contact at Aster Center so you can work out the details.

Open House & New Member Coffee

Please join us on January 19, 2024 for the Spring Open House at the Red Mountain Campus Community Room from 1:00 to 3:00 p.m. Facilitators and Instructors may be there for some classes. Meet with friends who are Members and Prospective Members. There will be Refreshments.

After the Open House, we will be holding New Member Coffee on February 2, 2024 at the Red Mountain Campus Community Room from 10:00 to 12:00 p.m. Join us and meet New Members while we introduce them to NFLL.

Spring 2024

The Spring 2024 term is coming with a great selection of courses, activities, and social functions designed to keep us informed, alert, and interacting with other NFLL members. The Curriculum Committee has gathered over 80 courses for members to consider. Registration will start on Tuesday January 23, 2024. Full instructions for registering are in the inside cover of the 2024 Schedule.

Once again courses will be offered at MCC's two campuses, Dobson and Southern and Red Mountain. Other courses will be offered online, partnering with other lifelong learning programs in the Valley. Off-site classes will be offered using facilities at our partners, Resurrection Church, Aster Center Downtown Mesa, and Leisure World Mesa. Several commercial sites will be used for classes and events.

Spring Term will bring familiar courses such as Great Decisions, Bookshelf, Mysteries and Mayhem, movies with Margo Heaps, as well as Bob Dukelow's wealth of history and foreign affairs. Marie-France Ganansia will share History of New England, while Greg Masters will share more on his Tour de France journey. We will hear about the Overdorff's cruise to Alaska and the Northwest Territory and learn about China from Dan Mueller and China's Spring Festival from Jennifer Wong. Brian Dille will discuss the Middle East, while Bob Dukelow and Katrina Shawver will discuss the Eastern Europe political situation. Charles Tichy and his wife will give us an in-depth course on Putin. Jay Marks will entertain us with his stories on the Rapa Nui people, and Arizona land deals.

New favorites are back this term with our favorite economist, Paul Burgess, giving us insight into the economics of religion. Duane Roan will help us write our family histories in a series of interactive classes and Great Courses on the impact of medieval times on the current time, and geological wonders of the world. Our health and wellness is not ignored with our active classes for hiking, biking, and walking, as well as a variety of classes on wellness. Sonny Sampedro will teach us about posture and neck pain. Marilyn Klingler will share her knowledge on Ikigai – a Japanese philosophy on wellbeing and also, leading a class on coping with lung disease. Anand Ganesan (son of Kausie) will come from California to speak to us on skin cancer. Dr. Ganesan is an internationally known researcher and clinical dermatologist at UC Irvine. We will have several speakers on aging, dementia, and mental health.

There are far too many courses to mention all of them here and I apologize if I have left you out. We'll see you when classes start Feb 5, 2024!

Attendance and Room Scheduling

MCC is growing! With new programs, bachelor's degrees, Mesa Promise for free tuition, and normal updating, rooms are limited for our NFLL classes. Morning classrooms are limited for scheduling while afternoon classes will be scheduled in some new places. We are scheduling classrooms to be easy to access. For those of you with mobility limitations, handicap parking is available at all sites and you can call Campus Police for a golf-cart ride to your classroom if on MCC campus. With the challenges of scheduling rooms, we also have limited space. Most classrooms will have a capacity of 25-30 seats unless the class is in BP 4, which offers us 90 seats! We have had a 40% no-show rate this last term for classes and with fewer seats we ask that you notify the gatekeeper or facilitator of your class if you cannot make it. We make every effort to let those on the wait list come to class if possible.

On-line Partnership with New Adventures in Lifelong Learning

MCC's New Frontiers and Chandler-Gilbert's New Adventures (NAIL) programs started a trial partnership during the Fall 2023 term to share online classes. A review of this partnership showed it to be a HUGE success! Attendance in the online classes ranged from 9 to 59 with an average of 18. Both programs have decided to continue with the partnership during the Spring term. New Frontiers will share 11 online courses while NAIL will share 12 online courses. Additional discussions with the Rio Salado lifelong learning program, RISE, which serves Surprise, are beginning to share their online offerings also.

The speakers who have participated in the partnership classes have given good feedback on the experience and the diversity of participants. The shared programs allow the speakers to reach a larger audience with more efficient use of time. We thank Scott Sandell, our familiar speaker on financial and retirement issues for getting all of us together to share courses.



Greg Master introduces the class to a circumnavigation of France. Along with Marie-France Ganansia, they provided two perspectives on the country.



In October, a new series of classes on Chinese culture and cuisine kicked off with a presentation on Cantonese Dim Sum. Participants from both NFLL and NAIL learned about different dim sum dishes you can order, how to order them, and dining and tea etiquette. The following week, class participants enjoyed a dim sum meal at Mekong Palace.

Spring 2024 Class Recaps

China: Spring Festival

On February 10, 2024, Asians around the world will usher in the new Year of the Dragon.

On Tuesday, January 23, class participants will be introduced to Spring Festival, how it is celebrated in China and the foods which are served during the New Year's Eve family dinner. On January 30, we will visit a Chinese restaurant to enjoy a New Year dinner.

If you would like to attend the New Year dinner, email nfljwong@outlook.com for further information.

Is It Normal Aging or Not?

During the 2024 Spring semester, NFLL welcomes back Elaine Poker-Yount who has been doing presentations for NFLL for many years on the subject of dementia and caregiving. As an Aging & Dementia Care Specialist, Elaine shares with us her knowledge of dementia, how to cope with dementia and what constitutes normal vs not-normal aging.

Look out for:

- Keys to Moving Forward - Feb. 6
- Tools for Living With Dementia: Communication, Conversation and Tackling Everyday Tasks - March 19
- Normal Aging vs. Not-Normal Aging - April 9

Since these classes are being held online and are interactive, Elaine welcomes questions and comments during her presentation.

Books Off the Shelf Event

Books Off the Shelf, modeled after the Human Library, was held at MCC Red Mountain on Saturday, October 28, 2023. The purpose of Books Off the Shelf is to foster dialogue in order to build empathy and bridge divisions within our community.

Eleven human "books," people who have been bullied and stereotyped because of prejudice and misunderstanding, based on religion, race, gender identity, sexual preferences, political views, or other reasons, courageously presented their stories. Book Titles were: Christian NRA Member; Black, Gay & HIV Positive, My Son is an Addict and Mentally Ill, Trauma Survivor, Undocumented Husband, Former Incarcerated Felon, White Privilege Recognized, East Coast Jewish Woman, DACamented, German WWII Survivor and Transman.

New Frontiers for Lifelong Learning provided eleven volunteers to assist the Hosting Committee, which was made up of three staff persons and three community leaders. The volunteers agreed that it was an "eye and mind opening experience."

People who registered to attend (the "Readers") were provided the opportunity to engage with people they don't normally associate with or whose life experiences and choices are vastly different from their own.

Comments, such as the following were common statements:

"I didn't realize..."

"I expanded my awareness of different perspectives & had some big personal aha's from both."

"We need to do more of these events throughout the community. How can we expand this?"

"I definitely did not leave thinking in terms of ___ as a bad person. He definitely risked being very vulnerable and he did listen to us. I believe I do understand better, at least in part, the wide chasm that separates us..."



Jacki McDugle, Neva Hansen, Sammy Trujillo, and Dan Taylor were ready to greet people arriving at Books Off The Shelf.

NEW FRONTIERS FOR LIFELONG LEARNING

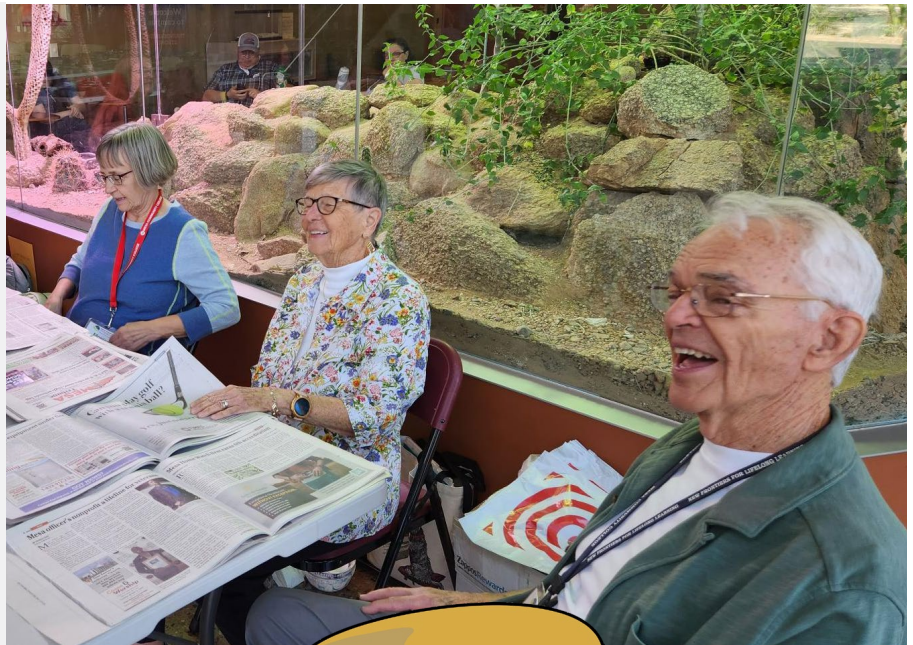
New Frontiers is an organization dedicated to adults wishing to continue their discovery of knowledge and advance their learning. Founded in 1995, New Frontiers for Lifelong Learning was created through the sponsorship of Mesa Community College.

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



EMPTY BOWLS

NFLL has sponsored and volunteered at the Empty Bowls event for years. Proceeds from the event benefit Paz de Cristo Community Center. Here Monica Karels, Sheila Millhollen and Archie Millhollen assist with wrapping up bowl purchases at the Red Mountain campus.

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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