NEW FRONTIERS CALENDAR

Due to the pandemic, both MCC campuses are closed. As a result, most NF classes will be held online.

The usual NF social events are cancelled. No Open House. New Member Coffee will be online. Date TBA.

Enrollment should be done online, on the NF Website, or on the phone with NF staff members.

For more details see page 3.

Dates To Remember

September 16 at 9 AM,
Online class registration, as usual.

September 21-24,
Webex and Zoom online learning classes.

See the Class Schedule, page 15, on the NF website.

https://newfrontiers.mesacc.edu/class-schedules/2020/fall/Fall-2020-class-schedule-20200807.pdf

Greetings from Roland Tanner, President

Good Afternoon NFLL Members,

The New Frontiers Council and committees have been hard at work in the spring and summer to ensure that we have classes in the fall. As you know the MCC campuses will remain closed throughout the fall semester. We hope you will renew your membership and we would like to encourage all of you to get involved with video conferencing prior to the start of our video class offerings in September. For some of us this may be a very new experience but once done, it just becomes another fun option for us to have “community” online. If we are a typical human “being” we may have a comfort zone that, well, is comfortable, and to step outside that zone may bring some anxiety. The rewards of venturing outside may be well worth that extra little effort and may establish a new comfort zone with new friends and new information and connectedness that enriches our lives. With that said, our Vice President, Bob Dukelow would like to share his thoughts:

“Most of us have adapted to the massive changes in our lives caused by the current pandemic. There are, however, a very few New Frontiers students who will be unable to participate in our Fall Semester classes because they have no access to the web and/or no computer skills.

If you are a friend of such a person in the New Frontiers community with no computer or smartphone access, you might consider inviting that person to watch the classes in your home. This is not an official recommendation or in any way a requirement but only a suggestion that if you are comfortable having a friend join you to watch a class you let them know now, so they can remain part of our community of learners. Take care. -Bob”

All of us NFLL volunteers who made the video class schedule possible, would like to thank you for your support. Our environment may dictate our physical constraints, but our hearts and spirits have the potential to create an environment so full of joy, love, and life that we may thrive. Please feel free to contact the New Frontiers Office at (480-461-7497) if you need assistance in renewing or logging into your classes. We are here for you.
A Message from Dan Taylor, Past President

Over the last three years, I have genuinely enjoyed the experience of being the President of the best and strongest lifelong learning organization in Arizona. As an organization we have flourished: increasing membership and broadening our scope of classes all with the help of over 100 volunteers. This past year, even with the pandemic and having to cancel most classes after March 2020, we still had over 6,800 volunteer hours provided by our membership. I feel very fortunate to have had a very committed Council and one willing to move this organization in a way that ensures its sustainability.

We will endure!

I know that Roland Tanner has entered his role as the new President with eyes wide open. He has key skill sets that are critical for the times with IT expertise and a willingness to help our members be competent in teaching, facilitating, and taking virtual classes this fall. We have a great relationship with MCC staff and administration: Neva Hansen, Program Coordinator; Michelle Chambers, Program Assistant; Kris Bliss, Interim Associate Dean; Nora Reyes, Senior Associate Vice President, and Lori Berquam, Interim President. We are all in this together.

-Dan Taylor, Past President NFLL

Striving to Thrive Amidst Constant Change
A comment from Elaine Poker-Yount, Dan Taylor’s Guest

“Let’s refrain from judging others’ situations because we don’t know their unspoken realities and let’s lighten up the expectations we put on ourselves. We need to allow ourselves to feel the way we do without hesitation and then work our way through it. Resilience, compassion, acceptance are key… we’ll all survive; it’s our choice to thrive.”


Reach her at 480-833-8247 or elaine@visitingangelsaz.com

Bruce Reid

Bruce Reid, past president of New Frontiers, passed away May 24, 2020 at age 86. Bruce was president of NFLL from November 2012 to November 2014. He started every Council meeting with a joke and he was instrumental in solidifying our strong relationships with MCC. Bruce and his wife, Joy, were long time members. Prior to becoming president, Bruce served on several committees including chairperson of the Volunteer Committee. Bruce was always cheerful and a friend to everyone. In later years, he suffered from failing health, but rarely missed an NFLL All Members meeting or a “Games, Games, and More Games” class.

-Marlin Fried, Past President NFLL
Going Back to School
During the Pandemic

The Fall semester is close, and it is time to start learning again! In the time of pandemic, we have to make the effort of learning a new way to go to classes. That is to go online. We all love going to classes in-person and socializing with friends. But this is not possible now. Instead, you will see your friends and socialize with them on the screen, while learning.

Fortunately, your Curriculum Committee (Ruth Brooks, Donn Cahill, Rea Dias, Ann Bloxam, Nancy Spence, Dovie Bryant, Pam Carter, Mary Ann Spishock, Patty O'Brien, Gary Kleemann, Jane Severin, Diane Batchlor, Jean Bruno, Anita Herl-Peterson), has worked hard all summer to make it easy for you to join online classes. It has acquired expertise with seven online classes during the summer. These classes went smoothly, bringing satisfaction to the students.

The facilitators and presenters have volunteered in quite good numbers to offer a total of fifty classes this fall, forty-six being online. There are new interesting topics, like one about the legacy of Dr. A.J. Chandler, Arizona Territory’s first veterinary surgeon. Also an update on Afghanistan, and several travelogues to Europe, the Galapagos….. As for the in-person classes, they are the conversation classes, and the outdoor walking, hiking and biking classes. We are all impatient to start again safely outdoor activities, hoping that the temperatures will cool off.

Before registering for classes beginning September 16 at 9 am, (the class schedule can be found on the NFLL website), you must join or renew your membership to NF for only $60!

Flyer done by Peggy Randolph.

Select the join now option on the website's home page. There is an excellent detailed PDF to follow on how to complete the enrollment. Right before you pay, you must turn off pop up blockers. If you get stuck or can't deal with the pop up blockers, NF staff members can assist you, M-Th 8:00-4:30, and F 11:00-4:30. Call 480-461-7497 or 480-461-6266. They might not be able to take your money, but they can help you get in contact with appropriate resource.

Once a member, you will register for classes the same way as usual, logging into your account and selecting all the classes you want to attend. A week before each of your selected classes, the gatekeepers will send you an email reminding you of your class, and providing the link that you will click on at the date and time of your class.

Last thing, in order to learn about WebEx and Zoom, please watch these simple videos:

WebEx - https://www.youtube.com/watch?v=fE5FnEUKtaE

Zoom - https://www.youtube.com/watch?v=9isp3qPeQ0E

And, if needed, learning classes will help you go through this on September 21-24, page 15 on the Class Schedule. It is VERY simple, trust me! Hope to see you soon on the screen.

-Marie-France Ganansia, NFLL New Frontiers News Editor
A Personal Experience of Summer Online Classes by Kausalya Ganesan, NFLL Member.

Yes, it was a challenge at first, but soon the doubt cleared with everyone’s help and I was pleasantly surprised how easy it is to be in an online class on Zoom and WebEx. Made me feel more tech savvy even. It is a learning process and isn’t NFLL a life long learning process? In these Corona times where we are often home bound, it is a pleasant change to be able to learn and, of course, meeting friends online is a plus. True, you need to be more self-disciplined. Who says having to be more self-disciplined is a disadvantage? It is true that learning online requires more self-motivation and time management, but we do have time now, don’t we? Developing these skills is a plus, indeed, especially in the comfort of our own home, or at any place we are.

Taking an online class means you don’t have to commute to class, less time spent driving and saving gas too. Only disadvantage is not to be able to attend class face to face and meet people, but this is only temporary and we can continue to learn until we beat this Corona 19. You will never know what you are missing until you try it. So won’t you join us please! I guarantee you will certainly enjoy it.

Summer Online And In-Person Classes by Allan Zisner, Website Manager

Arizona Trail Revisited
Allan hiked the Arizona trail during the spring of 2017 and 2018, all 800 miles. He shared his experience through slides as he was hiking and overnight camping. The journey started at the US-Mexican border and progressed to the Arizona-Utah state line. There were 14 attendees who participated in the two-day WebEx online presentation.

Early Morning Discussion
Over the course of the summer, the Early Morning Discussion was for early risers. We met every other week online via WebEx and an average of 6 New Frontiers members attended. We had many lively discussions covering many general topics. Putting politics aside, we shared more about ourselves. Collectively sometimes we were able to offer a suggestion to a problem or an issue. This discussion group will renew in the Fall 2020. The course name is Early Morning Discussion. The class size is limited to 20 participants to allow for managed open discussion.

Early Morning Bike Ride
Only one New Frontiers member joined me for several bike rides. Along with two other friends, we explored the extensive canal system in the east valley and parts of Phoenix. We bicycled an average 15-20 miles taking rest stops as needed. We met every other week. I look forward to riding the canals this fall and spring. The Fall 2020 bicycle ride is listed as the Thursday Morning Bike Ride. It will meet every other week, opposite the Early Morning Discussion group. The rides can be tailored for those with less experience. All riders must be able to transport their bicycles to the meeting location for each ride.

-Allan Zisner, azisner@q.com, 480-282-1686
Walkers Explore Local Parks

*Walkers Explore Local Parks* is an outdoor activity for those who enjoy fresh air, a bit of leisure exercise and good company. Each Wednesday at 9:30 AM beginning on October 7 we meet up at one of our area local parks to enjoy the scenery. Being outdoors allows for distancing within our group. There are ramadas, benches and restrooms in most all parks. We are usually together for an hour or so, but anyone may leave at any time. It is a good opportunity to acquaint yourselves with the valley’s wonderful parks, enjoy some wild life viewing and share conversation with other New Frontiers members.

Directions to each park will accompany the email reminder sent out before the first class to each member who registers for the class. Risk Form #1 must be completed by each Walker if you have never signed this form. Just go to [https://newfrontiers.mesacc.edu/pdf/forms/risk-form1-outdoors.pdf](https://newfrontiers.mesacc.edu/pdf/forms/risk-form1-outdoors.pdf) to complete the form and email it to Marlin Fried at mfried5751@cox.net. If you have any questions please contact Mary Adamick via email and watch for the NFLL reminder to sign up for classes ONLINE on Wednesday, September 16.

-Mary Adamick, madamick@cox.net, 480-892-7298

New Frontiers’ Hikers Ready to Take on Arizona Outdoors…….Responsibly

Summer is almost over and that can mean only one thing – hiking in Arizona’s great outdoors. New Frontiers’ two hiking groups, the Tuesday morning *Trailers* and the Friday morning *Trailblazers* are getting ready to hit the trails. For years these two hiking groups have brought members together to enjoy each other’s company while appreciating the beautiful Arizona outdoors and getting some fresh air and exercise.

Despite the challenges of the pandemic, the two groups completed 22 hikes during spring 2020. Due to carpooling restrictions, most were nearby in the valley, but all were scenic. With social distancing that is easy to maintain on the trail, the hiking groups are two of the few New Frontiers’ activities that can continue to meet in person during the pandemic.

The *Trailers* hiking group does their hikes on Tuesday morning. These hikes are intended to be easy, with occasional moderate sections for short distances. Hikes will usually be between 2.5 and 4 miles long, with elevation changes of less than 400 feet. The objective is a fun recreational hike enjoyable to most hikers in reasonable condition.

Looking for a bit more intense experience? *Trailblazers*’ hikes on Friday mornings are intended to be a bit challenging. The hikes are typically between 4.5 and 6.5 miles in length. They are usually classified as moderate and may include elevation changes over 1,000 feet. Since these hikes are longer and usually require more energy, they are often followed by lunch or a picnic in these socially distancing times.

The fall 2020 hikes will include ten *Trailers*’ hikes, starting on September 29 and running through December 8. *Trailblazers* have eleven hikes planned, beginning Sept 25, with the last scheduled for December 11.

The hikes are lead by experienced group members who contribute their knowledge of local trails to pick those that are most appropriate for their group. If you’re ready to enjoy the natural beauty that our part of Arizona has to offer, lace up you hiking shoes, fill up the water bottles and come join us. Contact the groups’ facilitator, Greg Master ([gamst51@gmail.com](mailto:gamst51@gmail.com) or 832-594-6175) for enthusiastic answers to all your questions.
Getting to Know Our New President & Vice President
Using The Proust Questionnaire

Roland Tanner, NFLL President

__1.__ What is your idea of perfect happiness? Complete peace of mind and knowledge of self

__2.__ What is your greatest fear? Losing sight of the connectedness of all things

__3.__ What is the trait you most deplore in yourself? Over-thinking things which paralyzes any viable decisions

__4.__ What is the trait you most deplore in others? None...what I deplore about someone else is what I have not come to accept within myself

__5.__ Which living person do you most admire? Dalai Lama, Pema Chodron, any person who tackles the knowledge of self

__6.__ What is your greatest extravagance? Buying electronic gadgets

__7.__ What is your current state of mind? At peace with who I am

__8.__ What do you consider the most overrated virtue? Honesty, religiosity

__9.__ On what occasion do you lie? When the truth would hurt someone else or they are unable to process the truth in a safe manner

__10.__ What do you most dislike about your appearance? Thirty extra pounds; mostly in the middle

__11.__ Which living person do you most despise? Despise? Disagree with methods: POTUS

__12.__ What is the quality you most like in a man? Self acceptance…self knowledge…able to think

__13.__ What is the quality you most like in a woman? Self acceptance…self knowledge…able to think

__14.__ Which words or phrases do you most overuse? Kind regards

__15.__ What or who is the greatest love of your life? I find this question impossible to answer....

__16.__ When and where were you happiest? Whenever I have an Ah Ha moment! So that could be at anytime and anywhere....

__17.__ Which talent would you most like to have? Being able to play the piano

__18.__ If you could change one thing about yourself, what would it be? Not take things so seriously sometimes

__19.__ What do you consider your greatest achievement? Coming to accept that I am OK just as I am

__20.__ If you were to die and come back as a person or a thing, what would it be? An eagle perhaps or albatross; a whale perhaps; or a beam of very bright light in space

__21.__ Where would you most like to live? Hawaii, Europe, New England, England, Ireland, Wales, The Netherlands...I love them all...and many I have yet to visit so I could fall in love with them too!

__22.__ What is your most treasured possession? My heart and mind

__23.__ What do you regard as the lowest depth of misery? Any individual contemplating suicide....and the moments just prior to the actual act....

__24.__ What is your favorite occupation? Any occupation that serves humankind...for me working with my hands and creating things

__25.__ What is your most marked characteristic? Niceness

__26.__ What do you most value in your friends? Openness

__27.__ Who are your favorite writers? Isaac Asimov, Carlos Castaneda, Pema Chodron, Dalai Lama, any good science fiction writer; William Shakespeare, Geoffrey Chaucer, Robert Frost, Charles Dickens

__28.__ Who is your hero of fiction? Robin Hood, Merlin, King Arthur, Hercules, Gandalf the Grey, Bilbo Baggins, The Borg (the collective) perhaps not the assimilation process though....the working together for a common good appeals to me....

__29.__ Which historical figure do you most identify with? Theodore Roosevelt, Dwight D. Eisenhower

__30.__ Who are your heroes in real life? Albert Schweitzer, Edward Teller, Jimmy Carter, Barack Obama, Martin Luther King, Bob Hope, Clint Eastwood, Albert Einstein, Historical Jesus as a prophet, Legend of Roland, Leonardo DaVinci, Monty Python, any person who challenges the current thought of the status quo....

__31.__ What are your favorite names? Any unusual name....names are like Ticky Tack houses....its refreshing when there is a new one

__32.__ What is it that you most dislike? People who know the truth and use that to manipulate others to achieve nefarious ends

__33.__ What is your greatest regret? Not being able to go back in time and start over again as a newborn with all the knowledge I think I now have

__34.__ How would you like to die? Quick

__35.__ What is your motto? Do unto others as you would have them do unto you. (This pertains to acts done in compassion, love, kindness, empathy, and harmony.) If all one has is a hammer, then everything looks like a nail
Bob Dukelow, NFLL Vice President

_1._ What is your idea of perfect happiness? Making a new friend.
_2._ What is your greatest fear? Ignoring the cry for help from someone in need.
_3._ What is the trait you most deplore in yourself? Procrastination.
_4._ What is the trait you most deplore in others? Dishonesty.
_5._ Which living person do you most admire? Malala Yousafzai.
_6._ What is your greatest extravagance? Chocolate.
_7._ What is your current state of mind? Contented.
_8._ What do you consider the most overrated virtue? Ambition.
_9._ On what occasion do you lie? Assuring a dying person they will be fine in the afterlife.
_10._ What do you most dislike about your appearance? Twenty pounds of belly fat.
_11._ Which living person do you most despise? O.J. Simpson.
_12._ What is the quality you most like in a man? Kindness.
_13._ What is the quality you most like in a woman? Courage.
_14._ Which words or phrases do you most overuse? I’ll be there in a minute.
_15._ What or who is the greatest love of your life? Rose.
_16._ When and where were you happiest? 2003-2004 in Kabul, Afghanistan. What made me happy was the fact I was working with people from seventeen other nations and could use my language skills daily. The commander and his deputy, a Canadian two-star general, thought I was the smartest person on their staff because I usually knew the answers to any question that came up in the daily early morning senior staff conference. Each night I edited the ISAF intelligence summary, so I learned a great deal from all sources. I also was involved in providing substantial humanitarian help to Afghan women and children. I supplied toothbrushes and toothpaste to an elementary school in Kabul and hundreds of discarded school and library books to the Revolutionary Association of the Women of Afghanistan for use in their women’s literacy programs and girls’ schools.
_17._ Which talent would you most like to have? Pareidolia.

_18._ If you could change one thing about yourself, what would it be? Prejudice against ignorant people who refuse to consider other points of view.
_19._ What do you consider your greatest achievement? Conception and creation of the US Army’s Military Liaison Officer network among NATO partners after the Cold War.
_20._ If you were to die and come back as a person or a thing, what would it be? Sequoia dendron giganteum.
_21._ Where would you most like to live? Gilbert, Arizona.
_22._ What is your most treasured possession? A cast iron testimony of Jesus Christ.
_23._ What do you regard as the lowest depth of misery? Knowing I could have done better.
_24._ What is your favorite occupation? Learning new things.
_25._ What is your most marked characteristic? Friendliness.
_26._ What do you most value in your friends? Openness to new ideas and perspectives.
_28._ Who is your hero of fiction? George Smiley.
_29._ Which historical figure do you most identify with? Gottfried Wilhelm Leibniz. Why Leibniz? I’m interested in almost everything. Leibniz is recognized as the last universal man who was not only interested in but excelled in many diverse scientific and liberal art disciplines.
_31._ What are your favorite names? Rose, Silky, Naomi, Helga, Ruth, Debra, Jack, Max, Bill.
_32._ What is it that you most dislike? Telephone grifters trying to scam me or my wife.
_33._ What is your greatest regret? Failing to stop to help a woman one night in a snowy ditch.
_34._ How would you like to die? By lightning strike high in the mountains at the age of 100.
_35._ What is your motto? A friend of trees, a friend of man.
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.