NEW FRONTIERS CALENDAR

All classes will be online. Only outdoor activities will be held in person.

If you signed up for a repeating class, the gatekeepers will only send out the link once. So, save the link and use it each time the class meets to join the class. We have lots of wonderful classes and even more wonderful facilitators and hosts who are volunteering their time to provide these classes.

Ruth Brooks

Joanne Hunt: I am so happy with the classes I have signed up for. They are very informative and interesting. I am learning about things that I never would have thought about before. Thank you New Frontiers Life long learning.

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You’re Invited!

New Frontiers for Lifelong Learning
Spring General Membership Virtual Meeting
Friday, March 26, 2021; 1:00 – 3:00 pm

Agenda
Welcome – Roland Tanner,
New Frontiers President
Greetings – Nora Reyes, Ed.D., MCC Senior Associate Vice President
Presentation: “MCC now and in the Future” Lori M. Berquam, MCC Interim President
Student Scholarships – Sissy Riley

New Frontiers Business Meeting:
Nomination Committee
Report and Elections – Dan Taylor
Recognition and Report from Standing Committees
New Frontiers Plans
Q and A
Adjourn

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Greetings From The President

Hello NFLL Members,

Hopefully, this pandemic will take a back seat when all of us get vaccinated. According to CDC there is a good possibility that all the people in the US may be vaccinated by the end of July. That means we may be getting back to in person classes this fall. Some of us may still not feel comfortable with doing that so some online classes will continue. We are also looking at hybrid classes, both online and in person. This means the facilitators and presenters will have new opportunities to learn new technology.

As all of you received the “Emergency” email regarding a request for a Curriculum Committee Chair, I am very happy and relieved to announce that Ms. Suzanne Brown has volunteered and is working with Ms. Ruth Brooks to get in person training. A Co-Chair for the Curriculum Committee is also needed. Also, we may have a volunteer for the Communications Co-Chair and will make an announcement when that person makes a final decision.

We still need a replacement for NFLL secretary to take the place of Ms. Diane Grogan, who has done a wonderful job. Our treasurer, Mr. Greg Master is also stepping down and we would love a replacement volunteer for that position as well. Some of our NFLL members are looking into what we can do to streamline MCC enrollment and I wish them insight and wisdom.

Mr. Bob Dukelow, our Vice President and I have held five open video chat rooms that were available to all of you and have gained insights on possible future directions. Thank you for participating in these meetings. We enjoyed getting to know some of you better, and I hope to personally meet the rest of you in the future.

An All-Member Meeting will be held online on Friday, March 26 from 1:00 PM to 3:00 PM. Ms. Nora Reyes, Ed.D, MCC Senior Associate Vice President, will be giving the greetings and Lori M. Berquam, PhD, MCC Interim President, will be presenting “MCC Now and In The Future”. I encourage all of you to make time to attend this virtual meeting.

A special thank you goes out to all our volunteers who make all of this happen. Thank You! Kind regards,

Roland Tanner, President NFLL
“Coming together is a beginning, keeping together is progress, working together is success.”

We celebrate our volunteers who are truly the backbone of New Frontiers! For the year 2019-20, members donated over 7,000 hours to continue the lifelong learning activities we all have come to depend on to keep us active and learning. On page 3 you will see a listing of our current volunteers (who we have a record). It is an impressive list.

For over 25 years, New Frontiers’ members, have been thoughtful and committed to providing opportunities for lifelong learning to members of the community. We have grown from 70 members to 500 members over the years. We are an organization that is peer led, has member participation, continues through the spirit of volunteerism, and relies on the joy of learning.

A key to our success is the sponsorship by Mesa Community College, one of the Maricopa Community Colleges. That sponsorship and continuing support offers an educational model for us to provide our members with the classes, volunteer opportunities, and on-campus gathering space for a variety of activities.

As retirees, we bring a myriad of talent and experience to New Frontiers. We have members who have worked in the arts, education, business, social services, science and technology, and architecture, engineering and construction to name a few. Everyone in New Frontiers has something that positively helps the organization.

New Frontiers’ volunteers have a variety of ways to participate. We are a peer led group, meaning that the leadership comes from within our organization. We have monthly Council meetings to discuss everything including: finances, events, classes and recently how we can sustain our variety of classes both virtually and in-person.

How will you participate for our continued success?

- Join the NF Council to provide leadership;
- Assist the Membership Committee recruit new NF members;
- Teach or facilitate classes in collaboration with the Curriculum Committee;
- Join the Communications Committee to explore new ways to let the community know who we are and what we do;
- Participate on the Social Committee to plan future events;
- Play a part on the Volunteer Committee to support worthy activities.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” – Margaret Mead, American Anthropologist

Barbara Thelander, Volunteer Chair
Dan Taylor, Past President
OUR VOLUNTEERS

Anita Herl-Peterson
Allan Zisner
Ann Bloxam
Anna Rago
Archie Millhollon
Arlys Medlicott
Barbara Dixon
Barbara Thelander
Bob Dukelow
Carol Stanton
Caroline Cline
Cathy McConigle
Con Rutherford
Dan Scarpone
Dan Taylor
Daniel Mueller
Diana Pearce
Diane Batchlor
Diane Grogan
Don Larry
Donn Cahill
Dovie Bryant
Fred Searing
Gary Kleemann
Gary Snapp
Greg Master
Harry Woelzlein
Isabelle Main
Jane Severin
Janice Overdorff
Jean Bruno
Jeff Hirschl
Jennifer Wong
John Overdorff
Judith Slentz
June Mikkila
Karen Kotzen
Karen Yandell
Kathee Rutherford
Kimberly Zeman
Larry Merrill
Larry Morrow
Larry Morrow
Lynn Sapyta
Marcella Wooten
Margaret Beikman
Margaret Schulz
Margo Heaps
Marie-France Ganansia
Marlin Fried
Marilyn Rydlund
Mary Adamick
Mary Boehlen
Mary Kay Owen
Mary McConigle
Mel Munchinski
Muriel Dougherty
Nancy Seeck
Nancy Spence
Nancy Tossell
Pam Carter
Patty O’Brien
Peggy Randolph
Peggy Schultz
Peggy Strauss
Rea Dias
Richaerd Falconer
Richard Riley
Roland Tanner
Ron Burda
Ron Schueman
Rose Dukelow
Ruth Brooks
Sam Wong
Sandy Whitley
Sissy Riley
Shiela Millhollon
Suzanne Brown
Tom Dougherty
Vina Kleemann
Virginia Van Horn
My symptoms probably were most common. I had a yooy fever for several days, I slept a lot and had a loss of appetite. Discussing my medical condition with our medical insurance provider it was mutually agreed I go to the hospital.

Admission to the hospital was swift and painless, signing a minimal of forms and quickly whisked off to an examination room. I had a chest x-ray and IVs were administered. They also did a PCR test that confirmed I had COVID-19. Running the swab up your nose to the sinuses and twirling it several times was not a very pleasant experience. It was a whirlwind as other procedures where performed and before I knew it, I was being transported to another hospital that had rooms allocated for COVID patients.

I received excellent health care at the second hospital. Besides being administered my daily medications, I also received over the next five days, five transfusions of Remdesivir and two plasma transfusions from others who had the COVID. I will be making two plasma donations within the next 60 days, my way of paying it forward.

My vital signs where monitored remotely and doctors noticed an irregular heartbeat. COVID is famous for attacking our vital organs, so I was given an EKG and an ultrasound. After being discharged, I took a stress test and they found out I had an extra heartbeat.

On a quick note, the hospital room I was assigned, I called it the “shoe box.” It was as when one travels and gets the last room available. It is that room that is small, stuck next to the laundry room and elevator, without a view.

After my discharge, I was weak and not able to concentrate on any major tasks. For the next week, I slept a lot and binge ate. To regain my strength, I would walk daily for about one mile. Not long after that, I began to ride my bike only for short distances and recently I have resumed meeting with my trainer weekly.

It is a long road to regain one’s health and strength.

Allan Zisner
A recent hike in Cave Creek inspired this poem from one of our hikers, Karen Kotzen.

**Enjoy!**

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**Blue Wash**

Oh great path, ever so steep and windy down into the valley below with horse prints everywhere at your starting point where perhaps horses trod on a rare muddy and rainy day before sauntering down your hill and the hoof prints hardened into the hard sand on the path like cement. But I digress..

My hiking poles hold me upright on your treacherous up and down slopes where your pebbles could cause me to slip and slide.

I walk through your narrow canyons into the beauty that you hide deep within rocks, trees, cacti and all things dangerous in the desert.

and lo and behold, there you hide a pool of precious water, though the beginnings of the creek bed are dry for quite a ways, then suddenly we see you start to trickle.

Oh, what secret surprises do you hold within your narrow trails, hidden by rocks that stand as tall as towers, and cliffs that look like a row of dominos waiting to fall, waiting for someone to tilt the first one into motion to create a ripple effect where they all fall down.

But they stand fast, tilted, and solidly placed.

My mind though is open to the possibility of seeing how they would fall and block as all in, surrounding and entrapping us in your hidden valley with waterfalls, forever but they don’t.

Your trails narrow and widen across the creek and we saunter across wetting shoes, hiking boots and poles.

We linger by your waterfalls, small though they are, and enjoy the natural beauty we have found.

After a while we begin the track back.

You trick us, taking us into an alternate path and have us question our sense of direction.

It is as if you are teasing and tempting us to wander some more, but we trek on, leave the waterfalls and creek behind, help one another on, over your rocky shores, until we begin our upward climb back up your long and spiny back again.

You lay there, calmly as we walk upon you, sweating, and breathing heavily, every last step of the way, until at last we are all atop where we started.

I snap some photographs of you, snaking down to the valley, as you relinquish your hold on me, knowing full well, that you have tempted me to come back and climb on you yet another day.

Karen Kotzen
Remote Learning by Jennifer Wong

New Frontiers for Lifelong Learning is known as being the place where senior adults go to expand their learning. The closure of the MCC campus during the 2020 Spring semester as a result of COVID-19, took lifelong learning to a new height. In-person classes were abandoned and online classes were started.

As students, we were soon introduced to video-conferencing apps such as Zoom and Webex to prepare us to join a class. The class facilitators had to learn how to use these apps in order to present their class, or they could rely on a host to help them with the presentation. As a total, we all had to learn new video techniques.

With the rollout of online classes during the 2020 summer semester, we soon discovered the advantages of having online classes. The classes did not have to be held in a classroom and we could attend classes from the comfort of home or from anywhere we were at the time the class began.

We soon discovered that turning on our video during a class so our face and name were shown on the screen had several advantages. It allowed class participants to put a name on each individual they didn’t know, and it also encouraged class participants to chit chat with one another prior to the start of the class.

What the online classes reinforced was that The Great Courses lectures on DVD, as a mainstay of Curriculum, were well-suited to online presentation.

And for those of us who wanted to present a class but were reluctant to do so because they were not comfortable in front of a class, online presentation was a good alternative.

When we will return to having on-campus classes, we will have one more option for our class venue: online classes.

And finally, our thanks go out to all of those who have contributed to ensure that we have classes to attend during the pandemic.

“I would much prefer that we all be together. It is much better when we are all together sitting in the same room than when we are isolated.” – Jay Mark
HAVING FUN

The bike team: from left to right: Marie Ganansia, Raphael Chevalier, Mary Kay Owen, Ron Schueman, Allan Zisner, Robert O'Connell.

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.

Isaac Asimov, American writer and professor of biochemistry at Boston University

NEW FRONTIERS FOR LIFELONG LEARNING

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