NEW FRONTIERS CALENDAR

NFL Summer Session is starting JUNE 7th with some exciting changes for members! For more details see page 2.

THURSDAY MORNING BIKE RIDES
[Start] Thursday, May 27, 2021
–Contact Facilitator Allan Zisner at 480-282-1686 or azisner@q.com

SUMMER CLASSES START
Monday, June 7, 2021

FALL CLASS PROPOSALS DUE
Thursday, July 1, 2021

NO CLASSES
Monday, July 5, 2021
(Independence Day Observed)

SUMMER CLASSES END
Thursday, August 5, 2021

FALL SCHEDULE SENT TO MEMBERS
Tuesday, September 7, 2021

REGISTRATION OPENS FOR CLASSES
Wednesday, September 15, 2021

FALL CLASSES START
Monday, September 27, 2021

NO CLASSES
Thursday, November 11, 2021
(Veterans Day)

NO CLASSES
November 25-28, 2021
(Thanksgiving Holiday)

FALL CLASSES END
Friday, December 10, 2021

Please check the NFLL Website for more information:
https://newfrontiers.mesacc.edu

Dear Fellow Learners,

The years 2020-2021 will not soon be forgotten. Some of us faced difficult challenges and personal losses. Others met unforeseen circumstances that altered our planned activities for the year. For example, Rose and I wanted to visit the Holy Land and Egypt in April 2020. Our trip was cancelled. Several others had foreign travel and cruises cancelled. Connie and Don Larry are stranded by the pandemic in New Zealand and unable to return to the United States. I believe they may be able to return in October.

New Frontiers enrollment dropped by two-thirds when we could no longer meet in person. Those of us who enjoy meeting online still benefitted from the interaction we had with friends and learning from others.

The question now is where do we go from here? The pandemic is subsiding, but it is not over yet. We hope we don’t have a resurgence and another lockdown. Limited in-person classes MAY start at MCC in the fall. We should probably plan for more online classes until the danger is completely past. In that planning, think what we can do to increase inter-personal contacts within the existing guidelines. If we can’t have large gatherings, let’s have small ones. If we can’t have big socials, we can still go out to lunch with our friends. We can still take walks, bike, and hike with our friends.

If you are reading this, you are probably still alive. Be happy for that life. Get out of your house and live your life to the extent your body will allow. If your body won’t allow much activity, sign up for as many NFLL online classes as you can. We miss you. We want to see you and talk with you. Help us make NFLL thrive again.

Bob Dukelow, Vice President
SUMMER SESSION IS COMING!

NFLL Summer Session is starting **JUNE 7** with some exciting changes for members! Organized by our new Curriculum Co-Chairs and veteran Curriculum Committee members, this session is designed to allow all members to participate wherever they may be.

The first major change is in registration: **no registration** will be required for on-line classes. Registration for activity classes will only require an RSVP to the facilitator. No registration through MCC is required for summer courses. For online courses, each week an email will be sent to all NFLL members with the courses and web links for the next week’s courses. If a facilitator has handouts, a link to download those will be included. Normally the weekly email will be sent out on Thursday evening or Friday morning. This system will allow members flexibility in attending sessions as well as allowing the Curriculum Committee to make changes if necessary.

The next change is in scheduling of courses. Courses have been scheduled for the most part on Tuesdays, Wednesdays, and Thursdays to allow courses throughout the summer session rather than clustered in the early weeks and scheduled at the same time as other classes.

COVID recommendations will be encouraged in the face to face activities. Only those members fully vaccinated, and comfortable being in gatherings should participate in the Early Riser Walkers, Thursday Morning Bike Rides, and the Beer Meet-ups.

FALL SCHEDULE

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FALL SESSION PLANNING BEGINS!

Planning for the Fall Session is starting! Our Curriculum Committee is soliciting course proposals and course ideas.

Do you have a topic you might be interested in if a course was offered?

Do you have a friend, neighbor, or yourself who might talk on travels, hobby, or area of expertise?

Would you be willing to become a NFLL volunteer and help facilitate a course or help solicit speakers for courses?

If you answered ‘Yes’ to any of these questions, please contact the Curriculum Committee for any help at NFLLCurriculum@gmail.com.

We anticipate offering classes both online and in-person. In-person classes will have limited attendance based on the hosting facility’s COVID guidelines. At this time (April 2021) in-person classes at MCC will be limited to between 10-20 persons, based on classroom used. If enough interest is shown for in-person classes, we may try to offer more than one session of an individual course or simultaneous on-line broadcast. Off-site locations may have similar restrictions.

For more information contact: suzannebrownpt@gmail.com  
Suzanne Brown, Co-Chair Curriculum Committee

SUMMER SCHEDULE

**THURSDAY MORNING BIKE RIDES**

[START] Thursday, May 27, 2021

*Early morning bicycle rides are every other Thursday. You must be able to transport your bicycle. Average riding time is 1½ - 2 hrs.*

– Contact Facilitator Allan Zisner at 480-282-1686 or azisner@q.com

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THANK YOU RUTH! by Marie Ganansia

I asked a few questions to Ruth Brooks who is stepping down as the Curriculum Committee Chair:

Ruth, what is your background?
I grew up in a small town in Wyoming and became a nurse around 50 years ago. After a few years of hands on experience in hospital settings, I found myself in positions that involved educating either students, staff in a hospital setting, or as a patient educator. Some pearls I’ve learned include 1. being a facilitator of learning is much more advanced than just telling people things you know, 2. everyone learns differently so the delivery of material needs to encompass different ways of providing the information and 3. everyone can teach us something including feedback on how we can improve.

How long did you stay the head of the Curriculum Committee?
I was a NF member for less than a year when I started facilitating classes. A semester after that I was the facilitator coordinator and communications coordinator for Curriculum Committee. Less than a year later I found myself Chairing the Committee. After chairing the committee for almost 3 years, I felt like the committee and NF could use fresh ideas and leadership to help lead us out of the online pandemic mode of class delivery.

Why did you feel like doing this job?
I did not feel prepared for this position. I felt like I didn’t have enough background on how NF functioned and who did what in the organization. I didn’t even understand the process of the committee’s work. Well, I had a lot to learn. Being an active member of a committee did really help me as new member understand more about the organization. It also helped me with socialization into New Frontiers.

What did you achieve?
Working with the committee members and other stakeholders, we were able to create job descriptions for most positions in the committee along with many operating procedures. This helped standardize how many things were done, along with recruiting and training of new committee members. This helped everyone be on the same page. Jennifer Wong, the Chair before me, had started this process and this was very helpful. Allan Zisner was redoing the NF website and this allowed us to put a lot more information about the Curriculum Committee and some of the relevant operating procedures on the web site. Adding a list of the committee members to the webpage, along with what each role is and does should be helpful to all the NF members. Another achievement was a more thorough consistent training for facilitators by using Pam Carter, who was a trainer in her previous life.

I’m sure most members would agree with me that the COVID pandemic was a very challenging time for all of us. However, the pandemic provided the Curriculum Committee and New Frontiers the opportunity to grow and learn how to operate online to provide classes. I am so proud of the committee, the facilitators, the hosts and all the New Frontiers members who rose to the challenge and learned how to manage the technology to continue to see each other online, learn new things and explore new places in the travelogues provided. Written guides and videos on how to use Zoom and Webex were created and posted on the NF web page under the classes tab. Roland Tanner, our President and Rea Dias were the stars to make the online classes so successful.

I plan to continue to enjoy New Frontiers and to contribute in other ways, along with enjoying other hobbies and volunteer opportunities.
LOVE AT FIRST SIGHT by Mary Kay Owen
Why I love my e bike (Electric Bike)

I have enjoyed bike riding from an early age. I love that biking gives me the freedom to be outside and enjoy the fresh air while exploring the neighborhoods and beyond. We are lucky enough to live in an area that has many canal paths and walking/biking trails. These paths and trails make exploration easy to navigate, and enjoyable to ride.

During the pandemic, I knew I had to find a way to be outside but still feel safe. I went to a bike shop in Mesa to try an e bike that seemed to suit what I was looking for. Although I was only able to ride in the parking lot area, I immediately knew I was in love with the bike. You just pedal and the electric motor takes over. Pedaling seems effortless!

It is also equipped with a throttle for the days your knees are bothering you or when you just feel like throwing caution to the wind and letting her rip. This bike allows me much variety in how I exercise each and everyday, while allowing me freedom in how I feel safe during the pandemic.

I’ve been able to join Allan Zisner’s biking rides. We’ve gone from Mesa to Tempe, we’ve ridden around Tempe Town Lake and also to downtown Gilbert and beyond. I’ve put my bike on my bike rack to drive 45 minutes for a 2 hour ride in Queen Creek. We have biked so many miles of the greenbelt area in Scottsdale. We’ve even gone to the City of Phoenix Arizona Falls.

Every time I ride my bike I find myself singing the Diana Ross song "Ain’t No Mountain High Enough". I just add my own words - no wind, no rain, no sore knee can stop me from riding my bike. If you see me out riding with my mask on, wave and know I’m having the time of my life.

For more information you may contact Mary Kay Owen at kkowen46@gmail.com

NEW COMERS by Marie Ganansia

Marie Ganansia:
A week ago, I met with the new co-chairs of the Curriculum Committee, Suzanne Brown and Cindy Schrantz. I was accompanied by Mary Kay, official photographer for the Newsletter.

The four of us had a very lively two hour in person conversation. We covered personal, professional, cultural, even political, yes, matters. Although Suzanne Brown has been a pioneer in online education since 2001, I don’t feel that she will contradict me when I will say that there is nothing better than an in-person gathering like the one we had.

Now, here is Suzanne in her own words.

Suzanne Robben Brown, PhD, MPH, PT retired from her career as a physical therapist and college administrator in 2013. She joined New Frontiers for Lifelong Learning in 2015 and has been a facilitator and presenter for numerous courses since joining. She has been married to Orville Don Brown for 49 years and has two sons. In addition to NFLL, Suzanne and Orville are both community volunteers for the City of Mesa as ushers at the Mesa Art Center and for various festivals in the valley.

Suzanne was born in Ohio, raised in Fort Smith, Arkansas, and lived in Oklahoma for 25 years before coming to Arizona in 1995. She practiced physical therapy in hospitals and clinics until 1986 when she began her career in education as Chair of Physical Therapy departments in several universities. Along the way she completed her bachelor and masters’ degrees at University of Oklahoma and a Doctor of Philosophy from Trident University California.

She has developed curriculum for various degrees and continuing education programs for over 25 years. She has been involved in online education since 2001.

As Curriculum Chair of NFLL she is looking forward to working with all members and community members to present stimulating classes in both online and face to face in various settings throughout our community.
Marie Ganansia:

Cindy Schantz surprised me with many aspects of her personality, but what I liked most about her was that she said that when she drives her car, she brakes with her left foot. Ha, Ha, Ha!

Here is Cindy in her own words.

I'm a "glass half full" optimist! I wake up every day knowing it's up to me to make it a great day.

After living most of my life in Illinois, I moved to Arizona 2 years ago to be closer to my daughter and her family. I LOVE spending time with my grandkids, daughter, and son-in-law. I love the landscape of AZ, the abundance of things to do, and the heat. No more shoveling snow or going out in below 0 temperatures - yahoo! I was fortunate enough to retire early, after 35 years with State Farm Insurance.

I've had the opportunity to do a myriad of things in my life but a constant has always been being active. I took dance lessons beginning in the 2nd grade through high school which led me to teach aerobics classes, choreograph the Illinois Jr Miss pageant for a few years, train as an amateur bodybuilder one year, run a marathon once, on and on. I still weight train, do yoga, play tennis, hike, and whatever the grandkids want to do.

I have traveled to numerous countries and would have to say either Greece or Amsterdam are my favorites so far. My grandson graduates this year and for his graduation present we are going to Costa Rica (his choice). I believe kids should venture outside the country at least once in their lives.

I volunteer at the United Food Bank, the Southeast Regional Library, and for an organization called Promise Council. I love spending time outdoors, working in the yard, reading, and constantly learning. One day I hope to have the chance to travel to the International Space Station, the moon, or Mars - I just need to find someone to pay for it!
New Frontiers has provided three $1,000 scholarships per year to full time Mesa Community College students dating back several years. The current Scholarship Committee is composed of Sissy Riley, (chairperson) and NF members, Dan Scarpone and Richard Riley.

There is a definite criteria for the New Frontiers Scholarship.

The students must:
- Currently have completed twelve (12) credit hours at MCC.
- Currently have and maintain a 3.0 or better cumulative GPA.
- Be working on a first degree (either an Associate or Bachelor’s)
- Demonstrate financial need.
- Enrolled in a minimum of six (6) credit hours for the fall.

Each year in the early fall we meet, and using a rubric, select the students that best fit the guidelines we are looking for. The rubric is composed of questions on the following.

1. Essay question on financial need
2. Essay question on academic goals
3. Essay questions on current employment, extra curricular activities, leadership and volunteer or community service experience.

Zero-twenty points are given in each of these areas.

We usually give out three $1000 scholarships per year, but this year we gave four scholarships with the extra scholarship funded by member contributions from last spring, and by money the Council gave us to make up for the deficit.

This year the scholarship recipients were: Karen Olson, Maximillian Rockwell, Tyler Stewart, & Marena Younan.

Tyler Stewart was able to join the Spring NFLL virtual meeting on March 26th to express his thanks and to share his dreams of using his drafting talents in manufacturing.

Karen, Maximillian and Marena were unable to join us, but Karen sent the following letter that she asked we share with our membership on how the scholarship has impacted her.

“My name is Karen Olson, I am currently a block 3 nursing student at MCC. I grew up in a family of 7, and I am a first-generation college student. Education has always been a passion of mine, and from the time I was a little girl, I was committed to at least obtaining a bachelor’s degree. This was partly because I saw the additional hardships my parents struggle with and we faced as a family growing up without them having college degrees.

As a new graduate nurse next spring, I am excited to work as a bedside nurse in any hospital where I am needed for a few years. This will help me reach my goals to make deeper connections between textbook to practice, apply best patient-centered care, and cultivate and learn to utilize my skills and talents to care for my patients.

I also plan to work in home health with kids with special needs while I raise my own future children. This population has a soft place in my heart, because my first exposure to the medical world that lead me to this career, started with being a caregiver for these beautiful kids.

One of my other goals is to continue my education and become a nurse educator. In this eventual career I will strive to assist nursing students to prepare for their careers and build confidence in their abilities and experiences they bring to this field. I want them to know how needed they are! Every person has something unique and special to bring to the table and add to the beautiful tapestry of nursing. Also, in our country there is unfortunately a huge lack for nursing professors so I see that great need and want to contribute.

It is so important to me to give back to my community that has and continues to do so much to assist me in my life to reach my goals. I know this career will help me to do that.

I personally and genuinely want to thank the membership for the assistance the New Frontiers scholarship has given to me. I have used it to buy my textbook I needed for nursing school and the rest of it went towards funding my bachelor’s I am currently doing through GCU.

Thank you all again, I hope that you felt the true feelings of my heart and my deep gratitude! I appreciate the opportunity I had to share my story with you today! Thank you.”  - Karen Olson

New Frontiers will be offering a scholarship to 3 more deserving students this fall and we are asking for your help in hopes that we can, through member donations, offer a fourth scholarship. If you wish to donate, please send a check made payable to MCC with the dollar amount you wish to contribute (no donation is too small as together we can accomplish great things!). Please be sure to note in the memo line that your donation is for the “NFLL Scholarship fund”. Send it to:

NEVA HANSEN
MESA COMMUNITY COLLEGE | RED MOUNTAIN
Program Coordinator – Office of Community Partnerships
7110 E. McKellips Rd. Mesa, AZ 85207
THE WAY WE WERE. TIME FLIES!
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.