Mary Adamick

Throughout Mary Adamick’s life, outdoors was usually her first choice for spare time fun whether it was enjoying New England ocean beach parks, hiking in the Connecticut forested hills, or picnics with family and friends. Most of her work environments took place indoors such as teaching elementary school, Human Resources Director or various Admin Assistant positions; though her time as a real estate agent, La Leche Director and Property Management Assistant did allow some time outdoors. Moving to AZ in 2004, retiring in 2009, she began volunteering for NFLL; first as Membership Committee Recorder, then Assistant Vice Chair, then Chair. Now she serves as a facilitator in the Curriculum Committee and in the Volunteer Committee. The Walkers group came about because of a need to pare down outdoor time to closer distances and fewer hours for each activity. Besides, our local parks offer beautiful views of our surrounding mountains, colorful wild life with water features, and of course, good NF company.

Cheryl Armstrong

Senior Advisors of the East Valley, LLC is a licensed Health and Life Insurance Agency. We provide specialized and unique services to help the Arizona and New Mexico senior community and veterans, representing Medicare Advantage, Supplements (Medigap), and Standalone Drug Plans offered by major health insurance carriers.

Richard Bell, PhD

Associate Professor of History, University of Maryland, College Park. Dr. Bell is the lecturer for the Great Courses program on America's Struggle with Slavery.

Teresa Bitler

Teresa is a content marketing writer who writes about hospitality technology, travel technology, real estate investing, property management, personal finance, and basic insurance. She has published in many magazines and special interest publications.

Mary Boehlen

Facilitator, Presenter, Chair, Membership Committee, NFLL Council Secretary

Elton Bordenave, PhD

The Director for the Center for Resilience in Aging at AT Still University, Dr. Bordenave developed CarePLaCe, a program to develop customized training and assistance for caregivers and care recipients. He has studied healthcare administration and policy and incorporating community resources and families into the healthcare continuum. He coordinates the Matter of Balance, a falls prevention program at AT Still University.

Ruth Brooks

Facilitator and Past Curriculum Chair

Orville Donald Brown, MA

Don Brown is a passionate traveler. He is a retired United States Public Health Service officer, wood carver, wood turner, and collector of trivia. Don helps to facilitate NFLL courses and volunteers with the Maricopa County Animal Shelter.

Suzanne Brown, PhD

Suzanne is Co-Chair of the NFLL Curriculum Committee. She has facilitated and presented courses to NFLL members since 2013. She is a retired physical therapist and college faculty. With her husband, Don, she enjoys travel, cooking, and live theater.
Jean Bruno

Jean Bruno has been a member of New Frontiers Lifelong Learning since 2009. You could say she grew up with the organization. Her mother was a member of a lifelong learning group at Duke University in the 1970s. She loves serving on the curriculum committee as a facilitator and a gatekeeper. Her passion is art and until recently served as a volunteer at the Phoenix Art Museum. Jean has three college degrees and an extensive collection of Great Courses DVD's.

Ron Burda, BS, MS

Ron Burda, an NFLL member, is a 30-yr veteran photojournalist. Burda served in the US Navy Air Reserve during the Vietnam War, 1966-1968. He served on the aircraft carrier USS Ranger (CV-61) as a Plane Chief for A-6 Intruder bombers and a Photographer's Mate 3/c. Starting in 1970, Burda was a photojournalist for the San Jose Mercury and News. The last 15 years before his retirement in 2000, he was the Senior Staff Photographer. Burda also was a frequent freelancer for leading aviation magazines.

Donn Cahill

Donn Cahill worked for 35 years with Computers from large scale mainframes to personal computers before retirement in 2014. Donn worked as a Programmer, Systems Designer, Network Architect, Systems Programmer, Customer Technical Advisor, Regional and Global Technical Manager for various organizations in Pennsylvania and Arizona. Time is now spent playing with Artificial Intelligence platforms when not enjoying life with the family!

Jacqueline May Carter, MD

Dr. Carter practices outpatient medicine with and focus on nutrition and prevention. She grew up in Massachusetts and moved to Arizona in high school. She attended Cornell University for her undergraduate studies and then proceeded to the University of Arizona for medical school. She completed a dual certification program in downtown Phoenix in Internal Medicine and Pediatrics.

Pam Carter

Pam had retired from cooking before she discovered the many uses of her new Air Fryer. Now she prepares many meals a week and even packs the Air Fryer when she is traveling to the cooler weather in Arizona. Pam is a member of NFLL since 2018. She retired after several years as a corporate trainer -- empowering individuals to be successful in their careers. So, it is natural for Pam to want to share what she has learned with others.

George Colliat

Born and raised in France, George Colliat studied engineering at INSA in France and at Stanford University. He built an engineering career in Canada, France, Arizona, and California and became a US citizen.

After retiring as a High-Tech engineering executive in California, George did some research as adjunct faculty at ASU and focused on Artificial Intelligence.
Brian Dille, PhD
A faculty member in the MCC Social Science Department Dr. Dille received his Political Science B.A. from Brigham Young University, and his M.A. and Ph.D. from Arizona State University. In addition to his full teaching schedule at MCC, he directs the school’s Model UN program and offers an annual Model UN simulation for high school students each Spring at MCC.

Bob Dukelow, Grand Poobah
Bob Dukelow is an aspiring Renaissance Man. A Jack-of-All-Trades and Master-of-None, at least none that he can talk about. He was a Special Advisor to the first NATO ISAF in Kabul - 2003-2004, and is Army trained and authorized user of military rifles and handguns. Following a long career working for the government, he now enjoys gardening, writing, hiking in the mountains, and teaching classes for NFLL. Bob currently serves as Vice-President of NFLL.

Richard Falconer
Richard Falconer, a NFLL member, serves as presenter and facilitator for a wide variety of courses focused on history, politics, and social-political issues. His background in telecommunications and financial sectors included a term on the 9th Federal Reserve Bank Board in Minneapolis. He is active in several community organizations and discussion groups. He has a lifelong interest in history that he shares with NFLL members in his courses.

Marlin Fried
Facilitator, Presenter, Past President

Marie-France Ganansia
Born in North Africa, Marie-France spent most of her adult life in France and only 15 years in the USA. She holds French and American citizenships. She spent her working life as an anesthesiologist and raising two boys, who now live in the USA. She has two adorable teen grandchildren in Illinois. She enjoys retirement, traveling, trying to improve her photography, and exploring Arizona with New Frontiers friends. She volunteers as the NFLL Newsletter editor and facilitator.

Diane Grogan
Facilitator and Presenter

Norma Hubele, PhD
Dr. Hubele is a Professor Emerita of Industrial Engineering, Arizona State University. A statistician and educator for more than thirty years, Dr. Norma Hubele has spent her life serving the public as a professor, consumer advocate, and automotive safety expert. Norma is now sharing her extensive experience directly with consumers. By founding The Auto Professor and creating the easy-to-use ranking system called Auto Grades, Norma has created the only go-to data source for getting accurate information on how well cars have protected drivers in real-life crashes.

JustFindingOurWay
JustFindingOurWay, the Geocaching name for our presenter, has in excess of 8000 finds and over 300 caches placed. As an experienced cacher, he will share his expertise and knowledge on this outdoor activity that all ages can enjoy.
Don Larry

A retired architect and euphonium musician, Donald is a graduate of the ASU College of Architecture, where he taught ten years. Don has practiced architecture throughout the world. In the 1990s he was a principal architect and mentor at Taliesin West for Frank Lloyd Wright's legacy firm, Taliesin Architects. Don was recognized as an Arizona CultureKeeper in 2003 and is a member of the AZ and OR Historical Societies and Historic Brass Society.

Randy Lindsay

Randy Lindsay is a native of Arizona. From an early age, his mind traveled in new and unusual directions. His preoccupation with what if eventually led him to write speculative fiction. According to his wife, everything is a story to Randy. And it is. He is the author of The Easy-Peasy Method for Writing Memoirs and Family Stories.

Jay Mark

Jay is an historian, writer, and photographer. The former Antiquing In Arizona, columnist in The Arizona Republic, he pens columns for the Antique Register. Jay has produced 7 antiques-related books for Dover Publications, co-authored The Buckhorn, an Arcadia Publications Images of America series book, and was a contributing author of And Tiko-Tu?

Greg Masters

Greg Master, facilitator of New Frontiers' two hiking groups, private pilot, boater, kayaker and lover of adventure done safely and in moderation.

Jacki McDugle

Facilitator

Larry Merrill

Larry Merrill spent twenty years working overseas for the Department of Defense Dependents Schools (DoDDS) on Kadena Air Force Base in Okinawa, Japan as an elementary school guidance counselor, this brought many travel opportunities throughout Asia and Australia. Working overseas has enabled Larry to travel extensively, and he describes it as: I have sat on a camel at the Great Wall of China, had one foot in each hemisphere in Greenwich, England, and saw the golden pavilion in Kyoto, Japan. My daughter sat on a small elephant in Thailand, and I climbed the leaning tower of Pisa when you could still go to the top. My wife and I flew in on a dirt-grass runway in the Philippines. Australia and New Zealand were our favorite travel destinations. (They speak English). In India I listened to a minister preach on the teachings of Buddha, and in Bali, Indonesia I told them I was a magician and I wanted to see another magician. They took me to their medicine man. My wife and I were in Hong Kong while it was still British, and yes, I did get a chance to ride in a rickshaw. My one moment of fame came when I became an international speaker. It was at a teachers’ convention in Hong Kong. My topic: Using magic to enhance classroom presentations.

Lori Miller

Lori Miller is the coordinator for Cactus Brick. Formed in 2008, Cactus Brick is a group of adult (over 18 only) fans of LEGO who collect, build, play with, and share ideas about the LEGO hobby.
Shiela and Archie Millhollen

Shiela and her husband Archie are long-time NFLL members who generously give their time to present programs for NFLL members. Shiela, an accomplished musician teaches piano online. Archie facilitates a wide variety of courses both online and in-person. They are residents of Mesa Leisure World and are a great resource to NFLL.

Nydia Montijo, MPH

Nydia has worked in health and human services for 40+ years, half of which has specifically focused on older adult issues. She has a master’s degree in Public Health with an emphasis in Community Health Practice. Her educational and personal experience as a caregiver makes her an ideal candidate to teach numerous topics. She is the Community Outreach Coordinator for the Foundation for Senior Living.

Gail Morris, MA

Gail Morris, MA, is the Coordinator of the Southwest Monarch Study and Central Arizona Butterfly Association Board Member and Laura Miller, Southwest Monarch Study and Central Arizona Butterfly Association Board Member

Larry Morrow

Facilitator and Presenter

Daniel Muller

Daniel Mueller was a student of public policy and Chinese history in college and graduate studies. He has taught American Government, public policy, and English as a second language. He spent 10 years in China teaching English and studying Chinese. He is fluent in Chinese after several years of study and hard work at the Beijing Culture and Language University.

Heather Mulder

Heather Mulder is the Outreach Program Manager for Banner's Alzheimer Institute. She graduated with a BS in Music from Illinois State University; worked with older adults in a long-term care setting and with an Area Agency on Aging. She has written dozens of articles on aging services. Her empathy for the stress and load of caregiving was heightened when she cared for a loved one who suffered through memory loss.

Mel (Miloslav) Munchinsky

Mel’s work has taken him to Russia for over a decade and he has developed an interest in Russian politics and Gorbachev’s story regarding his influence on global affairs over the last 40 years and how we can learn from him today as we go through global change. Mel’s background is in Sociology and Political Science.

Matt Norton


John Null

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Pam Ostrowski

The author of It’s Not That Simple: Helping Families Navigate the Alzheimer’s Journey, and CEO of Alzheimer’s Family Consulting, Pam is an expert in providing dementia and Alzheimer’s guidance to family members in private consultations to learn one-on-one how to cope with the emotional, financial, and personal challenges they face as they progress with their loved one’s journey. Her book is based on her 14-year dementia and Alzheimer’s journey with her mother.

Sissy and Richard Riley

Sissy Riley joined NFLL in 2010 right after she retired knowing that she would need something to keep her busy and a way to make new friends. She started out slow and found herself getting more and more involved as time passed. She has been a facilitator for several years as well as being the chairperson of the Scholarship Committee.

When my husband, Richard, retired in 2012 he became interested in many classes. He served as vice president of New Frontiers and he also worked with MCC in a program where MCC students listened to older seniors learning about their generation. Together Sissy and Richard have facilitated the Games class for several years and have thoroughly enjoyed the awesome friends made over the years.

Justin Rohner

Justin Rohner, the founder of the Agriscaping movement, spent the last two decades helping thousands of people around the world grow their own healthy, fresh foods at home within their own landscapes. Agriscaping uses sustainable and regenerative principles to integrate edible plants into landscaping in a way that even in the strictest homeowners association will approve. In fact, several subdivisions throughout the country use Agriscaping principles to build and maintain edible landscaping that homeowners can pick and enjoy. This hyper-local food production takes the same effort as other landscaping, but with the added benefit of supplying food in an elegant, beautiful way.

Marilynn Rydlund

Attorney at Law, St. Louis University School of Law, Criminal Defense, Public Defender at the 22nd Judicial Circuit, St Louis City. Now retired.

Sonny Sampedro, DC

Dr. Sampedro, is a chiropractor and owner of the Relief Source Chiropractic & Wellness Center in Mesa, AZ. He is a popular and humorous speaker for New Frontiers. Since 2009, he has been an adjunct faculty instructor in the Radiology & Health programs at Central Arizona College.

Scott Sandell, MBA

Scott is President of the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE) which is a 20-year-old nationwide nonprofit speaker’s bureau dedicated to providing financial education without bias or the burden of sales.

Cindy Schrantz

Cindy is a grandmother, volunteer, and constant learner ... in that order. She is the Co-Chair of the NFLL Curriculum Committee.
Anthony Seeger, PhD
Curator and Director Emeritus Smithsonian Folkways Recordings. Dr. Seeger is the lecturer for the Great Courses DVD class on America’s Musical Heritage.

Stephen Siek, PhD
A Faculty Associate at ASU and a Professor Emeritus of Music at Wittenberg University, Dr. Siek has lectured and written about the early work of Frank Lloyd Wright, including a scholarly study of Wright's 1909 home for Burton Westcott in Springfield, Ohio. He is the author of England's Piano Sage: The Life and Teachings of Tobias Matthay, and A Dictionary for the Modern Pianist.

Nancy Spence, M.A.Ed.
Nancy, an NFLL member, has been a consultant and motivational speaker leading self-improvement classes for over 30 years. She received Infinite Possibility certification, published a book with Andy Dooley in 2013, and has enjoyed facilitating these workshops. You can view her website at https://www.anewattitudenow.com/infinite-possibilities.html

Edward F. Stuart, Ph.D
Dr. Stuart is a Professor Emeritus of Economics at Northeastern Illinois University, where he has been on faculty since 1986. He teaches courses in international economics, the economics of the European Union, comparative economic systems, European economic history, and macroeconomic theory.

Dan Taylor
Facilitator, Presenter, NFLL Council Member, and Past President

Barbara Thelander
Barbara arrived in Mesa from Indiana in 1948 with her family. She attended Mesa Schools and is a graduate of Mesa Community College and attended ASU. She retired from MCC in 2011 after 30 years serving in several positions including Director of Continuing Education, Director of the Motorola Training Program, Executive Assistant to the President, and Director of Institutional Advancement. When New Frontiers for Lifelong Learning was established under the sponsorship of MCC in 1995, the program was a part of MCC's Continuing Education Department. She is proud to now be a member of New Frontiers. A fond memory of Barbara's past volunteer experiences is serving as co-chair of the Mesa Junior Rodeo sponsored by the Arizona Mounted Patrol and the Beta Chi Chapter of Epsilon Sigma Alpha.

Sam Wong and Jennifer Wong
Facilitators, Presenters and Past members NFLL Council

Allan Zisner
Allan Zisner has been a member of NFLL since 2015 and for the past 5 years has been the New Frontiers webmaster. He has taken up the hobby of bike riding and recently completed in the el Tour de Tucson race. Allan serves on the NFLL Council as a Member at Large. He is instructor/facilitator for three classes: Monday morning WebEx discussion; bi-weekly Thursday bicycle rides in the valley on the canal paths; and a spring art walk on the Mesa Community College.

Linda Zweig
Linda Zweig is the Director AZ Healthworks for the American Heart Association Faculty. She is a NFLL member, wife, and passionate about sharing the life-saving skills of CPR.