



Inside this issue:

<i>News</i>	1-3
<i>Fitness News</i>	4-5
<i>Hot Topics</i>	6
<i>Volunteers</i>	6
<i>Movies for the month</i>	
<i>Computer Center</i>	7
<i>Travel News</i>	8-9
<i>Membership, Donations, Board Minutes</i>	7 & 10
<i>Gallery</i>	11
<i>Watercolor classes</i>	Back cov.

The Future of the NCRC

By Lynne Pederson

You may have seen the article in the Northfield News Feb. 15 edition, reporting that the City is negotiating the sale of the Northfield Community Resource Center (NCRC) building. I would like to give you more details on this. In early 2011, the City Council appointed an Ad Hoc Finance group to study the City finances to determine ways that the City can reduce costs. The NCRC building was identified as one of the areas to study. The NCRC is the site for the Senior Center, Community Action Center, Three Rivers Head Start, Community Education, altogether

called the "Project Partners." The Committee determined that the City could reduce the budget by about \$300,000 if the NCRC was sold. In May, 2011, the Ad Hoc Committee approached the Partners to ask if there was an interest in purchasing the building. At the time, none of the Partners were interested in the purchase of the building but did propose to the City that there was an interest in managing the building. In August, 2011, the Ad Hoc Finance Committee made a proposal to the group, that they would sell the building for \$2,028,000, a reduction from the estimated current

value of \$3,475,000. The Partners' response was again to propose a year long study to determine operating costs of the building with the goal of managing the building. We received no response from the City until January, 2012, when the Seniors were asked by the City if they would be interested in taking a lead in owning the building.

At the January 2012 Senior Center board meeting, the decision was made to send a letter to the City Administrator proposing that under my direction, the Senior Center would lead a feasibility study to assess ALL reasonable (cont pg2)

Giants in the Earth

**Sat, Mar 3 at
7pm**

**Sun, Mar 4 at
2pm**

Encore Players Present Giants in the Earth

"Bright, clear sky over a plain so wide that the rim of the heavens cut down on it around the entire horizon... Bright, clear sky." In writing *Giants in the Earth* Ole Rolvaag captured the essence of the pioneer experience on the great plains. Published in 1927 this book shows what it meant to

Europeans to pull up their stakes and adventure into this strange new world. The Readers' Theater version of *Giants in the Earth* which we will perform on March 3rd and 4th was created by Myrna Johnson as part of a centennial celebration held by St. Olaf in Rolvaag's honor in 1976. This theater

piece was also broadcast on Channel 2 at that time, and went on tour around southern Minnesota. Our cast includes Jim McDonnell, Chris Ellison, Myrna Johnson, Jon Rondestvedt and Patsy Dew. The reading is true to this beloved book, capturing the vivid pictures of the characters (cont pg2)

Future of NCRC, cont from pg 1

options for the future of the NCRC. It is stated in the letter that there is no commitment by the Senior organization or Partners, but there is a strong desire to own and manage the NCRC building. The Board's view is that ownership and managing the building will open up opportunities for the Senior Center for future expansion, allow oversight of the facility, and control our own destiny. Many questions remain about the financial feasibility.

The NCRC was funded through a collaborative of the City and the Project Partners. The city owns the NCRC, but each Partner contributed capital for the construction of the facility.

An anonymous \$1 million donation to CAC and Senior Citizens, Inc. and a land donation were key catalysts for a collaborative partnership to build the new facility for co-located services. A city bond referendum was approved by over 80% of referendum voters. Currently the City reports that the debt service is \$210,000 and the City pays operating costs of \$180,000. Each of the Partners is paying a monthly lease amount to the City. The Senior Center pays approximately \$118,000 to the City in occupancy expense. In lease agreements with the City, Partners pay a low partner rent rate and the City pays for half the partners rent costs. The senior organization has a lease agreement through 2024. There is no plan or

thoughts that the Senior Center will not continue to be in the NCRC building.

Working with a core planning group, and identified member and community experts, I will lead the study to determine if it is financially feasible for the Senior organization and/or Partners to manage the operations of the building and purchase. The goal is to complete the study and evaluate the options by February 2013. As information is gathered, progress reports will be provided. This is a big undertaking for the senior organization, but important in planning for the Center's future. If you have questions, please stop in and see me.

Leave a Legacy that Keeps on Giving

Giants in the Earth, cont from pg 1

and dramatic stories. Performances are on the NSC stage in room 103; Sat, March 3 at 7pm and Sun,

March 4 at 2pm. Norwegian dessert will be served after each performance. Tickets (\$10) are on sale at the Re-

ception Desk, and may be purchased on the phone (664-3700) with a credit card.

Blood Drive to be Held Here

A Blood Drive by the Memorial Blood Center will be held at the Center, March 20. If you have signed up you will be called to schedule your time slot on the 20th. Memorial Blood Centers is not part of the Red

Cross. It is a regional blood center, collecting locally and distributing blood only to hospitals in Minnesota and Wisconsin. For more information or to sign up, contact Dianne Gehler, 645-8719.



Seeking **Gardening Volunteers** For the 2012 Growing Season
Let Nancy know if you're interested. Spring & Summer are on the way!!

Like to Bike?

Northfield Pedalers Meeting

Monday April 2, 9 am

NSC sponsored 100 % volunteer led bike club will have the 'official 2012 year Grand Opening meeting' on April 2, 9 am (Monday) to discuss rides through the summer.

Like to Hike?

Hike Group Meeting

Monday, March 21 - 1 pm

Would you like to enjoy hiking natural areas and State Parks this sunny season? Join others in an organizational meeting at the Center to discuss dates, places, organizing into a volunteer led Center Group. Anyone interested in this program idea or in being a leader, organizer, follower or assistant, please meet here with us!



Senior Center Staff

Director	664-3701
Lynne Pederson	
Asst. Director	664-3708
Patsy Dew	
Bookkeeper	664-3700
Kathy Bjerke	
Membership Coordinator	
Jackie Johnson	664-3704
Fitness Manager	
Gale Marchand	664-3702
Administrative Coordinator	
Nancy McDougall	664-3703
Dining Site Manager	
Regine Prenzel-Guthrie	664-3735
Administrative Assistant	
Karen Holz	664-3707

Senior Center Lobby Hours

Mon—Fri	7 am—8 pm
Saturday	7 am—5 pm
Sunday	10am—5pm

Fitness Center and Pool Hours

Mon—Fri	6 am—8 pm
Saturday	6 am—5 pm
Sunday, Fitness	10 am—5 pm
Sunday, Pool	5:30 pm-8:00 pm

NEW - Pool hours on Sunday, 5:30 - 8:00p

Used A Bit Shoppe Hours

Monday - Saturday	10 am—5 pm
Thursdays	10 am—7 pm

SEE THE WINTER PROGRAM GUIDE for details about more classes, trips, group activities, and movies. There is a copy of the Guide on our website, www.northfieldseniorcenter.org, and in the lobby at the Center.

Warming Up and Stretching

By Gale Marchand



Gale Marchand, Fitness Manager

Gale has conducted the Center's fitness programs and facilities for the past 6 years. She specializes in Baby Boomer fitness and Senior fitness. Gale is a Certified Personal Trainer with the American College of Sports Medicine (ACSM).

Q: Why don't our Fitness classes start with holding stretches like my old gym class used to?

A: Current Science shows us that stretching is more effective when the body's muscles, joints and connective tissue are warmed up. In fact, stretching on cold muscles before exercise is documented to lead to injuries and may thwart fitness or athletic performance by 15-20%.

Q: What is a warm up?

A: A warm up is 5-10 minutes of activities that are more than your pre-exercise level, but not as high intensity as the middle of the exercise you want to get to. It is a transition and should include warming up the core temperature of the body, getting the circulation going and moving through basic ranges of movement that will come up in the body of your exercise. A warm up prepares your body to work more effectively as well as safely during the body of your exercise and provides the transition for cardio-respiratory, muscular, and connective tissue of the body.

Q: When is the best time to stretch?

A: Stretching is most effective and brings the safest, longest lasting results when the muscles and other body tissues are warmed up. This could mean at the end of

your aerobic or strength session. This could also be after a 5-10 min hot bath, whirlpool or sauna when tissues are more pliable. While there are moments in life that some type of stretching 'just feels good' and this is perfectly acceptable, if we are looking to make strides in our flexibility, we gain more by doing stretching regimens once the body is warmed up. Yoga classes also provide a great way to stretch as trained instructors in fact lead the classes through a warming and movement phase to aid with the deeper stretches or poses that may come later in the class.

Q: How do I start a Stretching Program?

A: Many of our classes conclude with standard stretches. But you can also add a stretching regimen on to the end of any aerobic or strength exercise sessions. You will see the difference it makes in your overall function. Sign up for a Personal Training session with one of our Certified Trainers for an exercise prescription with information on stretches that may be right for your particular goals, or contact the Fitness Manager.

Q: Why should I warm up and why do NSC classes include a warm up phase?

A: All exercise sessions should include the key elements (Warm Up, Body of

the Exercise ~Main goal or aim in mind: Aerobic, Strength, Core, etc, a Cool Down, Stretches). The warm up serves to get the blood and joint fluids flowing so muscles, joints, connective tissue are ready for greater work and the body will experience exercise that is more comfortable. While this is essential for all ages, it is crucial for those with 'body mileage' and or arthritis. Additionally, respiratory & cardiovascular warm up is essential to prepare the body toward more elevated heart rate and respiration levels & is extremely important transition for those with high blood pressure, cardio-vascular risks, allergies/asthma, breathing challenges of any sort. Warm ups help prevent injury as all body parts becomes ready to work with less 'twinges in the hinges' and help prevent sudden spikes in activity on unprepared muscles or other body systems (which tends to tear tissues even in athletes). Warm ups in our classes provide movement that is the foundation or basis for later more complex movement (provide muscle memory training) such as providing various movements that will occur later in table tennis, dance choreography, deeper yoga poses, core exercise or exercise in the pool, or on cardio equipment in the Fitness Center.

New Class: Yoga Improvisational Movement

Four Saturdays: April 14, 21, 28th, May 5th
4:00 - 5pm
4 Week Session

Must pre-register

Improvisational Movement, somatic awareness and laughter-yoga are combined into one marvelous class experience. We move and laugh as we have fun for an hour enjoying yoga-laughter, improvisation and movement. And yes, we will do a meditation to finish. Yoga-laughter's benefits include

lowering blood pressure, mildly toning abdominals, and aids to protect your immune system. With higher endorphins from yoga laughter, pranayama breath is also done to make sure breath is maintained while laughing. The instructor Sandi Walker will share beginning modern dance and yoga that will encourage the class to stretch, reach, bend and slide. Students will move in an easy, but high energetic way. No experience necessary just a desire to have fun, move and

be good to one's self. Wear something comfortable for movement, barefoot or comfortable shoes.

Instructor: Sandi Walker
Adler Graduate School, Life Coaching; BFA in Dance, Registered Yoga Trainer (RYT-200)

Fee: \$24 member \$ 32 nm, Platinum free

Fall Prevention Workshop

Mondays, Mar 26 - Apr 30
12- 1 pm

6 week session

Must pre-register

Unsteady? At risk of falling? This six-class session is for your strength, stability, range of motion, and bal-

ance. The class is a complete course on fall prevention exercises. Class is geared to 'beginner' level balance training to increase function in activities of daily living for seniors.

Instructor: Kitty Runzheimer – ACE-CPT, Senior Fitness Specialist, Wellcoaches Coach

Fee: \$36 m, \$48 nm, PL - \$5 suggested donation for materials

What is Qigong?

Qigong, chi kung, or chi gung (气功 or 氣功) (pronounced "chee-gung") is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. With roots in Chinese medicine, martial arts, and philosophy, qigong is traditionally viewed as a practice to balance qi (chi) or what has been translated as "intrinsic life energy." Typi-

cally a qigong practice involves rhythmic breathing, coordinated with slow stylized repetition of fluid movement, and a calm mindful state. Qigong is now practiced throughout China and worldwide, and is considered by some to be exercise, and by others to be a type of alternative medicine or meditative practice.

Join us for Qigong ~
Mon and Fri 1:15 – 1:45 pm.
Led by Instructor
Mika Turner, L.Ac. M. Om.

Reminder:
SILVER SNEAKERS
Class now also on
SATURDAYS
At 10am

Class is timed to fun tunes. Lu Herbeck is the Instructor.

Sign up for March Session Table Tennis Lessons NOW

Hot Topics for March



Greece: Between a Rock and a Hard Place
Thurs, Mar 8, 10:30am
Leader: Jim May

Greece, a country roughly the size of the state of Alabama, stands geographically at the crossroads between Europe and the Middle East. Its physical location and the cultural legacy that it has bequeathed to the world have made it a focal point of history and politics for nearly

three millennia. Indeed, all of Western Civilization owes a huge cultural debt to Greece. But now this tiny country's own financial debt poses a threat that is perhaps more dangerous than those presented by the armies of the Persians, Ottomans, and Nazis of bygone eras. This discussion will center on Greece, its history and people, and the political and economic circumstances surrounding the current crisis in

the country. Jim May is a Professor of Classics, and former Provost and Dean of St. Olaf College. He has traveled to Greece and the surrounding Mediterranean countries more than thirty times, studying there and leading dozens of study/travel groups to these locations.

Fee: \$5
 Registration preferred;
 drop-ins welcome.

Polarization in American Politics
Thurs, Mar 15, 10:30am
Leader: Dan Hofrenning

Where have the moderate Republicans gone? Are there no more conservative Democrats? It seems that Compromise become a "dirty word," making it close to impossible for Congress to pass important legislation.

With this kind of polarization in American politics, can our democracy survive? What changes in American society explain this growth in the polarity and contentiousness of American politics?

Dan Hofrenning is a Professor of Political Science at St. Olaf College. His classes focus on American politics including campaigns and

elections, environmental politics, and the intersection of religion and politics. In January 2004 and 2008, he took students to New Hampshire and South Carolina immediately prior to the presidential primaries in those states.

Fee: \$5
 Registration preferred;
 drop-ins welcome.



March Movies 1:00 Mondays

Oscar Movie Month

March 5: **Moneyball**

March 12: **Midnight In Paris**

March 19: **My Week With Marilyn:**

March 26: **Water For Elephants**

Work Crew Making Great Strides

Our recently established volunteer work crew is making life easier and better here at the Center. Often starting off their Friday afternoon gathering time with some snacks and coffee, several energetic men have already completed a dozen or more tasks submitted by the staff.

They researched, purchased and installed chair glides in the café area of the lobby,

emptied the watering barrels in the gardening area, put up bulletin boards, installed magnetic door stops, repaired a handicapped seat in one of the locker rooms, installed a new lane marker line in the pool, tapped off a plumbing line from the old coffee bar, moved in the new lobby furniture and many other task-oriented jobs that have needed to get done for some time now.

With a Center as large as we have, it seems there is always something that needs a little work. Sounds just like home, right?

There's still plenty of opportunity to volunteer with the Work Crew. Contact Nancy if interested so that you can get on the work crew emailing list or come talk with the guys any Friday at 1:00

Computer Center

See the Calendar below for a listing of all classes being offered in our Computer Center during the month of July. If you want more information about any of these classes check out the Program Guide, pg 11-13, either in the lobby

or on our website. The computer page on the website also provides complete descriptions of these classes.

Registration Deadline: Noon, Wednesday, the week before the class begins.

MARCH

			9:30 -11:30 1 Microsoft Word I	
9:30-11:30 5 Adv Photoshop Elem	9:30 -11:30 6 Microsoft Word II	1:30-3:30 7 Facebook	9:30 -11:30 8 Microsoft Word II	9:30-11:30 9 Adv Photoshop Elem
1:30 - 3:30 Facebook				
1:30-3:30 12 Scanning Pictures	9:30-11:30 13 Microsoft Word II		9:30-11:30 15 Microsoft Word II	TECH TIME 16 Computer Security
1:00-3:00 19 New Life for Old Slides		1:00-3:00 21 New Life for Old Slides		9:30 -11:30 23 Digital Camera Group
	9:30-11:30 27 Presentation Software		9:30-11:30 29 Presentation Software	

Learn About Computer Security at the March Tech Time

Learn how to protect the valuable information you have stored on your computer from theft, computer crashes and disasters. Some

of the topics we'll cover include use of passwords, what makes a good password, anti-virus software recommendations, how to use Windows

Update to keep your computer up to date and how to backup your computer.

Interested in Mac Computers?

An idea for another group-formatted program has come to us from several Mac computer users...A Mac User Group. This would NOT

include teaching classes on Macintosh computers. It would simply be a gathering of people in coffee group style that would enjoy sharing

and learning from their peers. If you have interest in attending such a gathering, please contact Barb Henwood with

your contact information and meeting time preferences.

507-301-1576 or barbhenwood6@gmail.com .



Nominations for the NSC Board of Directors

People on the Nominations Committee for the Sr Center Board of Directors are Lola

Fick (chair), Jean Larson, and Mark Code. Members are invited to give the committee

names of people who might be interested in serving. For the term beginning in May,

there are these vacancies: 4 at large representatives; 1 secretary position.

Membership News

Welcome to these people who joined the Center since mid-January: Marie Struss, Grant Martin, Linda Martin, Sally Clifford, Regina Harris, Charles Hawbaker, Larry Knudson, Edward Palan, Corrine Skeels, Randy Skeels, Gina Collins, Darryl Offord, Kathryn Dobratz, Sandra Rippel, Ruth Smestad Anglin, Michael Willcutt, Darrell Ista, Mary McGaffey, Linda Blankenberger, Eileen Devney, Arturo Rosas, Mary Frazier, Wendy Smith, Carol Reiland, Patti Jacobson, Margaret Saffert.

Where in the World is Maxine Halvorson?



Maxine started her European tour in Paris, but her favorite city on the tour was Venice.

While enjoying a city tour of Paris she ascended the Eiffel Tower, stopped at the Arc de Triomphe for a photo op and saw the Can Can performed at the Moulin Rouge. Other highlights included a visit to the Palace at Versailles with its beautiful Hall of Mirrors, gardens and fountains.

Traveling by motorcoach through the vineyards of southern France, the Globus Tour Group proceeded to Lucerne, Switzerland and the Swiss city of

Lugano on the Italian border. Next stop was Pisa to visit the leaning tower and then to Florence to see Michaelangelo's statue of David in the Galleria dell 'Accademia, as well as the Florence Cathedral. On to Rome where Maxine descended the Spanish Steps, and visited the Trevi Fountain to throw in her three coins and make a wish. An exhausting day in Rome with plenty of walking provided tours of the Vatican Museums, Sistine

Chapel, St. Peter's Square and Basilica, the Colosseum, Roman Forum and the Pantheon.

In Venice, a walking tour with a local guide provided stops at St. Mark's Square and its basilica, the lavish Doges' Palace, the Bridge of Sighs, and a glass-blowing demonstration at the Murano Glass Showroom. After a gondola ride on the Grand Canal with two singing Gondoliers, the rest of the day was "free" time to visit the famous Rialto bridge and walk the alley-ways to soak up the atmosphere of a remarkable city. Leaving Italy by way of the Brenner Pass, through the Tyrolean Alps there

was a stop at Innsbruck, Austria. Continuing through the Bavarian Alps the group arrived in Munich which, of course, included a visit to the famous Hofbrauhaus. Heading north from Munich brought an excursion to the walled city of Rothenburg then on to Rhineland where a cruise on the Rhine provided views of many castles and vineyards and heading to a visit of the awesome twin-spired Cathedral at Cologne, Germany.

Upon arrival in Amsterdam the group had a city tour, a canal cruise, and a visit to a diamond center. A trip to the Keukenhof Gardens where the tulips were in full bloom was a beautiful sight. Continuing on to Volendam brought stops at a cheese farm, a wooden shoe factory and a working windmill and then it was time to head back home. This trip would only have been a dream to a girl who grew up on a small farm in Starbuck, Minnesota -- but dreams do come true.

(Submitted by Jean Reuter, NSC Travel Committee Member)

Submit YOUR Photos

Your Travel Committee would like to hear about your travels. You are invited to submit a photograph of yourself at your destination along with your contact information and if selected

your photo may appear in the next Senior Center Newsletter on the Travel page.

You may submit your photo by leaving it with the Receptionist in an envelope marked "Travel Committee - Photo".

Extended Travel : Niagara Falls and Upstate New York

by Amtrak
June 22-29, 2012

Included in your trip

- Paul deLima Coffee Museum
- Lunch cruise on Skaneateles Lake
- Oh Canada Eh Dinner Theater
- Niagara Falls-Maid of the Mist
- 11 meals
- 3 Manager Receptions

INCLUDED IN YOUR TOUR:

- 4 Seasons Tour Director,
- Amtrak Coach seats St. Paul-Chicago Roundtrip
- Amtrak Roomette Chicago-Syracuse Roundtrip
- Luggage handling for one suitcase
- City Tour of Syracuse & Niagara Falls
- Erie Canal Museum

Pick up a brochure from the receptionist desk in the lobby area of NSC

Motor Coach and Extended trips are coordinated by Linda Zwolensky. Call her at 952-469-3111 for more information. Ask for travel books and trip brochures at the Senior Center reception desk.

Travel News

Mandarin Garden Restaurant

Tuesday, April 10

11:45 am

Come and join us in our annual luncheon outing to Mandarin Garden. The restaurant is located on 4th Street between the First National Bank and The Grand.

Reservations are required so please sign up as soon as possible. Lunch is on your own.

Sign up with the receptionist by [April 5](#)



Register for these Trips Soon

Como Park Conservatory St Paul, Minnesota

Wednesday, March 28
9:00 am – 3:00 pm

With the mild weather we've been having, are you starting to itch for Spring to appear? Join us for a visit to the Como Park Conservatory for a guided tour of the Green House, an animal program, a box lunch and time to check out the Conservatory before returning to Northfield. This tour is limited to 22 persons. We've extended the sign-up date for this trip.

Cost: \$50
[Sign up by March 22](#)

Capital Crimes MN History Theatre

Tuesday, April 24
8:45 am – 3:00 pm

It's 1934. Crime is running rampant and St. Paul is the crime capital of the U.S.A.! But when J. Edgar Hoover and the FBI enter the picture, the bad guys are put on the run. It's high stakes at the Hollyhocks Club Casino with great songs by Drew Jansen, dance numbers featuring G-men and Tommy guns, and a dose of dark humor as we explore the crazy days of St. Paul's infamous past. After the performance we'll go for lunch (on your own) at Granite City.


Cost: \$52
[Sign up by April 19](#)

New Orleans Jazz Concert Orchestra Hall, Mpls

Saturday, May 26
6:30 – 11:30 pm

Calling all jazz cats! We are going to Orchestra Hall to swing and groove to the Preservation Hall Jazz Band from New Orleans and the New Orleans Jazz orchestra. Reknown jazz musician Irvin Mayfield will be there. This is the real deal and it will be quite a night!

Cost: \$72
[Sign up by April 11](#)



SAINT PAUL | MINNEAPOLIS
Program Club

Meets Thursday,
Mar 15, 12:30pm
DVD and Discussion
on Louisa Mae Alcott
(2nd DVD on her)

Future Trips!		
Out-to-Lunch – Surprise Location	TBA May	Ramsey House Tour 20 Jun
Winona Shakespeare Festival	TBA July	Melodrama and Lunch TBA July
Showboat – St Paul	TBA Aug	Orchard Tour and Lunch TBA Sept
Cemetery Stories	TBA Oct	Out-toLunch – St Olaf College TBA Nov
Hill House – Xmas Stories	TBA Dec	

Minutes of the January 26 Board Meeting (Draft)

Directors present: Nancy Ashmore, Tom Brawley, Evelyn Burry, Lola Fick, Gene Finger, Gerry Gengenbach, Bill Gruszewski, Marvin Korman, Jean Larson, Suzanne Reisman, Anna Mae Sjogren, Greg Smith, Bob Vanderhoof,

Absent: Emelda Rasmussen, Phil Winter

Staff present: Lynne Pederson, Patsy Dew

The meeting was called to order by Gene Finger at 3:00 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the December 1, 2011 board minutes. Carried.

TREASURER REPORT

Bill Gruszewski provided the annual report on the endowment fund. As of the fourth quarter, there is a 6.6% increase. The 2011 return is 6.3%. The investment account from 2006 through 2011 has an annual rate of return of 1.6%. The Center actual benefit from the fund has been 5.6% per year. Final year end numbers for the financial statement will be adjusted and provided at the January meeting.

COMMITTEE REPORTS

Finance Committee

Bill Gruszewski reported. A summary of the meeting was given..

Facilities Committee

Gerry Gengenbach reported. Carpeting and vinyl in the lobby, card room, and hallways is installed. Furniture from the Used a Bit Shoppe has been added to the lobby. A new work crew has been formed and will meet each Friday at 1:00. Lynne met with the City regarding the cleaning contract. The City staff has agreed to let Center staff contract and oversee the cleaning for the Center's space. The Center's current cleaning vendor will clean the wellness and lobby areas, and the space between the hallway link doors – classroom, hallway, and bathrooms. As cleaning is a part of the Occupancy agreement, the City will reimburse the Center each month in the amount that was agreed to in the new bid. Gerry also reported that he is looking at the requirements for pool lifts for the pool and hot tub.

Nominating Committee

Lola Fick reported. Jean Lar-

son, Lola Fick, and Mark Code are on the committee. People are being asked to serve. The slate of candidates will be announced at the next meeting.

Membership Committee

Nancy Ashmore reported. The survey conducted by Carleton students will be done by one group over Spring break and analyzed by another student group. The Committee is seeking people to write human interest stories about the Center as publicity pieces, and the tri-fold brochure is being reviewed.

Advancement Committee

Lynne Pederson reported. The Annual Fund Drive kick-off event is May 6. A meeting was held with Lonnie Schroeder, Director of Development for Shattuck-St. Mary's School, as a consultant to the committee for the Legacy Campaign. Contributions for the 2011 fund drive total \$61,881 with 452 donations. Included in the total is \$8,325 from the 20 sustaining donors.

EXECUTIVE DIRECTOR'S REPORT

Lynne Pederson reported. The members and staff using the new software system, Schedules Plus, seem to be very pleased with the features. Items that staff is finding that need to be changed all have been able to be reconfigured. Patsy Dew has been very diligent and instrumental in the launch and providing the oversight of the system.

OLD BUSINESS

Action: Motion and second to affirm the points, as amended, in the draft letter to the City Administrator, stating the Seniors to take the lead, in cooperation with Partners, in conducting a study to determine the feasibility of management and ownership of the NCRC. Motion carried.

NEW BUSINESS

Board resolution – dissolution clause will be reviewed and discussed at a future meeting.

The meeting was adjourned at 5:15 p.m.

Submitted by Emelda Rasmussen, Board Secretary (assisted by Lynne Pederson)

NSC Gallery: Fiber Art Friends Exhibit

March 5 - April 1

Opening Reception:
Tues, March 6, 5-7pm

Fiber Art Friends is an appropriate title for the dozen or so women that meet for lunch every other Wednesday in Northfield. Each member works with some kind of fiber in some way. This common interest and meeting frequently, results in close, supportive friendships.

Joyce Harter of Northfield is credited with beginning this group. Joyce and employees of her Liturgical Weaving business, which was sold in 1994, would lunch together at the Ole Store once a week. Over the years other weavers were invited and encouraged to join the group. Most live in the southern suburbs and Northfield area. We give ourselves the additional title of South of the River Lunch Bunch.

All members are weavers. Many work with fiber in other ways, too, spinning,

knitting, quilting, designing, felting, dyeing, crocheting. One member raises sheep and llamas for wool to spin into yarn. We create rugs, table and kitchen linens, afghans, blankets, scarves, shawls, ruanas, sweaters, vests, jackets, hats, mittens, jewelry, fascinators, bags, wall hangings, fabric, pillow covers, and yarn.

Most members belong to the Weavers Guild of Minnesota at the Textile Center in Minneapolis. Some teach classes at the Weavers Guild. Some are writers of articles and authors of books related to fiber art. One member has curated a show. Some have won awards at art shows and ribbons at the State Fair.

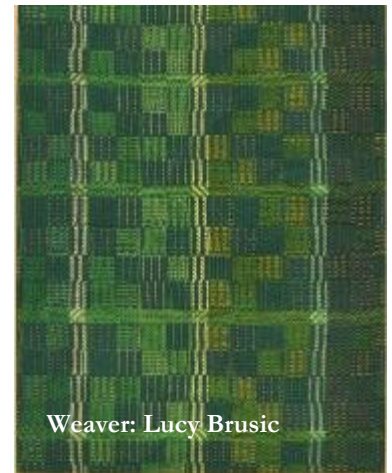
We are a support group. We "Show and Tell," bringing a piece of our work to show and sharing information about the yarn or fabric, pattern, process, problems, delights. We learn from each other. We share articles, stories and pictures relating to fiber art. We encourage each



other with information and affirmation.

- Evelyn Torkelson

- Members of the group:
- Kathy Anderson
 - Trudy Breitag
 - Lucy Brusic
 - Lois Cary
 - Joyce Harter
 - Marie Westerman Hero
 - Sharon Tessman Hoiland
 - Jan Johnson
 - Meg Otten
 - Aimee Radman
 - Evelyn Torkelson
 - Constance Tosch



Weaver: Lucy Brusic



Weaver: Sharon Tessman Hoiland



Weaver: Lois Cary



Primary Business Address
Your Address Line 2

Your Address Line 3
Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
NORTHFIELD, MN
55057
PERMIT #31

ADDRESS SERVICE REQUESTED

INTERMEDIATE WATERCOLOR PAINTING

May 3, 10, 17, 24

1)Thurs, 9:30 - 11:30am **OR**

2)Thurs, 12 - 3pm

Come join us on a watercolor journey, a fun and exciting voyage of exploration and discovery! This class is designed for those who have previous watercolor experience and would like to further advance their basic watercolor knowledge. You'll have the opportunity to put your existing skills to use as you work on individualized projects with the guidance of the instructor, while learning more

advanced techniques in order to enhance your paintings. Time will also be given to experiment with watercolor pencils and crayons, and pen and ink, as well as various painting surfaces such as Yupo and Aquabond. This class is the perfect way to continue developing your relationship with this unique medium!

Teacher: Kathy Miller

Cost:

1) AM 2hr class: \$54/\$60

2) PM 3hr class: \$81/\$90

Ask Receptionist for a list of supplies

Be sure to indicate TIME of class when registering.



Northfield residents Don Diehl and Hongyuan Lang won gold medals in the 2012 Minnesota State Table Tennis Championships, held in Rochester on February 4 and 5. Diehl won the in the Novice (age) 60+ Singles division, and Lang won the U-900 Singles division. Other Northfielders competing in this

tournament who also won medals were David Wolf, bronze in the Novice 60+ Singles category, and Bruce Anderson, silver in the Novice Singles category. All of these people participate regularly in the open table tennis program available at the Northfield Senior Center.