



Inside this issue:

<i>News</i>	1-2
<i>Travel News</i>	3, 8
<i>Fitness News</i>	4
<i>Computer Center</i>	4
<i>Board, Membership, Donations</i>	5-7
<i>Gallery, more News, Life Long Learning</i>	6-7

To Exist is to Change...

By Patsy Dew

“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.” ~Henri Bergson

September is one of Minnesota’s more dramatic months of change. Our trees add brilliant warm hues of orange and red, the academic pulse of this town accelerates, choirs start rehearsing again, and new programs are offered. What kind of changes will September of 2012 bring for you personally?

One of our active members, Donna May, knows well the importance of adjusting to changes in life, and she credits the Senior Center with helping her recover physical health following a serious auto accident five years ago. Donna had been thinking about changing her career, and was taking night culinary classes, so was returning late

at night in June of '07 when her car was struck. Both of her legs were broken, one knee had a torn meniscus, her right arm was broken, and her feet had multiple fractures. As she lay immobile in bed, Donna decided her goal would be to be in a walking cast by the end of the summer, which she achieved by a dedicated commitment to physical therapy. Prior to this time she had a fear of swimming, but found that our pool and our aquacise classes were the key to her recovery. She appreciates the fact that the Center is flexible and available. If she can't make it on a given day to the morning aquacise class she likes, she can find

another one in the evening that fits, or use the pool on her own during Open Swim times. With the help of Center pool, Donna not only made her goal that summer, but achieved a better level of physical fitness and health than she had had for years.

Following the accident, Donna did not change careers, but her employer (St. Agnes Church of St. Paul, MN) adjusted her duties. At an energetic 61, Donna is the chair of the St Agnes School’s music department, teaches music classes at the Jr High and Sr High, and directs choirs for the church, for the school and for us. She is enthusiastic about being able to (cont on pg 2)



Donna May, singing an olio for last year’s melodrama.

Melodrama Opens October 6

Following our new tradition of Melodrama in the fall, the Encore Players will present two performances of *Miss Twiddle and the Devil* on the

NSC stage, October 6 at 7pm and October 7 at 2pm. In this comedy Satan sojourns to earth and attempts to lead the inhabitants of a

New York boarding house astray, but he had not counted on cantankerous Miss Twiddle. Tickets go on sale mid-September.



Donna May directing the Seasoned Singers at our Holiday Party, 2009

(To Exist is to Change...cont)
work with voices of all ages, from the children’s church choir, through the Jr. High and High School choirs, and on to our great Seasoned Singers. Donna has become keenly aware of the changes we experience in our voices as we age. Last year she accepted the challenge of performing with the Cannon Valley Regional Orchestra as their soloist for *Knoxville, Summer of 1915*

by Samuel Barber, a technically challenging piece rhythmically that also required her to sing a wide vocal range. She had to figure out how to stretch her singing muscles to reach the same high notes of her once youthful voice. Through her directing of the Seasoned Singers Donna helps others learn how to work with their aging voices, and create beautiful choral music. (They also have fun, I hear, after

rehearsals enjoying dinner and margaritas together.)

If you are looking for something new to try this fall, or want to renew your involvement in some activity at The Center, you will find it in the Fall Program Guide tucked inside this newsletter. Here’s to maturity and endless self-creating!

Senior Center Staff

Director Lynne Pederson	664-3701
Asst. Director Patsy Dew	664-3708
Bookkeeper Kathy Bjerke	664-3705
Membership Coordinator Jackie Johnson	664-3704
Fitness Manager Gale Marchand	664-3702
Program Coordinator Chris Ellison	664-3707
Administrative Coordinator Nancy McDougall	664-3703
Dining Site Manager Gail Noren	664-3735
Evening/Weekend Gene Finger, Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist, Bev Lubbers	664-3700
Used A Bit Shoppe Kristi Casson	645-1399

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 - 7:45 pm

Used A Bit Shoppe

645-1399 624 Water St.

Shop Hours

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

LABOR DAY
September 3
The Center will be **OPEN**

But the Dining Center will be **CLOSED**

*Autumn pool hours
on Sunday, begin on
Sept 16

5—7:45pm

Summer Sunday pool hours continue until that date (10am—5pm)

Where in the World is Sheila Roebuck?

Tracing the footsteps of St. Paul and the Seven Churches of Revelation was the theme of this trip. The journey to Turkey and Greece began with a flight from Minneapolis to JFK in New York and then on to Istanbul, Turkey. Even before checking into the hotel, stops were made at the Galata Tower for a panoramic view of the city, followed by a cruise on the Bosphorus, the strait dividing Europe from Asia. A walking tour provided visits to Hippodrome Square, the Blue Mosque, Topkapi Palace, the Byzantine underground cistern, and the Egyptian Market (also known as the spice market). The Chora Byzantine Church in Istanbul was breath-taking. There are a lot of Christian mosaics and our tour guide explained each one. There was also time to shop at the Grand Bazaar which houses 4,000 shops and is one of the world's largest and oldest covered markets. Then the tour moved on to Assos, Bergama, Pergamum, Sardis and Izmir, toward the visit to Ephesus where the remains of the Temple of Artemis, one of the Seven Wonders of the World, is located. Ephesus was phenomenal. The path leading down to the library is all white marble (original). We sat in the



theater where Apostle Paul enraptured the crowd. Pastors read passages, and that brought chills to me. Leaving Turkey from Kusadasi for a two day cruise of the Greek islands brought the tour group to the island of Santorini where there are two options for reaching the village of Fira -- cable car or donkey. (I chose cable car.) Sailing on to the port of Pireaus, the tour was welcomed by a Greek guide and transferred to a motor coach for the drive to the Peloponnese and in Corinth discovering where the Apostle Paul worked, including the agora and the Bema Seat, before continuing on to Athens.

Visits to Mars Hill, where Apostle Paul encountered the philosophers, and then on to the Acropolis, with its magnificent Parthenon (that is where this picture was taken), and a stop at the new Acropolis Museum brought the tour to a conclusion. This was my first trip overseas. It was spiritual, educational, and a whole lot of fun. I'm planning a trip to Germany in the fall of 2013 with the same fantastic group.

-- submitted by Sheila Roebuck at the request of the Travel Committee

Sheila Roebuck on recent trip to Turkey and Greece. See back cover for full color version of this picture.

Future Trips

**Old Log Theater
Oct 10**

**Cemetery Stories
Oct 27**

**Bachman's Christmas
House Tour
Nov 14**

**See Fall Program
Guide for more
details**



Craig Swenson demonstrates the use of our new chair lift.

If you are interested in learning how to use the lift (or help others use it), contact Gale Marchand, Craig Swenson or Jan Otteson.

Hiking Schedule

Join us for fun scheduled outings in nature. Hikes are free but please pre-register for planning purposes. All Hikes meet at NSC 8:15 am, and leave

8:30 sharp unless otherwise noted. Volunteer led. Transportation by car-pool. Please be prepared to contribute gas money to driver if you are a rider.

For more info: Leader, Virginia, may be contacted at (507) 650-7353 or contact Gale at the Center 664 3702.

- Thursday, September 13- Whitewater State Park
- Saturday, September 22 – Murphy Hanrahan Park Reserve
- Thursday, Sept 27- Sakatah State Park

Nfld Pedalers Bike Rides

Enjoy an active and social time riding numerous places with our group. In town and out of town

rides are scheduled every Monday in the balmy season. Rides meet at NSC 8:15 am and leave 8:30

sharp by carpool. Please be prepared to contribute gas money to driver if you are a rider.

Out of Town Ride Schedule (subject to change)

- September
- 10 Fireside Orchard - Old Dutch Road, Northfield
- 17 Dakota Trail - Wayzata to St. Boni
- 24 Sakatah - Morristown to Elysian

Computer Learning Center

See the Calendar below for a listing of all classes being offered in our Computer Center for the next six weeks. If you want more information about any of these classes check out the Program Guide, pg 14-17, 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.

SEPTEMBER

Monday	Tuesday	Wed	Thursday	Friday
	9:30 -11:30 4 Microsoft Word I		9:30 -11:30 6 Microsoft Word I	
	9:30 -11:30 11 Microsoft Word II		9:30 -11:30 13 Microsoft Word II	
	9:30-11:30 18 Mail Merge and Labels		9:30-11:30 20 Mail Merge and Labels	9:30 - 11:30 21 TECH TIME: Cell Phone
	9:30-11:30 25 Presentation Software		9:30 - 11:30 27 Presentation Software	9:30 - 11:30 28 Photography Group

Cell Phone, Ereader, Tablet, and Printer Basics

This fall the Computer Center will offer a series of “Back to the Basics” sessions dealing

with cell phones, ereaders, tablets, and printers. These programs will cover the most important uses of these devices starting from ground zero. Participants are encour-

aged to bring their own phones, readers, etc. Instructors will be available to answer questions and work with individuals. The first program will deal with cell

phones and will be presented on Friday, September 21 at 9:30 AM in the computer lab. The program is free and no advanced reservation is needed.

Volunteer Opportunity: Popcorn Wagon needs extra help in September

The Popcorn Wagon sells lots of popcorn during September! With the cooler weather, Defeat of Jesse James Days, events on the Carleton campus (which requires moving the wagon), college students returning along with families dropping them off, there are many people looking for a

special treat. Consequently we need many volunteers to serve at the wagon, and additional volunteers to help move it. If this interest you, and even if you would be new to the Wagon, contact Gail Noren, Popcorn Wagon coordinator at 664-3735 or gailnoren@nscmn.org.



The Northfield Arts Guild Seeks Gallery Docents

The Guild is looking for individuals interested in becoming Gallery Docents on Saturdays from 11am – 3pm, specifically September through October and January through May. Docents need to be reliable, as they are in charge of opening and closing the Gallery. Indi-

viduals are not required to have prior knowledge of art but should share an enthusiasm for the visual arts! Docents are welcome to bring a book while monitoring the gallery.

If you are interested in becom-

ing a Gallery Docent, please contact Juliane Shibata, Gallery Coordinator, at juliane@northfieldartsguild.org or call the Guild at 645-8877.

Membership News

Welcome to these people who joined the Center since the August newsletter: Jeff Bledsoe, Kenneth Blood, Sandra Blood, Cynthia Child, Keith Homstad, Kirsten Johnson, Cynthia Michaelson, David Morrison, Margaret Morrison, Melvin Otte, Kenneth Praver, Guynel Reid, Myron Solid, Diane Thompson, James Wiese, Puluo Zhang

Minutes of the July 26 Board Meeting (Draft)

Directors present: Nancy Ashmore, Tom Brawley, Duane Everson, Lola Fick, Gerry Gengenbach, Bill Gruszewski, Marvin Kor-mann, Greg Smith, Phil Winter

Absent: Bernard Borene, Evelyn Burry, Don Diehl, Gene Finger, Dottie Ham-mer, Gordon Simonson

Staff present: Lynne Peder-son, Patsy Dew

Others: Rose Ann Steenhoek

The meeting was called to order by Gerry Gengenbach at 3:00 p.m.

Action: The agenda was ap-proved.

Action: Motion and second to approve the June 28, 2012 board minutes. Carried.

TREASURER REPORT

Financial Reports

Bill Gruszewski reported on the financial statement. In-come to date is 54% of budget and expenses are at 53%. Percentage for this time of year should be at 50%.

2nd Quarter Investment Re-port

Return for second quarter funds is down 4.9%

Return for half year is up 6.0%

COMMITTEE REPORTS

Finance Committee

Bill Gruszewski reported.

Action: Motion and second that a procedure be written requiring withdrawals from the endowment and CDs to be requested in writing signed by two of the following: Board Chair, Executive Di-rector, Investment Commit-tee Chair. Carried.

Facilities Committee

Gerry Gengenbach reported. A pool chair lift has been pur-chased and will be installed by the work crew.

Membership Committee

Lola Fick reported. The committee continues to plan for the Center participation in the DJJD parade. More members are needed on the membership committee.

Advancement Committee

Duane Everson reported. Contributions to the fund drive through June total \$31,998 from 216 donors. The goal is \$60,000.

EXECUTIVE DIREC-TOR'S REPORT

Lynne Pederson reported. There have been some begin-ning discussions about re-naming the Center.

OLD BUSINESS

Strategic Plan: Reminder to committees to get informa-tion to Lynne on updates to the Strategic Plan.

NCRC Study: The group reviewed models for owner-ship and discussed a first draft of an operating budget.

The meeting was adjourned at 5:00 p.m.

Submitted by Nancy Ash-more, Board Secretary

(assisted by Rose Ann Steen-hoek)

Staying Informed about Your Sr Center

There are many ways to get information about what's happening at The Center.

1. The Program Guide

The guide for all classes, talks, group activities, gallery exhibits and trips are covered with descriptions in this docu-ment. Today you are receiving the Fall Guide for Sept - Dec. Save it, or look it up on-line on our website whenever you want.

2. The Newsletter is published monthly, and is a "newsier" piece. It

includes stories about the people here, plans for the future of The Center, and information about various events here. There are short reminders of classes or trips coming up, but you will be referred to the Guide for detail about those. Again, you may read the newsletter and all of the past newsletters on our web-site.

3. The Website

www.northfieldseniorcenter.org
The website has LOTS of information, and a front page "blog" that includes

updates and highlights. There is a calen-dar where you can find out all that is happening and when. You may also register for classes and trips here (through Sign-ups and More).

4. Center News Updates

If you have given the Center your email address, you will receive updates and reminders about from us about once/ week. If you haven't yet given us your email, consider doing that...it's a great way to be sure you don't miss a deadline or a fun event.

Life Long Learning Opportunities - Focus on History

Try one or all of these! (for more expanded descriptions, see the Fall Program Guide)

Events that Changed History

Fridays, 10:30-11:30a

Sept 7 - Nov 16

Orrin DeLong will lead this series of discussion-classes. Each starts with a DVD on a significant event or person who "changed history."

Fee: \$5 materials

Women of Rice County

Tues, Sept 11, 10a

Susan Garwood, Executive Director of Rice county Historical Society, will talk about interesting women who lived here in the 19th century.

Jon Buck: Metal Detecting

Wed, Sept 19, 1p

Learn about Jon's adventures in metal detecting all over the world.

Walking Tour of Downtown Northfield

Tues, Sept 25, 10:30a

Meet at the Historical Society for a tour led by Steven Edwins.

Saving the Depot

Wed, Sept 26, 10a

Talk with members of the "Save the Depot" committee, and learn about the Depot in the context of Northfield history.



NSC Gallery News

The exhibit of paintings by Richard T. Wright, and collage boxes by Mary Lou Warner continues through September 16. Do walk down the hall, if you haven't already, and view all the beautiful and interesting pieces.

ful and interesting pieces.

The Next Exhibit (Sept 17 -

Oct 21) will feature the photography of Dennis McClintock (see right), and the crafts of Darla Dahl.



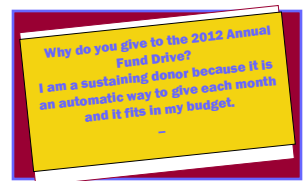
Cannon by the Square by Dennis McClintock

An Update from the Advancement Committee

Have you considered becoming a sustaining donor? As a sustaining donor you give a designated monthly donation through an automatic withdrawal from your bank account or credit card. The minimum amount is \$10 but a higher amount is gladly accepted. Currently there are 20 sustaining donors that give various amounts but cumula-

tively give \$703 per month. Over a year's time, the Center receives \$8,436. It is an easy way to fit giving into a monthly budget. You will be contributing to a steady income that sustains the Senior Center operations. Ten dollars is not a great expense out of a monthly budget. Just consider if each member would donate \$10 every

month, the Center would have a supporting income stream of \$180,240 each year. What an easy, affordable way to support the Center! To become a sustaining donor fill out the information on the Annual Fund Drive envelope or contact Gene Finger, Board President or Lynne Pederson, Center Director.





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www.northfieldseniorcenter.org

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Where in the World Is Sheila Roebriek?



Check out page 3 for the answer and her story!

Travel Survey

A Survey of the Northfield Senior Center members is being conducted by our Travel Committee and they are asking for your opinion on past and future trip destinations. This Survey is included with the September Newsletter and will also be furnished at Travel events and

available at the Reception Desk. Please complete the Survey as soon as possible and return it to the Senior Center not later than **October 1, 2012**. Return the Survey -- either in person or by mail as directed on page 2 of the Survey. Returned Surveys that have a name on

them will be entered in a drawing for a \$25.00 voucher good toward any day trip sponsored by the Travel Committee. (Note: Staff and Travel Committee Members are ineligible for this drawing.) Your participation will be greatly appreciated.