



## NCRC Update

By Lynne Pederson

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In the March newsletter I wrote an article regarding the plan to determine the feasibility of management and ownership of the NCRC building. A Core Planning group has been meeting monthly. Here are a few highlights.

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 Ad Hoc Committee determined that the City could reduce the budget by about \$300,000 if the NCRC were sold. In January, 2012, 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 January 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 options for the future of the NCRC. It is stated in the letter that there is no commitment by the Senior organization or Partners to purchase the building, but there is a strong desire to own and manage the NCRC building. The Senior Center 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 as to whether the financial feasibility is possible.

Working with a core planning group, and identi-

fied member and community experts, I am leading the study to determine if it is financially feasible for the Senior organization and/or the building Partners to manage the operations and transfer ownership of the building. The Core Planning Group includes Jim Blaha, Director of the Community Action Center, Mike Thorsteinson, Director of Three Rivers, Mollie Moyer, Three Rivers accountant, Gene Finger, Senior Center Board president, Char Carlson, Facilities Committee chair, Gerry Gengenbach, Bert Reese, and Mike Harper. We have determined that the operating costs of the building can be supported by leases, and managed by an entity of this group. This  
(cont. on pg 2)



Charlie Black, Chris Ellison and Bob Bruce rehearse for the melodrama.

## Come to see Miss Twiddle and the Devil Oct 6 & 7

*Miss Twiddle and the Devil* is an unusual (and clever) melodrama, with many interesting characters, three "Villains" and no true Heroine or

Hero, although one might see that the Villains convert to Heroes in the end. Come to enjoy this marvelous cast (Charlie Black, Bob Bruce,

Elizabeth Olson, Chris Ellison, Lynne Pederson, Orrin DeLong, Jerry Gengenbach, Sharon Stoeck, and Marie Gery)!

*NCRC Update cont.*

determination has led us to look at models for an owner entity. As original partners, the Community Action Center, Three Rivers Community Action Council, and the Northfield Senior Center are interested in forming a new nonprofit owner entity, with the sole purpose of owning, managing, and governing the NCRC building. PLEASE understand, that

NO DECISIONS have been made at this time. This is only the direction that the planning group is exploring to determine how this might be accomplished. There are still many unknowns that need to be answered including the contractual obligation the City has with the Senior Center until 2025. The committee's intent is to present a proposal to the City Council by February, 2013. The

Committee is committed to presenting a proposal that underlines the best financial and management interests of the Senior Center, and NCRC partners. If you have questions or comments, please contact me or one of the Committee members.

*Northfield Wind Quintet to Perform Poulenc Here*



On Sunday, October 28, at 3:00, the Northfield Wind Quintet will perform Francis Poulenc's elegant Sextet with pianist Christopher Brunelle at the Senior Center. Composed of members of the Cannon Valley Regional Orchestra, the woodwind quintet formed about four years ago and first performed at a fair in Central Park. Since then the group has presented concerts at the Village on the Cannon and the Northfield Care Center and has provided music

for a number of Sunday services at the First United Church of Christ (where Mr. Brunelle is the director of music) and the United Methodist Church. It welcomes this opportunity to work with Mr. Brunelle to perform an outstanding work by Poulenc.

Admission: \$5

<i>Flu shot clinic</i> is scheduled for the following dates:			
Tue Oct 2	9am-12pm	Room 103	Bring Medicare or Medicaid card or pay \$30 fee.
Thu Oct 18	1-3 pm	Room 103	

## Troubadors - Come Join Us

The Northfield Troubadors male chorus will meet on Thursdays at 1:00 at Bethel Lutheran Church. New members are welcome! There are no tryouts; a love for mu-

sic and some flexibility in schedule is all that is needed. You do not have to be a senior to join the Troubadors. We have many snowbird members.

The Troubadors perform for senior groups in Northfield and the surrounding area. They also perform for groups, service clubs, and private parties.

## Lunch Available in Room 105 Every Weekday

Lunch is served in the NSC dining room M-F at 11:30. This is available to all seniors 60 and over at a cost of \$3.50 or for those younger than 60 at \$6.00. This is a complete meal including des-

sert and beverage. Monthly calendars in the dining room, or the NSC bulletin board and on our website, [www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org) To order a meal please

call or stop in by noon the day before.

**(507-664-3735)**

### Senior Center Staff

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

**\*Autumn pool hours  
on Sunday, began on  
Sept 16  
5:30—7:45pm**

### *Open Enrollment for Medicare Part D*

This year, open enrollment for Part D Medicare is the same as last year. Dates are from October 15 to December 7. This gives people with Medicare a full seven weeks to compare and make decisions, and ensures that they will have essential plan materials and membership card in hand on January 1, 2013 when new coverage begins.

You will be receiving 2013 Plan Information from your

Part D Drug Company in the mail in the next few weeks. Be sure to read the information. Plans change their premiums, co-payments, deductibles and drug formularies every year. It is in the best interest of every Medicare beneficiary to review their drug plan and to compare it to others that are offered. In some cases you may save money by switching drug plans.

Appointments will be available again this year at the Senior Center. If you would like to have your drug plan evaluated, please pick up a form at the Senior Center, fill it out with your prescription information including dosages and return it to the Center in a sealed envelope. A Medicare volunteer will process your information and call you with the results. If necessary an appointment for you with the Medicare volunteer will be scheduled.

### *Prime Insurance Program at the Center*

One more insurance plan has been added to the Senior Center's fitness reimbursement programs. It is called Prime. This plan is often a part of insurance provided through Federal pensions. Members that elect to use the Prime fitness insurance program receive a membership for use of open swim, open fitness room, and fitness groups—ping pong and water volley ball for no fee. You are required to pay for all other fee based classes, groups, and activities held at

the Center.

Under Prime, the Center will be reimbursed \$3.50 per use, one use per day, for your use of open swim, fitness room, and/or fitness groups as described above. The Center can be reimbursed at a maximum of \$30.00 per month. Please know that you will no longer need to pay a membership fee, so in order for the Center to be paid for your membership (equivalent to the Center's Gold membership level), you need to participate at least 9 times

per month.

If you are not sure if your insurance plan offers Prime, call your insurance representative or the number on the back of your insurance card. At the Center, please contact Jackie Johnson, Membership Coordinator, 664-3704, for more information and signing up using your insurance program.

### *Reading with 4th Graders Resumes*

For the past 12 years, the Senior Center and Bridge-water teacher Dana Holden have been working together to help 4th Graders increase their ability to read aloud. This year we are expanding the program to 2 sessions.

This year's reading will take place on the 3rd Tuesday of each month from 9:15 - 9:45am and 1:15 - 1:45 pm. The first date is Tuesday, October 16. If you would like to be a Reading Buddy for a 4th grader for either

morning, afternoon or both times this year, stop by or call Chris Ellison at 664-3707. We like volunteers come as often as possible but will work around your schedule.



## Where in the World are Paul and Joanne Stobl?

One of the rewards of travel is coming across the unexpected. After traveling in 40 countries, 48 states and attending 46 Elderhostels (Road Scholar) programs, it is still fun to experience sites that were not researched before hand in travel books, on the internet, etc.

In February, Paul and I spent the month in a rental townhouse in Green Valley, Arizona. Paul joined a Table Tennis group; I walked and enjoyed the desert. Many years ago, I graduated from the University of Arizona in Tucson. Also my parents had lived in Arizona in retirement, so returning to Arizona is always nostalgic.

After the month was up, we decided to head home through a corner of California. We went west through

Yuma, and continued north through the date orchards. Incidentally date shakes are wonderful. We traveled around the Salton Sea and ended up in Joshua Tree National Park. The National Park is home to the Joshua Tree, which is a twisted, spiky tree. It is a member of the Agave family and can grow to 40 feet. Also in Joshua Park at Key's Point, you can look out over the valley and see the San Andreas Fault. As we were driving to our evening's destination in Twenty-Nine Palms, we saw a sign for Skull Rock, a weathered granite rock formation. Of course, we had to stop for picture taking. Loved the picture and wanted to share it with you. Halloween Greetings.



Paul and Joanne Stobl in...

-Submitted by the Joanne Stohl at the request of the Travel Committee

### October Trips

(See Program Guide for more details)

#### Out to Lunch

Ole Café, Nfld  
Tuesday, October 2  
11:30 am

Sign up with the receptionist



### Cemetery Stories

Saturday, October 27  
3:45 pm (New Time)

Cost: \$10  
Sign up by October 22

### November Trip

#### Bachman's Christmas House Tour

Tuesday, November 27  
Time: 9:00 am – 3:00 pm

We have a special treat in store on this tour of the Bachman House decorated for the holidays. After the house tour, we'll have lunch

at Patrick's French Café. There will be time to look at – and perhaps purchase – some of the Christmas decorations on display at Bachman's store. Lunch is on your own. This trip is limited to 14 persons only! So sign up as soon as possible.

Cost: \$35  
Sign up by November 9

### Regional Trips

#### Old Log Theater

Wednesday, October 10  
10:30 am – 4:45 pm

Cost: \$48 (Revised Price)  
Sign up by September 30

### Future Trips

Out-to-Lunch – St Olaf College TBA Dec

Plymouth Playhouse, Christmas on the Ranch 12 Dec

Hill House – Xmas Stories 22 Dec

China Terracotta Statues MIA 8 Jan

James Sewell Ballet Sheldon, Red Wing, 2 Mar

## *Taming the Stress Monster*



**Thursdays, October 11 - November 1, 2:15**  
**\$24 m/ \$32 nm**

“Stress is not a reaction. Rather it is the price we pay for the "civilized" life we live which by the way is not civilized at all.” -Yovko Bonev  
 Our lives are filled with so many stress inducing factors: family concerns, illness and death, time commitments, financial worries, coping with modern technology, noise pollution, politics, modern society, the news we see on the television – it’s everywhere. Sometimes we’re too stressed to be able to tell if we’re stressed or not!



The headaches, anxiety, sleep problems, and midnight munchies we deal with can all be signs of stress. This series of classes will look at different ways to reduce the effect of the stresses we can’t avoid and the situations we can’t change. The four sessions will cover the physical and physiological effects of stress and will involve fun and interactive sessions on using massage, meditation, and life outlook as tools to help your mind and body respond to it more effectively and recover from it more quickly.



October 11 Stress: What Is It? What Is It Doing To Me? What Can I Do About It?

In our highly connected world today, in which technology has made communi-



cation and productivity so much faster, why are we more stressed than ever? In this introduction we will overview the effects stress has on mind and body, and offer an invitation to a healthier way of life.

Presenter: Elaine Nesbit, licensed psychologist, at the Center for Human Resources doing individual and family work. She has specific experience and training in the areas of anxiety and depression.

October 18 Why Should I Ever Forgive You?

When someone we care about hurts us, we often feel anger and even entertain thoughts of revenge. We can continue to feel bad, waste energy and even damage our health and relationships or we can embrace forgiveness, free ourselves and move on. Forgiveness is an important part of stress management and contributes to psychological well-being, less stress and anxiety. We will explore the reasons to forgive, why it is so difficult, and how we can do it.

Presenter: Michaela Brenner is a National Certified Counselor and holds German certificate to practice hypnosis.

She has a small private practice in Northfield and recently joined a group in Fari-bault. She is passionate about fostering people’s psy-

chological and spiritual growth to help them find and use their internal strengths, knowledge and wisdom.

October 25: Massage

Learn some techniques of self-massaging muscles within your reach as a way to relax and invigorate your mind and body. These techniques support the circulatory, respiratory and immune systems, creating increased body awareness and health.

Presenter: Sigrid Londo is a Registered Yoga Trainer, Himalayan Institute of PA, and a Licensed Massage Therapist

November 1: Meditation

Meditation is a method for quieting the mind. It is a tool for self-transformation that creates more peace, wisdom and joy in your life. Meditation teaches you to mindfully respond to the world rather than just habitually reacting. In this session, you will learn a few simple techniques for calming the mind. There will be a short lecture on what meditation is and is not followed by guided meditation practice.

Presenter: Gracia Gimse McKinley, E-RYT 500, MFA, Founder of One Spirit Yoga

## Talks and Forums

**Jim Stark**  
**Road to Disunion: The Causes of the Civil War**  
 Wed, October 3, 1:30p

History buff, Jim Stark will present the first in his series of talks about the Civil War. This popular presentation was presented earlier at the Historical Society to a standing room crowd. Now Jim is bringing his expertise to us. Further presentations in this series will be held alternately at the Historical Society and at the Senior Center.

America was a country where the people, both North and South, spoke the same language, worshiped the same God and twice defeated the most powerful military force on the face of the earth. With this in mind, how was it that in the middle of the nineteenth century North and South became embroiled in a bloody civil war where 620,000 Americans, or roughly two percent of country would be killed?

Jim Stark's presentation will touch on the reasons this country came to a point that the only solution remaining was total war and destruction!

**Rice County Commissioner Candidate Forum: League of Women Voters**  
 Thurs, October 27, 6:00p

The Northfield League of Women Voters will be holding a candidate forum for Rice County commissioner candidates for District 1 and 2 (the Northfield area). Take this opportunity to meet the candidates and to hear what they say about issues that concern you as a senior, as a homeowner, as a tax payer, and as a citizen.

**Jacqui Dorsey:**  
**Minefields and Pitfalls in Estate Planning**  
 Tues, October 30, 10:00a

Of course, your main goal is to make sure that when you designate the recipient of your hard-earned legacy, it will actually make it into the right hands. How do you know that will happen?

You will learn how certain errors get in the way of that goal. In the worst of circumstances, your assets might be available to your family members' creditors during your lifetime. We will identify potential problems and discuss ways to protect your assets and to make sure your directions will be followed on your passing.

Presenter: Jacqueline A. Dorsey is a partner at Hvistendahl, Moersch, Dorsey & Hahn, P.A., where she enjoys a general practice with emphasis on FamilyLaw and Estates & Trusts. Jacqui taught Estates & Trusts at William Mitchell College of Law and has presented classes locally in the same subject.



## October Art Classes (for more details, see Fall Program Guide, pg 20-21)

**Intro to Drawing**  
 Mon, Oct 8 - 29, 6-7p (4 sessions)  
 Cost: \$24m/\$32nm  
**Teacher: Matthew Bunch**

**Shibori Scarf Dying**  
 Thurs, Oct 25 & Nov 1  
 Cost: \$29m/\$32nm + \$24 materials fee  
**Teacher: Judy Saye-Willis**



## Welcome to These Two New Fitness Instructors



**Juliana Lima** was born and raised in Sao Paulo, Brazil. In 2009 she moved to Northfield, after her American husband had been transferred here. Juliana then made an effort to lose weight, and became interested in physical fitness. She took the necessary courses to become certi-

fied as a personal trainer and fitness instructor. Given her life-experience dancing Samba and other Latin rhythms, she quickly picked up the licensing to teach Zumba™ classes. Juliana speaks her native language Portuguese, English and Spanish. In August of this

year she got her American Citizenship!  
Join Juliana on Monday Mornings at 7 am, Tuesday nights at 5 for Zumba Gold™ and every other Saturday at 1 pm for Aqua Zumba™!



**Jody Polson-** Jody has studied the Pilates method of strength training and believes, as Joseph Pilates did, that we each have the power to transform our lives through positive thoughts and dedicated practice of

caring for our mental, physical, and spiritual health. Jody has also completed special NIA White Belt Certification. Jody has worked in other settings with active older adults, aiding participants to achieve greater

function, alignment and strength. We welcome her expertise as she brings NIA to the Center this season and other classes for us beginning in January. Join Jody on Sundays at 1 pm for NIA .

### *Congratulations! to Current Instructors*

**Leah Goldberg** – Recently completed her AFAA Group Fitness Certification in August  
**Katie Milbrett-** Completed her 200 hour training as a Registered Yoga Trainer this June

### *New Social Ping Pong Group Starting*

This Fall, a social (non-competitive) ping pong group will meet on Thursday Nights at 7 pm. Couples, Singles, whomever are invited! How is this different from the other Table Tennis times, you ask? With the goal of fun and interaction in mind, this is kind of the old

style 'have fun in the basement' kind of ping pong. No special equipment required. We have balls. "Any old racket you can bring will do." If you have older ones you would like to donate let us know. (For the stringent followers of table tennis we would say it is "pips out, no

sponge" just rubber). If someone had an old racket with lousy rubber, the group leader could install new rubber. Group Leaders can rotate so if you are interested in volunteering as a Group Leader, contact Gale, Fitness Manager, 664-3702.

**Fall Prevention Workshop**  
With Craig Swenson starts Oct 8, 1:30p  
**DON'T FORGET TO REGISTER!**

**Remember to Register for Nutrition Series: "Blue Zone Lifestyles" Begins Oct 10**

New Fitness Swimming Program especially for Lap Swimmers to start in January. Opportunities in November to learn more about this new option.



## 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.

### OCTOBER

Monday	Tuesday	Wed	Thursday	Friday	Saturday
	9:30 -11:30 2 Intro to Computers		9:30 -11:30 4 Intro to Computers		
	9:30 -11:30 9 Word Processing I		9:30 -11:30 11 Word Processing I		
	9:30 -11:30 16 Organize My Computer		9:30 -11:30 18 Organize My Computer	TECH TIME 9:30 19 Ereader Basics	
	9:30 -11:30 23 Word Processing II		9:30 -11:30 25 Word Processing II	9:30-11:30 26 Photography Group	9:30-11:30 27 Genealogy
9:30-11:30 29 Holiday Correspondence 1:30-3:30p Organize My Photos	9:30-11:30 30 Intro to Internet & Email		9:30-11:30 NOV 1 Intro to Internet & Email	NOV 2 1:30-3:30p Organize My Photos	
1-4p Nov 5 Basic Photo Editing & Printing	9:30 - 11:30a Nov 6 Intermed. Internet & Email		9:30 - 11:30a Nov 8 Intermed. Internet & Email	1-4p Nov 9 Basic Photo Editing & Printing	

## Genealogy *New Course offering, on a Saturday*

This course provides a brief introduction to modern genealogy, including how to get started, types of genealogy research, online genealogy databases, and use of geneal-

ogy software to keep track of what you learned and where you learned it. Time will be reserved for questions. It will be two hours in length and will be presented at 9:30 AM

on **Saturday**, October 27. The cost will be \$10 for members (\$15 for nonmembers) There are no prerequisites. It will be taught by Tom Pender.

## Ereader Basics

The October Tech Time will be a hands-on review of ereader basics. Participants are encouraged to bring their

ereaders and questions. Individual help will be available. The session is scheduled for 9:30 AM on Friday,

October 19. Registration is not required. There is no fee for this program.

## Borrow an Ereader

The Northfield Public Library has eight "Nook" ereaders. They can be checked out for three

weeks. Each reader is loaded with a large collection of books. This is a great oppor-

tunity for patrons to try an ereader at home.



## *Minutes of the August 23 Board Meeting (Draft)*

**Directors present:** Nancy Ashmore, Evelyn Burry, Don Diehl, Duane Everson, Lola Fick, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Gordon Simonson, Greg Smith, Phil Winter

**Absent:** Bernard Borene, Tom Brawley, Gene Finger, Dottie Hammer

**Staff present:** Lynne Pederson

**Others:** Rose Ann Steenhoek

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

**Action:** The agenda was approved.

**Action:** Motion and second to approve the July 26, 2012 board minutes. Carried.

### **TREASURER REPORT**

#### Financial Reports

Bill Gruszewski reported on the financial statement. Income to date is 62% of budget and expenses are at 64%. Percentage for this time of year should be at 58%.

### **COMMITTEE REPORTS**

#### Finance Committee

Bill Gruszewski reported.

#### Facilities Committee

Marv Kormann reported. The committee discussed the difficulty of opening doors in the Center. Automatic door openers are expensive. Other possibilities are adjusting hinges to make the doors easier to open or to change the handles.

#### Membership Committee

Evelyn Burry reported. The

committee is making plans for Center participation in the DJJD parade. Plans are being made to send out reminders before memberships come due.

#### Computer Committee

Evelyn Burry reported. It has been 5 years since the Center has added new computers. The committee hopes to get new computers next year.

#### Advancement Committee

Lynne Pederson reported. Contributions to the fund drive through July total \$39,477 from 303 donors. The goal is \$60,000. There will be a Melodrama performance at the Center the first week in October.

### **EXECUTIVE DIRECTOR'S REPORT**

Lynne Pederson reported. An agreement was signed with Healthways for their

fitness program called Prime. The Center will be reimbursed for each participant use of the fitness room or pool up to a maximum monthly amount.

### **OLD BUSINESS**

Strategic Plan: The remainder of the meeting was spent reviewing and clarifying the Strategic Plan.

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

Submitted by Nancy Ashmore, Board Secretary (assisted by Rose Ann Steenhoek)

## *Membership News*

Welcome to these people who joined the Center since the September newsletter: Gregory Dotson, Charles Reich, Linda Elstad, Vilnis Vilinskis, Lori Britton, Joan Flavell, Trezlyn Malachi, Carol Breckenridge, Patti Reynolds, Bryan L Cox, Marylou N. Jones, Betty Midness, Don Niehaus, Charleen Bastyr, Patricia Farmer, Gary Rue, Deborah M Johnson, Pamela Taubman, Randy Herman, Dawn Hutton, Paul Roby, Lee Ann Edinger, Jeanne Shnobrich, Joyce Skaar, Diane Zimmerman, Karl Fredrickson, Renate Kurth, Shirley Cox, Sherwin & Elna Hansen, Diane Grabinger.

## Travel Opportunities

### Upcoming Motor Coach Tours for 2013

May - National Parks

June - Boston

August - Ottawa, Canada

September - Washington,  
DC

October - Smoky Mountains

November - Holiday Bran-  
son

### Extended Trips for 2013

Alaska Tour and Cruise -  
June 12 - 24, 2013

Alaska Cruise - June 17 - 24,  
2013

Glacier National Park by Am-  
trak July 15 - 22, 2013

Heart of Alaska by Land -  
July 24 - 31, 2013

Spain, Portugal and Morocco  
Sept 9 - 22, 2013

Hawaii Tour and Cruise Feb-  
ruary 3 - 16, 2014

Panama Canal March 1 - 17,  
2014

Motor Coach and Extended trips are coordinated by one of our Travel Committee volunteers, Linda Zwolensky. For more information about any of these trips, call her at 952-469-3111



On a recent trip to Alaska, Ken and Lee Klimisch got this shot: "It is a photo of our Alaskan tour director kissing a moose at the Krochell Wildlife Center near Haines, Alaska. Doing so is no easy feat and it could be accomplished according to specific directions. Ken and I passed up the opportunity to do so!

The center director, Steve Krochel, said to feed a banana to the moose. While it was intent on gobbling up the banana, which is a favorite food for moose, it wouldn't mind or even notice a person kissing its snout!" Ken and Lee Klimisch

## NSC Gallery News

Continuing through Oct 21:  
Photography by Dennis  
McClintock and Handbag  
Creations by Darla Dahl.

Opening October 22:  
Judy Saye-Willis, "Life's Crea-

tive Journey." Saye-Willis, who has pursued many different art forms (jewelry making, Artist books, painting, fiber art, Shibori scarf dying) sees that there is creativity in many endeavors, not just those we

label as "Art." This exhibit will illustrate her own creative life-journey, through work as a seamstress, running a business, and exploring various art forms.

## Artists Call

Two opportunities to show your art in the NSC Gallery:

1. The Third Annual Senior Open, Nov 26 - Dec 31, is open to anyone in the area, age 50 or older, to submit one piece. If you are interested, let Patsy Dew know by October 15. (664-3708 or patsydew@nscmn.org)
2. Apply to have your work featured in one of our 4-5 week long exhibits during 2013. Send 3 examples of your work, plus a brief statement about your work, to Patsy Dew by November 10.



1651 Jefferson Pkwy  
Northfield, MN 55057

Phone: 507-664-3700

Fax: 507-664-3720

www.northfieldseniorcenter.org

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*Reading with 4th Graders Resumes on October 16*



For more details, see pg. 4 of this newsletter. To volunteer, call Chris Ellison, 664-3707.

*Where in the World Are Paul and Joanne Stohl?*



Check out page 5 for the answer and her story!