



Northfield Senior Center

**active,  
connected,  
engaged**

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# Center News

FOR ACTIVE OLDER ADULTS



## Spring Begins by Patsy Dew

“You could always talk about the weather.” The month of March has been exceedingly fickle this year. The day it hit 70 I threw off my down jacket, confident that I wouldn’t need it again for nine months. But the next day I had to worry about whether the plants that had sprouted on that oddly warm day would survive the frost. Perhaps it’s because we have flipped between hot and freezing temperatures lately, that I am anticipating True Spring more than ever this year.

Have you noticed that the song birds are back? And they have not retreated with

each of our wintry March days. I am encouraged by their confidence, and declare that April will be a great month to renew the outdoor activities we love. I’m looking forward to walking in Carleton’s arboretum and the Nerstrand Woods, photographing scilla and ephemeral wild flowers. (It was on a Sr Center outing to Nerstrand State Park that I learned about “ephemerals” and the fact that the Nerstrand Woods is one of the best places to see them). And I hear the gardens calling. It’s time to pull those old protective 2015 leaves back and ease the way for the tulips and daffodils.

a potluck; and our softball team is planning its season. Looking forward to summer reminds me of the activity in Bridge Square, a wonderful gathering place for this community, and how the Sr Center has a presence there – The beloved Popcorn Wagon. Think about warm days serving popcorn to young children, tourists or even your neighbors...and if that sounds like an appealing way to spend time outside, let me know. We can always use more Popcorn Wagon volunteers.

As I write this note, a “major snowstorm” is predicted for tomorrow. That doesn’t bother me. These things I know: the Senior Center will NOT close; whatever snow falls WILL melt; and True Spring will come in April. I am as confident as the song birds about that.

This newsletter is chock full of opportunities to join others in playing outside (see esp. pg 6); our hiking group resumes their regular hikes this month; the Northfield Pedalers make plans for 2016 rides; anyone interested in helping with Center gardens is invited to



Michael G. Richie M.D.  
 Murray H. Hanson O.D.  
 Bruce V. Gustafson O.D.  
 Misty J. Purfeerst O.D.

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 1575 20th Street NW #101, Faribault, MN 55021

**GALLERY**

**Current Exhibit: Continues through April 17**  
**Featuring the work of Marj Gruszewski, Paintings and Gerie Thelen, Fused Glass**

**Upcoming Exhibit: April 18 - May 15**

**Bob Nyvall, Oil Paintings**

After retiring from a career in plant pathology, Bob has found more time for painting, one of his many avocations. He grew up on a farm in northern Minnesota, which partly explains his love of aging barns. He finds old barns intriguing and loves to paint them because their intrinsic and archaic beauty is full of memories. He writes, "A barn's vital warmth from animal heat was a secure blanket during wintry nights. The odors of hay, straw, raw milk, and manure lent a friendly ambiance to frosty walls. To this day, the smell of composted manure, freshly applied to a garden, summons up images of our family barn and the barns of my uncles, grandparents, and neighbors."

Most of the paintings in this exhibit are of barns, and there are some also of scenes from Hawaii.

**OPENING RECEPTION**

**TUES, APRIL 26**  
**5 - 7 PM**



We are happy to report that we still see several new faces in the Café each month. If you have not come to eat we would love to see you. We serve Monday through Friday from 11:00- 1:00. Please check out our menus on the website.

We will celebrate April birthdays on Tuesday, April 12.

We will celebrate Mother's Day on May 2. All mothers eating that day will receive a special gift.

**New feature - Hamburgers**

We now have hamburgers available each day for \$2.50 (or \$5.00 for a double burger-2 patties).

**Special Events in the Cafe**

**CAFÉ PERFORMANCES**

Open to ALL

Tuesday, April 12 - 10:45 a.m. Marilyn Finneseth sing-a-long.

Monday, April 18 - 10:45 a.m. The Concrete Cowboy (Dave Horesji)

Monday, May 2 - 11:00 a.m. The Troubadours Annual Mother's Day Concert



**SUNSHINE CAFE**

**OPEN 11 - 1**

## Time for Spring Cleaning? DONATE to the Used-A-Bit Shoppe!

If you're thinking about downsizing, reducing, cleaning out, or cutting back, then think about DONATING your stuff to the Northfield Senior Center Used-A-Bit-Shoppe!

## Free Pickup! Tax-deductible!

Our Work Crew will cheerfully pick up your unwanted furniture and household items for free! Donated items are tax-deductible and include clean, usable household furnishings for kitchen, office, bedroom, bathroom, small appliances, area rugs, tools, toys & puzzles, collectibles, art objects, home decor and jewelry. You can

drop off donations anytime during open store hours OR The Work Crew will pick them up! Call Kristi at 645-1399.

## Support the Senior Center's Programs and Services!

All profits from the Used-A-Bit Shoppe help the Senior Center, and senior volunteers do much of the work! Volunteers can pick up donations. Volunteers sort and repair donations! Volunteers price and put out for display! Volunteers work on the Shoppe floor, assist customers, and work the cash register. If you're interested in being a Used-A-Bit Shoppe volunteer call Kristi at 645-1399 or email at [kristicasson@nscmn.org](mailto:kristicasson@nscmn.org).

Used a Bit Shoppe is located at 624 Water St; Open 10 - 5, Mon - Sat

## Don't Forget to Shop!

The Used-A-Bit Shoppe is a great place to shop for treasures! Find good-as-new household goods at affordable prices! New items come in daily! Items are checked and refurbished when necessary. We help respect the earth and its resources by recycling and reusing.

## New Member Welcome Coffees!

We will be hosting New Member Welcome Coffees on the first Wednesday of each month at 9:00 AM in the Sunshine Café. Meet other new members, some seasoned members, and some of our staff. The 1st coffee will be May 4th at 9:00am. Any new member who's joined since January 1 is invited. Treats and beverages will be served—of course.

## NEWS



## Vintage Band Festival

The Vintage Band Festival will return to Northfield this summer, July 28-31, and there is an opportunity to provide homestays for the participants, both international and national. You would need to transport the band members to their daily commitment and pick them up in the evening. Also, they will need breakfast in the morning. If you are interested, please contact Garda Kahn, 507-645-9170.

## Northfield Hospital Auxiliary Book Fair, April 26-30

Donations are being accepted at the Ice Arena starting April 11.

April 26 • 5-9 pm  
April 27-29 • 9 am-9 pm (Friday is 50% off day)  
April 30 • 8 am-3 pm  
\$5 Bag Sale 8 am-12:30 p.m.; FREE books 1-3 pm

It's a Northfield tradition that draws book lovers from

all around the region. (Some even bring lawn chairs to wait in line on opening day.)

This is the 55th year for the Book Fair, which has raised over \$750,000 to support Hospital projects and scholarships. Past projects include the Cancer Care and Infusion Center (2011-2015) and the Breast Care Center (2008-2010). This year, proceeds will benefit a new walking/biking path at the Hospital.

## COMMUNITY NEWS



## CLASSES AND TALKS

**Please pre-register** for all classes, programs and trips.

Sign up deadlines will be published with each, if there is one. You may register by phone (507-664-3700), on line through our website (click on Sign Ups +), or in person at The Center.

### [Acrylic Painting Class](#)

Beginner/Intermediate  
Tuesdays  
April 5 - May 3  
9 - 11 am

Have you always wanted to try acrylic painting? Or have you done some, and would like to learn more? Join instructor/artist Elaine Schaffner on Tuesday mornings for five weeks. She has completed the "Art is 4 Every1®" certification to teach acrylic painting classes. This specialized method of teaching allows students with no previous drawing or painting experience to complete a painting as they learn fundamental color mixing, composition and how to "see" as an artist and allows intermediate painters to grow and improve as artists.

Teacher: Elaine Schaffner

Class Cost: \$90 nm / \$70 m / Plat Equiv no fee

Materials Fees: Payable to instructor at the first class \*  
\$20 (for new students) - All member levels  
\$8 (for continuing students) - All member levels  
Maximum 10 students



### [Kathy Miller Watercolor Workshop](#)

"Spring is in the Air"  
May 9-10  
9a - 4p

On May 9, Beg only at 9am. Intermed/Adv start at 10am

Kathy: "Come join me on a creative watercolor adventure as we paint the beauty of spring flowers! This two-day workshop is for all levels of painters, from beginners to advanced, and will include the exploration of techniques basic to all watercolor paintings. We will work on one main painting, using a photograph as our reference guide; in addition, several small studies will be completed. Those who are beginning painters will start one hour earlier to allow time to set up palettes and go over some watercolor basics."

Teacher: Kathy Miller  
Cost:

Beg - \$84 m / \$108 nm / Plat Equiv, no fee  
Int/Adv - \$77 m / \$99 nm / Plat Equiv, no fee  
Materials List available online and at the front desk.

Click below to sign up online

[BEGINNER LEVEL](#)

[INTERMED/ADVANCED](#)

### [Basic Adobe Lightroom](#)

Thursdays  
4/07/16 - 4/21/16  
1 to 3 PM

Adobe Lightroom is one of the premiere tools available for organizing and optimizing digital images. It is a stand-alone tool that can also serve as a front-end to Adobe Photoshop, Adobe Elements, or other editors and tools. We'll look at why and how to organize your images, and learn to use Lightroom for organizing. We'll look at some of the common flaws found in digital images and learn to use Lightroom's non-destructive editing tools to correct common flaws and optimize images.

If you have Lightroom software on a laptop, and want to work in Lightroom during class sessions, feel free to bring your laptop.

Instructor: David Perez  
Cost: \$24m; \$32nm  
(Plat Equiv, no fee)

### [AARP, 8-hour Smart Driving Class](#)

Fri-Apr 8, 5:30-9:30P  
Sat-Apr 9, 8AM-noon  
Fees: \$22 AARP Members, \$27 non-AARP Members  
AARP Members please register in person or by phone (you will need your AARP member number)

## OWLS Learn and Lunch

Wed, April 13  
10:30AM to 12:00PM

Nocturnal Animals: Learn about the mysterious creatures that prowl the night. Discover how they survive, how they eat, how they adapt to the darkness and why it is beneficial to be nocturnal. Several (very sleepy) live nocturnal animals will make an appearance at this program. Lunch is available at your own cost at the Sunshine Cafe.  
Cost: \$7

## Non-Walking Tour of Northfield

Tuesday, 4/26/16  
10:00AM to 11:00AM

You don't need to worry about the weather or having good walking shoes for this tour. Discover things you never knew about our town as Hayes Scriven, Executive Director of the Northfield Historical Society, guides you on another non-walking tour of downtown. Together we will explore the buildings and people behind them that make downtown Northfield so unique.

Cost: \$4 (platinum and equivalent free)

## **Computer Classes**

Registration Deadline for all computer classes is NOON, WEDNESDAY, the week before the class begins.

### Intro to Computers/Mac

Mon/Wed  
4/04/16 - 4/06/16  
9:30AM to 11:30AM

\*Prerequisite: none  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor: Judy Cederberg**

### Intro to Computers/Win

Tues/Thur  
4/05/16 - 4/07/16  
9:30AM to 11:30AM

Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor: Jim Finholt**

### Windows 10

Mon/Fri  
4/08/16 - 4/11/16  
9:30AM to 11:30AM

\*Prerequisite: none  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor Jim Finholt**

### Word Processing Basics/WINDOWS

Tues/Thur  
4/12/16 - 4/14/16  
9:30AM to 11:30AM

\*Prerequisite: Intro to Computers/Win or equivalent  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor Lee Klimisch**

## Word Processing Basics/MAC

Wed/Fri  
4/13/16 - 4/15/16  
9:30AM to 11:30AM

\*Prerequisite: Intro to Computers/Mac or equivalent  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor: Barb Henwood**

## Organize My MAC Computer

Mon/Wed  
4/18/16 - 4/20/16  
9:30AM to 11:30AM

\*Prerequisite: Word Processing Basics or equiv  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor Jim Finholt**

## Organize My WINDOWS Computer

Tues/Thur  
4/19/16 - 4/21/16  
9:30AM to 11:30AM

\*Prerequisite: Word Processing Basics or equivalent  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor: Jim Finholt**

## Intro to the Internet and Email

Tues/Thur  
4/26/16 - 4/28/16  
9:30AM to 11:30AM

\*Prerequisite: Organize My Computer or equivalent  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Teacher: Jim Finholt**

## CLASSES AND TALKS



## Intro to iPad/iPhone

Mon/Wed  
4/25/16 - 4/27/16  
9:30AM to 11:30AM

This introductory course is for absolute beginners of iPad and iPhones. Prerequisite: none  
Cost: \$20m/25nm/Plat  
Equiv-no fee  
**Instructor: John Severson**

For a complete description of the computer classes, see the Fall Program Guide, pg. 12-13 or see the "Computer Center" on our website.

**CLASSES AND TALKS, CONT.**

**GROUP ACTIVITIES**

**ADULT SOCIAL BALLROOM & LATIN DANCE:**

Apr 2 – May 21  
**BEGINNER LEVEL 1**  
 Sat, 12:10 - 12:55 pm

**ADULT SOCIAL BALLROOM & LATIN DANCE:**

**BEGINNER LEVEL 2**  
 Sat, 1 - 1:45 pm  
**Instructor:** Andrea Miranda

Cost for either level:  
 \$96 non-member  
 \$86.40 NSC or NAG member  
 \*When signing up for these ballroom classes, use special form located on the registration table.

**Hiking Group:**

We are planning a hike on April 26th to Sakatah state park and Bird Island nearby. Bring binoculars or a scope if you have one. The egrets and pelicans are across a body of water. The group carpools from the Center, leaving at **8:30 am**. Please be at the Center by 8:20.

Questions may be sent to Pat Hohertz, one of the group organizers: [pah@northfield-mail.com](mailto:pah@northfield-mail.com)

**Northfield Pedalers Organizational Meeting**

Mon., April 4, 8:30 a.m.

This bike group organizes two rides every Monday morning during warmer months. One group rides in the Northfield area; another hauls their bikes to interesting spots in the region.

**NSC Softball 2016!**

Mon & Thur, 9-11 a.m.  
 Sechler Field #2  
 Begins May 2,  
 ends September 1

It's time again to enjoy the national pastime! The Northfield Senior Center is sponsoring coed Senior Softball again this year. Have fun with friends old and new as you get good exercise twice a week. There is no fee. No tryouts will be held; everyone is welcome! Just bring yourself and your glove (and a favorite bat, if you like). On some Mondays and/or Thursdays, games (home or away) may be scheduled with other nearby senior teams (for example, Owatonna, Faribault, and/or Cannon Falls).

Please put "May 2 – Senior Softball starts" on your calendar!

**Gardeners' Meeting Pot Luck**

Tuesday, April 5  
 5:30-7:00 pm

Calling all Senior Center gardeners, both current and anyone interested in joining our group.

It's time to start thinking about playing in the dirt and creating the beautiful gardens again for this summer. Please join us for this planning session and get to meet new green-thumbed friends and reconnect with friends from last year. Please bring a dish to pass. Beverages, cutlery and dishes will be provided. Please RSVP to Chris Ellison at 664-3707.

**April movies:**

**Academy Award winning and nominated movies! Come join us!!**

- April 4: The Danish Girl
- April 11: Spotlight
- April 18: Room
- April 25: The Intern

**“FIDDLER ON THE ROOF”**

Bloomington Center for the Arts  
 Sat, April 23  
 12:30 - 5:00 pm

This musical tells the story of Tevye, whose love, pride and faith help him face the oppression of turn-of-the-century czarist Russia and guide him as he must choose between his own daughter’s happiness and the poor tailor she loves and the traditions that dictate that the father chooses his daughter’s husband. Enjoy this musical theater classic with us this spring.

Cost: \$53  
 Sign up by: March 30, 2016

**“CIRQUE DE LA SYMPHONIE”**

Minnesota Orchestra,  
 Minneapolis  
 Sunday, May 22  
 12:45 - 5:00 pm

Imagine! On stage, musicians create the perfect soundscape while all around them (and flying over their heads!) aerialists, acrobats, contortionists, jugglers and strongmen make the most

astounding feats look easy. It’s the Minnesota Orchestra and Cirque du Soleil working together in concert. This is the perfect show for the whole family – it’s the magic of the big top brought to the concert hall.

Cost: \$82  
 Sign up by: April 4

**“CALENDAR GIRLS”**

Park Square Theater  
 Sunday, June 26  
 12:30 - 5:30 pm

This comedy tells the hilarious story of a widow who, with her friends, set out to raise funds for a local charity. They pose for a calendar completely in the buff, positioned behind strategically placed flower arrangements, cakes and knitting projects.

Cost: \$65  
 Sign up by June 13

**BASEBALL GAME - ST PAUL SAINTS**

CHS Field, St Paul  
 Tuesday, July 12  
 5:00 - 11:30 pm

Join us on this first trip ever to see the St Paul Saints play in their new stadium against the Sioux Falls Canaries. This is a night game – under the lights – and we have wonderful seats above the home dugout. The team has a reputation for outlandish promotions and offers a new level of fun. This will certainly be an evening of sport and fun!

Cost: \$40  
 Sign up by June 10

**TRIPS**



| Future Trips!  |             |
|--|-------------|
| Winona Shakespeare Festival                            | July 6 & 13 |
| South Pacific, Guthrie Theater                         | Aug 3       |
| Winona - Cruise to See Birds & MN Museum of Marine Art | Sept 28     |

Our tours depart from and return to the Senior Center. Please register as early as possible to avoid disappointment. Cancellations on or before the sign-up date receive a full refund. Cancellations after that date receive a full refund **IF a replacement can be found**. Note that our trips require a minimum of 20 persons for each outing.

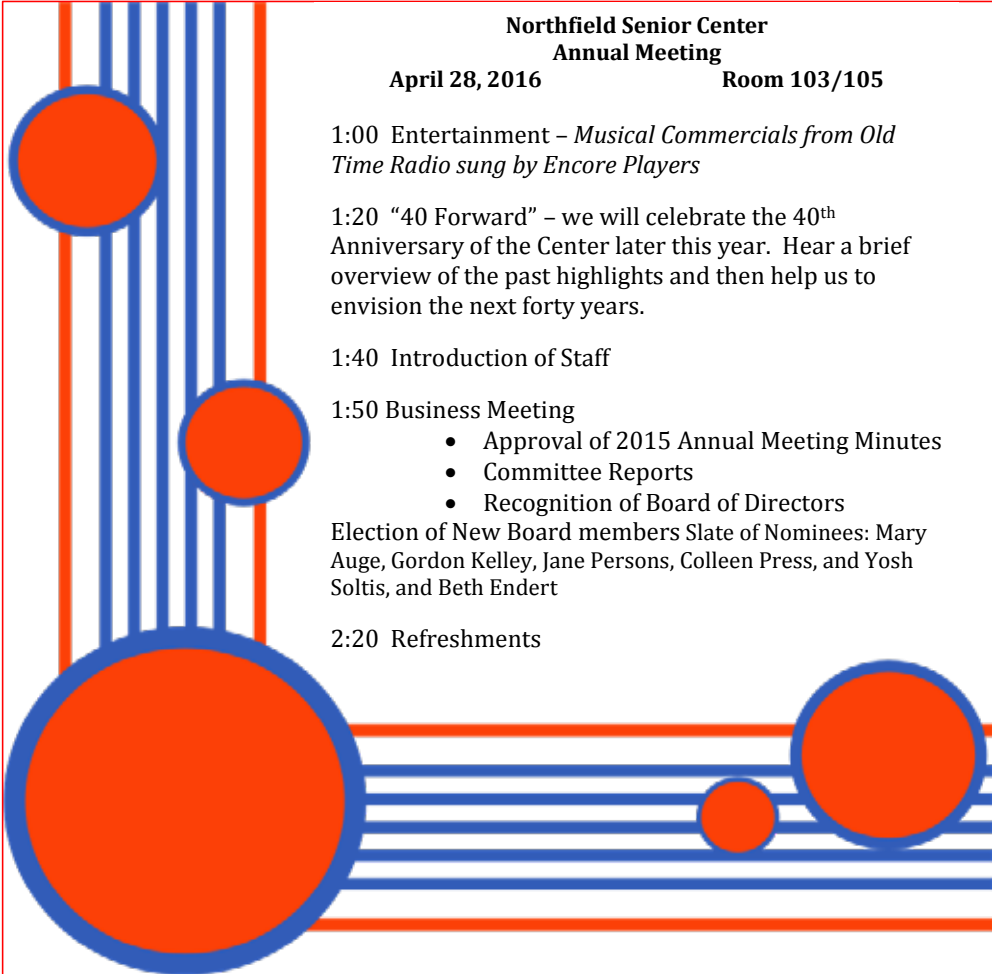
### Memory Café Starts April 20, 1:30 pm

The Memory Café will be held in the Northfield Senior Center Sunshine Café.

The Café is open to anyone who is experiencing early stages of dementia and their care partner from Northfield and other surrounding communities. It is not necessary to be a member of the Senior Center.

It is planned that the Café will meet once a month on the second Wednesday. The date and time is subject to change depending on what is best for the participants.

The Café will be planned and facilitated by Breanna Wheeler. Breanna has a Master degree in Public Affairs with many years working with the older adult population. Currently she is working with the Northfield Act on Alzheimer's group, is a board member for the Minnesota Gerontology Society, and for many years was the Activity Director for the long term care unit at Northfield Hospital.

**Northfield Senior Center  
Annual Meeting**  
**April 28, 2016**                      **Room 103/105**

1:00 Entertainment – *Musical Commercials from Old Time Radio sung by Encore Players*

1:20 “40 Forward” – we will celebrate the 40<sup>th</sup> Anniversary of the Center later this year. Hear a brief overview of the past highlights and then help us to envision the next forty years.

1:40 Introduction of Staff

1:50 Business Meeting

- Approval of 2015 Annual Meeting Minutes
- Committee Reports
- Recognition of Board of Directors

Election of New Board members Slate of Nominees: Mary Auge, Gordon Kelley, Jane Persons, Colleen Press, and Yosh Soltis, and Beth Endert

2:20 Refreshments



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## The Civil War Fife and Drum

Saturday, April 9,  
7 PM

Experience the stirring sounds of traditional fife and drum music as it was played in the United States Army during the American Civil War.

Two 45-year members of the state's premier Civil War reenacting unit, the First Minnesota Volunteer Infantry, will explain and demonstrate the instruments and various calls, signals and martial airs that were an essential part of the daily life of all Minnesota's volunteer soldiers 150 years ago.

John Guthmann and Jim Moffet will recount how they found an annotated original music book in the collection of the Anoka County Historical Society that has proven to be instrumental in the on-going musicology of this segment of American folk music.

Governor Al Quie and two of his sons were also original members of this Civil War reenactment group. One son is still a member. The men will be wearing authentic copies of original clothing and accessories.

Come and enjoy refreshments along with the sounds and sights of period fife and drum music.

Cost \$4 (platinum and equivalent: free)

## Love in its Many Guises

Sat, April 23, 2:00 pm

The Uppity Women of Shakespeare are eagerly anticipating the Bard's Birthday with a performance of *Love in its Many Guises*. This group of dedicated creative women have been meeting for almost a year and exploring the many characters created by the Bard 400 years ago. They have found their own relevance and ours for the 21st century as they have dissected both male and female roles. Four Hundred years ago women were not allowed on stage so it is only fair that these Uppity Women deserve and demand equal stage time with great expectations!

## We Sponsor Nfld Table Tennis Tournament

Sat, May 7, Northfield Middle School

This will be the 7<sup>th</sup> year we have organized this tournament, which has grown each year. Ours is now the largest table tennis tournament held in Minnesota with players from Mankato, Rochester, and the Twin Cities in addition to many local players. If you want to participate in the tournament, you can download an entry form from the Sr Center website.

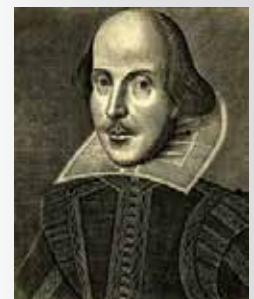
Spectators are welcome to watch the action!

## Radio Dramedy - April 30, 7 pm and May 1, 2 pm

The Encore Players present two old time radio shows live (a la Keillor-style): a 1943 episode of *Suspense*, "Sorry, Wrong Number" and a 1933 episode of the Marx Brothers' *Flywheel, Shyster and Flywheel*, "The Prizefighter." A favorite feature of last year's Radio Dramedy was the commercials. This year there will be even more old commercials with their signature jingles. The cast for this show includes Ray Young, Dick Waters, Rhoda Van Tassel, Marie Gery, Paul Kluge, Jim Haas, Jane Greenwood, Dan Van Tassel, Peggy Sheldon. David K. Miller is the orchestra, and Dale Sheldon is the sound designer.

Tickets are \$10, and \$5 for children. Dessert is served following the performances.

## EVENTS




**Good-Bye, Thank You Party**  
**For Gail Noren**  
**our Sunshine Café Manager**  
**Wed, April 27, 10:30 - 11:30**  
**am in the Café**

**Two! Four! Six! Eight!  
Who do we appreciate!  
Sustaining Donors!!! Yeah!  
A Big THANK YOU to our 43 Sustaining Donors!**

You know who you are! We're not going to name names but you make a big difference by supporting the Senior Center Annual Fund every month from January through December!

If you aren't a Sustaining Donor yet, it is easy to sign up! You just pick up a form from the reception desk, fill it out and return it. You agree to make safe, convenient, automatic monthly donations to the Northfield Senior Center. You choose the amount and it is withdrawn from your account each month. It is easier on your budget because it spreads your gift over the whole year.

These sustaining gifts are also great for the Senior Center. They provide a steady, reliable stream of income to support the on-going programs and services of the Center. They take less staff time to administer.

So thank you to our current 43 sustaining donors (and all our donors!) And "Join the team!" "Get on the bus!" "Sign up today!" Become a sustaining donor! Scientific evidence shows that it will make you 92.7% happier!

**DONORS**

**Thank you to these February Donors**

David Appleyard, Nancy Ashmore, Solveig Bailey, William Beery, LaVonne Brick, Judy Broske, Karen Broughton, Mary Brown, William Carlson, Eileen Cooper, Rosemary Cunningham, Thomas DeWolfe, David Downhour, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Evelyn Estenson, Gerry Gengenbach, Marie Gery, Malcolm Gimse, Bonnie Gretz, Shirley Herreid, Douglas Ims, Georgene Johnson, Jackie Johnson, Dennis Johnson, Julie Klassen, Carol Korda-Dalgaard, Marvin Kormann, C C Linstroth, Harriet Menard, John Micklo, Mary Olander, Elizabeth Olson, Robert Peasley, Lynne Pederson, Ken Persons, Roberta Persons, Gordon Rasmussen, Richard Rech, Tha Thi Russell, Bonnie Sellers, Bardwell Smith, Lenora St. Martin, Margaret Stary, Beverly Steberg, Sharon Steinhouse, Harley Tate, Donna Vanderhoof, Sharon Vangsness, Dale Vanguilder, Linda Wagenbach, Darlene Wajewski, Elizabeth Williams

**Membership**

**Welcome to these new members**

Mark Abrahamson, Lisa Ihlenfeld, Cynthia Senn Trossen, John Devney, Sandra Holland, Patricia Remes, Nanette Winsell, David Johnson, Kerry Hanson, Steven & Rose Rossow, Daniel Turner, Judy Grumdahl, Linda Whitson, Neil Pence, Pat Matson, Rose Berthelsen, Gary Kruse, Susan & Charles Lindgren, Cheryl Jensen, Linda Borene, Lynette Lindberg, Cheryl Dohmen, Brian Hendrickson

|                                |  |   |   |
|--------------------------------|--|---|---|
| <b>NSC STAFF<br/>DIRECTORY</b> | <b>Director / 664-3701</b><br>Lynne Pederson                   | <b>Fitness<br/>Manager / 664-3702</b><br>Craig Swenson            | <b>Dining Site / 664-3735</b><br>Gail Noren   |
|                                | <b>Assistant<br/>Director / 664-3708</b><br>Patsy Dew          | <b>Program<br/>Coordinator / 664-3707</b><br>Chris Ellison        | <b>Evening/Weekend<br/>Receptionists / 664-3700</b><br>Janice Kasa, Barb<br>Henwood, Ruth<br>Johnson-Wirth,<br>Pat Sunquist, Beth<br>Endert |
|                                | <b>Bookkeeper / 664-3705</b><br>Kathy Bjerke                   | <b>Administrative<br/>Coordinator / 664-3703</b><br>Elaine Grisim |   |
|                                | <b>Membership<br/>Coordinator / 664-3704</b><br>Jackie Johnson | <b>Used A Bit<br/>Shoppe / 645-1399</b><br>Kristi Casson          |   |
|                                |  |   |   |



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Sometimes you just need a little help at home. Our experienced Registered Nurses and Home Health Aides can provide important medical services and personal care directly to you in the comfort of your own home. Our highly-trained staff will design a program that meets your specific needs. *We're passionate about keeping you in your home.*

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- Patient Education

Northfield Home Care



507-646-1457

[www.northfieldhospital.org/homecare](http://www.northfieldhospital.org/homecare)  
2000 North Avenue, Northfield

## HOME Care link



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Home Care Manager  
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# Northfield Senior Center

1651 Jefferson Parkway  
Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>



This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

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## Help at the Popcorn Wagon

Friendly! Outgoing! Volunteers Needed!

Do you enjoy meeting the people of Northfield?

How about spending some fun time at the popcorn wagon on Bridge Square?

We can always use wonderful volunteers so tell your friends!!

Watch for early sign up meeting. Details soon!

Questions? Email Lesley at [Lesleyweirich1122@gmail.com](mailto:Lesleyweirich1122@gmail.com) or phone 507-400-4331

## Seeking Volunteers For the Meals on Wheels program

Help deliver hot meals to those who need them! Every year in late May and early June the Senior Center provides volunteers to deliver meals for this great program run by the Northfield Hospital. We will be helping daily noon – 1pm during the period of May 22 – June 4. If you have questions, would like to volunteer, contact Patsy Dew, 664-3708, or [patsydew@nscmn.org](mailto:patsydew@nscmn.org).

## VOLUNTEERS



## The Seven Gates of Happiness Deb Seitz in China Written by Steven James Beto

Three of the youngest children jumped on the bed in Deb's apartment, their fingertips and laughter leaping toward the ceiling, while the four oldest—Ian, Sophie, Laura (their chosen Western names), and Phong Le—sat at the dining room table looking at Phong Le's birthday cake. Candles were not allowed in the living quarters in Mong Kok, a suburb of Hong Kong, to prevent fires that would quickly spread throughout one of the densest populations on earth. "On weekends, I often took kids home," said Deb. The children, the sons and daughters of Vietnamese boat people, fled from North or South Vietnam fearing for their lives, and for the hopes of opportunity and survival.

Phong Le's family escaped Vietnam in a small

boat and desperately tried to sail over heavy seas to the Philippines where the camps were run by Americans and known to be safer. "No one wanted to end up in China out of fear that they would not be classified as refugees, but illegal immigrants, and at best, sent back to Vietnam," Deb added. Phong Le's boat, however, was caught in a great storm. In danger of capsizing, they were forced to land in Hong Kong.

After graduating from Concordia College in Moorhead, Minnesota, in 1984 Deb became employed by the American Lutheran Church Office, and through their missionary department, Deb accepted a 3 year assignment to New Horizons School in Kowloon, Hong Kong. The ALC provided a small stipend and an apartment just a few short, but crowded miles from the camp.

On Sunday afternoons, Deb and the children

walked back to the camp passed a solid line of buildings with no green spaces. All of the buildings shared a common wall, one after another. If everyone came out of the buildings at the same time, there would be no room for them in the streets. "We traditionally stopped at a McDonalds, where I had the children order in English." Every opportunity was used to teach, and for the children to learn English.

The Kai Tak Refugee Camp had been a Royal Air Force Base. Tall, chain-link fences topped with barbed wire surrounded a building complex of tin shacks. Two gates served as entry for an enclosed area of several square blocks. A dilapidated bus painted in psychedelic colors served as the pre-school. Deb taught English, social studies, science, math—anything that could be used as a means to teach English—in the only concrete building located

## A MOMENT IN TIME

*A Moment in Time* was initiated in the September, 2013 issue of this newsletter. It was created to serve as a forum for our members' writings: short stories, memoir, poems or essays. If you have something to submit, please send it to me at [patsydew@nscmn.org](mailto:patsydew@nscmn.org), or put it in my staff mail box. If you have a great moment to tell about, and would like help writing it, give me a call, 664-3708.

- Patsy Dew



**Deb Seitz, surrounded by children in her classroom**

just on the other side of the fence. Sikhs wearing turbans stood as guards at every gate. If they had weapons, they were not readily visible. The Kai Tak refugees came and went as they pleased; many adults had jobs in factories where they could earn small amounts of money to meet their basic needs.

Deb and the children entered the encampment onto a large dirt field used as a playground. The kids burst through the gate and ran toward their living quarters where their parents waited in one of hundreds of corrugated tin, multi-family huts. Inside the living quarters, chain link fences separated the tightly spaced sleeping areas looking like small cages. Cooking spaces were provided outside the huts to prevent fire. One day, smoke began to pour out of Phong Le's hut; the children ran screaming out onto the playground area; the mothers ran for the hose. The cracking flames and black smoke consumed all of their belongings before the firemen from town could arrive. Everyone had to start from nothing yet

again. Fortunately, no one was hurt.

It was far more dangerous at night. The guards left their posts at sundown and left the gates open for the returning factory workers. A criminal organization known as the Triads took advantage of the lack of security and sent representatives to the camp to recruit children for gangs or, sadly, prostitution. "I returned to the camp after dark one night. A group of kids surrounded me and stole my watch right off my wrist without me even knowing about it. I never felt unsafe. But that had been my favorite scuba diving watch!" You learn quickly.

In her second year, Deb painted the classroom door in bright, primary colors and called it, "The Magic English Door." Once the children passed through the magic door, everything was spoken in English. It didn't matter how long the learning took, Deb knew they would get there together. All of the furnishings, desks, blackboards, books, mimeograph machines, and maps,

were donated by the Hong Kong International School and other similar institutions. "One year, my mother and sister came to visit and read to the children in class," said Deb.


Read-a-louds are essential in language learning, and these were not intellectually challenged kids. Many of them were multi-lingual already speaking fluent Vietnamese, French, Chinese, and would likely go on to add another European language depending on where they ended up. Being a refugee doesn't mean you're stupid.

A lot of Deb's pictures and memories are at airports sharing hugs and waving good-bye to the children. Ian went to Sacramento, California, and runs a successful landscaping business. Laura went to Sweden and became a fashion designer. Phong Le was sent to England and her family later joined her there. Sophie went on to Canada. When it came time for Deb to leave, she didn't want to go. "I tried to get a job with the International School, but they didn't have an opening." On the airplane trip to Japan, an old Chinese woman held her hand and helped Deb through her tears. "I called my mother when I arrived in Minneapolis and she told me that the International School contacted her saying that they have an opening for me. I just couldn't do it. I had suffered too many emotions on my trip back to

the States ever to want to do that again."

These were the times before Internet, and she agonized over the thought of never again having contact with the children. "I had given my home address to Phong Le, and we began a long correspondence," Deb added with a smile.

In the meantime, Deb married, had two children of her own, and adopted five more. Phong Le, it turned out, had kept a correspondence with Ian and they eventually married. Phong Le now holds dual citizenship with England and the United States. In 2006, Phong Le, Ian, and their 2 sons came to Faribault to visit Deb and meet her family. The Faribault Daily News paper made a wonderful fuss over it.

"I want to share with you a letter that I received from Sophie early on":  
**Dear Miss Asp ("My maiden name."),**  
**One year, I go to the Canada. I go and mother very happy. I go and grandmother very happy. One day, I go to Amarica ("Her spelling.").**  
**You give me picture.** 

"I have been just sick over the letter for years because I could not respond," said Deb. The return address that Sophie provided: "Sophie in Canada." With the advent of social media perhaps one day, Deb will wake to find a friendship request on Facebook from her Sophie.