

SPANISH CLUB NEWS...



MARCH, 2017

Volume 5, Issue 2

CLUB FIESTA SOCIALBILITY- THE FEBRUARY (2017) VERSION!



ALZHEIMER'S AND SPANISH STUDY

We are fortunate to live in a city where we can be pro-active about our health. We can eat properly, exercise regularly and control our excesses. Our bodies respond to our positive decisions. But what about our minds?

Recent research has given us a good look at what we can do to stay mentally healthy, or at least, forestall the effects of dementia (Alzheimer's is one of many dementias). Alzheimer's is not an inevitable result of aging. While scientists don't yet fully understand what causes the disease, they have identified a number of factors that can reduce your risk of getting it. Exercising regularly, eating well and staying mentally active can help keep Alzheimer's away. And what better way to keep yourself mentally active than learning a second language?

Some of our members attended the recent Alzheimer's research national study program in which the Banner Hospital System is a participant. That Palm Ridge Center presentation opened many eyes. A large group of our residents signed up to be participants in the continuing study. How important is the study of Alzheimer's, nationally? Though great strides are being made in the detection and treatment of the disease, there is much to be learned. But some facts are recognized and very useful. (continued on P. 6)

(The Mission of the Spanish Club is to learn the language and appreciate the Hispanic culture through classes, cultural events and fiestas.)

FROM OUR PRESIDENT...

The club's midwinter Valentine Fiesta was a huge success. More than 120 attended and enjoyed Mexican food and the wonderful entertainment of the Thompson Ranch Ballet Folklórico. They are students in grades 5 to 8 at Thompson Ranch Elementary School who performed traditional dances of various regions of Mexico and delighted us all.

The club's board continues to be active. At its February meeting, the board approved a budget for 2017, a health and safety policy that complies with SCW recreation center requirements and the club's bylaw, and an organization chart. Interested members will soon be able to see it on the website.

Our club's bylaw provides that participation in classes requires membership in the club. Our club membership operates on a calendar year, with every one's membership expiring on December 31st. The bylaw accommodates new members joining in the fall for the first time by applying their dues right through December of the following year. The Board has clarified that October 1 is the dividing line for that accommodation. Before that date, membership dues are still required to participate in classes, but they apply to the current year only.

We have been fortunate to have so many members who contribute to the success of the Spanish Club. Some of you contribute by organizing activities, excursions or events. If you are organizing an event or activity and want to get word out to members about it, please consider contacting the following people: **Jim Jasken** of the club newsletter; **Tish Iwaszuk** who handles the bulletin board; and **Jim Khami** who, along with others working with him, organizes emails to members.

Tony Iwaszuk has agreed to chair the nominating committee this year. The committee proposes a slate of candidates for the club's board. If you are interested in serving on the board or have suggestions for the committee, please contact either Tony or me. We'd love to hear from you.

I can be reached at Maureen.spanishclub@gmail.com.

GET READY...SPRING FIESTA!

The last fiesta before summer! **Treasure Fiesta**, a potluck, April 21st, at the Shuffleboard Room (Johnson Rec Center). It will begin at 5:00. If you would like to donate a new or handmade item, or a gift basket for the TREASURE part of the celebration, **Jo Keitges** (623-215-2072) or **Olivette Miller** (623-546-4310) will collect them at class April 3 through the 12th- this gifting is optional.

(Jo also needs vases and baskets that the fiesta committee can use for our future table décor). (-ed)

Club History Spotlights Early Members (Español Pioneers)!

Chris (1993)

Last month **Anna Scheidt** mentioned the efforts of early members to maintain our Club during formative years. In this edition, we recognize those who have “*stayed the course*”, who have continued the tradition, which is today’s very *active* educational/social Club Español of Sun City West. Some early members came forward with information about themselves and about others. Some reports were very specific, others general in nature.



Names of members who have early Club experience include **Chris Stelter** (1993), Wayne Wood (1996), **Olivette Miller** (2001), **Anna Scheidt** (approx. 2001), **Mike Sterry** (2003), **Roland Robinson** (2004).

Mike Sterry says, “I have a spiral binder notebook in which I made notes from our first sessions...lists the then president as Thayer Soule...met at the Mens’ Club”...

Anna Scheidt responded, “I started teaching about 15 years ago when the Club was about to disappear...we had ten or fewer people at the meetings... taught three classes one year...”

Chris Stelter reports, “joined March of 1993. My teacher was Dick Beatty. I was also president and vice president many years ago and taught beginning Spanish for several years. I met quite a few interesting people along the way.”

To all of you who are mentioned, and maybe a few who did not check in...

We SALUTE you!



Wayne, 1996

Anna, 2001

Olivette, 2001

Mike, 2003

La meta del Club Español es el aprendizaje del idioma el y aprecio de la cultura hispana a través de clases, eventos culturales y fiestas.

“For some reason the Spanish will NEVER enter a restaurant unless it is packed, noisy and crowded. That is their assurance that the food is good and is worth their time.” **Ed Zacko**, Spanish traveler/resident

Editor’s Corner...the health of a club

I have such a privileged advantage! I attend Fiestas and Club events, correspond with volunteer teachers, students, trip planners, educational designers, social event leaders, Club writers, and more.

A friend, whose club is named after a game, says he grew disgusted with the seriousness of the competition as they played. “It was no fun,” he explained, “One dared not make a mistake without being criticized.” He is no longer a member.

“The leadership is a good ol’ boys’ network,” another friend said of his former club, “moves to change anything seemed to be a threat to the long-standing officer group; who are consistently re-elected because nobody else wants to deal with the situation.” Stagnation can be a club’s death knell.

One booming club has more than a thousand members. They are sponsoring some community charity initiatives. Kudos to them! Club “health” is a mixed bag in SCW!

Club Español is flourishing, with a fine group of new members, bringing new ideas and great enthusiasm. Veteran members provide a strong structure upon which social, educational and language supportive programs are enjoyed. Activity and educational opportunities are expanding every year!

Our members are quick to see needs, and volunteer to serve with varied leadership skills. Some, I know, are even waiting for their opportunity to volunteer!

All this positive energy is just plain *infectious*, it’s an especially good feeling to be a member.
-jim

2017 COMING EVENTS:

- March 9 Desert cooking trip
- March 17 Movie night
- March 19 Copper Canyon Happy Hour
- March 26 Copper Canyon Trip
- April 13 Last Day of Classes
- April 21 Spring Fiesta / mtg
- June 5 Summer Session
- July 28 Session ends
- October 12 Reunion/register
- October 20 Movie-7:00pm
- October 23 Start Classes
- November 17 Fall Fiesta
- Nov. 22-26 Thanksgiving Break
- December 8 Holiday Fiesta
- 2017-2018? Peru Trip

Tutors to help non-English

Speakers may be needed this fall in the Dysart Schools Adult Education Program. Director Suzie Ratley says the need is significant. Find more details in Fall newsletter.



**“Dance of the Old Men”
February Fiesta!**



Club Español Movie Night
Bajo La Luna Misma
 (Under the Same Moon)
Friday, March 17, 7pm
Beardsley - Agave Room

The Love Between a Mother and Son Knows No Boundaries! This is an inspirational and heart-warming tale of a mother's devotion, a son's courage, and a love that knows no borders. Produced in Spanish with English Subtitles-
 Yet another opportunity to gather together and have some fun!
(Pamelita Watson)

Mexican Train Rocks Conquistador in January~



You'd have thought it was Texas Stadium for all the noise!

Saturday, January 28, certainly spiked the Arline and Fred Foster neighborhood decibel rating, comparing

favorably to the F-35 jets overhead!

Thirty players at seven tables laughed, snacked, and schemed; enjoying Club Fellowship at the first Club Mexican Train event. One guest commented that the happy noise at Fosters' turned the neighborhood into a realtor's nightmare!

The February Mexican Train met at the Beardsley Rec Center, and it featured more of the same. But the venue had changed, so the Fosters did not have to move to a new neighborhood... (ed)

March MexTrain at the Beardsley Chicory Rm, Tues, Mar 21, 12:45-3pm. (must be out promptly at 3!)
 RSVP **Mary Mann** 541-971-3237, mdoubledouble@gmail.com or **Arline Foster** 623-444-9252. New-comers welcome, bring snacks, beverages as desired. Have a MT game set? Bring along, please.

One language sets you in a corridor for life. Two languages open every door along the way.” –Frank Smith



Copper Canyon Tour Train Crosses Primeval Valley

Learn more about computers, crafts, gardening or a new language... "Idleness is the devil's workshop," and the devil's name is *Alzheimers*.)

"Dime con quien andas, y te diré quien eres."

literally: "Tell me with whom you walk and I'll tell you who you are."
generally: "You're known by the company you keep."(**J. Gameros**)

Travel bug has hit club Español, Peru on Agenda!

In April, 2016, 21 members of the Spanish Club and their guests embarked on a 13 day unforgettable journey to Spain and Portugal. This year 37 members and their guests will take a combined bus/rail trip to experience the famous Copper Canyon in northwestern Mexico. In 2018 members will travel to Peru in South America for more exciting adventures.

No final decision has been made on the itinerary or dates for the trip, but interested persons should start to budget approximately \$2150 per person, double-occupancy for an eight-day trip, plus approximately \$1200 for round-trip airfare between Phoenix and Lima. Any itinerary chosen will include stops in Lima, Cusco, Macchu Picchu, and Lake Titicaca. (You must be Club member to join the travel group, then are eligible to invite one guest).

More information: October 12, 2017, Fall meeting - **Jim Khami**

ALZHEIMER’S AND SPANISH STUDY (continued from front page)

Speaking more than one language may ward off three types of dementia, including the Alzheimer's disease that affected a human brain on display at the Musuem of Neuroanatomy at the University at Buffalo, in Buffalo, N.Y. (DUPREY).

“Being bilingual is a particularly efficient and effective type of mental training,” said Dr. Thomas H. Bak, a researcher at The University of Edinburgh and a co-author of the study published recently in the journal *Neurology*. “In a way, I have to selectively activate one language and deactivate the other language. This switching really requires attention.”

That kind of attention keeps the brain nimble and may ward off not only Alzheimer’s disease, but other cognitive conditions. In fact, there is ample scientific evidence that **speaking another language significantly delays dementia**. A 2011 Canadian study found that bilingual people developed Alzheimer’s symptoms four to five years later than people who spoke only one language.

When it comes to exercising the brain by learning another language, “the more the better—and every little bit helps,” said Ellen Bialystok, a psychology professor at York University in Toronto and one of the authors of the study.

A recent study showed that speaking a second language not only benefits the brain, but patients who spoke more than one language began to develop symptoms **4.5 years later** than those who spoke only one language.

Studying a foreign language is like a thorough workout for the brain. Learning vocabulary exercises your memory and figuring out what expressions to use in different contexts tests your reasoning and decision making skills. Once you’re speaking the language, having to switch between it and your native language improves what’s known as your brain’s “executive function,” that is, its ability to plan and prioritize.

A second language has clear, substantial benefits for the brain. The best news of all, is it is never too late to begin the study! (-ed)

OUR BOARD MEMBERS:

- Maureen Ball, president
- Paul Voorhees, vice president
- Karin Peterson, secretary
- Olivette Miller, treasurer
- Jo Keitges, fiesta coordinator
- Tish Iwaszuk and Mary Ann Jasken, members-at-large
- Margaret Rauch, public relations and web assistant

***Dave Porter, tech advisor

*** Jim Jasken, editor

(sugarbushwordshop@hotmail.com)

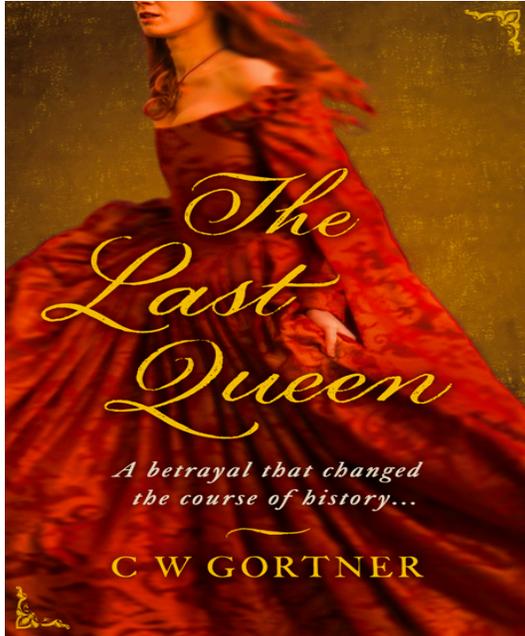
Jan Gameros, Margaret Rauch, proof- readers



***Karin Peterson, photos

Pagina 8

The Last Queen – Book Review, Paul Vorhees



This historical fiction novel is based on the life of Joanna, daughter of Queen Isabella and King Ferdinand of Spain around 1500. It is a story of strong families and alliances between various countries all concerned about their governance and survival. Marriages between monarchs' families, children who survived long enough to inherit ruling titles, and the actions of clerics and others to influence succession are intertwined in a fascinating tale.

The role of women in politics during this time has been said to be a curse rather than a privilege. While Queen Isabella maintained control during her lifetime, Joanna was plagued by a power hungry and abusive husband, the Hapsburg Phillip, and even her father,

Ferdinand, who were both more interested in their own power.

Upon Isabella's death, Joanna was in line to become queen, but was essentially imprisoned to keep her from the public and the Cortes, the ruling nobles who made the decisions on the passing of titles. This was despite many thwarted attempts to rally her supporters and her failing mother. Thereafter she was deemed insane, and unfit to rule, although technically still queen. Her husband, Phillip, gained the throne for less than a year before he died. Joanna poisons him in an attempt to keep Spain from Hapsburg rule, although historical sources say he died of typhoid.

After Phillip dies, her father, Ferdinand, becomes regent; and after he dies, Joanna's son, Charles, becomes King of Spain, and eventually Holy Roman Emperor, as well.

