

SILVER STREAK

CONNECTING AND INFORMING TCU'S SILVER FROGS

Volume 1, Issue 1

March, 2017

Dr. Ron Flowers Inspires Lifelong Learners by Ellen Miller

Octogenarian, minister, professor, professor emeritus, instructor, mentor, scholar, gentleman and Silver Frog. Even at 82, Dr. Ron Flowers has been and is all these things and more, but through it all, he just keeps teaching.

His favorite subject is Separation of Church and State in America. He has taught an abbreviated version of that college course to Silver Frogs. Other Silver Frog classes he teaches are Martin Luther and the Protestant Reformation; The History and Procedures of the US Supreme Court; and Churches, Sects and Cults in American Religion.

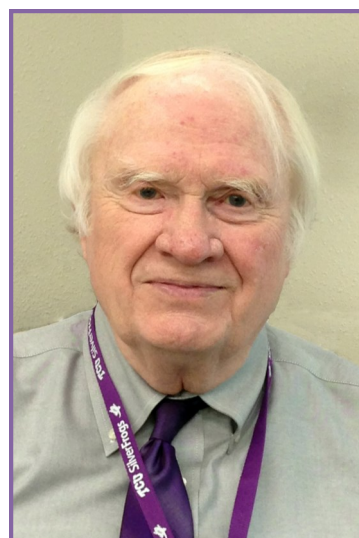
As a college freshman Dr. Flowers majored in chemistry, mainly because of his high school chemistry teacher. The teacher claimed to be the best chemistry teacher and said Flowers was the best chemistry student. "In my first chemistry class, I found neither one of those statements was true," Flowers says, and he promptly changed his major to religion.

Flowers first came to TCU as a sophomore transfer student in 1954. He says, "I came for the greatest of scholarly reasons: I followed a girl down here. She went back to Tulsa, but I stayed here." Following graduation from TCU in 1957, Flowers received degrees from Vanderbilt Divinity School and became a pastor for two years. He

decided he wanted to teach at the college level. He earned a Ph.D. at the School of Religion at the University of Iowa, and arrived back at TCU in 1966 to begin teaching religion to undergraduates.

The undergraduate religion department at TCU was large; all students had to take religion as part of their college requirements. It was a rewarding experience for Dr. Flowers. He adds, "I taught undergrads for 37 years and I loved it." He retired in 2003, but he continues to teach one class of church and state each year to TCU students. He adds, "I was the only professor in the Religion Department who could teach that course so they allowed me to continue even after retirement."

Dr. Flowers says he "stumbled" into teaching Silver Frogs. A neighbor told him TCU was starting an adult education program and asked if he would be interested in teaching a class – volunteer and without pay! "When I learned more about the program, it sounded like fun to me," Flowers says. He has learned from teaching Silver Frogs and teaching an adult Sunday school class at University Christian Church that teaching adults is great fun because they have so much more life experience. "They have read more and traveled. They ask such different questions. It keeps me on my toes. I like it when I don't know



Dr. Ron Flowers, February 2017

what is coming next...I really enjoy Silver Frogs. No papers to grade and I am learning things that stretch my mind."

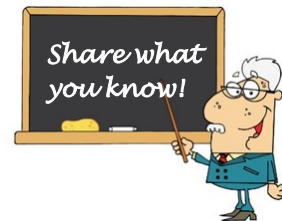
Flowers has studied extensively about Martin Luther, a German professor of theology in the 1500's who was a gigantic figure in the Protestant Reformation. On Dr. Flowers' first trip to Germany, he and then TCU professor Ambrose Edens visited all the sites associated with Luther, and his knowledge of Martin Luther expanded. So now he is sharing that wealth of knowledge with Silver Frogs. Silver Frog Kay Phillips says the Martin Luther class is "great and we have learned so much." Silver Frog Nancy Box has taken three SF classes

(Ron Flowers continues on page 2)

Fall 2017 Proposals Due by March 8 by Ron Gantz


The heart of the Silver Frogs program is our volunteer instructors. Thanks to these folks, our curriculum offering for the Spring 2017 semester includes:

- ◆ **81 classes**; 41 four week courses, and 40 one time lectures — a 15.7% increase over last semester and continuing our ongoing curriculum growth
- ◆ **56% new topics** providing a variety of selections
- ◆ **30 classes led by first-time Silver Frogs instructors**
- ◆ **44% classes taught by Silver Frogs members**



We appreciate all of our volunteer instructors. Please give special thanks to your instructors and lecturers!

Our Curriculum Committee is now planning the Fall 2017 semester. You should have received an email from the TCU Silver Frogs to submit a proposal and become a Silver Frogs instructor. We are looking to members and the community to share their expertise! What is your passion? Whether it's from your professional life or personal interests, Silver Frogs are here to learn from each other. Lead a one-time lecture or a 4-week class—the choice is up to you. These are the categories programs typically fall into -- though there certainly could be others: **Arts; Fitness/Recreation/Leisure; History/Political Science; Languages/Travel; Literature/Writing; Personal Development; Religion; and Technology/Math/Science.**

[CLICK HERE](#) to link to the online proposal form. The proposal deadline is Wednesday March 8. If you have any questions, please contact the TCU Silver Frogs at 817-257-7132 or silverfrogs@tcu.edu. We look forward to an exciting fall lineup of classes and lectures with you as an instructor! 

BREAKING NEWS
 SAVE THE DATE: END OF SEMESTER PARTY
 TUESDAY, MAY 23 AT MIRA VISTA COUNTRY CLUB
 MORE INFORMATION AS IT BECOMES AVAILABLE!

(Ron Flowers, continued from page 1)


taught by Flowers. She says, "He is always prepared and eager to share his knowledge. He has a great sense of humor."

Most of the reading Flowers does these days is task-orientated for class preparation. He does not generally read fiction, but he did admit to reading three Harry Potter books! He has written several books which are available in the TCU Mary Couts Burnett Library.

Dr. Flowers lived in Tulsa, Oklahoma as a child where his father was a firefighter. His mother was an excellent cook. One of her specialties was navy beans and

ham. Flowers still uses his mother's recipe for navy beans.

His roots in religion started in Tulsa where he grew up in a church environment at First Christian Church in Tulsa. His youth minister in junior high had a great influence on his life and on his career.

Looking back over all the years, Dr. Flowers says he knows changing his major to religion and deciding to be a college professor were good decisions. He wishes he had taken more constitutional law classes in graduate school, but he adds, "I have been satisfied with my life." 

Silver Stars by Leslie Watson

Silver Stars are members of Silver Frogs or Silver Frog instructors who are sharing a little bit about themselves so we can all know each other better!

For our next issue, we're looking for four Silver Stars who are **passionate about the arts**. Do you volunteer with an arts organization or perform with a local singing group? If art, music, dance, theater, or any creative pursuit is what you love, and you would like to be featured, [click here](#) now for a list of thought-provoking questions to answer. We would love to share your story as a Silver Star.



Meet Jane Swanson

Jane Swanson's greatest success is the restoration of a 19th century family cemetery. Don't tell anyone, but she secretly wishes she could sing. Take Jane to any restaurant with a tablecloth, centerpiece, and a waiter and she is happy, especially if that restaurant is in France. You guessed it; her current favorite Silver Frogs class is Before You Say Bon Voyage: French Language and Culture.

Jane is a former airline stewardess. She and her husband are always ready to travel because Jane loves learning new things. Jane admires a person who forgives others and happily looks at things on the bright side. Jane's greatest strength is patience and she advises others to pick their battles. Jane's life balance is a work in progress; she makes lists, plans her time, goes to meditation class and one of her favorite hobbies is blogging. If there were a Silver Frog blogging class, Jane would be the first to sign up. Jane wishes her children and grandchildren lived closer. She became a Silver Frog to make a few close friends. Line up, Jane is famous for her chocolate chip cookies.



Meet Mike Sacken

Take notes: Mike Sacken, a Silver Frogs instructor, has a list of good secrets to share. Mike, a lawyer-turned-teacher, believes fewer deadlines are his secret to improved time management. His secret to a happy life is a combination of balance and growth. Mike reveals many ideas in his class, To Live Whole and the Essential Need for Continuous Growth.

Mike takes inspiration from Silver Frogs pursuing voluntary learning. He says teaching is his greatest success because it fulfills his sense of purpose and promotes growth. Mike believes his life is changing due to his new teaching setting and audience. In the future, Mike expects to be teaching in local schools, but currently he thinks a Silver Frogs class about Writing Your Memoir would be a marvelous addition. Mike credits his family with changing his life for the better, and loves that his first granddaughter nicknamed him Mikey.



(Silver Stars continue on page 4)

"Learning never exhausts the mind." — Leonardo da Vinci

(Silver Stars, continued from page 3)



Meet Mahala Yates Stripling

Mahala Yates Stripling sets her standards high. One of her proudest accomplishments is lecturing at the Yale School of Medicine. Mahala's greatest strength is listening. Her best advice is to be bold. She envisions doing a worldwide book tour for a biography she is writing about her friend, Richard Selzer. If Mahala started a business today, she would counsel people to go after their dreams regardless of their age.

Mahala's actual age is 72 years young, but the Silver Frog age she feels is 35 years old. Mahala's secret to a happy life is her family connections and volunteering. Mahala enjoys deep breathing first thing in the morning. She loves to grow roses and delights in the company of Mrs. Grundy, her German Shepard. Mahala hopes for a Silver Frog class featuring Bridge. You can find Mahala at her favorite vacation spot on Nantucket Island sharing her favorite motto —“dies diem docet” (the day teaches the day).



Meet Ron Gantz

In Silver Frog years, Ron Gantz is 74 going on 60. He walks first thing in the morning and reads last thing at night. Ron thinks polka dancing is perfect for a future Silver Frogs class. Ron admits the secret to a happy life is to marry well. He says his wife gives him a moral compass and their family is his greatest success.

Ron's family and friends describe him as “weird” which may explain why he enjoys the “weirdness” of Silver Frogs' Quantum Physics. Ron declares he is a people-person and truly enjoys participating with other seniors in the successful Silver Frogs program. If Ron is not preparing his famous grilled salmon, you may find him at Lucille's, his favorite restaurant. Ron brings his favorite vacation spot, the Caribbean, home every day with a favorite hobby, a marine reef aquarium. Ron says persistence is important to get things done. However, if you want the real secret to this engineer's time management skills, make a list.



Upcoming Luncheon Lectures by Ann Shelton

When and Where: Wednesday, March 15, 11:30 am in the Dee J. Kelly Alumni & Visitors Center

Speaker: Dr. Wayne Carson, CEO, ACH Child & Family Services, on Child Welfare in Texas & Foster Care Redesign

[Registration is open](#) until March 3, while space remains.

When and Where: Wednesday, May 17, 11:30 am, in the Dee J. Kelly Alumni & Visitors Center

Speaker: Dr. Kent Scribner, Superintendent, Fort Worth Independent School District, topic TBD

You'll receive an email when registration for the May luncheon opens.



Silver Frogs Advisory Board and Committees

Silver Frog Advisory Board members drive all the activities of the Silver Frogs. Our board includes the committee chairs, who are listed with their committees' tasks. Thanks, y'all, for making things happen!

[Resa Shipman](#), President

[Ken Bowers](#), Immediate Past President

[Randy Smith](#), Vice President

[Mike Strange](#), Secretary

[Shari Barnes](#)

[Nancy Box](#)

[Claudia Coggin](#)

[John Nugent](#)

[Julie Lovett](#), TCU Liaison

COMMITTEES and CHAIRS

Classroom Hosts: [Nancy Caudill](#) Work with instructors to ensure they have what they need; provide classroom support; greet and sign in participants.


Community Outreach: [Kakai Bowers](#) Give back to our community through a variety of means including donations to area shelters; plan outreach events.

Curriculum: [Ron Gantz](#) Solicit course and lecture proposals, determine what is offered and when; create printed/online schedule. Basic computer skills helpful.

Luncheon Lectures: [Ann Shelton](#) and [Andrea Rankin](#) Identify TCU and community speakers for high-profile luncheons; assist with planning and implementation.

Newsletter: [Ellen Miller](#) Contribute ideas and written articles, photographs, and information to the newsletter, to be emailed to the entire membership several times per semester.

Scheduling: [Ken Bowers](#) Develop and maintain an integrated master schedule of the Silver Frog activities to enable us to plan and to track our progress. Familiarity with project scheduling is a plus!

Special Events: [Kay Phillips](#) Plan multiple events for entire membership (including Meet & Greet and End-of-Semester Party) as well as optional events (theater, Dallas Arboretum, etc.) 


Advisory Board Election Approaches by Nancy Box

The Silver Frogs Advisory Board is comprised of nine voting members and the Chairs of the Silver Frog committees. Five of the voting members will complete their terms this Spring. An Ad Hoc Nominating Committee has been formed to seek interested members to serve two year terms on the Advisory Board. Individuals are eligible to serve if they have been a member of a Silver Frog committee or on the Advisory Board.

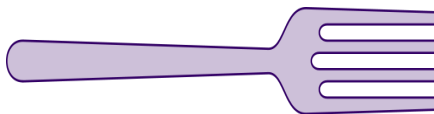
The Advisory Board reviews and approves the schedules and course offerings for each semester. The Board also approves special programs and events, program expansion, membership

increases and other actions as needed. Board meetings occur monthly.

All Silver Frog members received an email in February regarding nominations. A member can nominate themselves or someone that they would like to recommend, using the [online form](#) by February 24. The election will take place at the March Advisory Board meeting.

The Advisory Board is committed to their mission to maintain high standards for the current members and planning for the future of our TCU Silver Frog Lifelong Learning Institute. 

Frogs in the Kitchen



Whether you cook for your family, friends, a dinner club or just yourself, it's always fun to share favorite recipes! Here's a simple and colorful recipe from **Leslie Watson**, first-time Silver Frog and newsletter committee member.


Leslie's Vegetable Ribbons with Lemon Butter

- 2 large carrots
- 2 small zucchini
- 2 small yellow summer squash
- 2 tablespoons butter (or extra virgin olive oil)
- 1 teaspoon drained bottled horseradish (optional)
- 2 teaspoons fresh lemon juice
- Salt and pepper, to taste




With a vegetable peeler cut the carrot, the zucchini, and the yellow summer squash down the length into long wide ribbons, reserving the center cores for another use. In a heavy skillet cook the vegetables in butter (or olive oil) over moderately high heat, stirring, for only 1 to 2 minutes, or until the vegetables remain crisp. Add horseradish, lemon juice, and salt and pepper to taste; toss the mixture well.

Hints: Start cooking carrots first because they take a little longer to achieve desired crispness. Cook zucchini and squash briefly. This colorful dish is also excellent steamed.

Here's a tip from another Silver Frog cook, **Sharon Harrelson**: If you love making soup but it's just too much for one or two people, freeze leftovers in muffin tins (I line mine with silicone liners) and freeze. Keep the frozen pieces in a zip-top bag; two "soup muffins" reheat for a serving whenever you want homemade soup! Soup travels well this way if you're packing a lunch — no spills. 

Is Your Next Book a Mystery? by Shari Barnes



The Chief Inspector Armande Gamache novels are perfect for lounging and thinking. Set in Quebec's idyllic Three Pines village, Louise Penny's 12-book series is written with style and the storyteller's art. Character and mystery development combine with a quirky cast and opportunities for readers to exercise amateur sleuthing skills. Penny's captivating novels have collected multiple awards, including the Anthony, Macavity, Dagger and 5 Agatha's. From *Still Life* to *A Great Reckoning*, be prepared for riveting suspense and rich prose. 

Shari Barnes has taught TCU Extended Education's I LOVE A MYSTERY for several years and has facilitated BUCKET LIST BOOKS since the Silver Frogs beginning. As host of a television book show, she interviewed 200+ authors. Shari has also written for numerous popular and professional magazines. She is happy with a book and a cup of coffee.

“Toad”bits

Cheers!

CHEERS to all volunteer Classroom Hosts! Your attention to detail and commitment are appreciated by our instructors. More Hosts are needed for the next session; contact [Nancy Caudill](#).

CHEERS to everyone who has contributed to the collection bin in our classroom by bringing small-sized toiletries. This ongoing project of our Community Outreach Committee donates these items to the Presbyterian Night Shelter and Safe Haven of Tarrant County.

This is where you will find compliments and thank-yous to and from Silver Frogs. If someone has positively influenced your Silver Frogs experience, we want to hear about it! To submit an item for this section, [click here](#).

Help Wanted

NEWSLETTER COMMITTEE is looking for a cartoonist to submit a drawing for each issue, for captioning by members. The top three captions will appear in the next issue. Contact [Ellen Miller](#).

NEWSLETTER COMMITTEE needs your photos from SF events! [Click here](#) to send your picture, along with who is in it and where it was taken.

Does your committee or SIG need more members? Are you looking for someone with a specific skill to assist you? To submit an item for this section, [click here](#).

Silver Share

Tag Coolidge recommends his favorite spot for great coffee and amazing soup, Qana Café, located at 7860 Chapin Road in far west Fort Worth. Proprietors Joseph and Hilal Chams have been in business for over 30 years. Their delicious traditional fare is all made from scratch (photos are posted often on [their facebook page](#)), and when you go, if the Lebanese onion soup is available, Tag recommends ordering it immediately! You may also have the good fortune of running into Tag there — he’s a regular.

Been to a great restaurant? Belong to a club other Silver Frogs might be interested in? Or maybe you’ve got a great tip for getting more out of your Silver Frogs membership. [Share here](#).

Suggestion Box

Got a great idea for improving the Silver Frogs world? To submit an item for this section, [click here](#).

Just for fun:

[Bridge](#),

[Scrabble](#),

[Monopoly](#)

[or Trivial Pursuit?](#)

(click to vote and see what others have chosen!)

Important Dates to Remember:

- **February 27** Session II begins
- **March 3** Last day to register for March 15 Luncheon Lecture ([see p5](#))
- **March 8** Fall 2017 Class Proposals Due ([see p2](#))
- **Week of March 27** Watch for your next Silver Streak! The April issue will have *The Arts in Fort Worth* as its theme.



Idea from Extended Education Brings Lifelong Learning to TCU

by Ellen Miller



A tiny seed of an idea about lifelong learning has become an exciting, educational program for seniors in the Fort Worth area. In March 2014, personnel in TCU Extended Education discussed the possibility of offering daytime programs to the retired community, according to Julie Lovett, Associate Director of TCU Extended Education. Lifelong learning programs at other universities were researched to determine if this was something which might be of interest to TCU.

As the idea began to take shape, retired persons who had attended previous Extended Education classes were invited to several luncheons to learn about the idea and see if they would be interested in volunteering to develop the program. Emily Harrell, one of the original group of volunteers, said numerous meetings were held to work out the details. A name -- Silver Frogs -- was chosen by the group. "Julie Lovett was such a good facilitator, said Harrell. "She kept us on track."

"An initial advisory board was formed, committees were initiated and the program was launched in January 2015 with 160 inaugural members," said Lovett. A total of 24 classes were held during Spring 2015. This semester Silver Frogs has grown to 350 members with over 80 programs.

The first president of Silver Frogs was Ken Bowers; Resa Shipman is the current president, and Randy Smith will be the next president. The

Advisory Board oversees all aspects of Silver Frogs, with help from these committees: Classroom Hosts, Community Outreach, Curriculum, Luncheon Lectures, Newsletter, Scheduling and Special Events.

A wide variety of topics are taught each semester – all by volunteer instructors who work with no pay. From fly fishing, understanding Islam, kitchen organization, and protecting yourself on the internet to a class on estate planning and probate, weed control, country music Jesus and dream interpretation. So many classes – so little time!

Special events have included tea served by Japanese women in the Japanese Garden, dinner at Joe T's, a tour of Amon Carter Museum and trips to the Dallas Arboretum.

There were initially concerns about having enough retirees to take classes, but the number of people wanting to join Silver Frogs grows each semester. Finding volunteers to teach classes or lectures can be a challenge, but the Curriculum committee works hard to provide a wide variety of offerings each semester. Many people work hard to allow Silver Frogs Lifelong Learning to develop and grow.

Lifelong learning continues at full speed at TCU. Let the good times roll! 

SILVER STREAK It's Your Newsletter!

Welcome to the newsletter of the Silver Frogs! It's your place for news about the people and activities connected to our Lifelong Learning group. We've selected our name because it reflects a special attitude among lifelong learners...our wheels are always turning as we explore our world and share what we've learned along the way. What we have in common is our **Silver Streak**.

We are delighted to share this inaugural issue with you. Let the Newsletter Committee know what you think about Silver Streak! [Click here](#) to send us an email with your feedback and ideas, or — even better — contributions for future issues.

Newsletter Committee:

- ◆ Ellen Miller, Chairperson
- ◆ Sharon Harrelson
- ◆ Jamie Luebbehusen
- ◆ Leslie Watson

Extended Education Office: 817-257-7132

lifelong@tcu.edu

www.lifelong.tcu.edu/silver-frogs