

# SILVER STREAK



CONNECTING AND INFORMING TCU'S SILVER FROGS

## Award-Winning Silver Frogs!

by Sharon Harrelson

On October 24, the **2017 Older Adult Model Program Award** was awarded to TCU Silver Frogs at the Association for Continuing Higher Education (ACHE) annual conference in Portland, Oregon. David Grebel, Director of Extended Education, and Julie Lovett, Associate Director of Extended Education, attended the conference. We asked David and Julie to tell us about the conference and the award.

**Silver Streak:** Congratulations on this recognition by the Extended Ed community! Who is ACHE and what does the award represent?

**David:** The Association for Continuing Higher Education is one of the nation's premier organizations for continuing education professionals. Typically award criteria include program growth, innovation, and contribution to the community and the university. There are several candidates for consideration each year. We regularly attend the ACHE conference (I am a past president of the association) and Julie was also a presenter at the conference.

**SS:** Julie, what was your presentation about?

**Julie:** My session "From Hunch to Reality: Starting a Lifelong Learning Institute from Scratch" focused on how TCU created the TCU Silver Frogs, how we operate, our challenges and our many successes.

**SS:** So, how did Silver Frogs get started?

**David:** Extended Education has considered several models for an older adult learning program over the past decade. In 2014 Julie took the lead in organizing the initial meeting for interested participants and headed the design and implementation efforts leading to the first Silver Frogs semester in the spring of 2015. Her commitment to and passion for this program has inspired our office and has led to increased recognition for Extended Education among the campus community.

**Julie:** This program would never have been successful if not for the tireless work of the advisory board and committees. The difference between the Silver Frogs and Extended Education's community programs is that the Frogs determine what to offer—it's not the university saying here's what you should take.

**SS:** How has the program grown since its beginning?

**Julie:** The first semester (Spring '15) we offered 24 classes and enrolled 160 members in Silver Frogs. The program has grown each semester; this semester (Fall '17) is the sixth for Silver Frogs and we offered 84 course options to 410 members. The growth has been exciting to watch.

**SS:** You've looked at several other universities' adult-education programs; what do you think makes Silver Frogs unique among them?

**Julie:** Our membership model with the 3 courses/3 lectures/3 luncheons and special events is different than other institutions that do a "pay as you go" format. We also try to maintain the "hub" atmosphere with our primary classroom and Union lectures. It's an important part of creating a sense of community. That will be challenged as we continue to grow.

**Congratulations to everyone involved in making Silver Frogs work!**



Julie Lovett (right) accepting the award from ACHE President Clare Roby.

### INSIDE THIS ISSUE

Spring Registration	<a href="#">2</a>
Betsy Price Luncheon Lecture	<a href="#">2</a>
Cheers!	<a href="#">2</a>
Wreaths Across America	<a href="#">3</a>
Curriculum Corner	<a href="#">3</a>
Special Interest Groups	<a href="#">3</a>
Amon Carter Lecture Recap	<a href="#">4</a>
Birding 101 Field Trip	<a href="#">4</a>
Bush Presidential Library Event	<a href="#">5</a>
Live Like a Local	<a href="#">6</a>
Gratitude Features	<a href="#">7-9</a>
Frogs in the Kitchen, Holiday Edition	<a href="#">10-11</a>
Contributors; Dates to Remember	<a href="#">12</a>



## Spring 2018 Registration Information

### Membership (this is where you join and pay)

Current Silver Frogs can register November 9 – 10, beginning at 9:00 a.m.

No need to rush—you are guaranteed a spot if you register on one of these days.

You can [register online](#), call our office 817-257-7132 or walk in.

Fees are \$130 for individual membership, \$117 per person for couples (\$234 total).

If you are an instructor for Spring 2018, don't forget to take your \$25 discount!!

Individuals on the membership wait list can register November 13 – 14 beginning at 9:00 a.m.

and we will open any remaining spots to the public on November 15 at 9:00 a.m.

### Signing up for Courses and Lectures

Spring 2018 Course and Lecture registration will begin on **December 12 at 9:00 a.m.**

The catalog will be posted shortly!

## SAVE THE DATE!

End-of-Semester Party ♦ December 7 ♦ 6:00 p.m. ♦ Ridglea Country Club

## Lunch with Fort Worth Mayor Betsy Price



Mayor Price

Fort Worth native Betsy Price was elected in 2011 as the 44th mayor of the City of Fort Worth. In 2017, Price was re-elected for her fourth two-year term. As the 16th largest city in the U.S., Fort Worth remains one of the fastest growing large cities in the country. Along with her focus on promoting jobs, strengthening education, fighting crime and improving mobility, Price has made significant strides along the path toward her vision of a healthy, engaged and fiscally responsible city.

Join us for our final luncheon lecture of the fall semester featuring a conversation with Mayor Price about her vision for our city on Thursday, November 30 at 11:30 a.m. in the University Union Ballroom.

[Register by November 13.](#)

## Cheers!

Kudos and thank you, wonderful [Extended Ed] staff for the ease of registration, your patience and kindness always! You are indeed a blessing!

— Pam Horton

Three cheers for Darren Middleton, esteemed TCU faculty member, who offers courses each semester for Silver Frogs!

— Warren Russell

A big thank you to all the Silver Frogs who joined committees, especially our new members! Your input is most valuable.

— Ann Shelton

2-4-6-8, who do YOU appreciate?

Submit your own "Cheer" [right here!](#)



**Get  
Involved!**

## Wreaths Across America

by Kakai Bowers

This organization began in 1992 when the owner of the Worcester Wreath Company had a surplus of wreaths, and decided to donate them to Arlington National Cemetery. It has grown to cemeteries across the country, including other national cemeteries besides local cemeteries -- anywhere a veteran might be buried.

At their website, [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org), you can donate money to purchase a wreath, volunteer to place wreaths, or both. This year's event is Saturday, December 16. The website is easy to navigate, and an individual can donate to a specific cemetery, like the DFW National Cemetery, or even one in Mansfield or Saginaw. The donation is \$15 per wreath.



## Curriculum Corner

by Ron Gantz

Your Curriculum Committee is wrapping up development of the 2018 Spring semester curriculum. Just some final instructor confirmations and the publication of the catalog remain.

Thanks to all of our volunteer instructors, we're able to continue our growth with an expansion to 92 classes (45 four-week courses and 47 one-time lectures). There's something new for everyone, since 73% of these are new topics. So, if you've already taken all you're interested in, stick around — a variety of new stuff is coming; all the way from **Beginning Sign Language** to **Bone Loss in Space**. And for some of us that weren't able to get into all of the classes we wanted this fall, many of the popular topics will be offered again. Silver Frog "rookie instructors" (first time teaching a Silver Frog class) will be leading 30 of these classes. We're excited to hear from these new instructors and learn from them.

As you know, our classroom space is limited. Two semesters ago, we expanded by scheduling 6 days (2 per session) at the Brown Lupton Union. This semester we expanded this by three more days for a total of 9 (36 lectures). This additional space, along with our increased class offerings, will enable us to increase our membership from 410 to 450 in the Spring.

We're looking forward to a fulfilling Spring Semester. Be thinking about what you might teach in Fall 2018!



## Special Interest Groups — Start Yours Today!

**Special Interest Groups (SIGs)** provide a great way for members to engage with others who share a common interest. Currently we have four active SIGs, and there's always room for more!

Do you have an idea for a SIG you'd like to get started? Contact [Nancy Box](#) with questions, or [fill out the proposal form](#) online.

### Current SIGs and contacts:

**Art of Fort Worth**, [Ann Heinz](#)

**Exploring Different Perspectives: A Societal Issues Discussion Group** [Larry and Elaine Klos](#)

**Fort Worth Square Dancing**, [Penny & Russell Andrew](#)

**German Conversation**, [Helga Gerlinger](#)





# Hunting and Fishing in American Art

by Sharon Harrelson

On October 13, Silver Frogs gathered in the Kelly Alumni Center for the second luncheon lecture of the semester. Amon Carter Museum Director Dr. Andrew Walker began the presentation and introduced Associate Curator Maggie Adler to tell us more about the newly-opened exhibit, **Wild Spaces, Open Seasons: Hunting and Fishing in American Art**. Maggie was one of four curators from different museums who worked on putting this exhibit together. Her sense of humor and enthusiasm for the project were evident throughout the presentation as she offered alternate names for the exhibition (“All Things Dead or Nearly So” and “Vegetarian’s Nightmare”) and displayed her custom-designed Diana cowboy boots (see photo, below).



Amon Carter Museum Director Dr. Andrew Walker and Associate Curator Margaret Adler



The exhibition features works spanning over 100 years, showcasing the “best of the best” American art with hunting and fishing at their centers. It is subdivided into six sections in order to group items with similar themes: Leisurely Pursuits, Livelihoods, Communing with Nature, (think Teddy Roosevelt), Perils (where prey fights back), Myth & Metaphor (Maggie’s specialty), and Trophies.

Amon Carter Museum’s **Wild Spaces, Open Seasons: Hunting and Fishing in American Art** runs through January 7, 2018. Free docent-guided tours take place Thursday through Sunday at 3 p.m. and begin at the exhibition entrance on the second floor. No reservations are required. [Learn more.](#)



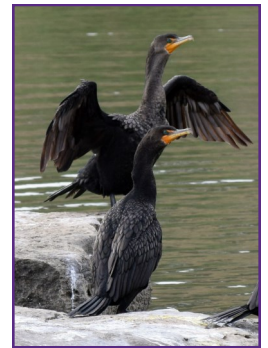
# Birding 101 Walks the Clear Fork Trail Head

by Sharon Harrelson



Armed with binoculars and a spirit of adventure, Silver Frogs in the *Birding 101* class (formerly *Building a Backyard Birding Oasis*) took a field trip for a brisk morning bird walk at the Clear Fork Trail Head on October 31. This provided the unique opportunity to apply what we had learned in the first three sessions of class to birds living in or migrating through Fort Worth.

Instructor Tom Haase and two experienced birders from the Fort Worth Audubon Society guided us, spotting and identifying an astounding 27 species of birds. In addition to those pictured above, these included the Yellow-rumped Warbler (aka “butter butt”), Eastern Bluebird, Gadwall, Eastern Phoebe and Belted Kingfisher. Our guides were so knowledgeable and helpful, and it was great to see the birds in their natural habitat — right in the middle of Fort Worth — and learn more about the wildlife along the Trinity River.



Far left: Students and guides before the walk. Above: Great Egret (yellow bill) and Snowy Egrets; Double-Crested Cormorants. Near left: Male House Finch. Bottom: Spotting along the trail.





# Silver Frogs Get Presidential at the Bush Library

by Resa Shipman

On Monday, October 9, thirty-three Silver Frogs visited the George W. Bush Presidential Library and Museum on the SMU campus in Dallas.

We browsed the library at our own pace. The permanent exhibit includes kiosks, videos and displays on the life of G.W. Bush, his political rise, and events that occurred during his presidency. Of course, 9-11 and Hurricane Katrina, along with their aftermath, were a couple of major issues George W. Bush had to contend with as President. A portion of a steel beam from one of the Twin Towers commands your attention as you enter that area.



A portion of a steel beam from one of the Twin Towers commands your attention as you enter that area.



There's a replica of the Oval Office, open for pictures at the presidential desk, and several Silver Frogs had to try that out!

In the photos above, Betsy McDaniel takes an important call for President Linda Tindell; Resa Shipman prepares for an urgent meeting with her staff in the Oval Office.

Another section highlighted Laura Bush's involvement in various activities and events pertaining to women and children's issues around the world and the trips she made as First Lady. Barney and Miss Beasley (the first family pets) even shared their adventures about life in the White House.

The other side of the library is used for temporary exhibits, and we saw the "Wounded Warriors" exhibit of over 90 paintings done by President Bush. It is quite sobering to gaze into the eyes of these Vets while trying to imagine the horrors they endured defending our freedoms.

tea, and a cowboy cookie. Thanks to Lisa Winter, SF Special Events Chair, for organizing this enjoyable and informative outing!



Lunch in Cafe 43 was included in our tour. We enjoyed a large and delicious meal consisting of a salad, sandwich with fresh fruit or fries, iced



Left: Lunching at Café 43

Above: In the courtyard with the Presidents



## Live Like A Local: Dordogne Valley by Jane Swanson

Yes, I am still writing about France, but this time we have ventured west of Provence to the Dordogne Region, an area described by many as a fantasy land with well-preserved castles dotting the cliffs above the winding Dordogne River.



You will find a whole host of things to do, like touring many of the numerous castles, exploring caves with pre-historic paintings, visiting an ancient cliff dwelling, or — my favorite — kayaking or canoeing the river. Beynac, one of the communes along the river, is steeped in history; it has also been the location of many movie sets, including scenes from *Chocolat*, the award-winning 2000 film starring Juliette Binoche, Johnny Depp and Judi Dench.



Staying in a home or apartment always makes us feel like we are part of the community, if only for a short while, and is not as expensive as you would think. We leased a 17th-century stone cottage on the side of a hill in charming Sarlat la Caneda, the largest city and capitol of the region. In case I am painting a picture of our accommodations as grandiose, please know that I when I asked the landlord the history of our quaint cottage she replied, "It was the farm's piggery."



Sarlat is famous for their Foie Gras, but after stopping at a goose farm, I have to admit I've lost my appetite for it.



The locals are also proud of their walnut production, and walnuts were prominent at their twice-weekly market during our fall visit. This region of France proudly boasts the second lowest rate of heart disease in the world, attributed to their walnut-rich diets. Every part of the walnut is put to some use here, and according to the locals the only thing that is lost is the sound of the walnut being cracked.

I highly recommend this area of France, and may I suggest that it would be something to add to your travel bucket list.





*Happy Thanksgiving from  
your Silver Streak staff!  
We celebrate gratitude (and  
the feast!) for the remainder  
of the newsletter.*

## Gratitude in America: The Spirit of Giving

by Richard Ranc

Have you ever wondered how much financial support Americans make to the many charities that abound in our country? Get ready to be surprised!

In 2016 there were 1,521,052 charitable organizations in the US with 316,000 designated as religious congregations. Americans donated \$389.05 billion to charities in 2016, an increase of 4.5% over the prior year. Corporations and foundations donated over \$70 billion but by far the largest donations came from individuals—\$281.86 billion or 72% of total giving! Of this individual total, more than 32% went to religious organizations.

Giving equated to almost 2.1% of Gross Domestic Product (GDP). High earners give on average \$25,000 while the general population donates an average of \$2,500. The top four donation categories are food, fundraising, general labor and teaching. Religious organizations top the recipient list with education, social services and health care rounding it out.

In summary, it is interesting to note that, as a percentage, Americans give more to charity than vote—59% vs. 54% and, as a country, we are 2 times more generous than our Canadian neighbor and the UK.



Sources: Pew Charitable Trust, The Foundation Center, Money Magazine, The Urban Institute, National Philanthropic Trust, Charity Navigator

### Traveling this Thanksgiving?

If you come home with any travel-sized toiletries, please consider donating them via the collection can in our Silver Frogs classroom. Just place them into a zip-top bag and drop into the can!

This ongoing project of our Community Outreach Committee donates these items to the Presbyterian Night Shelter and Safe Haven of Tarrant County.

## Thanksgiving Proclamation

Governor Bradford of Massachusetts made this first Thanksgiving Proclamation in 1623, three years after the Pilgrims settled at Plymouth:

Inasmuch as the great Father has given us this year an abundant harvest of Indian corn, wheat, peas, beans, squashes, and garden vegetables, and has made the forests to abound with game and the sea with fish and clams, and inasmuch as He has protected us from the ravages of the savages, has spared us from pestilence and disease, has granted us freedom to worship God according to the dictates of our own conscience.

Now I, your magistrate, do proclaim that all ye Pilgrims, with your wives and ye little ones, do gather at ye meeting house, on ye hill, between the hours of 9 and 12 in the daytime, on Thursday, November 29th, of the year of our Lord one thousand six hundred and twenty three and the third year since ye Pilgrims landed on ye Pilgrim Rock, there to listen to ye pastor and render thanksgiving to ye Almighty God for all His blessings.

William Bradford  
Ye Governor of Ye Colony

IT IS NOT HAPPY PEOPLE  
WHO ARE THANKFUL; IT IS  
THANKFUL PEOPLE WHO  
ARE HAPPY.

—unknown



## A Season of Sharing...and Happiness by Linda Eastwick

As a new Silver Frog, I am thankful for our instructors who so generously share their time and expertise. But there is one *instructor* who is forever grateful to a member of her Silver Frog audience.

On October 16, Judy Mollet presented a lecture on Downsizing. The owner of an estate sales business, she provided tips and tricks to cut through clutter, identify salable treasures, and recycle unwanted items.

### A potential crisis

Toward the end of her lecture, during the question and answer period, Judy paused a few times. And then she apologized for abruptly ending her talk. She told us she felt light-headed and added that the right side of her mouth and her right hand felt numb.

### Taking action with special strengths

Although several Silver Frogs were attentive to Judy, Melanie Rosen encouraged her to sit down and proceeded to ask her pertinent questions. She then asked her fellow Silver Frogs to get water, call the office, and call 911. Her ability to quickly assess the situation and take steps to help calmed us all.

### Feeling gratitude

Judy recalls, "I was scared because I thought I was having a stroke. Even though I was slightly disoriented, I noticed that Melanie took charge and did everything to help the situation. I was grateful that she took over, and I didn't have to make any decisions."

Medical personnel arrived quickly, and most of us left, comforted by the fact that Judy was in good hands. But Melanie stayed until Judy was released.

"When I stepped out of the ambulance and saw her there, I was surprised. I couldn't believe that someone I didn't know was so caring and thoughtful to a stranger. It gave me comfort and a feeling of security to have her follow me home," Judy continued. "I would also like to mention how wonderful all the employees were. And the security guard, Mitch. They were all so consoling and caring. I felt very supported."

Thankfully, this story has a happy ending. Judy reports that she suffered no impairment, and is back to her normal activities.

### The science behind the event

There are additional silver linings. Both Melanie and Judy took actions that [science](#) says are beneficial for continued health and happiness:

- 1) writing in a "[gratitude journal](#)," each day, and
- 2) using signature strengths in a new way each day for a week.

Judy, by writing about her experience and expressing her thanks, contributed to her own happiness. And Melanie, by using her signature strengths to help and support Judy, increased her happiness as well.

We're all wise enough to understand the benefits of these actions, but it's reassuring to know that science backs us up.

### Get happy!

To that end, we encourage Silver Frogs to make 2018 the kindest (and happiest!) year on record. Let's put our respective graying – but wise – heads together to come up with ways to express kindnesses to others. We will post them in our next edition, then when 2018 rolls around, we'll all be ready to take the **Silver Frog Kindness Challenge!** And to make it a doubly blessed year, keep a gratitude journal and record all of those things – large and small – that you are grateful for.

Even though the ones you hear about in the media often involve buying something (coffee at Starbucks) or giving money away (think of huge tips), acts of kindness do not have to cost a cent! Here are some ideas to get us started:

- Take the coupons you don't use to the store and leave them on the shelf next to the item for someone else.
- Write a note of encouragement to a stranger and leave it at the gym, library, classroom, or anywhere that someone might need a lift.
- Say "thank you" to everyone who helps you during the day – cashiers, sales clerks, administrative personnel – then record each reaction in your journal. (Double happiness!)
- Offer to help a friend identify items to discard or recycle (this is one of Judy's tips).
- Instead of offering an argument when someone disagrees with you, listen carefully. Then add a positive remark, such as "I had never considered that viewpoint before. It helps me understand the situation better."

[Send us your ideas](#), and we'll share. In the meantime, we wish all of our Silver Frogs a Happy Holiday Season!



AN ACT OF KINDNESS  
THROWS OUT ROOTS IN  
ALL DIRECTIONS, AND THE  
ROOTS SPRING UP AND  
MAKE NEW TREES.

—Amelia Earhart





## Grateful for Turkey, Family & Books

by Shari Barnes

Thanksgiving...my favorite holiday. It's our season of gratitude. It's a time for family, sharing, and reflection before diving headlong into the Christmas crazies.

While a roaring fire, homemade cranberry sauce, and a cozy afghan are my preferences, we have spent several Thanksgivings in places like Savannah, Tulsa, Galveston, and San Diego. Thanksgiving road trips are the perfect time for family reading, and Agatha Christie novels are perfect for long stretches of highway between destinations. Try *Murder at the Vicarage*, the first Miss Marple novel, or *Murder on the Orient Express* (then treat yourself to the new movie version which opens November 10).

For a gratitude focus, bring out the Bible for reminders of grace in your life. Psalm 106 tells us to "Give thanks to the Lord, for He is good; His love endures forever." You don't have to read all 150 Psalms; just pick a few to give your soul a sense of thankfulness for your life journey.

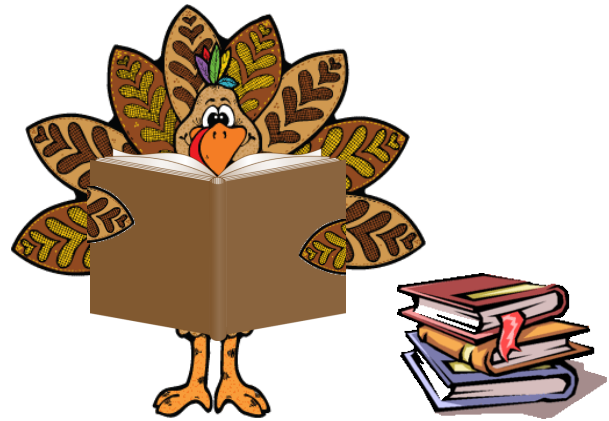
Anne Lamott's *Help, Thanks, Wow: The Three Essential Prayers* is wonderful reading on gratitude. Lamott's somewhat irreverent approach to spiritual issues will give you a new way of seeing life.

Janet Evanovich readers may be surprised to know she's written beyond the Stephanie Plum series. Try one of her Thanksgiving books (*Thanksgiving, Foul Play, The Grand Finale*) when you need a break from folding napkins and mashing potatoes. Holidays don't have to be that serious. Inject some humor into the season.

Thanksgiving brings nostalgic childhood memories, and one of my fondest is reading Louisa May Alcott's *Little Women*. (Note: When it was published, this book was considered radical in its approach to women's roles; in later years it was criticized for not being radical enough.) If you're an Alcott fan, try *An Old-Fashioned Thanksgiving* for a new appreciation of what it means to be family.

Other suggestions: *The Thanksgiving Visitor* (Truman Capote); *A Secret Affair* (Barbara Taylor Bradford); *Thanksgiving Prayer* (Debbie Macomber).

Take a few minutes for yourself this Thanksgiving and escape into a book. It's a great way to celebrate.



## My Thanksgiving Read

by Richard Ranc

With winter approaching, my quest for a good book becomes rather frantic. My e-reader bears testimony to my zeal with over 300 books in that electronic library. Some of my favorite authors have become hack and just don't draw me in as they used to. So, when this happens, I often go back and re-read a book that sits on the shelf, maybe a bit dusty on the outside, but shiny inside -- metaphorically speaking. One such book that bears reading or (in my case) a re-read is Nathaniel Philbrick's *Mayflower: A Story of Courage, Community and War*, published in 2006.

As schoolchildren we were told the story of the Pilgrims' voyage in 1620 in their small ship, *Mayflower*, sailing to an unknown world seeking religious freedom. We know the story of the first Thanksgiving with Native Americans and fifty years of peace with the Wampanoags. Usually this is where the story ends, but in reality it is only the beginning of an adventure that was truly remarkable and world-changing.

Philbrick's *Mayflower* relates a powerful story and fills in many the details that escaped examination way back when. As Thanksgiving Day approaches and you want to change your football and turkey-eating binge, try reading a really captivating account of how it all began almost 400 years ago with 102 voyagers and 2 dogs.



I'M GRATEFUL FOR \_\_\_\_\_.

—You





# Frogs in the Kitchen Holiday Edition!

## Recipe for: *Easy Holiday Brussels Sprouts*

From the Kitchen of: *Andrea Rankin*

If you're not a fan of Brussels sprouts, you may just change your mind when you buy them fresh and pair them with bacon.

- 6 slices uncooked bacon
- 1/2 onion, diced
- 12 ounces fresh Brussels sprouts, trimmed and halved
- 2 tablespoons sugar
- salt and pepper to taste

Place bacon in a large skillet and cook over medium heat until done. Remove from pan; crumble bacon and set aside, leaving the grease in the skillet.

Cook onion in bacon grease until translucent, about 5 minutes. Add Brussels sprouts and toss to coat in bacon grease. Cook and stir until browned and tender, about 5 minutes.

Stir in sugar, salt and pepper. Sprinkle with bacon bits. Keep warm until time to serve.

This recipe is easily doubled.




## Recipe for: *Mama Stamberg's Cranberry Relish*

From the Kitchen of: *Sharon Harrelson*

I first heard this recipe (which originated with Craig Claiborne) on National Public Radio maybe 20 years ago and I was instantly so intrigued that I had to try it. It was a huge hit and I've made it every year since. The best part? I can make it in the food processor, in advance, in about 10 minutes.

- 2 cups whole raw cranberries, washed and picked over
- 1 small white or yellow onion, roughly chopped
- 3/4 cup sour cream (light is okay)
- 1/2 cup sugar
- 2 tablespoons horseradish from a jar

Grind the raw berries and onion together. I use my food processor and just pulse until it's all finely chopped. You do NOT want a puree; just finely chopped bits. Stir in remaining ingredients. Pour into a freezer-safe container and freeze.

 About an hour before dinner, move relish from freezer to countertop. Break it up with a fork before serving, and stir so that it's still frozen but slushy. The relish will be thick, creamy, and shocking pink. It is also extremely delicious, whether with turkey or roast beef!

 Makes 1-1/2 pints.



## Recipe for: *Date Nut Balls*

From the Kitchen of: *Emily Harrell*

People who say they don't like dates usually like these date balls!

- |                       |                      |
|-----------------------|----------------------|
| 1 cup chopped dates   | 1 egg, well beaten   |
| 1 cup chopped pecans  | 2 cups Rice Krispies |
| 1 c. sugar            | 1/2 teaspoon vanilla |
| 1/2 cup butter        | Confectioners' sugar |
| 1 T. light corn syrup | or roll in coconut   |



Combine dates, pecans, sugar, butter, corn syrup, and egg in a deep, heavy saucepan; cook over medium heat 6 minutes, stirring constantly. Do not overcook. Remove from heat and stir in cereal and vanilla; set aside to cool. When cool enough to handle, form into small balls and roll in confectioners' sugar OR coconut.

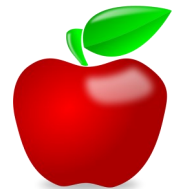
Yields 5 dozen. Freezes well.

## Recipe for: *Use a Spoon Chopped Salad*

From the Kitchen of: *Linda Eastwick*

The salad stays crisp and is lovely to behold!

- 1/4 cup white wine vinegar
- 1/4 cup olive oil
- 1 tsp honey
- 1/2 tsp sea salt
- 1/4 tsp ground pepper
- 3 medium stalks celery, diced
- 2 medium carrots, diced
- 1 large red pepper, diced
- 1 medium apple, peeled and diced (I like it better unpeeled)
- 1/2 large cucumber, peeled, seeded, and diced
- 1 cup sliced Treviso or radicchio
- 1 cup sliced arugula, any tough stems removed
- 1 cup thinly sliced napa, Savoy, or other soft cabbage
- 1 cup crumbled goat cheese
- 1/2 cup toasted, slivered almonds



Whisk vinegar oil, honey, salt, and pepper in a large salad bowl until well combined.

Add celery, carrots, and bell pepper to the vinaigrette. Let marinate for at least 10 minutes and up to 1 hour.

Add apple, cucumber, Treviso (or radicchio), arugula and cabbage to the bowl; toss to coat. Add goat cheese and almonds and toss to combine.

Although the recipe says you can prepare through Step 2 up to 1 hour ahead, I have prepared it 3-4 hours ahead, and then prepared the ingredients in Step 3 (except for the apple) in a separate bowl. All that's left to do before serving is chop the apple and combine the bowls. This is a time saver when you have lots of moving parts with a big meal.

*From Eating Well magazine, November/December 2011*



## More Frogs in the Kitchen Holiday Edition!

Recipe for:

*Spiced Pumpkin Scones w/Fresh Cranberries*

From the Kitchen of: *Chris Shahan*

4 cups all-purpose flour  
 1 tablespoon baking powder  
 1 teaspoon baking soda  
 1/2 teaspoon salt  
 1 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 1/4 teaspoon ground cloves  
 1/4 teaspoon ground ginger  
 1/2 cup sugar  
 1/2 pound plus 6 tablespoons cold unsalted butter (2 3/4 sticks), cut in 1/4" cubes  
 2 large eggs  
 3/4 cup cold buttermilk  
 1 cup canned or fresh pumpkin puree  
 1 teaspoon vanilla extract  
 1 cup fresh cranberries, coarsely chopped  
 1/2 cup walnuts, coarsely chopped  
 1/2 cup golden raisins

Preheat oven to 400 degrees and position the oven rack on the middle rack. Line a baking sheet with parchment paper.

Dump the dry ingredients into the bowl of a food processor fitted with a metal blade, and pulse to mix. Add the butter to the bowl all at once, and pulse until there are no chunks of butter left and mixture looks like moist crumbs. Be careful not to overwork the flour and butter. Remove the blade from the food processor and dump the crumbs into a big bowl.

In another small bowl, whisk the eggs to break up the yolks. Whisk in the buttermilk, pumpkin puree, and vanilla. Use the whisk to stir in the cranberries, walnuts, and raisins.

Pour the wet ingredients on top of the flour mixture. Stir with a wooden spoon until the mixture just comes together, then stop. Don't work the dough a moment longer than necessary.

Use a 1/2-cup measuring cup or your hand to scoop the batter out and plop it onto the baking sheet, leaving 2 inches between scones.

Place the baking sheet on the center rack in the oven, and bake the scones for 20 - 25 minutes, until a toothpick inserted into the center of one comes out clean.

Remove the baking sheet from the oven, and place it on a wire rack to let scones cool for a few minutes. Lift the baking sheet off the rack, and use a metal spatula to transfer the scones to the rack, or directly to the serving dish.

Serve fresh out of the oven or at room temperature. Makes 16 large scones.



Optionally, drizzle with a glaze made from 2 oz. softened cream cheese, 1C powdered sugar, and 1/2t ground cinnamon. Add milk to reach the proper consistency for drizzling over warm or cooled scones.

Recipe for: *Cherry Cheesecake Pie*

From the Kitchen of: *Linda Eastwick*



This pie makes an especially pretty presentation at Christmas, but is yummy all year around!

1 9" unbaked pie shell  
 1 can (1 lb., 5 oz.) cherry pie filling  
 12 oz. soft cream cheese (1 1/2 8-oz. pkgs, or 4 3-oz. pkgs.)  
 1/2 cup sugar  
 2 eggs  
 1/2 teaspoon vanilla extract  
 1 cup whipped cream or sour cream

Preheat oven to 425 degrees.

Prepare pie shell. Spread half of the cherry pie filling in the bottom; set rest of the filling aside.

Bake shell for 15 minutes, or just until crust is golden. Remove from oven; reduce oven temperature to 350 degrees.

Meanwhile, in small bowl, with portable electric mixer, beat cream cheese with sugar, eggs, and vanilla until smooth. Pour this mixture over the hot cherry pie filling; bake 25 minutes. (Filling will be slightly soft in center.) Cool completely on wire rack.

To serve: spoon whipped cream (or sour cream) around edge of pie. Fill center with remaining cherry pie filling.

For a change of pace, try blueberry, peach, or other fruit pie fillings.

*Recipe from McCall's Great American Recipe Card Collection, 1973.*

Idea for: *Thanksgiving Turkey Cupcakes*

If you're looking for an easy dessert that will also entertain the kids at your Thanksgiving dinner, why not let them have some fun turning chocolate-frosted cupcakes into these cute turkeys? Provide candy-corn tailfeathers/beaks, chocolate sprinkles, and sugar eyes, along with a decorating bag (or zip-top baggie with the corner snipped) for piping the heads.

The kids will be so proud to have helped with the Thanksgiving feast!





# Thank you, Silver Streak Contributors!



**Shari Barnes** (*Grateful for...Books*) has taught TCU Extended Education's *I Love A Mystery* for several years and has facilitated *Bucket List Books* since the Silver Frogs beginning. Shari has also written for numerous popular and professional magazines. She is happy with a book and a cup of coffee.



**Kakai Bowers** (*Wreaths Across America*) Travel started as a career for Kakai 49 years ago, and married to an AF officer, she has lived and traveled many places around the world. Settled in Fort Worth 37 yrs, Kakai loves to learn and meet new people, and Silver Frogs fulfills both interests perfectly.



**Linda Eastwick** (*Season of Sharing, Newsletter Staff*) is a new Silver Frog whose favorite question is "Why?" A former educator, her passions – besides all things grandchild-related – include researching and writing. She embraces the Minimalist movement, but is 37 boxes and two file cabinets away from becoming one.



**Ron Gantz** (*Curriculum Corner*), a founding member of the Silver Frogs Advisory Board, is the current Chairman of the Curriculum Committee. Ron, originally from Illinois, spent most of his career at the Johnson Space Center in Houston, and is enjoying living in and learning about Fort Worth.



**Sharon Harrelson** (*Award, Amon Carter, Birding, Editor*) is a Fort Worth native who has been editing various publications for work and fun since middle school. She also enjoys cooking/baking, gardening, photography and being a soccer mom to twin teens. She has been a Silver Frog since Spring 2016.



**Richard Ranc** (*Charitable Giving..., Mayflower, Newsletter Staff*) is a new Silver Frog who comes to us following a 10-year affiliation with Senior University in Georgetown. His background also includes time as VP of Investments at Wachovia Securities and contributing financial articles to various publications.



**Andrea Rankin** (*Frogs in the Kitchen*) has been a Silver Frog for 2 1/2 years and this semester she taught the lecture, *Antarctica: You're Never Too Old*. Her passions besides her only granddaughter, Sage, are traveling and cooking themed meals with an international flair.



**Ann Shelton** (*Newsletter Staff*) is a charter member of Silver Frogs. She retired after many years as an Administrative/ Executive Assistant, and now enjoys being a grandmother, playing tennis and volunteering. She serves as chairperson of the Luncheon Lecture Committee.



**Resa Shipman** (*Bush Presidential Library Event*) is a charter member of Silver Frogs, and also a regular Silver Frog instructor. She served as Advisory Board President for 2016/17. She enjoys travel, photography, cooking and gardening.



**Jane Swanson** (*Live Like a Local*) Even though she is relatively new to Fort Worth, Jane was at one time was a stewardess for Ft. Worth's other airline, Central. A travel agent for eleven years (retired) and living in Europe for a time instilled in her a love of travel where she aims to feel like a local instead of a tourist.

## Important Dates to Remember:



**November 6**

Session III Classes Begin

**November 9**

Planetarium / Cowgirl Museum

**November 9-10**

Spring Membership Registration

**November 18**

"Bring Your Grandchild" Volleyball Event

**November 30**

Luncheon Lecture / Mayor Betsy Price

**December 7**

End of Semester Party at Ridglea CC

**December 12**

Spring Course and Lecture Registration

## Love Silver Streak?

...join the fun in our December issue.

Share your [Hobbies & Collections!](#)

(deadline 12/1)

Maybe you're into model railroading, or you have the best holiday light display in your neighborhood.

Perhaps you collect bottlecaps or antique cameras, restore vintage cars or make jewelry.

Use the link above to share your passion — and why not do it now while you're thinking about it?

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.



Extended Education Office:  
817-257-7132

[lifelong@tcu.edu](mailto:lifelong@tcu.edu)  
[www.lifelong.tcu.edu/silver-frogs](http://www.lifelong.tcu.edu/silver-frogs)

In addition to the contributors listed at left, we'd also like to thank these Silver Frogs for sharing photos and recipes:

Emily Harrell, Betsy McDaniel, Chris Shahan, & Randy Smith