

"Adios," Spring Semester!

by Sharon Harrelson

Silver Frogs celebrated the conclusion of another fantastic semester of Lifelong Learning with dinner on the patio at Joe T. Garcia's in Fort Worth on Wednesday, May 22. The weather was warm and breezy, and the margaritas were nice and cold for the occasion. It was a great time with old and new friends, and fortunately the nacho servers survived the cocktail hour (they were definitely the most popular people at the event).

Following the enchiladas, tacos, guacamole and other well-loved components of a Joe T's dinner, Julie Lovett and Sharon Harrelson led the short program with thank-yous to everyone who made the semester such a success AND drawings for two "summer suitcases" and a Silver Frogs membership. Congratulations to Dianne Fisher and Gail Roberts, who won the travel prizes, and David Rodjak, who won the membership. Topping off the event were huge pecan-packed pralines to eat there or take home.



The party continues on page 2!

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More fun photos on page 3!



Love these pictures? There are more! [Click here](#) to access them. You can even download your favorites using pin 4009 — some of these are good enough to be framed or sent with holiday cards!

Special thanks to our fabulous photographer, Polly Hooper.



Silver Frogs exists because of the generous volunteers who pitch in and do so many things to make the organization run. And we all owe a huge, bold, all-caps, four-color **THANK YOU** to Julie Lovett and the wonderful folks in TCU's Extended Education office for everything they do to support us, day in and day out.



We Love Our Silver Frogs Instructors!



by Randy Smith

Thank you all for sharing your knowledge and making our Spring 2019 semester another fantastic Lifelong Learning experience. We had a great mix of first-time and returning instructors, with an excellent variety of courses and lectures.

The Fall 2019 semester will have many of these instructors teaching again and they'll be offering 60 courses AND 60 lectures to our members! Would you like to be a Silver Frogs instructor? Think about it over the summer and be ready to submit your proposal in the fall when your Curriculum Committee starts preparing for Spring 2020.



Randi Anderson	Andrew Fort	Alice Mathews	Cathryn Sunkel
Anne Bailey	George Frein	Barbara McClellan	Richard Sybesma
Shari Barnes	Judy Furche	David McClellan	Angela Tacco
Crystal Barth	Helga Gerlinger	Buddy McIntyre	Joseph Tarride
Dennis Beck	Zelda Gilbert	Ralph Mecklenburger	Bill Taylor
Roger Bevan	Katherine Godby	Bob Mhoon	Eilene Theilig
Larry Borne	James Godfrey	Darren Middleton	Leta Tillman
Ken Bowers	David Grebel	Roger Norman	Melanie Towle
Kathy Bowser	David Hares II	Jim Parr	Johnathan Townsend
Jim Box	Sharon Harrelson	Sara-Jayne Parsons	Cary Walker
James Brittain	Polly Hooper	Shyanne Pruitt	Tracey Willingham
Donna Burnette	Steve Huddleston	Tom Roberts	Lee Wimp
Tena Burrell	Don Jackson	J Cy Rowell	Richard Wolf
Arthur Busbey	Karen Kaigler-Walker	Richard Selcer	Lewis Woodard
Dan Calvin	Ricki Klos	Joe Shannon	Sara Woodward
Joseph Cecere	Kent Knudson	Wes Shannon	
Jackee Cox	Larry Lauer	Dan Smith	
Janelle Coyle	Adrian LeBlanc	Randy Smith	
Jerome Davis	John Lovett	Judith Soriano	
Virginia Dias	Patricia Lowery	Carol Stanford	
Michael Erwine	Wayne Ludwig	Laurie Stelljes	
Amy Fitzgerald	Linda Martin	Elaine Stoltz	
Ron Flowers	Michael Martin	Jim Stripling	



Name That Badge

As you know, the name badge is an important part of your Silver Frogs uniform. You proudly wear it to classes, to events, and sometimes even to the grocery store if you forget you've got it on! And then everybody knows your name (kind of like going to *Cheers*).

But if your badge doesn't have the name you'd like to be called, you might want to change that before the Fall badges are printed. Simply go into your account online and make the change, or call Extended Ed and they'll be happy to change it for you. This will also be reflected on class rosters.

Instructor & Leadership Appreciation Dinner by Nancy Box

The Annual Silver Frog Instructor and Leadership Appreciation Dinner was held Tuesday May 14th at the Dee J. Kelly Alumni and Visitors Center. All instructors who had taught a course or lecture in Fall 2018 or Spring 2019 were invited along with the chairs of SF Committees and Advisory Board members. A total of 90 individuals attended the function. Hors d'oeuvres and drinks were available to start the evening, and then attendees enjoyed a delicious dinner.

David Grebel, Director of Extended Ed, welcomed everyone to the dinner and then turned the podium over to Julie Lovett, Associate Director of Extended Ed and our Silver Frog liaison. Julie presented an overview of how the Silver Frog program has developed and grown since Spring 2015, and then highlighted the challenges the program will face in the future. The evening was very enjoyable and Silver Frogs appreciate TCU sponsoring this event each year.



First-Ever Cookie Challenge: Delicious! by Sharon Harrelson

Fueled by vast quantities of butter and sugar, over 50 enthusiastic cookie-eaters joined 16 intrepid bakers and six celebrity judges on April 23 for the first-ever Silver Frogs Cookie Challenge, held in the Dee J. Kelly Visitors Center on the TCU campus. Iced tea, lemonade, doggie bags and over 750 delicious cookies were provided, and by all accounts it was a fun way to spend the afternoon! 🐸



The Cookie Challenge Commemorative Cookbook is available [here](#) on the Silver Frogs website! It's got all the recipes and more details about the event.



Luncheon Lecture: Sharen Wilson by Carolyn Stephens

In her presentation at the Silver Frogs closing luncheon lecture May 17, Tarrant County Criminal District Attorney Sharen Wilson reported that while the county's population is increasing, most areas of criminal activity is not.

One exception is **Elder Financial Fraud**.

There are several reasons for the increase in this area, she explained. Our aging population is an enticing target because we are:

- growing in numbers,
- more likely to have money,
- generally polite and trusting,
- lonely,
- don't want to appear to have been deceived, and
- unlikely to report the crime for fear of retaliation or being considered weak or cognitively impaired.

The Elder Financial Fraud Division, one of the county's 10 specialized teams focusing on prosecutorial responsibilities, found that the most common offenders are often those closest to us like a son of a widowed mother or a hired caregiver. Also, there are a multitude of scammers and seniors often fall prey to their tricks.

To combat these offenders, the county has established a Financial Exploitation Prevention Center. **Call (817) 720-6556** if you experience any of the following:

- Someone is accessing your accounts without your permission.
- Cash or money from your accounts seems to be disappearing.
- You don't understand the financial decisions someone else is making for you.
- You aren't confident making financial decisions alone.
- Your children (or others) are pressuring you about money.
- People are calling or mailing you asking for money.
- Your bills are confusing to you.

DA Wilson urges Silver Frogs to take measures to protect your financial safety. Be alert and stay informed about scams by openly sharing your concerns with other seniors and learning about their experiences.



Nancy Box, Sharon Harrelson and Tarrant County Criminal District Attorney Sharen Wilson

Advisory Board Readies for Next Year by Sharon Harrelson



2019-20 Silver Frogs Advisory Board (l to r): Elaine Klos, Dan Calvin, Carol Stanford, Virginia Dias, Rick Price, Siân Borne, Sharon Harrelson, Lisa Winter, and Richard Ranc.

At this semester's final Advisory Board meeting on May 10, the 2018-19 school year was wrapped up with the welcoming of five new members and induction of new officers.

Thank you to the members who have just completed their terms: outgoing president Nancy Box, Nancy Caudill, Fluffy Jones, Nancy Rowe, and outgoing secretary Linda Tindall. Your dedication to Silver Frogs and service on the Advisory Board are appreciated!

We welcomed these new members to the group: Siân Borne, Dan Calvin, Virginia Dias, Elaine Klos, and Carol Stanford. President for the 2019-2020 school year is Sharon Harrelson; Vice President is Lisa Winter and Secretary is Carol Stanford. We look forward to continuing to build this amazing organization together.



Fall Membership and Course/Lecture Registration

Silver Frogs Fall membership is at 550! Registration was open May 20-23, and 441 of our Spring members (83%) have re-enrolled for next semester. From the waitlist and general public we've added 109 new Silver Frogs to our ranks, selling out by 9:49am on the 23rd.

August 6 is the big day for Course and Lecture registration. Members will be assigned to one of three groups, and each will have a specific time block for enrolling in classes. Watch your email for more details! The catalog isn't available just yet, but [you can see all of the choices online here](#).



Special Interest Groups Wrap Up an Active Spring

by Siân Borne

Art of Fort Worth Sees Remington

A small number of Art SIG members braved the wet and windy weather to meet at the Sid Richardson Museum on Wednesday, May 8, for a guided tour of the current exhibit [Another Frontier: Frederick Remington's East](#) which will be available through September 8th. This is a wonderful exhibit which also features photos and letters that belonged to him.

Shifting the emphasis from Remington's popular Western imagery to Eastern subjects, this special exhibition invites visitors to gain a deeper appreciation of his artistic talent.



The artwork on view is on loan from the Frederic Remington Art Museum in Ogdensburg, New York. According to the museum's web site, the exhibit covers "the period in Remington's life and art when he yearned to move beyond his popular success as an illustrator to critical fame as a fine artist, and when he became enamored of painting landscapes in a newer style."



Admission to the Sid Richardson Museum, located downtown at 309 Main St, is always free. They validate parking in the Sundance garages. They're open Mon - Thurs 9am - 5pm, Fri & Sat 9am - 8pm, and Sun 12 - 5pm.

Women & Wine Recommends...

The Women & Wine SIG met at the home of Trish Geran for our April gathering. The wine region was Oregon and our top four recommendations (by those who voted) are:

- Tied for first place: **A to Z Wineworks Pinot Noir 2015** and **Samuel Robert Winery Pinot Noir Vintner's Reserve 2017**
- Tied for second place: **Chris Baker Willamette Valley Rose of Pinot Noir 2018** and **Ponzi Vineyards Willamette Valley Pinot Gris 2017**

Tip of the month is that you pronounce Willamette like Dammit!!

We enjoyed sampling the wines, accompanied by some delicious snacks and visiting with other women. Our next tastings will be in May and June.

Ladies Lunch Out

A group of 16 ladies met on May 14 at [Café Bella](#) in Westcliff for a delightful Italian lunch. The casual, relaxed atmosphere provided a lovely venue for getting to know each other and meeting new friends.

Welcome to Our Newest SIG!

Contemplative Practices. Contact: [Katherine Godby](#)
Discussion and practice of various contemplative practices.

Want to Get Involved?

The current lineup of Special Interest Groups and their contacts can be found [on the Silver Frogs website](#). Click on *Special Interest Groups (SIGs)* to see the list, and on the *SIG Proposal Form* link to propose a new one!

Note: It is up to each individual SIG to determine whether or not they continue meeting during the summer months. Remember, only current Silver Frog members can join a SIG and participate in their activities. The Spring semester officially ends on June 30. The Fall membership period begins July 1 and runs through December 31.



Cheers!

This has been an exceptional semester for me.

- It started off with **Michael Martin's** lecture *Comanche Barrier—The Spanish, Texans and Comanches 1598 to 1840*. I had just finished reading *Empire of the Summer Moon* by SC Gwynne and this lecture really brought it to life.
- Then I was inspired by **Dr. Arthur Busbey** and *The Geology of Texas*. My husband and I are leaving soon for a visit to the Hill Country and Highland Lakes area and we are excited to use our new app, *RockD*, to explore and identify geologic evidence.
- Lastly, I closed out this semester with *The Imperial Presidency*. **Dr. Donald Jackson's** knowledge of politics and the law is extraordinary. This is my second time to be in one of his classes and I'm hoping for a third.

TCU Silver Frogs instructors overall are all so good it's hard to just single out one. Thanks to each and every one of them! —*Vickie Gall*

We deeply appreciate that fellow Silver Frog **Ivette Holaway** recommended Tricia and me to join and for me to be a lecturer. We appreciate the leadership of the Silver Frogs and **TCU's Extended Ed staff** that support us. We have been amazed at how an educational and social program could be combined into such a successful endeavor. So, the appreciation goes to all of you on the staff and members. —*Bill & Tricia Taylor*

I feel blessed to be a part of the Silver Frogs this semester. I will continue. Thank you! —*Lucy Burke*

Cheers to the team who put together the **Great Silver Frog Cookie Challenge** event. It was a very fun event that everyone is talking about. Thanks to the organizers and all the bakers and attendees. —*Lisa Winter*

Cheers to **Dr. Ron Flowers** for returning to Silver Frogs teaching after his illness, and to **Silver Frogs administration** for saving places this year for those of us enrolled in his cancelled classes last semester. —*Warren Russell*

A big shout-out to **Kathy Bowser** (*The Gift of Years – Growing Older Gracefully, Part 1*); **Don Jackson** (*The Bill of Rights and What it Means Today*); and **Shari Barnes** (*Bucket List Books*). I loved the thoughtfulness of each presenter, and the idea exchange in each class. (And who knew that there would be so much laughter involved??) —*Linda Eastwick*

This semester has been fabulous, and has really enriched my life. All of the instructors were passionate about their subjects and sharing them with others.

- I used the fact that I was taking the class *Marfa, Ft. Davis, Alpine, Marathon and Big Bend—Why Go?* [**Judy Furche**] as a motivator for scheduling a trip. We loved our trip, and the class provided enough more things to do to go again.
- Loved the class *The Beauty of Wyoming* [**Laurie Stelljes**].
- Thoroughly enjoyed *Exploring Fort Worth* [**Lee Wimp**] and learning more about our Western Heritage.
- Really enjoyed *Greek Mythology in the Visual Arts* [**Joseph Cecere**] and our field trip to the Kimbell.
- Loved learning more in depth about one of my favorite movies, *Casablanca* [**Dan Calvin**].

Looking forward to the trip to the Witte Museum in San Antonio, and to the luncheon presentation about Elder Financial Fraud. Also am loving the Art and Women & Wine SIGs. —*Mary Eads*



Climate Change Small Solutions

by Carolyn Stephens

Students in Dr. Eilene Theilig's class *Climate Change: Science to Solutions* concluded the course by asking ourselves aloud, "What can we do?"

While so many proposed solutions are large-scale transitions to renewable energy sources, we determined that individually we can each do small things to reduce our own carbon footprint. We can:

- change to LED lights
- drive less, walk more
- when buying a new car, make electric or high mileage/low emissions choices
- use reasonable interior heating/cooling settings
- explore rooftop solar panels for your home
- choose an electric supplier based on their commitment to renewable energy
- vote for candidates who care about climate change



Survey: Tell Us Your Favorite Community Service Organizations

In Fall 2019, Larry and Elaine Klos will be presenting 'Tarrant County Community Service Organizations: Who They Are, What They Do'. They would like to include favorite Silver Frog Charities. If you would like to nominate one or more such organizations, please click below and provide the information. Help us spread the word about organizations that help our community!

Here's what you'll be asked to provide in the survey:

Name of organization

Web site address

Contact person's name and title

How we can reach this person

[CLICK HERE TO PARTICIPATE!](#)

Instructor Spotlight: Jim Parr by Linda Eastwick

Jim Parr caught the travel bug early. He was born in Fort Worth, but his family moved quite a bit during Jim's growing up years, both in Europe as a military family, and in the Southwest as a civilian family. He was one of 26 in his high school class from Wink, Texas, then one of 50,000 at the University of Texas.

A commercial real estate broker by profession, Jim continues to write and teach courses in continuing education in that field.

Jim and his first wife were married for 28 years before she died from cancer. Now married to Kathy for nearly 13 years, he volunteers, participates in Downtown Rotary, and of course spends lots of time with grandkids (four going on five)! He and Kathy love to travel, planning a new adventure every five to six weeks.

The Silver Streak caught up with Jim while he and Kathy were in Italy. Although they have traveled extensively throughout the United States, Mexico, and western Europe, their favorite international destination is Italy, having visited 15 times since 2011. We wanted to know, "Why Italy?" Read on!

Silver Streak: Why do you love Italy so much?

Jim: There are many reasons, including the incredible history and artifacts from Etruscan Greek and Roman civilizations, the austere medieval villages, the glorious art and architecture of the Renaissance, the beautiful and varied landscapes...but the single most fascinating thing is the uniqueness of every single place.

SS: Can you elaborate?

Jim: Each town and city has its own history, culture, special food, local wine and traditions. For example, Siena and Florence, 50 miles apart, were independent republics and were fighting wars against one another well into the 16th century!

SS: What's your best advice for someone traveling to Italy for the first time?

Jim: Plan on a minimum of nine or ten days. Use that time to visit one of the "big three" – Rome, Florence, or Venice, then get out into the countryside by car or train, staying in two or three other, smaller places. There are numerous great places easily accessible and very friendly for the English-speaking traveler. (And I teach a class about that very thing!)

SS: Tell us about your latest travels.

Jim: Our most recent trip to Italy was built around two things. The first was a 14-day repositioning cruise from Miami, Florida to Rome. Since we had already planned to go to Italy, a cruise seemed like a relaxing way to get there.

The second was a special Good Friday reenactment in Cantiano. Google "La Turba, Cantiano, Italy," and you'll see why we wanted to attend.

SS: How did you become a Silver Frogs instructor?

Jim: When Kathy and I signed up for the Silver Frogs in the program's second semester, one of the strongest messages I got was to "share your passions" by teaching a class. Traveling in Italy seemed like a natural choice of topics.

SS: What's the best part of being an instructor?

Jim: There are two best parts! First, Kathy and I get to relive our journeys and select the best experiences to share with our fellow Silver Frogs. Second, I get to share memories in words and pictures with an audience that is engaged and appreciative.



Jim Parr, trying on a suit of armor at the war museum in Monteriggione, Italy - April 2019

SS: What's ahead for you?

Jim: Kathy and I are planning a Mexico cruise in October, then Christmas lights in Paris and London in December. Next spring, we're planning another cruise that will take in St. Petersburg, Russia.

Of course, I'm always open to teaching another class, and would love to re-visit the class I taught on visiting Italy's countryside...

SS: Any parting words about traveling for us?

Jim: You can learn a lot about a country and its culture by sampling its food. If I had to choose a favorite food, it would have to be an Italian seafood platter served on the Gargano peninsula. Wait—how about a fried zucchini blossom in Bologna. No wait, grilled coniglio (rabbit) in Pienza, or maybe cinghiale (wild boar) almost anywhere in Umbria...I seem to have a dilemma.

SS: We are ready to share in your dilemma, Jim! Grazie and Buon Viaggio!



"Let's Go!"

Summer Activity Recommendations from Silver Frogs



When kids come to visit, here are two places they love to go. For a fun activity, we take them to [Epic Waters Indoor Waterpark](#) in Grand Prairie. The park includes multiple water slides, a lazy river attraction, and a "flowrider" that simulates wakeboarding. After a day at the waterpark, kids have fun eating at [Simply Fondue](#) ([downtown Fort Worth](#) or [near SMU in Dallas](#)). The meal starts with cheese fondue followed by your choice of meats that you cook at your table. The meal ends with chocolate fondue, served with a plate of various fruits and confections to dip in it. Set aside a couple of hours for your visit to Simply Fondue; it is always a lot of fun. —Jeff Frazer

If you want to see some of the real old west, try the [Old Jail Museum Complex](#) in Palo Pinto (approximately an hour west of Fort Worth). See lots of artifacts, the old jail (complete with hangman's noose and drop floor), four furnished cabins, and a carriage house. Open weekends 10am-3pm from the beginning of March to the second weekend in December. While heading west, stop at beautiful [Clark Gardens](#), [Lake Mineral Wells State Park & Trailway](#), or the town of [Mineral Wells](#), all just off Highway 180. —Andi Smith

I love the [Fort Worth Japanese Garden](#) in the summer. Even on hot days it can be a very pleasant experience. I always love to take visitors to the downtown [Water Gardens](#). —Mary Eads

Tricia's brother and spouse will visit this summer. In Fort Worth, we will show them the [TCU campus](#), [Fort Worth Nature Center & Refuge](#), [Zoo](#), [Botanic Garden](#), [Stockyards](#), eat at [Joe T's](#) place and see [Billy Bob's Texas](#). We would also like to show them the [National Cowgirl Museum & Hall of Fame](#) and the [Fort Worth Museum of Science & History](#) (especially the state dinosaur partially reconstructed from skeletal remains from the North Texas area—*Paluxysaurus jonesi*). We will suggest other activities and let them choose. —Bill Taylor

The Bankhead Highway, the first highway that could be traveled year round across the country, celebrates its centennial this year! Designated State Highway 1, it stretches for about 850 miles across Texas from El Paso to Texarkana, and runs through Abilene, Mineral Wells, Weatherford and the DFW Metroplex. Visit the [Texas Historical Commission's Bankhead web page](#) for more information, links and photos of what you'll find along this historic route. —Dan Smith

[Movie Tavern](#) offers \$5 movies all day on Tuesdays, and that includes a small popcorn! They also offer \$6 matinees (before 5:30) for seniors (60+) on Fridays. You can even sit in a comfy recliner at some locations. —Sharon Harrelson

Looking for something different to do with the grand-kids? These activities—planes, trains, and cold hard cash—will keep them (and you) engaged!

[The CR Smith Aviation Museum](#) underwent significant remodeling last summer. It is located at the American Airlines Training Center, near DFW International Airport and is open Tuesday-Saturday from 9am until 5pm. The cost is \$6 for seniors and children when purchased in advance online; check the website for current parking information.

[The Bureau of Engraving and Printing](#), 900 Blue Mound Road, Fort Worth is open for self-guided tours with listening devices Tuesday-Friday from 8:30am until 5pm. Allow 30 minutes to clear security before being able to enter the plant. The tour is one-quarter mile long and is best suited for children eight or nine and above. Admission is free.

[TEXRail](#), which began operating in January, runs between the T&P Station in Fort Worth and Terminal B at DFW International Airport. Parking is still free at the T&P Station in the parking lot accessed from Vickery Avenue. Trains leave the T&P Station every hour at :25 after the hour. The trains travel to the Amtrak Station on Jones Street at the Fort Worth Central Station (formerly known as the Fort Worth Intermodal Transportation Center) where they leave every hour at :30 after the hour. The trains arrive at the Grapevine Main Street Station at :09 after the hour. There are approximately 10 restaurants within a 10-15 minutes' walk from the station. Also in proximity are shops and a museum. Trains leave Grapevine every hour at :03 after the hour and arrive at the Central Station at :43 after the hour, and at the T&P Station at :46 after the hour. Costs, if tickets are purchased from kiosks located at each station, are \$2.50 roundtrip for seniors and children 5-19 (under age 4 are free). Tickets purchased on board the train are twice the reduced fare; multi-ride passes are available.

—Rick Price

TRAVEL TECHNOLOGY

Hopper app. Download from the App Store or [online](#). Hopper claims to predict flights and hotel prices with 95% accuracy up to 1 year in advance. And I've found it to be very accurate. The program will tell you when to wait and when to buy. It doesn't include all airlines but I've found that when it says to buy, it's also usually true that the prices have gone down for all airlines. —Ken Seeling

WhatsApp. This smartphone app ([also available for MAC or Windows PC](#)) allows you to text and call from all over the world for free without changing anything about your phone. You do need to wait until you're on free Wi-Fi (like at a hotel or coffee shop) or you'll incur a data charge. —Polly Hooper

Traveling Lightly by Gail Roberts

Last February, I was excited to attend the lecture *European Travel Skills* given by Cary Walker. I enjoy watching Rick Steves' travel shows each Saturday morning on PBS, and getting to meet Cary—a travel guide for Rick Steves Tours—was almost as thrilling for me as meeting her boss would be. You see, Rick Steves is my travel guru, and with the help of his travel books, videos and online forum, along with many frequent flyer airline miles, my husband Seymour and I have been traveling independently to Europe twice each year for the past 10 years, pounding the pavement and schlepping our own luggage through trains stations and cobbled streets of many European countries while our knees allow us to be ambulatory.

During her presentation, Cary advocated the benefits of traveling lightly as the best way to travel. My husband and one of my daughters, who sometimes travels with us, have taken this to heart, and even have a competition as to who has the lightest suitcase when they are weighed at the check-in counter at the airport. I don't participate, as my bag always has at least 20 pounds more than theirs since I bring larger luggage in anticipation of souvenirs; and who else but me has room to fit the first-aid kit and my fold-up raft for beach trips or trekking poles for hiking?

Over the years, though, with the words of Rick Steves in the back of my mind—and a desire to lighten my load for train station stairs—I have found some useful items to help me be more efficient. Some of the best purchases I always bring:

EYE MASK to block out light, not only on the airplane, but in my hotel room if needed.

CHANGE PURSE for the multiple coins collected over the course of the trip. I keep euro coins for small purchases, and this way I don't need to expose my...

MONEY BELT, which I know is far from glamorous, but I like the security of keeping larger bills, credit cards, and my passport hidden away.

PUFFER JACKET, typically down-filled, which folds compactly into a small bag and takes up minimal room in my suitcase. I even bring it for spring travels when there can be a temperature change between activities on the ground and then 25 degrees colder high up in the mountains.

TRAVEL VEST: my latest purchase has loads of pockets so I can even fit my iPad mini, and it allows me to be hands-free and without the weight of a purse on my neck or shoulder when hiking or sightseeing.

SHHHH! Last but not least, a delicate topic which is not typically talked about in a public forum. These "unmentionables" need to be mentioned, because they are probably the best purchase my husband and I have made to lighten our load—travel underwear. Lightweight and easy to wash in the shower, these garments have sufficiently trimmed the real estate in my suitcase. Ex-officio advertises on its box, "17 countries, 6 weeks, and 1 pair of underwear (okay, maybe 2)." A few pairs of tops and bottoms fit in a quart-sized baggie, and have significantly decreased the dirty laundry accumulated during a week or two of travel.

I don't foresee paring down to a 21-inch carry-on suitcase any time soon as Cary and Rick advocate, and my travel companions have been able to accomplish, but I do feel I am traveling lighter nowadays. I keep these things in a travel bag, ready to go should I have the good fortune of finding a last minute trip, even if it is just down the highway to Dallas to stay with my daughters.



More Tips for Trips

Packing Hacks:

❶ "Marie Kondo" your clothing when packing. You'll be amazed at how much more you can get in your bag and how easily you find everything easily upon your arrival (very helpful when you are jet-lagged!). Fewer wrinkles too! ❷ Keep your 3-1-1 bag packed with sample-sized toiletries. ❸ Don't check your bags. If you've ever been without your suitcase for three days abroad, you know what I'm talking about. ❹ I also have a "To Do" list and a "Don't Forget" list, so I don't have to think too hard about what I need to take care of before leaving and pack for my trip.

—Lisa Winter

Make Copies of Travel Documents: When traveling internationally if you lose your documents or credit cards, it can be more than an inconvenience. You might not be able to travel between countries or be delayed on your return trip, costing you money. Plus you'll need to report any lost or stolen credit cards right away—much easier if you have a copy.

You will need copies of your passport (the identification page), visa, travel insurance, drivers license, credit cards, itinerary, airline or cruise tickets, confirmations for hotels and cars and any other prepaid confirmations. You may also need a copy of vaccination certificates depending on where you travel.

Leave a copy at home and give one to a friend or relative who can help you in case of emergency. Not to be morbid, but if something tragic happens on the trip, you want them to be able to collect on your travel insurance policy and they will need the details to do that.

—Polly Hooper

Money-Wise Travel Tips by Richard Ranc

If traveling is on your agenda this summer, perhaps some of the following “dos and don’ts” may make that trip more enjoyable and help avoid embarrassing and costly mistakes.



DO:

- Notify your bank and credit card sponsor that you will be traveling whether in the country or abroad. Most credit card companies and banks become suspicious of charges or debits that appear on your accounts when the locations are different from that of your normal pattern.
- If planning out-of-country travel you will likely need a passport—it is a reliable form of identification. The expiration date must be at least six months after your travel dates. Apply for or renew your passport early to allow plenty of time for processing.
- Check to be sure that your insurance is valid where you will be traveling. Remember that Medicare is not valid when you are out of the US (except under rare circumstances). Buy travel medical insurance if you are traveling to foreign countries.
- Verify that your phone will operate; if you are going overseas, buy some phone time and/or be sure your phone operates on the system. Out of system “roaming” and call charges can be very expensive!

DON'T:

- **Don't** purchase foreign currency at airports or so-called money exchanges. The rates are less favorable than at banks or even your credit card company.
- **Don't** use your bank debit card for purchases. Skimmers and dishonest merchants can gain access to your bank account.
- **Don't** purchase travelers checks. They add extra expense to your transactions.
- **Don't** purchase travel cards—these cards advertise that they automatically convert to the currency of the country you are visiting. They also have large fees for refunding unused funds, transaction fees and bank set up fees.
- **Don't** use public Wi-Fi for financial transactions.
- **Don't** carry large amounts of cash.
- **Don't** ignore government guidelines regarding areas of the world that Americans should avoid traveling to.
- **Don't** pack your prescription drugs in your checked baggage—bags may get misplaced and getting new medications may be difficult and costly.

These “Do’s and “Don’ts” are, in most cases, common sense but serve as reminders when the excitement of travel may sometimes overwhelm good judgment. Have a safe and enjoyable sojourn wherever it may be!



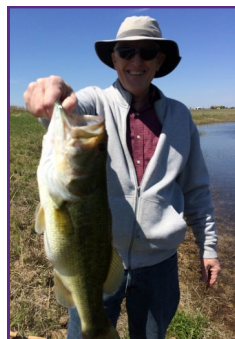
“Tourists don’t know where they’ve been;
travelers don’t know where they’re going.” —Paul Theroux

Gone Fishin’ by Roger Norman

Gary Harrell, Jim Box, Larry Borne, Wes Shannon, Roger Norman and Ken Bowers enjoyed fishing for bass this spring in a private pond south of Fort Worth on the property of a gracious ranching family. As you can see, Jim landed the largest one, and Roger the smallest. We were having so much fun we forgot to take a photograph of Ken and his fish (he will tell you it was too big for a photo!). It’s lots of fun being a TCU Silver Frog and developing new friendships while enjoying the fun of fishing.



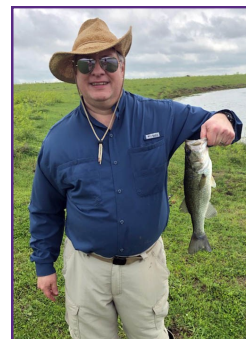
Gary



Jim



Larry



Wes



Roger

Are You Camera-Ready? by Polly Hooper



Although by the time you are reading this issue we will be heading into summer, it will be fall before you know it. If you are like many families that send an annual Christmas card with a photo, early fall is the time to take those. Many of us like to take those pictures outdoors. Unless you are waiting for the fall color we get only sometimes in Texas, you will want to take those outdoor shots before the trees drop their leaves. Typically we get late fall color, if at all, and it may be too late to get those cards printed in time. We all have a bit of summer color in our skin despite wearing sunscreen, so we may also look our best before the temperatures drop. So, how do we plan for those family photo sessions to get the shot that will go in our cards and be framed to enjoy for generations?

Dress the part. Clothing can make a big difference in how your family portraits look. If you want them to look great make sure your clothing is fitted and well suited to your body shape and type. You will want to stay away from bold patterns, luminous colors and logos. It is okay to have one person in the group have a small patterned garment and have the rest of the family dress in variations of the colors in that in solid colors.



Note how the group on the left looks dated, while the group on the right is color-coordinated and natural.



It is best to avoid solid white or black. The camera can “see” only a limited number of variations in light so if the darkest colors are exposed properly the lightest colors will lose detail. Avoid the matchy-matchy look of the 1980s and 1990s where everyone wore jeans and black shirts. Aim for a timeless look with classic clothing choices. The idea is to draw attention to the faces in the photo rather than the clothing. Lay out your outfits on the bed and if any piece draws your eye, lose that one and choose another. One caveat to this is if you want your color palette to look fresh and current, look at the Pantone Color of the year for ideas of what to wear. The color for 2019 is **Living Coral**. Lots of green shades go with this color.



For a color palette complimenting coral and explaining what to pair with it for different seasons, [click here](#).

Experts also say to wear 3/4 or long sleeves and long pants. Remember your skin is usually lighter than your clothing and the human eye is naturally drawn to the brightest spot in a photo. Don't you want that to be the faces?

Time it right. It is best to shoot either very early as soon as the sun comes up or late in the afternoon. I prefer late afternoon as the light is warmer (as well as the temperature!). During the middle of the day the light is harsh and direct and can cause shadows under the eyes. Unless you enjoy getting the family up and ready before dawn, start your outdoor session as late as an hour before sunset for the softest natural light. Shoot with the light behind you, coming in from the side, or in full shade. Really beautiful light is sometimes called “garage light,” so named because there is light coming in to light the subject but the overhead light that is less flattering is blocked by an overhead structure. So, under that covered patio or under dense trees is a good location as well. Avoid dappled light as it just looks like spots on your face.

Don't rush! I know that being the center of attention and smiling/posing may not be your cup of tea, but you don't want to rush through your session. If you are uncomfortable it will show up in your photos. Just know it will take longer than five minutes, so prepare yourself to be in front of the camera for at least a half hour or more and plan to relax and have some fun. You don't have to be all lined up like toy soldiers looking directly at the camera. Look at each other and laugh and remember to touch to add warmth and feeling to the photo. Getting kids to cooperate is certainly tough, but let the person taking the photos take on that job. If you are looking to see what they are doing and correcting them, you will miss those natural smiles the photographer is trained to get from them. Having a sense of humor is sometimes necessary with little ones in a photo session. One of my favorite Easter photos I saw on Facebook of a family I know has the mom and dad perfectly posed and smiling and their daughter is hiding behind a fern peeping out while hiding from the camera. What may be frustrating at the time may turn into a cherished memory of your child's individual personality.

Be thinking about what you want for your annual family photo. Maybe you will even get a great one while on vacation this year. If you don't, mark your calendar for mid to late summer to get those early fall sessions scheduled so you will have plenty of time to choose the best shot, get it printed and mailed. I learned this past year that the post office is so swamped it pays to mail early. I mailed my cards a week before Christmas and some that were mailed to family in Fort Worth arrived almost a week later.



Summer and Books Go Together by Shari Barnes



As a kid, this was the time of year I could read whatever I wanted to...no worries about heavy-duty stuff...time to catch up on Nancy Drew. As a college student, I could forget calculus and biology and indulge in the latest NYT list. As an adult, I can indulge in beach reads or bloody best sellers. It's summer...it's OK.

So, whether your season includes a staycation or a flight to some exotic island or historic site, here are some recommendations for good reading:

On the Plane: You're a Silver Frog, so you might like to read about someone who has a few wrinkles. Stick a paperback copy of Colin Cotterill's *The Coroner's Lunch* in your carry-on bag. Dr. Siri Paiboun is the State Coroner for the Lao People's Democratic Republic. He's a communist for convenience who harbors irreverent thoughts about his political party. He's also into solving the mysteries that accompany his cadavers, and he receives regular visits from the spirit world. Cotterill's book is a delightful departure from the typical whodunit.

On the Beach: Whatever your political persuasion, you'll find Michelle Obama's *Becoming* a fascinating look at the former first lady. She shares her journey to the White House with amazing candor. From her Chicago childhood to her college days, Obama's writing style is an engaging literary treat. She is open about her career doubts as an attorney; her observations on her marriage and fight to preserve the sanctity of her family life and privacy made this reader evaluate some of her own choices. If a few grains of sand and a margarita stain end up on the pages, you'll still want to pass your copy on to a friend.

At the Pool: Lying on the lounge watching the grandkids in the pool demands a book with a cozy element. Louise Miller's *The City Baker's Guide to Country Living* tells the tale of a big-city baker who discovers what it means to come home. If you've ever found something when you weren't even looking, Olivia's search for love and the perfect apple pie recipe in a

small country town will provide light summer reading complete with contra dancing, an Irish Wolfhound, and banjo playing. Who knows? You might even be inspired to take dance lessons or enter a pie baking contest or adopt a puppy.

Under the Air Conditioning: *Kingdom of the Blind*, the latest in Canadian author Louise Penny's 14-book series, gives readers an opportunity to consider their own blind spots. You may want to start at the beginning of this series with *Still Life*, but the books each stand alone as riveting adventures in the lives of Three Pines residents. A cleaning woman who claims to be a countess, sibling rivals, and a poet with a pet duck are intertwined with drug deals, a caved-in house, and a huge fortune. Penny weaves the personal lives of her characters into the crime scenes skillfully. As characters face turning points in their own lives, Penny has a way of making her readers really care about what happens to them.

Devastated at the recent death of her own husband, the role model for protagonist Armand Gamache, Penny almost gave up on her writing career. When you read her books, you'll find yourself grateful that she has returned to her series. And you may find yourself reading all of them.

Enjoy your summer! Drink lots of lemonade, watch mindless television, travel to your dream destination...and above all else, indulge your fantasies with lots of fun reading.



What Are You Reading?

For each issue, we ask Silver Streak readers to share what they've been reading, and they never disappoint!

The Most Dangerous Branch: Inside The Supreme Court's Assault On The Constitution, by David A Kaplan (2018) and **Heirs of the Founders: The Epic Rivalry of Henry Clay, John Calhoun and Daniel Webster, the Second Generation of American Giants**, by HW Brands (2018). —Gregg Lehman

I just started Jeffry Archer's *The Clifton Chronicles*, a series of seven books (the first is *Only Time Will Tell*) that follows the saga of the Clifton and Barrington families through the political and historical events of the 20th century. This easy and enjoyable read has exciting stories, drama, love, loss, class differences, and characters you will root for! —Andi Smith

Travel Weather-Wise this Summer by Buddy McIntyre



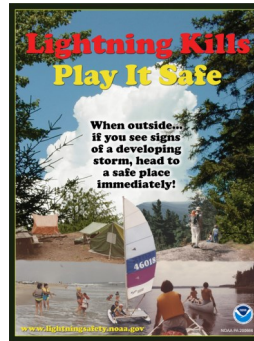
The arrival of summer means we will all be spending more time outside. This is a good time to refresh our memories on some of the weather hazards we might face. Although they can occur in any month, the threat of tornadoes decreases during the summer months. Thunderstorms, however, reach their peak frequency in summer. And thunderstorms have deadly hazards other than tornadoes.

LIGHTNING

Each year in the US, there are about 25 million cloud-to-ground lightning flashes.

About 300 people are struck by lightning with about 30 people killed and many others suffering life-long disabilities. 64% of lightning fatalities result from outdoor recreation.

Personally, I am more afraid of lightning than I am of tornadoes. Tornadoes are relatively rare, and I have a general idea of where in the storm the tornado might occur. But lightning can strike anywhere around any storm. The storm doesn't have to be overhead! If you can hear thunder, you are likely within striking distance of the lightning. WHEN THUNDER ROARS, GO INDOORS!



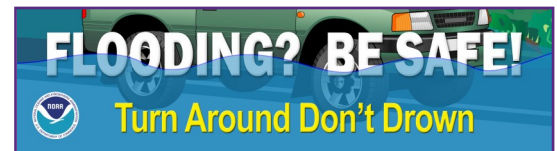
Activity	Number of Deaths
Fishing	38
Beach	23
Camping	19
Boating	17
Soccer	12
Golf	10
Yard work	18

Lightning Fatalities by Activity 2006-2018
Source: National Lightning Safety Council

Many of the people struck by lightning say they were headed to shelter when struck. They just waited too long to find a safe place. Substantial buildings and hard-topped vehicles are safe shelters. You should wait 30 minutes after the last rumble of thunder before heading back outside. If someone is struck by lightning, they may need immediate medical attention. Lightning victims do not carry an electrical charge and are safe to touch. Start CPR if needed.

FLASH FLOODING

The deadliest hazard of thunderstorms is flash flooding. People tend to underestimate the force and power of water. Over half of all flood-related drownings occur when vehicles are driven into flood waters. Six inches of fast-moving water can knock over an adult. It takes just 12 inches of rushing water to carry away most cars and just 2 feet of rushing water can carry away SUVs and trucks.



As you read this, the McIntyres will be visiting national parks in Utah and Colorado. You can be sure we will not be doing any hiking when thunderstorms are around and will not drive through any rushing water which is more than half a foot deep! As always, [send me any weather questions](#) you might have.



Help Silver Streak plan for next year!

Please take a moment to share your feedback about the newsletter, using

→ [this survey link.](#) ←



The 2018-19 Silver Streak team editing this issue!

Back: Diane Griffin, Carolyn Stephens, Ann Shelton, Polly Hooper.

Front: Richard Ranc, Sharon Harrelson, Siân Borne, & Linda Eastwick.

Spring Brings a Strange Sense of Ending by Dan Calvin

Usually one thinks of Spring as a time of renewal and new beginnings: the colorful outburst of flowering plants, the Easter Resurrection, a time of vigorous growth (especially emphasized in our April newsletter on gardening). But as TS Eliot says in *The Wasteland* in a dark parody of Chaucer's *Canterbury Tales*, "April is the cruelest month", and can contain the seeds of endings as well as beginnings.

This April saw the introduction of three long-awaited events that represent the ending of several pop cultural focal points: The Marvel Comic Universe movie **Avengers: Endgame**, the release of the final six episodes of the blockbuster HBO series **Game of Thrones**, and the release of the **Mueller Report**. I know there is a difference between contrived entertainment on a vast scale and "serious" political journalism, but this age of inflamed rhetoric and partisan overindulgence blurs the distinction between the impartial delivery of "the news fit to print" and stoking the ratings of news pundits who transform reporting into entertainment, the latest incarnation of "reality TV" on steroids.

There are common threads among the three events. Each promises to bring an end to a tumultuous time, restoring either stability or catastrophe to long-brewing troubles. Each event promises as its best outcome an advancement of Justice, a new balancing of the scales. Each also hints at the establishment of a new order, canon, or framework for evaluation of future events and behavior. Each event in its own way serves to end the energetic speculation based on inferences and suppositions that have been jockeyed about in a fruitless roiling melee. Social media has aggravated the discord, fueling new suspicions daily.

It is no spoiler to say that the release of the first two overtly theatrical events portends to describe victories and losses, both of heroes and villains, ending in a final resolution of lasting significance. The same promise is implicit in the Mueller Report, regardless of which segment of the partisan spectrum analyzes its findings.

The point is that, like the seasons themselves, these events signal the beginning of a new cycle of renewed struggle, with some of the contours guiding the conflict changed but leaving the final boundaries unfixed.

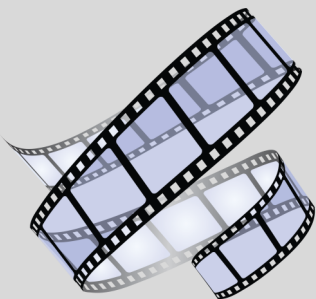
Marvel Comics reflects one contemporary incarnation of mythology, with the same tales of gods and heroes told and retold, often with new "origin tales" or "reboots" with significant variations.

George RR Martin has already confirmed the existence of five "precursors" of *Game of Thrones* (he dislikes the term "prequels"), three of them in advanced development. He has yet to finish the last two written volumes in the *Fire and Ice* saga, both of which will likely diverge significantly from the HBO series, which long ago outstripped his published works.

The Mueller Report has spawned a lot of follow-on turmoil itself: the protracted redactions, the contested testimony of Attorney General Barr, and the stymied subpoenas of Congress being only the first points of departure for a cycle of partisan-driven interpretation and re-interpretation of the report itself.



What Are You Watching?



A great movie out currently is [Breakthrough](#). It is a Christian film that tells the true story of a teenager's near death experience after falling through ice on a frozen lake. Family and friends rally to seek a miracle. This is one of the best movies of the year and will inspire audiences. —Jeff Frazer

MUST SEE: You must see [Avengers: Endgame](#)!!! No spoilers here. Just go as soon as you can. It's a long movie at 3 1/2 hours, but you won't realize it. —Lisa Winter

[Yellowstone](#), a contemporary western series, stars Kevin Costner as John Dutton, patriarch and owner of Yellowstone Ranch, the largest plot of private land in Montana. The series began last year with episodes 1-9; season two begins in June. The drama airs on the Paramount Channel (Hulu, Roku, Apple, Amazon Fire and other providers). The series plot involves Dutton's continuing battle to keep his cattle ranch amid betrayals, murders, political corruption, and attempts at encroachment by Native Americans to exploit the land for oil and construction of a casino. Be aware that *Yellowstone* is for adult viewers. —Richard Ranc

Thank you, Silver Streak Contributors!



Shari Barnes (*Summer and 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.



Roger Norman (*Gone Fishin'*) is a retired attorney, specialized in estate planning. He has taught in TCU's Extended Ed and now is also a Silver Frogs instructor. He has a BA from OU and a law degree from UT. His wife of 39 years died 17 years ago, and their two sons reside in Fort Worth with their families.



Siân Borne (*SIGs, Newsletter Staff*) A Silver Frog since Spring '17, Siân came to Fort Worth in 1973, after moving to the US from England. She has two daughters and five grandchildren. She loves to read and travel, and is active in several Silver Frog committees, as well as being the SIG Chair.



Buddy McIntyre (*Weather*) worked for 30 years as a meteorologist with the National Weather Service (NWS), where he gained considerable experience studying and warning for severe thunderstorms and tornadoes. Buddy is a graduate of TCU and has an MS in meteorology from Utah State University.



Nancy Box (*Appreciation Dinner*) is a charter member of Silver Frogs, serves on the Curriculum Committee, and is the 2018-19 Advisory Board president. Being involved in Silver Frogs has been a very rewarding experience. She enjoys reading a good mystery and playing with her two granddaughters.



Gail Roberts (*Traveling Lightly*) has been a member of Silver Frogs for the last two years since retiring as a Speech Pathologist for 25 years in the Texas public schools. She is excited to now travel off-season. Gail and her husband, Seymour, have twin daughters who are TCU alumni.



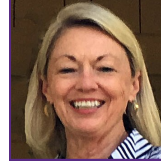
Dan Calvin (*Spring...Endings*) Dan and his wife, Elizabeth, are charter members of Silver Frogs. Dan has been a lifelong film buff and has a penchant for acquiring useless trivia that he likes to parcel out, sometimes appropriately.



Richard Ranc (*Money-Wise Travel Tips, Newsletter Staff*) came to Silver Frogs 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.



Linda Eastwick (*Instructor Spotlight, Newsletter Staff*) is a former educator and 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.



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.



Diane Griffin (*Newsletter Staff*) has enjoyed Silver Frogs since Spring 2016 and is an enthusiastic advocate for lifelong learning. She is a retired business owner who loves reading, writing, listening, travel, theater, volunteering, and frequent interaction with family and friends.



Randy Smith (*Instructor Thank-You, Photographer*) was the 2017-18 Silver Frogs Advisory Board president, and is also an active member, committee member and instructor. His hobbies include astronomy, Scouting, and photography.



Sharon Harrelson (*Joe T's, Cookies, Advisory Board, Editor*) is a Fort Worth native who's been editing various publications for work and fun since middle school. She's delighted to be Advisory Board president next year; she also enjoys cooking/baking, gardening and being a band mom to twin sons.



Carolyn Stephens (*Luncheon Lecture, Climate Change, Newsletter Staff*) came to Silver Frogs two years ago after a career in journalism, public relations and crisis communications. She loves the concept of lifelong learning and enjoys reading, cooking, gardening and new adventures.



Polly Hooper (*Camera-Ready, Photographer, Newsletter Staff*) is a native Texan and is passionate about all types of photography. Her hobbies include travel and reading. She also loves to play games and is in a neighborhood book club. Her grandsons keep her very busy as well.

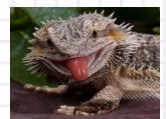
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Mark Your Calendar



August 6 Course and Lecture Registration

August 9 Advisory Board Meeting

August 28 Fall Meet & Greet

September 9 Fall 2019 Session I Begins