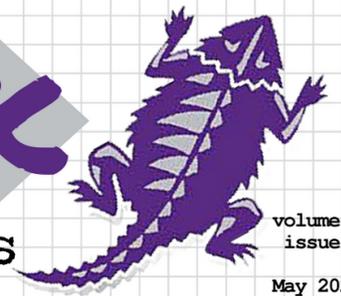


SILVER STREAK

connecting and informing TCU's Silver Frogs

SPECIAL EDITION # 4



volume 4
issue 9

May 2020
Coping Strategies

Silver Frogs Love Their Cats and Dogs!

During this crazy spring, our pets have helped us so much – they go on our walks (more than ever before!), snuggle on the couch, and remind us about what's important in life (them, of course). Thank you

to all the Silver Frogs who shared their favorite furry companions with us! Inside you'll find lots more pictures along with some funny little stories so you can see what they've been doing to keep their owners out of trouble. Enjoy!



More pets on pages 2 and 3

Kitty Corner



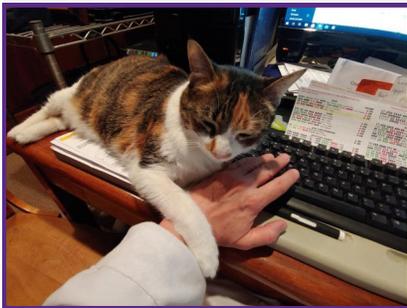
Nancy Caudill and **Sam**. Once Nancy was carrying Sam when his long tail brushed a candle and caught fire. No damage but they've switched to flameless candles!



Snowshoe Siamese rescue **Vixen** with her masked owner **Shari Barnes**. Vixen loves to be walked on a leash and ride in the car. She's fond of apples and blueberries!



Midnight Shadow is a charming senior cat living with **Pamela Moraga** and her daughter. Pamela says, "He spends his days watching backyard wildlife and listening to my daughter sing. He's very black, huge, and almost panther-like. His antics are very entertaining, and he's even the mascot for [my online pet store](#)."



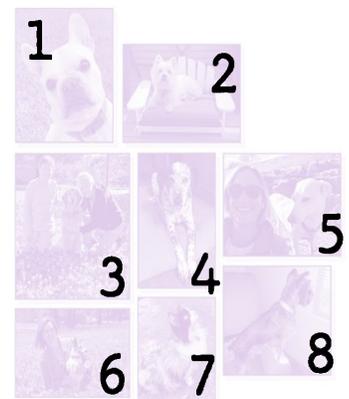
Gail Stephens' cat, **Capri**, inherited when her daughter married a very allergic man. Gail says Capri has gotten a little spoiled and possessive since Gail was out of town for a couple of weeks.



These sweet pictures of best friends **Jack & Mimi** were shared by **Virginia Dias**. At left is Mimi as a kitten being hugged by Jack, in a shot that won a contest in the FW Star-Telegram. Jack is a rescue and he found Mimi in the back yard when she was barely two weeks old...and adopted her.

From the cover:

- 1) **Remy**, a three-year-old French Bulldog who lives with Silver Frog **Howard Cox** and his wife Cynthia (see more on page 3).
- 2) **Daisy**, a 15-year-old West Highland white terrier who lives with **Jane Mackay**. Daisy says, "Every summer we drive to Camden, ME to our condo near the ocean. We walk to the harbor and around Camden (I even go in the stores), and I go boating wearing a life jacket. In my photo I'm in my personal Adirondack chair...life just doesn't get any better!"
- 3) **Annie**, with **Fluffy Jones** and **Kathy Bowser** in the bluebonnets.
- 4) **Addie**, a rescue who will celebrate her 14th birthday this month with **Andi and Randy Smith**.
- 5) **Scout**, a two-year-old Chihuahua-Dachshund mix adopted by **Carol Hauck** from a rescue group. She says, "Despite his short legs, he is a great walker and loves to hike the Trinity Trail. If he had a career he would be a bouncer; he is cautious around new people although once you're accepted he is a loyal friend."
- 6) Jack Russell Terrier **Lizzy**, who **Vickie Gall** says is the "smartest and most fun dog ever! No time for photos—she is anxious to get to her next adventure. I miss her!"
- 7) **Mimi**, **Virginia Dias'** beautiful cat who crossed the rainbow bridge in late April. See more of Mimi and her story above.
- 8) **Buddy**, a four-year-old Schnauzer and precious baby of **Gary and Emily Harrell**.



Going to the Dogs



Jimmy Vega has some big mouths to feed with 100-lb, six-year-old Akita mix **Heidi**, and 130-lb Black Lab mix **Willie**. The dogs adopted him six years ago at Operation Kindness, and they love to wrestle. They also get frustrated when Jimmy is watching any Frogs team play on TV!



Betsy McDaniel says, "This is how **Charlie Dog** and I spend our shelter in place time...lots and lots of walking. I walk, and CD rides in his stroller! What a life!"



Nancy Ranc and **Willie** working together in the garden.

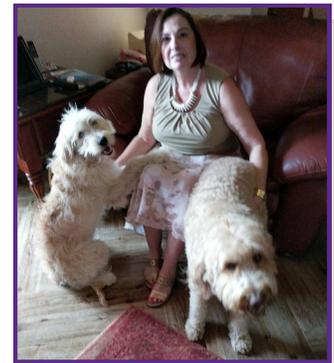
Carolyn Stephens shares: "**Gracie**, my retriever/chow mix, has never had puppies, but for the past four years she has



claimed the babies that a cottontail rabbit has the habit of giving birth to (and leaving) in my flowerbed. Gracie carries them — oh, so gently — in her mouth and deposits them at my door or beside me on the sofa. Pictured are this year's babies which I released in a nearby park. I hope they survive!"



Sharon Harrelson's family adopted shepherd mix **Frida** from a friend almost seven years ago. Initially an escape artist, her name was almost changed to Houdini!



Tena Burrell with her pets, **Aja** and **Sadie**.

Remy, here with owners **Howard & Cynthia Cox**, is named after the French Cognac Remy Martin because he's so sophisticated and French. He likes to eat, sleep, and watch people passing by. His favorite TV show is *The Five* (and their "Animals are Great" segment); when he hears the theme music he runs to the TV and jumps up and down in a crazed fit.



Ed and Judy Furche lost a great dog, 15-year-old **Amber** (left), on the first day of quarantine. They adopted **Maizey** (center), a one-year-old terrier, in early May. Judy shared this "intense afternoon" photo (right) and Maizey looks right at home with Ed!



Be a Fall 2020 Silver Frogs Member!

You know all about the benefits of being a member of Silver Frogs – even during a pandemic! – and you won't want to miss out on membership registration for Fall 2020. Here's what you need to know:

- ◆ Your Fall Silver Frogs Membership period is July 1–December 31, 2020
- ◆ Special rate for current members is \$99 (normally \$140) and for new members is \$109
- ◆ Course and Lecture registration will open in August; the catalog will be available soon

Current members register May 18 starting at 9:00am through 5:00pm on May 19

Waitlisted potential members register May 20 starting at 9:00am through 5:00pm on May 21

Remaining seats available to the general public starting at 9:00am on May 22

Check your email for additional details. You will need to sign in to your online account in order to register. If it's been a while since you've logged in, you can [test that out](#) at any time.

Fall 2020 offerings will be subject to TCU's decisions regarding bringing students back to campus. Silver Frogs classes, if on campus, may be limited in size and will exercise necessary safety precautions.

Current Spring 2020 members who choose not to renew for Fall 2020, but want to rejoin the following semester, should contact TCU at lifelong@tcu.edu or 817-257-7132 to be placed on the special Spring 2021 waitlist.

Virtual Offerings Continue

Our wonderful and hard-working Extended Ed Department is continuing to put together virtual offerings for us while we cannot be on the TCU campus. Your current Spring 2020 membership runs through June, so you're able to join in on any online opportunities offered before July 1 (then your new membership kicks in). Here's what is coming up from doctors at UT Southwestern:

[Hereditary Impacts on Colorectal Health](#)

We'll discuss the risk of colorectal cancer based on family history of colorectal and other cancers and how to change the strategies of surveillance to prevent cancer. If cancer is found, what different surgical strategies are available.

Instructor: **Linda Farkas, MD**

When: **Friday, May 22, 12:00-1:00pm**

[Hot Topics in Men's Health](#)

Let's talk about men's health! Dr. Hudak will focus on treatment options for erectile dysfunction and urinary incontinence in men.

Instructor: **Steven Hudak, MD**

When: **Thursday, June 4, 1:00-2:00pm**

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Missed some of Silver Frogs' virtual classes? [Listen to any of this semester's recorded talks here!](#)

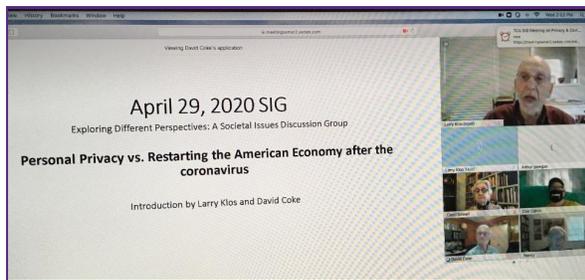
Does the World Stop When you Are Sheltering in Place?

By Larry Klos & Elaine Klos
Co-chairs, Societal Issues SIG

The answer to that question is clearly NO, particularly for members of the Silver Frogs **Discussion of Current Societal Issues Special Interest Group** (SIG). A new reality has transpired for SIG members; we are now meeting weekly by video conferencing.

The group has completed five years of discussions and has yet to run out of interesting topics. SIG attendance averaged in the low-to-mid 20s during the semesters, with meetings every two weeks. At present, the video weekly meetings average 18-25 attendees.

The advent of the Coronavirus has resulted in more issues to discuss, rather than fewer. What is our society to do and how does the USA interact positively with the rest of the world? Should we have done things differently? Why do people hold all those weird opinions? How do we keep people from dying, but still restart the economy? ...and on and on.



Six original Silver Frog members started the SIG during the second Silver Frog semester to explore societal issues chosen by the members, while also having fun. It has continued every semester, although membership has had to be limited.

The goal of the SIG is to provide a welcoming atmosphere where all points of view can be presented and respectfully heard. The group provides an opportunity for people to learn about current societal issues and express their opinions. Emphasis is on elaboration and exposition of different perspectives, rather than on agreement. Loud or heated discussions have never occurred, and sessions are deemed successful when members, if necessary, "agree to disagree" with respect to others' viewpoints. Sessions are rare when members do not learn something about the topic, about themselves, or about the viewpoints of others.

Issues are selected by the group and discussions typically begin with a 15-20 minute introduction of the topic by one of the members, followed by discussion. A moderator keeps the discussion balanced and makes sure that everyone who desires to speak gets a chance to do so.

Topics have ranged from *medical ethics* to the *current political climate*. Among many others, we have covered *death with dignity*, *ethics related to GMO foods*, *income inequality*, the *quality/quantity of water in the nation* (specifically the Flint Michigan Water Crisis), and *why people are increasingly partisan and isolationist*. A common requirement is that each topic must have more than one side, supportable by facts or data.

The *medical ethics* topic of the very first SIG meeting provides a typical example of SIG discussions. The topic of debate was how long medical teams should sustain the life of an infant suffering from an "incurable" disease. A specific case was discussed, in which the infant was subjected to multiple surgeries, bone marrow transplants and other extreme procedures. Per accepted medical experience, there was no cure and the millions of dollars that were being spent on the child's treatment and care might otherwise have been used to aid many other children who had a better prognosis.

As has happened in nearly every SIG since that date, the group did not reach consensus, but we certainly did obtain a better understanding of the physical and mental stress these situations place on the child, parents, relatives, doctors and other medical staff. Life is not always easy, nor does it frequently seem fair, especially when small children are involved. Situations like this could happen to any one of us. We can better handle our own traumas if we have mentally worked through the facts and emotions attendant to similar cases.

And in case you are wondering, the hugely expensive 18-month hospital stay and treatments afforded to this child were successful; the child is currently active, happy, and healthy. We know that for sure because he is Elaine's great-nephew.

(Continued on page 6)

Does the World Stop... *continued*

So, does the fact that he recovered have any bearing on the ethical medical dilemma that his situation revealed? Our SIG members would say NO. The specifics, and success or failure, of an individual case have little to do with whether it is ethical to subject a child to experimental treatments. Is it better to spend extreme medical resources on possibly saving ONE child, when those same resources could make life better for MANY other children who suffer from inadequate or unaffordable access to proper medical care?

While the specifics of life are clearly vastly different in today's pandemic world, the ethical issues of allocation of masks, ventilators, and other medical resources are similar to those in that original SIG discussion. Some people live. Some people die. But decisions about allocation of resources and plans for recovery affect who lives and who, and how many, die. The issues Elaine's family faced years ago were not hypothetical; pandemic issues are not hypothetical now. Few of our SIG topics are.

You might be surprised that our SIG has endured so long. You might think that surely, we would have covered all the major topics in five years and that discussions would have begun to be repetitive. Indeed, there is some repetition, but everything has nuances that can be explored further. We've had some turnover in membership and the new people bring new perspectives.

But more important than that is the fact that we have become friends. Not just acquaintances, but friends. Friends we care about. Friends to whom we can and do turn to for advice, and for help, and for consolation. Besides being a congenial group, we've managed to foster that closer relationship by holding monthly 'Summer Socials' during every summer since we started the SIG. These socials dispense with formal discussion topics and instead feature a pot-luck lunch at someone's home. We relax, visit, decompress, and select topics for the next semester.

The pandemic has undoubtedly changed our SIG since TCU closed its facilities to students. How could our SIG continue? How long would the enforced separation last? Would our SIG still be viable after the pandemic was over? After a few weeks we solved the problem, thanks to some members who were familiar with video teleconferences. For the last month we have met virtually every week using WebEx to satisfy our need for intellectual

stimulation and our desire to maintain our friendships. While there was some adjustment, we now look forward to seeing our friends in photo tiles arranged in neat little rows on a computer monitor, rather than sitting behind tables and having to be reminded to turn name tags around so that others can remember the names of new members. It works!

Whenever we write things like this, we like to include a moral. We have one for this situation: **What you get out of groups and interactions with others is directly related to what you put in.** Simple, yes? Our SIG has been successful, and continues to be successful, because our members are interested in the topics, are willing and eager to share their time and thoughts with others, and most importantly, are willing to listen openly, politely, and attentively to other's ideas. We put part of our life's energies into these SIGs and have been rewarded amply.

We are quite sure that other SIGs and participants in Silver Frog classes have similar experiences. Silver Frog members can participate passively and benefit greatly from the program. But if they want more, they can participate actively in classes, SIGS, or boards and committees and they will find their benefits multiplied. None of this would be possible without TCU and the Extended Ed department. We've talked with SIG friends about this frequently; all our lives have been opened up and made more fulfilling since we joined Silver Frogs.

We have an additional focus on life. We have friends with whom we can discuss and debate issues that we would never have met except for Silver Frogs. While we are continuing our involvement during this enforced separation due to the pandemic, we can't wait to return to the full Silver Frog experience. GO FROGS!



Larry Klos, an engineer by trade and a writer driven by his enormous imagination, was so inspired by the SIG's discussions that he created a novel -- actually a trilogy. ***Two Planets, Two Peoples (Vol. 1)*** is an alien planet destruction survival story intertwined with ethical and societal issues all individuals and societies face. ***Vol. 2*** turns to the emigration of the entire culture and people over the next 60 years. And ***Vol. 3*** (just out) is partially set in the future where Earth and the alien planet are still striving for worlds in perfect balance.

SANITY-SAVING STRATEGY: Embrace Nature



Early morning in the back yard.

— Sue and Jim Engelland



Gary has our flower garden beautiful again! We have Larkspur, Sweetpeas, Shasta and Oxeye Daisies, Nerve flowers and Lenten flowers (shade perennials that finish blooming after Lent). The rest of the flowers enjoy full sun and rain.

—Emily Harrell

“ABOVE ALL, I MUST HAVE FLOWERS, ALWAYS AND ALWAYS.”

—CLAUDE MONET



We don't have pets, but the squirrels are eating us out of house and home!

—Dan Smith



Nancy and Richard Ranc's backyard contains a wide variety of thriving plants — plus a fanciful collection of bird houses, including this new one fashioned from scrap wood. At right, two hard-to-grow irises: yellow bicolored African iris and blue Siberian iris. Both have miniature blooms compared to other irises.



This TCU-inspired pot includes purple and white petunias and (barely visible!) purple lantana.

—Sharon Harrelson

SANITY-SAVING STRATEGY: Time with Books



Once Upon a River by Diane Setterfield and ***The Bookshop on the Shore*** by Jenny Colgan. Both are English writers so the writing is a bit different. Good stories. I enjoyed both!

–Carol Vlasich

Nine Perfect Strangers by Liane Moriarty – Set at a luxury retreat in Australia with lots of fun, quirky characters, and a mystery to boot.

–Andi Smith

IN PERIL: All People, All Life, Our Earth, IN PROSPECT: Better Healthcare & Medicine, University of California MH Press, 2019. Author Howard Carter is a cancer survivor who augmented his traditional medical treatment with massage and Qigong. He also looks at climate change and pandemics, offering a wealth of knowledge and excellent references. Extremely relevant and highly recommended.

–Mahala Stripling

I am a great fan of John Grisham. From the first novel I read, *The Firm*, to this latest, ***Camino Winds***, I have never been disappointed. I would suggest before reading this work you read ***Camino Island*** (the first in the Camino Island series). Bruce Cable's Bay Books is Camino Island's landmark bookstore. Writers flock to Bruce and he enjoys the association. Some larceny runs through his veins and that of his wife Nicole-particularly as it relates to rare manuscripts. But, I don't want to spoil ***Camino Winds*** for you. In this novel Grisham's prologue details the approach of hurricane Leo as it sets its sights on Camino Island. In the aftermath of the hurricane Cable discovers a murder, allusions to nursing home fraud and a number of questionable characters who may be involved in the murder. Grisham's vivid descriptions of the aftermath of a hurricane and character development of his protagonists won't disappoint.

–Richard Ranc

I enjoyed ***The Lager Queen of Minnesota*** by J. Ryan Stradel. The story is about two sisters and the fact that the shared inheritance from the family farm was left to only one. These are simple, understated, modest women but their complexity and humanity are beautifully revealed through the storytelling. The book is humorous, poignant and insightful. Craft beer plays a role in the story along with strong female characters making business decisions. The book is dedicated to the author's two grandmothers, Doris and Esther, "Grandmothers who could and did."

–Carol Hauck

I decided to dig into my collection and read some previously unread books. ***Truly Madly Guilty*** by Liane Moriarty (*Big Little Lies*), a gripping story that I hope is made into a movie - six responsible adults, three cute kids, one small dog. It's just a normal weekend - what could possibly go wrong??

The Girl with No Shadow by Joanne Harris (the sequel to *Chocolat*) - excellent read about Vianne Rocher and her life in Paris. I could not put this one down and read it in two afternoon sessions.

The Island by Elin Hilderbrand - set in a rustic island off the coast of Nantucket - throw sisters, daughters and their secrets onto the island and a peaceful vacation becomes much more!!!

Don't Let Go by Harlan Cobin - a suspense novel that explores how big secrets and little lies can destroy a relationship, a family and even a town.

–Siân Borne

[Tell us what you're reading for the next issue!](#)

SANITY-SAVING STRATEGIES:

TV and Movies



YouTube's *The Shows Must Go On*, featuring Andrew Lloyd Webber musicals. "Phantom...", "Joseph...", "Jesus Christ...", and "Love Never Dies" are available so far. New show every Friday.

—Kurt Anderson

First, a review of a movie that has been one of my favorites from some years ago. It is a Robert Mitchum film, *The Yakuza*, a neo-noir melodrama made in 1974 and set 20 or so years after the end of Allied occupation of post-WWII Japan. Mitchum, playing a character named Harry Kilmer, was in the occupying military police during the period stationed in Tokyo. *The Yakuza* was remarkable in capturing the essence of the complex Japanese social order and customs, particularly for an American film.

I'm currently watching the new Netflix series *Giri/Haji* (translated as "Duty/Shame"). While enduring the housebound COVID-19 experience, I was immediately drawn to this series by the word "Giri" in the title, having remembered my first acquaintance with the concept from *The Yakuza*. In this eight-episode limited series, there are many plot elements driven by one of the two conflicting concepts of duty or shame. This series is very unusual in many respects. The simplest summary would be that it is a story about rival Yakuza forces at war in Tokyo with spillover violence in some murders in London.

There are many similarities and comparisons to be made between these films made nearly 50 years apart. See my full analysis [here](#).

—Dan Calvin

[Tell us what you're watching for the next issue!](#)

Patience



Bide Your Time

by Richard Ranc

The whipsaw moves of the stock market, on a daily basis, makes one tempted to get out now. My advice: bide your time.

In more than 30 years of experience in financial services, I have seen nothing like the COVID-19 pandemic and the consequences of shutting down the economy—not just here but on a world-wide basis. But, I have been around for more than eight recessions and a major financial crisis in the banking and housing market.

Subsequent to all these major crises, the American economy recovered and major stock indices moved forward.

I am optimistic. The United States, by some counts, has faced more than 40 periods of recession. The length of recessions averaged about 18 months.

Bide your time and press on—as the proverb tells us, "this too shall pass..." 

MORE! SANITY-SAVING STRATEGIES



Kitchen Therapy:

Zelda Gilbert “finally figured out how to make egg bread. Third time’s a charm. Yum!”

Andi Smith crafted individual chicken pot pies.

Don’t they look delicious?



When this whole pandemic started happening here in Texas, I was in Queretaro Mexico on a mission trip with my church. I had many opportunities to practice my Spanish since most of the residents there did not speak any English. The main reason I signed up for this particular mission trip was because I knew I would be able to communicate well with the people there.

Before we headed home on March 17th, my mission trip team went shopping for souvenirs at a local smaller-scale grocery store. We had heard there was a shortage of toilet paper back in the States – these aisles were as long as at Sam’s, and there were four aisles full of toilet paper to the max!

–Ivette Holaway
Spanish SIG Member



TOOTHPASTE CLOCK

A measure of Time

Minutes, days, weeks
Compressed by the pandemic,
Merging dense and opaque
Like toothpaste squeezing
Little by little
From a narrow tube



Wings clipped,
Activities curtailed,
Confined at home,
I am reminded of sequestering
With a broken ankle.

Home after surgery,
I opened a new tube of toothpaste.
Through the time I spent in a cast,
Through the walking boot and rehab.
It lasted until
My bones were knitted together
And life returned to normal.

SHELTERING IN PLACE

I again open a new tube of toothpaste
After endless days ooze by
It is empty.
As I open another
I wonder when life will knit itself together again.

–Carolyn Knott
April 30, 2020

Letter from the Editor: Wrapping up the Strangest Spring Semester Ever

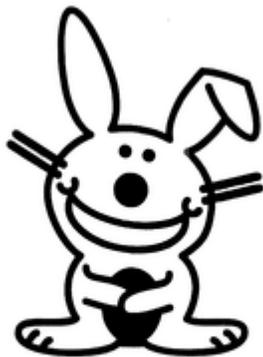
As we draw closer to the end of this wild and weird semester, following our four unexpected "special editions," your *Silver Streak* team has one final issue planned before we head into the summer break.

Scheduled for release in early June, the **Semester Wrap-Up** issue will let you know everything that's going on to prepare for Fall, and we hope to share more of your stay-at-home photos, accomplishments and other stories as well, along with what you're reading and watching and eating and learning. And, if you'd like to tell us of any **summer plans** (or how you've modified your original ones) that would be a fitting end to our school year. **We need those items by Friday, May 29.**

Just [email us](#) or [use the handy form online](#).

And don't forget to share your feedback about *Silver Streak* [here](#). We'll use your ideas and responses when we plan next semester's issues. Thank you!

— Sharon Harrelson



crazy doesn't even
begin to cover it.

Silver Streak Staff



Siân Borne 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, is active in several Silver Frog committees, serves on the Advisory Board and is the SIG Chair.



Linda Eastwick is a former educator who has called Fort Worth her home since 2006. She enjoys researching, writing, and all things grandchild-related. She has been a Silver Frog since 2017.



Diane Griffin 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.



Sharon Harrelson (Editor) is a Fort Worth native who's been editing various publications for work and fun since middle school. She's delighted to be a Silver Frogs instructor and Advisory Board president this year; she also enjoys cooking/baking, gardening and being a band mom to twin high-schoolers.



Polly Hooper 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.



Richard Ranc (Bide Your Time) was formerly a VP of Investments with Wells Fargo, LTC USA (Ret) and holds BA, MBA and CFP designations. He has served on the Advisory Board, Curriculum and Newsletter committees, and as a Silver Frogs instructor.



Ann Shelton 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 recently wrapped up several semesters as chairperson of the Luncheon Lecture Committee.



Carolyn Stephens came to Silver Frogs three years ago following a career in journalism, public relations and crisis communications. She loves the concept of lifelong learning and enjoys reading, cooking, gardening and new adventures.

What do you enjoy about *Silver Streak*?

[Click here](#) to send feedback. [Click here](#) to view past issues.



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