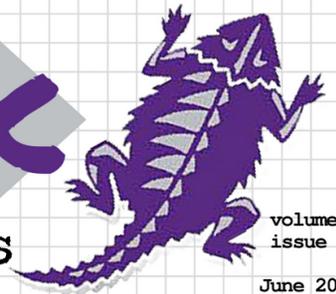


SILVER STREAK

connecting and informing TCU's Silver Frogs



volume 4
issue 10

June 2020
Semester Wrap-Up

ON (LESS THAN) ONE TANK OF GAS:

Neighborhood Porch Portraits

by Polly Hooper

I did not come up with the idea, but as soon as I read about the phenomenon of porch portraits that were taking place all over the country, I knew what I was supposed to do during the #yallstayhomenow period of time. Another photographer offered them but didn't live in the neighborhood and was taking the photos from her car. I decided to offer them to as many families as possible in our neighborhood of about 550 homes near downtown Fort Worth. I had two simple goals: I wanted to keep my photography skills sharp (since I wasn't supposed to be operating as a business during the shutdown) and to do something to help people the best way I knew—by making them smile. I got so much more out of it. I met people I would have otherwise not met, and that has enriched my life in numerous ways. I did, in fact, make people smile. I got so many comments like "This is the first time I have gotten dressed in regular clothes and put on makeup since this started!" People said it gave them something to look forward to...the actual photo session, the anticipation of seeing the photos, and then seeing them on our neighborhood Facebook page. People commenting on their families and liking their photos lifted everyone's spirits. I posted them on my personal page as well, and friends all over the country commented that it was a brief respite from the stress and they looked forward to seeing them each day.

There were other advantages I didn't expect. I had been meaning to improve my Photoshop skills for many years. The volume of sessions I was doing and the time on my hands to work on my editing meant I could look up how to do something and then practice it day after day. I am still not skilled, but I made great strides! In the end I photographed 64 families. I took photos of three newborn babies less than a week old for parents who were sad about not getting to have the typical newborn session. I documented a couple of anniversaries and three birthday parties social-distance style. I was invited into backyards of some of these homes and saw beautiful spaces. More often than not, people included their pets in the photos and, of course, there were lots of children. I think I even got better at taking photos of children—something I have always struggled with.

Some families took only more or less traditional family photos and some families took photos in masks and with props to indicate how they'd spent their time. There were definitely some that were laugh-out-loud funny.

(Continued on page 2)



Howard Cox and his wife Cynthia



Jamie Luebbehusen and her husband Steve celebrated their 44th wedding anniversary



Darcy Sety

Porch Portraits *continued*

One family of five was staged and directed by the eight-year-old girl who wanted a fancy tea party on the front lawn. She had her dad and brother wear suits and her mother, sister, and herself were in party dresses. They baked pink cookies, had a fruit tray, a pot of tea and the parents were toasting each other with bottles of Corona beer.



Bonnie Thalman & her husband Rick



Mary Eads & her husband Randy

However, one family had nursed the mother of five back to health after a month-long battle with COVID-19. She posed in the wheelchair she had to use for a period of time during her illness while too weak to stand. Her sister posed in a mask with a silver tray and a bottle of Evian indicating she took care of her. Her husband posed with his laptop as he tried to keep working from home while doing double duty with homeschooling and as a part-time nurse. The five children posed with electronic devices as those were certainly necessary during their struggle. The scenario was tongue-in-cheek, but I got a sense of the seriousness with which they approached it and the immense relief they felt in being able to hold up a sign that read: "We beat COVID-19."



Mary Lou Froh

I decided about halfway through the project to put the photos in a book of sorts and ask each family to write their stories of what took place for them during this time. I will offer them at cost to those who participated. I hope it is an important piece of history for them and for our neighborhood. Along the way I encountered a few Silver Frogs, and they agreed to be part of my story!



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FUNNY...

- ...just tried to make my own hand sanitizer and it came out as a margarita.
- ...told my suitcases there will be no vacation this year; now I'm dealing with emotional baggage!
- ...and all these years I blamed a lack of free time for my cluttered garage and closets. Turns out that wasn't the problem!

Your Silver Frogs Advisory Board at Work

by Sharon Harrelson

With smiling faces and ready-for-anything attitudes, your Silver Frogs Advisory Board has been meeting via Zoom—much more often than we normally would—and creatively thinking through all the changes and opportunities this period of “Stay Home, Y’all” has dumped in our collective laps.

The Advisory Board includes nine elected voting members, plus all of the committee chairs, the past president, and our TCU liaison, Julie Lovett.

At the semester’s final meeting on May 8, we welcomed the three newest voting members of the Board, elected at the April 15 meeting. They are: **Judy Furche**, **Jo Ann Haedge**, and **Jim Godfrey** (the J’s have it!). We also confirmed our officers for the 2020-21 school year: President **Lisa Winter**, Vice President and President-Elect **Siân Borne**, and returning Secretary **Carol Stanford**. Congratulations to you all, and thank you for your willingness to volunteer your time and talents to Silver Frogs.

Leaving the Board at this time are **Richard Ranc**, **Rick Price** (who ceases to be a voting member but remains as Special Events chair), **Nancy Box** (finishing her year as past president) and myself (non-voting, but remaining on the Board as past president and Newsletter chair). Thank you all for your service!

It has been my honor and privilege to lead this amazing group throughout the 2019-20 school year. Think back and you’ll recall that we had a whole lot of great activities and so many wonderful courses presented prior to the pandemic. I encourage you to take a minute to remember the fall semester and the first session of spring – all of the amazing luncheon lectures, courses and lectures, events and SIG get-



together. Recall the lovely members and instructors you met, and consider all you were able to learn! It really was another excellent year as Silver Frogs celebrated five years of community. Thank you to all the volunteers who made that happen! Yes, we were caught off-guard by the sudden shutdown of everything we took for granted—but then we kept learning as we figured out the best ways to cope. It’s been so heartwarming and encouraging to see all the things our members are doing!

How to keep our 600 members engaged while not actually meeting in person has been...interesting. We all share the same cooped-up feelings, longer-than-usual hairstyles, and challenges finding the right lighting and backgrounds for Zoom get-togethers, but we’re all different, too. By definition, Silver Frogs are mostly in the higher risk categories for getting the virus, so we have to consider the safest and most reasonable plans going forward. It’s tricky, and each member will ultimately decide what’s the best plan for them. As an organization, we’re bound by whatever TCU decides with regard to the campus. But the sky is the limit using technology and creative thinking! If you have ideas to share toward that, please let [me](#) or [Lisa](#) (or any Board member) know.

My hope is that I’ll see you in person this fall, but if that is not possible, rest assured that your Board and committees are already looking at different scenarios and planning for the best possible semester. If you have opted to skip the fall and are on the Spring 2021 waitlist, I look forward to seeing you then!



Looking Forward to Fall

by Lisa Winter, Advisory Board President 2020-21



Hello, Silver Frogs. I am your president for 2020-21. I have been a Silver Frog since Fall 2016, and I started out as a very serious student that semester. But since then I realized I've been serious all my life, and decided to have some fun. Well, "hello!" 2020 global pandemic. Being "shut in" is not my forte. But, like all of you, I am doing my part by STAYING AT HOME. I have met many of you, and I miss you so much. You can't even imagine. I miss Women and Wine SIG (the best SIG). I

miss ASL SIG and Knitting SIG. (I have knitted quite a few washcloths and dishcloths in quarantine.) I miss planning Special Events. Yes, I was the one who thought the Fort Worth Zoo in September was a good idea! Ha! And of course, I miss our "in-person" classes and lectures.

So, what have you been doing? I have been knitting, reading, looking out the window, walking down the middle of the street, wearing a mask in the grocery, working crossword puzzles (that I didn't think I could do, but turns out, I am pretty darn good), remembering COVID-19 dreams the next morning, DANCING (yes, I taught myself the Electric Slide – can't wait to actually line dance!), planning a 10-person summer wedding for my son (happy and sad at the same time), cleaning (UGH), taking LinkedIn Learning and Silver Frogs online courses, organizing, SITTING, binge watching Netflix and HBO and General Hospital, listening to the birds chirp, watching the squirrels, sleeping in, baking banana bread and cookies, learning all the neighborhood kids' names ("Slow down, Martha!"), keeping delivery services in business when I'm tired of cooking, enjoying happy hour, and watching church on my laptop.

Whew... I have a pretty full life right now, huh? I bet you, too, are enjoying, whether you realize it or not, that the slowdown in your lives is a great time to thank the good Lord for the lives that we've been blessed with and pray for the future so that our legacy can soon have the freedom of humankind that we have all taken for granted up until now. Bring back hugs and kisses!

In the time it has taken me to write this, I've lost my iPad and my glasses, somewhere in the house. Do you suffer from "corona" brain? Me, too!

Until we meet again, be safe, stay healthy, stay at home. See you at Albertsons and Tom Thumb, but don't stop to talk, unless you can tell me where to find Clorox wipes!



Virtual Offerings Continue

We've got one more webinar coming up:

[Hereditary Impacts on Colorectal Health](#) with

Linda Farkas, MD

Friday, June 12

1-2pm

And if you weren't able to enroll in Extended Ed's free new series

[Come On, Get Happy:](#)

[Four Views on](#)

[Happiness](#) you can still

view the lectures live—

Tuesdays in June from

7-8pm—and recorded

lectures if you missed any, via Facebook! Just visit [the Extended Ed Facebook page](#).

Missed some of Silver Frogs' virtual classes?

[Listen to any of this semester's recorded](#)

[talks here!](#)

Fall 2020 Membership Results

Registration for Fall 2020 Silver Frogs memberships began on May 18 with a special reduced rate of just \$99 for Spring 2020 members who signed up the first two days. Starting on May 20, membership was opened to our waitlist and then to the public at the still-amazing rate of just \$109. We also offered current members who wished to wait out the fall semester and re-join in the spring an opportunity to join a special one-time waitlist (which will have priority over the non-member waitlist in December, when we sign up for next spring).

Out of 600 available spaces in our membership, we are delighted to report that we have 518 members for fall!

This includes a number of new members and about 80% of our current members.

Over 60 members have joined the special waitlist.

This means that memberships are still available, so if you have any friends who have wanted to join, they still can!

While we don't yet know exactly what fall is going to look like, members will be eligible for programs and other benefits (including the Silver Streak newsletter!), and will remain "in the loop" via emails from Extended Ed.

Hobbies, Skills and Friendships Flourish Within Our Special Interest Groups

Special Interest Groups (SIGs) allow members to engage with others who share a common interest. SIGs are member-driven and meet on a regular schedule (such as bi-weekly or monthly), according to what the group members decide. SIGs are open to current Silver Frogs members only; membership or participation in specific events may be limited and a waitlist may be in place. For details about any of these groups, click below to contact the organizers or [click here](#) to see the full descriptions on the Silver Frogs website.

If you've got a special interest of your own that isn't represented here, did you know that YOU can start a SIG yourself? It's easy – just [submit a proposal online](#). You'll get free advertising on the Silver Frogs website and in the newsletter and the opportunity to share your group's activities through reports and photos in *Silver Streak* and on our Facebook page. Questions about starting a group can be directed to SIG Coordinator [Siân Borne](#), and for questions about specific groups just click on a contact below.

Culture

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

Discussion of Current Societal Issues,
[Larry & Elaine Klos](#)

German Conversation, [Helga Gerlinger](#)

Spanish Club, [Virginia Dias](#)

Food and Fellowship

Ladies Lunch Out, [Virginia Dias](#)

Men's Breakfast Group, [Gary Harrell](#) and [Jim Box](#)

Positive Aging, [Anne Carlson](#)

Women & Wine, [Siân Borne](#)

Sports and Games

Classic Canasta, [Virginia Dias](#)

Liverpool Rummy, [Polly Hooper](#)

Silver Frogs Fly Fishers, [Ken Bowers](#)

Working Together, Developing Skills

American Sign Language, [Lisa Winter](#)

Contemplative Practices, [Katherine Godby](#)

Give Me A Break, [Roger Norman](#)

Knitting, [Terry Marquardt](#)

No Fears Writers Group, [Judith Soriano](#)

NEW! Bake Anything Better! [Sharon Harrelson](#)

Silver Frogs who are already bakers (or those who'd like to be) are invited to join this group to improve their understanding of ingredients, recipes, techniques and tools. We'll select a topic of interest for each meeting and take turns "hosting" to present and share information; members will be encouraged to bake a recipe at home and then share their observations and results with the group. If it goes in the oven, we can learn about it! We will meet online if it is not possible to meet in person.

Please note that membership in a SIG is directly tied to your Silver Frogs membership.
If you are not going to be a Silver Frog in Fall 2020, be sure to let your SIG contacts know (they may have already contacted you about this).

The Beauty of Spring



(yellow borders): Scenes from Nancy and Richard Ranc's garden include coreopsis, artemesia, day lily; fresh cucumbers, marigolds and wildflowers; and climbing mandevilla.

(pink borders): The artistry of Polly Hooper at work on beautiful spring flowers.

(green borders): making butterflies! Black Swallowtail caterpillar on dill plant, and Monarch caterpillar on Milkweed in Sharon Harrelson's garden.



It's a Trip!

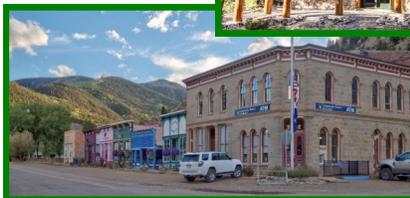
COLORADO BOUND

by Polly Hooper

We are headed to our favorite location in Colorado in July where my sister and her husband, Jane and Tom Swanson, have a beautiful summer home. They are also Silver Frogs (actually charter members) and they spend each summer in Lake City, Colorado. They have graciously invited us to visit for more than 16 years since they built this wonderful home. Before that we used to go together and rent a place for a week some summers. This year we are taking quite the crew which includes our daughter, son-in-law, three grandsons and their nanny. Counting my husband and myself, there will be eight of us, so Tom and Jane have decided to take a driving trip to California while we are there. We will hike, fish, take scenic drives and just enjoy the little town that is like a throw back in time, not even a traffic light or one chain restaurant in sight! The best thing? The cooler temperatures that we will get to enjoy gives us a much-needed break from the Texas heat!



(top to bottom): Lake San Cristobal, after which Lake City was named; the Swanson home; quaint downtown Lake City

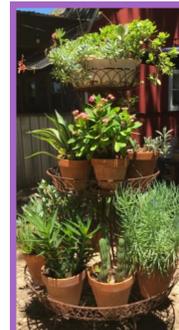


LAVENDER RIDGE FARMS

by Carolyn Stephens



(top to bottom, l to r): the author and Trish Shaw; lavender field; lunch; cannas; succulent tower; dinner-plate sized hibiscus



Just 80 miles north of Fort Worth – about a 75-minute drive from TCU on I-35 – is a little treasure called [Lavender Ridge Farms](#). The name gives you a hint that the main product of this countryside establishment is lavender, and the second product is hospitality.

For a small fee, you get a basket and scissors to collect your own little lavender bouquet, but the real treat is dining under the shade trees on lavender-infused delights like lavender iced tea or lemonade, lavender honey chicken salad, lavender cheesecake, brownie sundae or lemon gooey butter cake. Hint: the potato salad is delicious.

There are beautiful flowers everywhere, including at the plant sale area just outside the little gift shop. It's only open Friday through Sunday, but I recommend getting there in time for an early lunch (11-11:30am) on Fridays.



Productivity and the COVID Panic

by Shari Barnes

Like many of you, the COVID crisis put me on productivity overdrive. Silverware drawers, refrigerator shelves, backyard leaves...none of it escaped my cleaning frenzy. Then I read somewhere (probably Facebook) that we shouldn't feel we always must be productive. With a sigh of relief, I put down the Mr. Clean bottle and perused the stack of five unread books on my bedside table.

Approaching summer, I wanted to know what other people's nightstands produced for reading material, so here's a compilation of "what to read" from some of my favorite folks:

Two by Jenny Colgan are recommended by daughter-in-law **Aurora Martinez**, a Cleveland, Ohio, librarian. She suggests *The Bookshop on the Corner* and *The Bookshop on the Shore*. "I've ordered four more in this series because of the good writing, engaging characters, romance and a bit of drama," she says. "The books are set in the Scottish Highlands, so I also get a little vicarious travel." At a time in our lives when real travel is almost non-existent, we can substitute imagined excursions until we're on the road again. "And I love the notion of the mobile bookshop; the main character leaves the big city to be a traveling bookseller, driving a van full of books around small Scottish towns."

Cousin **Sara Beeson**, commenting from Astoria, Oregon, favors Newbery Award Winner *The Bronze Bow*, a Young Adult book by Elizabeth George Speare. Daniel bar Jamin is a fierce, hotheaded 18-year-old bent on revenging his father's death. Sara, who likes Young Adult books, says, "This is a quick, easy read chocked full of facts with an attention-getting and sustaining storyline."

"Anything by Ann Cleeves," says San Diego sister **Wendy Slocum**. "I think it's good to start with her Shetland Island Series. Her books are very atmospheric. She tells you about the landscape, the customs, the language...I need to keep my phone by my side to look up things." Wendy acknowledges that some people don't like books that make them do that much work, but as a writer herself, she finds the research enhances her enjoyment of the novels.

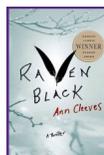
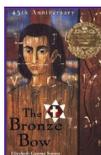
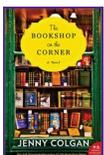
Silver Frogs friend **Debbie Maddux** says, "Reading takes me places I've never been and teaches me something new every page." For summer reading she proposes an out-of-season choice, *The 19th Christmas*, a Women's Murder Club mystery by best-selling author James Patterson. The heroines deal with a fearsome criminal known as Loman. Avoiding tragedy is the only holiday miracle they seek. If you like police procedurals and legal drama, this novel makes for cool summer reading.

Tracy Thompson, TCU's Retirement Program Manager, is currently reading Jen Hatmaker's new book, *Fierce, Free and Full of Fire*. "Her passion for women owning who they are and speaking their truth, intrigues me," says Tracy. "That is not something I've done easily all my life, though I am getting better." Introduced to Hatmaker by a birthday present book from a friend, Tracy also enjoys the author's humor and compassion.

Friend **Lester Meriwether**, Executive Director of Literacy ConneXus, recommends the New York Times bestseller *American Dirt* by Jeanine Cummins. An Oprah Winfrey Book Club selection, this book follows the journey of a mother and son fleeing Mexico after their family is murdered by the drug cartel. The novel is controversial because of its portrayal of Latino migrants.

Husband **Chuck** is an avid non-fiction reader, and his suggestion may take your whole summer. It's the six-volume Carl Sandburg masterpiece, *Abraham Lincoln*. "I found a beautiful set in an antique store, and reading it created an interest in our 16th president," he says. "This is an extensive series that looks at the life and times of Lincoln, a remarkably great man." Not a typical politician, he made friends of his rivals. "He understood his own weaknesses and found creative ways to compensate for them." So, if you're looking for a challenging summer project, give Honest Abe a try.

So now I have another stack of "must reads" to add to those already awaiting me. For this summer I am going to make a point of productivity equals reading.



What are YOU Reading?

I'm walking four to seven miles/day so I'm listening to more audiobooks as well as reading e-books. *The Splendid and the Vile*, *The Alice Network*, *The Dutch House* (Tom Hanks reads it so extra special), *The Sweeney Sisters*, *A Woman of No Importance*, *The Wednesday Sisters*, and *Miss Peregrine's Home for Peculiar Children*. Watching *Mrs. America* (Hulu), *Bosch* (Amazon Prime), and *World on Fire* (PBS).

—Leslie Dell

I've been reading *The Last Trial*, by one of my all-time favorite authors, Scott Turow.

Alejandro "Sandy" Stern, Kindle County's most famous attorney, created in Turow's premier 1987 best seller, *Presumed Innocent*, is now 85 years old and is defending an old friend and personal doctor, Kiril Pafko. Some years earlier, Dr. Pafko saved Sandy's life with the drug g-Livia, fast tracked through the FDA, designed to combat small cell lung cancer. Although frail, Sandy agrees to defend Dr. Pafko, who is accused of fraud, securities manipulation and murder, for knowingly allowing patients to die from the drug he invented and received a Nobel Prize for creating. This legal thriller comes alive with the wonderful and clearly described legal intrigue in the Kimble County Courthouse. The judge, prosecutor, defendant and lawyer are all old and respected friends. The law clearly sets the boundaries—or does it? As the quest is on to cure or prevent COVID-19, one cannot help but find this reading exciting and relevant.

As an avid fan of author Scott Turow, now in his seventies, I can imagine how he feels when he describes the ravages of aging. Sandy Stern may well be an allegory for Turow. Sandy has come to the end of his legal career and will be retired as novelist. Turow moves into his probable last years of writing. Turow, who is a lawyer by education and writer by choice, has written 10 novels, including: *Presumed Innocent*, *Pleading Guilty*, *The Laws of our Fathers*, *Personal Injuries*, *Reversible Errors*, *Limitations*, *Identical*, *Testimony* and *The Last Trial*.

—Richard Ranc



I have been leading a Zoom discussion on Lloyd Geering's book *Reimagining God: The Faith Journey of a Modern Heretic*, and then I want to lose myself in June over four novels, two by Ann Patchett: *Bel Canto* and *The Dutch House*, and two by Michael Ondaatje: *Warlight* and *Coming Through Slaughter*. If that doesn't work I just spent \$89 at King's Liquors!

—Bronson Davis

I just read two amazing books that were both set around WWII, based on actual events and were fabulous reads for lovers of historical fiction.

Resistance Women by Jennifer Chiaverini is the unforgettable story of ordinary people determined to resist the rise of evil. Newlyweds Mildred and Arvid Harnack settle into the thriving intellectual culture of 1930s Berlin, but the rise of a malevolent new political faction inexorably changes their fate. Mildred, Arvid, and their friends resolve to resist and risk their lives to collect information. For years, Mildred's network stealthily fights to bring down the Third Reich from within, sacrificing their own lives and liberty to fight injustice and defend the oppressed.

The Only Woman in the Room by Marie Benedict is a powerful novel based on the incredible true story of a glamour icon and scientist whose groundbreaking invention revolutionized modern communication.

Married to an Austrian arms dealer, she overheard the Third Reich's plans while at her husband's side, understanding more than anyone would guess. She planned a daring escape, and landed in Hollywood where she became Hedy Lamarr, screen star.

But she kept a secret more shocking than her heritage or her marriage: she was a scientist. And she knew a few secrets about the enemy. She had an idea that might help the country fight the Nazis...if anyone would listen to her.

I am also about to finish *Belgravia* by Julian Fellowes, the creator of *Downton Abbey*. It is the story of a secret that unravels behind the elegant doors of one of the 1840's London's most desirable addresses but the story actually begins years earlier—in June 1815, on the eve of the Battle of Waterloo. *Belgravia* has also just come out as a TV series on EPIX. Hopefully, it will come to Amazon or Netflix sometime soon.

—Siân Borne

A Taste of Peru shared by Virginia Dias



CEVICHE

The Incas ate salted fish and a Chicha (juice made with purple corn) marinated fish. The Spanish contributed the Mediterranean custom of using lemons and onions, creating this renowned modern-day Ceviche, served as an appetizer or salad.

Ingredients:

1.25 # **sea bass or flounder fillets** cut into bite-sized pieces (don't use tilapia; it will turn into mush)
 1 **red onion** in very fine slices
 ½ **red aji** (rocoto or red chili), chopped very fine*
 ½ **yellow aji** (yellow chili), chopped very fine*
 1 clove **garlic**, minced
salt & pepper
 juice of **16 limes**, freshly squeezed
 ½ stalk **celery**, freshly chopped very fine
 ¼ C **cilantro**, freshly chopped
lettuce leaves
 boiled **sweet potatoes**
 boiled **potatoes**
 fresh **corn** on cob, cooked and cut into rounds**

Preparation:

Mix the fish and the onion in a large bowl, wash them and drain well. Season with aji, garlic, salt and pepper. Toss fish preparation quickly in the lime juice and let it marinate for an hour, stirring occasionally. Stir in the celery and cilantro.

Serve over a piece of lettuce and accompany with a slice each of sweet potato, potato and corn.

*available at Fiesta, on the international aisle

**when making a large bowl instead of individual servings, I use a can of corn and mix it in with the celery and cilantro



LOMO SALTADO (Stir-Fry Sirloin)

The arrival of Chinese servants to work the coastal plantations and the railroads in the mid 19th century had a profound effect on Peruvian eating habits. Lomo Saltado is probably the modern-day dish that best symbolizes Peruvians' enthusiasm for the fusion of the Andean potatoes with the Asian stir-fry techniques. It is served as an entrée.

Ingredients:

oil for stir frying
 1 t minced **garlic**
 3 **ajies amarillos** (yellow chili), sliced fine*
 2 # **sirloin** cut into cubes or strips
 1 ½ **red onions**, sliced fine
 2 medium **plum tomatoes**
 4 **spring onions**, finely chopped (optional)
 6 T **soy sauce**
 2 T freshly chopped **cilantro**
 pinch ground **cumin**
red wine vinegar
salt and freshly ground **pepper**
 2 # large **yellow potatoes**, peeled and cut into sticks**
 cooked **white rice**

Preparation:

Heat enough oil to cover the base of a large pan (or wok), and over medium heat, sauté garlic and some of the aji paste for two minutes. Raise the heat and add the meat and brown it all over. Season with salt,

pepper and cumin. Remove meat from the pan along with the juices so as to keep it moist. Set aside.

Add a little more oil to the pan if necessary and stir-fry the red onions until they are barely soft for about one minute. Season with salt and pepper. Add a few drops of vinegar and continue stir-frying for another minute. Remove it from the pan and repeat procedure with the tomato.

In a separate skillet deep fry the potatoes. Return meat, onion and tomato to the wok. Add aji amarillo and soy sauce, and cook for ½ minute. Finally add the large French fries and mix everything together carefully. Garnish with freshly chopped cilantro and serve immediately accompanied by white rice.

* jar of Aji Amarillo strips, or the paste, is found at Fiesta's international aisle

** I buy frozen potatoes at any supermarket, or a large (or two) portion of French fries at McDonalds—they are the best and fastest way.

Thoughts on the Pandemic of 2020

by Richard Ranc

Recently, I read an essay about how the direction of life and history have been changed by pandemics. Europe in the black plague, the Mongols invasions overcome by disease, the Incas dying because of the illness brought by the Spanish to the new world, the Native Americans overcome by disease from Europe and so the story goes. How does this relate to changes in the financial world? Each of these pandemics brought about change in customs and societal structure. As an example, because of the plague's decimation of Europe, population withered, the need for labor increased, the replacement of serfdom brought about payment for work and the feudal system faded away.

The results of the pandemic of 2020 are beginning to be felt. How will this affect work? Will more and more business be conducted remotely? Will the need for office space dramatically decrease? Will commuting be changed and will it become more common to utilize individual transportation as opposed to crowded public conveyances. Will people be reluctant to board airplanes? Will hotels and motels become less popular? Will diners turn away from buffet-style restaurants? Will more physician visits be done remotely to avoid waiting rooms? Will classroom education become less common? How will sporting events evolve? As one can imagine, there are an endless number of unintended and unforeseen consequences when nations essentially shut down to avoid illness.

The US has, in a little over 120 days, gone from a booming economy to a nation with more than 39+ million unemployed workers. Trillions of dollars are being spent to rejuvenate a stalled economic system. What will happen? We haven't been here before. The Great Depression of 1929 was the closest collapse to that caused by the pandemic of 2020. In the relatively short history of this great experiment in democracy we have met the challenge of revolution, civil war, a great depression, two world wars, the threat of communist aggression, and world economic and military pressures by adversaries.

Clearly we are fortunate to reside in a country where freedom allows a great deal of latitude. Our central banking system is able to make monetary decisions and adjustments to stimulate the economy. Through fiscal policy—taxing and spending power—we are able to influence economic direction. These forces operate in a free economic and political system. We are experimenting and looking for solutions. I am reminded of a statement made by Winston Churchill, which should give us all hope, "Americans can always be counted on to do the right thing...after they have exhausted all other possibilities."

This is a challenging time for America. I'm betting on us!





Letter from the Editor

I don't know if the last few months were the longest of my life or the shortest – all of a sudden it's summer (and just recently the thermometer confirms that). More than once I've been reminded of the 1993 movie *Groundhog Day*, where each day feels eerily similar to the one before.

Anyway, it's time for Silver Streak's summer break...but we will return in time for the fall semester, refreshed and ready to resume our mission to connect and inform Silver Frogs! We have been brainstorming some ideas and will be asking for your stories, so if you have some time for writing over the summer—whether it's poetry, creative writing, reviews, profiles of members, reporting “acts of kindness” or sharing how-tos—you may want to consider sharing your work with us.

Thank you for reading and contributing this year, and if you'd like to provide some feedback about the newsletter, please [use this link](#) to complete our annual survey. You can also share ideas for what you'd like to read in future stories and columns – and [let me know](#) if you'd like to be a regular contributor or join our awesome staff!

– Sharon Harrelson

PS – Speaking of the awesome staff, aren't they great? I'm continually impressed by their ideas, writing skill, and ability to creatively rearrange punctuation. Thanks to each member for being so smart and so much fun!

PPS – We couldn't do what we do without the wonderful group at TCU Extended Ed. They've been working diligently throughout this pandemic – THANK YOU ALL for your enthusiastic support of Silver Frogs!

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 (Porch Portraits, Colorado Bound) 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 (Thoughts...) 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 (Lavender Ridge Farms) 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*?

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Office of Extended Education
817-257-7132
lifelong@tcu.edu
[Visit our website!](#)