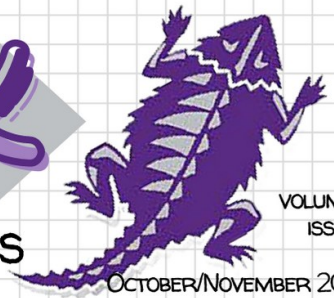


SILVER STREAK

CONNECTING AND INFORMING TCU'S SILVER FROGS



VOLUME 5
ISSUE 2

OCTOBER/NOVEMBER 2020
VOLUNTEERING

THAT GENEROUS VOLUNTEER SPIRIT by Sharon Harrelson

Many non-profit organizations rely on the help of volunteers to accomplish their missions. Involving volunteers not only gets the work done, but it builds community and helps the organization stay within its budget. Those volunteer hours really add up, and each one is valuable!

We've collected stories for this issue — one of our most popular each year — that illustrate the variety of ways our members are working to “make things happen” in Fort Worth and Tarrant County. There are undoubtedly many more such stories that we have not heard yet!



TCU's Silver Frogs would not exist — or certainly would not have been able to grow as rapidly and successfully as it has — without the dedication of many tireless volunteers. All are committed to making Lifelong Learning

an affordable reality for our neighbors aged 50 and older. And this semester, as we branched out and embraced virtual offerings, Silver Frogs has been able to reach folks who were previously unable to join, due to distance, transportation, or disability issues.

The volunteer effort includes our Advisory Board, committee chairs and members, classroom hosts, and instructors. After nearly six years, Silver Frogs has supported hundreds of classes, lectures, events and activities for its members. It's a beautiful illustration of what can happen when people work together!

In our last issue, we told you about our Silver Stars, the charter members who continue to provide the backbone to Silver Frogs. This time we're spotlighting two of those “founding frogs,” [Ken and Kakai Bowers](#). And we've also got three pages of [volunteer stories](#) from members who've been out there doing what needs to be done during this pandemic.

Enjoy!

WHY MUTE?

This semester's “completely virtual” course offerings have shown us all what we can do — our shared love of learning, (occasionally reluctant) embrace of technology, and a little patience have all come together to make for some very interesting classes and lectures! And we're not done yet — as we wrap up Session II there are still quite a few experiences awaiting us in Session III.

Please help your instructors and fellow students by keeping your microphone muted during class.

You will be able to unmute at appropriate times to ask questions or join discussions; but when your mic is open and you're having a conversation with your spouse (or pet) or there's other background noise, it's very distracting and in some cases prevents the instructor from being heard.

And yes, the instructor has the power to mute you if necessary, but keep in mind that they're also talking, running a presentation, trying to engage the class and doing a million other new little things in Zoom. Everything they DON'T have to think about is helpful!



WOULD YOU LIKE TO BE A SILVER FROGS INSTRUCTOR? SPRING '21 CLASS PROPOSALS DUE SOON!

Due to the ongoing pandemic, Silver Frogs will again be delivering courses and lectures via Zoom in the spring. As much as we want to get together in person, we just can't. Now that you've had some time to attend Zoom classes, and you've seen how they work, we need YOU to consider leading a one-time lecture or four-week course—everyone has a passion, a skill, an experience to share. Why not give it a go?

TCU provides training on how to use Zoom and our curriculum committee is gathering feedback from instructors on their experiences teaching online—you'll have lots of support!

We will be following the same format as we normally do, with three sessions as listed below:

- Session I: February 8 – March 5
- Session II: March 15 – April 16
(no programs March 29 – April 2)
- Session III: April 19 – May 14

[Click here to access the online proposal form.](#) **All proposals are due by Friday, November 6.**

Please consider being a part of the Silver Frogs Instructional Team—you'll be glad you did!

Questions? Contact [Randy Smith](#) (Curriculum Committee Chair) or [Julie Lovett](#) (TCU Extended Ed).



WHAT WE'RE LEARNING FROM EACH OTHER...

How We Decide: The Surprising Influence that Culture and "Fake" News has on Decisions led by David Coke and Larry Klos — enjoyed the topic and learning about techniques to make better decisions.

—Gary Chinn

Greek Mythology in the Arts led by Kimbell Museum docent Joe Cecere was beautifully organized and presented with rich visuals and fascinating insights. Highly recommended for anyone interested in the classical world.

Closer to home, ***The Cullen Davis Murder Trial and Its Aftermath***, presented by former Tarrant County District Attorney and prosecuting attorney Joe Shannon, was riveting—especially for those of us old enough to remember the scandalous trial firsthand. If written as fiction, no one would believe it.

—Mike Mullins

WHAT VIRTUAL CLASSES ARE YOU LOVING?
[SHARE YOUR CHEERS HERE FOR THE NEXT SILVER STREAK](#)

SPECIAL LECTURE: BUT, DO I HAVE TO? 10 TAKEAWAYS IN TALKING ABOUT RACE

by Siân Borne

On October 22, over 100 Silver Frogs attended our first Special Lecture via Zoom, facilitated by [Dr. Frederick Gooding](#), associate professor of African-American Studies in the John V. Roach Honors College and Chair of TCU's Race & Reconciliation Initiative.

Dr. G (as he prefers to be called) presented a very lively and thought-provoking lecture that gave many of us listening some “aha” moments.

One of the points he made was to consider what was (#4) **Hidden in Plain Sight** — he showed a clip from the 1934 movie "Imitation of Life" featuring a situation where a couple was getting rich from their maid's pancake mix (Aunt Delilah's) and she did not want to accept the percentage of money they were offering her (20%). He brought up other products that we are all familiar with — such as Uncle Ben's rice, Aunt Jemima pancake

mix, Cream of Wheat — and also discussed movies such as “The Help,” highlighting how black persons have been portrayed.

Other points he made were that we (#7) **Need to Invest** — putting money and time where our mouths are by exposing ourselves and visiting purposefully with people of other races to learn more about them. (#8) **Intent vs. Impact** reminded us that we need to consider the other person's point of view.

He also shared the website for the [Race & Reconciliation Initiative](#) that he is leading for TCU and invited us to check out the site for more information.

It was a wonderful lecture and he was received very enthusiastically by all in attendance. I think many of us would love to hear more from him!



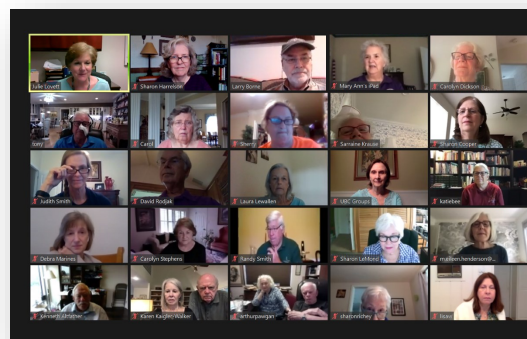
VIRTUAL MEET & GREETS AND NEW MEMBER COFFEE PROVIDE SOCIAL OPPORTUNITIES

by Sharon Harrelson

With our usual large gatherings curtailed by you-know-what, Silver Frogs held the September 9 Meet & Greet via Zoom. Participants learned about the organization and what's going on at TCU from Julie Lovett, and had the opportunity to chat, coffee cups in hand, with other members and folks from Extended Ed in breakout rooms.

Then on September 25 the first-ever New Member Coffee brought “freshmen” together with Extended Ed and Advisory Board members to welcome our newest members to the group, answer questions, and talk via breakout rooms.

While we certainly would have preferred in-person opportunities to kick off the semester, it was great seeing those who attended! Just another example of Silver Frogs “making it work” in this weird, weird year.



If you've seen one Zoom screen, have you seen them all? This one is representative of the Meet & Greet (which had several screens of faces)!

CHARTER MEMBER SPOTLIGHT: KEN & KAKAI BOWERS

by Carolyn Stephens

Ken and Kakai Bowers consider themselves active seniors with a passion for lifelong learning, so when David Grebel and Julie Lovett convened a group of similar-thinking folks to talk about a program for seniors at TCU, they were all in. The result was the Silver Frogs that is now in the midst of its 12th semester.

“We both felt that if we wanted to make it happen, we had to be willing to do the work to move it forward,” states Kakai who, like her husband, served on the early Silver Frogs Advisory Board.

Neither of them were fully retired at the time but were in the process of winding things down – Ken from a career in the Air Force and then with various aviation and electronics companies and Kakai with 50+ years in the travel business. Ken was the first Advisory Board president for Silver Frogs and continued on in various supportive capacities after that.

Through the following years, Ken developed and taught several classes drawing on his aviation experiences (*History of Aviation, Strategic Bombing and Ploesti Raid*) and others from what he calls the odd corners of his brain (*Introduction to Fly Fishing, History & the Movies, Sherlock Holmes and AP World History*). He currently leads the *Silver Frogs Fly Fishers SIG*.

While serving on the Board, Kakai headed up the Committee on Community Service and still takes care of “The Can” program that solicits donations for the community. Special Interest Groups were not part of the initial program; they came along several years later, she recalls.

According to Kakai, “The program has gone beyond what we all thought at the beginning, except it has been a joke from the start that Ken wanted the enrollment to reach 300-400.” [Last semester, enrollment peaked at 600!]

It’s not just the growth of the program, she says, but so many members – including them – have mentioned they’ve had an opportunity to meet new people, find new friends, and continue learning about a variety of interesting subjects.



“At the beginning,” Kakai recalls, “one gentleman mentioned he had lost his wife and had become very withdrawn and lonely, and the Silver Frogs had brought a change to his life. I think that is what everyone at the beginning was hoping it could do.”

Today’s Silver Frogs celebrate the leadership of Ken and Kakai and other veterans of that initial planning. We are all the beneficiaries.



A note from Kakai:

If any Silver Frogs still have donations of travel-sized toiletry items that you were unable to leave in “The Can” before the March shutdown, they can be dropped off at Kakai Bowers’ house anytime through November 17. “The Box” will be on the porch, discreetly behind some plants, and you can just drop and go. Or, stop and say “hello.”

The address: 5117 Sealands Lane, Fort Worth, 76116...near Vickery & Westridge, off Edgehill.

Donations will be delivered to either the Presbyterian Night Shelter or Safe Haven.

VOLUNTEERING IS GOOD FOR THE SOUL... ...AND THE COMMUNITY

Each fall we ask Silver Frogs to tell us how they are volunteering their time, and while this year's opportunities to serve the community look a little different than usual, we've still got plenty of stories to tell. Read on to see how your fellow Frogs are making (while masking!) a difference, and maybe get some ideas for how you might share your talents as well.

I haven't been able to do much volunteering since we moved to Fort Worth in 2018; I was diagnosed with breast cancer in August that year. I received chemotherapy and targeted treatment until November 2019, and I also have had to undergo numerous surgeries since 2018 related to my diagnosis, so that has kept me pretty busy.

When the pandemic hit I immediately wanted to volunteer to help with the nursing shortage, but my husband, daughter and physicians said that was not a good idea. But I had to do something. Then I saw a request from North Texas Health Science Center asking for volunteers to sew masks. I hadn't sewn in years; but since I had already made a few cloth masks for my family, I figured I could volunteer for this project. I contacted the head of the project and picked up my first mask kit. The kit consisted of rubber bands, yards of filter material and instructions. It took me approximately a week to get all the filter material cut and 160 masks sewn.

When I returned those masks, they just happened to have another kit that no one had picked up, so I took that one. Since my sewing skills had become more efficient, I was able to complete another 160 masks in about four days. I don't know the total number of masks made through this program, but I was glad I could help in some small way. I believe the masks were distributed to transportation, shelter and food-pantry workers.

—Susan Woodring



You can read more about this project (and the over 7,000 masks it created!) [here](#).

VOLUNTEERING *CONTINUED*



L to R: Silver Frogs Debbie Maddux, Risa Payne, Betsy McDaniel, and Shirley Thedford

When one door closes, another one opens! With COVID and the pandemic guidelines, our usual “volunteer gigs” either closed down or respectfully asked us not to show up. Now you will find us each Monday morning at University Baptist Church sorting and packing food for the church’s food-delivery ministry. We are just on hold from our regular “jobs” but hopefully, when life is a bit more normal, we will keep doing this also...just adding to our resumes!

—*Betsy McDaniel*

I have worked at the [4Saints Episcopal Food Pantry](#) since it first opened three and a half years ago. It is housed at St. Luke’s in the Meadow Episcopal Church in east Fort Worth and takes place every Friday. In the past the clients gathered and were able to shop and make selections in the pantry, but since the pandemic began, the pantry has become a drive-through event, and we take pride in not having missed a single day of service in making the transition. The volunteers just adapted and made it work.



We participated in the North Texas Giving Day for the first time this year and raised a significant amount of money, and we just applied for and got a grant from Brite Divinity School designed to serve the immigrant population during the pandemic. The pantry is run entirely by volunteers who maintain strict safety precautions, always masked and requiring the clients to be masked also.



—*Rhonda Grundy*

Even though my church has been closed to visitors the past six months, a small group of us meet weekly to make 300 sandwiches and sack lunches for Presbyterian Night Shelter. Sometimes I help deliver them to PNS. Thus far, University Christian Church has donated more than 7,500 lunches and we’re still going.



—*Leslie Dell*

Several of us Frogs from St. Stephen Presbyterian have joined the Presbyterian Night Shelter line and have helped provide over 18,000 sack lunches since March. We plan on continuing until at least December. We meet each Tuesday in the church parking lot and exchange our frozen loaves of sandwiches and bagged cookies for a new set of supplies for the next week. I’ve been making PBJ sandwiches for years and never realized how meaningful they could become!

—*Cynthia Walker*

VOLUNTEERING *CONTINUED*



Our Burleson Retired Teachers Association volunteers to give books to all pre-K students in Burleson and to read to them at Christmas. Unfortunately this year, we will only be able to give the school the books. I will really miss our “story time” with the children.

—Jo Ann Haedge

I currently serve as secretary to the board of the [Jubilee Theatre](#) in Fort Worth. Jubilee is just beginning its 40th season, although this season will be done virtually.



Jubilee Theatre creates and produces theatrical works that give voice to the African-American experience. We present standard and new works, with a focus on both musicals and plays, and we uncover the universal messages to attract and involve a diverse and multicultural audience.

We are located at 506 Main Street in Downtown Fort Worth.

—Mary Dulle

I am a brand new Silver Frog and just wrapping up my first year of retirement.

One of the things I most wanted to do after work was volunteer. I started volunteering at the [Humane Society of North Texas](#) last August. I walk dogs one day a week, shred paper and each Sunday morning, I walk dogs and clean cat cages at the Rehab center. I have perfect attendance this year on Sundays! Nothing much changed versus last year with the exception of wearing a mask indoors at the facility (which sometimes freaks the dogs out a little...).

Recently, I began to deliver [Meals on Wheels](#) as well. Quite a different process from pre-COVID as I understand it. Mostly I have to knock and then leave the meals at the door or on a chair or table outside. When the clients answer, we stay six feet apart. Still, if they want to visit a little, we do that with social distance. I am enjoying this very much.

By far, the biggest challenge involves a small nonprofit volunteer charitable group I have been associated with for years, [The Labre Society](#). We assemble and distribute 480 backpacks with items of daily necessity and hand them out on Lancaster twice yearly. We did not have a distribution this year in June for the first time ever. We have decided, however, to have our Christmas edition and will set up both assembly and distribution sites to socially distance and keep all our volunteers and clients safe, while still providing a little help to folks in need.

—Roger Gilley



Roger making his rounds and doing his civic duty as well!

Want to read more about volunteering? Check out our [March 2020](#), [November 2018](#), and [October 2017](#) issues!

SILVER STREAK MAGAZINE BRINGS YOU THE WONDERFUL VARIETY THAT DEFINES THE MEMBERS OF SILVER FROGS!

Want to read more? You'll find all sorts of special-interest stories written by our members in the second edition of Silver Streak Magazine. Take a look below, and click on the links to access just the stories you want. Or you can access the Silver Streak Magazine in its entirety using [this link](#).

Avid readers, rejoice! This issue has three pages just for book reviews and recommendations:

- ⇒ **Shari Barnes** suggests [a good mystery or thriller](#) for a dark and stormy night,
- ⇒ Members **Jo Ann Haedge** and **Richard Ranc** [review their recent reads](#),
- ⇒ You'll get even more ideas from our member recommendation page as several more members tell us [what they've been reading](#),
- ⇒ and **Larry Klos** invites you to read [his original short story](#) with two endings.

How about some history? Even better, Fort Worth history! **Rick Selcer** jogs our memories and surprises us with [his eclectic collection of local trivia](#).

Carolyn Stephens has been busy in the kitchen again, making [jewel-toned jams](#) for gifting, with the help of her liquor cabinet. We've got even [more food ideas here](#).

Who doesn't love a good British murder-mystery series? [Check these out](#).

Randy Smith found an interesting new hobby. Think he'll teach a class about [restoring school buses](#)?

Penny McAdoo turns to poetry as an uplifting [way to stay in touch](#) with friends.

Accustomed to busy-ness, recently-retired **Susan Layne** finds [a new perspective](#).

Finally, a befuddled **Richard Ranc** [reflects on the craziness](#) of the stock market.

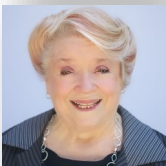


If the links above are not working for your computer, phone or tablet, you can [use this link](#) to access the entire Silver Streak Magazine, starting with the cover page

SILVER STREAK STAFF



Siân Borne (Gooding) 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, serves on the Advisory Board and is the SIG Chair.



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, etc.) 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 as well as a student; She also enjoys cooking/baking, gardening, games 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 came to Silver Frogs four years ago following an affiliation with Senior University in Georgetown. He's a retired VP of Investments at Wachovia Securities. He is a Silver Frog instructor who serves on the Curriculum Committee in addition to writing for Silver Streak.



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 (when TCU's courts are available!) and volunteering.



Carolyn Stephens (Instructor Spotlight) 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.



Office of Extended Education
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lifelong@tcu.edu
[Visit the Silver Frogs website](#)

SILVER FROGS DATES TO REMEMBER

November 6
Spring '21 Proposals Due
Session II Classes End

November 9
Session III Classes Begin

November 24-28
Thanksgiving Break

December 11
Fall Semester Ends

**STILL
HOME**
for the Holidays?



As we prepare for an unusual holiday season, how are you adapting your usual traditions to fit in with the times?

Re-inventing? Re-imagining? Whatever you call it, we'll figure out how to keep the spirit of the holidays while staying safe.

What do you and your family have planned? What creative ways are you using to celebrate the season and finally bid farewell to 2020?

We invite you to share your favorites: comforting family recipes, ideas for gifting, plans for safely and joyfully celebrating, and inspirational quotes and stories.

And don't forget to send in your latest reads, what to watch, and especially "cheers" for any classes and/or instructors from this semester!

The next Silver Streak Newsletter/Magazine will be a cozy sweater for your mailbox, and [we'd love to feature your contributions.](#)

