

# SILVER STREAK

CONNECTING AND INFORMING TCU'S SILVER FROGS

Volume 1, Issue 3

Pack Your Bags; Let's Go!  
May, 2017

## The World is Orlew Lauger's Classroom by Jamie Luebbehusen

There are so many ways to experience the world beyond your front door. One of the best is through travel with an educational component. Orlew Lauger has been receiving and providing travel experiences that do just that for years. And Silver Frogs who took her French class this semester, **Before You Say Bon Voyage**, benefitted from the experience and knowledge that Orlew has gained through living, studying and exploring places beyond the typical tourist trek. Her emphasis on understanding the culture, appropriate manners and "what not to do" were valuable lessons for those Silver Frogs planning a trip to France.

Raised in Iowa and high school sweethearts, both Orlew and her husband Larry have focused on their educational and professional lives while raising their children. As an undergraduate, Orlew majored in music and French. Through music, she was exposed to and required to sing in several languages. French became her passion, and the focus of her graduate degree. She has studied in Quebec,

France, and Switzerland while living with families there, taking classes and teaching French to visitors in those countries. Her conversation suggests not only her love of the language, but an appreciation for the various cultures.

Through the course of their careers, Orlew and Larry have lived in at least eleven cities for varying lengths of time. From Chicago to London, Albuquerque to Atlanta, St. Louis to San Francisco and more, Orlew immersed herself in the diverse local cultures of each of their postings. She taught both music and French in many of these places, and brought enrichment she received from her travel and educational experiences. In many of the cities where she lived, Orlew started children's choirs for younger students. And she arranged numerous trips to France for junior high and high school students, taking over seven hundred young people during her career. Each trip had an



Orlew and Larry Lauger in Denmark

educational component that required study beforehand, again combining learning with travel.

Orlew is now retired and sharing her expertise with Silver Frogs. Music and French continue to enrich her life. She sings in a church choir and engages with a local French club, reads French newspapers and attends French films. She and Larry continue to travel and learn, not only to French-speaking countries, but also back home to Iowa where friends and family abound.



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## **Instructors Make the Silver Frogs' World Go 'Round**

Thank you to our Spring '17 instructors for sharing your knowledge and making learning fun!



**Abigail Branch  
Alexandra Cisneros  
Angela Tacco  
Anthony Lickteig  
Arthur Busbey  
Arthur Griffin  
Betty Youngman  
Billy Huckaby  
Buddy McIntyre  
Cyndee Jardieu  
Dan Calvin  
Darren Middleton  
David Grebel  
David Hares II  
Dina Malki Al-Hussayni  
Don Jackson  
Ed Strickel  
Eilene Theilig  
Eric Simanek**

**George Frein  
Gregg Lehman  
Helga Gerlinger  
Jaime Cobb  
Jane MacKay  
Jane Pawgan  
Jerry Westenkuehler  
Jim Parr  
Joe Greenslade  
Judith Soriano  
Kathy Bowser  
Ken Bowers  
Kevin Wilson  
Larry Borne  
Larry Klos  
Lewis Woodard  
Lisa Winter  
Loli Kantor  
Lu Toner**

**Melinda Massie  
Mike Sacken  
Nancy Price  
Nicole Conrad  
Orlew Lauger  
Pam Gantz  
Randy Smith  
Rene Gomez  
Resa Shipman  
Rick Wolf  
Robert Frey  
Robert Shannon  
Roger Norman  
Ronald Flowers  
Shari Barnes  
Steve Huddleston  
Suzanne Fritz  
Thomas Morton  
Tui Snider**



**ANYONE WHO STOPS LEARNING IS OLD,  
WHETHER AT TWENTY OR EIGHTY.  
ANYONE WHO KEEPS LEARNING STAYS  
YOUNG.**

— Henry Ford

## Resa Shipman: Silver Star by Leslie Watson




A charter member of Silver Frogs, Resa Shipman is also a regular Silver Frog instructor and outgoing Advisory Board President. She enjoys teaching **Touring Texas** as well as other classes. She's taught at least one class every semester since Silver Frogs started, and she intends to continue!

Resa has a great travel goal, which is to visit all the lower 48 states. Travel is a favorite hobby, but she also enjoys photography, cooking and gardening. Her secret to a happy life is to try to smile daily and let God take care of the big stuff.


"Take time to smell the roses" is Resa's favorite quote. Her secret to a balanced life is to enjoy a hobby or two and to trust in God, while her longevity plan is to stay involved with activities she enjoys and to continue exercising. Resa feels her greatest strength is a caring nature. Resa's main regret in her life is worrying so much when younger.

Her proudest accomplishment includes putting herself through college and her greatest success is starting her own business after the age of 40. Resa credits her husband for changing her life for the better because he supports her new adventures.

If Resa is not teaching or traveling, you can meet her at one of her favorite restaurants, Our Place in Mansfield or Piccolo Mondo in Arlington. 

## Frogs Go "On The Rocks"

by Ann Shelton

The class **Scotch Whiskey: Science & History** was made most enjoyable by instructor Eric Simanek. It combined science, history and geography with hands-on involvement. Class concluded with a tour of Fort Worth's Firestone & Robertson Distillery; special thanks to Rob Arnold and the staff there. 





## Silver Frogs Advisory Board News

The Silver Frogs Advisory Board held its annual elections during the April (new members) and May (officers) board meetings.

Welcome to new members Nancy Caudill, Sharon Harrelson, Fluffy Jones, Nancy Rowe and Linda Tindall.

Congratulations to incoming president Randy Smith, new vice president Nancy Box and secretary Fluffy Jones.



**2017-18 Silver Frogs Advisory Board**

Front, L to R: Kay Phillips, Fluffy Jones, Nancy Box, John Nugent, Linda Tindall  
Back, L to R: Randy Smith, Nancy Caudill, Sharon Harrelson, Nancy Rowe

Outgoing board members are: Resa Shipman (president 2016-17), Mike Strange, Ron Gantz, Shari Barnes, Claudia Coggin, and Ken Bowers (immediate past president 2015-16). Thank you all for your time and dedication to making the Silver Frogs organization better every semester!



## Back-To-School Information for Fall!

We've had a great Spring semester, and if you are already looking forward to all the Lifelong Learning opportunities in the Fall semester, here's what you need to know now:

**Membership Registration for current members** — Thurs/Fri, June 1-2, beginning at 9:00 a.m.

**Learn to Register Online** — offered the evenings of July 12 & 17, watch your email for more info

*Registering online is the quickest and most efficient way to get the courses and lectures you want.*

**Course and Lecture Registration** — Thursday, August 10, beginning at 9:00 a.m.

*Paper catalogs will be mailed in early July. [Click here](#) to see a list of fall courses.*

**Fall Meet & Greet** — Tuesday, August 29 at 10:00 a.m. at the Dee J. Kelly Alumni & Visitors Center

You won't want to miss out on anything this Fall, including our fantastic schedule of Luncheon Lectures (registration for these will open about six weeks in advance of each):

- **September 13** — TCU Basketball Coach Jamie Dixon
- **October 13** — from the Amon Carter Museum of American Art, Dr. Andrew J. Walker, Director and Margaret C. Adler, Associate Curator
- **November 30** — Fort Worth Mayor Betsy Price



## Luncheon Lecture: Dr. Kent Scribner by Sharon Harrelson

On Wednesday, May 17, Fort Worth ISD Superintendent Dr. Kent Scribner spoke to the Silver Frogs at a luncheon lecture in the Dee J. Kelly Alumni & Visitors Center.

Dr. Scribner leads a diverse district with 87,000 students and 11,000 employees; he described the “changed demographics” of the district which is currently 63% Hispanic and has 77% of students’ families below the poverty line. This presents difficult and interesting challenges. He outlined a number of ways the district is working to improve the lowest-performing schools, including “reconstituting” five of these schools into Leadership Academies.

Because 3rd-grade reading is key and a good predictor of future success, the **100x25 FWTX Literacy Partnership** aims to have 100% of the 3rd-graders reading at grade level by 2025. Toward that end, FWISD has a number of volunteer opportunities for citizens to help, with training and resources to help these students acquire valuable reading skills. Another opportunity is assisting older students with writing their college entrance essays. [Click here to learn how you can get involved!](#)



FWISD Superintendent  
Dr. Kent Scribner

## Getting Back on Track by David Lord

We have all been there. Some of us are there right now. The resolutions we made three or four months ago have faded into the past, new obstacles have surfaced, and we find ourselves either in a rut or moving in the wrong direction. We know we need to do something — seek counsel, read the latest self-help book again, pray...just something!

Years ago I was fortunate enough to learn five very simple techniques to get me back on course. They are worth trying. For just two weeks — 14 days — do the following:

1. **Walk.** You will need no special gear. First thing in the morning, before coffee or breakfast, get dressed, walk out the front door and walk 15 minutes away from the house. Then walk back. A 30-minutes walk — done. Finis!
2. **Eat lower on the food chain.** No fast food. Limit processed foods. Double your vegetables. More fish. More chicken. More fruit. And drink your water.
3. **Avoid stress,** and stressful friends and relatives. Just say “no”. Avoid the national news — TV and print.
4. **Set limits.** If you drink or do drugs, you don’t have to quit, but cut back. Instead of those two glasses of wine at dinner, try just one!
5. **Sleep.** Establish a set bedtime and stick to it! Warm baths, hot herbal tea, cooler room, less light, and get rid of the electronics in your bedroom.

So, that’s it. Walk, eat fresh foods, avoid stress, cutback on drinking, and sleep 7-9 hours each night.

If you are not better in two weeks, seek professional help. But you may be amazed at how good you feel. And it costs nothing. You can do this!!!

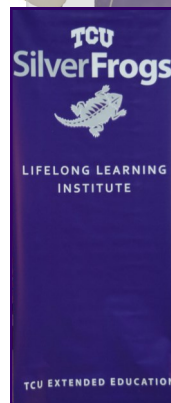


## Celebrating the Spring Semester at Mira Vista

Silver Frogs celebrated the conclusion of the Spring semester with a fantastic dinner at Mira Vista Country Club on May 23. Over 175 members, instructors, and Extended-Ed staff were there on a beautiful evening. After a delicious buffet dinner, Advisory Board Vice President Nancy Box extended thank-yous to all instructors, committee volunteers and staff who contributed to another successful semester. It was a perfect night to spend some time on the verandah talking with old and new friends, as you can see in the photos below.



Lots of Happy Silver Frogs



Special thanks to Special Events Committee Chair Kay Phillips for putting together such a fun event!



## Are We There Yet? by Shari Barnes



Jack Kerouac wrote the ultimate road trip book in 1957, but it stands the time test for travel enthusiasts. Kerouac's Beat Generation characters roam the country in search of God. "And we find him." *On the Road* will allow you to see the beauty of your country and its unique population through a literary maverick's eyes.

Shari says this classic, multi-award winner is a must for every bookshelf. "Add this one to your list if you want to consider yourself well-read."



**"I WAS HALFWAY  
ACROSS AMERICA,  
AT THE DIVIDING  
LINE BETWEEN  
THE EAST OF MY  
YOUTH AND THE  
WEST OF MY  
FUTURE."**

— Jack Kerouac, *On the Road*

## 50 Years of Travels by Terri Ellis

My husband, Luke Ellis, and I were married in 1966. During 1967 he was in the Navy in Vietnam, so I joined him in the Philippines for R & R - that was really our first big trip together. I grew up moving all the time and loved to travel, so we have done as much of it as we could manage.

After many years we had been to most of the states in America, so we set the goal of getting to all 50 of them. Our last state to visit was North Dakota, because who goes to North Dakota? (Actually, it was quite nice.)

Our first trip to Europe was in 1983, and we have been back several times, to the British Isles and many countries on the continent. In 2001 we got an interesting brochure about a trip to Antarctica. Of course we took the trip, and then we got the idea to visit all 7 continents. We went to Africa in 2008, Australia in 2012, and South America in 2013. Counting Vietnam and the Philippines as our Asia trip completed our set.

After 50 states and 7 continents we still have the travel bug, and we are currently without a goal - but the National Parks are beckoning!



Silver Frogs Terri and Luke Ellis



## Silver Streakers Needed!

No, it's not like it sounds (but it got your attention!).

You'll find several new contributors in this issue, sharing their passions and experience.

**THANK YOU** to each and every one of these Silver Frogs!

You're welcome to join the fun by submitting your own items to Silver Streak.

**The deadline for our next issue is August 11.**

Send your stories, pictures, or other contributions via email using [this link](#).

You can also respond to one or all of our surveys on page 15.

## Need a Quick Getaway? by Leslie Watson

Do you want to get away and still save time and money? A staycation may be just your ticket.

A staycation is a blend of "stay" and "vacation". The idea is to both stay and get away. You might stay exclusively at home for a film festival or pitch your tent with grandkids in the backyard, take one or multiple day trips within driving distance so you can sleep in your own bed at night, or take a one-night sleepover vacation at a venue within easy driving distance of home.

Great for an individual, a couple, a group or a family, a staycation can be spur of the moment or as detailed as you wish to plan. Skip the airports and airport security! Packing a bag is optional! There are lots of options for food, too; you can splurge on unique cafes, get some interesting take-out and have a picnic, or brown-bag it.

The staycation may be your vacation solution this summer. Ponder this; you could take a staycation one day, each week, this entire summer.

Thank you to these Silver Streak readers who sent in their favorite ideas for short getaways — take their suggestions or come up with your own. Just don't forget the camera and your sense of adventure!

**H**ill Country....love the scenery, shopping quaint antique stores and dining. One of our favorite places to dine is the [Grist Mill](#) in Gruene, TX. It's always so nice to see and hear the river while eating. The menu is extensive with delicious salads, grilled fish, grilled chicken, steaks, and of course, it wouldn't be Texas without chicken fried chicken and steaks and most include the round fries. If you still have room to continue your dining pleasure....indulge in the strawberry shortcake (it's easily shareable). Enjoy! — *Barbara Kelley*

**L**ove to get away to Austin. Stop for BBQ on the way down at [Louie Mueller Barbecue](#) in Taylor, TX. Stay on South Congress. Drive back on the "blue highway" - US 281. — *Lisa Winter*

**T**he [Wildcatter Ranch](#) in Graham about an hour and a half West of Ft Worth has wonderful, luxurious cabins, a spa, and a hilltop restaurant. — *JT Anthony*

**S**tay at a boutique hotel in Dallas and visit the museums and galleries. — *Linda Groom*


**A** visit to [Homestead Heritage](#) in Waco makes a great day trip. They have a cafe with great food, much of which they have grown or made (such as Brazos Valley cheeses). There is a working pottery studio, foundry, wood-working studio, weaving studio, and gristmill, all in a beautiful, strollable setting. — *Anonymous*

**W**e like to visit Nacogdoches, TX for the annual [Texas Blueberry Festival](#) in early June and stop at The Blueberry Basket in Larue on the way home to pick our own! — *Sharon Harrelson*

**I**n Grapevine, [Gaylord Texan's Summerfest](#) includes lots of fun activities and special events. Cool off in the lazy river and pools, enjoy Friday-night fireworks, or simply stroll in the 70-degree atrium to enjoy the flowers and shops. — *Jamie Luebbehusen*

**T**he Hill Country -- lovely roadways, lots of riverfront places to visit, good food! — *Anonymous*

**T**ake an Art Day in Fort Worth! Visit the [Amon Carter](#), [Kimbell](#) and/or [The Modern](#). It's a good idea to check and see when docents and tours are available, to maximize your enjoyment of the art. Docents LOVE to have people to talk to and their knowledge really helps the visitor understand and identify the art. — *Ann Heinz*

**A**re the grandkids in town for a visit? Why not go to the [Fort Worth Zoo](#) and take a ride on the [Forest Park Miniature Railroad](#)? Or check out what's playing in the [Omni Theater](#) at the Fort Worth Museum of Science and History. Dinosaur fans will also love the newly renovated Dinolabs at the museum! Young cowboys and cowgirls will also enjoy the [National Cowgirl Museum and Hall of Fame](#), just steps away and discounted for FWMSH visitors. 



## Live Like a Local: Bargemon, France by Jane Swanson

I don't know about you, but I love to travel and experience other cultures. Escorted tours are the way a lot of us travel, and that is okay. I enjoy those too, but for the more adventurous, renting your own place and feeling like a local, even if only for a week, can give you a whole new insight.

My first adventure (along with my husband and three other adults), was to the small village of Bargemon, in the Provence region of France. Dating back to the ninth century Bargemon was a fortified medieval commune, and at the time of our visit still only had a population of about 1,400. It had a small grocer, a couple of bakeries, an open air market on Thursdays...and loads of charm.



The quaint village of Bargemon

If you are going to venture out into the countryside, you will need to rent a car. After flying into Paris and staying a couple of days we took the fast train (TGV) to Avignon, where we picked up a minivan for our group of five. Right off the bat we made the unwise decision to not take the most direct route to the house we had rented, and instead meandered through the hills on the back roads. This, before GPS and cell phones, was not the brightest idea. You really should arrive before dark, at least the first time at your destination!

The house was everything we had expected (and dreamed of). It had four bedrooms, flowering gardens, a swimming pool and scenic views. Of course it was morning before we could see most

of these things. I might add that at first light we were awakened by gunfire. Oh my gosh! Had France gone to war?! No, it was the first day of wild pig season and hunters were in the hills all around us!



Our Villa

Sounds like we got off to a rocky start, but what a wonderful trip it turned out to be! Our days were spent exploring quaint hilltop towns, eating at family-owned cafes, and — yes — even easy day trips to glamorous places like Monte Carlo and St. Tropez. There was even a day we voted to stay at “home,” some of us reading or writing in our journals on our sunny terrace under a huge olive tree.



Jane in the Kitchen

After full days of sightseeing, we tried to return to Bargemon before dark, stopping along the way for provisions to cook a light dinner. Did I mention I like to cook? And oh yes, a different bottle of French wine to sample each night.

There are so many companies online now where you can lease a place of your dreams. My advice is to always get a good reference, pack your bags, and go!



## On The Road Again: A Visit with David Hares II

by Sharon Harrelson

David's camper at Yosemite



Traversing the United States in his truck camper, camera in hand, has given David Hares II a unique perspective on our beautiful country, the wonders of its national parks, and the immense value of family travel. He has shared much of what he has learned in his Silver Frogs lectures “Exploring America: A Photographic Journey” for the last three spring semesters. In the spirit of Lifelong Learning, we asked David about his travels and for his advice regarding extended family road trips.

**Silver Streak:** *Let's start with some statistics about your travel adventures. Just how far have you driven on your journey to experience and photograph our country's awe-inspiring national treasures?*

**David Hares II:** Over the past 5 years we have travelled over 55,000 miles and have visited 45 US and 8 Canadian parks. We have lived in the National Parks, in our RV, for over 28 months of the past 5 years. We spend 4-6 months each year traveling and the other 6 months we spend lecturing about the National Parks like we have for Silver Frogs for the last 3 years. It has been my pleasure to conduct lectures and museum exhibit tours for people from age 5 to 95.

**SS:** *Any idea how many images you've captured during these trips? It must be challenging to edit when you've visited so many amazing places.*

**DH II:** Over the past 5 years I have taken over 100,000 photographs. As you guessed, it takes a lot of time to go through and sort and categorize the images. I do not edit my images—I don't even own Photoshop. I am a very technical photographer and spend a lot of time to take the image at the best time of day and with the correct camera settings since I do not do post processing. I want you to see the photograph exactly the way it was when I took the photo. I still have many parks that have not yet made it to the website. For the Museum Exhibit and the book we had to get the number of images down to 85 to 100. As you can imagine, that was quite a task.

**SS:** *Do you have a favorite National Park (or even a top 5)? What about that park stood out to you?*

**DH II:** There are 2 parks where I went up to the edge and just enjoyed it for a while, without even thinking about taking photographs. Those parks are Canyonlands in Utah, and Crater Lake in Oregon. I visited Canyonlands after college and it took me almost 30 years to get back there. Canyonlands is the park that inspired me to photo-

graph the parks full-time. We spend a lot of time in Grand Teton and will again this year. The Redwoods helped me make it through corporate life until I could get back to the parks full-time; I really enjoy the big trees. We have also spent a lot of time in Yosemite—you just have to hit it at the right time of year to avoid the crowds.

**SS:** *The landscapes are beautiful, but the animals would be fascinating too. Any favorite animal adventure you can share with us?*

**DH II:** I was lucky enough to spend over 150 days across 5 years with multiple bald eagles on San Juan Island, WA. I was able to get fairly close to their feeding area and they learned to tolerate me, even though they did not necessarily like me there. For those who have attended my lectures, you may have heard the story and seen the pictures of the male eagle taking food from a female, and what happened next.

We were also fortunate enough to spend 5 days observing 4 bears in Grand Teton at the Laurence Rockefeller Preserve. We worked with the Rangers and they let us be bear spotters for them, so they could route the people around the areas the bears were feeding. That was an incredible experience.

**SS:** *You've got to be a real master at the art of RVing! What's your style of travel – do you plan all of your stops ahead of time, or just take each day as a new adventure?*

**DH II:** We have a motto: “Have a Direction, Not a Destination.” We don't know where we will be sleeping each night and don't make reservations. We know we will be gone for a few months, and know areas we want to go, but this leaves us open to what may come our way. It also allows us to spend extra time in a park (like if we get an opportunity to sit with bears).

(David Hares continues on page 11)



(Continued from page 10)

**SS:** *Is there any advice that you would give to someone considering their first trip in an RV? What are the items never to leave home without, and what isn't really necessary to take, for example.*

## HAVE A DIRECTION, NOT A DESTINATION

— David Hares II

The number one thing I need is my camera. I always hike with it in hand because you never know what you might come across, like bears!

I never leave home without my weber grill and some Texas steaks. Nice chairs are a necessity, because you never know where you may want to just sit and enjoy for a few hours.

When you first start traveling, you want to load up everything you use at home. That is a lot of extra weight (which also costs you more in gas usage). Make a list before you go, and if you don't use something on one trip, don't bring it on the next. Take a weekend trip before you go on a long trip, and you will find out pretty quickly what is not that important to you (and what you forgot). Also remember, there are stores between places you travel. If you really need something you can pick it up on the road, just don't take something because you "think" you will need it. The minimalist life is pretty nice way to go, especially in an RV.

**DH II:** My best advice is to enjoy it and take your time. There really should be no rush to go anywhere — you might just miss something amazing. Ask the locals what they enjoy doing, and you will find things that are not in the guide books.

**SS:** *That's good advice for travel in general! What did you find was the most important thing to expect when traveling this way with your teenage kids?*

**DH II:** The most important thing is to make sure they have some time without you! Space is tight and there will be a lot of family time. Give everyone some space; it makes the time together much more pleasant. My daughter and I made it almost 3 weeks before she literally told me to "take a hike".

You might also warn them that cell phones don't work in many of the parks, since teenagers may have a difficult time disconnecting.

**SS:** *Great points. The National Park Service just celebrated its 100<sup>th</sup> anniversary in 2016. Were you able to participate in any related activities for that?*

**DH II:** The biggest thing we did with the parks last year was our solo exhibit for over 3 months at the Fort Worth Museum of Science and History here in Fort Worth. We are still working on the next museum to take the exhibit.

We hit 13 parks of the west last year; It was a very busy year for the parks, and very crowded. We tried to hit more in the off season, but we still saw a lot of crowds. Last year we had lectures about the parks with over 1000 elementary students and over 1500 other groups and are always looking for new groups to share information with about the National Parks.

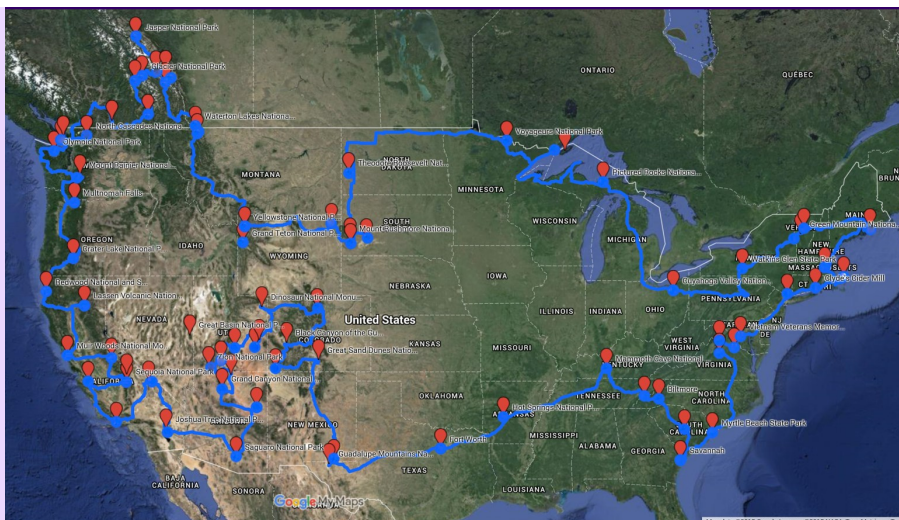
**SS:** *What's next on your travel list – are there more National Parks you have plans to visit?*

**DH II:** This year we are going to hit a number of National Parks and Monuments in the Southwest. We are targeting about 20 parks in New Mexico, Arizona and Utah before heading up to Grand Teton, Yellowstone, Glacier, and 7 in the Canadian Rockies.

**SS:** *Thank you so much for sharing your experience with the Silver Frogs!*

To learn more about David and to see his photography, be sure to visit his websites at [HaresPhotography.com](http://HaresPhotography.com) and [RabbitPress.org](http://RabbitPress.org). You can also follow Hares Photography on Facebook, Instagram and Twitter to keep up with his latest travels.

Consolidated map of Hares' travels





## Travel Tips from Silver Frogs

I make sure I have an offline map that uses GPS whenever I travel overseas so I'm never lost for long. I only carry a backpack and a carry on bag when I travel, especially overseas where train luggage storage is limited and you frequently have to carry your bags up a lot of stairs. I also have a purse by PAC Safe that is reinforced with lightweight steel that keeps thieves from slashing your purse and taking your valuables.

—JT Anthony

I keep a bag packed with new toothpaste, blades etc. and small useful items like a Swiss army knife, swim goggles, earplugs, compass. Just need to pack clothes.

—Charles Dreyfus



If you're leaving the country, make sure you have copy of your passport, and get both a currency app and language app. Don't over-schedule yourself.

Ask the concierge at your hotel for a restaurant that the "locals" go to. It works! We've found some great small restaurants this way, especially in Europe.

COMFORTABLE  
SHOES ARE ALL  
YOU REALLY NEED.

I trade houses and cars. I get to see how the locals live and it is a very cost cutting way to travel. Love it. Just got back from Ireland.

—Linda Groom

Take as few credit cards as possible while traveling. Before leaving home, I photocopy the fronts and backs of each of the cards, plus my drivers license and insurance cards. I leave one set with a close friend or relative and I keep a second set of copies in a hidden compartment in the lining of my suitcase. Then if my wallet is lost or stolen, I have quick access to all of the numbers I need to cancel credit cards and arrange to get replacements and/or emergency cash.

If there is any chance of cold weather, tuck in a pair of gloves.

I HAVEN'T  
BEEN  
EVERYWHERE,  
BUT IT'S ON  
MY LIST.

— Susan Sontag

We like to stay at VRBO's [vacation rentals by owner] instead of a hotel when we go on our fly fishing/hiking trips. On the way out to a destination we like to pack a picnic lunch to have and stop at parks or rest areas along the way to eat. I keep several twin size fitted sheets that fit perfectly on most picnic tables at all parks. We keep containers full of our "travel stuff"....pots, pans, utensils, etc. that sometimes are not available at the VRBO's we visit.

—Suzie Mahony

I have camping-style clips that I use to "hang" headphones and purchased bottled water from my luggage handles. Then when I get to the airplane seat, I clip my headphones and water to the seat back pocket for easy access.

—Lisa Winter



Doesn't everyone already know to take a multi-tasking Swiss Army Knife when they leave home?

— Barbara Salley



## Packing Lightly for a Long Vacation by Elaine Stoltz



With the current bag restrictions on airplanes, it's time to evaluate your packing habits. This winter I took a 23-day trip to Australia and New Zealand that included a 16-day cruise. I took only luggage that I could carry or pull myself which meant that I took one carry-on 22" suitcase and one checked 26" bag. I felt great about my appearance and was never too hot or too cold in my clothing.

Planning is critical to keeping your luggage under weight. There's an old Aboriginal saying that goes, "The more you know, the less you need." With that in mind, let's apply this concept to packing for any trip that takes you away from your closet for days on end.

Following is my list:

- 1 evening dress
  - 6 jackets/cardigans: windbreaker, fleece, dinner jacket, and 3 cardigans
  - 22 tops: 2 athletic half-zip tops, 1 fleece top, 6 solid day tops, 4 printed day tops, and 9 dinner tops
  - 2 pairs of jeans (blue and brown)
  - 3 pair of pants
  - 1 pair of shorts
  - 1 Capri
  - 1 swimsuit
  - 1 summer sleepwear (will wear exercise pants and fleece for cold weather)
  - 2 shawls
  - 6 pair of shoes: walking shoes, hiking shoes, tennis shoes, sandals, low pumps, evening shoes
  - 4 necklaces, 4 earrings, and 3 bracelets
- 38 total items of clothes and 19 accessories

Here's a plan:

**1. Buy Lightweight Luggage** – For several years I have been using the LIGHTEST weight luggage in the world and love it – IT Luggage World's Lightest IT-0-1 Second Generation. I checked the 26" bag, rolled on the 22" suitcase and carried a nylon tote with a small cross-shoulder bag inside it.

**2. Check the Weather** - Check the 10-day weather forecast in your destination city using [The Weather Channel online](#). We had 106 degrees in Melbourne and 39 degrees in Milford Sound.

### 3. Create a Chart of Daily Activities –

Fill in the outfit for day and night. Are you playing golf? Bathing on the beach? Attending a wedding? We played golf, hiked, toured cities and countryside, and dressed up for every night, including two Black Tie Nights. It was a challenge.

**4. Select Your Color Scheme** – The colors need to mix and match to make numerous outfits. I selected chocolate brown as my neutral and added accents of coral and aqua/teal.

**5. Opt for Travel-Friendly Clothing** – Wrinkle-free fabrics and comfortable clothing is a must! I took several of the new Nike "dri-FIT" fabric tops and half-zip jackets. Also I took an aqua fleece jacket and aqua waterproof windbreaker.

**6. Lightweight Shoes** – Shoes can be heavy so pick them wisely by using one neutral color for all of them. I chose brown as my neutral color.

**7. Accessories Are Small** – Take shawls, scarves, earrings, bracelets and necklaces. Watch how heavy the necklaces are though. Do not take the "good" jewelry.

**8. Make a List** – Clothing and toiletries should be on the list. Check everything off as you pack them. So what's a bonus to this system? You can readily file a claim with the airline should your bag go missing.

**9. Leave Room in Your Bag** – If you like to purchase items on your trip, then you will have space to bring them home.

**10. Carry Your Makeup and Meds** – Always keep your makeup, travel size skin care, glasses, contacts, meds, etc. with you.

**11. Roll-on-Bag** – In your roll-on-bag take enough clothes to last the entire trip if your checked bag does not arrive. I took 2 pairs of shoes, nightwear, 2 underwear and socks, jeans, dressy top, day tops, fleece and windbreaker in my roll-on-bag.

**12. Finally, plan ahead** - Give yourself plenty of time to pack. Rushing leads to over packing or forgotten items. I started the week before pulling my clothes and making outfits to insure that they all integrated well. I did the same for my husband's packing.



## Frogs in the Kitchen:

### Chicken Salads with International Flair by Andrea Rankin

Each of these chicken salads starts with a rotisserie chicken, but you can also use cooked chicken breast, or whatever leftover chicken you happen to have. They're all delicious! Where do you want to go?

#### Hurry-Curry Chicken Salad (Indian)

- 1 rotisserie chicken, skin removed, meat chopped
- 2 hard cooked eggs, chopped
- 1/2 C mayonnaise (can use light or fat-free)
- 1/2 C chopped apple
- 1/2 C chopped celery
- 1/2 C white raisins
- 1/4 C finely chopped onion
- 1 t curry powder
- 1/2 t paprika
- salt and pepper to taste



Refrigerate for at least 1 hour before serving in a pita or scooped out tomato, or on a bed of lettuce.

#### East Texas Lemon-Blueberry Chicken Salad

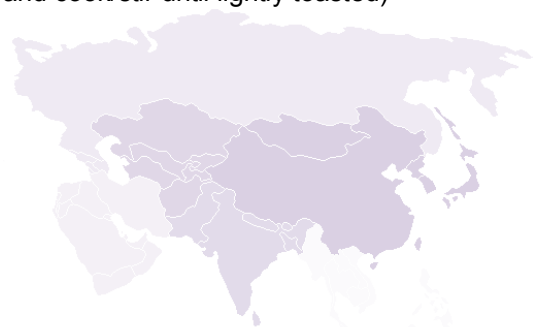
- 1/4 C unsweetened lemon yogurt, or plain yogurt mixed with a good squeeze of lemon juice
- 3 T mayonnaise, regular or reduced-calorie
- 1 t salt
- 2 C fresh or frozen blueberries
- 2 C cooked, chopped chicken
- 1/2 C sliced green onion
- 1/2 C chopped celery
- 1/2 C diced red bell pepper



Reserve a few berries for garnish. Combine yogurt, mayo and salt; stir in berries, chicken and vegetables. Cover and refrigerate at least 30 minutes. Serve over fresh greens, garnished with berries and lemon slices, or on a croissant for a sandwich.

#### Sesame Pasta Chicken Salad (Asian)

- 1 rotisserie chicken, skin removed and meat chopped
- 1 16 oz. package bow tied pasta, cooked al dente, rinsed with cold water and set aside
- 1/3 C chopped green onion
- 1/4 C toasted sesame seeds (Heat a skillet to medium-high heat and cook/stir until lightly toasted)
- 1/2 C vegetable oil
- 1/3 C soy sauce (can substitute light/less sodium soy sauce)
- 1/3 C rice vinegar
- 1 t sesame oil
- 3 T white sugar (can use a sugar substitute)
- 1/2 t ground ginger
- 1/3 C chopped fresh cilantro (if desired)
- Pepper to taste



In a jar or plastic container with a lid, combine sesame seeds, vegetable oil, soy sauce, vinegar, sesame oil, sugar and ginger. Shake or mix well. Pour dressing over pasta and add the chicken, green onion and cilantro. Serve immediately or chill in refrigerator until ready to eat. This also tastes good the second day.





## "Toad"bits

### Cheers!

Congratulations to Fluffy Jones, who was awarded the TCU 2017 Excellence in Education award by the TCU College of Education!

A big THANKS to David, Julie and the office staff for their tremendous support of the Silver Frogs. — *Resa Shipman, on behalf of the Advisory Board*

First year to be a Silver Frog, loved it, went to everything that was offered. — *Larry Borne*

Since we were introduced to the national Lifelong Learning Institutes concept that many universities sponsor, TCU Extended Education has given Silver Frogs outstanding support. Julie has guided us through our registrations, meetings and kept us on track to develop Silver Frogs into a community of lifelong learners. Great job! — *Claudia Coggin*

Kudos (or maybe Judos?) to Rick Wolf for his instruction in **Self Defense for Seniors**. A serious subject with a lot of helpful and pertinent information, but some fun along with it. Thanks, also, to resilient and flexible "Bob" who never complained about all the beatings we gave him. — *Dick Ramsey '52*

My classes were so much fun....I especially enjoyed Sheri Barnes' **Bucket List Books**....she is fantastic! I read books that I NEVER would have read and enjoyed them all. I will do that one again and will definitely get my books earlier than in did for this last class. — *Suzie Mahony*

This was my first year; I loved it! — *Stefani Finkelstein*

Thanks to Buddy McIntyre's **Topics in Meteorology**, I now have a better understanding of our crazy North Texas weather, why it's so hard to predict, the difference between weather and climate, and — maybe most importantly — why dew point matters! Thank you for such an interesting class. — *Sharon Harrelson*

*If someone has positively influenced your Silver Frogs experience, we want to hear about it! To submit an item for this section, [click here](#).*

### Help Wanted

**The Silver Frogs Special Events Committee** is looking for a new chairperson! If you're interested in organizing fun activities for your fellow Frogs, [contact Randy Smith](#).

**The Newsletter Committee** just KNOWS there's an artist or cartoonist in our midst who would love to contribute to Silver Streak. [Contact Sharon Harrelson](#).

To submit an item for this section, [click here](#).

### And The Surveys Said...

We asked about your favorite kinds of vacations in the last issue. Here's what you said:

- ◆ 53% would like to be in or near mountains
- ◆ 27% preferred historical sites
- ◆ 14% like to visit big cities
- ◆ 7% said overseas is their top choice

And in the first issue we wanted to know what games you'd select on Game Night. The results were:

- ◆ 40% Trivial Pursuit or other trivia game
- ◆ 20% Bridge
- ◆ 20% Monopoly
- ◆ 20% Scrabble or other word game

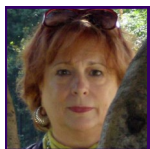
### Help Your Fellow Frogs:

This Fall we're expecting a lot of new members (our membership will grow to 410!), and to help them make the most of their first semester, we'd like to share your tips in the next issue. Impart your wisdom to our incoming freshmen!

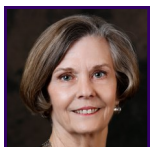
[Share your experience here.](#)



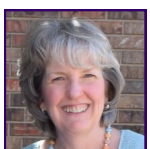
## Silver Streak Contributors



**Shari Barnes** (*Are We There Yet?*) 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.



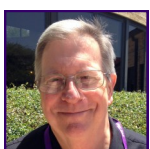
**Terri Ellis** (*50 Years of Travels*) is an antiques dealer and a certified appraiser of personal property. She has lived in Fort Worth for 42 years, and, although she is a diehard Longhorn, she loves Silver Frogs for the interesting lectures and activities. Terri and her husband Luke love to travel and can't wait for their next trip!



**Sharon Harrelson** (*On the Road Again, Editor*) is a Fort Worth native and unapologetic grammar and punctuation nerd who has been editing various publications for work and fun since middle school. She also enjoys cooking/baking, gardening, photography and being a soccer mom to twin teens. She has been a Silver Frog since Spring 2016.



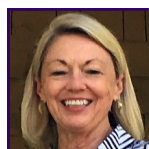
**Jamie Luebbehusen** (*The World is Orlew Lauger's Classroom, Newsletter Committee*) is a retired psychologist. She enjoys traveling, reading, watching British TV shows on PBS, and especially spending time with her husband and seven grandchildren.



**David Lord** (*Getting Back on Track*) is a Beaumont, TX native who moved to Fort Worth in 1980 to begin his career in tourism promotion with the Chamber of Commerce. After working in Austin, Tulsa, OK and Lexington, KY he and his wife Sara returned home to Fort Worth. He has been a proud Silver Frog from day one!



**Andrea Rankin** (*Frogs in the Kitchen*) has been a Silver Frog for 2 1/2 years and currently volunteers on the Luncheon Lecture Committee. Her passions besides her only granddaughter, Sage, are traveling and cooking themed meals with an international flair.



**Ann Shelton** (*Frogs on the Rocks, Newsletter Committee*) has been a Silver Frog since its first semester. She serves as co-chair of the Luncheon Lecture Committee. She is retired after many years as an Administrative/Executive Assistant for several local companies. She enjoys being a grandmother, playing tennis and volunteering.



**Elaine Stoltz** (*Packing Lightly*) is a Certified Image Master, one of twelve master image consultants in the world. She started her consulting business 30 years ago, specializing in positive first impression and enhancing a woman's natural beauty. Elaine became a member of TCU Silver Frogs in January 2017 and loves the classes.



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



**Leslie Watson** (*Silver Star, Staycations, Newsletter Committee*) is a former television news anchor and reporter at NBC, ABC, and CBS affiliates. She currently manages her own business and is the busy mother of a daughter in high school and a son who is the 2016-2017 TCU Student Body President, graduating in May.

Let the Newsletter Committee know what you think about Silver Streak! [Click here](#) to send us an email with your feedback and ideas, or — even better — contributions for future issues.



Newsletter Committee:

- ◆ Sharon Harrelson, Chairperson
- ◆ Jamie Luebbehusen
- ◆ Ann Shelton
- ◆ Leslie Watson

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### Important Dates to Remember:

**June 1-2** Members Register for Fall Membership

**Early July** Fall Course Catalogs Mailed

**July 12 & 17** "Learn to Register Online" tutorials

**August 10** Course and Lecture Registration

**August 11** Deadline to contribute to Silver Streak

**August 21** Silver Streak Back-to-School issue arrives this week

**August 29** Fall Meet & Greet

**September 11** Fall Semester Begins

