

SILVER STREAK



CONNECTING AND INFORMING TCU'S SILVER FROGS

Be Prepared for a Great Year!

by Sharon Harrelson

Randy Smith is the 2017-18 TCU Silver Frogs Advisory Board President, and he's committed to lifelong learning. He has a wide range of interests and will be sharing some of his knowledge with Silver Frogs in two four-week courses (*Astronomy 101* and *MORE Digital SLR Photography*) and a lecture (*An Overview of Celestial Navigation*) this fall. He has previously taught *How Airplanes Fly – For the Airline Passenger* (Spring '16), *Astronomy 101* (Fall '16), and *Introduction to Digital SLR Photography* (Spring '17). We asked Randy a few questions about his involvement with Silver Frogs and his vision for this school year.



RANDY SMITH

Silver Streak: As we begin a new semester, what would you like to say to both our new and returning members?

Randy Smith: I want to remind all returning members to go out of their way to welcome our new members and help them understand that we are much more than just students in the extended education classes. Our members have built a real community of lifelong learners, and this enhances everything we learn by attending the courses and lectures. I also encourage everyone to take advantage of all the benefits of being a Silver Frog by participating in special events and activities as they are offered.

SS: How did you become involved with Silver Frogs?

RS: My wife Andi—who, incidentally, taught nursing at TCU in the early 80's—and I had attended a few Extended Education faculty choice lectures, and so we were on the mailing list. We got an announcement about Silver Frogs, and thought it sounded interesting, so we joined in Fall '15. I joined the Curriculum Committee in Spring '16 (where I still serve), and joined the Advisory Board that summer.

SS: What are some ways members can get involved, beyond attending a variety of classes and lectures?

RS: Our community of 'mature adults' enjoys working together to operate this wonderful learning experience for all. While Silver Frogs is under the office of TCU Extended Education Department—and very well-supported by TCU—the programs we sponsor are all volunteer-led. Through the work of the various committees, we recruit instructors and schedule all classes and lectures. Currently, over half of the classes and lectures are taught by members. All special activities and social events are the result of our volunteers' efforts, as well. I would like to thank everyone who already participates on a committee, and encourage all members to consider serving our organization in this way. Committees can always use additional members, and we even have a few spots available for committee chairs.

SS: You have taught (and are teaching this semester) a number of classes/lectures for Silver Frogs. What advice would you give to anyone who has an idea for a course or lecture they could teach, but isn't quite ready to commit?

RS: I've taught classes/lectures for the last three semesters, and I'm scheduled to teach three more this fall. Let me just say that anyone with an idea should stretch beyond their comfort level and go for it. One of the goals of the Silver Frogs is to stimulate our minds and this certainly will do that. The Curriculum Committee can offer all the help someone wants in organizing a presentation. Personally, I find preparing a new course on a topic that interests me—but that I haven't taught before—quite satisfying.

SS: Tell us a little bit about yourself.

RS: A native West Virginian, I was born and raised in Huntington. I attended West Virginia University in Morgantown and graduated with a bachelor's degree in Aerospace Engineering in '71. Commissioned into the USAF, I then served as a navigator/weapons system officer in the RF-4C (reconnaissance version of the F-4 Phantom). I earned a master's degree in Aerospace Engineering in '79 from the University of Texas, and spent a year in St. Louis as an engineer for McDonnell Aircraft and flying the F-4C in the Missouri Air National Guard before returning to Texas. I spent 29 years as a flight test & project engineer with Bell Helicopter, retiring in 2009. Since retiring, I've built a nice timber-frame house on a small ranch in Palo Pinto county where I enjoy woodworking, chain-sawing, and driving a tractor. I've been very involved in Boy Scouting for 44 years and still serve in multiple roles with the Longhorn Council.

SS: What's your favorite thing about Silver Frogs?

RS: I enjoy attending the diverse classes/lectures, but I particularly like the challenge of developing and teaching them. And I very much appreciate the great people I've met and worked with since becoming a Silver Frog.





Fall Meet and Greet: Tuesday, August 29



All members, please join us on Tuesday, August 29 at 10:00 a.m. in the Dee J. Kelly Alumni & Visitors Center (2820 Stadium Drive) to kick off the fall semester! It’s a great opportunity to:

- Share coffee and pastries with your fellow students
- Visit with members, instructors, and Extended Ed staff
- Enjoy a short program to learn all about Silver Frogs — how it got started, what’s happening now, and where we are headed
- Discover what your committees do and how you can participate at our “committee fair” before and after the program
- Proudly wear your Silver Frogs name badge
- Receive your official schedule, parking hangtag and campus map

Can’t make the Meet & Greet? No worries — your parking tag and other information will be mailed to you, so you will have all the information you need when school starts.



To get even more from your Meet & Greet experience, Silver Frog **Dick Ramsey** recommends this sports-related field trip: “After the Meet & Greet (or any lecture at the Union-Beck/Geren room) take the short walk over to the Horned Frog Hall of Fame at the Schollmaier Arena to see the new NIT Championship trophy, 2011 Rose Bowl trophy and Davey O’Brien’s 1938 Heisman Trophy, as well as extensive displays of memorabilia from many sports. It’s impressive and a must-see for any TCU sports fan!”



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Report: Learning in Retirement Conference

by Ann Shelton and Randy Smith



Randy Smith, Julie Lovett, Ann Shelton and Linda Tindall

Despite surprise tropical storm *Emily*, three Silver Frogs Advisory Board members along with Extended Education Associate Director Julie Lovett attended the **Southern Regional Conference for Learning in Retirement** July 30 through August 1. Board president Randy Smith and board members Ann Shelton and Linda Tindall traveled with Julie to Eckerd College in St. Petersburg, Florida for three days of educational sessions and socializing with approximately 160 other Lifelong Learning Institute participants.

Our representatives attended nearly every conference session and learned about aspects of managing the programs from various colleges and universities. They exchanged ideas with members from other schools, learning how they were organized, about their membership fees and curriculum. Other programs employ a wide variety of formats, some of which are organized around members paying a small initial fee plus additional fees for each course they attended. Some have quite large memberships, and many have to arrange for local classroom space in their community because their schools cannot completely support them. The courses offered at other institutions are similar to ours, but many use paid instructors.

From this conference the representatives were able to pick up several ideas to help us grow in the coming years as our Silver Frogs program continues to be a valuable, unique and special form of lifelong learning in Fort Worth.



How Was Your Class?

by Mike Strange

Since the inception of the Silver Frogs, we have known our instructors are outstanding. Now we have proof of how good they really are!

In Fall 2016 the Curriculum Committee formed an Instructor Evaluation Subcommittee to analyze the course evaluation surveys and make recommendations to the larger committee. After each course and lecture is completed, Extended Education staff sends a survey link to class participants. They then forward summarized results to each instructor and to this subcommittee.

In analyzing the Spring 2017 surveys, we looked at multiple parameters:

- 1) How many people signed up for each course and how many attended each session?
- 2) How did members rate the instructor, and would they recommend the course?
- 3) Finally, what suggestions did members have to improve the course?

The results were very interesting. Just under 50% of the members returned questionnaires for courses/lectures they attended. On a scale of 1 (poor) to 4 (high satisfaction), members rated both courses and lectures at 3.7, and when asked if they would recommend the class to a friend, the rating was 3.66. No class received a rating low enough to warrant any action.

The comments were overwhelmingly positive -- "more from this instructor," "make this a longer course instead of a lecture," "repeat this course," "teach a sequel to this course." We have looked at the few negative comments and forwarded them to the appropriate people. One of the most frequent comments was "Silver Frogs is great, I love it!" We agree.

The Instructor Evaluation Subcommittee will continue to evaluate the surveys and forward recommendations, looking to get our satisfaction rate even higher. **How can you help? Respond when you get your surveys, so we have your feedback!** We really need to have 100% of the participants fill out questionnaires, and especially the comment sections. If you have questions or comments feel free to [contact me](#).





Why Not Join a Committee this Semester?



The success of Silver Frogs depends on the dedication and teamwork of our volunteer committees. Your help and involvement is greatly appreciated and needed. To offer your skills, click on the chairperson's name below to send an email OR visit with them at the Meet & Greet Committee Fair!

Classroom Hosts:

Committee recruits volunteers, sets procedures and

provides training. Classroom hosts assist instructors, ensuring they have what they need to teach, providing classroom support, and greeting participants.

Co-Chairs: [Nancy Caudill](#)
[Betsy McDaniel](#)

Community Outreach: Give back to our community through a variety of means such as collecting donations for area shelters, sharing volunteer opportunities, and planning outreach events.

Chair: **Open!** [Contact Randy Smith.](#)

Curriculum: Solicit course and lecture proposals, determine what will be offered and when; create printed/online schedule; basic computer skills helpful.

Chair: [Ron Gantz](#)

Luncheon Lectures: Identify TCU and community speakers for high-profile luncheons; assist with planning and implementation.

Chair: [Ann Shelton](#)

Newsletter: The Silver Frogs' newsletter, Silver Streak, informs and connects our members throughout the school year. Report on recent activities, share your special interests, appreciate your fellow Frogs, and plan future issues. Join the committee OR offer to be a contributor — once, occasionally, or have a regular column in every issue!

Chair: [Sharon Harrelson](#)

Scheduling: Develop and maintain an integrated master schedule of the Silver Frog activities to enable us to plan and to track our progress; some familiarity with project scheduling is a plus.

Chair: [Ken Bowers](#)

Special Events: Plan activities for entire membership each semester (Meet & Greet, End-of-Semester Party) as well as extra special events throughout the year.

Chair: [Lisa Winter](#)

NEW! Travel: Help assess member interest in travel and plan trips. This is a great opportunity for seasoned travelers, adventurers who enjoy group travel and anyone skilled in trip planning.

Chair: **Open!** [Contact Randy Smith.](#)



Special Interest Groups: Another Silver Frogs Benefit

Special Interest Groups (SIGs) foster fellowship and allow members to engage with others who share a common interest. Special Interest Groups are member driven and meet according to what the group members decide. SIGs are an added benefit of your Silver Frog membership.

Do you have an idea for a SIG you'd like to lead? Contact [Nancy Box](#) to get started.

German Conversation, [Helga Gerlinger](#)

Members of this group will have the opportunity to enhance their working knowledge of German, brush up on grammar, add new vocabulary and join in discussions of current events and other topics of interest.

Exploring Different Perspectives, A Societal Issues Discussion Group, [Larry and Elaine Klos](#)

There are many issues on which our society does not yet have full agreement. The intent of the SIG is to provide a twice monthly moderated group discussion of topics selected by the members in order to define, explore, and question alternative approaches to these issues.

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

Discover Fort Worth's unique and fascinating art scene with us! View the art in our area by visiting galleries, studios, special events, museums and behind the scene tours with fellow Silver Frogs. Attendees may decide to get together after a tour to discuss the art and just enjoy new friends.





Be a Classroom Host!

by Nancy Caudill

A classroom host is the first friendly face you see when entering your classroom for a course or lecture, and that face can be yours when you volunteer to help out in one of the classes you are already taking.

Host responsibilities are straightforward and simple. Meet the instructor and ensure that he or she has everything ready for class. Man the welcome table, greet Silver Frogs, and have them sign in on the list of registered students. During class, if the instructor needs technical assistance you will notify the Extended Ed office. And at the end of the class you help straighten up as needed for the next one.

The benefits are pretty good too! You will get to know the instructor and your fellow students a little better, which is a great social benefit. And you are sitting right by the bowl of mints...every time.

When you see the email requesting classroom host volunteers, go for it! Choose one or more of your classes and you'll be provided with all the information you need.



Community Outreach

by Kakai Bowers

Local organizations are always looking for volunteers with lots of life experience to help out in various ways. They love groups like Silver Frogs, because our members have a lot to offer in terms of sharing skills and caring about the community. Here are a few examples:

YMCA of Metropolitan Fort Worth

Reach & Rise is a national group mentoring program designed to build a better future for youth ages 8-15 by helping them reach their full potential through the support of caring adults. Two adults are matched with six youth to create the group; training is provided. [Contact Debra Rockmore via email](#) or phone at 817-534-1591.

Fort Worth ISD

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!](#)

Toiletries Collection

If you've collected travel-sized toiletries this summer, please consider donating them via the collection can in our Silver Frogs classroom. Just place them into a zip-top bag and drop into the can! This ongoing project of our Community Outreach Committee donates these items to the Presbyterian Night Shelter and Safe Haven of Tarrant County.



Silver Streakers Needed

by Sharon Harrelson

No, it's not like it sounds (but it got your attention!)...we always need a few good Frogs to make this newsletter happen.

How can you help? [Join the committee](#) to help design and plan each issue.

Or [become a contributor](#) by submitting articles or illustrations, either one time or on a regular basis.

Need an idea? Well, what's your specialty?

The sky's the limit — whether you birdwatch, grow the biggest tomatoes, bake amazing bread, make jewelry, draw comics, teach ballroom dancing, tutor students in calculus, enter speed-eating contests, drive a racecar, skydive, scuba dive or dumpster dive — an article or series about your passion would be interesting to other Silver Frogs.

We also need pictures and captions from Silver Frogs events and activities, so put on your press hat and help us out!



It Doesn't Get More "Fort Worth" Than These Exciting Luncheon Lectures

- All of these events begin at 11:30 a.m.
- You must register to attend, but there is no additional fee.
- Registration links are emailed to members about six weeks prior to each lecture; available links are included below.



TCU Basketball Coach Jamie Dixon
 Wednesday, September 13
 University Union Ballroom

[Register now!](#)

[Bring a guest for \\$15.](#)

Amon Carter Museum's Wild Spaces, Open Seasons with Margaret Adler

Friday, October 13



Dee J. Kelly Alumni & Visitors Center



Fort Worth Mayor Betsy Price

Thursday, November 30

University Union Ballroom

We'll Have a (Volley) Ball!

Have a ball with the Frogs (both Silver and non-silver) at these two September volleyball events! Attend one or both as your schedule allows. Register [here](#) by August 30.

COME HANG OUT WITH TCU VOLLEYBALL!

TCU Silver Frogs

MEET JILL KRAMER & THE VOLLEYBALL TEAM!

THURSDAY, SEPTEMBER 7
 5:00PM - 7:00PM
 TCU REC CENTER GYM

FREE T-SHIRTS AND DINNER WILL BE PROVIDED!

WATCH TCU VOLLEYBALL TAKE ON LEHIGH UNIVERSITY!

TCU VS. LEHIGH
SATURDAY, SEPTEMBER 9
 1:30PM
 TCU REC CENTER GYM

\$5 PER PERSON
 1 GUEST ALLOWED PER MEMBER

Silver Frogs Head to Dallas

Mark your calendar: the next activity arranged by your Special Events Committee is an

October 9 trip to the George W. Bush Presidential Center



in Dallas. If you haven't visited this beautiful presidential library, this is the perfect opportunity to do so!

Bus transportation to the museum will be provided, leaving at 9 am, and returning at approximately 1pm. Member cost of admission is \$12. Lunch plans haven't been finalized; there will likely be a box lunch option for an additional fee. More information and a link to register will be emailed to members as the trip date approaches.



Advice from Experienced Silver Frogs

We asked our members who've been around Silver Frogs for a while (think of them as grad students) to share advice for our newest members (freshmen?). Here's what they had to say.

Always be ready with a few alternate courses or lectures in case your first choices fill up...I've enjoyed all I've taken, even if they happened to be way "down" my list! There really is something for everyone!

Betsy McDaniel
Charter Member

Relax, come with an open mind, have fun and enjoy your new experience.

Resa Shipman
Charter Member

Get involved in a special interest group. You can meet people with like interests in an informal setting.

Mary Slaney
Second year

Fellow Silver Frogs are very friendly & supportive. Sometimes, Instructors are just as new as you are. Don't be afraid to ask questions.

Elizabeth Calvin
Charter Member

Don't forget — if you sign up for a class or lecture and later find that you can't make it (or change your mind and want to change your schedule), simply contact the Extended Education office. Often there is a waitlist and someone else can fill your seat. Every class has a sign-in sheet and only members who are registered for a class may attend.

Sharon Harrelson
Member since Spring 2016

My first semester, I wanted to take EVERYTHING and signed up for too many courses and lectures. I loved them all, but even a retired person has a limit to how much time is available. The next semester I was a day late for registration. By then, all the classes I wanted to take were closed. So, I signed up for some classes I would not have considered before. Had the best time ever! My advice - Keep an open mind. Try something new.

Kathleen Stewart
Member since Spring 2015

Fall 2017 Registration by the Numbers

At 9:00 a.m. on August 10, Silver Frogs everywhere were poised at their keyboards, ready to register for fall classes...and about to set a Extended Education registration record! Over 1875 registrations were processed that day, with 1250 of those online in the first hour. That's amazing!

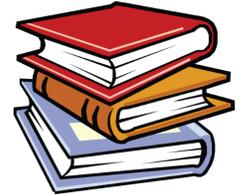
And even with all of those registrations, there are still over 40 courses with available seats. So if you didn't fill all of your three-course-three-lecture spots, you can still add more. [Visit the Silver Frogs course listing online](#) and you'll easily see which are still available.





Books, Kids and Silver Frogs...a Dynamic Trio by Shari Barnes

The children in your life, babies to teens, need you to read with them. Back-to-school is the perfect time to start a reading relationship that provides literacy-for-life benefits. Why should you read “with” instead of “to”? These six reasons top the list:



Books Teach Life Lessons...Try *Charlotte’s Web* (White) for dealing with grief.

Vocabulary and Language Growth...*The Humongous Cat* (Cowley) also develops punctuation skills.

Success in School...Literate children perform better in all subjects. *Going Places* (Reynolds) promotes creativity, a trait needed for every field.

A Chance to Share Ideas...Reading is about conversation. Let’s talk about *James and the Giant Peach* (Dahl) and why those two aunts are so mean.

An Excuse to Be Together...Bond with the child in your life as you discover what it means to be real with *The Velveteen Rabbit* (Williams). You may even share a box of Kleenex.

It’s Fun...Start a series like the Flavia de Luce books (Bradley). The first book, *The Sweetness at the Bottom of the Pie*, will hook you and the teen in your life. Prepare for delicious mysteries.

Even before your grandchild, niece/nephew, or the kid next door can read, start a comfy rocking chair or front porch tradition. One day, you’ll have the pleasure of going to the bookstore together to select the next book for your reading journey. Yesterday my granddaughter said those seven magic words, “Grammy, when can we start another book?”



Back-to-School Poll: Are you an Educator?

We asked members to respond to a quick poll if they’ve been involved in any field of education, and here are the results from the 47 members who answered the survey (each person could select multiple answers, which is why they don’t add up to 100%!):

- 34% are/were elementary school teachers
- 34% are/were middle/junior high teachers
- 34% are/were high school teachers
- 30% teach/taught at the college level
- 17% have been administrators
- 11% teach Silver Frogs
- 34% indicated they were involved in another capacity, ranging from counselors to librarians, museum docents to individual mentoring

You’re never too old, too wacky, too wild, to pick up a book and read with a child.

— Dr. Seuss



Frogs in the Kitchen by Andrea Rankin

Breakfast: QUICK AND EASY ZUCCHINI PANCAKES

- 1 cup shredded zucchini
- 3 tablespoons biscuit/baking mix (such as Bisquick)
- 1 egg
- 2 tablespoons shredded cheddar cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon dried basil (optional)



- 1) Place zucchini in a colander to drain; squeeze out excess liquid. Combine zucchini with all the other ingredients.
- 2) Spoon by 1/3 cup into a large skillet heated to medium-high, coated with cooking spray. (I use the butter flavored Pam).
- 3) Cook 3-4 minutes on each side until golden.

It's back-to-school time, and the days seem to get busier even if we no longer have children at home. Let's keep summer around all day long with these easy recipes using beautiful produce from either the garden or the farmer's market!

— Andrea Rankin

Lunch: BEST EVER TOMATO QUICHE

- store-bought pie pastry or make your own pie crust for a 9 inch pie plate
- 2 cups chopped tomatoes
- 1 teaspoon salt
- 1/2 teaspoon dried basil
- 1/2 cup chopped green onions
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded Swiss cheese
- 2 tablespoons all purpose flour
- 1 cup evaporated milk
- 2 eggs
- black pepper to taste



- 1) Bake pie crust at 375 degrees for 10 minutes. Allow to cool completely.
- 2) Place tomatoes in the crust.
- 3) Sprinkle with salt, pepper, basil, onions and cheeses.
- 4) Whisk flour, milk and eggs until smooth; pour over filling.
- 5) Bake at 375 degrees for about 40 to 45 minutes (or until knife inserted near the center comes out clean).
- 6) Let cool about 5 -10 minutes before slicing.

Dinner: SPINACH BERRY SALAD

For the dressing:

- 1/4 cup salad oil
- 2 tablespoons white wine vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons Dijon mustard
- 1 teaspoon curry powder
- salt and pepper to taste

For the salad:

- 4 cups torn fresh spinach
- 1 cup sliced fresh strawberries
- 1 cup fresh (or frozen) blueberries
- 1 small sweet onion, sliced
- 1/4 cup toasted pecans



- 1) In a jar with a tight fitting lid, combine the dressing ingredients; shake well.
- 2) In a large bowl, toss together the salad ingredients.
- 3) Just before serving, pour the dressing over the salad; toss, and serve immediately.





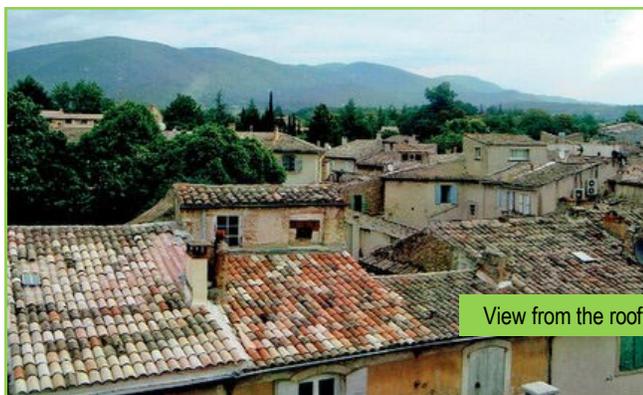
Live Like A Local: Lourmarin, France by Jane Swanson



Our house has the brown shutters

Living Like a Local takes us back to Provence in the south of France. The small village of Lourmarin sits at the base of the Luberon mountain range in a lush valley filled with vineyards and fruit trees. Lourmarin, with its honey colored stone houses on cobbled winding streets, proudly wears the title of one of the Most Beautiful Villages of Provence. Albert Camus, a Nobel Prize-winning author, called this place home; so did Peter Mayle, after he fled invading fans in Menerbes due to the popularity of his book *A Year in Provence*.

We stayed in the middle of the village in a 17th-century three story house on a narrow winding street. We found it to be a whole different experience from staying out in the countryside. Our rooftop terrace overlooked the town and had gorgeous views of the mountains to the north. At night you could see the nearby illuminated 15th century Renaissance Chateau. I will never forget venturing out the door for the first time and catching my breath as I turned the corner and saw people relaxing at sidewalk cafés shaded by colorful umbrellas. It truly looked like a scene out of a movie.



View from the rooftop

Traveling with another couple, we picked up a rental car after flying into Marseille. Bringing along a portable Garmin GPS device — with an added chip for France — turned out to be a marvelous idea. Our days followed a familiar routine of sightseeing and eating out during the day, and returning home to a simple meal that we cooked at night. This we felt was a lot easier due to our central location. We discovered that most small villages had an open air market one day a week, where we could find fresh produce. I might add that on all of these trips we always dined our last evening at the most highly recommend local restaurant.



Shopping at the market

Things I learned on this trip:

- Not all houses have dishwashers, and you really can cook a whole meal on that tiny stove.
- Village houses usually do not have parking spaces.
- Wi-Fi may not work properly, but there is usually a signal at the local coffee shop or library.
- Take your own shopping bags to the grocery store, and don't buy more food than you can get into your little fridge.
- Last but not least, find out when market day is, so if you need to, you can move your car.

Easy day trips from Lourmarin:

- Bonnieux, a hilltop town with the Roman bridge Pont Julien
- Gordes, the most picturesque hilltop village of them all
- Roussillon, with its red colored houses, with red tile roofs amid red stone cliffs
- Pont Du Gard, a very well-preserved ancient Roman Aqueduct
- L'Isle sur la Sorgue, a charming river town with huge Sunday market
- Avignon, the large walled city with the Pope's Palace





Thank you, Silver Streak Contributors!



Shari Barnes (*...A Dynamic Trio*) 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.



Kakai Bowers (*Community Outreach*) Travel started as a career for Kakai 49 years ago, and married to an AF officer, she has lived and traveled many places around the world. Settled in Fort Worth 37 yrs, Kakai loves to learn and meet new people, and Silver Frogs fulfills both interests perfectly.



Nancy Caudill (*Be a Classroom Host*) has been a Silver Frog since its beginning and currently serves as co chair of the Classroom Host Committee and a member of the Advisory Board. After living in the Philippines, Germany, CA, and VA she is happy to be back in her hometown of Fort Worth enjoying life as a Silver Frog.



Sharon Harrelson (*Be Prepared, Editor*) is a Fort Worth native 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.



Andrea Rankin (*Frogs in the Kitchen*) has been a Silver Frog for 2 1/2 years and this semester she is teaching the lecture, *Antarctica: You're Never Too Old*. Her passions besides her only granddaughter, Sage, are traveling and cooking themed meals with an international flair.



Ann Shelton (*Conference Report*) is a charter member of Silver Frogs. She retired after many years as an Administrative/ Executive Assistant, and now enjoys being a grandmother, playing tennis and volunteering. She serves as chairperson of the Luncheon Lecture Committee.



Randy Smith (*Conference Report*) is featured on this month's cover. His involvement in Silver Frogs is many-fold, as he leads the Advisory Board, is active on a committee, teaches courses and attends classes!



Mike Strange (*How Was Your Class?*) has been passionate about Silver Frogs since its inception. He has served on the Advisory Board, multiple committees and taken as many classes as he could. It has been one of the most rewarding experiences he has had.



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.

Important Dates to Remember:



August 29

Fall Meet & Greet

August 30

Reg. Deadline for Volleyball Events

September 6

Reg. Deadline for Luncheon Lecture

September 7 & 9

Volleyball Events

September 11

Fall Semester Classes Begin

September 13

Luncheon Lecture: Jamie Dixon

September 29

Content Deadline for Silver Streak

October 9

G W Bush Presidential Center Trip

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.



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Visit our website for additional information:

www.lifelong.tcu.edu/silver-frogs