

Senior Adventures In Learning Of
Melbourne, Inc.
2950 N. Harbor City Blvd.
Melbourne, FL 32935

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PERMIT NO. 8678

Issue #75 – November 2018

Quarterly Publication



S.A.I.L.

**Senior Adventures In Learning
of Melbourne, Inc.**

*Seniors Charting a Successful Course
into the Future!*

WINTER TERM 2019

***Every Tuesday, January 8th through February 26th**
and Every Wednesday, January 9th through February 27th, 2019
at Ascension Catholic Church, 2950 N. Harbor Blvd. Melbourne, FL*

Issue #75

Senior Adventures In Learning Winter Term 2019 Registration

Name _____
Last First

Address _____

City: _____ State: FL Zip: _____

Phone: () _____ E-mail: _____

For our records... Let us know if you worship with a local congregation. (Affiliation not required):

- I am a previous S.A.I.L. Participant and I turned in my nametag.
- I am a previous S.A.I.L. Participant... I have my nametag and will bring it.
- This is my first registration and I need a nametag, OR I lost my nametag.

My nametag should read (if not as above): First: _____ Last: _____

- Please enroll me in the following classes. I have inserted the **course number** next to the appropriate day and hour of the class. **In the event of over-registration of any class, enrollment will be based on the date of postmark.**

TUESDAY Classes: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____ 12:30 p.m. _____

WEDNESDAY Classes: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____ 12:30 p.m. _____

A very special THANK YOU to our SPONSOR for the Winter Term of SAIL...

Ascension Catholic Church

A few rules from the church (based on updated security procedures):

- . SAIL participants are limited to the Parish Hall or Ministry Building (classrooms).
- . Wear your badges at all times.
- . DO NOT use the bathrooms in the Ministry Bldg., they are designated for the children.
- . SAIL bathrooms are located in the Parish Hall.

\$ _____ **\$30.00** One Day a Week Registration Fee which includes all classes that day for the entire 8 weeks.

\$ _____ **\$45.00** Two Days a Week Registration Fee for all classes both days for the entire 8 weeks.

\$ _____ **\$ 5.00** Coffee Club. You may contribute daily if you prefer.

\$ _____ **For Textbooks or other fees required for my course selections** (See Brochure).

\$ **TAX DEDUCTIBLE DONATION** for SAIL expenses. *No gift is too small!*

\$ _____ **Memorial Donation: In Memory of** _____

\$ _____ **TOTAL: Make check payable to S.A.I.L. of Melbourne Inc.**

Emergency Contact: Name _____ Phone # _____

- I will volunteer to teach a class next term.
- I will volunteer to help with registration, set up and/or clean up.

Subject: _____

**Mail This Registration Form To:
 S.A.I.L. of Melbourne, 3881 Long Leaf Dr.
 Melbourne FL 32940**

IMPORTANT~PLEASE READ!!!

- ◆ The Winter Term will be every **TUESDAY** beginning January 8th for **EIGHT** weeks and every **WEDNESDAY** beginning January 9th for **EIGHT** weeks.
- ◆ Classes will be held at Ascension Catholic Church, 2950 N. Harbor City Blvd., Melbourne, FL Go to the Parish Hall to get coffee, name tags and find out where your classes are located.
- ◆ Please call Brian Wade at 321-626-0963 or e-mail at sailofmelbourne@gmail.com if you need directions and other information.
- ◆ **IMPORTANT NOTE: Please mail the registration form by December 28th, 2018 so the registration team has time to process your registration. You may also register in person the first day of classes. Late registrations are always welcome!**
- ◆ Classes begin at 9:00, 10:00, 11:00 a.m., and 12:30 p.m.
- ◆ There is a one-time **registration fee** that covers the **entire 8-week program** of \$30.00 a day for all classes for one day, and \$45 for all classes on both days.
- ◆ Some classes require textbooks. Most of the textbooks are available on Amazon. **If you want the registration team to order your book, include your payment with your registration and mail early so your book will be available when classes start.**
- ◆ Please register early for the best selection. Early registration is also very helpful to our team as they prepare for a successful term.
- ◆ **To register by mail:** refer to the following schedule, make your course selection for each day and hour. Complete the attached registration form and enclose your check payable to Senior Adventures In Learning of Melbourne and mail it to the address **at the bottom of the registration form.**
- ◆ **New Classes:** Classes marked with an * are being offered for the first time.
- ◆ **Lunch:** We will have a “bring your own” brown bag lunch at 12 noon on both days. You may also purchase fruit, yogurt and snacks.
- ◆ **Coffee Club:** Coffee and tea is provided for \$5.00 per term or you may choose to make a contribution daily.

A Special Thank You to all of you who have made donations to Senior Adventures In Learning (SAIL). We cannot operate on registration fees alone! All donations are tax deductible because we are a 501 (C)(3) non-profit charitable organization. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll free within the state (1-800-435-7325).

~ Senior Adventures In Learning E-Mail address: sailofmelbourne@gmail.com

~ Senior Adventures In Learning Web Site address: www.sailofmelbourne.org

New Phone Number for SAIL- 321-626-0963

TUESDAY Classes

9:00 a.m.

132TA AN ECONOMIC HISTORY OF THE WORLD SINCE 1400: This class is in number 5 of 6 Sail sessions for this topic. The topics are now firmly in the 20th century. This session will discuss tariffs, cartels, Japanese expansionism, Colonialism & Independence Movements, the transistor, welfare states, end of American exceptionalism and the Middle East. The lecturer is Professor Donald J. Harreld (Brigham Young University). *Class discussion will be led by Kevin Evans.*

***578TA THE AMERICAN SPACE RACE:** In the mid-20th Century the Cold War between the USSR and the USA was characterized by a technology competition featuring the emerging field of Spaceflight. *This series of lectures and DVDs will review the early initiation, growing spaceflight capability and final resolution of America's goal of human spaceflight and landing on the Moon. Presentation will be by Dr. Ralph Schuiling*

204TA ZUMBA GOLD ® : It's 45-50 minutes of 'ExerciZe in DisguiZe' with Zumba Gold® with Ro! Gold is Bold, not Old!!!*Hate to exercise? Then you'll love this dance fitness class.* Ro creates easy to follow dance moves using a variety of your favorite music from all the decades, designed to strengthen and tone your entire body, help improve your balance, and work the brain. **Each class is a PARTY and you can join anytime! All ages are welcome! Ro is HIGH energy, but the moves are LOW impact keeping it easy on the knees and joints! (No Bouncing or Jumping! Unless, of course, YOU want too!).**

435TA CURRENT EVENTS: *Focuses on emerging events or trends that may well have a significant impact on our society.* This includes technical, cultural, medical, financial, scientific and broad political trends that we may have heard of, but generally have relatively little information on. Topics that are extremely controversial are avoided where possible, as they generally have both extensive and heated coverage that generate far more heat than light. Topics are typically introduced by about a 30-minute presentation followed by general discussion. *Differences of opinion are welcome but personal attacks and labeling of ideas (e.g. socialist, fascist, racist, bleeding-heart) are not unless the opinion giver has identified themselves as such.* *Jim Thompson, presenter.*

***387TA KEEPING OFFICE HOURS:** Did you know that at any moment of any day there are people praying for you by way of the Daily Office? Through Liturgy of the Hours, hymns and psalms you are wrapped in prayers. **Come find out about this with Tessa Scarboro.**

10:00 a.m.

208TB QIGONG: Qigong is an ancient Chinese healing art that involves a slow and simple series of exercises. It is a form of Tai Chi. *Research indicates that these exercises can help reduce stress, relieve pain, promote flexibility, eliminate sleep problems, improve balance & concentration/mental focus and aid in relaxation.* Students can sit or stand. **Class is led by Bette Buck.**

***418TB CRUISE AND RIVERBOAT TRAVEL FOR SENIORS:** The history of cruising from sail to steam and today's modern ships and riverboats cruising worldwide on lakes, rivers and oceans. **Lee Rosenkranz, CTC (Certified Travel Counselor) will transport you on Ships and Riverboats that are particularly suited to Seniors. For more information and to view the Syllabus go to www.dayawaytravelclub.com.**

461WB CRIBBAGE PLAY (TWO HOUR CLASS): Cribbage is one of the best two-hand games - and one of the most enduring card games. If you have always wondered about cribbage and would like to learn, sign up for the class and have fun pegging! *Class is led by Phyllis Day who is a retired teacher and a longtime member of the American Cribbage Congress.*

520TB AMERICA'S FOUNDING FATHERS - Our lecturer for the series will be Allen C. Guelzo PhD in History from the University of Pennsylvania. *Who were the Founders? How did their lives shape their ideas, and did those ideas get a hearing in the creation of the new American republic?* We begin with George Washington and cover the lives and contributions of both the prominent, the obscure, the brilliant and, on several occasions, the downright fraudulent. We will be using Teaching company material. *Bill Scott will lead the discussion.*

TUESDAY Classes (continued)

10:00 a.m.

***561TB GREAT TRIALS OF WORLD HISTORY AND THE LESSONS THEY TEACH US:** Great trials are windows into history. **In this continuing course we will examine another eight of the greatest trials in history.** We will listen to Oscar Wilde wax eloquent on the witness stand about “the love that dare not speak its name”. We will observe as alleged participants in President Lincoln’s assassination plot are dragged into military court in canvas hoods and manacles. We will revisit the drama of the courtroom and hear the testimony and eloquence of both defendants and lawyers. Throughout the course we will see of these trials “Was justice done?” We will try to understand why and imagine what can be done to improve trial results. **This course is a Great Courses class taught by David Linder and facilitated by Vicki Simms.**

***383TB HISTORICAL AND JEWISH CONTEXT OF THE SYNOPTIC GOSPELS – CONTINUED:** For most of the history of Christianity the Gospels have been read and studied for their religious message and especially for their theological import. For the last 200 years, greater attention has been paid to re-searching these scriptures with the goal of better understanding them in their original context. *We will explore several major stories and themes in the Synoptic Gospels (Matthew, Mark and Luke) in light of their ancient historical and Jewish context. Class taught by Rabbi Richard Margolis (NOTE: This class will not begin until January 15th)*

***581TB CAMPAIGN STRATEGY AND MESSAGING:** At 12:01 am on November 7, the 2020 Presidential campaign began. From now until then we will be bombarded with ads, TV shows and debates, and rallies touting this candidate or that one. Join David Axelrod and Carl Rove, Democrat and Republican strategists, as they discuss what it is all about and in turn give us the tools to become a more educated voter. **Phil Jennings will facilitate this course.**

11:00 a.m.

809TC INTRODUCTION TO THE SPANISH LANGUAGE: Join Isabel Ochoa-Youssef, *a retired Spanish teacher in the New York public school system, in this introductory course to the magical world of the Spanish Language.* Elementary vocabulary and grammar will help you begin your study of this most important language. **Textbook is Spanish Made Simple by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy.**

***814TC ITALIAN:** Our friend, *Marcello Vici* returns for this one (1) hour session of his popular class. Using the book **“ITALIAN IN 10 MINUTES A DAY,”** he takes us on a visit to Italy – well at least in our minds. Born in Italy, but living here since 1951, he has never forgotten his native language and now shares this joy with all of us. Come learn some basic expressions, grammar, counting, etc., and join the **FUN!**

201TC YOGA: Yoga is an ancient system for calming the mind, stretching and strengthening the body and connecting to one's inner being. In each class, there is focus on breathing, learning and practicing the poses, and a short meditation at the end. **Your yoga instructor will be Elana Meier.** Please bring a yoga mat.

437TC MAH JONGG: *This is a fascinating rummy like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards with a description of hands for the players to follow. It is a thinking game, yet so much fun. So..... Let’s learn to play! **Class size is limited to 12! Taught by Judy Carr**

***649TC BEGINNERS COURSE IN GENEALOGY:** Classes will be geared toward the beginning genealogist. Topics will include the following: introduction, genealogy software, Internet research, vital record census before and after 1850, immigration, migration, and personal history. **Put on by the members of the Genealogical Society of South Brevard and moderated by Elsie Dietzmann.**

648TC CLASSICAL MYTHOLOGY, PART 2 Gods and Goddesses of Greece! Come ye to the second part of Classical Mythology where will pay homage to Heroes, such as Theseus, Heracles, and Achilles, and revisit The Trojan War. The “Terrible House of Atreus”, with Tantalus as its progenitor, will include the horrors that accrued to Agamemnon after he sacrificed his daughter Iphigenia so that the winds would blow the thousand ships to Troy. **Don’t miss the excitement! Join Helen-of-Troy, er, I mean Helen Bennett, for this delightful course!**

TUESDAY Classes (continued)

11:00 a.m.

***727TC ARCHITECTURAL IMAGINATION - THE HISTORY & THEORY OF ARCHITECTURE:**

Architecture engages a culture's deepest social values and expresses them in material and aesthetic form. It is one of the most complexly negotiated and globally recognized cultural practices, both as an academic subject and as a professional career. Here is your chance to broaden your horizons. **You will be treated to vivid analyses of exemplary buildings from a wide range of historical contexts. Lectures will be by the faculty of Harvard University's Graduate School of Design. This course will be facilitated by Joel Sturman.**

12:30 p.m.

114TD YOUR BEST BRAIN: This course will examine current knowledge about how the brain functions and changes throughout life, and how these changes may be optimized, especially in seniors. We will also learn about how the brain resists any changes. We will use videos from "The Great Courses" for this study in addition to group discussions in class. **The instructor is professor John J. Medina, who has an extensive background in brain function. The class will be led by Dr. Roger Johnson, retired professor.**

202TD CHAIR YOGA: This gentle movement class is perfect for those uncomfortable working on the floor. We sit in a chair or use it for support to modify the poses enhancing flexibility. Release tension and lubricate the joints as you improve balance and increase strength and stamina. Do only what fits you. All are welcome. Chairs will be provided. *Elana Meier will be the instructor.*

502TD PROBLEMS IN AMERICAN FOREIGN POLICY: This class will examine and discuss problems in American foreign policy. At the close of discussion each week the moderator will pass out an issue paper to be discussed in the next class. In the first class of this term we will discuss foreign policy events that have taken place since the last term. **Discussions will be moderated by Dick Davis.**

807TD CONVERSATIONAL SPANISH LANGUAGE: Isabel Ochoa-Youssef will present conversation at the intermediate level, centered upon everyday situations; shopping, visiting the doctor, travel, hotels and restaurants, etc. *Senora Isabel is a native speaker. A great chance to sharpen your ear and polish your accent! Textbook is Spanish Made Simple by Eugene Jackson and Antonio Rubio. . Revised by Judith Neimethy.*

***141WD COLLECTING UNITED STATES COINS:** A little history, a little strategy and a lot of fun! The class will focus on collecting United States coins from the earliest beginnings of our nation up until the present time. **Instructor Bob Mellor is the FL District Representative for the American Numismatic Association and a lifelong collector.**

WEDNESDAY Classes

9:00 a.m.

***579WA UTOPIA AND TERROR IN THE 20th CENTURY:** This class is in number 1 of 3 Sail sessions for this topic. This course examines why the 20th century was so violent. The course examines the ideologies that promised utopia and total solutions to social problems (Fascism, Nazism, Communism and others). The course discusses how the 4 elements of masses, machines, mobsters and master plans come together. It discusses how utopia and terror are similar and also different. **The lecturer is Professor Vejas Gabriel Liulevicius (University of Tennessee). Class discussion will be led by Kevin Evans**

417WA BEGINNING BRIDGE: This class is designed for those who are just beginning to learn the game along with those who feel they need a refresher in the basics. Warren Retzlaff will be working with you to develop your skills so that by the fifth week you should be able to play on your own **(NOTE: This class will not begin until January 16!).**

405WA ALL THINGS FINANCIAL: *Dave Riches will be leading this open discussion about all things financial.* The class will discuss the pros and cons of every financial decision presented to today's seniors including: Stock Market Terms, From US Bonds to Lottery, From Penny Stocks to Blue Chips, Debit Cards versus Credit Cards, Savings, Annuities and Reverse Mortgages. *Dave is a retired Aerospace Engineer who learned to become financially independent through wise investments.*

WEDNESDAY Classes (continued)

9:00 a.m.

***706WA MAGIC FOR GRANDPARENTS:** You will learn simple tricks with everyday objects like playing cards: make playing cards magically change places, handkerchiefs: turn a handkerchief into a playful mouse, napkins: tear a napkin to shreds and magically restore it, salt shakers: make a salt shaker pass through a solid, dollar bills, and rubber bands. You will also learn some mentalist tricks and a few commercial effects. *Come have fun and learn some tricks with Joe Massimini!*

*** 580WB HOW WINSTON CHURCHILL CHANGED THE WORLD:** This three-part course follows Winston Churchill's career from its beginnings in the early 1900's to its peak in the 1940's and to his last time as prime minister in the 1950's. Ever an agent of change, whether as a young liberal statesman, first lord of the Admiralty or Chancellor of the Exchequer, Churchill was inspired to issue a "person summons to greatness". Join this course to examine the details of his exemplary leadership. **This is a Great Course program taught by Professor Michael Sherlden and facilitated by Craig Curran.**

10:00

***518WA PRIVACY, PROPERTY, AND FREE SPEECH: LAW AND THE CONSTITUTION IN THE 21ST CENTURY (last lecture of this Series):** The proliferation of intrusive new technologies is putting many of our presumed freedoms in jeopardy. Today, it's easier to think that we have far more privacy and other personal rights than we in fact do. Only by educating ourselves about the current state of the law and the risks posed by our own inventions can we develop an informed opinion about how we can protect ourselves. **Taught by Professor Jeffery Rosen of George Washington University, Great Courses. Facilitated by Fahim Ahmed, retired CEO of World-Wide Telecom.**

416WB INTERMEDIATE BRIDGE (2 HOUR CLASS): 416WB INTERMEDIATE BRIDGE (2 HOUR CLASS): This is your opportunity to improve your game by learning to add some of the bridge conventions commonly used such as Stayman, Jacoby transfers, takeout and negative doubles, features, weak 2 bids and others as well as general bidding tactics. **Dr. Art Pappas and Dave Riches will guide this class. The first hour is instructional and the second hour is supervised play. Players from BEGINNING BRIDGE are welcome to join in this class.**

211WA POSTURCIZE: Led by Jan Harazda, RN (RN936802), LMT (MA#24421)"The gym class we should have had!" *Learn simple and fun exercises that improve your posture and movement, and may even relieve neck, back, shoulder or other joint pain. Janet has been teaching Posturcize to groups and individuals for 25 years.*

631WB WRITING CRITIQUE GROUP: Prerequisite - Must have attended the How to Write Your First Novel Class. *Class is taught by Jim Nelson.*

449WB LEARN TO KNIT: Knitting has many benefits. It can lower stress, improve focus, help arthritic fingers remain more dexterous and other health benefits. **Knitting can be a highly social and enjoyable activity.** Learn basic techniques of knitting. Learn to cast on stitches, knit stitch, purl stitch, increase, decrease and bind off. Learn to read a basic pattern. **Please bring 1 skein of supersaver yarn and size 9 needles. Knitting needles can be sizes 7, 8 or 9. Continental Knitting style will be taught by Laurie Liguori.**

471WB LAW SCHOOL FOR EVERYONE – CRIMINAL LAW AND PROCEDURE - Our lecturer for this unit will be Harry Pratter Professor of Law Indiana University. ***Criminal law and procedure involves the most basic of conflict between the power of the government and the fundamental rights of the individual.*** One of the most important responsibilities of any government is to protect its citizens from those who would transgress society's rules and norms, and thereby do harm to others. Criminal law is where we identify those roles and norms and where we set the punishments for those transgressions. We will be using Teaching Company material. ***Bill Scott will lead the discussion.***

WEDNESDAY Classes (continued)

11:00 a.m.

631WC HOW TO WRITE AND PUBLISH YOUR FIRST NOVEL: Jim Nelson wrote his first novel at the age of 60. He now has 9 full length novels published. *This course will show you how to utilize the 5 essential novel writing components to create your first book.* You will learn how to develop characters, how to structure your scenes to maximize reader involvement and how to turn your initial premise into a 300 + page work.

413WC ASSERTIVENESS TRAINING: Led by Carol Roberts - *Do you say “Yes” when you really want to say “No”? Can you say “NO” without feeling guilty?* This course will teach appropriate methods of asserting oneself without bullying others or allowing them to bully you. We will focus on effective communication skills in various situations. A values clarification exercises will be an important part of the curriculum. *Carol Roberts is a licensed mental health counselor and taught this class at BCC for many years.*

818WC ADVANCED SPANISH: We will read short stories written by the famous Uruguayan writer Horacio Quiroga. The class will be conducted entirely in Spanish and is limited to 10 students. Students may order the book from Amazon.com. "Cuentos de amor, de locura y de muerte, Anaconda... (long title). ISBN # 978-148-183-3172. It is best to use the ISBN # instead of the title. **The class will be taught by Monsie Worhler.**

437WC MAH JONGG: *This is a fascinating rummy like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards (<https://www.nationalmahjonggleague.org/store.aspx#>) with a description of hands for the players to follow (please bring with you). It is a thinking game, yet so much fun. So..... Let's learn to play! **Class size is limited to 4, expect to run over into lunch time! Taught by Laurie Liguori.**

549WC THE IRISH IDENTITY, LITERATURE AND HISTORY: In the final round of Prof. Marc O'Conner's Great Courses offering, we will meet some new players: the ex-pat Dublin playwright Sean O' Casey; the poets, Patrick Kavanaugh and Seamus Heaney; and the "literizers" of the oral tradition of the Blasket Island story tellers. We will revisit Lady Gregory and W. B. Yeats before taking a parting shot at Eamon DeValera's Ireland of the 1930's. The results of the fabled Cavan-Clare-Donegal-Kerry-Leitrim-Roscommon-Sligo-West Meath multi-member Constituency by-election, which was the highlight of the fall term, will be announced! Expect the usual handouts of the Celtic origin. **John Riley is the course moderator.**

***216WC DON'T BE A VICTIM- SELF-DEFENSE CONCEPTS AND APPLICATIONS:** - LECTURE AND INSTRUCTOR DEMONSTRATION ONLY. To provide participants with the necessary practical skills to understand and avoid most attack situations and the mental attitude required to successfully deal with confrontation. **Instructor - Ron Kazoroski, 5th Dan, Kozuma-Kai Japanese Karate-Do and Former Police Chief.**

***728WC A BEGINNER'S ANALYSIS OF CLASSICAL MUSIC:** Forrest Kelly, professor of Music at Harvard University together with the Harvard Radcliff Symphony Orchestra, will take us through an entertaining analysis of the first 1824 opening performance of Beethoven's 9th symphony in Vienna Austria. (Famous for its 4th movement – “Ode to Joy”.) We will then go on to an analysis of Handel's Messah known for its last movement of the Hallelujah Chorus. **Classes will be facilitated by Joel Sturman. No prior expertise in Music is required other than its appreciation.**

12:30 p.m.

437WD MAH JONGG: *This is a fascinating rummy like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards (<https://www.nationalmahjonggleague.org/store.aspx#>) with a description of hands for the players to follow (please bring with you). It is a thinking game, yet so much fun. So..... Let's learn to play! **Class size is limited to 4, expect to run over past 1:30 PM! Taught by Laurie Liguori.**

521WD A COUNTRY MADE BY WAR: THE AMERICAN CIVIL WAR, 1861-1865. In this term we will continue to examine slavery before the war. We will also look at how slavery shaped the resolution of domestic political clashes before the war, and how those clashes affected relations between the Southern and Northern states. **Dick Davis will be the instructor.**

SAIL Memorial Donations

In Loving Memory of:

JJ Ambridge *Donated by Ed and Dottie Hudak*
Jennifer Buchanan *Donated by Annette Schweiger*
Jim Marshall *Donated by Cindy Marshall*
Jack Rickling *Donated by Judy Rickling*
Charles Solley *Donated by Gale Solley*

SAIL BENEFACTORS

St. Timothy Lutheran Church
St. John the Evangelist Catholic Church
Palmdale Presbyterian Church
Richard Davis
John and Lurana Dreska
Phillip Jennings

Tribute to Tessa Scarboro

Tessa has been teaching at SAIL for 12½ years with such courses as “Our Favorite Prayers”, “Psalms”, “Knitting and Mediation” and many, many more too numerous to list (32+). This will be her last semester and a special prayer goes out to her and her family from SAIL to her dedication to the program.

She writes in a note to SAIL: “I have always been “searching for God everywhere” and “finding the sacred in the ordinary”. It has been a joyful journey at SAIL. Special thanks to Beverly Wheeler “our fearless leader”, to Barbra Bayley and our music together and to Glad Galli for encouraging me to do this in the first place. And to my Bill who always believes in me. Lastly, to all of you who took my classes.....bless you”