



Spring 2024 Schedule



www.collin.edu/sail



sail@collin.edu



972-985-3788

Courtyard Center
4800 Preston Park Blvd, Ste.116
Plano, TX 75093

SAIL is an educational program operated by and for individuals 55 years of age or better under the sponsorship of Collin College Continuing Education.



Welcome to SPRING 2024!

If you are new to SAIL, we extend a warm welcome and if you are a returning SAIL member, we are so excited to have you back! Spring signifies renewal, growth, and fresh starts. The spring schedule is full of interesting and thought-provoking courses to help you kick start the new year!

We also have some amazing guest speakers this spring, so be sure you sign up for these lectures as it will be standing room only! A total solar eclipse is happening in April and Dr. Mary Urquhart will explain why the eclipse happens and how to observe it safely.

For the spring semester choose **(8) on campus courses** and **unlimited online courses**. The **Free Lecture Courses** can be taken in addition to your (8) on campus courses. Guest Speakers are also free to attend, but be sure to register, so we have an accurate seat count.

SAIL classes are open to members who are 55+ and have an interest in learning! Did you know that anyone that meets the age requirement can take SAIL classes from anywhere in the world? Be sure to tell friends and family to check out the schedule, even though they don't live in the area. We want others to be able to "SAIL" with us!

Online learning links to your class will be emailed to you, if you have **registered** for that class, a few days before the class starts. Be sure to save the link where you can easily find it, as most links will be re-curring for that course.

SAIL (Scholars Active in Learning) launched its first semester under the sponsorship of Collin College in Fall 1996 and has been serving our community of lifelong learners ever since! We offer a fall, spring and summer term and each semester brings all new content to challenge, discuss and stimulate your brain. It's also a great way to socialize, meet new friends and share your love of learning!

It is our members, instructors and guest speakers that make this the amazing program it is today. We thank each one of you for "sailing" with us.

Enjoy your classes this semester and feel free to contact the SAIL office with any questions at **972-985-3788** or email **sail@collin.edu**.

Sherry J. Scamardo
SAIL Program Director





DROP YOUR ANCHOR

SAIL Office

Courtyard Center
972.985.3788

Office Hours

Monday-Friday, 8 a.m.-5 p.m.

Website

www.collin.edu/sail



Follow us on Facebook!

Collin College Scholars Active in Learning

SAIL Crew:

Dr. Roger Widmer Assistant Vice President - Courtyard Center

Karen Musa Executive Dean-Courtyard Center

Sherry Scamardo Director-SAIL Program-Courtyard Center

Volunteers Our countless volunteers that assist!

SAIL Campuses:

Courtyard Center

Celina Campus

Collin Higher Education Center

Farmersville Campus

Wylie Campus

4800 Preston Park Blvd., Plano, TX 75093

2505 Kinship Parkway, Celina, TX 75009

3452 TX-399 Spur, McKinney, TX 75069

501 S. Collin Parkway, Farmersville, TX 75442

391 Country Club Road, Wylie, TX 75098

***SAIL campus course selection will vary by semester!**

SAIL is an educational program for individuals 55 years of age or older under the sponsorship of Collin College Continuing Education.

REGISTRATION 2024 INFORMATION

Membership Cost for Spring	\$115.00
Number of Courses I Can Take	On campus classes: 8 Online classes: Unlimited (Free Lecture Courses don't count against your 8!)
When Does Registration Begin?	January 8 (Monday)
When Do Classes Begin?	January 29 (Monday)
How Do I Sign Up?	See registration options below.

Registration Options (Begins Monday, January 8)

1. **Register online**, and **pay online** by credit card, www.collin.edu/sail
We accept VISA, MasterCard, and Discover
2. **Register online** but **pay by telephone**. Contact the Bursars office **972-985-3724** or the SAIL office **972-985-3788**.
(please have the 5-digit registration number that you received when you registered)
3. **Register at the Courtyard Center** in Plano, Suite 116.
sail@collin.edu 972-985-3788. M-F 8-5 p.m.
4. **Mail In:** Download a worksheet form or send us a list,
and mail it back with your check (payable to Collin College SAIL) to:
Collin College (SAIL)
4800 Preston Park Blvd., Suite 116
Plano, TX 75093

Please note that classes are filled on a first come basis.

Need assistance with registration? Contact the SAIL office at 972-385-3788 or email us at sail@collin.edu. We are here to help!

SAIL Tip: Classes will be virtual and face to face on campus classes.

SAIL Tip: If you have registered successfully online, the system will generate a 5-digit number. **Check your spam folder for your class confirmation. There is no need to set up an account in the system. Register as a guest only!**

SAIL Tip: Choose your classes before you register, so the system doesn't time out on you!

SAIL Tip: If a class is full, the system will say, **class not available**. Contact the SAIL office by email, sail@collin.edu if you would like to be put on a waiting list.

SAIL Tip: Be sure you don't forget to register for the Guest Speakers!

We occasionally use photos of SAIL classes on our website and Facebook sites. Please let us know if you would like to opt out of your photo being used.

SAIL classes are not eligible for the Texas resident 65 and older tuition exemption. Please note that once the semester starts, there are no refunds on SAIL membership costs.

CYC- Courtyard Ctr CHEC-Collin Higher Education Ctr OL-Online Course

SPRING 2024 REGISTRATION SHEET (BY DAY)

X	CATEGORY	TITLE	CAMPUS	ROOM	DAY	BEGIN DATE	END DATE	START TIME	END TIME	SESS
	Art/AH	Expressive Watercolor	CYC	337	Mon	2/12	3/4	10:00	noon	4
	DISC	U.S. Democracy and "Tyranny of the Minority"	CYC	122	Mon	4/1	4/22	1:00	2:30	4
	FREE	How to Avoid Overpaying Taxes in Retirement	CYC	229	Mon	1/29	2/5	10:00	11:30	2
	FREE	Valley Forge and the Revolution	CYC	122	Mon	3/4	3/4	1:30	3:00	1
	HIST	U.S. History and the Media-Part 3	CHEC	114	Mon	2/5	2/26	2:00	3:30	4
	HIST	Let's Have a Party: American Political Parties: Yesterday, Today, & Tomorrow	CYC	122	Mon	3/18	4/1	2:30	3:30	3
	FREE	Spring Forward with Less Clutter!	OL	n/a	Mon	4/15	4/22	11:00	12:30	2
	LFM	Theatre History as Intercultural Competence	CYC	229	Mon	4/1	4/22	10:00	11:00	4
	LFM	The Love of Musicals - Part III No class 3/11	CYC	122	Mon	2/26	3/18	11:30	1:00	3
	LFM OL	The Five-Minute Writer: Nurturing the Writer Inside All of Us	OL	n/a	Mon	2/26	3/4	3:30	4:45	2
	MINI	Body Works 101: The Digestive System	CYC	122	Mon	3/18	3/25	10:00	11:00	2
	MST OL	Geology of U.S. National Parks: Great Smoky Mountain, Grand Canyon and Rocky Mountain	OL	n/a	Mon	2/5	2/19	11:00	12:30	3
	MST OL	Geology of U.S. National Parks: Zion, Yellowstone and Yosemite.	OL	n/a	Mon	3/25	4/8	11:00	12:30	3
	FREE	Knitting, Wars and Spies, Oh My!	CYC	122	Tue	3/5	3/5	10:30	noon	1
	FREE	Women and Spies	CYC	122	Tue	4/9	4/9	1:30	3:00	1
	FREE	Haunted Histories: Ghost Tourism and American Memory	CYC	122	Tue	4/23	4/23	10:30	11:30	1
	FREE	Keeping Your Estate Planning Current	OL	n/a	Tue	3/5	3/5	2:00	3:00	1
	HIST	WWII Stories: Fighting in the Air and in the Desert	CYC	122	Tue	3/19	4/9	11:00	12:30	4
	HIST	A Tudor Overview	CYC	122	Tue	2/6	2/27	2:30	4:00	4
	HIST OL	The Miracle of Our Transcontinental Railroad	OL	n/a	Tue	2/6	2/27	11:00	12:45	4
	HWL	Making Friends with Peace	CYC	422	Tue	1/30	2/6	11:00	noon	2
	HWL	Nutrition - Take It To Heart	CYC	422	Tue	4/16	4/23	Noon	1:30	2
	HWL OL	Mindfulness and Meditation	OL	n/a	Tue	2/6	2/27	4:30	5:30	4
	LFM	<i>Brave New World</i> by Aldous Huxley	CYC	223	Tue	2/6	2/27	1:30	2:30	4
	MINI OL	History of American Art Part 2: 1825-1860	OL	n/a	Tue	2/6	2/27	10:30	noon	4
	Art/AH	Early Renaissance Europe	CYC	122	Wed	4/3	4/24	11:00	12:30	4
	Art/AH	Basic Drawing	CYC	337	Wed	2/7	3/6	9:00	11:00	5
	Art/AH	Painting Studio	CYC	337	Wed	2/7	3/6	11:30	1:30	5
	DISC	Four Repeating Generations of America-Part 2	CYC	422-424	Wed	2/21	2/28	10:30	noon	2
	FREE	Everyone Needs Estate Planning	CHEC	114	Wed	2/7	2/7	2:00	3:00	1
	GAMES	Beginner Mah Jongg No class 3/13	CYC	229	Wed	3/6	4/3	1:30	3:30	4
	HIST	The Mysteries of Easter Island: Two Possible Global Lessons for Us All?	CYC	122	Wed	4/3	4/17	1:00	2:30	3
	LFM	Great American Short Stories Discussion Group (2/7,2/21,3/6,3/20,4/3) Alternating Wed.	CYC	229	Wed	2/7	4/3	11:00	12:30	5

SPRING 2024 REGISTRATION SHEET (BY DAY) page 2

X	CATEGORY	TITLE	CAMPUS	ROOM	DAY	BEGIN DATE	END DATE	START TIME	END TIME	SESS
	LFM	<i>Demon Copperhead</i> Book Discussion	CYC	422	Wed	4/10	4/10	11:00	12:30	1
	LFM	The Secret Life of Great Classical Music No class 2/28	CYC	122	Wed	2/7	3/6	11:00	12:30	4
	MINI	History of American Art Part 2: 1825-1860	CYC	n/a	Wed	3/20	4/10	10:30	noon	4
	DISC	What's In the News No class 3/14	CYC	122	Thur	3/7	4/4	11:00	12:30	4
	HIST	Pioneers for Justice - What They Risked. What They Achieved	CYC	122	Thur	2/8	2/15	10:00	11:30	2
	HIST	Men Go Down to the Sea: A Brief History of Muscle, Wind and Technology that Shaped Our World	CYC	122	Thur	2/15	2/29	1:30	3:00	3
	HIST OL	Exploration of the Korean Conflict No class 3/14	OL	n/a	Thur	3/7	3/28	1:30	3:00	3
	HIST OL	Women Resistance Fighters of World War II	OL	n/a	Thur	2/8	2/29	11:00	12:45	4
	HIST OL	Pioneers for Justice - What They Risked. What They Achieved	OL	n/a	Thur	2/8	2/15	2:00	3:30	2
	LFM OL	Great American Short Stories Discussion Group (2/8,2/22,3/7,3/21,4/4) Alternating Thur.	OL	n/a	Thur	2/8	4/4	11:00	noon	5
	LFM OL	<i>Demon Copperhead</i> Book Discussion	OL	n/a	Thur	4/11	4/11	11:00	noon	1
	MINI	Archaeology - Ancient Egypt's Power and Propaganda, Part Two	CYC	122	Thur	4/4	4/25	10:30	noon	4
	MST	Introduction to Apple iPhone/iPad	CYC	122	Thur	2/15	2/22	1:30	3:00	2
	MST	Managing Your Gmail Inbox	CYC	122	Thur	3/28	3/28	1:30	3:00	1
	MST	Web Wisdom: Cybersecurity Fundamentals	CYC	122	Thur	4/18	4/18	1:30	3:00	1
	DISC	Homo Sapiens Revealed! Controversial Findings of Leakey and Freud	CYC	122	Fri	2/9	2/16	10:00	11:30	2
	DISC	Quo Vadis the Middle East	CYC	122	Fri	3/1	3/1	1:00	2:30	1
	HIST	America's Empire: The Spanish-American War of 1898	CYC	122	Fri	2/23	3/8	10:30	11:30	3
	HIST	Winston Who? Fascinating Stories You Haven't Heard About Winston Churchill	CYC	122	Fri	4/12	4/19	10:30	noon	2
	HIST OL	Benjamin Franklin: The First American	OL	n/a	Fri	3/22	4/5	10:00	11:00	3
	HWL OL	Get Your Kidney's Going	OL	n/a	Fri	4/5	4/5	3:30	4:30	1
	HIST	The Great Depression and the New Deal (1932-1941)	CYC	122	Fri	4/5	4/19	2:00	3:30	3
	LFM	Music 101: Playing with Sound	CYC	118	Fri	2/2	2/16	10:30	noon	3

_____ 50Plus Today Hearing Loss Wed. 2/28 10-11:30 am

_____ Dr. Mary Urquhart We're Having a Solar Eclipse Tue. 4/2 1-3 pm

_____ Bernadette Story Motown: An Inside View from the Wife of a Song Writer & Producer Thur. 4/11 1-2:30 pm

_____ Brett Adams-Dr. Aaron West Forgotten Frisco: ZuZu Bolin, Legendary TX Bluesman Tue. 4/30 3-4 pm

Name _____ Address _____ City _____

Zip Code _____ Contact # _____ Emergency Contact # _____

Email _____ REGISTRATION # _____

Payment: Check# _____ Cash _____ Credit Card _____ Exp. _____ CVS _____

ARTS/ART HISTORY

Basic Drawing

Join us for a beginning drawing class, where we will learn basic drawing skills such as sketching, contour drawing, shading, and blending, and a variety of perspective techniques.

Student Limit: 24 *Supply list at back of schedule

Wed. 2/7-3/6 9 am-11 am CYC Room 337
Instructor: Lori Ruml Sessions: 5

Painting Studio

Enjoy the camaraderie and input of fellow students while you work in the painting medium of your choice. The studio class will be facilitated by an instructor with knowledge of painting in watercolor, acrylic, and oil paint who can answer your questions and help you along in your individual painting journey. Class discussions and critiques will enhance the learning process along with learning how other students approach various mediums and style of painting.

Student Limit: 15 *This is a bring your own supplies to class.

Wed. 2/7-3/6 11:30 am-1:30 pm Campus: CYC Room 337
Instructor: Lori Ruml Sessions: 5

Lori Ruml has an M.A. in Art Education with a concentration in Watercolor. She has been teaching since 1995. She received a scholarship to an Art program in Europe to study with watercolor artist, Rob Erdle, while working on her M.A. As the owner of *The Art Experience*, she also does murals, custom work, and art parties in addition to community art classes. Her interests extend to all mediums of art from acrylic, oil, and watercolor to sculpture and pottery. She has also had the honor of learning from Renaissance style painter, Frank Covino, focusing on oil painting in classical styles.

Expressive Watercolor

Join us and discover the joy of expressing yourself through the magical medium of watercolor!

This class is designed for beginners and enthusiasts eager to dive into the world of watercolor painting. Throughout the course, you'll discover the fundamentals of this expressive medium, covering essential techniques, color theory, composition, and the art of creating depth through value. We will have hands-on demonstrations, practical exercises, and personalized guidance from the instructor. You'll have the opportunity to apply the techniques learned to subjects of your choice or the instructors.

In the first class, we will play with the instructor's watercolor supplies and students will have the opportunity to discuss types of watercolor and brush styles preferred before deciding what to purchase. If you already have supplies, feel free to bring them to class.

If you decide to purchase your own supplies before the first class, please refer to the supply list at the back of the schedule!

Student Limit: 18

Mon. 2/12-3/4 10 am–noon Campus: CYC Room 337
Instructor: Rani Verma (*new instructor) Sessions: 4

Rani Verma is a professional artist renowned for her passion in both creating and imparting artistic knowledge. As the founder of her own studio, Rani has dedicated herself to nurturing the creative spirits of both children and adults. Her interests extend to all mediums of art: oil, watercolor, acrylics, and charcoal.

Early Renaissance Europe

It has been said that every generation stands on the shoulders of their predecessors. It is true that the Renaissance artist benefited from the innovations and achievements of the Early, or Pre-Renaissance, artists. We will look at works by some of the leaders of the Pre-Renaissance such as Giotto, Fra Angelico, Donatello, and Masaccio and learn how these artists had a profound impact on the history of art.

Wed. 4/3-4/24 11 am–12:30 pm Campus: CYC Room 122
Instructor: Sally Kemble Sessions: 4

Sally Kemble is an artist and retired Art teacher. "I have had a passion for Art History since I was in college. I graduated from Centenary College and received my Master's degree from the University of North Texas, but my best role is that of grandmother to my four grandchildren.

DISCUSSION

Four Repeating Generations- Part 2

In this class, we will continue to study the four repeating generations of America. We will discuss how each generation sets up what will occur in the lives and times of those to come, as well as what reactions those later generations will have. This time though, we will discuss specific events, people, and dates with which we are personally familiar, and look closely at what is happening in America NOW.

Interestingly, the leading researcher in the field of cultural generations, whose work we referenced in Part One, published his latest work in the last few months. Because of his latest publication, we will be able to take an even more in-depth look into the generations and happenings coming in the next decades.

We will begin the first session with a review and handouts (with explanations), so that everyone will be at the same level of understanding. It will not be necessary for you to bring notes of your own, although you are welcome to do so.

Wed. 2/21 & 2/28 10:30 am-noon Campus: CYC Room 422
Instructor: Gloria Cockerell Sessions: 2

Gloria Cockerell is a native Texan. Professor Cockerell recently retired from a long career at Collin College where she taught management, marketing, and English. She created the Marketing Program at Collin, and chaired it for decades, also authoring a Principles of Marketing textbook. Cockerell's wide and varied interests have resulted in her participating in writing groups and podcasts, giving presentations, teaching special interest classes and workshops, and offering training workshops for business owners and their managers and employees. She continues to learn new topics and looks forward to sharing what she discovers with other learners—hoping always for lively discussions.

Homo Sapiens Revealed! Controversial Findings of Leakey and Freud

Mary Leakey and her husband Louis dedicated their lives to finding the origins of humans. In our first session, "Mary and Louis Leakey and the Dawn of Humans", we will see how their romantic affair and escape to Africa created a blockbuster pair that would shake the foundations of anthropology.

In "Sigmund Freud and the Human Mind", we will trace the life and work of this iconic, controversial psychiatrist and those who followed – Carl Jung and the mother-daughter pair of Myers and Briggs. Perhaps we'll discover "I'm only Human, and it's OK to be me."

Fri. 2/9 & 2/16 10-11:30 am Campus: CYC Room 122
Instructor: Don Wolman Sessions: 2

Don Wolman is a teacher, world traveler and writer. He teaches classes in world geography, travel, history, and science. Don holds a bachelor's degree in engineering from M.I.T. and a master's degree in physics from Tufts University. He is a strong proponent of collaborative lifelong learning and volunteers as a speaker/presenter around the DFW area.

Quo Vadis the Middle East

In this lecture, we will revisit the Middle East, big picture, examining the main forces that are shaping and churning the region's political landscape. This lecture will review religious, ideological, national, and global forces important in the dynamics of the region's politics.

Fri. 3/1 1-2:30 pm Campus: CYC Room 122
Instructor: Dr. Lishan Desta Sessions: 1

Lishan Desta, Ph.D. earned a doctorate in political science from the University of Texas Dallas. He is full-time faculty at Collin College McKinney Campus teaching Economics. He has lived on three continents and teaches from his varied background in history.



DISCUSSION (CONT.)

U.S. Democracy and “Tyranny of the Minority”

Political scientists, Daniel Ziblatt and Steven Levitsky, authors of “How Democracies Die,” have written an important new book, “Tyranny of the Minority: Why American Democracy Reached the Breaking Point.” A traditional challenge to democracy has been how to protect individuals, and democracy itself, from the tyranny of the majority.

Ziblatt and Levitsky argue that democracy in the U.S. today faces the opposite problem: that counter-majoritarian institutions (such as the Electoral College), supermajority rules, and lifetime tenure of justices often impede majorities from governing.

In this course, I set forth and discuss the authors’ thesis and arguments.

Mon. 4/1-4/22

1-2:30 pm

Campus: CYC Room 122

Instructor: Dr. Jim Lamb

Sessions: 4

Jim Lamb, Ph.D., is a retired college professor, computer programmer, and I.T. manager. After receiving a doctorate in philosophy from Brown University, he taught at SMU for 35 years. Jim was also the Director of Computer Services at Ebby Halliday Realtors

What’s In the News (no class 3/14)

This class will be a weekly review and discussion of newsworthy world and national topics issues with all views welcome! We will cover a broad range of topics and class participation will be encouraged in a collaborative and respectful environment.

Thur. 3/7-4/4

11 am–12:30 pm

Campus: CYC Room 122

Instructor: Bruce Eisen

Sessions: 4

Bruce Eisen is a CPA with degrees in political science and economics and a master’s degree in accounting. Most of his career was spent as chief operating and financial officer for several Jewish Federations.



FREE LECTURES-TAKE THESE WITH YOUR 8 COURSES!

Everyone Needs Estate Planning **Bring a Friend (contact the SAIL office for information)**

This on campus course is designed as a basic discussion for the person who has never done estate planning or has not reviewed their plan for many years. We will review the questions you need to ask, differences between trusts and wills, and the steps you need to take. Finally, we will review the other important documents that you need to have in addition to a Will or Trust.

Wed. 2/7 2-3 pm *Campus: **CHEC Room 114**

Instructor: Candace Vogt

Sessions: 1

*3452 Spur 399, McKinney, TX 75069 <https://www.collin.edu/chec/maps.html>

Keeping Your Estate Planning Current (ONLINE)

This one-session online class will help you know how to keep your estate current. What are some items you need to review often. It will address how often to review and what items you need to gather to ensure your plans can be administered orderly.

Tue. 3/5 2-3 pm **ONLINE**

Instructor: Candace Vogt

Sessions: 1

Candace Vogt graduated from Auburn University and Vanderbilt University, School of Law. She has practiced and is licensed in both Alabama and Texas. She also taught law school in Alabama for three years as an Assistant Professor, concentrating in Estate Planning, Estate Tax, Real Estate and Elder Law. She has been a partner with a major Alabama law firm and is now a partner at Vogt Duff Law Group in McKinney. She practices mainly in the areas of estate planning, real estate, and small business management.

SPRING FORWARD WITH LESS CLUTTER!

As we move into another season of renewal, we are presented with another opportunity to lighten our loads and spring forward with less clutter blocking our paths. Even with a steady routine of evaluating our belongings, excess stuff has a way of creeping into our lives. Join Kira Rodenbush, Professional Organizing Consultant, as we break down many of the stumbling blocks to decluttering and walk away with a solid plan for addressing some of the more common hurdles on the journey to a well-organized home.

Mon. 4/15 & 4/22 11 am-12:30 pm **ONLINE**

Instructor: Kira Rodenbush

Sessions: 2

Kira Rodenbush is a home and health consultant who helps clients get real about their stuff, their habits, and how to create a routine that brings results. With 25+ years as a professional home organizer and 20 years as a massage therapist, Kira discusses the overlap between our bodies and our belongings on her podcast, "What's Up with Your Stuff? Conversations on the Consequences of Clutter".

Haunted Histories: Ghost Tourism and American Memory **Bring a Friend (contact the SAIL office for information)**

Why do we seek the haunted histories of Civil War soldiers, but not the victims of 9/11? Why is it acceptable to trod upon underwater graves for money, but not those on land? This single-day class will explore these questions and more as we explore the phenomenon of ghost tourism in the United States.

Tue. 4/23 10:30 am-11:30 am Campus: CYC Room 122

Instructor: Nicole Donawho

Sessions: 1

Nicole Donawho is a Professor of History at Collin College, specializing in dual credit in history pedagogy. In her spare time, she fosters dogs for a local rescue and does cross stitch.



FREE LECTURES (CONT) -TAKE THESE WITH YOUR 8 COURSES!

How to Avoid Overpaying Taxes in Retirement

The problem is simple; most people pay more in taxes in retirement than is necessary. Because retirees, and those preparing to retire don't understand the complicated role of taxes in retirement, they could end up stumbling into horrific and costly mistakes.

This course is designed to give you, the learner, a guide through some of the "tax traps and opportunities" that retirees face through the four stages of retirement.

Mon. 1/29 & 2/5 10 am-11:30 am Campus: CYC Room 229
Instructor: Joe Dowdall Sessions: 2

Joe Dowdall, MBA has worked in the financial services industry for over 17 years and has spent the last 13 years as a financial planner in North Texas. He earned his Bachelor's Degree from the State University of New York and his M.B.A. in Finance from Saint Joseph's Haub School of Business. Joe is a Certified Financial Planner (CFP®), Chartered Retirement Plan Consultant (CRPC) and a Retirement Income Certified Professional (RICP).

Knitting, Wars and Spies, Oh My! Bring a Friend (contact the SAIL office for information)

A little lady is sitting quietly by a window, knitting, observing the daily goings on in her town – American, Belgium, French, English.... She's the picture of calm and tranquility. But war has been declared! Troops have been mobilized! Mills and factories have lights on 'round the clock - spinning, weaving, cutting, sewing, producing uniforms at breakneck speed. Knitters rally and respond to the need for socks and watch caps, mittens and scarves, and sweaters to keep their fighting men warm. Everyone is helping in the war effort.

And the little lady sitting quietly by the window, what is she doing to help? Probably knitting socks. Or, maybe, just maybe, she's noting how many box cars are attached to the noon train because they're filled with guns and ammo going to enemy hands. And she's sharing that information with the resistance. Knitting is an art and a well-loved pastime. It can also be camouflage. And, of course, knitting is binomial - think Morse code. Knitting in clever hands can save lives and, in some cases, lives were forfeited in the cause of freedom!

Tue. 3/5 10:30 am-noon Campus: CYC Room 122
Instructor: Judy Algar Sessions: 1

Judy Algar has a B.S. in Occupational Therapy from the University of Southern California and an M.A. from Texas Woman's University. After raising a family in Texas, she and her husband Bruce retired to South Carolina where she opened a local yarn shop in Beaufort, home to a Marine Corps Air Station and Paris Island. Encouraging her knitters to participate in local charitable projects, she discovered among other things the 100% wool caps that the local pilots wore under their helmets, and these piqued her curiosity about other military knitting. Judy and Bruce recently moved back to Texas to be close to their family.

Women and Spies

During the Civil War, women were banned from military service. That did not stop them from entering the war as some fought as men. Espionage was an important part of the war and women spied on both sides capturing the hearts of some and breaking the hearts of others!

Tue. 4/9 1:30-3 pm Campus: CYC Room 122
Instructor: Col. Richard Cudlipp U.S. Air Force (Ret.) Sessions: 1

Valley Forge and the Revolution

We think we know the history of Valley Forge and the Revolution, but it is far different from the general myths and legends. Valley Forge is known to many as a freezing, desolate camp where men suffered from cold and lack of food during the Revolution. There are a lot of myths about Valley Forge, but his lecture is about the truth and importance of Valley Forge in the making of Washington's army.

Mon. 3/4 1:30-3 pm Campus: CYC Room 122
Instructor: Col. Richard Cudlipp U.S. Air Force (Ret.) Sessions: 1

Richard Cudlipp is a graduate of the Naval Academy and a twenty-year veteran of the Air Force. An engineer and a history buff, he previously taught at De Vry University and Richland College. Richard has been teaching with SAIL for over 13 years.

GAMES

Beginner Mah Jongg (no class 3/13)

In four weeks, class participants will learn the basics of Mah Jongg – the meaning of the tiles, varieties of the hands, course of play and interpretations of the annual card and some advanced beginner skills.

Wed. 3/6-4/3 1:30-3:30 pm Campus: CYC Room 229

Instructor: Judith Fishman

Sessions: 4

Students must purchase or already have a National Mah Jongg League Rules Card (2023) prior to first day of class play.

Cards can be purchased at Walmart (online only), Amazon, or the Natl Mah Jongg League (see address below).

National Mah Jongg League Inc.

450 7th Ave, NY, NY 10123

Small print \$8.00 Large print \$9.00

Judith Fishman has been playing Mah Jongg since her teenage years. Besides playing “maj”, she has owned and operated her own retail store, founded, and led a social service organization for women, and had a home staging/decorating business.



HEALTH/WELLNESS/LIFESTYLE

Get Your Kidneys Going (ONLINE)

Research suggests that with aging comes accelerated loss of renal function possibly due to high blood pressure, smoking, abnormal blood lipid profile, inflammation, diabetes, and obesity. This presentation discusses the normal functions of the kidneys, and the issues associated with kidney failure. Dietary means to prevent the disease and ways to alleviate the symptoms are discussed as well.

Fri. 4/5 3:30-4:30 pm **ONLINE**
Instructors: Dr. Amira Shaham Albalancy & Dr. Shiva Davanloo Sessions: 1

Amira Shaham-Albalancy Ph.D., studied in the Animal Sciences Department of the Faculty of Agriculture at the Hebrew University of Jerusalem. Dr. Albalancy moved to Texas from Israel in 2001 and started teaching at Collin College as associate faculty in 2004. She became a full-time faculty for Collin College in 2006 and teaches Human Anatomy and Physiology classes for science and non-science majors.

Shiva Davanloo has a Ph.D. in Nutrition Sciences from Texas Woman's University and has been teaching nutrition courses, both undergraduate and graduate for over 20 years during which she supervised different thesis and dissertations, practiced dietetics, and has worked as the chair for the Clinical Nutrition department at her previous workplace. She has been a full-time professor with Collin College for the past 14 years.

Making Friends with Peace

We all come from different walks and backgrounds. Yet most of us travel towards one ultimate destination – to feel peaceful. For the most part we say we want peace. Yet for many of us it seems illusive, like something “out there” rather than a real and personal possibility. Let's discuss what causes that, and what keeps us up at night. Peace is an inside job and IS attainable, and sustainable. **Class one** will explore our blocks and triggers that keep feelings of peace at bay and how to overcome these obstacles. **Class two** will offer ways to invite peace in, like being reunited with an old friend.

Tue. 1/30 & 2/6 11 am-noon Campus: CYC Room 422
Instructor: Laura Sarna Sessions: 2

Laura Sarna is a certified energy healing practitioner providing energy balancing, guided imagery, and spiritual counseling as a Partner with *For the Love of Healing*. My journey has taught me to relax in this big, amazing process of becoming a better human increasingly aligned with my soul's purpose. Being in or returning to my grounded center no matter what. Isn't that something we all want? It is from this space that I am both student and teacher and share with you.

Mindfulness and Meditation (ONLINE)

The importance of slowing down, paying attention, focusing on what matters as we “sail” through life will be discussed in four engaging and serene sessions.

You will be involved in lively, civil exchanges with participants and enjoy this hour of class.

Tue. 2/6-2/27 4:30-5:30 pm **ONLINE**
Instructor: Sarita Malhotra Sessions: 4

Sarita Malhotra is a Certified Personal Trainer with a special focus on nutrition and gentle yoga. She holds a B.S. in psychology from UTD. Sarita has a passion for healthy cooking and eating and is an advocate of a healthy lifestyle for both mind and body. She practices mindfulness meditation on a regular basis and teaches practical techniques for stress management.

Nutrition – Take It to Heart

Want to feel empowered about making heart healthy smart choices? Get the latest guidelines for a heart-healthy eating plan that fits your lifestyle and protects you from the damage of chronic inflammation. Learn practical tips on shopping, food preparation and dining out and how they can be powerful allies in the defense against heart disease.

Tue. 4/16 & 4/23 Noon-1:30 pm CYC Room 422
Instructor: Cindy Kleckner Sessions: 2

Cindy Kleckner, RDN, LD, FAND is a Culinary Registered Dietitian Nutritionist and teaches in the Collin College Institute for Hospitality and Culinary Education for 17 years.

Cindy is co-author of the DASH Diet for Dummies, 2nd edition 2021, recipe developer, and professional speaker who has a passion for inspiring people to enjoy optimal health and experience more life balance.

HISTORY

A Tudor Overview

Come along as we look at the most famous Tudor of them all – Henry VIII. We'll examine his interesting and scandalous family to see how he got to be king. We will also look at his reign to see what kind of king he was.

Finally, we will look at his legacy and future influence that he left behind. This is going to be a whirlwind tour, so make sure to have your seatbelts fastened. We look forward to seeing you in class!

Tue. 2/6-2/27 2:30-4 pm Campus: CYC Room 122
Instructor: Sonia Meltzer Sessions: 4

Sonia Meltzer is a graduate of UT Dallas with a master's in interdisciplinary studies with coursework in holocaust studies, literature, history, history of criticism and aesthetics. She has been a long-time instructor for SAIL and after a brief break has returned to her favorite students!

America's Empire: The Spanish-American War of 1898

The Spanish-American War of 1898 is a topic often overlooked or only briefly mentioned when discussing American History. But this conflict propelled America and its future leaders onto the world stage for the first time.

This course will discuss the causes of the war, how the war was fought, and what the end of the war meant for America.

Fri. 2/23-3/8 10:30 am-11:30 am Campus: CYC Room 122
Instructor: Dr. Christopher Redgraves Sessions: 3

Dr. Redgraves has been teaching history for nine years, four of which have been with Collin College. His focus is on American history with an emphasis on African American soldiers.

Benjamin Franklin: The First American (ONLINE)

This course will trace the life of Benjamin Franklin from his childhood growing up in Boston to his death in Philadelphia in 1790. Along the way, this course will examine the major developments in Franklin's life that affected his development and detail the manner in which he affected the development of colonial and revolutionary America.

Fri. 3/22-4/5 10 am-11 am **ONLINE**
Instructor: Dr. Matthew Hamilton Sessions: 3

Matthew K. Hamilton, Ph.D. is a full-time faculty member of the History Department at the Collin College McKinney Campus. He is a graduate of the University of North Texas with a Doctorate of Philosophy in American history. Dr. Hamilton's area of expertise is the Antebellum South and has several scholarly publications and professional presentations to his name. Currently, he is working on Southern identity in the secession crisis of 1860-61.

Exploration of the Korean Conflict (ONLINE) No class 3/14

This is a three-part exploration of the Korean conflict where we will be looking at the following:

1. Strategic setting leading to North Korea advance and MacArthur's response.
2. UN force advance to Yalu River (Chinese Border and Chinese entry and counter attack.
3. MacArthur's firing by President Truman, General Ridgeway rallying UN forces, the stalemate along the 38th parallel and the cease fire which is Korea today.

Thur. 3/7-3/28 1:30-3 pm **ONLINE**
Instructor: Col. JP Hogan U.S. Army (Ret.) Sessions: 3

James (JP) Hogan spent almost 30 years as a U.S. Army officer, retiring as a Colonel. He now is the Co-Founder and Visionary for *How2Lead.US, LLC*, a Leader Development company providing coaching, teaching and mentoring services to commercial companies, U.S. Army units and senior ROTC cadets at several universities across South Central U.S. JP has led more than 20 trips to Normandy, France to examine leaders and leadership as displayed during WWII. He has a Masters of Public Administration and did post graduate work in Strategic Studies at the U.S. Army War College.

HISTORY (CONT.)

Let's Have a Party- American Political Parties: Yesterday, Today and Tomorrow

American Political parties have a fascinating and frustrating history. George Washington warned about them, but as soon as he retired, they burst out in the open.

This course will take a political science look at our political parties in the past, present, and we will speculate about the future of political parties in America!

Mon. 3/18-4/1 2:30-3:30 pm Campus: CYC Room 122
Instructor: Dr. Michael McConachie Sessions: 3

Dr. Michael McConachie earned his Master's and Ph.D. in Political Science from the University of Missouri-Columbia. He has been teaching government at Collin College since 2004. His areas of interest include the American Presidency and Texas politics and government.

Men Go Down to the Sea: A Brief History of Muscle, Wind, and Technology that Shaped Our World

Join us as we look at the overview of man's development of watercraft from floatation to modern ships, with an emphasis on the use of wind to propel vessels used for commerce, military, and recreation. We will talk about vessel design, sail plans, expertise required and the effect on individual nations and global development.

Thur. 2/15-2/29 1:30-3 pm Campus: CYC Room 422
Instructor: Brian de la Houssaye (* new instructor) Sessions: 3

Brian de la Houssaye began his love of sailing with skiffs and one designs at a very young age. He served in the U.S. Navy, and when he got out, he worked to become qualified to bare boat charter large sailing vessels anywhere in Canada or the U.S. He was an inland pilot, trained skippers and has raced in both regattas and open ocean races. One of his biggest accomplishments is that he skippered a 12-meter AC class and has owned and raced a 39' open ocean sloop. Brian is a private aircraft pilot as well and feels that the principles for both flight and sailing are much the same.



HISTORY (CONT.)

Pioneers for Justice – What They Risked. What They Achieved

Some pioneers for justice are well known such as Martin Luther King, Mother Teresa, and Cesar Chavez to name a few. But there are, of course, many others who risked their lives in the name of human rights, and whose stories are equally dramatic and inspiring.

We will highlight some of those other heroes and heroines, ranging from the 1800's to the present and from the Americas to many lands across the Atlantic and Pacific. Together, will understand their passion for justice, what they risked, and (most importantly) what they achieved.

Thur. 2/8 & 2/15 10 am-11:30 am Campus: CYC Room 122
Instructor: Don Wolman Sessions: 2

OR

Pioneers for Justice – What They Risked. What They Achieved (ONLINE)

Thur. 2/8 & 2/15 2-3:30 pm **ONLINE**
Instructor: Don Wolman Sessions: 2

Don Wolman is a teacher, world traveler and writer. He teaches classes in world geography, travel, history, and science. Don holds a bachelor's degree in engineering from M.I.T. and a master's degree in physics from Tufts University. He is a strong proponent of collaborative lifelong learning and volunteers as a speaker/presenter around the DFW area.



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

HISTORY (CONT.)

The Great Depression and the New Deal (1932-1941)

The three-part lecture examines the origins of the Great Depression and its impact on American society. Emphasis will be placed on examining the impact of World War One, the Roaring Twenties, and the Stock Market Crash of 1929.

Other areas of study will include the Hoover and Roosevelt responses to the crisis and ways in which average Americans dealt with its political, economic, and social ills.

Fri. 4/5-4/19

2-3:30 pm

Campus: CYC Room 122

Instructor: Dr. John Williams

Sessions: 3

Dr. John P. Williams is an adjunct professor at Collin College. Prior to his teaching career, he worked in the corporate world as an information analyst and served in the United State Marine Corps (1980-1986). Dr. Williams's educational background includes an A.A. degree in Paralegal Studies, a B.A. degree in History, M.A. in Teaching, and a Master's in Liberal Arts. He finished his Ph.D. at the University of Texas at Dallas in 2020, which focused on Immigration to America, the First World War and the Lost Generation, and Nazi Germany and Holocaust. Currently, he is working on his first book and hopes to have it published in the spring of 2024.

The Miracle of Our Transcontinental Railroad (ONLINE)

The United States' first transcontinental railroad was built between 1863 and 1869 to join the eastern and western halves of the United States. Begun during the American Civil War, its construction was considered to be one of the greatest American technological feats of the 19th century.

Since its completion, it has served as a vital link for trade, commerce, and travel and opened vast regions of the North American heartland for settlement. Shipping and commerce could thrive away from navigable watercourses for the first time since the beginning of the nation.

Come join the excitement as we become part of this amazing joining of our country's east and west.

Tue. 2/6-2/27

11 am-12:45 pm

ONLINE

Instructor: Dr. Herb Weinstein

Sessions: 4

Women Resistance Fighters of World War II (Online)

Women played important roles in many resistance activities during World War II. This was especially the case for women who were involved in Socialist, or Zionist youth movements.

In Poland, women served as couriers who brought information to the ghettos. Many women escaped to the forest of eastern Poland and the Soviet Union and served in armed partisan units. Women even played an important role in the French and Jewish resistance. Some women survived the Holocaust to tell remarkable stories of heroism, determination, and courage. Most, however, were murdered by the Nazis. Their stories of resistance have become their legacy.

Please join us for this often neglected, but very important part of the World War 2 story.

Thur. 2/8-2/29

11 am-12:45 pm

ONLINE

Instructor: Dr. Herb Weinstein

Sessions: 4

Herbert Weinstein received his B.S. from Tufts University and Ph.D. and Sloan Postdoctoral Fellowship at Princeton University in Chemical Engineering. After a 32-year career in industry and as a private consultant doing oilfield research, adjunct teaching at colleges and private tutoring, he chose to enter secondary education. Herb has taught math at all levels and fundamentals of computer programming at Yavneh Academy, The Hockaday School and Parish Episcopal School and is now retired after 13 years of secondary education. "I did some great things in industry, but I feel that as a teacher, I have done even greater things; making a major difference in the lives of my students-students of all ages!"



HISTORY (CONT.)

The Mysteries of Easter Island: Two Possible Global Lessons for Us All?

Easter Island is one of the most isolated places on earth, over 1000 miles from the nearest bit of land; and so was one of the last places to be settled by prehistoric humans.

The native civilization thrived on the island for several centuries, their culture was quite advanced (including the construction of very large statues). However, when the first Europeans arrived, they found a drastically different culture on the island. What can we learn from this?

We will explore:

The history of Easter Island from the landing of the first Easter Island people.
The civilization that they developed and the statues that they constructed.
What happened to the Easter Island civilization?

Wed. 4/3-4/17 1-2:30 pm Campus: CYC Room 122

Instructor: Jack Ferguson (*new instructor) Sessions: 3

Jack Ferguson has a degree in Chemical Engineering and Environmental Science. He attended Nuclear Power School and served in the U.S. Navy. Jack retired from the U. S. Environmental Protection Agency (Enforcement and Permitting programs). He taught as an Adjunct Faculty at Collin College for several years. He has volunteered with the Red Cross in national disaster operations and volunteered and taught courses in Astronomy and Energy at the Perot Museum in Dallas.

U.S. History and the Media-Part 3

This class will explore how media helped shape the American story in the 1900s. The daily newspaper was an important part of America and technological changes such as radio and television became an important part of our journalism history.

It is not necessary to have taken the first two classes.

Mon. 2/5-2/26 2-3:30 pm *Campus: **CHEC Room 114**

Instructor: Monica Cubberly Sessions: 4

***3452 Spur 399, McKinney, TX 75069** <https://www.collin.edu/chec/maps.html>

Professor Monica Cubberly has a master's degree from the University of Texas at San Antonio and is currently a full-time faculty member on the McKinney Campus of Collin College. She has also taught part-time at the Rockwall, Frisco, and Plano Campuses while working as a full-time public-school educator. History is her passion, and she enjoys sharing what she considers to be the most interesting information the past has to offer.



HISTORY (CONT.)

Winston Who? Fascinating Stories You Haven't Heard About Winston Churchill

This fast-paced and interesting set of presentations will delve into one of the greatest leaders and statesmen of the Twentieth Century, Winston Churchill. Learn about how he crafted his speeches, his oil paintings, and his books. Discover his love for pets, fine cigars, and brandy!

A memorable Churchill quip or flash of Churchillian wit will grace these presentations as well.

Fri. 4/12 & 4/19 10:30 am-noon Campus: CYC Room 122
Instructor: CDR Larry Kryske, U.S. Navy (Ret.) (*new instructor) Sessions: 2

Commander Larry Kryske, US Navy (Ret.) has been a career naval officer (ship driver) and professional speaker. He also served as a private school administrator and instructor. Larry became interested in Churchill on the day he died—Sunday, 24 January 1965, and has studied his life and leadership ever since. He is the author of four books about applying Churchill's leadership and one novel about Churchill's final years as seen through the eyes of his last cat. More details at www.YourFinestHour.com.

WWII Stories: Fighting in the Air and in the Desert

A world at war produces numerous stories focusing on groups whose daring, and courage become widely known only after the conflict ends. The Tuskegee Airmen and the Desert Rats represent these "lesser" stories that did not make history's headlines at the time but later revealed how their smaller "victories" made the larger victory feasible. Through dramatizations on film supported by historical information, this course adds two more pieces to the recollected experience of a world at war.

Tue. 3/19-4/9 11 am-12:30 pm Campus: CYC Room 122
Instructor: Dr. Janet Harris Sessions: 4

Janet Harris, Ph.D. has taught literature and writing for over 25 years, coached readers and writers in pursuing their personal goals, and reviewed books. As an editor, Dr. Harris has guided writers in publishing over 150 books. She teaches literature and creative writing and advises SMU graduate students in completing theses and dissertations. She has retired several times, the first from UT-Dallas.



Oil painting by Larry Kryske "Relaxing at Chartwell" (1993)

LITERATURE/FILM/MUSIC

Brave New World by Aldous Huxley

We would all like a future of a utopia where everything is nice and peaceful. But a prediction of a future that is frightening is a dystopia. This novel, published in 1932, is satirical in describing a world where people are programmed to belong to different classes, and everyone has a drug available to erase any problem or conflict.

Read the novel to see if you think any of Huxley's predictions have come true. There are about 200 pages in the book, so try to read 50 pages for each class.

Tue. 2/6-2/27 1:30-2:30 pm Campus: CYC Room 223
Instructor: Margo Hicks Sessions: 4

Margo Hicks taught high-school English for thirteen years in Houston ISD before retiring ten years ago to move to Dallas to be near her family. Before going back to teaching in 1999, she was an insurance broker for oil and gas companies and has a CPCU designation. Margo has a B.A. in English and Drama from Ouachita University and a M.Ed. from the University of Houston.

Demon Copperhead Book Discussion

We will read and discuss *Demon Copperhead* by Barbara Kingsolver. Inspired by Dickens' *David Copperfield*, Kingsolver's novel is about a boy born into poverty in contemporary Appalachia.

Demon Copperhead is co-recipient of the 2023 Pulitzer Prize for Fiction and winner of the 2023 Women's Prize for Fiction.

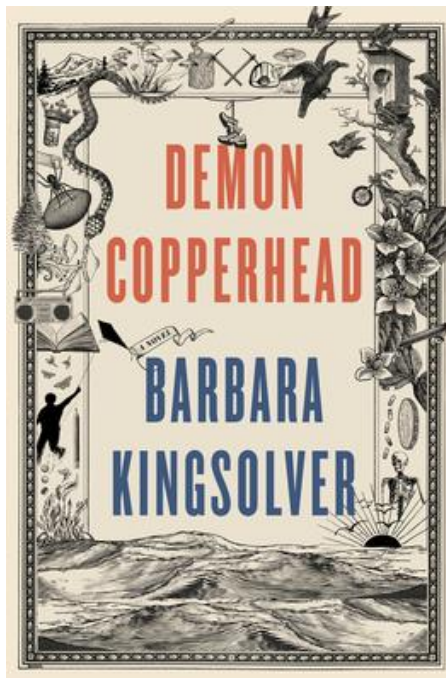
Wed. 4/10 11 am-12:30 pm Campus: CYC Room 422
Instructor: Paul Dolliver Sessions: 1

OR

Demon Copperhead Book Discussion (ONLINE)

Thur. 4/11 11 am-noon **ONLINE**
Instructor: Paul Dolliver Sessions: 1

Paul Dolliver earned degrees in History and Geology from Baylor University. He is a geologist, Texas Master Naturalist, reader, and walker. Paul currently teaches geology courses and SAIL classes at Collin College, in addition to Hill College. Paul has taught for SAIL for many years and considers the SAIL students to be exceptional and engaged!



LITERATURE/FILM/MUSIC (CONT.)

Great American Short Stories Discussion Group

(alternating Wed. 2/7,2/21,3/6,3/20,4/3) Student Limit 25

We will discuss five readings from *100 Years of the Best American Short Stories*, a volume of forty stories selected from more than 2000 that have been published in *The Best American Short Stories* series of short fiction in the country.

Our selection includes works by Hale, Welty, Cheever, Olsen, and Baldwin. *100 years of the Best American Short Stories (2015)* is edited by Lorie Moore and Heidi Pitlor and is available online.

Wed. 2/7-4/3

11 am-12:30 pm

Campus: CYC Room 229

Instructor: Paul Dolliver

Sessions: 5

OR

Great American Short Stories Discussion Group (ONLINE)

(alternating Thur. 2/8,2/22,3/7,3/21,4/4)

Thur. 2/8-4/4

11 am-noon

ONLINE

Instructor: Paul Dolliver

Sessions: 5

Music 101: Playing With Sound

This course will take an erratic romp through music history from Gregorian chant to film scores. Members will hear orchestral works, opera selections, and instrumental solos in a wide and entertaining spectrum of sounds.

Information about the composers and the works will precede each selection and wild stories will be involved.

Fri. 2/2-2/16

10:30 am-noon

Campus: CYC Room 118

Instructor: Diana Walker (*new instructor)

Sessions: 3

Diana Walker has a piano performance bachelor's degree from Oklahoma City University and master's degree from Northwestern University. During the past 30 years, she has chaired a piano department at the university level and taught for community colleges. Diana has served the church community as pianist, organist, and choir director. She has arranged orchestral scores, put together chamber music concerts for radio and TV and has been a competition judge. Her students have won competitions and earned advanced degrees.



LITERATURE/FILM/MUSIC (CONT.)

Theatre History as Intercultural Competence

The study of theatre in the near and distant history allows us to learn about culture from the art form that operates at the dead center of the community.

Whether exploring Euripides' ancient Greek tragedy, "Media" or El Teatro Campesino's contemporary plays from the grape growing fields of California, the course will reveal how each culture speaks for itself and how it invites us to find ourselves there too.

Mon. 4/1-4/22 10 am-11 am Campus: CYC Room 229
Instructor: Evans Jarnefeldt (*new instructor) Sessions: 4

Evans Jarnefeldt began his teaching career in California before moving to Tennessee. Today he is a full-time professor at Collin College Plano Campus. He holds a BA from UT Austin and an MFA degree from UC Irvine in English.

The Five-Minute Writer: Nurturing the Writer Inside All of Us (ONLINE)

In this two-part series, you will explore the joy and discipline that creative writing can add to our lives through moments of creativity, self-expression, and fun. This series allows students to develop writing habits to craft creative work on their own terms. This series will serve three functions:

1. To encourage you to write short pieces of prose and poetry.
2. To engage with imaginative literature as a writer.
3. To experiment with various writing styles, genres, and exercises.

Mon. 2/26 & 3/4 3:30-4:45 p.m. **ONLINE**
Instructor: Amanda Field (*new instructor) Sessions: 2

Amanda Field earned her MFA in Creative Writing at Oklahoma City University. She is currently finishing her Ph.D. in Humanities in American Literature, Creative Writing, and the history of magic and science. As a full-time English professor at Collin College in Wylie, Amanda enjoys teaching writing, working on her own short story collections, novellas, and books, knitting gifts for others, and enjoying time with her growing family.



LITERATURE/FILM/MUSIC (CONT.)

The Love of Musicals-Part III (no class 3/11)

Please join us again as we continue with the history and the enjoyment of studying and viewing great music productions from Hollywood and Broadway. We will continue with some biographies, and background stories of some of the performers, writers, and especially those songs and dances that will evoke your loved memories of the good times past and encourage us to look to the future!

We will also view some of the memorable trailers produced for product marketing. Just sit back and let your senses rejoice with the delightful memories of these numbers.

Mon. 2/26-3/18 11:30 am-1 pm Campus: CYC Room 122
Instructor: Darrell Simmerman Sessions: 3

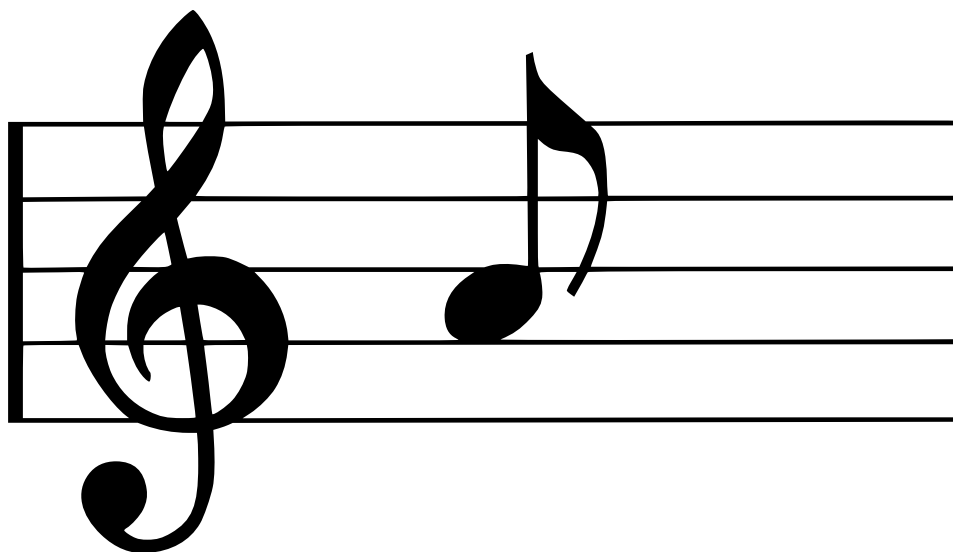
Darrell Simmerman holds a Bachelor of Science in Education from Indiana University and a Master of Arts in Teaching from Purdue University. He loves musical productions on stage and in the cinema and writes poetry, songs, and short stories. Darrell has taught at multiple universities and was the developer, manager and trainer of the Information Technology Curriculum for National Health Labs, Inc. while in Dallas.

The Secret Life of Great Classical Music (no class 2/28)

We all love music and many of us have come to love one piece of classical music or another, but what do we know about its meaning? Is it just flowing and fleeting emotions or is there more? What makes it tick? *What is the secret of classical music?* It is full of stories and meaning—always! The secrets are also in the structure of the music and in the DNA--the harmonic changes! We will explore classical masterpieces by Bach and Beethoven (String Quartet and Piano) and Brahms and Copland. Come, see, and hear for yourself!

Wed. 2/7-3/6 (no class 2/28) 11 am-12:30 pm Campus: CYC Room 122
Instructor: Steve Lund Sessions: 4

Steve Lund has taught writing, literature and music classes to adult, university, community college, high school, ESL (and even prison inmate) populations for 42 years. His Opera Society at Lutheran High School of Dallas was featured in the Dallas Morning News. Mr. Lund has also appeared on local radio stations (The Wolf, The Ticket and i93) talking about (believe it or not!) Mozart's opera, The Magic Flute, and Wordsworth poem about "Tintern Abbey." He is the author of a book about the James Joyce literary archives at Southern Illinois University and a grammar book entitled *Loving Grammar: Mr. Lund's Guide to Professional Clamdigging*.



MATH/SCIENCE/TECNOLOGY

Introduction to Apple iPhone/iPad

Join us for more than the introduction to the Apple phone/tablet...a class where we explore useful search and organization tools to get the most out of your Apple device. From accessing the Control Center to saving content received in iMessage, everyone will learn something. We will also explore features of recent updates.

Thur. 2/15 & 2/22 1:30-3 pm Campus: CYC Room 122

Instructor: Daphne Lee Sessions: 2

Managing Your Gmail Inbox

Learn how to effectively use Gmail using an Apple or Android smartphone/tablet to stay connected, and organized. Discover essential skills like composing and sending emails, organizing and storing messages, managing attachments, and searching for email messages.

Discover shortcuts in navigating and managing your Gmail Inbox and Archive.

Thur. 3/28 1:30-3 pm Campus: CYC Room 122

Instructor: Daphne Lee Sessions: 1

Web Wisdom: Cybersecurity Fundamentals **Bring a Friend (contact the SAIL office for information)**

In our spring class, we will discuss online privacy, identity protection and the basics of cybersecurity. From password creation and management to web surfing, there are best practices you can implement. Online shopping, social media, and cloud storage/access are some of the topics we will discuss.

Thur. 4/18 1:30-3 pm Campus: CYC Room 122

Instructor: Daphne Lee Sessions: 1

Daphne teaches professionals and individuals how to use technology – mobile devices, smartphones, computers, and peripherals. Her students are all “mature” adults. In addition to Microsoft networking certifications, she holds a Master of Science in Instructional Design degree from Boise State University and her goal is to increase individual performance through the effective use of technology. Daphne and her husband have been in the Dallas area for 25 years and have two beautiful Golden Retrievers.

Geology of U.S. National Parks: Great Smoky Mountain, Grand Canyon, and Rocky Mountain (ONLINE)

In 1872, President Ulysses S. Grant signed the bill that established our first National Park-Yellowstone. The intent of the bill was to set aside lands for the “benefit and enjoyment of the people,” as well as to preserve key wilderness areas.

Today, we have 61 National Parks, many of which exhibit extraordinary geologic features. In Part 1 of this series, we will look at the geologic history that shaped some of the most visited National Parks such as the Great Smoky Mountain NP; Grand Canyon NP; and Rocky Mountain NP.

Mon. 2/5-2/19 11 am-12:30 pm **ONLINE**

Instructor: Greg Indelicato Sessions: 3

Geology of U.S. National Parks: Zion, Yellowstone, and Yosemite (ONLINE)

In 1872, President Ulysses S. Grant signed the bill that established our first National Park-Yellowstone. The intent of the bill was to set aside lands for the “benefit and enjoyment of the people,” as well as to preserve key wilderness areas.

Today, we have 61 National Parks, many of which exhibit extraordinary geologic features. In Part 2 of this series, we will look at the geologic history that shaped some of the most visited National Parks such as Zion NP, Yellowstone NP and Yosemite NP.

Mon. 3/25-4/8 11 am-12:30 pm **ONLINE**

Instructor: Greg Indelicato Sessions: 3

Greg Indelicato holds a bachelor's degree in Geology from Queens College, CUNY and a master's degree in Earth and Space Sciences from Stony Brook University (SUNY), as well as an MBA from Oklahoma City University. He holds several certifications in the wine and spirits discipline, notably WSET 1 and 2: World MasterClass of Whiskey and Certified Bourbon Steward. Recently retired, Greg now pursues opportunities to share his knowledge and love of wine and spirits with his fellow enthusiasts.

MINI-SERIES

Archaeology – Ancient Egypt’s Power and Propaganda, Part Two

This course will highlight the pharaohs and their accomplishments from the second half of the Eighteenth Dynasty through the Nineteenth Dynasty. Special attention will be given to Amenhotep IV/Akhenaten, Tutankhamun, Seti I, Rameses II, and Merenptah.

Thur. 4/4-4/25 10:30 am-noon Campus: CYC Room 122
Instructor: Dr. Stephen Wyrick Sessions: 4

Stephen Von Wyrick holds a Ph.D. degree in Old Testament and Archaeology. He participated in post-doctoral studies at Brown University, Hebrew University (Jerusalem), Hebrew Union College (Jerusalem), and University of Oxford (England). He has worked as a staff archaeologist on several excavations in Israel from 1979 to 2014. He has made 75+ trips as a lecturer and archaeologist to Israel, Egypt, and Jordan since 1979. Additionally, he held an appointment as Senior Research Fellow at the Wm. F. Albright Institute of Archaeology in Jerusalem. He held the rank of Professor and served as Chair of the Department of Religion at California Baptist University and then the University of Mary Hardin-Baylor. At UMHB he was also the Director of the Middle East Studies Program.

Body Works 101: The Digestive System

You are what you eat. The breakdown of nutrients into molecules our bodies can use is a complex process involving multiple organs and organ systems. The process of digestion begins with the thought of food, is controlled by the small intestine, and ends with the absorption of water from the large intestine.

From the secretion of saliva to the absorption of water, cells within our digestive system work to process and deliver the foods we eat to the tissues in our bodies. This course will cover the unique role each organ in our digestive system plays in the digestion and absorption of foods and the role of the nervous system.

Mon. 3/18-3/25 10-11 am Campus: CYC Room 122
Instructor: Dr. Nicole Grose Sessions: 2

Dr. Nicole Grose is a retired Anatomy & Physiology professor. Her doctorate degree is in Quantitative Biology with emphasis in Cell Physiology. Nicole has taught multiple courses in biology from General Biology to Honors Anatomy & Physiology. When she is not teaching SAIL courses, Nicole is assisting high school and college students through tutoring and college readiness consultation. "The function of education is to teach one to think intensely and to think critically. Intelligence plus character -that is the goal of true education." Dr. Martin Luther King, Jr.

History of American Art Part 2: 1825-1860 (ONLINE)

This course covers American art from 1825 to 1860. Topics include landscape painting, representations of Native Americans, African Americans, women, celebrity, and photography. Artists to be discussed include Thomas Cole, the Peale family, George Catlin, Eastman Johnson, Mathew Brady, and more.

Tue. 2/6-2/27 10:30-noon **ONLINE**
Instructor: Dr. Clair Robertson Sessions: 4

OR

History of American Art Part 2: 1825-1860

Wed. 3/20-4/10 10:30 am-noon Campus: CYC Room 422
Instructor: Dr. Clair Robertson Sessions: 4

Dr. Robertson earned her B.A. from The University of Texas Arlington, her M.A. from Texas Christian University, and a Ph.D. from University of Kansas in art history. She specializes in the 19th-century American art, Italian Renaissance art, and 19th-century French painting. Dr. Robertson wrote her dissertation on portraitist Thomas Hicks and celebrity culture in mid-19th century New York. When not wandering about museums or studying art, Dr. Robertson enjoys hanging out with her two cow dogs, Hank and Charlie, who are named after country music legends Hank Williams and Charlie Daniels.

SAIL GUEST SPEAKERS

WHAT DID YOU SAY? TIPS AND TRICKS THAT MAKE LIFE WITH HEARING LOSS EASIER!

Brought to you by Leslie Farin, Publisher and Founder, 50Plus Today

50plus
today

RACHEL BLOOM - IRIS GOLDSTEIN



Are you or a loved one experiencing hearing loss? It can make things a little more difficult, but don't let it stop you from living your best life! What can you do? How can you help others? Is there an upside to hearing loss? What resources are available: Learn how to navigate the ins and outs of hearing loss.

Wed, February 28 10am – 11:30am
Courtyard Center Room 122

Iris Goldstein is 81 years young, and full of life! She was born deaf and hasn't let anything get in her way. Always up for an adventure, Iris has traveled all over the world, including Greece, Israel and Italy. Egypt is on the calendar for next year! She enjoys hiking, kayaking and spending time with her grandchildren. She also volunteers at local assisted living facilities, teaching sign language classes so that they can communicate with their hearing-impaired residents. Iris has many resources to share with those struggling with hearing loss.

Rachel Bloom, Iris' daughter, is a licensed clinical social worker. For the past 30 years, Rachel has been providing resources and education to seniors who want to remain as independent as possible. Currently a community liaison with Heart to Heart Hospice, Rachel is passionate about helping others navigate their end of life journeys. Rachel is a child of deaf adults (CODA) and has mild hearing loss herself. She is looking forward to sharing some tips on how she navigates social and professional situations.

Leslie Farin, MPH is the Founder and Publisher of [50PlusToday](https://50plus-today.com) a top-rated online lifestyle magazine and directory for individuals age 50Plus and their families. Her magazine provides inspiring and educational information and resources focusing on a wide variety of topics including accessibility, relationships, health and wellness, finances, travel, caregiving, living options and so much more. She firmly believes, as her tagline states, that "Your Second Act Can Be as Good, If Not Better Than Your First!" FREE to subscribe at <https://50plus-today.com/subscribe-50plus-today/>

SAIL GUEST SPEAKER

DR. MARY URQUHART

A SPECIAL CELESTIAL EVENT. WE'RE HAVING A TOTAL SOLAR ECLIPSE!

A total solar eclipse is coming to Texas on Monday, April 8, 2024. There won't be another total solar eclipse in the contiguous U.S. until 2044 or near Texas until 2045! Learn how to observe this special celestial event safely, with or without any special equipment.

Explore why eclipses happen, what to expect on APRIL 8th, what scientists learn from eclipses, how families and citizens can be involved, receive answers to your questions, and more!



TUESDAY, APRIL 2

1-3 P.M.

Courtyard Center Room 122

Dr. Mary Urquhart is a planetary scientist who completed her postdoctoral work at NASA's Jet Propulsion Laboratory and NASA Ames Research Center. She is currently Head of the Department of Science/Mathematics Education in the School of Natural Sciences at the University of Texas at Dallas (UTD), Director of the UTeach Dallas secondary STEM teacher preparation program at UTD and serves as chair of the UTD Eclipse Planning Committee. Dr. Urquhart is an award-winning professor who teaches graduate teacher courses in physics, astronomy, planetary science, astrobiology, and on incorporating authentic science, mathematics, and CS practices into K-12 classrooms.

SAIL GUEST SPEAKER

BERNADETTE STORY

Motown: An Inside View from the Wife of a Song Writer and Producer!

Join me as we go back in history and get a real inside look at the people that built Motown.

We will go online for clips of TV shows and movies featuring my husband, Allen Story's songs. We will also travel down memory lane with a slide presentation of memorable Motown star pictures.

Thur., APRIL 11 1 – 2:30 pm
Courtyard Center Room 122



SAIL GUEST SPEAKERS

Brett Adams and Dr. Aaron West

Forgotten Frisco: ZuZu Bollin, Legendary Texas Bluesman

The blues has been an important part of Texas music for generations. A true Frisco original, ZuZu Bollin, born in Frisco in 1922, is a little-known contributor to this great history. Get a glimpse into the life, times, and music of this remarkable Frisco native.



Tue., APRIL 30 3-4 pm
Courtyard Center Room 122

Dr. Aaron West, and professional musician has performed with jazz and pop legends such as Arturo Sandoval, Brian Wilson, Norah Jones, and the Glenn Miller Orchestra. He released his first solo album in 2007, titled colors and angles.

Professor Brett Adams has a Master's Degree from the University of Tulsa and is quite a history enthusiast!

Both are professors at Collin College and have been long time presenters for the SAIL program!



SPRING 2024 ART SUPPLY LIST

BASIC DRAWING-Lori Ruml

Anticipated Cost: \$20.00

Sketchbook

Set of Drawing pencils

Eraser

Smudge Stick

PAINTING STUDIO-Lori Ruml

This class is a "bring your own" supplies class!

EXPRESSIVE WATERCOLOR-Rani Velma

HB pencil

Polymer Eraser

Paper Towel

Painters Tape (blue)

A smooth board - to stick the paper on

Ceramic plate/or watercolor plate with wells

Brushes for watercolor Round #12, #6, Flat ¾ or 1 inch wide

Watercolors (any brand -Winsor and Newton, Cotman, Holbein, Daniel Smith, Koi)

You can buy a set of 12 or select individual colors.

Ultramarine blue,

Hooker's Green,

Hansa Yellow

Permanent Rose

Alizarin Crimson

Burnt Sienna

Arches individual sheets (**\$3 per sheet if bought from me**)

or

ANY Professional Quality watercolor paper (cold Pressed, 140 lb (300gm))

Size 11"x14" (available in blocks or large single sheet)

Fabiano

Legion Stonehenge

Canson (student quality)

IN THE KNOW.....



Classroom and Online Courtesy

Please be respectful and polite to your instructors and classmates. We are all here to learn, even if we have different opinions!

Be sure you are on time for your classes and if it is an ONLINE CLASS, **mute your mic**. ON CAMPUS CLASSES, please **mute your cell phone** when you enter the classroom.

Class Cancellations/Changes/Campus Closures

If a class needs to be cancelled or changed, we do our best to notify the students who registered as quickly as possible. A replacement class of your choice can be added based on space availability. Please contact the SAIL office to add your name to the roster. Changes will also be posted on the SAIL bulletin board at the Courtyard Center in Plano.

If there is a college wide emergency or closing due to inclement weather, check the college website, www.collin.edu or the SAIL website, www.collin.edu/sail for details.

Campus Classroom Food & Drink Reminder

Please be considerate of other students and **do not bring food** into the classrooms (*unless it is a designated Lunch & Learn course*). It can be messy and distracting to those around you. Students are welcome to bring a lunch or snack and visit one of the campus student lounges.

We recommend that students bring sweaters to class as the classroom can get a bit chilly in the summer months and chilly in the winter months.



Parking

Parking is free at Collin College! We recommend that you come early for your class to secure your preferred spot.

Please note that parking spaces fill up fast. Collin College does provide handicap parking, but these spots fill up fast as well. Please be aware that the Courtyard Center parking garage does not have an elevator.

SAIL Website and Facebook

Stay on top of the latest with SAIL by going to the Collin College SAIL website or Facebook page:

Website: www.collin.edu/sail **Facebook:** www.facebook.com/CollinCollegeSAIL

Lost and Found?

If you have left something behind, contact:

Courtyard Center (CYC) – SAIL office-Ste. 116 (972) 985-3788 or 3789, Registrar's office (972) 985-3788

We occasionally use photos of SAIL classes on our website and Facebook sites. Please let us know if you would like to opt out of your photo being used.



FREQUENTLY ASKED QUESTIONS

***Are there requirements to join SAIL?**

If you are 55 or over and enjoy learning and meeting new people, you qualify!

***What types of classes are offered and who teaches the SAIL classes?**

History, literature, art appreciation, current events and lifestyle interests are just a sampling of the classes offered in SAIL. The **SAIL** instructor community includes talented presenters, college professors and business leaders with categorical expertise.

***Do I need to have a degree to join the SAIL program?**

No degree is required, the only requirement is a passion for learning and enrichment!

***When are SAIL classes held?**

SAIL classes are conveniently held Monday-Friday between 9:30 a.m. and 4:30 p.m. Collin College parking is free!

***Where are SAIL classes held?**

Classes will be a mix of on campus and online as indicated in the SAIL schedule.

***How do I add SAIL courses after I have registered?**

Easy! Contact the SAIL office at 972.985.3788 or email sail@collin.edu and we can add any additional courses if they are available. If the class is closed, we can add you to the waitlist. You will be contacted by phone or email when a space becomes available.

***If there is a class cancellation or change to a class that I registered for, will I be notified?**

Unfortunately, we may have a change or emergency cancellation on a class. If you have **registered** for that class, we will email you as soon as we can, **so please check your emails regularly!** Registered members may attend another course of their choice, based on seat availability. Contact the SAIL office with any questions.

***When do I receive the link for an online class?**

If you have registered for an online class, the link will be emailed to you 2 days before the class begins. The link will be a recurring link, so if the class is multiple sessions, save the link for the next class!

***Can I bring a guest to a SAIL class?**

Definitely! A current member can bring one guest per semester to join you in a class if an extra seat is available. Please contact the SAIL office at 972.985.3788 **prior** to bringing them to class to verify seat availability.

***Can I suggest a class and are there volunteer opportunities?**

Yes! We rely on our membership to keep the "sails" running smoothly. Email the sail office sail@collin.edu or call us, 972.985.3789. We have various positions to fit your style and know your time is valuable. We are happy with any time offered.

***Are there refunds for SAIL membership?**

Sorry, there are no refunds for SAIL memberships after the semester begins.

Collin College SAIL Campus Locations

***SAIL CAMPUS COURSE SELECTION WILL VARY BY SEMESTER**

Courtyard Center (CYC)
4800 Preston Park Boulevard
Plano, TX 75093
972.985-3790
[Campus Map](#)



The Courtyard Center opened in 1993 and is located near the intersection of Park Blvd. and Preston Rd. in Plano. The Courtyard Center provides a professional development and business training environment. Whether you're interested in learning about the vast array of non-credit courses in Continuing Education and Workforce Development, starting a business or a consultation with the Collin Small Business Development Center (SBDC) corporate training with Collin Corporate College, or enroll in our 55+ lifelong learning courses with the SAIL program (Scholars Active in Learning), Courtyard Center is your destination to a great future.

Collin Higher Education Center (CHEC)
3452 Spur 399
McKinney, TX 75069
972.599-3100
[Campus Map](#)



The Collin Higher Education Center was created to provide a unique, multi-institutional higher education experience to area students. Five universities offer a variety of bachelor's, master's, and doctoral degrees in one convenient, local university center. Texas A&M University-Commerce, Texas Woman's University, The University of Texas at Dallas, The University of North Texas, and Texas Tech University have partnered with Collin College to offer numerous services and amenities to support students, including on-site advising and admission assistance, wireless internet, computer labs, study areas, free and secure parking, and a student lounge.

Wylie Campus (WC)
391 Country Club Road
Wylie, TX 75098
[Campus Map](#)

Sitting on just under 100 acres, with approximately 44 acres donated by the city of Wylie, the new Wylie Campus is located along Country Club Road across from the Wylie Municipal Complex. Phase one of the Wylie Campus development includes three multi-story instructional buildings that function as the Library, Campus Commons, and Student Center with conference center facilities.

<https://www.collin.edu/campuses/collinDistrictMap.pdf>

ZOOM TIPS & TRICKS

Zoom is a web conferencing platform that is used for audio and/or video conferencing. You do NOT need an account to participate in a Zoom session. You will be prompted to download the Zoom application if you haven't already (only needed once per device or computer)

Create a Virtual Learning Folder for Your Class Links

If you are registered for a SAIL virtual class, your instructor or the SAIL office will email the link to you a few days before your class begins.

SAVE this link in a convenient place, so you can access it for the next class.

Joining a Zoom Meeting

How do I join on a **Desktop or Laptop Computer?** [CLICK HERE](#)

How do I join by **Telephone?** [CLICK HERE](#)

How do I join using the **App?** [CLICK HERE](#)

Sharing a Virtual Link

We love to share information with our friends and family, but in order to keep the privacy of registered students and prevent “Zoom Bombing”, please do not share the link with anyone.

If you know a SAIL student that would like to join additional classes, they can contact the SAIL office at 972-985-3788 to be added to the class roster. We will be happy to email the link!

Zoom Resources

Please click on the links below, to be directed to Zoom Help Page

- [Getting Started](#)
- [Audio, Video, Sharing](#)
- [Zoom Rooms](#)
- [Video Tutorials](#)
- [Zoom App for iOS](#)
- [Zoom App for Android](#)
- [Zoom Privacy Policy](#)
- [Preventing Zoom Bombing](#)

<https://zoom.us/privacy>

**Without the assistance of
volunteers, we wouldn't
“SAIL” so smoothly.**

 Thank
you
Volunteers!