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 “SAIlLors” to your SUMMER Semester!

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! Our incredible Instructors have worked hard to put together an amazing summer schedule that will keep your mind active and engaged.

Technology has enabled us to continue learning and connecting with the world. The summer 2021 schedule will be a combination of virtual learning and a few on campus classes. Each course in the summer schedule will indicate if it is on campus or a virtual course. The face to face on campus classes will have limited classroom seating in order to comply with current social distancing mandates, only registered students will be allowed in. Please keep this in mind when you are registering for an on-campus class, that seating is limited and may fill up quickly.

If you need to add a course, just contact the SAIL office at 972-985-3788 or email us at sail@collin.edu and we can take care of it for you! We are only a phone call or email away!!

If you haven’t tried Zoom Virtual Learning, visit the SAIL website, http://www.collin.edu/sail where you can find a tutorial or contact the SAIL office for assistance!

Virtual 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 particular course.

Have an amazing summer semester and feel free to contact the SAIL office with any questions or to get assistance with registration at 972-985-3788 or email, sail@collin.edu.

SAIL on......

Sherry J. Scamardo
SAIL Program Manager
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.

*What is included in my SAIL Summer membership and how long is the summer semester?*
Summer schedule runs for the month of June and SAIL members can take as many classes as they want for $20.00.

*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 Summer classes held?*
Most summer classes will still be virtual, but the SAIL schedule will indicate if it is virtual or on campus.

*How do I add SAIL Summer 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 you need if it is available.

*Can I be “wait listed” for a closed course?*
Absolutely! If you tried to register for a class that is closed, notify the SAIL office and we will 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?*
Sometimes, 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! Registered members may attend another course of their choice, based on seat availability. Contact the SAIL office for any questions.

*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, 972-985-3788. 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.
SUMMER 2021 REGISTRATION

Membership Cost for Summer 2021 courses  $20.00
Number of Courses I Can Select  Unlimited
When Does Registration Begin?  MAY 17
When Do Classes Begin?  JUNE 1
How Do I Sign Up?  Registration Options

1. Register online, and pay online by credit card on the SAIL website
   www.collin.edu/sail  We accept, Visa, Mastercard and Discover

2. Register online, but pay by telephone.  Contact the Courtyard Center Bursars
   office to make payment after you have registered at 972.985.3724 or the SAIL
   office at 972.985.3788.  
   (please have the 5-digit registration number that you received when you registered)

3. Register and pay at the SAIL office Courtyard Center in Plano beginning
   May 17th  8:30 am – 5:00 pm.
   *Reminder:  Properly worn face masks are required on all college campuses and
   social distancing will be in effect.

4. Mail In: Download a worksheet form or mail us your course list, along
   with your check (payable to SAIL) to:
   Collin College Courtyard Center (SAIL)
   4800 Preston Park Blvd., Suite 116
   Plano, TX  75093

*Not sure how to register?  CALL US!  972.385.3788 or sail@collin.edu

SAIL Tip:  Click on the website, www.collin.edu/sail where it says REGISTER FOR SAIL CLASSES

SAIL Tip:  If you have registered successfully online, the system will generate a 5-digit number.

SAIL Tip:  Choose your classes before you register, so the system doesn’t time out on you!  There is a worksheet online that is
helpful to write down your classes, before you register.

SAIL Tip:  We are here to help! Call or come in to get registered!

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.

*Please note that once the semester starts, there are no refunds on SAIL membership costs.
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**SAIL Summer 2021**

*(V) VIRTUAL (CYC) COURTYARD CENTER*

**MONDAYS**

(V) Evolution of the Solar System  10-11 am, June 7-June 21 (3 sessions) Joseph Black
(V) Glaciology and Snowball Earth  11:30 am-1 pm June 7-June 28 (4 sessions) Greg Indelicato
(V) Supervised Bridge  1:30-3 pm, June 7-June 28 (4 sessions) Jerry Frankel
(V) Rise and Fall of the Soviet Communism  1:30-3:30 pm June 7 & June 14 (2 sessions) C. Fred Smith
(V) The Real Story of the Battle of the Bulge  1:30-3:30 pm   June 21 & June 28 (2 sessions) C. Fred Smith

**TUESDAYS**

(V) Unsung Heroes of World War II:  Europe  11 am-12:45 pm June 1-June 22 (4 sessions) Herb Weinstein
(V) Paint with Me! Online Paint Along Class  1-2:30 pm June 15-June 6 (4 sessions) Christine Smith
(CYC) International Short Stories-Room 122  11 am-12:30 pm   June 1-June 22 (4 sessions) Sonia Meltzer
(V) Econ 101-Refresher  1-2:30 pm   June 1 & June 8 (2 sessions) Ed McClelland

**WEDNESDAYS**

(V) Grocery Store and Take-Out Dining Secrets!  10 am-11 am   June 2 & June 9 (2 sessions) Lisa Evans-Reagan
(V) Lands of Fire and Ice 10 am-11:15 am   June 16 & June 23 (2 sessions) Don Wolman and Brenda Nibert
(V) Hockney-Van Gogh: The Joy of Nature  11:30 am-1 pm    June 30 (1 session) Paul Dolliver
(V) Great Novel Discussion Group I  11:30 am-1 pm   June 2 (1 session) Paul Dolliver
(V) Great Novel Discussion Group II  11:30 am-1 pm   June 16 (1 session) Paul Dolliver
(CYC) Mah Jongg 1-Beginner- Room 214  1:30-3:30 pm   June 2-June 30 (5 sessions) Judith Fishman
(V) The Scarlet Letter  1:30-2:30 pm   June 2-June 23 (4 sessions) Margo Hicks

**THURSDAYS**

(V) Introduction to Vodka, Gin, Tequila & Rum  11 am-12:30 pm   June 3-June 24 (4 sessions) Greg Indelicato
(V) Body Works 101: The Cardiovascular System  12:30-1:30 pm   June 3 & June 10 (2 sessions) Nicole Grose
(CYC) Chocolate from Comfort to Conflict/Sugar-Bitter Sweet- Room 122 1-2 pm   June 17 & June 24 (2 sessions) Kyra Effren
(V) Meet the Dog Pioneers of Health Care  2-3:30 pm   June 17 & June 24 (2 sessions) Jill Schilp
(V) Top Steps You Should Take Legally as You Age for Estate Planning  2-3 pm   June 3 & June 10 (2 sessions) Candace Vogt
*(V) VIRTUAL (CYC) COURTYARD CENTER

FRIDAYS
(V) Ye Olde Roads of North Texas 1-2:30 pm June 25 (1 session) Robin Cole-Jett
(V) Quo Vadis the Middle East 10 am-11 am June 25 (1 session) Lishan Desta
(V) The Science of Happiness 4:30-5:30 pm June 4-June 25 (4 sessions) Sarita Malhotra
(CYC) Fundamentals of Water Color-Room 337 1:30-3 pm June 4-June 25 (4 sessions) Lori Ruml
(CYC) Brain Health-Room 122 11 am-12:30 pm June 18 & June 25 (2 sessions) Barbara Walters

SATURDAYS
(V) Let’s Move! noon-1 pm June 5-June 26 (4 sessions) Sarita Malhotra
**Body Works 101: The Cardiovascular System**

This two-session class will cover the basics of the Cardiovascular System. Students will learn the importance of calcium to heart contraction, regulation of heart rate, the exchange of oxygen and nutrients throughout the body and how COVID (SARS-CoV-2) affects the function of the system.

Thur. 6/3 & 6/10 12:30-1:30 pm  
**Virtual Course**  
Instructor: Dr. Nicole Grose  
(see instructor bio)  
Sessions: 2  

**Link will be emailed to you**

**Brain Health**

This summer we will learn ways to increase your brain’s creativity and keep your brain fit. We will talk about myths on brain health, brain injury and repair and the latest research on Alzheimer’s Disease.

Our information will be based on the book by Sandra Chapman, Ph.D., *Make Your Brain Smarter*, and information from the AARP Publications, Alzheimer’s Prevention and other research studies. Author Chapman is Chief Director with the Center for Brain Health, UT Dallas.

Fri. 6/18 & 6/25 11am-12:30 pm  
**CYC Room 122**  
Instructor: Barbara Walters  
(see instructor bio)  
Sessions: 2  

*Masks required on campus*

**Grocery Store and Take-Out Dining Secrets!!**

Have you wondered if you are making the most of your dining choices? Whether you choose take-out from a restaurant, fast food, cooking from scratch, or frozen meals, let’s explore some of the secrets to help you be a more informed consumer/foodie.

Wed. 6/2 & 6/9 10-11 am  
**Virtual Course**  
Instructor: Lisa Evans-Reagan  
(see instructor bio)  
Sessions: 2  

**Link will be emailed to you**

**Let’s Move!**

This summer SAIL course will be a senior fitness class to help you move, while having fun! Chair yoga and other simple, yet effective exercise routines to help you stay active in the month of June, so be sure to join us!

Sat. 6/5-6/26 noon-1 pm  
**Virtual Course**  
Instructor: Sarita Malhotra  
(see instructor bio)  
Sessions: 4  

**Link will be emailed to you**
**Meet the Dog Pioneers of Health Care**

This course will tell the stories of the dogs throughout history, who have been pioneers in health care. Travel with the Red Cross or so-called Mercy dogs as they save lives on the battlefield in World War I. Meet Sigmund Freud’s chubby chow who joined the great psychiatrist in his consulting room. Learn about the Collie who was Florence Nightingales’ first patient. Meet local pioneering therapy dog teams in a virtual therapy dog visit and learn what they do in DFW!

**Thur. 6/17 & 6/24 2-3:30 pm**

**Virtual Course**

Instructor: Jill Schilp *(see instructor bio)*

Link will be emailed to you

**The Science of Happiness**

Do you know what the key elements are that make people happy? We will take a look into what makes people happy and how you can utilize these techniques in your everyday life. We will discuss evidence-based explanations and practices to help you gain awareness on positive psychology.

**Fri. 6/4-6/25 4:30-5:30 pm**

**Virtual Course**

Instructor: Sarita Malhotra *(see instructor bio)*

Link will be emailed to you

**Top Steps You Should Take Legally as You Age for Estate Planning and Life Issues**

Planning ahead is the most important step you can take in many areas related to your estate and life issues. Time and time again, families get caught off guard when a sudden death or illness occurs and you don’t have all your bases covered.

We will briefly discuss the “top steps” that you should take with your estate, your assets and other legal matters, so your family is in good hands.

**Thur. 6/3 & 6/10 2-3 pm**

**Virtual Course**

Instructor: Candace Vogt *(see instructor bio)*

Link will be emailed to you
**ARTS/ART HISTORY/Writing**

**Fundamentals of Watercolor**
This course, designed for those who want to learn the basics of watercolor, will focus on getting comfortable with watercolor painting techniques and enjoying the process of a fluid and serendipitous style of painting. The basics of materials, tools, techniques, color, and value will be explored.

The class is designed to be an exploratory experience of the wonderful world of watercolor.

Supplies: We will play with watercolor supplies on the first day of class, discussing the pros and cons of each and allowing students to handle and see all supplies before deciding what to purchase by way of paper, palette they like best, type of watercolor they prefer, and brush style.

Fri. 6/4-6/25 1:30-3 pm  
Instructor: Lori Ruml (see instructor bio)  
 Sessions: 4  
*Student Limit: 8  
*Masks required on campus

**Hockney-Van Gogh: The Joy of Nature**
We will review and discuss landscapes by David Hockney and Vincent Van Gogh, which are on exhibit at the Houston Museum of Fine Arts through June 20th. This is the first time these two artists have been paired in an American museum exhibition. Focus will be on their use of brilliant color and creative perspective to express their profound love of nature.

Wed. 6/30 11:30 am-1 pm  
Instructor: Paul Dolliver (see instructor bio)  
 Sessions: 1  
*Link will be emailed to you

**Paint with Me! Online Paint Along Class**
In this online class, I will lead you in completing a beautiful painting each class! Everyone will paint the same painting. Similar to the classic Bob Ross painting shows, I will lead you step by step! To join lessons, you simply click on a link that I will email to join the class from any computer or tablet with access to the internet.

Tue. 6/15-7/6 1-2:30 pm  
Instructor: Christine Smith (see instructor bio)  
 Sessions: 4  
*Student Virtual Limit: 35  
*Link will be emailed to you  
(Supply list at back of schedule)


**DISCUSSION**

**Econ 101: Refresher**

This class will be a refresher course to get you ready for the fall class which will be more in depth.

We will take a brief look at the economic indicators of GDP, unemployment and inflation. Has the recession ended and what does our economic growth look like? We will touch on some of the latest news and headlines affecting the United States economy.

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<tr>
<td>Instructor: Dr. Ed McClelland</td>
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**Link will be emailed to you**

**Quo Vadis the Middle East**

So far, in our past studies of the Middle East, we have focused on the history (i.e., past) and the current affairs (i.e., present) of the region. This time, we will focus on predicting the region (i.e., future). We will ask what the Middle East would look like in 2031 and what impact it could have on the world 10 years from now.

In this lecture, we dare to play the seer. The lecture is an exercise in political foresight. A political prediction has always been a risky venture, but we will dare to walk out on a limb and try to imagine the future of the Middle East. Achieving lasting solutions for the problems of the Middle East has always eluded us. We will try to ask the right questions which will ultimately lead us to the right answers.

This lecture will serve you as a good chill-out opportunity from the Texas sizzling summer heat, so join us from the comfort of your cool living room!

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<td>Instructor: Dr. Lishan Desta</td>
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**Link will be emailed to you**
GAMES

Beginning Mah Jongg
In five 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.

Wed. 6/2-6/30 1:30-3:30 pm CYC Room 214*
Instructor: Judith Fishman (see instructor bio) Sessions: 5

**Student Limit: 12**
*Masks required on campus

*Students must purchase their own National Mah Jongg League Rules Card (2021) prior to first day of class play. Cards can be purchased through Amazon or the National Mah Jongg League (see address below).

National Mah Jongg League Inc.
450 7th Ave, NY, NY 10123
Small print $9.00 Large print $10.00

https://www.nationalmahjonggleague.org/store.aspx#

Link will be emailed to you

Supervised Bridge
This course is designed for intermediate players. Each hand’s analysis will include bidding, declarer play and defense. On occasion, there may be a limited lesson on a particular subject of interest and importance.

Mon. 6/7-6/28 1:30-3 pm Virtual Course
Instructor: Dr. Jerry Frankel (see instructor bio) Sessions: 4

Link will be emailed to you
Rise and Fall of the Soviet Communism

In the previous course, we covered Soviet history from Marx to the end of WWII. This final course of two sessions will deal with the Cold War from 1945 to 1991. During this period, conflict with the U.S. was narrowly avoided on several occasions. We will look at the various leaders of the Soviet Union and the reason for its fall in 1991.

Several conflicts will be covered such as the Cuban Missile Crisis, along with the Eisenhower policy of Mutual Assured Destruction (MAD) during a time of potential nuclear disaster.

Mon. 6/7 & 6/14 1:30-3:30 pm Virtual Course
Instructor: General C. Fred Smith, USA ret. (see instructor bio) Sessions: 2

Link will be emailed to you

The Real Story of the Battle of the Bulge

American understanding of the greatest American land battle of WWII is generally based on a 1948 movie “Battleground”. While the movie is entertaining, and basically correct, it ignores the area where the decisive battle was fought - the Northern shoulder. It was here that exhausted American units stopped the best German Panzer Divisions and forced the Germans to use up their supplies in trying to make the all-important breakout.

There the fate of the Wehrmacht was decided at a Belgian Town called St. Vith.

Mon. 6/21 & 6/28 1:30-3:30 pm Virtual Course
Instructor: General C. Fred Smith, USA ret. (see instructor bio) Sessions: 2

Link will be emailed to you
HISTORY

Unsung Heroes of World War II: Europe

Look beyond the epic battles and military strategy to meet some of the ordinary people who made an extraordinary impact on World War II. The story of the war is the story of humans—everyday people trying to do their part in a world falling apart around them.

This course is your chance to herald those lost in the cracks of history—men and women of courage and conscience who helped change the course of the war.

Tue. 6/1-6/22 11 am-12:45 pm Virtual Course
Instructor: Dr. Herb Weinstein (see instructor bio) Sessions: 4
Link will be emailed to you

Ye Olde Roads of North Texas

History seems fairly modern in the North Texas region, but that’s only because historic evidence is often erased by concrete and asphalt. Older history is easy to find though, if you know where to look! Join Robin Cole-Jett, the Red River Historian, to retrace the old paths, trails and road in North Texas and while doing so, plan your next historic road trip.

Fri. 6/25 1-2:30 pm Virtual Course
Instructor: Robin Cole-Jett (see instructor bio) Sessions: 1
Link will be emailed to you
# LIFESTYLE/TRAVEL

## Chocolate from Comfort to Conflict / Sugar – Bitter Sweet

From ritual use to medicine to aphrodisiac and to nourishment. Chocolate was essential in the rations of U.S. soldiers and explorers for nourishment and to ward off tooth decay. Unfortunately, it came with a price of conflict and corruption.

The history of sugar from slavery to greed and conflict and luxury to sculpture, sugar “helps to make the medicine go down”, but it gives you wrinkles and other health issues!

Join us in this fun and informative class about two of our favorites; chocolate and sugar and learn history along the way!

**Thur. 6/17 & 6/24 1-2 pm**

Instructor: Kyra Effren *(see instructor bio)*

Sessions: 2

*Masks required on campus*

## Lands of Fire and Ice

Set sail for the Viking lands of the North Atlantic, two of the most far-flung island outposts on the planet - Iceland and the Faroe Islands. Lands of fire and ice, idyllic landscapes that evoke awe and amazement - stories full of discovery, mythical creatures, epic adventures and rugged survival. We’ll explore the history, geography, customs and scenery of these islands. Isolated for centuries from the European mainland, the Icelanders and Faroese people reflect a culture, language and attitudes much like the Vikings of old.

Each lesson will include a travelogue and photo exhibit that will make you feel like you’re right there among these Viking people.

**Wed. 6/16 & 6/23 10-11:15 am**

Instructors: Don Wolman and Brenda Nibert *(see instructor bio’s)*

Sessions: 2

### Link will be emailed to you

## Introduction to Vodka, Gin, Tequila & Rum

Vodka, gin, tequila and rum; some of our favorite cocktails are made from these spirits. In this course, we will review the ingredients, the processes and the rules behind each of these spirits, as well as some unique attributes and anecdotes. Is vodka the tasteless neutral spirit that we think it is? What about the difference between tequila and mescal? And what’s with the “worm”?

And finally, rum, part of the Triangle Trade in the early part of our country’s history. Come join us and share your experiences with these spirits!

**Thur. 6/3-6/24 11 am-12:30 pm**

Instructor: Greg Indelicato *(see instructor bio)*

Sessions: 4

### Link will be emailed to you
Great Novel Discussion Group I

We will read and discuss a great American classic, Sherwood Anderson’s, *Winesburg, Ohio*. Published in 1919, the book consists of 22 stories, each of which shares a specific character’s struggles to overcome the loneliness and isolation that seem to permeate a town in the American Midwest.

Modern Library ranks *Winesburg, Ohio* 24th on its list of the 100 best English language novels of the 20th century.

**Wed. 6/2 11:30 am-1 pm**

**Instructor: Paul Dolliver (see instructor bio)**

**Link will be emailed to you**

Great Novel Discussion Group II

We will read and discuss a modern literary classic: James Joyce’s, *A Portrait of the Artist as Young Man*. Published in 1916, the book traces the intellectual and religious awakening of Joyce’s fictional alter ego, Stephen Dedalus. Modern Library ranks *Portrait of the Artist*, on its list of the 100 best English language novels of the 20th century.

**Wed. 6/16 11:30 am-1 pm**

**Instructor: Paul Dolliver (see instructor bio)**

**Link will be emailed to you**

International Short Stories

Put your feet up this summer, sit back and relax while we read an international short story each week and discuss parts of the story afterwards. Some you will recognize, some you will learn about.

Join us as we travel the world!

**Tue. 6/1-6/22 11 am-12:30 pm**

**Instructor: Sonia Meltzer (see instructor bio)**

*Masks required on campus*

The Scarlet Letter

The Scarlet Letter is a short novel written by Nathaniel Hawthorne in the middle of the 19th century that can be read as a good mystery story, but can also be read as social comment that is applicable to this 21st century. It is a dark romance that is full of hidden passion, adultery, political hypocrisy, religious intolerance, feminism or lack thereof, and perseverance in times of great stress. There are twenty-four chapters in the book. Over the four classes, we will discuss six chapters in each class.

**Wed. 6/2-6/23 1:30-2:30 pm**

**Instructor: Margo Hicks (see instructor bio)**

**Student Limit: 20**

**Link will be emailed to you**
**Evolution of the Solar System**

How are moons created? Was Venus a comet? How old is the solar system and how do gas planets evolve? We will look at the evidence available to study this intriguing and sometimes mystifying science. What does the future hold for our solar system, and what might happen next? Join us for this fun and educational summer solar class journey!

*Mon. 6/7-6/21 10-11 am Virtual Course*

Instructor: Joseph Black *(see instructor bio)*

**Link will be emailed to you**

**Glaciology and Snowball Earth**

Did you know that the Earth was almost completely covered with ice? And not just once!

In this course, we will discuss the six documented periods of glaciations starting almost 3 billion years ago, and the effects of the last period of glaciation on the *Genus Homo* (*H. sapiens* and the other contemporaneous human species at that time). We will discuss the “Little Ice Age”, and its impact on history. And the theory that we may still be in a global ice age period. Finally, what are the global temperature and carbon dioxide levels compared to those over Earth’s history, and are we really in a period of “global warming.”

*Mon. 6/7-6/28 11:30 am-1 pm Virtual Course*

Instructor: Greg Indelicato *(see instructor bio)*

**Link will be emailed to you**
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Joseph R. Black is a researcher who was President of Expert Witness Services, Inc. investigating explosions, fires and unusual accidents and a consultant to corporations, the White House and the U.N. In Texas, he founded Video Reader Co., inventing Magic Flashcards for schools. Joe and his wife Sandi, more recently produced Broadway and London theatre.

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

Paul Dolliver earned degrees in History and Geology from Baylor University. He is a geologist, Texas Master Naturalist, reader and frequenter of art museums. Paul currently teaches geology courses and SAIL classes at Collin College, in addition to Hill and Dallas Colleges.

Kyra Effren has had an extensive and international experience in the world of food and cookbooks! She received her Bachelor’s in Social Sciences from UCT Cape Town, RSA. Kyra did her post grad studies in Labor Relations at Columbia University. She is also a licentiate in Music Teaching from the Royal School of Music and University South Africa Schools. Kyra was the owner of Cours de Cuisine Cooking School and has worked with The Dallas Morning News for over 15 years. She currently is collaborating with the City of Dallas and other organizations to combat food insufficiency in Dallas with the elderly population.

Lisa Evans-Reagan is a self-professed foodie and career communications professional. She loves to learn and share knowledge that she has acquired. One of her favorite elective courses in college was “Meal Management.” The information she learned in that class has been put into practice for decades, whether she’s picking up take-out from a favorite restaurant or cooking (or reheating) at home.

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. She has been married to her wonderful husband for 43 years and has two grown children.

Jerry Frankel M.D. retired from the practice of medicine after almost forty years as a urologist. Now as a Bridge instructor, he feels like an ambassador for improving the lives of fellow seniors through this challenging and fun game.

Nicole Grose, Ph.D. earned her Ph.D. in Quantitative Biology from the University of Texas at Arlington. Her specialty is Cell Physiology. Nicole has taught various courses of Anatomy & Physiology for over 15 years. She will retire in August 2021 after teaching Human Anatomy & Physiology courses at Collin College for 12 years. Nicole is looking forward to this next chapter of her life teaching for SAIL.

Margo Hicks taught high-school English for thirteen years in Houston ISD before retiring nine 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.

Greg Indelicato holds a Bachelor's degree in Geology from Queens College, CUNY and a Master's degree in Earth and Space Sciences from Stonybrook 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 Whisky and Certified Bourbon Steward. Recently retired, Greg now pursues opportunities to share his knowledge and love of wine and spirits with his fellow enthusiasts.
Robin Cole-Jett has been researching, documenting, and sharing the history for the past twenty years as the Red River Historian (publishing company, museum consult-redriverhistorian.com). Robin works as a community college instructor, is the author of five books, a tour guide, and a museum educator.

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.

Edward L. McClelland, Ph.D. has extensive economic and financial experience and expertise. He has authored numerous economic impact studies for both public and private organizations and directed the economic research activities as chief economist for RepublicBank Corporation. Dr. McClelland has briefed boards of directors of RepublicBank Corporation and the President of the Federal Reserve Bank of Dallas. He is a skilled forecaster, speech writer, public speaker, has extensive experience with media relations and has taught as an adjunct professor.

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.

Brenda Nibert is a world traveler, CPA and teacher with degrees in Religion and Near Eastern Studies from Wellesley College and Berkeley. She volunteers as a docent at the Dallas Holocaust and Human Rights Museum.

Lori Rum has a 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. While Lori enjoys working in all mediums, watercolor techniques and styles are a prominent element in much of her work.

Jill Schilp grew up believing that a girl and her dog could change the world. She has been reading and telling dog stories ever since. After a thirty-year career as a master’s level registered nurse and educator, she retired and became a humane educator, dog writer and therapy animal handler and instructor. Along the way, she discovered she was right about dogs changing the world and she decided to tell their stories. Her latest book, “Dogs in Health Care: Pioneering Animal Human Partnerships” is the story of the dogs who changed health care. Jill is a member of the Dog Writers Association of America and the Pet Partners of Greater Dallas animal assisted therapy group. She and her retired therapy dog partner, Junior, enjoy reading together, swimming and peanut butter (but not necessarily in that order!)

Christine Smith is a professional artist whose career has spanned multiple areas of expertise. A graduate of The Art Institute of Dallas, she started her career right out of college in the video game industry, creating art and animation. She is accredited on 7 published titles over a decade long span in the entertainment industry. She spent years freelancing as a graphic designer, photographer and web developer until she founded the WERX Foundation, and served as President and Executive Director, assisting nearly 100 start-up companies to become successful small businesses. Christine is also a fine artist, an Adjunct Professor at Collin College and serves as President of the Visual Arts League of Allen (VALA). As an extension of VALA, she set up and curates the VALA Gallery in the Cotton Mill of McKinney.
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**Fred Smith** has been a SAIL instructor going on thirteen years. He is a native Texan with degrees from Abilene Christian and University of Arkansas in Nuclear Chemistry. He served forty years in the Army, both active and reserve, and retired as a Brigadier General in 1995. He was on the staff at SMU for several years, then retired to teach his passion, modern history, much observed first hand.

**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. She is married to her wonderful husband Tod and has two adult children.

**Barbara Walters** has an M.A. in Human Resource Development from U.T. Austin. She has spent 30 years in the corporate world in Leadership Development, including designing and delivering training to managers at all levels and managing teams of trainers. She has been teaching as a SAIL instructor for several years and enjoys sharing her knowledge of “Brain Health” to the SAIL students.

**Herbert Weinstein, Ph.D.** received his B.S. from Tufts University and a Ph.D. from 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!”

**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 MIT and a Master’s degree in Physics from Tufts University. He works part-time as a technical writer and volunteers as a speaker/presenter around the DFW area.
A SAIL membership is a perfect gift for that someone special!

Contact the SAIL office at 972.985.3788 or email us at sail@collin.edu for information about purchasing a gift membership!
Without the assistance of SAIL volunteers, we wouldn’t “SAIL” so smoothly!

THANK YOU
Paint with Me! Online Paint Along Class

Anticipated Cost: $25.00

(4) canvas boards or canvases-12x16 or 16x20

Basic acrylic paint set-red, deep yellow, green blue, black & white, burnt umber, raw sienna

Basic brush set-at least (5) different types/sizes: 1-1in wide flat

Paper plates or palette paper (for palette)

Water
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
HAVE A WONDERFUL SUMMER!
Thank you for participating in the SAIL Program!

SAIL Program, Collin College
4800 Preston Park Blvd., Plano, TX 75093
Visit our website at www.collin.edu/sail
Office: 972-985-3789

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