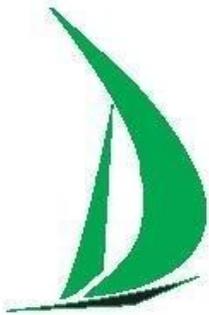


Senior Adventures In Learning Of
Melbourne, Inc.
2950 N. Harbor City Blvd.
Melbourne, FL 32935

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Issue #82 -December 2022

Triannual Publication



S.A.I.L.

Senior Adventures In Learning
of Melbourne, Inc.
*Seniors Charting a Successful Course
into the Future!*

WINTER TERM 2023

*Every Tuesday, January 10th through February 28th
and Every Wednesday, January 11th through March 1st, 2023*

at

**Ascension Catholic Community Church
2950 N. Harbor Blvd. Melbourne, FL 32935**

Issue #82

**Senior Adventures In Learning
Winter Term 2023 Registration
Begins Tuesday January 10th and Wednesday January 11th, 2023**

Name _____
Last First

Address _____

City: _____ State: FL Zip: _____

Phone: () _____ E-mail: _____

For our records...Let us know the NAME of your congregation if you worship locally. (Affiliation not required):

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

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

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

TUESDAY Classes: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____

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

**A very special THANK YOU to our SPONSOR for the Winter term of SAIL...
 Ascension Catholic Church - *Please show them your appreciation!*
 Follow the SAIL signs to Parish Hall for registration,
 badges, coffee and classes**

Enclosed is my check or money order for:

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

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

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

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

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

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

Emergency Contact: Name _____ Phone # _____

- I will volunteer to help with registration, set up and/or clean up. **WE REALLY COULD USE THE HELP!!**

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

IMPORTANT~PLEASE READ!!!

When:

The Winter Term will be every Tuesday beginning January 10th for EIGHT (8) weeks and every Wednesday beginning January 11th for EIGHT (8) weeks.

Classes are at 9:00, 10:00, 11:00 a.m., and 12:30 p.m. (Wednesday only). **Special times for Mah Jongg on Wednesday (check brochure).**

The SAIL instructors volunteer their time to teach the classes. Please attend ALL the classes you sign up for.

Where:

Classes will be held at **Ascension Catholic Church, 2950 N. Harbor City Blvd. Melbourne, FL 32935.** Go to Parish Hall to get coffee, name tags, and find out where your classes are located.

Registration:

Refer to the following schedule and make your course selection (number) for each day and hour and **put on the form** (make a copy for your records). Complete the registration form and enclose your check payable to Senior Adventures In Learning of Melbourne and mail it to the address **at the bottom of this registration form** (do not mail to Harbor City Blvd. Address). Please send in the entire Registration form

There is a one-time registration fee of \$30 for one day, which includes all that day's classes covering the **entire 8-week program**, and \$45 for two days covering both day's classes for the **entire 8-week program**. CHECKS ARE PREFERRED!!

IMPORTANT NOTE: Please mail the registration form no later than **January 4th, 2023**, so we have time to process your registration. If you wait to register on the first day(s) of classes, MANY CLASSES WILL BE FILLED. **NOTE:** The registration team needs a few volunteers to help with walk-in registrations for the first two weeks of the semester. Please indicate on the Registration form if you can help.

Other:

Classes: that are being offered for the first time are marked "NEW".

Coffee Club: Coffee and tea are provided for \$5.00 per term or you may choose to contribute daily.

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

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

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

Phone Number for SAIL- 321-626-0963

TUESDAY Classes

9:00 a.m.

595TA CIA - This is the last 8 weeks of the CIA course and will cover Colby, Church, Hostage Crisis in Iran, Afghanistan-The Soviets, The Road to 9/11, CIA in Afghanistan and Retreat in Iraq, CIA renditions, Interrogations and Drones and finish with "The CIA Balance Sheet: Wins and Losses as a summary. **The course is taught by Professor Hugh Wilford and moderated by Kevin Evans.**

222TA LINE DANCING-BEGINNER LEVEL INSTRUCTION: **The beginner level is for those with little to no prior line dance experience, who enjoy moving to music at a low impact level.** We will start with teaching some of the basic and most common line dance steps, both with and without music. The instruction will gradually progress to performing simple dances. Usually, one single turn to either side is common, in order to repeat the dance on another wall. Movement may be adapted to adjust the pace for people who have difficulty with dizziness stimulated by quick or multiple turns. **The class is taught by Lenora Corbett who has been an intermediate level line dancer for over 10 years.**

809TA INTRODUCTION TO THE SPANISH LANGUAGE (Beginners Only Class): **Join Isabel Ochoa-Youssef, a retired Spanish teacher in the New York public school system, in this introductory course to the magical world of the Spanish Language.** Elementary vocabulary and grammar will help you begin your study of this most important language. We will review chapters 1 through five, and begin with chapter six. Vocabulary opportunities will be provided for everybody to catch up. **Textbook: Spanish Made Simple by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy.**

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

NEW 584TA EUROPEAN HISTORY AND EUROPEAN LIVES: 1715 TO 1914: Great courses lectures by Jonathan Steinberg, Ph.D., University of Penn. **Thirty of the most influential people who lived during the 200 years in the history of the West prior to WW I form the subject of this course.** All are major players in the grand drama of history, whether ruler, statesman, artist, philosopher, general, or scientist, each plays a role in this course - a mix of history and biography - to understand history. This term will cover the philosophers whose ideas shaped today's world. **John Riley is the presenter.**

10:00 a.m.

599TB THE OTTOMAN EMPIRE: From 1520 to 1566, the Ottoman sultan Suleiman the Magnificent ruled one of the greatest empires, famed for its Janissaries, cavalry, and siege guns. Stress is given to the achievements of Ottoman with the dissolution of the Ottoman Empire, demonstrating how it still influences the geopolitics of the Middle East today. **Lecturer: Dr. Kenneth W. Harl Ph. D is Professor of Classical and Byzantine History at Tulane University. Facilitator: Fahim Ahmed, Retired Founder & CEO of WWT Inc. Grand Prize winner of the Harold S. Geneen Award.**

223TB LINE DANCING IMPROVER/INTERMEDIATE LEVEL: **The improver/intermediate level of line dance is for those with some experience in line dancing and knowledge of the basic steps, who wish to improve their skills.** While the impact will remain low, more frequent turns and a briskly paced step may increase the degree of difficulty. Movements may be adapted to adjust to individual needs. **The class is taught by Lenora Corbett who has been an intermediate level line dancer for over 10 years.**

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

TUESDAY Classes (cont'd)

10:00 a.m.

809TB INTERMEDIATE SPANISH (Conversation Class): Join Isabel Ochoa-Youssef, *a retired Spanish teacher in the New York public school system, in this intermediate course to the magical world of the Spanish Language*. New commers are welcome and are asked to read Chapters 1 to 10 (before classes start) in both English and Spanish in the Textbook *Spanish Made Simple* by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy – available on Amazon. We will begin by reviewing previous chapters and then proceed to chapter 20. Opportunities will be presented for vocabulary review throughout the lessons.

NEW 466TB WATERCOLOR ON FABRIC: **The first class will be a presentation, 'Wildflowers and Watercolor on Fabric', after that we will learn how to paint with watercolor pencils onto fabric.** We will also learn about Florida native plants and butterflies while painting these. We'll talk about materials in the first class, but you won't need them until the second class. Materials recommended: 1) Inktense Derwent pencils 12 pack or 24, 36, 72 pack (these are permanent on fabric); 2) Inkjet Fabric Sheets (for guidance go to www.sewnature.com/materials - available in class for \$3 each); 3) A small container for water and a rag like an old t-shirt or kitchen towel; 4) Paint brushes - small round brushes sizes #2 - 4 and scrubber brushes (you don't need all); 5) Activator: Aloe Vera without alcohol, Textile Medium (TM), water; 6) Pencil sharpener; 7) Kneaded eraser or hi-polymer white erasers (available in class to buy or borrow); 8) Boards and Binder Clips - Clip Boards can act as your board. **Laura Parkel will be your instructor; she has a bachelors in Freshwater Ecology from UCF and a Masters in Wetlands from UF**

652TB LET'S WRITE: **Always wanted to write a short story or novel? Now is the time to fulfill your dream!** The instructor, award winning author James R. Nelson, has published 13 novels and numerous short stories. He will share his insights on how to create realistic characters, how to write compelling dialog, new trends in creative fiction, and how to get published. **No writing experience is needed. Come and realize your dream of turning your story idea into a finished manuscript (SAIL Director's Note: If you ever daydreamed about a story or woke in the middle of the night with an idea for a story, this class will be invaluable to bring those thoughts to reality. This teacher is great!!)**

11:00 a.m.

NEW 500TC THE MONGOL EMPIRE: Picture these two scenes: In the first, you look over the wall of your city during the Middle Ages only to see the **surrounding countryside choked with armed and mounted warriors**, who have seemingly come from nowhere to ravage your ill-fated community. In the second, you have traveled for thousands of miles overland in relative safety, from Europe to an East Asian court that is civilized beyond compare, with foods, fabrics, technologies, and customs that will scarce be believed when you get back home. **These are two sides of the Mongol Empire, the largest, most brutal, and yet one of the most enlightened realms the world has ever known.** Professor Craig Benjamin brings to life in 24 lectures this remarkable civilization that flourished from the 1100s to 1500s. **Facilitated by Fahim Ahmed.**

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

450TC EMBROIDERY FOR BEGINNERS: Hand Embroidery is a relaxing and intriguing hobby that can bring much satisfaction as well as the companionship of group learning. Members of the Indian River Chapter of the Embroiderers' Guild of America (IRC/EGA), a worldwide organization, will teach seven basic stitches on a small sample bookmark. **Complete kits will be provided, and magnification will be available. Just bring your enthusiasm.**

NEW 631TC FICTION WRITING CRITIQUE GROUP: Bring 2 pages of your work in progress (fiction only, no poems), and the group will review your submission in an encouraging and helpful way. Award-winning author James R. Nelson is your instructor. **YOU MUST HAVE TAKEN HIS FICTION WRITING CLASS BEFORE SIGNING UP FOR THIS ONE.**

TUESDAY Classes (cont'd)

11:00 a.m.

807TC CONVERSATIONAL SPANISH LANGUAGE: - In this course students will participate in discussions of topics of interest, everyday life conversations students may encounter in their daily life that they may encounter in a Spanish-country. The class will help improve the student's listening and speaking skills and help them communicate better with Spanish-speaking people. **This class will be conducted entirely in Spanish and will be limited to six (6) people. The class will be conducted by Monsie Woehler who has a master's degree in Spanish, has many years of teaching experience, and has taught at all levels of Spanish.**

NEW 224TC STRENGTHENING AND BONE-BUILDING EXERCISES: Learn about body alignment, the role of the feet, core, and overall muscle strength to improve your daily functions. This class includes a series of slow and controlled chair and standing exercises designed to develop muscle strength, increase flexibility and improve balance while strengthening your bones. **The course will be guided by Isabel Ochoa-Youssef, a former "bone strengthening" exercise program trainee with Aging Matters in Brevard.**

NEW 469TC CRUISES, RIVERBOATS, AND ALL-INCLUSIVE TOURS: This course explores the history, trends, and future of Cruise Travel. Cruise Travel is enjoying a resurgence due to pent-up demand after a lull during the Pandemic. Riverboats have been one of the fastest-growing segments of Travel. All-Inclusive Tours offer great value and convenience in traveling through Florida, the US, and Worldwide! **Your Instructor, Lee Rosenkranz, CTC is a Certified Travel Counselor, second-generation travel agent, travel writer, and International Tour Guide.** Comments or Suggestions can be directed to Lee phone: at 321-259-6300 or by e-mail: floridagreeters@yahoo.com

WEDNESDAY Classes

9:00 a.m.

NEW 505WA RISE AND FALL OF THE BRITISH EMPIRE: This course details the course of the British Empire (the largest in World History) and covers in the first 8 weeks such topics as Challenges to Spain, African Slavery & the West Indies, Imperial Beginnings in India, Clive and the Conquest of India, Wolfe and the Conquest of Canada, the Loss of the American Colonies and Exploring the Planet. **The course is taught by Professor Patrick N. Allitt and moderated by Kevin Evans.**

480WA THE WORLD'S GREATEST GEOLOGICAL WONDERS: Explorer the Earth's natural features. Ever wonder what happens when the Earth's tectonic plates shift, and learn about the result? Did you know that the Dead Sea is sinking and wonder why? Learn about a wonderful world of ice that covers Antarctica. How has the Ganges River Delta impacted our civilization? What has caused the Himalayas to rise, and become the World's highest mountain range? **This and more will be explored as we learn about some of the Earth's most fantastic features. Craig Curran will moderate this course.**

204WA ZUMBA®: It's 45-50 minutes of 'ExerciZe in DisguiZe' with Zumba® with Ro! **Hate to exercise? Then you'll love this dance fitness class.** Ro creates easy to follow dance moves using a variety of your favorite music from all the decades, designed to help you move, get a little cardio, aid your balance, and strengthen your bones and tone your entire body. **Each class is a PARTY, and you can join anytime! All ages and abilities are welcome! Ro is HIGH energy, but the moves are LOW impact keeping it easy on the knees and joints AND you go at your own pace! (No Bouncing or Jumping! Unless, of course, YOU want to!).**

NEW 146WA AGEISM, BREAKING THE CODE: Learn how your beliefs about aging determine how long and well you live. Based on the studies of Becca Levy, Phd. "Are you Old or are you Aging"? Learn the impact of your negative and positive thoughts as you refire your life with **SENIOR LIFE** columnist Ed Baranowski.

WEDNESDAY Classes (cont'd)

10:00 a.m.

481WB FRANCE THROUGH THE AGES: Part 2 Viva la France - le beau pays... **Travel on a cultural, historical, political, and gastronomical tour of France.** Enjoy tidbits of information about France and her language that will bring a laugh or a smile. As we chart the course of our continuing tour, all roads lead to the Loire and her beautiful chateaux. Our voyage will include the beauty of Corsica, the history of Avignon and the changing borders of Alsace and Lorraine. This course was developed in 2021 and covers the hexagon that is France providing details of each province. **Our second term will present the diversity of each province, economically, traditionally and gastronomically. Join us as we get a further 'taste' of France. Allons-y!! facilitator Vicki Simms (Francophile)**

NEW 654WB THE BEST OF KEN BURNS: Ken Burns, an American filmmaker has produced some of the most critically acclaimed and most watched documentaries on television. **During this semester we will watch three of his productions:** - **Reconstruction** - The post-civil war period in which the United States grappled with the challenges of reintegrating the confederate states. - **The Statue of Liberty** - The story behind the construction of the national monument given to the United States by the people of France, now standing in New York harbor - **Congress** - Ken Burns chronicles the events that have shaped the first 200 years of Congress and, in turn, our country. **These documentaries will be serialized to meet the time requirements of SAIL classes. The course will be facilitated by Joel Sturman**

477WB PINOCLE: Cards anyone? My grandmother taught me to play. Not a pro but can give instruction on how to play. The game of Pinochle is played with a specific deck of 48 cards. The game is generally played with 3 or 4 players. It is a game of strategy from the deal through the last trick. **If you have played the game in the past, remembered a family member who used to play and have always wanted to play.... join me.** **Maureen Johns will be the instructor.**

NEW 731WB ART IN RELIGION - Explore the role of art in the religions of the world. All media considered from painting, statuary, symbols, and worship place design. **Venture with local artist and SENIOR LIFE columnist Ed Baranowski to appreciate and enjoy religious art here and around the world.**

201WB YOGA: Yoga is an ancient system for calming the mind, stretching and strengthening the body and connecting to one's life force. In each class, we will calm the mind through meditation, focused breathing, and practicing the poses. This gentle yoga class is accessible for all levels. **Your yoga instructor will be Gina Bardy. Please bring a yoga mat and water. You may also bring a yoga strap.**

10:30 a.m.

437WC MAH JONGG: *This is a fascinating rummy-like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards with a description of hands for the players to follow. It is a thinking game, yet so much fun. So..... Let's learn to play! **Class size is limited to 4! Taught by Laurie Liguori. Class runs to 12:00 p.m.**

11:00 a.m.

NEW 732WC HOW TO READ, ANALYZE, AND APPRECIATE POETRY: **Have you or anyone you know ever said, "I just don't get what poetry is about?" If so, this class is for you.** Poetry isn't only about trees and flowers, nor is it just made up of "emotional" language, bad rhymes, or fuzzy images. It contains structure and logic, rhythmic regularity, and even mathematical precision. The genre has spoken to people for generations and can provide us with deeper insight into our shared life experience. Being aware of their choices can guide us to a better comprehension of what they are leading us to discover and think about. Class will operate on a combination of short lectures, small group work (to enhance interpretation skills), and general discussion with some exercises on specific types of poems. **Instructor: Fr. Tony Grasso, CSC, Ph. D. has taught high school English and been an English professor at King's College, Wilkes-Barre, PA, for 37 years.** Handout packets and online materials are readily available without cost.

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

WEDNESDAY Classes (cont'd)

11:00 a.m.

NEW 600WC GREECE AND ROME: AN INTEGRATED HISTORY: Join Helen Bennett in exploring the roots of our own civilization in ancient Greece and Rome. How are the two connected? Why did Rome triumph over Greece, and yet borrow the mythology, governance, arts, and sciences of the founding Greek culture? Each lecture compares the two great empires, and how they were influenced by new ideas of democracy, philosophy, and art. Professor Robert Garland provides the lectures; he is the same scholar we loved in "Living History." **Come and discover how you were shaped by these past cultures**

NEW 230WC BALANCE AND AGILITY 101 - BENEFITS OF SLOW, GENTLE MOVEMENT: This class combines discussion and group movement experiences to introduce participants to safe, slowed and gentle activity to promote beneficial strengthening with a minimum of discomfort. Class discussion describes the benefits of slow movement and rationale of balance strategies and tips to steady oneself while walking, standing in place, getting in/out of a chair, and moving/carrying items around the home. The movement experience portion of the program involves slow, gentle weight shifting, leaning or bending postures, coordination of standing and stepping positions for safe balance, and progression to controlled movement changes in direction to promote more advanced mobility patterns. Elements of controlled exercise, line dance, postural and tai chi activity will be included. Participants should wear comfortable clothing and supportive footwear to optimize this experience. Holding onto an assistive device or secure chair back is encouraged to promote good movement quality with upright, energy-efficient posture. **The class is taught by Lenora Corbett, PT, who has been a licensed physical therapist for over 40 years.**

NEW 509WC THE SECOND WORLD WARS: This course will be introduced to you by Larry Arnn, President of Hillsdale College and taught by the preeminent military historian Victor Hanson, author of a text by the same title. **Subject matter will be taught from the point of view of national strategies which determined armaments for combat unfolding in the air, at sea and on land.** Mr. Hansen was a National Endowment for the Humanities fellow at the Center for advanced Studies in the Behavioral Sciences. In 1991 he was awarded an American Philological Association Excellence in Teaching Award. **This course will NOT be a slog through the various battles of WW II but rather a portrayal of the strategic approach to armaments consistent with the resources and objectives of the combatants. It will be facilitated by Joel Sturman.**

12:00 p.m.

437WD MAH JONGG: *This is a fascinating rummy-like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards with a description of hands for the players to follow. It is a thinking game, yet so much fun. So..... Let's learn to play! **Class size is limited to 4! Taught by Laurie Liguori. The class runs to 130 p.m.**

12:30 p.m.

521WD A COUNTRY MADE BY WAR -THE AMERICAN CIVIL WAR, TERM X - 1865 AND AFTER: This term will cover the end of the war, the beginning and end of Reconstruction, and what followed Reconstruction including the desire for reunification of the United States, the Presidential election of 1876, the Supreme Court's "Separate But Equal" judgment of 1896, the post-war reunions of Union and Confederate veterans, the "Lost Cause" myth, and the Dunning School of Historiography. **Dick Davis will be the instructor.**

NEW 601WD I, CLAUDIUS: If you have any interest in ancient Rome, please join me, Helen Bennett, in a marvelous excursion to that magnificent time! I believe that Robert Graves' book of I, Claudius created the best miniseries ever broadcast on TV. Starring Derek Jacobi as Claudius, this series covers the first four emperors of Rome: Augustus, Tiberius, Caligula, and Claudius. It is a grand soap opera with indelible villains and the crippled, stuttering hero whom everyone thought of as a hopeless fool. **Please join us in watching this delightful series, especially if you are taking my class on Greece and Rome.**

Thanks to everyone who supports SAIL through your participation as a teacher or student and your generous donations. Also, thanks to all the churches who donate their facilities for our use. Without you there would be no SAIL.

SAIL Memorial Donations

In Loving Memory of:

Charles Solley *Donated by Gale Solley*

Carmen Placios *Donated by John Prokopwicz*

Bob Sanders *Donated by Narie Sanders*

Carol Malone *Donated by Joseph Malone*

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