Senior Adventures In Learning Of Melbourne, Inc. 2950 N. Harbor City Blvd. Melbourne, FL 32935 NON-PROFIT ORG U.S. POSTAGE PAID COCOA, FL PERMIT NO. 8678

Issue #86 – March 2024

Triannual Publication





Senior Adventures In Learning Spring Term 2024 MANUAL Registration Begins Monday April 1st – May 20th, 2024, and Tuesday April 2nd – May 21st, 2024.

Name First	For our records Let us know the <u>NAME</u> of your congregation if you worship locally. (Affiliation not required):
Address	required):
City: State: FL Zip:	
Phone: () E-mail:	
I am a previous S.A.I.L. Participant and I turned in my nametag.	
I am a previous S.A.I.L. ParticipantI 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: La	st:
Please enroll me in the following classes. I have inserted the <u>COURSE NUMBER</u> 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.	
MONDAY Classes: 9:00 a.m 10:00 a.m 11:00 a.m	
TUESDAY Classes: 9:00 a.m 10:00 a.m 11:00 a.m	12:30 p.m
 Northside Presbyterian Church Follow the parking signs and park in the side lot or in the back on the grass. Use the rear entrance. All classrooms are in the office section of the building including the Fellowship Hall Registration is in the lobbyfollow the signs. Coffee is in the kitchen area. 	
\$\$ 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	
S 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.	
Mail This <u>Entire</u> Registration Form To: S.A.I.L. of Melbourne, 3881 Long Leaf Dr.	

Melbourne FL 32940

IMPORTANT~PLEASE READ!!!

When:

The Spring Term will be *every Monday beginning April 1st for EIGHT (8) weeks) and every Tuesday beginning April 2nd for EIGHT (8) weeks.* Classes are at 9:00, 10:00, 11:00 a.m., and 12:30 p.m. (Tuesday only).

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 **Northside Presbyterian Church**, 1400 Lake Washington Road near U.S. 1. Go to the Back Office Entrance and follow signs to the Lobby to get name tags and find out where your classes are located. *Please call Brian Wade at 321-626-0963 or e-mail at* <u>sailofmelbourne@gmail.com</u> if you need directions and other information.

Registration:

NEW:YOU CAN NOW REGISTER AND PAY ONLINE AT sailofmelbourne.org

<u>If you do not have access to the Internet</u>, then refer to the following schedule and make your course selection (**number**) for each day and hour. Complete the registration form and enclose your check payable to Senior Adventures In Learning of Melbourne and mail it to the address **at the <u>bottom of</u>** <u>this registration form</u>. <u>*Please send in the entire Registration form*.</u>

There is a <u>one-time registration fee</u> of \$30 for one day, including all that day's classes covering the **entire 8-week program**. And, \$45 for two days up to seven classes covering the **entire 8-week program**. <u>*CHECKS ONLY*, *unless registering on-line*.</u>

IMPORTANT NOTE: Please mail the registration form no later than March 25th so we have time to process your registration. If you wait to register in person on the first day(s) of classes, <u>MANY CLASSES WILL BE FILLED</u> (YOU CAN CHECK ON-LINE TO SEE IF CLASSES ARE FILLED).

Other:

Lunch: Please join us for lunch on Tuesdays and stay for the 12:30 classes. Great time to socialize.

<u>Classes:</u> that are being offered for the first time are marked "NEW".

<u>Coffee Club:</u> 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) nonprofit 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

Phone Number for SAIL- 321-626-0963

MONDAY Classes

<u>9:00 a.m.</u>

505MA <u>**RISE AND FALL Of THE BRITISH EMPIRE:**</u> This last semester of this course will be a little different. There are 4 weeks of regular lectures comprising of The White Dominions, Britain after the Empire, Colonial and Post Colonial Literature ending with Epitaph and Legacy. The remaining 4 weeks of this course will be filled by a variety of downloaded videos about various parts of the British Isles. Make sure you stay for the last 4 weeks to get this mish mash of topics! **The course is mentored by Kevin Evans.**

809MA BASIC CONVERSATION FOR THE SPANISH LANGUAGE: Join Isabel Ochoa-Youssef, a retired Spanish teacher in the New York public school system in this introductory course to the magical world of the Spanish Language. Ongoing lessons starting with Chapter 12 will help you begin your study of this most important language. Some Spanish languages background preparation is encouraged. <u>Textbook Spanish Made Simple by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy.</u>

NEW 392MA <u>HOLOCAUST STUDIES:</u> (NOTE -THIS IS A REPEAT OF THE COURSE TAUGHT IN THE WINTER 2024 SEMESTER) This course will be a brief overview of the events and personalities of the Holocaust, a period which saw the wholesale slaughter of six million Jews and several million other minorities during the days of the Third Reich. It will consider the origins and perpetuation of anti-Semitism, its establishment in Hitler's Europe, and its impact on both perpetrators and victims. Antisemitism and genocide in the modern world have not been limited to the Nazis. So, we will also look at the issue of Holocaust denial in contemporary society and modern examples of genocide and war crimes. Instructor: Christopher Bryans from 2008 to 2021 served as Adjunct Professor of History at Eastern Florida State College (EFSC). He taught U.S. History, Western Civilization, and developed courses in African American History and Holocaust Studies at EFSC.

204MA <u>ZUMBA®</u>: It's 45-50 minutes of 'ExerciZe in DisguiZe' with Zumba® with Ro and Gina.! *Hate to exercise?* Then you'll love this dance fitness class. They create 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, strengthen your bones and tone your entire body. Each class is a PARTY, and you can join anytime! All ages and abilities are welcome! They are 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!) –Ro will get you going!!

<u>10:00 a.m.</u>

NEW 658MB <u>THE MIDDLE EAST IN THE 20TH CENTURY</u>: It is impossible to understand our world today without understanding the last 100 years of Middle Eastern history. Yet, the history of the region in the 20th century is so varied and complex that it defies easy explanations. Shifting borders, governmental overthrows, ethnic and nationalist tensions, and political and economic forces on the world stage all had a hand in shaping the course of Middle Eastern history. Ultimately, the story of this region—and its impact on the world— is one of people searching for self-determination, from the stumbling alliances after the fall of the Ottoman Empire to the Arab Spring uprisings. **Taught by author and Arabist Professor Eamonn Gearon, facilitated by Fahim (Fred) Ahmed.**

654MB <u>THE BEST OF KEN BURNS</u>: 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: East Lake Meadows – The story of an Atlanta Public housing community raising critical questions about race and poverty; The US and the Holocaust - an examination of America's response to one of the greatest humanitarian crises of the twentieth century; and A conversation with Ken Burns and Isabel Wilkerson. Ms. Wilkerson, recent author of "The Castes – The Origins of our Discontent", was awarded the National Humanities Medal and was the first African American woman to win a Pulitzer prize in Journalism. These documentaries will be serialized to meet the time requirements of SAIL classes. **The course will be facilitated by Joel Sturman**

MONDAY Classes (cont.)

<u>10:00 a.m.</u>

809MB INTERMEDIATE SPANISH: Starting with Chapter 38 - 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 Newcomers with some Spanish experience are welcome and are asked catch up with the reading. <u>Textbook Spanish</u> <u>Made Simple by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy.</u>

223MB_LINE DANCING IMPROVER LEVEL: Line Dancing Improver Level: This course is for those with prior line dance experience and knowledge of the basic line dance steps, including those students who have participated in previous beginner SAIL line dance classes. While the impact level is low, increased turns, pattern changes, and upbeat tempo will upgrade line dancing skills. Movements can be adapted to adjust to individual needs. The main objective of this course is to have fun while experiencing a great workout. A favorite quote from line dance teachers is this: "Remember, there are no mistakes in line dancing, only personal variations!" The class is taught by Lenora Corbett who has been a line dancer for over 10 years.

<u>11:00 a.m.</u>

NEW 500-2MC <u>THE FALL AND RISE OF CHINA:</u> This course traces China's tumultuous 200-year journey from a collapsing 19th-century empire to an aspiring 21st-century superpower. The journey begins with the decline and fall of the Manchu dynasty under the dual stresses of increasing foreign penetration and rising domestic disorder. It culminates in China's rise, phoenix-like, from the ashes of radical, revolutionary Maoism to become a global market-based economic— and potential military powerhouse. Taught by Professor Richard Baum, Ph.D. and facilitated by Fahim (Fred) Ahmed

807MC <u>CONVERSATIONAL SPANISH LANGUAGE:</u> 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 <u>limited to six (8)</u> 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.

151MC <u>SUPPLY SIDE ECONOMICS AND AMERICAN PROSPERITY</u>: Good economic policy incentivizes production and innovation so people can produce and acquire goods and services to live well. Low taxes, limited government spending, a stable currency, minimal regulations, and free trade are the economic pillars for a prosperous society. **This material will be extremely easy to digest for the beginner**. The course instructor, Arthur B. Laffer, received his B.A. in Economics from Yale University and his M.B.A. and Ph.D. in Economics from Stanford University. He was a member of President Ronald Reagan's Economic Policy Advisory Board</u>. **The course will be facilitated by Joel Sturman**.

230MC <u>BENEFITS AND AGILITY 101 – BENEFITS OF SLOW, GENTLE MOVEMENT - (Class is limited to 20 people):</u> This class combines brief discussion and seated or standing positioned movement with emphasis on safe, slow, and gentle activity to promote balance, flexibility, and strength. Discussion will include the benefits of slow movement and balance strategies/tips to steady oneself while walking, standing in place, getting in/out of a chair, and moving/carrying items around the home. Movements will include slow weight shifting, proper leaning or bending postures, coordinated standing and stepping for safe balance, and controlled directional changes. Elements of stretching, dance, postural training and tai chi activity will be included. Participants are encouraged to wear comfortable clothing and supportive footwear allowing for toe movement if possible. 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.

TUESDAY Classes

<u>9:00 a.m.</u>

NEW 152TA HOW IDEAS SPREAD: Today, we all experience a flood of ideas and information in our lives. But where do they come from and why? **Why do products, ideas, and behaviors become popular – why do things catch on?** In this fascinating and groundbreaking series of lectures, Professor Jonah Berger of the Wharton School of Business reveals the secret science behind the subtle social influences that affect our behavior. You will learn about how ideas spread, why word of mouth ("social influence") is powerful and persuasive, why online content goes viral, and how social influence shapes many of the decisions we make without our realizing it. Whether you want to influence others, make smarter decisions, or better understand the mystery that is human behavior, these talks will show you how. **You do not have to have attended the previous semester to attend the last semester of this series. Robin Lea will be the class facilitator.**

NEW 202TA CHAIR YOGA: Chair Yoga is a gentle form of yoga that's done while seated and using a chair for balance which makes the practice more accessible for everyone. Whether yoga is done in a chair or on the mat, the practice still focuses on the same core principals: focusing on your breath, paying attention to your thoughts, and staying in the moment. Research shows yoga Is linked to decreased levels of stress, anxiety, depression, lowered cholesterol and blood pressure, improved energy, better sleep quality, less pain, and reduced body mass index. Your instructor is Stacey Herrington, Stacey is a Certified Master Yoga Instructor with other certifications including Chair Yoga, Plus Size Yoga and Trauma Informed Yoga.

NEW 487TA <u>HAND AND FOOT (CLASS GOES TO 10;30)</u>: a North American game related to <u>Canasta</u>, in which each player is dealt two sets of cards - the **hand**, which is played first, and the **foot**, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. The most usual version is for four players in partnership. Several variations are played. We will explore some of them in this class. **Taught by Laurie Liguori. LIMITED TO EIGHT (8) PLAYERS**

NEW 659TA <u>YEARS THAT CHANGED HISTORY - 1215</u>: This course centers around the year 1215 and is a 48 week course. So, what's special about that year, hear you say? In just 12 short months, the world witnessed the signing of the Magna Carta, the issuance of the transformative canons of the fourth Lateran Council, and the conquest of China by the Mongols, among many other momentous events. The course lecturer is Professor Dorsey Armstrong. She is a Professor of English and Medieval Literature at Purdue University, where she is also the head of the English Department. This course was created in 2019. Follow this course as it meanders around so many events that happened both before, during, and after the year 1215. The course is mentored by Kevin Evans.

<u>10:00 a.m.</u>

NEW 660TB DEVELOPMENT OF EUROPEAN CIVILIZATION: This course discusses the ins and outs of the **Development of European Civilization** and is a 48-week course developed in 2011. The first 8 lectures are The Idea and Place of Europe, Feudalism and the Medieval World, The Three Orders of Medieval Society, The Manorial Economy, Humanism, and the Italian Renaissance, Crisis in the Church, and Christian Humanism. The course lecturer is Professor Kenneth R. Bartlett who is a Professor of History and Renaissance Studies at the University of Toronto. Join Kevin Evans on this "long" stroll through European History.

652TB <u>A PRACTICAL AND FUN CLASS FOR ASPIRING AUTHORS</u>: Have you always dreamed of writing your own novel, but don't know where to start? Do you have a great idea, but struggle with plot, characters, or dialogue? Do you want to learn the secrets of successful novelists and get feedback on your work? If you answered yes to any of these questions, then this class is for you! You will discover how to: Plan your novel with a clear outline and structure; create memorable characters and realistic dialogue; craft engaging scenes and chapters; avoid common mistakes and pitfalls; edit and revise your draft; publish and market your novel. By the end of this class, you will have the start of a solid draft that you can be proud of. You will also receive personalized feedback from the instructor as well as tips and resources for further improvement. This class is suitable for beginners or intermediate writers who want to take their skills to the next level. Whether you want to write fiction in the form of romance or thriller, fantasy or sci-fi, this class will help you achieve your goals. Don't miss this opportunity to unleash your creativity and write your first novel. Register now and get ready to embark on an exciting journey! The instructor, James R. Nelson, is an award-winning author of 15 novels. He is on the board of The Brevard Author Society and is the past treasurer of the Space Coast Writers' Guild. He has participated in numerous author talks, panel discussions, and book signing events in Florida, Michigan, and Wisconsin. (NOTE: a minimum of three (3) students is required to conduct the class).

TUESDAY Classes (cont)

<u>10:00 a.m.</u>

201TB <u>YOGA</u>: 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 Stacey Herrington. Please bring a yoga mat and water. You may also bring a yoga strap.

NEW 483TB <u>THE COLORS OF TRAVEL FROM SPRING FLOWERS TO FALL FOLIAGE:</u> Journey with us to look at colorful Travel Destinations and Gardens; Locally, Statewide and Around the World. Lee A. Rosenkranz, CTC (Certified Travel Counselor) and International Tour Director will guide you on both Virtual and Actual trips to scenically special places. For more information and to view the Syllabus e-mail: <u>floridagreeters@yahoo.com</u>

NEW 585-2TB <u>MISTAKES IN AMERICAN HISTORY</u>: This instructor-developed course by the Florida 2007 American History Teacher of the Year (Dr. Dan Scheuerer) will focus on erroneous understandings some Americans have developed over the years as a result of Hollywood portrayals, conspiracy theories, misleading textbooks, and disinformation web sites. Topics will include: a violation of the first amendment rights, a disastrous election compromise (1877), a presidential failure to compromise (Wilson), a failed "experiment" (prohibition), a callous political/economic philosophy (laissez-faire), and the South's "lost cause" denial.

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

10:30 a.m.

437TB <u>MAH JONGG</u> - (BEGINNER'S CLASS): *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. <u>The National</u> <u>Mah Jongg League sells cards (https://www.nationalmahjonggleague.org</u>) with a description of hands for the <u>players to follow (please bring with you).</u> It is a thinking game, yet so much fun. So..... Let's learn to play! <u>Class size</u> <u>is limited to 4</u>. Taught by Laurie Liguori (This class runs to 12:00 p.m.)

<u>11:00 a.m.</u>

NEW 224TC <u>STRENGTHENING AND BONE-BUILDING EXERCISES (Class is limited to 20 people):</u> 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 builder" exercise program trainee with Aging Matters in Brevard.

NEW 484TC <u>INTERNATIONAL TRAVEL ADVENTURES (AND MISADVENTURES)</u> PART III: Do you have a serious case of wanderlust? Whether you are an independent, group or armchair adventurer, come and enjoy! A couple travel junkies will share experiences on how to save money, stay safe and have the adventure of a lifetime. Each class will focus on a different destination. The spring lineup includes: Thailand; Oslo, Norway; Beijing & the Great Wall; Paris & Normandy; China; the Cathedrals of Europe; Japan and Portugal. In addition, information will be provided on "Travel Hacks" (air tags, home exchanges, mobile passports, google flights, jet lag, car rentals, credit cards, insurance, currency exchange, etc.). The presenters are academic colleagues and bring very different approaches to travel. Stan Helm spent eleven summers teaching graduate courses in Shanghai China and has traveled worldwide. Bob Cox is the retired director of Webster University's Melbourne campus, an adjunct for Barry University, and has enjoyed many international adventures.

405TC <u>ALL THINGS FINANCIAL</u>: *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.

TUESDAY Classes (cont.)

<u>11:00 a.m.</u>

450TC <u>BEGINNING EMBROIDERY</u> This class is designed for the beginner or someone who needs a refresher to get back into stitching again. You will learn several basic stitches including the running stitch, the back stitch, the cross stitch, and the satin stitch as you embroider a basic sampler. Each class builds upon the prior one, so it is especially important that you be present at the first day of class. This class is sponsored by the Indian River Chapter of the Embroiderers' Guild of America. The chapter provides all class materials. All you need to provide is a pair of small, sharp scissors and a willingness to learn.

631TC <u>FICTION WRITING CRITIQUE GROUP</u>: 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.

657TC <u>THE ANCIENT WORLD, CONTINUED:</u> Please join Helen Bennett as we conclude our study of the Pharaohs of Ancient Egypt, and then return to the ancient cultures of Greece and China. The Pharaohs we will study are The Great Nubians; Alexander the Great; the Ptolemies; and Cleopatra, the Last Pharaoh. After studying the ancient Egyptians under Professor Brier, we go back to Professor Aldrete who compares Homer with Indian Poetry, continues with Athens and Experiments in Democracy, Hoplite Warfare and Sparta, and Civilization Dawns in China. Our students have enjoyed both of these Great Courses to the max! (No need to have taken the earlier courses.)

<u>12:00 p.m</u>.

437TD <u>MAH JONGG</u> - (EXPERIENCED CLASS): *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. <u>The National Mah Jongg League sells cards (https://www.nationalmahjonggleague.org</u>) with a description of hands for the players to follow (please bring with you). It is a thinking game, yet so much fun. So..... Let's learn to play! <u>Class size is limited to 4.</u> Taught by Laurie Liguori (This class runs to 1:30 p.m.)

<u>12:30 p.m.</u>

502TD *NEW* <u>CONTEMPORARY PROBLEMS IN AMERICAN FOREIGN POLICY TERM 2</u>: This class will continue to examine issues in American foreign policy related to Europe, the Middle East, Asia, the Pacific, Africa, and Latin America. The United States is involved around the world. Some say America should limit its reach; others say America cannot afford to do so. In the first week we shall examine this debate. At the end of the first hour and each succeeding hour, the instructor will provide a paper that will be the basis for discussion in the following week. Dick Davis is the instructor.

Directions to Northside Presbyterian Church

From the South head North on N Harbor City Blvd (US-1). Use the left 2 lanes to turn left onto Lake Washington Rd. Your destination will be approximately ¼ of a mile on the right. From the South take I-95 North to Exit 183 Eau Gallie Blvd. Turn right onto Eau Gallie Blvd and drive 2.1 miles. Turn left onto N. Wickham Road and go 1.3 miles. Turn right onto Lake Washington Road and go about 1.7 miles. The destination will be on your left.

From the North head South on US-1. At Viera & US-1 drive 8.3 miles and from Pineda and US-1 drive 4.3 miles. Turn right onto Lake Washington Rd. and your destination will be approximately ¼ of a mile on the right. Taking I-95 from the North heading South take a left off the exit 188 ramp FL-404/Pineda Causeway Ext. heading East. Go 2.8 miles to US-1. Take a right going South on US-1 and drive 4.1 miles. Turn right onto Lake Washington Rd. and your destination will be approximately ¼ of a mile on the right.

SAIL Memorial Donations

In Loving Memory of: Frank and Eddie Donated by Sam Just Lorrainne Bender Donated by Suzanne Scolamiero John and Luranne Destra Donated by John Prokopowicz Art Pappas (former SAIL teacher) Donated by Joan Pappas Daniel Heidt Donated by Rachel Heidt Lois Stanton Donated by Helen Bennett Dolores Scafidi Donated by Nicholas Scafidi

SAIL BENEFACTORS

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Thanks to everyone that 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.