February 2016

FEBRUARY
A month of LIFE and love
Surely you’ve heard—this month, the Learning Institute for Elders at UCF is celebrating its 25th year! Last Tuesday, we hosted a gala in celebration of this important milestone, and a great time was had by all.

The morning opened with a delicious continental breakfast, and the past presidents of LIFE as well as several special guests took the stage to be recognized.

Among them was President Hitt, who gave a brief and meaningful address on the importance of LIFE’s partnership with the university and the plethora of ways in which he has seen the LIFE program benefit the community throughout the years.

Dick Tucker was recognized for his vital role in the founding of the LIFE program in 1991, and for his tireless work toward its growth and success since then. It was announced that a yearly student scholarship will be started in his name.

Dr. Roger Landry, author of Live Long, Die Short, gave a keynote address, emphasizing major points about living life to the fullest and aging with grace— not without some humorous pictures and anecdotes, and plenty of laughs from the audience along the way.

Following the break, LIFE members had an opportunity to participate in a question and answer session with Dr. Landry, Marc Middleton and Bill Shafer of Growing Bolder, and Dr. Nicole Dawson as panel guests with experience in the field of gerontology. As always, the members posed stimulating questions and prompted enlightening discussion.
Entertainment throughout the morning was provided by the unmatched musical duet of Jack Winquist on saxophone and George Sumrall on piano. The talent of these two LIFE members was the perfect complement to a morning of celebration and socialization, and several people were spotted getting up to sing and dance to their wonderful melodies.

Members took home souvenir LIFE mugs, commemorative booklets, and—most importantly—memories of a great time. Visit the LIFE website (life.ucf.edu) to view Richard Kushner’s photos of the event, as well as the special video produced by Dr. Lisa Mills of the UCF film department.

Special thanks to Carol Parker, event coordinator, Vonnie Bradbury, President, and every single volunteer who worked to make this celebration such a success! To you, the members: we are so glad you’re a part of LIFE at UCF. Here’s to 25 more years of learning and having fun!
A note from the President...

WHAT A GREAT PARTY!

Didn’t we have fun last Tuesday at our 25th Anniversary Celebration?! I’ve heard nothing but good things about it. It really was a party atmosphere and people were having a good time. And that was the whole idea! Of course it didn’t happen by accident. Many people were involved in making it happen. A big shout out to all those who helped make the day a success!

And of course we’re all eating our fruits/nuts/veggies and standing up during the TV commercials, aren’t we?! Let’s make a pact: let’s all “live long and die short.” What a great idea!

Congrats, LIFE Members!

Vonnie

...and a word from our members

“This presentation was motivational and inspirational! We enjoyed the change in activities for the morning.”

-Roy and Judy Scherer, members for 11 and 12 years respectively

“I liked Dr. Landry’s judicious use of humor in addressing a somewhat heavy topic. Great presentation!”

-Art Cross, member for “5 or 6 years”
Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.   -Mark Twain

As I grow older, I pay less attention to what men say. I just watch what they do.   -Andrew Carnegie

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.   -Henry Ford

Youth is the gift of nature, but age is a work of art.   -Stanislaw Jerzy Lec

Old minds are like old horses; you must exercise them if you wish to keep them in working order.   -John Adams

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.   -Sophia Loren

Age is not important unless you're a cheese.   -Helen Hayes

True terror is to wake up one morning and discover that your high school class is running the country.   -Kurt Vonnegut

To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent that is to triumph over old age.   -Amos Bronson Alcott

I'm happy to report that my inner child is still ageless.   -James Broughton

You'll never know everything about anything, especially something you love.   -Julia Child

My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.   -Ellen DeGeneres

There is nothing more notable in Socrates than that he found time, when he was an old man, to learn music and dancing, and thought it time well spent.   -Michel de Montaigne

In fact, looking back, it seems to me that I was clueless until I was about 50 years old.   -Nora Ephron

I have reached an age when, if someone tells me to wear socks, I don’t have to.   -Albert Einstein

Beautiful young people are accidents of nature, but beautiful old people are works of art.   -Eleanor Roosevelt

Read more at http://www.brainyquote.com/quotes/topics/topic_age.html#76Rx3V81ldrxaKVR.99
Skinny Skiing: Gliding through “Snow on Snow”

by Dana Schmidt

[Author's note: Although Dana has been a resident of snowless Florida for the past 12 years, he lived in upstate NY for 29 years prior. During that time, he and his wife skied in all the major cross-country resorts in the United States, as well as some in Ontario and Quebec, Canada, the Alps in Austria and Switzerland, and Norway—the home of Nordic skiing. He averaged one hundred miles of skiing every winter, and still owns his skis, which are now gathering dust.]

“Skinny skis,” also known as cross-country or Nordic skis, are quite distinct from the much wider, downhill Alpine skis. On skinny skis, the skier provides the power to go uphill, and there are generally no ski lifts on the trail (with an exception noted below). But, according to Dana Schmidt, the work of going uphill is not to be feared; in reality, it can be the only thing to keep a skier warm. So warm, in fact, that he and his wife, Alice, have often had to strip off several layers of clothes that they started out with when skiing.

The technique for skiing uphill, clearly shown in the photo, is called “herring-boning.” By pushing the skis alternately outward in front, the skier pushes back on the back ski to propel him or herself up—no lift required. (Additionally, a kick plate under the skier’s feet grabs the snow when the skier stomps down.) The only time Dana has used a chair lift was the Snow King Mountain Nordic trail at Jackson Hole, Wyoming. This trail starts near the top of the mountain, then proceeds leisurely down the side for 3 hours; however, to get to it, one simply must take the chair lift up.

This was common practice for those who had used chair lifts before, but most of the skiers in Dana’s group had not. For Dana, the hardest part of the chair lift experience is the dismount. When approaching the dismount, he recalls, his legs and skis were dangling below him, unweighted. Then he was dumped off on a downward slope and immediately was weighted AND skiing (in theory). Unfortunately, for most of his group, Dana recalls that they were dumped off and immediately fell to one side or the other. He found it quite humorous to see his fellow skiers, one after the other, falling unceremoniously right after he did. Notes Dana, a Nordic skier quickly becomes an expert in getting up from falling down due to the fact that it happens so often. Additionally, it is a way of stopping oneself when going too fast downhill—a risk that Nordic skiers seem to love to take.

Throughout their years, Dana and Alice have had some fascinating experiences while skiing on the trails—which, Dana notes, were sometimes tracked already, while other times they had to blaze the trail themselves.

Dana recalls some of these specific memories, such as coming up a small hill in the woods in New York and skiing within 12 feet of a deer. As he passed, coming from downwind of the deer and making no sound, the animal looked puzzled by the noiseless apparition gliding by.

Also in New York, while speeding down a straight hill path, Dana surprised a fox on the side of the trail. The fox began to run alongside the path for about 100 yards; as both Dana and the fox were going the same speed, it appeared to Dana as if a light bulb went off in the fox’s brain, and it turned sideways to avoid him.

Pictured: Alice Schmidt powers herself uphill on skinny skis
On another occasion, Dana and Alice were pacing along a hillside at a resort in the West when they heard a racket down below. They saw a great horned owl that had just seized a snowshoe hare. After flapping away mightily, it became airborne and flew away. Though owls normally fly silently, they cannot do so when carrying the extra weight of captured prey.

And, speaking of sounds, Dana was skiing by himself in the woods near Rochester, New York (which, he notes, is not recommended; skiing with a partner is always preferable) when a large tree suddenly came crashing down. Fortunately, it fell in the direction away from the trail—but, says Dana, yes… when a tree falls in the woods, it DOES make a sound.

At Yellowstone National Park, the Schmidts were skiing down a slope scattered with pine trees about one foot in diameter, when they came across a large elk about 30 feet away from them. Upon seeing the skiers, the elk attempted to “hide” behind one of the skinny pines— if he could not see us, we could not see him! Dana and Alice had a great laugh at this one.

Later on that same trail, they came upon a small river with a wooden bridge over it. Although the snow was two or three feet deep elsewhere, the bridge had no snow on it. Dana and Alice had to cross the bridge on foot—and so did a herd of bison, who happened to be there at the same time. Dana removed his skis and started walking, when he heard “someone” walking behind him. Upon turning around, he looked straight into the face of a massive bison that was following along 6 feet behind him. His eyes, Dana thought, were saying, “keep on going, keep on going.” Other than that, he and the bison ignored one another and crossed the bridge. (In the winter, Dana notes, bison are sluggish because they are struggling to find fodder beneath the vast snow falls on the ground. A general rule, he says, is do NOT annoy the bison.)

Still later on the same trail, Dana and Alice recall hearing a howling noise in the distance. Alice was afraid that they might encounter some of the wolves reported to be in the area. But coming up a rise, they saw in the distance that, fortunately, it was only a pack of coyotes.

In a final memory, Dana recalls skiing at night on a lighted trail—a common practice in Norway. Although it is difficult to see all of the bumps on a trail in such low light, Dana and Alice learned to keep their knees very loose in order to act as shock absorbers. One of the best-lit trails, according to Dana, is the trail leading down from the top of the mountain at the Holmenkolen Hotel in Oslo. Their big restaurant is at the top, and this Nordic trail, beginning at the hotel’s restaurant, goes downhill for about 1 hour, and is lit up brightly in the dark at night. On a trip there, the Schmidts finished eating at 10 pm and, having been told that the lights would stay on until midnight, figured that they had more than enough time to ski down. They put on their skis and started out when, after about 15 minutes, the lights went off… and stayed off. Dana, who was in the lead, focused on the downhill ski trail being the white strip in front of him, while the dark areas on the side were the trees. In addition, the snow conditions were such that new snow was sitting on top of old snow—perfect conditions to prevent falling, even if they could not see a “set track.” Making it successfully down the trail (and not without a significant adrenaline rush), the group all congratulated one another at the bottom for surviving their “in the dark” experience.

In all, Dana believes, skinny skiing is one of the best LIFE experiences he has enjoyed thus far.
LIFE@UCF

TUCKER RESEARCH GRANTS AND STUDENT SCHOLARSHIP FUND RAISING DRIVE

GOAL: to provide a special honor to Dr. Richard Tucker, one of the early founders of LIFE@UCF, our 25 year UCF Liaison, and a champion for lifelong learning, by providing funding to enrich the study of, and research in Gerontology (aging) at UCF, and establish student scholarships at UCF

To accomplish this the LIFE BOARD OF DIRECTORS, approved a 3 year Fund Raising effort to increase the Richard Tucker Gerontology Research Grants to $30,000 a year --- and to establish up to 3 annual student scholarships to total $3,000 per year. Currently Gerontology grants total $20,000 per year and there are no LIFE student scholarships. All donations are tax deductible.

A Tucker Fund Raising Committee has been appointed to lead this effort and include the following board members: Judy Thames, Chair, Ray Jones, Julian Meitin, Jack McGuire.

This campaign includes individual donations, and 3 year pledge donations, including the following:

1. Providing Donation opportunities to members through information in LIFE’S monthly newsletter, Web Site, and LIFE’S class announcements.
2. Donations from current LIFE and past LIFE board members, colleagues, friends

Members will be informed of progress on a semester basis.

Donations by check should be made to LIFE@UCF with notation line to Tucker Grant/ Scholarship Fund. Give to any Board or Committee Member or mail to The Learning Institute for Elders (LIFE) @ The University of Central Florida, inc. PO Box 161390, Orlando, Fl. 32816-1390

Thank you for supporting research on aging and student scholarships.
LIFE@UCF Board Meeting  
Monday, February 1, 2016

EXECUTIVE COMMITTEE REPORTS

**Treasurer – Pat Fluno:** The Treasurer’s report was approved. The 2016-2017 budget will be presented at the March board meeting.

**Secretary – Lee Cross:** The minutes of the January meeting were approved as corrected.

**Vice-President – Ray Jones:** The Richard Tucker Applied Research Awards committee has selected 5 proposals for funding. Ray gave an overview of each grant. Ray indicated that $20,000 had been budgeted. A motion to accept the award recommendations and allocate an additional $1000 was approved. A motion for an additional $50 for the Student Union Student Employee of the Month recognition was approved.

**President – Vonnie Bradbury:** Recognition of 10-20 year members will take place on April 19, the last class session. The Annual Meeting will also be held at that time. Recognition of faculty research awards will return to original format “Celebrating LIFE” in 2016-2017.

Vonnie is interested in exploring some type of summer program offerings. This idea has the support of the curriculum committee. Space is an issue and Dick is doing some investigating. An Ad hoc committee of Paulette and Dick will be getting membership input. This opportunity will be for LIFE members only, at no charge. Space constraints on campus are an issue that must be resolved.

EX-OFFICIO REPORTS

**Academic Liaison – Claudia Schippert:** Claudia reported that her committee would have a report next month on the Grants and Awards process-“Taking a New Look”.

**UCF Liaison – Dick Tucker:** There was some discussion about the nature of the IDs given to LIFE members. They no longer say “UCF Student”.

STANDING COMMITTEES

**Membership – Lucy Pulcido:** Lucy reported that there are 355 people on the waiting list. A motion to charge a “one-time” $25.00 application fee for NEW members was passed, with the additional funds to help build the scholarship fund for students in gerontology.

**Curriculum Committee – Aaron Liberman:** Aaron announced that the Curriculum Committee had approved the development of an On-line feedback survey. Schedule for fall 2016 and spring 2017 has been completed. At the next meeting of the Curriculum Committee, the group will look at the Curriculum portion of the Strategic Plan.

**Strategic Plan – Basil Pflumm:** Basil handed out copies of the Strategic Plan which will continue to be updated by designated Coordinators. Any modifications will be brought to the Board with ongoing progress reports on status.
Diversity/Legacy – Ian King: Tim Mathews reported there will be 2 sessions of the Mentoring Project on 3/19 and 4/16.

Newsletter – Jim Burr: Amanda reported for Jim that the February Newsletter will cover the Anniversary celebration.

AD HOC COMMITTEES

Nominating Committee – Vonnie presented the following open positions for next year in Ian King’s absence. With the change in the by-laws in moving from a calendar year to an academic year, board positions that ended in 2015 and will end in 2016 will be extended through May. The following positions are open:

Vice-President
Curriculum Chair
Special Events Coordinator
New Board Members

Ian King/Marty Wiener-terms end in April 2016

Calendar

February 9 – Curriculum Committee meeting, 11:45 am (SU room 225)

March 7 – Next board meeting

March 8 – Copy deadline for March issue of LIFE TIMES

Announcements

UCF Medical School Tours:
Thursday, February 25 and Thursday, March 3, 9:00 a.m. – 11:00 a.m.

8:55 a.m. Guests Arrive – Park in LOT P3
Directions to and a map of the Health Sciences Campus provided. Guests are asked to park in Lot P3 in any of the visitor (red or blue) spaces, and gather in the Dr. Phillips Charities Rotunda of the medical education building (the half-circle/horseshoe-shaped facility).

9:00 a.m. Welcome – Lewis Auditorium (COM 102)
The UCF College of Medicine Development Team will share an overview of Medical City and the Health Sciences Campus at Lake Nona before starting the walking tour.

9:30 – 10:55 a.m. Tour of Medical Education Facility

11:00 a.m. Wrap-Up / Thank you