“Living Longer, Stronger, and Happier”

Mr. Peter Spiers, Senior Vice President of Road Scholar, presented a program on December 8 about living longer, stronger and happier. In his presentation to approximately 60 LIFE members, he shared information and background on the research he has compiled over many years on understanding the factors that lead to a long and healthy life.

This research culminated in the publication of a book, entitled Master Class, in which Spiers describes in detail twenty-five “master activities” by which we can create a happy, nurturing, brain-healthy lifestyle that is both rich and meaningful.

-Jim Burr

Introducing the “A” Team

Yes, we have our own LIFE@UCF “A Team” of Student Assistants!

You already know Amanda Mayer (center) and Ana Mesa (right). We’re proud to introduce our third Student Assistant, Allison “Alli” Moss (left). They all have the same initials, “A.M.”

Amanda is finishing her B.A. degree in Political Science, and will be graduating at the end of the spring semester. Likewise, Ana will be completing her M.A. in Hospital Administration this spring.

So, we’ve brought Alli on board to learn and take on the many facets of great service to us that Amanda and Ana have begun. We hope to have Alli, who is a sophomore in the Burnett Honors College, with us at the LIFE program for many semesters to come.

-Jim Burr
“Member Spotlight: “What did you do over the holiday break?”

“I visited my son in San Francisco. I was able to spend time with my grandson, Paul, and meet my new grandson, Julius. It was wonderful!”

-Nancy Hagerty

“We took a Western Caribbean cruise on the Oasis of the Seas, in celebration of our 50th wedding anniversary. There was so much to do, both on the ship and on the islands. We had a great time with the family!”

-Jules and Elyse Baclar

“I traveled to the Middle East on a Stanford Alumni trip with my husband. We sailed aboard the Island Sky, and visited Dubai, Abu Dhabi, Bahrain, Oman, Qatar, and Saudi Arabia. We saw some amazing sights, and learned so much on our 2-week journey.”

-Donna Mylrea

“I went to see the Christmas drag queen show at the Plaza Theater. It was incredibly entertaining! The performers are very talented, and I highly recommend it.”

-Jennifer Weader

“I traveled to Connecticut to visit with family. There was a dusting of snow everywhere, and the scenery was beautiful! It was a very nice trip.”

-Nancy Winter
Spring 2017
LIFE and Honors Student
Field Trip Schedule

PERFORMANCE OF “PICASSO AT THE LAPIN AGILE” AT THE
MAD COW THEATRE IN DOWNTOWN ORLANDO
    Sunday, January 22 (2:00 – 5:00 pm)
    A reception will follow the performance

HINDU TEMPLE PRIVATE TOUR
    Saturday, February 11 (11am – 1pm)
    1994 Lake Drive, Casselberry, Fl 32707
    Lunch will be served after the tour

ALBIN POLASEK MUSEUM PRIVATE TOUR
    March 8 (3 – 5pm)
    633 Osceola Ave. (Between Fairbanks and Aloma), Winter Park
    The private tour is followed by a reception

BOOK DISCUSSION
    “Fates and Furies” by Lauren Groff
    Tuesday, March 21 (12 – 2pm)
    Lunch will follow in the Honors Reading Room

THE LIVE PLAY, “HEDDA GABBLER”
UCF BLACK BOX THEATRE
    Sunday, April 2 (12 – 4pm)
    A luncheon will precede the performance in the
    Honors College Reading Room

ETIQUETTE DINNER, “ELBOWS OFF THE TABLE”
    Wednesday, April 19 (6 – 8pm)
    Live Oak Dining Room (on UCF Campus)

IN MEMORIAM

Martin Wiener, past President of LIFE@UCF, passed away in his home
on Thursday, January 10, under the care of hospice. He was 85 years
old, and was battling lung cancer. His memorial service was held at the
Winter Park First United Methodist Church on Saturday, January 21.
About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included: “don’t touch that dial,” “carbon copy,” “you sound like a broken record,” and, “hung out to dry.”

Back in the olden days, we had a lot of moxie. We’d put on our best bib and tucker to straighten up and fly right - Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley! We were in like Flynn and living the life of Riley, and even a regular guy couldn’t accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell—but when is the last time you heard that anything was “swell”? Swell has gone the way of beehives, pageboys and the D.A; of spats, knickers, poodle skirts, saddle shoes and pedal pushers. Oh, my aching back. Kilroy was here, but he isn’t anymore.

We wake up from what surely has been just a short nap and before we can say, “well I’ll be a monkey’s uncle!” or, “this is a fine kettle of fish!”, we discover that the words we grew up with—the words that seemed omnipresent as oxygen—have vanished with scarcely a notice from our tongues, pens, and keyboards.

‘Poof’ go the words of our youth; the words we’ve left behind. We blink and they’re gone. Where have all those phrases gone?

Pshaw! The milkman did it/ Hey! It's your nickel. Don't forget to pull the chain/ Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels! Heavens to Murgatroyd!

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! We of a certain age have been blessed to live in change-filled times. To a child, each new word is like a shiny toy—a toy that has no age. We at the other end of the chronological arc have the advantage of remembering that there were words that once strutted their hour upon the earthly stage and are now heard no more, except in our collective memory. It’s one of the greatest advantages of aging.

See ya later, alligator!
November 18, 2016

Ms. Vonda Bradburry  
President, LIFE at UCF  
P.O. Box 161390  
Orlando, FL 3281

Dear Vonnie,

Thank you so much for your sponsorship of the UCF College of Medicine’s 10th Anniversary Celebration on Saturday, November 5, 2016. Your participation and generosity made it possible for us to host a truly memorable event for our community and supporters. It was a historic night!

Hundreds of people attended the 10th Anniversary Celebration, touring our facility and enjoying the great food and drinks provided. The fireworks show donated by Disney was truly spectacular and something to be remembered. I’m so glad we could share it with everyone.

The Celebration outstandingly raised over $300,000 for our medical school. These dollars will be used to achieve our vision of becoming a national leader in education, research and patient care.

Your contribution to the event far exceeded my expectations and played an important part in helping us celebrate the first ten years of our history and our partnership! Thank you again for making the event such a complete success.

We couldn’t have done it without you!

Stay well,

Deborah C. German, M.D.  
Vice President for Medical Affairs  
Dean, College of Medicine

Thank you and all of our LIFE members!
CALL TO ORDER - Vonnie called the meeting to order and introduced Richard Kushner as a new board member.

Executive Committee

Treasurer – Ann Barretta shared that she was putting together a Finance Committee. Members include Pat Fluno, Judy Thames, and Ray Jones.

Vice-President – Aaron Liberman recommended that 9 directed grants totaling $12,500 and Competitive Awards selected totaled $23,500. A committee composed of Judy Luckett, Lee Cross and Aaron Lieberman will meet to align the grant selection process with the Request for Proposals.

President – Vonnie and Dick along with Rick Schell, Vice President and Chief of Staff in the Office of the President, met with President Hitt on 11/18. They talked about history and partnership of LIFE with UCF. They shared with President Hitt that LIFE was at a crossroads in that we had a large waiting list and were hampered by space constraints. Rick Shell is supposed to provide some support to address this issue. Dick felt the meeting was beneficial and having Rick Schell was important.

Vonnie met with Kathleen Hagerty from the UCF Foundation. She is interested in building a relationship with LIFE and will begin to attend our meetings.

Future Events: Peter Spiers, Road Scholar, will hold a Special Session, Thursday 12/8 10-11:30.

The link for the LLI Resource Network Survey has been sent to the LIFE membership. The Survey will not be available after 12/10. We will send out one more reminder.

Vonnie has appointed several members to Ad-Hoc Committees:
Special Projects/Experiential - Learning Marie, Anne and John Gardepe,. Vonnie would like to expand the committee to include more members.

Public Relations/Communications is a new ad hoc committee that Jim Burr will chair to explore ways to broaden LIFE’s exposure. There are numerous unfilled committee assignments: Membership, Audio-Visuals, Special Events (Coordinator), Newsletter, Curriculum, and Photographer.

Jack McGuire reported 2 nominations for Board positions -Ida Cook and Diane Wink both former UCF faculties. We are still looking for additional nominees.

Vonnie explained that Allison Moss, an Honor’s College student, will begin serving as a Student Assistant in January, working with Amanda and Ana. A $200 Christmas Bonus was approved for Amanda and Ana.

EX-OFFICIO REPORTS

UCF Liaison – Dick Tucker reported the Florida Office of Insurance Regulation has approved Legacy Point. It will probably be 4 years before occupancy. It will be a UCF partnership affiliated facility.
STANDING COMMITTEES

Curriculum – Jim Burr reported that LIFE would be sending out an E-Blast every Tuesday to encourage membership to evaluate the speakers. This blast will also contain the 8:45 announcements as well. On Saturdays the Curriculum Committee will send out an E-Blast announcing the speakers and topics for Tuesday morning.

Financial Review – Ray Jones presented the Financial Review Report conducted in November by Pat Fluno, Ray and Basil. The group used a review sheet for non-profits. The conclusion of the review process was that the financial process is being maintained according to standard practice.

Richard Tucker Applied Research Awards - Ray Jones announced that there were 16 submissions for the Richard Tucker Applied Research Awards. Finalists are being interviewed following the Board Meeting. Ray is evaluating the Undergraduate Research Gerontology Awards for Spring 2017.

Honors – Cliff Reback will facilitate the start of the Honors/LIFE program in January.

Membership – Lucy Pulido/Tim Matthews- Lucy reported that 500 people are on the waiting list. The Membership Committee will start collecting dues in March. Tim reported that 11 LIFE participants rode bus and 16 attended The Interservice/Industry Training, Simulation and Education Conference (I/ITSEC), the world's largest modeling, simulation, and training conference.

Mentoring – Tim Matthews reported that on Jan. 30th the 23rd annual Joseph C. Andrews Mentoring Celebration breakfast that highlights leadership in the University of Central Florida community will be held in the Student Union. The Board approved donating $100 to sponsor 14 kids who are part of My Brother’s Keeper.

Newsletter – Jim Burr- The distribution of the Newsletter will be expanded in January to include Department Heads, Deans and the personnel in the President’s Office. Jim thanked Amanda for her excellent work on the Newsletter.

Unfinished / Old Business - Notification of Deceased Members - It was noted that Paul Hansman had passed away.

Highlights of the LIFE@UCF Board Meeting
Monday, January 9, 2017

EXECUTIVE COMMITTEE

President – Vonnie Bradbury-Vonnie reported that the December 8th Special Session with speaker Peter Spiers was very well attended.

Day Trip to Dali – Feb. 25 – The Cornell Museum (Rollins) is planning a trip to the Dali Museum to view the Frida Kahlo exhibit and invited LIFE@UCF to join the group if interested. Very few places remain at this time but it will be announced and LIFE members can inquire of seat availability.

Vonnie announced that there was a schedule of Diversity Workshops. It was decided that we would publicize the opportunity for LIFE members to attend.
Once named, women faculty will be presented with a check from LIFE at the Center for Success of Women Faculty event held annually. The monies are funded from the Competitive Grant Awards.

The Honors Program will start up this month and Cliff will make the announcement.

We are still seeking a Special Events Coordinator for “Celebrating LIFE” Awards Ceremony in April. If interested, contact Vonnie.

EX-OFFICIO REPORTS

Academic Sponsor – Claudia Schippert reported that practice will start soon for “Once in My LIFE”.

UCF Liaison – Dick Tucker - Legacy Pointe has received preliminary funding for marketing. We will be disseminating info through list serve.

STANDING COMMITTEES

Curriculum – Jim Burr announced the Curriculum Committee will begin scheduling for Fall 2017. The Committee will also provide membership a form for curriculum speaker suggestions.

Grants & Awards – Ray Jones – Ray stated that the review committee for the Richard Tucker Applied Research Awards will begin interviewing 11 applicants. There is more than $17,000 available with over $120,000 requested. This year there is a lot more diversity from colleges.

Newsletter – Jim Burr - Jim reported that the Newsletter was in need of a photographer.

AD HOC COMMITTEES

Special Projects/Experiential Learning – Marie Ruckstuhl – Marie gave an overview of some special experiential learning opportunities which she and her committee are going to explore.

Nominating Committee – Jack McGuire announced that there would be 6 Board positions open in May. The Nominating Committee will meet tomorrow, 1/10.

New Business

Volunteers for Community Impact – Judy Thames explained that Volunteers for Community Impact had a program “Cyber-Seniors” which pairs students and seniors for one on one technology tutoring. The Cyber Seniors program provides the computer. LIFE would assist in the recruitment of seniors and Judy would facilitate the staff in contacting the appropriate programs to get student volunteers. Judy will also find a place for the “classes.”
**ANNOUNCEMENTS**

### Upcoming Lecture Schedule:

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<tr>
<th>Date</th>
<th>Time</th>
<th>Type</th>
<th>Title</th>
<th>Speaker/Instructor</th>
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<tbody>
<tr>
<td>1/31</td>
<td>9:00 AM</td>
<td>P</td>
<td>Magic Numbers Make the Universe</td>
<td>Michael Bass, Ph.D., UCF School of Optics/CREOL</td>
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<tr>
<td></td>
<td>10:30 AM</td>
<td>P</td>
<td>Scanning the Space-Age</td>
<td>Lon Walters, Ph.D. Assistant Professor, UCF Institute for Simulation and Training</td>
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<tr>
<td>2/7</td>
<td>9:00 AM</td>
<td>P</td>
<td>Jazz Combo/Improvisation</td>
<td>Jeff Rupert</td>
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<td></td>
<td>10:30 AM</td>
<td>P</td>
<td>Truth and Reconciliation: What We Can Learn from South Africa</td>
<td>Naomi Tutu, Activist and Daughter of Desmond Tutu</td>
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<tr>
<td>2/14</td>
<td>9:00 AM</td>
<td>P</td>
<td>History of Broadway Music</td>
<td>Scott Warfield</td>
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<tr>
<td></td>
<td>10:30 AM</td>
<td>P</td>
<td>Cell Phones, Computers and Human Trafficking: How to Stay Safe</td>
<td>Ted Reynolds</td>
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<tr>
<td>2/21</td>
<td>9:00 AM</td>
<td>P</td>
<td>Student Composition and Process of Teaching Composition</td>
<td>Sun Mi Ro &amp; David McDonald</td>
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<tr>
<td></td>
<td>10:30 AM</td>
<td>P</td>
<td>An Outsider's Perspective on the New Administration</td>
<td>Kim Ghattas, BBC Journalist</td>
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<td>2/28</td>
<td>9:00 AM</td>
<td>CF</td>
<td>Opera Workshop</td>
<td>Thomas Potter</td>
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<td></td>
<td>10:30 AM</td>
<td>CF</td>
<td>China, the U.S. and National Security</td>
<td>Dean Cheng, Senior Research Fellow, Asian Studies Center, The Heritage Foundation</td>
</tr>
</tbody>
</table>

### Calendar

- **January 23**: Committee Meeting on Organizational Changes (10:00 am Psychology Bldg. Dean’s Conference Rm)
- **January 24**: Tucker Applied Research Awards committee mtg (12 pm Psychology Bldg. Dean’s Conference Rm)
- **January 30**: Committee Meeting on Organizational Changes (10:00 am Psychology Bldg. Dean’s Conference Rm)
- **January 31**: Tucker Applied Research Awards committee mtg (12 pm Psychology Bldg. Dean’s Conference Rm)
- **January 31**: Knights Helping Knights Food Pantry drive
- **February 6**: LIFE Board Meeting (9:00 – 11:30 am, Psychology Bldg. Dean’s Conference Room)
- **February 14**: Copy deadline for LIFETIMES February issue
- **February 21**: Curriculum Committee Meeting (11:45 am SU 225)