I Am the New Year
~ Author Unknown

LIFE, I am the new year.
I am an unspoiled page in your book of time.
I am your next chance at the art of living.

I am your opportunity to practice
what you have learned about life
during the last twelve months.

All that you sought
and didn't find is hidden in me,
waiting for you to search it out
with more determination.

All the good that you tried for
and didn't achieve
is mine to grant
when you have fewer conflicting desires.

All that you dreamed but didn't dare to do,
all that you hoped but did not will,
all the faith that you claimed but did not have --
these slumber lightly, waiting to be awakened
by the touch of a strong purpose.

I am your opportunity.

I am the new year.
CELEBRATING LIFE – 25 YEARS AND COUNTING!

At our February 2, 2016 meeting we're taking out all the stops. LIFE at UCF turns 25 and we're celebrating! For openers, and just because we deserve it, there will be a continental breakfast and live entertainment. As part of the program, a uniquely qualified group of engaging speakers will discuss LIFE as a successful organization, healthy aging, and perhaps more importantly, healthy and happy living.

Our keynote speaker is Dr. Roger Landry, author of the book “Live Long, Die Short: A Guide to Authentic Health and Successful Aging.” Dr. Landry, a successful Air Force flight surgeon for more than 22 years, made the transition from successfully keeping pilots performing at their peak to developing a guide for America's aging population. A leap of faith or an inventive and creative leap of logic? It's both for Dr. Landry, who says lifestyle is the key.

According to Kathleen Doheny, writing for the March 2014 edition of Senior Planet, if Dr. Roger Landry were to write a prescription for aging in America he would say to be leaf-like by becoming more colorful with age, creating more beauty among others than you can alone, and when the time comes, simply dropping off that tree. (How apropos that the logo of LIFE at UCF is a full, flourishing tree!)

What exactly is “dying short?” Invoking data from research conducted by the noted MacArthur Foundation, dying short is compressing morbidity, or perhaps put more simply, decreasing the time spent experiencing a long term illness or disease. Dr. Landry builds on that concept and defines ten steps for successful aging.

Want to know more about those ten steps? Make sure you're in class on February 2nd to hear Dr. Landry's presentation! You'll also be able to hear him during the panel discussion, and catch his answers during the Q&A. Dr. Landry's book will be available for purchase at cost, and he'll be on hand to sign it just for you.

Submitted by Gloria Jones
The Fourth Quarter

Well, football season is all but over. For some, that is reason for rejoicing. But for some of us, the season always seems to end too early. The games I enjoy the most are those that have a close and exciting 4th quarter. The players on both teams are on the field giving it their absolute best, yard by yard, sometimes inch by inch.

I like the football metaphor of quarters to describe our lives. For those of us over 65, the odds are pretty good that we are in our own 4th quarter of life. We are the sum total of our life’s experiences, good and challenging, happy and sad, etc. As I thought about my life, my mind started to focus on what I could do to have the most outstanding 4th quarter possible. Then, the questions started racing through my brain, a sort of self-assessment, if you will.

What would be most important to me? What legacy do I want to leave my family? My friends? What talents and abilities do I have that could be put to good use for both myself and others? What activities have I engaged in that give me a great sense of satisfaction and purpose?

Then there are other questions that come to my mind. What am I doing to best take care of my physical being? Like many of you, I suspect, I’ve had a few medical adventures related to my age group. Am I doing a good job of keeping my mind engaged and active? Well, I belong to LIFE at UCF. That ought to count to the good. Am I growing in my spiritual life? Am I challenging myself toward new directions? What really brings me “peace of mind?”

It seems there are far more questions than answers. However, there are some areas that seem to bring significant clarity for me. For instance, when I’m frustrated about something, helping others seems to have a neutralizing effect on my frustration. Learning something new also helps, not only in neutralizing any negativity, but it also serves to stimulate my mind.

Physically, I seem to move more slowly than in the past. Nor do I multi-task as easily. Certainly, at this stage of life, I deserve to take life a little easier, do things I’ve always wanted to do (bucket list). Don’t I? Yet, I still feel better balanced when I make sure I get a sufficient amount of exercise, of learning, reaching out to old friends, helping others, and continuing to grow spiritually and mentally.

After all, for myself and for those I love, it’s important for me to do everything I can to have the best 4th quarter I’m capable of having. So for me, along with taking life a little easier and working on my bucket list, it’s essential for me to include some new challenges and experiences as I keep moving toward my own personal goalpost.

My very best wishes to each of you for a great 4th quarter as well.

Jim Burr
A Story . . . .

I believe that everyone has a story, a good one, too. And we’d like to know about it. Your story may be short or long, funny or poignant. It may be about your growing up, your family, your career, or something that was a real turning point in your life. Perhaps you have a particular skill or expertise our members would find interesting and useful.

Here at LIFE TIMES, we’re always looking for stories and articles of interest for our members. Let us know about your story. We can even help you with the writing of your story. Contact LIFE TIMES Editor, Jim Burr (jimburr3@gmail.com) or Amanda Mayer (amandamayer@Knights.ucf.edu).

And the winner is . . .

Congratulations to Paul Enchelmayer who gave us the winning name for our LIFE newsletter, “LIFE Times.” The winning name was selected by your Board of Directors at their December meeting. Paul received a $50.00 gift certificate to the Seasons 52 Restaurant. Congratulations! Thanks to all who submitted name suggestions!

Just Imagine . . .

…..the sparkling eyes and joyful face of a little girl when she opened her one and only Christmas present, and found a beautiful doll.

…..The energy and excitement when a little boy opened his Christmas present and found a Tonka Toy Truck.

Many, many thanks for your generosity in bringing so many wonderful Toys for Tots. It is a special and great thing to bring happiness to little children. THANK YOU!
Member Spotlight: Ed and Sue Cepull

To kick off the new year, get to know Ed and Sue Cepull, two extraordinary LIFE members who sit in your midst every Tuesday morning.

Ed, who grew up in Lower Burrell, PA, graduated from Carnegie Tech (now Carnegie Mellon) with a degree in electrical engineering. While working for Delco Products Division of G.M. in Ohio, he was drafted into the army, where he did maintenance on defense sites throughout Washington, D.C.

There—when one of his army friends invited him to a dance— he met Sue, a college student from Waterloo, Iowa who worked part-time as a secretary and enjoyed dancing at the YWCA in her spare time. The two corresponded throughout the years as Sue earned her B.S. in Dietetics from Iowa State, and then later her Masters in nutrition research at the University of Iowa. Once she finished school, they married in Iowa, and headed down to Orlando where Ed was working for Martin Marietta. To hear them tell it, their honeymoon has lasted 53 years and counting.

During their child-rearing days, they became involved in Scouts, various sports teams, 4-H, music lessons, PTA, Indian Guides, and much more along the way. They have always valued membership in a church family—initially Presbyterian and later Methodist—and they have consistently served in various roles as needed. Sue has led women’s groups, directed a children’s ministry, and taught Sunday school, and Ed has served as a Deacon, a Trustee, an usher, and assisted with facility maintenance.

For the Cepulls, retirement freed up some of their time to go on mission trips; the couple has been to Guatemala and the Dominican Republic where they worked on building projects, Miami to assist with hurricane relief, and yearly trips to Louisiana where they prepare relief supplies for shipment or do home repairs for needy families in that area. Ed firmly believes that participating in mission trips is a life-changing endeavor, and that a person will always receive much more than he or she gives.

When the First United Methodist Church of Orlando (FUMCO) serves dinner to over 200 people at the Coalition for the Homeless, as the church has done on the first Monday of every month for the past 20-some years, Ed and Sue do the grocery
shopping. Ed always makes 35 pounds of macaroni salad, while Sue prepares four gallons of fruit salad, oatmeal cookies, and salad dressings—a task which the couple calls a “labor of love.”

In addition to this, coordinating the Sewing for Others program, another project at their church, has kept Sue “in stitches” for the past 20 years. Volunteers in this program come together to make jumpers, shorts, and pants for needy elementary school students, lap robes and pillows for the elderly and infirm, school bags for refugees, hygiene supplies for girls, quilts for autistic and mentally challenged children, Christmas stockings, gift bags, and much more—all using donated fabric.

Ed, who also holds an MBA from Rollins College, is now retired from the IBM Corporation, and Sue works as a volunteer tax preparer for AARP. The couple has four children who hold degrees in engineering and computer science, and three of the four are UCF graduates. The Cepulls have been coming to LIFE ever since the organization’s early days, when meetings were held at a theater across the street from the UCF campus. One of their favorite presenters throughout the years has been Jan Clanton, although the couple admits that they didn’t originally think her subject matter would interest them. Sue comments that they’ve learned you can’t always judge how captivating a LIFE presentation will be simply by its title.

Ed and Sue are grateful to be a part of the LIFE program, and they find learning enjoyable and mentally stimulating. The LIFE program is certainly lucky to count the Cepulls among its longtime members!
New Year’s Humor

Jay Leno
Now there are more overweight people in America than average-weight people. So overweight people are now average… which means, you have met your New Year's resolution.

Bill Vaughan
An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.

James Agate
New Year’s Resolution: To tolerate fools more gladly, provided this does not encourage them to take up more of my time.

Oprah Winfrey
Cheers to a new year and another chance for us to get it right.

Mark Twain
New Year's Day now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual.

Anonymous
Many people look forward to the New Year for a new start on old habits.

Anonymous
A New Year’s resolution is something that goes in one year and out the other.

Quotations.about.com

New Years Resolutions

I will no longer waste my time reliving the past; instead I will spend it worrying about the future.

I will do less laundry and use more deodorant

I will spend less than one hour a day on the Internet. This, of course, will be hard to estimate since I'm not a clock watcher.

I will read the manual... just as soon as I can find it.

I will try to drive closer to the speed limit.

I resolve to work with neglected children -- my own.

I will never again take a sleeping pill and a laxative on the same night.

Just for today, I will not sit in my living room all day in my pajamas. Instead, I will move my computer into the bedroom.

I think I won't make any resolutions this year. Last year's resolutions went down the tubes. It took all of two dang days. Cripes!


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**Ode To January**

by Alicia Moss

'Twas the month after Christmas, and all through the house nothing would fit me, not even a blouse. The cookies I'd nibbled, the eggnog I'd taste at the holiday parties had gone to my waist. When I got on the scales there arose such a number!

When I walked to the store (less a walk than a lumber). I'd remember the marvelous meals I'd prepared; The gravies and sauces and beef nicely rared, The wine and the rum balls, the bread and the cheese And the way I'd never said, 'No thank you, please.'

As I dressed myself in my husband's old shirt and prepared once again to do battle with dirt - I said to myself, as I only can 'You can't spend a winter disguised as a man!'

So - away with the last of the sour cream dip, Get rid of the fruit cake, every cracker and chip. Every last bit of food that I like must be banished 'Till all the additional ounces have vanished.

I won't have a cookie - not even a lick. I'll want only to chew on a long celery stick. I won't have hot biscuits, or corn bread, or pie, I'll munch on a carrot and quietly cry. I'm hungry, I'm lonesome, and life is a bore. But isn't that what January is for?

Unable to giggle, no longer a riot. Happy New Year to all and to all a good diet!

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**“Time for New Beginnings”**

Taylor Addison, Blue Mountain Arts

“This is a time for reflection as well as celebration. As you look back on the past year and all that has taken place in your life, remember each experience for the good that has come of it, and for the knowledge you have gained.

Remember the efforts you have made and the goals you have reached. Remember the love you have shared and the happiness you have brought. Remember the laughter, the joy, the hard work, and the tears.

And as you reflect on the past year, also be thinking of the new one to come. Because most importantly, this is a time of new beginnings and the celebration of life.”

[Appleseeds.com](http://www.appleseeds.com)
EXECUTIVE COMMITTEE REPORTS

Treasurer – Pat Fluno: The treasurer’s report was approved.

Secretary – Lee Cross: Lee reported one correction to the November minutes - LIFE received $1,250 instead of $1,200 from Winter Park Health Foundation. The minutes were approved as corrected.

UCF Liaison, Dick Tucker elaborated on his previous report regarding the possibility of LIFE members obtaining discounted tickets to major attractions

"Student Activity Fees are used to subsidize the discount in tickets to the attractions; the large discounts do NOT come from the attractions. Thus, unlike our other opportunities to attend general UCF events subsidized by Student Activity Fees, these discounts represent real dollars. Because of budget overruns for the discounted tickets, it has now been restricted only to those members of the UCF community who pay Student Activity Fees.”

Vice-President - Ray Jones: Ray reported that 5 checks were given to students working in parking services. Parking services received $2,000 as part of Directed Grants. Funds for Competitive Grants and Awards have been transferred and all recipients have been notified. Recipients will be asked to submit a final report.

Tucker Applied Research Update - There have been 9 proposals totaling $54,000. We have only $20,000 allocated. Finalists will be selected after today’s board meeting.

Ray also reported that at this time there have been no members express interest in running for either Vice President or Treasurer positions on the Board.

President – Vonnie Bradbury: A Central Florida Lifestyle writer has interviewed Vonnie for an article in that publication. She also reported that an article about LIFE will appear in Pegasus in the March issue.

Tim reported on the ITSMEC field trip on December 2nd. There was a good turn-out, 12 rode the bus and attended. Next year the conference organizers indicated they needed volunteers to mentor STEM high school students on Thursday.

Vonnie reported that spring semester LIFE/Honors programs have been scheduled.

EX-OFFICIO REPORTS

Academic Liaison – Claudia Schipper, Chair: Grants & Awards: The committee is taking a new look at the whole process, and will meet in January.

STANDING COMMITTEE REPORTS

Past Presidents – Judy Thames: There will be a pin ceremony for past Presidents during the board meeting on January 11.

Lee will present a revised Academic Calendar in January to reflect the by-law academic year change.

Bereavement report – Beverly Bressant: Beverly reported that member Charlotte Swartzburg had passed away. Pat will send a check to Foundations in her name.
Curriculum Committee – Aaron Liberman: There was some discussion of the LIFE @UCF day at the Phillips Center for Performing Arts. Aaron reported that the schedule for spring was complete.

Additionally, Aaron presented a proposal including a detailed job description for a student assistant for up to 160 hours a semester, 10 hours a week, to assist the Chair of the Curriculum Committee. The assistance will begin in January and Aaron will identify a student. A motion was made to accept the proposal and was passed.

Strategic Plan – Basil Pflumm: Discussed centered primarily around the role of coordinator.

AV/Media Chief/Technical – Tim Matthews/Steve Hall/Jack McGuire: Tim presented a number of questions regarding the establishment of livestreaming, and what considerations will be needed to be addressed as we move forward.

Diversity/Legacy – Ian King: Ian expressed appreciation for the grant, and Appreciated the grant, and would like to purchase study guides:

Newsletter – Jim Burr: The “Name the Newsletter contest received 27 suggestions, with some duplication of names. The Board chose “LIFE Times” as the new name. Although several members recommended this as the new name, the award goes to Paul Enchelmayer who was the first to make the suggestion.

AD HOC COMMITTEE REPORTS

25th Anniversary – Carol Parker: Carol gave an overview of the Celebration. She is planning for 500 people. The celebration will start at 8 and end at noon. Dick Tucker stated that through fundraising, he has been successful in securing excellent contributions for the event.

NEXT BOARD MEETING: January 11, 2016

LIFE@UCF Board Meeting
Monday, January 11, 2016

Pinning Ceremony – Judy Thames honored LIFE Past Presidents Chuck Fritz, Ed Haddad, Phil Easterling, Martin Wiener and Judy Thames, presenting them with Past President pins.

EXECUTIVE COMMITTEE REPORTS

Treasurer – Pat Fluno – Treasurer’s report was approved. LIFE has received donations designated for the Tucker Gerontology/Scholarship Fund as well as some checks from members for grants and awards as part of the 25th Anniversary

Secretary – Lee Cross - The minutes were approved as corrected. Lee passed out the Planning Calendar for January through May 2016.

Vice-President – Vonnie Bradbury gave an update for Ray Jones. There are 6 finalists for the Tucker Applied Research Award. The finalists will be interviewed later in January. There are openings for VP, Treasurer, Pantry & Special Events Coordinator and Curriculum Chair.

President – Vonnie Bradbury said that the article in Central Florida Lifestyles magazine, January issue, had been published and LIFE is mentioned. She also reported that the 25th Anniversary Celebration planning was moving forward. The invitations have been sent out. There will be an article in Pegasus in March. A motion to move the next Board Meeting to February 8th was approved.
EX-OFFICIO REPORTS

Academic Liaison – Claudia Schippert  - No Report
--Chair, Grants & Awards: Taking a New Look (March 2016)

UCF Liaison – Dick Tucker - No report

STANDING COMMITTEES

Past Presidents – Judy Thames passed out a sample of what will appear in the Newsletter and will be used to communicate the information regarding the Tucker Gerontology/Scholarship Fund.

By-Laws/Policies – Lee Cross - No report

Membership – Lucy Pulido suggested collecting dues mid March. It was decided that LIFE would increase membership to 650 based on the fact that we rarely have attendance over 400.

Bereavement – Beverly Bressant - There have been no deaths reported.

Curriculum Committee – Aaron Liberman announced that the spring and fall schedules are complete. Aaron moved and Lee seconded that LIFE politely decline the April 12th class sessions at Dr. Phillips due to difficulties in rescheduling speakers. The motion passed. We will consult with the Dr. Phillips planning group for next year prior to our completion of the spring speaker schedule.

Strategic Planning Committee – Basil Pflumm reported that the committee will identify a schedule for addressing the strategic plan goals and objectives.

AV/Media Chief/Technical – Tim Mathews/Steve Hall - Tim and Steve will work on a specific proposal for Livestream project, addressing the areas of concern.

Diversity/Legacy – Ian King - No report.

LIFE/Legacy Mentoring Project – Tim Matthews described the LIFE/Legacy Mentoring Project organized by the COHPA Center of Legal Studies working with Parks and Recreation City of Orlando. At-risk high school students met with LIFE members and Legacy students to discuss career opportunities. The university wants to continue the project and wants LIFE commitment and involvement. It appears that other communities are also interested.

Newsletter – Jim Burr reported the new name of the newsletter, LIFE Times, is being integrated into the header, and that the back page will always contain announcements and the calendar. He announced that Paul Enchelmayer was the winner of the Name The Newsletter Contest.

AD HOC COMMITTEES

25th Anniversary Event Planning – Carol Parker- No report

NEXT BOARD MEETING: February 1, 2016
CALENDAR

Tuesday, January 19  Curriculum Committee meeting 11:45 am (SU room 225)
Monday, February 1  LIFE Board Meeting 9:00 am (Psych Bldg Dean’s Conference Rm)
Tuesday, February 2  LIFE 25th Anniversary Celebration 9:00 am

- Join us for fee continental breakfast, guest speaker Roger Landry, entertainment and fun! Please RSVP.

Friday, February 5  Copy deadline for February issue of LIFE TIMES

ANNOUNCEMENTS

- The Tucker Applied Research Award Selection Committee will meet on January 19 and 20 to choose this year’s awardees.

SPRING 2016

LIFE AND HONORS STUDENTS FIELD TRIPS:

PERFORMANCE OF “ART” AT THE MAD COW THEATRE IN DOWNTOWN ORLANDO
Sunday, January 24 (2:30-5:00pm)
A reception will follow the performance

HINDU TEMPLE PRIVATE TOUR
Saturday, February 13 (11-1pm)
1994 Lake Drive, Casselberry, FL 32707
Lunch after the tour.

MASTER ARTIST OUTREACH – Josiah McElheny
VAB Art Galler, Illustrated Talk
Tuesday, March 1 (12-2pm)
Luncheon follows in the Honors College Reading Room

ALBIN POLASEK MUSEUM PRIVATE TOUR
633 Osceola Ave. (Between Fairbanks and Aloma)
Winter Park
Thursday, March 17 (3-5pm)
Private tour followed by a reception

BOOK DISCUSSION
“And The Mountains Echoed” by Khaled Hosseini
Wednesday, April 6 (5-7pm)
Dinner follows in the Honors Reading Room

ETIQUETTE DINNER, ELBOWS OFF THE TABLE
Wednesday, April 27 (6-8pm)
Live Oak Dining Room (UCF Campus)