Why is March such a windy month?

Wind is caused by temperature differences (thermal gradient). The stronger the gradient, the stronger the wind.

The March winds are stronger due to two main factors:

1) The upper air is still cold from winter, and,

2) The lower levels are warming as the sun climbs higher in the sky, causing its rays to strike the earth at sharper angles, thereby causing its energy to be concentrated over a smaller area. As this warmer air rises into the cold mass above, stronger winds are created.

Source: Meteorologist

Seeds of Thought to Help Us Grow . . .

“Try to see the world through the eyes of a child. Eyes that are not yet cynical or skeptical. Eyes that marvel at everything they see. The lessons we learn from children about life are so much more important than the lessons we teach them. Think happy thoughts.”

— Leslie

“When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself.”

— Tecumseh

“Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours.”

— Dale Carnegie

“When you can’t change the direction of the wind, adjust your sails.” — H. Jackson Brown, Jr.

“Start every day with a smile and get over it!”

— W.C. Fields

" Life and love are like the changing of the leaves during the midst of change of season. We experience the change of colors within the fallen leaves, thinking its gone and fallen without solid ground. But as the season comes the next year around, new beauty within emotion which the tree blooms, brings back the bold and blissful colors of life and heart that entwine within the branches of love and spirit.”

— Amy Masella

“There is only so much that you can do. You can do more than you think you can!!! GO OUT AND DO IT!”

— Eric Eisenberg
Congratulations . . . .

Four faculty members were awarded the LIFE@UCF Excellence for Women Faculty Award on Friday, February 19. Each woman faculty member was awarded $125 as part of our Competitive Grants & Awards Program. In its third consecutive year, this year's awards are focusing on globalization at UCF and the President's goal of "providing international focus to the curricula and research programs." Dick Tucker, Ian King and Vonnie Bradbury were in attendance at the ceremony. The awardees were as follows:

**Dr. Judit Szente**, Associate Professor  
College of Education & Human Performance

**Dr. Seetha Raghavan**, Associate Professor  
Mechanical & Aerospace Engineering, College of Engineering

**Dr. Gillian Eriksson**, Associate Lecturer  
School of Teaching & Learning & Leadership  
College of Education & Human Performance

**Dr. Joanna Mishtal**, Associate Professor  
Anthropology, College of Science

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**ACCIDENT REPORTS**

The following quotes, taken from the Toronto News, July 26, 1977, are actual statements found on insurance forms where car drivers attempted to summarize the details of an accident in the fewest words possible.

"Coming home, I drove into the wrong house and collided with a tree I don't have."

"The other car collided with mine without giving warning of its intentions."

"I thought my window was down but I found out it was up when I put my hand through it."

"I collided with a stationary truck coming the other way."

"The guy was all over the road. I had to swerve a number of times before I hit him."

"As I approached the intersection a sign suddenly appeared in a place where no stop sign had ever appeared before. I was unable to stop in time to avoid the accident."

"As I reached an intersection, a hedge sprang up, obscuring my vision and I did not see the other car."

"I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."

"My car was legally parked as it backed into the other vehicle."

"An invisible car came out of nowhere, struck my car and vanished."

"I told the police that I was not injured, but on removing my hat, I found that I had a fractured skull."

"The indirect cause of the accident was a little guy in a small car with a big mouth."

"I was thrown from my car as it left the road. I was later found in a ditch by some stray cows."

"The telephone pole was approaching. I was attempting to swerve out of its way when it struck my front fender."
You have all seen and likely interacted with Amanda Mayer, our UCF student, do-it-all helper who grew up in Orlando and attended Boone High School. It is hard not to think that the future of this country will be in pretty good hands with people like Amanda in charge. So, who is Amanda? I gave her some questions, and here are her answers—unedited, and in her own words! If you weren't impressed with Amanda before, you probably will be after reading this article.

**Do you have any siblings?**
Amanda: I have two older sisters, 23 and 25 years of age. They will both graduate this Spring semester with Masters degrees, one from UCF and the other from Florida State. They have been great companions through the years, and are definitely two of my biggest sources of laughter and helpful advice.

**Why did you choose UCF?**
Amanda: I actually received a full ride National Merit scholarship to UCF, which made the choice to come here a very easy one from a financial standpoint. However, equally as important, I loved the campus and had confidence in my ability to grow and succeed as a student at UCF. I’ve had such a great experience so far, and I’ve never questioned that decision.

**What is your major/minor?**
Amanda: I am majoring in Political Science with minors in Diplomacy and Spanish Language. I am additionally completing a certificate to teach English as a foreign language (the TEFL certificate).

**When will you graduate? What then, short-term?**
Amanda: I will graduate in the Spring of 2017, and my immediate plan is to apply to join the Peace Corps and serve abroad, which has been my longtime dream. I’d like to be stationed somewhere either in Central or South America, because I know the Spanish language pretty well and I am interested in the culture. I also know that there is a lot of need in this area of the world.

**Where do you see yourself in five years?**
Amanda: In five years, I could see myself either working within the United States for a nonprofit or NGO, or possibly pursuing a career in foreign service. I will be happy as long as I am growing as a person, using my talents, and working toward a cause I truly care about.

**Where do you think your evident self-confidence comes from?**
Amanda: I think any self-confidence I may have comes from a general belief in humanity. I have been shown a lot of respect by many wonderful people throughout my time, and I believe that everyone deserves respect in return, so I try to let this fuel my daily interactions. It usually results in great conversations and positive relationships with other people.

**How did you find LIFE@UCF and why did you decide to work with us?**
Amanda: I was introduced to LIFE @ UCF through Dr. Wang, Dean of the Burnett Honors College, with whom I traveled on a service-learning trip to Nicaragua during the summer of 2014. He was looking for a student to take over the LIFE administrative assistant role from Jessie Walker, who was preparing to leave and study abroad in Spain. I had already known Jessie from working with her in a Peer Ambassador program, also through the Honors College. I accepted the job, started coming to LIFE with Jessie and learning her role, and eventually took over for her when she left. Saying yes to the offer to work with LIFE was hands-down one of the best decisions I have made during my time at UCF!
How has your view of older adults changed due to your time with LIFE@UCF?
Amanda: Working with LIFE has opened my eyes to just how much enthusiasm and passion for learning exists among the older generation, as well as what an important role these individuals play in the community. The Pegasus Ballroom is not just filled with “silver-haired” folks every Tuesday morning, like it might appear to someone passing by; the LIFE members have incredibly diverse educational, career, and service backgrounds, and I am amazed at how they continue to use their talents even after retirement to shape their community and the world in valuable ways. You could fill a library with the collective stories and life experiences of this crowd, and as a result of working with them, my respect for that generation has increased dramatically.

What is your favorite away-from-school activity?
Amanda: I love to play the piano; I took 7 years of lessons throughout middle and high school, and whenever I can get my hands on some of my old music, I love to sit down and play. I also like reading. I especially enjoy Agatha Christie’s books, as well as other works in the mystery genre.

How would you occupy your time if money were no concern?
Amanda: If I wasn’t worried about money, I think I would just like to be a full-time volunteer for various causes that mean something to me. There are a lot of good organizations out there that really help the forgotten-about, left-behind, and less fortunate, and whenever I come home from volunteering in the community I often find myself thinking, “can I just do this for a living?” It’s so easy to stress over where I’m headed in life and how I’ll be successful in such a competitive world, but volunteering to help people in need invariably brings me out of that mindset and gives me the positive feeling that I am accomplishing something worthwhile. Without money as a concern, I don’t think I could ask for any more than that in life. I believe quite a lot of people probably feel the same way.

If you could visit any place on Earth, where would that be? Why?
Amanda: I would like to visit Ireland one day; my grandmother on my dad’s side was born in Limerick, and I have always heard that it’s a beautiful country. I’d like to see some of the historic sites, like the old castles, and I wouldn’t even have to learn a new language to communicate!

If you could meet anyone on Earth, living or dead, who would that be? Why?
Amanda: I’d love to sit down and have a conversation with the late and great Eleanor Roosevelt. To me, she is one of the most impressive women in history; she completely changed the role of the American First Lady, and acted as a powerful leader and voice for equality and civil rights. I’d like to get some advice from her on confidence, leadership, and going against societal norms to make a difference.

What is something about you that will surprise our LIFE@UCF members?
Amanda: Perhaps the LIFE members would be surprised to know that both of my parents are over 60, and one of them is on the waiting list to join LIFE!

If you could change one thing about LIFE@UCF what would it be (no fair picking the temperature in the Pegasus Ballroom!)?
Amanda: I wish that LIFE@UCF was more well-known among the student body at UCF! Even though I am pretty involved in many different areas of university life, I hadn’t ever heard of LIFE before being asked to work as the student assistant. The students here at UCF would do well to know about such an engaging and growth-inspiring program housed right within their own school’s walls, so I suppose in my ideal world, the LIFE membership would have more interaction with the UCF student body writ large.

Finally, (a Barbara Walters favorite question). If you were a tree, what kind would you be?
Amanda: Hmm… a sycamore, perhaps! I’m fairly tall, and I like the idea of providing a lot of shade for others. Additionally (according to my quick Google search), sycamore leaves stay fairly green year-round, but they do change color just a bit during the fall. I can relate this to my personality, in that I consider myself to be very routinized and sometimes resistant to change; however, I think I am capable of just enough change here and there to adjust to the different “seasons” of life.
Each academic year, LIFE provides monetary awards to support gerontology research at UCF. Gerontology research, since it includes research associated with all aspects of aging, covers a wide range of UCF disciplines. Funds are provided to two programs: The Richard Tucker Applied Gerontology Research Awards that is open to all UCF faculty and graduate students, and the Al Dallago Undergraduate Gerontology Research Awards (URO). The major purpose of these award programs is to promote increased gerontology research at UCF. The awards are funded through our yearly dues and by individual member donations to this award program. The success of these small size research efforts often lead to major grants from national organizations. This year LIFE received 9 applications for the Applied Gerontology Research Awards that requested over $54,000 in funds. The LIFE board approved $21,000 to support these awards. The following five applications were selected for funding:

1. **Sarah Gitto**, a doctoral student from the Burnett School of Biomedical Sciences, received a $7,800.00 award for her research investigating the role of a specific type immune system cell (Eosinophils) in pancreatic cancer. This research may aid in early detection of this most deadly type cancer in seniors. This advanced research involves the use of mice.

2. **Nicolas James**, a Psychology doctoral student, received a $3,000.00 award for his research that involves a Quality of Life improvement program for older adults living in assisted living facilities. This program will get the adults involved in UCF sports and entertainment activities. LIFE members will be able to participate in this research.

3. **Dr. Jacqueline LaManna** from the College of Nursing received a $4,200.00 award to support her research in developing a baseline of the Burdens and Satisfactions of Caregiving in Older Adults by the Elderly including the support provided. LIFE members will be able to participate in this research.

4. **Michael Rupp**, a doctoral student in the Applied Experimental Psychology program, received a $3,500.00 award for his research that investigates the role in aging on our ability to carry out certain physical actions. His research includes separating out differences between brain and muscle control functions. LIFE members will be able to participate in this research.

5. **Dr. Cecyle Carson** from the Communication Sciences and Disorders Department received a $2,500.00 award for her research on the educational and practical implications of aging and its effects of individual’s voice acoustic measurements. LIFE members will be able to participate in this research.

This academic year, LIFE received 12 applications for the Al Dallago URO Gerontology Awards. These awards are integral with the UCF Undergraduate Research Office (URO) research program. One $500.00 award is made for each academic semester. The following 3 awards were given over the summer, fall, and spring semesters:

1. **Samuel Harris**, a biology student, whose research centered around understanding on the molecular basis for the higher incidence of prostate cancer in racially disparate group of people and possibly finding a diagnostic marker for early detection of prostate cancer.

2. **Khoa Nugyen**, a biology student, who received 2 awards for her research related to finding anticancer agents to inhibit the proliferation of metastatic prostate cancer cells.
NOMINATING COMMITTEE REPORT

The following members are recommended for 3 year terms to the LIFE@UCF Board of Directors for the Class of 2016/’17 to ’18/’19

Lee Cross

Lee is a retired professor in the UCF College of Education where she prepared teachers to work with children with disabilities. Lee and her husband, Art, moved from Appalachian State to UCF 27 years ago. Lee has been chair of the LIFE Curriculum Committee and is currently Board Secretary. She is eligible for her 2nd three year term. Since retiring from UCF she started and volunteers in an after school program serving children living in Reeves Terrace in downtown Orlando.

Paul Enchelmayer

Paul holds a BA in Science Broadcast Media from Southern Illinois University, and a Masters of Business Administration from the University of Miami. He has presented talks on family history research to over 30 clubs and organizations, including LIFE. Additionally Paul is a retired Manager of Information Systems Development for the City of Orlando, Past President of the University Club of Winter Park, Past President of the Central Florida Genealogical Society, Past President of the Miami Chapter of the Vietnam Veterans of America, and is retired from the U.S. Navy Reserve.

Aaron Liberman

Aaron is a retired Emeritus Professor of Health Management and Informatics at UCF. He is also a licensed Healthcare Risk Manager in the State of Florida. He has served as a Hospital Administrator and CEO earlier in his career and has completed Consulting Assignments for more than one hundred organizations in the private sector. For the past two and one half years Aaron has served as a LIFE Board Member and has been Chair of the Curriculum Committee for the past year and a half.

Tim Matthews

Tim is a retired Commander from the US Navy. He has been very active as a consultant and volunteer for Organizational Development Management and Strategic Planner for several organizations. Tim has been a life board member for two years as a Presidential appointment and is eligible for his own first three year term. He has been a member of LIFE’s Curriculum Committee, serves on the Membership Committee as well as on the Board's Technical Committee.

Jack McGuire

On June 30, 2014, Jack retired form positions as Professor of Psychology and Associate Dean in the College of Sciences here at UCF. Since that time he has worked 2 days each week as a Special Consultant to the Dean, College of Sciences. His activities include working out at the gym, biking, kayaking and hiking. Jack also plays flute in the Maitland Symphony Orchestra.

Marie Ruckstuhl

Marie is a Registered Nurse with a B.A. in Nursing and holds a Masters in Business Administration. She has been employed at Florida Hospital for 30 years in a variety of capacities from Progressive Care Unit, Medical Quality Assessment/Quality Improvement supervisor to review of policies for compliance with the HIPPA law, and then working to implement the law on 7 campus sites. This effort also included the development of a document on Culture and Religion in Healthcare. Currently she volunteers for Florida Hospital in the Neonatal and Pediatric units.
Life Board Meeting  
Monday, March 7, 2016

President Vonnie called the meeting to order and introduced Ann Barretta a LIFE member who is a potential replacement for Pat as treasurer. Ann is a CPA.

EXECUTIVE COMMITTEE REPORTS

Treasurer – Pat Fluno presented the Balance sheet and Income Statement as of February 2016. $1250 was collected from the membership during the 25th anniversary to be applied to Grants and Awards. The 25th Celebration cost was $8,603.46. $7250 has been collected from pledges. There was a motion to accept the Treasurer’s report. The motion was seconded and approved.

Pat then presented the 2016-17 budget for discussion. For next year we anticipate an income of $100,795 based on dues for 520 returning members @$150 and $175 for 130 new members. The $175 for new members includes a one-time $25 application fee. Pat indicated that we needed an accountant to do the IRS return and an independent audit review. It was suggested that Gerald Sutton a CPA might be willing to do both for $1500. $1500 was added to the budget for this purpose.

Secretary – Lee Cross - The minutes were approved as corrected. Lee shared correspondence from Ann Funk and administrators of Colleges and Departments whose faculty had received grants and research awards.

Vice-President – Ray Jones announced that LIFE@UCF will be funding an Undergraduate Gerontology Research project for the Summer Session. LIFE will also fund four or five $50 Student Union Employee Recognitions during a recognition ceremony in March.

President – Vonnie Bradbury - Vonnie announced that on 4/19, during the announcement period, LIFE@UCF will hold its Annual Meeting and recognize the 10 and 20 year members. Carol is putting together a slide presentation which will also include grant and award recipients on the slides. Jayne Leech has volunteered for the Knights Helping Knights Pantry Coordinator position.

EX-OFFICIO

Academic Liaison – Claudia Schippert - Claudia presented the “Review of LIFE Grants and Awards-History and Procedures” prepared by Claudia Schippert, Ray Jones, Judy Thames and Dick Tucker.

UCF Liaison – Dick Tucker reported that he, Vonnie, and Amanda met with student government including the Student Body President to discuss if LIFE members can be eligible for discount tickets to theme parks. There was no resolution to the situation but Student Government is taking the issue under consideration.

STANDING COMMITTEES

Past Presidents – Judy Thames reported that the Past Presidents were delighted with the 25th Anniversary Event and appreciated their Past-President pins.

By-Laws & Policies – Lee Cross passed out a handout clarifying board member terms. After some discussion it was unclear if the board terms should begin/end in May or August. Lee will check the By-Laws and Policies for clarification. We will continue the discussion next month.
Membership – Lucy Pulido announced that membership renewal collection will start on March 22nd and end April 19th. People will be encouraged to use Pay Pal. There will be assistance at the membership table for using PayPal. Individuals may also write checks. Tim reported that there are 408 applications. Dues for returning members will remain at $150.00. Dues for new members will be $175.00 which includes a one-time $25.00 Application Fee.

Curriculum Committee – Aaron Liberman shared that 20-30 individuals are submitting speaker feedback forms each week which is in contrast to 2-3 paper forms.

Strategic Plan – Basil Pflumm - Basil reported that it has worked well this year to meet one-on-one with the Goal Coordinator and update the plan. There have been changes on most of the goals and the plan has been updated. The updated plan will be posted to Drop Box. Basil requested members of the Board read the updated Plan and next meeting the Board will vote on Plan for next year. It has been suggested that the updated Plan be made available on web-site for members. Next year Basil plans to present to the Board a goal each month.

Diversity/Legacy – Ian King reported that there will be a Legacy closing ceremony on April 19th.

Student Mentoring Project – Tim Matthews gave an update on the Youth Mentoring project. There will be a session on Saturday March 19th at 1242 Research Parkway Suite 169. There will be two 45 minute sessions. The first session will focus on public speaking and interviewing and the second session will focus on financial fitness and student loans. Legacy students and LIFE members will serve as mentors.

Newsletter – Jim Burr reported there will be two more newsletters will be published- March and April. The newsletters will be distributed the second Tuesday following the board meeting.

Nominating Committee – Ian King presented the recommended candidates for new board members, Paul Enchelmayer and Marie Ruckstuhl. 4 board members are returning. It was moved and seconded to accept the recommendation of the candidates for the board members. The motion passed.

AD HOC COMMITTEES

Summer programs - Dick Tucker/Paulette Geller – Dick reported that we can have space at UCF on Friday at 1:00-2:30 pm. He recommended that we have class twice a month for May, June and July. He suggested getting a show of hands on Tuesday as to the interest of members.

Technical Committee - Jack McGuire reported for the committee consisting of Tim Matthews/Jack McGuire/Steve Hall. The committee’s charge was to explore the advisability and feasibility of transmitting the LIFE programs remotely through the use of technology. Tim presented a member survey that the committee developed which addressed some of these issues. It was moved, seconded and approved to approve the survey with minor changes. The committee will conduct the survey on the 15th to determine a direction.

NEW BUSINESS

Our last class of the spring semester will be held on April 19. As a part of this class we will have our Annual Meeting and the election of Board members.

Meeting adjourned.
NOTICE OF LIFE@UCF ANNUAL MEETING

April 19, 10:55 a.m., Pegasus Ballroom
Election of Board Members
Recognition of 10 and 20-Year Members

LIFE GENERAL MEMBERSHIP MEETING
10/27/15

A general membership meeting was called to order by Vonnie Bradbury, President, at 8:55 am on 10/27/15 in the Pegasus Ballroom. There were members in attendance. The purpose of the meeting was for the membership to vote on a change in the LIFE By-Laws *(8.2).

Lee Cross presented the change to the membership and called for a motion. Ann Funk made the motion, which was seconded by Diane Brown. The motion was unanimous.

The new by-law (8.2) reads:
"8.2 An annual meeting of the membership shall be held on the last regular session of the spring semester for the purpose of electing Directors and to receive annual reports, and other appropriate business."

The meeting was adjourned at 8:59 am.

Lee Cross, Secretary

CALENDAR

March 22 – April 19   LIFE@UCF Dues are payable
April 8 - 16          UCF Celebrates the Arts at Dr. Phillips Center for the Performing Arts
April 19              Last Class and Annual Meeting

ANNOUNCEMENTS

Dues collection will start on March 22nd and end April 19th. Members will be encouraged to use PayPal. There will be assistance at the membership table for using PayPal. Individuals may also write checks. Dues for returning members will remain at $150.00. Dues for new members will be $175.00 which includes a one-time $25.00 Application Fee.

LIFE@UCF Annual Meeting & Election of Board Members will be held on April 19 during our final Spring Semester class.