Honoring our Veterans
Seasonal Thoughts

Nature's Harmony
"There is a harmony In autumn, and a lustre in its sky,
Which through the summer is not heard or seen,
As if it could not be, as if it had not been!"
_Percy Bysshe Shelley_

Enjoying Autumn Days
"I cannot endure to waste anything as precious as autumn sunshine by staying in the house. So I spend almost all the daylight hours in the open air."
_Nathaniel Hawthorne_

A Mature Time of Year
"Autumn is the eternal corrective. It is ripeness and color and a time of maturity; but it is also breadth, and depth, and distance. What man can stand with autumn on a hilltop and fail to see the span of his world and the meaning of the rolling hills that reach to the far horizon?"
_Hal Borland_

Autumn Makes Us Reasonable
"Summer is already better, but the best is autumn. It is mature, reasonable and serious, it glows moderately and not frivolously...It cools down, clears up, makes you reasonable..."
_Valentin, Finnish writer_

A Mellower Season
"Autumn is the mellower season, and what we lose in flowers we more than gain in fruits."
_Samuel Butler_
Aging Humor

Now that I'm older, here's what I've discovered...

• I started out with nothing ... I still have most of it.
• When did my wild oats turn to prunes and All-Bran?
• I finally got my head together; now my body is falling apart.
• Funny, I don't remember being absent minded.
• If all is not lost, where is it?
• It is easier to get older than it is to get wiser.
• The first rule of holes: If you are in one, stop digging.
• I went to school to become a wit, only got halfway through.
• Some days you’re the dog, some days you’re the hydrant.
• It's not the pace of life that concerns me; it's the sudden stop at the end.
• If God wanted me to touch my toes, he would have put them on my knees.

Texting for Seniors

As more and more Seniors are texting and tweeting, there appears to be a need for a STC (Senior Texting Code). If you qualify for Senior Discounts this is the code for you. Please pass this on to your children & Grandchildren so they can understand your texts.

• ATD: At The Doctor's
• BFF: Best Friend Fainted
• BTW: Bring The Wheelchair
• BYOT: Bring Your Own Teeth
• CBM: Covered By Medicare
• CUATSC: See You At The Senior Center
• FWB: Friend With Beta Blockers
• FWIW: Forgot Where I Was
• GGPBL: Gotta Go, Pacemaker Battery Low!
• GHA: Got Heartburn Again
• IMHO: Is My Hearing-Aid On?
• LMDO: Laughing My Dentures Out
• LOL: Living On Lipitor
• LWO: Lawrence Welk's On
• OMMR: On My Massage Recliner
• ROFL... CGU: Rolling On The Floor Laughing... And Can't Get Up
• TTYL: Talk To You Louder
• WAITT: Who Am I Talking To?
The Heart of a Soldier - As the sun burns down it bakes my skin, I can feel my patience beginning to wear thin. Walking endless miles in this scorching heat, and I can feel the sand burning my feet. On my back I carry this unbearable load, as I walk along this seemingly endless road. The weight is so much that I can barely stand; to get up off my knee I need a helping hand. It seems like we have been walking for days, with hardly any sleep it all seems like a haze. The exhaustion is beginning to take its toll; I’ll never get back all the time that they stole. Around every corner I’m reminded of home, yet I have no choice but to continue to roam.

Oh how I miss all the ones that I left behind, And sometimes I wish I could just hit rewind. Then I realize that they’re the reason I’m here, Even through all of my pain and fear. I had to come over here and leave them back, So they wouldn’t worry about another attack. Even with the bullets and bombs trying to kill, I have to move on by searching for my inner will. I’ve seen many die and suffer before my eyes, and I’ve faced my horrors as I heard their cries.

I do what I do for my friends and my family, And to help keep this nation of ours free. And for those who will criticize and condemn, a soldier will even serve honorably for them. Through all the pain and torture I will carry on, For without me, our freedoms would be gone. And whenever I feel I cannot go on any more, I always remember exactly what I’m fighting for. I am one of the defenders of this great nation, and I will always do my job without hesitation. The heart of a soldier can never be broken, as his actions speak over the soft voice spoken.

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A final thought on learning...

“The best thing for being sad,” replied Merlin, beginning to puff and blow, “is to learn something. That's the only thing that never fails. You may grow old and trembling in your anatomies, you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honor trampled in the sewers of baser minds. There is only one thing for it then — to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting. Learning is the only thing for you. Look what a lot of things there are to learn.”

-T.H. White

In conjunction with the UCF Police Department, LIFE will participate in the annual Toys for Tots drive this month. Please bring your donations of unwrapped toys for children to class next Tuesday, November 24th. Every toy is appreciated and will make a great difference for a child this holiday season!

Calling all creative minds!

The LIFE monthly newsletter needs a name! Have a clever idea? Email your suggestion to:

newsletternamecontest@gmail.com

The deadline is November 31st, so put your thinking caps on! The winner will be awarded a restaurant gift card!
Meet Patrick Dormeaus, who drives the UCF LIFE shuttle bus to the Student Union on Tuesday mornings. Rarely does one find an individual so focused on friendliness, courtesy and legendary service.

Born in Port Au Prince, Haiti, and raised in Brooklyn, N.Y, Patrick is the middle child in a family of five sisters. His father was a Chief Accountant for U.S. Mine S.A., and later became a physician with Doctors Without Borders. His mother was a nurse for Red Cross, and both parents were very strict about education and learning. Patrick certainly reflects this upbringing, as he has studied electrical engineering, criminal justice, and music, and is also fluent in English, French, and Creole, as well as comfortable in Spanish. He’s the proud father of three children; his oldest daughter is an LPN with Florida Hospital, his second daughter is a Forensic Investigator, and his son studies sports medicine at Rutgers University.

One of Patrick’s hobbies is playing the piano or any of the woodwind instruments. In his free time, he might be found in the park making music along with nature, or in a club downtown “jamming” with other jazz musicians. In his youth he enjoyed athletics, and was mainly active in soccer and martial arts. Patrick is also an avid reader.

When you step on his bus either to come to a LIFE meeting or return to the parking lot, you immediately get a sense of his motto: “Give value to those you meet and serve.” Here is Patrick’s philosophy in his own words:

“The greatest pleasure I am privileged of having is the chance of working at UCF. The school is not only a great school academically, but also is great in diversity. On my bus I meet all sorts of people with different cultures and academic disciplines. My bus is like a trade market, if you will. I provide a service, and in return I get to learn about a culture.

Along with my primary responsibility, which is transporting the students to class on campus, I also provide a sense of ‘positiveness’ and fun to the kids. I talk to them so they understand that nothing good in life is easy, and when they persevere and jump all the hurdles, the rewards are greater. At the end of the day, that’s an exchange that keeps producing positive results.”

That’s Patrick! Hop on the LIFE Shuttle Bus next Tuesday for a chance to meet this extraordinary individual.

Jim Burr and Amanda Mayer
At last week’s class, you may have spotted the LIFE Newsletter Press Crew wandering the Pegasus Ballroom in search of some leads on exciting holiday plans! As expected, the reporters gathered some great information. Here’s the scoop on what a few of your fellow LIFE members are planning for the holiday season:

**Dick and Sue Likon**
“We have a tradition of going camping at the Hillsborough River State Park with a fellow retired Air Force couple who we have known since 1974. We cook the turkey in a roaster over, and enjoy our meal at the table outside of our motor home.”

**Dan and Maxine McNutt**
“Our grandkids are coming to visit from Atlanta, Georgia.”

**Maggie Harris**
“My son, who is a professor at Rollins, and I are going to California to visit my oldest daughter and her three kids for Christmas. This is a tradition for us every other year.”

**Eleanor Crawford**
“My son is getting married in North Carolina in mid-November at Lake Alfred. It will be a very unique and outdoorsy wedding, and I’m getting to play a flower girl!”

**Beverly Bressant**
“My three children are all coming in from the Northeast for Thanksgiving. We’ll have ten guests for dinner, and I’ll be in charge of chilling the champagne and setting the table. There are no such things as calories on Thanksgiving!”

**Lucia Pulido**
“I’ll be visiting some friends in Houston, Texas who are great cooks. They cook, I eat!”
Highlights of Board Meeting

Monday, November 9, 2015

EXECUTIVE COMMITTEE REPORTS

**Treasurer – Pat Fluno:** There was no treasurer’s report because Pat Fluno was traveling.

**Secretary – Lee Cross:** Minutes of the October meeting were approved.

**Vice-President – Ray Jones:**
Grants & Awards - Ray reported that the Awards and Grant Committee Recommended 26 projects totaling $56,000 with full or partial funding. The recommendations were approved.

Gerontology Research - 8 people volunteered and 2 new people will be added to the committee.

Web - We are experiencing download problems and we are working on it.

**President – Vonnie Bradbury**
Ian King’s appointment as Liaison to the Medical School was approved.

“LIFE@UCF Day” at Dr. Phillips – As a part of the UCF Celebrate the Arts Week, LIFE programs on April 12, 2016, will be held in the Walt Disney Theater at the Dr. Phillips Center for Performing Arts. Buses from campus will be provided. LIFE members can stay in the afternoon if they choose, but must provide their own transportation.

EX-OFFICIO REPORTS

**Academic Liaison – Claudia Schippert** will chair a committee looking at the Grants and Awards process and have a report by March 2016.

STANDING COMMITTEE REPORTS

**Past Presidents – Judy Thames** has met with the Past Presidents and additionally announced that Ed Haddad was attending the Board meeting as a past president. All Past Presidents are welcome to attend Board meetings, and Judy has purchased pins for Past Presidents to go on their name tags. She is going to meet with John Pelosi Ed who does not drive any longer. All board meeting minutes will be sent to Past Presidents.

**Curriculum – Aaron Liberman** reported that the spring curriculum is complete and is on-line with only a few openings for the fall 2016 semester.
Strategic Plan – Basil Pflumm reported that the Strategic planning committee will meet after the board meeting and consider the job description and the concept of the committee operation. He asked Board members for input.

AV/Media Chief/Technical – Steve Hall/Tim Matthews – The livestreaming experiment went well with excellent audio and visual.

Diversity/Legacy – Ian King reported over 600 people attended the Diversity Breakfast. He said that there had been a project with LIFE members teamed with Legacy members talking to students from Jones and Edgewater High Schools. Pat James and Ian are going to tutor some of the Legacy students in math and English.

Newsletter – Jim Burr reported that the newsletter will be published next week (one week late) so the November Board minutes could be included.

AD HOC COMMITTEE REPORTS

25th Anniversary Planning – Vonnie Bradbury reported that things are coming along very well. Plans are being refined, and are expected to be complete by 12/7.

NEXT MEETING: The next LIFE Board meeting will be held December 7.

2015 Grants and Awards

LIFE provides directed grants and competitive awards annually to various faculty, students, and departments within UCF. The purpose of these awards is to provide funding for the enhancement of education and learning opportunities, and recipients are chosen based on the benefit of their projects to UCF and to lifelong learning. The following individuals/ departments have been selected this year by the Grants and Awards committee and approved by the LIFE executive board.

Directed Grants:
Office of Global Perspectives
UCF Library
Psychology Department
Student Union
Interdisciplinary Studies Department
College of Sciences
Athletics Department

Competitive Awards:
Theatre Department (David Reed, Elizabeth Horn, Earl Weaver)
Music Department (Dave Schreier, Thad Anderson)
Modern Languages and Literatures (Alla Kourova)
Anthropology (Marla Toyne, John Starbuck, Michael Callaghan)
School of Social Work (Ana Leon)
Office of Diversity and Inclusion (Stefanie Campbell)
School of Visual Arts and Design (Joo Kim)
Athletics Department (Rene Gillispie)
Nicholson School of Communication (Lindsay Neuberger)
Psychology (Nichole Lighthall)
Burnett Honors College (Alvin Wang, Michael Callahan)
Holiday Sentiments

After the break, LIFE sessions will begin again on Tuesday, January 12th 2016!
Wishing you a wonderful holiday season.

As we struggle with shopping lists and invitations, compounded by winter
weather, it is good to be reminded that there are people in our lives who are
worth this aggravation, and people to whom we are worth the same.
-- Donald E. Westlake

Holiday Gift Suggestions: To your enemy, forgiveness. To an opponent,
tolerance. To a friend, your heart. To a customer, service. To all, charity. To
every child, a good example. To yourself, respect.
-- Oren Arnold

The best and most beautiful things in the world cannot be seen or even
touched. They must be felt with the heart. Wishing you happiness.
-- Helen Keller

The holiest of all holidays are those
Kept by ourselves in silence and apart;
The secret anniversaries of the heart,
When the full river of feeling overflows--
The happy days unclouded to their close;
The sudden joys that out of darkness start
As flames from ashes; swift desires that dart
Like swallows singing down each wind that blows!
-- Henry Wadsworth Longfellow

This is my wish for you: peace of mind, prosperity through the year, happiness
that multiplies, health for you and yours, fun around every corner, energy to
chase your dreams, joy to fill your holidays!
-- D.M. Dellinger