DIVERSITY WEEK 2014
Remember & Reflect

CIVIL RIGHTS ACT OF 1964
October 13-17, 2014
Highlights of Board Meeting  

September 8, 2014  

EXECUTIVE COMMITTEE  

Secretary – Alice Reinhardt  

Minutes of the August 2014 meeting were approved as submitted.  

Treasurer – Pat Fluno  

No Treasurer's Report was provided; Pat Fluno was unable to attend because of surgery.  

Vice-President – Vonnie Bradbury  

Vonnie reported that the customary $50 gift card had been delivered to the Student Union employee of the month. The new LIFE information brochure is in progress.  

President – Judy Thames  

Judy reported that Ray Jones volunteered to be the interim webmaster, replacing Burt Blau. Also, Jack McGuire, retired Associate Dean of the College of Sciences, has accepted an appointment to the LIFE Board. Jack will complete the 2015 term of Gerri Jamieson. The Board approved the appointments. Judy also announced the Richard Kushner will be our photographer for the Tuesday sessions. The Knights Helping Knights collection date was set for September 16.  

EX-OFFICIO  

UCF Liaison – Dick Tucker  

Dick reported that preparations for the signing of the LIFE – UCF Partnership Agreement were final. Signatories are: President Hitt, Dean Elliott Vittes, Interdisciplinary Studies Dean Mike Hampton; and LIFE Officers Judy Thames and Alice Reinhardt. Dick asked also that all Road Scholar surveys be submitted Basil Pflum prior to October 1.  

Academic Sponsor – Mike Hampton  

Mike reported that the SKYPE transmission of our lectures to an overflow room was to be tested at an upcoming session. Mike is also working with a LIFE pilot learning group to test CANVS – distance learning. Lee Cross and Ian King volunteered to serve in the pilot group.  

STANDING COMMITTEES  

Membership and Attendance – Lucy Pulido and Beverly Bressant  

Lucy reported the final membership number is 577. She also asked the Board to consider a cap on membership exceptions. Beverly reported the attendance for the last two lectures as 438 and 557. There is concern about our large membership and handling overflow attendance when we meet in Cape Florida. SKYPE transmission to an overflow location will be one solution. Two guest groups will be in attendance on November 18; a senior group from a local Presbyterian church, and a group from Village on the Green.  

Curriculum – Lee Cross  

The Board was reminded that the November 11 sessions will be in the Classroom 2 Building. Sample lecture feedback forms were handed out. The forms will be distributed four times over the year to randomly selected members. Aaron Liberman will tally.  

Grants and Awards – Vonnie Bradbury and Ray Jones  

Vonnie Bradbury reported that the letters and application forms are ready. Ray is including an overview letter outlining the changes in procedures and deadlines. The new website should be ready in September. Plans are being made to recognize all recipients in the spring. Due to technical research difficulties, and in accordance with Grants and Awards policies, funds for one gerontology research grant are being returned.
Technology – Steve Hall

Fixes are in the works for the recent problems with the Pegasus Room projection screens. FM radios are working well for the hearing impaired. Currently there is no plan in place to cover Steve's absence; alternative storage of equipment and volunteer possibilities will be investigated.

Web Master – Ray Jones

The new website was demonstrated by Ray and Administrative Assistant Jessie Walker. The grants and awards programs information will be posted on or before September 15. Membership application improvements were suggested. Ray asked that any additional suggestions be emailed to him.

AD HOC COMMITTEES

Strategic Planning – Basil Pflum

Judy announced that the LIFE Board retreat is scheduled for November 18. Basil has prioritized the top organization goals based on the Board survey feedback: quality lectures, significant funding contributions to UCF, and securing a larger meeting facility to enable growth. Basil requested all further input by September 30.

Diversity Breakfast – Ian King

Ian report that one seat is still available for the October 18th breakfast, featuring Julian Bond.

College Visits Coordination – John Ciesko

Ray Jones will provide John with the letter explaining the changes to the grants and awards process. John will then have it available for Board members with established contacts.

WHAT DOES 849.6 lbs. OF FOOD LOOK LIKE?

Knights Helping Knights Food Pantry Drive

Lynn Trivet sorts through the many food items donated by LIFE members to the Food Pantry. 849.6 pounds of food were collected! We beat our previous record of 550 pounds.

In addition, a LIFE member presented a check to the Knights’ Pantry. Another 11 lbs. of food came in later and were placed in the SU atrium for the students to pick up.

Thank you, LIFE members, for your generous support!

Campus Tour A Big Success

Led by five students from the President’s Leadership Council, 21 LIFE members enjoyed the tour of the UCF campus on October 7. “The interaction with our members was a joy to see,” said Lynn Trivet, Chair. Everyone had a good time.
Helpful Thoughts for Elders Writing in Diaries: Part 2

By Pat James

In our last newsletter, I shared my responses to members’ comments that have been made to me from time to time about the experience of writing in diaries. I continue here with more of your casual comments and my response to each.

I once wrote in a diary, but I stopped.

This statement usually mentioned as if a diary once enjoyed but given up ends any chance of the speaker’s opportunity to write again. But, anyone can begin again. Once I’d written that I might be pregnant. The next entry begins: “I was, and he is now seven.” It was easy to return to writing.

We can regain the pleasure of writing in a diary by … well, writing in a diary for a few months. I read in a novel recently a comment someone has to stand in the doorway of life to allow life to enter and be lived. Perhaps, pleasure of being a diarist, that doorway. One way to your writing time and those being a diarist, and agree to of weeks or months. The return, I’m sure.

In my creativity Artist’s Way by Julia there were always a few members at the beginning who “knew” the process would be unproductive. I ask these people to do one thing before dropping out of the group: to do all of the work asked of them as if they believed it would be helpful. Most often, they thanked me later for spurring them on when (really) they didn’t want to try anything new. I have read that elders learn best by doing, not by listening or reading. Embrace the act of writing and you will be embracing a highly preferred area of elder learning.

I never did write in a diary, so tell me how to begin now.

One newcomer to diary writing was perplexed. What to write? Days followed. Finally, she wrote, “Today I walked the dog.” She found to her surprise that that simple statement felt thrilling to write. It is not necessary to write profoundly or daily. It is necessary to show up now and again, to put words on the pages to build a relationship both with your diary and with your story. For elders who live alone, a
relationship with a diary can be particularly satisfying. We have years to review, thoughts to develop, and insights to record and elaborate on.

Some people enjoy single topic diaries. Sometimes life simply brings us to a focus that we want to return to and to learn from. I like the idea of giving each diary a name. Here’s an excerpt from my diary 

Thoughts After: Sept 4 of this year: I am observing how couples look together after knowing oh so well how couples function. I never knew, before this, because I married before I was 18 and thus, as an adult, always viewed couples from inside a secure “coupleship,” a word I coined. Yes, I am seeing the world in a new way as a widow, and this is one of many observations that I wouldn’t have been apt to make before my husband died. I find it fascinating. I miss what I didn’t know I had.

Newcomers to writing in a diary should accept there are no rights and wrongs to worry about: spelling, organization of your thoughts, topics—just remember the woman who wrote “Today I walked the dog.” Plunge into what is on your mind. If nothing comes to mind, begin by sitting quietly, relax, calm your breathing, and then record your sense data. Write down whatever scent is in the air, what taste is in your mouth, what you hear and see, and what sensation you have from touch. Then, having taken account of your senses first, the entry you write often will not be what you might have once imagined it would be.

Are there ways that I should set up pages?

There isn’t any set rule that governs formatting diary pages, but it is helpful to both number and date pages. Also, if you will crease a margin on the outside edge of each paper page, then unfold it. (Or if you set a wide margin on the edges of computer generated page) you will find it provides a clever way to link subject matter as topics return entry to entry (example: …see pp 10, 33). You could also make a margin line across the bottom of pages and use that designated space to note anything you want to remember to follow up on. Additionally, it’s a good place to note your response after reading an entry. Make a point to read your entries before closing the diary. (Sometimes you’ll want to respond to what you wrote. I read the above and want to remember, etc.)

My own thought: Leaning in as a tool for writing

Well, no one mentioned this lean in idea, but have you heard the phrase “lean in”? It is based on Sheryl Sandberg’s book Lean In, advising women to speak up and lean in to enhance their business careers. All diarists will benefit if we lean into our lives when writing. We’ll better see what’s there to write about - what’s yet to be determined, to be understood, to be celebrated, and to be preserved. In the case of the elder diarist who walked the dog as a precursor to writing, she leaned in, creatively. Her diary generated an idea for a Shakespearean herb garden, which was eventually funded. It was planted in the park, here in Orlando, during the Shakespeare Festival.
Reflections on Ireland
By Dick Tucker, UCF Liaison

When UCF’s Athletic Department announced in early 2014 that we would open our football season against Penn State in Dublin, Ireland, I was ecstatic. Season ticket holders since UCF football began in 1979, Bev and I could rationalize that this trip was fully justified. Besides, what better way to celebrate my 75th birthday, August 29, one day before the game. Justified or not, it was a wonderful and most memorable trip!

Since this was our first time in Ireland, we decided to spend time exploring the country, both before and after the game, a total of 16 days. We started with an eight-day guided tour, beginning and ending in Dublin. Fortunately, we found out that Aer Lingus had recently begun a direct, non-stop flight from Orlando to Dublin. Thus, the trip over was only about 8 uneventful hours.

Tip #1 – It may cost a bit more to fly Aer Lingus, but it’s worth it!

I’m glad that we chose to start with a tour rather than a self-driving adventure. By sitting behind the driver to anticipate how he would turn at an intersection or a roundabout, I became comfortable driving on the opposite side of the road. That experience was invaluable as we drove about 1,000 miles on our own.

Tip #2 - If you’ve never driven on the opposite side of the road, don’t start your vacation in Ireland by driving!

We were very fortunate in that our tour group numbered only 17. Our bus driver was also our tour guide throughout our travels. He was knowledgeable, witty, and very proud to be Irish. The tour covered most of the perimeter of Ireland (and Northern Ireland), and we stopped at many of the “must see” sites-- Trinity College and the Book of Kells, the Wicklow Mountains, Blarney Castle, the Ring of Kerry, Killarney, the Cliffs of Moher, the rocky Burren, Galway, and Donegal Bay. Then up into Northern Ireland with stops in Derry (formerly Londonderry), the Giants Causeway, and Belfast.

Tip #3 – If you book a tour, be sure it includes Northern Ireland; most do not.

The one area we didn’t see was Connemara, and that became our post-game destination . . . in a car with a manual shift. Because of the narrow country roads, I understood why we didn’t see many tour buses. However, those day spent at a slower pace were some of our most enjoyable. The owner of the first B&B where we stayed pulled out a map and pointed out her “must see” favorites in Connemara, which included the “Wild Atlantic Highway” (especially the Sky Way), Kylemore Castle/Abbey and the city of Cong. They were all memorable.

Tip #4 – Be sure to see Connemara. If you’re leery of driving, book a tour with a smaller van.
One of the most dramatic sights is the Cliffs of Moher, rising up to 700 ft. above the Atlantic Ocean. Most visit the Cliffs from above. It was raining the day we visited, so we returned by ferry during clearer weather to view the Cliffs from the ocean. Both views were spectacular, but it is the water view that allows you to see the full expanse of the cliffs, covering nearly 3 miles.

**Tip #5 – The tours don’t typically include the ferry, but it’s worth doing on your own.**

Before we traveled, everyone told us of the beauty of Ireland, especially the vivid shades of green, the long and winding stone walls that divided the properties, the “Wild Atlantic,” the more serene bays, the friendliness of the Irish, the narrowness of the country roads, and the many sheep who seemed to roam wherever they wished, especially on the narrow country roads. Less was mentioned about the Irish people’s struggles for independence from the British, and the extreme challenges—the Potato Famine with its resulting emigration; the horror of the “Coffin Ships,” the widespread violence and then the Peace Process in Northern Ireland.

More recently, they have gone through a Florida-like experience with the “Celtic Tiger” (economy) going from highly inflated “progress” to bitter reality, from which they are starting to recover. Unemployment is still high and many of the young people are emigrating to better jobs, especially in Canada.

**Tip #6 – Before traveling, read more about the history of Ireland, not just the sights.**

I had some awareness of the “unrest” in Northern Ireland and the IRA, but I didn’t really understand the ingredients of their “civil war.” In Derry, we drove through the area where, what started as a peaceful demonstration, ended with citizens being gunned down. That incident provided strong fuel for the IRA. Now there are dramatic murals on the sides of the tenement buildings which commemorate those most famously involved in the struggle. But there is also a more general recognition of many “civil rights” issues around the world, the themes changing on a monthly basis. On our visit there was a sign on the mountain proclaiming, “Free Palestine.”

I didn’t realize how “oppressed” Catholics once were in Northern Ireland. Under early British rule, they were not allowed to own property, attend church, or be educated. They constituted the majority of the economically disadvantaged. Parallels to our own history were striking. However,
despite this discrimination and the long history of violence, they finally succeeded in reaching a Peace Accord in 1998. They are very proud of this fact and proclaim, “If we can do it, any nation can!” The Prime Minister and the Queen of England visited Ireland and Northern Ireland in recent times to formally and publicly apologize for the “inexcusable” treatment the Irish people had endured under the British.

The UCF/Penn State game exposed us to more than just American football in Dublin. Croke Park Stadium (85,000 capacity) is the largest stadium in Ireland and third largest in Europe. However, what is most unique about it is that it is privately owned by the Gaelic Athletic Association. Its primary purpose is to stage the championship matches both for Gaelic football and Ireland’s other national sport, hurling. These are “professional-level” teams but are considered “amateurs” here, and unpaid. They clearly play the sport for the pride of their county (each county has a team) and the love of the game. Quite a difference from our professional sports!

We got to see an exhibition of hurling during the halftime of the game, something I had never seen before. It is a very fast game that combines elements, for Americans, of lacrosse, baseball, and rugby. Upon scoring a goal, play immediately continues with the other team advancing the ball. They do wear helmets—reluctantly—but no other padding. It is easy to understand why Irish hurling fans regard American football as a “sissy sport.” With the season close to ending, there was some discontent on the part of the Irish fans when their semi-final matches had to be rescheduled because of “bloody” American football.

There were over 55,000 people attending the UCF/Penn State game. It was estimated that about 6,000 were UCF fans. Unbelievably, there were about 30,000 Penn State fans. They constitute the largest paying alumni association in America, and they are loyal and vocal travelers. Unfortunately, we were the only UCF fans on our tour so we had to endure the constant taunts of 8 Penn State fans. I kept reminding them that UCF is just 50 years old, although we are the second largest public university in the nation. By contrast, Penn State was founded in 1855.
Most of the special places visited had an admission charge. We took advantage of all the “senior discounts.” In several places, it was slightly cheaper if you were a “student.” Our UCF ID card did raise a few Irish eyebrows.

**Tip #7 – Be sure to bring your UCF ID card.**

I look forward to sharing stories with others who have been fortunate enough to visit this beautiful country.

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**DIVERSITY WEEK**

2014

October 13-20

“Remember & Reflect”

recalling the Civil Rights Act of 1964

A Diversity Breakfast on Monday, October 13, will kick off Diversity Week 2014. Keynote Speaker, Julian Bond, has received many honors, including the prestigious “National Freedom Award,” and has been designated a “Living Legend” by the Library of Congress. He will speak on “The Road to Freedom: from Alabama to Obama.”

Tuesday, October 14, 1:00 p.m

Garden Key Room 221, Student Union

“Generational Diversity—A Different Perspective” – Barbara Thompson, Interim Director of Office of Diversity and Inclusion

Tuesday, October 14, 2:00 p.m.

Garden Key Room 221, Student Union

“Ageism and the Diversity of Age” — Dr. Richard Tucker, Professor Emeritus, will introduce a panel discussion on the topic.

Other topics include: LGBTQ+ Matters, Diversity Ethics and Leadership in Sports, an Interfaith Forum hosted by Global Perspectives, Disability Barriers, Rape Culture and Healthcare for the Underserved.

For a complete schedule of events, go to [http://www.diversity.ucf.edu](http://www.diversity.ucf.edu).

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**REMEMBER TO VOTE**

November 11
Upcoming Events

There’s Music in the Air . . .

Faculty Recital – Jeff Moore, percussion, and Keith Koons, clarinet Oct. 16
Collide Contemporary Music Series – featuring Matthew Coley, percussion Oct. 23
Flying Horse Big Band Oct. 24
Faculty Receital – JoAnne Stephenson, soprano, and Yun-Ling Hsu, piano Nov. 2
Percussion Ensemble Nov. 2
Jazz Ensemble II Nov. 4
Wind Ensemble – with Guest Conductor David Maslanka Nov. 6
An Evening of French Songs Nov. 6
Collide Contemporary Music Series Nov. 7
Piano Ensemble Recital Nov. 9

FOR MORE INFORMATION, PLEASE GO TO music.ucf.edu or call Box Office 407-823-1500.

FOOTBALL SCHEDULE

UCF Theater

Kiss of the Spider Woman

October 16-26
407-823-2862

Call 407-898-7797 for tickets.