Empowering Diverse Voices In Our Democracy

2016 Diversity Week October 17 - 21, 2016

BE YOURSELF. Together.
His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself.

Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied, waving off the offer.

At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my son will enjoy.

If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of."

And that he did.

Farmer Fleming's son attended the very best schools and in time, he graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time?

Penicillin.


This is a great example of the "Doctrine of Circular Certainty:"

what goes around comes around!
CALLING ALL VOLUNTEERS

LIFE needs participants to volunteer to serve on various committees and program areas. We all need to help to make our organization run smoothly.

**Membership Committee (Lucy Pulido, Chair):** Provide help with registration, manning welcome desk, collection of dues, and data collection. Contact Lucy at puliser@aol.com.

**Audio-Visual Committee (Steve Hall, Chair):** Assist Steve with AV needs and assist weekly presenters with set-up. Currently, Steve has no back-up and needs assistance. Contact Steve at hallsori@earthlink.net.

**Special Events Committee (Aaron Liberman, Chair):** Assist with signing people up and collecting money for the Awards Banquet, setting up for events, and welcoming guests. Contact Aaron at aaron.liberman@ucf.edu, or Vonnie Bradbury at vonniebradbury@gmail.com.

**Newsletter Committee (Jim Burr, Editor):** Help with interviews, writing articles, taking pictures, and identifying events for the LIFE Times newsletter. Contact Jim at jimburr3@gmail.com.

**Curriculum Committee (Jim Burr, Chair):** Identify and contact potential speakers and topics for LIFE If interested, fill out the goldenrod-colored sheet at the WELCOME TABLE. Contact Jim at jimburr3@gmail.com.

**Photographer:** We will be in need of a photographer beginning January 1 to take photos of our regular Tuesday morning classes and special events. Contact Vonnie at vonniebradbury@gmail.com.

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**Good for Us: LIFE in the Spotlight!**

LIFE at UCF has received some great national exposure via the online newsletter of the [LLI Resource Network at Road Scholar](http://www.road-scholar.org). Included in their recent issue is both the 25th anniversary video, produced by Dr. Lisa Mills, and a slide show of the photos taken at February’s celebration event by our very own photographer, Richard Kushner.

*Congratulations to us!!*
Adventures in Asia: Member Travel Spotlight

Lucy Pulido, LIFE member and international traveler, has given the LIFE TIMES press the scoop on her recent summer adventures in Asia. In early May, she and her cousin embarked on a trip to Mainland China, one of the final places on her bucket list. After a 19-hour flight, the pair had just enough time for a quick night of sleep before meeting their guide at 6 am the next morning to begin their tour.

Their first stop was Tiananmen Square, the world’s largest public square and the “front door” of the Forbidden City. The square can accommodate one million people within its 1,000 acres, and contains the Monument to the People’s Heroes, the Great Hall of the People, and Mao Zedong’s mausoleum all within its massive space. From there they entered the Forbidden City, a UNESCO World Heritage Site and the former imperial palace of the Ming and Quing Dynasties. The largest palace complex in the country, it houses 980 buildings with 9,999 rooms. Not surprisingly, there was quite a bit of walking involved.

On day two, the group saw a little bit of Old China while riding in a rickshaw through the Hutong neighborhoods. Turning through the courtyards and alleys, Lucy recalls, they caught a glimpse of families who had lived there for generations and preserved many of the ways of life of their ancestors, such as small living spaces and bathrooms outside of the home.

The following day brought a visit to the Great Wall, which rose and fell over the breathtaking Juyongguan Pass, winding and undulating due to the Chinese mythological belief that demons can only travel in a straight line. The wall was 28 feet high where they stood and wide enough for ten people to walk along, shoulder-to-shoulder. Lost in the thrill of the adventure, Lucy recalls, she climbed far more than she intended, and was shocked by her accomplishment.

The travelers then boarded a plane to Xian, capital of China’s 12 imperial dynasties and home of the Terra Cotta Army. With more than 8,000 life-sized sculpted warriors, archers, infantrymen, horses, and chariots, this made for one of the highlights of Lucy’s trip.

Next on the agenda was a Viking cruise through the Three Gorges of Chongqing. Wonderful weather, misty mountains, and serene lagoons made for picturesque views. Another highlight was passing through the world’s largest hydroelectric dam, which was carefully constructed to avoid destruction of the villages and ancient relics that had existed in the area for years. The travelers stopped in Jingshou and Wuhan, two transportation hubs with many aspects of Chinese culture and history.
Following that, it was off to Shanghai, the largest city in China and one of the world’s most important ports. Despite its beginnings as a fishing village over 5,000 years ago, today it stands as a modern metropolis and center of finance. It seemed divided between the “old” and the “new,” Lucy observed, with narrow lanes and street markets alongside a modern, elegant riverfront promenade and colonial-era banks and trading houses. Here the travelers found a clean and energetic city, with magnificent shopping malls (and magnificent prices, as well).

Hong Kong was the final stop on the itinerary, where the group took a tram to visit Victoria Peak for the best view of the city. From there, they saw parks, high rise buildings, and luxurious housing districts, along with the Victoria Harbour. The beautiful architecture, in Lucy’s opinion, outshines even that of New York City. After taking the Underground train to Lantau Island, a 25-minute cable car ride to see the Tian Tan Buddha offered incredible panoramic views. The Buddha statue, which is the world’s largest, weighs 250 tons and stands 34 meters tall. With a promenade and plenty of tourist shops to enjoy there, the travelers opted to enjoy the view from the ground, rather than climbing the 268 steps to reach the statute.

Throughout their trip, the pair saw several sights and shows, colorful and entertaining. Lucy admits that she was not very adventurous with trying new cuisine, and she missed the supermarkets and familiar foods of home. After 18 days of traveling and the long journey back to Orlando, the strain of the adventure led her to remark that she should have taken the trip when she was younger. However, her wonderful time produced many fond memories for her to share, and she is a great example of the adventurous spirit and diversity of experiences that make the LIFE membership so unique.

Lucy Pulido, Amanda Mayer
A truly happy person is one who can enjoy the scenery on a detour. And, perhaps also, one who can enjoy browsing old cemeteries ... here are some fascinating things found on old tombstones!

Harry Edsel Smith of Albany, New York:
Born 1903--Died 1942.
Looked up the elevator shaft to see if the car was on the way down. It was.
In a Thurmont, Maryland, cemetery:
Here lies an Atheist, all dressed up and no place to go.
On the grave of Ezekial Aikle in East Dalhousie Cemetery, Nova Scotia:
Here lies Ezekial Aikle, Age 102.
Only the good die young.
In a London, England cemetery:
Here lies Ann Mann, who lived an old maid but died an old Mann. Dec. 8, 1767
In a Ribbesford, England, cemetery:
Anna Wallace
The children of Israel wanted bread, And the Lord sent them manna.
Clark Wallace wanted a wife, And the Devil sent him Anna.
In a Ruidoso, New Mexico, cemetery:
Here lies Johnny Yeast.
Pardon him for not rising.
In a Uniontown, Pennsylvania, cemetery:
Here lies the body of Jonathan Blake, Stepped on the gas instead of the brake.
In a Silver City, Nevada, cemetery:
Here lays The Kid, We planted him raw.
He was quick on the trigger, But slow on the draw.
A lawyer’s epitaph in England:
Sir John Strange.
Here lies an honest lawyer, and that is Strange.
In a Wimborne, England, cemetery:
Reader, if cash thou art in want of any, Dig 6 feet deep and thou wilt find a Penny.
In a cemetery in Hartscombe, England:
On the 22nd of June, Jonathan Fiddle went out of tune.
Anna Hopewell’s grave in Enosburg Falls, Vermont:
Here lies the body of our Anna, Done to death by a banana. It wasn’t the fruit that laid her low, But the skin of the thing that made her go.
On a grave from the 1880s in Nantucket, Massachusetts:

Under the sod and under the trees,
Lies the body of Jonathan Pease.
He is not here, there’s only the pod,
Pease shelled out and went to God.

On a tombstone in Boothill Cemetery, Tombstone, Arizona:

Here lies Lester Moore
Four slugs from a 44
No Les, No Moore

http://boyslife.org/features/32016/back-to-school-jokes/

**ANNOUNCING: A LIFE PRESENTATION**

Thursday, December 8, 2016
10-11:30 a.m.
Barbara Ying Center, University of Central Florida

**PETER SPIERS**
Senior Vice President of Marketing and Strategic Outreach
Road Scholar

Author: Master Class: Living Longer, Stronger and Happier

“Through inspirational stories from active seniors, supported by the latest research in the fields of psychology and neuro-science, ‘Master Class’ shows how to build an enriching lifestyle on the foundation of favorite activities. Spiers provides easy-to-follow charts that allow readers to break out of their daily routines into Moving-Thinking-Socializing-Creating.

By filling the gaps with a selection from 25 “master activities” such as learning a musical instrument, playing tennis, volunteering and more, they’ll create a happy, holistic, brain-healthy lifestyle that’s rich and meaningful.”

and

“The History of Lifelong Learning”

**Instructions:**

We will be meeting in a room with 120 seating capacity. Therefore, it is necessary that those interested sign up so we do not exceed our ability to seat everyone. Deadline to sign up is December 1. **Specific directions on how to sign up will follow.**
**HIGHLIGHTS OF THE OCTOBER LIFE@UCF BOARD MEETING**

*Monday, October 3, 2016*

**Introduction of Guest and Presentation** - Vonnie introduced Karen Jutras from Premier World Discovery Travel for Seniors, who made a presentation of the variety of trip opportunities that are provided for seniors travelling in a group through Premier World Discovery.

**EXECUTIVE COMMITTEE REPORTS**

**Treasurer** – Ann Barretta presented the budget report as of October 2nd, 2016. She also announced that the tax return had been completed. Ray and Basil volunteered to serve as the Audit Committee. They will add a third person from general membership. Vonnie will appoint a Finance Committee in addition to the Audit Committee Report.

**Vice-President** – Aaron Liberman reported that two grant applications had been submitted with the closing date being 10/29. Thanks were given to Claudia Schippert who facilitated notification of all faculties. Aaron shared that LIFE gave a check for $300 to the Student Union and they would decide how to distribute to the students who assist with LIFE.

**President** – Vonnie Bradbury, representing LIFE, attended the opening of the new Global UCF building and the Capital Campaign Celebration. She reported on a meeting regarding Legacy/Diversity issues with Karen Morrison and Ian King. LIFE is sponsoring a table at the Diversity Breakfast on 10/17.

Plans are being formulated to offer a day trip to the Dali Museum in March for interested LIFE members.

Vonnie requested the Board’s input regarding LIFE participation in the Lifelong Learning Institute (LLI) Resource Network Survey. It was felt that it would be beneficial for our members to participate. It was suggested that LIFE participation be contingent upon getting the results from the previous survey.

Vonnie announced that Jack McGuire would be chair of the nominating committee. The committee will include Jack, Lucy Pulido, Chris Meyers, John Ciesko and Alice Reinhardt.

**EX-OFFICIO REPORTS**

**Academic Liaison** – Claudia Schippert reported that 15 UCF students and 15 LIFE members have begun meeting to share stories and get to know one another. This will culminate in developing a production “Once in My Life” to be presented in April at Dr. Phillips for the UCF Celebrates the Arts.

**STANDING COMMITTEES**

**Curriculum** – Jim Burr Jim shared the 210 LIFE members have responded to the Curriculum Survey. Deadline for responses is October 11.

**Gerontology Awards** – Ray Jones said that there were 6 applications for undergraduate award but only 3 were viable. One was selected.

**Honors Program** – Cliff Reback will contact members for the Honors College events.

**Membership** – Lucy Pulido reported that 20 new members had paid but have not registered. An additional 80 members renewed but have not yet attended, many of whom are snowbirds.

**Newsletter** – Jim Burr announced that the newsletter would be published November 18th. Some open LIFE volunteer positions will be advertised.
Policy & By-Laws – Lee Cross asked officers and committee members to review their job descriptions and to make changes and update. Lee then presented recommendations for additions to the LIFE@UCF Policies.

LIFE@UCF Research Review Committee
The Research Review Committee shall be composed of three LIFE members (the members should be former active researchers who are familiar with UCF’s Institutional Review Board procedures) one of whom will be the LIFE-UCF Liaison. The LIFE UCF Liaison will serve as chair of the committee. Members will be appointed by the President to review all research projects submitted for the recruitment of LIFE members as research subjects. The recommendations of the Research Review Committee will be forwarded to the LIFE President for final review and approval. The President of LIFE will set up the scheduling of the recruitment of subjects from LIFE participants for each approved research project.

In order for a research project to be considered, the researcher must provide a written abstract of the project including the research question, the purpose, the responsibility and time demands of the participant subjects and potential benefit of participation. A signed approved IRB, including an informed consent agreement will be required prior to the recruitment of LIFE participants. Priority will be given to LIFE funded research projects, other UCF researchers and student researchers with a designated UCF faculty advisor and Orlando community groups such as Florida Hospital and Compass Research. No other Institution of Higher Education (IHE) will be given permission to recruit research subjects from LIFE@UCF unless there is a direct affiliation (co-PI) with a UCF faculty member. The LIFE@UCF roster will not be made available to any research group.

In the event that UCF faculty request from the President of LIFE a letter of support for funding from various groups outside the University, the President shall forward the request accompanied by a project abstract to the LIFE Research Review Committee. The Research Review Committee will review the request and forward their recommendation to the President. Additionally, the Research Review Committee will become a Standing Committee.

Addition to Grants and Awards. 1h) All program awardees will be requested to report back how their funds were utilized and the results achieved. Each Life grant and award program will develop and issue a feedback report outline for all awardees to complete.

Strategic Plan – Basil Pflumm and Ann Barretta presented a review of Goal 2: Provide Financial Stability– Ann Barretta reviewed goal 2 and progress in addressing the goal. In conclusion, she felt that LIFE needed to establish a finance committee to implement Goal 2.

OLD BUSINESS - Vonnie asked the board for input regarding a Policy on publicizing events other than UCF-related events during the 8:45 announcements slot. It was decided that outside groups could publicize organizational events in the hall and put flyers and pamphlets out during the break, but that time will not be allotted during announcements for outside groups.

UNFINISHED BUSINESS - John Ciesko reported on the contact with the colleges about the grants and award announcement. It appeared that most colleges had been contacted and were publicizing the information. He passed out a list of assignments.

NEW BUSINESS - Jim Burr indicated that the Curriculum Committee would take responsibility for scheduling the summer program. Vonnie will talk with Ian King about taking the lead for exploring the continuation of the summer medical programs.

Meeting Adjourned
Road Scholar LLI Resource Network Survey

We will again be participating in the Rank and File Member Survey sponsored by Road Scholar LLI Resource Network Survey. The survey will focus on issues such as membership, marketing, governance, and curriculum.

During the week of November 14th, 2016, we will send to you an email-embedded link to the survey to be taken by Friday, December 2. We are assured that this survey is completely confidential, and there is no way for answers to be traced back to any individual.

We look forward to working with this survey and encourage your participation. It will be a great assist in helping the Board of Directors do the best for our entire membership.

TOYS FOR TOTS

In conjunction with the UCF Police Department, LIFE will once again participate in the annual Toys for Tots drive this year. Please bring your donations of *unwrapped* toys for children to class on Tuesday, November 15th. Every toy is appreciated and will make a great difference for a child this holiday season!

Calendar

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<td>October 25</td>
<td>Curriculum Committee meeting (SU room 225)</td>
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<td>October 31</td>
<td>Deadline for Competitive Grants &amp; Awards applications</td>
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<td>November 11</td>
<td>Copy Deadline for November issue of LIFE TIMES</td>
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<td>December 8</td>
<td>Peter Spiers event (Barbara Ying Center)</td>
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