REQUEST FOR RICHARD TUCKER AWARD REVIEWERS

The Gerontology Awards Committee needs a few LIFE members to review and adjudicate submissions/proposals from UCF faculty and / or their graduate students. These applications for the Richard Tucker Gerontology Award for Applied Research related to the burgeoning elder population either in progress or proposed. The prestigious Richard Tucker Award is LIFE’s signature award and is intended to promote and foster studies in the field of Gerontology at UCF. Awards are granted on a yearly basis.

Gerontology is the scientific study of the sociological, psychological and biological phenomena associated with aging. The award program is intended to motivate and recognize outstanding or truly significant applied research relating to the area of Gerontology.

A scientific background, such as Biology, Biomedical Science or other gerontology related area is desired for committee members, but is not essential. Some familiarity with the scientific method is also useful. All that is truly required is a thoughtful review of these submissions as befits a serious proposal from the UCF scientific community.

For more information about the committee and/or if you are interested in joining please contact the committee chairman, Ray Jones at 407-971-0143 or email: raygjones@earthlink.net.

THANK YOU!

Thanks to all that participated on behalf of the Knights that won't go hungry due to the members of LIFE@UCF. You graciously donated 1022.5 pounds of food (1856 items) in addition to various clothing items, school supplies and toiletries.

Members have donated cash and checks totaling $500.00 which doubles what we usually average in donated food. Add the $500.00 which will buy $1000.00 worth of food at The Second Harvest Food Bank for the Pantry, and this will have been the largest donation ever given by our members.

Special recognition for Lynn Trivett who did such a great job of organizing and coordinating this event. Kudos also to our LIFE volunteers, Ross Williams, John Gardepe, and Kimmy Trivett who manned the drop-off locations and helped make this such a successful event.
History of Halloween

The custom of trick-or-treating is thought to have originated not with the Irish Celts, but with a ninth-century European custom called "souling". On November 2, All Souls Day, early Christians would walk from village to village begging for "soul cakes," made out of square pieces of bread with currants. The more soul cakes the beggars would receive, the more prayers they would promise to say on behalf of the dead relatives of the donors. At the time, it was believed that the dead remained in limbo for a time after death, and that prayer, even by strangers, could expedite a soul's passage to heaven.

On the evening before Samhain (another name for Halloween), people left food on their doorsteps to keep hungry spirits from entering the house. Festivalgoers started dressing in ghost, witch, and goblin costumes so that wandering spirits would leave them alone. To this day, these are Halloween's most popular costumes.

The Jack-o-lantern custom probably comes from Irish folklore. As the tale is told, a man named Jack, who was notorious as a drunkard and trickster, tricked Satan into climbing a tree. Jack then carved an image of a cross in the tree's trunk, trapping the devil up the tree. Jack made a deal with the devil that, if he would never tempt him again, he would promise to let him down the tree. According to the folk tale, after Jack died, he was denied entrance to Heaven because of his evil ways, but he was also denied access to Hell because he had tricked the devil. Instead, the devil gave him a single ember to light his way through the frigid darkness. The ember was placed inside a hollowed-out turnip to keep it glowing longer.

The Irish used turnips as their "Jack's lanterns" originally. But when the immigrants came to America, they found that pumpkins were far more plentiful than turnips. So the Jack-O-Lantern in America was a hollowed-out pumpkin, lit with an ember.

"Witch" comes from the Saxon word wicca which means 'wise one'. Witches were thought to be wise enough to tell the future.

Of all canned fruits and vegetables, pumpkin is the best source of vitamin A. Just a half-cup of
the orange stuff has more than three times the recommended daily requirement.

With an estimated $1.93 billion in candy sales, Halloween is the sweetest holiday of the year (beating out Easter, Valentine's Day, and Christmas). In fact, one quarter of all the candy sold each year is purchased between September 15 and November 10. Now that's one of the sweetest Halloween facts around!

90% of the pumpkin is made up of water.

Did you know: A traditional food eaten on Halloween is barnbrack, a kind of fruitcake that can be bought in stores or baked at home. A muslin-wrapped treat is baked inside the cake that, it is said, can foretell the eater's future. If a ring is found, it means that the person will soon be wed; a piece of straw means that a prosperous year is on its way.

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**Beverly Bressant** will serve as the official contact in the event that a LIFE member has passed away. If you become aware of a member who has passed on, please notify her at **407-273-4946** so that LIFE may make a donation to the Foundation in memory of that member. Thank you!
Anne Jones is a LIFE member with a diversity of interests and a firm foundation in the Orlando community.

A native of South Carolina, Anne graduated from Winthrop University. She met her husband, who graduated from Clemson—the school for males at that time—and the couple moved to Florida in 1955 where Mr. Jones worked as Building Official for the city of Orlando. Anne has resided here ever since, calling Orlando her home for 60 years and counting.

As a child, her father instilled in her a love for travel; she recalls how he always believed it was better to go to a place than simply read about it. Anne has been to New Zealand, Ecuador and the Galapagos Islands, as well as countries throughout Europe and Asia. Her favorite destination so far has been Croatia, but Anne’s travel adventures are far from over. In addition to completing her goal of traveling to all 50 U.S. states (she is only missing North Dakota and Indiana), she hopes to travel more overseas.

Now a widow of 17 years, Anne has four children—3 of whom live locally—as well as five grandchildren and 9 great-grandchildren. Holding a degree in music education, Anne directed the children’s choir at First Methodist Church before beginning her work in the school system at Kaley Elementary in Orlando.

As a result of an epidemic of Rubella in 1964, Anne taught 9 hearing impaired three-year-olds during her first year in the classroom in 1967. She taught for 20 years before retiring.

Music has always been a big part of Anne’s life. She took piano lessons as a child, and currently volunteers at the Orlando Philharmonic Orchestra in addition to singing in the First Methodist church choir at Christmas. Along with her musical knowledge, Anne has studied Latin, French, and German for two years each. Of the three languages, she says French comes the most easily for her. In her spare time, she loves to read, play bridge and board games, as well as listen to music. She enjoys the classics and big band jazz, including the work of Jeff Rupert, director of Jazz Studies at UCF.

But of all her interests, Anne’s main hobby is volunteering. She works with her church to make flower arrangements that are delivered to members’ homes. She also assists with gardening and other tasks at the Orlando Lutheran Towers, where she has lived for the past 5 years.

Not only active in her community, Anne stays physically active as well; she enjoys walking and riding her bike on weekends, and has also recently taken up kayaking in the spring-fed rivers of Florida.

Anne came to LIFE at UCF almost 15 years ago, and says she loves being around the students and getting to talk with them about the different places they are from and the different subjects they study.
When asked about her core principles, Anne cites “faith, family, and friends,” all of which she depends upon for nurturing throughout her life. At 87 years old, Anne says she is thankful for her good health. She fondly recalls her mother, who lived to 95, as a loving person whom she aspires to be like.

Anne’s role in the Orlando community is greatly valued, and the LIFE program is happy to count her among our diverse and talented membership!

Amanda Mayer
LIFE Student Assistant
UCF Class of 2017

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.
EXECUTIVE COMMITTEE REPORTS

Treasurer – Pat Fluno
Treasurers report accepted. Pat reviewed and explained Drop Box.
The Membership Directory is expected to come out within a week or two.
Pat presented the Audit Report recommendations:
  1. Raise the amount of grants
  2. Consider a student scholarship for any excess funds not needed for technological improvements. Vonnie will appoint a committee to review our grants and awards process and recommend any changes.

Secretary – Lee Cross
Minutes were approved by the Board.

Vice-President – Ray Jones
10/23 deadline for Competitive Grants and 10/30 for Gerontology. Ray wants to expand the Gerontology Grant Committee.

President – Vonnie Bradbury
  Jim Burr was approved by the board to fill Gloria Jones’ position. He has also agreed to serve as Newsletter Editor.
  Life contributed 1022.5 lbs of food and $500 in cash on Sept. 29 to Knights Helping Knights Food Bank.
  Beverly Bressant will be contact person in the event of the death of a member of LIFE. Her phone number is 407-273-4946.
  Vonnie shared that the Shuttle Service seems to be working. There are 12-15 people using the service weekly.

EX-OFFICIO REPORTS

Academic Liaison – Claudia Schippert
announced that Dr. Elizabeth Dooley is the new Dean of Undergraduate Studies and is now on campus.

UCF Liaison – Dick Tucker
Dick announced that an article had been published in UCF Future about the LIFE food drive (on-line and print)
Dick will touch base with the Athletic Department re: the fact the LIFE Student IDs are not in the database and thus will not scan. LIFE members can gain admission to all sporting events (except football) by simply showing their ID.

STANDING COMMITTEE REPORTS

By-Laws/Policies – Lee Cross
A discussion was held on whether LIFE needed a set of guidelines for research participation by its members. It was determined that current policies were adequate and no action required.
Membership – Tim Matthews reported that out of a membership of 585 members 67 have not checked in with membership. He estimates that 40 are snow birds.

Attendance – Amanda Mayer shared the attendance for the past 6 weeks: 8/25, 402; 9/1 404; 9/8 348; 9/15 351; 9/22 342; and 9/29 281.

Curriculum – Aaron Liberman announced that the fall and spring curriculum schedules are almost complete. The Committee will be planning for Fall 2016.

Strategic Plan – Basil Pflumm. Basil said he will call a meeting of his group in the next month. The Strategic Plan is on Drop Box.

WEBmaster – Ray Jones/Amanda Mayer Going well Let Ray and Amanda know about changes and needs.

AV/Media Chief/Technical – Steve Hall is exploring the feasibility of using Livestream, a broadcast program being used by Performing Arts to broadcast performance.

Diversity/Legacy – Ian King Diversity Breakfast next week LIFE has a table for 10. 10/12. UCF Rally for Respect 10/7 2:45

AD HOC COMMITTEE REPORTS

Nominating Committee – Ian, Judy, and Ann Funk. The Board approved the members of the Nominating Committee. Ian shared the possible names for the Board.

25th Anniversary - Vonnie Bradbury outlined the Schedule of Events for the anniversary celebration which will be held on February 2, 2016. A budget plan was pre-approved with the caveat that outside funding would be sought to underwrite some of the costs.

NEW BUSINESS

Vonnie suggested that LIFE might want to consider offering a group travel experience to its members. Pat and Paulette will explore the feasibility and possible vendors and report back to the Board in January.

Vonnie proposed a change to the By-laws that would result in changing the calendar year for LIFE to coincide with the University's calendar. LIFE members will be asked to vote at a specially-called Annual Meeting on October 27.

“8.2 An annual meeting of the membership shall be held on the last regular session of the Calendar Year spring semester for the purpose of electing Directors and to receive annual reports and other appropriate business.”

NEXT MEETING: November 9 (note change of date) in Dean's Conference Room-Psychology Building.