

LEARNING ABOUT



January, 2010

Web Site: www.life.ucf.edu



Happy New Year

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man."

—Benjamin Franklin

"For last year's words belong to last year's language
And next year's words await another voice
And to make an end is to make a beginning."

—T. S. Eliot

"The only way to spend New Year's Eve is either quietly with friends or in a brothel. Otherwise when the evening ends and people pair off, someone is bound to be left in tears."

—W. H. Auden

He who breaks a resolution is a weakling. He who makes one is a fool.

—F. M. Knowles

A New Year's resolution is something that goes in one year and out the other.

—Author Unknown



New Year's Resolutions for 2010
(contributed by LIFE members)

- * To be more patient
- * To try to be less cynical
- * I will slow down (instead of rushing) to avoid falling.
- * Try not to eat unless I'm hungry, not just because it's mealtime.
- * Try not to make any resolutions unless there's a chance of keeping them.
- * Do the same, but better.
- * Don't gain any more weight.
- * Keep the weight where it belongs.
- * Eat smaller meals and work out regularly.
- * Try not to make the same mistakes next year.
- * Get more organized.
- * To make time for the things in life that fulfill and challenge me.
- * Be nicer, and lose ten pounds.
- * Try hard to be a better person to others who are less fortunate.
- * To stop procrastinating.
- * Stay health & strong & positive.
- * Celebrate our 53rd wedding anniv. and log 60 more scuba dives.
- * See more of my family.
- * Complete my broad sword form in tai chi.
- * Travel to Ireland.
- * Organize my photo albums.

According to a national survey, the four most popular resolutions are as follows:

1. Lose weight
2. Quit smoking
3. Spend more time with family
4. Be thrifty

George Carlin, the late comedian, offers his own set of resolutions on "How To Stay Young." Good advice for the new year.

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimers.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve and move on . . . Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: if it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

And ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.



Portrait of an artist as an old woman: Do what you love

By Beverly Beckham, Globe Columnist | December 27, 2009

'At 94, She's the Hot New Thing in Painting,' The New York Times proclaimed in a big headline last week.

The hot new thing, Carmen Herrera, was born in Cuba in 1915, lives in a loft in lower Manhattan, and began painting before the start of World War II. But she never sold a thing until five years ago when she was 89. She says her husband's belief in her (he died in 2000) sustained her.

Now, finally, because of talent and perseverance and the stars aligning, she is the art world's newest (and oldest) darling, her paintings in permanent collections at some of the world's top museums, and a showing of her art named one of the year's 10 best (along with a Picasso exhibit) by The Observer, a London newspaper.

Funny how fame works. Herrera's style hasn't changed. Her work isn't any different than it was when no one was buying it. But now she's being paid \$30,000 to \$40,000 for some of her paintings, getting high praise from her peers, and good press from a New York Times reporter who described her work as "radiantly ascetic."

Do what you love. That's the message here. Don't beat yourself up. Don't listen to the naysayers. Find one person you trust. And no matter what, do not give up.

It's an important message to carry into the new year, because New Year's is fixated on goals and achievements and change, on self improvement and success and being neater and more organized and patient and forcing yourself to do all the things you don't love, like running a mile, or a half mile, or giving up being an artist for a real job. New Year's, in our world, is definitely not about hanging in and hanging on, doing a job over and over and making slow progress or no progress at all.

That is not how we roll.

But maybe we should.

At a party honoring Herrera, a fellow painter toasted her late success. "We have a saying in Puerto Rico," he said. "The bus - la guagua - always comes for those who wait."

"Well, Tony," Herrera quipped, "I've been at the bus stop for 94 years."

Most people waiting a fraction of that time would have hailed a cab or caught a train. Been painting for 50-plus years and still no sale? "How's that working for you?" Dr. Phil would have asked Herrera. Work without reward, without a paycheck or recognition, isn't something our culture values.

It must have been difficult for Herrera many, many times to listen to her heart and not the world. But she did. She didn't stop drawing her geometric shapes to conform to the style of the day. She didn't look around at what was selling and imitate that. She did what she loved and loved what she did, and now the whole world is taking a look. The Observer has called Herrera "The discovery of the decade."

But if the bus hadn't come? If Herrera had spent her life in anonymity painting canvases that ended up in the trash? If she had died without having her work affirmed? If the world had never known her, would her life and her work have meant less?

Not to her. She paints because she loves the process. She paints because it brings her joy. "I do it because I have to do it; it's a compulsion that also gives me pleasure."

"How can we have missed these beautiful compositions?" The Observer asked. One wonders how many other paintings, manuscripts, sculptures, inventions, songs, and works of art have been missed because the artists didn't live to be 94.

MINUTES OF BOARD MEETING
November 30, 2009
A Summary

The President, Chuck Fritz, called the meeting to order.

Martha Hitt, UCF representative, commented about the Hitts' recent trip to Rice University for a UCF football game and being housed across the street from the Rice Medical Center. She reported that UCF students are manning a student food pantry to which donations are welcome. She and President Hitt regret they will not be able to attend the LIFE Awards luncheon on December 6 due to a faculty/staff reception schedule conflict.

Dick Tucker, UCF liaison, reported that since the committee went electronic with Grants & Awards applications, they have been getting more feedback. Mike Hampton reported that UCF will be involved in the Library of Congress Veterans' History Project. UCF, as a "military friendly institution" is also encouraging veterans to continue their education at UCF.

Executive Board Reports

President: Fritz announced that Betty Ingham has been sending out "all-points bulletins" when football game tickets, etc. become available to LIFE members. He reported that the Burnham Institute tour was a great success, thanks to Jack Gresham's leadership.

Vice-President: Funk reported that the apparently UCF Student Union was not notified that we were not meeting on the Tuesday before Thanksgiving. Classes were in session and we were, therefore,

billed \$275 for setting up the room. Easterling moved we pay the fee ("a very generous one" since the regular room charge is more than \$1300). Motion approved, with one dissenting vote. Ann will make sure Student Union has copy of upcoming schedules in the future.

Secretary: November 2 report accepted as presented.

Treasurer: James reported that interest on the current statement was an estimate. Treasurer's report approved.

Standing Committee Reports

Membership: Ingham reported two people have paid for memberships but are not attending. There are only a few membership directories left. She reminded everyone that 55 years is the entry age limit for LIFE membership.

Marketing: Pat Fritz reported membership inquiries are still coming in. 66 are on the waiting list. Prospects are urged to send in application but hold their checks. Tucker suggested a committee be formed to study seating limits when we must use the Cape Florida Room. Scherer, Garner, and Ingham volunteered to serve with Tucker.

Curriculum: Funk, reporting for Anklam and Burgos, chairpersons, said lecturers are scheduled into 2011. A December 2010 conflict will probably result in our holding a session on Tuesday before Thanksgiving, moving the December schedule up a week.

By-Laws: Reporting for Ed Haddad, Fritz announced that By-Laws are published on LIFE website.

Special Events: Fritz reminded everyone of the Awards Luncheon on December 12. Special guests have been invited in addition to awardees. He reported we have given UCF a total of \$251,000 in annual Grants & Awards.

Ad Hoc Committee Reports

Grants & Awards: Garner announced all awardees have been notified and all have responded to luncheon invitation. Total amount distributed was \$28,224.

Audio/Visual: Scherer reported Bert Blau is handling Tuesday sessions. Roy is taking care of special announcements and projects.

Sunshine: Ralph Schaeffler, discussion group leader, is doing well but will not be back until January. Al Dellago needs a cheery card—his progress is slow.

Newsletter: Contributions to the newsletter are always welcome, Bradbury reported. The newsletter will continue to appear on the first session of each month (God willing and the creek don't rise).

Safety: Fost reported no incidents. She proposed an evacuation plan be distributed. Pellosie moved that it be included in future newsletter. Approved.

Discussion Group: No report.

Historian: Marty Wiener and Dr. Wong are planning 5-6 field trips, dates to be set in January. Garner suggested that personal announcements are most effective (with back-up of printed schedules at membership table) in conveying information to LIFE members. Marty reported difficulty in

organizing a UCF Orientation Walking Tour for members. Dick Tucker offered to run interference.

New Business

Awards: Fritz commented that although the committee awarded \$3000 over budget this year, it should not be considered precedent-setting. According to our partnership agreement with UCF, we are committed to dispersing \$20,000 per year.

Scherer suggested that members of our group are capable of doing a Tuesday LIFE lecture. Bradbury offered to run a newspaper article on the subject.

**MINUTES OF SPECIAL CALLED
BOARD MEETING
December 8, 2009**

Present: C. Fritz, Fun, Reinhardt, Easterling, Ingham, Burke, Gresham, Kichler, Jamieson, P. Fritz, Wiener, Garner, Fost and King.

The meeting was called to elect the Executive Board for the year beginning January 2010. Funk moved that the current officers be re-elected as follows:

President – Chuck Fritz
Vice President – Ann Funk
Secretary – Alice Reinhardt
Treasurer – Kermit James

Ian King was welcomed as a new member of the Board.

Meeting adjourned.

Alice Reinhardt, Secretary



SAFETY EVALUATION PLAN

The safety issues and concerns raised by LIFE members were addressed in a meeting with Jennifer Hartman, Event Planner, Student Union. Again we have been assured that there is an emergency/disaster plan in place for all occupants of the Student Union building. The following is a summary of our conversations:

- * Should one of our members have a health emergency, we can call 911 directly. Then, call the Student Union Information Desk (407) UCF-0001 or 407-823-0001. All Student Union Building Managers are trained to provide CPR, first aid, and automated external defibrillation (AED).
- * In the event of fire, bomb threat, power outage, etc. the elevators stop running, emergency lighting is activated, and an alarm sounds which states *“an emergency has been detected, please leave the building.”* Members of the police and fire departments are in charge of the evacuation.
- * Persons in the **Pegasus Room** evacuate through the side doors into the hallway and out the nearest exits. In the event of fire, a partition in the hallway will descend from the ceiling to prevent entry into the Atrium.
- * Persons in the **Cape Florida Room** exit the side doors and down the stairs located in the back hallway. Members of the police and fire departments and authorized UCF staff persons sweep through all rooms starting on the fourth

floor all the way to the first to assist with the evacuation of the disabled. They are authorized to override the stopped elevator if there is no fire.

- * The method that is used to determine the capacity of a meeting room is “50 persons per door” without tables and chairs. For example, a room with eight doors has a 400-person capacity without tables and chairs.

Safety Committee members are fully acquainted with safety procedures and will provide leadership during an emergency. Safety Committee members for 2009-2010 are: Carolyn Fost, Pat Fritz, Chuck Fritz and Ann Funk.

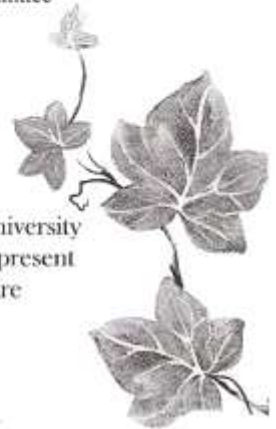
*Submitted by:
Carolyn Fost, Chair
Safety Committee*

Dated: December, 2009

“PROF” FOR A DAY

Nowhere is it written than only university professors can participate in and present LIFE programs. Our members are themselves multi-talented and experienced in numerous areas.

If you have a special interest or a particular topic that you would like to share with the membership, why not contact a member of the Curriculum Committee and get yourself scheduled to present a program. It could be a topic you’ve researched, a skill you have developed and would like to share, a subject about which you have particular knowledge. Do it! Be Prof for a Day!



“LET ME CALL YOU SWEETHEART . . .”



A Survey for Valentines



In the February issue of the Newsletter, I thought it would be fun to print a few stories of how some of our member couples met. To that end I've prepared this questionnaire which you can fill out and return to me, or you can e-mail it to me at yonbrook@aol.com no later than January 25, 2010. Identify e-mail as “Valentine Survey.” Thanks.

NAME(S) _____
(example: John and Sue Brown)

1. How and where did you meet your sweetheart? What attracted you to this person?

Him:

Her:

2. What did you do on your first date?

3. How long did you “court?”

4. When did you marry? Date and Place.

5. Words of wisdom for those embarking on the sea of matrimony?

{Use the back of this sheet if you need more space for writing your answers.}

