



# Learning Institute for Elders

January, 2013

[www.life.ucf.edu](http://www.life.ucf.edu)

---

## NEW YEAR'S RESOLUTIONS



### Spend more Time with Family and Friends

Fit in Fitness

Battle the Bulge

Quit Smoking

Enjoy Life More

Quit Drinking

Get Out of Debt

### Learn Something New

Help Others

Get Organized

---

# Highlights of Board Meeting

January 7, 2013

## EXECUTIVE COMMITTEE

### Secretary – Alice Reinhardt

Minutes of November meeting approved. Annual Meeting report distributed (see below).

### Treasurer – Pat Fluno

148 attended the Awards Banquet—a minor loss but less than budgeted. \$31,810 in 2012 grants and awards was given out which was under budget. \$2000 was set aside for a possible astronomy award. Treasurer's report approved.

### Vice President – Judy Thames

Rooms have been reserved for spring session. *Insight Into Diversity*, a national publication, will publish an article about Valerie King (UCF Diversity Office) with background information on LIFE and its involvement. A food collection for Knights will be announced tomorrow.

### President – Marty Wiener

It was agreed future board meetings will convene at 9:00 a.m. in the Fairwinds Credit Union. Marty reported that Gerri Jamieson will chair the membership committee, with Christ Myers and Valerie Taylor serving. Steve Hall will become Chief Technical Person and will assist membership in some areas. LIFE is still needing a backup audio-visual technician for Tuesdays. Steve will draft information for prospective speakers concerning equipment available for their use.

## EX OFFICIO

### UCF Liaison – Dick Tucker

Dick reminded the board that LIFE is starting its 23<sup>rd</sup> year.

## STANDING COMMITTEES

### By-Laws/Policies – Ray Jones

Ray will send copies of By-Laws, Policies and

Job Descriptions to new board members. 10 members have not yet picked up their longevity pins.

### Grants/Awards – Doug Garner

Doug reported the committee did not award the budgeted amount available due to quantity and quality of applications. It is hoped numbers will increase this fall. He proposed a rollover of unused funds from 2012 to the 2013 budget. Approved. Gerontology applications will go out shortly. It was suggested board members visit UCF deans to inform them about LIFE in general and the grants/awards program in particular. Dick Tucker will coordinate.

### Curriculum Committee – Lee Cross

Lee reported the 2013 fall term begins August 20 and Student Union rooms have already been reserved. It was suggested that an honorarium be offered to lecturers who are LIFE members, including board members. Approved. Lee and Norman Sandhaus presented history of "hearing problem" issues in our meeting rooms which affect about 1/3 of our membership. Norm and Steve Hall will continue to study technology available, with future demonstrations possible.

## MEMBERSHIP – Gerri Jamieson

Gerri thanked Betty Ingham for all her work over the past years as membership chair. The committee is working with Steve Hall to broaden database usage. The board extended appreciation to Betty and to the newly appointed committee members.

## AD HOC COMMITTEES

### Past Presidents – Phil Easterling

Phil has contacted UCF Athletic Dept. re: having a representative at LIFE sessions. E-mail Phil for a music department schedule if you have not received one.

### Newsletter – Vonnie Bradbury

Newsletter will come out Tuesday, Jan. 15. LIFE members are encouraged to submit articles, poems, ideas for future issues. Everyone has a story; share yours.

## BOARD MINUTES (continued . . .)

### Honors Program – Norman Sandhaus

Norman announced the first Honors Program will be a February field trip to the Islam Temple in Maitland. Norman will donate one of his photographs of the interior to the Temple. Marty expressed the board's appreciation for this gesture.

### MEDICAL SCHOOL LIAISON – Clay Craft

A tour of the medical school is in the planning stages. Stay tuned.

### SAFETY – Paulette Geller

Safety Guidelines for UCF Student Union will be printed in newsletter when ready.

### SUNSHINE – Chuck & Pat Fritz

A reminder to LIFE members to let the Fritzes know if an appropriate card needs to be sent to a fellow member. 407-515-4170

## NEW BUSINESS

**Life Plaques** - Betty reported that plaques listing presidents and their terms of office need to be updated and hung in the psychology building. Marty will handle.

**Grants & Awards** – Doug proposed raising the maximum amount of an individual award to \$2500. Approved.

### Lifelong Learning Program—Rollins College

Judy Thames reported a small lifelong learning program begins this month at Rollins for 50 people. A short notice will appear in the January newsletter re: this program.



## LIFE@UCF ANNUAL MEETING

November 27, 2012

10:30 a.m.

Cape Florida Ballroom

UCF Student Union

The meeting was called by President Martin Wiener. Secretary Alice Reinhardt reported that the required quorum of the membership was in attendance (20% or more). The minutes of the 2011 annual meeting were approved as printed in the Nov. 2012 LIFE newsletter.

Kermit James, Treasurer pro tem for Pat Fluno, reviewed the Treasurer's report for Aug. 1, 2011 to July 31, 2012. We are currently carrying an excess of \$14,000 over budget due to an increase in membership numbers. We have paid approximately \$40,000 in grants and awards during the past year, including the new Gerontology awards. Chuck Fritz moved to accept the report and it was approved.

The nominating committee of Lucy Pulido, chair, with John Ciesko and John Braun assisting, presented the slate of nominees to the LIFE board. For re-election to a three-year term--Martin Wiener, Ian King and Alice Reinhardt. For first time election to the board for a three-year term--Peter Venezia, Ursula Hardy and Lee Cross; for first time election to replace Francisco Burgos who is retiring--Beverly Bressant. The slate was approved.

The meeting was adjourned.

/s/ Alice Reinhardt  
Secretary

---

## 2012 GRANTS AND AWARDS

The Board of Directors of LIFE@UCF budgeted \$35,000 for our annual Awards and Grants program, an increase of \$5000 over last year. LIFE's program consists of two types of grants: directed and competitive. This year the committee obligated \$8600 for directed grants and received requests totaling \$45,000 for the remaining \$26,400. We were able to fund seven directed grants and 19 competitive grants.

*--Doug Garner, Chair*

### DIRECTED GRANTS:

Global Perspectives	\$2000
UCF Library	\$1000
Parking Services	\$1600
Department of Athletics	\$1000
Department of Psychology	\$1000
Student Union	\$1000
Interdisciplinary Studies	\$1000

### COMPETITIVE GRANTS

Diana Barreneche-Doniger	Communication Sciences & Disorders	\$2000
Rosalind Beiler	History	\$1100
Kevin Belfield	Chemistry	\$2000
Steven Chicurei	Theater	\$1300
Tosha Dupras	Anthropology	\$1750
Yan Fernandez	Physics	\$2000
Linda Gibson-Young	Nursing	\$1000
Anthony Kong	Communication Sciences & Disorders	\$2000
Ana Leon	Social Work	\$1400
Joanna Mishtai	Anthropology	\$1100
Rachel Mulvihill	Library	\$ 650

---

COMPETITIVE GRANTS (continued . . .)

Thomas Potter	Music (Opera)	\$1650
Tison Pugh	English	\$ 550
David Schreier	Music (Band)	\$1000
Anthony Selkowitz	Psychology	\$ 360
Jessica Simmons	Interdisciplinary Studies	\$ 450
Martine Vanryckeghem	Communication Sciences and Disorders	\$ 600
Alvin Wang	Burnett Honors College	\$1600
Amy Zeh	Service Learning/Experiential Learning	\$ 700

---

---

**NEW YEAR'S RESOLUTIONS AND ALL THAT NONSENSE . . .**

Thoughts on Exercising . . .

I tried something new in 2012. I tried exercising. It was about March, I think, when I got a notice that my insurance would provide a free membership at the gym. It's called the Silver Sneakers program; I'm sure some of you have heard of it. Anyway, I hied myself to the gym and the nice man at the front desk persuaded me that since I was new to this sort of thing perhaps I would want to engage a personal trainer for a few weeks. Gazing around at all the strange-looking equipment, I agreed. Of course, that part wasn't free. Still, it seemed like a good idea. So began my adventure in the land of lunges, squats, push-ups, etc.

Twice a week I grunted, groaned and made my body move under protest. I invested in weights and stretch bands and a stability ball. I bought a sports bra and a fashionable spanx outfit. My trainer was proud of me. I can't believe how well you're doing, she said. In fact, my kids were so impressed they extended the contract for another three months.

When it ended, I promised myself I would walk three days a week—just as soon as the days got cooler. And I would do exercises at home twice a week. Um, I really meant to. And I will . . . Just as soon as I finish this really good book I'm reading.

*--Vonnie Bradbury, Editor*

*If I were to draw on a paper what gym does for me, I would make one dot and then I would erase it!*

*--Elizabeth Berg, Joy School*



## *Travel Topics*

### *China*

*By Carolyn Fost*

China—an endless, extremely modern/ancient land. If that sentence sounds incongruous, it's because the country itself is incongruous. Let me explain. One day we had lunch in a private home, a 400-year-old enclave in the center of Beijing, where the streets were too narrow for cars or horse-drawn vehicles. As a result, we traveled by rickshaw but found ourselves the next day on a bullet train going 176 miles per hour over perfectly smooth tracks. The food was excellent, even though we were seated on mismatched stools around two equally mismatched tables. The couple fed 10 of us eight different dishes cooked in a kitchen fitted with only a two-burner stove and two woks.

The country serves the walking masses. Major tourist attractions accommodate thousands of people at once. Hundreds are found in the streets at any one time. A person, walking at a normal pace, would take at least an half-hour to cross Tian'anmen Square. Seldom did we find anywhere to sit.

The Chinese are definitely not safety conscious. I saw almost no handrails even though many steps and paths were uneven. Sidewalks were filled with toe-catchers of endless variety. Never mind the notion of grab bars in their modern hotels. I finally saw one museum which had an arrow pointing out "HANDICAPPED ACCESS." We had been in China 26 days by that time.

The people, without welcoming and the Great Wall on our and saw a half-dozen or toward us with cameras discovered that we were small mob wanted their guess we were the



exception, are most delightful. We visited first day in the country so young people running in hand. We soon the attraction. This picture taken with us. (I oddities in their world.)

---

They also wanted to know how old we were! Not a day went by when we weren't asked "How old are you?" At the same time I never stood when there were seats available. Even the girls insisted we be comfortable. Quite different from home. I declined a young woman's offer at the Shanghai airport and was told forcefully, "You sit." So I sat!

Our group consisted of ten people, including our national guide. At mealtime we were served at round tables intended for 8-10 people. Each table had a huge "lazy susan" holding 10 or more serving bowls containing different delicacies. Each diner was provided with a plate the size of our bread-and-butter plate, a ceramic soup spoon, a rice bowl, a teacup and a pair of chopsticks. Each diner helped himself/herself to each of the dishes, with seconds available. Surprisingly, it worked well. However, I never did get used to the huge bowl of weak soup served at the end of every meal.

So, there you have a taste of modern China.

---

## LIFELONG LEARNING AT ROLLINS COLLEGE

Rollins College, through the Hamilton Holt School, is offering a series of free health lectures for seniors starting Thursday, January 31, and every week thereafter through May 7. The lectures are two hours, from 3:30-5:30. Topics include: *Storytelling to Improve Health, Becoming a Self Advocate, Get Fit, Heal Your Life, Save the World* and others. Enrollment is limited. If interested, please contact Bob McKinley at [mckinlay@rollin.edu](mailto:mckinlay@rollin.edu).

---

\*\*\*\*\*

### Points to Ponder

1. If walking is good for your health, then the postman should be immortal.
2. A whale swims all day, only eats fish, drinks water, and is fat.
3. A rabbit runs and hops all day long and only lives 15 years.
4. A tortoise doesn't run and does nothing, yet it lives for 450 years.

And you tell me to exercise? I don't think so. I'm retired. Go around me.

—Michael R. Leming

**WHAT  
I'VE  
DISCOVERED . . .**

1. I started with nothing and I still have most of it.
2. My wild oats have turned into prunes and all-bran.
3. I finally got my head together and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days, you're the dog; some days you're the hydrant.
9. I wish the buck stopped here. I sure could use a few.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The only time the world beats a path to your door is when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the cards, why does everyone want to play chess?
16. It's not hard to meet expenses—they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days I spend a lot of time thinking about the hereafter—I go

somewhere to get something and then wonder what I'm hereafter.

19. Funny, I don't remember being absent-minded.
20. Did I send this to you before . . . ??????

--Michael R. Leming, e-mail

**Martin Luther King Day**



January 21, 2013

**Everybody can be great . . . because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.**

**Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.**

**The means by which we live have outdistanced the ends for which we live. Our scientific power has outrun our spiritual power. We have guided missiles and misguided lives.**

**When we let freedom ring, when we let it ring from every tenement and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old spiritual, 'Free at last, free at last. Thank God Almighty, we are free at last.'**