



# Learning Institute for Elders

March, 2013

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

---



## St. Patrick's Day

There's an Isle, a green Isle, set in the sea  
Here's to the Saint that blessed it.  
And here's to the billows wild and free  
That for centuries have caressed it.

Here's to the day when the men that roam  
Send longing eyes o'er the water.  
Here's to the land that still spells home  
To each loyal son and daughter.

Here's to old Ireland—fair, I ween,  
With the blue skies stretched above her.  
Here's to her shamrock warm and green,  
And here's to the hearts that love her.

*—Jean Blewett*



# Highlights of Board Meeting

March 4, 2013

## EXECUTIVE COMMITTEE

### Secretary – Alice Reinhardt

Minutes approved as read.

### Treasurer – Pat Fluno

Treasurer's report approved as distributed. Budget requests need to be submitted before the April board meeting.

### Vice-President - Judy Thames

Reported on the fall of LIFE member in the Student Union. Announced that LIFE will meet on March 26 in Pegasus, contrary to prior scheduling.

### President – Marty Wiener

Future agendas will contain only items submitted prior to the monthly board meetings. Board members are urged to check their email frequently. Ray Jones will be responsible for printed programs re: 10- and 20-year membership awards, including the Tucker Gerontology Award. Mike Hampton will take care of certificates and appropriate signatures. After discussion, it was agreed there is a need for a Special Events committee.

## EX-OFFICIO

### UCF Liaison – Dick Tucker

Visits to various deans and colleges completed successfully. Remainder of visits will be completed shortly.

Dick brought a request from Psychology to move the LIFE office to a new location. Motion approved. Move will take place at

end of semester. A committee comprised of Alice, Dick and Gerri will sort through archival material in anticipation of this move.

## STANDING COMMITTEES

### Curriculum – Lee Cross

Lee reported we have speakers lined up for March 26.

### Membership – Gerri Jamieson

Membership renewal guidelines/deadlines will be distributed to every member at the next LIFE session.

### Gerontology Awards – Ray Jones

To date, five applications have been received. Some discussion about the disappointing number. Committee will meet March 12 to review.

## AD HOC COMMITTEES

### Greeter/Attendance – Lucy Pulido

Average attendance in February – 373; high was 397 on Feb. 5.

### Audio/Visual – Steve Hall

Steve will order an ear-mounted microphone for experimental purposes. Testing has been completed of enhanced audio equipment in Student Union ballrooms. Cost \$5000 for two speakers. Audio was better, he reported. He is checking out one other piece of equipment.

### Safety – Paulette Geller

It was reported there has been three falls in the last three weeks. Response from Guest

Services was immediate. Any ambulance delay depends on availability—if the one campus vehicle is in use at the time of the incident, an off-campus source must be used. Paulette urged board members to keep onlookers away which can slow down rescue personnel. Life members are encouraged to carry their meds list with them, should such an incident occur.

#### **NEW BUSINESS**

One of our LIFE-funded researchers has expressed interest in sharing her findings with the organization. It was suggested we might wish to devote one program for recipients to share their results. Tabled for consideration next year.

#### **OLD BUSINESS**

##### **Strategic Plan – Ray Jones**

A strategic plan, revised from an unofficial working document, was approved. A committee may be formed to monitor our adherence to the organization's mission and goals as contained in the document.

---

## **LIFE Membership Renewal**

**2013-2014**

**\$125 per person**

**Beginning March 19**

**Deadline for Payment: May 1, 2013**

**(Checks must be postmarked by  
April 30, 2013)**

## **ANNOUNCEMENTS**

### **March 14**

**7:30 UCF at 50: A Music Student  
Celebration  
Visual Arts Building Auditorium #132  
(free and open to the public)**

### **March 16**

**3:00 Encores! UCF Music Faculty  
Showcase  
50<sup>th</sup> Anniversary Celebration  
Visual Arts Building Auditorium #132  
(free and open to the public)**

### **March 21**

**12:30 Medical School Tour  
(meet outside Pegasus)**

### **March 22**

**8:00 UCF-Orlando Jazz Festival Concert  
Communications Auditorium #101  
featuring  
Michael Phillip Mossman & Antonio Hart  
\$20 or free with UCF ID**

### **March 26 - LIFE PROGRAMS**

**9:00 Erique Puig, Director,  
International Reading Center**

**“Enhancing Literacy Acquisition &  
Instruction through Coordinating  
National and Global Efforts”**

**10:30 David Hansen,  
Senior Associate Athletic Director for  
Internal Operations**

**“What’s Happening in Athletics at UCF:  
New Athletics Facilities Plan”**

---

## “THE LIST”

According to our records, the following people are eligible to receive a pin and a certificate for long-term membership. In order to be sure we do not miss anyone, please check the list below and ascertain the accuracy of the names listed. If someone has inadvertently been omitted, please inform Gerri Jermiason so additions and corrections can be made. Your prompt attention to this matter will be greatly appreciated.

### 20-year Members

Carolyn Fost  
Betty Howe  
Carol Reagles  
Agnes Ross

### 10-year Members

Francisco Burgos  
Nydia Burgos  
John Elliott  
Marguerite Elliott  
Lorraine Massi  
Judy Scherer  
Joe Tanner  
Petra Tanner



For each petal on the shamrock this brings a wish your way:  
Good health, good luck and happiness for today and every day.

---

**St. Patrick's Day** is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over a thousand years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage. [history.com]





# Flying High

*By Jack Winquist*

Growing up 150 miles north of Green Bay, Wisconsin, made me an original "Packer-Backer" in the days of the old City Stadium (one of the earliest in the National Football League). After high school I enrolled at Michigan State University, going from a graduating class of 90 to one of 5000 incoming freshmen. Was I lost! At registration I was informed I didn't have my "ROTC stamp." Of course I had neglected to read the course catalogue over the summer. "Air Force or Army?" they asked. "Which one is closer?" I replied. "Air Force." And that's how I became an airline pilot!

With a college degree and a commission in the Air Force, I headed off for pilot training in West Texas. Assigned to B-47 bombers after combat crew training, my base assignment for the next six years was Columbus, Ohio, home of those dastardly Ohio State University Buckeyes! What a spot for a Michigan State Spartan!

I spent a lot of time "pulling alert," waiting for the klaxon (horn) to sound, then running to our bomber, preparing to leap off to challenge the Russkies. We'd listen to a coded message, decode it and then either taxi to the runway end or shut down our engines and return to the underground alert barracks, the "mole hole." Thankfully, we never "launched" but came close during the Cuban missile crisis. The strategic bombers were dispersed over a large area. Our assigned dispersal location was the Greater Philadelphia International Airport! (Talk about a "remote assignment!") While Marine Corp fighter pilots were tenting alongside their aircraft in Key West, our crew slept on clean sheets at the Howard Johnson Hotel.

With my military obligation fulfilled, I started interviewing with the various airlines: TWA, United, Northwest and American Airlines. Being hired by a major airline is sometimes a matter of being in the right place at the right time. My buddy said that A^A had a potful of cash on hand to purchase more planes; maybe there was one with my name on it. I looked no further and there I stayed . . . for 29 years.

---

I met a host of great people, had great Chief Pilots, great maintenance, and great cabin crews. Those layovers? Not always so great, especially when "junior" on the seniority list. Buffalo, Rochester, Syracuse and Albany seemed to be on my schedule in the winter. Phoenix and Tucson in the summer. The desert cools off at night, right? Not in August! But as my seniority improved and the airline expanded its routes, I transitioned to international flying and had great trips to western Europe and, though rarely, to the Far East. Hawaii? Not my favorite. Why not? In winter, we had to return on a dreaded "all-nighter," landing at Chicago's snowy and windy O'Hare Airport before sunrise. On such occasions your eyes seemed to be caked with sand.

Airline pilots, generally, are known as being very value conscious (read "cheap"). Captain George was a perfect example. He would join the crew for dinner on an overnight and order an expensive steak. Meanwhile, the underpaid flight attendants would be ordering a side salad because that's all they could afford. When the check came, he would say, "Let's just divide the bill six ways!" So unfair to the new crew members. "Don't let him get away with it!" I warned an unsuspecting co-pilot. Several weeks later, this same co-pilot approached me with a big grin on his face, "He didn't get away with it," he said.

The six years prior to retirement were spent as an instructor/check airman, taking new Captains and First Officers on their first trip(s). As technology has evolved, aircraft simulation have become so realistic that, now, the first flight of the fledgling airline pilot is on a revenue passenger flight! Reassuring, isn't it? That's why the Check Airman "rides herd" for the first twenty-five hours of "line operating experience." Another duty requires periodic evaluations of captains and crews while sitting on the cockpit's "third" seat. Boring? At times, yet vital to insuring every pilot measures up to the high standards that airlines demand.

The glamour of flying? It's long gone, with shorter and shorter overnights, "hubbing"--where you fly into the "hub" airport and have forty-five minutes to gather belongings, trek to a distant gate, perform a walk-around inspection of the "new" airplane, grab a sandwich to go (inflight crew meals are a rarity except on long, international flights), evaluate the computerized flight plan (They're never wrong, are they?) and brief the outbound flight attendants. Rarely do you fly with the same F/A's; they work on a different contract. And yet, at the end of the two-, three- or four-day trip, you evaluate your performance and say, "Well done! You didn't bend any metal! Now take some time off."

What does an active airline pilot do when retiring at age 60 (now 65)? Anything he/she wants! I flew a corporate jet for two years and later became an FAA Certified Flight Instructor, allowing me to instruct student pilots in both basic and instrument flight procedures. I'm one of five partners in a four-seat, single-engine airplane with "enhanced" electronics, better than

anything we had when I first joined the airline.

After a 50-year hiatus, I returned to the tenor saxophone and continue taking private lessons, becoming a "reasonably proficient" player and member of seniors' concerts and jazz bands in Chicago's western suburbs. Summers have found me going to "adult band camp" in Michigan. Our son went to the same camp while in junior high. When he heard of my plans he said, "Cool, Dad. Get cabin number eight. The counselor tells ghost stories until three in the morning!"



This winter I rented a clarinet and began taking private lessons from a former member of the Glenn Miller and Disney World Show Bands. (Word was the transition wouldn't be easy, the fingering on the clarinet is significantly different than is the sax, the mouthpiece is smaller and it requires a great deal more air pressure.) I've noted that neighbors who've been sitting on their patio rush inside when I begin practicing.

LIFE at UCF has been a new-found joy for me and Marilyn (My gal since I pulled up beside her car after a friend's wedding and asked her if she had plans that evening. She didn't. The rest is history.) The wide-ranging topics continually amaze us. It keeps us challenged to expand our knowledge. Still flying high!

---

**Qantas Pilot Jokes:** After every flight, Qantas pilots fill out a form called a "gripe sheet" which tells mechanics about problems with the aircraft. Here are some actual maintenance complaints submitted by Qantas pilots and the solutions proposed by engineers:

**Pilot:** Number 3 engine missing. **Engineers:** Engine found on right wing after brief search.

**Pilot:** Aircraft handles funny. **Engineers:** Aircraft warned to straighten up & fly right.

**Pilot:** Target radar hums. **Engineers:** Reprogrammed target radar with lyrics.

**Pilot:** Mouse in cockpit. **Engineers:** Cat installed.

**Pilot:** Suspected crack in windshield  
**Engineers:** Suspect you're right





## Finding wild flowers amidst the debris . . .

It was the end of August, 2005, and Jim and his wife, Kathy, were enjoying their life in Mandeville, LA. Three years earlier, Jim had taken a job with the real estate firm, Keller Williams, and he loved the challenges involved with serving a four-state area, doing what he did best—recruiting and training real estate managers.

On this late summer day, it started raining . . . and it rained . . . and the wind blew. And hurricane warnings were issued. Kathy had insisted, when she learned they were moving to the New Orleans area, that they live above sea level. Not to worry, then. However, as the warnings became more ominous, Jim got on the internet and started looking for a room farther north—just in case. They soon realized it was time to go. They locked up the house, grabbed the dog and headed for Memphis. Hurricane Katrina was on its way.

The Hampton Inn lobby was packed, mostly with people displaced by the storm. Jim said, "I couldn't stay in our room; I wanted to be in the lobby. Suddenly, I heard a horrible wail. A woman, her eyes glued to the television set, watched as the screen flashed a picture of the Home Depot sign in her neighborhood, with only 4 inches of the sign showing. "We live only three blocks from that sign," she cried. Tears started streaming down her face. "It's all gone—and there are four generations of children and grandchildren who all live in and around the same area. We will have to decide whether we stay together or whether we go our separate ways."



A short time later, I was down in the lobby again and I saw an older couple, the woman crying uncontrollably. I walked over and shook the gentleman's hand and said, "This is a difficult time, isn't it?" They had just learned that the water was up to the soffits on their house. The woman was sobbing, "It's gone; it's all gone." "No," the man replied, wrapping his arms around her. "The kids are okay and we're okay. It's going to be okay."

I went back to our room and said to Kathy, "I don't care about the other car. I don't care about the boat. I don't even care about the wedding album. If the house is gone, I don't care. We're okay. No matter what has happened back in Mandeville, we don't have a worry in the world."



---

As it turned out, we were among the lucky ones--we lost three shingles, two trees and the fence gate.

However, we were changed. We looked at each other and said, "What are we doing here? Everybody we know and love is in Orlando. We raised our kids in Orlando. Why in the world are we living halfway across the country?! Let's go back."

Jim needed to stay in Louisiana another six months but his job description changed. 725 of his people had been affected by the storm. He became chief counselor and hand-holder. The CEO of his company presented a check for \$5000 to each and every employee touched by the tragedy. According to Jim, the miracles were spinning out of control. People were doing things they would never have thought of doing before. One couple gave their \$5000 to a family left devastated even though they had lost their own home and car. Things like that were happening all the time, he said.

One Sunday the pastor prayed "that we would find the wildflowers growing amidst the debris." He also announced the church was starting a Stephen Ministry, an inter-denominational organization designed to help people who may be going through difficult times—loss of job, death in the family, divorce . . . or the aftermath of a hurricane. Jim said, "Where do I sign up?" Upon his return to Orlando, it became the #1 criteria for choosing a church home—it had to have a Stephen Ministry.

Now retired, Jim had more time to devote to other volunteer activities. He started delivering *Meals on Wheels*. "That's my favorite thing to do," he says. "I love my M-on-W friends. Delivering meals may be the main purpose, but when you get to know the people and understand what they're going through, you look for ways to make them smile and lighten their day. It's a real special thing.

He began volunteering at Florida Hospital and had an idea. "I wonder if Sammie could be a therapy dog," he asked himself. So Jim took his little Yorkie through therapy training and now they visit the children's and cancer wards at the local hospital. Sammie lays his head on a patient's wrist and gently offers an occasional lick. "He knows they're not well," Jim says. Yet, somehow, it makes the patients feel better.



Jim's still got energy to burn and he's looking for ways he can use his love of music. (A music major, he spent 11 years as a band director in the public schools.) He loved working with the kids and would like to get involved in some way. He recently developed two 40-50 minute sessions on hymn singing, along with inspirational stories about how they came to be. There are still wildflowers out there, waiting to be picked, and Jim is determined to find them. [VKB]

# SAFETY FIRST!



Please-Please Be Extra Careful

Within the past several weeks there has been a dramatic increase in incidents and falls involving life members. Incidents include a member experiencing some dizziness, a fall off a chair, beloved Betty experiencing a fall which resulted in a fracture. In all three incidents, UCF guest services provided immediate response and coordinated the arrival and directing of emergency personnel. The response time is usually less than 5 minutes. Faster if the situation is life threatening. There is one ambulance immediately accessible to the campus. However, when that unit is engaged another ambulance must come from off campus. UCF trained personnel stay with the patient until the ambulance arrives. It is important that we remain out of the way both to let the trained people do their job, and to maintain patient privacy.

Please do your part and be very careful walking. Use your cane or assistive device as you should.

In case of emergency we should each keep a list of current medications, allergies, and the name of your emergency contact person in your wallet.

We at LIFE are blessed with many years of life experience. Let's do our best to keep those years safe and healthy.

—Paulette Geller

---

## **BURMA SHAVE**

**HER CHARIOT RACED**

**AT EIGHTY PER**

**THEY HAULED AWAY**

**WHAT HAD BEN HUR**

**BURMA SHAVE**

**POOR SATAN HE**

**WAS FORCED TO DWELL**

**IN THE ONLY PLACE WHERE**

**THEY DON'T SELL**

**BURMA SHAVE**

**IF HONEY SHUNS**

**YOUR FOND EMBRACE**

**DON'T SHOOT**

**THE MILKMAN**

**FEEL YOUR FACE**

**BURMA SHAVE**