

LEARNING ABOUT



April, 2010

Web Site: www.life.ucf.edu

NATIONAL POETRY MONTH

ROSES ARE RED
VIOLETS ARE BLUE
SUGAR IS SWEET
AND SO ARE YOU!



We all remember that little diddy with its infinite varieties, perhaps our first introduction to rhyme. We probably even memorized one or two during our school days. "Listen, my children, and you shall hear the midnight ride of Paul Revere . . ." Some of us love poetry, some loathe it. Few are indifferent to it.

Caroline Kennedy writes in *A Family of Poems*: "Poetry can be called the language of the human heart and part of what poems communicate can't even be put into words." Later, she says, "Poems pass on the important values of love, faith, perseverance and humor. They celebrate nature and the human spirit. We often turn to poetry at important moments in our lives because poets say exactly what we think and feel but can't find the words to describe. They are funny; they inspire, they make us happy."

I've chosen a few poems to share with you today to celebrate poems and poets . . . and to make you happy.

--The Editor.

First Fig

My candle burns at both ends;
It will not last the night;
But ah, my foes, and oh, my friends—
It gives a lovely light!

--Edna St. Vincent Millay



April Rain Song

Let the rain kiss you.
Let the rain beat upon your head with silver liquid drops.
Let the rain sing you a lullaby.

The rain makes still pools on the sidewalk.
The rain makes running pools in the gutter.
The rain plays a little sleep-song on our roof at night—

And I love the rain.

--Langston Hughes

The Red Wheelbarrow



so much depends
upon

a red wheel
barrow

glazed with rain
water

beside the white
chickens.

--William Carlos Williams

MINUTES OF BOARD MEETING
March 2, 2010
A Summary



Items of Note:

- LIFE membership dues will remain at \$100
- Membership Committee will develop a policy re: large waiting list and present to Board for approval.
- Student Appreciation awards and events

Special Reports

UCF Representative – Martha Hitt reported that her husband, John Hitt, UCF President, was honored at the Mennello Museum recently.

UCF Liaison – Dick Tucker reported UCF has become the institution of choice for students in the area.

Mike Hampton is working with UCF data systems people to determine what member information will be required in the system. The issue must be resolved by August. Parking pass distribution will not be tied to the issue.

An invitation will be extended to members re: a RICHES workshop (Central Florida Oral History Project) at Tuesday's session.

Executive Committee Reports

President – Tuition fees will be discussed during the meeting.

Treasurer – Report indicates LIFE is \$1100 ahead of budget due primarily to increased membership. No increase in expenses is anticipated for next year. The new budget will be presented at the April meeting.

The subject of any dues change was raised and discussion followed. **Haddad moved that dues**

be kept at the same level for next year; Scherer seconded. Motion carried.

Standing Committee Reports

Membership – 478 current members, with 4 honoraries. 122 on the waiting list.

Dues are payable beginning April 6 with a deadline of June 30.

Ian King floated some ideas re: membership data and volunteered to head such a project.

Scholarships/Grants – It was reported that telescope repairs for the UCF Astronomy Department were funded by one of our grants. 400 second semester students served, as a result.

Strategic Planning – Work in progress.

Audio-Visual – Names of ten-year members will be posted on screens during next session for any corrections or additions.

Unfinished Business

Discussion ensued on membership caps. It was recommended that a policy be written by the membership committee and presented to the Board for approval.

Jones made motion to **establish a fund to support an appreciation grant for student union workers**, which will be administered by the Vice-President. Student of the Month Award set at \$50, with stipulation that awardee be involved with LIFE meeting room set-up. Motion passed. Program is to begin this term. Discussion followed on finding ways to provide greater interaction between LIFE members and students. King will pursue.



*CALL FOR SPECIAL MEETING
TO
AMEND LIFE BY-LAWS*

* * * * *

At the February 1, 2010 LIFE board meeting, the members passed a motion to amend the current LIFE By-Laws as follows:

“Board members may serve for two consecutive three-year terms, except for the Executive Board members (i.e. officers President, Vice-President, Treasurer, and Secretary) who would be allowed a third term.”

In order to amend the existing By-Laws, it is necessary to call upon the LIFE membership for their vote on the above amendment. Such a vote can take place during a meeting called by a vote of the officers of the board and such a meeting must be announced seven days in advance of that meeting.

The officers are calling a **special meeting** to be held in conjunction with our class on **Tuesday, April 20, at 9:15 a.m.** At that time I will ask for your vote on whether this amendment should become a part of our official rules of operation. If this motion is approved, it will become paragraph 6.2.1 of the LIFE By-Laws. To see the existing LIFE By-Laws in total, go to our official LIFE web site.

Chuck Fritz, President

IMPORTANT DEADLINE: June 30, 2010

Those wishing to renew/retain their LIFE membership for the 2010-2011 academic year **MUST** pay their dues in the amount of \$100 no later than June 30, 2010. Open registration begins on July 1, 2010, for the following year and new or returning members will be accepted on a “first come, first served” basis, with no exceptions made.

It would greatly assist our volunteer staff if you would pay your dues no later than April 27. However, if that is not possible, your spot will be held until June 30. Please mail checks to LIFE at UCF, P.O. Box 161390, Orlando, FL 32816-1390.

We look forward to seeing you again next year!

What is Old Age Like?

Old age, I have decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need but looks so "avante garde" on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon, before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 a.m. and sleep until noon?

I will dance with myself to those wonderful tunes of the 60's & 70's and if, at the same time, I wish to weep over a lost love . . . I will.

I will walk the beach in a swimsuit that is stretched over a bulging body and will dive into the waves with abandon if I



choose, despite the pitying glances from the jet set.

They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray and to have my youthful laughs forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer the question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been or worrying about what will be. And I shall eat dessert every single day (if I feel like it!).

--Author Unknown



UNIVERSITY OF CENTRAL FLORIDA
College of Medicine

A Thankful Goodbye:

*College of Medicine Students Hold Donor 'Send-Off' Ceremony
to Thank Those Who Taught Them about Anatomy, Life and Death*

(ORLANDO, March 12, 2010) – Students from the UCF College of Medicine's charter class held a "Send-Off Ceremony" Friday to thank and honor the people who donated their bodies in the name of science and education. Students presented a single orchid for each donor and unveiled a rendering of a commemorative stone that will be placed at the new UCF Health Sciences Campus at Lake Nona.

Student Mitch Popovetsky, who helped organize the ceremony, said the class wanted to thank and honor the eight people who not only taught them about human anatomy but also about life and death. Popovetsky presented a model of the stone, which will read, "You gave us your body, you taught us your marvels, you led us to wisdom, for this we thank you. Class of 2013."

The students hope to make the "Send-Off Ceremony" a yearly event. "It's hard to imagine a more generous act than to give one's body to students you will never meet," M.D. student Lynn McGrath said as he honored his team's donor during the ceremony. The event began with a violin solo by student William Kang and ended with a moment of silence.

One by one, the eight groups who made up the first-year human anatomy course shared their memories of the donors and then placed a flower in a vase to form a bouquet. They talked of how the donors had taught them about the complexities of the human body, their own mortality and the importance of giving back to others. Student Rose Dupont said the greatest gift of the anatomy lab was that "I grew as a person. I asked myself, 'If I didn't wake up this morning, would I be proud of the way I lived my life?'"

Several faculty members also made presentations, thanking the donors for teaching the students much more than they could have learned from just books, slides and two-dimensional views of the human body. Dr. Mohammed Khalil said the donors helped students learn the motor skills they will need later on in surgery and a respect for life and death that they will carry on with them throughout their medical careers. "Thank you," he said, "for helping us be better teachers."

Volunteers Needed: Central Florida Paralyzed Veterans of America (CFPVA) is in desperate need of volunteers. Openings for people to type, file, stuff envelopes, make phone calls, pass out literature, etc. If interested, please contact Ann Troiano, Executive Director, at (407) 328-7041. Your help will be greatly appreciated

MORE POETRY, OF A SORT . . .

THE QUEEN
OF HEARTS
NOW LOVES THE KNAVE
THE KING
RAN OUT OF
BURMA SHAVE

IF HONEY SHUNS
YOUR FOND EMBRACE
DON'T SHOOT
THE MILKMAN
FEEL YOUR FACE
BURMA SHAVE

SLOW DOWN, PA
SAKES ALIVE
MA MISSED SIGNS
FOUR AND FIVE
BURMA SHAVE

A NUT AT THE WHEEL
A PEACH ON HIS RIGHT
CURVE AHEAD
SALAD TONIGHT
BURMA SHAVE

IS HE LONESOME
OR JUST BLIND
THAT GUY WHO DRIVES
SO CLOSE BEHIND
BURMA SHAVE

IF YOU DRIVE
WHEN YOU'RE DRUNK
CARRY A COFFIN
IN YOUR TRUNK
BURMA SHAVE

NO LADY LIKES
TO DANCE
OR DINE
ACCOMPANIED BY
A PORCUPINE
BURMA SHAVE

THE WHALE TOOK JONAH
DOWN THE HATCH
THEN COUGHED HIM UP
BECAUSE HE SCRATCHED
BURMA SHAVE

SCHOOL AHEAD
TAKE IT SLOW
LET THE LITTLE
SHAVERS GROW
BURMA SHAVE

IT GAVE
MCDONALD
THAT NEEDED CHARM
HELLO HOLLYWOOD
GOOD-BYE FARM
BURMA SHAVE

POOR SATAN HE
WAS FORCED
TO DWELL
IN THE ONLY PLACE WHERE
THEY DON'T SELL
BURMA SHAVE



LIFE MEMBER SURVEY

“First, you’re young, then you’re middle-aged, then you’re wonderful,” said Alice Longworth Roosevelt. And, indeed, we are wonderful. But how many know that?

As LIFErs, we are interesting and interested in a wide variety of ideas and topics. We bring a LIFEtime of experience and talent and reflection to our weekly meetings. Our speakers recognize it immediately—we’re attentive and eager to learn new things; we ask penetrating questions; we pay attention.

In an effort to let our light shine a little brighter, the University has offered to assist us in capturing the information that better reflects who we are and what we have contributed over our LIFEtime. To that end, the LIFE Board has approved this survey instrument which we are asking our members to complete. The data will be collated to create a snapshot of our educational background, the diversity of our professions/occupations, the wide range of interests, hobbies and lifestyles. No individual names will be used and only a select few will have access to the information. Completion of the survey is strictly voluntary.

Beyond providing an accurate profile of our membership, this information could be used to develop mentoring relationships with students, sharing expertise, presenting a program to other LIFE members, if you so desire. But, most importantly, it will tell anyone who is interested what a terrific group of people we are. Not an old fogey in the bunch! And, as for us LIFErs, why, we’ll nod our heads and say, “We really ARE wonderful, aren’t we!!”



MEMBERSHIP SURVEY

LIFE membership has expanded rapidly over the last few years to over 475 members with more than 100 on a waiting list. However, there is no real measure of the abilities (for example, education level, business experience, skills or life experience) of its members. The following information is requested to help develop a portrait of LIFE that showcases its abilities and unique strengths.

Completion of the survey is voluntary and the information will be kept confidential.

Name: _____

Education/Degree(s): _____

Professional Qualification(s): _____

Occupation (previous): _____

Life Experience(s): _____
(i.e. teacher, musician, _____
Medical practitioner, etc.) _____

Society Membership: _____

Skill or Special Talent: _____

Hobbies: _____

Are you interested in presenting to LIFE members ? Y/N.

Subject area: _____.