



## Learning Institute for Elders

April, 2012

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

---

### The History of The Written Letters

*Certainly  
The Art of Writing  
is the most miraculous  
of all things* CARLYLE  
*man has devised.*



# Highlights of Board Meeting

## April 2, 2012

### EXECUTIVE COMMITTEE

#### Secretary – Alice Reinhardt

Minutes approved. No correspondence.

#### Treasurer – Pat Fluno

Pat presented the 2012-2013 annual budget proposal for discussion and review. Budget approved with recommended changes. (see below)

#### Vice-President – Judy Thames

No report.

#### President – Marty Wiener

Marty reported the bagel and pizza parties provided for the Student Union workers were well-received.

### EX-OFFICIO

#### UCF Liaison – Dick Tucker

Dick is going to check into the UCF athletic ticket increase and will report back.

### STANDING COMMITTEES

#### Policies/By-Laws – Ray Jones

Recent by-law changes will be voted on by the membership at 4-3-2012 meeting. Ray also reported six semi-finalists have been selected for the gerontology award. From that pool, one or more will be selected to receive the 2012 award(s), subject to board approval. Graduate and undergraduate research posters will be reviewed for a \$500 award. The first awards will be given at the annual recognition ceremony in May.

#### Curriculum – Pat James

Pat reported that the new chair of the committee is Lee Cross. Approval was given for the Curriculum Committee to conduct a survey of the

membership. Fall schedule is in place, with the final class sessions for the semester to be held on November 27.

#### Membership – Betty Ingham

Dues payment began last week. To date, 152 people have paid. June 1 is the cut-off. A design for the membership recognition pin was presented and approved.

#### Grants & Awards – Doug Garner

A revision was made to the board's previous action re: designated category for WUCF funding. The station will be eligible to compete annually for a grant. Approved.

#### Newsletter – Vonnie Bradbury

Last newsletter of this academic year will come out April 17.

#### Honors Program – Roy Scherer

Roy reported a good group enjoyed "Ragtime" with the students. A few spots remain for "Symphony Under the Stars" on April 19.

### AD HOC COMMITTEES

#### Diversity Committee – Judy Thames

Reporting for Judy, Lucy Pulido announced that 2012 Diversity Week is scheduled for October 15-19. Dr. Valerie King will lecture at one of LIFE's sessions during that week. The committee is also advocating continued support of the Knights Pantry.

#### Greeter/Attendance – Lucy Pulido

Attendance figures for March: 358 – 3/13; 320 – 3/20, and 350 – 3/27.

#### Audio Visual – Steve Hall

Steve encouraged the board to forward information they would like posted on the screen Tuesdays.

#### Safety – Paulette Geller

Two falls were reported at 3/27 session. No injuries. UCF reporting policies were followed.

**May 1 Awards Ceremony**

Judy Thame, Ray Jones, Betty Ingham and Dick Tucker are in charge of arrangements.

\*\*\*\*\*

**SPECIAL MEETING  
OF  
LIFE MEMBERSHIP**

**April 3, 2012**

President Wiener called the meeting to order at 8:55 a.m. After Secretary Alice Reinhardt reported a quorum of at least 100 members

The following changes to LIFE By-Laws were proposed:

**Article VII: STANDING COMMITTEES 7.1**

- Name of Scholarships & Grants Committee be changed to the Grants & Awards Committee.
- Marketing Committee be deleted.
- List of Standing Committees be increased to include: Honors Program, Newsletter, and Past Presidents.

Motion by Francisco Burgos, second by Chuck Fritz, to approve. Changes approved. Meeting adjourned at 9 a.m.

Alice Reinhardt  
Secretary

**BUDGET SUMMARY  
2012-2013**

Awards	\$46,700
Curriculum	5,750
Other Committee Expenses	225
Membership	6,330
Administrative & General	3,005
<b>Total:</b>	<b>\$62,010</b>

**DUES ARE DUE**

Time to break open the piggy bank and pay your membership dues for 2012-2013



**\$125.00 per person**

**DEADLINE: June 1, 2012**

Current members will receive priority until June 1. Thereafter, it will be "first come, first served." Don't delay! Pay today!

**UCF FOOTBALL TICKETS**

**\$65**

**student season package (6 games)  
for LIFE members**

**Tickets may be purchased at stadium  
ticket office**

**or  
call Bryden Feighery  
407-882-1596**

**WHAT A DEAL!**

## 2012 Richard Tucker Gerontology Applied Research Awards

Earlier this year, the LIFE Board of Directors established the Richard Tucker Gerontology Applied Research Awards to honor one of LIFE's founders and strongest supporters—Dr. Richard Tucker. \$10,000 in designated funds was earmarked for this purpose and has two parts: 1) competitive research grant(s) for UCF professors and graduate students for new or ongoing research studies in gerontology; and 2) \$500 awards for UCF students entering gerontology research projects in poster sessions.

Of the 24 submissions for the applied research awards, six semi-finalists were selected and interviewed by the Gerontology Awards Committee. Three were selected, with a fourth receiving a “Special Recognition” commendation. The awardees are as follows:

<u>Recipient</u>	<u>Award</u>	<u>Research</u>
<b>Mariana B. Dangiolo, MD</b>	\$2,000	“Geri-anatomy”: Integration of Geriatrics by student peer mentors into an anatomy curriculum at the UCF medical school
<b>Michael Boyce</b>	\$3,500	To improve procedures to evacuate people with mobility impairments utilizing special evacuation equipment
<b>Maren S. Fragala, PhD</b>	\$3,500	To improve the ability to diagnose and treat sarcopenia through exercise programs and the use of a unique biological marker
<b>Ming Su, PhD</b> [Special Recognition]		To develop a multi-marker blood assay for early detection of Alzheimer's disease using nano technology [beyond scope of LIFE program]

The committee selected and reviewed 7 gerontology-related research projects out of a total of 135 GRF poster submissions and 7 out of a total of 268 SURE poster submissions. The awardees are:

<b>Neha Kohli (GRF)</b>	\$500	Significant Reduction of Amyloid Plaques in Brains of Advanced Alzheimer's Disease Patients and Old Transgenic Mice Upon Oral Delivery of Chloroplast Derived Myelin Basic Protein.
<b>Bonnie Berry</b> [Honorable Mention]		Improving Drug Discovery and Research Technologies for Neurobiological Applications related to age-related diseases including Alzheimer's
<b>Mario Pita (SURE)</b>	\$500	Project aims to develop a potential therapy for Parkinson's Disease utilizing a compound that activates neural stem cells in Mouse Brain with Parkinson's Disease

## 10-year Awards

Judy Bahr  
Martha Beloin  
John Braun  
Betty Burch  
Mary Casey  
Lois Dennis  
Jane Easterling  
Phil Easterling  
Myrna Factor  
Patricia Fresquez  
Albert Gingold  
Barbara Gingold  
Lynn Harrison  
Bert Hood  
Tilly Hood  
Anne Jones  
Orion Kline  
Sally Kline  
Marilyn Krock  
Holly Mandelkern  
Sylvia Micalizio  
Dorothy Parrish  
Denise Reback  
Aymar Sandhaus  
Norman Sandhaus  
Sor Scates  
Steve Scates  
Charlotte Schwartzburg  
Donald Schwartzburg  
Mariano Sierra  
Janet Skolnik  
Carole Slessinger  
Marie Vaughn  
Dewey Vaughn  
Louis Vollero

---

---

### **Special Thanks**

to the members of the Gerontology Awards Committee for their great work: Ray Jones (chair), Dick Tucker, Ian King, Judy Thames, Joan Hansen, Ed Haddad and Roy Scherer.

## 20-year Awards

Katherine Bobick  
Jane Dallago  
Edna Harrison  
Henry Heidt  
Donald Levine  
Harriet Levine  
Donald Rupp  
Irene Starkey

---

**NO CLASS!**



**Tuesday, April 24**

**Last Class Session  
will be held on  
Tuesday, May 1**

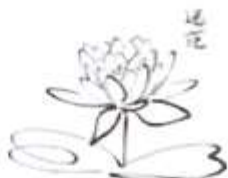
---

**Classes will begin again  
August 28**



**Have a great summer!**

## LIFE poets . . .



I joined the poetry class led by Sarah Prevatt, along with six other LIFE members, during the months of October and November 2011. It was great fun as we discovered and/or reinforced our love of poetry. Each week we read and discussed a poem or two by a famous poet to examine the technique of poetry. Thus inspired, we wrote our own poem. Our instructor offered us prompts—some topics to base our poem on which were a great help in overcoming writer's block. We ended the class with an opportunity to read our work and get friendly feedback from the group. It was a great class, filled with laughter, as "first-timer" and "old-pro alike" shared our lives for 90 minutes each week.

-Catherine Giordano

### One-Sixth of a Teaspoon\*

By Linda Fessel

Despair is like a honey bee  
whose wings wear out  
in freighted flight,  
whose brief life ends  
unobserved,  
her fuzzy torso jettisoned  
unceremoniously from the hive—  
the only home she's ever known—  
to become a waiting gecko's lunch.  
And in the throes of death  
she dreams of amber colored honey  
that she sacrificed her life to make  
but never lived to taste.

\*A bee produces 1/6 teaspoon of honey in its lifetime.

### Facing Snow

By Sandra Furlong

Snow swirls around me  
Like tendrils of memories  
Sometimes landing softly, caressingly  
Then moments later  
piercing me, blinding me  
Achingly reminding me  
That it's cold  
And you're gone.

### All Mothers Die Too Young

By Catherine Giordano

My mother died too young.  
All mothers die too young.  
A mother's death always comes too soon.

Mother to child.  
Child to mother.  
It begins in the womb.  
No connection is stronger,  
than this connection,  
our first connection.

A mother dies.  
But while the child lives on,  
the connection lives on



Poets continued . . .



### The Bees' Knees

By Holly Mandelkern

Our food chain depends on the deeds of  
our bees~  
The queen bee, her drones, and other  
employee  
Who transfer plant pollen while kneeling  
for nectar  
Thus playing a big part as flower protector

Honeybees hover and stay close to home  
If they can't scout out nectar the buzzing  
bees roam  
We need to support them and sing out  
their praise  
We honor their sweet work through all  
of their days.

---

### My Summer Reading List

*The Power of Habit*, by Charles Duhigg

*WILD: From Lost to Found on the Pacific Crest Trail*, by Cheryl Strayed

*Behind the Beautiful Forevers*, by Katherine Boo

*The Tiger's Wife*, by Téa Obrecht

*Loving Frank*, by Nancy Horan

*The Memory Palace*, by Mira Bartok

The Editor

### Who Reads Your Paper?

The Wall Street Journal is read by the people who run the country.

The Washington Post is read by people who think they run the country.

The New York Times is read by people who think they should run the country.

USA Today is read by people who think they ought to run the country but don't really understand the Washington Post. (And they do like their statistics shown in pie charts.)

The Los Angeles Times is read by people who wouldn't mind running the country if they could spare the time and if they didn't have to leave LA to do it.

The Boston Globe is read by people whose parents used to run the country and they did a far superior job of it, thank you very much..

The New York Daily news is read by people who aren't too sure who's running the country and don't really care as long as they get a seat on the train.

The New York Post is read by people who don't care who's running the country as long as they do something really scandalous, preferably while intoxicated.

The San Francisco Chronicle is read by people who aren't sure there is a country or that anyone is running it, but whoever it is they oppose all that they stand for. There are occasional exceptions: if the leaders are handicapped, minority, feminist, atheist, or little people who also happen to be illegal immigrant aliens from any country or galaxy as long as they are Democrats.

The Miami Herald is read by people who are running another country but read the baseball scores.

The National Enquirer is read by people trapped in line at Publix.

The LIFE newsletter is read by . . . ???

Submitted by Chuck Fritz

**A  
HISTORY  
OF  
CALLIGRAPHY**

The art of calligraphy finds its origins in cave paintings. Back when a series of grunts served as communication, man used pictorial drawings to depict significant events. It was the Egyptians around 3500 BC who created the highly stylized hieroglyphics which were incised inside tombs or painted with brushes across papyrus paper.

A few thousand years later (1000 BC), the Phoenicians came up with the first alphabet. Because they were seafaring types, they passed along their skills at every seaport and probably influenced the Greeks who developed their own form of writing which the Romans adapted to suit the Latin language by 850 BC. The word "calligraphy" comes from the Greek words *kallas* meaning "beauty" and *graphe* which means "writing."

Latin was the "lingua franca" of the churches of Europe during the Middle Ages and monks (and a smattering of nobility) were the only literate members of society. Thus, did the monks begin transcribing the Word of God from ancient texts into decorative books. Because paper was expensive at that time, the monks developed a writing style that was narrower, allowing more words to fit on a single line. This style became known as Gothic (see above).

Just as new technology can threaten livelihoods today, so the 15<sup>th</sup> century monks faced challenges with the invention of the printing press since bibles could be printed much faster. Fortunately, the bulky printing press was too coarse for everyday letters, formal correspondence and invitations so the art of calligraphy continued to flourish during Europe's renaissance. However, the calligraphers were threatened again with the advent of engraved copperplates in the 17<sup>th</sup> century and, within 100 years, artistic penmanship was in steep decline.

To make matters worse, by the 19<sup>th</sup> century the steel pen and fountain pen had replaced the flat-edged pen, making the special curves of calligraphy more difficult to achieve. Calligraphy might have

**You cannot help  
men permanently  
by doing for them  
what they could  
and should do for  
themselves Lincoln**

HELM WOTZKOW



slipped into extinction if it had not been for a British poet and artist, William Morris in the mid-19<sup>th</sup> century. He spearheaded a calligraphic revival, reintroducing the flat-edged pen and elevating the art of writing to its former position.

It would seem that the art form couldn't possibly survive the invention of the computer in the 20<sup>th</sup> century. With the click of a mouse, various scripts can be generated electronically and lasered onto bleached paper in an instant. Nevertheless, the art of calligraphy continues to flourish. *Real calligraphy comes from deep within the artist who strives to evoke the true emotion of the script through the words they draw.* Dedicated followers of the art expect it to outlast the next big invention of the 21<sup>st</sup> century.

*Author Unknown (condensed)*

---

## *Jean Norton, Calligrapher*

*While walking around the Maitland Arts Festival, Jean came upon a booth staffed by a group called Scribes of Central Florida. Intrigued, she browsed the literature offering classes in calligraphy. Twenty years later, she is still fascinated by the art form and works at perfecting hers. "I lose myself," she said, when practicing her curls and swirls. "It takes me away from the hustle and bustle of life and makes me happy."*

*There are many uses for calligraphy, both practical and artistic-- lettering birth certificates, addressing wedding envelopes, embellishing inspirational quotes, creating cards. As she explained, each letter form has its own particular parts to it which includes the spacing, the slant of the letters, etc. but one can add their own personal embellishments as desired.*

*The basic tool is a metal nib-tipped pen which can be stiff or flexible, depending on the form. Various ink colors and exquisite paper on which to write can get you started.*

*"Even though the computer has intruded on the art of beautiful writing with its many fonts and graphics, calligraphy is still alive in Central Florida," Jean said.*



*Hope is a thing with feathers  
that perches in the soul  
and sings the tune without the words  
and never stops at all.*

---

– Emily Dickinson  
Italic Calligraphy  
J.Norton

---

Be the change  
you want to be  
in this world.

---

–Gandhi  
Foundational Calligraphy  
J.Norton

---

There is no set path.  
Just follow your heart.

---

–(author unknown)  
Akim calligraphy  
J.Norton

---

*Happy Birthday!*

---

–Copperplate Calligraphy  
J.Norton

---