

# LEARNING ABOUT



September, 2009

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

## Greetings from the President . . .

. . . and welcome to the Fall Term of LIFE at UCF, the start of another exciting school year.

The Curriculum Committee, as usual, has arranged a wide variety of stimulating programs for our enjoyment. For that matter, they have all but completed the subject commitments for the Spring 2010 term and are looking ahead to Fall 2010. They welcome any suggestions you may have for topics or speakers at future programs.

I'm pleased to have so many of our previous year's classmates returning for another school year. I hope your "summer vacations" proved to be enjoyable. LIFE also welcomes a goodly number of new members. Please do what you can to help the new members become acclimated and feel at home in our organization.

Our enrollment is again at the maximum permitted by our by-laws. This largely the result of efforts during the summer break by board members Betty, Dec, Pat, Kermit and others who shouldered the administrative load of dues collections and keeping track of the many details. I truly appreciate their dedication.

During the first few weeks of this term, the board asks all of our returning members to refrain from requesting their new 2009-2010 parking passes from the welcome committee members at the door. Your current passes are valid until September 30, 2009. Within a few weeks the large crowd of new members at the front desk will subside, and we can issue your new parking passes in an orderly fashion.

Over the summer Burt Blau has provided LIFE members with a new and greatly improved LIFE website. I urge you to sign on (<http://life.ucf.edu>) to look it over and become familiar with its new and beneficial features.

Lastly, I want to personally thank those members who, with little notice, filled in for me in our last class in April while I was in surgery. It is reported the Awards Ceremony was a hug success and my absence went unnoticed. Thanks to all.

Chuck Fritz



## HIGHLIGHTS—April Board Meeting

The President reported that the UCF-LIFE partnership agreement had not yet been signed, but he did not anticipate any problems with it.

The Treasurer reported \$30,255 in reserve funds, plus \$20,729 in restricted monies. We are about \$3000 ahead of budget due to membership cap expansion. The 2009-2010 budget was presented and approved. It was noted that parking passes will increase by \$2.50 next year.

Fall 2009 program schedule will be handed out during April. (Also be available at the start of the fall semester.)

10-year awards will be presented at the April 28 Membership Recognition Meeting. Special Recognition will be given to Dean Panousis.

Sixteen LIFE members volunteered to serve as judges for the March 2009 UCF student science poster project.

It was agreed to increase LIFE membership limit to 475.

**GROWING OLD GRACEFULLY  
(or trying anyway . . .)**



1. Stop complaining. A couple of generations earlier, you would have been dead for ten years.
2. If you don't have an activity in your life that causes you to lose track of time, you need to find something.
3. If you go to the doctor more than ten times per year and don't have a terminal illness, get a new hobby.
4. It's true that they haven't written any good music for thirty years. Neither your children nor your grandchildren want to hear about it.
5. If anyone wants to know what life was like when you were their age, they'll ask.
6. Don't worry about avoiding temptation. As you grow older, it will avoid you.
7. Never mind dying with dignity, try living with dignity.

—Gordon Livingston, M.D.  
*And Never Stop Dancing*



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***Deadline for Submissions to Newsletter:***

*The newsletter will be published monthly and distributed the 1<sup>st</sup> Tuesday of each month. Submissions will be accepted up until the prior Tuesday of publication. Thank you. Editor.*

**HIGHLIGHTS—August Board Meeting**

Copies of the children's books, partially funded with our 2008 grant to the Mosquito Lagoon & Restoration Project, were passed around for review.

Marty Wiener was appointed to fill the position on the Board resulting from the resignation of Ruby Tebo. Carolyn Fost accepted the position of Safety Chair.

The President informed the Board that inquiries into sharing our classes online with outsiders at the Winter Park Library or other venues is not feasible due to technological constraints.

It was announced that Stella Sung (UCF faculty) has composed a new piece and will be presenting it April 17 at the Bob Carr. She will also be featured at one of the LIFE programs.

The Treasurer reported a balance of \$107,935, the result of nearly 100% receipt of dues in advance. \$30,000 of this money is in a restricted account. He also reported that LIFE has completed its \$20,000 commitment to the Psychology building..

There are 477 paid members, 62 of whom are new members, with a waiting list of 20.

Copies of the Fall 2009 curriculum were distributed. (These are available in paper form as well as online.) Spring 2010 curriculum is complete and Fall 2010 speakers are committed.

Elizabeth (Ingram) and Dee (Burke) were thanked for their efforts over the summer organizing the LIFE office.

Annual Awards Banquet is scheduled for last meeting of the year, December 8.

**Scholarships.** The announcement of scholarship offerings will be made through the University the second week of September. Deadline for applications will be the end of October. Establishment of LIFE prizes for student excellence through the Showcase of Undergraduate Research Excellence at UCF was discussed and approved.

**Letter to the Editor:**

I was thinking about a friend who was an excellent LIFE member for years. The Lord decided he needed him upstairs so my friend left me and I didn't get a chance to call him. I came across a lovely poem called "Around the Corner" by Henson Towne. I would like to share it with all of you in appreciation of friendship.

--Submitted by Dr. John

*Around the corner I have a friend,  
In this great city that has no end.  
Yet days go by and weeks rush on,  
And before I know it a year is gone,  
And I never see my old friend's face;  
For life is a swift and terrible race.*

*He knows I like him just as well  
As in the days when I rang his bell  
And he rang mine. We were younger then—  
And now we are busy, tired men—  
Tired with playing a foolish game;  
Tired with trying to make a name.*

*"Tomorrow" I say, I will call on Jim,  
"just to show that I'm thinking of him."  
But tomorrow comes—and tomorrow goes;  
And the distance between us grows and grows.  
Around the corner—yet miles away—  
"Here's a telegram, sir,"  
"Jim died today."  
And that is what we get—and deserve in the end—  
Around the corner a vanished friend.*



Treasure each other in  
the recognition that we do not know  
how long we will have each other.

--Joshua Liebman

**Old Age . . . .**

Old Age, I 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 who lives in my mirror (and 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. I'm 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 40's, 50's, \_\_\_\_\_ (You fill in the blank.) and, if 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 to, 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

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broken hearts are what gives 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 turn gray and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn to 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 your question, I like being old. It has set me freed. 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



WITCHES, GHOSTS & GOBLINS . . .

or whatever else you can remember about Halloween. Send me your story or recollection. It can be scary, or funny, or haunting, or harrowing. Send to [vonbrook@aol.com](mailto:vonbrook@aol.com) or leave at the desk. It'll be in the next newsletter. Deadline for submission: September 29, 2009.

Old Member . . . New Book c



By JACK GRESHAM



In Washington, D.C., a cell of Afghan terrorists—armed with a nuclear weapon—conspire to rob the Federal Reserve Bank of New York of eighteen billion dollars. The ensuing investigation uncovers a frightening plot by an international corporation to fund and manufacture global terrorism, leaving the feds wondering what it will take to counter the terrorism already set in motion.

JACK GRESHAM served in the Air Defense Command before earning his medical degree at the University of Miami with a specialization in orthopedic surgery. He currently lives in Orlando, Florida.

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HOW TO ORDER THIS BOOK

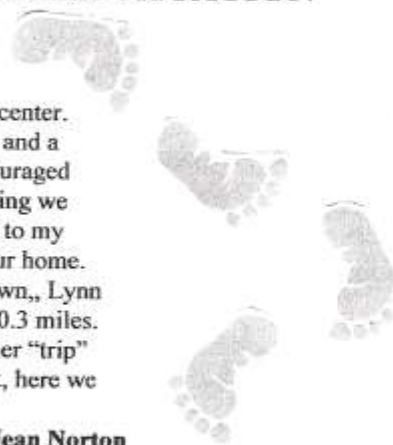
GO TO: [WWW.JACKGRESHAM.COM](http://WWW.JACKGRESHAM.COM)

Or Call 407-325-5686

## WHAT I DID ON MY SUMMER VACATION

### Walking . . . Lynn & Kimmy Trivett

This summer we joined a walking club at our wellness center. David Miller, author of Awol on the Appalachian Trail and a Titusville native, talked about his experiences and encouraged us to try making the 2000-mile hike ourselves, pretending we were on the Trail. And so we did. We decided to walk to my mother's home in Greensboro, NC, 589.5 miles from our home. After three months of walking right in our own hometown,, Lynn has "passed right by" Mom's place, having clocked 600.3 miles. I'm still working on it, with 30 miles to go. Our summer "trip" has left us healthier, with even bigger plans: New York, here we come!



### Listening . . . Jean Norton

My summer vacation was uneventful as far as travel goes. However, I found myself in many foreign places by listening to audiobooks, a medium I like because one can multitask. I listened to fiction and nonfiction and would like to recommend one of particular interest: The China Study by T. Colin Campbell and Thomas M. Campbell II, the most comprehensive study of nutrition ever conducted. It was eye-opening.

### Forgetting . . . Pat F.

On the day before my 60<sup>th</sup> birthday in August, I locked myself Out of the house, first time ever! A few days later, I went for my annual mammogram and forgot my prescription. I was expecting senior moments, but this is like a switch flipping off. [Just wait, Pat, it only gets better!! Ed.]



### Rescuing . . . Josiane Sanders

Except for a short trip to Chicago, a place I love for its museums, beautiful architecture, and good restaurants, I spent my time trapping abandoned neighborhood cats, feeding them, getting them "fixed" and vaccinated. We are trying to find homes for them. I still have a sweet kitten and one older one who need loving. Interested? Call 407-644-6382 or 407-923-2481 (cell).

### Visiting . . . Judy Scherer

Spent most of the summer mostly at home, organizing and gardening. Read many books—The Glass Castle by Jeanette Walls, an amazing Story. Visited grandchildren in Bethesda and some of them visited us In Florida—the very best part of summer.

## WHAT I DID ON MY SUMMER VACATION

### Camping . . . Ray & Sandy Jones

Stayed in a campground at Sisters, Oregon, for 6 weeks: fly fishing, golf, sightseeing, mountain drives, outdoor quilt show. On our return home, we drove through the length of California, Arizona, New Mexico and attended family reunions in NC/GA mountains. See America! (Best read: all the local newspapers along the way.)



### Island-hopping . . . Patricia A. Wright

Margaret, my eldest daughter, and I returned to my previous home at Wrightsville Beach, two islands off the coast of Wilmington, NC. Walked along the water, had seafood suppers, and rested. Wonderful!

### Painting & Sewing . . . George & Shirley Knapp

We sold our motorhome after 25 years of RVing. We felt it was time and we were right. George spent the summer painting landscapes and seascapes and Shirley stayed busy sewing.

### Visiting . . . Reet & Jack Elliott

We visited Cape Cod in July, and our children thought it would be a good idea to have a family reunion on the beach at Truro. We agreed. It was spectacular. Delicious food. Wonderful people.

### Publishing . . . Walter E. Hamler

Wrote and published my first book. It will be sold through Amazon. The Garto Chronicles is science fiction with a "twist." [Congratulations! ed.]



### Gardening . . . Rodney Braisby-Rose Carrington

We stayed in Oviedo. We worked on our yard, clearing and sodding with Bahia grass which needs little watering. It was a great success and we won the "Yard of the Month" for August. Attended 60<sup>th</sup> class reunion.

### Celebrating . . . Sigrid Stockhammer

Of course I went to see the grandchildren and their families. Just came back from NY where we celebrated my daughter's 10th year of being cancer free, along with a new home and birthdays. The 3 kids, their significant others and the 4 grandbabies were there.