



Learning Institute for Elders

September, 2012

www.life.ucf.edu



School Days, School Days

School Days, school days,
Dear old golden rule days,
'Reading' and 'ritin' and 'rithmetic,
Taught to the tune of a hick'ry stick.
You were my queen in calico,
I was your bashful barefoot beau.
You wrote on my slate,
'I love you so'
When we were a couple of kids.

—Gus Edwards/Will Cobb
1907



Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

THE PRESIDENT'S MESSAGE

This semester we welcome 80 new LIFers who are joining the already existing 450 LIFE members. We swell the ranks of 60,000 UCF students on Tuesday mornings when we share their space on the bustling campus.

Our Curriculum Committee has scheduled speakers from a talented pool of UCF professors as well as community leaders who will inform, stimulate and educate us on the latest technologies and research. We will be entertained by the music and theater arts departments. And our world views will be broadened by experts sponsored by Global Perspectives.

For over 20 years LIFE has given the senior community a place to stay current, be stimulated and make new friends. Some of the benefits include student rates for all the sporting events, music and theater programs. We can use the library and also audit classes if we choose—or work out at the beautiful sports facility.

We welcome the “newbies” and all our returning members to this season's lectures. It takes a team of dedicated volunteers to make this program happen so enjoy your “Time of LIFE” at UCF and consider volunteering to help this program in the future.

A special thanks to all committee members who give of their time and talents to LIFE@UCF.

Marty Wiener
President



LIFE@UCF

“Bang for Your Buck”

- Interesting lectures by UCF professors and community leaders
- New friends and acquaintances
- Price break on sporting event tickets
- Student I.D. - access to campus and its multiple activities, events & concerts
- Parking passes
- Monthly newsletter
- Opportunity to participate in research studies
- Interaction with students
- A treat every Tuesday

WHAT A DEAL!

Volunteers Needed!

The *Public History Center* in Sanford is seeking helping hands and civic-centered hearts! Guide tours, assist with special events, or develop and preserve exhibits as a PHC volunteer.

Call 407-936-1679
or e-mail
Ashley.Wilt@ucf.edu

**CALLING
ALL
POETS
(and wannabes!)**

LIFE is offering an opportunity for its members to take a poetry class which will be led by a published poet/writing instructor.

It is open to beginning writers as well as those who have studied and/or written poetry in the past.

There will be small fee, but it will be reasonable.

The instructor will set the number of classes and time frame but it will likely be a set of 4-6 classes beginning at 12 noon on Tuesdays after class.

It will be an engaging and non-graded class—a thoroughly enjoyable way to spend time with other members of LIFE who share similar interests in writing and reading poetry.

Space is limited so don't wait.

Contact: Pat James
407-464-0981
patgjames@mac.com



LOSSES

By Carl Sandburg

I have love
And a child,
A banjo
And shadows.
(Losses of God,
All will go
And one day
We will hold
Only the shadows.)



Highlights of Board Meeting August 27, 2012

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

Minutes from the April meeting were approved. Also approved were minutes from a called membership meeting on April 3 and the called board meeting of May 1.

Treasurer – Pat Fluno

The treasurer reported a surplus of \$4400 with additional monies secured in a money market. Report approved.

Vice-President – Judy Thames

Judy announced that 6 of the 14 LIFE sessions this fall will be held in the Cape Florida Room (3rd floor) of the Student Union. Last session will be November 27. **Diversity Week** is October 14-19. LIFE classes will meet as usual and will once again participate in the “Knights Helping Kinights” food collection.

President – Marty Wiener

Dates of board meetings for the fall semester are September 10, October 1, November 5 and November 27 (tentative).

EX-OFFICIO – Dick Tucker

Dick reported that special LIFE football ticket rates will be available and the first home game is September 15.

STANDING COMMITTEES

Policy/By-Laws – Ray Jones

Ray presented revisions to the board policies which were approved as amended.

Membership – Betty Ingham

Betty reported a total of 533 LIFE members on her rolls. She introduced Ursula Hardy, who will be taking over as chair of the Membership Committee. 10- and 20-year membership pins are being distributed. It was noted that memorial

checks in the amount of \$25 each will be sent to the UCF Foundation in memory of recently deceased members. *(Names listed elsewhere in the newsletter.)*

Grants & Awards – Ian King

Ian summarized activity of the Gerontology Awards Committee in the spring. He reported \$10,000 in high-quality awards were presented, with many more deserving had funds been available. Ian proposed increasing the award to \$15,000. Motion approved.

Curriculum Committee – John Ciesko

John reported the fall schedule is complete and the committee is recruiting speakers for the Spring 2013 programs.

AD HOC/SPECIAL ASSIGNMENTS

Safety Issues – Paulette Geiler

Attendance capacity was discussed with regard to the Cape Florida room. Members are reminded not to bring guests when we meet upstairs. Members are also reminded that the Student ID office has relocated to the shops near the arena. Distance from the Student Union may necessitate driving to new location w/ parking in Garage D.

Past Presidents – Phil Easterling

Phil requested a short meeting of committee immediately following adjournment.

Newsletter – Vonnie Bradbury

The newsletter will follow the same format and will be distributed the second Tuesday of each month. There will be no newsletter in December or May. Your stories, poems, anecdotes, etc. are welcome and encouraged.

UCF Medical School Liaison – Marty Wiener

Reporting for Clay Croft, Marty reported a good relationship with the medical school. He attended the “white coat” ceremony recently. *(See story elsewhere in newsletter re: medical grant award.)*

Historian – Del Shadgett

Discussion as to whether this position was being duplicated by the web page and/or other media.

Highlights (continued...)

Dick and Alice commented that "paper" items—grants/awards and membership recognition program, obituaries, news items—are not being saved by any other committee. It was agreed the job should be retained; Alice will talk to Del.

Audio/Visual – Steve Hall

Steve asked to be notified about any announcements or special events that need to be put on the Tuesday boards. Members are also reminded that speaker requests for equipment need to reach him with ample time to meet the needs. He is seeking an assistant to serve as back-up when he cannot be there.

Webmaster – Burt Blau

A time will be scheduled for Burt to discuss our online application and any questions thereof as well as establishing a records archive.

Sunshine – Chuck & Pat Fritz

Chuck asked members to report illness, etc. to the Fritzes so they can send a card from LIFE.

NEW BUSINESS

Knights Helping Knights

As a follow-up to the vice-president's report of good pantry supplies being short early in the semester, Paulette moved that LIFE donate \$500 as a one-time gift to help out the program. This is not part of our grant program. Motion approved.

Next board meeting: September 10

Meeting adjourned.



Meet

Your

Board

Members...

Over the next few months, we will introduce you to the 21 members of the Life @ UCF, Inc. board and tell you a little bit about them.

Board members you will be meeting are as follows:

Vonnie Bradbury
Frank Burgos
John Ciesko
Lee Cross
Phil Easterling
Pat Fluno
Chuck Fritz
Paulette Geller
Steve Hall
Betty Ingham
Ray Jones
Ian King
Lucia Pulido
Alice Reinhardt
Norman Sandhaus
Roy Scherer
Judy Thames
Martin Wiener

Ex-Officio

Mike Hampton
Martha Hitt
Dick Tucker

(See next page...)

**MEET
YOUR
BOARD
MEMBERS ...**



IAN KING, Ph.D.

Years a LIFE member: 5
Occupation: scientist/engineer
Hobbies: reading, tutoring, volunteering
What I like best about attending LIFE: Talks are interesting, informative and intellectually stimulating. Also, one can meet people of similar interests and learn from people with different backgrounds.



JUDY THAMES

Years a LIFE member: 3
Occupation: ceo-senior services/farmer
Hobbies: fishing, reading, serving on community boards, being a grandmother & great grandmother
What I like best about attending LIFE: I love being involved with a group of older people who love still learning and being on a college campus.



NORMAN SANDHAUS

Years a LIFE member: 10
Occupation: artist/photographer
Hobbies: art/photography
What I like best about attending LIFE: lectures, association with students, curriculum



VONNIE BRADBURY

Years a LIFE member: 4
Occupation: college administrator
Hobbies: reading, music, editing/writing, gardening
What I like best about attending LIFE: learning new things; meeting old friends & new; having a parmesan pretzel every week

**CALL FOR PAPERS
or POEMS or STORIES or ESSAYS
or GOOD JOKES
or NEWSWORTHY ITEMS
for
LIFE NEWSLETTER**

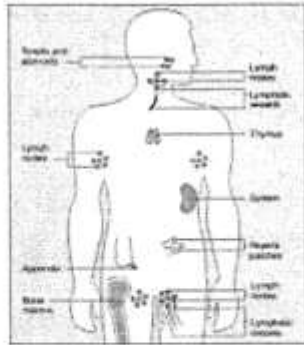
Vonnie Bradbury, Editor
vonbrook@aol.com

407-849-0693

In Memoriam

Robert Butsch
Phil Straus
Bill Taylor
Mary Dee Williams

We would like to extend our sympathy to the families and friends of LIFE members Robert, Phil, Bill and Mary Dee, who passed away over the summer.



MEDICAL SCHOOL PUTS GRANT AWARD TO GOOD USE

The UCF College of Medicine has purchased two German-made Somso Modelle anatomical models—*Base of the Head and Fetal Circulatory System* with the \$2000 grant award they received from LIFE last spring.

This fall's entering class of medical students will be the first to utilize these teaching tools during their Anatomy Lab experience.

LIFE'S \$500 donation resulted in 1000 lbs. of canned goods being delivered to Second Harvest for distribution. Thanks, LIFErs!



A WISH LIST

When students arrive on campus and classes begin, their financial aid checks have not always arrived. For some students, that is all they have to live on. It's hard to study when you're hungry. The Pantry provides a place where students can go for temporary relief until their checks come in.

On Tuesday, **October 16**, LIFE members are asked to bring canned goods to help stock and replenish the pantry. All donations are greatly appreciated. Below is a list of needed items:

Food

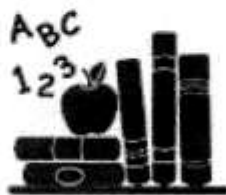
canned tuna & chicken
peanut butter
canned fruit
pasta & pasta sauce
macaroni & cheese
ramen
hamburger/tuna helper
pancake mixes
cake & brownie mixes
cereal
cereal bars
canned beans (no green beans)
soup
dehydrated meals

Toiletries

soap & body wash
deodorant (men & women)
body lotion
shampoo/conditioner
toothbrushes & toothpaste
mouthwash
toilet paper

WORDS OF WISDOM . . .

. . .from a teacher



I have been retired from teaching for many years and would like to share a lesson I learned that stands out in my memory like no other.

I was young, teaching math at the junior high school level. We had worked hard on a new concept all week and the students were very stressed. They were frowning, frustrated and carping at each other and me. Wanting to stop the crankiness before it got out of hand, I asked the students in the room to take out two sheets of paper and list the names of the other students in the room, leaving space between each name. Then I told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish the assignment. When the students handed me the papers and left, they seemed more relaxed.

That weekend, I wrote the name of each student on a separate sheet of paper and listed what the students had said about that individual. On Monday, I gave each student his or her list. Before long, everyone was smiling. "Really?" I heard one whisper. "I never knew that I meant anything to anyone." "I didn't know anyone liked me that much!"

The assignment was never mentioned again, but it didn't matter, because the exercise had accomplished its purpose. The students felt better about themselves and each other.

Years later, I was asked to attend the funeral of one of those students, a promising young man even

when I taught him in junior high school. I was deeply saddened by his untimely death in Vietnam.

The church was packed with Mark's friends, many of whom had been his classmates and students of mine.

After the funeral, I and many of Mark's former classmates were invited to his parents' house. They approached me and said, "We want to show you something. Mark was carrying this when he was killed." His father pulled something from a wallet. It was the list of all the good things Mark's classmates had said about him. "Thank you so much for doing that," Mark's mother said. "as you can see, Mark treasured it."

A group of Mark's classmates overheard the exchange. One smiled sheepishly and said, "I still have my list. It's in my diary." "I put mine in our wedding album," said another. "I bet we all saved them," said someone else. "I carry mine with me at all times."

That's when I finally cried. The lesson my former students taught me that day became a standard in every class I taught for the rest of my career.

Sister H.P.M.
St. Paul, MN

[Letter appeared in "Dear Abby" column, Orlando Sentinel 12-27-2001.]



*I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel.*

—Maya Angelou

*If you light a lamp for someone, it will brighten
your own path.*

—The Buddha