

# LEARNING ABOUT



November, 2009

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

## MINUTES OF BOARD MEETING

October 5, 2009

**President's Report** – Chuck announced that Gerry Jamieson and Howard Kichler had been asked to represent the Board on the Nominating Committee and Phil Easterling will be the representative to the Audit Committee, with Allen Reinhardt as chair. More volunteers are needed to serve. John Pellosie was appointed as LIFE liaison to the UCF Medical School. Chuck announced that Jack Gresham has indicated he will retire from the Board at the end of his elected term.

**Treasurer's Report.** The Treasurer distributed copies of the financial reports which were approved. See Statement of Cash Receipts and Disbursements below. After discussion, a motion passed to approve the purchase of a 3-year liability insurance policy for the LIFE Board and Directors at a fixed premium of \$1045 per year.

**Membership** Chair reported there were 45 on the waiting list for the next available vacancy. There was some discussion regarding members' complaints over excessive saving of seats. It was decided to request that no more than two additional seats be reserved by any given individual/couple. A "code of conduct" has been posted on the announcements screen and members are encouraged to take note.

The **Curriculum** Committee continues to meet and identify additions to the 2010 schedule. Parking passes for speakers will be distributed for the next few programs.

**Marketing** . Classes averaged 336 attendees in 2008. Average attendance thus far in 2009 has been 368 attendees.

**By-Laws & Policies.** Ed submitted a draft of an addition to the LIFE Policy statement dated November 3, 2008, regarding membership dues. After discussion, the Board approved insertion of the following statement as the first two sentences of paragraph two: "*Membership dues are for an entire year covering the period July 1 through to the following June 30<sup>th</sup>. Members intending to renew their membership must have their dues paid by June 30 or risk being replaced in the membership by the next person submitting his/her dues payment.*"

**Scholarships & Awards.** Doug reported that publicity efforts this year will be done electronically in place of hard copy mailings. Review Committee will have one week to evaluate. The committee members will meet November 3 in the Student Union Conference Room to select the scholarship recipients

Ann has made arrangements for the scholarship luncheon. It is expected the cost will be about what it was last year. More information will be coming soon

**Honors Program.** Marty has contacted Dr. Wang re: this program and will provide more information next semester. He is also organizing the proposed LIFE campus orientation tour.

**Discussion Groups.** Ralph would like more participation. Y'all come!!

**Ex-Officio Reports** Martha Hitt presented stats on the fall class of entering freshmen and the student body as a whole. UCF is about to break Ground on another parking garage and the new water tank recently completed will save the University about \$175,000 per year.

Dr. Tucker reported that the LIFE-UCF Partnership Agreement is ready for signatures. Signing ceremony will be held at 9 a.m. on Tuesday, November 3, before classes begin.

**NOTICE OF LIFE@UCF ANNUAL MEETING**

DECEMBER 8, 2009 AT 11 AM

UCF STUDENT UNION -CAPE FLORIDA ROOM

Brief reports by officers and election of board of directors

**MINUTES OF LIFE@UCF ANNUAL MEETING 2008**

President Doug Garner called the meeting to order at 11:30 AM. He commented that this was his last meeting as presiding officer and he would be turning the gavel over to Chuck Fritz beginning January first. Garner reported that LIFE continues to have a membership waiting list, and that our finances are in good shape. The final third of our \$20,000 pledge to the UCF Psychology Building Fund will be paid in February.

Minutes of the 2007 LIFE Annual Meeting were approved as distributed prior to the meeting. A condensed Treasurer's report for the fiscal year ending on July 31, 2009 had been published in the LIFE newsletter. This showed a \$75,000 balance. Treasurer Kermit James updated the membership on the current financial status as of November 30<sup>th</sup>. Cash on hand equals \$86,000. From this amount, \$6,667 is pledged to the Psychology Building, and \$25, 549 will be distributed at the Awards Luncheon. Restricted gifts total \$20,000. The Treasurer's report was accepted as presented.

The nominated slate for election of the class of 2009 to the 16 member LIFE Board was presented by President Garner. Nominations were closed and the slate was elected for a 3-year term beginning January 2009: Re-elected members are Deloris (Dee) Burke, Phil Easterling, Kermit James and Ed Haddad. Maggie Harris and Howard Kichler will be serving for the first time.

The meeting was adjourned at 11:47 AM

**Alice Reinhardt**, Secretary

**Learning Institute for Elders  
At  
University of Central Florida, Inc.**



**STATEMENT OF CASH RECEIPTS & DISBURSEMENTS**

**FISCAL YEAR ENDED JULY 31, 2009**



Cash balance, August 1, 2008	\$ 75,563
Cash receipts	79,799
Cash disbursements	<u>(47,427)</u>
Cash balance, July 31, 2009	<u>\$ 107,935</u>



## This One Meal



Somehow Thanksgiving always recalls the past. The question is which past. For most of us, the Pilgrims and their sufferings are no more real than the thought of a cold November day without central heating. The richest part of our imagination is bounded by childhood, and when we think of an authentic, historical Thanksgiving, we tend to mean the kind of feast we ate when the adults all seemed so much bigger and wiser and funnier—a feast that is authentic right down to the Jell-O salad, if you come from the Jell-O salad part of the country.

If you happen to be old enough, you celebrated Thanksgiving, as a child, in the company of adults who grew up during the Great Depression or came of age during World War II. What they tended to bring to the feast was a keen sense of gratitude.

“When I was your age,” the stories began, stories of deprivation that contained within them a certain wonder at the abundance the storytellers found around them—not just the richness of the table itself but the warmth and illumination of the houses, the way they kept a dark, wet November at bay. It was hard to hear those stories without feeling a certain skepticism. If life had been that difficult, why did grown-ups enjoy talking about it so much?

We often find it hard to be thankful as we should be these days. For so many Americans, it is no longer a question of having too little or having enough. It's the difference between having too much and having way, way too much.

It is too easy to forget, amid this abundance, that all across America a different kind of Great Depression is still going on. The old stories would have been told very differently—if they were told at all—if they had been tales of growing up poor in the midst of wealth. There was no shame in the collective poverty of the Great Depression. There is no shame in the poverty Americans suffer today. The shame adheres to those who do nothing to change it.

Perhaps it isn't necessary to have gone hungry in order to be thankful for eating well. In a land of economic entitlement, gratitude may be almost too old-fashioned to sustain for more than this one day. But then there is something to be said for an old-fashioned holiday like this one. For a moment, we grasp how rich we are, how close we feel to the ones around us, and we give thanks before all seems merely normal again.

Editorial  
*NYTimes, 11-24-05*

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**To Stuff or Not to Stuff: *That is the Question.***

**A random sample of LIFE members indicated they like their dressing baked outside the turkey, but only by a hair: 30-outside, 29-inside, 18-both. However, ALL liked eating it!**

**HAPPY THANKSGIVING,  
EVERYBODY!**

## A LIFE TO GIVE . . . x 2



*You make a living out of what you get.  
You make a life out of what you give.*

--Winston Churchill

The above quote appears in the introduction to a small book of poems by Jack Gresham. It serves equally well as an introduction to Jack himself and his wife, Moena, members of LIFE for the past three years.

It was "love at first sight," they both agree. Moena had recently moved from California to Miami; Jack was in college there in his hometown. They met at a party and, over 50 years later, it is still a romance . . . and a partnership that has taken them around the world many times.

Interrupting his education, Jack joined the Air Force and received his wings just days after a truce was declared in the Korean War. Nevertheless, he flew reconnaissance missions over the Atlantic for three years and could easily have chosen to make the military his career. And, while he loved to fly, he was a family man by this time with a wife and two children and wanted a more settled lifestyle than the military could offer. He chose to serve another way.

Jack graduated from the University of Miami School of Medicine in 1961 and then moved to the little town of Orlando, population 35,000 and immediately went into a one-year internship followed by a four-year residency in orthopaedic surgery at Orange Memorial Hospital, now named Orlando Regional Medical Center. By this time, Jack and Moena had added another child to their family bringing the number of children to three. The unsung hero during years of training is the spouse of the medical student and this was certainly true of Moena. She provided the care and support that made it possible for Jack to spend long hours studying or working in the hospital. It was a pattern that was to continue throughout their married life.

It is often the case that doctors choose to practice where they do their residency and so it was with the Greshams. In 1967, Jack set up his practice after completing a fellowship in hand surgery at the University of Louisville School of Medicine. He took on the directorship of orthopedic education at ORMC between 1970-1974. Jack worked; Moena took care of everything else. Crazy, busy times for both of them.

The years flew by, the kids grew up. One day a letter came across Jack's desk inviting him to establish a western-style orthopedics program in a military hospital in Saudi Arabia. Thus began a five-year adventure, in a different culture, in a tiny town, on top of a mountain, in a faraway land.

Jack faced many challenges in getting the orthopedics program set up. Along with the culture shock and language barrier, he faced almost constant demands in patient care. Free time was a rarity.

Moena faced her own set of challenges. Restrictions were the hardest to bear. She was the first medical staff wife to arrive and immediately began the process of indoctrination and nurturing new arrivals. She also became active in working with the children in the rehab center, most of them with crippling residuals of polio and extensive burns.

Upon their return to Orlando in 1985, Jack and Moena resumed their former life. Jack went back to his practice and teaching Sunday school. Moena volunteered at their church, singing in the choir and participating in the flower ministry while also raising their grandson.

But that is not the end. Beginning in the mid-90's, Jack volunteered for a number of medical mission trips, traveling to the Ukraine four times, the last of which Moena accompanied him. Another mission trip in 2003 found them both in



Kenya, Africa, once again on top of a mountain, serving the natives of that beautiful land. Moena spoke of the abundance of flowers found there, supplying many of the world's floral markets. There was one more short mission trip for Jack, this time to Brazil. He saw physical deformities and suffering that haunt him to this day. In 2004, Jack took down his shingle and retired from practicing medicine.

The rocking chair sits empty, however. Jack has completed a book of poems entitled *Double Exposure: Life and Times and the Fruit of the Spirit*. He has recently published *18 Billion*, Book One of a four-book series entitled *Mohammed of Babylon*. Books two and three are ready for final editing and Book Four is 70% completed. His web page is [www.jackgresham.com](http://www.jackgresham.com). Moena, recently recovered from knee surgery, is ready to get back to her volunteering.

So what have they learned as they journeyed along life's pathway to the far corners of the globe? Jack answers without hesitation, "People are much the same the world over. They all have the primary need to love and be loved."

So it's all been wonderful, right? Well, no. Jack admits he worked too hard for too many years and his family probably suffered from it. Moena gave up a piece of herself to support Jack's calling and knew boredom and loneliness at times. But, like all of us and better than some of us, they have met life's challenges and continue to enjoy each other and each day.

Upon entering their home one feels like she has entered an international salon. A caravan of wood-carved camels climb the front stairway. A collection of teapots sit on a credenza. Intricately carved chairs surround the dining room table. Artifacts give testimony to their world travels. Their lives give testimony to their story of dedicated service and concern for others.

Churchill was right—you make a life out of what you give—and none exemplifies that better than the Greshams.

Jack and Moena have three children—Keith, Robin, and Katryna and five grandchildren – Johnny, Lindsey, Jimmy, Keith Jr., and Kelsey.

### GENTLENESS

*The injured child crying in pain,  
The mother, whose son has just been slain,  
The CEO with a simple sprain,  
All have need of the gentle touch.*

*It matters not the age or hurt,  
To the call for help we must be alert,  
And give time needed without being curt,  
All have need of the gentle touch.*

*Keeping the need to do "good" at bay,  
Seeing in suffering the yearn to pray,  
And knowing few the words to say,  
All have need of the gentle touch.*

*Taking them all in the hands that care,  
To do as much as we possibly dare,  
And our own lives with them to share,  
All have need of the gentle touch.*

*There is no walk in life which can deny,  
The need to be gentle with those who cry,  
And for the suffering, never pass by,  
All have need of the gentle touch.*

—Jack Gresham  
*Double Exposure*

**There is no exercise better for the heart than reaching down and lifting people up.**

—John Andrew Holmes



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# THE FIRST 100 YEARS ARE THE HARDEST

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## Living Life

Life is not a race – but indeed a journey.  
Be honest. Work hard. Be choosey.

Say “thank you,” “I love you,” and  
“great job” to someone each day.

Go to church, take time for prayer.  
The Lord giveth and the Lord taketh.

Let your handshake mean more than  
paper and pencil.

Love your life and what you’ve been  
given.

It is not accidental – search for your  
purpose and do it as best you can.

Dreaming does matter. It allows you to  
become that which you aspired to be.

Laugh often. Appreciate the little things  
in life and enjoy them. Some of the best  
things really are free.

Do not worry, less wrinkles are more  
becoming. Forgive, it frees the soul.

Take time for yourself – plan for  
longevity.

Recognize the special people you’ve  
been blessed to know.

Live for today, enjoy the moment.

–Bonnie Mohr  
submitted by Jean Norton

## The Best Mash in the World

2 large Yukon Gold potatoes (leave skins on)  
1 large sweet potato, peeled  
2 large garlic cloves, finely minced  
Salt, to taste  
Cajun Seasoning, to taste  
2 Tbsp. unsalted butter  
1/4 cup sour cream  
Garnish  
Italian parsley, finely chopped

Scrub potatoes well. Peel. Leave skins on  
white potatoes.. Cut into 2” dice.

Put potatoes and HALF of prepared garlic in  
medium-sized saucepan with salted water,  
bringing to a boil. Cook about 15 minutes.

Drain and mash with hand mixer or potato  
masher. (Tip: Place the cooking pot in the  
sink for easier mashing.) Add seasonings to  
taste, other half of minced garlic, unsalted  
butter and sour cream. [Further options  
shown below.] Garnish with parsley. Serve  
hot. (Tip: If not ready to serve, leave  
potatoes in the pot and place a paper towel  
between lid and pot which will stop any  
condensation from forming.) Serves 4.

Options: Use seasoned salt, add Gorgonzola  
cheese or Monterey Jack. Try mayonnaise  
(1/3 cup) instead of unsalted butter and sour  
cream.)

This dish is a favorite any time of the year  
and the color is great because of the sweet  
potatoes!

[Recipe contributed by Julia Strimple, LIFE  
member and Founder/Owner of  
**Gourmet Magic**, specializing in teaching  
cooking, team building culinary classes and  
social skills programs to groups and  
organizations. [www.GourmetMagic.org](http://www.GourmetMagic.org)]

