



Learning Institute for Elders

November, 2010

www.life.ucf.edu

IROQUOIS PRAYER

We return thanks to our mother, the earth,
which sustains us.

We return thanks to the rivers and streams,
which supply us with water.

We return thanks for all herbs, which furnish
medicines for the care of our diseases.

We return thanks to the corn, and to her sisters,
the beans and squashes, which give us life.

We return thanks to the bushes and trees,
which provide us with fruit.

We return thanks to the wind,
which, moving the air, has banished diseases.

We return thanks to the moon and stars,
which have given us their light when the sun was gone.

We return thanks to our grandfather Hé-no,
that he has protected his grandchildren from
witches and reptiles, and has given to us his rain.

We return thanks to the sun, that has looked upon
the earth with a beneficent eye.

Lastly, we return thanks to the Great Spirit,
in whom is embodied all goodness, and who
directs all things for the good of his children.



Highlights of Board Meeting November 1, 2010

UCF Liaison, Dick Tucker, reported on a proposal by Charlie Pierce, retired Orlando health executive, to recruit sponsors (no money involved) to promote a conference on Positive Aging within LIFE membership. Approved.

UCF Foundation inquired about what to do with \$500 award to Dr. Sagaya which was not used. Approval given to add to 2010 awards.

EXECUTIVE COMMITTEE

President's Report: Chuck Fritz proposed that any future changes to LIFE's by-laws be made by the secretary and stored on the LIFE computer. Committee chairs are still needed for two positions: Special Events Committee and Historian. Board agreed to continue the tradition of giving gifts to Toys for Tots. Chuck read a letter of resignation from Ed Haddad who is resigning due to schedule conflicts.

Vice-President's Report: Ann Funk discussed details for November 30 Awards Banquet. The Student Union "employee of the month" award plus the bagel breakfast for student union employees is in the works.

Secretary's Report: Minutes for the Oct. 4 board meeting were approved.

Treasurer's Report: Kermit James reported an influx of \$4000 from new member dues. Treasurer's report accepted.

STANDING COMMITTEES

Membership: There are currently 497 members and a waiting list of 120. UCF policy on lost parking passes: Member must enter a police report and pay \$25 for a replacement.

Curriculum: Spring 2011 is complete and Fall is outlined. Chairmn Burgos has resigned and a new chair is needed for this important committee.

Special Events: Reservations are being taken for the November 30th awards banquet.

By-Laws: No report.

AD HOC COMMITTEES

Nominating: Ray Jones announced eight vacancies on the board. Because there are eight candidates for eight slots, a ballot will not be necessary. The slate of officers will be presented on November 30.

Grants & Awards: Doug Garner reported that 60 applications are currently being considered by the committee. Bert Blau was commended for the great spread sheet he prepared and Becky Sharp, Psychology, received kudos for helping with the printing. Announcement of awards/grants will be made at banquet.

Newsletter: No newsletter in December as LIFE will not be in session. The February 2011 issue will be devoted to the 20th anniversary celebration.

Medical School Liaison: Tours of the Medical School will be arranged after the holidays.

Honors Program: An outline of Spring Honors events should be available by mid-December.

UNFINISHED BUSINESS

Audit Committee: Chuck thanked Al Reinhardt for chairing the committee.

Board Replacements: Chuck appointed Vonnie Bradbury to a one-year term to fill Ed Haddad's board position, beginning immediately. Doug Garner was appointed to complete Dee Burke's term ending in 2011. Both appointments were approved.

UNFINISHED BUSINESS (continued . . .)

LIFE's 20th Anniversary: Dick Tucker and Al Dellago are coordinating plans for a celebration on February 7, 2011, during the second session of LIFE. Vonnie Bradbury, Roy Scherer, Doug Garner and Alice Reinhardt volunteered to help. A budget of \$1500 was approved for committee expenses.

Next Board Meeting: The regularly scheduled November 29 board meeting has been canceled.

Past Presidents' Council: The proposed establishment of such a council will be tabled until January.

Other: Hal Fredericks, LIFE charter member, has donated historical papers on the LIFE organization. They will be added to those in the LIFE office.

**NOMINATIONS
for
LIFE BOARD OF DIRECTOR**

Francisco Burgos

Steve Hall

Ray Jones

Lucia Pulido

Norman Sandhaus

Judy Thames

SAVE THE DATE!

**LIFE Awards Banquet
November 30, 2010
\$16.00 per person**

A POEM

by Janice Soldinger
LIFE member

'Twas a moment in time
I have never seen
Before or after.
A chance encounter
Walking along the road
A sudden breeze
Wafted my way
And in front of me
Bronze, brittle leaves
Congregated
In a ballet.
A little spout formation
Whirling and eddying
in perfect precision.
The wind was directing the dance
And kept it going.
It was choreographed just for me.
I smiled and watched in fascination.
And admiration and felt like applauding
This spectacle just for me alone.
It lasted long enough
For my heart and mind to become
Blissful and ecstatic.
I didn't want it to end
But when it did I felt like
I had been blessed
By the Creator of the world
Who told me, "It is true."



**LIFE @UCF ANNUAL MEETING
UCF STUDENT UNION—CAPE FLORIDA ROOM
DECEMBER 8, 2009—11 A M**

President Chuck Fritz opened the meeting with remarks and a "State of LIFE 2009" summary report. Membership is at its maximum with a waiting list—thanks to committee chairs Dee Burke and Elizabeth Ingham. A committee has been formed to search for a larger meeting room on campus.

LIFE is in solid financial condition, with \$72,000 in assets. The last payment was made this year to the UCF Psychology Building fund. LIFE will give out grants and awards totaling more than \$28,000 at the luncheon today. This makes a total of \$251,000 awarded to UCF departments since our inception. Our partnership agreement with UCF, renewed every 5 years, was signed in November.

The Financial Report for the year ending July 31, 2009, and the report of the December 2, 2008 Annual Meeting were approved as printed earlier in the LIFE newsletter.

A slate of members nominated to the board for a three-year-term, beginning January 1, 2010, was presented:

Currently serving and standing for re-election: Chuck Fritz, Alice Reinhardt, Roy Scherer and Elizabeth Ingham; Completing the term of a member who resigned, and to be newly elected: Martin Wiener; Nominated for the first time: Ian King. The slate was elected as nominated.

After several announcements, UCF Police Chief Richard Beary and Deputy Chief Michael Zelanis arrived to pick up Toys for Tots items donated by LIFE members. The meeting adjourned at 11:35 AM.

Alice Reinhardt, Secretary

**LEARNING INSTITUTE FOR ELDERS
AT
UNIVERSITY OF CENTRAL FLORIDA, INC.**

STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS

Fiscal Year Ended July 31, 2010

Cash balance, August 1, 2009	\$ 107,935
Cash receipts	48,368
Cash disbursements	<u>(71,215)</u>
Cash balance, July 31, 2010	<u>\$ 85,088</u>



DON'T FORGET!

Classes begin at 9:00 a.m.
on
January 11, 2011

Announcements at 8:45 a.m.

"Don't be square, be there!"

"How to Stay Young"

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idel. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with

us our entire life is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt grips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt it.
10. Tell the people you love that you love them at every opportunity. AND ALWAYS REMEMBER: life is not measured by the number of breaths take but by the moments that take our breath away!

--attributed to George Carlin



"When you cease to make a contribution, you begin to die. I think it is a necessity to be doing something which you feel is helpful in order to grow old gracefully and contentedly."

--Eleanor Roosevelt

ROW, ROW, ROW YOUR BOAT . . .

We all remember that old round we sang as youngsters:

Row, row, row your boat
Gently down the stream.
Merrily, merrily, merrily, merrily
Life is but a dream.

What could be more relaxing than a slow, meandering row down the river on a Sunday afternoon. Well, nothing, I suppose. But we're not talking about that kind of rowing. We're talking about "sculling" or "sweep rowing" in competitions and there's really nothing leisurely about it.

Sculling – act of rowing with each person having two oars.

Sweep rowing – people using one oar only who operate in pairs, fours, or eights.

MARTY WIENER got involved in this kind of rowing when his son and daughter were in high school. I was a "late bloomer," he said. Even though he had been a runner and played soccer in college, this was a whole different thing.

Marty joined the Orlando Rowing Club at Lake Fairview, took lessons, and embarked on a path that would eventually lead him to the Olympics as a referee for the sport.

According to the Masters Rowing Association (MRA), rowing "is among the most physically demanding and mentally challenging disciplines in sports. . . row-



ing a mile and a quarter in 6:33 places the highest demands on each athlete's aerobic system and mental tolerance. Only cross-country skiing and long distance speed skating demand as much of an athlete in a concentrated period of time."

Meanwhile, back at the boathouse, Marty was hooked. He started a sculling program and rowed 4-5 days a week. He also taught private lessons. It wasn't long before he was being recruited to "ref." Getting licensed was a 3-4 year process but from then on he was asked to officiate all over the country. He spent 8 years on the Referee Commission.

When he started, refing he got nothing. "Maybe lunch," he laughed. "Today you can get \$50 for officiating at an all-day regatta. And I mean all day: 8 a.m. to 5 p.m. But you don't do it for the money. You do it for the love of the sport."

Marty (continued . . .)

That love led him to start a pilot program designed to teach rowing to the blind. In an article which appeared in the *Orlando Sentinel* in 1994, Marty states he got the idea from a group in Indianapolis who had set up a program for blind kids. He took another approach, offering the opportunity to blind adults. In addition to providing a fun and safe athletic experience, it offered a great sense of accomplishment for these determined rowers



It was in 1996 that Marty was recruited to officiate at the Olympics in Atlanta. Watch his eyes light up as he talks about it. These rowers are “a breed apart, steeped in a 200-year-old tradition.” (MRA) To see the synchronization of movement, the concentration and the teamwork as the scull moves silently through the water is amazing. Probably only those who have tried it know just how much effort goes into what looks so effortless when done correctly.

Were it not for back surgery three years ago, Marty would still be rowing. “It was never a competitive thing with me,” he said. “I had nothing to prove. It was doing my personal best that mattered.”

CLOSET CLEANING FOR SCHOLARSHIPS

UCF Women's Club
University Seventh Day Adventist Church
9191 University Boulevard
Orlando, FL 32817

**THURSDAY, NOVEMBER 11, 2010
10:00 - 6:00**

bargains, bargains, bargains

For more information or to donate clothing for this very worthwhile cause, please contact:

Dell Shadgett
(407) 671-0461
dellshadgett@earthlink.net



Veterans Day

November 11, 2010

Fun Thoughts about Aging

- Victoria Abreo

Three older ladies were discussing the travails of getting older.

One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in, "Yes, some times I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, " Well, I'm glad I don't have that problem; knock on wood," as she rapped her knuckles on the table, then told them "That must be the door, I'll get it!"

thanksgiving



The year has turned its circle,
The seasons come and go.
The harvest all is gathered in
And chilly north winds blow.
Orchards have shared their treasures,
The fields, their yellow grain,
So open wide the doorway--
Thanksgiving comes again.

More Fun Thoughts about Aging . . .

-George Carlin

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens; now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but, hey, you're gonna be 16!

And then the greatest day of your life: you become 21. Even the words sound like a ceremony . . .
YOU BECOME 21. YESSSSS!

But then you turn 30. Ooooh, what happened? Sounds like bad milk. He TURNED, we had to throw him out. There's no fun now. You're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21. You TURN 30. Then you're PUSHING 40. Whoa! Put on the brakes. It's all slipping away.

Before you know it, you REACH 50 and your dreams are gone. But wait!!!

You MAKE it to 60. You didn't think you would.

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70.

After that it's a day-by-day thing. You get into your 80" and every day is a complete cycle. In the 90's, you start going backwards. "I was just 92."

If you make it over 100, you become a little kid again. "I'm 100 and a half." May you all make it to a healthy 100 and a half!