



Learning Institute for Elders

November, 2013

www.life.ucf.edu



Veterans Day

November 11, 2013

Highlights of Board Meeting

October 7, 2013

EXECUTIVE COMMITTEE

Secretary – Alice Reinhardt

Thank you letters sent to Chris & Bill Myers and Valerie Taylor for their work on LIFE membership committee. Thank you's received from UCF Foundation for Louise Blau memorial and Food Pantry contribution. Sept. 9 board minutes approved.

Treasurer – Pat Fluno

LIFE finances are in good shape. Audit Committee has met and will make their recommendations at the November meeting. Treasurer's report approved.

President – Judy Thames

Judy thanked Phil Easterling for planning the wine-tasting lunch and tour at Rosen Hospitality Center. She met with Dr. Schell (UCF administration) and Dr. Wang (Honors College) re: ideas for LIFE programs. Other items discussed: Student Union policies on book sales and political petitioning. Clay Craft was introduced as new board member, replacing Pat James. Clay will assume chairmanship of Membership Committee, replacing Gerri Jamieson who has resigned.

EX OFFICIO

UCF Academic Sponsor – Mike Hampton

Mike has registered for a UCF tutorial explaining the UCF Remote Learning

Program which would give us the ability to hear LIFE lectures online or in an overflow room. Privacy issues might impact lecturers. Steve Hall and Mike will investigate.

UCF Liaison – Dick Tucker

Dick is investigating the benefit of 10-year members becoming UCF honorary alumni. Will report back.

STANDING COMMITTEES

By-Laws/Policies – Ray Jones

Ray is working on several policy issues which he will bring to the next board meeting.

Membership Committee – Gerri Jamieson

With 200 applicants on the waiting list, no more applications will be accepted. Clay and Gerri will work out a smooth transition of chair duties.

Audio-Visual Technician – Steve Hall.

Steve reported the mike situation is improving in Pegasus, less so in Cape Florida. For hearing-challenged persons to pick up the 88.8 frequency, he suggests personal radios with short antenna-analog frequencies work best. Approval was given to test various radios in our meeting venues. A volunteer is still needed to provide backup for Steve when he cannot be at Tuesday's lectures. He is also requesting a lockbox in the Student Union to store equipment.

Curriculum – Lee Cross

Lee reported the committee has two new volunteers and is working on spring curriculum. Her committee will make recommendations to Ray re: book sales policy.

Grants & Awards – Doug Garner

Three applications received so far. Most come in just a few days before deadline which is October 25. Promotional material has gone out to departments.

Past Presidents – Marty Wiener

Marty reported this group has as their goals the following: act as ambassadors, review needs of a large LIFE membership, and support the work of the membership and curriculum committees.

Phil Easterling will send formal thank yous to Frank Juge for the wine tasting event. Future tours may be planned for LIFE members.

Nominating Committee – Lucy Pulido

Lucy reports she is contacting the 2013 board members re: their standing for re-election.

Attendance/Greeters – Lucy Pulcido

Beverly Bressant thanked for filling in during Lucy's absence. Highest attendance thus far – 398, first class session. Other attendance figures: 356, 364, 344, with 402 chairs available.

Safety – Paulette Geller

Paulette outlined duties of safety committee when an incident occurs at LIFE. Biggest concern: onlookers and privacy issues.

Diversity Breakfast – Ian King

A full contingent is registered for the LIFE table on Oct. 21. Other activities include Dick Tucker's lecture.

Newsletter – Vonnie Bradbury

Vonnie, and the board members, thanked Lee Cross for publishing the October newsletter due to Vonnie's broken wrist.

Knights Helping Knights Food Pantry and Telephone Liaison

Lynn Trivett will handle LIFE collections for the above food drive. Kimmie Trivett is now checking phone messages at LIFE office.

Med School Tours – Clay Craft

Tour slated for LIFE members on October 11 from 10-12 noon.

NEW BUSINESS

Student Intern – Judy requested option of hiring a student employee for 10 hours a week to support board efforts. Board approved investigation of this option, feasibility, etc.

*On the battlefield, the military
pledges to leave no soldier behind.
As a nation, let it be our pledge that
when they return home, we leave no
veteran behind.*

--Dan Lipinski

GRANTS & AWARDS

2013

The Grants & Awards Committee received 58 requests for funding this year. 25 competitive grants were awarded totaling \$46,100 and 7 directed grants totaling \$10,500 were awarded for a grand total of \$56,600. The committee identified eight (8) applications that were more suited for consideration under the requirements for the Richard Tucker Gerontology Research Awards which will be awarded in spring 2014.

--Doug Garner, Comm. Chair

DIRECTED GRANTS \$\$\$

Global Perspectives	2,500
UCF Library	1,000
Parking Services	2,000
Athletics	1,000
Psychology	1,000
UCF Student Union	2,000
Interdisciplinary Studies	1,000

COMPETITIVE GRANTS \$\$\$

<i>Dr. Alvin Wang</i> Burnett Honors College	2,000
<i>Dr. Frank Juge</i> Rosen College	2,500
<i>Dr. Anthony P. H. Kong</i> Communication Science	1,350

Dr. John Schultz 2,300
Anthropology

Dr. Steven Duranceau 2,100
Civil/Envir/Const. Engineering

Dr. Rosalind Beiler 1,800
History

Dr. Martin Dupuis 1,000
Burnett Honors College

Mr. Scott Tobias 2,000
Music

Dr. John Weishampel 2,500
Biology

Dr. Steven Chicurel 2,200
Theatre

Ms. Zakiya McGhie 1,000
Diversity Initiatives

Mr. Jeff Rupert 2,400
Music

Mr. Thomas Potter 1,500
Music

Dr. Angela Ritten 2,500
Nursing

Dr. Barbara Gannon 2,000
History

Dr. Lori Walters 1,400
Simulation & Training

Ms. Michelle Adams 900
History

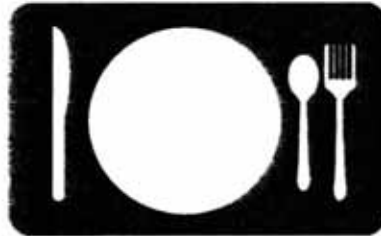
Competitive Grants (cont. . .)

<i>Mr. J. T. Ghim</i> Rosen College	500
<i>Dr. Linda Walters</i> Success of Faculty Women	450
<i>Dr. David Fukuda</i> Exercise Physiology	2,300
<i>Dr. Shawn Putnam</i> Mechanical/Aerospace Engineering	4,500
<i>Dr. Thad Anderson</i> Music	1,900
<i>Ms. Debra Winter</i> Graduate Studies	1,000
<i>Dr. Stacey Dunn</i> Psychology	1,500
<i>Dr. Christine Hanlon</i> Communications	2,500



LIFE members posed for a picture at the Intergenerational Discussion held in conjunction with Diversity Week in October. Also pictured are members of Dr. Denise Gammonely's Social Work class and the Activities Director at Winter Park Towers. LIFE members: Ian King, Ann Funk, David Bottomley, Jean Siegfried and Kimmie Trivett.

ANNUAL



**GRANTS & AWARDS
BANQUET**

Tuesday, November 26, 2013

Noon

Pegasus Ballroom

Spinach & Apple Salad
Garlic, Lime-Grilled Chicken
Twice-Baked Potato
Roasted Seasonal Vegetables
Yeast Rolls
Chocolate & Vanilla Sheet Cake
Coffee, Tea, Ice Water

COST: \$16.00 per person

Please sign up and pay at Membership Desk
November 12 or 19.

Presidential Appointment

President Judy Thames has appointed. **Dr Aaron Liberman** to fill the unexpired term of board member, Peter Venezia. He will serve the remaining two years on the LIFE board, effective immediately.

CELEBRATING VETERANS DAY



*President Eisenhower signing HR7786, changing
Armistice Day to Veterans Day*

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War."

Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

**IN WAR THERE IS NO SUBSTITUTE FOR
VICTORY**

--Douglas MacArthur

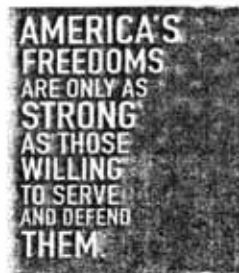
VETERANS HISTORY PROJECT

The UCF Community Veterans History Project is collecting, preserving and making accessible to the public the experiences of Central Florida's veterans so that future generations will better understand the realities of conflict. The histories will be archived and made digitally available through the UCF Library. Selected veterans' histories will also be housed in the Library of Congress. Veterans of all military branches, all wars, serving in support, combat, training and administrative positions both abroad and at home are encouraged to participate.

Volunteers Needed

LIFE members are encouraged to volunteer as interviewers and interviewees (veterans). A two-part training session will be offered in February for those interested in participating. Veterans who are interviewed will receive a complimentary copy of their video/audio tape.

Sign-up will take place in January. For more information, contact Marty Wiener, chair of the committee and LIFE past-president.



SAILING THE OCEAN BLUE . . .

“Five years,” he said. “I figured it up once and my total amount of time submerged underwater during my career was over five years.” The career we’re talking about is that of retired Rear Admiral Raymond G. Jones of the U.S. Navy, and it’s one that spanned 34 years.

Ray’s father, who retired as a Marine officer after World War II, told his youngest son to “do what you want to do” when he was offered a scholarship to the Naval Academy in 1960. Thus began a life of high adventure on board nuclear submarines.

According to Ray, there are two types of submarines—missile boats and fast attack submarines. On the missile boat, your job is to remain undetected, always ready to launch missiles within 15 minutes. On the fast attack subs, you have a transit to where you deploy, doing a lot of training on the way, because you’re going to be involved in some kind of mission. It’s very high stress, whether you’re in a surveillance mode or a tracking mode.



But what about the stress associated with being under water for long periods of time? Cramped quarters, little privacy, no communication with family or friends while on the sub.

Ray’s answer: “You learn to cope because the running of a ship like this is a 24-hour job. The ship is always busy. There are watches--6 hours on, 12 hours off—every day, with different levels of watch

qualifications, each one higher than the last. There are jobs that must be performed. You have a very active training program in which you are involved. There are drills. And you’re always preparing for examinations. Finally, there’s the paperwork that goes with government work. You find yourself very, very busy,” he said.

The second part of his answer to the coping question is this: You enjoy what you’re doing and what you’re doing is very important. It’s very real and, quite frankly, it’s very exciting for the ship and for the men.

One must remember that Ray was serving during the height of what was called the “Cold War.” As Ray recalled, “This was a very difficult time. People were building shelters in the ground for their families.

You have to go back to the country's strategy for containing the Soviet Union during this time. The Soviets were putting 90% of their Navy's efforts into submarine force. That was their prime force designed to sink our carriers. Such a large number of submarines posed a significant threat to our Navy, requiring us to put a very aggressive plan into place in response."

"I can remember," Ray said, "when we went out on our first missile patrols, we all wondered if this was really going to work. There was a movie called 'On the Beach' that had to do with nuclear war and the only guys who survived were those on nuclear submarines. We just didn't know."

Warming to his subject, Ray continued, "But, the fact is, it did work. Superb U.S. technology and engineering (We built very quiet ships.) gave us a tremendous advantage over the Soviets. They were unable to keep up with our subs, even though they were putting billions and billions of dollars in their ships, some of which were built out of solid titanium. Our nuclear submarines had a great impact on the ending of the Cold War."

Of course, the Father of the Nuclear Submarine, as he is called was Admiral Hyman Rickover, who developed the world's first nuclear-powered submarine, USS Nautilus (SSN 571), which went to sea in 1954. In the years that followed, Rickover directed all aspects of building and operating the nuclear fleet. From 1974 to 1976, Ray served on his staff in charge of the Chief Engineer licensing program, officer assignments and nuclear training programs, among other duties.

Speaking of his old boss, Ray said, "Admiral Rickover was a visionary who ensured that the Navy's nuclear-powered ships would be built safe. To do so required a very conservative approach, not a least-cost methodology. In other words, a cradle-to-grave approach to the design of these ships, looking at all aspects of their operation from creation until end of life when they're finally and safely disassembled and the remains are buried."

"You have to plan and monitor all the time. He hired a lot of smart people who had the same feeling about things that he did. And he had the support of colleagues in Congress when he insisted they spend the money to be safe. Remarkable person who gave his entire life to the Navy."

When asked what he considered the most rewarding part of his naval career, he replied, "Being in command of my own ship. It's the most rewarding job because success or failure depends on your ability to mold the officers and crew into a motivated team. They make you very proud."

"Once you get to the senior level, you're really doing the financial and personnel work of the navy. Big jobs. And when you have a very large command like my last one where you're in charge of all the Navy schools, 78 commands, it's a matter of overseeing a huge organization. You try to get innovations in. Training is the strength of the Navy so you have to make sure the very best comes through. My last assignment was during the period when the Navy budget was cut in half. That wasn't very pleasing to me."

Ray retired from the US Navy with the rank of Rear Admiral in July, 1994. He went home to his wife, Sandy, the gal who had kept the home fires burning through all those years he was at sea, and had raised their two children, Cheryl and Steve. Being a navy wife is the hardest job in the navy, Ray said. They are very special people and we owe them a lot.

Ray didn't stay retired for long. He put his knowledge and expertise in nuclear energy to good use managing a number of private enterprises.

He is a past president of LIFE and presently serves on the Board of Directors. An astronomy enthusiast, he taught summer courses at UCF in Introductory Astronomy. He remains active with the Naval Submarine League and is a board member of the Orlando chapter of the US Naval Academy Alumni Association.

(VKB)

I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'

President John F. Kennedy



THE SAILORS CREED

I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage and Commitment.

I am committed to excellence and the fair treatment of all.

[Rear Admiral Ray Jones was instrumental in helping create the creed which every sailor memorizes and recites. One of his more moving moments was when the navy boot camp had a graduation parade in Orlando and they recited the creed for the first time.]

You have to learn from the mistakes of others. You won't live long enough to make them all yourself.

If you are going to sin, sin against God, not the bureaucracy. God will forgive you, but the bureaucracy won't.

I believe it is the duty of each of us to act as if the fate of the world depended on him. Admittedly, one man by himself cannot do the job. However, one man can make a difference. We must live for the future of the human race and not for our comfort or success.

Admiral Hyman Rickover

Minutes of

LIFE@ UCF ANNUAL MEETING

November 27, 2012, 10:30 a.m.

Cape Florida Ballroom, UCF Student Union

The meeting was called to order by President Marty Wiener. Secretary Alice Reinhardt reported that the required quorum of 20 percent of the membership was in attendance. The minutes of the 2011 annual meeting were approved as printed in the November 2012 LIFE newsletter.

Kermit James, Treasurer Pro Tem, reviewed the Treasurer's report for August 1, 2011 to July 31, 2012. We are currently carrying an excess of \$14,000 over budget due to an increase in membership numbers. We have paid approximately \$40,000 in grants and awards during the past year, including the new Gerontology Awards. Chuck Fritz moved to accept the report and it was approved.

The nominating committee of Lucy Pulido, chair, with John Ciesko and John Braun assisting, presented the slate of nominees to the LIFE board. For re-election to a three-year term, Martin Wiener, Ian King and Alice Reinhardt; for first-time election to the board for a three-year term, Peter Venezia, Ursula Hardy and Lee Cross; for first-time election to replace Francisco Burgo who is retiring, Beverly Bressant. The slate was approved.

Alice Reinhardt, Secretary

LIFE@UCF

Statement of Cash Receipts & Disbursements

Fiscal Year Ended July 31, 2013

2012 Cash Ending Balance	\$117,375
2013 Receipts	<u>68,726</u>
	\$186,101
2013 Operating Expenses	(11,949)
2013 Scholarship Awards	<u>(43,830)</u>
TOTAL:	\$(55,779)
2013 Ending Balance 7/31/2013	\$130,322

--Pat Fluno, Treasurer



NOTICE OF

LIFE@UCF ANNUAL MEETING

NOVEMBER 26, 10:55 a.m.

Cape Florida Ballroom

*Names to be presented for re-election to the
LIFE Board*

Class of 2016

Steve Hall, Ray Jones

Judy Thames, Lucy Pulido

Beverly Bressant

*To be presented for first-time election to the
LIFE Board*

Basil Pflumm



Thanks, LIFE Members!

Thanks to your generosity, over 500 lbs. of food and toiletries were donated to the Pantry to help UCF students when financial aid checks and assorted other crises leave their cupboards bare. This is the largest amount collected to date.

Highlights of the Board Minutes for the month of November will appear in the January newsletter due to space constraints.

COMING SOON . . .

On January 28, 2014, CarFit—a program designed to improve driving skills among elders—will conduct a car inspection in the UCF tailgate area for LIFE members. Find out if your steering wheel is in the right position and whether you're getting full benefit from your mirrors, etc. It's free!



November 26

The **Marines** will again be collecting toys for their annual drive to give needy children a Merry Christmas. LIFE members have been very generous over the years to this cause. All I have to do is think about my own grandchildren and I head for the toy store. Bring your **unwrapped** toys and games to the Cape Florida Room, 3rd floor, on Tuesday, November 26.

Wishing You

A

MERRY CHRISTMAS

&

A HAPPY NEW YEAR!





Board Members Enjoy Winetasting at Rosen College

On October 4, members of the LIFE Board of Directors and guests gathered to enjoy a winetasting, catered lunch and tour of the facilities hosted by ROSEN COLLEGE OF HOSPITALITY MANAGEMENT. *Frank Juge*, a faculty member of the college and wine connoisseur, led us through the intricate flavors of the grape with blind tastings of chardonnay, cabernet sauvignon, and pinot noir. After lunch, the group toured the beautiful facility. A good time was had by all!



Don't forget! Bring your **TOYS FOR TOTS** on Nov. 26!