

# LIFETimes

March 2019



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view the LIFETimes in brilliant color at [life.ucf.edu](http://life.ucf.edu)  
for questions or comments contact Gail Agor, editor at [agorgail@gmail.com](mailto:agorgail@gmail.com)



**Inside UCF: Before and after class sessions and during class breaks, LIFE@UCF members can be seen walking the campus. This month's LIFEtimes hosts the first of a series of articles outlining tours of UCF buildings to help you discover surprises within. More on page 7**



# showcase 2019

Join LIFE@UCF for an exciting celebration on April 16th in the Pegasus Ballroom that includes complimentary food, recognition of our members and our UCF community and the UCF Jazz Studies program presenting "Just Jazz".

## Schedule of Events:

9:15 – 9:30: Annual Board Meeting  
9:30 – 10:15: Recognition Ceremony  
10:15 – 11:30: Just Jazz presented by Jeff Rupert of UCF Jazz Studies Department and selected students

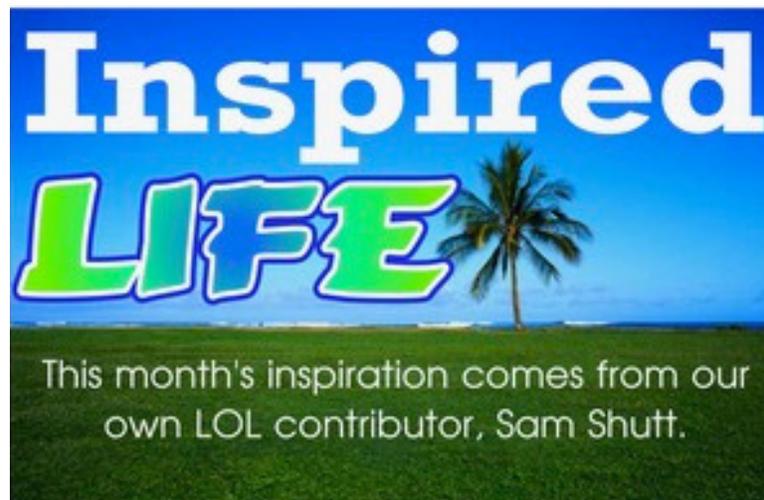
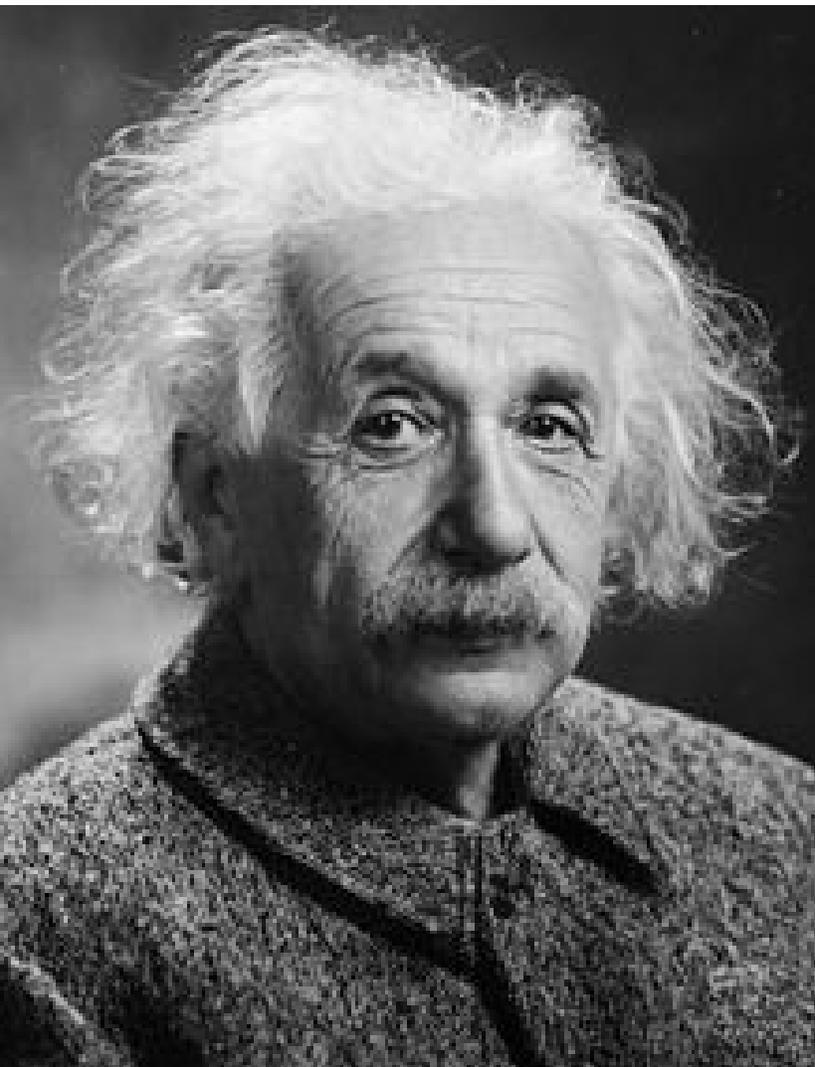




Although the 2018-19 LIFE class schedule is drawing to a close, we still have a month of very many wonderful activities available through our membership! Marie Ruckstuhl has planned several final experiential tours that include a production of Shakespeare's Hamlet, a UCF athletic tour, a Mt. Dora boat trip and, a week

after our final meeting of the year, a tour of the UCF Arboretum. Make sure to visit <https://life.ucf.edu/life-sponsored-field-trips/> to sign up for one, or all of these activities. She has done an incredible job of putting together these experiential learning tours/activities all year long! This year, Debra Barton has organized two food drives for Knights Helping Knights food pantry, our first, in the fall, was a huge success. Let's surpass that one with our Spring drive! Mark April 2 on your calendar! Look elsewhere in this newsletter for more information about this incredibly important drive. Your membership committee has kicked into high gear to renew your LIFE membership. Make sure you sign up so your valuable slot is not given to an individual on our waiting list! [https://life.ucf.edu/returning-](https://life.ucf.edu/returning-member-dues/)

[member-dues/](https://life.ucf.edu/returning-member-dues/). Diane Wink has created an incredible 3-part series of 45-minute tours of the campus. The first is in this issue and I'm sure you will be anxious to stroll, taking in the sights and marveling on her immense knowledge of all things UCF! Finally, don't miss our last meeting, April 16, where we will honor 10, 20 and 25-year LIFE members. The LIFE Showcase will begin earlier than usual, 8:30am, and will include a continental breakfast, business meeting to vote in our new board members and a mind-blowing musical presentation! WOW! ...so much to look forward to as we rush to the finish line of the best year ever as LIFE members!



**"I have reached an age when, if someone tells me to wear socks, I don't have to." Albert Einstein (1879-1955)**

Einstein seemed to have the ability to produce more witticisms than the average physicist. In this case, he expresses the sentiment that many older adults seem to feel, as evidenced by research showing that older adults have lower scores on a measure called "self-discipline." By the time they reach their later years, individuals feel better able to express themselves rather than being hemmed in by society's proscriptions.

# CHARGE ON:



## A WORD FROM OUR LIFE PRESIDENT

04

My calendar says it is springtime but for me this is a time of thanksgiving!

As your President in LIFE@UCF I am thankful for the actions of many others who keep our operation running smoothly. First to the curriculum committee formerly chaired by Jim Burr and now chaired by Jack McGuire. The last month of programming has been very special with the Music presentations and the speakers from Global Perspectives. We have been enthralled by the music and enriched and inspired by the thoughtful presentations by outstanding speakers. The working behind the scenes of the Gerontology committee, chaired by Ray Jones, have examined and acted on the requests by UCF researchers of an amazing list of research proposals this year. They have selected for Board approval a \$30,000 series of grants that we

will eventually hear from the recipients as to their important research findings. This is addition to the directed grants that we give to those departments at UCF that help us operationally. Thus, of your dues (our income) approximately one third, goes to Grants.

I am also thankful for the very smooth operation of the Membership committee with Tim Mathews as chair with the able assistance of Mike Agor and many others. This committee works tirelessly to keep our operation running with few glitches. This is renewal time. Please do your best to do your renewals online.

As an added research project they have done a population study by location study in Zip code that gives us important info of where we live.

Our membership is mostly, relatively, nearby in Oviedo, Winter Springs, Baldwin Park, Winter Park and Avalon Park. There are scattered people in north and south Orlando as well as a few pockets into Volusia and Brevard Counties. This is important in our ongoing discussions with the new downtown campus of UCF. It is a priority for Mayor Dyer and for UCF administration that senior learning opportunities be created downtown for more diversity in our senior learning operation.

**Sincerely,**

*Julian Meitin*  
*President*

## Pegasus Ballroom April 10, 2018

The annual business meeting of LIFE was called to order by President Julian Meitan, at 9:00 AM. A count of the audience was called for, and a quorum was assured by the Secretary and the President.

The president called for a motion to approve the minutes of the Annual Meeting 2017. A motion of approval was made, seconded and passed with a voice vote/no opposition.

## Knights Helping Knights Food Drive

Twice a year, Fall and Spring, LIFE holds a food drive to support the Knights Helping Knights Pantry. April 2 is the date of the Spring Drive. Hunger on college campus is a national issue. UCF is no different. Many students are "food insecure". They worry about having enough money to buy food. The Knights Helping Knights Pantry helps UCF students by providing food and toiletries complimentary, daily, Monday thru Friday. Using their student ID, students can pick up 5 items, daily.

The treasurer's report was presented by Ann Barretta, with a review of the positive financial status. A brief explanation was presented regarding a dues' increase and the intention of future streaming of LIFE presentations, which could be a rather expensive project. The report of the Nominating Committee was presented and five members were nominated with short bios: Mike Agor, Ann Barretta, Jim Burr, Marcy Kysilka and Linda Shaheen.

A motion was made to accept the report of the nominating committee and to close the nominations. A second was made, a voice vote was called for, and the president declared the motion passed. These nominees will serve a three-year term.

The meeting was adjourned at approximately 9:20.

Jean Siegfried, Secretary  
Dick Tucker noted that the first class of our 'summer session' on Campus will be May 11, and that there will also be classes held at the Medical Center at Lake Nona as last year. More details will be forthcoming.

There is a microwave at the Pantry to let students warm up their food.

We ask you to bring in

- Food: Single serve complete food bowls. Individual serving cereal boxes. Canned fruit. Please, no expired food.
- Professional clothing for interviews
- Personal hygiene items. Including laundry detergent pods
- Monetary donations/ checks are always welcome. A donation enables the Pantry to purchase items needed to supplement their inventory. You will receive a receipt from UCF.

Please write the check to: Knights Helping Knights Pantry. Eli will be with us if you would like to give cash. He can write you a receipt.

Last spring we collected \$786 in monetary donations and 255 pounds of food.

We will remind you of the drop off locations when we get closer to April 2nd



When my husband and I arrived at an automobile dealership to pick up our car, we were told the keys had been locked in it.

We went to the service department and found a mechanic working feverishly to unlock the driver side door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked.

'Hey,' I announced to the technician, 'it's open!' His reply: 'I know, I already got that side.'

\*\*This was at the Honda dealership in Canton, MS

-submitted by Sam Schutt

## the joy of being a woman in her seventies

by Mary Pipher, printed in the New York Times

When I told my friends, I was writing a book on older women like us, they immediately protested, "I am not old." What they meant was that they didn't act or feel like the cultural stereotypes of women their age. Old meant bossy, useless, unhappy and in the way. Our country's ideas about old women are so toxic that almost no one, no matter her age, will admit she is old.

Those of us who grow do so by developing our moral imaginations and expanding our carrying capacities for pain and bliss. In fact, this pendulum between joy and despair is what makes old age catalytic for spiritual and emotional growth. By our 70s, we've had decades to develop resilience. Many of us have learned that happiness is a skill and a choice. We don't need to look at our horoscopes to know how our day will go. We know how to create a good day. We have learned to look every day for humor, love and beauty. We've acquired an aptitude for appreciating life. Gratitude is not a virtue but a survival skill, and our

capacity for it grows with our suffering. Our happiness is built by attitude and intention. Attitude is not everything, but it's almost everything. I visited the jazz great Jane Jarvis when she was old, crippled and living in a tiny apartment with a window facing a brick wall. I asked if she was happy and she replied, "I have everything I need to be happy right between my ears."

We may not have control, but we have choices. With intention and focused attention, we can always find a forward path. We discover what we are looking for. If we look for evidence of love in the universe, we will find it. If we seek beauty, it will spill into our lives any moment we wish. If we search for events to appreciate, we discover them to be abundant.

There is an amazing calculus in old age. As much is taken away, we find more to love and appreciate.

We experience bliss on a regular basis. As one friend said: "When I was young I needed sexual ecstasy or a hike to the top of a mountain to experience bliss. Now I can feel it when I look at a caterpillar on my garden path." Older women have learned the importance of reasonable expectations. We know that all our desires will not be fulfilled, that the world isn't organized around pleasing us and that others, especially our children, are not waiting for our opinions and judgments. We know that the joys and sorrows of life are as mixed together as salt and water in the sea. We don't expect perfection or even relief from suffering. A good book, a piece of homemade pie or a call from a friend can make us happy. As my aunt Grace, who lived in the Ozarks, put it,

"I get what I want, but I know what to want." We can be kinder to ourselves as well as more honest and authentic. Our people-pleasing selves soften their voices and our true selves speak more loudly and more often. We don't need to pretend to ourselves and others that we don't have needs. We can say no to anything we don't want to do. We can listen to our hearts and act in our own best interest. By the time we are 70, we have all had more tragedy and more bliss in our lives than we could have foreseen. If we are wise, we realize that we are but one drop in the great river we call life and that it has been a miracle and a privilege to be alive.



# Tour de UCF

07

## take a walking tour of UCF's Engineering and Business buildings with this insider's guide

by Diane Wink

Leave the Student Union via the Library side and follow the curving sidewalk to the left around the SU until you opposite the corner (has a peaked roof) of Engineering II. Enter the building by either door and take the hall towards the vending machines to enter the Engineering atrium. Walk to the center, look up, and slowly turn around to take in the walls, stairway, balcony crosswalks and windows. Yes, windows. The walls of Engineering I (the "elder" building) and Engineering II (the teen just turned 18) form the sides of the atrium - so many of their windows overlook the huge open space. While looking up, be sure to examine the tops of the large pillars - an example of how UCF does literally "reach for the stars."

Take a walk around the atrium to see the models and fully functional devices designed by faculty and students on display or, simply, stored there. These can include racing vehicles tucked under the stairway and a Space Mountain rocket that ascends a wall. Take a look through the windows of the Idea Lab, Innovation Center and Manufacturing Lab (near the open stairway) to see students in the process of creating the future. See if there are empty seats at the large tables and individual work stations. Most days they are few and far between as students collaborate on class work and projects. Look closely to see if this is literally happening ON the tables. (Hint: Look at the note on the paper towel dispenser near the door between the Atrium and Engineering I.) If you have a bit of extra time, roam the halls of the both buildings to see posters of

research of faculty and students. Exit the atrium through the door to the left of the Space Mountain rocket at which point you will be in the main entrance of Engineering I. Your first impression will likely be that it is much darker even though its ceiling extends to the roofline and there are large windows. This is typical of early UCF buildings. Briefly step out to the patio and cross over to the outside stairway to see the Bent of Tau Beta Pi (engineering honor society) which was restored in Fall of 2018. Reenter Engineering I through the door you exited through and turn left to pass the brand new Lockheed Martin Cyber Innovation Lab which opened last month and make another left to wind through the drab halls (early UCF buildings not pretty!) now illuminated by newly installed improved lighting.

You will know when you have transitioned into the College of Business Administration (CBA) I building when you see its bright atrium filled with seating, desks and a large open stairway. Pause briefly at the foot of the stairway and look up. If they are vaguely familiar even if you were never in the building before, could be because you watched the Superboy TV show in the 1990's. This atrium and its stairway as well as the UCF Administration building and reflection pond were show locations.

Near the stairway are doors to the courtyard CBA I shares with Engineering where you were a few minutes ago. Rather than going out, move on to CBA II via the internal hallway off the far side of the atrium. Once there, a quick right will bring you to the Center for Entrepreneurial Leadership. This was part of the kitchen practice area for the Hospitality Management program before it became the Rosen College and moved to International Drive.

Across from that is another Idea Lab/Innovation Center. If you are in a hurry to get back to class, you can exit by the door on that side of the building and return to the Student Union. If not, turn around and take the door on the other side to exit into yet another courtyard which has CBA III on the right side. Transit between the buildings' upper floors is by an open bridge. Head for the sidewalk, make a left and take one of the paths to the right through the landscaped walkway to the Harris Engineering building. Take the main (center) doors for a view of the four story staircase climbing to the stars. Head up to the second, third and/or fourth floors (elevators available). At each level, look forward and back, up and down. If you go all the way up, go to the rear of the building where large windows provide a wonderful view of part of the UCF Arboretum to the left. Before heading down, look toward the front of the building to see another stellar view of the atrium and the buildings nearby. Don't miss the many championship banners hanging from the railings. No question, UCF holds many NATIONAL CHAMPIONSHIPS beyond those earned on the playing field. On exiting through the door you entered through head back to the main sidewalk and make a right to pass the Creole building, and the new Research I building. The Student Union will be to the left right after you pass Engineering.

Note: You can exit Engineering II and BA I, and II on the library side to get back to the Student Union. The buildings are a bit of a maze so don't be embarrassed if you have to ask for instructions!!

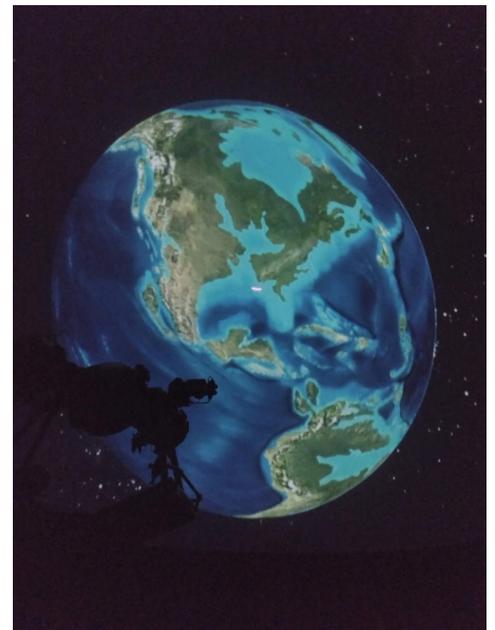
# Out of this World: Planetarium Tour

Debra Barton and Marie Ruckstul led LIFE members to the Sanford/Lake Mary campus of Seminole State College on a recent beautiful Central Florida day. We were awed by an exclusive tour through millions of years of universe, galaxy

and earth creation. With breathtaking graphics, we were also treated to visuals of the earth 100 million years from now...big news, Florida and California will be non-existent; in fact, our guide recommended buying property in Montana or the Dakotas if we want future water-front property.

So...if you are in the market for real estate....

Go to <https://life.ucf.edu/life-sponsored-field-trips/> to sign up for future experiential trips!



## Student Union News

The following is an email that was sent to Leslie. Although the "noise and vibration" is due to be finished by the time you are reading the March LIFEtimes, I thought you might be interested in following the rest of the information about the renovations! - Gail

Hello,  
The UCF Student Union is currently undergoing a large-scale expansion to offer campus a state-of-the-art food court, as well as additional meeting space, services, and extra seating. Please be assured that we will do everything possible to continue to provide you with

high quality experiences and facilities. We are reaching out to you now to alert you on construction processes that may impact your upcoming event.

The Union has been notified by the construction company that they will be starting demolition of the building exterior. This process will create a lot of intermittent noise and vibration that will be heard and felt throughout the Student Union's meeting spaces. We expect this process to continue through March 8.

We encourage you to share this information with your event guests at the start of

your program so they know what to expect and to relieve any possible concerns. We apologize in advance and ask for your continued patience and understanding as we endure the sacrifices necessary to expand the heart of campus.

For ongoing information about the expansion and renovation project, please visit [www.anewstudentunion.com](http://www.anewstudentunion.com)

Jenny Hartman, CMP  
Assistant Director, Event Planning  
UCF Student Union  
University of Central Florida



# healthy body, healthy mind, healthy LIFE:

## Toni Dedik

by Gail Agor

Diverse and fun are the first adjectives I think of when Toni Dedik's name is mentioned since we first bonded over our mutual love of all things earrings! Recently, she shared with me some interesting facts about herself. It seems that Toni was, plainly, born to surprise others; best illustrated when, at her birth, she was accompanied by a twin sister, astounding her parents and medical staff by this, literal, double header! The event launched in Homestead, PA was not as well-known as other happenings, namely the famous/infamous Pinkerton Rebellion and the Homestead Massacre but served as the starting line of a varied background of experiences and opportunities. The early 60s found Toni relocating to Atlanta, GA where she hoped for warmer climes and the possibility that "Rhett Butler would swoop me up." After working with American Motors and Ford Motor Company during

which time she acquired a cum laude degree from GA State College, Toni acknowledged that only 50 percent of her expectations had come to fruition and she was forced to accept that the "Frankly, my dear I don't give a damn," moment was not going to happen. Toni transferred further south fulfilling a dream of living in Florida, land of eternal sunshine!

The effervescent Toni took early retirement in 1999 which forced her to "re-engineer" her life. She focused on health and well-being, making walking a daily part of her regime. She began doing yoga and still is so passionate about it, that 'yoga' is part of her email address. She embraces yoga as giving her "infinite patience and compassion. Yoga keeps me grounded." A friend, when told of this spotLIFE article, wanted it known that Toni "is the most optimistic person I've ever met." ...in fact, that was something that was evident in her youth when friends teased her

by calling her "Pollyanna" when she pontificated on all things positive! She has always tried to see things from another person's point of view. This, quite possibly, explains her love of reading a variety of books, with true crime being one of her favorites, as well as enjoyment of movies and a love of museums, live music events and theater. All of these genres encourage individuals to ponder and enjoy others' viewpoints.

Added to her busy schedule is volunteer work that includes tutoring for the Adult Literacy League, working with the Orlando Fringe Festival, ushering for the Enzian Theater, working the Florida Film Festival, the Orlando Museum of Art, Winter Park Public Library and random special events such as Steinway Society of Central Florida fundraiser and Keep Orlando Beautiful Trash to Trends Fashion Show. Toni's activities and beliefs garnered her a nomination and awarding of the Jefferson Award for Community Service, an accolade that she is honored to have received and holds close to her heart. It's

amazing, and gratifying, that Toni has time for LIFE's Tuesday morning lectures!

Toni shared another incredibly fun and creative pursuit of hers. As an advocate for doing the best for her community, she rescues throwaway home goods and clothing and finds them worthy homes – “for children’s programs that include arts and craft projects in camps, Dress for Success adult programs and, if anything is left, (she) recycles the remainder to the Boys and Girls Clubs’

Thrift Store to further their many good programs for children to learn and become successful.” Concluding in Toni’s own words, “I get joy from my volunteer activities where I learn how each organization is run and how they are such good stewards of their, and our, money to forward their missions. I try to do something that brings me joy each day. Spreading sunshine to all I see brings me great joy. When I volunteer, I work hard – when I play, I play hard like there’s no tomorrow. To

quote Mother Teresa, ‘There are no great things, only small things with great love.’” I have to disagree with Mother Teresa. Diminutive Toni is not only a ‘small thing with great love’...she is also a GREAT thing!

