

The LIFE Times



JANUARY 2017

official publication
of the Learning
Institute For
Elders at UCF
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MEITIN SAYS

Message from LIFE
President Julian
Meitin

HEALTHY LIFE

Learn more about the
health services UCF has
to offer

TOYS FOR TOTS

LIFE donates Santa-
sized haul to Central
FL kids

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the gab

[with Gail Agor]

Happy New Year! As LIFE heads into its first semester of classes in 2018, we thank the Curriculum Committee for the outstanding slate of lectures it has prepared for us. ...looks like an exciting lineup! I hope everyone had a wonderful holiday and is now ready to VOLUNTEER! Yep, we have some amazing committees at LIFE, all run by member volunteers who could use your talent and a little time. Here is the list of committees and each one's chairperson. Working for LIFE is rewarding and fun. Make your new resolution to get more involved. As always, Alli and I welcome any suggestions you have for the LIFE Times!

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Knights Helping Knights Pantry	Debbie Barton dbarton040@gmail.com

A 24 year old boy seeing out from the train's window shouted...
"Dad, look the trees are going behind!"
Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed...
"Dad, look the clouds are running with us!"
The couple couldn't resist and said to the old man...
"Why don't you take your son to a good doctor?"
The old man smiled and said..."I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today."
Every single person on the planet has a story. Don't judge people before you truly know them. The truth might surprise you.

LIFE
wisdom



inspiration
for January: "eve
ryone has a story
in LIFE"

What-SEC? Who-SEC?

I/ITSEC!

On November 29, over 50 LIFE members attended the I/ITSEC conference at the Orange County Convention Center. This event, the world's largest simulation and training convention, was filled with hundreds of booths showcasing the most recent innovations in modeling, simulation and training. Enthusiastically, we were able to experience and see first-hand the newest advances in Virtual Reality (VR), Medical Simulations and Immersive Training technologies. We were so happy to be part of this once in a lifetime event!



SAFETY FIRST!

Safety Committee Interest Item:

If a LIFE member has a health emergency, immediately contact one of the student assistants (Sam Davis or Alli Moss) posted at the welcome desk. The Safety Committee Chair or a representative will call 911 if the situation warrants and call the Student Union Building Manager (321-228-9363). All emergency procedures will be performed by first responders. Automated external defibrillators (AED) are located at the Student Union Information Desk and are available to personnel for health emergencies. Please write the Student Union Building Manager's cell phone number (321-228-9363) on the back of your LIFE nametag.



**Student Union Building Manager:
(321) 228-9363**



*Charge On,
Knights!*

words from our LIFE President

Julian Meitin



Happy New Year! Welcome back – the 2018 Spring session is filled with informative and exciting sessions. Since this is my first letter to you, I wanted to help you get to know me. I have spent my entire 75 years in Orange County; my story is one of Orange County history. Pioneer history began in 1913 when my great-grandfather Israel Shader and my grandfather Jacob Meitin purchased the family farm at the corner of Orange Blossom Trail and Shader Road (about 1 mile south of Lee Road and west past John Young) precipitating the migration of all six Shader children to Orlando.

While most of the family went on to other professions, the Meitins stayed in citrus. My father and his cousins spent the late 1930s and early 1940s in Albany, NY, running fruit and vegetable stores up and down the Hudson Valley selling produce grown and shipped to them by my grandfather and great-uncles. Everyone needed a job in those days. Call it family vertical business integration. In 1942 my father came back to Orlando and founded Zellwood Fruit Distributors, growing, harvesting and fresh

packing citrus. When frozen concentrate was invented, he joined seven partners to operate the Winter Garden Citrus Products Cooperative, which became the third largest plant in the state. After six fun filled years in Gainesville with a B.S. and M.S. in Ag Economics, I joined Zellwood Fruit Distributors in 1965. Fortunately, after living through the 1983 & 1985 freezes we had a good offer from our partners and sold out in 1988 before the biggest freeze in 1989. If I had to gather together 200+ citrus workers on 12 buses daily in today's work force I might shoot myself. 48 years ago, I married Sheryl and brought her to



Orlando from north Chicago which was a culture shock to her. She quickly adapted and we have two sons - one here and the oldest in Highland Park, IL with 3 grandsons, whom we visit often.

You may ask why Sheryl is not at LIFE@UCF. Well - she has been, for almost 40 years, a serious woman golfer and plays on Tuesdays in the Orlando Woman's Golf Assn.

My connection to LIFE began when Sheryl was Chairman of the Foundation Board (the fundraising arm) of the Orlando Healthcare System and Phil and Jayne Easterling, who we often saw at charitable events, encouraged me to try LIFE. I joined 5 years ago and in less than 2 years, enthusiastically joined the Board. Last May I was elected President.

With experience gained from many years on institution Boards, as a former President of the Maitland JCC, and two terms as a Synagogue President, I hope to bring a different perspective to LIFE@UCF, particularly in the area of fundraising for the good of this great university. I am focused on growing our membership, providing an online presence for our class sessions and fundraising. With 750 members and only somewhat less than 400 showing up on Tuesdays, it seems to me live streaming or, at a minimum, archived lectures are in order. We all miss class sessions but want to see what we missed! With over 350 on our waiting list, it occurs to me that maybe an electronic membership might serve an even larger group as I hear it is done at other university settings.

I very much appreciate the honor of serving as President of LIFE@UCF and could not succeed in this effort without the good counsel of Vonnie Bradbury, Ray Jones, Lee Cross, and our treasured Dick Tucker.

Thank you all for the confidence placed in me.

Sincerely,

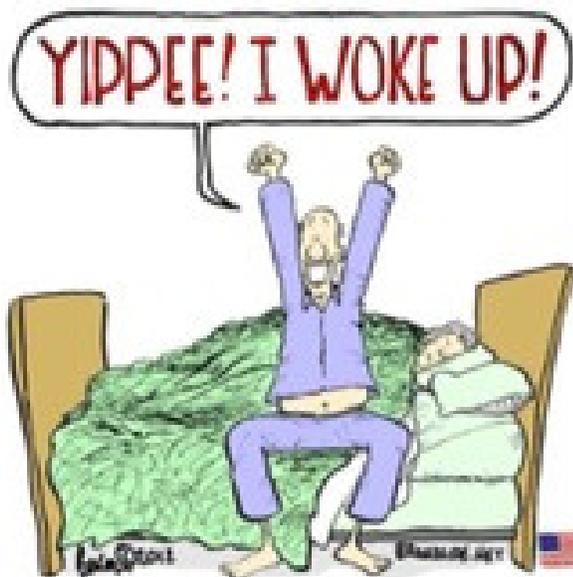
Julian

Meitin



L.O.L: LIFE Out Loud

"Why retirees are always so happy..."



Mind
STRETCH
for LIFE
IX

There are **TWO** ways to turn IX into the number 6 by adding **ONLY ONE LINE** (each time).
Can you find them?
Look elsewhere in this newsletter for the correct answers.

Several years ago, LIFE distributed the LIFE Membership list to its members; however, the Board became concerned that by distributing the list, we were violating the confidentiality of our membership. Therefore, we developed a policy that we do not release the membership

Did you know?

by Lee Cross

list to anyone, including LIFE members and university personnel. Board members or committee chairpersons who need to be able to contact members for LIFE business are given access.

Lee Cross, LIFE Vice-President, presented 5 Parking Services student employees a \$400 gift card for Barnes and Noble. Recipients were Jessica Tam, Sarah McNamara, Abraham Vasconez, Kelly Vo and Ricardo Lopez.



Board Elections



Coming April 2018

Over the past 25 years, LIFE has grown its membership to 750 members; has fostered a closer partnership with UCF and provides an exciting learning atmosphere. The Board of Directors develops the vision and forges the path to continued excellence. Election of new Board members is in April 2018. Help lead LIFE on this adventure; become involved as a Board

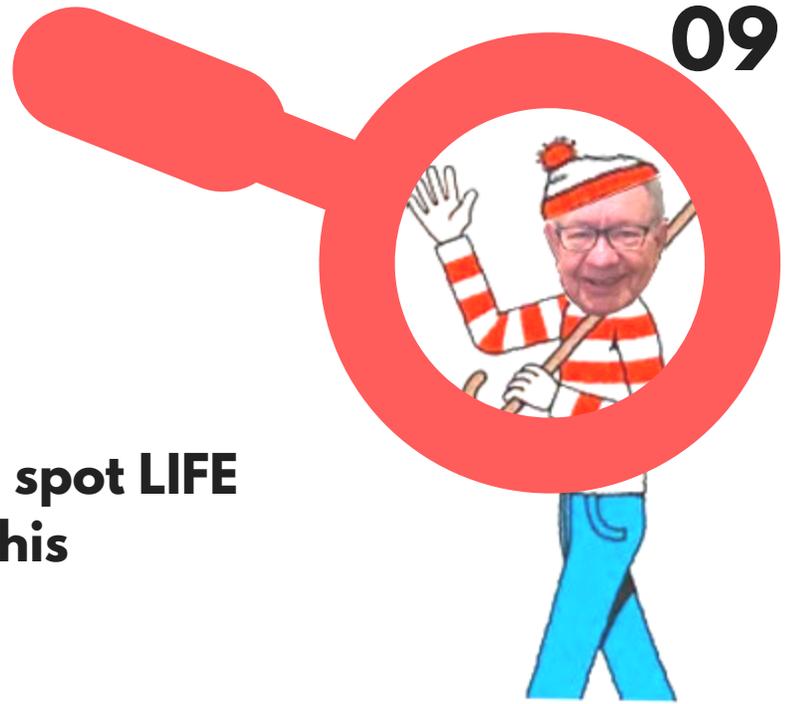
member! We need your help, your enthusiasm, and your new ideas! If interested, please contact a current Board member to learn more about this amazing and rewarding opportunity.

***Lead the way in
LIFE!***

HEAD HUNTER

09

Keen-eyed friends! Can you spot LIFE board member Jim Burr in this Tuesday bustle?





in his own words:

ian king

During a transition in Graduate School, I took an absence of six weeks in the Summer of 1970 to work as a Carpenter on the iconic World Trade Center. A carpenter friend took me to Sears Roebuck to get the necessary tools – a framing hammer, a folding six-foot ruler, saw, chalk line, spirit level and tool belt. I was all set and eager to get going.

Despite the Political Turmoil, student protests, the Kent State student massacre, Vietnam, invasion of Cambodia, these were halcyon days for my girlfriend and me in the Summer of 1970. We often sang, the then popular song by Johnny Cash and June Carter Cash, “If I were a carpenter and you were a lady, would you marry me anyway, would you have my baby?”

Four thirty a.m. rolls around, my alarm clock buzzes incessantly and the radio blares. For a few moments, my very fatigued brain struggles to make sense of the moment. Then I galvanize into action, realizing I have to catch the

5:10 a.m. IRT #4 subway train to Veesev Street, the last stop in Manhattan and adjacent to the construction site.

The jobsite was six floors below street level where I was to work on a new subway station. I was given the regulation hard hat and assigned to work with a young carpenter named Vinny. He was to show me the ropes and direct me on what I should do and when.

My job, along with dozens of other carpenters, was the erection of plywood shuttering forms into which concrete was poured for the platform support walls. Daily work was tedious and physically demanding, and somewhat monotonous. 6 a.m. to 6 p.m. Monday to Friday, 6 a.m. to 2 p.m. on Saturday.

First the plywood wall was erected with buttresses. Then the Lathers, added the reinforcing steel rods’ structure, followed by the carpenters

who erected the outer retaining plywood wall. The concrete was pumped into the enclosed space from the waiting cement trucks. Vibration probes were inserted to ensure the concrete settled properly and that no air pockets remained.

Occasionally, usually on the way back from lunch, I would see the Lathers at work deftly constructing the reinforcing mesh for the concrete support walls. First, many straight rebar steel rods were bent into crooked shapes, laid on a flat surface separated by a few inches, then an equal number of cross rods were placed on them at right angles to form a grid and the rods tied at the cross points. The other side of the reinforcing structure was similarly built and the entire cage was hoisted into place.

The wall building process was carefully choreographed so there was a semblance of order in the apparent chaos with no down time and

the support walls moved forward at a steady pace.

The work area was cavernous, occupying several city blocks, and the din was loud and all engulfing, almost deafening; the continual coming and going of cement trucks, the clang of reinforcing rods being unloaded, the clatter of construction panels and wood being offloaded, the sound of revving diesel truck engines and the gurgling and whining of the vibration probes compacting the cement filled the air. The concrete was allowed to set for a couple of days before the carpenters tore down the plywood shuttering to speed the curing and drying of the concrete.

Lunch was brief, a half hour, and most men ate a packed lunch. Sometimes, I'd go outside to buy a meatball sandwich from a street vendor and to marvel at the vastness of the Twin Towers being built. At that time, the towers were rising at the prodigious rate of four floors every week. Everything about the structures was enormous from the huge steel

support pillars to the massive diagonal reinforcing braces and the immensity of the enclosed space.

Many times, during the day, I'd hear the sound of a train approaching, then fading in the distance followed by a whoosh. However, there was no sign of a train in that huge open space. Then one day, as I was returning from lunch and walking under a very large pipe that was a couple of floors above. Earlier, I had taken it to be a large water main. I heard the train sound again and immediately realized it was the Port Authority Trans Hudson (PATH) Tubes connecting New Jersey and lower Manhattan via a tunnel under the Hudson River. That experience put into perspective the sheer size of the work area where an enclosed train tunnel could appear almost insignificant.

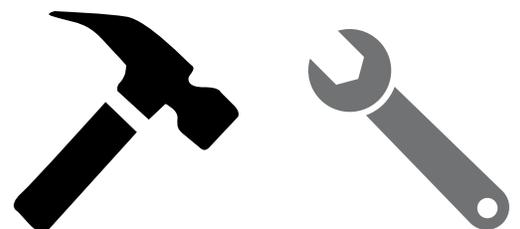
In retrospect, I can only marvel at the awesome experience I had. I've many memories of the job, the vastness of the subterranean area under the twin towers and the immense size of the

vertical steel support pillars – it seemed they could easily support the weight of a Battleship. But little could I have imagined at the time, the tragic fate that would befall the Twin Towers, some thirty years in the future, when a couple of dozen Arab terrorists, known as Al Qaeda, would fly large airliners laden with jet fuel, into the buildings causing them to collapse and killing almost 3,000 people.

The memory is haunting and touched me so deeply that the images and sounds of the construction and the whoosh of the “phantom train” keep reoccurring in my brain and likely will stay with me for the rest of my life.

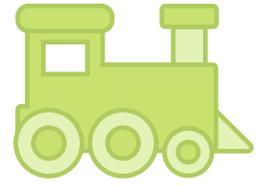


Ian King



Not just toying around

LIFE makes an impact on Central FL's children



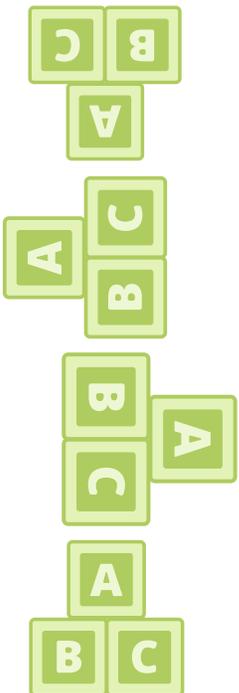
Once again, the generosity of the LIFE members took center stage at this year's Toys for Tots campaign.

Our campaign, in support of the campus campaign led by the UCF Police Department, has always been a hit, but this year's haul was our best showing yet. LIFE member and Toys for Tots co-chair Kim Bowers remarked, "I think our members had as much

fun shopping for toys as the kids who receive them will have on Christmas!" UCFPD Deputy Chief Brett Meade, who earlier reminded everyone how Toys for Tots can make a difference in the lives of so many kids, thanked the LIFE class and then helped his officers load our gifts into the waiting trucks.

Thank you, LIFE classmates, for your unbelievable generosity. Hundreds of kids around Central Florida will have a Merrier Christmas thanks to you!

**-Todd Bowers,
LIFE Toys For Tots
Chairman**



HEALTH YES!

13



one member's review of UCF Health

by Phil Hampton

A life presentation by the UCF hearing department got me interested in what the college had to offer to seniors. I used their services over 4 years ago to get hearing aids.

Now I am using them again and am getting wonderful service by Doctors, and giving students exposure to elder hearing problems. My initial experiences there got me looking at other UCF medical services.

Then, just as I needed a cardiologist, Dr. Gros gave a presentation to LIFE, so I scheduled an appointment with him.

It hooked me on UCF medical. Dr. Gros continues to be my heart doctor and also sees my wife.

Dr. Gros continues to be my heart doctor and also sees my wife.

My wife recently experienced what we all thought was a heart attack, but was diagnosed by Dr. Gros as a gastro system event that exactly mimics a heart attack, and recommended her to Dr. Su, also a doctor at UCF specializing in gastro problems.

What we have found is that the doctors there are not only specialists, but also teachers. As a result, they are excellent communicators and have to stay current in their field. We have never been rushed, they give clear explanations of their observations, and we have been seen

at the times scheduled.

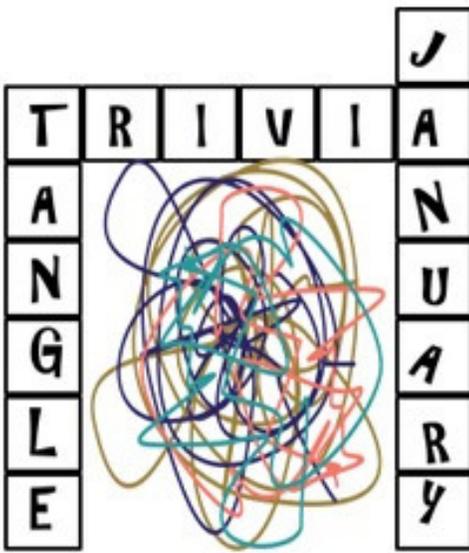
Much appreciated after hourlong waits at a prior physicians' office.

Everyone we have been in contact with at UCF medical facilities has been helpful, courteous, friendly, and most importantly, competent. The medical facility we use most is on University Blvd close to Aloma.

Some of the doctors only practice at Lake Nona, and they have a surgical center on University near Goldenrod.

If you are looking for a new doctor, give UCF Health a look.

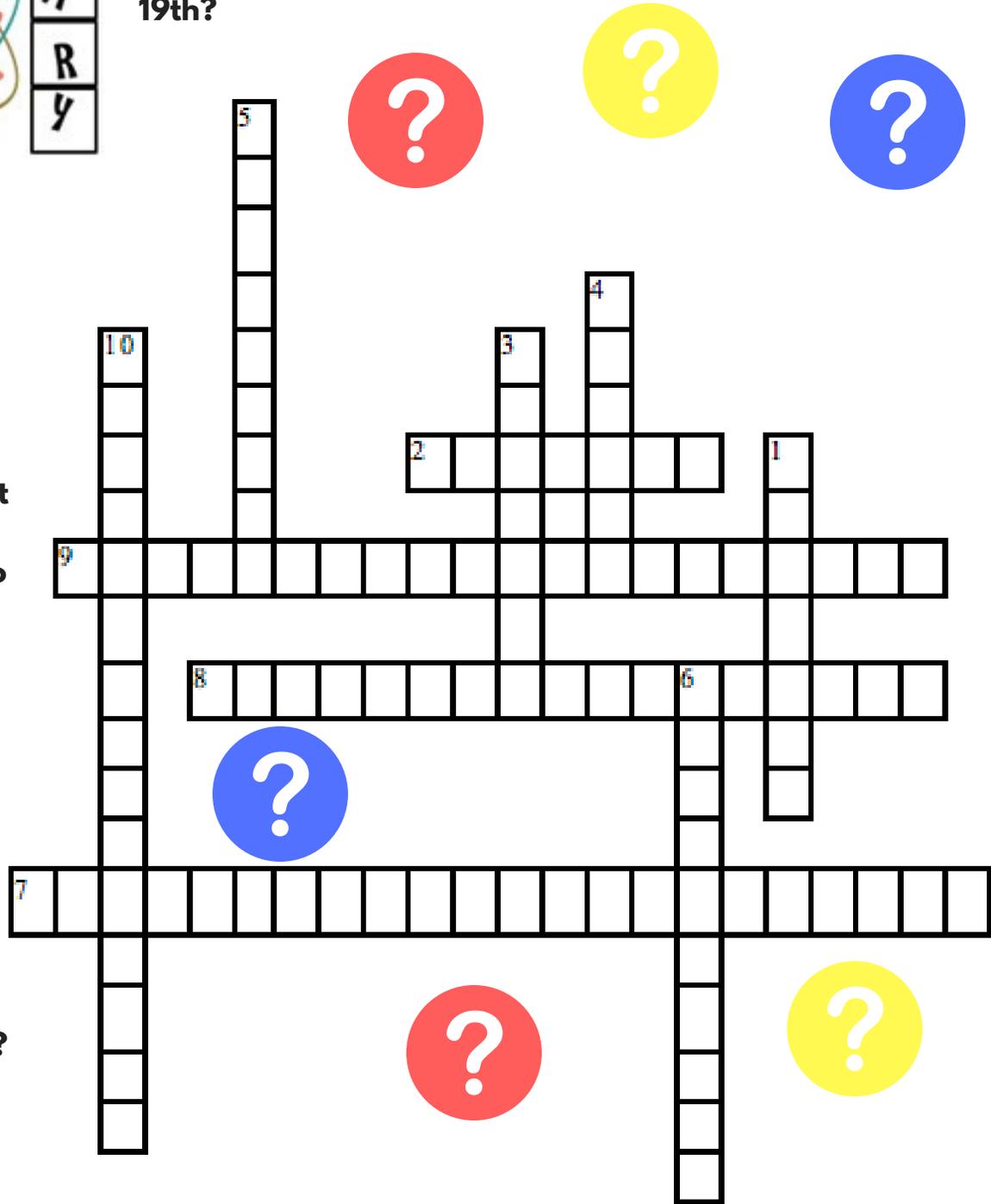
ACROSS:



- 2 What is the name of the ballroom in which we, usually, hold our weekly meetings.
- 7 Which couple has been LIFE members for 26 years?
- 8 How many LIFE members are in our UCF chapter?
- 9 What is the location of the LIFE field trip on January 19th?

DOWN:

- 1 Which LIFE member was a construction worker on the World Trade Center?
- 3 For 5 years, who has held the WELCOME spot at the front table, giving out name tags to visitors and providing candy to us all?
- 4 What is the name of the largest modeling and simulation conference in the world. Hint: over 50 LIFE members went there on a field trip in December.
- 5 What is the name of our LIFE photographer?
- 6 Who does Jim Burr call "The Father of LIFE?"
- 10 Where, in the Student Center, can you drop off non-perishable food products for the KNIGHTS PANTRY?



ANSWERS:

Ranking; Pegasus; JoGreen; ITSEC; AlanLunin; Donaldand HarrietLevine; DickTucker; sevenhundredfifty; OrlandoScienceCenter; INFORMATIONdesk