



Stuff worth knowing!

# LIFetimes

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So, we are into a new year and we have some terrific lectures on the horizon, thanks to our wonderful Curriculum Committee!

In addition, LIFE is looking for a few people for the Board of Directors; individuals who wish to become more active in LIFE. Interested? There is information in this LIFetimes on page 4.

As always, your **Trippin' through LIFE Committee** is hard at work to give our members an assortment of interesting and fun field trips this semester. There is a list of "active" signup links further back in this newsletter, but listen to weekly announcements for new listings! As always, the links will be available in the weekly e-blasts.





Greetings LIFE members. We've had a great beginning to the Spring 2023 semester and I hope you are enjoying the wonderful talks that our Curriculum Committee has scheduled. We have some incredible repeat lecturer's coming this spring including Dr. Deborah Beidel from the UCF Restores program presenting some new applications of their groundbreaking research and

therapy with folks who have experienced powerful traumatic experiences in their lives, as well as talks from wonderful folks in our community such as Micayla Rowe who will talk to us about the "Amazing story of Give Kids the World." We, members of LIFE at UCF, are incredibly lucky to experience such unbelievable presenters.



I also hope you have been enjoying LIFE's Trippin' experiences, Gail Agor and her great committee have more than tripled these wonderful opportunities for our members in 2022-2023. Watch for upcoming trips as announced at our Tuesday sessions and in LIFE's Newsletter.

You will be receiving information, or already have, about logging into our new "Member 365" membership management software that will allow you to control your own LIFE membership account, easily register for and pay for Trippin' events, and much, much more.

LIFE periodically experiences some significant glitches in the online live streaming of our Tuesday morning events which are very frustrating to those members who participate in LIFE on line. We work closely with our partners in the UCF Student Union to minimize these technical issues and to overcome them when they occur. I recently wrote a brief

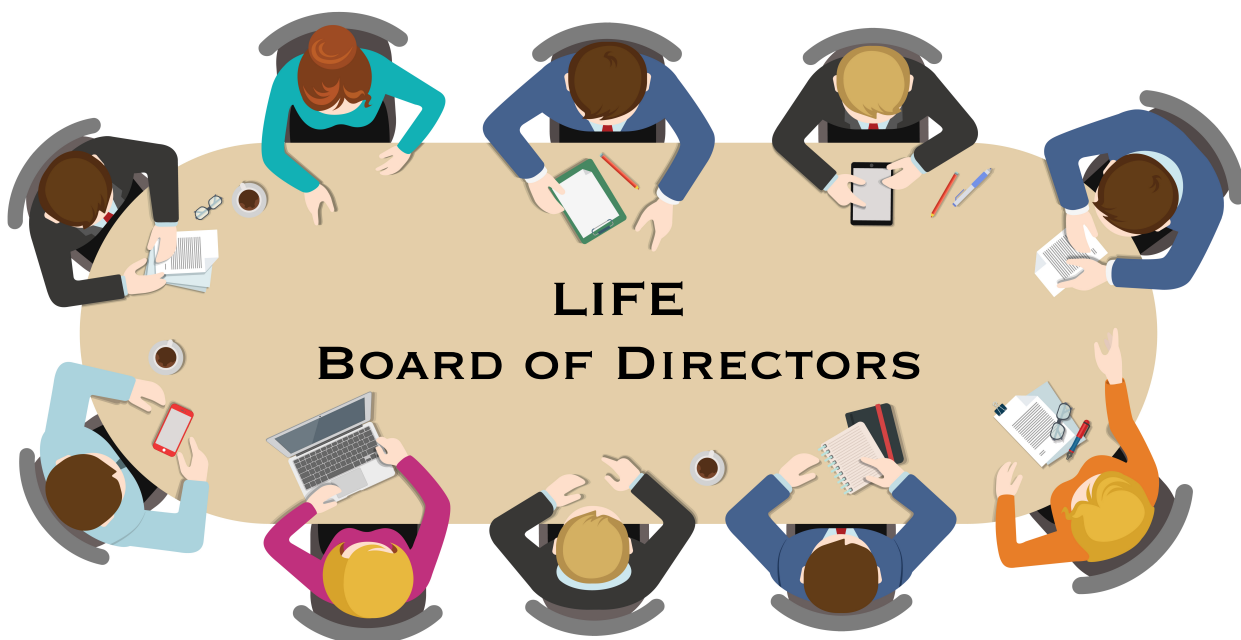


note in our Tuesday afternoon email addressing these issues and I'd like to repeat it here especially for those who participate in LIFE through the live-stream and recorded YouTube outlets:

I wanted to address the technical issues that we experienced the last couple of classes, especially during the first presentation for LIFE's live-streaming members. First, I want to apologize for the inconvenience that these problems created for our on-line users. Our student union, student tech assistants had difficulty quickly diagnosing and problem solving on-the-fly the issues that occurred. We appreciate immediately receiving notification from members that a problem has occurred and what that problem is for the user so that we can coordinate effectively with our student tech team. We would also appreciate, however, your patience and good will in providing information to us that will be helpful to us in addressing any issue. We pay for 3 student tech assistants for each LIFE session and the Student Union typically provides us with 4-5 techs for our program support. At the beginning of each semester, there is typically a good bit of turnover in the student tech assistants who are being trained and learning how to use the live-streaming equipment, as well as the in-person video recording, slides operation, etc. These are students who are learning and are not seasoned professionals. We strongly support this learning experience for UCF students. We appreciate your awareness of these facts and your patience and support for our continued ability to provide live-stream and recorded options for LIFE presentations.



Thanks to Margie Sloane for this photo



## TAKE NOTE:

LIFE at UCF is looking for dedicated members to serve on the **LIFE at UCF Board of Directors.**

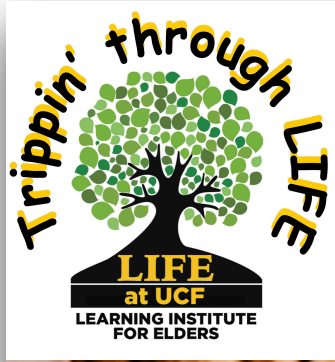
LIFE's Board guides the direction of the institute and focuses volunteer effort toward achieving LIFE's strategic objectives.

There are 3 simple requirements:

- 1) A LOVE of LIFE at UCF and a willingness to help steer the institute to greater heights!
- 2) Ability to attend one Board meeting per month (typically the first Monday of each month)
- 3) Willingness to serve on one of LIFE's 6 standing committees

Email [life@ucf.org](mailto:life@ucf.org) if you're interested.





## Cookies!

You scream,  
I scream,  
we all scream for...cookies!

But the only LIFE committee that has cookies at every committee meeting is the...Public Relations Committee. Yes, you too can have cookies, but you must volunteer to serve on the committee.

Meetings are short (relatively), held once a month right after the LIFE lecture program of that day, and cookies are provided.

Are you smart, charming, good-looking? Then you may not pass the interview.

The Public Relations Committee wants “idea people” dedicated to putting forth the face of LIFE at UCF. If you’d like to volunteer, please send your name and favorite type of cookie to

committee chair Rich Sloane at [richardtsloane@gmail.com](mailto:richardtsloane@gmail.com), or catch him at a Tuesday morning LIFE lecture.







January/February 2023

## Current “live” Trippin’ events on Eventbrite

**Trippin’ through LIFE, Backstage Theater Tour**

**<https://www.eventbrite.com/e/trippin-through-life-backstage-theater-tickets-519214082297>**

**February 6, 12:00pm after the LIFE meeting.**

**This Trippin’ is “sold out” but there is a waitlist option!**

**Trippin’ thorough LIFE, Albin Polacek Museum**

**<https://www.eventbrite.com/e/trippin-through-life-at-the-albin-polasek-museum-tickets-489660627117>**

**February, 16th. 10:30 am**

## **Upcoming Trippin’ events to watch for!**

**Links will be available in the Tuesday E-blast when they become available!**

**Trippin’ through Nehrling Gardens (Gotha)**

**March 16th**

**Trippin’ as LIFE does community service at Clean the World**

**March 10th**

**Other Trippin’ events are being planned, when we have dates we will announce each and every one!**

**UCF Athletic Facilities**

**2nd Harvest Food Bank**

**St. John’s River Tour with lunch**

**...and much more!!!!**



*A gentle reminder....*

Please, silence your phone!  
That doesn't mean you have  
to turn it off...we don't want  
you to miss an important  
call, but  
put your phone on  
**VIBRATE.**

