



January 2024

Volume 48 - Issue 2



MESSAGE FROM THE PRESIDENT



OFFICERS

2023-2024

President:

Barbara McDade Gordon

President Elect :

Rick D'Alli

Past President:

Saeed Khan

Secretary:

George Hochmuth

Treasurer:

Bram Hartzema

DIRECTORS

Diana Boxer

Susan Cooksey

Leon Couch

Don Goodman

Pushpa Kalra

Lucinda Lavelli

COMMITTEE CHAIRS

Communications:

Pushpa Kalra

Membership:

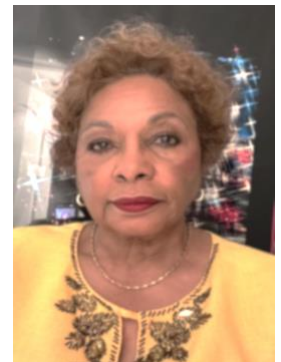
Susan Cooksey

Membership Records:

John Foltz

Retired Faculty of the University of Florida celebrates its Golden 50th Anniversary! RFUF was founded at UF in 1974. I chose to wear gold in this newsletter photo to signify this milestone. We are planning several programs and events on campus and in the community to advance and promote the mission of RFUF and celebrate the 50th.

Let's take a brief "Walk Down Memory Lane" or as Baby Boomers may quip, "A Blast From the Past."



The first elected RFUF President was Rae O. Weimer, who established the School of Journalism for whom the hall is named. Other RFUF presidents who have buildings named after them are W. K. McPherson, L.E. Grinter, J. Wayne Reitz, among others.

Ten years ago in 2014 annual membership dues were \$20, still only \$25—soon to change. Inflation—what can we say?

Twenty years ago in 2004: UF was transitioning to a new president, Dr. Bernie Machen, as we are nearing the first year of our "new" President Ben Sasse.

The first RFUF newsletter on our website is November 2002. It is noted that Amendment 11 to the Florida Constitution was approved which established a state-wide coordinating board in the Florida State University System. The goal? To reduce "parochial" legislative action in funding and other academic decisions. The more things change...

RFUF Archives dating from 1977 were dormant for some years but last Fall we moved to rejuvenate to preserve our history.



President's message continued...

WELCOME BACK

Welcome back for Spring 2024--the start of a New Year and our Golden Anniversary. Our first meeting is Wednesday, January 10, at the Harn Museum.

A special welcome to our newest **Board Member, Dr. Don Goodman**. Don and his wife, Jordan, created the Kanapaha Botanical Gardens in 1977. He retired as Director Emeritus.

Thanks to **Dr. Lucinda Lavelli** who provided 40 free tickets to *Dance Alive!* performances for our members.

President-Elect Rick D'Alli and I met with **Provost J. Scott Angle** to discuss how we can work together to better serve the interests of the University generally, faculty, students, staff, and retired faculty. The Provost was supportive of our initiatives and proposed that RFUF organize a small committee of our members to meet twice a year with him and his staff to put collaborative efforts into place. He also committed to support a significant portion of our meeting rental costs at The Harn Museum. RFUF has met at the Harn for decades. However, increases in the Harn's operating costs were passed on to us. After this year, it would have been prohibitive for us to continue meeting there. Last Spring we moved from the Chandler Auditorium to classrooms on the ground level. The additional support from the Provost allows us to continue meeting at the Harn.

Spring 2024 Schedule of Speakers (see complete schedule in this newsletter)

The enthusiasm of President-Elect Rick D'Alli in finding and signing exemplary speakers knows no bounds. We have an informative, interesting, and eclectic roster for Spring 2024.

RFUF meets weekly on Wednesday mornings (except during Spring Break Week) at the beautiful Harn Museum on the UF campus. Coffee/tea and sweets are provided gratis in the Camellia Café starting at 9:30 am. Speaker presentations begin promptly at 10:00 am and end at 11:00 am. This semester includes a trip to the Sweetwater Wetlands Park. The Annual Spring Luncheon will again be held at Oak Hammock. This is a ticketed event, seating is limited. You will be notified to reserve your seat in advance—payment at the door.

NOTICE to Members to Pay Delinquent Membership Dues

There are currently 240 members whose dues are current--out of over 330 on the membership roster.

This is not sustainable. The BOD had to find a way to encourage members to pay their dues.

NOTE: As of March 1, 2024 RFUF Members who have not paid their current dues will no longer receive the Zoom meeting link and notices. Any parking permits received must be returned.

We will email all members (bcc) whose dues are "in arrears." Please take care of this.

Incentive: pay your dues in January and you still pay only \$25 good until August 2024.

RFUF Membership is open to retired faculty and staff from institutions of higher education. Spouses may also become members. Annual dues for new members are \$25 if paid this January. The membership period ends in August. Annual dues will be \$35 after August 2024 for new members and renewals.

Free Parking: Members may park free in the UF Cultural Plaza (museum area) on Wednesdays from September to April. I will send out notices for parking requests. President-Elect D'Alli will distribute the parking permits.

We're back from Break and we're starting off the New Year good!

Barbara McDade Gordon, Ph.D.

RFUF President

Highlights from Fall Semester 2023 Speaker Presentations



UF President Ben Sasse kicked off the Fall Speaker Series to a large audience at the Ham Museum and on Zoom.



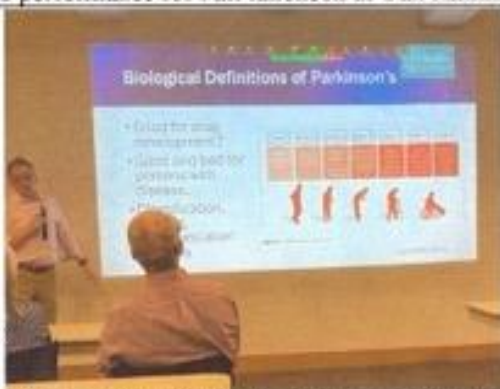
RFUF's President-Elect D'Alli & President McDade Gordon present "coveted RFUF cup" to President Sasse.



Maestro Evans Haile gave a spirited talk and a virtuoso piano performance for Fall luncheon at Oak Hammock.



UF Gator and Premiere Astronaut Norman Thagard: "My Life in Space" kept the audience fascinated.



Dr. Michael Okun's "Ending Parkinson's Disease" research was one of the most anticipated talks.



Professor & Director Jon Miot, tour of Santa Fe College Zoo, along with some of our primate cousins.



Dr. Bahar Armaghani, Director, UF Green Building Collaborative. Program saves \$\$\$\$\$ in energy costs.



Gainesville Mayor Pro Tem Desmon Duncan Walker began her talk with a spirited poetry recitation.

Achieving Improved Physical & Mental Health through Mindfulness

Another popular presentation was given by Dr. Carol Lewis, Associate Professor, UF Department of Psychiatry, on “The Art & Science of Mindfulness.” She led members in several **Mindful Awareness Practice** activities. So many of our members requested additional copies of her handouts that we’re presenting some here.

6 Steps Daily Self-Care Checklist

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1. Sleep							
2. Eating							
3. Exercise							
4. Daily Pleasant Activity							
5. Calm Breathing							
6. Mindful Thinking							
Other:							

6 steps to wellness

Developed by Carol Lewis, PhD MPH, UF Health Shands Psychiatric Hospital, 2014
 carollewis@ufl.edu 352/733-2124

6 steps to emotional health

- 1. Sleep** - 7 to 9 hours nightly
 - Stop using all electronics (TV, computer, phone, etc.) at least 30 minutes before you try to go to sleep;
 - Read a book or magazine just before going to sleep (to get your mind off the concerns of the day).
- 2. Eat** – at least 3 times a day (something with nutritional value); don’t go long periods of time without eating.
- 3. Exercise** – move around a little more than you do now, aiming for 20-30 minutes or more, most days
 - Exercise is mood-regulating and anxiety-reducing, (& can be done in 10 minute chunks).
- 4. Daily Pleasant Activities** – do something pleasant everyday, & pay attention to it while you’re doing it
 - Put your mind on the pleasant activity (instead of the *worry* or *sad thoughts*), & redirect your attention back to the pleasant activity as many times as you need to.
- 5. Slow, deep, rhythmic Breathing** – @ 5 minutes or more each day, breathing in *calm*/breathing out *tension*
 - Maybe breathe to music, or use a phone app or website like *calm.com* or *Stop, Breathe & Think* for 2 or more minutes daily.
- 6. Mindful Thinking** – It’s healthy to bring our attention to the present moment as often as we can. The 4 steps to Mindful Thinking:
 - Step 1: Notice your thoughts.** Thoughts come and go like clouds in the sky (that’s the nature of thoughts). When you find yourself thinking a *worry thought* or a *sad thought*, **you don’t have to keep thinking about it.** It’s not always the right time to think about issues or problems.
 - Step 2:** Allow yourself to gently **Let Go** of your *wandering, worry, or sad thoughts*, without judging the thoughts or yourself, or struggling with the thoughts.
 - Step 3:** Then **Find a Different Focus**, gently redirecting your attention to something else, like:
 - an image (maybe your pet, or a relaxing or beautiful place), or
 - a word (maybe *relax*, or *calm*), or
 - your breath, a puzzle, 1 of your 5 senses (like the taste of a mint). *You’ll get better at this the more you practice it!*
 - Step 4:** Maybe, **set aside a time** to think about the issue or problem that was bothering you:
 - for 30 minutes or less, during daytime hours, maybe 1-2 times during the week, followed by an activity to bring your thoughts back to now (instead of the problem).
 - When your mind wanders to the problem or issue later in the day, notice it, gently let it go, and Find a Different Focus.

Websites:

- Self-compassion meditation by Christopher Germer, PhD. <http://chrisgermer.com/meditations/>
- Calm.com www.calm.com (a website and phone app)
- Black Zen <https://www.blackzen.co/> - Mindfulness for Black & Brown communities
- UF Psychiatry resilience resets & guided practices: <https://www.youtube.com/c/UFPsychiatry/playlists>

Apps:

Insight Timer Smiling Mind Lotus Bud Better Sleep Grateful
 Virtual Hope Box The Now MyNoise Headspace Bambu (Spanish)

WELCOME NEW MEMBERS

Patricia Abbitt

UF Medicine
Diagnostic Radiology

Wayne Archer

UF Business
Finance, Insurance and Real Estate

David Leslie Auth

UF CLAS
Zoology/Herpetology

Russell M. Bauer

UF Public Health & Health Professions
Clinical & Health Psychology / Neurology

Joseph W. Berkow

Johns Hopkins Univ
Ophthalmology

Janet Bostrom

Stanford U.
Patient Care Services Research

Frank Bosworth III

UF Design, Construction, & Planning
Architecture

Regina Bussing

UF Medicine
Psychiatry

Douglas A. Cenzler

UF CLAS
Mathematics

Mary Ann Ferguson

UF Journalism & Communications
Public Relations

Vivian Filer

UF Alum
Nursing

Harvey Goldstein

UF Alum
BA 1962. JD 1970.

Camilla Harshbarger

CDC
Anthropology/Behavioral Science

Glenn D. Israel

UF IFAS
Agricultural Education and Communication

Mike Katovich

UF Pharmacy
Pharmacodynamics/Physiology

Maureen Keller-Wood

UF Pharmacy
Pharmacodynamics

Edmund Kellerman

UF CLAS
Dial Center for Written and Oral Communication

Judy Lew

UF Medicine
Pediatrics, Infectious Diseases

Henrietta Logan

UF Dentistry
Community Dentistry

Michael McKenzie

UF Pharmacy
Pharmacotherapy and Translational Research

John Nackashi

UF Medicine
Pediatrics

James Nicholas

UF Design, Construction & Planning
Urban Planning

Susan Nimmo

UF Dentistry
Restorative Dental Sciences, Operative

Winfred Phillips
UF Engineering
Fluid Mechanics, Biomedical Engineering

David Pokorney
UF Admin
Information and Technology

Kenneth Rand
UF Medicine
Infectious Diseases

Sandra L. Russo
UF Academic Affairs/International Center
Agronomy/Animal Science

Conctance Shehan
UF CLAS
Sociology

Jonathan J.Shuster
UF Medicine

Elliot Theodore Wasserman
U Miami Medicine
Radiology and Family Medicine

Ann Wehmeyer
UF CLAS
Languages, Literature & Cultures

Charles Wood
UF Medicine
Physiology and Functional Genomics

Rick Yost
UF CLAS
Chemistry

USEFUL LINKS

Our weekly lectures are posted on the RFUF website as soon as possible after the presentation date: <http://retiredfaculty.ufl.edu/meetings/>

The organizations listed below offer programs that may be of interest to retired faculty. Gainesville for All: <http://gnv4all.org/>

Institute for Learning in Retirement (ILR), based at Oak Hammock at UF:
<https://www.oakhammock.org/ilr>

Senior Recreation Center of Gainesville: <https://eldercare.ufhealth.org/senior-recreation-center/>

Sister City Program of Gainesville, Inc. <https://gnvsistercities.org/>

United Nations Association-USA, Gainesville chapter: <https://www.una-usagainesvillefl.org/>

Welcoming Gainesville & Alachua County: <https://welcominggainesville.org/>

Greater Gainesville International Center (GGIC): <https://www.gnvic.org/>

IN MEMORIAM

David G. Bjoraker

UF Medicine
Anesthesiology
Died 4 Sep 2023

John Capinera

UF IFAS
Entomology & Nematology
Died 30 Oct 2023

Cesar Caviedes

UF CLAS
Geography/Latin American Studies
Died 13 Sep 2023

Paul W. Chun

UF Medicine
Biochemistry and Molecular Biology
Died 24 July 2023

Josephine E. Clark-Curtiss

UF Medicine
Infectious Diseases
Died 6 Nov 2023

Paul Doughty

UF CLAS
Anthropology
Died 27 Sep 2023

Herbert Arthur Ingley III

UF Engineering
Mechanical & Aerospace Engineering
Died 8 Oct 2023

Brian A. Iwata

UF Medicine
Psychology
Died 7 Oct 2023

Norman N. Markel

UF CLAS
Anthropology, Communication Sciences
Died 11 May 2023

Henry S. Pennypacker Jr

UF CLAS
Psychology
Died 12 Sep 2023

Barbara S. Probert

UF Student Affairs
University Counseling Center
Died 9 Nov 2023

Hugh Putnam

UF IFAS
Environmental Engineering Sciences
Died 4 Sep 2023

Jon Roosenraad

UF Journalism & Communications
Journalism
Died 13 Sep 2023

Charles S. Wingo

UF Medicine
Nephrology
Died 25 Sep 2023

R. Craig Wood

UF Education
Education Law, School Finance
Died 24 Nov 2022

RFUF SPEAKERS BUREAU SCHEDULE: Spring Semester 2024

Samuel P. Harn Museum of Art, UF campus (lower level classrooms across from café)

All talks at the Harn Museum begin promptly at 10:00 am and end at 11:00 am.

(Please note highlighted dates for special program and or time.)

- January 10 **Thomas Pearson**, Professor of Epidemiology, Retired, UF College of Medicine and College of Public Health and Health Professions:
“*The Epidemiology of Chocolate*”
- January 17 **Paul Ortiz**, Professor, UF Department of History:
“*From the Great Depression to A New Deal: How America Got its Groove Back in the 1930s*”
- January 24 **Tongyun Yin**, Curator of Asian Art, the Samuel P. Harn Museum of Art:
“*Gateway to Himalayan Art: Symbols, Meanings, and Functions.*”
- January 31 **John Hardeman**, Retired Associate Professor and Interim Chair, Oral and Maxillofacial Surgery, UF College of Dentistry:
“*Saving Face: The OMFS spectrum of changing faces and changing lives.*”
- February 7 **Joann Mossa**, Professor and Associate Chair, UF Department of Geography: “*Some Secrets of Southern Rivers*”
- February 14 **Scott Rivkees**, former Florida Surgeon General, now Vice-Chair and Professor, Brown University School of Public Health, Department of Health Services, Policy, and Practice: “*Public Health in the face of Denialism and Politics*”
- February 21 **Barbara Menzel**, UF Professor of Film Studies: “*The German Film “Girls in Uniform” (1931): Film Stars, Censorship, and the Rise of Fascism*”
- February 28 **Brian Phillips**, Associate Professor, UF College of Engineering: “*The Impact of Hurricanes on Civil Infrastructure*”
- March 6 **Andres Pumariega**, Professor and Division Chief, UF Child and Adolescent Psychiatry: “*From Immigrant Child to Child Mental Health Advocate: A Life Journey.*”
- March 20 **Darby Guyn**, Director, Sweetwater Wetlands Park:

NB: Meet as usual at the Harn at 9:30 am, consolidate into as few vehicles as possible and carpool to Sweetwater Park; entry fee \$5 per vehicle

March 27 **Jason Alread**, Professor, UF School of Architecture:
“*The UF Campus from Past to Future*”

April 3 **Juan Gilbert**, Endowed Professor and Chair and *winner of the 2023 White House Presidential National Medal of Technology and Innovation*, UF Department of Computer & Information Science & Engineering: “*Computing for Social Good: Elections Technology and Traffic Stop Safety*”

April 10 **Scott Angle**, Provost of the University of Florida: “*UF and its Role in Feeding a Special Hungry World*” (10:00 am to 11:00 am)

Extended Presentations Meeting **ILR-UF Aging Science Research Finals, UF Doctoral Candidate Presentations and judging** (11:30 to 12:30)

April 17 **RFUF Annual Spring Luncheon at Oak Hammock** Barbara McDade Gordon, President: “*Reflection over 50 years*”; Rick D’Alli, President-Elect: “*Moving forward in our 50th year*”

OPTIONS FOR PAYING DUES

OPEN : retiredfaculty.ufl.edu; go to Membership, fill out form and mail the form with your \$25.00 check to

Treasurer

PO Box 141592

Gainesville FL 32614-1592

Alternatively, hand deliver form and payment to the Treasurer on Wednesday morning at the Harn.

