

★ The UCFRA Star ★

Cyber security was in the spotlight at recent Luncheon

Technology – it’s an almost magical tool that has revolutionized many aspects of our everyday lives, both large and small. From the manner in which we communicate, share photos, and conduct business to the method that data about us is created and managed, technology is the driving mechanism, most generally via the Internet.

Kittie Johnson, guest speaker at the Association’s Spring Luncheon, shared advice on how to keep your information secure. As the founder of Winter Park Tech Tutors, Kittie advised audience members to make “cyber vigi-

lance” an ongoing habit. Among the key points she suggested were these:

- Back up data regularly
- Install security software
- Don’t email personal or financial information
- Don’t open email attachments unless you know and trust the sender
- Be “unpredictable” when creating passwords — and mix in numbers, symbols, and capital letters
- Don’t use the same password for many accounts
- If you spot a scam, report it to the Federal Trade Commission at 1-877-382-4357.

You can learn more ways to protect yourself from cyber hacks by reviewing the FTC website: <https://www.consumer.ftc.gov/>

Fall Luncheon set for Thursday, Oct. 25
A tour of an exciting campus facility plus a tasty meal on site is being planned. Watch for all the details in the September issue of the newsletter!



Hi ho, hi ho...it’s to the gym we go

Did you know that as a UCF retiree, you are welcome to use the exercise equipment and/or attend the various classes offered at UCF’s Wellness Research Center free of charge? Cool deal, right?

Located on the first floor of the College of Education Building just north of Millican Hall, the Center is open during these times: Mon-Thurs, 6 a.m. to 8 p.m.; Fri. 6 a.m. to 6:30 p.m.; Sat. 10 a.m. to 2 p.m. (closed Sundays and during term breaks).

If it’s a group class that you’ve been looking for, the

Center has you covered there too. The Group Exercise Schedule for Summer 2018 is reprinted below. All classes are 30 minutes in duration and are held in Room 179C.

To participate in any Center activity, you’ll need to sign in upon arrival (might be a good idea to have your UCF retiree I.D. with you) but otherwise all that’s needed is a little time, your gym bag, and some determination! If you have questions, give the Center a call at 407-823-3509. **Go for it!**

	MON	TUES	WED	THURS	FRI
6:30 AM	Lower Body Exercises	Mobility Stretches	Ab-solute Ab Exercises	Upper Body Exercises	Boot Camp Weight-training
12:15 PM	Upper Body Exercises	Boot Camp Weight-training	Lower Body Exercises	Ab-solute Ab Exercises	Mobility Stretches
5:30 PM	Ab-solute Ab Exercises	Upper Body Exercises	SWEAT Full Body Workout	Lower Body Exercises	SWEAT Full Body Workout



Mary McKinney and Judy Gallo



President Helen Hill

CHEER

Thanks for the

Oh look, it appears that the photographer has put her expertise to work again, capturing all the smiles enjoyed by members at the Association's Spring Luncheon.

Smile for the



Dennis Dulniak and Guest Speaker Kittie Johnson



Kathie Holland



Dave Fabianic and Peggy Wunder



Mary Ellen Smith



Linda Bonta and Bruce Whisler



Marcy Kysilka and Narsingh Deo



Bill and Joan Branch



*Karin and Walter Taylor
(And yes, unfortunately Walter did experience a minor "trip-and-fall" just prior to the luncheon. Hope all is A-OK and completely healed now!)*

Say SE!

... memories ...

... our roving photogra-
... camera skills to work
... the fun and festivities
... and guests attending the
... luncheon in mid-April.
... the camera!



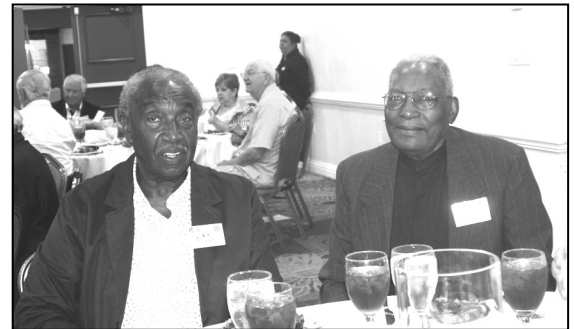
Jeanne Miller



Guest Ina Carpenter with Rosemary Monroy



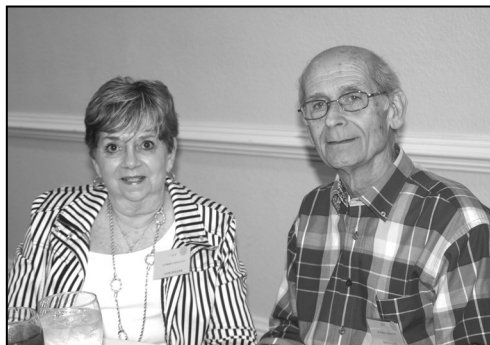
Ron and Cindy Rubin



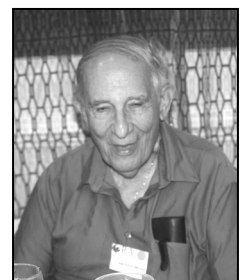
Lee Tubbs and Tommie Nelson



Barbara Ratti and Bob Westrick



Donald and Jane Fuller



Lawrence Mione



Mike and Marty Fioramanti



John and Marilyn Salter



Bob and Joan Hurd

*A tip of the hat and our sincere thanks
to photographer Linda Bonta!*



Hats off to new members and best wishes to all new retirees!

Two recent UCF retirees joined the Retirement Association this past quarter. We offer a hearty “welcome aboard” to both **Keith Folsie** (Modern Languages) and **Andrew Payer** (College of Medicine). We hope to be able to greet you in person at the Fall Luncheon in October.

We also send along sincere congratulations to these brand new retirees: **Blanca Atehortua** (Facilities Operations), **Kay Bales** (Facilities Operations), **Maria Modi** (SDES Business Office), **Patrick D. Murphy** (English), **Judy Pardo** (SDES Operations), **Dara Belson** (Financial Aid), **Karen Glidewell** (AMPAC), **Joseph B. Sanborn, Jr.** (Criminal Justice), **Jamie Barron Schwartz** (Communicative Disorders), **Alphonso Parry** (Resource Management), **Edward H. Robinson**,

III (Child Family & Community Sciences), **James D. Wright** (Sociology), **Deborah Kirkley** (Information Office), **Huong Thi Vu Mai** (SDES Business Office), **Linda Aten Wood** (Facilities & Safety), **Khanh L. Nguyen** (SDES Operations), **Janice Ruschak** (Health Center), **Carolyn W. Hopp** (College of Education), **Michael E. Sheahan** (Executive Development Center), **Margarida Trim** (Civil Engineering), **William D. Reusow** (College of Education), **Phillip John Rogers** (Environmental Health Safety), **Richard T. Sloane** (College of Education), **Susan Virginia Tracy** (Academic Programs), **James R. Fowler** (Florida Solar Energy Center), **Donald C. Lee** (College of Medicine), and

Berry Jackson Sullivan
(Research Operations).

Care and Concern

During this spring, get-well wishes were extended to **Frank Juge** following his hospitalization and surgery.

In addition, several messages of sympathy were sent out: to the family of **Chris Clausen** who died in March; to **Walter Teague** on the passing of his wife, **Margaret**, in May; to the **Friedt** family on the deaths of both **Larry** (in March) and **Mary** (in June); and belatedly to **Ron Atwell** whose son passed away a number of months ago.

Hop to it — time to renew your permit!

If you don't want to run the risk of being “toad,” you'd better take a minute to renew your annual permit to park on campus free of charge!

In order to receive either a hang tag or window sticker (please note your preference on the form), complete the enclosed “UCF Parking Permit Application” and mail it to:

UCF Parking Services
P.O. Box 163551
Orlando, FL 32816-3551

Or, if you prefer, you may take your completed form to the Parking Services office adjacent to



the Visitors Information Center on campus. Please note — new retirees (those who have retired within the past year) will need to provide a photocopy of your retiree I.D. card (available through the UCF Card Office located near the UCF Bookstore) along with your application.

For those selecting the mail-in option, Parking Services will begin mailing out new permits for the 2018-19 academic year **after August 6th.**

If you have any questions, please call the helpful folks at UCF Parking Services. 407-823-5812.

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