



PRESIDENTS MESSAGE

Warm winter greetings!

We hope 2014 is off to a happy start for you despite the bitter temperatures and snow days. A special thanks to Alan Zirkle and the Curriculum Committee, including several Sponsors, for keeping us informed and making changes to our schedule to accommodate our safety during the inclement weather.

March brings the first day of Spring and our General Membership Meeting on March 19th. The meeting is an open forum and gives you the opportunity to provide feedback to our officers, board members and committee chairs. It also permits us to greet new members, renew friendships, and enjoy some breakfast treats. The election of three new people to the Board of Directors will take place at this meeting as well, and you will find the ballot in this newsletter.

Please mark your calendars: March 19, 10 - 12am at the Center for Life Long Learning on the UMW Stafford Campus.

A thank you to the Membership and Administration Committees, too. All three committees do a wonderful service for us. Perhaps you will attend one of their meetings this year which are listed on our class schedule. We welcome and encourage you to be a part of our all-volunteer network.

We look forward to seeing you in classes and at the General Membership Meeting.

Wishing you blue skies and spring days.

Bill Toomey

The objective of the Lifelong Learning Program of Mary Washington ElderStudy is to design and execute an academic program to suit the interests of retirement-age people who share a love of learning and to be a positive influence in the community. Your input is always welcome!

www:elderstudy.com or call (540) 654-1769 (option 1). What you need to know, when you need to know it.

Volunteer! You will be glad you did.

The Newsletter is prepared by Dorothy Meyers, with the help of many volunteers from the members of ElderStudy. Any questions or additions to the newsletter should be sent to dottie@pookaville.com or 540-760-1533. I am happy to include any information that is important to the members. Thank you for all your help.

Administration Committee

The Administration Committee, with Board of Directors guidance, develops policies and plans for operating the ElderStudy organization, monitors finances and projects future needs, proposes an annual budget with recommended annual fees, and periodically reviews ElderStudy governing documents relative to potential need for revision or change.

At the December 4, 2013 Board of Directors Meeting, the Committee presented the 2013-2014 First Quarter Financial Reports to the Board as well as a recommendation for ElderStudy to provide funds (\$1,000) to the University for the 2014-2015 Bachelor Of Liberal Studies Scholarship. The Board approved both actions.

The next meeting of the Administration Committee is scheduled for Tuesday, February 25 at 1 PM in the Center For Lifelong Learning at the University Stafford Campus (SC210S). The primary topics of discussion will be a review of the ElderStudy mid-year financial status and the initiation of the 2014-2015 Budget Call.

Questions and comments associated with the Committee activities may be addressed to John Thompson.

Treasurer's Report

The ElderStudy 2013-2014 First Quarter Financial Reports for the period September 1, 2013 thru November 30, 2013 have been approved by the Board of Directors and are included in the newsletter for membership review; these reports are also available on the ElderStudy website. At the present time, the ElderStudy financial status is positive as a result of greater 2013-2014 membership than had been anticipated and successful management of the organization's expenses. Funds for the 2014-2015 Bachelor Of Liberal Studies Scholarship were provided to the University in late January. The funds associated with a Certificate of Deposit which matured on January 27 have been reinvested for a 9-month period with the hope that interest rates will increase to allow consideration of longer term investment.

The ElderStudy 2012-2013 Tax Return for the period September 1, 2012 to August 31, 2013 was filed on January 12 and has been accepted by the IRS.

The mid-year financial status will be reported to the Board of Directors at their March 5th Quarterly Meeting. It is anticipated that the Board-approved information will be reported to the membership as part of the March 19th General Membership Meeting and will be published in the next newsletter.

Questions and comments associated with the Treasurer's Report may be addressed to John Thompson.

KEY POINTS FROM GENERAL MEMBERSHIP (10/16/13) AND BOARD (12/4/13) MEETINGS

(Summarized by Barbara Barrett from the minutes to comply with a secretarial duty in the Policies and Procedures document)

10/16/13 General Membership Meeting

- Things are running smoothly at our new location, the Lifelong Learning Center on UMW's Stafford Campus. Alan Zirkle has contributed significantly to this.
- The officers for the 2013-14 year are: Bill Toomey, President; Mary Ann Stana, Vice President; Barbara Barrett, Secretary; and John Thompson, Treasurer. Continuing as committee chairmen are John Thompson, Administration; Bill Wemmerus, Curriculum; and Suzanne Willis, Membership.
- The Membership Committee recommended letting members opt to get the newsletter via e-mail instead of the U.S. Postal Service. Chuck Watkins reported that, in the not-yet-completed e-mail survey, about 50 members would opt out of the USPS mailing.
- Alan Zirkle discussed options for receiving the roster of members now mailed with the October newsletter. It is outdated when it is sent because people (re)join during the year. One option is to put updated rosters on the website with a password for members only to access. He will poll members to determine their preferences.

12/4/13 Board Meeting

- Program scheduling procedures involve review and approval by UMW's Susan Knick. Subsequent changes require exchanges among Bill Wemmerus, Bill Toomey, Susan, Alan Zirkle (sending e-mails to members), and Sherrill Bartholomew (calling the 11 members without e-mail).
 - Temporary and permanent nametags will be left in the classroom rather than mailed.
 - Membership fees have exceeded projections and cover the approved budget. Wendell Anderson conducted the annual audit and "... detected no errors, inconsistencies, or exceptions. Thus, the performance of the [ES] Financial Program remains excellent."
 - ElderStudy is not covered for liability under UMW's plan, states Rick Pierce, UMW's Vice President for Administration and Finance and UMW's Chief Financial Officer. The Board will get cost estimates for Officers & Directors Liability Insurance and seek expertise within the membership to help inform the Board's decision-making.
 - Sixty-three (63) of the 163 households making up the 254-member mailing list voted to opt out of receiving the newsletter via USPS. The Board adopted the Membership Committee's recommendation to stop mailing copies to those who have opted out. (except for the February newsletter containing the ballot). Electronic distribution of the newsletter does not violate *Policies and Procedures* requirements.
 - The October 22 ribbon-cutting ceremony for the Lifelong Learning Center went well.
 - The survey of members showed overwhelming support for electronic delivery of the membership roster. The Board approved a motion to provide a hard copy once a year to members and monthly electronic distribution of an updated version.
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Membership Committee

Cold, chilly, freezing, icy, snowy, winter, frosty and frigid.

Enough, enough say I; how about you?

PLEASE WELCOME THESE NEW AND RETURNING MEMBERS-

Bill & Gae Pinschmidt, Dan & Becky Reed, Bill & Joan Rice, Hussain & Margaret Sabka, Lisa Vittoria, Rita Campbell, Pat Gulledge, Barbara Kincaid, Richard Lazanov, Harriet Novakovich, Susan Trunzo.

In our October 2013 newsletter, we sent out a roster of our members. As of this newsletter, we have 15 new names, making a total of 243 ElderStudy members.

SPECIAL EVENT DATES

Wednesday, March 19 – 10-12 General Membership Meeting
Thursday, May 15 – 11:30 End-of-year Potluck Luncheon

www.seniornavigator.org Please check this one-stop source for information and access to community programs and service for Virginia seniors and caregivers. Our ElderStudy is listed on this website as well.

MEMBERSHIP COMMITTEE NEEDS YOU!

The committee will be meeting on Wednesday, February 26 and on May 7 from 1:30 – 3 in Rm. 2 of the headquarters branch of the Central Rappahannock Regional Library. We would love to have more of you join our committee and bring us new ideas.

When any of you know of someone in our group who needs a get-well or a sympathy card, please let someone on the membership committee members know. Names of the membership committee are on our website under governance. Or you can directly call Peggy Gratz at 373-6155 or Suzanne Willis at 786-2196

Suzanne Willis, Chairman

Book Group

The Book Group meets on the 2nd Thursday of the month at the CLL. We welcome all to come join our lively group, and you don't even have to read the book! The books we will discuss are as follows:

March 13 - The Idea Factory by Jon Gertner

April 10 - A Lesson Before Dying by Ernest Gaines

May 8 - The Right Hand Shore by Christopher Tilghman

Curriculum Committee

We are having the most difficult semester in memory when it comes to schedule changes. Most of them have been weather related, and we are making every effort to reschedule. Occasionally a speaker has had to cancel on short notice because of illness or other emergency. To deal with this, we are trying to develop a file of substitute programs that can be plugged in when needed. For example, John Hennessey of the Park Service, one of our most popular speakers, is often available to pinch hit.

We regret any inconvenience that you have experienced because of these changes. We try to notify you promptly, by e-mail and website, as soon as we learn of the change. Its always a good idea to check your computer before leaving home.

As of this writing, the curriculum committee is actively putting together the fall semester program. As usual, it promises to be both interesting and varied. We welcome suggestions for programs from the general membership and try to implement them, recognizing that we need to have a sponsor for each program.

Our committee meetings are open to all, so feel free to stop in, if only to get an idea how things are working. Bill Wemmerus, Curriculum chair

Article from the Road Scholar newsletter, January 2014

20th ANNIVERSARY CELEBRATED

Mary Washington ElderStudy, usually known simply as "ElderStudy," was founded twenty years ago to provide a learning experience for retirement-age individuals in the Fredericksburg, Virginia area. ElderStudy is a Lifelong Learning Institute affiliated with the University of Mary Washington (UMW) in Fredericksburg and the Roads Scholar Institute Network, an association of more than 400 Lifelong Learning Institutes (LLIs) across the country funded by Road Scholar, a not-for-profit organization dedicated to providing educational travel and lifelong learning opportunities for adults. (Road Scholar was formerly known as Elderhostel.) Quickly growing to 100 members soon after its first meeting in September, 1993, ElderStudy now has about 240 members. Retirement-age individuals can enroll for an academic year for \$75, and couples can join for \$125. Retired UMW faculty members are given free membership. "Retirement-age" is not defined as any particular age. Each semester, ElderStudy offers about forty 2-hour sessions on a wide variety of subjects, chosen by our members and presented by experts in the subject. Classes are given during weekdays, usually at 10 a.m. or 1 p.m. The anniversary was celebrated at our Spring Luncheon, where several charter members, some still active in the organization, were honored. ElderStudy recently moved to the Stafford Campus of UMW, near Fredericksburg. The University has provided a large new classroom with excellent audiovisual equipment and comfortable seating. "One fabulous class during our anniversary year was 'How in the World Did They Build It?' the amazing story of the construction of Washington National Cathedral" said ElderStudy vice president Mary Ann Stana. "The program coordinator from the cathedral, Charles Fulcher, Jr. described the creativity, energy, skill and generosity of generations of artisans, donors, and workers; historic photographs and accounts brought his lecture to life. UMW faculty, local National Park Service historians, other experts, and our own classmates have provided a rich kaleidoscope of learning experiences for ElderStudy members."

Board of Directors

Candidates for Three-Year Term

September 1, 2014 to August 31, 2017

Peggy Gratz

My husband and I moved to Fredericksburg in 1975 when he accepted a position at Mary Washington College. Having lived here for 38 years, I love the area and all it has to offer. Although I was born in West Virginia, my family moved to Waynesboro when I was very young so I actually grew up in Virginia and then North Carolina. After graduating from Greensboro College with a BA degree, I was a social worker in Durham, N.C., for one year. I then gravitated to library work and was a paraprofessional for many years before eventually getting my masters degree in library science from Catholic University. After getting my masters in 1980 I worked at the Central Rappahannock Regional Library on Caroline St. as a cataloger for 19 years before retiring in 2005. Because I have enjoyed ElderStudy so much, I am interested in helping direct our program in the future so that it continues to provide the kind of stimulating and intellectual talks that so enrich all of us.

Donna L. Lewis

Donna is from Hanover, Pennsylvania but has been a resident of Virginia since 1972. She is a graduate of Shippensburg University holding a degree in Elementary Education. She earned her MS in school administration and supervision at George Mason University while working as a teacher in Fairfax County Public Schools. After fourteen years in the classroom, she specialized in the gifted program before becoming an elementary school principal. She retired from FCPS after thirty-one years and then served as the Lower School Head at The Potomac School in McLean for an additional seven years. She is now fully retired and wonders how she ever had time to work!

Donna and her husband moved to Aquia Harbor four years ago to be near their family. They have two children and seven grandchildren that keep them very busy. They are avid (albeit average) tennis players and love to flee the cold weather, come February, for respite in the sun. They also enjoy boating in the nearby waters of the Potomac.

Donna has been a member of ElderStudy for one year and has joined both the Curriculum and Membership committees. Her initial goal in seeking out the ElderStudy program was to continue to engage in stimulating cognitive and social activities, and she has not been disappointed. She welcomes additional opportunities to support the efforts of this group.

Dorothy Meyers

Dot is a graduate of Lycoming College in Williamsport, Pennsylvania, with a major in Biology and a minor in Math. She taught school for several years in Delaware and Pennsylvania before moving to Fredericksburg in 1986. She and her daughter bought the business, Frame Designs on College Avenue, and they are still going strong. Dot joined ElderStudy several years ago, is a member of the Book Group, and the Editor of the Newsletter.

Patricia Parkinson

Patricia Parkinson was born in Newberry, SC and grew up in Greenville, SC. She earned a BAE at the University of South Carolina and a MED from the Virginia Commonwealth University.

Patricia moved to Fredericksburg in 1988 continuing her Title I Math and Counseling career in education. She retired after 27 years in Prince William County Schools as a teacher and Guidance Counselor. She also did technical writing at U. S. Customs, Submarine Radar with Lockheed Martin, and Night Visions Electronics in Fredericksburg, VA.

Patricia enjoys the extra time with family, travel, gardening, reading, and volunteer work with the Alzheimer's Chapter, and The Presbyterian Church in her retirement. Elder Study has been a motivating addition to retirement as well, and she considers it is an honor to be a member.

Mel Wright

- Born in Richmond, Va
 - BA, Virginia Military Institute, '67
 - MD, Medical College of VA, VCU, '71
 - Family Practice Internship, Riverside Hospital, Newport News, VA, '71-'72
 - General Medical Officer, USA, Germany, '72-'75
 - Pediatric Resident, MCV, '75-'77
 - Pediatrician, Newport News, VA '77-'82
 - Private Practice, Fredericksburg Pediatrics, Fredericksburg, '82-'08
 - Director, Pediatric Advanced Life Support, Mary Washington Hosp. '89-'07
 - Retired '08
 - Member, ElderStudy, '09-present
 - Curriculum Committee '10-present
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2014 Board of Directors Elections: General Information

At the March 19, 2014 General Membership Meeting, the membership will be electing three individuals to serve on the Board of Directors for three-year terms beginning September 1, 2014 and ending August 31, 2017. Election materials are being provided by the Board Secretary to each member by mail as part of this newsletter. You are encouraged to vote and may return your ballot (one per member) in one of two ways.

(1) Bring your ballot to the March 19 General Membership Meeting and place it in the ballot box;
or

(2) Mail your ballot via the U.S. Postal Service to:

Mary Washington ElderStudy, Attn: Board Secretary

1301 College Avenue

Fredericksburg VA 22401-5300

All ballots **must be received by 10 AM on March 19** to be counted in this election. Ballots will not be available at the meeting. E-mail submission of ballots will not be accepted since ballots will remain sealed until the meeting is called to order and official counting begins. The election contact is Secretary Barbara Barrett.
