



MESSAGE FROM THE PRESIDENT

Winter greetings! Many thanks to Chuck Johnson, Joe Alfred, Alan Zirkle and our lecture sponsors who worked behind the scenes adjusting the lecture schedule, while the rest of us were digging out from The Blizzard of '16. When not snowed-in we've continued to have many truly outstanding lectures, and the upcoming schedule promises that will continue. As a result, membership and class attendance have grown beyond what could have been accommodated in our former classroom at Chandler Hall, such that we've more frequently had to resort to using metal folding chairs. Yet another thanks to our University liaison, Dr. Mark Safferstone who provided nine additional much coveted padded classroom chairs. We're currently debating the pros and cons of adding more tables, so let Chuck Johnson or a member of the Curriculum Committee know your preference. Mark and the University also continue to support Alan Zirkle's continuing tweaks to our audiovisual support, such as providing our new projector and screen platforms.

Aren't you just a little curious about how ElderStudy operates? Take a look at the one-page summary of our Annual Operations Cycle, posted on the www.ElderStudy.com website under the "Governance" tab. ElderStudy is a membership-directed organization and we're about to enter a series of opportunities including Membership Committee on Feb 17th, Curriculum Committee on the 18th, Admin Committee on the 24th, and a Board of Directors meeting on March 2nd. We'd love to have you participate and provide your ideas for improvement.

Everyone should mark March 16th at 10:30 a.m. on the calendar. Our Spring General Membership Meeting will provide an opportunity for us to greet new members, to renew and deepen friendships over refreshments, to hear from each of the committees, and to elect three new members to the Board of Directors. Biographies of the nominees appear in this issue, and ballots will be mailed to you shortly. Thanks to all for their willingness to serve.

Wishing you blue skies and warmer days!

Chuck Watkins, President

CURRICULUM COMMITTEE

I think everyone would agree that our fall 2015 ElderStudy program was a great success. The total attendance at our various programs exceeded 1500 individuals.

A prime objective of the Curriculum Committee, when planning its semester programs, is to provide the greatest amount of diversity in programs so to ensure we can satisfy the interests of all our members. This past semester we provided programs that fit into a variety of topics and following is a general review of those programs:

1. Non-civil war historical programs – 4 programs
2. Civil war historical programs – 2 programs
3. Life style/medical programs – 4 programs
4. Offsite tours – 5 programs
5. Entertainment/arts/literature programs – 8 programs
6. Travel – 1 program
7. Science/technology programs – 7 programs
8. Genealogy programs – 4 programs
9. Book review programs – 4 programs
10. Political programs – 2 programs
11. General educational programs – 4 programs

We are in full swing for our spring 2016 programs and the interest to date in the sessions has been great. Just a reminder that winter weather is always a consideration, and if a program is cancelled because of weather concerns, we try and alert every one of the cancellation. This is done via an email to all those who have email, via the Elderstudy web site, and via our telephone system which can be accessed by dialing 540 654-1769, option 2.

We have begun the planning for our fall 2016 schedule, and again I would encourage all our members to consider joining the committee and help plan sessions for next fall. We are always looking for topics that would be of interest to our members and for members who would be willing to sponsor a program. If anyone is reluctant to get involved for the first time, rest assured we have some excellent documents that outline in detail what needs to be done in sponsoring a program, and more importantly, we have a number of committee members who would be more than happy to assist in setting up a program. Our next Curriculum Committee meeting is scheduled for February 18, 2016 at 1:00 pm at the CLL.

One last item. Please note that on the published schedule, in the entry for March 15's presentation by Kevin Bertram, the class description states that Joshua Bell's concert is scheduled for October 17. The date of Mr. Bell's concert is March 26, 2016. The date and time of Professor Bertram's lecture remains unchanged.

Chuck Johnson -Curriculum Committee Chairman

ElderStudy Financial Report

The ElderStudy Operations Report for the first three months of the 2015-2016 Year (September thru November) is enclosed with this newsletter. Membership fees for the reporting period (219 paying members) are sufficient to cover all of the budgeted expenses. As of January 15, the number of paying members has increased to 247. Fees collected in conjunction with the December Lake-Of-The-Woods luncheon were sufficient to cover all of the associated expenses. A mid-year financial report will be presented to the Board of Directors for approval at its March 2 Quarterly Meeting. Questions and comments regarding the Financial Report may be addressed to John Thompson as the ElderStudy Treasurer.

ElderStudy 2016-2017 Budget

Preparation of the ElderStudy Budget for the 2016-2017 Year (September 1, 2016 to August 31, 2017) will begin on March 2 with a formal "Budget Call" being presented to the Board of Directors. All Board and Standing-Committee requests for funding for this period are to be submitted to the Administration Committee Chairperson (John Thompson) not later than May 3rd. During May, the Administration Committee members will prepare a Recommended Budget (including membership fees) for formal presentation to and approval by the Board of Directors at its June 1 Quarterly Meeting. Membership input relating to the budget preparation is welcomed.

ElderStudy Policy and Procedures Document

The ElderStudy Policy and Procedures Document was last reviewed and updated during the Summer of 2015; the revised document was issued at the beginning of September. Board Members, Committee Members, and General Membership are encouraged to review the current Document for needed or suggested revisions. Proposed revisions and corrections should be submitted to the Administration Committee by mid-May for consideration during the Summer 2016. Changes will be made as necessary or appropriate; if Board or General Membership approvals of the recommended changes are needed, the approval process will be executed during the Fall 2016. (John Thompson is the Administration Committee contact point...for submittal of suggested revisions.)

Board of Directors Election

At the March 16, 2016 General Membership Meeting, the membership will be electing 3 individuals to serve on the Board of Directors for three-year terms beginning September 1, 2016 and ending August 31, 2019. Information on the 3 candidates for this election is being provided by the Board Secretary to each member as part of this newsletter. Ballots will be mailed separately in the middle of February. The ByLaws require that the ballots be sent at least 2 weeks before the General Membership meeting. All ballots must be returned in person at the meeting or by U.S. Postal Service by 10:00 AM on March 16 to be counted in this election. Blank ballots will NOT be available at the meeting. E-mail submission will NOT be accepted since ballots will remain sealed until the meeting is called to order and the official counting begins. The election contact person is Secretary Randy Fennemore.

MEET THE CANDIDATES

CHARLES ROBERT BLOCK, M.D.



Chuck hails from Ohio, graduating from Bexley High School, B.S. from Ohio State University and M.D. from Tufts University School of Medicine in Boston, MA. He returned to Ohio State's College of Medicine to do his residency in Pediatric medicine after completing his internship at Henry Ford Hospital, Detroit, MI.

Next he had the opportunity to practice medicine in Guam at the U. S. Naval Hospital. Returning to the U.S.A., he had a variety of experiences in practicing medicine, teaching and administration at various schools of medicine in Kansas and Oklahoma before returning to Ohio State's College of Medicine where he continued teaching and serving as a director of various medical and health care groups. He served as President of Provider Physicians, Inc. in Columbus, OH. In 2002 he became a consultant to Social Security Hearing and Appeals, in Columbus, which he continues to do.

Chuck and his wife moved to Stafford County, Virginia and are regular participating members of ElderStudy.

JACK SULIMA

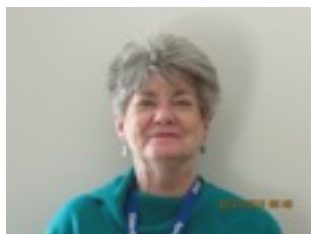


Jack has been a member of ElderStudy for three years, the last two serving on the Membership Committee. He is a geologist who's speciality is the natural resources field where he has held technical and management positions in mining exploration, water resources, and nuclear waste storage. He also served on the board of the Civilian Conservation Corps Legacy, a non-profit organization dedicated to educating the public on the valuable contributions of the CCC, many of which we still enjoy today in our national and state parks and forestlands.

Soon after moving to Fredericksburg in 2013, Jack and his wife Carolyn discovered ElderStudy and immediately became impressed with how well organized and vibrant it is— a testament to the hard work and vision of its members. As a board member Jack wants to apply his skills and experience to carrying on the ElderStudy tradition of good stewardship and continual improvement.

Now in retirement, Jack is turning his attention to his hobbies of guitar, photography, gardening, running, and understanding the geologic history of Virginia.

PEGGYA. VERDINE



Peggy was originally from Albany, New York and worked there as a data entry operator for seven years. In 1974, she went to Worms, Germany to serve a tour in the U.S. Army. While there, she met Pat, her husband-to-be and they became a family of three with the birth of their son, Shawn. Next three year tour was at the Pentagon, where she worked in the Communications Command. With her enlistment up, she joined the U.S. Army Reserve and served an additional seven years as a Reservist. Concurrent with this, she was employed by the U.S.

International Trade Commission as an IT Specialist. This lasted for the next twenty-five years until 2005 when she retired to Fredericksburg. These were busy years, as she was a non-traditional college student at University of Maryland where she graduated in 1984 with a B.S. in Business Management/Computer Science. She also holds an Associate Degree in Health Information Technology from Northern Virginia Community College. She is currently the Chair of Buildings and Groups Committee at the Villas in Falls Run and is an active member of ElderStudy. She volunteers at St. George's Episcopal Church, Friends of the Library and the Washington Heritage Museums. Hobbies include reading, travel, hiking and history. A past volunteer opportunity included working for Historic Fredericksburg Foundation on the Marker Program, doing research on historical homes in Fredericksburg. She is currently a widow, with her son Shawn nearby in Northern Virginia.

Membership Committee Notes

Greetings to all members as we start the 2016 year! We owe great thanks to Eugenia Jones and Carolyn Sulima for their efforts arranging the December 2015 Season's celebration luncheon at Lake of the Woods. The membership committee is on a roll for new ideas and efforts as the membership is growing in 2016. A new Survey Monkey is presently posted on "ElderStudy.com" website in the Membership category. The survey objective is to gain your new ideas. Also each member is welcome to attend next MC – Open Discussion meeting Wednesday, February 17, 2015 at 11 AM in the CLL room in the Stafford campus building. The Membership Policy and Procedure subcommittee has reviewed the Appendix G and will submit a couple of additions and changes to the Administrative Committee in February. Membership has a New Member registration titled "Half Year" plan, but also posted the "One Year Plus" registration an (8) eight months membership. If you have any interests or questions, call 540-903-3526.

Patricia Parkinson - Membership Chair

Book Group Spring Semester 2016

February 11 - *All The Light We Cannot See* by Anthony Doerr

March 10 - *A Singular Woman* by Janny Scott

April 14 - *Devil in the Grove* by Gilbert King

May 12 - *The Nightingale* by Kristen Hannah

Suggestions for next year's selections are being accepted until February 29. Voting on the selections will take place at the regular meeting on April 14. If you have any suggestions, get them to Dot Meyers by Feb. 29.

KEY POINTS FROM THE GENERAL MEMBERSHIP (10/21/15) AND BOARD (12/02/15) MEETINGS

10/21/15 General Membership Meeting

Committee reports were given. Since there was no unfinished business and no new business discussed, no voting took place. Please see the ElderStudy website for the draft of the minutes which are to be approved at the March 2016 General Membership Meeting.

12/02/15 Board Meeting

1. Revenues are sufficient to cover the approved budget and additional revenues are anticipated from half-year new memberships.
2. The annual audit for 2014-2015, conducted by Wendell Anderson, was completed and no errors were detected.
3. The budget call for 2016-2017 will be issued at the February Administration Committee meeting.
4. John Thompson will be ceding his position as Treasurer and his chairmanship of the Administration Committee. Pat Parkinson will be ceding her position as chairperson of the Membership Committee. Anne McGrath who had handled the edits for the Policy and Procedures Manual, has resigned. The Board is considering forming an ad hoc committee responsible for keeping the ElderStudy History. Volunteers are being sought for these positions.
5. Updating the Policy and Procedures Manual will be started at the Administration Committee meeting in February.
6. The following expenses were approved by the Board: Reimburse Alan Zirkle \$25 for expenses he incurs for the commercial Internet site on behalf of ElderStudy; an increase of \$500 for the Curriculum Committee for Speakers/Programs; \$1,000 for the UMW BLS Scholarship.
7. Chuck activated the Nominating Committee for the March 2016 election.

This Newsletter is prepared by me, Dot Meyers, with the help of many members of ElderStudy. If you have any questions or suggestions for the newsletter, please feel free to let me know. You can leave a message on the phone, 540-654-1769, or call me at 540-760-1533.

Mary Washington ElderStudy			Rept Date:	12/1/15
2015-2016 Year-to-Date Operations Report #3			BOD Approved:	12/2/15
Accounting Category/Subcategory	2015-2016 Approved Budget (6/3/2015)	Actuals YTD: 9/1/2015 thru 11/30/2015	% of Plan	
INCOME				
Carry-over from Prior Year	TBD	YES		
Membership Fees [219]	\$13,118.00	\$13,634.00	103.9%	
NameTag Replacement Fees	\$0.00	\$35.00		
Interest from Certificates of Deposit	\$0.00			
Miscellaneous (excludes replacement NameTags)	\$0.00			
Curriculum Off-Site Fees	\$0.00	\$1,530.00		
Total ES Income/Revenue	\$13,118.00	\$15,199.00		
EXPENSES				
<u>Board of Directors</u>				
Awards	\$0.00	\$0.00		
BLS Scholarships	\$1,000.00	\$0.00	0.0%	
Election Expenses (copying, printing)	\$200.00	\$0.00		
Grants (from excess 2013-14 Funds)	TBD	\$0.00		
Classroom Contingency (in carry-over)	YES	\$0.00		
Subtotal BOD	\$1,200.00	\$0.00		
<u>Curriculum Committee</u>				
Speakers/Programs (Aug-Oct)	\$7,000.00	\$2,287.61	32.7%	
Postage/Mailing/Copying	\$125.00	\$0.00	0.0%	
Off-site Location Programs	\$0.00	\$1,523.07	<i>offset by fees</i>	
Gifts/Gratuities	\$25.00	\$0.00	0.0%	
Stationery/Supplies	\$100.00	\$0.00	0.0%	
Telephone Service [3 mos.]	\$150.00	\$33.00	22.0%	
Special Activities (net)	\$0.00	\$0.00		
Subtotal Curriculum Committee	\$7,400.00	\$3,843.68	31.4%	
<u>Administration Committee/BOD</u>				
General Operating Funds	\$200.00	\$100.00	50.0%	
Stationery/Supplies/Publications	\$325.00	\$183.89	56.6%	
Postage/Mailing/Copying	\$100.00	\$19.19	19.2%	
Subtotal Administration Committee	\$625.00	\$303.08	48.5%	
<u>Membership Committee</u>				
Brochures	\$100.00	\$0.00	0.0%	
Stationery/Supplies	\$200.00	\$22.42	11.2%	
Gifts/Remembrances	\$100.00	\$0.00	0.0%	
Name Tags	\$300.00	\$154.25	51.4%	
Newsletter[1 of 5]/Communications	\$1,000.00	\$115.35	11.5%	
Postage/Mailing/Copying	\$200.00	\$120.24	60.1%	
Web Site	\$180.00	\$0.00	0.0%	
Telephone Services [3 mos.]	\$150.00	\$33.00	22.0%	
Membership Meetings/Spec Events (net)	\$1,190.00	\$0.00	0.0%	
Subtotal Membership Committee	\$3,420.00	\$445.26	13.0%	
Total Expenses	\$12,645.00	\$4,592.02		
Expenses w/o Curric Off-site		\$3,068.95	24.3%	

ElderStudy Book Group -2016-2017

We have our selections for this academic year, but we need to begin collecting suggestions for 2016-2017.

You can send suggestions to me: Dot Meyers, 130 Spring Wood Drive, Fredericksburg, Va. 22401. Or email them to me at: dottie@pookaville.com . I need the suggestions by Feb. 29.

Here are the criteria:

- *Please have read the book, or enough of it to know it would be good for discussion.
- *The book should be available in paperback, cheap hardcover, or in electronic format. Prices, paperback availability, number of pages, etc. are easy to check at: www.amazon.com
- *The library should have at least several copies. You can check at www.librarypoint.org. *Suggestions can be fiction, non-fiction, classics or newer publications. We like variety. *Please provide a “brief” annotation of your suggestion.

ElderStudy Book Group Nominee for 2016-2017

Author_____

Title_____

Fiction or non-fiction_____

Number of pages_____

Availability: Library_____Number of copies_____

Paperback_____

Cheap secondhand_____ Electronic format_____ BRIEF

synopsis or annotation for inclusion in the list of suggestions._____

_____ (use other side if nec.)

VOLUNTEER

ElderStudy is an all volunteer organization and relies on its members to carry out the business of planning the programs for all to enjoy and keeping the members informed of the events. In order for this to happen, volunteers are needed. Any help that you can offer, be it only a small part, will go a long way to keep the organization functioning smoothly. As the saying goes, “Many hands make the work easier”.

www.elderstudy.com

What you need to know - when you need to know it!

