



MESSAGE FROM THE PRESIDENT

Pages are turning and we are in 2020! I do hope that everyone enjoyed their Holiday Season with family and friends. Thank you again to the efforts of Donna Lewis, Carolyn Sulima, Eugenia Jones, Pat and Ron Gates for making sure the Holiday Luncheon on December 11th was a success.

We're going to have a new semester of sessions with informative speakers, tours, and books to read ahead of us. Just wanted to remind everyone, it is not too late to reach out to the sponsors for tours. Many times those on the waitlist are able to attend, schedules do change.

February is going to offer the organization an opportunity to get involved with the University of Mary Washington and Fredericksburg community. Make sure you read the article about the Food Drive.

Enclosed in this newsletter are the biographies of three members who have come forward to replace retiring Board Members Dottie Meyers, Joe Alfred and me. Carolyn Sulima has expressed she would like to relinquish her duties as the Secretary next year. Please contact her for an overview of the position. I would like to thank all the Chairpersons, Committees and Board Members for their time and efforts, we are a volunteer organization.

The next Board of Directors Meeting is scheduled for March 4th from 10-12 p.m. The General Membership Meeting is March 18th; our guest speaker is Lynne Richardson and her topic is "Staying Young." Refreshments will be served at 9:30 a.m. prior to her starting at 10:00 a.m. A General Membership Meeting will follow her presentation from 11-12p.m. As a reminder, all meetings are open to the membership, including any of the committee meetings.

See you in the classroom or on a tour soon,
Michelle Esbenshade

"I believe finally, that education must be conceived as a continuing reconstruction of experience; that the process and the goal of education are the same thing."

John Dewey

ADMINISTRATION COMMITTEE REPORT

The Administration Committee is scheduled to meet on 26 February at 1pm in the CLL Classroom. All ElderStudy members are encouraged to attend.

Bryn Pavek will provide the Treasurer's report at the February meeting, and we will discuss initial preparations of the 2020-2021 Budget, which begins on 1 September.

The Administration Committee will also consider a new policy statement regarding an ElderStudy business credit card limited to large purchases that must be prepaid. However, the Board does not want to apply for this card until the Administration Committee has developed new policy language, and the Board has approved such language.

The Administration Committee is seeking a volunteer for a new position as ElderStudy 'Historian'. If you are interested in the position described below, please contact Keith Fennell at email: kfennell19@gmail.com or phone 540-809-9833.

VOLUNTEER POSITION – ELDERSTUDY HISTORIAN

Do you enjoy writing, researching, and chatting with people?

The Administration Committee is seeking an individual to capture the history of the ElderStudy program, building on the work done for our 25th Anniversary celebration.

ElderStudy has over 330 members, many of whom have been with the organization for many years. The Administration Committee wants to capture interesting stories from these members going back to our early years, so we can leave a legacy for members to come.

The volunteer would reach out to members to develop these stories – either interviewing members and fleshing out their stories, or encouraging and helping members draft their own. These living history stories will be posted onto the ElderStudy website for all to enjoy.

CURRICULUM COMMITTEE REPORT

We are well into our spring 2020 program schedule. Our top five spring topics are: literature & the arts with 10 programs followed by tours & galleries with 9, Fredericksburg & Virginia with 7, history & politics with 6 and medicine & healthcare with 5.

In fall 2019 we had five programs with 72+ attendance:

- 78 for Gary Olsen's program *The Films & Life of Frank Capra*
- 78 for Jon Malay's program *Creatures of the Sea*
- 74 for Charlie Russell's program *A Story of the Ascenders*
- 72 for Kelly Arehart's program *A History of Williamsburg*, and
- 72 for Stephen Farnsworth's program *Election Analysis*.

TOUR STATUS:

TOUR	DATE	OPEN SLOTS	SPONSOR
Spring Gallery Tour I	12 February	No limit	Mary Ann Stana
Virginiana Room and the Fredericksburg Library	25 February	27 out of 35 filled	Randy Fennemore & Carol Wachter
Fredericksburg Historic Churches	7 April	No limit	Carolyn Sulima
Spring Gallery Tour II	8 April	No limit	Mary Ann Stana
Historic Renwick Courthouse	16 April	No limit	Mary Ann Stana
Maryland Veterans Museum at Patriot Park	23 April	12 out of 25 filled	Bev Johnson
Pearmund Cellars	30 April	25 out of 40 filled	Michelle Esbenshade
George Mason's Gunstan Hall	7 May	25 out of 40 filled	Michelle Esbenshade
The Lower Caroline Street Walking Tour	12 May	30 out of 35 filled	Mary Ann Stana

We are starting to plan for fall 2020. Our dedicated sponsors have developed 36 program ideas with speakers and 10 of these have dates. We always welcome new program ideas that may be of interest to our members. If you see an article in the newspaper or on TV or the internet about a special person in the area, I would encourage you to contact the person and see if they would be willing to come and talk to us about his or her experiences.

Just a reminder that it is strongly recommended that prior to heading out for a session regardless of where it is being held, all ElderStudy members should check to ensure there has not been a last-minute cancellation. Occasionally such factors as weather, family emergencies, etc., will force us to cancel a session. Every effort will be made to get this information out to the membership via the web site or an email alert.

Respectfully submitted,
 Joe Alfred
 Chair, Curriculum Committee

MEMBERSHIP COMMITTEE REPORT

The Membership Committee would like to thank everyone who came to celebrate the Holiday luncheon in December! This event provides a valued time for members to mingle and get to know one another better. Due to our observations and feedback received over the past two years, we are considering foregoing outside entertainment, and just enjoying background holiday music so we have more time to socialize. If anyone would like to provide feedback regarding this suggestion, please contact Donna Lewis, dvlewis22@gmail.com or Carolyn Sulima (cmsulima@yahoo.com). We appreciate your input.

Plans have been made for the upcoming General Membership Meeting to be held Wednesday, March 18, beginning at 9:30 am with light refreshments and social time, followed by a one hour session featuring Dr. Lynne Richardson addressing an important way to stay young...networking!. After the session and a short break we will hold our General Membership meeting. We hope to see many of you there!

Mark your calendars for our End-of-Year Potluck luncheon to be held Thursday, May 21, beginning at 11:30 at the Spotswood Baptist Church. Details will follow in the next newsletter.

TREASURER'S REPORT

Volunteer Opportunity: Monday, August 17 & Friday, August 28, 2020 10am-2pm, 8 hours total:

Are you looking for an easy, short term way to help ElderStudy? If so, I am looking for 1-3 volunteers available in August, who can help process membership forms and fees for ElderStudy. If you can write clearly and record details—then you are the person I am looking for! Contact:brynpavek@aol.com or 703-716-0888.

Financial News: Thanks to several presenters and the ElderStudy members who donated their fee overpayments to the Scholarship Fund, we were able to donate \$1,825 to the annual Bachelor of Liberal Studies Scholarship for UMW. This is an increase of \$325 over the \$1,500 base.

Relax: ElderStudy member fees have fully funded the FY2019-2020 Budget.

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**Mary Washington ElderStudy
2019-2020 Operations Report #4**

Accounting Category/Subcategory	2019-2020 Approved Budget (6/5/2019)	2019-2020 Amended Budget	9/1/2019 thru 12/31/2019	% of Plan
INCOME				
Membership Fees	\$19,550.00		\$20,371.00	104.2% (a)
NameTag Replacement Fees	tbd		\$41.00	
Interest from Certificates of Deposit	tbd		\$39.44	
Miscellaneous (excludes replacement NameTags)	tbd		\$328.00	
Membership Special Events Fees	\$3,000.00		\$1,914.00	(b)
Curriculum Off-Site Fees	tbd		\$0.00	
Total ES Income/Revenue	\$22,550.00		\$22,877.44	
EXPENSES				
Board of Directors				
BLS Scholarships	\$1,500.00	\$325.00	\$1,825.00	121.7%
Election Expenses (copying, printing)	\$350.00		\$0.00	
Grants (from excess 2019-2020 Funds)	tbd		\$0.00	
Classroom Contingency	\$0.00	\$50.00	\$50.00	
Subtotal Board Of Directors	\$1,850.00		\$1,875.00	
Curriculum Committee				
Speakers/Programs (Aug-Nov)	\$7,500.00		\$3,600.00	48.0%
Postage/Mailing/Copying	\$125.00		\$0.00	0.0%
Off-site Location Programs	tbd		\$0.00	
Gifts/Gratuities	\$25.00		\$0.00	0.0%
Stationery/Supplies	\$150.00		\$0.00	0.0%
Special Activities	tbd		\$0.00	
Subtotal Curriculum Committee	\$7,800.00		\$3,600.00	
Administration Committee/BOD				
General Operating Funds	\$250.00		\$0.00	
Stationery/Supplies/Publications	\$650.00		\$295.46	
Postage/Mailing/Copying	\$200.00		\$0.00	
Subtotal Administration Committee	\$1,100.00		\$295.46	
Membership Committee				
Brochures/Rack Cards	\$100.00		\$110.57	110.6%
Stationery/Supplies	\$200.00		\$95.33	47.7%
Gifts/Remembrances	\$200.00		\$17.66	8.8%
Name Tags	\$350.00		\$135.20	48.4%
Newsletter/Communications (2)	\$800.00		\$134.29	16.8%
Postage/Mailing/Copying	\$270.00		\$11.00	4.1%
Web Site (renewed Feb 2018 for 2 yrs)	\$150.00		\$0.00	0.0%
Telephone Services (4mo)	\$300.00		\$88.00	29.3%
Membership Meetings/Spec Events	\$5,000.00		\$2,707.00	
Subtotal Membership Committee	\$7,370.00		\$3,299.05	
Total ES 2019-2020 Expenses YTD	\$18,120.00	\$18,495.00	\$9,069.51	

- a. Member Fees=\$12,552 Early Fees + \$7,819 in Memb renewals & new after Sept 1, 2019.
Note: Nametags \$17 Early & \$24 aft Sept 1.
Note: Sch. Don = \$204 Early & \$124 aft Sept 1.
- b. Hol Lunch Fees = \$1914; Catering = \$1,744.50; net is \$139.50.

BOARD OF DIRECTORS ELECTION

At the March 18, 2020 General Membership Meeting, the membership will be electing three individuals to serve on the Board of Directors for three-year terms beginning September 1, 2020 and ending August 31, 2023. Information about nominees is included in this newsletter. Ballots will be mailed to each member by the end of February. Ballots may be returned either in person at the General Membership Meeting or by US Postal Service. Ballots may not be submitted by email. All ballots must be received by 10:00 AM on March 18, 2020. Blank ballots will NOT be available at the meeting. Following are the biographies of the three candidates.

Nominees

Carolyn Sulima



My name is Carolyn Sulima and I am running for the ElderStudy Board of Directors. During my 5+ years as a member of ElderStudy I have been an active volunteer: I am currently the Secretary for the Board of Directors, a member of the Curriculum and Membership committees, and Secretary for the Membership Committee. Through these volunteer experiences and my love of learning, I can bring to the Board useful insights for Board planning and decision-making.

In the next 3-5 years, ElderStudy faces many challenges associated with a growing membership. Last year an ad Hoc Committee conducted a Long Range Planning Study to address these challenges. I would like to be a part of the effort that the Board is undertaking to develop and implement the Study recommendations.

Chuck Watkins

Chuck is a graduate of Virginia Tech and has lived in Fredericksburg since 2004. He served 28 years in the Air Force as a clinical laboratory manager, was a medical clinic commander in Italy, the hospital commander at Shaw AFB, SC, and his last position at Headquarters Air Force was as Chief of the Biomedical Sciences Corps. After military retirement, he was a contract consultant in Quality Improvement at Headquarters Marine Corps, then served in Federal Civil Service as Director of Marketing Analysis for TRICARE. He joined ElderStudy in 2010 and has been a past Board member as well as our President (2014-16). He's currently our Webmaster, a Book Group member, and is part of our Technology Working Group. He also serves on the Finance Committee of Salem Baptist Church and is on the Board of Directors of Retreat at Chancellorsville HOA.

Susan Hayden

Born, raised, educated and employed in Minnesota, I am grateful to have escaped to Stafford, Virginia, where “winter” seems to live mainly in the imagination. I relocated in June, 2017 to begin married life with my retired-Marine husband Mark. We have 5 children between us, along with 15 – soon to be 16 – grandchildren. We're proud to be Professional Grandparents!

I enjoyed a 34-year career in television broadcasting, working in sales & management. I loved my work...especially helping to build, program and manage an independent television station in the Twin Cities (Minnesota), from which I retired in 2017. Throughout my working years I served in various capacities on several non-profit boards, most notably the Minnesota Broadcasters Association, St. Paul (MN) Chamber of Commerce, and Park Square Theatre (St. Paul, MN).

OTHER ITEMS OF INTEREST

FOOD DRIVE

Elder Study is partnering with Kappa Delta Pi during the month of February in a food drive to support the Fredericksburg Regional Food Bank. Kappa Delta Pi, or KDP, is a national Education honor society. The University of Mary Washington has a Nu Xi Chapter which consists of undergraduate juniors and seniors and graduate students who have been recommended by professors for their excellence in Education.

There will be boxes in the classroom for donations and an extensive list of requested items will be on the bulletin board and at the boxes locations. A few examples are canned meats, vegetables, fruits, whole grain cereals, peanut butter, rice, pasta and sauce. Additionally, some personal items are needed such as bar soap, shampoo, deodorant and toothbrushes.

Our member Carol Walker and past member of KDP has offered to manage the food drive. If you should have any questions please reach out to her directly. This is a perfect example of the senior learners and the young students working together!

Please consider bringing a non-perishable food item to the CLL classroom when you attend any of the February lectures.



WELCOME TO NEW MEMBERS



Several new members have enrolled in Elderstudy for the spring semester. Some have already started participating and hopefully all will have the opportunity to join us soon at lectures and/or tours.

We are looking forward to meeting you and hope you are excited about your new adventure in Elderstudy!

Jim Long
Dana Murphy
Wanda Parkhouse
Ann Seavert
Ruth Woods
Donald and Kathleen Caswell

Marsha Egan
Ann Tate
Janet Wishner
Norma McGehee Woodward
Helen and Steve Schwartz
Martha Draper



BOOK GROUP



The ElderStudy Book Group meets monthly, at 1:00 pm, on the second Thursday (in the CLL classroom on the 2nd floor of the South Building at the Stafford UMW Campus on Route 17).

A nomination form for next year's book selections has been posted on the ElderStudy website on the Book Group webpage or at this link: <https://www.elderstudy.com/bookgroup.htm>. A form is also included in the print copies of this newsletter. The form includes qualifying criteria and instructions on how to submit nominations. At an upcoming session the group will vote to select nine books, discussion facilitators and determine the schedule.

Upcoming Book Group Selections:

February 13, 2020 - **The Healing of America** by T. R. Reid (led by Keith Morgenheim)
March 12, 2020 **Dying in the Land of Promise** by Donald Wagner (led by Siham Alfred)
April 9, 2020 **Little Fires Everywhere** by Celeste Ng (led by Sherrill Bartholomew)
May 14, 2020 - **The Girl With Seven Names** by Hyeonseoo Lee (led by Pat Parkinson)

KAPPA DELTA PI? KAPPA DELTA PI?

Why did that sound so familiar? Aha! I (Suzanne Lazanov) was inducted into KDP as an elementary education major at the City College of New York in the mid-1960s.



Back at home, I located my “key,” which is pictured here. Then I went online to refresh my memory. This honor society was founded in 1911 to foster excellence in education and promote fellowship among those dedicated to teaching. KDP has grown from one local chapter to an international organization with an initiated membership of more than 1.2 million.

Please let a Board member know if you also were a KDP inductee.

REMINDERS

ROSTER

Members are reminded to keep their roster information up to date and submit all changes to membership@elderstudy.info.

NAMETAGS

New members are encouraged to pick up their permanent nametags in the classroom when you attending a session.

OUTREACH

We ask your help in identifying members who have been infirmed or suffered a loss in their family so we may reach out to them. Contact Susanne Lazanov with this information at suelaz@aol.com.

PICTURES

If you have any photographs taken at Elderstudy events (tours, sessions, etc.) please consider sharing. You can email them to Keith Morgenheim (kamorganh@gmail.com) for posting on the Elderstudy Facebook page, and/or send them to Chuck Watkins (watkic@gmail.com) to add to the Elderstudy website.

UPCOMING EVENTS

The General Membership Meeting is March 18th (refreshments will be served at 9:30 a.m., there will be a speaker at 10:00 a.m., followed by the meeting from 11-12p.m.)

End-of-Year Potluck luncheon will be held Thursday, May 21, beginning at 11:30 at the Spotswood Baptist Church (more information will be provided at a later date).

This Newsletter is prepared by Gail Oakes, with contributions from many members of ElderStudy. If you have any questions, comments, or suggestions for the newsletter, please feel free to let me know. You can email (gail.oakes2@gmail.com), text or call (540-846-9320).