

Fall Schedule - August to December 2015

as of 8 December 2015

Day	Date	Time	Title	Description
Wed	23 Sep 15	13:30-15:00	Fall UMW Gallery Tour I Presenter: Ashley Holdsworth Sponsor: Alan Zirkle	We will visit two galleries: "Breath That Fades Away" by Joe DiBella at the Ridderhof Martin Gallery, and "Rat's Nest" by Jarod Charzewski at the duPont Gallery. NOTE UNUSUAL START TIME.
Thu	24 Sep 15	10:00-12:00	ASK NOT What the Rappahannock River Can Do for You; ASK What You Can Do for the Rappahannock Presenter: Kathleen Harrigan Sponsor: Suzanne Wells	Watch the documentary film "Rappahannock" commissioned by Friends of the Rappahannock and the result of two years of filming by Bayley Silleck. The Rappahannock River is the longest free-flowing river in the eastern United States, running for approximately 184 miles from the Blue Ridge Mountains to the Chesapeake Bay. See the Friends' website at [www.riverfriends.org].
Tue	29 Sep 15	10:00-12:00	The Enigma of George McClellan Presenter: Ronald Mayer Sponsor: Dennis Van Derlaske	A discussion of the Union Civil War General and why he did (or did not) take certain actions deemed necessary by his Commander-in-Chief.
Wed	30 Sep 15	13:00-15:00	Cybersecurity 2.0 Presenter: Ray Usler Sponsor: Mel Wright	Our speaker is the Director of IT Security and ISO at UMW. He will continue and expand upon his December 2014 presentation on cyber security and how to protect yourself in an increasingly digital world.
Thu	1 Oct 15	10:00-12:00	Tour of Historic Fredericksburg Churches Presenter: Church Historians Sponsor: Karen Scanlon	We will visit two of the many beautiful and historic churches located in the Old Town area of Fredericksburg: Fredericksburg United Methodist Church and Shiloh Baptist Church (New Site). A member of each church's historical committee will present unique architectural features and important historical information about that church. We begin at Fredericksburg United Methodist Church, 308 Hanover Street. We then go to Shiloh Baptist Church (New Site), 525 Princess Anne Street, where the tour continues at 11:05. Park on city streets.
Thu	1 Oct 15	13:00-15:00	(Afternoon of tour)	

Day	Date	Time	Title	Description
Tue	6 Oct 15	10:00-12:00	<p><i>FALL PROOFING: A FUN Program to Prevent Falls and Improve Balance</i></p> <p>Presenter: Molly Rheinholtz Sponsor: Mary Johnson</p>	Falls are far too common in older adults and often lead to injury and psychological trauma. In the United States, falls among those aged 65 and older are the leading cause of nonfatal injuries requiring medical attention. As gloomy as this may sound, the good news is that many falls are potentially preventable. This workshop will address the four categories of risk factors and what you can do about them NOW to prevent falling in the future. Whether you have suffered a fall in the past or not, come and learn how you can take control of your balance and "Fall Proof" yourself! This will be a fun and active session. Please wear comfortable clothing and shoes as we will be testing your present balance and practicing exercises and activities that you can do at home on your own.
Tue	6 Oct 15	13:00-15:00	<p>Genealogy Group CANCELLED</p>	An informative discussion on organizing, researching, and compiling your ancestors' family history with an emphasis on using a home computer and Internet resources. More information on specific subjects may follow.
Wed	7 Oct 15	10:00-12:00	<p>Smartphone Wars</p> <p>Presenter: Joe Alfred Sponsor: Joe Alfred</p>	This session presents the clash of mobile giants in the market and in the patent courts. Examples such as Apple vs. Samsung, iOS vs. Android, Microsoft vs. Motorola and AT&T vs. Verizon will be used. This session will explore the winners and losers and the public policy questions still in debate set in the context of the birth of cell phones, the growth of mobile phones and the internet and the decline of wired phones and the circuit switched world.
Wed	7 Oct 15	13:00-15:00	<p>Jose Carreras</p> <p>Presenter: Kevin Bartram Sponsor: Phil Hall</p>	A special lecture in anticipation of his upcoming concert with the UMW Philharmonic Orchestra on October 17.
Thu	8 Oct 15	13:00-15:00	<p>Book Group ► <i>Being Mortal: Medicine and What Matters in the End</i>, by Atul Gawande</p> <p>Presenter: Sherrill Bartholemew Sponsor: Dot Meyers</p>	In a book that often reads like a novel, surgeon and writer Gawande explores the ways in which a person's end of life can be made more comfortable and dignified with changes in the understanding of the medical profession.
Sat	10 Oct 15		UMW Fall Break Begins	
Mon	12 Oct 15		Native American Day	
Tue	13 Oct 15		UMW Fall Break Ends	

Day	Date	Time	Title	Description
Tue	13 Oct 15	13:00-15:00	Redistricting in Virginia Presenter: Brian Cannon Sponsor: Dave Hill	Virginia voters need a nonpartisan commission to draw congressional district boundaries. Virginia's Constitution requires the legislature to do it. The result is that the General Assembly designs districts to reelect incumbents. The party in power, following each ten year cen-sus, designs districts to protect itself; as the Free Lance-Star editorial said, "legislators select their voters rather than voters select their legislators."
Wed	14 Oct 15	10:00-12:00	Human Evolution Presenter: Andrew Dolby Sponsor: Charlie Fennemore	The story of human evolution is one of the most fascinating and thoroughly documented in all of biology. This summary covers the current understanding science has of the human family tree, the drivers of "humanness" and our ancestors' dispersal around the globe as well as our modern humans' intriguing relationship with Neanderthals and how evolutionary theory is applied to human health and well-being.
Thu	15 Oct 15	10:00-12:00	Mary Washington Convergence Center Tour Presenter: Jeff McClurken Sponsor: Phil Hall	Tour UMW's newest academic building, the Information and Technology Convergence Center, created to support the University's extensive efforts in using information technology to foster effective teaching and learning. Park on the top level of the UMW parking deck off of Route 1. Park near the far end, then walk to the Center which abuts the Library on the main Campus Walk. Need directions? Ask a student.
Thu	15 Oct 15	13:00-15:00	Curriculum Committee Meeting III Sponsor: Chuck Johnson	Open to all interested members; help us plan the curriculum for the next semester.
Tue	20 Oct 15	10:00-12:00	Advocating and Lobbying the General Assembly Presenter: Becky Lanier Sponsor: Chuck Johnson	Learn from a fellow elder the ins and outs of advocacy and lobbying Virginia's legislators about issues important to you. Included will be an overview of The Commonwealth's General Assembly, how it works (or doesn't work), and how best to influence the process.
Wed	21 Oct 15	10:00-12:00	General Membership Meeting Sponsor: President Chuck Watkins	This is the open forum designed to communicate directly with your fellow members, to better learn how ElderStudy works, to better understand the issues that are facing the organization, and to vote on those critical issues facing us. In addition, new members can meet and develop friendships with like-minded persons, and long term members can renew old friendships. A delicious table of drinks and goodies makes the meeting even more enjoyable.
Wed	21 Oct 15	13:00-15:00	Revolutionary Idealist: The Life and Legacy of James Monroe Presenter: Scott Harris Sponsor: Jack Allison	"Turn his soul wrong side outwards and there is not a speck on it." So wrote Thomas Jefferson in a 1787 letter to one of his young political protégés, James Madison, to describe another—James Monroe. As a Revolutionary War hero, state and federal and legislator, diplomat, governor of Virginia, and cabinet secretary, Monroe held more offices in more branches of government than any other U. S. president. We examine the legacy of James Monroe, and the efforts to preserve and interpret that legacy at the James Monroe Museum and elsewhere.

Day	Date	Time	Title	Description
Thu	22 Oct 15	10:00-12:00	Let There Be Light Presenter: Dennis Van Derlaske Sponsor: Dennis Van Derlaske	The development of artificial light will be described from early times in which humans had access to very little artificial light to current times, when we are awash in light pollution. We will explore how the lack of artificial light affected sleep habits in northern latitudes over a thousand years ago to how people reacted to the gradual introduction of this technology. In the process, we will meet some of the personalities who "brought us out of the dark."
Tue	27 Oct 15	10:00-12:00	Rappahannock Goodwill Tour Presenter: Julie Rettinger Sponsor: Dave Hill	Rappahannock Goodwill Industries provides many services to the region. The extent of the operation will be described by their CEO Woody Van Valkenburg and we will be given a tour of the facility. Please RSVP to David Hill by email at davidhill1930@yahoo.com or leave a message at 898-5932 before Tuesday, October 20. Meet in the lobby at 4701 Market Street, Fredericksburg 22408.
Tue	27 Oct 15	13:00-15:00	(Afternoon of tour)	
Wed	28 Oct 15	13:00-15:00	Getting Your Point Across CANCELLED Presenter: Dr. Debra Hydorn Sponsor: Randi fennemore	It can be difficult to effectively organize and present important information to a target audience when there is so much data available. Dr. Hydorn will describe principles for effectively designing information graphics using principles from cognitive psychology, communication and art. Examples from various sources including first-year seminar students will be shared.
Thu	29 Oct 15	08:00-15:00	Governor's Mansion and Virginia State Capitol Presenter: Victoria Lewkow Sponsor: Donna Lewis	We will travel to Capitol Square in Richmond for a guided tour of both the Governor's Mansion and the Capitol building. The Governor's Mansion has been the official residence of the Governor of Virginia since 1813. The Capitol building was designed by Thomas Jefferson, and the first General Assembly was held here in 1788. We will travel by motor coach, departing the Stafford campus at 8:30am. We will walk between the Mansion and the Capitol since both are located in Capitol Square. Our tours will conclude around noon. Details regarding lunch options will be forthcoming, but lunch will not be included in the cost of the trip. We will return to the Stafford campus no later than 3:00pm. This tour is open to fifty members on a first come, first serve basis. The cost will be \$20 per person, with checks made out to Mary Washington ElderStudy and sent to Donna Lewis at 1409 Washington Drive, Stafford, VA. 22554. Deadline for registering and additional information will appear in the August newsletter.
Thu	29 Oct 15	13:00-15:00	(Afternoon of tour)	
Tue	3 Nov 15	10:00-12:30	The Academy Awards Best Pictures: The War Years, 1940-1944 Presenter: Gary Olsen Sponsor: Alan Zirkle	Note that this presentation is two and a half hours long. The arrival of World War II caused Hollywood to turn from escapism to realism. We'll look at Hollywood when the country was under war footing and how the government played a role in these films. This seminal event influenced the subject matter of a number of films nominated for Best Pictures for the Academy Awards released during these turbulent years. Films such as Wake Island, Casablanca, and Yankee Doodle Dandy showed that war was as close as the neighborhood movie theater.

Day	Date	Time	Title	Description
Tue	3 Nov 15	13:00-15:00	Genealogy Group Sponsor: Bill Toomey	An informative discussion on organizing, researching, and compiling your ancestors' family history with an emphasis on using a home computer and Internet resources. More information on specific subjects may follow.
Wed	4 Nov 15	10:00-12:00	Play Discussion► Avenue Q, music and lyrics by Robert Lopez and Jeff Marx Presenter: Greg Stull Sponsor: Bob & Carol Hanus	Known as the "Sesame Street for grown-ups," this "Tony Triple Crown" winner (Best Musical, Best Score, Best Book) follows Princeton, a recent college graduate, as he discovers what real life (well, as real as you can get with singing puppets) is like when you wake up as a college grad. ElderStudy members may bring non-member guests to this session.
Wed	4 Nov 15	13:30-15:00	Fall UMW Gallery Tour II Presenter: Rosemary Jesionowski Sponsor: Peg Johnson	We will visit two galleries: "Contemporary Craft" at the Ridderhof Martin Gallery, and "New Ceramics in the Old Dominion: A Survey of Virginia Ceramics Faculty" at the duPont Gallery. NOTE UNUSUAL START TIME.
Thu	5 Nov 15	10:00-12:00	War in our Wake: The Last Ship to Leave Vietnam after the Fall of Saigon RESCHEDULED FROM DECEMBER 1 Presenter: Jon Malay Sponsor: Randi Fennemore	Our speaker, a 1973 Naval Academy graduate, served for most of his 20 year career as a commissioned Navy officer specializing in oceanography, meteorology, and space systems. In the fall of 1974, six months after leaving home, his ship earned the historic distinction of being the last U. S. military presence in Vietnam, leaving "the war in their wake" three days after the last helicopter lifted off the roof of the Embassy in Saigon on April 30, 1975. He has written this story in a soon-to-be-published book "War In Our Wake."
Tue	10 Nov 15	10:00-12:00	Shakespeare Then and Now Presenter: Dr. Richard Finkelstein Sponsor: Rose Reif	Previously we were taught that the Bard's greatness was his exploration of human nature, psychology, marriage and individual heroic potential. His plays were of comedy, tragedy, how authors work and the nature of theatre. Today, he seems like a very different writer, interested in politics, religion, sexuality and the nation state. We will explore, using video clips, these two different visions of Shakespeare.
Wed	11 Nov 15	10:00-12:00	Rogue Reformers: Reevaluating Prisoner Participation and Deviance at Eastern State Penitentiary Presenter: Becca Capobianco Sponsor: Mary Ann Stana	The first penitentiary established in the United States, Eastern State Penitentiary (ESP) in Philadelphia, instituted a system designed to reform prisoners and prepare them for a productive life upon release. Using the correspondence of one Civil War inmate with another, Ms. Capobianco will examine the reform system and the historical reasons that ESP ultimately abandoned that system.
Thu	12 Nov 15	10:00-12:00	The Great Arbitrator: Lincoln Manages a Wobbly War CANCELLED Presenter: John Hennessy Sponsor: Mel Wright	The program will look at Lincoln as a manager of people and ideas, and how he shepherded a war effort buffeted by dissent and competing ideas to a successful end, with special emphasis on the tumultuous and difficult year of 1862.

Day	Date	Time	Title	Description
Thu	12 Nov 15	13:00-15:00	Book Group ► The Boys in the Boat, by Daniel James Brown Presenter: Donna Lewis Sponsor: Dot Meyers	This book tells the story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans. It traces the story of the team that defeated elite rivals at Hitler's 1936 Berlin Olympics, sharing the experiences of their enigmatic coach, a visionary boat builder, and a homeless teen rower.
Tue	17 Nov 15	10:00-12:00	That Notch in Northwest Tennessee Presenter: Joe Alfred Sponsor: Joe Alfred	A discussion of the Civil War in Kentucky, Tennessee and Mississippi in 1861-1862 including the decisions taken and not taken and the generals and presidents involved in those decisions.
Wed	18 Nov 15	10:00-12:00	Mary, Mary, Quite Contrary, How Does Your Garden Grow? Presenter: Andy Lynn Sponsor: Mel Wright	Andy Lynn, General Manager from Roxbury Farm and Garden Center may not discuss silver bells, cockleshells, and pretty maids, but he can inform you as to how to prepare your lawn and garden for the upcoming year.
Wed	18 Nov 15	13:00-15:00	Membership Committee Meeting II Sponsor: Pat Parkinson	This committee handles publicity, the newsletter, maintaining the web site and planning social events. Members are always welcome to attend our meetings.
Thu	19 Nov 15	13:00-15:00	Underwater Camouflage Presenter: Dr. Steve Cohen Sponsor: Dennis Van Derlaske	Hunter or hunted? Or is it the other way around? Dr. Steve Cohen returns to give us an in depth look at the use of underwater camouflage and other deceptive techniques that ocean inhabitants use to survive and perpetuate their species. Using his own high definition video from numerous dives, we will explore the variety of mechanisms used to survive in the eat or be eaten marine world.
Tue	24 Nov 15	13:00-15:00	Administrative Committee Meeting II Sponsor: John Thompson	This committee develops policies and plans for operating the organization. It reviews governing documents, updates the Policies and Procedures, monitors finances and projects future needs, proposes the annual budget and member fees. Members are always welcome to attend our meetings.
Thu	26 Nov 15		Thanksgiving Day	
Sun	29 Nov 15		UMW Thanksgiving Break Ends	
Tue	1 Dec 15	13:00-15:00	Genealogy Group Sponsor: Bill Toomey	An informative discussion on organizing, researching, and compiling your ancestors' family history with an emphasis on using a home computer and Internet resources. More information on specific subjects may follow.
Wed	2 Dec 15	10:00-12:00	Board of Directors Meeting Sponsor: President Chuck Watkins	Board meetings are open to all ElderStudy members. Come and witness firsthand the decision-making process that ensures ElderStudy is meeting its objectives. This is a chance for all members to suggest new ideas for the organization directly to the Board and to Committee Chairpersons.

Day	Date	Time	Title	Description
Thu	3 Dec 15	11:30-3:00	Winter Luncheon Sponsor: Eugenia Jones	The ElderStudy Winter Luncheon will be held at Lake of the Woods Clubhouse. Further details will be provided.
Fri	4 Dec 15		UMW Classes End	
Tue	8 Dec 15	10:00-12:30	The Academy Awards Best Pictures: The Post-War Years, 1945-1949	Note that this presentation is two and a half hours long. The after-effects of War World II and American society's attempts to adjust back to normal life for the soldiers returning as well as those at home were reflected in many of the Academy's Best Picture nominations during this time-frame. Hollywood embraced this period of adjustment and answered audiences' desire to examine this new societal change. Nominees such as The Best Years Of Our Lives, The Razor's Edge and Spellbound showed that this transition produced some of Hollywood's finest social commentary movies.
Wed	9 Dec 15	10:00-12:00	A War in the Fredericksburg Area ... But Not the War You're Thinking Of Presenter: Noel Harrison Sponsor: Alan Zirkle	A discussion of War of 1812 sites in Fredericksburg and Stafford County with National Park Service historian Noel Harrison.
Thu	10 Dec 15	10:00-12:00	The Angel's Share: A Brief History of Scotch Whisky Presenter: Dennis Van Derlaske Sponsor: Dennis Van Derlaske	Monks, tax collectors, bootlegger-smugglers, a pistol-packing farmer, grocers and railroad men all played roles in the colorful history of scotch whisky -- traditions which eventually propagated to our own shores. We will explore the history, traditions, manufacture and regional differences in scotch whisky, leaving a bit behind for "The Angel's Share." The talk will be supplemented by a take-home "laboratory" exercise to experience blending, nosing and tasting of representative samples easily procurable in miniature bottles.
Thu	10 Dec 15	13:00-15:00	Book Group ► The Life and Times of the Thunderbolt Kid, by Bill Bryson Discussion: Rose Reif Sponsor: Dot Meyers	A popular writer re-visits his childhood years growing up in Des Moines, Iowa in the 1950's. He describes his parent's lives as well as his own in a time when life seemed simple and straightforward. Many surprises.
Fri	11 Dec 15		UMW Exams End	