

SPHEX ATTENDANCE 2010-2011

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Active Members	9 Sep	23 Sep	21 Oct	4 Nov	18 Nov	6-37 Jan	20-38 Jan	3-39 Feb	17-40 Feb	3-41 Mar	17-42 Mar	31-43 Mar
Bell	R	✓	R	✓	✓	✓	✓	✓	✓	✓	✓	✓
Craddock	✓	R	✓	R	A	A	R	✓	✓	A	A	✓
Dawson	✓	A	A	R	R	✓	✓	✓	R	R	R	✓
Doyle	R	✓	✓	✓	R	✓	R	✓	R	✓	R	✓
Elson	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Foster	✓	A	✓	R	A	✓	A	A	R	✓	✓	✓
Garren	✓	✓	✓	✓	✓	R	✓	✓	R	✓	✓	✓
Gibbons	✓	✓	A	✓	✓	R	✓	✓	R	✓	R	R
Gillette	ROSH	A	A	R	✓	✓	✓	R	✓	✓	✓	A
Gilmer	✓	R	✓	R	✓	✓	✓	R	✓	✓	R	✓
Green	<hr/>											
Hendricks	✓	✓	✓	R	✓	R	✓	✓	✓	✓	✓	✓
Huston	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Langhorne	✓	✓	A	✓	✓	✓	A	✓	✓	✓	✓	✓
Ledford	R	✓	R	✓	✓	✓	✓	✓	✓	✓	✓	✓
Light	✓	R	R	R	✓	A	✓	✓	✓	✓	✓	R
McIntosh	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
McKendrick	A	✓	R	✓	R	A	✓	✓	A	✓	✓	✓
Monk	✓	A	A	R	✓	✓	✓	✓	✓	A	R	A
Moon	<hr/>											
Nygaard	✓	R	✓	R	✓	✓	✓	✓	✓	R	✓	R
Payne	✓	✓	R	R	✓	R	✓	✓	R	R	✓	✓
Roberts	✓	✓	✓	✓	✓	✓	R	✓	✓	✓	✓	✓
Sajadian	✓	R	✓	✓	✓	A	R	✓	✓	✓	R	✓
Schewel	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	R
Selden	A	R	R	R	✓	✓	R	✓	✓	R	✓	✓
Sigler	✓	R	A	✓	A	✓	✓	✓	✓	✓	A	✓
Sorenson, R.	R	✓	✓	✓	R	R	✓	R	✓	R	R	✓
Stinnett.	✓	✓	✓	✓	✓	✓	✓	R	✓	✓	✓	✓
Tiller	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wilder	✓	✓	✓	✓	✓	✓	✓	✓	✓	A	R	✓
Wilson	✓	✓	✓	✓	R	✓	✓	✓	R	R	✓	✓
Wimer	A	✓	A	✓	✓	✓	✓	R	R	✓	✓	R
Wood	✓	✓	R	✓	✓	✓	R	✓	✓	R	✓	R
DOLAN-JEWELL	<hr/>											
RIST	<hr/>											
PARKER	<hr/>											
EMERITUS	<hr/>											
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LETTER

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3-MINS

35 ACTIVE 2 INACTIVE

NOT COUNTED BECAUSE THEY
WERE ELECTED AFTER THE
YEAR BEGAN.

5 OCT 1,333

1,334 35 36 37 38 39 40 41 42 43

Emeritus Members	9 Sep	23 Sep	21 Oct	4 Nov	18 Nov	6 Jan	20 Jan	3 Feb	17 Feb	3 Mar	17 Mar	31 Mar
Barney												
Brewer												
Buhler												
Culverhouse												
Guillermin	✓		R	✓	R	R	R	R	R	R		
Dale Harris			✓	R					R	R	R	
Stuart Harris	✓	✓	✓	✓	✓	✓	✓		✓		R	✓
Joan Jones												
Marcy	✓	✓	---	---	✓	✓	✓	✓		✓	✓	✓
Moore	✓	✓										
Petty						✓	✓	✓	✓	R		
Quillian												
E. Sorenson												
Snead												
Sweeny												
INACTIVE MOON GREEN			---	R	✓	✓	✓	R	R			
EMERITUS (see reverse)												

Moore



SPHEX CLUB
Proposed Schedule of Speakers - 2011 – 2012

Revised – March, 2011

2011	Speaker	Home/Office	Last Speech
09/22/11	Rev. Dennis S. Roberts	845-8823/384-8441	02/19/09
10/06/11	Dr. Graham Gilmer, III	384-0428/384-3907	03/05/09
10/20/11	George W. Dawson	384-7142/200-4705	03/19/09
11/03/11	Julie P. Doyle	384-5505/847-8400	New Member
11/17/11	Hon. Joan Foster	847-0822/258-3315	New Member
2012			
01/05/12	Sterling Wilder	845-0433/444-0558	New Member
01/19/12	Robert Chambliss Light, Jr.	384-8515/238-1086	New Member
02/02/12	Arelia S. Langhorne	847-8761/528-1560	New Member
02/16/12	Eric J. Sorenson, Jr.	384-3351/846-9000	09/24/09
03/01/12	Dr. Kenneth R. Garren	385-6768	10/08/09
03/15/12	Dr. James A. Huston	846-0493	10/22/09
03/29/12	Dr. Jeffrey W. Wilson	384-3963/947-5918	11/19/09
04/12/12	Snow Make Up Date		

Unscheduled Active Members

	Suny Monk	946-5656/946-7236	01/07/10
	Dr. Mort Sajadian	426-1888/845-1888	01/21/10
	Dr. Sally Selden	386-0069/426-4282	02/04/10
	Robert C. Wood, III	384-2180/846-9000	02/18/10
	James M. Elson	386-3685	03/04/10
	L. Kimball Payne, III	384-9602/455-3990	03/18/10
	Theodore J. Craddock	384-7606/846-2731	04/01/10
	Joseph P. Stinnett	237-1039/385-5520	New Member
	Dr. Jo Ellen Parker	381-6210	New Member
	Dr. Boyd C. Rist	384-0862/401-0054	New Member
	Dr. Regina Dolan-Sewell	384-0890	New Member
	Dr. Thomas C. Tiller, Jr.	386-9479	09/09/10
	Dr. William A. McIntosh	846-4886/540-586-3329	09/23/10
	Ellen G. Nygaard	384-5101	10/21/10
	Thomas G. Ledford	384-2013	11/04/10
	Marc A. Schewel	384-8979	11/18/10
	Dr. Julius A. Sigler	316-5254/544-8368	01/06/11
	Robert C. Wimer	946-7954/385-5551	01/20/11
	Hermina W. Hendricks	947-8292	02/03/11
	Dr. Michael A. Gillette	384-5322	02/17/11
	Anne Gibbons	846-5902/544-847-8472	03/03/11
	Dr. Carolyn Wilkerson Bell	847-5339	03/17/11
	Dr. Paul McKendrick	522-3700, ext 101	03/31/11

Exchanges: If any member needs to shift his/her schedule date, that arrangement should be made by him/her directly with one of the scheduled speakers. Please promptly notify any such change to Robert C. Wood, III.

Snow Makeup: If one of the winter meetings is cancelled because of weather, that speaker will shift to the listed Snow Makeup Date (April 12, 2012).

Nov 2

Active Members

SPHEX CLUB

Revised November 2010

	Address		Home Office	Member Since:	Email Address
Dr. Carolyn W. Bell	42 N. Princeton Circle	Lynchburg, VA 24503	847-5339	2001	Cwbell65@gmail.com
Theodore J. Craddock, Esq.	Caskie & Frost, P.C. PO Box 6360	Lynchburg, VA 24505	384-7606 846-2731	2003	tcraddock@caskiefrost.com
George W. Dawson	2700 Trents Ferry Road	Lynchburg, VA 24503	384-7142 200-4705	2005	George.dawson@centrahealth.com
Julie P. Doyle	124 Sanders Lane	Lynchburg, VA 24503	384-5505 847-8400	2008	juliedoyle@educationandresearch.com
James M. Elson	501 V.E. S. Road, B616	Lynchburg, VA 24503	386-3685	1997	jelson@inmind.net
Hon. Joan Foster	300 Woodland Drive AVE	Lynchburg, VA 24503	847-0822 258-3315	2009	Joan.foster@lynchburgva.gov
Dr. Kenneth R. Garren	3806 Faculty Drive	Lynchburg, VA 24501	385-6768	2002	president@lynchburg.edu
Anne Gibbons	412 Stafford Street	Lynchburg, VA 24501	846-5902 544-8472	2006	gibbons@lynchburg.edu
Dr. Michael A. Gillette	2236 Surrey Place	Lynchburg, VA 24503	384-5322	2002	mgillette@bsvinc.com
Dr. Graham Gilmer, III	2329 Indian Hill Drive	Lynchburg, VA 24503	384-0428 384-3907	1996	Ggilmer3@comcast.net
Hermina W. Hendricks	Randolph College 2500 Rivermont Avenue	Lynchburg, VA 24503	947-8292	2006	hhendricks@randolphcollege.edu
Dr. James Huston	300 Langhorne Lane	Lynchburg, VA 24501	846-0493	1973	hustonjam@verizon.net
Areliia S. Langhorne, Esq.	2039 Overbrook Road	Lynchburg, VA 24501	847-8761 528-1560	2009	lawasl@comcast.net
Thomas G. Ledford	2186 Woodcrest Drive DRIVE	Lynchburg, VA 24503	384-2013	1995	tomledford@hotmail.com

DRIVE

Robert Chambliss Light, Jr., Esq.	1505 Linden Avenue	Lynchburg, VA 24503	384-8515 238-1086	2009	lightc@nationwide.com
Dr. William A. McIntosh	700 Pearl Street	Lynchburg, VA 24504	846-4886 540-586-3329	2001	Wmcintosh1@verizon.net
Dr. Paul McKendrick	Lynchburg City Schools 915 Court Street	Lynchburg, VA 24505	522-3700 ext 101	2006	mckendrickp@lcsedu.net
Suny Monk	2288 Lexington Trnpke	Amherst, VA 24521	946-5656 946-7236	2007	smonk@vcca.com
Ellen G. Nygaard	1827 Royal Oak Drive	Lynchburg, VA 24503	384-5101	2003	egnygaard@mac.com
Dr. Jo Ellen Parker	Sweet Briar College Post Office Box 1053	Sweet Briar, VA 24595	381-6210	2010	jparker@sbc.edu
L. Kimball Payne, III City Manager	900 Church Street	Lynchburg, VA 24504	384-9602 455-3990	2003	kpayne@lynchburgva.gov
Dr Boyd C. Rist, Ph.D.	1620 Dogwood Lane	Lynchburg, VA 24503	384-0862 401-0054	2010	brist@liberty.edu ; njkr@msn.com
Rev. Dennis S. Roberts	73 N. Princeton Circle	Lynchburg, VA 24503	845-8823 384-8441	2006	ROBLBG@aol.com
DR Morteza ("Mort") Sajadian, Ph.D.	2415 Link Road	Lynchburg, VA 24503	426-1888 845-1888	2007	ms@amazementsquare.com
Marc A. Schewel	3241 Elk Street	Lynchburg, VA 24503	384-8979	2003	MARCSCHEWEL@GMAIL.COM marc@schewel.com
Dr. Sally Selden	1204 Running Cedar Way	Lynchburg, VA 24503	386-0069 426-4282	2007	selden@lynchburg.edu
Dr. Julius A. Sigler	133 Marguerite Drive	Lynchburg, VA 24502	316-5254 544-8368	1986	Sigler.ja@lynchburg.edu
Eric J. Sorenson, Jr., Esq.	1925 Parkland Drive	Lynchburg, VA 24503	384-3351 846-9000	2005	rsorenson@ewlaw.com
Joseph P. Stinnett	109 Chesterfield Road	Lynchburg, VA 24502	237-1039 385-5520	2010	stinnett@gmail.com

Nov 2

Joan S. Jones	2209 Falcon Hill Place	Lynchburg, VA 24503	384-5728	1989	Joanie.s.jones@gmail.com
Dean Peter T. Marcy	1529 Arrow Street	Lynchburg, VA 24503	384-7964	1990	pabmarcy@msn.com
Rev. Herbert R. Moore	3437 Ivylink Place	Lynchburg, VA 24503	384-5605	1992	Pbmoore211@comcast.net
David T. Petty, Jr., Esq.	1519 Clayton Avenue	Lynchburg, VA 24503	384-2715 846-2768	1987	dpetty@pldlaw.com
Dr. William F. Quillian	501 VES Road, B418	Lynchburg, VA 24503	386-3701	1953	No Email Address
Dr. Eric J. Sorenson	915 Trents Ferry Road	Lynchburg, VA 24503	384-8890 947-3940	1989	Ejs8890@gmail.com
Brig. Gen. George M. Snead, Jr.	204 Bishops Lane	Lynchburg, VA 24503	386-3449	1986	G_snead@msn.com
Hon. William W. Sweeney	1930 Royal Oak Drive	Lynchburg, VA 24503	384-8650	1979	williamsweeney@aol.com

Officers for 2010-2011

President	Marc A. Schewel
Vice President	Dr. Kenneth R. Garren
Secretary	Dr. James M. Elson
Assistant Secretary	Robert Chambliss Light
Treasurer	Robert C. Wood, III

Nov 2.

Dr. Thomas C. Tiller, Jr.	1614 Belfield Place	Lynchburg, VA 24503	386-9479	1995	Tomtiller1@comcast.net tiller@lynchburg.edu
Sterling Wilder	1512 Florida Avenue	Lynchburg, VA 24501	845-0433 444-0558	2009	jubilee@inmind.net
Dr. Jeffrey W. Wilson	5316 Hickory Hill Drive	Lynchburg, VA 24503	384-3963 947-5918	2000	Wilson1821@comcast.net
Robert C. Wimer	P.O. Box 97	Amherst, VA 24521	946-7954 385-5551	1990	rcwimer@netzero.com
Robert C. Wood, III, Esq.	P.O. Box 958	Lynchburg, VA 24504	384-2180 846-9000	1982	rwood@ewlaw.com

Inactive Members

Dr. Jonathan D. Green, Dean of College	Sweet Briar College	Sweet Briar, VA 24595	381-6205	2009	jgreen@sbc.edu
Hon. Norman K. Moon	304 Trents Ferry Road	Lynchburg, VA 24503	384-8143 845-4891	2001	nomoon@aol.com

Emeritus Members

Dr. William H. Barney	2934 Rivermont Avenue, Unit 10	Lynchburg, VA 24503	384-8028 528-3113	1976	Bar384@cs.com
Dr. M. Carey Brewer	595 Gangplank Road	Moneta, VA 24121	703-721-8404	1965	No Email Address
Frank H. Buhler	3124 Sedgewick Drive	Lynchburg, VA 24503	384-5517	1982	fbuhler@comcast.net
E. Allen Culverhouse	1017 Greenside Court	Forest, VA 24551	804-525-4141	1980	eac@rev.net
Dr. A. Pierre Guillermin	3324 Dorchester Court	Lynchburg, VA 24503	384-8513	1989	Apg36@aol.com
Hon. Dale H. Harris	1133 Old Abert Road	Lynchburg, VA 24503	384-2324	1991	daleharris@ntelos.net
Dr. Stuart H. Harris, Jr.	3607 Manton Drive	Lynchburg, VA 24503	384-1794	1992	Mwharris1@verizon.net

Minutes of the 1,331st Meeting of the Sphex Club September 9, 2010

President Marc Schewel convened the 1,331st meeting of the Sphex Club of Lynchburg at 8:02 p.m. on Thursday, September 9, 2010 in the First Floor Board Room of Genworth Financial. Active members Craddock, Dawson, Elson, Foster, Garren, Gibbons, Gilmer, Hendricks, Huston, Langhorne, Light, McIntosh, Monk, Nygaard, Payne, Roberts, Sajadian, Schewel, Sigler, Stinnett, Tiller, Wilder, Wilson, Wood, and emeritus members Guillermin, Stuart Harris, Marcy, and Moore were present. Active members Bell, Doyle, Gillette, Ledford, and Rick Sorenson sent regrets to the speaker.

President Schewel introduced new member Joe Stinnett, who really needed no introduction, since he is the editor of our local newspaper and had attended the club's annual dinner last spring. However, the provisions of Bylaw Five of the club's constitution was scrupulously observed. Continuing to adhere to prescribed protocol, Mrs. Mary Frances Tiller, wife of the evening's speaker was introduced as his guest.

The minutes of the April 15 meeting were approved as read. Under the heading of old business, members of the Centennial Celebration Committee including Dr. McIntosh, Mr. Wood, and the undersigned, reported that plans for the event to be held on October 5th in the ballroom at Lynchburg College were going very well. Mr. Wood encouraged all members to attend and bring guests for the gala event and noted that the RSVP date for invitations is September 27th. The undersigned encouraged all in attendance to bring their cameras.

Under the heading of new business, the undersigned reported that Judge Moon has requested emeritus status and that Dr. Green has requested inactive status under the provisions of article III, paragraphs 8 and 9, respectively of our constitution. Therefore, the club presently has three vacancies in its authorized limit of thirty-five active members. President Schewel having reappointed Ms. Gibbons, chair; Dr. Sigler, and Mr. Wilder as the membership committee for the 2010-2011 club year, the committee solicits nominations and has announced an election for the October 21st meeting.

President Schewel then introduced the evening's speaker, Dr. Thomas C. Tiller, whose paper was titled "Alsen Franklin Thomas, A Most Interesting Citizen" and subtitled "... on no question and at no time will there be any doubt as to his attitude."

Dr. Tiller's opening paragraph contained this statement:

By the time Alsen Franklin Thomas (A. F.) was forty-four years old, his accomplishments were such that he merited a biographical sketch in *Men of Mark in Virginia*. In that publication he was credited with overcoming severe obstacles in his early life, an admirable work ethic, success and innovations in the international tobacco business, seeking reform in corporate property tax exemptions, service in state office, and being a contributor of ideas and publications concerning public affairs. . .

Mr. Thomas was born in Appomattox County in 1862 and died in Lynchburg in 1943. His Sphex Club obituary states: "He was a charter member of the Club and took great delight in the meetings of the club. He was always ready to take his turn in reading papers at Club meetings. He was always ready and free in the discussion of papers read by other

members. While frequently disagreeing with things advocated by other speakers, his criticism was always kindly and graciously expressed.”

Philip Lightfoot Scruggs was editor of the newspapers that are now *The News and Advance*. In his *The History of Lynchburg Virginia 1786-1946*, Mr. Scruggs had this to say about Mr. Thomas, his fellow Sphex member:

He was elected to the State Senate as a Socialist, was a founder of the local Unitarian Church, and so placed in a very small minority of the time. Firm in his convictions, he was tolerant of the position of others. Able in discussion, he was always ready to listen with courtesy to any opposing view. He was a constructive member of the Senate, zealous in forwarding the matters he held to be important. Active in the community beyond the usual in its affairs, he gave them force and life. No member of a local, rather exclusive discussion group, the Sphex Club, was so missed as he was after his death. For, whatever the issue he was informed, listened to with respect, guaranteeing by his presence that the meeting would not be a dull one. The quality of his character sustained his position however vigorous the opposition. Though a Socialist he was a successful capitalist “because I live in a capitalist society.” He was widely characterized as “A good friend, a courageous opponent, a courteous gentleman.”

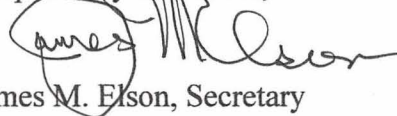
Mr. Thomas’ work ethic seems to have approached that of the legendary Lynchburger Douglas Southall Freeman. The undersigned has counted a total of twenty-eight Sphex papers by Mr. Thomas, matched later only by Mr. E. Marshall Frost, co-founder of the law firm Caskie-Frost. Both men had a multitude of interests and, judging by the frequency of their presentation dates, seemed always to have a paper at hand to fill in when a fellow Sphex member faltered (and this was before the advent of blogs!).

As Dr. Tiller noted in his comprehensive coverage of A. E. Thomas’s life and works, Mr. Thomas had a number of his Sphex papers printed and distributed. Several of them, with such titles as *Socialism: A Necessity* of 1912 and *What Is Christianity?* of 1940 are among the relatively few Sphex papers dating from before 1990 to be found in the Sphex files at the Jones Memorial Library.

Nearing the conclusion of his paper, Dr. Tiller stated: “There are no public monuments or plaques recognizing Alsen Franklin Thomas; however, Thomas Road, which runs through some of the property he owned, bears his family name . . .” It strikes this writer as one of the many ironies of History that the Thomas Road Baptist Church, now located on Liberty—or if you prefer Candler’s--Mountain bears the family name of a Socialist and Unitarian, who was yet a successful capitalist.

After a discussion period, the meeting adjourned at 9:14 p.m.

Respectfully submitted,



James M. Elson, Secretary

Minutes of the 1,332nd Meeting of the Sphex Club
September 23, 2010

President Marc Schewel convened the 1332nd meeting of the Sphex Club of Lynchburg promptly at 8:00 p.m. on Thursday, September 23, 2010 in the first floor board room of Genworth Financial. Active members Bell, Doyle, Elson, Garren, Gibbons, Hendricks, Huston, Langhorne, Ledford, McIntosh, McKendrick, Payne, Roberts, Schewel, Rick Sorenson, Stinnett, Tiller, Wilder Wilson, Wimer, Wood, and emeritus members Stuart Harris, Marcy, and Moore were present. Active members, Craddock, Gilmer, Light, Nygaard, Sajadian, Selden, and Sigler sent their regrets.

Mrs. Mary Kathryn McIntosh, wife of the evening's speaker, was introduced as guest of the speaker. The minutes of the September 16th meeting were read and approved.

Members of the Centennial Celebration Committee reported that planning was on schedule, and that a grand time was sure to be had by all in attendance.

Chaplain Gibbons, chair of the Membership Committee, announced the committee's three nominations for the club's current three active member vacancies and stated that an election would be held at the October 21st meeting. President Schewel announced that the 2010-2011 Nominating Committee would consist of Mr. Craddock, chair; Dr. Selden, and Mr. Light. Dr. Sajadian will chair the program committee.

Judge Moon's request for emeritus status was unanimously approved by the vote of those present. The undersigned commended Mr. Payne for his presentation of his recent Sphex paper on the Irish in Lynchburg during the nineteenth century on September 15th at one of the Jones Memorial Library's programs on local history. Mr. Payne's paper was enthusiastically received by a full house. Afterwards he was heard to remark that he had not put nearly as much time in preparing for the paper's second presentation as he had the first.

President Schewel then introduced the evening's speaker, Dr. and Colonel William A. McIntosh whose topic was titled "Troubled Towers: Topless, Torn, Tumbled." His *paper*, generously illustrated with Power Point, begins with a quote from Christopher Marlowe's *Dr. Faustus*. (You all, of course, know who Christopher Marlowe was—he's the guy who wrote all of Shakespeare's plays.) But I'm not sure Dr. McIntosh, in the *actual presentation* of it began with the quote from Marlowe—it's been so long ago). Anyway, the first few lines are:

Was this the face that launched a thousand ships,
And burnt the topless towers of Ilium?
Sweet Helen, make me immortal with a kiss,
Her lips suck forth my soul: see where it flies!

Sweet Helen of Troy's kiss, it turned out, first took Dr. McIntosh and his listeners through a tour of almost every poet who has written about the Trojan War, starting with Homer. We were given other lengthy examples from Marlowe, Keats, an anonymous lyricist for the lutenist Nicholas Lanier, and Lord Byron. Along the way, names were dropped of other bards and historians from antiquity to the twentieth century.

Where was this learned effusion by Dr. McIntosh leading us? On the fifth page of his paper, *Dr. MacIntosh* started to fade and *Colonel McIntosh* began to make his

appearance. This was the Colonel McIntosh, whom this writer has been lead to believe once had his finger on the nuclear artillery trigger in Europe and could have launched World War III instead of a paltry one thousand ships.

Colonel McIntosh's presentation was at last revealed to be a history and analysis of the strategic area in today's Turkey known as the Dardanelles or Hellespont. "Today," he stated, there are few choke points on earth that rival the strategic value of the Turkish Straits, and before mass movement by air became possible, they had even greater importance. For example . . . they control warm-water access from the Black Sea to the Mediterranean Sea. Control over them has been an objective of numerous struggles in ancient, medieval, and modern history. . ."

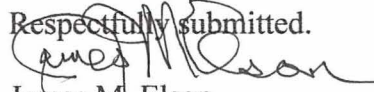
Having already touched on the Trojan War, our speaker further explored antiquity with the Persian King Xexes I who attempted to invade the Grecian mainland in 480 BC and Alexander the Great, who lead his forces in the other direction in 334 BC. The present-day city of Istanbul was called "Byzantium" by the ancient Greeks who founded it, but was re-named Constantinople by the Emperor Constantine, who designated it as the eastern capital of the Roman Empire. Colonel McIntosh took us through the rapes and pillages of the various crusades in which the ostensible goal of an assortment of itinerant Christian Europeans was to save the Holy Land. All this ended with the fall of Constantinople to the Turkish Ottoman Empire in 1453. The area has stayed with the Turks since then, despite an invasion and a battle during World War I at a place called Gallipoli by an Allied Expeditionary Force consisting of troops from England, France, Australia, and New Zealand. The invasion failed and resulted in an estimated 400,000 casualties, including more than 130,000 deaths—the majority on the allied side, which was compelled to withdraw. One of the allied survivors penned a "Farewell to Gallipoli," which begins:

"I hope that those fellows who lie
buried along the 'dere" will be
soundly sleeping and not hear us
as we march away."

A few years after World War I, Mustafa Kemal *Pasha* became Mustafa Kemal *Ataturk*, the father of the modern, and until recently, secular Turkey. "Will he be undone," asked Colonel McIntosh in closing, "by the current prime minister, Reccep Tayyip Erdogan, whose Eastward leanings and Ottoman longings invite such question?" Undoubtedly our speaker is the best qualified among us to answer since he himself has recently visited Turkey.

After a discussion period, the meeting adjourned at 9:37 p.m.

Respectfully submitted.


James M. Elson
Secretary

Centennial Celebration Meeting

October 5, 2010

(See “Centennial Celebration Meeting”
folder in the folder
“History of the SpheX Club”)

Minutes of the 1,334th Meeting of the Sphex Club
October 21, 2010

President Marc Schewel convened the 1,334th meeting of the Sphex Club of Lynchburg at 8:05 p.m. on Thursday, October 21, 2010, in the First Floor Board Room of Genworth Financial.

Active members Craddock, Doyle, Elson, Foster, Garren, Gilmer, Hendricks, Huston, McIntosh, Nygaard, Roberts, Sajadian, Schewel, Rick Sorenson, Stinnett, Tiller, Wilder, and Wilson and emeritus member Dale Harris were present. Active members Bell, Ledford, Light, McKendrick, Payne, Selden, and Wood and emeritus member Guillermin sent regrets to the speaker.

President Schewel had arrived about five minutes late, and not having time to collect his wits, yet realizing that an election of new members was on the agenda, ordered the room cleared of guests. With the numerous guests (whose names shall be mentioned presently) half way out the door, it was decided that perhaps it would be better to continue with the election and ignore the provisions of the club's Bylaw Five which prescribes the order of business at a regular meeting.

Although two of the three members of the Membership Committee were absent, Mr. Wilder, the member who *was* present, had matters under control. Since Vice President Garren had seized the initiative in determining that the necessary quorum for an election was at hand, Mr. Wilder quickly distributed ballots and the following persons were elected: Dr. Jo Ellen Parker, Dr. Boyd Rist, and Dr. Gina Dolan-Sewell. Thus the educational level of the club was raised significantly.

This important business having been accomplished, the previously banished guests were urged to return, and they did. The prescribed order of business having been irretrievably lost, the following things took place, although this confused scribe cannot vouch for the order in which he records them:

The undersigned read an e-mail from Centennial Committee member Dr. McIntosh expressing his appreciation for all that Lynchburg College had done toward making the October 5 celebration a success. "Sphex," he wrote, "of course owes a broad debt to Ken Garren for allowing the dinner to take place at Lynchburg College and a particular debt to Sally for her effective liaison with the college's many providers of support whose generous and professional efforts enhanced the occasion." It was unanimously agreed that a Resolution of Appreciation was due the college and the undersigned was requested to write one.

The undersigned then relayed a message from absent Treasurer Robin Wood suggesting that Frank Selden, who took the group photographs at the Centennial Celebration, make 32 copies for those appearing in it and be reimbursed for his time and

trouble from the club treasury. As an alternative, it was suggested that, with the permission of Mr. Selden, the photos be e-mailed to Sphex members, who can download them at their pleasure. We will ask Dr. Selden to find out what her husband wishes to do about this matter.

In the same message, Treasurer Wood indicated that since the social hour and the meal at the Centennial Celebration had been enlivened by the serving of ardent spirits and wine, this procedure be repeated henceforth at the club's annual meetings. The consensus of the membership seemed to be that the matter be referred to the Program Committee for consideration. This humble scribe will point out that Magill Hall of Treasurer Wood's own church, St. John's Episcopal, its members sometimes known as "whiskeypalians" would be a likely site for this kind of annual meeting.

Speaking of committees, somewhere during the evening's business, President Schewel announced that the Program Committee for the current 2010-2011 club year will consist of Dr. Sajadian, chair; Ms. Monk and Dr. McIntosh. The Membership Committee will consist of Mr. Sorenson, Dr. Wilson, and Rev. Roberts. Was there a chair named?

→ chair

The evening's speaker had so many guests that the undersigned was unable to get all the names at once. The list she submitted after her paper's conclusion contained the names of the following: Ellen Agnew, Terry Brennan, Helen Gilmer, Alison Lang and Susan Lang. The speaker, of course, was Ellen Nygaard. Since she had not submitted the customary mini-biography to President Schewel for his introduction, the club had to coax this information out of others. For example, we learned from Dr. Garren that Ms. Nygaard is not only on the board of Lynchburg College but that she is the *vice chairperson*.

The undersigned then noted that Article IV, paragraph 6, of the Sphex Constitution states that "The Treasurer shall issue a financial report at the beginning of the club year." In a ^{red}October 20, 2010 e-mail response to the undersigned, who had asked Treasurer Wood for such a report, Mr. Wood wrote, "The Club has in bank \$\$5889.61 [sic]; we still have to collect about \$200." Not wishing take responsibility on his own for approving this response as the fulfillment of the financial report requirement, the undersigned put it before the membership for acceptance, a second, and a vote. The members did vote to accept. A copy of Treasurer Wood's e-mail is attached to these minutes.

Finally, it became time for member Nygaard's paper, which was titled "32 Degrees Fahrenheit." This "clever title" referred to the sometime temperature of waters in the Bering Strait in which champion long-distance swimmer, Lynne Cox had immersed herself. Ms Nygaard had become acquainted with Ms. Cox's remarkable accomplishments after reading her book *Swimming to Antarctica*. Ms. Cox set records all

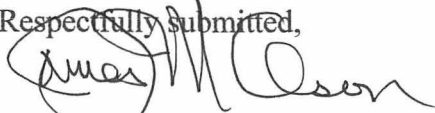
over the world for open water swimming due to an unusual physical aptitude for the endeavor, a supportive family, some excellent coaches, and a great deal of self discipline. Ms. Cox's great successes in her field, too numerous to list here, led her to national and international renown and in some cases led to improvements in her country's international relations.

Our speaker's thinking about Lynne Cox's physical characteristics included pondering what sort of genetic adaptations have evolved in humans to accommodate such physical prowess. She discovered an article in the *Journal of International Sports Medicine* that suggested that while society has modernized and made work physically easier and more efficient, our energy requirements have changed but our genetic composition has not. Modern man is woefully sedentary and as a result, we find ourselves amidst a worldwide epidemic of obesity and inactivity, both of which are risk factors for adverse health conditions

Ms. Nygaard's paper then morphed into a lecture on the benefits of exercise, both mental and physical—and in the latter category, particularly the benefits of swimming. Swimming had certainly worked for her and the guests she had invited to hear her paper. In conclusion, Ms. Nygaard returned to her admiration of Lynne Cox, saying, "I hope [her] story will help you come to realize, as much as I do, the belief that Lynne had, that one person can make a difference in our world. One person can use a God-given talent to change the world and inspire others to do the same."

After a discussion period, the meeting adjourned at 9:14 p.m.

Respectfully submitted,



James M. Elson
Secretary

Encl

Treasurer Wood's financial report as approved by the membership (SEE OVER)

Boyd C. Rist, Ph.D.
Biographical and Professional Data

Date of Birth: February 7, 1946, Viborg, South Dakota
Married: Norma Jean Kromminga, August 10, 1968
Children: Emily Rist Glover, born February 7, 1982

Education

- B.A., University of South Dakota, 1968
- M.A., University of Minnesota, 1970
- Ph.D., University of Virginia, 1985

Honor Societies

- Phi Beta Kappa
- Phi Eta Sigma
- Phi Alpha Theta
- Pi Sigma Alpha
- Founding Chapter Advisor for Phi Alpha Theta, Liberty University

Professional Memberships and Affiliations

- American Conference of Academic Deans
- Organization of American Historians
- Society of Historians of Early Republic
- Conference on Faith and History
- American Association of Higher Education
- Snow Mass Institute: Achieving Strategic Excellence (July 2005)
- Council on Higher Education Accreditation (CHEA)

Teaching Experience*

1972-1973 Instructor, Brainerd State Junior College, Brainerd, Minnesota
1973-1975 Assistant Professor of History, Lynchburg Baptist College
1975-1988 Associate Professor of History, Liberty Baptist College
1988-Present Professor of History, Liberty University

President's Bio

Jo Ellen Parker

President of Sweet Briar College

{P} 434.381.6210

{F} 434.381.6288

{E} president@sbcc.edu



Dr. Jo Ellen Parker became the tenth president of Sweet Briar College in July 2009. Prior to coming to Sweet Briar, Dr. Parker served as Executive Director of the National Institute for Technology and Liberal Education (NITLE) since 2004. Under her leadership, NITLE grew from a network of regional collaborative projects into an international organization serving nearly 150 liberal arts colleges in the U.S. and abroad. NITLE advances "liberal education in the digital age" by providing faculty and professional development programs and collaboration support services to America's most distinguished liberal arts colleges. She also developed NITLE's current programming and organizational models and raised more than \$15M in philanthropic support to launch them.

From 1996-2004, she served as President of the Great Lakes Colleges Association (GLCA), a consortium of 12 selective liberal arts colleges. In this role her work with presidents, chief academic officers and faculty members focused on pedagogical innovation, diversity, and international education. At GLCA, for example, she led the creation of the Global Partners Project, engaging 42 liberal arts colleges in exploring new models for international education and raising more than \$7M to support the initiative. As part of a suite of programs to enhance diversity initiatives on GLCA member campuses, she wrote a handbook on "Best Practices in Recruiting Faculty of Color" and led a consortial admissions tour to recruit students of color.

Before these national leadership positions, Dr. Parker served her alma mater, Bryn Mawr College, as a faculty member and an academic affairs/student life administrator. There, she taught Victorian literature, women's literature and composition in the English department while serving as a member of the deans' office staff. Before becoming a faculty member, she taught 19th-Century Literature at Swarthmore College.

She earned her A.B. in English from Bryn and her Ph.D. in English Literature from the University of Pennsylvania, writing her dissertation on George Eliot.

Dr. Parker is married to Richard G. Manasa, a former musician who currently provides technology support services to small business and individuals. They reside on campus at Sweet Briar House with their three cats Bob, Kia and Ballou, Her son John Parker, 24, lives in Seattle, and her stepdaughter Morgan Manasa, 28, lives in Chicago.

Click [here](#) for Dr. Parker's curriculum vita.

Minutes of the 1,335th Meeting of the Sphex Club
November 4, 2010

President Marc Schewel convened the 1,335th meeting of the Sphex Club of Lynchburg promptly at 8:00 p.m. on Thursday, November 4, 2010, in the First Floor Board Room of Genworth Financial.

Active members Bell, Doyle, Dolan-Sewell, Elson, Garren, Gibbons, Huston, Langhorne, Ledford, McIntosh, McKendrick, Rist, Roberts, Sajadian, Schewel, Sigler, Rick Sorenson, Stinnett, Tiller, Wilder, Wilson, Wimer, Wood and emeritus members Guillermin and Stuart Harris were present. Active members Craddock, Dawson, Foster, Gillette, Gilmer, Hendricks, Light, Monk, Nygaard, Parker, Payne, Selden, emeritus member Dale Harris, and inactive member Moon sent regrets to the speaker.

President Schewel introduced new members Dr. Boyd Rist and Dr. Regina Dolan-Sewell and requested that the members present identify themselves to the new members by name and affiliation. There being no guests to introduce, the minutes of the October 21st meeting were read by the undersigned and approved. A resolution of thanks to Dr. Garren and Lynchburg College staff and faculty members for hosting the October 5th Centennial Celebration was read and approved with one change suggested by Dr. Tiller. A copy of the resolution has been mailed to Dr. Garren.

Under the heading of old business, concerning the question of who is chair of the Membership Committee, it was decided by fellow committee members Dr. Wilson and Rev. Roberts that Mr. Sorenson would receive the honor because he had arrived at the meeting slightly later than they. To strengthen Treasurer Woods advocacy of serving ardent spirits and wine at our future annual dinners, the undersigned read a humorous poem by the late Sphex member James Caskie dating from 1963 on the virtues of imbibing.

President Schewel then introduced our speaker of the evening, Mr. Thomas G. Ledford. Tom presumed that everybody knows he is the semi-retired administrator of the Lynchburg Museum System, so he did not take the trouble to submit the expected mini-autobiography required by the club's Bylaw #7. Still, the undersigned must admit that the paper he submitted for the Sphex files at Jones Memorial Library was one of the best looking he has ever received—in contrast to some others, which shall remain unnamed. Mr. Ledford's papers are always interesting, and this one titled "Caduceus in Battle" imparted to his listeners, including the undersigned, much new knowledge about Lynchburg's medical personnel, both professional and volunteer during our nation's wars in the past century and a half.

By way of background, our speaker touched on the origin of modern nursing, attributed to the work of England's Florence Nightingale during the Crimean War of the 1850s. This work was continued on the battlefield in this country during the War Between the States by Clara Barton, the founder of the American Red Cross. Our speaker


concluded his background material with a summary of Lynchburg's importance as a major hospital center during that war.

The Lynchburg medical community's service in the armed forces during World War II was the heart of Mr. Ledford's paper. Our speaker first discussed the number of graduates from the Virginia Baptist Hospital School of Nursing who served all over the world during the conflict. Then, after a review of American military physicians from the colonial era through World War I, Mr. Ledford presented his more detailed narrative of the Lynchburg area's military physicians and nurses during World War II. He gave particular emphasis to the distinguished military service of Dr. George B. Craddock, which continued when he returned to civilian life. Dr. Craddock, who became a Sphex member in 1946, was so highly thought of by his colleagues that one of the younger ones, Dr. Jeffrey W. Wilson, wrote and published a memoir titled *"Hello, Friend": Dr. George B. Craddock Stories*. Dr. Wilson, himself, became a member of Sphex in April 2000.

Mr. Ledford's paper included a section on the three Lynchburg doctors, Major John E. Adams, Captain Robert B. Ware, and First Lieutenant William A. Davis, who were killed by the enemy during World War II. His discussion of "Combat Medics and Corpsmen" focused on combat medic Desmond T. Doss of Lynchburg whose bravery in the Pacific earned him the Congressional Medal of Honor. Corporal Doss was the first conscientious objector to ever win the nations highest award for bravery. Our speaker ended his paper with a fairly detailed discussion of "Battlefield Medicine." He concluded by stating that he was honored to pay tribute to American medical military history.

After a discussion period, the meeting adjourned at 9:24 p.m.

Respectfully submitted,



James M. Elson
Secretary

Encl

Copy of resolution as approved by the membership

A Resolution

A Resolution

Whereas, the Sphex Club's Centennial Celebration Committee member, Dr. William A. McIntosh, expressed to the undersigned in an email dated October 7, 2010 that our club owes "a broad debt of gratitude" to Dr. Kenneth R. Garren, President of Lynchburg College, for hosting the October 5th Centennial Celebration in the Memorial Ballroom on the college's campus at no cost to the club, and

Whereas, Dr. McIntosh further expressed in the same email "a particular debt of gratitude" to Dr. Sally Selden, our fellow centennial committee member for her "effective liaison" with the college's many providers of support whose generous and professional efforts enhanced the occasion, and

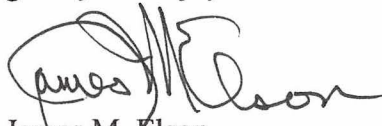
Whereas, Mr. Frank Selden successfully took the first known group photograph of the Sphex Club membership in the final minutes of its first century and has expressed a willingness, through Dr. Selden, to share it with members of the club at no cost to them. And, as Dr. McIntosh noted in his communication to the undersigned, Mr. Selden in his determination to achieve the best photographic results possible, "declined to take strong waters of any sort until he had taken the group picture," and

Whereas, as fate would have it, after all his support of the Sphex Centennial Celebration President Garren was struck down by an allergic reaction and was unable to attend it. Although his presence was missed by all, fortunately the problem was only temporary and, three days later, as Dr. Selden reported to the undersigned, "He looked fine at a faculty meeting." And

Whereas, we must not forget to note, Dr. Julius A. Sigler, Dean of Lynchburg College and a Sphex member, filled in most admirably for Dr. Garren in welcoming those present at the beginning of the centennial program, and Sphex member Anne A. Gibbons, the college's associate chaplain, closed the happy evening with a dismissal prayer.

Therefore be it resolved, the membership of the Sphex Club of Lynchburg expresses its heartfelt thanks to Dr. Garren and the members of his faculty and staff for their good will and dedication, which contributed so greatly to the joyous celebration of its one hundredth birthday.

For the Sphex membership
at the club's 1,335th meeting,
November 4, 2010


James M. Elson
Secretary

Minutes of the 1,336th Meeting of the SpheX Club November 18, 2010

Since President Marc Schewel was the evening's speaker, Vice President Ken Garren convened the 1,336th meeting of the SpheX Club of Lynchburg at 8:03 p.m. on Thursday, November 18, 2010, in the First Floor Board Room of Genworth Financial. Active members Bell, Dolan-Sewell, Elson, Garren, Gibbons, Gillette, Gilmer, Hendricks, Huston, Langhorne, Ledford, Light, McIntosh, Monk, Nygaard, Parker, Payne, Roberts, Sajadian, Schewel, Selden, Stinnett, Tiller, Wilder, Wimer, Wood, emeritus members Marcy and Stuart Harris, and inactive member Moon were present. Active members Dawson, Doyle, McKendrick, Rist, Rick Sorenson, Wilson, and emeritus member Guillermin sent regrets to the speaker.

Dr. Garren introduced new member Dr. Jo Ellen Parker, and the members, in turn, introduced themselves to her. Continuing to adhere to prescribed protocol, the speaker introduced his guests, Mrs. Helene Schewel, his mother, and Ms. Jacque Glanz and Mr. Parker Lee.

The minutes of the November 4th meeting were approved as read. Under the heading of old business, Treasurer Wood reported that he had run out of SpheX checks, but when he got some he would pay Lynchburg College for the balance owned on the Centennial Celebration. Then, by his calculations, the club would have a balance of \$691.04—give or take—in its bank account.

The undersigned, reported that his SpheX history is coming along well and expressed hope that members will not be too disappointed that it will appear too late to be used as a stocking stuffer under a Christmas tree or a Hannukkah bush.

Vice president Garren *then* introduced President Schewel as the evening's speaker. If memory serves, Mr. Schewel did not turn in a mini-biography to be read as his introduction. But since he is so well known in the community for his accomplishments in both the business and non-profit sectors, nobody seemed to notice.

Our speaker's paper, titled "The Final Solution," was taken from his "My Occasional Pieces" blogspot of November 4, 2008. His acknowledged source for the information in "The Final Solution" was a book by Theodore H. Hamerow, *Why We Watched: Europe, America, and the Hoocaust*, published by W. W. Norton in 2008. The book had obviously prompted some deep thinking by our speaker about his Jewish heritage. Mr. Schewel recalled that during his formative years in Lynchburg he had been largely unaware of anti-Semitism. He had occasionally encountered a customer eager to "Jew me down," which he termed "an infelicitous turn-of-phrase," and to which he had eventually learned to "turn a professional tin ear."

Mr. Schewel did learn from his mother that there had been much more active anti-Semitism in Lynchburg in the first half of the twentieth century. This was probably not

nearly as intense as the prejudice initially met by some of our club members' Irish Catholic ancestors in Lynchburg during the first half of the nineteenth century. And many of us here tonight can remember when John F. Kennedy went to Texas in an attempt to convince a group of Protestant clergy there that the Pope wouldn't move into the White House if he became president.

Hitler's Holocaust in Europe was, of course, far more than just anti-Semitism. As our speaker pointed out, sixty percent of the continent's Jewish population was wiped out--almost six million lives. This was almost forty percent of all the Jews the entire world. And, as our speaker also noted, many nations in the world had a hand in this, sometimes actively, sometimes—as was the case of the United States—more passively.

A secretary's personal note here: In 1997 Sue and I had the chilling experience of seeing the holding pens of Birkenau, where the German trains so efficiently brought in the Jews of Europe, and other perceived "misfits." We then visited the gas chambers of nearby Auschwitz, where the sign above the entrance remains. It reads "Arbeit macht frei"—"work makes you free." Is there any doubt, I thought to myself, that the attitude of today's Israelis should remain, "NEVER AGAIN"?—especially when Israel is surrounded by neighbors, many of whom loudly proclaim the Holocaust never took place.

Despite the fear of many American WASPs before World War II, America was never taken over by Jews, and with the election of President Kennedy the Pope never took up residence in the White House. True, we've never had a Jewish president, although we almost had a vice president in Joseph Liebermann. Still, Jews have done pretty well in obtaining cabinet-level positions, and seats in Congress and on the Supreme Court—very well, considering that they make up only 2 and one half percent of our population.

Mr. Schewel's paper, considering its title, ended, perhaps appropriately, with the following sentence: "In its singular, horrific denouement, the Final Solution had forever silenced the Jewish Question and indeed all those carefully calibrated rationalizations as to why more had not been done to prevent its execution."

Indeed, America appears to have solved the Jewish Question, the Catholic Question, and, let us hope, will solve the current Moslem Question through our constitution--particularly its first amendment--and its tradition of the melting pot where people of any religion, race, or ethnicity still have the opportunity of realizing their American Dream.

After a more lively discussion than usual, the meeting adjourned at 9:30 p.m.

Respectfully submitted,

James M. Elson, Secretary

Minutes of the 1,337th Meeting of the Sphex Club January 6th, 2011

President Marc Schewel convened the 1,337th meeting of the Sphex Club of Lynchburg promptly at 8:00 p.m. on Thursday, January 6, 2011, in the First Floor Board Room of Genworth Financial.

Active members Bell, Dawson, Doyle, Elson, Foster, Gillette, Gilmer, Huston, Langhorne, Ledford, McIntosh, Monk, Nygaard, Rist, Roberts, Schewel, Selden, Sigler, Stinnett, Tiller, Wilder, Wilson, Wimer, Wood and emeritus members Stuart Harris, Marcy, and Petty were present. Active members Dolan-Sewell, Garren, Gibbons, Hendricks, and Payne, and emeritus member Guillermin sent regrets to the speaker.

There being no guests to introduce and upon being assured by Treasurer Robin Wood that the Sphex checking account was in good order, President Schewel introduced the evening's speaker, Dr. Julius A. Sigler, whose paper was titled "Someday, Sir, You Will Tax It."

In his introduction Dr. Sigler modestly asserted that he is not an historian of science, but merely one, as he put it, "who from time to time dips his toes in the waters." Looking "from the broadest possible perspective at the history of science," he stated, I can identify only a few scientists whose thoughts have so profoundly changed the way we think that they might be described as 'having changed the world. . . One could include Gallileo in this group, but clearly Newton and Einstein stand out in the physical sciences."

"I argue," our speaker continued, "that there is one other whose name deserves to be mentioned in this select group—a man whose portrait, along with that of Newton, sat on Einstein's mantel throughout his adult life—but he is perhaps the least known and least appreciated of the group. I speak of James Clerk Maxwell."

"James Clerk who?" this scientifically illiterate scribe asked himself. Then remembering Dr. Sigler's excellent paper on Einstein six years ago this month, this thought was followed by, "Well, he ought to know whom Einstein revered."

Our speaker's brief biography of James Clerk Maxwell disclosed that he was born in 1831 in Scotland to a family of landed gentry. Home schooled until the age of ten, he entered the Edinburgh Academy. At age fourteen he wrote a mathematical paper in which he generalized the concept of the eclipse. The paper was read to the Royal Society of Edinburgh by one of its members because the society felt it inappropriate for a fourteen-year-old to do it.

The precocious young Maxwell eventually obtained a fellowship at Cambridge University, graduating with a degree in mathematics in 1856. The same year he was appointed to the faculty of King's College in Aberdeen. The following year he won Cambridge University's prestigious Adams Prize for his paper on the subject *The Motion of Saturn's Rings*. "It is one of the most remarkable applications of mathematics to physics that I have ever seen," declared one of his contemporaries.

Maxwell continued to apply mathematics to physics, as another of his fellow scientists put it, "on an exact basis." In 1871 he returned to Cambridge, this time as the first Cavendish Professor of Physics, designing its laboratory, as well as most of its instruments. The laboratory opened in 1874 and has since been regarded as one of the

preeminent physics research facilities in the world. Sadly, in 1878 Maxwell had become terminally ill with stomach cancer. He died the following year at age 48 at the height of his powers.

While Maxwell contributed significantly to many fields of physics, chemistry, and mathematics, Dr. Sigler stated that he would speak primarily of his contributions to the field of electromagnetism. Covering Maxwell's better-known predecessors from Benjamin Franklin to David Faraday, perhaps the greatest experimental physicist in history, Dr. Sigler pointed out that Maxwell's achievement was that, "He essentially reduced everything that was known about electricity and magnetism to a series of equations that related the sources of these phenomena—electric charge and current—to the fields and the fields to each other. He determined that any change in an electric field would be accompanied by a corresponding change in a magnetic field."

Our speaker went on to explain Maxwell's accomplishments in considerable detail. In summing up, he stated, "Everything we know about electricity is contained within four equations [of Maxwell's] and two auxiliary equations, one of which relates the fields to forces that we can measure and one that relates electric current to electric fields." Dr. Sigler passed out a paper containing these equations, which this writer observed his fellow club members pondering thoughtfully.

It was not for lack of clarity in his presentation that the discussion following Dr. Sigler's paper was considerably shorter than usual. In the case of this writer, it was because he lacked enough of a scientific background to ask an intelligent question. Let us hope it is a shortcoming not widespread among our younger generations in our present scientific and technological age.

In closing, our speaker used the following quote from Albert Einstein: "The special theory of relativity owes its origins to Maxwell's equations of the electromagnetic field. The work of James Clerk Maxwell changed the world forever."

Oh, yes, we have almost forgotten to explain the "clever title" of Dr. Sigler's paper. At a reception held by Queen Victoria to honor Professor Maxwell for his achievements in electricity, four-time British prime minister William Gladstone was present and remarked to the scientist, "This is all very well, but what good is it?" To which Maxwell responded prophetically, "Someday, sir, you will tax it."

The meeting adjourned at 9:10 p.m.

Respectfully submitted,

James M. Elson, Secretary

Minutes of the 1,338th Meeting of the Sphex Club
January 20, 2011

President Marc Schewel convened the 1,337th meeting of the Sphex Club of Lynchburg promptly at 8:00 p.m. on Thursday, January 20, 2011, in the First Floor Board Room of Genworth Financial.

Active members Bell, Dawson, Elson, Garren, Gibbons, Gillette, Gilmer, Hendricks, Huston, Ledford, Light, McIntosh, McKendrick, Monk, Nygaard, Parker, Payne, Rist, Schewel, Sigler, Rick Sorenson, Stinnett, Tiller, Wilder, Wilson, and Wimer and emeritus members Stuart Harris, Marcy, and Petty were present, as well as inactive member Moon. Active members Craddock, Doyle, Roberts, Sajadian, Selden, and Wood, and emeritus member Guillermin sent regrets to the speaker. The speaker, Mr. Wimer, introduced as his guest Nancy Marion, whose Blackwell Press has recently published his history of Amherst County. The undersigned introduced as his guests his wife Sue, his son Scott, and his daughter-in-law Melisa.

The undersigned read the minutes of the January 4, 2010, meeting, which were accepted. There being no business brought forward, old or new, President Schewel introduced the speaker, Bob Wimer, editorial page editor emeritus of *The News & Advance*, whose paper was titled "The Judge Did What?"

Amherst County, the home of our speaker, has always been a wild and wooly place. Mr. Wimer began by pointing out, the Town of Amherst, incorporated in the early 1900s had always "endured more than its fair share of transients, taverns, prostitutes and alcohol-fueled brawls. Not even the courthouse steps were safe by any standards imaginable today."

Amherst County went dry after the passage of Virginia's Local Option Act of 1886. The two protagonists of Mr. Wimer's paper were Judge Clarence J. Campbell of Amherst, a "wet" with a little more than a passing interest in perpetuating the often obvious illegal sale of ardent spirits in the county and the Rev. Charles H. Crawford, a Baptist preacher and superintendent of the Virginia Anti-Saloon League. Rev. Crawford's attack on this brisk trade in an anti-saloon league newspaper, *The Christian Federation*, caused a confrontation of the two men on the steps of the Amherst Court House in 1902. It ended when the judge struck the preacher across the head and face with a rawhide riding whip and followed up with several more lashes on the head and neck.

Our speaker went into considerable detail with his biographical sketches of Judge Campbell and Rev. Crawford and his very colorful description of Judge Campbell's farcical trial for assault which followed the incident. The trial received attention from newspapers as far away as Washington and New York. Since Judge Campbell was acquitted of all charges, the verdict prompted a certain amount of ridicule and indignation, both near and far.


After a sidebar on prohibition in Lynchburg during the late nineteenth and early twentieth centuries, our speaker returned to Virginia's House of Delegates, where after a lengthy hearing, that body voted to remove Judge Campbell from office by a vote of 63-18. The Senate approved the resolution on May 12, 1903. The judge's appeal to the Supreme Court of Virginia was not successful, thus ending his career in the Old Dominion's judicial branch of government.

But all was not lost for this persistent public servant. Although he was not elected when he ran for a seat in the House of Delegates in 1905, he was successful in a repeat effort in 1922. There he was assigned to the Courts of Justice Committee, the same committee that recommended his removal from the bench nineteen years earlier.

But as the French say, "The more things change, the more things remain the same"—or perhaps more or less the same. The January 24, 2011, issue of *The New Yorker* features an article about California Congressman Darrell Issa, who has recently been elected chairman of the House Committee on Oversight and Government, which "may at any time conduct investigations of any matter." The article states that the congressman is being described as the man most likely to weaken the president before the 2012 election. We'll see who gets who. The congressman's record, at least as described in *The New Yorker*, does not appear to be spotless.

After a discussion period, the meeting adjourned at 9:08 p.m.

Respectfully submitted,



James M. Elson, Secretary

Minutes of the 1,339th Meeting of the Sphex Club
February 3, 2011

President Marc Schewel convened the 1,339th meeting of the Sphex Club of Lynchburg right on time at 8:00 p.m. on Thursday, February 3, 2011, in the first floor Board Room of Genworth Financial.

Active members Bell, Craddock, Dawson, Dolan-Sewell, Doyle, Elson, Garren, Gibbons, Hendricks, Huston, Langhorne, Ledford, Light, McIntosh, McKendrick, Monk, Nygaard, Parker, Payne, Rist, Roberts, Sajadian, Schewel, Selden, Sigler, Tiller, Wilder, Wilson, and Wood, and emeritus members Marcy and Petty were present. Active members Gilette, Gilmer, Rick Sorenson, Stinnett, and Wimer, as well as emeritus member Guillermin, and inactive member Moon sent regrets to the speaker. The evening's speaker introduced as her guest her husband, Mr. Donnie Hendricks. The minutes of the January 20 meeting were read with no additions or corrections.

In the way of business, President Schewel reminded the Nominating Committee, consisting of members Craddock, Light, and Selden and the Program Committee, consisting of members McIntosh, Monk, and Sajadian, that the last regular meeting of the club year 2010-2011 is scheduled for March 31st and that said committees should become active in order that the club might have both a distinguished guest speaker for the 2010-2011 annual meeting and officers for 2011-2012.

President Schewel then introduced the evening's speaker, Ms. Hermina Hendricks, whose paper was titled "A Journey Taken." Ms. Hendricks began by relating that approximately ten years ago she learned that the Lynchburg Museum System had acquired the Clarence W. Seay collection of papers, documents, pictures, and artifacts. The late Mr. Seay was one of Lynchburg's most important African American citizens of the twentieth century. His nearly thirty years of service as principal of Dunbar High School made him arguably the most influential of Lynchburg's African American citizens of that time. Ms. Hendrick's exploration of the Seay collection at the Lynchburg Museum System was the inspiration for her paper.

Our speaker stated that she had not only attended and graduated from Dunbar High School but had known Mr. and Mrs. Seay, having grown up on Pierce Street only a few houses from where they lived. She also declared that she and her fellow Dunbar students felt "special" and "privileged" to attend the school that Mr. Seay had a major hand in creating during his tenure as principal. Ms. Hendricks was determined to study Mr. Seay's papers in an effort to find out how he and his staff managed to achieve their standard of excellence within a segregated school system. The short answer to her question was that Mr. Seay and his staff always strived to put the interests of their students first.

Our speaker traced the history of education in Lynchburg for African Americans after emancipation, beginning in 1866 with the first schools led by Quaker Jacob Yoder

of the Pennsylvania Freedmen's Relief Association. In 1871 the Lynchburg Public School System was established and Mr. Yoder's work became part of it. "He was a well informed and able man and greatly beloved by those who really knew him," wrote Hill City historian Rosa Faulkner Yancey in her book *Lynchburg and Its Neighbors*, "but too modest and assuming ever to have been estimated at his true worth."


Mr. Seay, a graduate of Fisk University in Nashville, received a master's degree from Columbia and taught briefly in other states before arriving in Lynchburg in 1929 to teach at Dunbar High School. He stayed until 1935 and, after a three-year interlude in Petersburg, he was brought back to Lynchburg to become the first black administrator in the city's school system. By 1968, when Mr. Seay, retired the integration of the faculty and student bodies of the Lynchburg public schools was well under way. There were black supervisors and personnel in the system's administration building. A decade before, the Lynchburg School Board had added its first member, Carl B. Hucherson Sr.

In 1971 City Council Member Leighton Dodd wondered out loud to his colleagues why Clarence Seay had not been chosen as superintendent of city schools on three different occasions when the position was vacant. The following year, Mr. Seay won election to City Council with more votes than any of the other candidates. Arguably he should have been Lynchburg's first African American mayor, but white Lynchburg was not yet ready for that. Despite the closing of his beloved Dunbar High School, Mr. Seay remained active in community affairs until his death in 1982. The authors of the Lynchburg bicentennial *Black Focus Biographies* put it this way. "C. W. Seay's modesty hampers a complete investigation of honors accorded him."

At the 1998 All Dunbar Reunion commemorating the 75th anniversary of the founding of DHS, Ms. Hendricks was one of three speakers who reflected on the importance of Dunbar High. "We are here today to thank God for C. W. Seay, and the powerful faculties that he assembled. . . . These were the people, my fellow alumni and friends, who, in spite of the laws and prevailing customs of the time, were the ones who provided the equal! No, they actually did better than that—they insured that we would not just be equal. We would be better."

After a somewhat livelier discussion period than usual, the meeting adjourned at 9:17 p.m.

Respectfully submitted,



James M. Elson, Secretary

Minutes of the 1,340th Meeting of the Sphex Club
February 17, 2011

President Marc Schewel convened the 1,340th meeting of the Sphex Club of Lynchburg, again right on time, at 8 p.m. on Thursday, February 17, 2011, in the First Floor Board Room of Genworth Financial. Active members Bell, Craddock, Dolan-Sewell, Elson, Gillette, Gilmer, Hendricks, Huston, Langhorne, Ledford, Light, McIntosh, Monk, Nygaard, Parker, Rist, Roberts, Sajadian, Schewel, Selden, Sigler, Rick Sorenson, Stinnett, Tiller, Wilder, and Wood, and emeritus members Stuart Harris and Petty were present. Active members Dawson, Doyle, Foster, Garren, Gibbons, Payne, Wilson and Wimer, and emeritus members Guillermin and Dale Harris, as well as inactive member Moon, sent regrets to the speaker.

Our speaker introduced his guests who were his wife Jody, his parents Bob and Marsha, as well as two academic colleagues, Scott Hyman of Sweet Briar College and John Justice of Randolph College, who were apparently there to check on him.

The undersigned read the minutes of the February 3rd meeting, to which there were no additions or corrections. In the way of business, both the Nominating Committee and the Program Committee each reported that they had nothing to report.

Although the evening's speaker, Dr. Michael Gillette PhD, like many of our recent speakers, did not submit a brief background identification to President Schewel for the purposes of an introduction, President Schewel managed to wing it pretty well—partly because our speaker was so well known and partly because our president knows almost everything about the most important people in town. In any event, our speaker's topic was "Just Like Elsa. . . But Not in a Box," which he attacked with great gusto.

This humble scribe cannot guarantee that the following paragraphs will accurately reflect what the speaker actually said. As Dr. Gillette has written in the first sentence of his beautifully typed and conscientiously footnoted paper of record for the files of the Jones Memorial Library, "All good SPHEX papers have mysterious titles, and all great SPHEX papers have mysterious content." Therefore, although perhaps we did not know it at the time, we were listening to a paper that was both good and great.

Dr. Gillette began by stating that he would not initially reveal his thesis, but rather present seven interesting concepts, that, although seemingly disparate, he would tie together by the end of his presentation. When he revealed that the first one was going to be "Quantum mechanics and the double slit experiment" and began to illustrate it with Jackson Pollack-like enthusiasm on a flip chart, this humble scribe began to panic.

He, that is, I—must confess that I took my first and only course in physics over a half century ago at Knoxville High School and do not recall that Mr. Hardin ever mentioned Heisenberg's 1927 Uncertainty Principle, much less Schrodinger's Cat Paradox of 1935. Maybe that was because the famous Scopes "Monkey Trial" in Dayton, Tennessee, took place in 1925, and, as a result, the teaching of Heisenberg and Schrodinger's theories were therefore banned from the public schools.

Instantly realizing that I was out of my element, I looked back from my vantage point at the front of the room toward my fellow members. Alas, it was impossible to tell if they, like I, did not comprehend our speaker or whether they were thoughtfully considering each of his seven interesting concepts, as he presented them. These immobile

facial expressions included the countenance of the only member of our club I knew to be to be a professional physicist.

As Dr. Gillette advanced through the seven steps of his argument toward his as yet unannounced conclusion, the atmosphere, at least for this listener, seemed to grow more and more pessimistic. By the time our speaker got to step six, which included the statement, “. . . we have no ability to choose our actions and thus we have no will,” all seemed lost. I thought of Matthew Arnold’s doleful poem, “Dover Beach,” which concludes:

And we are here as on a darkling plain
Swept with confused alarms of struggle and flight,
Where ignorant armies clash by night.

But all was *not* lost. At the last moment we were rescued by Dr. Gillette’s step seven, which declares that (A) there is some aspect of us that (to put it briefly) is temporally infinite and can’t go out of existence, and (B) this aspect of our beings will also be free and cannot be assailed by arguments against free will. Suddenly I began to think of the final four lines of William Wordsworth’s “Intimations of Immortality”:

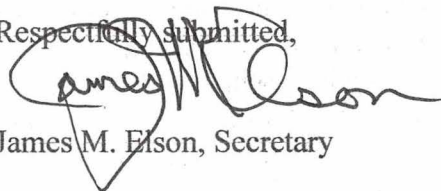
Thanks to the human heart by which we live,
Thanks to its tenderness, its joys, and fears,
To me the meanest flower that blows can give
Thoughts that do often lie too deep for tears.

Then this writer, who has just finished putting the finishing touches on a centennial history of our venerable club, remembered: “Was not this paper similar to Dr. Gillette’s initial Sphex paper, presented on April 1, 2004, titled “April Fool,” after which according to then-secretary Dr. Sigler, “A speechless membership quickly regained their composure and Dr. Gillette responded to variety of comments and questions . . .”? The paper we had just heard was certainly closer to “April Fool” than our speaker’s most recent paper of February 5, 2009, titled “First Things First.” On this occasion, Dr. Gillette advocated the concept of Ockam’s Razor, as expressed by Albert Einstein who declared, “A scientific theory should be as simple as possible, but no simpler.”

Dr. Gillette did simplify his title, “Just Like Elsa . . . But Not in a Box,” after the meeting by sending us all an e-mail apologizing for forgetting to explain it. His Elsa, it turned out, was the lioness in the movie *Born Free*. Unlike Schrodinger’s cat, neither Elsa’s future nor her past was changed by being placed in a box on Monday and observed on Friday.

After a discussion session, which featured questions asked by Dr. Gillette’s colleagues who had come to check on him, the meeting adjourned at 9:28 p.m.

Respectfully submitted,



James M. Elson, Secretary

Minutes of the 1,341st Meeting of the Sphex Club
March 3, 2011

President Marc Schewel convened the 1,341st meeting of the Sphex Club of Lynchburg, not only promptly but a couple of minutes early, on Thursday, March 3rd, 2011, in the First Floor Board Room of Genworth Financial.

Active members Bell, Dolan-Sewell, Doyle, Elson, Foster, Garren, Gibbons, Gillette, Gilmer, Hendricks, Huston, Langhorne, Ledford, Light, McIntosh, McKendrick, Parker, Roberts, Sajadian, Schewel, Sigler, Stinnett, Tiller, and Wimer, and emeritus member Marcy were present. Active members Dawson, Nygaard, Payne, Rist, Selden, Rick Sorenson, Wilder, Wilson and Wood, and emeritus members Guillermin and Petty sent regrets to the speaker.

President Schewel began the meeting with a request for a moment of silence in memory of emeritus member Dr. William H. Barney, who died on February twenty-first. Dr. Barney was for many years a leader of the medical community in Lynchburg. He was the author of the "Short History of the Sphex Club," which has been read at annual meetings since 1982. Rev. Roberts has been asked to write a memorial resolution on behalf of the club, which we will hear at the March 17 meeting. A copy will be presented to Dr. Barney's family.

The undersigned read the minutes of the February 17, 2011, meeting, which apparently were accepted, despite some agitation in the back of room from the speaker on that occasion. Nevertheless, I plan to vote for him when he runs again for City Council.

President Schewel then called for committee reports. Since Chairman Craddock of the Nominating Committee was nowhere to be found and the other committee members had nothing to say, there was again no report. Chairman Sajadian of the Program Committee reported that it is working on securing as a speaker for the 2010-1011 annual meeting Alex Nyerges, executive director of the Virginia Museum of Fine Arts, in conjunction with his appearance in May at another local venue.

The undersigned announced that his long-awaited Sphex history should be available by the March 31st meeting and passed around a proof of it for inspection. The undersigned also reminded those present of Article III, Section 10 of the Sphex Constitution, which states: "If a member does not attend at least fifty percent of the regular meetings of the membership during any year, then the secretary shall give witten notice to the member that failure to attend at least fifty percent of the meetings of the membership during the ensuing year may result in dismissal from the club pursuant to Article III, Section 6. At the conclusion of the March third meeting, attendance as to number of meetings missed during the current club year stands, according to the undersigned's records: four members with 6 absences and three with 5. Since there are only two more meetings remaining in the club year (March 17 and March 31), members with four or fewer absences need not fear receiving one of the aforementioned dreaded letters to be sent out by the secretary.

Before introducing the evening's speaker, President Schewel recognized Spdex member Arielia Langhorne, recently retired from thirteen years of outstanding service as chair of Lynchburg's electoral board. Spdex member Cham Light has been selected to fill the board's vacancy.

It was time to introduce our speaker. Maureen's advance notice had informed us that it was going to be a member named Anne Gibbons, with one of those mystery titles, "We See from Where We Stand." Since Ms. Gibbons, like Dr. Gillette at our preceding meeting, did not submit "a brief background identification" as requested by Spdex Bylaw five, President Schewel was again given an opportunity to display his encyclopedic knowledge of almost everyone who is important in Lynchburg. It turned out that Ms. Gibbons is the associate chaplain at Lynchburg College, and she demonstrated her power in that institution's hierarchy by persuading her boss, Dr. Ken Garren, to operate her laptop power point during her presentation. As it turned out, "We See from Where We Stand" is a Haitian proverb and the subject of her paper was that country—its past, present, and speculation about its future.

"I stand before you today as a minister, not a professor," stated Chaplain Gibbons. Although she modestly did not claim any particular expertise or scholarly insight into the country, she did inform us that she had visited it five times, initially in 1993 as a member of Pax Christi, an international Catholic peace organization. Despite her protestations of not being a scholar, our speaker gave, it seemed to this writer, an excellent short history of Haiti from the arrival of Columbus in 1492 to last year's earthquake. The section of her presentation following dealt with the depressing state of affairs in this currently devastated country.

Chaplain Gibbons titled the final portion of her paper "Where to go from Here?" "With relatively little lived experience in Haiti myself, I've tried to turn to trusted sources with a proven track record and long term commitment to Haiti for their wisdom and insight," she stated. The authorities she cited have, of course, indicated that the country needs outside assistance, but that, whenever possible, that assistance should be in the form of helping the Haitian people help themselves.

Our speaker concluded her paper with these words, "Now that you've heard me describe some of the historical background and learned of possible solutions described by American experts who I trust and believe, let me digress from the script and speak from my heart." This she certainly did, as her presentation made a smooth transition to a discussion session, which ended at 9:25 p.m.

The secretary must note that although the record copy of Chaplain Gibbons' paper is very neatly presented, there is no indication as to who wrote it and to whom, where, and when it was presented. This information really should appear on all Spdex papers so that future generations will not think they were taken off the internet.

Respectfully submitted,

James M. Elson, Secretary

Minutes of the 1,342nd Meeting of the Sphex Club
March 17, 2011

President Marc Schewel convened the 1,342nd meeting of the Sphex Club of Lynchburg, promptly at eight o'clock on Thursday, March 17th, 2011, in the First Floor Board Room of Genworth Financial.

Active members Bell, Elson, Foster, Garren, Gillette, Hendricks, Huston, Langhorne, Ledford, Light, McIntosh, McKendrick, Nygaard, Payne, Rist, Roberts, Schewel, Selden, Stinnett, Tiller, Wilson, Wimer, and Wood and emeritus member Marcy were present. Active members Dawson, Dolan-Sewell, Doyle, Gibbons, Gilmer, Monk, Parker, Sajadian, Rick Sorenson, and Wilder, and emeritus members Dale Harris and Stuart Harris sent regrets to the speaker.

The evening's speaker introduced her guests who were: Alex Bell, Esq., her husband; Jane White, Nancy Marion, and Ted Delaney.

President Schewel then recognized Rev. Roberts who read a resolution he had written on behalf of the club in memory of emeritus member Dr. William H. Barney, who died on February twenty-first. Rev. Roberts' comprehensive resolution was unanimously approved by the membership present. Rev. Roberts will deliver it to Dr. Barney's family.

The undersigned read the minutes of the March 3, 2011, meeting, which were eventually accepted after Colonel McIntosh observed that he could not have been both absent and present on that occasion. Although Dr. McIntosh is noted for being a versatile person, the point was taken, and it was decided that he had been present at the meeting.

President Schewel then called for committee reports. Chairman Craddock of the Nominating Committee was again nowhere to be found, and there was again no report. Members of the Program Committee reported that plans are under way to hold the 2010-2011 annual meeting at the Virginia Center for the Creative Arts on Wednesday, May 18th. The tentative speaker is Alex Nyerges, executive director of the Virginia Museum of Fine Arts. The committee proposes that the dinner be held *al fresco* with the serving of ardent spirits at a cost of \$35 per person.

The undersigned announced that his long-awaited Sphex history should be available by the March 31st meeting and passed around a proof of it for inspection. The undersigned also reminded those present of Article III, Section 10 of the Sphex Constitution, which states: "If a member does not attend at least fifty percent of the regular meetings of the membership during any year, then the secretary shall give written notice to the member that failure to attend at least fifty percent of the meetings of the membership during the ensuing year may result in dismissal from the club pursuant to Article III, Section 6." At the conclusion of the March 17th meeting, attendance as to number of meetings missed during the current club year stood, according to the undersigned's records: two members with seven absences and three members with six absence. Thus it appears that after the March 31st meeting, the last of twelve of the 2010-2011 club year, at least two, and perhaps as many as five, members will receive one of the aforementioned dreaded letters to be sent out by the secretary.

President Schewel then introduced the evening's speaker, Dr. Carolyn Wilkerson Bell, whose paper was titled "The Forgotten Hill." As we soon learned, the protuberance in question was the Lynchburg's Tinbridge Hill. It is almost never included among

Lynchburg's famed seven hills, which are most frequently trotted out when comparing our beloved city in its ante bellum glory days to Ancient Rome. Sadly, this high tide of affluence in the Burg, which was then said to have had the second highest per capita wealth in the United States, was soon torn asunder by the firing of artillery on Fort Sumter, South Carolina, thus precipitating the War of Northern Aggression.

It is no wonder that Tinbridge Hill has never been considered for inclusion in Lynchburg's Seven Hills, for, as our speaker informed us, "before the end of the 19th century the neighborhood was predominately black, and it has remained predominately black." There was, of course, the integrated Fourth Street area of brothels, but until the present century, historians have generally not been interested in discussing this fascinating aspect of life in the Hill City.

With the helpful aid of maps and other visuals, Dr. Bell described Tinbridge Hill as the traveler approaches it from Rivermont with the boundaries on the traveler's right: Cross the bridge over Blackwater Creek at Hollins Mill, proceed uphill to Federal Street, going down Federal Street, take a quarter turn on the new, exotic roundabout onto 5th Street or MLK Boulevard (whichever you prefer), go straight up the hill, then down the hill until you leave the hill at the railroad overpass. To sum up: Railroad tracks, Blackwater Creek, Federal Street, Fifth Street—roughly speaking, these are the boundaries of the present-day Tinbridge Hill. Dr. Bell knows the hill well, since she has served as a board member of the Legacy Museum of African American History at Fourth and Monroe and the 26-acre Old City Cemetery with its entrance at Fourth and Taylor.

Dr. Bell informed us that her paper will appear in a history of Tinbridge Hill, a booklet of text and images scheduled to appear in June. She also acknowledged the contributions of her guests present and Spheeris member Tom Ledford to the project. She emphasized that the process, sources, and methodology of the history had been guided by interviews with present and past Tinbridge Hill residents, whose remembrances, in a few instances, date back before 1920.

Our speaker described at considerable length how Tinbridge Hill and its residents changed during the twentieth century from an often closely-knit neighborhood with "a sense of place" during the era of segregation to its diminishment during the latter part of the twentieth century. Dr. Bell stated: "School integration and the loss of Yoder [Elementary School], upward mobility and the resulting decline in neighborhood population, deterioration and the demolition of houses, the crime that came along with the increased demand for illicit drugs, neglect by City government—these forces took a heavy toll on Tinbridge Hill in the 1970s, the 1980s, and into the 1990s. As in changes in neighborhoods everywhere, automobiles, air conditioning, television, and electronic entertainment did their part to isolate neighbors from each other; changes in the structure of families played a role too."

Our speaker concluded with the thought that present and past Tinbridge Hill residents hope "that telling old stories might—just might—help to shape new ones." This excellent cooperative work by the hill's residents, our speaker, and her colleagues will certainly be a part of the next comprehensive history of Lynchburg by this writer, scheduled to appear not long after the city's 250th anniversary in 2036.

After a discussion period, the meeting was adjourned at 9:33 p.m.

Respectfully submitted, James M. Elson, Secretary



A RESOLUTION

From the Sphex Club of Lynchburg to the Family of Dr. William Harper Barney

March 17, 2011

WHEREAS: The late William Harper Barney, MD, was educated in Virginia public schools, Randolph-Macon Academy, Randolph-Macon College, and the Medical College of Virginia, and served in the U.S. Army Medical Corp. And,

WHEREAS: Dr. Barney practiced medicine in Lynchburg from 1951 until his retirement from private practice in 1990, after which he served as Medical Consultant to First Colony Life Insurance Company. And,

WHEREAS: Dr. Barney served on the boards and as an officer of many medical, hospital, educational, service, civic, and church organizations, including the Lynchburg Academy of Medicine, Lynchburg General Hospital, Chamber of Commerce, Lynchburg School Board, Holy Trinity Lutheran Church, and the Medical Society of Virginia, of which he was elected president. And,

WHEREAS: Dr. Barney's contributions to his fellow man and woman were recognized with the Brotherhood Citation of the Lynchburg Chapter of the National Conference of Christians and Jews; and, by the Lynchburg Academy of Medicine with the creation of The William H. Barney Distinguished Service Award. And,

WHEREAS: Dr. Barney will be remembered for his dedication to his family, his community, his profession, and his church for his inestimable contributions. And,

WHEREAS: Dr. Barney's membership in the Sphex Club of Lynchburg since 1976 gave him an opportunity to share his knowledge on a wide variety of subjects with his fellow Club members in a way that was always informative, interesting, and good-natured, especially exemplified by his service as president of the Club and authorship of the brief history of the Club that is read at each annual meeting.

BE IT THEREFORE RESOLVED: That we, the officers and members of the Sphex Club of Lynchburg, express our deepest sympathy and condolences to Dr. Barney's family upon his recent death. We are saddened that he is no longer with us, but will take pleasure in the memories of having had this knowledgeable, articulate, and kind gentleman among us.

For the Sphex Club of Lynchburg:

Marc A. Schewel
President

Minutes of the 1,343rd Meeting of the Sphex Club
March, 31st 2011

Vice President Dr. Ken Garren convened the 1,343rd meeting of the Sphex Club of Lynchburg promptly at 8:00 p.m. on Thursday, March 31st 2011, in the Board Room of Genworth Financial.

Active members Bell, Craddock, Dawson, Doyle, Elson, Foster, Garren, Gilmer, Hendricks, Huston, Langhorne, Ledford, McIntosh, McKendrick, Parker, Payne, Rist, Roberts, Sajadian, Selden, Rick Sorenson, Stinnett, Tiller, Wilder, and Wilson, and emeritus members Stuart Harris and Marcy were present. Active members Dolan-Sewel, Gibbons, Light, Nygaard, Schewel, Wimer, and Wood sent regrets to the speaker. Guests of the evening's speaker were: Kay McKendrick, his wife, and P. J. McKendrick, his son. The undersigned read the minutes of the March 17th meeting, which were accepted.

In the way of committee reports, the membership was reminded by the Program Committee of the annual meeting to be held on Wednesday evening, May 18th, at the Virginia Center for the Creative Arts and urged to submit their reservations for the dinner and their payment of annual dues as soon as possible.

The Nominating Committee then submitted to the membership for their consideration as officers for the 2011-2012 club year the following: Dr. Ken Garren for president, Dr./Colonel Bill McIntosh for vice-president, Mr. Bob Wimer for secretary, "Cham" Light, Esq., for assistant secretary, and Robin Wood, Esq., for treasurer. Dr. Garren, who was presiding, quickly declared that, under the provisions of article three of the Sphex constitution that a quorum was present, and all the candidates were elected without opposition.

Under the heading of old business, the undersigned passed around copies of his newly minted Sphex History, declaring that they would be for sale for the modest price of \$20 (including tax) through the annual meeting on May 18th. After that time the price will rise to \$25, and, then, in the future, like gasoline prices, float freely according to the law of supply and demand. The author is sending copies at his own expense to a number of libraries in Virginia.

Under the heading of new business, the undersigned reported that inactive member Dr. Jonathan Green has accepted the position of provost and dean of the faculty at Illinois Wesleyan University, and has submitted his resignation from the club. Dr. Green's resignation was accepted with regret and best wishes for success in his new position.

Dr. Garren then introduced the evening's speaker, Dr. Paul McKendrick, whose paper was titled "Half the World at 1313." It turned out that 1313 was the Pierce Street address of the Lynchburg poet Anne Spencer, and that Pierce Street, as our speaker, acknowledged, was the address of other distinguished African American citizens of

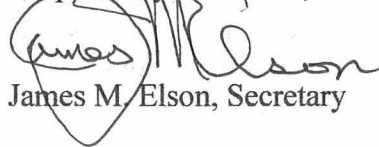
Lynchburg, including C. W. Seay, long time principal of Dunbar High School and Dr. Walter Johnson, physician, and mentor/coach of tennis greats Arthur Ashe and Althea Gibson.

Dr. McKendrick acknowledged his debt to recent papers given by Sphex members Hermina Hendricks on Mr. Seay and Carolyn Bell on Tinbridge Hill as providing him an “immediacy” that he would never have gotten by only reading them. Nevertheless, he was also well acquainted with J. Lee Greene’s excellent biography of Anne Spencer, as well as *Time’s Unfading Garden*, the 1977 edition of her poems, and *Half My Word, The Garden of Anne Spencer*, from which came half the title for his paper.

Our speaker noted the challenge in “cramming 93 years into a 45 minute presentation, for Anne Spencer’s life was filled, and it was marvelously rich and empowering.” Nevertheless, in the opinion of this humble scribe, considering these restraints, he succeeded about as well as anyone could, discussing her importance as an American literary figure, her family life, and her activities as a civil rights activist within the limits of her time—limits imposed by both Lynchburg’s black and white communities. “At 4:30 p.m. on Saturday, June 27 [1975],” stated Dr. McKendrick at the conclusion of his paper, “Anne Spencer died quietly with, as her daughter Bethel said, ‘a look of pleasure, satisfaction, and triumph’.”

After a question and answer and discussion period, the meeting adjourned at 9:47 p.m.

Respectfully submitted,



James M. Elson, Secretary

Postscript #1. The above signed regrets to report that two of the club’s active members missed more than fifty percent of the twelve scheduled meetings for the 2010-2011 club year and have been sent a letter reminding them that under the provisions of paragraph 10, article III of the Sphex Constitution, that “failure to attend at least fifty (50%) of the meetings of the membership during the ensuing year may result in dismissal from the club.”

Postscript #2. The above signed also wishes to thank the membership for giving him the opportunity, during the past few years, to hone his skills in creative writing.

Sphex Club Annual Meeting

Date: May 18, 2011

Time: 6:00 p.m. - Cocktails
7:00 p.m. - Dinner

Place: Virginia Center for Creative Arts
154 San Angelo Drive, Amherst, VA 24521

Speaker: Alex Nyerges, Director,
Virginia Museum of Fine Arts

Dinner: \$35.00 per person

Dues: \$20.00 (active members only)

Please make your reservations no later than May 4, 2011.

Members are Encouraged to Bring Guests

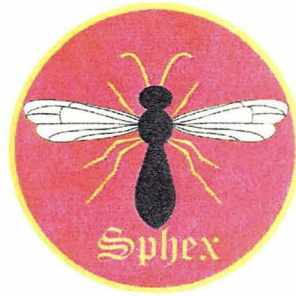
Alex Nyerges

Now entering his fifth year as director of the Virginia Museum of Fine Arts, Alex Nyerges is responsible for the management and realization of Rick Mather's ambitious master plan for the museum's expansion and renovation; the enhancement of services and programs to Virginians outside of Richmond in order to fulfill the institution's mandate to be Virginia's museum; the completion of a revenue-based business plan for the museum's post-expansion future; and the approval and advancement of a series of exciting special exhibitions slated to open in 2010 and thereafter.

As well as writing and lecturing widely on photography, Nyerges has organized such exhibitions as "Edward Weston: A Photographer's Love of Life" (2004), a major retrospective that traveled internationally, and "In Praise of Nature: Ansel Adams and Photographers of the American West" (1999), which traveled nationwide. Among the many other exhibitions he has organized are "Glory of the Silk Road: Art from Ancient China" and "Eternal China: Treasures from Ancient Xi'an," two major traveling exhibitions of art and artifacts from regional museums throughout China

Nyerges currently serves on the Board of Directors of the Virginia Center for Creative Arts, and is chair of the Program Committee of the Association of Art Museum Directors.

He came to VMFA from the Dayton Art Institute, where he was director and CEO from 1992 to 2006. Before his assignment in Ohio, Nyerges was the executive director of the Mississippi Museum of Art in Jackson, a position he also held at the De Land Museum of Art in Florida.



The SPHEX Club of Lynchburg, Virginia
Annual Dinner, May 18th, 2011
Virginia Center for the Creative Arts (VCCA)
Amherst, Virginia

Sequence of Events

Gathering, Drinks, and VCCA Studio Tour

Seating for Dinner, Program Committee

VCCA Welcome, Suny Monk, Executive Director

SPHEX Club Welcome, Marc A. Schewel, President

Prayer of Thanks, The Rev. Dennis S. Roberts

Buffet Service *en échelon*, Sweet Briar College Catering Staff

Reading of the SPHEX Club History, James M. Elson, Secretary

Introduction of the Speaker, Suny Monk

Annual Address: “Art Is for Everyone”

Alex Nyerges, Director, Virginia Museum of Fine Arts

Concluding Remarks, President Schewel

Correspondence

2010–2011

GREEN RESIGNATION

22 MAR 2011

Sue & Jim Elson

From: "Sue & Jim Elson" <jelson@inmind.net>
To: "Jonathan Green" <jgreen@sbc.edu>
Sent: Tuesday, March 22, 2011 9:06 PM
Subject: Re: Status update
 Jonathan,

Congratulations on your appointment! It sounds like a wonderful opportunity. I imagine Illinois Wesleyan will give you far more opportunities to display your impressive array of talents.

Tentative plans call for our annual meeting to be held on Wednesday evening, May 18, at the Virginia Center for the Creative Arts. Guest speaker will hopefully be the director of the Virginia Museum of Fine Arts in Richmond (we were there today for their Picasso exhibit and a number of others). All you will have to do to get to the meeting is walk across the street and there you'll be!
 Hope to see you there.

Cordially,

Jim

----- Original Message -----

From: [Jonathan Green](#)
To: [Sue & Jim Elson](#)
Sent: Tuesday, March 22, 2011 11:59 AM
Subject: Status update

Dear Jim:

I wanted to give you an update regarding my SpheX status. I have just accepted an appointment as Provost of Illinois Wesleyan University.

http://www.iwu.edu/CurrentNews/newsreleases11/news_GreenProvost_00311.shtml

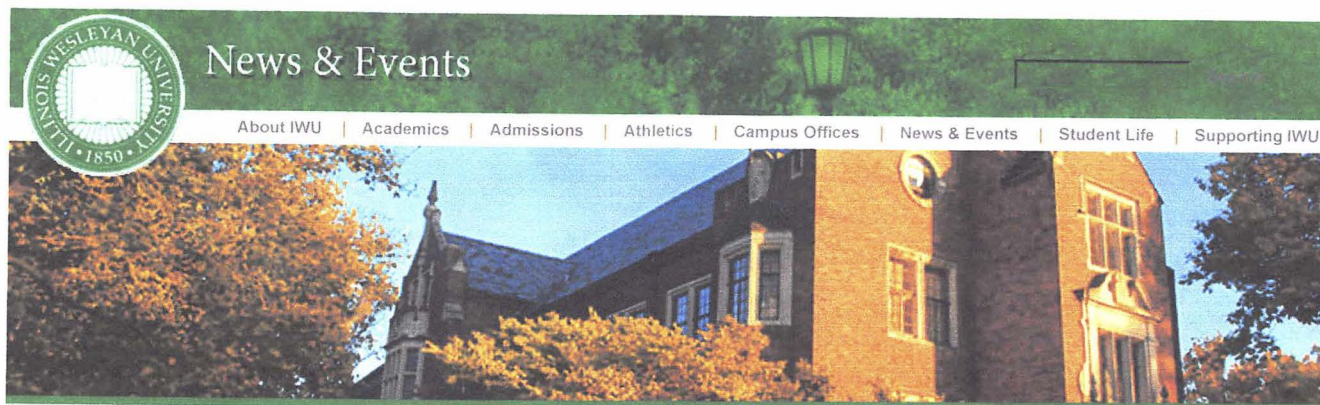
I therefore will have to resign from SpheX. I regret that I was not able to present a paper. If possible, I do hope to attend the spring dinner, which will be my last hurrah.

Thank you for your generous collegiality and good wit during my brief tenure in the organization.

Cheers,
 Jonathan

[Jonathan D. Green](#)
 Dean of the College
 Sweet Briar College
 Sweet Briar, VA 24595
 434.381.6205
jgreen@sbc.edu

copy



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Illinois Wesleyan Names Sweet Briar's Green New Provost

March 21, 2011

BLOOMINGTON, Ill. – Jonathan D. Green, dean of the college and vice president for academic affairs at Sweet Briar College in Sweet Briar, Va., has been named provost and dean of the faculty at Illinois Wesleyan University. In addition to this administrative appointment, he will also serve the University as professor of music. Green succeeds Beth Cunningham, who left the University last year to become executive officer at the American Association of Physics Teachers.

Illinois Wesleyan President Richard F. Wilson announced Green's appointment, which will be effective August 1, 2011.

"I am delighted to welcome Jonathan Green to the University," said Wilson. "Dr. Green has a deep and abiding commitment to the liberal arts and brings valuable experience from his eight years leading the faculty at Sweet Briar."

Green's selection came at the conclusion of a national search that began in the fall of 2010. He has served as dean of the college and vice president for academic affairs at Sweet Briar since 2004. His previous administrative roles included appointments as department chair and associate dean. Dr. Green joined the Sweet Briar faculty in 1996 as assistant professor of music and was promoted to full professor eight years later.

Commenting on his appointment, Green remarked, "I have long admired Illinois Wesleyan for its talented faculty and staff, excellent students, and as a model for artfully integrating a traditional liberal arts education with pre-professional training. My wife, Lynn, and I are thrilled to be joining this wonderful academic community."

During his eight years leading academic affairs at Sweet Briar, Dr. Green played a key role in the College's planning and assessment efforts and in facilitating several new program initiatives. In addition, study abroad opportunities were expanded, external support for the faculty increased, the career center and advising process were integrated, and the number of student internships grew significantly.

A board member of the Conductor's Guild, Green is the author of several reference books for conductors, and his composition work has received Standard Composer's Awards from the American Society of Composers, Authors and Publishers annually since 1996. Green has written seven symphonies and three piano concertos, as well as songs, choral works and chamber music for all conventional instruments. He has conducted for several orchestras, including serving as interim music director of the Danville Symphony Orchestra in Virginia and co-conductor of the Greensboro Symphony Youth Orchestra.

Earning a doctorate in musical arts from the University of North Carolina at Greensboro in 1992, Green graduated from the University of Massachusetts – Amherst in 1987 with a master's degree in music and then spent a summer seminar at the Trinity College of Oxford University. He earned a bachelor's degree in music from the State University of New York at Fredonia in 1985.

Dr. Green is married to Lynn Buck, who is an adjunct member of the Sweet Briar music faculty.



Jonathan D. Green

Contact: Matt Kurz, (309) 556-3181

NORMAN MOON - EMERITUS STATUS

Sue & Jim Elson

From: "Sue & Jim Elson" <jelson@inmind.net>
To: "Norman K. Moon" <nomoon@aol.com>
Cc: <rcwimer@netzero.com>
Sent: Tuesday, May 24, 2011 10:39 PM
Subject: Re: Your Inactive Member Status
 Norman:

Thank you for your prompt reply. I am sending a copy of this e-mail to Bob Wimer, who will be our new secretary this fall, asking that he present your request to the membership at the club's first meeting on September 22nd. After their almost certain approval, he will notify you of your emeritus status.

I have enjoyed your papers and hope to see you at meetings, when your schedule permits.

Cordially,

Jim Elson

----- Original Message -----

From: [Norman K. Moon](#)
To: [Sue & Jim Elson](#)
Sent: Tuesday, May 24, 2011 8:19 PM
Subject: Re: Your Inactive Member Status

Jim:

I do wish to take emeritus status. For the next few years I expect to be away for several months each year and will have difficulty meeting attendance requirements. I would appreciate it if you would present my request to the club.

Norman

Sent from my iPad

On May 24, 2011, at 4:42 PM, "Sue & Jim Elson" <jelson@inmind.net> wrote:

Dear Norman,

As you probably remember, your request for inactive member status in our club was approved at the September 23, 2011, meeting. Article III, paragraph 9 of our constitution states that after the first year in an inactive status, "a member may elect to take one additional year as an inactive member by giving notice in writing or by e-mail to the Secretary or Treasurer."

I will also note that since you have been a member for ten years and are retired, you are very likely also eligible for emeritus status under the provisions of our constitution's article III, paragraph 8.

Please inform me of your wishes in this matter at your earliest convenience.

Cordially,

Jim Elson

Secretary of a club I will not name, because my computer protection service throws all correspondence bearing the club's name into my junk or phishing files.

5/24/2011

501 V. E. S. Road, B-616
Lynchburg, VA 24503
25 May 2011

Theodore J. Craddock, Esquire
Caskie & Frost
P. O. Box 6360
Lynchburg, VA 24505

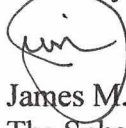
Dear Ted,

Sphex Club minutes for the year just concluded, 2010-2011, indicate that you missed seven of the twelve scheduled meetings. Article III, paragraph 10, of our constitution states "If a member does not attend at least fifty percent (50%) of the regular meetings of the membership during any year, then the secretary shall give written notice to the member that failure to attend at least fifty percent (50%) of the meetings of the membership during the ensuing year may result in dismissal from the club pursuant to Article III (6) above."

We hope your circumstances will permit you to meet the required fifty percent of the twelve meetings during club year 2011-2012. If you believe you will have difficulty with this, you may wish to consider the possibility of becoming an inactive member or an emeritus member as outlined in Article III, paragraphs 8 and 9 of the Sphex constitution.

If you have questions, please contact me. Otherwise, I would appreciate your signing the duplicate copy of this letter in the space provided below, so that I will know that you have received it, and returning it to me in the enclosed, stamped envelope.

Cordially,



James M. Elson, Secretary
The Sphex Club
Phone: 434-386-3685
e-mail: jelson@inmind.net



Received: Theodore J. Craddock

Active Members**SPHEX CLUB****Revised October 2011**

	Address		Home Office	Member Since:	Email Address
Dr. Carolyn W. Bell	42 N. Princeton Circle	Lynchburg, VA 24503	847-5339	2001	Cwbell65@gmail.com
Theodore J. Craddock, Esq.	Caskie & Frost, P.C. PO Box 6360	Lynchburg, VA 24505	384-7606 846-2731	2003	tcraddock@caskiefrost.com
George W. Dawson	2700 Trents Ferry Road	Lynchburg, VA 24503	384-7142 200-4705	2005	George.dawson@centrahealth.com
Dr. Regina Dolan-Sewell	207 Paddington Court	Lynchburg, VA 24503	384-0890	2010	ginatous@yahoo.com
Julie P. Doyle	124 Sanders Lane	Lynchburg, VA 24503	384-5505 847-8400	2008	juliedoyle@educationandresearch.com
James M. Elson	501 V.E.S. Road, B616	Lynchburg, VA 24503	386-3685	1997	jelson@inmind.net
Hon. Joan Foster	300 Woodland Avenue	Lynchburg, VA 24503	847-0822 258-3315	2009	Joan.foster@lynchburgva.gov
Dr. Kenneth R. Garren	3806 Faculty Drive	Lynchburg, VA 24501	385-6768	2002	president@lynchburg.edu
Anne Gibbons	412 Stafford Street	Lynchburg, VA 24501	846-5902 544-8472	2006	gibbons@lynchburg.edu
Dr. Michael A. Gillette	2236 Surrey Place	Lynchburg, VA 24503	384-5322	2002	mgillette@bsvinc.com
Dr. Graham Gilmer, III	2329 Indian Hill Drive	Lynchburg, VA 24503	384-0428 384-3907	1996	Ggilmer3@comcast.net
Hermina W. Hendricks	Randolph College 2500 Rivermont Avenue	Lynchburg, VA 24503	947-8292	2006	hhendricks@randolphcollege.edu
Dr. James Huston	300 Langhorne Lane	Lynchburg, VA 24501	846-0493	1973	hustonjam@verizon.net
Areli S. Langhorne, Esq.	2039 Overbrook Road	Lynchburg, VA 24501	847-8761 528-1560	2009	lawasl@comcast.net

Thomas G. Ledford	2186 Woodcrest Drive	Lynchburg, VA 24503	384-2013	1995	tomledford@hotmail.com
Robert Chambliss Light, Jr., Esq.	1505 Linden Avenue	Lynchburg, VA 24503	384-8515 238-1086	2009	lightc@nationwide.com
Dr. William A. McIntosh	700 Pearl Street	Lynchburg, VA 24504	846-4886	2001	Wmcintosh1@verizon.net
Suny Monk	2288 Lexington Trnpke	Amherst, VA 24521	946-5656 946-7236	2007	smonk@vcca.com
Ellen G. Nygaard	1827 Royal Oak Drive	Lynchburg, VA 24503	384-5101	2003	egnygaard@mac.com
Dr. Jo Ellen Parker	Sweet Briar College Post Office Box 1053	Sweet Briar, VA 24595	381-6210	2010	jparker@sbc.edu
L. Kimball Payne, III City Manager	900 Church Street	Lynchburg, VA 24504	384-9602 455-3990	2003	kpayne@lynchburgva.gov
Dr. Boyd C. Rist	1620 Dogwood Lane	Lynchburg, VA 24503	384-0862 401-0054	2010	brist@liberty.edu ; njkr@msn.com
Rev. Dennis S. Roberts	73 N. Princeton Circle	Lynchburg, VA 24503	845-8823 384-8441	2006	ROBLBG@aol.com
Dr. Morteza ("Mort") Sajadian	2415 Link Road	Lynchburg, VA 24503	426-1888 845-1888	2007	ms@amazementsquare.com
Marc A. Schewel	3241 Elk Street	Lynchburg, VA 24503	384-8979	2003	marc@schewel.com
Dr. Sally Selden	1204 Running Cedar Way	Lynchburg, VA 24503	386-0069 426-4282	2007	selden@lynchburg.edu
Dr. Julius A. Sigler	133 Marguerite Drive	Lynchburg, VA 24502	316-5254 544-8368	1986	Sigler.ja@lynchburg.edu
Eric J. Sorenson, Jr., Esq.	1925 Parkland Drive	Lynchburg, VA 24503	384-3351 846-9000	2005	rsorenson@ewlaw.com
Joseph P. Stinnett	109 Chesterfield Road	Lynchburg, VA 24502	237-1039 385-5520	2010	stinnett@gmail.com
Dr. Thomas C. Tiller, Jr.	1614 Belfield Place	Lynchburg, VA 24503	386-9479	1995	Tomtiller1@comcast.net

					tiller@lynchburg.edu
Sterling Wilder	1512 Florida Avenue	Lynchburg, VA 24501	845-0433 444-0558	2009	jubilee@inmind.net
Dr. Jeffrey W. Wilson	5316 Hickory Hill Drive	Lynchburg, VA 24503	384-3963 947-5918	2000	Wilson1821@comcast.net
Robert C. Wimer	P.O. Box 97	Amherst, VA 24521	946-7954	1990	rcwimer@netzero.com
Robert C. Wood, III, Esq.	P.O. Box 958	Lynchburg, VA 24504	384-2180 846-9000	1982	rwood@ewlaw.com

Inactive Members

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Emeritus Members

Dr. M. Carey Brewer	595 Gangplank Road	Moneta, VA 24121	703-721- 8404	1965	No Email Address
Frank H. Buhler	3124 Sedgewick Drive	Lynchburg, VA 24503	384-5517	1982	fbuhler@comcast.net
E. Allen Culverhouse	1017 Greenside Court	Forest, VA 24551	525-4141	1980	eac@rev.net
Dr. A. Pierre Guillermin	3324 Dorchester Court	Lynchburg, VA 24503	384-8513	1989	Apg36@aol.com
Dr. Stuart H. Harris, Jr.	3607 Manton Drive	Lynchburg, VA 24503	384-1794	1992	Mwharris1@verizon.net
Joan S. Jones	2209 Falcon Hill Place	Lynchburg, VA 24503	384-5728	1989	Joanie.s.jones@gmail.com
Dean Peter T. Marcy	1529 Arrow Street	Lynchburg, VA 24503	384-7964	1990	pabmarcy@msn.com
Hon. Norman K. Moon	304 Trents Ferry Road	Lynchburg, VA 24503	384-8143 845-4891	2001	nomoon@aol.com
Rev. Herbert R. Moore	3437 Ivylink Place	Lynchburg, VA 24503	384-5605	1992	Pbmoore211@comcast.net

David T. Petty, Jr., Esq.	1519 Clayton Avenue	Lynchburg, VA 24503	384-2715 846-2768	1987	dpetty@pldrilaw.com
Dr. William F. Quillian	501 VES Road, B418	Lynchburg, VA 24503	386-3701	1953	No Email Address
Dr. Eric J. Sorenson	915 Trents Ferry Road	Lynchburg, VA 24503	384-8890 947-3940	1989	Ejs8890@gmail.com
Brig. Gen. George M. Snead, Jr.	204 Bishops Lane	Lynchburg, VA 24503	386-3449	1986	G_snead@msn.com
Hon. William W. Sweeney	1930 Royal Oak Drive	Lynchburg, VA 24503	384-8650	1979	williamsweeney@aol.com

Officers for 2011-2012

President	Dr. Kenneth R. Garren
Vice President	Dr. William A. McIntosh
Secretary	Robert C. Wimer
Assistant Secretary	Robert Chambliss Light, Jr.
Treasurer	Robert C. Wood, III

Sphex Club Meeting

Date: September 22, 2011
Time: 8:00 p.m.
Place: Genworth Board Room
Speaker: Dr. Graham Gilmer, III
Topic: *“To THC or Not to THC,
That is the Question”*

Next Meeting:
Scheduled Speaker:

October 6, 2011
Rev. Dennis S. Roberts

**Minutes of the 1,345th Meeting of the Sphex Club
September 22, 2011**

President Ken Garren called the 1,345th meeting of the Sphex Club of Lynchburg to order promptly at 8 p.m. on Thursday, Sept. 22, 2011, in the Board Room of Genworth Financial.

Active members Bell, Craddock, Doyle, Elson, Garren, Gillette, Gilmer, Hendricks, Langhorne, Ledford, Monk, Parker, Payne, Roberts, Schewel, Sorenson, Stinnett, Wilder, Wilson and Wimer were present. Active members Dawson, Dolan-Sewell, McIntosh, Nygaard, Rist, Selden, Sigler, Tiller and Wood sent regrets to the speaker.

Guests of the evening's speaker were Helen Gilmer, his wife, and Allison Lang, a physical therapy student at Lynchburg College. Outgoing secretary Jim Elson read the minutes of the March 31, 2011, meeting, which were accepted.

Under the general heading of old business, outgoing secretary Elson pointed out that formerly active member Judge Norman Moon had asked for emeritus status. Elson offered that as a motion, which was accepted by the membership. Attention was also called to an e-mail from emeritus member Dale H. Harris, who said she would be resigning from the club because she and her husband are moving to Durham, N.C., in early October. "It has been a privilege and pleasure for me to have been a member of the Sphex Club over the years," she wrote.

Outgoing Secretary Elson also called attention to his recently minted Sphex History and said the price has risen to \$25 and, in the future, "like gasoline prices, will float freely according to the law of supply and demand."

In a dazzling display of executive organization rarely reflected in the recent annals of Sphex Club history, President Garren not only offered a refresher course on the constitutional duties of the club's officers and committees, but he also revealed members of the three standing committees. He made it clear he would be checking with the chairman of the committees to see whether they are adhering to their duties. He said he would ask for a report of the committees at each meeting in accordance with the bylaws.

Committees for the 2011-2012 year are Membership, Elson, chairman; Bell and Langhorne; Nominating, Wilder, chairman; Nygaard and Payne; Program, McIntosh, chairman; Parker and Hendricks.

President Garren tightened his grip on the helm of the club by reminding this year's speakers to "furnish the secretary a short autobiography before the meeting and a copy of his/her paper at the conclusion." The autobiography will be used by the presiding officer to assist in providing the substance for an appropriate introduction of the speaker. The president also reminded speakers that 45 minutes is just about long enough for any subject. He said he would offer a gentle signal at the 40-minute mark so that speakers would not exceed the 45-minute length.

In the absence of Treasurer Robin Wood, Secretary Wimer presented the treasurer's report showing a balance on hand at Bank of the James of \$1,217.50 as of Sept. 19, 2011.

Dr. Garren then introduced the evening's speaker, Dr. Graham Gilmer, whose paper was titled, "To THC or not to THC? That is the Question."

Our speaker wasted no time in getting to the subject of his paper when he pointed out that a June 2011 newspaper story focused on a 90-year-old great grandfather and World War II veteran who enjoys nightly puffs of marijuana taken for medical reasons. THC (tetrahydrocannabinol) is the psychoactive chemical found in the hemp plant and is the ingredient that makes marijuana so popular and in such great demand.

At the heart of his paper is the issue of whether the U.S. government should legalize the growth, sale and use of marijuana. For now, the United States has made any use of marijuana a criminal act with nearly half of all drug arrests being marijuana related.

Dr. Gilmer traced the use of marijuana for recreational, medicinal and spiritual purposes from China as early as 4000 BC. The British cultivated the plant in their Canadian colonies in 1606 and cultivation began in Virginia in 1611. Production of the hemp plant eventually expanded to California where it became the raw material for rope, clothing and sails.

Those who used marijuana were labeled as “dope fiends” and as threats to the safety of women and children during the 1930s and 1940s, our speaker said, with the result that the drug was prohibited under federal law. Nonetheless, he added, the beginning of the Vietnam war in the 1960s saw its use rise dramatically. The “hippie movement” popularized it as young people sought a “better world free of militarism, racism, sexism and economic exploitation.” Smoking marijuana, as Dr. Gilmer put it, seemed to mesh with “long hair, funky clothes and disdain for consumer ideals.”

The impeachment of President Nixon and the emergence of Jimmy Carter seemed to offer hope for legalizing the use of marijuana. Twelve states, in fact, decriminalized its use during the 1970s.

But the road to potential legalization of pot led to users turning to their own production methods in basements or closets. They could produce plants that would adequately supply themselves and their neighbors. Even today, more than 50 percent of all marijuana is grown in the United States.

By the 1980s, law enforcement took a harder line toward those caught producing and using the drug. Associated with the tougher penalties that landed thousands behind bars were campaigns to discourage Americans from using drugs, one of which was the memorable “Just Say No” effort launched by First Lady Nancy Reagan.

So why not legalize marijuana? Our speaker said that those who support legalizing it have proposed a heavily regulated market, similar to that for alcohol. Another approach would be to decriminalize it, which would make use of it illegal, but remove criminal penalties, including jail time and a criminal record.

While neither approach has won widespread support, the medicinal use of marijuana seems to be gaining. Dr. Gilmer said that Attorney General Eric Holder shocked reporters in February 2009 by saying the Obama administration would not target medicinal users. Fifteen states and the District of Columbia currently tolerate medical marijuana.

But, he warned, you don’t want to become too successful at providing the drug for medicinal purposes because that would put you in the category of a “trafficker” rather than a simple provider. Retail marijuana outlets in California, he said, have morphed into a multi-million dollar industry. In Los

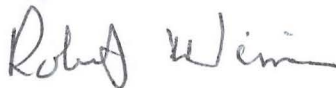
Angeles alone, the number of clinics has jumped from 180 a few years ago to nearly 1,000 today.

Among those supporting the legalization of marijuana, our speaker said, is economist Milton Friedman who says there is no logical basis for the prohibition of marijuana. He and other economists have argued that the substance should be regulated and taxed like other goods. Harvard economist Jeffrey Miron has calculated that ending the prohibition of marijuana would save U.S. taxpayers some \$14 billion, including a savings of \$7.7 billion spent by law enforcement and \$6.2 billion in new sales taxes.

Our speaker concluded that the war on drugs as originally proposed by the Nixon administration has been a failure – particularly regarding marijuana. A number of statistics bear that out, including those showing that an estimated 100 million people have used pot and that there are 20 million regular users. Marijuana represents America's number one cash crop, ahead of cotton, tobacco, corn and wheat. The potential tax revenues from that crop, Dr. Gilmer suggested, cannot be ignored for too much longer.

After and question and answer period, during which no members admitted to having used marijuana, the meeting adjourned at 9:05 p.m.

Respectfully submitted,



Robert Wimer
Secretary

Sphex Club Meeting

Date: October 6, 2011
Time: 8:00 p.m.
Place: Genworth Board Room
Speaker: Rev. Dennis S. Roberts
Topic: *“Chilled Libations”*

Next Meeting:
Scheduled Speaker:

October 20, 2011
George W. Dawson

**Minutes of the 1,346th Meeting of the Sphex Club
October 6, 2011**

In the absence of President Ken Garren, Vice President Bill McIntosh stepped to the podium saying he looked forward to wielding executive privilege for the evening. He called the 1,346th meeting of the Sphex Club of Lynchburg to order promptly at 8 p.m. on Thursday, Oct. 6, 2011, in the Board Room of Genworth Financial.

Active members Bell, Craddock, Doyle, Elson, Gillette, Hendricks, Langhorne, Ledford, Light, McIntosh, Monk, Parker, Payne, Rist, Roberts, Sajadian, Schewel, Sigler, Stinnett, Tiller, Wilder, Wilson, Wimer, Wood and emeritus members Marcy and Petty were present. Active members Dawson, Foster, Garren, Gibbons, Gilmer, Huston, Nygaard, Selden, R. Sorenson, along with emeritus members Guillermin, Moon and E. Sorenson sent regrets to the speaker. No guests were present.

Secretary Wimer presented the minutes of the Sept. 22, 2011, meeting, which were accepted.

None of the committee chairs had a report of any activity in spite of President Garren's admonition at the Sept. 26 meeting that reports would be expected. Member Elson, nonetheless, chairman of the Membership Committee, did raise a question about the status of Dr. Paul McKendrick's membership. McKendrick has become superintendent of Tuscaloosa (Ala.) City Schools and left Lynchburg during the summer.

Member Wood moved that McKendrick be dismissed as a member, but the motion failed to gain a second. Member Payne suggested that the secretary write him a letter asking for a letter of resignation assuming he would not be available to attend meetings.

The secretary telephoned Dr. McKendrick in Tuscaloosa and told him that while the club welcomed his membership, we understand that he would not be able to attend meetings on a regular basis and that a letter of resignation would open membership to someone else in the community. Dr. McKendrick responded by e-mail, which will be attached to these minutes, saying that he was relinquishing his membership in the club because of his

new job in Tuscaloosa. He said he enjoyed his association with the Spdex members and wished us well as we move forward. (Read the e-mail.)

Col./Dr. McIntosh introduced the evening's speaker, the Rev. Dennis Roberts, whose paper was titled "Chilled Libations." Coming on the heels of the year's first paper by Dr. Graham Gilmer on marijuana use, our speaker suggested that some future historian of the Spdex Club may wonder what was going on in the 2011-2012 program year with a second paper that focused on booze – primarily wine and beer. What's next, he asked, sex and rock 'n' roll?

Rev. Roberts' presentation turned out to be far more than a discussion of wine and beer. It covered a number of disciplines, including history, paleoclimatology, economics, art, architecture and theology. While the paper focused on medieval climatology, it was rooted in beer, a subject dear to the heart of that great American Deist Benjamin Franklin, who is said to have remarked, "Beer is proof that God loves us and wants us to be happy."

It turns out that our speaker has been a homebrewer for 25 years, a hobby he developed after having lived in Germany for a year in the mid-1980s, returned home and wanted a decent beer to drink. The history of beer is a bit cloudy, he said, in that some researchers think beer was invented before bread, while others theorize the opposite. It is estimated that the cultivation of grains – such as einkorn wheat and wild barley – began between 12000 and 10000 BCE in the Fertile Crescent of the Middle East. He described primitive beer as a "low-alcohol, sour soup with some nutritional value." It was first brewed in ancient Egypt and Mesopotamia more than 8,000 years ago.

Several thousand years later, the Rev. Roberts explained, beer makers started adding hops to their brew "to act as a natural preservative that would delay conversion of the alcohol in the beer into vinegar. A collateral benefit of the hops is they impart a distinctive bitter flavor to the beer, giving the beverage more character."

Our speaker then skillfully introduced the Little Ice Age, a medieval period between 1300 and 1870 that played a significant role in Europe's drinking habits as well as, ultimately, those in North America. The climate change impacted drinking in Europe and accounts for the "chilled" dimension of the evening's topic. The height of the Little Ice Age is

considered to be from 1600 to the mid-1800s. Beer and wine were introduced into Europe from the Fertile Crescent and eastern Mediterranean region. However, were it not for the Little Ice Age, beer may have remained less popular than wine in Europe and later in North America.

The onset of the Little Ice Age began with unusually cold weather that created grain shortages in England and Europe and created havoc for wine production in France and Germany. Rains and cold weather during the summer of 1315 caused flooding and widespread crop failure. Severe cold killed the root stock in vineyards around Neustadt, Germany, in 1323.

The Rev. Roberts said weather records from medieval times laid blame for the Little Ice Age on something called the North Atlantic Oscillation, described as a seesaw of atmospheric pressure between the Azores and Iceland. It governs the position and strength of storm tracks over the North Atlantic and thus the precipitation that falls on Europe, especially during winter.

The Little Ice Age took its toll on vineyards and the quality of grapes that produced wine throughout Europe. By 1440, vineyards had virtually disappeared in England because of the cooling climate. In Austria, wines had such a low sugar content because of the cold conditions that Austrians switched to drinking beer.

The extreme cold, our speaker said, affected others, as well. As a guest of English poet Lord Byron at Geneva, Switzerland, during the summer of 1816, Mary Shelley and other houseguests were forced to remain indoors because of the cold weather. They entertained one another with stories they created, resulting in Shelley's classic horror novel *Frankenstein*. Artists were also influenced by the great change in climate. The famous sixteenth century Flemish painter Pieter Bruegel the Elder portrayed cold landscapes in a number of his paintings, including his 1565 work titled "The Hunters in the Snow."

The Little Ice Age ended much as it had begun, our speaker said, with another famine "whose memory resonated through the generations." By 1820, the potato varieties that had sustained the Irish in earlier times were in decline. A cold, sunless summer of 1845 was accompanied by shifting winds that favored the transport of potato blight spores in all directions, destroying about 40 percent of the crop in Ireland. The potato blight spread throughout

Europe and by 1851, Ireland had lost 2.5 million people – 1.5 million to famine and associated diseases and 1 million to emigration.

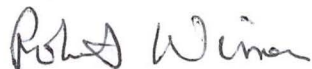
By 1855, the North Atlantic Oscillation had switched again, bringing a milder climate to Europe and the beginnings of sustained glacier retreats. A period of global warming in 1895 ended the Little Ice Age for good.

The Rev. Roberts offered a couple of historical footnotes that took his audience back to the history of beer. One development in the evolution of beer, he said, was the 1516 Bavarian *Reinheitsgebot*, the beer purity law that strictly regulated the price and ingredients of beer made in southern Germany. The law was in response to those times in the Little Ice Age when poor grain harvests resulted in unscrupulous brewers putting all sorts of unsavory things into their beer. Also enacted during this time was another health-related rule that required beverage containers to have lids – thus giving birth to the covered beer stein.

Our speaker concluded by acknowledging that the world continues to grapple with global climate change, including the debate over global warming. Is it real? he asked. Time didn't permit a resolution of that subject, of course, but he expressed the hope that "through the prism of the Little Ice Age – and the next time you have a beer or glass of wine – that you will see such 'chilled libations' as a window into the historical impact that climate change has had, even on something as simple as what we drink."

After an interesting question and answer period, Vice President McIntosh said he was prepared to go in search of an adult beverage and adjourned the meeting at 9 p.m.

Respectfully submitted,



Robert Wimer
Secretary

Sphex Club Meeting

Date: October 20, 2011

Time: 8:00 p.m.

Place: Genworth Board Room

Speaker: George W. Dawson

Topic: *“There is Enough Money”*

Next Meeting:
Scheduled Speaker:

November 3, 2011
Julie P. Doyle

**Minutes of the 1,347th Meeting of the Sphex Club
October 20, 2011**

President Ken Garren called the 1,347th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Oct. 20, 2011, in the Board Room of Genworth Financial.

Active members Dawson, Dolan-Sewell, Elson, Garren, Gibbons, Gillette, Huston, Langhorne, Ledford, Light, McIntosh, Nygaard, Parker, Payne, Rist, Roberts, Sigler, Sorenson, R., Stinnett, Tiller, Wilder, Wilson, Wimer, Wood and emeritus members Harris, Marcy, Moon and Petty were present. Active members Bell, Craddock, Doyle, Sajadian, Schewel and Selden sent regrets to the speaker.

Secretary Wimer presented the minutes of the Oct. 6, 2011, meeting, which were accepted. Included in those minutes was a letter of resignation from member Paul McKendrick, whose new job as Superintendent of City Schools in Tuscaloosa, Ala., makes attendance at our meetings difficult.

President Garren did call on his committee chairs for reports on their business in the past two weeks. Membership Chairman Jim Elson took note of the one vacancy that exists as a result of Dr. McKendricks' resignation and said the committee would wait until there is more than one vacancy to begin filling them.

There was no report from Nominating Committee Chairman Sterling Wilder and Program Committee Chairman Bill McIntosh said he has met with Dr. Parker and they are considering a prospective speaker for the annual meeting. McIntosh added that he was not at liberty to disclose the identity of the speaker, thus adding to the suspense of who it might be.

President Garren introduced a guest, Jim Candler, who was described as the evening speaker's former boss. Garren then introduced the speaker, George Dawson, whose topic was "There Is Enough Money."

Mr. Dawson confessed from the outset that he was looking for a fight – especially from the Medicare recipients in the audience. He was also hoping to provoke the sprinkling of physicians in the group. And for those younger members present, he made it clear that "the rest of us are counting

on you to fund our health insurance and we only wish you economic success as you do so.”

With that, he drew from his 45 years of experience in hospital administration and led us in an interesting discussion about the nation’s Medicare program and whether there is – or there isn’t – enough money to sustain it in the decades to come. His paper was as timely as Page 1 news the next week that reported the basic monthly premium for Part B Medicare coverage will rise less than expected for 2012.

The 2011 report of the Medicare Board of Trustees, Mr. Dawson said, suggested the Hospital Insurance Trust Fund “fails the test of short-range financial adequacy.” The report also pointed out that “the fund continues to fail the long-range test of close actuarial balance.” With the fund paying out more in hospital benefits and other expenditures than it receives in income, the projected date of the trust fund exhaustion is 2024. The trust fund covers Medicare Part A benefits.

There’s better news for the financial future of Medicare’s Part B, which pays doctors’ bills and other outpatient expenses, and Part D, which provides access to prescription drug coverage. They are both “projected to remain adequately financed into the indefinite future because current law automatically provides financing each year to meet next year’s expected costs,” according to the Medicare board’s report.

The report concludes that for “the sixth consecutive year, a ‘Medicare funding warning’ is being triggered and that projected long-run program costs for both Medicare and Social Security are not sustainable under currently scheduled financing.”

At this point, Mr. Dawson wondered if the title of his talk should be “Is There Enough Money?,” a question he would return to. Raising more money, he said, should be fairly simple if you could get around the political risks and problems. Divert existing dollars from other programs, raise new tax revenues or charge higher premiums or copays to Medicare participants would accomplish that. Spending could be cut by reducing program benefits, reducing growth in the number of participants in the face of the baby boomer generation, reducing the volume of services to participants and paying less to those who provide services to participants.

The special interest groups in Washington, our speaker said, have opposed both efforts to raise more money for Medicare and to reduce spending. So there must be a better way. Mr. Dawson cited a project founded in 1988 at Dartmouth Medical School as an approach to that better way. The Dartmouth Atlas Project has examined regional variations in the practice of medicine and in spending for health care, mostly in the Medicare population. Among the conclusions it reached is that Medicare spending varies widely from one place to the next. The differences in spending, according to the project, “are almost entirely explained by differences in the *volume* of health care services received by similar patients.”

A key question looked at by the project was this: What benefits resulted from increased spending on Medicare participants? Are residents of regions with higher Medicare spending healthier? Do they have lower mortality rates? Are they more satisfied with the care they received?

Dr. Elliott Fisher, who heads up the project today, would answer “no” to those questions. In short, Fisher and others associated with the Dartmouth project would say that “Medicare beneficiaries who live in higher Medicare spending regions do not necessarily get better-quality care than those in lower-spending regions.”

So what variations did the Dartmouth project find in spending on Medicare participants? In what Mr. Dawson referred to as a Tale of Six Cities, the project compared spending in six U.S. locations. They included Lynchburg, Winston-Salem, N.C., Rochester, Minn., Miami, Boston and Manhattan, N.Y. The disparity in spending between Lynchburg and Miami was huge -- \$17,274 for Miami versus \$6,323 for Lynchburg in 2007.

Our speaker said he found the comparison between Lynchburg and Winston-Salem more interesting. In 2007, Medicare spent an additional \$1,496 or 24 percent to care for each Medicare recipient in Winston-Salem as compared to Lynchburg. He pointed out that the two cities in neighboring states are less than 150 miles apart and have similar costs of living.

Stark differences in Medicare spending from one locality to another took the national spotlight when Dr. Atul Gawande and the New Yorker magazine put McAllen, Texas, in the health reform spotlight. Quoting from the June 1, 2009, article, our speaker said that one of McAllen’s distinctions is the most expensive health care market in the country. “In 2006, Medicare

spent \$15,000 per Medicare enrollee (in McAllen), almost twice the national average. The income per capita is \$12,000. In other words, Medicare spends \$3,000 more per person than the average person earns.”

Dr. Gawande, a general surgeon on the faculty of Harvard and a well-published author, contrasted data on McAllen to that of another Texas border town, El Paso. Both localities have a population of roughly 700,000 with similar percentages of unemployed and public-health statistics. “Yet in 2006, Medicare expenditures in El Paso were \$7,504 per enrollee – half as much as in McAllen.

Why such a disparity in health-care costs? Gawande concluded, our speaker said, that “the reasons for variation relate to pervasive patterns of excessive treatment for patients. Underlying causes have to do with excess supply of hospitals, surgery centers, imaging centers and home health agencies.” Ordering patterns for tests and surgeries also pushed up the costs excessively. In the end, Gawande wrote, “The primary cause of McAllen’s extreme costs was, very simply, the across-the-board overuse of medicine.”

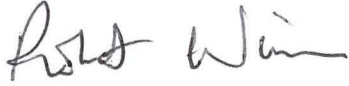
There is enough money, Mr. Dawson asserted, if more health providers paid attention to the Dartmouth project. Quoting from the project’s Website, he said, “The Dartmouth approach was to ask how much might be saved if all regions could safely reduce care to the level observed in low-spending regions with equal quality; we find estimates ranging from 20 to 30 percent, but view these as an underestimate given the potential savings even in low-cost regions. At least three other groups have come to 30 percent waste estimates.”

Following an interesting question and answer period during which no one appeared to be too provoked, President Garren adjourned the meeting at 9:15 p.m.

By way of keeping up with members in the news, it should be mentioned that member Robin Wood was designated earlier this month by The News & Advance as one of its prestigious Central Virginia People. The story by Darrell Laurant, who has visited the SpheX Club on numerous occasions, pointed out that Robin Wood can be much like Robin Hood when it comes to separating people from their money for one of his causes. Wood is stepping down from the YMCA Board on which he has served for more

than three decades. He said the move would allow him more time to focus on raising funds for the Academy of Music.

Respectfully submitted,

A handwritten signature in cursive script, appearing to read "Robert Wimer".

Robert Wimer
Secretary

Sphex Club Meeting

Date: November 3, 2011

Time: 8:00 p.m.

Place: Genworth Board Room

Speaker: Julie P. Doyle

Topic: *“Here Come the Kleagles”*

Next Meeting:
Scheduled Speaker:

November 17, 2011
Dr. James A. Huston

Minutes of the 1,348th Meeting of the Sphex Club

November 3, 2011

President Ken Garren called the 1,348th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday November 3, 2011, in the Board Room of Genworth Financial.

Active members Craddock, Doyle, Elson, Foster, Garren, Gibbons, Gilmer, Hendricks, Huston, Langhorne, Ledford, Light, McIntosh, Monk, Nygaard, Payne, Rist, Roberts, Sajadian, Schewel, Selden, Sigler, Tiller, Wilder, Wilson and Wood were present. Active members Bell, Dawson, Dolan-Sewell, Gillette, Parker, Sorensen, Stinnett and Wimer sent regrets to the speaker. Emeritus members Guillermin, Harris and Jones also sent regrets to the speaker.

In the absence of Secretary Wimer, Assistant Secretary Light presented Wimer's draft of the minutes of the meeting of October 20, 2011, which were accepted as read.

President Garren called on his committee chairs for reports. Membership committee chair Elson stated he will distribute drafts of documents related to membership before the next meeting. Program committee chair McIntosh stated the committee was getting close to finalizing the guest speaker for the annual meeting. Nominating committee chair Wilder stated the committee was working on the slate of officers for next year.

President Garren introduced the evening's speaker, Julie Doyle, whose topic was "Here Come the Kleagles." President Garren noted with appreciation that the speaker serves on the Board of Trustees of Lynchburg College.

Speaker Doyle introduced her guests: her husband Peter Doyle, Chris Barrett, who is a fellow alum of Notre Dame University, Pam Bradford and Kappa Meadows.

Speaker Doyle then gave some personal background as to her upbringing as a Roman Catholic in Portland, Oregon, and as a student of Notre Dame University in South Bend, Indiana. She noted that she had been

oblivious to “the contempt, even hatred that some Americans harbored for Catholics” though “her rose colored glasses had been lost years ago.”

She then took the audience back to 1924 and gave a riveting history of Notre Dame football, along with the history of the Ku Klux Klan not only in the United States, but more specifically as it related to the state of Indiana. She focused on a series of events involving the Klan and students from Notre Dame in which the students bested the Klan at great personal risk to themselves and in spite of the efforts of the local South Bend officials.

She had a number of interesting slides which accompanied her remarks.

Speaker Doyle drew heavily on a book titled Notre Dame vs. The Klan-How the Fighting Irish defeated the Ku Klux Klan written by Todd Tucker and published in 2004, though her remarks also referenced other sources.

The speaker concluded her paper by relating an incident involving an individual working as a janitor at Indiana University-Purdue University Indianapolis, who had a racial harassment complaint filed against him for reading the book in the break room at the University. The issue was eventually resolved in favor of the individual but only after extensive administrative and legal action over several months.

At the conclusion of the speaker’s remarks, there were some questions and the meeting adjourned at approximately 9:10 p.m.

Respectfully submitted,

Cham Light

Assistant Secretary

Sphex Club Meeting

Date: November 17, 2011

Time: 8:00 p.m.

Place: Genworth Board Room

Speaker: Dr. James A. Huston

Topic: “Wild About Harry:
Some Personal Glimpses”

Next Meeting:
Scheduled Speaker:

January 5, 2012
Sterling Wilder

Minutes of the 1,349th Meeting of the Sphex Club

November 17, 2011

In the absence of President Ken Garren, member Julius Sigler called the 1,349th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday November 17, 2011, in the Board Room of Genworth Financial.

Active members Craddock, Dawson, Doyle, Elson, Foster, Gibbons, Gillette, Gilmer, Huston, Langhorne, ^{Stinnett} Ledford, Light, Parker, Payne, Rist, Roberts, Schewel, Sigler, Sorenson, Tiller, Wilder, Wilson, Wimer and Wood were present. Active members Bell, Garren and McIntosh sent regrets to the speaker. Emeritus member Guillermin also sent regrets to the speaker.

Secretary Wimer presented the minutes of the Nov. 3, 2011, meeting, which had been recorded by Cham Light and which were accepted as read.

By way of new business, Membership Chairman Jim Elson brought before the club a draft document describing membership in the club and its responsibilities, including reiteration of the requirement that members attend at least 50 percent of the meetings each year. Failure to attend 50 percent of the meetings in the subsequent year may result in dismissal from the club, according to provisions of the current constitution. The secretary shall give written notice to those who have failed to meet the attendance requirement.

During discussion of the document, the consensus was that it should be sent to members of the club as a summary of what the Sphex Club is, including the expectations of its members.

Elson then pointed out that one vacancy exists and wondered whether the club wanted to fill that one vacancy or wait until more vacancies occurred. Following some discussion, it was decided that the Membership Committee will bring as many as three names to the January 5, 2012, meeting. Those names were to have been submitted to the committee by Jan. 1, 2012. Election of the new member will take place on Jan. 19, 2012.

Acting president Sigler then introduced the evening's speaker, Dr. Jim Huston, who was described as a Hoosier first and then as a former professor at Purdue University. He later became Dean of Lynchburg College, a

position he held for many years. The title of Dean Huston's paper was "Wild About Harry, Some Personal Glimpses."

Our speaker wasted no time in getting to the subject of the night's paper. He described his duty with the 3rd Battalion of the 134th Infantry in Germany's Ruhr Valley in April 1945. Night duty fell to him as the battalion set up its command post in a house next to a big artillery crater. At midnight that April 12, the regimental operations officer called to report that President Roosevelt was dead.

All the men around him felt a sense of deep personal loss. For Dean Huston, though, it may not have been as much. He recalled the reports of a common response to the news of President Garfield's death in 1881, "My God! Chet Arthur, President of the United States. And I thought, My God, Harry Truman, President of the United States."

It turned out that the paths of Dean Huston and President Truman would cross a number of times in the intervening years. His first personal glimpses of the president were at annual reunions of the 35th Division (the president's division in World War I and our speaker's in World War II).

More importantly, Dean Huston said, was a chance he had to call on President Truman at the White House in February 1949 to discuss his earlier service with the 35th Division of which our speaker was historian at the time. Among his observations was the clean desk on which prominently stood the famous little sign, "The buck stops here."

Dean Huston spent 30 minutes with the president discussing military history and current military affairs, but it was not long enough. He said Truman wanted to resume the conversation and they did two days later. Based on those conversations, Dean Huston wrote an article for *The National Guardsman* on Truman's World War I experiences.

From there, our speaker took a look at the highlights of Truman's presidency, including his support of what would become the United Nations to replace the League of Nations and his decision to use the atomic bomb to end the war with Japan.

What came to be known as the Truman Doctrine followed in 1946, a policy of containment summed up this way by the president: "I believe that it must be the policy of the United States to support free peoples who are

resisting subjugation by armed minorities or by outside pressures.” The Russian blockade of Berlin ensued, followed by Truman’s airlift that lasted for more than a year.

On the domestic front, our speaker said, Truman unified the armed forces under a single Department of Defense, created the Central Intelligence Agency, implemented the GI Bill to send eight million veterans to college and ended racial segregation in the armed forces.

After his election to a full term in 1948 (the one that the Chicago Tribune famously reported had gone to New York Gov. Thomas Dewey, a Republican), Truman resisted the attack by North Korean Communist forces on South Korea. That U.S. intervention preserved South Korea to become a prosperous country.

An episode of a completely different nature involved the singing career of Truman’s daughter, Margaret. Her ambition was to become a concert singer, which she accomplished over three years. But, our speaker pointed out, the concert most remembered is her final concert of 1950 at Constitution Hall in Washington. She sang before a packed house of 3,500 that gave long waves of applause.

Nonetheless, Paul Hume, a critic for the Washington Post, took exception in his review. “Miss Truman cannot sing very well,” he wrote the next morning. “She is flat a good deal of the time ... She still cannot sing with anything approaching professional finish.”

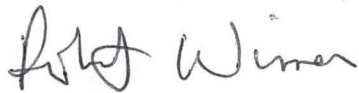
The review infuriated Truman. On a piece of White House stationery he wrote in long hand to the critic, “I’ve just read your lousy review of Margaret’s concert. I’ve come to the conclusion that you are an ‘eight ulcer man on four ulcer pay.’ Someday I hope to meet you. When that happens, you’ll need a new nose, a lot of beefsteak for black eyes, and perhaps a supporter below!”

Our speaker concluded with a 1952 observation from Prime Minister Winston Churchill who told Truman after dinner in Washington, “The first time you and I sat across a conference table was at Potsdam, Mr. President. I held you in very low regard then. I loathed your taking the place of Franklin Roosevelt.” The prime minister paused briefly and added, “I misjudged you badly. Since that time, you, more than any other man, have saved Western civilization.”

Churchill's estimation of Truman, along with that of our speaker's,
had clearly changed

Following an interesting question and answer session, acting President
Sigler adjourned the meeting at 8:55 p.m.

Respectfully submitted,

A handwritten signature in cursive script that reads "Robert Wimer". The signature is written in dark ink and is positioned below the typed name.

Robert Wimer

Secretary



From: "Maureen M. Hammer" <mhammer@ewlaw.com>

To: Allen Culverhouse <eac@rev.net>, Anne Gibbons <gibbons@lynchburg.edu>, Arelia Langhorne <lawasl@comcast.net>, Boyd Rist <brist@liberty.edu>, Boyd Rist <njkr@msn.com>, Carolyn Bell <cwbell65@gmail.com>, Cham Light <lightc@nationwide.com>, Danielle Jones-Genworth <danielle.jones@genworth.com>, Dave Petty <dtpetty@verizon.net>, Dennis Roberts <roblbg@aol.com>, Ellen Nygaard <egnnygaard@mac.com>, Eric Sorenson <ejs8890@gmail.com>, Frank Buhler <fbuhler@comcast.net>, George Dawson <Georgewdawson@mac.com>, George Snead <g_snead@msn.com>, Gina Dolan-Sewell <ginatous@yahoo.com>, Graham Gilmer <ggilmer3@comcast.net>, Herb Moore <pbmoore211@comcast.net>, Hermina Hendricks <hhendricks@randolphcollege.edu>, James Elson <jelson@inmind.net>, James Huston <hustonjam@verizon.net>, Jeffrey Wilson <wilson1821@comcast.net>, "Jo Ellen Parker (jparker@sbc.edu)" <jparker@sbc.edu>, Joan Foster <joan.foster@lynchburgva.gov>, Joan Foster-work <joan.foster@familyalliance1.org>, Joan Jones <joanie.s.jones@gmail.com>, Joseph Stinnett <stinnett@gmail.com>, Julie Doyle <juliedoyle@educationandresearch.com>, Julius Sigler <sigler.ja@lynchburg.edu>, Kenneth Garren <president@lynchburg.edu>, Kim Payne <kpayne@lynchburgva.gov>, Marc Schewel <marc@schewel.com>, Michael Gillette <mgillette@bsvinc.com>, Mort Sajadian <ms@amazementsquare.com>, Norman Moon <nomoon@aol.com>, Peter Marcy <pabmarcy@msn.com>, Pierre Guillemin <apg36@aol.com>, Rick Sorenson <rsorenson@ewlaw.com>, "Robert C. Wood, III" <rwood@ewlaw.com>, Robert Wimer <rcwimer@netzero.com>, Sally Selden <selden@lynchburg.edu>, Sterling Wilder <jubilee@inmind.net>, Stuart Harris <mwharris1@verizon.net>, Suny Monk <sunymonk@gmail.com>, Ted Craddock <tcraddock@caskiefrost.com>, Thomas Ledford <tomledford@hotmail.com>, Tom Tiller <tiller@lynchburg.edu>, Tom Tiller <tomtiller1@comcast.net>, William Barney <bar384@cs.com>, William McIntosh <wmcintosh1@verizon.net>, William Sweeney <williamsweeney@aol.com>

Sent: Thu, Dec 22, 2011 11:19 AM

Subject: Notice of SPHEX CLUB Meeting

Hope everyone has a wonderful holiday.

Sphex Club Meeting

Date: January 5, 201²~~1~~

Time: 8:00 p.m.

Place: Genworth Board Room

Speaker: Robert Chambliss Light, Jr.

Topic: "The Lion and the Fox"

Minutes of the 1,350th Meeting of the Sphex Club

January 5, 2012

In the absence of President Ken Garren, Vice President Bill McIntosh called the 1,350th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday January 5, 2012, in the Board Room of Genworth Financial. While in command of the podium, Col. McIntosh observed that President Garren may be the shrewdest of us all for scheduling a conference in the Florida sunshine in January.

Active members Bell, Craddock, Dawson, Doyle, Elson, Gibbons, Gillette, Gilmer, Hendricks, Langhorne, Ledford, Light, McIntosh, Monk, Nygaard, Payne, Rist, Roberts, Sajadian, Schewel, Selden, Sorenson, Stinnett, Tiller, Wilder, Wilson, Wimer and Wood, along with emeritus members Harris and Marcy were present. Active members Dolan-Sewell, Garren, Huston and Parker sent regrets to the speaker. Emeritus members Guillermin and Petty also sent regrets to the speaker.

Guests of the evening's speaker included Edie Light, his wife, and Tray, his son. Secretary Wimer presented the minutes of the Nov. 17, 2011, meeting, which were accepted as read.

By way of old business, Membership Chairman Jim Elson said the committee was to bring three names to the club with the hope of filling the one vacancy that exists. However, no names had been submitted to the committee. It was moved by member Wood to continue the question of filling the vacancy to the next meeting. The motion was approved. Elson renewed his call for names of prospective new members, along with a short biography.

Vice President McIntosh said the program committee was still at work.

Under the heading of new business, Elson wanted to recognize member George Dawson for having been selected as Person of the Year in Central Virginia for 2011 by The News & Advance. A clipping of the story will be filed with the minutes.

Vice President McIntosh then introduced the evening's speaker, Robert Chambliss Light Jr., a regional assistant general counsel with Nationwide Insurance and an active participant in a number of community organizations. The title of his paper was "The Lion and the Fox."

Mr. Light immediately left the audience wondering where his inaugural SpheX paper was leading when he recounted a story from a crowded men's room at the Jefferson Hotel in Richmond. It was a short exchange between Lawrence Lewis, a prominent investor and benefactor of Republican candidates, and former U.S. Senator John Warner. In a loud voice, Lewis exclaimed to his friend who was two urinals down, "Hey, Warner, I bet mine is bigger than yours." The comment silenced the noisy room, with eyes fixed on Warner wondering what the dignified and then senior U.S. Senator from Virginia would say. The senator stepped back from the urinal and in a clear voice said, "Lewis, we have a saying in the U.S. Senate, it is not the size of the dog in the fight that counts but rather the size of the fight in the dog that counts." Warner paused and then added with a slight smile, "Besides, Elizabeth always said I was the best."

The room burst into laughter and our speaker added that Lawrence Lewis knew he had just been bested. He and Warner walked out of the room together slapping one another on the back. Such is political power at a high level in Virginia.

After describing a nearly lifelong fascination with the ways power is acquired and used, Mr. Light speaker made it clear from the beginning that he would focus on power, leadership and influence. He defined those elements of his interesting paper this way: "Power may be thought of as the activity of forcing people to do something they may not otherwise be inclined to do; leadership may be thought of as the activity of persuading people to cooperate in the achievement of a common objective; influence may be thought of as the ability of producing an effect without apparent force or direct exercise of command.

No discussion on power and leadership would be complete without a mention of Machiavelli of Florence, who is considered by some to be the father of political science. And Mr. Light did not disappoint his audience. It was in Machiavelli's *The Prince* that we find the title of his paper, "The

Lion and the Fox.” Machiavelli wrote, “A prince must imitate the lion and the fox, for the lion cannot protect himself from traps and the fox cannot defend himself from wolves. One must therefore be a fox to recognize traps and a lion to frighten wolves.”

The basic tenet of *The Prince*, our speaker pointed out, is that men are inherently evil and to acquire power one must be prepared to do evil acts and once power has been acquired continue to do evil things to remain in power. That has given the language the adjective Machiavellian, one definition of which is political opportunism. The term has also become synonymous with such historical figures as Hitler and Stalin.

From there, Mr. Light amplified his subject by taking a look at two men who had intense drives to acquire power, but took different channels to achieve it. The first example was Huey Long Jr., the Louisiana politician who relished the title Kingfish as he climbed from a position on the Louisiana Public Service Commission in 1918 to governor of the state in 1928 to senator in 1932. The populist Democrat greatly expanded the state’s highways, hospitals and educational institutions, building a political empire along the way. He took his success to the national stage in 1936, threatening to run for president against Franklin D. Roosevelt, who called him “the most dangerous man in America.” Long was assassinated during a visit to the state capital in 1935 at the age of 42.

So how did Long accumulate such power on the state and national stage? our speaker asked. He turned to Long’s biographer, T. Harry Williams for the answer: “He had that quality that political scientists call charisma, of being able to excite people merely by appearing before them, which all the great mass leaders in history – for example Hitler, Gandhi, Lincoln, Franklin Roosevelt and John F. Kennedy – have had. He excited people and excited emotions, arousing in his relatively short but explosive career every feeling in the political spectrum. ...”

The other power seeker introduced in Mr. Light’s paper is Robert Moses, not as well known as Huey Long, but a figure made interesting by his acquisition and use of power. Moses learned the lesson of power over a decade of work with New York Gov. Al Smith who asked Moses to help him draw up a reorganization of New York state government and implement sweeping social welfare reform. Moses learned how to craft legislation to accomplish his goals and to get that legislation through the state legislature.

As his biographer, Robert Caro, put it, “During that decade (1919-1929) Bob Moses had learned what was needed to make dreams become realities. He had learned the lesson of power. And now he grabbed for power with both hands.”

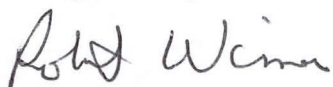
Over 44 years between 1924 and 1968, Moses went on to hold 12 separate titles at one time in New York City and controlled all federal appropriations to the city. As head of such institutions that included the parks commission, the New York State Power Commission and secretary of New York State, Moses controlled millions of dollars of revenue generation from tolls on bridges and roads and other fees associated with beaches and recreational areas. He also had the power to issue bonds without legislative approval. Referred to as “America’s greatest builder,” Moses at one time had 80,000 people working on his projects that ranged from several bridges in the city, several power dams, Lincoln Center and the UN building.

Moses was forced from power, Mr. Light said, by the only individual in New York state with more power than himself – Gov. Nelson Rockefeller, who was elected in 1958. It took Rockefeller six years to completely wrest control of power away from Moses.

Although the two men took very different roads to acquire power, our speaker said, they were both ruthless in acquiring it and in hanging on to it. And they both worked hard at their tasks. They were incredibly energetic. So which one was the lion? Or the fox? I will leave it to you to decide, Mr. Light concluded.

A fascinating discussion about political power that could have lasted well into the evening followed the speaker’s presentation. Col. McIntosh adjourned the meeting at 9:32 p.m.

Respectfully submitted,



Robert Wimer

Secretary

Sphex Club Meeting

Date: January 19, 201²1

Time: 8:00 p.m.

Place: Genworth Board Room

Speaker: Sterling Wilder

Topic: "The Lost Boys"

Next Meeting:
Scheduled Speaker:

February 2, 2012
Areliia S. Langhorne

Minutes of the 1,351st Meeting of the Sphex Club

January 19, 2012

President Ken Garren called the 1,351st meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, January 19, 2012, in the Board Room of Genworth Financial. He apologized for his absences and observed that he may be the only Sphex president in recent history to be warned about missing more than half the meetings.

Active members Bell, Dawson, Dolan-Sewell, Doyle, Elson, Foster, Garren, Gibbons, Gillette, Hendricks, Langhorne, Ledford, Light, McIntosh, Monk, Nygaard, Parker, Payne, Roberts, Schewel, Selden, Sigler, Sorenson, Stinnett, Tiller, Wilder and Wimer, along with emeritus member Marcy were present. Active members Craddock, Huston, Rist and Sajadian sent regrets to the speaker, as did emeritus members Guillermin and Petty.

No guests were present at the meeting. Secretary Wimer presented the minutes of the Jan 5, 2012, meeting, which were accepted with an amendment.

By way of old business, Membership Chairman Jim Elson said the committee had received the names of five nominees to fill the single vacancy that now exists. He said the committee would bring the names of three nominees to the Feb. 2 meeting with a vote to be held on Feb. 16.

Program Committee Chairman Bill McIntosh said the committee has secured a speaker for the annual meeting. He is David L. Holmes, who has written "The Faiths of the Postwar Presidents: From Truman to Obama," which is scheduled to be published in March by the University of Georgia Press. Col. McIntosh said the committee is considering two dates for the meeting, May 3 or May 17, both Thursday evenings.

Under new business, Elson wanted to recognize member Cham Light for having been named Preservationist of the Year by the Lynchburg Historical Foundation. A clipping of the story from The News & Advance will be filed with the minutes.

President Garren then introduced the evening's speaker, Sterling Wilder, the co-founder and executive director of Jubilee Family

Development Center and a member of the boards of a number of local organizations, including the Lynchburg School Board. The title of his paper was "The Lost Boys."

Mr. Wilder expressed a sentiment often heard at Spheer Club meetings from those presenting their inaugural paper. He said he was honored to be speaking before a group that included so many community leaders. He added that when he accepted membership in the group he was not sure what he was getting into, especially after attending the first meeting.

Nonetheless, he wasted no time in his first paper in getting right to the subject. The "Lost Boys" turned out to be African-American male students reaching the fourth grade. It has been his experience in working with youths for several years that despite doing well in school from grades one to three, they start to decline in grade four. He said he could not understand it.

A study he read by Dr. Jawanza Kunjufu, titled "Countering the Conspiracy to Destroy Black Boys," helped clear up the problem. The study noted that the students' enthusiasm for learning is lost beginning in the fourth grade and that their achievement begins to go down hill. One of the reasons, Mr. Wilder said, is that the students like their teachers less beginning in the fourth grade.

And that leads to other learning problems that only become worse over the years. Our speaker pointed to another study indicating that black students were disproportionately recommended for placement in special classrooms while white students who fell into the same category were not recommended for such placement. The study also found that a large percentage of the black students placed in special classes were male.

A related problem, Mr. Wilder said, is the lack of African-American male teachers in today's classrooms. One study showed that 83 percent of all elementary school teachers are female while only 10 percent of that number was African-American. While 17 percent of those elementary teachers were male, only 1.2 percent was African-American males. African-American male students can go through school, our speaker asserted, and not see any African-American male teacher, counselor or administrator.

"Young African-American males are walking through life like little lost boys waiting for someone to claim them at a lost and found," Mr. Wilder said. Their desire for kinship often leads them to hook up with the

wrong influences, including gangs. The boys, he said, need fathers or males to step up to the plate to be leaders and mentors.

What does the future hold for some of these lost boys? It's bleak, said Mr. Wilder. Data from the Juvenile Justice Policy Institute shows that a decade ago there were almost a third more African-American men in prison or jail than on college campuses. And the number of African-American males incarcerated continues to increase annually while the number who graduate continues to decrease.

Our speaker lamented the absence of African-American males in the households of their children and said study after study has shown a direct relationship between that absent father and the beginning of a life of crime. Young males need fathers in the home to model acceptable behavior. Without that, he said, they may – and often do – fall victim to the culture of the streets.

Returning to the importance of education, Mr. Wilder said education is the key ingredient for developing and nurturing children, young adults and society at large. He recalled one of his mentor's sayings that was appropriate for the subject: "When you know better, you do better."

Among educational reforms needed for African-Americans, he told his audience, is a greater focus on the importance of having African-American males teaching in the classroom. Efforts may include some all-male classes at the elementary level and more male teachers at all levels of education.

He touched on a number of successful approaches that have led to closing the achievement gap between African-American and white students, including many that have been offered on a national basis with test results showing a clear reduction in the learning gap between African-American students and white students.

As for the "lost boys," Mr. Wilder concluded that one significant solution to keeping them on track through the fourth and fifth grades and beyond is separating them into all-male classes, including the teacher. "Such an arrangement," he said, "might offset the current trend of disparities that exist among students classified as educable mentally handicapped." It might also reduce the number of suspensions, failures and dropouts. He offered evidence from an educational psychologist in Washington, D.C., that all-

male classes taught by a male would be especially helpful to boys who lack a male figure at home and live in environments where they would be unlikely to encounter African-American men working in professional careers.

After a question and answer and discussion period, President Garren adjourned the meeting at 8:55 p.m.

Respectfully submitted,

A handwritten signature in cursive script that reads "Robert Wimer". The signature is written in dark ink and is positioned below the typed name.

Robert Wimer

Secretary

Sphex Club Meeting

Date: February 2, 201~~1~~²
Time: 8:00 p.m.
Place: Genworth Board Room
Speaker: Arelia S. Langhorne
Topic: "Soul Food"

Next Meeting:
Scheduled Speaker:

February 16, 2012
Eric J. Sorenson, Jr.

Minutes of the 1,352nd Meeting of the Sphex Club

February 2, 2012

President Ken Garren called the 1,352nd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, February 2, 2012, in the Board Room of Genworth Financial.

Active members Bell, Craddock, Doyle, Elson, Foster, Garren, Gibbons, Gillette, Hendricks, Huston, Langhorne, Ledford, McIntosh, Monk, Nygaard, Parker, Payne, Rist, Roberts, Schewel, Selden, Sigler, Stinnett, Tiller, Wilder, Wimer and Wood were present. Active members Dawson, Dolan-Sewell, Sajadian and Wilson sent regrets to the speaker, as did emeritus members Guillermin and Petty.

Guests present included Leslie King, who helped with the speaker's Power Point presentation, Howard Langhorne, the speaker's husband and Norma Jean Rist, wife of member Rist. Secretary Wimer presented the minutes of the Jan 19, 2012, meeting, which were accepted as read.

By way of old business, Membership Chairman Jim Elson made his bi-weekly announcement that the committee had received the names of five nominees to fill the single vacancy that now exists. He said the club could count on the committee to bring the names of three nominees to the Feb. 16 meeting with a vote to be held on March 1.

Program Committee Chairman Bill McIntosh said the committee has decided to keep us in suspense for a while longer. He regretted that the committee could not work out a date acceptable for the speaker who had been secured for the annual meeting. Col. McIntosh said the committee has returned to the drawing board in search of another speaker.

Nominations Committee Chairman Sterling Wilder had no report.

President Garren then introduced the evening's speaker, Aurelia Langhorne, an attorney and community leader, whose title for her first Sphex paper was "Soul Food." She said the title came naturally because she likes to eat and she likes music. And with that she took us to the heart of the paper, the message of which, she said, is food for the soul.

It was a privilege to listen to her share a subject about which she is passionate and about which she was able to learn something that she wanted to pass along to her audience. The subject – one that would lead the SpheX Club to song later in the evening – was the history of the civil rights anthem, “We Shall Overcome.”

It’s a history, Ms. Langhorne said, that takes us through slavery, Gospel music, spirituals and a hymn with a variety of words by Charles Albert Tindley, who wrote what turned out to be the first version of the hymn in 1901. The protest song evolved over the next century through the labor movement, the Highlander Folk School in Tennessee, the civil rights movement, the Vietnam peace and protest movement to 9/11 and the playing of Bruce Springsteen’s tribute to the song in an album to Pete Seeger.

What began as “No More Auction Block for Me,” with its simple verse and repetitive refrain became the Charles Albert Tindley hymn, “I’ll Overcome Someday.” That led to the spiritual song, our speaker said, called “I’ll Be Alright,” whose lyrics included the same and by now familiar type of repetition, “I’ll be alright, I’ll be alright, I’ll be alright someday, Down in my heart, I do believe, I’ll be alright someday.”

The first printed reference to the song being used outside of a church setting, Ms. Langhorne said, came at a meeting of the United Mine Workers in February 1909. A journal reported that a strike meeting in Alabama was opened with a prayer and singing the good old song, “We Will Overcome.”

The song came up on the picket line during a 1945 strike against the American Tobacco Company in Charleston, S.C. The workers went on strike for higher pay (from 10 cents an hour to 30 cents) and integration of the factory floor. The company offered the workers 15 cents, but no integration. They sang “We Will Overcome” on the picket line.

From there it became part of the repertoire of group singing at the Highlander Folk School, which was organized in 1932 in Monteagle, Tenn. Our speaker said people learned about unions during weeklong sessions at the school, including how to hold elections, strike tactics and how to recruit new members. Group singing was believed to keep the spirits of the strikers high.

Pete Seeger made the song famous, Ms. Langhorne said, when he took it on the road with him during concert tours beginning in 1946. The 92-year-

old folk singer most recently sang “We Shall Overcome” with the Occupy Wall Street crowd late last fall in New York City. The first recording of the song, however, was in 1950 by Joe Glazer, a union organizer, who included it as “We Will Overcome” on an album.

The title change to “We Shall Overcome” has been attributed to Seeger, although some say that workers at the Highlander School may have changed it. Seeger has said he doesn’t care who gets credit for the change but he likes *shall* because it offers more emphasis than *will*. We shall is a definite, said Ms. Langhorne.

The first time the Rev. Martin Luther King Jr. heard the song was at the 25th anniversary of the Highlander School in 1957 when Pete Seeger sang it. King was a guest of Rosa Parks who had attended a workshop at the school for social justice and non-violent protest the summer before she refused to give up her seat on the bus in Montgomery.

Our speaker said she discovered in the course of her research how the verse that begins “We are not afraid” came to be part of the song. It occurred at the Highlander School one night after a police raid on the school. Police had turned the electricity off and ransacked the place. The staff and guests at the school began singing “We Shall Overcome” to keep up their morale. When the police left, said Ms. Langhorne, everyone there had experienced the power of the song to help in dangerous times. It was during the raid that a young woman started singing “we are not afraid today” as the police held them in the dark.

On a personal note, Ms. Langhorne noted that the refrain beginning “deep in my heart, I do believe, we shall overcome someday” resonates with her in terms of the progress that has been made and the challenges we continue to face. “When I become passionate about a cause,” she said, “the words “deep in my heart, I do believe, we shall overcome” see me through.

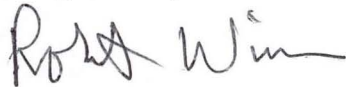
The song became an instrumental part of the civil rights movement in the late 1950s and continued with the 1961 Freedom Riders to the 1963 March on Washington and the Selma to Montgomery march for voting rights in 1965. But it didn’t stop there. From the civil rights movement it spread to the war in Vietnam when Joan Baez helped make it a song for peace in protest against the war. Migrant farmers have sung it in Spanish; it has been

retitled "One Day the Sun Will Rise" in India; Chinese students have worn T-shirts during protests for freedom bearing the song's title.

It was only fitting that this interesting presentation on the story of the power of a song be concluded with singing the song. The group was led by a Pete Seeger recording. Who says the Sphinx Cub can't sing?

Following a time for questions and answer and comments, President Garren adjourned the meeting at 9:05 p.m.

Respectfully submitted

A handwritten signature in cursive script that reads "Robert Wimer". The signature is written in dark ink and is positioned below the typed name.

Robert Wimer

Secretary

We Shall Overcome

Musical and Lyrical adaptation by
ZILPHIA HORTON, FRANK HAMILTON,
GUY CARAWAN and PETE SEEGER.

Inspired by African American Gospel Singing,
members of the Food & Tobacco Workers Union, Charleston, SC,
and the southern Civil Rights Movement.

Moderately slow with determination (♩ = 66)

C F C F C

1. We shall o - ver - come, We shall o - ver - come,
2. We'll walk hand in hand, We'll walk hand in hand,

F G Am D⁷ G D⁷ G Dm⁷ G⁷

We shall o - ver in - come some day, Oh,
We'll walk hand in hand some day, Oh,

C F C F G G⁷ Am

deep in my heart I do be - lieve
deep in my heart I do be - lieve

C F C G⁷ C F C

We shall o - ver - come some day,
We shall o - ver - come some day.

3. We are not afraid, we are not afraid,
We are not afraid today,
Oh, deep in my heart I do believe
We shall overcome some day.

7. We shall live in peace, we shall live in peace,
We shall live in peace some day,
Oh, deep in my heart I do believe
We shall overcome some day.

4. We shall stand together, we shall stand together,
We shall stand together—now,
Oh, deep in my heart I do believe
We shall overcome some day.

8. The whole wide world around, the whole wide world around,
The whole wide world around some day,
Oh, deep in my heart I do believe
We shall overcome some day.

5. The truth will make us free, the truth will make us free,
The truth will make us free some day,
Oh, deep in my heart I do believe
We shall overcome some day.

9. We shall overcome, we shall overcome,
We shall overcome some day,
Oh, deep in my heart I do believe
We shall overcome some day.

6. The Lord will see us through, the Lord will see us through,
The Lord will see us through some day,
Oh, deep in my heart I do believe
We shall overcome some day.

Royalties derived from this composition are being contributed to the We Shall Overcome Fund and The Freedom Movement under the Trusteeship of the writers.

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Sphex Club Meeting

Date: February 16, 201~~1~~²
Time: 8:00 p.m.
Place: Genworth Board Room
Speaker: Eric J. Sorenson, Jr.
Topic: "Alms for an Ex-Leper"

Next Meeting:
Scheduled Speaker:

March 1, 2012
Dr. Kenneth R. Garren

Minutes of the 1,353rd Meeting of the Sphex Club

February 16, 2012

President Ken Garren called the 1,353rd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, February 16, 2012, in the Board Room of Genworth Financial.

Active members Bell, Dolan-Sewell, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Ledford, Light, McIntosh, Roberts, Sajadian, Schewel, R. Sorenson, Stinnett, Tiller, Wilder, Wimer and Wood were present, along with emeritus members Petty and E. Sorenson. Active members Craddock, Gibbons, Hendricks, Huston, Monk, Nygaard, Parker, Payne, Rist, Selden and Sigler sent regrets to the speaker, as did emeritus member Guillermin.

Guests included Sarah Sorenson, wife of the speaker; his brother Bo, and his parents, Eric and Linda Sorenson. Secretary Wimer presented the minutes of the Feb. 2, 2012, meeting, which were accepted as read.

By way of old business, Membership Chairman Jim Elson presented the names of three nominees to fill the single vacancy that now exists. He said the club will vote to fill the vacancy at the March 1 meeting. The names will remain confidential as far as the minutes are concerned. Elson reminded the membership that a quorum of 50 percent of the active members (17) would be required at the meeting and that the successful candidate for membership must receive an affirmative vote of 75 percent of the active members present and of members voting by proxy. Proxies were to be sent to the secretary for those who cannot attend the meeting.

Program Committee Chairman Bill McIntosh revealed ^{the name of an} ~~for the~~ second ~~time in the past month the name of the speaker~~ ^{for} at the annual meeting. He is Donald Nuechterlein, who has had a long career with the U.S. government both at home and abroad. He joined the State Department in 1952 and served in Washington, and in U.S. embassies in Iceland and Thailand. He became a senior staff member in the office of the Secretary of Defense as a specialist on Southeast Asia during the Vietnam war. He moved to Charlottesville in 1968, where he was a founding faculty member and professor at the Federal Executive Institute. He conducted seminars on U.S. foreign policy until his retirement from government in 1988. Dr. Nuechterlein has taught U.S.

foreign policy at George Washington University and the University of Virginia, among other colleges and universities. He is the author of nine books on American foreign policy. The annual meeting has been scheduled for Thursday, May 17, at a site to be determined.

Nominations Committee Chairman Sterling Wilder had no report.

By way of old business, member Elson called our attention to the death of a former member, Earl Alvin Gerhardt Jr. He died at his home in Johnson City, Tenn., and was a Sphex member from 1971 to 1974. Elson also pointed out that member Wilder was honored on the Oprah Winfrey Network for his work at the Jubilee Family Development Center with University of Virginia student Sheldon Anderson. Wilder was spotlighted as an “everyday hero” during a 90-second segment on the worldwide network.

President Garren then introduced the evening’s speaker, Eric J. Sorenson Jr., whose paper bore the title of “Alms for an Ex-Leper.” Sorenson, who graduated from the University of Virginia nearly 27 years ago, practices law and volunteers his time with several local and regional organizations. He also loves running and during his runs, he confessed in his introduction, he occasionally daydreams of buying fast cars and taking exotic trips – not with a mistress, but with his beautiful wife. That offered a hint of the subject of his paper, a discourse on midlife.

Dante’s *Inferno*, our speaker said, refers to midlife not by that term, but rather by calling it “midway in our life’s journey.” Midlife did not show up in a dictionary until 1895 and was then defined in general terms as “the part of life between youth and old age.” Psalm 90 puts our lives at 70, perhaps 80, if we are strong. That would put the mid-point of the average person’s life at between 35 and 40.

The answer to “when does midlife begin,” Mr. Sorenson told his audience, depends on who answers the question. College students agree with the Psalmist that midlife begins at 35. Not surprisingly, 35-year-olds do not believe they have reached midlife. For the 35-year-old man, midlife begins at 40. And with the benefit of hindsight, men aged 64 to 74 say that midlife begins at 46.

Midlife, our speaker continued, is usually associated with the term crisis, which is the most popular concept of middle adulthood. He offered a number of definitions, including this succinct one: “An intense period of

turmoil at midlife.” The term has a wide variety of stereotypes, but this one for midlife crisis covers a lot of ground: It has been described as “the all-purpose explanation offered these days for infidelity, divorce, embezzlement, bankruptcy, espionage or just plain orneriness.” Incidentally, an individual with those problems may also be driving a red convertible.

Taking a deeper look at the origins and awareness of the midlife crisis, Mr. Sorenson cited research by Eliot Jaques, a Canadian-born psychiatrist/psychoanalyst who claimed that the midlife crisis causes a major upheaval and results in one of three outcomes. The first is death; that is the artist dies, either literally or figuratively. Under the second outcome, the artist may find his creativity in the midlife crisis. In the third outcome, the artist may show a decisive change in the quality and content of the work.

Jaques, he said, appears to be the first to use the phrase “midlife crisis.” That was in 1965. So how did the phrase by a relatively obscure psychoanalyst find its way into our common vocabulary? The term was popularized by two best sellers, Gail Sheehy’s 1976 book, *Passages: Predictable Crises of Adult Life*, and Daniel J. Levinson’s 1978 *The Seasons of a Man’s Life*. Both asserted that the midlife crisis is a normative stage of adult development.

Our speaker said that *Seasons* was based on the results of Levinson’s qualitative research in which he conducted extensive interviews with 40 men between the ages of 35 and 40 and their families. A common thread among those interviews found that during the midlife transition, a man focuses on the past and questions the meaning, value and direction of life. He becomes concerned with his accomplishments and takes stock of his life, asking questions such as: “Have I realized my dreams? Have I taken the right path? What have I done with my life?”

Levinson’s work, Mr. Sorenson said, not only helped popularize the concept of the midlife crisis, but also continues to be a widely understood explanation of it. The media and the arts have played a significant role in spreading the concept of the universal midlife crisis, which has been and continues to be a popular theme of literature, film, poetry and music.

So how does the title of the paper, “Alms for an Ex-Leper,” come into play? It surely fits the Spheeris criteria for obscurity. Our speaker explained that it comes from Monty Python’s *The Life of Brian*, which tells the story of

Brian Cohen, a man born on the same day as Jesus and the confusion that ensues. The events of Brian's life intertwine with the events of Jesus' life. In one of the movie's memorable scenes, a beggar cries, "Alms for an ex-leper" and pesters Brian for money. When Brian asks him about being an ex-leper, the ex-leper laments that he was a "leper with a trade" until "a bloody do-gooder" cured him and took away his livelihood.

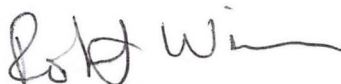
Putting that in perspective, Mr. Sorenson added, "If you recall that scene, then you can imagine how I felt when in my mid-to-late 30s I first saw an article questioning the existence of the midlife crisis. Like the ex-leper, I wondered what will I do now. Without a midlife crisis as an excuse, how would I ever justify the mistakes I was sure to make, the cars I wanted to buy? Has my curse been taken away from me?"

While much has been written about midlife crises, real or imagined, studies continue to show it is not a universal occurrence. One of the largest such studies concluded that most people are satisfied at midlife. Most people have neither the aches and pains of old age nor the anxieties of youth. Careers generally are established.

Returning to Dante, our speaker concluded that in 1300 he told of a journey that began in a dark wood. In October 1965, a mere 665 years later, Jaques published a paper that looked at the lives of Dante and other geniuses and gave a name to the dark wood – the midlife crisis. With subsequent research disputing the existence of Jaques' concept of the midlife crisis, Mr. Sorenson concluded, "Perhaps the very idea of the midlife crisis is having its own midlife crisis."

Following a time for questions and answer and comments, President Garren adjourned the meeting at 9:20 p.m.

Respectfully submitted



Robert Wimer

Secretary

Donald Nuechterlein grew up in Saginaw, Michigan, and received his undergraduate and PhD degrees in political science from the University of Michigan. He served on active duty in the Navy during World War II and was commissioned in 1945. After the war he served in the U.S. occupation of Germany, in Bremerhaven and Berlin.

Don has had a long career in the U.S. government, both at home and abroad. After joining the State Department in 1952, he served in Washington, D.C., and in U.S. embassies in Reykjavik, Iceland, and Bangkok, Thailand. In 1965 he became a senior staff member in the office of the Secretary of Defense (OSD/ISA), as specialist on Southeast Asia during the Vietnam War. In 1968 he moved to Charlottesville, Virginia, where he was a founding faculty member and professor at the Federal Executive Institute. He conducted seminars on U.S. foreign policy until his retirement from government in 1988.

Don has also taught U.S. foreign policy at the George Washington University, the University of Virginia, Queen's University in Canada, the University College of Wales (Fulbright Lecturer), and the University of Kaiserslautern in Germany. He was a Rockefeller scholar at the University of California, Berkeley, a visiting member at St. Antony's College, Oxford, and a research fellow at the Australian National University (ANU) in Canberra.

Dr. Nuechterlein is the author of nine books on American foreign policy, including the recently published *Defiant Superpower: The New American Hegemony*. It analyses American foreign policy during George W. Bush's first term. Don is a Rotarian, and he writes a monthly commentary on foreign affairs for several Virginia newspapers.

He and his wife, Mildred, have four children and six grandchildren, and they reside in Albemarle County, Virginia.

- THAILAND AND THE STRUGGLE FOR SOUTHEAST ASIA, 1965
- U.S. NATIONAL INTERESTS IN A CHANGING WORLD, 1973
- NATIONAL INTERESTS AND PRESIDENTIAL LEADERSHIP: SETTING OF PRIORITIES, 1978
- AMERICA OVERCOMMITTED: U.S. NATIONAL INTERESTS IN THE 1980s, 1985
- AMERICA RECOMMITTED: U.S. NATIONAL INTERESTS IN THE 1990s, 1991
- A COLD WAR ODYSSEY, 1997
- AMERICA RECOMMITTED: A SUPERPOWER ASSESSES ITS ROLE IN A TURBULENT WORLD, 2000
- DEFIANT SUPERPOWER: THE NEW AMERICAN HEGEMONY, 2005

Sphex Club Meeting

Date: March 1, 2012

Time: 8:00 p.m.

Place: Genworth Board Room

Speaker: Dr. Kenneth R. Garren

Topic: “Martial Arts: What is real? What is not?”

Minutes of the 1,354th Meeting of the Sphex Club

March 1, 2012

Vice President Bill McIntosh, standing in for President Ken Garren, the evening's speaker, called the 1,354th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 1, 2012, in the Board Room of Genworth Financial.

Active members Dawson, Elson, Foster, Garren, Gibbons, Gillette, Gilmer, Hendricks, Ledford, Light, McIntosh, Monk, Nygaard, Parker, Rist, Roberts, Sajadian, Schewel, Selden, Sigler, R. Sorenson, Stinnett, Tiller, Wilder, Wilson, Wimer and Wood were present, along with emeritus member Harris. Active members Bell, Craddock, Dolan-Sewell, Doyle, Huston, Langhorne and Payne sent regrets to the speaker, as did emeritus members Guillermin, Moon and Petty.

Guests included Sheila Garren, wife of the speaker.

Sensing the importance of keeping the meeting moving along, Col. McIntosh called on Membership Chairman Jim Elson to present the names of three candidates for the one vacancy that exists in the 35-member club. Following presentation of the candidates and the casting of ballots, Elson, Secretary Wimer and Member Ledford were assigned to collect the ballots and count them. The first round did not produce a member with the requisite 75 percent of votes from members present and voting, including proxies. A second round of balloting did produce a new member – Shannon Valentine, a civic leader and former member of the Virginia House of Delegates.

In the interests of time, Col. McIntosh began reading the minutes of the February 16, 2012, meeting, which Secretary Wimer concluded. McIntosh said later he had to do that to prevent a minor insurrection among the membership. The minutes were accepted as read.

By way of old business, meanwhile, Col. McIntosh, the beleaguered Program Committee chairman, reported that Don Nuechterlein would not be able to speak at the annual meeting as announced earlier. In his place will be Lucius Clay, whose topic will be his grandfather, Gen. Lucius D. Clay, an American officer known for his administration of Germany immediately

after World War II. He is considered the father of the Berlin Airlift, 1948-1949. The date of the dinner will be Tuesday, May 15. Col. McIntosh has booked the parish hall at St. John's Episcopal Church, a venue that will accommodate an adult beverage at the annual meeting, subject to the membership's approval.

By way of other old business, member Elson called attention to three SpheX members recognized by Mayor Joan Foster, herself a SpheX member, for outstanding contributions to the community during 2011. They are Carolyn Bell, George Dawson and Arelia Langhorne.

Vice President McIntosh then introduced the evening's speaker, Kenneth R. Garren, whose paper was titled "Martial Arts: What is Real? What is Not?" The mild-mannered president of Lynchburg College also holds a Taekwon-Do, Black Belt, 1st Degree.

By way of photos and videos from the Internet, our speaker wasted no time showing a side of him that a casual acquaintance would not suspect. He took us on a tour of his martial arts experiences that have led to his acquiring a 1st degree black belt in Taekwon-Do, the Korean Karate, and a martial art that is generally referred to as the national sport of South Korea.

Our speaker said he became aware of martial arts classes being taught at Roanoke College, where he taught evening classes at the time. He found a demonstration of martial arts at the halftime of a basketball game in Salem interesting, but was particularly intrigued by the metallic noise the demonstrator made with his kicks. It turns out he was kicking the basketball rim with his bare foot.

Taekwon-Do may be loosely translated as striking with your body parts – primarily the hands, elbows, feet, knees and head. Broken down further, it can be called "the art of the foot and the fist" or "the art of kicking and punching." The legs and feet, his audience learned, are much more important than the arms and hands. The legs, after all, have much more power and are more quickly made tough enough to break boards and cinderblocks.

Dr. Garren, who began his training in martial arts at the age of 30, demonstrated several moves he learned as a student in the early days of his instructional classes. He was the oldest student in a beginners' class of 30 or so mostly college students between 18 and 22.

Recalling his first sparring match, our speaker confessed being terrified. His opponent was an 18-year-old college sophomore at the “College in the Wilderness to the West,” his name for Roanoke College. We both stood there, he said, facing each other yet frozen in mutual fear. Dr. Garren decided he wanted to strike his opponent’s midsection with the bottom of his right foot. He succeeded, striking him squarely and sending him to the mat where he sat with a surprised look as he gasped for air. The move surprised his instructor, as well, who asked him to repeat it. He did. “It is surprising how quickly one can move when one is truly terrified,” our speaker said.

Dr. Garren described his path through the teaching forms, called kata (Japanese for form) from the yellow belt on to the green belt. Advances into earning the purple belt and eventually the brown belt required learning more difficult katas and breaking boards.

His black belt test came after three years and was the most difficult. Among other things, it included a transition from wood to cinder blocks, which he had to break held aloft with left-foot and right-foot side-kicks. The road to the black belt also involved fighting a brown belt and green belt opponent simultaneously.

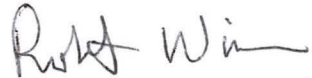
From the Internet, Dr. Garren introduced us to other martial arts forms, including Muay Thai, Thailand’s national sport; Greco-Roman wrestling, a sport in which the legs may not be used in any way to obtain a fall; and Brazilian Jiu-Jitsu, an art derived from the Japanese martial art of Kodokan judo in the early 20th century.

So how did the almost 25 years of practicing martial arts impact this otherwise mild-mannered math teacher and college administrator? It gave him a much greater level of confidence in all his activities, confidence he had not felt previously. Dr. Garren also credited martial arts with leading him to first-hand experience in global affairs, including associations with institutions in and trips to South Korea, Japan and Hong Kong.

Martial arts, he said, also provided diverse experiences that ultimately led him to apply for and become president of what he calls the Promised Land of Lynchburg College, where he has served for more than a decade and is currently the fifth longest in presidential tenure of 10 LC presidents.

Following a time for questions and comments, Vice President McIntosh adjourned the meeting at 9:25 p.m.

Respectfully submitted

A handwritten signature in black ink, appearing to read "Robert Wimer". The signature is written in a cursive style with a long horizontal flourish at the end.

Robert Wimer

Secretary

Sphex Club Meeting

Date: March 15, 2012

Time: 8:00 p.m.

Place: Genworth Board Room

Speaker: Hon. Joan Foster

Topic: Lynchburg: "Where the Living is Large"

Next Meeting:
Scheduled Speaker:

March 29, 2012
Dr. Jeffrey W. Wilson

Minutes of the 1,355th Meeting of the Sphex Club

March 15, 2012

President Ken Garren called the 1,355th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 15, 2012, in the Board Room of Genworth Financial.

Active members Bell, Craddock, Elson, Foster, Garren, Gilmer, Hendricks, Ledford, Light, McIntosh, Monk, Nygaard, Parker, Rist, Roberts, Schewel, Sigler, Tiller, Wilson, Wimer and Wood were present, along with emeritus members Harris and Moon. Active members Dolan-Sewell, Doyle, Gibbons, Huston, Langhorne, Payne, Sajadian, Selden, Sorenson, Stinnett and Wilder sent regrets to the speaker, as did emeritus members Guillermin and Petty.

Guests included Bob Foster, husband of the evening's speaker, and Sam Foster, her daughter-in-law, both of whom served as assistants during her presentation. Secretary Wimer presented the minutes of the March 1, 2012, meeting, which were accepted as read.

Member Carolyn Bell, reporting for the Membership Committee, said Shannon Valentine has agreed to become a new member, but due to a full schedule in March, would not attend her first meeting until next fall.

Nominating Committee member Ellen Nygaard reported the committee needs a nominee for secretary.

By way of old business, Program Committee Chairman Bill McIntosh confirmed that Lucius Clay will speak at the annual meeting scheduled for Tuesday, May 15, in the Parish Hall of St. John's Episcopal Church. Clay's topic will be his grandfather, Gen. Lucius D. Clay, an American officer known for his administration of Germany immediately after World War II. He is considered the father of the Berlin Airlift, 1948-1949.

Under the heading of new business, member Elson called attention to Member Jo Ellen Parker, president of Sweet Briar College, whose leadership of a fitness program at the college was featured in a Page 1 story in The News & Advance on March 11.

President Garren then introduced the evening's speaker, Joan Foster, mayor of Lynchburg, whose inaugural Sphex paper was titled, "Lynchburg: Where the Living is Large."

The mayor broke new ground in the recent memory of Sphex presentations by having her assistants serve the audience treats from trays of fruit, cheese, meat, crackers and chips. She discussed a number of positive statistics about the city's economy, successes in the school system and the fact that the city population is growing, as members munched and crunched the treats that had been passed out. It was a perfect backdrop for the central theme of her paper – Lynchburg's obesity.

As the city stands at or near the top in a community for its size in a number of studies, there is one that doesn't reflect particularly well on the region or its people. It is, the mayor said, a Gallup-Healthways report released in March 2010 showing that Lynchburg ranked in the top ten metro areas as the most obese in the nation. In fact, Lynchburg came in at eighth out of 185 Metropolitan Statistical Areas in the U.S.

How can this be she asked herself, adding that her first reaction was to blame the surrounding counties that are not as healthy as city dwellers. But that couldn't be the reason, she said, because the city is the largest of the localities. The study found that 33 percent of the regional population is obese compared to the national average of 26.5 percent.

As Mayor Foster dug deeper into the statistics, she found there were good reasons for the obesity ranking, including more smokers among the population, fewer people who exercise regularly, and nearly 70 percent of adults in the region who are considered overweight. That leads inevitably, she said, to poor chronic health conditions such as higher incidences of diabetes, high blood pressure, high cholesterol and asthma.

So how do we begin the journey to become a healthier community? The mayor pointed out that the trip began with the Lynchburg Health Department and eventually involved neighborhoods, schools and colleges, businesses and local governments. Survey results showed that the city and region need healthier food options in all sectors, more physical activity and greater efforts to involve businesses, schools and the academic community to implement healthier options for their employees, students and others.

A live healthy initiative was established involving elements of leadership from virtually every sector in the city. Mayor Foster said that led up to an application by the city to sign on as a participant in First Lady Michelle Obama's effort, "Let's Move, Cities and Towns." The major goal of that program is to solve the problem of childhood obesity within the next generation.

Lynchburg was accepted as an official "Let's Move" city in February and the mayor has agreed to be the city's cheerleader who will raise awareness of the effort. In that capacity, she has issued a challenge to the community to get healthy and commit to losing 12 tons in 2012. She wants to put the city on a diet. City residents can track their successes by registering on a Website funded by Centra Foundation and the Lynchburg Chamber of Commerce. As of March 10, 199 people had signed up and collectively reported losing 207 pounds since January 1.

As it turned out, the food Mayor Foster offered us was designed to raise our awareness of the items selected. Some items, including fruits, vegetables, whole wheat and nuts, are healthier than others that included potato chips, white crackers, processed meats and cupcakes. Did you choose healthy or unhealthy?

Following a time for questions and comments, President Garren adjourned the meeting at 9:12 p.m.

Respectfully submitted



Robert Wimer

Secretary

Minutes of the 1,356th Meeting of the Sphex Club

March 29, 2012

In light of the absences of President Ken Garren and Vice President Bill McIntosh, member Julius Sigler called the 1,356th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 29, 2012, in the Board Room of Genworth Financial.

Active members Bell, Craddock, Dawson, Doyle, Elson, Gilmer, Ledford, Monk, Nygaard, Parker, Rist, Roberts, Sigler, Stinnett, Tiller, Wilder, Wilson and Wimer were present, along with emeritus members Harris and Eric Sorenson. Active members Gibbons, Gillette, Hendricks, Huston, Light, McIntosh, Payne, Selden, R. Sorenson, and Wood sent regrets to the speaker, as did emeritus member Moon.

Guests included Sandra Wilson, wife of the evening's speaker. Secretary Wimer presented the minutes of the March 15, 2012, meeting, which were accepted as read.

Nominating Committee chairman Sterling Wilder presented the much anticipated slate of officers for the 2012-2013 year. The slate of officers, which was approved unanimously, is headed by President William McIntosh. Dennis Roberts will be vice chairman and Joe Stinnett was elected secretary. Cham Light will serve as assistant secretary and Robin Wood will remain as treasurer.

In light of the apparently verbose summaries of papers during the past year by the secretary, Wilder offered a motion from the Nominating Committee that effective with the 2012-2013 year, members presenting papers will submit, in addition to a copy of the paper as presented, an abstract of the paper whose length shall not exceed 150 words. The abstract shall be incorporated verbatim in the minutes of that meeting. The motion passed with one negative vote.

By way of old business, it was confirmed by the Program Committee that Lucius Clay will speak at the annual meeting scheduled for Tuesday, May 15, in the Parish Hall of St. John's Episcopal Church. Clay's topic will

be his grandfather, Gen. Lucius D. Clay, an American officer known for his administration of Germany immediately after World War II.

Member Elson called the club's attention to President Garren's receipt of the George Taylor Stewart Award presented annually for community service by the Greater Lynchburg Chamber of Commerce.

Member Sigler then introduced the evening's speaker, Dr. Jeff Wilson, whose paper was titled "The Answer My Friend Is ... Is Not" or "When Dr. Sorenson Misspoke."

Getting to the subtitle first, Dr. Wilson had recalled a Sphex paper by Dr. Eric Sorenson in which Sorenson said he was the worst physics student who ever sought a course leading through medical school. After relating several harrowing experiences involving various levels of physics at Duke University, Dr. Wilson wanted to make it clear that he, in fact, was the worst physics student of all time.

That took about 65 words.

The heart of Dr. Wilson's paper dug into the variety of forms of energy that remain available to the world and the prospects for any one of them to emerge as the most reliable and more plentiful in the years to come.

Currently, 86 percent of U.S. energy comes from carbon-based fossil fuels, such as oil, natural gas and coal. Another 6 percent is nuclear, meaning that 92 percent of America's energy is coming from non-renewable sources. Clearly those sources will have to be augmented by renewable sources, including hydroelectric, solar and wind.

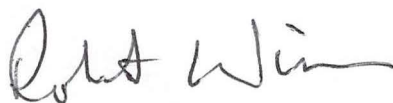
The answer my friend, our speaker said, with a tip of the hat to Peter, Paul and Mary and Bob Dylan, is blowing in the wind. This is the energy source with the most rapid advances in technology, he declared, adding that wind power accounts for less than 1 percent of all electric power globally. But the U.S. gets 3 percent of its electricity from land-based turbines and the future is looking bright for off-shore wind turbines. It is also clean.

Dr. Wilson urged his audience to consider the importance of clean energy with decreased emissions contributing to the greenhouse effect and global warming/climate change. Wind energy is clean and inexpensive to maintain, he concluded.

That took about 170 words, meaning Dr. Wilson's paper has been summarized in about 235 words.

Following a time for questions and comments, Dr. Sigler adjourned the meeting at 9:05 p.m.

Respectfully submitted

A handwritten signature in black ink, appearing to read "Robert Wimer". The signature is written in a cursive style with a long horizontal stroke at the end.

Robert Wimer

Secretary

Sphex Club Annual Meeting

Date: May 15, 2012

Time: 6:00 p.m. – Gathering and Refreshments
6:45 p.m. - Dinner

Place: St. John's Episcopal Church

Speaker: Lucius Clay, III, M.D., (see attached)

Dinner: \$25.00 per person

Dues: \$20.00 (active members only)

Please make your reservations no later than May 8, 2012.

Members are Encouraged to Bring Guests

1,357TH Meeting

Lucius Clay III, MD, will discuss aspects of the career of his grandfather, General Lucius Clay (1897-1978). Between his graduation from the United States Military Academy in 1918 and his retirement in 1949, General Clay was an advisor to presidents, deputy to General Dwight D. Eisenhower, and military governor of Germany.

General Clay's numerous achievements include construction of some 500 U.S. airstrips in the first year of WWII, implementation of the Marshall Plan, reconstruction of Germany after the war, and promotion of the Berlin Airlift.

Dr. Lucius Clay III served as an artillery officer in the U. S. Army and is today a general surgeon practicing medicine in Lynchburg.

Correspondence

2011–2012



From: "Dale Harris" <daleharris@ntelos.net>

To: "Maureen M. Hammer" <mhammer@ewlaw.com>, "Allen Culverhouse" <eac@rev.net>, "Anne Gibbons" <gibbons@lynchburg.edu>, "Arelia Langhorne" <lawasl@comcast.net>, "Boyd Rist" <brist@liberty.edu>, "Boyd Rist" <njkr@msn.com>, "Carolyn Bell" <cwbell65@gmail.com>, "Cham Light" <lightc@nationwide.com>, "Danielle Jones-Genworth" <danielle.jones@genworth.com>, "Dave Petty" <dtpetty@verizon.net>, "Dennis Roberts" <roblbg@aol.com>, "Ellen Nygaard" <egnygaard@mac.com>, "Eric Sorenson" <ejs8890@gmail.com>, "Frank Buhler" <fbuhler@comcast.net>, "George Dawson" <george.dawson@centrahealth.com>, "George Snead" <g_snead@msn.com>, "Gina Dolan-Sewell" <ginatous@yahoo.com>, "Graham Gilmer" <ggilmer3@comcast.net>, "Herb Moore" <pbmoore211@comcast.net>, "Hermina Hendricks" <hhendricks@randolphcollege.edu>, "James Elson" <jelson@inmind.net>, "James Huston" <hustonjam@verizon.net>, "Jan Regar" <jan.reger@centrahealth.com>, "Jeffrey Wilson" <wilson1821@comcast.net>, "Jo Ellen Parker" <jparker@sbc.edu>, "Joan Foster" <joan.foster@lynchburgva.gov>, "Joan Foster-work" <joan.foster@familyalliance1.org>, "Joan Jones" <joanie.s.jones@gmail.com>, "Jonathan Green" <jgreen@sbc.edu>, "Joseph Stinnett" <stinnett@gmail.com>, "Julie Doyle" <juliedoyle@educationandresearch.com>, "Julius Sigler" <sigler.ja@lynchburg.edu>, "Kenneth Garren" <president@lynchburg.edu>, "Kim Payne" <kpayne@lynchburgva.gov>, "Marc Schewel" <marc@schewel.com>, "Michael Gillette" <mgillette@bsvinc.com>, "Mort Sajadian" <ms@amazementsquare.com>, "Norman Moon" <nomoon@aol.com>, "Paul McKendrick" <mckendrickp@lcsedu.net>, "Peter Marcy" <pabmarcy@msn.com>, "Pierre Guillermin" <apg36@aol.com>, "Rick Sorenson" <rsorenson@ewlaw.com>, "Robert C. Wood, III" <rwood@ewlaw.com>, "Robert Wimer" <rcwimer@netzero.com>, "Sally Selden" <selden@lynchburg.edu>, "Sterling Wilder" <jubilee@inmind.net>, "Stuart Harris" <mwharris1@verizon.net>, "Suny Monk" <smonk@vcca.com>, "Ted Craddock" <tcraddock@caskiefrost.com>, "Thomas Ledford" <tomledford@hotmail.com>, "Tom Tiller" <tiller@lynchburg.edu>, "Tom Tiller" <tomtiller1@comcast.net>, "William Barney" <bar384@cs.com>, "William McIntosh" <wmcintosh1@verizon.net>, "William Sweeney" <williamsweeney@aol.com>

Sent: Fri, Sep 16, 2011 10:45 AM

Subject: RE: Sphex

To all members of Sphex:

It has been such a privilege and pleasure for me to have been a member of the Sphex Club over the years. Knowing those involved and hearing their fascinating perspectives and presentations presented special opportunities.

Ted and I are moving to Durham, North Carolina, in early October so the time has come for me to resign from Sphex. I will certainly miss it but may, perhaps, be visiting in Lynchburg occasionally at the time of your annual meeting and, if so, would see you then.

Best wishes to each of you,

Dale H. Harris

-----Original Message-----

From: Maureen M. Hammer [mailto:mhammer@ewlaw.com]

Sent: Thursday, September 15, 2011 2:55 PM

The logo for NETZERO Message Center, featuring the word "NETZERO" in a bold, sans-serif font with a small square icon to its left, followed by "Message Center" in a smaller, lighter font.

From: "Maureen M. Hammer" <mhammer@ewlaw.com>

To: Robert Wimer <rcwimer@netzero.com>

Sent: Mon, Sep 19, 2011 04:19 PM

Subject: Sphex Club

[SKonica 420110919...](#) (521KB)

Robin will not be at the meeting this Thursday (9-22-11) to give the treasurer's report. He asked me to forward copies of the checkbook register for 2010 and 2011 along with the last bank statement. The balance as of today is \$1,217.50.

My records show that Membership Dues have been collected from everyone except the following: George Dawson, Ellen Nygaard, and Julius Sigler.

If you need anything further or have any questions, please let me know.

Maureen

Sphex Club for 2011-2012
Officers, Committees & Speakers' Materials
22 September 2011/KRG

Officers:

President: Ken Garren

Vice President: Bill McIntosh

Secretary: Bob Wimer

Asst. Sec: Cham Light

Treasurer: Robin Wood

(Emergency Sec: Jim Elson)

The duties of these officers are given on pages 2 & 3 in *Article IV. Committees* of the *Sphex Constitution and Bylaws* (April 13, 2006 edition).

Committees for 2011-2012 [1st listed is committee chair]:

Membership: Elson, Bell, Langhorne

Nominating: Wilder, Nygaard, Payne

Program: McIntosh, Parker, Hendricks

The duties of these committee are given on page 3 in *Article V. Committees* of the *Sphex Constitution and Bylaws* (April 13, 2006 edition).

By virtue of 5.e of the *Bylaws*, I shall ask for a report of these committees at each Sphex meeting. If any committee chair will not be present for a meeting, please ask another attending committee member to report for the committee.

Speakers: As stated in item 7 of the *Bylaws*, "Sphex members presenting papers are expected to furnish the secretary a short autobiography before the meeting and a copy of his/her paper at its conclusion." This autobiography will be used by the presiding officer to assist in providing the substance for an appropriate introduction of the speaker.

 **NETZERO** Message Center

From: "Paul McKendrick" <pmckendr@tusc.k12.al.us>

To: <rcwimer@netzero.com>

Sent: Thu, Oct 20, 2011 01:48 PM

Subject: SPHEX Membership

Bob, Please inform the SPHEX Club that because I am now living in Tuscaloosa, Alabama and thus will not be able to attend meetings on a regular basis, I am relinquishing my membership in the club. I enjoyed very much the stimulating conversations and the well-researched and often timely papers. However, the betterment and benefit of the organization, I make this known so that the club can now recruit another member. Please let the group know that I very much enjoyed my membership and wish you well as you move forward. Also, please know that while I am thoroughly enjoying Tuscaloosa and my work here with Tuscaloosa Schools, I do miss the many friends who are in the club and are leaders in the community. Thank you and regards. Paul

for

 **NETZERO** Message Center

From: The Elsons <jelson@inmind.net>

To: "Maureen M. Hammer" <mhammer@ewlaw.com>

Cc: <rcwimer@netzero.com>, <LIGHTC@nationwide.com>

Sent: Fri, Nov 04, 2011 11:08 AM

Subject: Emailing: Sphex Membership.doc

[Sphex Membership.doc \(32KB\)](#)

Hello Maureen,

When you send out the notice for the Sphex meeting on November 17th, would you please also include the attached "Membership in the Sphex Club. . ." with a notation on the notice to read as follows: "Membership Committee chairman Jim Elson requests that you bring a copy of the attached proposed draft, Membership in the Sphex Club of Lynchburg, Virginia, to the meeting."

Robin tells me that you have the current Sphex constitution passed by the membership April 13, 2006, which became effective September 2006, on your computer. If you do not, please let me know and I will send it to you.

Cordially,

Jim Elson

Membership in the Sphex Club of Lynchburg, Virginia, and Its Responsibilities
Proposed Draft, November 2011

The Sphex Club's name is derived as an acronym for science, philosophy, history and education, and "x," the unknown. The club celebrated its one hundredth anniversary in October 2010. Its constitution states that "The primary objective shall be fulfilled through the presentation of papers on intellectually challenging subjects by the club's members at its regular meetings." In recent years these "papers" have included audio-visual support. Members are required to turn in to the secretary a printed document of his/her presentation. It will be filed with the Sphex Club's records in the Jones Memorial Library.

The Sphex constitution provides for a maximum of thirty-five active members. When a new member is elected, his/her name is placed last on the current Schedule of Speakers. There are twelve regular meetings during the club year at which members present papers. The year begins in September and ends in April. Meetings are held every other Thursday, with a break for the Thanksgiving-Christmas holidays. Meetings begin at 8:00 p.m. and, depending on the length of the paper and other club business, last about an hour-and-a-half. It is approximately two and one-half years between the time a new member joins the club and the time of the presentation of his/her first paper.

There is a Sphex annual dinner meeting (usually in April or May) at which a person from outside the club—and usually from outside the Lynchburg area—is invited to speak. Often the speaker has a significant regional, and sometimes national, reputation in his or her field. Since this is the club's only real "social event" of the year, members are encouraged to bring family and friends to the annual dinner meeting.

The financial obligations of being a Sphex member are minimal. Generally, annual dues, assessed at the end of the club year, are around \$25, and the cost of the annual dinner is about the same for each member and guest.

Many of the Sphex Club's members are busy professionals (physicians, attorneys, executives in both for-profit and non-profit organizations, and leaders in various fields of education). Because of this, a Proposed Schedule of Speakers is published in May for the club year following (September through April). Members who foresee a conflict are expected to arrange an exchange of their assigned speaking date with another member and to report this arrangement to the secretary as soon as possible.

The Sphex Club recognizes that members devote a considerable amount of time to preparing their papers and that each speaker deserves to be heard by a significant number of fellow members (and guests, who are also invited). Therefore the club's current constitution, adopted in 2006, contains the following attendance requirement: "If a member does not attend at least fifty percent (50%) of the regular meetings of the membership during any year, then the secretary shall give written notice to the member that failure to attend at least fifty percent (50%) of the meetings of the membership during the ensuing year may result in dismissal from the club . . ."

The logo for NETZERO Message Center, featuring the word "NETZERO" in a bold, sans-serif font with a small triangle to its left, followed by "Message Center" in a smaller, regular font.

From: "William A. McIntosh" <wmcintosh1@verizon.net>

To: "LC President" <President@lynchburg.edu>

Cc: "Robert Wimer" <rcwimer@netzero.com>

Sent: Tue, Nov 08, 2011 09:22 PM

Subject: RE: Next Sphex meeting

Dear Ken:

Alas, I will be in the air making my way back to CONUS from Italy at the same time, so I cannot step in that evening. Bob Wimer, who is next in the batting order in the eventuality that both president and vice president cannot attend the meeting, should be able to take up the slack. As you can see, I have copied him on this correspondence, and I trust we can count on him to extend our regrets to the evening's scheduled speaker.

For my own part, I am on my way to Europe on the morrow.

With apologies and many

Kind regards,

Bill

-----Original Message-----

From: LC President [mailto:President@lynchburg.edu]

Sent: Saturday, November 05, 2011 12:39 PM

To: McIntosh William

Subject: Next Sphex meeting

Bill,

I will be returning from NY that afternoon arriving 4:45pm in Roanoke. I have now been asked to give a talk on academics that evening at Hidden Valley CClub. Could you exercise your vp duties at our next meeting?

Ken

Sent from my iPhone

No virus found in this message.

Checked by AVG - www.avg.com

Version: 2012.0.1869 / Virus Database: 2092/4604 - Release Date: 11/08/11

William A. McIntosh

From: RON HUDSON [RONHUDSON69@COMCAST.NET]
Sent: Tuesday, December 27, 2011 4:24 PM
To: TONY GAMBARDELLA; TOM SPAULDING; TOM JOHNSTON; TIM MARVIN; STU SPIRN; STU SPIRN; STEVE ZARESKI; STEVE WING; STEVE STAPLES; STEVE ROWE; STEVE LEVENBERG; STEVE HALL; SCOTT WALODE; SCOTT LANGHORST; SAM SADLER; SAM KUSHNER; ROGER ELLMORE; RICK VERCELLONE; RICHARD RICHEL; RICH BRYAN; PETE SCHLEIF; PETE CLARKE; NEIL HAMMERSTROM; NED HOPKINS; MICHAEL HUDSON; MARK CARDWELL; LARRY WHITING; LARRY PULLEY; LARRY FOY; KEITH DAYTON; JOHN MOWEN; JOHN MEDINGER; JOHN HALEY; JOHN BOWMAN; JOE PITT; JOE HOPKINS; JIM YOFFY; JIM TAYLOR; JIM LEPRELL; JIM GOALDER; JIM DRYDEN; HOWARD KAHN; HERB ARMSTRONG; GEORGE MCCONNELL; ED WEISBERG; ED SHIFMAN; DUDLEY NACHMAN; DONNIE FREEMAN; DONNIE FREEMAN; DONN WONNELL; DON SANDERS; DICK STARON; DAVE BROOKS; BRYAN ROGERS; BOB RIDOUT; BOB JENDRON; BOB FACTOR; BILL MCINTOSH; BILL DONAHUE; BILL CREWE; BERT WILSON; BARRY WILHELM; AL ALBERT
Subject: The Faiths of the Postwar Presidents

i know that some of you remember dr. holmes & have attended his "classes" at homecoming. therefore this may be of some interest. one should never stop learning. how profound.

ron

----- Original Message -----
From: "Holmes, David L" <dlholm@wm.edu>
To: "Holmes, David L" <dlholm@wm.edu>
Sent: Tuesday, December 27, 2011 9:46 AM
Subject: The Faiths of the Postwar Presidents

To Former Students and Friends,--

In March 2012, the University of Georgia Press will publish THE FAITHS OF THE POSTWAR PRESIDENTS: FROM TRUMAN TO OBAMA. The webpage for the book appears below:

http://www.ugapress.org/index.php/books/index/postwar_presidents

We are attempting to schedule a series of speaking engagements to publicize the book. The Press can handle literary festivals, book fairs, and well-known bookstores. But for talks in lesser-known bookstores or in community or university lecture series, we could use assistance.

Since all of us have enough to do without receiving time-consuming requests, I don't want to impose on you. But if you should know of any venues in your area that might be interested in a talk on any aspect of the book, I would be grateful if my name could be thrown in the hat.

Besides a talk that summarizes the book, examples of such lectures would be "Behind the Altars of Camelot: The Religion of John F. and Jackie Kennedy," "The Religious Beliefs of Richard Nixon, Ronald Reagan, and Barack Obama," and a host of similar subjects. Any group that proves interested should write to the Press's publicity director, Amanda Sharp, at asharp@ugapress.uga.edu.

This letter anticipates no acknowledgment whatever. For those who are William & Mary alumni, I should mention that my "Last Lecture" (I am told) is available on YouTube, as is--incredibly--the comic routine (<http://www.youtube.com/watch?v=KANtG1HeCwc>) performed at the retirement

The logo for NETZERO Message Center, featuring the word "NETZERO" in a bold, sans-serif font with a red square icon to its left, followed by "Message Center" in a smaller, regular font.

From: Jo Ellen Parker <jparker@sbc.edu>

To: "William A. McIntosh" <wmcintosh1@verizon.net>

Cc: 'Robert Wimer' <rcwimer@netzero.com>, president@lynchburg.edu, rcwood@ewlaw.com, 'Hermina Hendricks' <hhendricks@randolphcollege.edu>, 'Graham Gilmer' <ggilmer3@comcast.net>

Sent: Wed, Mar 07, 2012 12:17 PM

Subject: Re: Annual Dinner Speaker

[jparker.vcf \(1KB\)](#)

Bill, thanks so much for your patient and tireless work to pull this together!

I am happy with the "adult beverage" option, but will of course be glad to go along with the will of the membership as a whole.

Jo Ellen

On 3/7/2012 11:35 AM, William A. McIntosh wrote:

Bob:

Much thanks to Dr. Gilmer, SPHEX has a speaker for the annual dinner: Lucius Clay. The subject of his talk is his grandfather:

General Lucius Dubignon Clay (April 23, 1897 – April 16, 1978) was an American officer and military governor of the United States Army known for his administration of Germany immediately after World War II. Clay was deputy to General Dwight D. Eisenhower, 1945; deputy military governor, Germany (U.S.) 1946; commander in chief, U.S. Forces in Europe and military governor of the U.S. Zone, Germany, 1947–49. He retired in 1949. Clay is considered the "father" of the Berlin Airlift (1948–1949) (Wikipedia).

FYI: I have booked (subject to our cancellation should a more commodious venue materialize) the parish hall of St. John's Episcopal Church, where we may enjoy an adult beverage. If anyone has a suggestion for another venue, I would be pleased to hear it; e.g. the membership might prefer to do without the adult beverage and return to First Presbyterian Church. As the old song goes, "It don't matter to me."

NB: The date of the annual dinner is **Tuesday, 15 May**, time to be determined. I recommend gathering between 6:15 PM and 6:30 PM with an eye toward having everyone seated at a table by 7:00 PM.

Open to and grateful for any suggestions, I send

Kind regards,
Bill

--

Minutes of the 1,358th Meeting of the Sphex Club

Sept. 20, 2012

President Bill McIntosh called the 1,358th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Sept. 20, 2012, in the Board Room of Genworth Financial.

Active members Craddock, Dolan-Sewell, Elson, Foster, Gillette, Gilmer, Hendricks, McIntosh, Monk, Parker, Rist, Robert, Schewel, Sigler, Stinnett, Tiller, Wilder, Wilson, Wimer and Valentine were present, along with emeritus members Harris and Marcy. Active members Bell, Garren, Langhorne, Light, Payne, Sajadian, and Selden sent regrets to the speaker, as did emeritus member Guillermin.

Guests included Craig Pleasants and Sheila Gulley Pleasants, friends and colleagues of the speaker. Secretary Stinnett presented the minutes of the March 29, 2012 meeting, which were accepted as read.

The club welcomed new member Shannon Valentine, who arrived at the Genworth building promptly at 8 p.m.

President McIntosh reminded members of the new rule passed last year requesting speakers to craft and submit a 150-word summary of their speech that can be read verbatim as part of the minutes of each meeting. (Former Secretary Wimer made fun of this rule in his final minutes, and the evening's speaker submitted a précis that was nearly as long as her paper. However, the new secretary is committed to its observation.)

Membership rules require members to attend 50 percent of the meetings each year or face receiving a warning letter from the secretary, Member Elson noted. Three members received such letters last year.

President McIntosh noted that Member Sajadian had requested a year's leave of absence due to pressing work commitments. Member Schewel agreed to present a paper at the Oct. 4 meeting in Sajadian's stead.

President McIntosh introduced the evening's speaker, Suny Monk, the retired director of the Virginia Center for the Creative Arts. Her speech was entitled "Can You Believe She Said That?"

Her paper described ley lines as they relate to history, terrain, and the spirit of place both internationally and in Central Virginia. Ley lines are defined as "alignments of ancient sites stretching across the landscape."

Lynchburg itself is on a ley line running through Charlottesville and Washington, D.C., and a portion of Monk's remarks were devoted to the possible influence of Thomas Jefferson on this phenomenon via Monticello, Poplar Forest, and the original street layout of the nation's capitol.

The speaker noted that her own life had "bumped up" against ley lines in Ohio, France, Virginia and Maryland. However, she said in her introduction she was not taking a position either way on their validity. Her speech closed with a summary of thoughts from two important writers in this field (Devereax/Pennick), noting that ley theory could be important to understanding our own physical place in the world. (147 words)

Monk's remarks were followed by a question and answer session that included a partial recitation of William Blake's poem "Jerusalem" by Member Elson and President McIntosh.

President McIntosh adjourned the meeting at a time unnoted by the new secretary who was distracted, perhaps considering his own place on the Jeffersonian ley line.

Respectfully submitted

Joseph P. Stinnett
Secretary

Minutes of the 1,359th Meeting of the Sphex Club

Oct. 4, 2012

President William McIntosh called the 1,359th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 4, 2012 in the board room of Genworth Financial.

Active members Bell, Craddock, Doyle, Elson, Gibbons, Gilmer, Hendricks, Langhorne, Ledford, Light, McIntosh, Nygaard, Payne, Rist, Roberts, Schewel, Sigler, Sorenson, Tiller, Wilson, Wimer and Valentine along with emeritus members Marcy and Petty were present. Active members Dawson, Dolan-Sewell, Foster, Garren, Gillette, Huston, Monk, Parker, Selden, Stinnett, Wilder and Wood sent their regrets to the speaker as did emeritus members Guillermin and Harris.

The speaker, William McIntosh, introduced his spouse, Mary Katherine McIntosh, as his guest. The President also warmly welcomed member to the meeting Member Arelia Langhorne who had suffered a medical condition during the summer, a sentiment in which he was joined by all the other members. President McIntosh also stated the Executive Committee was reviewing the date and format of how the Club's annual meeting is conducted, and noted he will be circulating a questionnaire in the near future for comments by Club members.

Speaker McIntosh then presented his speech, entitled, "All Places Shall Be Hell That Is Not Heaven."

Inspired by dramatist Christopher Marlowe's historical intrigues and catalyzed by Newsweek's celebration of "Vice," a free street monthly and web magazine, this presentation explored the struggle pitting virtue and vice. Illustrated by leaves from a late Carolingian manuscript dealing with that struggle, the exploration took especial note of some likely Platonic (Phaedrus) and Pauline (Letters to Romans, Ephesians, et al.) sources of Psychomachia, the late fourth-century allegorical poem of Aurelius Prudentius Clementis, whose conclusion anticipates the Marlovian notion that "all places shall be hell that is not heaven." (89 words)

The speech concluded at 8:40 and was followed by several thought provoking questions and comments by members Elson, Tiller and Wilson. The meeting adjourned at 9:02.

Respectfully submitted,
Cham Light
Assistant Secretary ✓

Minutes of the 1,360th Meeting of the Sphex Club

Oct. 18, 2012

President William McIntosh called the 1,360th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 18, 2012 in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Craddock, Dawson, Elson, Garren, Gibbons, Gilmer, Gillette, Ledford, McIntosh, Nygaard, Payne, Roberts, Schewel, Stinnett, Tiller, and Wilder were present, along with emeritus members Marcy and Petty. Active members Doyle, Foster, Hendricks, Huston, Langhorne, Light, Monk, and Parker and Valentine, and emeritus member Guillermin, sent regrets.

The speaker, William McIntosh, introduced his spouse, Mary Katherine McIntosh, as his guest.

Getting a jump on the holidays, his speech was entitled, "So Be Good for Goodness' Sake: St. Nicholas in Art and Legend."

Among the Early Christian fathers, St. Nicholas of Patara, Myra, and Bari (c. 270-343?) is, Member McIntosh argued, exceptional for his broad geographical reach, varied miraculous acts, and enduring popular appeal. Prominent in ecclesiastical art and liturgy of both the east and west from the early middle ages onward, the storied saint appears in the avuncular guise of St. Nick by the second half of the nineteenth century, then recast as Santa Claus in the mid-20th, and all but elbows Jesus out of Christmas.

Works by artists such as Ambrogio Lorenzetti, Gentile da Fabriano, Fra Angelico, the Limbourg Brothers, Jean Poyer, Jan Steen, and Thomas Nast illustrated the presentation, which addressed the miracles of St. Nicholas and included a surprise appearance by the devil -- as well as the speaker singing a song in German, apparently about cookies. Krampus, St. Nicholas's evil alter-ego, was also discussed.

The speech was followed by several questions and comments. The meeting adjourned at 9 p.m..

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,361st Meeting of the Sphex Club

Nov. 1, 2012

Vice President Dennis Roberts called the 1,361st meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Nov. 1, 2012 in the board room of Genworth Financial in downtown Lynchburg.

Active members Dawson, Dolan-Sewell, Doyle, Elson, Garren, Gilmer, Hendricks, Huston, Ledford, Light, Monk, Parker, Payne, Rist, Roberts, Schewel, Sigler, Sorenson, Stinnett, Tiller, Wilson, Wimer and Wood were present, along with emeritus members S. Harris and Petty. Active members Bell, Craddock, Gibbons, Langhorne, Nygaard, Valentine, and emeritus member Guillermin, sent regrets.

Minutes of the previous meeting were approved, and there was no old or new business.

Vice President Roberts introduced the evening's speaker, Robin Wood, who in turn introduced his guest and wife, Mina Wood, as his guest.

The title of Member Wood's speech was "Our Fair Ladies." The speaker said at the onset of his remarks that he would not immediately reveal who these ladies were. Instead he spent the first part of his speech discussing his belief that our lives are determined by a series of significant moments. He described these events in his own life, some of which did involve ladies ... including his mother and his wife.

However, the speaker kept his audience guessing when he segued into a synopsis of his first three Sphex papers, and his consideration of his topic for this paper. Then, just as your secretary's normal confusion had reached a fever-pitch, the night's topic was revealed to be not only the three women justices (so far) of the U.S. Supreme Court, but also the success and prominence of women in the law.

Women now compose about 28 percent of the practicing bar, and about 30 percent of all state and federal judges. There have been six woman presidents of the Lynchburg Bar Association, including Sphex member Arelia Langhorne. More than 50 percent per cent of law students today are women.

Member Wood ended his paper with his view that woman are going to continue to grow in influence at the Bar, in the judiciary, and as leaders in the law, saying, "Today mama's can tell their daughters, with confidence, that you can grow up to be a lawyer."

The speech was followed by several questions and comments. The meeting adjourned at 9:05 p.m..

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the
November 15, 2012
meeting are missing.

Minutes of the
January 17, 2013
meeting are missing.

Minutes of the 1,364th Meeting of the Sphex Club

Jan. 31, 2013

President William McIntosh called the 1,364th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Jan. 31, 2013 in the board room of Genworth Financial in downtown Lynchburg. (The Jan. 17 meeting was been canceled due to snow and rescheduled for April 11.)

Active members, Bell, Craddock, Dawson, Doyle, Elson, Foster, Garren, Gilmer, Hendricks, Houston, Langhorne, Ledford, Light, McIntosh, Monk, Nygaard, Parker, Payne, Roberts, Schewel, Sigler, Sorenson, Stinnett, Tiller, Wilder, Wilson, Wimer and Wood were present, along with emeritus members Harris and Petty (?). Active members Dolan-Sewell, Gibbons, Rist and Valentine sent regrets. One guest was present, Mina Wood, wife of member Robin Wood.

Minutes of the previous meeting were approved. An unusual amount of new and old business was covered, including:

- A report from Membership Committee Chair Jim Elson, who reported that the committee would be accepting nominations for two new members through Feb. 28.
- President McIntosh reported that Member Tom Ledford of the Nominating Committee was leading the search for a vice president.
- A report from President McIntosh on the results of a recent survey of the membership on possible changes to the annual meeting format. He began his report with a recounting of a “Beast Fable” involving monkeys, stairs, and bananas and concluded it with the news that the annual meeting format would not be changing. 23 of the 32 active members responded to the 10-question survey.
- Treasurer Robin Wood reported that the club has about \$1,800 in its bank account.

President McIntosh then introduced the evening’s speaker, Member Ted Craddock, whose paper was entitled, “Quietas Castra.” It told of the Lynchburg Camp, founded in the early 20th century, on the Cowpasture River. The founders of the camp and many subsequent members were also members of the Sphex Club.

A group of Lynchburg men began camping for fishing, hunting, and friendship, first along the James River, and ultimately along the Cowpasture River in Bath County. Beginning in 1915, a permanent campsite was established and property was purchased in 1923. Bath County itself was first settled in 1745 by Scotch-Irish immigrants. One of the early residents built a singular stone house on land which adjoins the camp property and is now owned by a member. Bath County also has many limestone caverns near the camp which interested Thomas Jefferson – as well as Member Craddock in his youth.

In addition to the history of the area, the camp and its founders, the paper touched on the right of the public to use the rivers of the state, which has been subject to litigation. Ownership of the river bottom and ability to trace title back to the King's Grant provides legal authority for private use of rivers such as the Cowpasture.

The camp's current membership are third-generation descendants of the founders. Photos of the early campsite and improvements, as well as cabins, cooks, floods and recreation involving members and their families and guests concluded the talk.

The speech was followed by numerous questions and comments and the meeting adjourned around 9:30 p.m.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,365th Meeting of the Sphex Club

Feb. 14, 2013 (Valentine's Day)

Vice President Dennis Roberts called the 1,365th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Feb. 14, 2013 in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Craddock, Dolan-Sewell, Elson, Foster, Garren, Gibbons, Gillette, Gilmer, Hendricks, Ledford, Light, Monk, Nygaard, Parker, Roberts, Schewel, Sigler, Sorenson, Stinnett, Tiller, Valentine, Wilder, Wilson, Wimer and Wood were present. Active members Dawson, Doyle, Huston, Langhorne, McIntosh, Payne, Rist and Schewel sent regrets. (My notes are incomplete on emeritus members.)

Minutes of the previous meeting were approved with one change: Member Elson noted that the club was actually seeking three new members, from up to six nominations.

Vice President Roberts then introduced the evening's speaker, Member Jo Ellen Parker, whose paper was entitled, "Just What Do You Think You're Doing, Dave?"

The paper began with a look at why some new technologies cause some people to freak out while others don't. One theory holds that technologies that simultaneously change the user's relationship to time, to space, and to other people tend to create a "moral panic" reaction. And when people experience moral panic, they often focus their concerns on the welfare of women and children. From Socrates to Samuel F.B. Morse, history provides instructive and amusing examples. One of these involved early electric lighting, for example, which some people thought might actually endanger women and children because it would make them more visible at night in their homes. Today, we experience frequent bouts of moral panic in response to the Internet.

An emerging -- but long-anticipated -- technology, artificial intelligence, may challenge that theory. Some have argued that artificial intelligence constitutes not an occasion for moral panic but a sense of "existential threat." Non-biological intelligence requires us to ask not what human life will be like, but what human life actually is. The speech concluded with the thought-provoking possibility of turning moral panic into moral aspiration.

The speech wrapped up around 8:55 and was followed by numerous questions and answers, and the meeting adjourned around 9:20 p.m.

Respectfully submitted,

Joe Stinnett
Secretary ✓

Minutes of the
February 28, 2013
meeting are missing.

Minutes of the 1,367th Meeting of the Sphex Club

March 14, 2013

President Bill McIntosh called the 1,367th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on March 14, 2013 in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Dawson, Elson, Foster, Garren, Gibbons, Gillette, Hendricks, Houston, Langhorne, Ledford, Light, McIntosh, Monk, Parker, Payne, Roberts, Sigler, Stinnett, Tiller, Valentine, Wilson, Wimer and Wood were present, with emeritus member Marcy.

Active members Bell, Doyle, Gilmer, Nygaard, Rist, Schewel, Sorenson, and Wilder sent regrets to the speaker, as did emeritus members Moon and Petty.

Under new business, the club voted unanimously to cancel the April 11 snow make-up meeting and not reschedule it due to conflicts with other events including the Bill Quilian centennial. The scheduled speaker, yours truly, will present his speech at the first meeting in the fall, on Sept. 19.

Membership chair Jim Elson then presented a list of five candidates to fill three open seats in the club. The members who suggested each candidate spoke briefly about why their nominee would be a good Sphex member.

Member Elson and the club then discussed the voting procedure for the March 28 meeting. Active members who are unable to attend may e-mail their proxy votes to the secretary for up to three of the five nominees no later than March 27. Assuming a quorum of 16 at the March 28 meeting, the proxy votes will be added to the ballots of members in attendance. Nominees who receive 75 percent of votes (of those present and proxy) will be considered elected.

Members present on March 28 will then consider nominees for any remaining vacancies. At the suggestion of Member Jim Houston, and approved unanimously, they will do this by voting "yes" or "no," starting with the nominees receiving the highest number of votes on the first ballot, until someone receives 75 percent of the vote. The sense of the membership seemed to be that this procedure would be followed at most twice.

In other business, president McIntosh said that plans were under way to hold the annual meeting in May, at a date to be determined, probably May 16 or May 8.

President McIntosh then introduced the evening's speaker, Member Tom Tiller, whose topic was lying: "When Regard for the Truth has been Broken Down or Even

Slightly Weakened, All Things Remain Doubtful.”

With examples of notable lies by officials for office throughout U.S. history, (and including a not-so-veiled allusion to a recent local election) the speaker called attention to such lying as a pervasive and long-standing practice with important consequences – a situation we must strive to improve upon.

The primary resource for the talk was the book “Lying: Moral Choice in Public Life,” by the moral philosopher/applied ethicist Dr. Sissela Bok. Addressing lying as a moral issue with corrosive consequences, she drew upon resources such as St. Augustine, Thomas Aquinas, and others. The quote used as the title of the talk came from Augustine and is also the epigraph of her book’s introduction.

The speaker described strong arguments against lying in public life, even though it is not always possible to know the whole truth, and even though there may be times when lies may be temporarily justified. However, to be justified in a democracy, the rare necessary lies must be with advance categorical permission and/or with open disclosure, explanation, and debate soon afterward. As framed by another ethicist, Dr. Elizabeth Kiss, national security matters present special difficulties, and the speech included suggestions for how that standard can be met, and for addressing the overall problem.

The speaker strongly endorsed Professor Bok’s position that the argument that “those who raise moral concerns (about lies) are ignorant of the political realities” should be met not with dismissal of the concerns, but with a better description of what those realities are, leading to a “more careful and informed debate.”

The speaker concluded with a quote from the closing statement of Dr. Bok’s book: “Trust and integrity are precious resources, easily squandered, hard to regain. They can thrive only on a foundation of respect for veracity.”

The speech ended at 9:20 and after questions and discussion, the meeting adjourned at 9:35.

Respectfully submitted,

Joe Stinnett
Secretary

email from Jim E.
after 3/14/13 meeting

Stinnett, Joseph P.

Hello Joe,

I wanted to check with you to make sure I am adhering to the official version of what happened last night, so I may get my instructions to Maureen for the March 28 meeting correct. I will send them to her on Monday (March 18th) for her notice to the Sphex membership.

1. The club agreed that March 28 will be the last meeting of the year. In view of Dr. Quillian's centenary there will be no snow date makeup on April 11 or later.
2. According to my "Proposed Schedule of Speakers 2012-2013, Revised - October 12, 2012," the four speakers for the rest of 2013 should be.

(1) September 19, you, (2) October 3, Ellen Nygaard, (3) October 17, Tom Ledford, (4) October 31, Regina Dolan-Sewell (swap with Marc Schewel this year), and (5), November 14, Julius Sigler. This follows our tradition of 5 meetings at the end of the year and seven at the beginning of the following year.

Concerning the club's agreed-on procedures about voting for new members at the March 28 meeting:

I will send a copy of the list of the five nominees I read to the club last night to Maureen. She will attach it to the notice for the March 28 meeting. Active members who are unable to attend may e-mail their proxy votes to YOU for up to three of the five nominees no later than March 27. At the March 28 meeting you will give members of the nominating committee your proxy vote count to add to the ballots of members in attendance (assuming we have a quorum of 16). Nominees who receive 75% of votes of those present and those voting by proxy will be considered elected. Members present will then consider nominees for any remaining vacancies in the original three vacancies. They will do this by voting "yes" or "no," starting with the nominees receiving the highest number of votes on the first ballot until someone receives 75% of the vote. I imagine we would not want to follow this procedure more than twice--perhaps only once.

Does this match what you have in your minutes?

Minutes of the 1,368th Meeting of the Sphex Club

March 28, 2013

President Bill McIntosh called the 1,368th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on March 28, 2013 in the board room of Genworth Financial in downtown Lynchburg.

The speaker for the evening, Dr. Boyd Rist, introduced guests including his wife, Norma Jean Rist, and colleague Dr. Emily Heady.

Active members Bell, Craddock, Dawson, Dolan-Sewell, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Huston, Ledford, Light, McIntosh, Rist, Roberts, Schewel, Stinnett, Tiller, Valentine, Wilder, Wilson, Wimer and Wood were present, as well as emeritus members Marcy and Guillermin.

Active members Gibbons, Hendricks, Langhorne, Monk, Parker, and Sorenson sent regrets, as did emeritus members Moon and Petty.

Nominating committee chair Tom Ledford presented the slate of officers for next year, which included Dennis Roberts, president; Hermina Hendricks, vice president; Robin Wood, treasurer; Joe Stinnett, secretary, and Cham Light, assistant secretary.

After guests left the room, voting was conducted by secret ballot for new club members. Two new Sphex members were elected, Thomas E. "Ted" Delaney and Hylan T. "Hank" Hubbard III.

In other new business, minutes were approved for the March 14 meeting, and President McIntosh expressed his appreciation to the three committee chairs for the 2012-13 club year: Rick Sorenson, program; Tom Ledford, nominating; and Jim Elson, membership. He also urged members to let Maureen Hammer know as soon as possible if they planned to attend the May 8 annual meeting at St. John's Episcopal Church. Planned and organized by Member Rick Sorenson, the event turned out to be well-attended and featured local Dr. Robert Sullivan, who recently climbed Mt. Everest, as speaker.

President McIntosh then introduced the evening's speaker, Dr. Boyd Rist, whose topic was "Leave It As It Is. You Cannot Improve Upon It." His speech took a look at the founding of the national park system and the beginnings of environmental preservation in the West, with a focus on the involvement of President Theodore Roosevelt.

The last quarter of the 19th Century and the first decade of the 20th were a unique moment in American history. A conservation ethic slowly emerged, driven by a number of forces and individuals unique to the period, our speaker noted. The West, both as a geographical place and as an image in the American mind, played a powerful role in shaping the new sensibilities.

The speaker touched on the various movements and events that caused many to look on the western landscape in a new way; and he also discussed a number of remarkable individuals who were involved, leading up to Theodore Roosevelt, who in his pre-presidential life and finally through the Presidency would draw these disparate influences into a sustained wilderness conservation movement.

Roosevelt said in 1910 that he would refer to conservation as meaning “development as much as protection,” but added, “I do not recognize the right to waste (natural resources) or to rob, by wasteful use, the generations to come after us.” He noted that Americans continue to work out that definition generations later.

This synopsis likely does not do justice to the full range of the speech, and indeed, the speaker’s summary itself, in what seems to be emerging as a new Sphex tradition, was three to four pages long rather than three to four paragraphs.

The speech concluded at 9:35, was followed by several questions and answers, and the meeting was adjourned by President McIntosh in his final official act as Sphex president for 2012-13.

Respectfully submitted,

Joe Stinnett
Secretary

SPHEX CLUB OF LYNCHBURG
Report of the Nominating Committee
March 28, 2013

Members: Tom Ledford (chairman), Marc Schewel, Tom Tiller

Nominations for:

President: Dennis Roberts

Vice President: Hermina Hendricks

Treasurer: Robin Wood

Secretary: Joe Stinnett

Assistant Secretary: Cham Light

Respectfully submitted,
Tom Ledford

Minutes of the 1,369th Meeting of the Sphex Club

Sept. 19, 2013

President Dennis Roberts called the 1,369th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Sept. 19, 2013 in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Craddock, Dawson, Delaney, Doyle, Elson, Garren, Gillette, Gilmer, Hendricks, Huston, Hubbard, Langhorne, Monk, Parker, Payne, Rist, Roberts, Schewel, Sigler, Stinnett, Tiller, Wilson, Wimer and Wood were present, with emeritus member Marcy. Members Foster, Gibbons, Light, McIntosh, and Wilder sent regrets, along with emeritus member Moon.

New club members Ted Delaney and Hank Hubbard were recognized by the president.

Minutes of the previous meeting, the last of the 2012-2013 club year, were read and approved. The evening's speaker, Joe Stinnett, introduced his guests, including his wife, Ellen Stinnett, and sons, Drew and Patrick.

Under new business, Member Gina Dolan-Sewell has requested a year's leave of absence – she's the new chairman of the Lynchburg School Board – and that was unanimously approved following a motion by Robin Wood.

President Roberts then introduced Stinnett, whose paper was entitled, "Pharaoh meets the Farmer."

Stinnett's paper was a profile of 20th century American jazz musician Herman Blount, better known as Sun Ra. Ra was a big band leader whose music ranged from smooth to dissonant, from easy-listening to flat-out crazy. And some of the questions after the speech posed just that question, was he actually psychotic?

In addition to music, which he lived pretty much 24 hours a day seven days a week, Ra's interests included poetry, literature, numerology, outer space, and Egyptology. Several scholars now see him as part of the Afro-Futurism movement of the 1960s. The paper ended with a description of a Sun Ra Arkestra concert in Lexington, Va., in 1988, when Ra, who sometimes adopted the trappings of an ancient Egyptian ruler, had a friendly encounter with someone who appeared to be his polar opposite, an older member of the audience dressed in tan farm work clothes.

After several questions and answers, the meeting was adjourned.

Respectfully submitted,

Joe Stinnett
Secretary



Minutes of the 1,370th Meeting of the Sphex Club

Oct. 3, 2013

President Dennis Roberts called the 1,370th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 3, 2013 in the board room of Genworth Financial in downtown Lynchburg.

Active members Dawson, Delaney, Doyle, Gibbons, Gilmer, Hendricks, Huston, Hubbard, Langhorne, Ledford, Light, Nygaard, Payne, Roberts, Schewel, Sigler, Sorenson, Stinnett, Tiller, Wilder, and Wilson were present, along with emeritus member Marcy. Regrets were received from Bell, Garren, Gillette, McIntosh, Monk, Parker, Rist, Valentine, and Wood.

Minutes of the previous meeting were read and approved. The evening's speaker, Tom Ledford, introduced his guest, his wife Molly.

President Roberts mentioned that the possibility of a Sphex Club web site had been suggested by a member, and the president said he would bring it up for discussion at the next meeting.

Roberts then introduced Tom Ledford, whose speech was entitled "More Water!" The speaker noted that this was his third Sphex presentation on the topic of water.

His speech, which included numerous colorful anecdotes, covered the evolution of the pioneering Lynchburg public water system. The speaker termed it "a positive story of water and how the need for an abundant supply of clean, healthy water has been acquired through a series of sound public policy decisions made over the course of the last 200 years ... a story of civic determination, enlightened leadership and brilliant engineering that we are reminded of only when we reach for the water tap and the water flows."

The story of Lynchburg's water involved the city's founder, John Lynch, not to mention locust logs and cedar pipes. The logs even had to be bored out with a hot iron rod. Other personalities included Confederate veteran August Forsberg, who was the first City Engineer. The contributions of Albert Stein and W. Martin Johnson were also covered.

The speaker concluded with a discussion of the water system in the late 20th century and the Abert water plant, with its capacity for expansion that can supply the city and surrounding customers with water far into the future.

After several questions and answers, the meeting was adjourned.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,371st Meeting of the Sphex Club

Oct. 17, 2013

President Dennis Roberts called the 1,371st meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 17, 2013 in the board room of Genworth Financial in downtown Lynchburg.

Active members Elson, Foster, Garren, Huston, Hubbard, Langhorne, Ledford, Light, Nygaard, Payne, Rist, Roberts, Sigler, Sorenson, Stinnett, Tiller, Valentine, Wilder, Wimer and Wood were present, with emeritus member Petty. Members Bell, Dawson, Delaney, Doyle, Gibbons, Hendricks, McIntosh, Monk, Parker and Schewel sent regrets.

Minutes of the previous meeting were approved with one correction. No guests were in attendance.

Under new business:

- Following a brief discussion of the pros and cons of the Sphex Club having a web site, President Roberts appointed members Light, Valentine, and Stinnett to investigate and report back.
- Member Robin Wood noted that the club currently has three inactive members, two of whom are in their second year of inactivity, and suggested that their status be brought to the attention of the membership committee so that any openings going forward could be filled.
- President Roberts suggested that members not send regrets to all members, but only to the speaker, president, and secretary.

President Roberts then introduced the evening's speaker, Dr. Julius Sigler, whose topic was "Presumptions, Prophecies and Predictions."

He introduced his topic with an entertaining look at many predictions which have turned out to be untrue – including that the airplane would have no military value, that the telephone had no commercial possibilities, that the early Beatles did not deserve a record contract, that Japanese cars would never get a big share of the U.S. auto market, and that in Margaret Thatcher's era, there would never be a woman prime minister – and that came from Thatcher herself.

The paper also covered political predictions from supposedly well-informed commentators. Those predictions have all the accuracy of a coin flip, the speaker noted. He also touched on the difference between a prediction, which involves an unexpected outcome, and forecasts, which often involve a variety of possible outcomes.

Dr. Sigler's paper delved into the heart of the current basis for many predictions, the mathematical field of statistics based on data collection. (Out of respect for the membership, he kept this part brief.) He noted that despite statistical inferences, predictions involving complex systems remain difficult, and his conclusion noted, "The problem, at least in the public realm, is not a lack of information. Rather, it's how our minds work no matter how smart we think we are."

After several questions and answers, the meeting was adjourned.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,372nd Meeting of the Sphex Club

Oct. 31, 2013

President Dennis Roberts called the 1,372nd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 31, 2013, Halloween Night, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Dawson, Delaney, Doyle, Elson, Garren, Gillette, Gilmer, Hubbard, Ledford, Parker, Roberts, Schewel, Stinnett, Tiller, Wilder, Wilson, and Wimer were present, with emeritus member Petty. Members Gibbons, Hendricks, Langhorne, Light, McIntosh, Monk, Nygaard, Payne, Rist, Sorenson, Valentine, and Wood sent regrets.

The speaker, Marc Schewel, introduced his guests, who included his mother Helene Schewel, and friends Jacquie Glanz, Rosemary Dawson, Frank and June Britt, and Tom Prest.

Minutes of the previous meeting were read and approved, and President Roberts introduced Mr. Schewel, whose topic was "A Mighty Likeable Fellow."

Drawing on Susan Cain's 2012 study of personality types, "Quiet: The Power of Introverts in a World That Can't Stop Talking," Mr. Schewel questioned conventional wisdom that groupthink is the proper source of creativity and intellectual achievement. Contrary to the claims of such experts as organizational consultant Warren Bennis, who wrote, "None of us is as smart as all of us," he quoted Stephen Wozniak, inventor of the personal computer, who wrote in his autobiography that inventors and engineers are like artists who work best alone.

Such failures of groupthink are evidence that it is a mistake to adhere blindly to the cultural norm and embrace wholeheartedly the "Extrovert Ideal" – which glorifies the qualities of sociability, assertiveness, and loquacity over those of introversion, or comfortable privacy, introspection, and reserve. And that was good news for our speaker, whose 75 percent score on Ms. Cain's personality test branded him definitely an introvert. In fact, he said, all the introverts described by Ms. Cain in her book reminded him all too well of himself.

Mr. Schewel briefly reviewed the history of the evolution of the "Extrovert Ideal," which was driven largely by demographics at the turn of the nineteenth century. As people migrated to cities in search of new jobs, they found themselves no longer working with neighbors but with strangers. How one was perceived by others assumed a higher value than his private behavior; the way to get ahead was to become "a mighty likeable fellow."

An individual's temperament – his behavior and emotions that are observable in infancy and early childhood – and, by extension, his personality – the mature product of those patterns – have biological origins. The level of one's reactivity is related to the excitabil-

ity of his amygdala, the organ in the brain which regulates certain properties of the nervous system and detects threats or novelties. The characteristics of the amygdale, and thus the footprint of a high- or low-reactive temperament, persist into adulthood.

In the second part of his paper, Mr. Schewel explained how classic introverts like him can transform themselves into pseudo-extroverts, how a shy, tight-lipped, awkward tenth grader and later boss's son can become an executive, mentor, raconteur, and master of ceremonies.

After several questions and answers, the meeting was adjourned.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,373rd Meeting of the Sphex Club

Nov. 14, 2013

President Dennis Roberts called the 1,373rd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Nov. 14, 2013, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Delaney, Garren, Gibbons, Gilmer, Hendricks, Hubbard, Huston, Langhorne, Ledford, Light, Monk, Nygaard, Parker, Payne, Rist, Roberts, Schewel, Sigler, Stinnett, Tiller, Valentine, Wilder, Wilson, Wimer and Wood were present. Active members Elson, McIntosh and Sorenson sent regrets, along with emeritus member Petty.

The speaker, Robert Wimer, introduced his guest, his wife Betty.

Minutes of the previous meeting were read and approved.

Under new business, President Roberts announced committee appointments including Ted Craddock, Hank Hubbard, and Tom Tiller to the membership committee; Julie Doyle, Anne Gibbons, and Graham Gilmer to the nominating committee; and Carolyn Bell, Ted Delaney, and Joan Foster to the program committee.

Under old business, a committee – Joe Stinnett, Cham Light, and Shannon Valentine -- appointed to look into the possibility of a Sphex web site suggested a membership survey to gauge the opinion of the group on the matter. After some discussion, President Roberts agreed and the survey was to be emailed to the membership over the holidays.

President Roberts introduced Mr. Wimer, whose speech was entitled, "A Fortune in Our Midst."

His topic was Nelson County native Thomas Fortune Ryan, a financier who "proved to be one of the shrewdest builders of wealth Wall Street had ever seen." Ryan was so well known in the late 1800s and early 1900s that a New York newspaper kept one editorial writer busy attacking him full-time. When Ryan died in 1928, he was the 10th richest American and was known not only as a "robber baron" but also as a philanthropist who provided extravagant amounts to the Catholic church, education, and the fine arts.

Ryan received his early education in Lovington and moved to Baltimore in 1868 when he was 17 to seek his fortune, Mr. Wimer noted. By 1893, he had organized the country's first "holding company," controlled most of New York City's street car operation and was living in a Fifth Avenue mansion. He also owned controlling interests in railroads, tobacco, and insurance. His activities were not limited to the United States -- at one point he was the world's major owner of Congo diamond mines.

Ryan retired to his Oak Ridge estate near Shipman in Nelson County in later life. He transformed Oak Ridge from a small, federal style dwelling into a 50-room colonial mansion, with 5,000 acres, as many as 300 workers, and 200 thoroughbred horses.

Mr. Wimer concluded his paper by noting that Oak Ridge was recently host to the Lockn' music festival, which featured some excesses of which Ryan likely would not have approved, although "he would have smiled at the revenues ... the music fest generated for the promoters."

After several questions and answers, the meeting was adjourned.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,374th Meeting of the Sphex Club

Jan. 2, 2014

President Dennis Roberts called the 1,374th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Jan. 2, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Craddock, Delaney, Doyle, Elson, Garren, Gillette, Hendricks, Hubbard, Langhorne, Ledford, Light, Monk, Parker, Roberts, Schewel, Sigler, Sorenson, Stinnett, Wilson and Wood were present. Members Dawson, Gilmer, McIntosh, Nygaard, Payne, Rist, Tiller, Valentine, and Wilder sent regrets, along with emeritus member Petty.

The evening's speaker, Member Hermina Hendricks, introduced her guests, the Soulsters from the Hill of Diamond Hill Baptist Church. President Roberts introduced his guest, his wife.

Minutes of the previous meeting were read and approved, and there were no committee reports. President Roberts noted that potential nominations are being sought for vacancies in the club; and that the survey about a Sphex web site had been e-mailed to members.

Roberts also announced that member Anne Gibbons had submitted a letter resigning from the club – and solicited volunteers, or a volunteer, to fill in for her upcoming speech. He then introduced the evening's speaker, Hermina Hendricks.

Hendricks' paper was entitled, "Climbing Jacob's Ladder In a Strange Land" and traced the journey of black American composers from roots in the European and folk traditions to the music of today. Highlighted by wonderful singing from the Soulsters on the Hill -- member Hendricks directs the group -- the presentation began with the 19th century Romantic period of European music and carried through the growth and development of an American style of music.

In the late 19th century, Composer Antonin Dvorak called for the formation of an American school of composition influenced by the folk music of the land, specifically that of African Americans. From Dvorak, the presentation continued through a discussion of composers Robert Nathaniel Dett, Undine Smith Moore, and Lena McLin.

Dett was a black American composer, pianist, and educator of the early 20th century, who taught Lynchburg's Vivian Flagg McBrier. Moore, a Virginian, was known as "the dean of black women composers." McLin is a renowned composer of cantatas, masses, spirituals, anthems, rock operas, soul songs, and other works, and she taught popular singers R.Kelley and Whitney Houston.

Accompanied by Hendricks on piano, The Soulsters from the Hill contributed solos and group singing at various points throughout the presentation, illustrating themes from the speech,

which concluded with a brief discussion of how songs like “Jacob’s Ladder” comforted people in the midst of oppression and struggle from slavery times through the Civil Rights movement and beyond.

Accompanied by the Soulsters softly humming that tune, Hendricks concluded with a quote from the Rev. Joseph Lowery, who wrote, “Life is a strange land, but we are called to preach God’s Word in strange circumstances. We must sing the Lord’s song, do his will even in and under strange circumstances.”

Following questions and answers and introductions of the individual members of the Soulsters, the meeting was adjourned.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,375th Meeting of the Sphex Club

Jan. 16, 2014

President Dennis Roberts called the 1,375th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Jan. 16, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Craddock, Delaney, Doyle, Elson, Foster, Gillette, Gilmer, Hubbard, Langhorne, Ledford, Light, Payne, Rist, Roberts, Schewel, Sigler, Stinnett, Tiller, Valentine, Wilder, Wilson, Wimer and Wood were present. Members Dawson, Huston, McIntosh, Parker and Sorenson sent regrets.

The evening's speaker, Dr. Michael Gillette, introduced his guests, his wife Jody (sp?) and his parents, Bob and Marcia (sp?) Gillette. The minutes of the previous meeting were approved as corrected.

The club's three inactive members plan to return in the fall, and it was noted that the club can fill two vacancies, which would bring the total membership to 38, which is allowed by the bylaws – including 33 active members, the three inactive, and two new members. The membership committee chaired by Tom Tiller is soliciting names of potential new members and asked for suggestions by the next meeting.

In other business, the program committee chaired by Carolyn Bell is working on plans for the annual meeting, seeking the “perfect” confluence of time and date. Also, President Roberts asked that the results of the web site survey be sent to the web committee.

President Roberts then introduced the evening's speaker, Dr. Michael Gillette, whose topic was “It Is Not In Heaven.” His presentation covered the Talmud, the record of oral law as passed down from generation to generation in the Jewish faith, along with commentaries and debates about that law.

The speech not only included the Talmud and its format, but also took a look at the history of Judaism and its three main branches – Orthodox, Reform, and Conservative.

Dr. Gillette explained that the pages of the Talmud are organized around a Mishnah, an actual statement of law; and include a Gemara, the insights of a later set of scholars, as well as further commentary and discussion. Much of his presentation was devoted to an explanation of the Talmudic process, with two examples: One, a detailed explanation of how Rabbinic scholars would figure out when Shabbat begins and ends in the Arctic summer, when the sun does not set; and the second, a consideration of how to determine when “brain death” occurs based on Talmudic reasoning.

He explained the step-by-step logical reasoning process that is involved in analyzing the question, studying and thinking about each component of that analysis via previous teaching, and reaching a conclusion. (As Dr. Gillette noted early on, “any attempt to encapsulate Jewish phi-

osophy into a short synopsis is very difficult,” so pity the poor scribe (me) who attempts to summarize the summary.)

The presentation concluded with an explanation of the title – “According to Jewish tradition, God does not just tell us the answer to our problems. We can’t just pray for a voice from heaven to tell us what to do. We can, however, reason to a conclusion ... And thus, to the Jewish mind, the answers are never found in heaven, but always on Earth.

Following a number of questions and answers, the meeting was adjourned.

Respectfully submitted,

Joe Stinnett
Secretary

Subj: Est. Website, ft. fke.d

Votes	Questions
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18	<p>Yes</p> <table border="1"> <tr> <td data-bbox="316 430 418 499">7</td> <td data-bbox="418 430 1453 499">Yes, with privacy protections clearly outlined</td> </tr> <tr> <td data-bbox="316 499 418 569">4</td> <td data-bbox="418 499 1453 569">Yes, if it is closed to members only</td> </tr> <tr> <td data-bbox="316 569 418 638">6</td> <td data-bbox="418 569 1453 638">Yes, with the option of having speeches published</td> </tr> <tr> <td data-bbox="316 638 418 707">4</td> <td data-bbox="418 638 1453 707">Yes, but with concerns. See below.</td> </tr> </table>	7	Yes, with privacy protections clearly outlined	4	Yes, if it is closed to members only	6	Yes, with the option of having speeches published	4	Yes, but with concerns. See below.
7	Yes, with privacy protections clearly outlined								
4	Yes, if it is closed to members only								
6	Yes, with the option of having speeches published								
4	Yes, but with concerns. See below.								
11	No								
Concerns	<p>Website maintenance</p> <p>Who will maintain the website and what is the expense?</p> <p>Publishing the speeches might change the dynamic of the talks themselves. Would speakers become more inhibited in their choice of topics if they believe that their comments will be heard outside of a “safe” group?</p> <p>I’m not convinced that this effort or expense is warranted, but would not disagree if a majority of members are in favor.</p> <p>I have two concerns—first someone will have to maintain the site. That involves more work than one might imagine. The second has to do with the possible publication of papers. I believe that members, including myself, will have to be much more careful about attribution (footnoting) than we currently are.</p> <p>I am ambivalent about the website idea. The main advantage I can see is that the site would have electronic citations in any posted papers easy to use. But somebody – who? – would have to manage the site, and so far we seem to have functioned all right with plain old e-mail. I’m not violently opposed, though, as long as we could be sure that the site would be well managed and appropriately restricted.</p>								

Subj: Website, theme, affect, % off % website

9	RSVP’s
14	Dates of Meetings
12	Ability to read speeches, if published
10	Greater understanding of SPHEX

10	Tool for introducing new members to SPHEX
11	Promotion of Annual Meeting
Other benefits	<p>Greater viability and interest in the organization.</p> <p>Membership information/bios – especially for new members.</p> <p>Ability to check on topics previously covered, in order to avoid duplications.</p>

Additional Comments

- I like the idea of a website with limits. There is something to be said for reserving a bit of the quaint nature/mystery of SPHEX in the information age.
- I am of the opinion that this website is not really needed for our small, intimate club.
- I just don't see the need or purpose for a website. Do we want to open our organization and its activities to the public? Why would we? If it would be just for members, what purpose would that serve that email or even (shudder) Facebook can't? I am concerned that the responsibility of maintaining the website would be a challenge. I believe that a poorly maintained website is worse than no website at all. If the goal is to have the published papers available on line, how about seeing if a link to them could be included on the Jones Memorial Library website? Just some thoughts to consider.
- What are we trying to accomplish by having a website? I don't think that we would use it much for mundane business, especially since nominations and elections are secret. If it is to spread the word about the organization, why are we a closed organization with limited membership?
- The quality of papers might improve if they will be "published," but will this make it harder to recruit members who might not be up to the pressure?
- Websites are extremely difficult to maintain over the long-term, especially for an organization with no staff. To me, the hassles and expense outweigh the benefits.
- I don't see why we need a website, and I know that maintaining it would become another job in itself (since I don't really believe it would eliminate other tasks Maureen does already). So I am not in favor.

Sphex Club Minutes for January 30, 2014 / 1,376th Meeting

President Dennis Roberts called the 1,376th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on January 30, 2014 in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Craddock, Dawson, Delaney, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Ledford, Light, Payne, Roberts, Schewel, Sigler, Tiller, Wimer and Wood were present. Members Hendricks, Houston, McIntosh, Nygaard, Ritt, Stinnett, and Valentine sent regrets.

The President introduced the "Mystery Speaker," Marc Schewel, who had volunteered to fill-in on the schedule due to the opening resulting from the resignation of Anne Gibbons from membership. Mr Schewel's topic was " Who Killed Little Mary ?"

The presentation involved Leo Frank and the sad death of Mary Phagan. Specifically:

The mutilated body of thirteen-year-old Mary Phagan was found by night watchman Newt Lee in the basement of the National Pencil Factory in Atlanta, Georgia, on April 27, 1913, along with two strange notes transcribed in Negro dialect. Two days later Leo Frank, the Jewish superintendent who was the last person known to have seen Mary alive when she came to pick up her wages and had acted suspiciously when interviewed by the police, was arrested and charged with murder.

A month later, in a series of three affidavits coaxed from him by the police, Jim Conley, Negro sweeper at the factory, swore that Frank had summoned him to the factory on April 26 to stand guard in the lobby, had called him to his office where he found the dead girl, had asked him to move the body to the basement, and had dictated the murder notes for him to write.

On July 28, the most sensational trial in the history of Georgia was called to order. The prosecutor was Hugh Dorsey, who was anxious to redeem his tarnished reputation. Frank was defended by renowned lawyers Luther Rosser and Rueben Arnold.

The prosecution's case rested on the blood stains and hair strands found in factory workroom, on witnesses testifying to the sexual depravity and improprieties of Leo Frank, and on the testimony of Jim Conley. The defense sought to prove that Frank did not have enough time to commit the crime and dispose of the body, that his character was of the highest caliber, and that Jim Conley was liar.

Conflicting testimony on both sides was inconclusive. In over thirteen hours of cross-examination, Arnold and Rosser were unable to shake Conley's confidence or undermine his allegations.

Throughout the trial Judge Leonard Roan struggled to sustain decorum as spectators cheered the prosecution and an angry mob could be heard rumbling in the streets. He orchestrated an agreement whereby Frank would not be present when the verdict was read.

On August 25 Frank was pronounced guilty and sentenced to hang.

Frank's lawyers would conduct a number of appeals to the trial judge, the circuit judge, the Georgia Supreme Court, and the U. S. Supreme Court seeking a new trial – based on such claims as the repeated denigration of Frank's character, his absence during the reading of the verdict, and the hostile and poisonous atmosphere that surrounded the trial. All were denied.

A number of national figures became involved in the case, including Louis Marshall, president of the American Jewish Committee, Adolph S. Ochs, Publisher of the *New York Times*, Albert Lasker, advertising Magnate, William Burns, renowned detective, and muckracker Christopher Powell Connolly, who wrote an 18,000 word essay in *Collier's Weekly* arguing that Frank had been framed and was innocent.

Populist firebrand Tom Watson filled his *Jeffersonian* newspaper with anti-Semitic rants against Frank and his supporters, demanding that Mary Phagan be avenged. Within eighteen months he more than tripled his circulation.

Frank's last line of defense was Georgia governor John Slaton, who turned out to be the only hero in the sordid tale. He heard the final appeal, studied all the trial documents, visited the murder site, and on June 21, 1915, courageously ordered Frank's death sentence commuted. He was convinced Jim Conley had lied.

The end for Leo Frank came two months later. Acting under orders from three of Marietta's most respected citizens, Herbert Clay, John Tucker Dorsey, and Judge Newt Morris, who had managed to bribe the prison officials with a promise of state aid, a gang of twenty-five abducted Frank from the State Prison Farm in Milledgeville, transported him 150 miles to Marietta, Mary Phagan's home town, and hung him in plain sight on the morning of August 17.

Mr. Schewel concluded with these sobering facts:

The lynching of Leo Frank occupies a singular place in American history. It is the only lynching in which the victim was a Jewish person and in which anti-Semitism was a factor. It is the only lynching in which the victim was seized from a state prison (as opposed to a local jail) and in which he was carried over a long distance before he was killed. It is the only lynching not to occur within hours or days of the victim's falling under suspicion. It is the only lynching which can be justifiably be deemed "state-sponsored," since government officials were deeply involved in its planning and consummation.

Following a number of questions and answers the meeting adjourned at 9:30.

Respectfully submitted,

Cham Light

Acting Secretary

Minutes of the 1,377th Meeting of the Sphex Club

Feb. 27, 2014 (Feb. 13 meeting canceled due to snow)

The 1,377th meeting of the Sphex Club of Lynchburg was held on Feb. 27, 2014, in the board room of Genworth Financial in downtown Lynchburg. President Dennis Roberts called the meeting to order at 8 p.m.

Active members Dawson, Delaney, Doyle, Elson, Foster, Gilmer, Huston, Hubbard, Ledford, Nygaard, Payne, Rist, Roberts, Schewel, Stinnett, Tiller, Valentine, Wilder, Wilson, and Wimer were present. Members Bell, Gillette, Hendricks, McIntosh, Sorenson, and Wood sent regrets. Dr. Graham Gilmer, the evening's speaker, introduced his guest, his wife, Helen, and minutes of the previous meeting were approved as corrected.

On behalf of the membership committee, Membership Chair Tom Tiller announced the names of eight nominees to fill two vacancies in the club. A vote was scheduled for the next meeting, with each member voting for two nominees on the first ballot, followed by further ballots as necessary.

President Roberts, on behalf of Program Committee Chair Carolyn Bell, announced that Dr. Ted DeLaney, professor of history at Washington & Lee University, had agreed to speak at the club's annual meeting, set for May 29 at the Academy of Fine Arts. He will discuss the 50th anniversary of the Civil Rights Act.

President Roberts then introduced the speaker, Dr. Graham Gilmer, whose topic was "Tomato, Tomahto, Potato, Potahto." Dr. Gilmer had already tipped his hand to the actual topic of the speech because he had brought two of his beautiful bonsai trees with him and they were on display throughout the speech, which explained how art and botany intersect in the cultivation and training of these plants. (And the secretary tips his hat to Dr. Gilmer as well, who provided an excellent three-paragraph synopsis of his speech, as follows.)

Literally translated from the Japanese, the term bonsai means a tree in a pot, or more specifically a planting in a low-sided tray. Historically the practice of growing small trees in containers started in China, but became entrenched in Japanese culture during the 11th and 12th centuries. By the late 19th century bonsai had become an industry within Japan with many professional artists and commercial growers supplying an enthusiastic population within Japan. World War II and the American occupation of Japan provided an interest that spread to America and other parts of the world.

The United States National Arboretum was established in 1927 to serve the public need for scientific research, education and gardens that conserve and showcase plants to enhance the environment. One portion of the National Arboretum is the National Bonsai and Penjing Museum, formed as a result of the Bicentennial gift in 1976 by the Japanese people. 53 bonsai trees were

presented to the arboretum including a five-needle white pine that has been in training since 1625 and which more recently in its history survived the atomic blast in 1945 in Hiroshima. In addition, a large gift from Dr. Yee Sun Wu of Hong Kong allowed the museum to expand within the arboretum, giving credit to the Chinese tradition of growing small trees in simple containers. Dr. Gilmer noted that growing bonsai becomes a consuming hobby requiring daily watering, constant pruning of the above-soil plant, as well as frequent pruning of the roots to maintain its small size within a container. The pruning of both top and bottom following predetermined guidelines allows the beauty of the tree to be maintained. Multiple styles exist including formal and informal upright, slanting style, cascades, root over rock, forest-group plantings, and literati. Despite the constant attention required, he said, the ongoing results of a well-designed and healthy tree are more than satisfying. Multiple pictures of the speaker's plants as well as plants from the National Arboretum were shown as part of the presentation.

The meeting concluded with a number of questions and answers, and was adjourned at 9:10 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,378th Meeting of the Sphex Club

March 13, 2014

President Dennis Roberts called the 1,378th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on March 13, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Craddock, Dawson, Doyle, Garren, Gillette, Gilmer, Hendricks, Huston, Hubbard, Langhorne, Ledford, Light, Monk, Parker, Payne, Rist, Roberts, Schewel, Sigler, Stinnett, Tiller, Wilder, Wilson and Wood were present. Members Bell, Delaney, Elson, Foster, McIntosh, Nygaard, and Valentine sent regrets, along with emeritus member Petty.

The evening's speaker, Cham Light, introduced his guest, his son Tray. President Roberts noted that member Rick Sorenson was requesting a leave of absence from the club.

After the guest left the room, President Roberts noted that more than a quorum of members was present so that voting could proceed as planned on new members. Membership Chair Tom Tiller read a list of the eight nominees for club membership with brief bios of each. After a brief discussion, the club members voted on two new members from a list of eight nominees and the membership committee left to count the ballots.

Minutes of the previous meeting were read and approved as corrected, and President Roberts reminded the membership of the annual meeting set for May 29 at the Academy of Fine Arts with speaker Dr. Ted DeLaney of Washington & Lee University.

Treasurer Robin Wood reported that the club treasury had amassed a total of \$1,920, enough "to hold a big cocktail party" and leaving annual dues unchanged.

President Roberts reported that Member Carolyn Bell was working on a resolution from the club concerning the late Bill Quillian, an emeritus member of Sphex who recently passed away, to give to his family.

The membership committee then returned and a second round of voting was conducted, with an announcement later in the meeting that Dr. Bradley Bateman, the new president of Randolph College, and Dr. Scott Brabrand, the Lynchburg City Schools superintendent, had been elected to be offered membership in Sphex.

In the midst of all this business, the evening's speaker, Cham Light, delivered his talk entitled, "Northwest 235," on the War of 1812.

An estimated 91,000 Virginians took part in this war, including the speaker's fourth great grandfather who was a brigadier general in the Virginia Militia which marched northwest from Pt.

Pleasant, at the conjunction of the Ohio and Kanawha rivers, 235 miles to construct and defend Ft. Meigs, near the current site of Toledo, hence the title of the speech.

Before beginning his talk, the speaker asked the membership to vote on which war they thought was the most forgotten. This vote, perhaps less than conclusive due to ballot splitting as some members chose to cast half-votes for the various wars, went to the Mexican-American War as the most forgotten, even though the War of 1812 was not even known by that name until around 1900, according to the speech. Prior to that, it was called the Second War of Independence.

The talk began with a look at the causes of the war and included a chronology of events which included the writing of the National Anthem as well as the burning of Washington and battles on land and sea. The speaker explained how the causes and effects of the war were also related to the Napoleonic wars between Britain and France.

The second part of the speech covered Virginia's significant role in the war, and focused closely on the long hard march by General Leftwich – of Bedford County -- and the men of the Virginia Militia to Fort Meigs, which was the largest wooden palisade in the country at the time.

In conclusion, Member Light explained that while the War of 1812 was not a seminal event in American history, it did transform the military by convincing the country's leaders that a professional army, not just militia, was necessary to defend the country; showed that while the American Navy was a match for the British, it needed to become larger and better trained; and that the end of the war marked the decline of the Federalist Party.

Following a number of questions and answers, the meeting was adjourned at 9:33 p.m.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,379th Meeting of the Sphex Club

March 27, 2014

President Dennis Roberts called the 1,379th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on March 27, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bell, Craddock, Dawson, Delaney, Elson, Foster, Garren, Gillette, Gilmer, Hendricks, Hubbard, Ledford, Light, Parker, Payne, Rist, Roberts, Schewel, Stinnett, Tiller, Valentine, Wilder, and Wimer were present. Members Doyle, Huston, McIntosh, Monk, Nygaard, and Wilson sent regrets.

The evening's speaker, George Dawson, introduced his guest, his wife Rosemary. Member Jim Elson introduced his guest, his son Scott. Minutes of the previous meeting were read and approved as corrected.

Membership chair Tom Tiller reported that, based on voting at the previous meeting, Dr. Scott Brabrand had been offered and had accepted membership into Sphex. The membership committee was still working to contact Dr. Bradley Bateman, who was also elected at the previous meeting.

Member Carolyn Bell read a special resolution in memory of longtime Sphex member, and one of Lynchburg's leading citizens, William F. Quillian Jr., who passed away recently. The resolution was unanimously approved and is hereby "spread upon the minutes." A copy is attached and will be preserved with the club records at Jones Memorial Library. The club also agreed that the resolution should be published in *The News & Advance*.

President Roberts introduced the evening's speaker, George Dawson. His topic was "Things You Don't Know About the Healthcare System ... and Why You Should." He began his remarks with a preamble entitled: "First Break All the Rules," in which he noted that his talk would stray from the Sphex tradition of a scholarly topic, outside the presenter's field, with an obscure title. He also offered the thought that more frequent exploration of contemporary topics may be appropriate.

Our speaker, retired from a 42-year career as a health care administrator, then began his presentation, which used his own recent bout with pancreatic cancer to illustrate specific challenges and problems facing the U.S. health care system, especially as related to how patients choose doctors and hospitals; and to offer suggestions for patients who want to have some control over their own care. He said he is in good health today thanks to early diagnosis, excellent care, and good fortune.

Mr. Dawson noted that there is basically no way for most patients or referring physicians to make a "data-driven, evidence-based choice" on which doctors and hospitals are the best for specific procedures. This leads to all sorts of problems, he said, including the fact that "the natural selection benefits of a competitive market that drives improvement in most sectors of our economy is missing from health care."

Our speaker said he was able to gather enough information, as someone with great knowledge of the field, to select Johns Hopkins and his specific surgeon, John Cameron, in large part because of their experience with many Whipple procedures, the specific surgery he needed.

While Mr. Dawson seemed to indicate in the preamble that this presentation would not be scholarly, he included a wealth of facts, statistics, data and references to support his points.

His presentation ended with some implications for hospitals, doctors, and patients, suggesting that we all, "Assume primary responsibility for your own health. This relates to choices you make in your life from diet to activity, your willingness to follow the plans you and your doctor agree on, but also ... to your responsibility for self-education ... review and keep copies of your medical records. They belong to you not the institution or doctor. Research, learn, ask questions and speak up."

After questions and answers, the meeting was adjourned at 9:38 p.m.

Respectfully submitted,

Joe Stinnett
Secretary

Resolution
in memory of
William F. Quillian, Jr.

WHEREAS, the Sphex Club lost a dear friend and its member of longest standing, William F. Quillian, Jr., on March 4, 2014; and

WHEREAS, Bill joined the Club in 1953, soon after he came to Lynchburg as president of Randolph-Macon Woman's College, which has been associated with the Sphex Club since its earliest days; and

WHEREAS, over his forty years of active membership Bill presented twenty-two papers to the Club, including "Contemporary Philosophy in Five Easy Lessons" in 1955, "Paintings as Teachers: The Randolph-Macon Woman's College Collection of Paintings" in 1972, and "A Page in Lynchburg's History: The Newspapers in the Sixties" in 1992; and

WHEREAS, in addition to his forty years of active membership, Bill spent twenty years as an emeritus member of the club; and

WHEREAS, Bill enlivened Club meetings with keen observations and penetrating questions that sustained the Club's inquiring spirit and high purposes; and

WHEREAS, members admired Bill's intellect, his integrity, and his optimism, and were inspired by his energy, his faith, and his sense of justice; and

WHEREAS, Bill's absence will be keenly felt and his many valuable contributions long remembered by the Club, as well as by the community at large; therefore be it

RESOLVED, that members of the Sphex Club attempt to follow Bill's example of friendliness, intellectual curiosity, and commitment to service; and be it further

RESOLVED, that the heartfelt condolences of the Sphex Club be conveyed to Margaret, Bill, Cathy, Anne, Bobby, and the rest of the Quillian family; and be it further

RESOLVED that this memorial resolution be adopted by the Sphex Club and spread upon the minutes of the meeting of March 27, 2014.

Respectfully submitted,


Carolyn Wilkerson Bell

March 27, 2014

Minutes of the 1,380th Meeting of the Sphex Club

April 10, 2014

President Dennis Roberts called the 1,380th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on April 10, 2014, in the board room of Genworth Financial in downtown Lynchburg. Active members Bell, Craddock, Dawson, Delaney, Elson, Foster, Gilmer, Hendricks, Hubbard, Huston, Langhorne, Light, Monk, Payne, Roberts, Schewel, Tiller, Wilder, Wilson, Wimer and Wood and emeritus member Marcy were present. Members Dawson, Doyle, Garren, Gillette, Ledford, McIntosh, Monk, Nygaard, Parker, Rist, Sigler, Stinnett, Valentine, and Wilson sent regrets.

The evening's speaker, Carolyn Bell, introduced her guests, her husband Alex, and her friend, Nancy Marion, who had helped her prepare the paper. The minutes of the previous meeting were read and approved as drafted.

Membership chair Tom Tiller reported that the membership committee was still working to contact Dr. Bradley Bateman, who was elected to membership at the previous meeting. The nominating committee reported that Hermina Hendricks was being recommended to serve as president, Ted Craddock as vice president, Robin Wood as treasurer, Joe Stinnett as secretary and Cham Light as assistant secretary for 2014-2015.

Ms Bell then presented her paper entitled, "Being Bad Girls."

On December 14, 1960, nine months after the first lunch-counter sit-ins in Greensboro, six college students were arrested for sitting in at Patterson's Drug Store on Main Street in downtown Lynchburg. The next night, a second group of five students sat down at the Peoples Drug Store lunch counter, also on Main Street; they were not arrested. In January 1961 the first six were convicted of trespassing and sentenced to thirty days in jail. They served their sentences believing that they were the first interracial group in the country to be jailed together for a civil rights violation.

Of the eleven students involved in these two related incidents, three were men, one African American and two white. The other eight students were women, two African American women who were sisters, and six white women, all of whom attended Randolph-Macon Woman's College. Viewed from the vantage point of more than half a century, the two demonstrations reflect the tradition of white solidarity with African Americans in the ongoing struggle for racial equality. The passage of time has also made clear—in a way that was not clear at the time—that the presence of so many white women in these two early sit-ins signaled significant change in southern cultural assumptions not only about race, but also about gender.

Illustrated with images from college yearbooks as well as from Lynchburg's two daily newspapers, *The News* and *The Daily Advance*, the talk was divided into three sections. The first, called "A Growing Crescendo," set a context for the two sit-ins by describing the activities of several Lynchburg organizations concerned with race relations. The second section, "Black and White Together," examined the backgrounds and motives of the eleven students who took part in the demonstrations and retold the story of the sit-ins and their aftermath. The third section, called "Conduct Unbefitting a Lady," commented on ways the two demonstrations, taken together, began to disentangle the knot of racial and gender ideology that for generations had characterized the Jim Crow South.

After questions and answers, the meeting was adjourned at 9:40 p.m.

Respectfully submitted,

Cham Light

Assistant Secretary

Minutes of the 1,381st Meeting of the Sphex Club
18 September 2014

President Hermina Hendricks called the 1,381st meeting of the Sphex Club of Lynchburg to order at 8:01 p.m. on 18 September 2014, in the board room of Genworth Financial in downtown Lynchburg. Active members Bateman, Craddock, Delaney, Doyle, Gillette, Gilmer, Hendricks, Huston, Hubbard, Langhorne, McIntosh, Monk, Nygaard, Payne, Roberts, Schewel, Selden, Tiller, Valentine, Wilson, and Wimer were present. Members Bell, Dawson, Dolan-Sewell, Elson, Garren, Light, Stinnett, and Wood sent regrets to the speaker.

The evening's speaker, Julie Doyle, introduced her guest, her husband Peter, who was also her computer assistant for the paper presentation.

The minutes of the previous meeting were read and approved with the correction that members Monk and Wilson could not have been both present and absent with regrets at the 10 April 2014 meeting. Given the passage of time and fuzzy memories, their attendance status will be determined by a coin toss.

President Hendricks announced the following Committee appointments for 2014-2015:

Membership Committee – Dennis Roberts, chair; Ellen Nygaard, Sterling Wilder
Nominating Committee – Suny Monk, chair; Ted Delaney, Cham Light
Program Committee – Hank Hubbard, chair; Shannon Valentine, Marc Schewel

Hendricks also noted recent Sphex members in the news: Ted Delaney for his appointment as executive director of the Old City Cemetery; Hank Hubbard for his inclusion in a recent Central Virginia Home magazine article; and, Michael Gillette for media coverage during his summer trip to Israel during the Gaza Strip hostilities. She also mentioned that Gillette and Dennis Roberts will be leading an interfaith trip to Israel in May 2015.

Hendricks then noted the death of Sphex member Boyd Rist the previous weekend and asked for a moment of silence. She will ask a member of the Club to compose a resolution honoring Rist. The resolution will be presented at a future Club meeting and then forwarded to the Rist family.

Ms. Doyle then presented her paper titled "The Leader Does Not Fall."

Doyle began by describing the mysterious scene at a sports event -- not yet identified -- at which the competitors are blindfolded, kept in isolation, and then escorted to the competition venue. At the sound of the bell, the athlete can finally face the "field of play" -- a thirty-foot high indoor rock climbing wall.

The Doyles' sixteen-year-old daughter, Maggie, participates in competitive rock climbing. The speaker noted that when people ask her about their daughter's rock climbing activities, the inquirers are often as equally fascinated by -- and clueless about -- the sport as she was originally, which is the reason she chose this topic for her paper.

The sport of rock climbing has its place on a spectrum that connects back to at least the 1800s, when rock climbing was primarily something mountaineers learned to do out of necessity just in case those skills were needed during an alpine mountain climb. The evolution of rock climbing as a sport unto itself in the twentieth century weaves together many interesting aspects of American life. The colorful people, the iconic locations, the technology that transformed the

sport – as well as some of the controversies that arose over the last century – are all pieces of the puzzle that make up the history of rock climbing.

Doyle provided an overview of how rock climbing became a recreational activity, separate and distinct from mountaineering. The type of climbing and the equipment available before World War II was explained, with specific attention to the safety challenges presented by the hemp rope used at that time. The speaker noted that the mantra of pre-World War II climbers was “The Leader Does Not Fall” because “if the leader fell, it was likely that the hemp rope would break, possibly not only sending the leader to his death, but also dooming climbers below.”

Climbing technology – and safety – took a leap forward with the invention of nylon rope in the late 1930s – an advance that would play a critical role during the final months of World War II. The U.S. Army decided to prepare soldiers to fight in snowy, high altitude conditions after observing how Finnish soldiers had confronted the Soviet invasion of their country early in the war. The 10th Mountain Division was created and filled with some of the finest mountaineers, skiers, and climbers from around the U.S. and would play a critical role in the North Apennine Mountains of Italy in early 1945. The Germans were caught by surprise when 700 well-trained members of the 10th Mountain Division made a daring, nighttime vertical climb up 1,500 foot Riva Ridge, helping advance the Allied invasion.

Doyle then shifted to the climbing culture and colorful personalities found in Yosemite National Park in the middle part of the twentieth century, with biographical sketches of Royal Robbins, Yvon Chouinard, Warren J. Harding – not to be confused with Warren G. Harding of White House, steamy love letter fame – and Lynn Hill, who in 1977 made her first trip to Yosemite at age sixteen and, in 1993, became the first person – male or female – to free climb the Nose of El Capitan. These climbing pioneers are a flamboyant lot, from the hard-partying culture of the infamous Camp 4 campground at Yosemite, to their competitiveness and differing climbing philosophies, to their entrepreneurial creativity that launched such climbing equipment and clothing ventures as the Royal Robbins apparel company, Black Diamond Equipment Company, and Patagonia. Doyle noted that she was wearing ~~Black Diamond~~ pants and a Patagonia shirt in keeping with the theme of her paper.

Royal Robbins - correct

The speaker then summarized, compared, and contrasted four types of climbing today: aid climbing, free climbing, traditional climbing, and sport climbing. She stated that the first indoor climbing gym in the United States opened in Seattle in 1987, and that today there are nearly 1,000 indoor climbing facilities in North America – including Rise Up in downtown Lynchburg. The primary goal of indoor climbing competitions is to get the highest number of points by successfully climbing the most difficult routes.

Doyle concluded her presentation with a quote from a recent AP English paper written by her favorite competitive rock climber -- daughter Maggie: “Why do I rock?”, wrote Maggie. “I rock because I climb. And I climb because it is my rock.”

After questions and answers, the meeting was adjourned at 9:10 p.m.

Respectfully submitted,

Dennis S. Roberts
Acting Secretary

Minutes of the 1,382nd Meeting of the Sphex Club

Oct. 2, 2014

President Hermina Hendricks called the 1,382nd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 2, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Delaney, Doyle, Elson, Garren, Gillette, Gilmer, Hendricks, Huston, Langhorne, Light, McIntosh, Nygaard, Payne, Sigler, Stinnett, Tiller, Wilder, and Wilson were present. Members Bateman, Dawson, Roberts, Schewel, Valentine and Wood sent regrets.

The evening's speaker, Dr. James Huston, introduced his guest, his wife Anne Marshall.

Minutes of the previous meeting were read, and approved as corrected.

Under old business, President Hendricks reported that she planned to ask Sphex Emeritus Member Dr. Pierre Guillermin to write a resolution in memory of Sphex member Dr. Boyd Rist, who died earlier this year.

The club welcomed new member Dr. Scott Brabrand to his first meeting, and congratulated him on successfully navigating the labyrinth from Main St. and then 7th Street up to the meeting room. President Hendricks then introduced the evening's speaker, Dr. James A. Huston, whose paper was entitled "The Lion of White Hall."

The topic of this lively paper was Cassius Marcellus Clay of Kentucky, a 19th century character and renowned emancipationist whose life was a series of brawls, duels, fights and unsuccessful political campaigns, and included an affair with a Russian ballerina in St. Petersburg where he served as ambassador to Russia during the Civil War.

The paper included numerous anecdotes describing the mayhem Clay created with his pugnacious attitude and his Bowie knife. His stance for constitutional emancipation did not win him many white friends in Kentucky. In 1849, he was told he would be killed if he spoke at a state constitutional convention. He showed up anyway. He said, the speaker noted, " 'For those who believe in the laws of man, I have this argument,' and he laid a copy of the Constitution on the lectern. 'And for those who believe neither in the laws of God or the laws of man, I have this argument,' and he reached down into his gray gripsack and pulled out two long pistols, crossed them on the lectern, and laid his Bowie knife across them. He was able to finish his remarks without interruption."

Clay, a graduate of Yale University, did take time out from all these disagreement to found Berea College. He talked slavery and whittled with Abraham Lincoln. Many delegates backed him for the Republican vice-presidential nomination (he didn't get it) in 1860. He ran for the Senate.

After his sojourn in Russia, he returned to Kentucky, where he became devoted to an illegitimate son he had fathered in Russia and who was brought to his doorstep in 1869, resulting in Clay's wife departing a few years later.

(And at this point, your secretary was tempted to just transcribe the whole paper into the minutes, but suffice it to say that Clay died in 1894, but not before he had married a 15-year old at age 84, and bought off a posse that came to arrest him. At age 93, he was wounded in a fight with three intruders — he killed two of them — and went into a decline, passing away at age 94.)

The night he died, the speaker said in his conclusion, "The mightiest tempest that Central Kentucky ever had struck ... Within half an hour the storm was all over, and the stars were out. The spirit of Cassius Marcellus Clay departed with the same violence with which it had lived so long."

After questions and answers, the meeting was adjourned at 8:54 p.m.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,383rd Meeting of the Sphex Club

Oct. 16, 2014

President Hermina Hendricks called the 1,383rd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 16, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Doyle, Elson, Foster, Gillette, Hendricks, Hubbard, Langhorne, Light, McIntosh, Payne, Roberts, Stinnett, Tiller, Wilder, Wilson and Wimer were present, with emeritus member Petty. Sending regrets were active members Bateman, Bell, Dawson, Delaney, Garren, Gilmer, Huston, Ledford, Monk, Nygaard, Schewel, Selden and Wood.

Minutes of the previous meeting were read, and approved as corrected.

President Hendricks then introduced the evening's speaker, the Rev. Dennis S. Roberts, whose topic was "Institutional Evolution."

It has become obvious in recent years with the movement to gain legal approval of same-sex marriage that there are those who have been historically excluded from the institution of marriage who desire very strongly to live in that particular institution, the speaker said. We well know from the heated rhetoric deployed in various legal, electoral, and theological battles that this is an issue that evokes deeply-felt — sometimes visceral — responses from many people.

From opponents of marriage equality, we hear such comments as "God made Adam and Eve, not Adam and Steve;" or, "We support the biblical view of marriage;" or, "We stand for traditional marriage." Yet, when one explores the history of marriage, it becomes apparent that marriage is anything but "traditional." As Stephanie Coontz observes in her book, "Marriage, a History: How Love Conquered Marriage," the only thing marriage has ever done, historically and definitionally, is to change.

Among the different kinds of marriage are monogamous marriage, serially monogamous marriage, polygamous marriage (including polygyny and polyandry), plural/group marriage, child marriage, same-sex marriage, temporary marriage, common-law marriage, prescriptive-arranged marriage, ghost marriage, forced marriage, and companionate/love marriage.

Marriage has been in flux throughout history, the rules shifting to fit each culture and class, each era and economy, as new social standards and new notions of fairness emerged. It has served primarily as a means of preserving wealth and power, with kings and other members of the ruling class marrying off daughters to forge alliances, acquire land, increase one's family labor force, produce legitimate heirs, and even to secure peace treaties. Even in the lower classes, women had little say over whom they married.

From ancient Greek and Rome and biblical times up through the Middle Ages, a number of evolutionary shifts occurred. In the 16th and 17th centuries, the growth of a market economy and the Enlightenment changed attitudes toward marriage. Personal choices began to replace arranged marriage and the notion of marrying for love began to emerge. In the 18th through 20th centuries, gender equality, new ideas about sexuality, legalized contraception, the women's liberation movement, changing economic realities that brought on the two-income marriage, reformed divorce laws, the struggle for racial equality, changing gender roles, and the emerging gay rights movement all impacted the institution. There was, however, a brief window in the 1950s, the "Leave It to Beaver" world based on the two-parent family with the single male wage earner, that came to define what was traditional, even though reality did not match the entertainment industry vignette. It was "The Way We Never Were," says Coontz in her book of the same title.

The speaker then explored several texts from Hebrew and Christian scriptures that have been used historically to condemn sexuality and same-sex relationships. These passages included the creation parables of Genesis and the story of Sodom and Gomorrah, and passages from Leviticus, Judges, 1 Corinthians, Romans, Jude, and 1 Timothy. Interpreted in historical context, these passages address sexual violence, exploitation and lack of hospitality toward strangers, so they really do not speak to contemporary loving, faithful, same-sex partnerships.

In conclusion, the speaker noted that the obituary for marriage has been written many times over the centuries but it continues to survive and thrive. The rapid advance of marriage equality in this country — especially recently, to include 30 states and the District of Columbia — was highlighted.

And the fact that new people are trying to get into the institution should give us hope for the future, the speaker concluded.

After several questions and answers, the meeting was adjourned at 9:05 p.m.

Respectfully submitted,

Joe Stinnett
Secretary

Minutes of the 1,384th Meeting of the Sphex Club

Oct. 30, 2014

President Hermina Hendricks called the 1,384th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Oct. 30, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bateman, Brabrand, Dawson, Delaney, Doyle, Elson, Foster, Gillette, Hendricks, Hubbard, Langhorne, Ledford, Light, Monk, Nygaard, Roberts, Schewel, Selden, Sigler, Stinnett, Tiller, Wilder, Wilson and Wimer were present. Members Bell, Garren, Gilmer, Huston, McIntosh, and Valentine sent regrets.

Minutes of the previous meeting were read, and approved, and President Hendricks introduced the evening's speaker, Member Sterling Wilder, whose topic was "Softly, With Feeling."

"The making of a man is so powerful," the speaker said. "We are all faced with challenges in life. These challenges help to shape us and mold us and our behaviors ... some difficult situations will make us better, or bitter."

The speaker's topic was the life of Joe Wilder, a 20th century musician (and relative of the speaker!). Wilder was a young African American from Philadelphia who grew up to break racial barriers in the music industry, the Marine Corps, ABC studio, and Broadway. When confronted with injustice throughout his career, the speaker said, Wilder refused to back down, but he did it "softly, and with deep feelings."

Wilder was born in 1922. His father, Curtis, a part-time musician who also delivered coal and took other jobs to make a living, was a major influence. He oversaw Joe's early music development and instilled in him the strict standards of deportment for which he was known.

Wilder endured many instances of discrimination as a youngster, including being told to move from his first-chair trumpet position during a group photo of his school band. (This may not have been the worst thing that happened to him, but your secretary found it the most affecting and horrible.) However, he also benefited from caring teachers and he made rapid progress as a musician.

While he was drawn to classical music, he realized that a career in the symphony was not a realistic goal for a young black musician in the 1930s, so he shifted to jazz and big bands, including Count Basie's, eventually playing with the ABC staff orchestra from 1957 to 1974.

The speaker noted that Joe Wilder defied commonly-held stereotypes of both African-American musicians and jazz players. He dressed more formally than he needed to and was known as one of the "most dignified gentlemen" in the music business. He had no drug or alcohol problems.

Always, he used obstacles to make himself "better, not bitter." He did not promote himself but rather let his ability and talent speak for itself.

"... Joe was subjected to indignities on almost a daily basis and on occasion, to far more serious dangers," our speaker concluded. "But he emerged from these experience without bitterness, with his dignity, humor, and most important, his humanity intact." ✓

After several questions and answers, the meeting was adjourned at 8:55 p.m. ✓

Respectfully submitted,

Joe Stinnett ✓
Secretary

Minutes of the 1,385th Meeting of the Sphex Club

Nov. 13, 2014

President Hermina Hendricks called the 1,385th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Nov. 13, 2014, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Craddock, Dawson, Delaney, Elson, Garren, Gillette, Gilmer, Hendricks, Hubbard, Langhorne, Ledford, Monk, Payne, Roberts, Schewel, Stinnett, Tiller, Wilder and Wilson were present. Members Bateman, Bell, Doyle, Foster, Huston, Light, McIntosh, Nygaard, Selden and Wood sent regrets, along with emeriti Guillermin and Petty.

Minutes of the previous meeting were read and approved.

Hank Hubbard, chair of the annual meeting committee, reported that he and committee members Marc Schewel and Shannon Valentine had met, along with President Hermina Hendricks and past president Dennis Roberts, to lay the groundwork for the annual meeting in the spring, and to be looking for a speaker. He also solicited speaker suggestions from the membership.

In other matters, President Hendricks spoke briefly about how much work goes into each Sphex presentation, noted that the presentations are always excellent, and in a gentle reminder, added how important it is for each member to attend. She praised member Jim Elson for his faithful attendance even amidst the recent passing of his wife.

President Hendricks then introduced the evening's speaker, Dr. Kenneth Garren, president of Lynchburg College, whose topic was "A Wrecking Ball in Washington, D.C.?" The wrecking ball apparently — or literally — is our speaker himself.

His talk detailed a new, proposed federal program to impose a rating system on colleges, an A to F "scorecard," and then to determine the college's federal aid based on this system, meaning that, for example, students attending high-rated colleges could receive larger Pell grants and more affordable student loans.

The "President's Plan to Make College More Affordable: A Better Bargain for the Middle Class," would include measures for colleges such as percentage of students receiving Pell grants, loan debt, graduation rates and graduate earnings. The plan would lump dissimilar colleges into peer groups, and the danger of unintended consequences is high, the speaker noted. For example, implementation could result in creating incentives not to accept high risk students or to push students toward less demanding programs.

The speaker described his many efforts since 2013 to convince Virginia's two U.S. senators, Rep. Bob Goodlatte, Del. Robert Hurt, and other lawmakers and federal officials, that the idea of tying financial aid to college performance via this rating system was a bad one.

After meeting with Dr. Garren, Rep. Goodlatte began discussing a plan to eliminate funding for the report. After convincing Sen. Mark Warner to acknowledge the potential negative impact of the plan, our speaker met with Deputy Undersecretary of Education Dr. Jamie Studley and education department staff to present two alternative plans. Also, Rep. Goodlatte and Rep. Michael Capuano of Massachusetts have introduced a resolution in Congress opposing the plan.

While the matter had not been settled, our speaker has been praised by Goodlatte for acting as "Paul Revere" for other colleges and universities in his efforts to raise the alarm over the federal plan.

One apparent "unexpected consequence" of the plan, or Dr. Garren's involvement anyway — or perhaps it was just a coincidence — was an unusual and unexpected federal review of Lynchburg College records, with "no valid reason" given, our speaker said.

Our speaker's efforts have been recognized nationally. He's also been praised by the president of the Virginia Foundation for Independent Colleges as "a one person advocate — I was tempted to say 'wrecking ball' — for eliminating or at least changing or amending the Obama rating system."

After several questions and answers, the meeting was adjourned at 9:07 p.m.

Respectfully submitted
Joe Stinnett
Secretary

(Addendum: This program was not enacted, with Dr. Garren's efforts against it part of the reason.)

Minutes of the 1,386th Meeting of the Sphex Club

Jan. 8, 2015

President Hermina Hendricks called the 1,386th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Jan. 8, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Craddock, Delaney, Doyle, Elson, Gillette, Hendricks, Langhorne, Ledford, Light, Monk, Roberts, Schewel, Sigler, Stinnett, Tiller, Wilder, Wilson and Wood were present. Members Bateman, Bell, Dawson, Garren, Gilmer, Huston, Hubbard, McIntosh, Nygaard, Payne, and Wimer sent regrets.

Arelia Langhorne, the evening's speaker, introduced her guest, her husband, Howard Langhorne.

Minutes of the previous meeting were read and approved as corrected.

Jim Elson thanked the club members for their thoughtfulness during the recent passing of his wife.

Robin Wood noted that member Shannon Valentine had requested a year's inactivity, due to her involvement in the Virginia 2021 redistricting reform effort. This is allowable for up to two years according to Sphex bylaws, and would create another position for membership. He also noted that Shannon had been scheduled to speak March 5. Tom Tiller agreed to speak in her place.

A motion was made and seconded, and unanimously approved, to grant Shannon Valentine leave for one year from the club.

The membership committee is soliciting ideas for new members, as well as officers for next year.

President Hendricks then introduced the evening's speaker, Arelia Langhorne, whose topic was "The Meat in the Coconut." The speech, on voting rights, covered our speaker's experience of both some of the great events of the 20th century in the United States, particularly involving voting and civil rights, as well as elections in Lynchburg in the 1970s when she was a young attorney here.

However, her journey started in Savannah, Ga., her hometown, where she served as a poll worker when she first registered to vote, after the 24th amendment's elimination of the poll tax, and after the Voting Rights Act of 1965. She talked about growing up under segregation and its horrors, as well as the kindnesses shown to her as she was coming along.

Throughout her paper, our speaker touched on developments and court cases involving voting rights and civil rights. The speech was an excellent refresher on important events that many (but

not all) of us lived through. One of those, the hearings following the Attica prison riots, influenced her to prepare for law school and give up a career in science.

“I was growing up in the midst of the storm of racial segregation and the protests against its inhumanity,” she said.

She relocated to Lynchburg in 1974 and registered to vote here. Much of the second part of her paper was devoted to the events of the 1970s surrounding city council elections here in Lynchburg, including an apparently clandestine meeting involving some members of City Council that resulted in C.W. Seay not becoming mayor, even though he was the top vote-getter in the election — he would have been the first black mayor of any city in the South, our speaker noted.

Her paper also covered the impact of Lynchburg’s annexation of part of Campbell and Bedford counties in the 1970s. To avoid diluting black voting strength, that resulted (via court action elsewhere and an appeal to the Justice Department by local black leaders) in the current ward/at-large system still in use today.

She also talked about her unsuccessful Independent campaign for the House of Delegates in 1977, when she was “young and naive.” (Although probably not as naive as your secretary, who covered that election.)

Our speaker was appointed to the Lynchburg Electoral Board in 1998 on the retirement of another Sphex member, David Petty, and served until she rotated off in 2011.

The “ugliness of the South” was only the beginning of her journey, she said. “My campaign opened many doors for public service in a community where to the natives I was a non-Lynchburger making Lynchburg my home. And yes it has been good!”

After several questions and answers, the meeting was adjourned at 9:07 p.m.

Respectfully submitted
Joe Stinnett
Secretary



Joe Stinnett <stinnett@gmail.com>

SPHEX Membership

Shannon Valentine <shannonvalentine@msn.com>

Sat, Jan 3, 2015 at 2:27 PM

To: "rwood@ewlaw.com" <rwood@ewlaw.com>, "stinnett@gmail.com" <stinnett@gmail.com>

Cc: "hhendricks@randolphcollege.edu" <hhendricks@randolphcollege.edu>

Happy New Year Robin and Joe!

As the Treasurer and Secretary of SPHEX, I am writing to request a year of inactive membership. Please know I am very sad to write this, as I love and appreciate the thoughtful presentations I have been privileged to attend. My commitments to OneVirginia2021, a redistricting reform effort, and the Commonwealth Transportation Board have changed my life, as I am required to spend much more time out of town. When I am at home, I want to be with my family.

I have corresponded with Hermina Hendricks who shared the process with me. I understand the deadline for letting you know is January 8th. If there is anything I can do to assist you with this change in status, please do not hesitate to let me know.

Here's to a joy, peace and family,
Shannon Valentine
434-941-8974

Minutes of the 1,387th Meeting of the Sphex Club

Jan. 22, 2015

President Hermina Hendricks called the 1,387th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Jan. 22, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Dawson, Delaney, Doyle, Elson, Foster, Garren, Gilmer, Hendricks, Hubbard, Langhorne, Ledford, Light, Payne, Roberts, Schewel, Stinnett, Tiller and Wilder were present. Members Bateman, Bell, Gillette, Huston, McIntosh, Nygaard, Selden, and Wilson sent regrets, along with emeritus member Petty.

Joan Foster, the evening's speaker, introduced her guest, her husband, Bob Foster, and her friend, Alex Johnston (sp?)

Minutes of the previous meeting were read and approved as corrected.

Dennis Roberts, chair of the membership committee, reported that member Gina Dolan-Sewell had resigned, leaving her slot, plus that of the late Boyd Rist, and Shannon Valentine, open. One other member, Mort Sajadian, is on leave. After a brief discussion, Roberts said the membership committee would contact him, and was continuing to solicit suggestions for new members through Feb. 5.

In other business, Hank Hubbard, chair of the program committee, said his committee had identified two potential speakers for the annual meeting and was continuing the pursuit.

President Hendricks then introduced the evening's speaker, Joan Foster, who is the former mayor and vice mayor of Lynchburg and continues to serve on city council.

Her topic was "The Promise." Her speech described a relatively new program in which localities become "Promise Communities," focusing on "school improvements ... increasing high school graduation rates and college access, and ... making college more affordable for all." That's the short term objective.

However, the long term objective, our speaker said, is "strengthening a communities' economic development ... growing its own workforce, and ... improving the overall quality of life."

Speaker Foster first described the program in other communities across the country. For example, Kalamazoo, Mich., offers a four-year college scholarship of up to \$10,000 per year for any Kalamazoo public school graduate enrolled or residing in the district since kindergarten. Students who have lived in the district for at least four years attending public school receive up

to 65 percent of this amount based on a sliding scale. Other cities covered included El Dorado, Ark., Denver, and Pittsburgh.

Much of the speech was devoted to Lynchburg's Beacon of Hope Promise. Our speaker, in fact, is the fund development director of the local program. She described the history of the Promise in Lynchburg and how it was established in 2011, leading up to a pilot scholarship program with one Beacon of Hope scholar in 2013, and in 2014, six graduates receiving Beacon of Hope scholarships in Lynchburg.

Currently, local scholars must have a 2.3 GPA and have attended one of the city's two public high schools, which have set up "Future Centers" as part of the program, for four years. The Upjohn Institute is preparing a detailed cost estimate for the Lynchburg Promise scholarship with "key parameters being: graduation from a Lynchburg public high school, residency within the district, and attendance at a public or private higher education institute in Virginia," including trade or industry-certified institutions.

Our speaker then detailed the many positive results of the Promise in the other communities, including improved schools and graduation rates, and college enrollment. Lynchburg, after a year of Future Centers at Heritage and E.C. Glass high schools, has already seen a 5 percent increase in graduation rates, increased college applications, 40-50 students using the Future Centers daily, and several other positive outcomes.

The speech concluded with a look at the long-range changes communities could expect, involving improved quality of life, better education, and an improved workforce.

"I hope by now you have concluded," the speaker said, "that that small group of people who spent two years talking about transforming our community came up with a great plan for not only closing the disparity gap in Lynchburg but for also growing our economy, when they created Beacon of Hope Lynchburg."

After several questions and answers, the meeting was adjourned at 9:15 p.m.

Respectfully submitted
Joe Stinnett
Secretary

Minutes of the 1,388th Meeting of the Sphex Club

Feb. 5, 2015

The 1,388th meeting of the Sphex Club of Lynchburg was called to order at 8 p.m. on Feb. 5, 2015, by Vice President Ted Craddock in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Craddock, Dawson, Delaney, Elson, Foster, Garren, Gillette, Gilmer, Langhorne, Ledford, Light, Monk, Nygaard, Payne, Roberts, Sigler, Tiller, Wilson, and Wimer were present, with emeritus member Petty. Sending regrets were members Bateman, Doyle, Hendricks, Huston, Hubbard, McIntosh, Schewel and Stinnett.

Member Jeff Wilson, the evening's speaker, introduced his guest, his wife, Sandra Wilson.

Minutes of the previous meeting were read and approved.

Membership Committee Chair Dennis Roberts announced that he had received several nominations for the club's up to five constitutionally-approved vacancies.

Vice president Ted Craddock then introduced the evening's speaker, Dr. Jeff Wilson, whose topic was "Sphex Flex Time."

Our speaker also submitted an excellent half-page, seven-paragraph summary of his paper, a practice that has been more overlooked than observed by many of our speakers. Here it is:

Medical students and young physicians want more flexible hours. Long hours resulting in tired physicians in training might endanger patient safety. What changes have occurred in medical school education and post-graduate resident training to address this? What have been the results?

Two dates relate to the greatest effects on training — June 1910 and March 4, 1984.

The Flexner report, from 1910, looked at the deplorable state of medical training and produced guidelines for medical school programs. Dr. Wilson's speech looked at Flexner-influenced training prior to 1984 and noted the interrelated factors of responsibility, authority, and ownership.

The Libby Zion case in 1984 was the catalyst for restricted hours for physicians in training as well as increased involvement of senior attending physicians, with the intent of increasing patient safety and improving quality of life for med students and post-graduate trainees (interns and residents). The ACGME (Accreditation Council for Graduate Medical Education) has required these restrictions for accreditation of training programs. A chart in the handout showed how this

affected the various components of medical training and how restrictions have evolved to the current 2011 revision.

The results of these changes are mixed from the perspective of med students, post grad trainees, academic teaching physicians, and practicing physicians, “with the contention that we physicians practice as we are trained.”

The speech also looked at how these changes relate locally, and considered the implications for the challenges of our local Liberty U. College of Osteopathic Medicine. They will certainly be subject to the AGCME restrictions. Will the program with Centra follow Flexner principles? Should they?

Dr. Wilson concluded with the case of an excellent young physician who experienced the entire effect of changes in training as a med student, intern, resident, fellow, and finally as attending staff at the academic level. She terminated her academic position because she needed more flex time.

After questions and answers, the meeting was adjourned.

Respectfully submitted,
Joe Stinnett
Secretary

(With assistance from Member Jim Elson.)

Minutes of the 1,389th Meeting of the Sphex Club

Feb. 19, 2015

President Hermina Hendricks called the 1,389th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Feb. 19, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bateman, Brabrand, Delaney, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Hendricks, Hubbard, Light, Nygaard, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, and Wilder were present. Sending regrets were Dawson, Huston, McIntosh, Wilson, and Wimer.

The minutes of the previous meeting were read and approved as corrected.

Member Ellen Nygaard, the evening's speaker, introduced her guest, her husband, Tom.

Membership committee chair Dennis Roberts distributed a list of five nominations for new members, to fill up to four, or five, vacancies. The list of nominees was approved by a unanimous vote, with election of new members scheduled for the March 5 meeting.

In other membership matters, Roberts and Hendricks noted that 30-year Sphex member, and longtime treasurer, Robin Wood has requested emeritus status. Member Carolyn Bell has also requested emerita status. Roberts said Mort Sajadian was expected back next year after a leave of absence, and the membership committee was also hoping that Rick Sorenson and Shannon Valentine would return next year.

Hank Hubbard, chair of the annual meeting committee, reported that Dr. Nancy Welch (a distinguished Virginia public health official) would be the speaker for the meeting. He said that the committee was working to coordinate a date for the meeting, and was hoping to hold the meeting at Randolph College.

President Hendricks then introduced the evening's speaker, Ellen Nygaard, whose topic was "All's Well That Ends Well."

The speech covered death and dying in America and the many situations that families face as loved ones near the end of life. Our speaker presented some of the latest research and statistics on how dying is treated in America, citing a Pew Survey that noted 47 percent of Americans have had family or a friend in a terminal illness or coma in the past five years.

However, the survey further noted that only 37 percent of Americans have given the matter much thought. Financially, a quarter of Medicare's \$560 billion in annual costs covers medical care in the last year of life.

The speaker also quoted a number of recent books and accounts of the death of loved ones, and included several slides from Roz Chast's "Can't We Talk About Something More Pleasant," a funny-yet-touching, graphic — as in cartoon, not explicit, — account of the death of the New Yorker cartoonist's parents.

Many Americans believe they can live forever via extended medical treatment, and that medical advances ensure that we will be healthier, giving rise to a cultural type, "The American Immortal." Our speaker presented evidence to counter this, citing the arguments of Dr. Ezekiel J. Emmanuel, who has written that society and families would be better off if nature takes its course swiftly and promptly.

Our speaker emphasized the need for everyone to have an Advanced Directive, "to ensure desired care for the patient and minimize family burdens during a time of crisis." She also touched on power of attorney for health care. She noted some of this planning is easier said than done for some portions of society. For example, 25 percent of those 65 and older read below a basic prose level.

Quoting from "The Four Things That Matter Most," by Dr. Ira Byock, Nygaard concluded her speech with remarks about how to talk with someone who is dying, no matter what the previous difficulties of the relationship: "Please forgive me ... I forgive you ... Thank you ..." and "I love you."

The final slide was a photo of the speaker and her own mother, who died in 2014.

After questions and answers, the meeting was adjourned.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,390th Meeting of the Sphex Club

March 19, 2015

President Hermina Hendricks called the 1,390th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on March 19, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bateman, Brabrand, Craddock, Delaney, Elson, Foster, Garren, Gillette, Gilmer, Hendricks, Hubbard, Ledford, Monk, Payne, Roberts, Schewel, Stinnett, Tiller, and Wilson were present. Sending regrets were Bell, Dawson, Doyle, Huston, Light, McIntosh, Nygaard, Wilder, Wimer, and emeritus member Petty.

Suny Monk, the evening's speaker, introduced her guests, her husband Joe, her daughter, Chatham Monk, and son in law, Justin Rice.

The guests left the room as the club went into closed session to discuss potential new members and vote on new members. The voting began with a total of six nominees and proceeded to a second ballot with the top five vote getters from the first round. After the second ballots were counted, membership chair Dennis Roberts announced that one candidate, Kevin Smith, Genworth senior vice president - chief legal officer, had received a sufficient number of votes and had been selected for membership.

The club conducted its regular business during the vote counting and afterwards. Minutes of the previous meeting were read and approved. President Hendricks offered her condolences to Joe Stinnett on the passing of his mother. Annual meeting chair Hank Hubbard reported that the ^{annual} meeting would be May 21 at Randolph College, and President Hendricks thanked member Brad Bateman, Randolph president, for the college's assistance. President Hendricks also noted that member Julie Doyle had been recently recognized at the State of the City Meeting, and that member Ken Garren and his wife had done some outstanding dancing at the recent Alpha Ball. While the club members awaited the vote count, Members Garren and Bateman, at the request of President Hendricks, offered brief thoughts on the proposed closing of Sweet Briar College.

The club also agreed to cancel the April 16 snow makeup meeting, making the April 2 meeting the last regular meeting of the year.

President Hendricks then introduced the evening's speaker, Suny Monk, whose topic was "She Will Sing the Savageness Out of the Bear," about shape note singing.

Shape note hymnody is a body of mostly rural American sacred music published in any of several fairly unorthodox musical notations. Shape note music employs a note head of a certain shape that is assigned to each tone of the scale. Shape note scores are intended to help singers with little musical expertise sing on sight without having to recognize pitches on the staff or understand the key system.

Our speaker explained that shape note systems of various kinds have been used in America for more than two centuries in a variety of music traditions, mostly sacred but also secular. In this country the style originated in New England, but has been practiced primarily in the South.

American forerunners to shape notes include the Bay Psalm Book first printed by Stephen Daye in Cambridge, Massachusetts in 1640. It was the first book printed in North America. Shape notes, as we know them, date from ~~late~~ ^{the} 18th century.

There were two styles of shape note hymnody: the four note and seven note variations which were set for three or four voices with the principal melody in the tenor and the other parts composed independently to produce a rugged, harmonically crude, "archaic" style that has reminded some of medieval polyphony. Characteristic of shape-note singing is the seating of the singers in the form of a hollow square; singing that is unaccompanied, and the rotation among various singers of the responsibility for choosing the work to sing, setting its pitch and leading by standing in the center of the square and beating the tempo with up-and-down strokes of the arm.

Shape-note tradition not only preserved the 18th century New England repertory, it furnished the principal printed sources of folk hymns and white spirituals, introduced into print a large body of folk melodies and originated the practice of including a pedagogical introduction to a tune book. Shape note singing became the means of imparting to many generations the pleasures of choral singing by note and of sharing a rich repertory of Anglo-American music.

The most enduring of all the shape note publications is The Sacred Harp. The first collection of African American compositions was The Colored Sacred Harp, published in 1934 by Judge Jackson, a farmer and businessman in Alabama. This collection consists of songs composed by black shape-note singers predominantly in the folk hymn or gospel idioms.

In closing, the speaker noted that shape note singing is enjoying a resurgence, with a number of shape note singings scheduled in the region., the closest The Northern Shenandoah Valley singers in Berryville.

After questions and answers, the meeting was adjourned.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,391st Meeting of the Sphex Club

April 2, 2015

President Hermina Hendricks called the 1,391st meeting of the Sphex Club of Lynchburg to order at 8 p.m. on April 2, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Craddock, Dawson, Delaney, Elson, Foster, Gillette, Gilmer, Hendricks, Langhorne, McIntosh, Monk, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, Tiller, Wilder, and Wilson attended. Sending regrets were Doyle, Garren, and Houston. No guests attended.

Minutes of the previous meeting were read and approved.

A second election for new members was held. This followed the election of one new member, Kevin Smith, at the previous meeting. The floor was also opened for new nominations. At the conclusion of the balloting, Katie Cyphert was elected to membership in the club.

The nominating committee chaired by Suny Monk presented the following slate of officers for the 2-15-2016 club year: Ted Craddock, president; Kim Payne, vice president; Joe Stinnett, secretary; Cham Light, assistant secretary, and Marc Schewel, treasurer. (Schewel succeeds longtime Sphex member Robin Wood, who has moved to emeritus status and stepped down as treasurer.)

A motion was made and seconded to nominate the new slate, and the new officers were approved unanimously.

President Hendricks then introduced the evening's speaker, Col. William McIntosh, whose topic was "Some Early Greetings for the Eight Days of Christmas."

While the title of Member McIntosh's paper sounds very warm and fuzzy, some of the content was not, as he described not only early observances of the birth of Christ, but also some medieval religious images that were scary as well as sacred.

Woodcuts of the Baby Jesus were popular, our speaker noted, as almost a kind of early trading card, a religious image that could be bought at markets and passed around and examined by family members and others, almost like a book.

However, the illustration making the most impact upon your secretary was another image. That showed a, or the Devil, with a knapsack full of fairly-realistic human hearts. Nearby was a human with his heart torn out. And the centerpiece of the picture was a fire over which the devil was roasting several hearts on a spit.

Our speaker's very learned remarks also touched on the influences that went into the development of these images, as well as the devotional habits of the era in which they were used.

After several questions and answers, the meeting was adjourned at 9:35 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Sphex Club attendance, date: April 2, 2015

Bateman

Ledford

Bell

Light

Brabrand ✓

McIntosh ✓

Craddock ✓

Monk ✓

Dawson ✓

Nygaard ✓

Delaney ✓

Payne - ?

~~Dolan-Bewell~~

~~Reid~~

Doyle - ~~✓~~ R

Roberts ✓

Elson ✓

Schewel ✓

Foster ✓

Selden

Garren - R

Sigler ✓

~~Gibbons~~

Stinnett ✓

Gillette ✓

Tiller ✓

Gilmer ✓

~~Valentine~~

Hendricks ✓

Wilder ✓

Huston - R

Wilson ✓

Hubbard ~~✓~~

Wimer

Langhorne ✓

Wood

Emeriti: