

Important Dates

Ocean Park Civic League Meeting

Jan 4
Thursday
7 p.m.
Social Time
7:30 p.m.
Meeting
March 8
May 10
Sept 6
Nov 8

Ocean Park Volunteer Rescue Squad Blood Drive

Jan 19
Friday
2 p.m. to 6 p.m.
Ocean Park
Volunteer Rescue
Squad Building

Ocean Park Echo

JANUARY 2018

Message from the president

Please attend the next civic league meeting on Thursday January 4, at the Brock Center 7 p.m. to 9 p.m.

Ocean Park may move in to the 21st century with your vote. We will vote on going digital with the newsletter. This change comes with challenges that include all members signing up through the website to get email notifications. This already happens when you pay your dues online. The volunteers who have faithfully delivered newsletters in all types of weather will

be relieved of this duty. To print this newsletter requires money, about the same money we receive from advertisers. We may not need to have ads in the digital color newsletter. If the general membership adopts this plan or debates a new plan, it will be necessary to find your way to the www.opcl.org website. This venture opens the door to many possibilities of how you receive information about your community.

—Andrew Broyles President OPCL 2017/2018

Another opinion

SAVE THE OCEAN PARK ECHO

That's a pretty desperate headline. Why does our Ocean Park newsletter need to be saved? It seems in this digital age, some folks on the board of directors feel a printed newsletter a bit archaic, a relic whose time has past. Unless there is an outcry from our residents, our printed Ocean Park newsletter, "The Echo," will no longer be produced and hand-delivered to every door in Ocean Park. Communications from the civic league leadership to our members will only occur through digital means.

So what? Who cares? A printed and hand delivered newsletter is a bit old school after all. We are in a the digital age with abundant social media available, and most of us have important things to worry about in our lives. I agree. In the big scheme of things, is this really something to get excited about? Maybe not.

I've lived in this neighborhood for almost thirty years now. I believe we live in the best place in the world. All of us in Ocean Park have the privilege of living in a truly unique place. Aside

from the beauty of our beaches, the wonderful Chesapeake Bay, the incredible sunsets and Pleasure House point, we have a great sense of community here in Ocean Park. That sense of community is an intangible thing that's hard to define, and certainly isn't measurable, but I know we have it in droves.

Recently, I was in Anchor Allie's having breakfast. A woman came up to me and said she recognized me from the Ocean Park Neighborhood Facebook page. She said she lives in another neighborhood along Shore Drive. She then said how jealous she was of our neighborhood because we have such a close-knit community, and that she was involved in the civic league in her community, but her civic league didn't have anywhere near the involvement that ours had. She then said she would love to know how we did it. I told her I wasn't exactly sure, but as a civic league, we went through great lengths to keep residents involved with what was happening in the neighborhood.

So back to the printed newsletter, that archaic means of communication. Why is it so im-

—Another opinion continued

portant? I mean, maybe it is archaic and needs to put to rest. I don't think so. I think that in today's impersonal world of social media, where people sit in the comfort of their living rooms browsing their Facebook and Instagram accounts, having a printed newsletter sitting on the coffee table to peruse at your leisure connects people to our community. It gets your attention. It's not just another subject line amongst the hundreds of emails you receive every day. Even though the information in a printed newsletter isn't as timely as that received from Facebook, or other digital means, your more likely to read a community newsletter when you have it sitting on the kitchen counter. You can see the local businesses that support our community, you can get some tidbits about Ocean Park and its history that you don't see in our other digital communications. When you pick up that newsletter

and thumb through it, you feel connected to the neighborhood. Our Ocean Park printed newsletter is one of those intangibles that I believe is so critical to our strong sense of community here in Ocean Park. We only print and deliver the newsletters five times a year, to coincide with our general membership meetings. So if you want to keep getting that printed newsletter delivered to your house, please show up to the January 4 membership meeting and let the board of directors hear your voice. If you can't show up to the meeting, use the contact information in this newsletter to let the leadership know that there are others who want to keep the Ocean Park Echo.

—Rick Mercadante has served OPCL as president (twice), vice president, membership committee chair, fireworks committee chair and on numerous other committees. He is also the founder and current admin of the

Final point of view

As the editor, and the one who does the most to produce this community newsletter, I have a few opinions of my own.

I recognize the ability to use a digital format to reach people in a more timely, more efficient and cost-effective manner. Disseminating information on a more regular basis than every two months adds value to our communications.

I would not argue that digital would eliminate the need for advertising. There are costs of hosting, digitally mailing, etc. Also, discount the negative that the printed newsletter costs about as much to print as it makes in advertising. That is the point of advertising — to make just enough money to print, not to profit. Plus advertisers show their business support for Ocean Park as well as benefitting from the exposure.

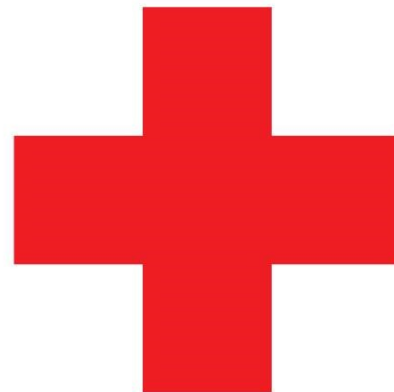
These issues can be surmounted, with some thought. The issue I haven't heard a solution for is how to reach some 2,500 or more people, including the newcomers to the area. A major purpose of the civic league is to disseminate information about our community, to everyone. With a printed version there is at least an effort to reach one or more adults over 18 in every household in Ocean Park. I've heard no solution to getting the emails of every adult over 18, in every household in our neighborhood quickly. This is my primary concern regarding a switch to digital without a method in place. I believe a plan for acquiring a determined percentage of emails should be in place before any change occurs. Otherwise, we risk cutting a significant portion of our residents out of the communication loop too quickly. A method of reaching newcomers should also be explored before making the switch.

Please make an effort to attend the January 4 meeting to voice your opinion, whatever it may be. If you have questions, comments or concerns, feel free to email me at newsletter@opcl.org or by phone at 757-407-5595.

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Blood Drive **Ocean Park Volunteer** **Rescue Squad**

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Friday, January 19, 2018
2:00 PM to 6:00 PM

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: OPVRS to schedule an appointment.

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Budget option for 2018 — subject to change at the GM meeting

| | | | | |
|--|-------------|-----------------|------------------------|----------------------|
| **UPDATED 11/9/17** | | | | |
| OPERATING ACCOUNT | | | | |
| 2017 STARTING BALANCE | | | \$4,202.46 | |
| Income | | | | |
| Item | 2017 Budget | 2017 Actual | 2018 Proposed Budget A | 18 Proposed Budget B |
| Advertising Revenue | \$2,500.00 | \$1,800.00 | \$2,500.00 | \$500.00 |
| Money Market Interest Earned | \$300.00 | \$206.65 | \$300.00 | \$300.00 |
| Membership Dues - Checks and Cash | \$4,000.00 | \$3,455.00 | \$4,000.00 | \$4,000.00 |
| Membership Dues - Paypal | \$1,200.00 | \$1,118.00 | \$1,200.00 | \$1,200.00 |
| Raffle Receipts | \$500.00 | | \$0.00 | \$0.00 |
| Robbins Acct-Community Improvement | \$8,400.00 | \$4,000.00 | \$8,400.00 | \$8,400.00 |
| Miscellaneous | \$0.00 | | | |
| Sign Donation | \$500.00 | | | |
| Total Income | \$17,400.00 | \$10,579.65 | \$16,400.00 | \$14,400.00 |
| Expenses | | | | |
| Item | 2017 Budget | 2017 Actual | 2018 Proposed Budget A | 18 Proposed Budget B |
| SDCC/VBCCO/Other Dues | \$50.00 | \$50.00 | \$50.00 | \$50.00 |
| Online Payment Fees | \$50.00 | \$48.45 | \$50.00 | \$50.00 |
| Legal Expenses | \$500.00 | | \$500.00 | \$500.00 |
| Charity (ie OPVRS,LRN,Raffles) | \$1,500.00 | \$1,000.00 | \$1,500.00 | \$1,500.00 |
| PO Box Annual Fee | \$105.00 | \$112.00 | \$112.00 | \$112.00 |
| Newsletter/Flyer Printing | \$2,500.00 | \$2,375.70 | \$2,500.00 | \$1,000.00 |
| Social Events | \$5,000.00 | \$4,208.98 | \$3,800.00 | \$3,500.00 |
| Umbrella Liability Insurance | \$800.00 | \$35.00 | \$850.00 | \$850.00 |
| Virginia Corporation Fees | \$25.00 | \$25.00 | \$25.00 | \$25.00 |
| Postage and Mail Supplies | \$100.00 | | \$100.00 | \$100.00 |
| Website Construction/Maintenance | \$50.00 | \$45.00 | \$50.00 | \$50.00 |
| Scholarships | \$4,000.00 | \$4,000.00 | \$4,000.00 | \$4,000.00 |
| Merchandise Purchase | \$470.00 | \$331.33 | \$463.00 | \$263.00 |
| Pleasure House Point | \$0.00 | | | |
| General Meeting Refreshments | \$500.00 | \$58.12 | \$100.00 | \$100.00 |
| Miscellaneous Expenses | \$250.00 | \$109.51 | \$100.00 | \$100.00 |
| Chesapeake Bay Foundation Sponsorship | \$1,000.00 | | \$1,000.00 | \$1,000.00 |
| Golf Cart Signs | \$500.00 | 115.41 | \$1,200.00 | \$1,200.00 |
| TOTAL EXPENSES | \$17,400.00 | \$12,514.50 | \$16,400.00 | \$14,400.00 |
| 2017 CURRENT BALANCE | | | \$2,267.61 | |
| OTHER Accounts: | | | | |
| | Income | Expenses/Debits | Current Balance | |
| Fireworks Fund: Starting: \$14,611.2 | \$16,645.35 | \$15,075.00 | \$16,181.62 | |
| Money Market: Starting: \$ 75000.0 | \$206.65 | \$206.65 | \$75,000.00 | |
| Robbins Account: Starting: \$ 223698.8 | \$22,359.11 | \$4,000.00 | \$242,058.00 | |
| (Robbins Cash Balance: \$ 3236.22) | | | | |
| TOTAL OF ALL OPCL ACCOUNTS CURRENT | | | \$335,507.23 | |
| TOTAL OF ALL OPCL ACCOUNT AS OF 12/31/16 | | | \$317,512.62 | |
| CHANGE IN TOTAL ACCOUNTS VALUE THIS YEAR | | | \$17,994.61 | |

Why would you wish to join Ocean Park Civic League?

Good Reasons to Join Ocean Park Civic League

A member recently sent me some reasons why he decided to get involved with OPCL. Here are his comments, edited for brevity, and I've added some of my own.

What got me into the civic league? The request of my friends and neighbors who live here and my general belief that you can only make things better by being involved. I firmly believe that the civic league needs to watch the big issues (Pleasure House Point, dredge materials transfer site, the Lesner Bridge) and stay out of the small neighborhood issues. But the benefits are more than city issues.

So what have I seen as the benefits of living in Ocean Park? Great neighbors/friends who create lots of great social situations. A great place to raise kids. Great beach. Great biking trails and a nearby rec center. Great restaurants like Taste and Leaping Lizard, Bucketheads, BBQ at Froggie's, Croakers, American Brew. New signs to drive neighborhood pride, and much more, like the "personal" fireworks show we get to enjoy every year. The Spring Crawl-Out, the Fall Festival, and in years past, the Community Yard Sale, the Beach TGIF parties, the impromptu gatherings on the beach. Then, when I'm sitting back and remembering all the reasons why I so love living here, it becomes relatively easy for me to justify paying \$20/year to help maintain this great quality of life.

Remember, we are a "civic" league. That implies to me civility and a social setting. The best part of membership? You get to know more people. Because when a neighbor/friend says, "Hey, why don't you join, it's only \$20/family/year," I think you are more inclined to do so.

Yes, we need people to fight this or that, but we have lots of fun stuff and could have more... neighborhood book clubs, tennis clubs, wine clubs...we'd get to know even more and more of our neighbors and growing membership with people you know and like.

All it takes is people like you, yes, you... the one reading this article.

—Grace Moran, OPCL vice president, Membership Committee chair

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WE NEED A GRAPHIC DESIGNER!

Who would like to help with the newsletter?

No need to write, compile, collect or cajole.

That hard part will happen for you.

Your only responsibility will be design and layout. If you possess these skills, please contact the newsletter editor at newsletter@opcl.org or FB message Jill Doczi

TIME TO RE-NEW FOR THE NEW YEAR!

Do you know that only about eight percent of people keep their New Year's Resolutions? Do you want a New Year's Resolution that you can be sure to keep?

Resolve to pay your 2018 OPCL Dues in January. Just \$20 gives you a year of supporting your neighborhood's efforts for community improvement, serving as a watchdog for regulatory matters that can potentially impact us and providing a unified voice with our city officials.

Not to mention a chance to meet your neighbors and participate in some fun community activities.

You can pay by check or cash at the January 4 meeting at the Brock Environmental Center or anytime via PayPal at www.opcl.org. You can also mail your payment to OPCL, P.O. Box 55385, Virginia Beach VA 23471.

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OP improvements on Shore Drive

Bayfront Advisory Commission, OPCL... and YOU!
Earlier this year, the Bayfront Advisory Commission (BAC) held "Outreach '17" to gather input from Shore Drive communities to determine the issues most important to them. OPCL President Andrew Broyles presented a list of priorities for Ocean Park, topped by the desire to have Phase IV of the Shore Drive Capital Improvement Project (from the new Lesner Bridge westward to Marlin Bay Drive) advanced from its current status in the city's 2023-2028 budget into the 2018-2023 budget.

As a result, the BAC made this request the Number I priority in their list of requests to City Council. At the time of this writing, President Andrew Broyles, BAC Chairman Kal Kassir and Shore Drive Community Coalition President Todd Solomon seek a meeting with City Councilman/Vice Mayor Louis Jones to discuss this matter. The city has already told President Broyles that the current plan is to repave this section of Shore Drive upon completion of the Lesner Bridge. That will help our vehicles' shocks and suspensions, but will do nothing to improve the appearance of the "Gateway to the Oceanfront" presented to approximately 30 percent of our visitors. Nor will it address recurring and increasing storm water management issues.

This is where you come in. Right now, city planners are preparing the draft budget to be presented to the city council in March 2018. Now is the time to let your city council, your own City Council Representative Louis Jones and the rest of the world know how you feel about the present state of Shore Drive. By March 2018 it may be too late.

Understand that you are not requesting that this improvement should supplant any existing projects in the 2018-2023 budget. You would be asking that the city reallocate funds from some other city revenues to fund this effort.

If you do not take action now, you will have no reason to complain about the condition of our Shore Drive for the next 10 years.

Take it up with:

City Councilman (Bayside District) Louis Jones at
lrjones@vbgov.com or (757)583-0177

The Mayor, Will Sessoms at wsessoms@vbgov.com or (757)385-4581

To send a message to the entire city council, email
ctyncnl@vbgov.com or write any or all:

2401 Courthouse Drive, Bldg. 1
Virginia Beach, VA 23456

Make it public:

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Letters to the Editor:



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OPCL Finance Committee Update:

The Robbins Legacy account held investments valued at approximately \$239,200, as of December 24, 2017, versus \$225,854 at year-end, 2016. This balance reflects a distributions of \$7,500 this year. The current portfolio allocation is approximately 75 percent fixed income/cash and 25 percent equity investments after a recent rebalance. In addition to the growth of the original \$180,000 investment, the account generates approximately \$7,000 a year in interest and dividends, which is available for distribution. Since 2008, over \$54,000 has been distributed in support of civic league functions and community organizations. Mike Wills, Todd Parker, Rick Mercadante and Tim Solanic belong to the Ocean Park Finance Committee, which oversees the management of the Robbins Legacy account. If you have ideas for funding of community projects and improvements in Ocean Park, or would like to participate as a member of the committee, please contact any officer of the civic league listed in the newsletter.

Pick up your Ocean Park sticker at the January Ocean Park Civic League General Membership Meeting.



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PROTECT THE BAYFRONT SAFETY FIRST PLEASURE HOUSE POINT

Now is the time to join - or renew your membership in - the Ocean Park Civic League. Pay now and get credit for all of 2016!!
Dues are just \$20 a year per family. If you are not a member, become one now. Just fill in the Membership Application and mail to the P.O. Box listed below. Or join on-line at www.opcl.org. You will be helping your community and keeping yourself informed.

| | | |
|--|---|----------|
| Name: | | |
| Street Address (and City/State/Zip if not 23455) | | |
| Email: | | |
| Phone: | H: _____ | C: _____ |
| Do You Own or Rent? | <input type="checkbox"/> Own <input type="checkbox"/> Rent | |
| Areas Of Interest (Check all that apply): <input type="checkbox"/> Newsletter (contributions/distribution/solicitation for ads) <input type="checkbox"/> Traffic Committee <input type="checkbox"/> Shore Drive Community Coalition Liaison <input type="checkbox"/> Zoning <input type="checkbox"/> Social Committee | | |
| Mail this application and your dues of \$20.00 (check made to OPCL) for calendar year 2016 to: Ocean Park Civic League P.O. Box 55385 Virginia Beach, VA 23471 | | |



Ocean Park Volunteer Rescue Squad news

Normally, the rescue squad provides us with a write-up for the newsletter. This new year edition, we show some of the many things they do for our neighborhood on a regular basis. We have an ALL-VOLUNTEER rescue squad serving our area for 75 years and that they rely on donations from the community to keep things running, including their ancient building in need of renovation. They provide service to us FREE. Your treatment, ambulance ride, etc. come at no charge to you. Consider giving them a small (or large) donation. All quotes and photos from the OPVRS Facebook page. Follow them on FB and Instagram.

Some things our rescue squad does regularly:

Sharing weather safety information:

"Low temperature and strong wind will create chill values in the single digits above zero early Thursday morning. You can check Ocean Park community weather by visiting our website: <http://www.opvrs.com/live> #WinterWeather #WindChill #BelowFreezing #BundleUp"



"Good morning Virginia Beach and happy Monday! We have two ambulance crews on duty protecting Shore Drive today. They are ready to respond at a moments notice. Your support will ensure we are able to respond to your call for help for years to come. Help us help you. To join, donate, or learn more visit www.opvrs.com."

#ShoreDrive #VirginiaBeach #JoinOPVRS #Donate "



Spreading the food safety word:

"Entertaining for the holiday? Spread joy, not germs, by keeping food safe when preparing for a party! Learn more about how Cook, Clean, Chill, and Separate can help prevent food poisoning. <https://go.usa.gov/xn5SU>"

Community Safety:

"Break down your Christmas gift boxes to recycle or trash. Don't advertise to burglars what's inside.

#StopTheBadGuys and #Recycle to #SaveTheBay"



"There is no place like home, but sometimes home needs a little help. Join our campaign to ensure we will be here for the next generation. As the year comes to a close, your tax-deductible donation is more important than ever."

Giving their holidays to us:

"From December 20 to the 27 your Ocean Park Volunteer Rescue Squad members covered 75 ambulance shifts, including 4 EMS Field Supervisor shifts. Your tax-deductible gift will ensure we can provide care for you, your loved ones, and neighbors. Donate here: www.opvrs.com/donate."



Additionally, they host blood drives, offer meeting space, host cookouts for the neighbors, drive through our neighborhood in rescue vehicles handing our Halloween candy and offer their services to the neighborhood in many other ways.

"Happy Holidays from the Captain!!

As this joyous holiday season reigns upon us I wanted to take a moment to express our sincere thanks to the Ocean Park Community. 2017 has been yet another wonderful year for our Rescue Squad family and we owe that to the support of each and every one of you. Every year we expand both with our membership and our equipment to better serve you and this year was no exception. As our members reflect on these successes we are reminded that the health and safety of our surrounding community is our driving motivation. From our family to yours we wish you the happiest of holidays and best wishes for the new year!"

Health and Wellness in Ocean Park

You can't run from your bad eating habits

"If I just burn some more calories, those extra pounds I put on will just go away. I'll go ahead and have that extra slice of pizza/cake/pie, I'll just work it off at the gym. I know I shouldn't have dessert, but I can just put a little extra time on the treadmill."

Do any of these sound familiar? If you're healthy and at your desired weight and fitness level, there's nothing wrong with saying these things to yourself occasionally. If you're an athlete who does daily multi-hour conditioning-type workouts, you can probably get away with poor eating habits for awhile. But if you're not either of these, well, how often are you saying these things to yourself, and does it work? The answer is usually, "Absolutely not."

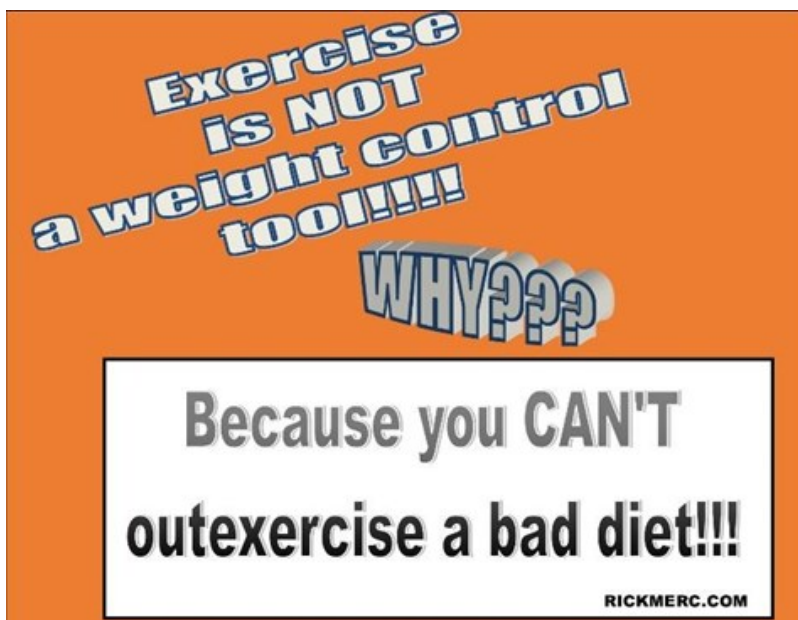
When you rely on exercise only to attain and maintain your desired weight, you will fail. I know this may come as a shock to some of you, after all, if you're burning more calories than you take in, you will lose weight. That's correct, to a certain point, but eventually your body will adapt, and if you are still eating a poor diet, you will stop losing weight.

More importantly, if you don't learn to eat well, and to understand the importance of proper nutrition to your overall wellbeing, when you eventually go through periods in which you can't exercise, what do you think will happen? When your body has gotten used to consuming a certain number of calories, and you are no longer expending as many calories through exercise, you will put on weight, and not the good kind. It's a common tale, told by many a former athlete — but not just athletes.

Often, when you decide to get off the couch and attempt to get fit and healthy, you want immediate results, so you embark on an exercise program. This is a good thing. You're excited about taking the first steps and you jump in with both feet, usually without professional help. After about four to eight weeks, the initial motivation starts to wear off, (This is why gym use skyrockets in January, and tapers off by mid-

to-late February) and the daily grind of working out sets in. Old habits start to look good, the siren song of the couch calls to you. Your motivation wanes. Those early morning workouts aren't as fun as they were. That is of course, if you haven't gotten injured yet. Either way, you find yourself back on the couch after a month or two, and any of the weight you might have lost finds its way back to your body. Again, does any of this sound familiar?

What's a person to do? Stop exercising? Of course not, exercise is critical to your overall health and wellbeing. The answer is pretty simple, yet so hard to actually do. First, keep up the exercising, it may not be your weight control tool, but it will make you healthier and keep you feeling good, just don't ramp it up too fast.



Next, you need to start eating better. Listen to that little voice in your head. Most of the time we know we shouldn't eat certain foods, but we ignore that little voice and do it anyway. Lastly, ditch all the processed food and consume quality calories. The one thing we know for sure about diet and nutrition is that less processed foods in our diet is better for our health. The bottom line is that diet and nutrition are the keys to successful, long-term weight control,

not exercise. You should still exercise as much as your lifestyle allows, and to the intensity that your body can handle, but don't add in those exercise calories when calculating your daily caloric intake. Consider the exercise calories as bonus calories. With the holidays and the new year just around the corner, you need to remember this next time you embark on a new fitness routine to lose those extra pounds.

—Rick Mercadante is a long time OP resident and a retired Naval Officer. He pays it forward by using his personal experiences and training as health coach and strength and conditioning coach to help others reach their health and fitness goals. He owns and operates Transform Studio in the Alberman Shoppes at 3772 Shore Drive. rick@rickmerc.com
757-716-4616

Holiday Trash and Tree Pickup

Virginia Beach residents can place many gift packaging materials in the blue recycle can. Accepted items include gift boxes, tissue paper, holiday cards, cardboard and plain wrapping paper.

Items not accepted in the blue cart include bubble wrap, ribbons, tape, bows, tree decorations, Christmas lights, sticky gift labels, laminated or coated gift bags, or cellophane. Plastic bags and foam peanuts are also not accepted in the blue recycle cart but can be taken to the City Landfill and Resource Recovery Center or any Pak Mail location to be recycled.



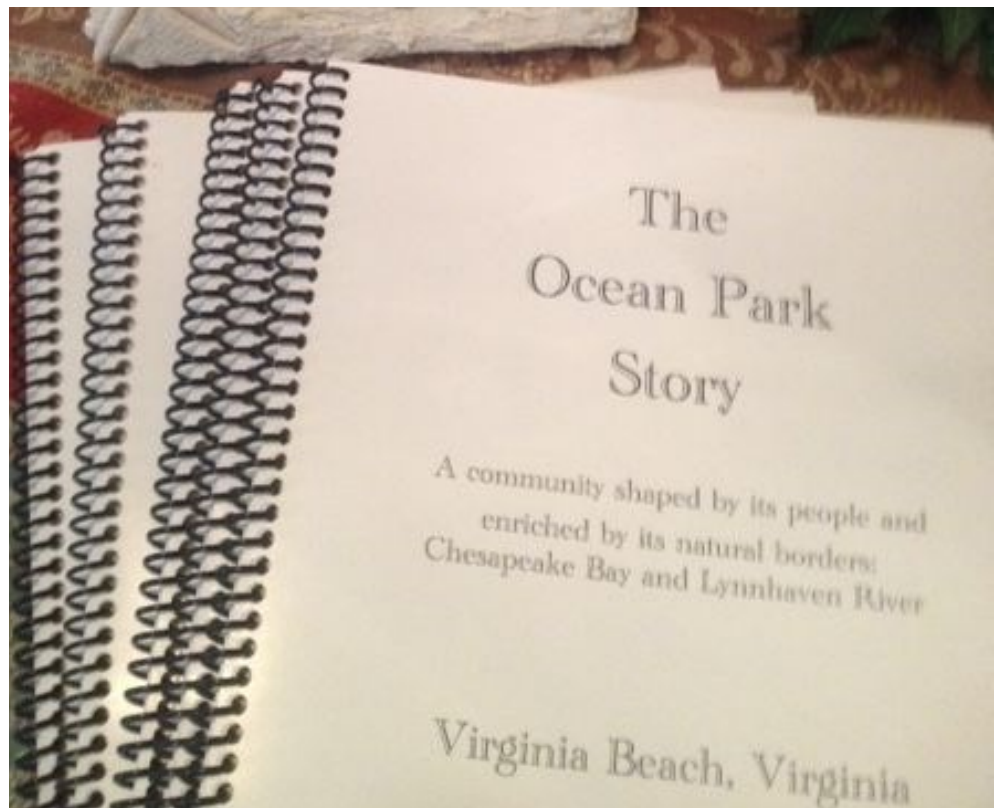
For residents celebrating the holidays with a real Christmas tree this year, the Public Works Waste Management Division asks that residents remove all lights, ornaments, tinsel and other decorations. Residents can place the tree out at the curb on any normal collection day, or take the tree to the City Landfill and Resource Recovery Center to be recycled into mulch. Trees for curb pickup should be placed curbside like any other yard debris. Residents **DO NOT** need to cut the trees into four-foot segments.

Follow these steps of proper disposal and recycling, and bring in the New Year by

Keeping Virginia Beach Beautiful.

“The Ocean Park Story” tells the history of our area from before the time there was an Ocean Park until modern times, with pictures, maps and drawings to illustrate just how special our neighborhood is. Just \$15 cash or check made payable to OPCL.

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- LEARN HOW TO MOVE WELL BEFORE YOU START MOVING OFTEN
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January 4 OPCL Meeting **Join your neighbors at the** **Brock Environmental Center.**

7:00 p.m. Social

7:30 p.m. Meeting

All neighbors welcome.

This is a great time to renew or join.

Agenda

I. Pledge of Allegiance

II. Request for additional agenda items

III. Police Liaison Report, Officer Wroblewski

**IV. Approval of minutes from the November 9th general
membership meeting**

V. President's Remarks

VI. Treasurer's Report and Proposed 2018 Budget

**VII. Report from President on meeting with Vice Mayor Jones
and discussion of Phase IV and related storm water
management issues**

VIII. Committee Reports as appropriate:

Social Committee

Finance

Adopt-a-Spot

Fireworks

Membership

Government Affairs

**IX. Newsletter Digital vs. Printed Discussion and Resolution
(Formal vote by General Membership)**

X. Old Business

XI. New Business

**Tim Solanic to report on B-2 Zoning issues recently approved
by Planning Commission**

XII. Meeting dates for 2018 announced

XIII. Adjournment