



Classmate Questionnaire – 50 Years

Fifty years!! How can that be? This questionnaire will be used to update our classmates on our journeys through life. Please provide the following information for our 50th reunion website directory. Return electronically by August 1, 2026 to admin@1976sjhsmanassas.com. In an effort to mitigate any risks associated with adding this information to our SJHS Class of 1976 website, we ask that answers be in a generic format. Please note: if there is information you would like to not be included online, please leave blank.

First and Last Name, previous names and nicknames: Amy Slapinski Ulrich
City and state of current residence (skip specific street address): Cherry Log, GA
The quick update – where has life taken you in the last 50 years? (A brief 2-3 sentence summary of your journey): Our parents (Jamie is my twin) moved to Winchester a few weeks before our SJHS graduation. I couldn't decide where to go to college, enrolled at a community college in Winchester, but ended up starting at Radford College in the fall of '76, then transferred to VA Tech for 2 years and transferred again to George Mason University – graduating in 1980 with a degree in Early Childhood Education. I worked part time at First VA Bank while in college which led to a job offer to join their management training program when I graduated from GMU. A move to Florida in 1981 continued my 40 year career in banking. Deeply blessed to have retired in 2017 and I haven't looked back!
Your passions and free time (What hobbies, interests or volunteering activities keep you busy?): I have volunteered in animal rescue – specifically with dogs – for over 30 years. My husband and I live with 4 rescues. We also foster dogs who require rest and recovery for medical reasons – most recently a 7-month foster for a 65 pound pittie that needed double knee replacements. Ask me to show you pics at our reunion! I am deeply grateful to my husband for his support!

We are also very active in our local church – singing in the choir and serving on multiple committees. I get to sing every Sunday which brings such joy!

When did we ever find time to work?!?!?!?

Favorite memories and milestones (A favorite life experience or adventure):

I reconnected with our classmate Ray Mason at our 40th reunion. Ray had just purchased a second home in Florida less than 15 miles from my home. Little did I know that this would lead to us partnering together for multiple estate sales in Florida. My daughter-in-law is a real estate agent, and several of her clients needed help cleaning out their homes. Ask Ray and me about walking into a home that literally was stepping back into the 70's, complete with velour couch, hanging beads and a 1970 GTO in the garage. It took us 4 weeks to get the house ready for the estate sale – but we got it done!

What do you consider your greatest accomplishment in the last 50 years:

I feel so very blessed to have been able to retire at age 58 after a 40-year career in banking. I stepped into an industry that was mostly dominated by men as a kid just graduated from college and worked my way up during many turbulent times. I feel fortunate to have had many mentors along the journey who believed in me and supported my growth in each new opportunity. AND when it came time to walk away – I did so proud of what I had achieved along the way.

Travels and Adventures (Share a few of the favorite places you've visited and/or any place still on you bucket list):

I have always found peace just being outside and in nature. As a kid, our family vacations were to a rustic fish camp in Ontario. We continued this tradition as adults and always looked forward to our two weeks on the lake with my brother and his family. Jamie and I traveled out west each winter to ski – multiple trips to Summit County, CO and Utah. Dick and I traveled one September to Rocky Mountain National Park and now we live within just 2 hours away from Great Smoky Mountain National Park. Dawn with the elk takes my breath away.

Family Joy (If you'd like to share, tell us about your family make up, avoid specific names and ages due to privacy concerns):

My husband Dick and I have been together for over 40 years. We followed a dream of ours 6 years ago and moved from Florida to a cabin in the woods in

the mountains of North Georgia. I get to wake up every morning to the beauty of nature just out our front door! We have a straight on long range mountain view – and I love to see her face change through the seasons.

We lost our son to glioblastoma five years ago, but we are so very proud of our grandchildren. Our granddaughter is in her third year of a Master’s program in Music Composition and our grandson works in the fashion industry in NYC after earning his degree in Fashion Design.

SJHS Flashback (Share a fun, general memory of our high school days):

My favorite times at Stonewall revolved around music – Vanessa Gray lead our women’s choir and of course Roger Maier was our band director. So many fond memories and great friendships. This also built the foundation for my lifetime love of music. Our marching band on the field for football games and on the streets of Colonial Williamsburg! And the Senior Lounge – I played Daisy Jane (by the band America) every single day on the juke box during lunch.

Then vs. Now (share music/hobby you enjoyed in 1976 vs. what you enjoy now):

Music has always been a passion of mine, and I will always comment that I am still stuck in the ‘70s with the music I listen to. I’ll never say no to a good concert, and to be honest, most of my favorite bands are either no longer performing or dead. Seeing Crosby Still & Nash at Red Rocks Amphitheater in Colorado was magnificent! Jamie and I were lucky enough to see Dan Fogelberg at Aspen Music Tent before he passed away. James Taylor is still performing at 78 – I’ll be seeing him in Atlanta in September!

Message to our class (share anything else you’d like our classmates to know about you):

Each and every day is a gift. I never was more aware of this until when we lost our son to brain cancer. I consciously take time each morning to find something that brings me joy and embrace it. I have also learned to walk away from negativity. Our time on this earth is so very precious – the past 50 years have flown by – fill it with love, laughter and peace.

Are you planning to attend our 50th reunion on October 3, 2026? Yes

Attach current photo here:

