



Fred Emil Mecklenburg

June 18, 1935 - April 6, 2020

Fred Emil Mecklenburg

Age at death: 84

Residence: Sarasota, FL

Day and Date of death: Monday, April 6, 2020

Place of Death: Home

Fred Emil Mecklenburg, a surgeon and clinical professor of obstetrics and gynecology, passed away April 6, 2020, at his home in Sarasota, FL. He was 84.

Fred was born June 18, 1935 in St. Paul, MN, to Frederick and Dorothea (Swearingen) Mecklenburg. After graduating from South St. Paul High School, he graduated from the University of Minnesota in 1960 and the University of Minnesota Medical School in 1963. Following his residency in OB/GYN at the University of Minnesota, he completed an internship in Seattle, WA, and then served in the U.S. Army from 1966-1968.

Fred practiced at St. Louis Park Medical Center in Minnesota until 1981, when he moved to Washington D.C., after being named chairman of Kaiser Permanente's OB/GYN department. In 1994, he became OB/GYN chairman at Inova Fairfax Hospital in Fairfax, VA, retiring in 2012.

As a clinical professor of OB/GYN at George Washington University, Fred received many leadership, clinical and teaching awards, including the prestigious CREOG National Teaching Award from the American College of Obstetricians and Gynecologists.

For many years, Fred volunteered his experience and expertise with Health Talents, making numerous trips to Guatemala with other health care professionals to perform much needed gynecological surgery.

His colleagues from Inova Fairfax Hospital stated: “Fred is going to be missed by every member of the OB/GYN department that had the privilege to work with him. His style of leadership was rare. He led by example and in the gentlest possible way. Fred’s passion was surgery. The more difficult the case was, the quieter he got, conveying a great sense of confidence and calm. In all the years we knew him, we never heard him speak ill of anyone. Fred has passed on but will never pass out of our lives and fond memories.”

Fred had a lifelong love of the outdoors, hiking, camping, canoeing, hunting and especially fishing. From his youth, fishing with his father and friends to teaching his sons, and on many trips to Canada, Alaska and the Chesapeake Bay, there were fish to be caught wherever he went.

Above all, his wisdom, kindness, gracious and humble nature and genuine compassion for others will be tremendously missed.

Fred is survived by his wife of 27 years, Barbara Moran, daughter Carol Mecklenburg (Jim Tisel), sons Karl (Kathi), Fred (Jill), and Eric Mecklenburg and 10 grandchildren (Sarah (Ryan), David, Luke (Julia), Kelsey (Mel), Jeff, Dalton, Greta, Bo, Amara and Griffin), and five great-grandchildren, sister Sue Tourville. He is preceded in death by brother Karl Mecklenburg and sister Sandra Cisneros.

In lieu of flowers, donations may be made to:

Dr. Fred E. Mecklenburg OB/GYN Education Fund #7000326, Inova Women's Hospital, 3300 Gallows Rd, Falls Church, VA 22042

University of Minnesota Medical School Women's Research Foundation
(online z.umn.edu/womenshealthfund or by mail to University of Minnesota Foundation, P.O. Box 860266, Minneapolis, MN, 55486. (Please write "Women's Health Fund" in the memo line and include "In memory of Dr. Fred Mecklenburg.")

Or

Tidewell Hospice, Philanthropy Department 5955 Rand Boulevard, Sarasota, FL, 34238.

Tribute Wall

BM

“ I feel extremely privileged and honored to be trained by Dr. Mecklenburg during my residency. Dr. Mecklenburg was a beacon of light, one of a kind human being with utmost gentility and humility. He always had a smile and his head was always low in a humble manner. When he came to the OR, you felt safe. He could fix anything. I felt so sad when I heard the news of his passing. My condolences to his family. He will forever be remembered in my heart.

Bitia Motesharrei, MD - April 27, 2020 at 09:17 PM

DL

“ I was just thinking of Fred and put his name in google and his obit pops up. I have some great memories of Fred and Barbara. Fred was the first doc I could not pick out coming off the airplane. His voice was so different than his physical presence. I was there for the heart attack he had the day he had to discipline a physician. I was there when he could not figure out why Freddie needed new clothes all the time in, I think it was his freshman year in college, then he saw him at Christmas and he had grown 6 inches. I was there when Fred had the dog that liked to climb the fence in Potomac. Then when Fred moved to the smaller house and he has electric fence and the poor dog got zapped when the fence was hit by lightning. He survived but never liked the garage after that. I know you all will miss him so. I am sending my love and wish you all safeness and health in this uncertain time. Donna Loy

Donna Loy - April 24, 2020 at 07:49 PM



“ 5 files added to the album Memories Album



Karl Mecklenburg - April 17, 2020 at 11:15 PM



“ Carol, Jim and family,

*Our condolences for your tremendous loss.
May you find comfort in knowing the lives that
he's touched and impact he's made on others.
Our thoughts and prayers.*

Nick & Melissa Livermore



Melissa L Livermore - April 14, 2020 at 09:08 PM

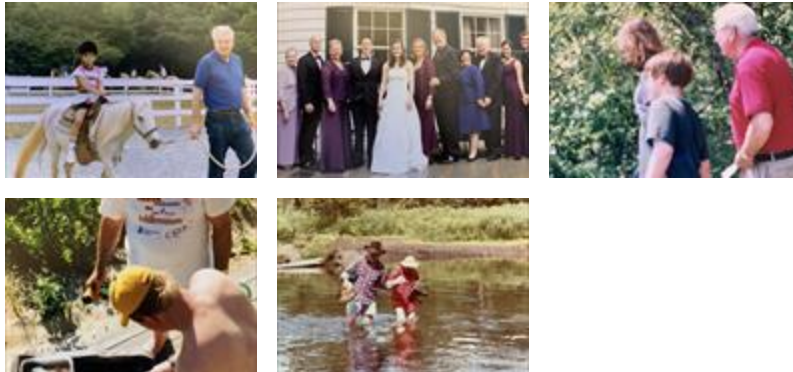
LE

“ Barb...my heart breaks for you & all of your family. Dr Mecklenburg was humble, caring, gentle & dedicated. As I worked in an OB/Gyn office for years, he was always respected for his surgical skills, compassion & always being so willing to help anyone who needed his expertise. He was in a league of his own for sure. He loved his family, his friends & you, Barb. One fond memory was being invited for dinner in your home~Fred prepared a salmon dinner w/salmon he had caught on one of his beloved fishing excursions! The memory will be with me forever. We always enjoyed our time with the two of you~enjoying a nice glass of wine, having dinner or just visiting. Love to you, dear friend & all of your family...Linda

Linda Ervin - April 14, 2020 at 01:35 PM

CM

“ 10 files added to the album Memories Album



Carol Mecklenburg - April 12, 2020 at 01:07 PM

KH

“ Barbara
So sorry to learn of Fred's passing. I am so glad we were able to have lunch together in January. Ken & I send our sincere condolences. Much love Kathy & Ken Hale.

Kathleen Hale - April 11, 2020 at 08:53 PM

CD

“ Although they probably already know, I would like to convey to Dr. Mecklenburg's family how much he was loved and respected by the Department of OB/GYN at Inova Fairfax Hospital. I worked with him when I was a resident and years after that. He always had an open door policy and whenever I had a perplexing case, I knew I could consult with him. His calm manner in the OR was greatly appreciated and he never said no when asked to help with a difficult case. I had the privilege to see some of his patients after he retired and they always asked about him, missing him greatly. Along with his professionalism, skill as a surgeon, and utmost integrity, he was a gentle, kind, and humble person who never spoke ill of anyone. I have missed his presence in our department and I will always remember him. Barb and the rest of his family are in my thoughts and prayers.

Carolyn Davis - April 11, 2020 at 06:09 PM

RM

“ Family of Fred,

My contacts with Fred were both personal and professional. He once helped me out of a memorable and difficult spot, in the operating room. But mainly he was a great example of the way a leader should lead, humbly and by example.

Even after retirement, I received a call of thanks, from an individual I had referred to him.

It was a privileged to serve in a staff under his leadership.

Russell May

Russell May - April 11, 2020 at 11:50 AM

CM

“ Thank you, Dad

I had the good fortune to be able to say, “I love you and thank-you for ‘everything’” over the phone shortly before you died. I think you knew, but I need to say more about that ‘everything’. Thank you for being a shining example of a life well lived. I always knew that it was imperative to develop one’s gifts and talents to be able to bring our best self to every day. It was abundantly clear that the only way to be in the world was respectful and grateful for each person one comes in contact with and for the larger fabric of life. You elevated others around you, relieved suffering, and shared joy. I always hoped I would be able to do the same. There was clearly no alternative to the highest ethical standards. You shared your sense of wonder until the very end (thank you for the manatees). You are in my heart and I share you with others every day. I love you. Thank you for everything. Carol

Carol Mecklenburg - April 11, 2020 at 10:43 AM

JT

“ It was a joy to watch grandpa Fred interact with his grandchildren. With his kindness, gentle wisdom, and strength, he gave each child the confidence to learn, explore, and grow. I see him whenever I see any of the grandchildren. His influence, in a positive, unique way for each grandchild, will be long-lasting. Jim (son – in law, Carol’s husband)

James Tisel - April 11, 2020 at 09:46 AM



“ Over the years, our fondest memories of Fred center around an annual summer event at the Wolf Trap National Park for the Performing Arts in Vienna, Virginia. You never really knew if he enjoyed any particular concert that Paula and Barbara selected because he was always so quiet. Not so at dinner before the concert however. One thing about Fred was that he really enjoyed eating out before the show – especially trying a new restaurant in town. A nice glass of wine and a great meal brought out Fred’s true personality and his dry humor, his easy laugh, and his funny stories were always a highlight of the evening. Our last concert together, believe it or not, was to see Sting and his “My Songs” Tour last August. I can’t be sure but I think I saw Fred singing along with “Roxanne” and “Fields of Gold” that night. You can sing along with Fred as if you were there with him by going to <https://www.youtube.com/watch?v=KLVq0IAzh1A> to listen to Fields of Gold.

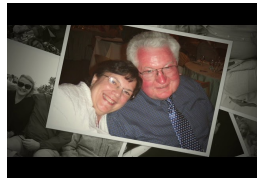
Summers at Wolf Trap will never be the same.

Paula and Don Sutherland

Don Sutherland - April 10, 2020 at 05:14 PM



“ 1 file added to the album Fred



Jill Mecklenburg - April 10, 2020 at 04:39 PM



So beautiful...perfect! Thank you for sharing...Linda Ervin

Linda Ervin - April 14, 2020 at 01:19 PM

CA

“ 3 files added to the tribute wall



Carol - April 10, 2020 at 03:47 PM



“ *The news of Fred’s passing has brought great sadness to Nancy and me. No one was more personally responsible for guiding our lives. During my college years, when I needed help and guidance, Fred and my sister Marjory brought me into their home. He kindled my interest in medicine and Ob/Gyn. Then encouraged me to attend medical school, followed by a residency in Obstetrics and Gynecology. I was fortunate, early in my medical carrier, to have practiced with him at the Park Nicolet Clinic. It was there, where I observed his joy in assisting infertility patients. This, along with his encouragement, led me to pursue a subspecialty in reproductive medicine. Ultimately, I spent the next 35 years in the most personally rewarding career possible. Without his help and encouragement, I doubt if any of this would have happened. Fred also arranged for a blind date with the girl next door (Nancy). She soon became my wife of 50 years. We were always welcomed in their home and spent several trips and vacations together. Fred was always remodeling or fixing something around the house, and he trained me in on all his “mister fixit” skills. Lastly, he expertly cared for Nancy during her first high risk pregnancy with our son, Chris.*

Fred touched our lives, as he had so many other people throughout his life. His selflessness, strong ethical and moral code, resulted in him making the world a much better place. He will always be remembered by those that knew him.

Jack, Nancy, Chris and Erika Malo

Jack Malo - April 10, 2020 at 03:43 PM

SO

“ *My thoughts & prayers to Barbara and the rest of the family. Dr M was a great teacher & his calm manner in an emergency was very inspiring. His legacy lives on in all of the residents & nurses he mentored.*



Sue English Ohlstrom - April 10, 2020 at 12:40 PM

GH

“ *Dr Mecklenburg was chairman throughout my time in residency through my earlier years as an attending. I consider myself extremely fortunate to have had the chance to learn from such a gentle, soft spoken and patient soul. I will remember him always.*

Gina Hibshman - April 10, 2020 at 10:19 AM

DS

“ *Barbara and family, I am so sorry for your loss. He was not only a great doctor, but one of the nicest people I've ever worked with.*

Diana Schaar - April 10, 2020 at 09:58 AM

BM

“ *Sending thoughts and prayers to Barbara and family. RIP Betty McNair*

Betty McNair - April 10, 2020 at 09:41 AM

BA

“ *5 files added to the album Fred*



Barbara - April 10, 2020 at 08:25 AM

GC

Genoveva Callejas, I was scrub tech and work with him for the long time and first time we met he ask for my name, the next day we had to work again together and she said my name perfectly and I was surprise that even knew my name and he said that is the first I do learn the name of the people I work with and very proud of working with you. Best Mentor ever

GENOVEVA CALLEJAS - April 10, 2020 at 08:54 AM

AN

A giant in the local ObGyn community. I was just talking about him with Dr Khoury recently. He will be missed

Anne - April 10, 2020 at 03:35 PM

GB

*Dr. Mecklenburg, dearest Fred, the most memorable physician and friend I ever worked with. Kind,gentle,knowlegable physician and friend, who without giving a second thought would give of himself without thinking of himself, he always understood the needs of the another individual and was ready to help all of us everytime. An example of that, is the endless hours and years he gave to the OB/GYN Department at Inova Fairfax Hopital. Words will never express how much we will miss you. We can now look at the heavens and talk with you whenever we need, knowing, as always, you will have a listening ear!!!
God Bless!*

Geri and Skip Bishop - April 10, 2020 at 06:03 PM



“ 1 file added to the album Fred



Karl Mecklenburg - April 09, 2020 at 11:23 PM

AN

He loved this trip, Karl. In fact he loved any gathering of the clan and relished all of the family get togethers and really enjoyed those birthday ones at the beach houses later in life

Anna Nay - November 13, 2023 at 05:14 PM



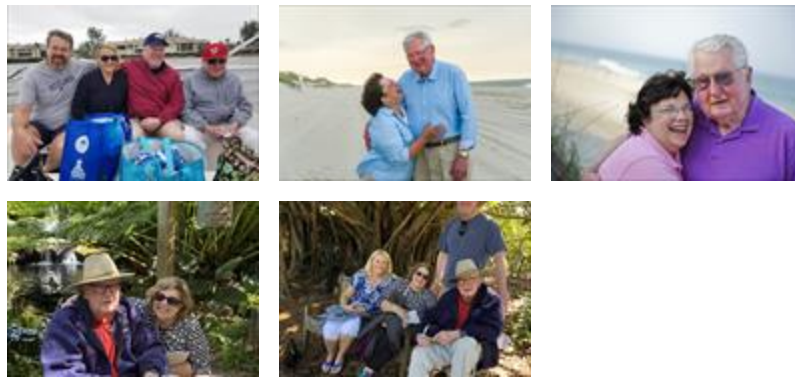
“ 5 files added to the album Memories Album



Karl Mecklenburg - April 09, 2020 at 11:19 PM



“ 20 files added to the album Memories Album



Karl Mecklenburg - April 09, 2020 at 11:15 PM

RB

“ *Dr. Mecklenburg was always caring and kind to every nurse he worked with at any time. It was a privilege to work with him and to have benefited from his teaching.*

REBECCA L BUELL - April 09, 2020 at 09:46 PM

MJ

“ *Barbara- I treasure memories of you and Fred. He was an amazing OBGYN leader. Blessings to you and the family. Marti Jenner, AWHONN & SWFL friend.*

Marti Jenner - April 09, 2020 at 08:29 PM

JD

Barb: I was TRULY a fan of Fred's. A REAL gentleman and a great leader of our department. We certainly, also, did well by having you in our office those years. BEST to you, Jim Close (right now down in Naples)

James M Close, M D - April 09, 2020 at 08:34 PM

FM

“ *Fred with his father and two eldest sons after a good day of fishing*



Frederick Mecklenburg - April 09, 2020 at 08:12 PM

BA

“ 10 files added to the album Fred



Barbara - April 09, 2020 at 05:01 PM

FM

Incredible man, great father, wonderful photos

Frederick Mecklenburg - April 09, 2020 at 07:59 PM



“ Dear Colleagues,

It is with a heavy heart that I write to inform you of the passing of Fred Mecklenburg, MD, esteemed and beloved former Chair of the Inova Fairfax Medical Campus Department of OB/GYN.

Those of you who, like me, worked with Dr. Mecklenburg will always remember the privilege of working alongside him. His grace, dignity and wonderful sense of humor calmed any challenging situation. His quiet self-confidence elevated all who had the good fortune to work with him. He always made those around him excel.

On behalf of myself and all my colleagues in the Department of OB/GYN, and within the larger Inova family, I extend my deepest condolences to his wife Barbara and their family.

Dr. Mecklenburg was an honorable, honest and kind person. He was the embodiment of the type of physician and person that we would hope to be.

May his humility, warmth and commitment to service live on in us all.

Sincerely,

Karen Maser, MD

President, Medical Staff

Inova Fairfax Medical Campus

April 09, 2020 at 03:30 PM

AN

Dear Karen,

All of you have written about what a privilege it was to work with Dr. Mecklenburg but I know from having sat in the chair on the other side of his desk for so many years that he considered the privilege his. Any time he thought he'd helped anyone in even the smallest way it brought him so much joy. He was humble to the point of being embarrassed if people showered him with praise and gratitude for doing his duty and what he knew was the right thing. He loved his job, his patients, his colleagues and family and said many times he had no regrets about choosing his life path

Anna Nay - November 13, 2023 at 05:27 PM