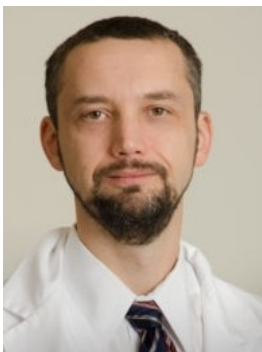


October LLI Forum

**Ernst Cultural Center (CE),
NOVA Annandale Campus
Wednesday, October 5, 2016, at 10 a.m.
(Social Time at 9:30 a.m.)**

Parkinson's Disease and Other Neurological Disorders: An Expert from NIH Will Talk About the Latest Scientific Findings and Several Research Initiatives Underway.

The National Institutes of Health (NIH) continues to be a focal point for studying Parkinson's, a progressive disorder of the central nervous system which primarily affects seniors. What causes brain cells to break down, leading to chemical malfunctions and motor disabilities? Are there any new promising treatments to slow the progression and alleviate symptoms? What are some recent clinical trials underway, how are such programs organized, and how may the knowledge gained from Parkinson's research relate to other diseases and to our general understanding of brain functioning? Admittedly these are some rather hefty, tough, long-lasting questions.



Dr. Codrin I. Lungu

Our speaker, **Dr. Codrin I. Lungu**, is well qualified to give us a progress report. Dr. Lungu is the Chief of the Parkinson's Clinic within the National Institute of Neurological Disorders and Stroke. Dr. Lungu is a leader on the NIH faculty of The Movement Disorders Fellowship Training Program which provides clinical and research training to

doctors using some of the most powerful labs and diagnostic equipment and analysis. Besides being an internationally recognized scientist, physician, and administrator, Dr. Lungu takes pride in communicating with the general public. He will inform us, in language we can



Scholarship Fund

Soon you will be receiving a letter asking for a donation to the Scholarship Fund. Tuition is unbelievably high everywhere, including a community college. Education provides our student recipients with the opportunity for better career options and a brighter future. Please be generous. While donations are accepted at any time, those made by December 31, 2016, will qualify for a 2016 tax deduction.



If you would like to serve on the Scholarship Committee to help interview students and choose recipients, contact Arline Sachs at 703-646-5606 or sachs@nova.org.

We meet two times in the Fall to send out letters, and then review the applicants and conduct interviews in the spring.

*Arline Sachs
Chair, Scholarship Committee*

understand, and give us insight into the challenges and pressures of today's medical researcher and NIH administrator. Come to the monthly Forum where we challenge our brains with some very significant topics.

Please Note: *Parking is available in the parking garage (\$2/hour). Parking in B and C lots is by permit only. If no garage slots are available, a \$12 daily permit for the B lot is available at the office to the right just inside the garage entry gate.*

Calendar of Events

October 2016

- 5 Forum
- 12 November newsletter deadline
- 14 Board Meeting
- 24 November newsletter mailing

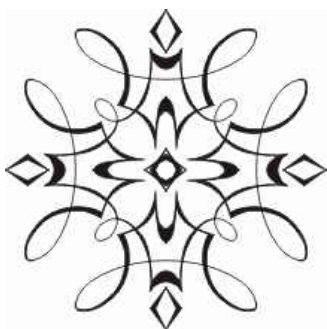
- 11 Board Meeting
- 21 December Update mailing

December 2016

- 2 Holiday Party
- 9 Board Meeting

November 2016

- 2 Forum
- 9 December Update deadline



IMPORTANT: Report Address / E-Mail / Phone Number Changes

To be assured of receiving important notices concerning classes and trips, please remember to notify the LLI office as soon as possible of a new email address or a change in mailing address and/or telephone number. Notify the office by phone at 703-503-0600, or e-mail at llinova.admn@gmail.com.

LLI Board of Directors

President: Scott Pinckney	Members: Phil Centini 18 *, Anna Dixon 17, Delsa Hildebrandt 17,
Vice President: Kathryn O'Toole	Robert Huley 18, Carol Jeffords 18,
Secretary: Susan Alexander	Sheri Masek 18, HB 'Buck' Myers 17,
Treasurer: Charles Hulick	Phil Myers 19, Judy Robison 19,
Past President: George Chalou	Arline Sachs 19, Patti Volz 19

* year term ends

Administrator: Janice Viola

Newsletter Staff

Newsletter Co-Editors: Peg McCall, 703-532-1405, pegmcnews@juno.com and Linda LeDuc, 703-578-1178, la15040@aol.com
Graphic Design/Desktop Publisher: Alfred Brothers
Mailing Coordinators: Bob and Merry Huley

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Members

June Chalou 703-573-7769
chalouj@cox.net

Welcome, New Members! We hope you will participate in our classes and volunteer your time and talent.

New Members

Kathleen Bacon, 4238 Holborn Avenue, Annandale VA, 22003, phone: (703) 323-9580, cell: (703) 597-8176, kathleenabacon@gmail.com

Stephen Baldwin, 5929 Hall St, Springfield VA, 22152, phone: (703) 451-7504, mjoyce.work@cox.net

Catherine Connolly, 6878 Lafayette Park Dr, Annandale VA, 22003, phone: (703) 354-0710

Karen Flann, 8203 Mockingbird Dr., Annandale VA 22003, (703) 764-8061, kflann4@verizon.net

Patti Hill, 8238 Toll House Rd, Annandale VA 22003, phone: (703) 978-3473, cell: (571) 527-8282, pattidonhill@verizon.net

Mary Joyce, 5929 Hall St, Springfield VA, 22152, phone: (703) 451-7504, mjoyce.work@cox.net

Roberta Nielsen, 6830 Indian Run Ct, Annandale VA, 22003, phone: (703) 642-5746, rsnielsen1@verizon.net

Cari Pao, 8760 Mountain Valley Rd, Fairfax Station VA, 22039, phone: (703) 690-1469, cpao@cox.net

Betsy Pugin, 9618 Villagesmith Way, Burke VA 22015, phone: (703) 569-1651, betsy156@verizon.net

Update

Anne Austin, Anne Austin Schell

Kathleen Powers, kpowers@rcn.com



NVCC Newsletter

The Northern Virginia Community College, Annandale Campus, issues an electronic community newsletter. Goals of the newsletter include providing information regarding activities and events on campus and addressing community concerns. If you would like to receive this newsletter, send your request with your email address to rhull@nvcc.edu.

President's Message

Our summer break began to fade as Fall approached and our LLI operations resumed. During August our Administrator processed just under 2,500 fall class registrations representing 70% of the total membership. About 90% of class requests were accommodated, not 100%, but still substantial. Can we improve on that? As the fall program classes began, Doug Johnson's Curriculum Committee was already working on the 2017 Winter-Spring Catalog. The veteran staff works with excellent instructors to develop fresh ideas along with a slate of successful prior classes. Sometimes the more difficult issue is coordinating the right class location, size, availability, and date that meets both the instructor and our LLI requirements. Moe Moser has fulfilled that task for many years and is able to resolve the inevitable conflicts that come up.

We are fortunate to have the classrooms the Ernst Culture Center included in the rent for our Forum space. The classrooms come with excellent audio-visual (AV) facilities and Mr. Solomon is the technician who makes the coordinator's job much easier. Instructors using our NOVA campus can simply bring a flash drive that holds their visual aids rather than setting up a computer and projector. County Supervisor's facilities are free although AV support is needed. Retirement home facilities have good AV and are also free, as their residents can attend our classes. Parking is limited. Religious facilities have convenient parking but lack AV and we make an annual donation for using their space.

These are factors in why LLI has to sometimes limit attendance for some of the most popular classes. If the class can be repeated in the next cycle, waitlisted members can be accommodated if their preference is listed as the first choice.

Best Wishes!

Scott Pinckney, LLI President

Forum Refreshments

If you are unable to deliver refreshments on the day for which you have volunteered, please notify **Patty Brennan**, (703) 425-6738, or **Phil Centini**, (703) 658-1545, as soon as possible so they may make other arrangements.

Community Outreach

Carol Weber, caroljeanweber@hotmail.com
Marianne Moerman, marianne.c.moerman@gmail.com

Western Fairfax Christian Ministries Food Bank (WFCM) in Chantilly, Virginia, is our October food donations' recipient. In FY 2015, WFCM served 887 households in Western Fairfax County with 32,776 bags of free groceries. The need for food donations continues to grow.



The food pantry is especially in need of **canned black beans, canned vegetables (EXCLUDING green beans and corn), canned pasta, pasta, pasta sauce, canned fruit, and sugar. Household items needed are shampoo, toilet paper, tissues, and diapers (sizes 4, 5, 6).**

The working poor of Western Fairfax, and those in chronic financial crises are very grateful for your help. Mariann Horejsi will deliver our donations.



LLI's Friendship Connection

Pat Harrison, 703-550-7530, pjharris80@msn.com



One of the benefits of LLI membership is making friends. We like to show support for fellow members by sending a card to anyone who is ill or has suffered a loss. If you would like a card sent to an LLI member or spouse on behalf of the LLI membership, please contact Pat Harrison. Be sure to include sufficient information so an appropriate card may be selected.

Special Interest Groups



LLI Bridge Group

Bob or Merry Huley, 703-534-4819 or
703-489-9045 roberthuley@cox.net

Time: 10:00 a.m. — 2:00 p.m.

Location: Mason District Governmental Center,
6507 Columbia Pike

We will play on **Wednesday, October 12,**
Thursday, October 27 and **Wednesday,**
November 9, and **Thursday, November 17.** Bring a
bag lunch.

You do not need a partner because we rotate
partners so you will play with everyone. We are
always looking for new players, and all levels of
players are welcome in this very friendly game.
Please call (703-534-4819), or email me
(roberthuley@cox.net), if you would like to attend (or
for more information) so that we can provide
sufficient card tables.

Catch Up on Results —

The top four players at the August 11 game
were: **Carole Compton, Lynda Brittain, Bob
Huley,** and **Victoria Blackman.** At the August 25
game, the top four were: **Anita Lancaster, Jim
Winn, Sydney Sachs,** and **Connie Fullerton.**
Congratulations to all.



LLI Current Events Discussion Group

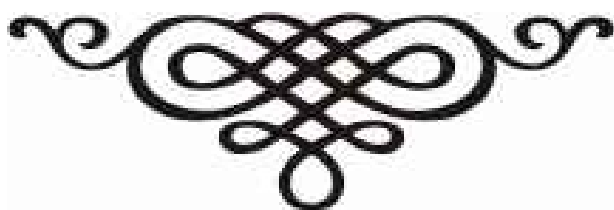
Peter Schwarzkopf 703-998-0769
pschwarzkopf@verizon.net

Date/Time: **Fridays, October 7, November 4 and
December 2; 10:00 a.m. — 11:30 a.m.**

Location: Small Conference Room, Mason District
Governmental Center, 6507 Columbia Pike

The Current Events Discussion Group meets the first
Friday of each month for interesting and educational
discussions. Topics reflect the current social,
political and worldly events surrounding the time of
the meeting. Please come to share your ideas
and/or learn more about current events — whatever
is your pleasure.

Join the listserve to get each month's topic by
emailing Peter.



LLI Favorite Books Club

Lynne Smaldone, 703-525-9623
smaldonega@hotmail.com

Date/Time: **Thursday, October 20;
11:30 a.m. — 1:00 p.m**

Location: Braddock District Governmental Center,
9002 Burke Lake Road (Supervisor's Meeting Room,
on the backside of King's Park Library)

Our selection this month needs no introduction. It is
George Orwell's *Nineteen Eighty-Four*, considered
one of the best novels of the 20th century. Published
in 1949, the book offers his nightmare vision of a
totalitarian bureaucratic world, a chilling prophecy
about the future that remains as frightening today as
it was then.

Come join us!



Financial Discussion Group

Doug Johnson, 703-628-3115
llinovadoug@gmail.com

Date/Time: **Fridays: October 14 and
November 11. No meeting in December. 1:30
p.m. — 3:00 p.m.**

Location: Braddock District Governmental Center,
9002 Burke Lake Road (in back of the King's Park
Library)

Come join your fellow LLIers as we try to figure out
the market's financial matters and discuss our
options. Hope to see you there.



LLI French Conversation Group

Patty & Richard Steelman,
(703)504-6866
richardsteelman@hotmail.com

Date/Time: **First and Third
Tuesdays, October 4 and 18,
November 1 and 15, and
December 6. 10:00 a.m. — noon**

Location: Top of the West at the Goodwin House
Baileys, 3440 S. Jefferson St., Falls Church

Under the expert guidance of AI Brothers, we will
continue to increase our French language skills and
also our appreciation of French culture with the
program *French in Action*, and perhaps see a
French film.

In our next class we will work on Leçon #45.



LLI Gourmands

Patti Volz, 703-892-6124,
pattivolz@verizon.net
Nancy Kobilarcik, 703-751-4838,
ekoby3918@aol.com

Prost! Feiern (celebrate) Oktoberfest with the Gourmands on *October 12, at 11:30 a.m.* at the **Zum Rheingarten Restaurant** in Stafford, Virginia. **Please respond to Clifton Seay (seaywc@comcast.net), our host for this event, by October 9.** Zum Rheingarten is known for its well prepared, beautifully presented and authentically German cuisine. The restaurant boasts handpainted wall murals which reflect the romantic notions of Grimm's Fairy Tales, stories told for ages in the Old World. Our seating area will be upstairs (about 10 steps) which will give us a private dining environment. Individual checks will be provided. The restaurant is located at 3998 Jefferson Davis Highway, Stafford, Virginia 22554. Phone (703) 221-4635. Its website is www.zumrheingarten.com. If you have any other questions regarding the Gourmands, please contact your co-chairs Nancy Kobilarcik [ekoby3918@aol.com] and Patti Volz [pattivolz@verizon.net].



LLI Photography Group

Buck Myers, 703-532-3726
hbm@hbmphoto.com

Date/Time: Friday, October 21; 10:00 a.m. — 12:00 p.m.

Location: Braddock District Governmental Center (Braddock Hall Meeting Room), 9002 Burke Lake Road (on right hand side of the King's Park Library)

Members have a wide range of photographic abilities and interests and share a common desire to hone existing skills or learn new ones. Meetings center on a specific topic or area of interest decided by the group and include display and discussion of photos taken by members based on a monthly theme. Recent meetings have focused on getting the most out of your camera, editing and organizing techniques for digital pictures, and photographic themes such as Creative Cropping, Patterns, Autumn Leaves and Faces. Come join the group if you have an interest in photography. New members are always welcome. Meetings are held on the third Friday of every month.

*Deadline for the
November newsletter
is October 12.*



LLI Walkabouts

Merry Macke, 703-852-5133, cell phone:
703-987-7751, merry.macke@gmail.com

Date/Time: Fridays at noon.

October 14: Lake Mercer: Fairfax County Parkway going west. Take Pohick exit but proceed to Hooes Rd. going south, which is the second left. Pass first light (Newington/Valleyfield Drive) and then look to the right for a small gravel parking area in the woods. Park. We will meet where the path begins.

October 21: NOTE IT IS THE THIRD FRIDAY, NOT THE FOURTH. Fairview Professional Park: I-495 towards Tysons Corner to right on Rte.50. Take the first exit right and follow the signs for Fairview Park south until you see the Marriot Hotel on your left. Park there and meet in front of the Hotel.

Both parks are in the shade.

Happy Hiking!



Supreme Court Tour Meetup

An LLI private tour of the Supreme Court is planned for Friday, March 31, 2017, at 11 a.m.. Our "sponsoring" Supreme Court Bar member is our own David Drachsler, an LLI member. The private tour will only be able to accommodate 16 members. Registration and other information will be provided in early 2017.

Please remember to wear your name badge as this is now a requirement for many facilities where classes are scheduled. It is also the best way for new members to get to know others and a way for established members to welcome new members. If you have lost your badge, just contact the LLI office and they will send you a new one.

Trip Survey Reminder



To those of you who completed the trip survey, thank you! Unfortunately, only 25 surveys have been returned. Only 25! The Committee really needs to hear from you to know how to proceed next year. If you didn't get to submit

the trip survey that was in the September newsletter, you can still have your voice heard. You can use the one in the September newsletter or pickup a copy at the Forum and complete it while you are there.

Important — Keep Your Membership Directory Current

Please remember to retain your LLI Handbook and Membership Directory and note in it the Members information that is provided each month on Page 2 of the newsletter. This will help keep your directory up to date with changes that occur between the annual directory issuance dates.

Newsletter on the Web

Our monthly newsletter is generally available on the LLI website earlier than you will receive it through the mail. In cases of delivery delays by the Postal Service, you may want to keep <http://lli.nova.org> in mind. Any pictures and/or graphics will also be in color on the website.

In Memoriam Notification

One of the benefits of belonging to LLI is that we make and enjoy many friends and acquaintances. So that we may express our condolences, LLI members would appreciate being notified in the sad event that we lose someone from our community. Effective with this newsletter, if you become aware of the passing of any LLI member, please contact Gina Trapp at GTrapp_26@msn.com or (703) 522-7528. She will include a notification in the following newsletter. Thank you.

Study Travel

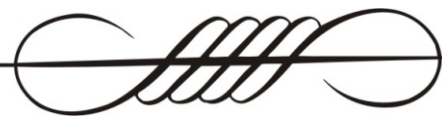
Planning for our 2018 trip(s) will get underway at a general meeting in the seminar rooms immediately following the October Forum. At this meeting, we will review the general trip selection process and develop a candidate list of destinations. All members interested in our Study Travel program are welcome.

Our 2017 trip to CIE's "Scottish Isles and Glens" is fully booked, but we are maintaining a wait list. Our second 2017 trip is Grand Circle Travel's **Cruising Burgundy & Provence to the Cote d'Azur**, which departs in August 2017 and goes from Paris to Nice, including a 7-night cruise on the Saone and Rhone rivers. We still have some cabins available for this trip. If you are interested in joining us on this river cruise or the wait list for Scotland, the trip flyers are posted on the LLI website (<http://lli.nova.org>) or you can contact Bob Huley for more information.

To join the Study Travel email list and receive advance notification of Study Travel trips and activities, please contact Bob Huley at 703-534-4819 or roberthuley@cox.net. If you would like to be on the Study Travel Committee and help analyze destinations and tours for future trips, please let Bob know. See you at the October Forum. Happy traveling!

Deadline for the November newsletter is October 12.

Happy traveling!



Campus Parking for the Handicapped



NVCC does not issue special permits for using the parking spaces designated for the handicapped on the Annandale campus. Appropriate parking permits issued by any state and the District of Columbia are honored. The permit must be properly displayed and used only by the person or persons to whom it is issued.

Getting to Know You...

Periodically the newsletter will feature some aspect of LLI. This month it is the

LLI Curriculum Committee.

Have you ever wondered what magic takes place each semester before the printed catalog, chock full of really interesting classes, arrives in your mailbox? We learned the secret from Doug Johnson, current chair, and Gina Trapp, previous chair, of the Curriculum Committee.

Doug joined LLI in 2004. He served on the committee about 2 ½ years before becoming chair 2 years ago. Both Doug and Gina agree that education is the main focus of LLI and the classes are the “heart and soul” of LLI. Doug’s view is that if there is no curriculum committee, there are no programs, and if there are no programs, there is no LLI. Two LLI member friends gave Gina a LLI membership as a retirement gift. It wasn’t long after that she joined the curriculum committee, utilizing her job skills as writer/editor. Gina has served on the committee for 9-10 years; several as chair. Gina’s favorite part of being on the committee is the comradery among the volunteers and getting a heads up on what courses are on the horizon. Doug enjoys the year round challenge to ensure all input is gathered and processed in a timely manner and to make certain that all goes according to schedule.

Where does it all start? The entire process takes about three months. There is a beehive of activity that goes on behind the scenes in getting the courses and catalog together. The committee has three planning meetings to discuss and agree on courses; some are suggested by members on LLI class evaluation forms. An instructor to teach each class must then be found, and committee member Lorin Goodrich has key connections to a number of NOVA professors. Once a menu of classes has been identified and teachers found, then Moe Moser secures a classroom for each course. Phil Centini, Carol Jeffords and Kim Rendelson are the catalog editors who check each course write up and class directions for accuracy. Doug and Gina are responsible for the basic catalog information. Al Brothers formats the catalog, first in draft, which is carefully reviewed, and then finalized for printing. Bob Huley and his volunteers mail out the catalog. Janice Viola, LLI administrator, processes the registration forms, mails out the acceptance letters

and prepares the attendance sheets. And then we get to attend classes!

Last winter/spring, the committee provided 54 classes for our pleasure — the most that has ever been done! Usually a regular semester offers up to 45 classes and between 20-25 classes during the summer session

Current curriculum committee members include: Doug Johnson, Moe Moser, Barry and Phil Centini, Pat Daniels, Lorin Goodrich, Roger Hill, Paul Hopley, Carol Jeffords, Nickie Myers, Kim Rendelson and Gina Trapp.

Doug says that the committee is very active, interesting and challenging, and utilizes committee members’ wide variety of interests, knowledge and experiences. He also said that “like the Marines, ‘we could always use a few good new members.’” Feel free to contact Doug or any member if you’d like more information about the curriculum committee. They would love to welcome you to the fold!

We appreciate all the hard work and long hours that the curriculum committee volunteers provide each semester to produce all the amazing courses we get to enjoy. Our only complaint. . . how can we fit all we want to take into our schedule!



Our new President, Scott Pinckney (l.), presents a certificate to Rev. Jon Smoot (r.) and Mr. Baker (center) from Habitat for Humanity of Northern Virginia at our first Forum since the summer break. The Forum is held monthly (except July, August and December) at 10:00 a.m. in the Richard J. Ernst Community Cultural Center on the NOVA Annandale campus. The Forum is open to the public and includes a social gathering, a guest speaker and a brief business meeting.



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Lifetime Learning Institute of Northern Virginia

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Annandale, Virginia 22003-3743
Phone / FAX (703) 503-0600

E-Mail: llinova.admn@gmail.com — Website: <http://lli.nova.org>



Change Service Requested

Look at the date on this label.
Is it time to send your dues?

October

Columbus Day



October 10

Halloween



October 31

2016