

October LLI Forum

**Ernst Cultural Center (CE),
NOVA Annandale Campus
Wednesday, October 3, 2018, at 10 a.m.
(Social Time at 9:30 a.m.)**

What Is Being Done to Prevent Sexual Assault and Sexual Harassment in the Navy? What Programs Are in Place and How Effective Are They in Changing the Culture of Silence and Discrimination?

Rear Admiral Philip Sobeck, Director of Navy's 21st Century Sailor Office, will give a candid look into the challenges of dealing with assault and harassment claims and situations. The "Me Too" (#MeToo) sweeping movement has led to the reporting of widespread sexual improprieties in the entertainment, political,



Rear Admiral Philip Sobeck

news media, academic, military service industries — in fact shaking every area of society. And how is the military handling these issues and cultural biases in the tight compartments of battle ready ships? What is consent and how are the rights of victims and accusers being protected? While reports of sexual assaults in the military have increased about 10 percent since 2017, is this an increase in the number of crimes or the result of more victims being willing to come forward and confront wrongdoers? Besides sexual assault, harassment, and discrimination issues, Rear Admiral Sobeck's office is also responsible for managing other destructive behaviors such as domestic violence, drug and alcohol abuse, suicide, and family readiness issues.

Admiral Sobeck enlisted in the Navy as a Nuclear Machinist Mate in 1985, and was later commissioned after graduating from the U.S. Naval Academy in 1991. He is a surface warfare officer who has served aboard frigates and destroyers, and





Holiday Party

Wednesday, December 5
Country Club
of Fairfax
11:00 a.m.



The registration form will be in the next newsletter, with a reservation deadline of November 14. Please save the date.



IMPORTANT — PARKING INFORMATION

For the October Forum, there is FREE parking in the designated B lot — Lanes 14 and 15.

Two methods to use the Parking Garage:

- Pay in advance at the kiosk, including the new one on the third floor. Remember to note your parking space number when you exit your car. Discover card is not accepted.
- Use the smart phone app, Passport. The Annandale campus zone # is 462.

The detailed directions to use these two methods are on the LLI website (under the heading) — just click to link to the site.

commanded squadrons. He is a much-decorated officer who has served as Military Assistant to the Secretary of the Navy. His awards include the Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal, and various unit and campaign awards.

Calendar of Events



October 2018

- 3 Forum
- 3 November newsletter deadline
- 9 Board meeting
- 19 Baroque Dances

December 2018

- 4 Board meeting
- 5 Holiday Party
- 6 January newsletter deadline
- 14 Board meeting

November 2018

- 7 Forum
- 7 December update deadline
- 9 Board meeting



*Do not regret growing old.
It is a privilege denied to many.*

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: Anna Dixon
Vice President: Kathryn O'Toole
Secretary: Kate Greeley
Treasurer: Loren Brandman
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Members: Patricia Brennan 21 *, Robert Huley 21, Mary Jablonski 19, HB 'Buck' Myers 20, Judy Robison 19, Arline Sachs 19, Patricia Steelman 21, Richard Steelman 21, Patti Volz 19, Jóna Wheeler 20

** 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, lal5040@aol.com
Graphic Design/Desktop Publisher: Alfred Brothers
Mailing Coordinators: Bob and Merry Huley

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Member Update

June Chalou (703) 573-7769
chaloujune@gmail.com

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

New Members

- Ms. Catherine Boyce**, 4516 Fidelity Ct, Annandale, VA 22003, phone: (703) 323-6722
- Mr. James Cacheris**, 8343 Queen Elizabeth Blvd, Annandale, VA 22003, (703) 978-5495, cell: (703) 881-1676, jcache@cox.net
- Mrs. Sally Cacheris**, 8343 Queen Elizabeth Blvd, Annandale, VA 22003, (703) 978-5495, sallycache@cox.net
- Ms. Rita Daley**, 6030 Clerkenwell Ct, Burke, VA 22015-3222, ritadaley@gmail.com
- Mrs. Judith Glomb**, 8236 Toll House Road, Annandale, VA 22003, phone: (703) 425-3847, mistress_of_glass@yahoo.com
- Mr. Robert Glomb**, 8236 Toll House Road, Annandale, VA 22003, phone: (703) 425-3847, bobg4365@verizon.net
- Ms. Sandra Haberlin**, 4779 Tapestry Drive, Fairfax, VA 22032-1919, phone: (703) 323-0341, jshaberlin@yahoo.com
- Ms. Joan Kotze**, 3 South Floyd Street, Alexandria, VA 22304, phone: (703) 751-2134, cell: (703) 328-7658, joankotze1@gmail.com
- Dr. Patricia Lunt**, 4201 Maple Tree Ct, Alexandria, VA 22304-1035, phone: (703) 862-6540, patlunt59@gmail.com
- Mr. Ed McCormick**, 5425 Point Longstreet Way, Burke, VA 22015-2158, phone: (703) 978-2883, cell: (703) 609-6179, morris.mccormick@verizon.net
- Mrs. Patricia McCormick**, 5425 Point Longstreet Way, Burke, VA 22015-2158, phone: (703) 978-2883, cell: (703) 505-4162, morris.mccormick@verizon.net
- Ms. Mandy Neet**, 4801 Kenmore Ave #609, Alexandria, VA 22304-1109, phone: (703) 567-2730, amandaneet@comcast.net
- Mr. Richard Quammen**, 8604 Ordinary Way, Annandale, VA 22003, phone: (703) 425-0839, cell: (703) 314-8496, quammen@verizon.net
- Mrs. Regina Rogers**, 8917 Glade Hill Road, 22031-3221, phone: (703) 323-7341, r91945@msn.com
- Mrs. B.J. Sadtler**, 10400 Woodbury Woods Ct, Fairfax, VA 22032, phone: (703) 239-9366, cell: (703) 655-3952, bjsadtler@cox.net
- Mrs. Maggie Scott**, 14464 Clubhouse Road, Gainesville, VA 20155-3816, phone: (703) 283-5802, maggiescott@gmail.com
- Mr. Henry Tumas**, 8305 Epinard Court, Annandale, VA 22003, phone: (703) 239-2936, cell: (703) 483-1365, botumasz@aol.com
- Mrs. Peggy Tumas**, 8305 Epinard Court, Annandale, VA 22003, phone: (703) 239-2936, cell: (703) 919-5681, botumasz@aol.com
- Mrs. Helgard Zebell**, 4305 Hollowview Court, Fairfax, VA 22032, phone: (703) 764-9478, hzebell@gmail.com

Changes

- Mrs. Loren Brandman**, lorenbrandman@gmail.com
- Ms. JoAnn Higgs**, higgsjm47@gmail.com
- Mr. & Mrs. Mark Shoob**, 11990 Market Street, Unit 901, Reston, VA 20190



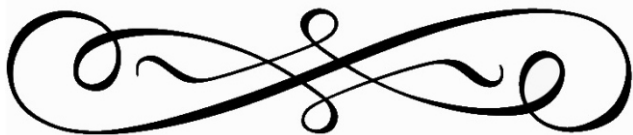
President's Message

Staying in accord with LLI/NOVA's core mission to pursue enriching cultural and educational experiences through classroom instruction, travel, discussions, and social interaction with peers, requires much planning and attention in order to maintain an appropriate balance. It also requires many volunteers working collaboratively in the background, ranging from formal committees to facilitating key/essential referrals or connections. This occurred especially over the past several months as we adapted to new protocols at NOVA. We did a super job adjusting and working together and are now prepared to offer a fun and productive program year.

Building on an initiative that was launched in late spring, NOVA is now limiting use of the Ernst seminar rooms for its new Workforce Development program with the private sector. Our July 2018 Partnership Agreement with NOVA does not grant us access to the Ernst seminar rooms for classes. As a frame of reference, in our 2017-18 program year, we conducted 59 classes involving 77 sessions in the Ernst seminar rooms. The good news is that we reached an agreement with NOVA leadership where we could access and use some available shared space in the CN Building (closest to the parking garage) and the CA Building (essentially the Admin Building with Starbucks and Barnes & Nobles). Our Winter/Spring Catalog will reflect this change for the classes we conduct on campus. We are planning to maintain our 2017-18 program level of classes on campus within the 9 a.m.- 4 p.m. weekday timeframe. No changes are being planned for our off-campus classes/venues. The monthly Forums will continue to be held at the Ernst Cultural Center as in the past.

Although the member survey results are not yet final, early analysis reflects a high level of satisfaction with our class curriculum. Also, the most recent class registrations for fall show that roughly two-thirds of our members register for classes. Hence, most of us are taking advantage of the freedom that comes with transitioning from our "go-go/must do" years to our current "slow-go" life phase by pursuing new learning and social opportunities of choice.

Anna Dixon, LLI President



Community Outreach

Joyce Pomeroy, lj.pomeroy@gmail.com
Betsy Pugin, betsypugin@gmail.com

Food donations in October will benefit the food pantry at St. Matthew's UMC at 8617 Little River Turnpike. The food pantry assists neighbors in need by providing a bag of food for families or individuals on a walk in basis. Current needs include **canned meats such as chicken, turkey, hash or beef stew, canned vegetables and fruits, crackers (packed in sleeves such as Saltine, Club, or Ritz), breakfast cereals, and soups.** Please consider bringing one or more items to contribute to our food donation.



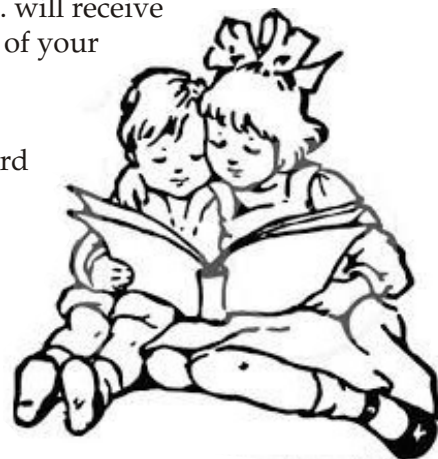
St. Matthew's would like to thank LLI members for their generosity in donating to the food pantry. Joyce Pomeroy will deliver our donations. If you have a church or food bank that would benefit from our food donations, please contact Joyce or Betsy. A sign-up sheet is available at the Forum and either Joyce or Betsy will be in attendance to answer any questions. We welcome new charities and folks willing to deliver.

Thank you for caring and sharing with others!

LLI 2018 Book Drive Update

A big thank you to those who attended the September 5 Forum for your contributions to the annual **LLI Book Drive**. This year, the children at AHC, Inc. will receive 175 books as a result of your generosity.

Kudos to **Lynne Smaldone** for her hard work organizing the event and delivering books to the recipients. These books will provide the children opportunities to travel to places they have never been, meet new people and share similar and new experiences.



Special Interest Groups



Visual and Performing Arts (VPA) SIG

Anna Dixon —
njoy2day@aol.com

The District/Maryland/Virginia (DMV) region is unique in its

vast number of educational and cultural institutions situated within an easy commute. The Visual and Performing Arts SIG provides members the opportunity to experience a variety of educational and cultural institutions within our region such as films, speakers, museums, universities, galleries and artist studios. If you wish to participate in our events and/or join the committee, please contact Anna Dixon, njoy2day@aol.com or Jeri Mullarkey, jerimullarkey@yahoo.com.

DETAILS FOR THE FOLLOWING EVENTS ARE AVAILABLE IN SEPTEMBER'S NEWSLETTER.

GEORGE MASON CENTER FOR THE ARTS

October 19 — 12:30 p.m.

Baroque Dances

Free for LLI/NOVA Members
\$15 Student Group Tickets for all LLI/NOVA Members!

Virginia Opera: Don Giovanni

Saturday, November 10, 2018 — 8:00 p.m.
Sunday, November 11, 2018 — 2:00 p.m.

Soweto Gospel Choir

Sunday, December 2, 2018 — 2:00 p.m.

Metropolitan Jazz Orchestra/ Benny and Beyond

Saturday, January 26, 2019 — 8:00 p.m.

Czech National Symphony Orchestra

Saturday, February 23, 2019 — 8:00 p.m.

KENNEDY CENTER (Purchase tickets at October Forum)

November 16, 2018 — 11:30 a.m.

Coffee Concert

\$39 orchestra tickets for \$33

November 23, 2018 — 1:30 p.m.

Anastasia

\$79 orchestra tickets for \$67

March 15, 2019 — 11:30 a.m.

Coffee Concert

\$39 orchestra tickets for \$33



LLI Bridge Group

Bob or Merry Huley — (703) 534-4819 or
(703) 489-9045 — roberthuley@cox.net

Location: Mason District
Governmental Center

Time: 10:30 a.m. to 2:30 p.m.

October: Wednesday, October 10, and Thursday, October 25

November: Thursday, November 8, and Wednesday, November 14

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 Bob or email him if you would like to attend (or for more information) so that we can provide sufficient card tables. Bring a bag lunch.

Results. In addition to our results by game, we also track player's results over time. For the 6 month period ending in June, the top 6 players were: **Martin Stutsman, Bob Huley, Connie Fullerton, Arline Sachs, Lynda Brittain, and Janet Goodrich** (tied), and **Victoria Blackman**. In the July 11 game, the top four players were: **Connie Fullerton, Martin Stutsman, Bob Huley, and Arline Sachs**. The top four at our July 26 game were: **Arline Sachs, Joyce Moncrieff, Martin Stutsman, and Victoria Blackman**. Moving into August, for our August 23 game, the top four in that game were: **Martin Stutsman, Victoria Blackman, and Bob Huley** (tied), **Connie Fullerton, and Janet Goodrich**. Congratulations to all.



LLI Favorite Books Club

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

Date/Time: Thursday, October 18
— 11:30 a.m. — 1:00 p.m.

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

Our selection this month is "Killers of the Flower Moon", a true-crime narrative by David Grann. Set in the 1920's, it chronicles one of the darkest and most obscure chapters in American history — when members of the Osage tribe of Oklahoma, newly rich from the discovery of oil on their lands, began being brutally murdered. Corrupt and incompetent local law enforcement proved useless at stopping the bloodshed, forcing the federal government to step in, which led to the birth of the FBI. **Come join us!**



Financial Discussion Group

Doug Johnson — (703) 628-3115
— llinovadoug@gmail.com

Date/Time: 1:30 p.m. — 3:00 p.m.

Thursday: October 11 (Note date change.)

Friday: November 9

No December Meeting

Friday: January 11

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: Tuesdays, October 2 and 16. 10:00 a.m. — noon

Location: Top of the West at the Goodwin House Baileys, 3440 S.

Jefferson Street, Falls Church

After having worked our way through the well-known language series *French in Action*, we are now reading French short stories and novels and discussing them in French during the class.



LLI Gourmands

Patti Volz — (703) 892-6124 —
pattivolz@verizon.net
Cynthia Gronvall — (703) 748-8404 —
cdgronvall@yahoo.com

SAVOR THE ADRIATIC: We hope you can join the Gourmands on **October 9 at Noon** as we venture into the Balkans to dine at **The Cosmopolitan Grill**, a family-run eatery with a comfortable vibe, specializing in goulash, schnitzel and other hearty Balkan dishes at **7770 Richmond Highway, Alexandria, Virginia**. Order a plate of *cevapcici*, tight-cased beef sausages with more juice than some fruits; bite into the massive Bosnian burger, a beef patty marinated in onion juice and black pepper, cooked to perfect pinkness and dolloped with sour cream; or the tender, crunchy wiener schnitzel. Do not skip dessert — in particular the *crempita*, a special that is a glorious testimonial to the Old-World love of creamy and caloric confections. **The restaurant will provide separate checks, but they prefer cash transactions as**

they only have one credit card reader. The Cosmopolitan Grill is totally accessible and parking is clearly marked in front of the restaurant. **Mary Busse**, is a first time host for this event, assisted by **Cynthia Gronvall**. Please RSVP to **mary.busse1@gmail.com** or Cynthia at **cdgronvall@yahoo.com** by **October 5**. Some will remember that the Gourmands dined here several years ago and were very impressed with the food and comfortable ambiance. The restaurant is routinely mentioned favorably in reviews.



LLI Photography Group

Buck Myers — (703) 532-3726 —
bm@hbmphoto.com

Date/Time: Friday, October 19, 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. **Check out some of the group's photos on the LLI website.**



LLI Walkabouts

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

Date/Time: Wednesdays — 9 a.m.
— Walks are about 1 to 1½ hours round-trip.

Starting in October, note change of time!

Thanks to comments from the survey, and discussion with President Anna Dixon, we will try some new ideas to attract more people to take advantage of the Walkabouts for October. Due to new schedule changes for LLI, the Walkabouts are changed to Wednesdays, usually the second and fourth, that will begin at 9 a.m. and last from 1 to 1½ hours (depending on the participants' request). Upcoming walks will be:

October 17: Rutherford Park. Located at 4798 Guinea Road, Fairfax, Virginia. Little River Turnpike off Guinea Road. Cross Streets: Between Bayard Place

and Braeburn Drive. The park is on the left coming from Braddock Road. (We will cross Guinea Drive, walking east.)

October 24: Lake Accotink. Meet at the carousel and park in the lot below the pavilion (Highland entrance) or the parking lot off of Heming Avenue.

November 14: Americana Park. Located just west of the Beltway, I-495, on the south side of Rte. 236 (Little River Turnpike). If you are driving east toward Annandale on Rte. 236, on top of the hill just before I-495, turn right onto Pineridge, then take an immediate left onto the road that parallels Rte. 236, — Accotink Parkway (there may not be a street sign at the corner). Park by the baseball field/kiosk. If you are driving west toward Fairfax, make a U-turn at Lake Blvd., then turn right onto Pineridge and follow the same directions as above.

Directions will be in November’s Newsletter for:

- November 28: Burke Lake
- December 12: Mercer Lake
- December 26: Mason District Park

Any questions or suggestions, call Merry at (703) 852-5133 or cell, (703) 987-7751

Happy Hiking!

*Deadline for the
November newsletter
is October 3.*

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.

Forum Refreshments

If you are unable to deliver refreshments on the day for which you have volunteered, please notify **Suzanne Pastura**, (703) 244-5332, or **Phil Centini**, (703) 658-1545, as soon as possible so they may make other arrangements.

September Forum

Our Forum was different in subject matter and event room but all seemed to enjoy!



Unable to Attend a Class?

Due to the increase in our membership, many of our classes are heavily oversubscribed. This results in a lengthy wait-list.

If you cannot attend the class, please inform the coordinator as soon as possible so that someone on the wait-list can take your place. Please do not be a “NO SHOW.” In addition, members on the wait-list often do not respond or wait until it is too late to contact another member on the list. Please be considerate in both cases.

Remember — it could be *YOU* on the wait-list next time. Thanks.

Study Travel

LLI's Study Travel trip for 2019, Grand Circle Travel's "The Great National Parks: Yellowstone, Grand Teton & Mount

Rushmore," will depart on June 14 and return on June 26, 2019. There is a pre-trip option to Denver, Colorado and a post-trip option to Santa Fe and Taos, New Mexico. In addition to the named parks in the tour title, we will make stops at Salt Lake City, Jackson Hole, Cody, Sheridan, Devil's Tower, the Badlands, and the Crazy Horse Memorial — all the great Western parks and places you have always wanted to visit.

Detailed trip registration information was sent to our LLI Study Travel member email list and is posted on the LLI website, including a link to the trip flyer and our new trip "landing page." We have 20 already signed up and the trip is almost fully booked. Currently, there are 3 double rooms remaining. If you are interested, contact Grand Circle soon or contact Bob Huley for more information. Remember, this trip is open to "friends and family."

In October, we will begin the process of deciding options for LLI's 2020 trip. You must join our Study Travel email list, by contacting Bob Huley at (703) 534-4819 or roberthuley@cox.net, to either participate in the selection process or to receive immediate information on our trips. We are always looking for help to evaluate destinations and tours for future trips and to provide the Study classes for our destinations. Please let Bob know if you are interested.

Happy Traveling!



Important — Keep Your Membership Directory Current

Please remember to retain your *LLI Handbook and Membership Directory* and note in it the member's 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.

Hopewell Rocks...



Hopewell Rocks on the Canadian Maritimes LLI Trip.

...and zoomed in



Now you may recognize some of your fellow LLI members?

It's Scholarship Time Again!

Soon you will be receiving a letter asking for donations to the LLI Scholarship Fund. Have you any idea what the cost of one year at a Virginia state university is? It costs between \$18,000 and \$22,000. Even the cost of Northern Virginia Community College is now incredibly high. Many of the parents of students attending here live on minimum wages.

Last year we provided \$22,000 and would love to set this as our goal for this year. We would like to give more than \$1,000 or \$2,000, since that does not go far today.

Please be generous when you make your donation.

If you would like to serve on the scholarship committee to interview students and help choose recipients, contact Arline Sachs at (703) 971-2092 or sachs@nova.org.

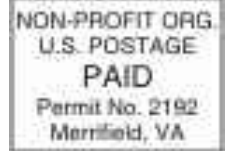


Active Adults - Inspired Learning
Travel - Friendship

Lifetime Learning Institute of Northern Virginia

c/o Provost Office CG 202
8333 Little River Turnpike
Annandale, Virginia 22003-3743
Phone (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 2018



Columbus Day
October 8



Halloween
October 31