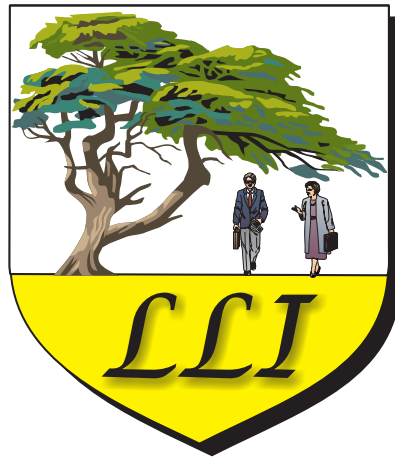




# *Summer 2013 Program*



## **Lifetime Learning Institute**

NOVA Annandale Campus  
Godwin Building (CG), Room 202  
8333 Little River Turnpike  
Annandale, VA 22003-3743  
Phone / FAX: (703) 503-0600  
Website: <http://lli.nova.org>  
E-Mail: [llinova@juno.com](mailto:llinova@juno.com)





***Celebrate!***

## General Information

### What Is LLI?

Sponsored by Northern Virginia Community College (NOVA), the Lifetime Learning Institute of Northern Virginia (LLI/NOVA) is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults of all backgrounds and income levels. LLI/NOVA is a member of the Elderhostel Institute Network (EIN) and benefits from the services EIN provides in program development.

LLI membership is especially attractive to individuals 50 years old or older (retired or semi-retired), who are interested in pursuing intellectual enrichment and enjoying social interaction with their peers.

LLI:

- is governed and financed by members
- is supported by member-led planning, administration, and instruction
- provides non-credit, non-degree courses
- offers educational, cultural, and social events
- recognizes that physical and mental health are major elements of vital aging.

### What Do We Have to Offer?

- Participation in courses and special interest groups throughout the year, usually without charge.
- Participation in day and overnight trips at the special membership rate.
- Participation in the group overseas Study/Travel program.
- Attendance at social events such as the annual picnic and winter holiday luncheon.
- Monthly newsletter.
- And hopefully, new friendships.

In addition, affiliation with both NOVA and EIN means that, as a member of LLI/NOVA, you are entitled to a Community Patron card, obtained from the NOVA library by showing a picture ID. This entitles members to use the NOVA library, located on the third floor of the Godwin Building. Up to three books can be charged out for three weeks; they can be renewed online for an additional period. Go to <http://www.nvcc.edu/library> for more information. There is no cost for the card.

### How Are the Courses Organized?

Courses generally consist of one to ten 90-minute sessions, are informal, and frequently include group discussion. They are taught by outside faculty and by your fellow LLI members. Most courses are free to members, but some include assigned reading and purchase of a textbook, or require a small materials fee.

### When Are the Classes and Where?

Classes are offered throughout the year, subdivided into Winter/Spring, Summer, and Fall semesters. They are typically held on weekdays between the hours of 10:00 a.m. and 3:00 p.m. The courses are held on the NOVA Annandale campus and off-campus in churches, community centers and other suitable locations.

### How Do I Become a Member and What Is the Cost?

Complete a membership application form found on pages 21 and 23, and mail with your check to the address shown. The current annual membership fee is \$110. The membership period is for 12 months beginning with the month in which dues are paid.

### How Do I Register for Courses and Tours?

Complete a course registration form found on pages 17 and 19, listing the courses you wish to attend *in order of preference*. Mail to the LLI office with a self-addressed, stamped envelope and any applicable fees as soon as possible; *registration for courses closes Friday, May 24, 2013*. Registration forms received after that date will be considered only if there are spaces remaining in the courses you select. Your registration form will be mailed back to you in your self-addressed envelope shortly after the closing date, but in advance of the first class, indicating whether you have been accepted, wait-listed, or whether the class has been canceled. **As a courtesy to other LLI members, please call the Coordinator listed in the specific course description if you will not be able to attend part or all of a course after you have been accepted. This will give members on a waiting list an opportunity to attend.**

As a general rule, LLI courses are open to LLI members only. However, there may be occasions when non-members may attend (or may be invited to attend). Course Coordinators are authorized to admit non-members when appropriate, and

when space is available. Please note that if you are wait-listed for a course, you are not “accepted” unless notified. The next time the course is offered, you must re-register but will be given priority acceptance.

### What Is the Monthly Forum?

Members and non-members are warmly welcomed as guests to attend the Speakers Program and Open House Forum. The Forum is held monthly (except December and during the summer) at 10:00 a.m. in the Richard J. Ernst Community Cultural Center (see map on page 4) on the NOVA Annandale Campus (see page 5 for schedule). For more information, call the LLI office at (703) 503-0600 or check the website at <http://lli.nova.org>; also see information in the LLI monthly newsletter. Persons attending these Forums should park in the garage on Center Drive next to the Ernst Center. There is a \$2.00 per hour charge to park in the garage.

### What Are the Cancellation Policies?

If the Fairfax County Public Schools (FCPS) cancel school for the day due to inclement weather, all LLI classes, special interest groups (SIGs), and Forums are cancelled regardless of location. LLI morning activities are cancelled if the FCPS announces a 2-hour delay in class openings; LLI afternoon activities are cancelled if the FCPS announces early dismissal. Trips and social events will take place unless cancelled at the leaders’ directions.

### When Is the Registration Deadline?

The registration deadline for the courses in this catalog is *Friday, May 24, 2013*. See full addresses of course locations starting on page 14.

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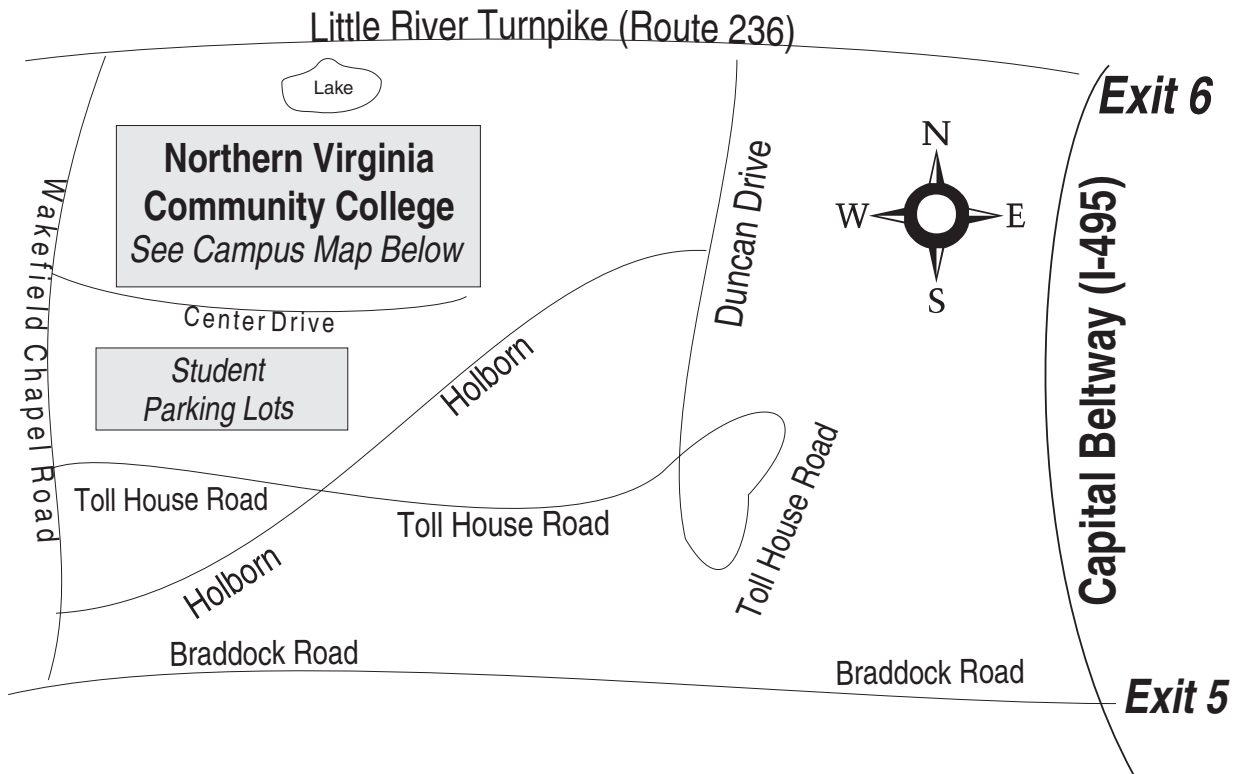
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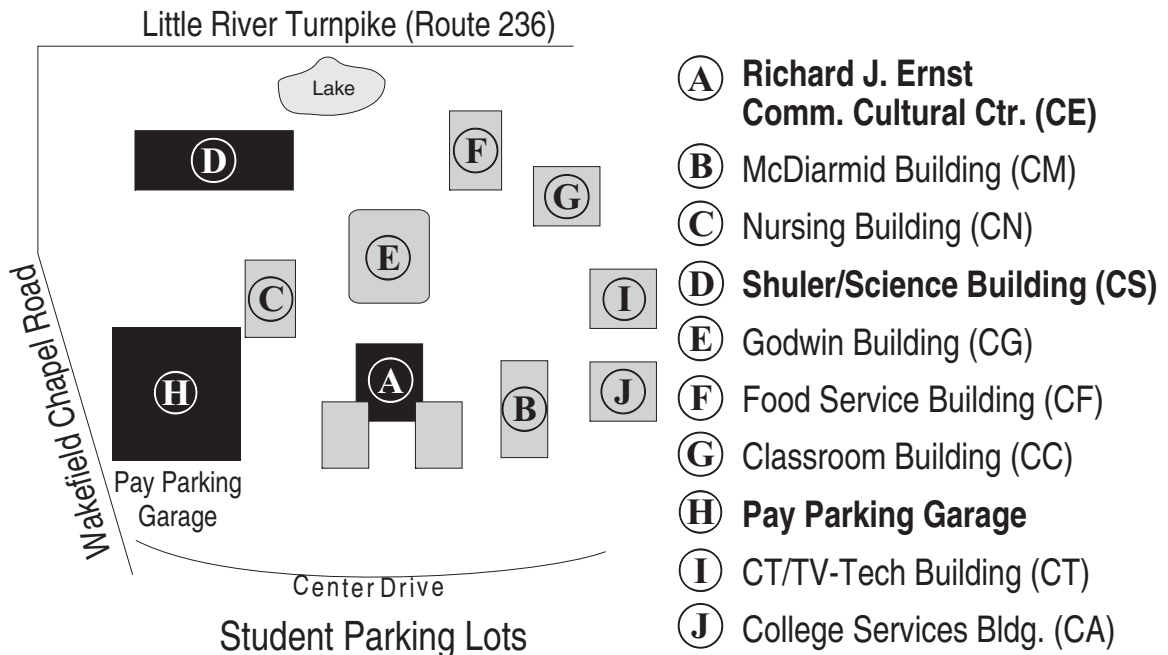
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# NOVA Campus Maps



## Annandale Campus Map



# LLI Summer Program 2013

**Note:** All programs are free to members unless otherwise specified. See full addresses of course locations starting on page 14.

**Members must register for the courses prior to attending because of space constraints. If you are unable to attend after registering, please contact the course coordinator so that anyone on the waiting list can be given the opportunity to attend the course.**

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## LLI Forum and Open House

The "Forum" is a meeting that offers presentations by guest speakers on a variety of topics. It is open to both members and non-members. Following the presentations, brief announcements are usually made regarding LLI's activities. Light refreshments are available at 9:30 a.m. The meeting begins at 10:00 a.m. Refer to the LLI newsletter for details.

**Upcoming Forum dates are:** Wednesdays, May 1, June 5, and September 4. (**Note: there are no Forums in July and August.**)

**Place:** Ernst Cultural Center (CE), NOVA Annandale Campus

**ATTENTION! PLEASE WEAR YOUR LLI BADGE/LANYARD TO ALL LLI ACTIVITIES. This is imperative. If you have lost your badge/lanyard, just contact Laura Charron in the LLI office and she will send you a new one (replacement cost is \$1.00).**

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## Monday Morning

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### Course 13S01A Motivation, Nutrition and Exercise (3 Sessions)

At your request, we are repeating this course that was given during the Fall 2012 semester. As you all know, sometimes we need a jumpstart on motivating our attitudes. We will discuss some tips on attitude, nutrition and exercise in the hopes of increasing our awareness of what we do and don't do every day. We will share ideas and suggestions on ways to incorporate exercise into our daily living. Our goal is to become stronger and more agile and have fun reaching that goal.

**Dates & Time:** Mondays, June 10, 17, 24; 10:00 a.m. — 11:30 a.m.

**Place:** St. Matthew's United Methodist Church (Room 304), Annandale

**Course Size:** Min. 10, Max. 20

**LLI Coordinator:** Chuck Hulick (703) 750-3180; [chulick@verizon.net](mailto:chulick@verizon.net)

**Leader:**

**JUNE CHALOU** taught elementary school for many years. Since retirement she has strived to remain active. She enjoys biking and has biked the entire C & O Trail. She also did a half marathon two years ago and a mini-triathlon last year. Her main exercises have been walking and biking with her husband.

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## Tuesday Mornings

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### Course 13S02A Meadowlark Botanical Gardens: Enjoy the Daylilies (1 Session)

Education Specialist Patricia Dietly will lead a tour of Meadowlark's Daylily Collection. Meadowlark is a repository for approximately 600 different daylily hybrids, all displayed amid lawns, gardens, and

lakes. The walk will be about 1/2 mile on paved trails with some slopes. It's all outdoors, so dress for the weather.

**Date & Time:** Tuesday, June 18; 10:00 a.m. — 11:30 a.m.

**Place:** Meadowlark Gardens, Vienna

**Course Size:** Min. 8, Max. 20

**LLI Coordinator:** Elaine Cherry (703) 560-4860; [elainecherry@cox.net](mailto:elainecherry@cox.net)

**Leader:**

**PATRICIA DIETLY** is an experienced Field Biologist who specializes in native plants; works at Meadowlark Botanical Gardens where she is the lead educator; studied botany at Grove City College and attained certification to teach secondary science through Gannon University (both in Pennsylvania); has a background in environmental project consulting, as well as wetlands delineation; enjoys sharing her knowledge and love of plants with students of all ages.

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### Course 13S03A Understanding Trusts (1 Session)

This course will address what a trust is, the difference between a will and a trust, and the advantages and disadvantages of trusts. We will also look at why you would set up a trust and when it is and is not appropriate.

**Date & Time:** Tuesday, June 25; 10:00 a.m. — 11:30 a.m.

**Place:** Goodwin House (Auditorium), Falls Church

**Course Size:** Min. 10, Max. 60

**LLI Coordinator:** Mary Underwood (703) 329-8391; [maryunderwood29@verizon.net](mailto:maryunderwood29@verizon.net)

**Leader:**

**JOSHUA GOULDING**, a Certified Financial Planner, received a BA in Psychology and Pre-Med Studies, as well as an Executive Certificate in Financial Planning, from Georgetown University. He joined McLaughlin Ryder in February 2012 as a First Vice President. He is a well-known and highly regarded financial professional who specializes in working with seniors, retirees and those approaching retirement. He has his Series 7 and 66 licenses.

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### Course 13S04A How to Listen to and Understand Opera, Part IV (3 Sessions)

This is a continuation of the course given during the Winter/Spring, Summer, and Fall 2012 semesters. Using Robert Greenberg's "How to Listen to and Understand Opera," we will listen to lectures on the French opera, Wagner's "Tristan and Isolde" and operas by Richard Strauss.

**Dates & Time:** Tuesdays, July 9, 16, 23; 10:00 a.m. — 12:00 p.m.

**(Note class time.)**

**Place:** Greenspring Village (Village Square Theater), Springfield

**Course Size:** Min. 15, Max. Unlimited

**LLI Coordinator:** Deanna DeMember (703) 866-0907;  
ddemember@gmail.com

**Leader:**

**FERNE BEYER** has a degree in Elementary Education from Hofstra University. She studied voice in New York City for 10 years and has sung over 40 works of the oratorio with various choruses. She also has a wide knowledge of and has sung many great works of Lieder and French melodie, plus other art songs.

## Tuesday Afternoons

### Course 13S05P Healthy Heart Seminar (1 Session)

Dr. Kevin Rogan from Fairfax Hospital's Heart and Vascular Institute will discuss how to live a heart-healthy lifestyle, including an overview of common heart conditions and the latest treatments available. There will also be a presentation about Fairfax Hospital's current facility and plans for future enhancements.

A limited number of course registrants will have an opportunity to witness heart surgery first hand at the hospital from a special observation deck built above one of the operating rooms. LLI has arranged for you to observe a heart surgery on August 21 at 9:15 a.m., or on August 28 at 7:15 a.m. Each session, lasting up to four hours, is limited to 25 observers. However, you can leave sooner if you wish. A nurse, Ms. Patricia Seifert, will explain how the surgeon will conduct the heart bypass operation and describe the roles of the cardiac team. She will also remain with you to answer your questions throughout the observation period. Registration for the observations will be available at the classroom session on July 16, including directions and parking arrangements.

**Date & Time:** Tuesday, July 16; 1:30 p.m. — 3:00 p.m.

**Place:** Mason District Governmental Center (Main Community Room), Annandale

**Course Size:** Min. 10, Max. 75

**LLI Coordinator:** Lorin Goodrich (703) 425-9574;  
lorin.goodrich@verizon.net

**Leaders:**

**Dr. KEVIN M. ROGAN** serves as Medical Director of non-invasive cardiology at the INOVA Heart and Vascular Institute (Fairfax Medical Campus) and has a medical practice, Rogan and O'Brien Cardiovascular Associates. Dr. Rogan is a board-certified Cardiologist specializing in cardiovascular disease, interventional cardiology and internal medicine. He graduated from Tufts University's School of Medicine in 1981.

**PATRICIA SEIFERT, RN, MSN, FAAN, CVOR**

### Course 13S06P Great Presidents: John F. Kennedy (2 Sessions)

The mystique of John F. Kennedy continues to captivate a public that ranks him among the most esteemed of presidents. Like Abraham Lincoln, Kennedy was cut down at the height of his powers, leaving Americans to speculate on a brighter future had he survived. He led the nation through three turbulent years marked by the Cuban missile crisis — the most dangerous moment of the cold war — and the civil rights movement — the most significant social movement of post-World War II America. Still, some of his most important initiatives, including major civil rights legislation, would not emerge until

after his death. He was born into a family that had achieved economic and political success. Unlike the always embattled Truman, he developed a cool and detached approach to the world. This class will view four DVD's from the Great Presidents series. In each session, we will view two 30-minute DVD's followed by 30 minutes of discussion. The four lectures to be presented and discussed are:

John F. Kennedy — The Construction of a Politician

John F. Kennedy — The Emergence of a President

John F. Kennedy — A President in Crisis

John F. Kennedy — His Final Challenges

**Dates & Time:** Tuesdays, June 18, 25; 1:30 p.m. — 3:00 p.m.

**Place:** Mason District Governmental Center (Main Community Room), Annandale

**Course Size:** Min. 10, Max. 50

**LLI Coordinator:** Peter Schwarzkopf (703) 998-0769;  
pschwarzkopf@verizon.net

**Leader:**

**CHUCK HULICK** has a BS in Economics from Wharton School, University of Pennsylvania, and an MBA in Finance from Kogod School of Business, American University. He worked as a Senior Consultant with the National Academy of Public Administration following a career in federal acquisition with the General Services Administration.

### Course 13S07P The ABC's of Cruising (2 Sessions)

Every year, tens of millions worldwide enjoy what many believe to be a dream vacation. Why is that? What do they know the rest of the world doesn't? Whether you are thinking of going on your first cruise or you are a seasoned cruiser, you will be able to pick up some helpful hints to make a future voyage more enjoyable. This course will cover questions you need to ask and answer before you decide on a cruise. We will discuss topics such as choice of cruise line, destination, cabin selection, dining options, transportation to embarkation port, booking process, cost, ways to save money, onboard activities and planning ports of call. Join us and find out why cruising is so enjoyable and rewarding.

**Dates & Time:** Tuesdays, August 6, 13; 1:30 p.m. — 3:00 p.m.

**Place:** The Virginian (Assembly Room), Fairfax

**Course Size:** Min. 10, Max. Unlimited

**LLI Coordinator:** Paul Hople (703) 978-9381; pbhople@cox.net

**Leaders:**

**ANN and LORRIN GARSON** began taking cruises in 1991 and since then have cruised hundreds of days on Celebrity, Holland America Line, Hurtigruten (Norwegian Coastal Voyage), Princess and Royal Caribbean cruise lines. They began traveling internationally in 1978, and have since visited all seven continents and over 115 countries. They enjoy independent or "off the beaten path" travels.

### Course 13S08P Civil War Naval Actions (4 Sessions)

The naval engagements during the American Civil War changed the way naval warfare was conducted due to the first-time use of "ironclads" and submarines. During these four sessions, Keith Young will cover the following:

**1862** The fall of New Orleans (surrender of the South's largest and wealthiest city);

- 1864 The Battle of Mobile Bay (greatest Union victory of the Civil War);
- 1864-65 Fort Fisher and the fall of Wilmington, NC (last major stronghold of the Confederacy);
- 1864-65 Undersea warfare during the Civil War (submarines and mines were used during the Civil War although they were looked down upon as uncivilized "infernal machines.")

**Dates & Time:** Tuesdays, August 6, 13, 20, 27; 1:30 p.m. — 3:30 p.m. (Note class time.)

**Place:** The Woodlands (Theater), Fairfax

**Course Size:** Min. 10, Max. 30

**LLI Coordinator:** Lorin Goodrich (703) 425-9574; [lorin.goodrich@verizon.net](mailto:lorin.goodrich@verizon.net)

**Leader:**

**KEITH YOUNG** is a U.S. Naval Academy graduate and retired from the U.S. Navy with the rank of Captain. He earned an MBA degree from Old Dominion University and has taught at Averett University's Northern Virginia campus. He has taught several courses for LLI pertaining to the American Civil War, the War of 1812 and World War II. In addition to teaching at LLI, Keith has made presentations on many subjects at the Fairfax City Senior Center, George Mason University's Osher Lifelong Learning Institute, and the Arlington Learning in Retirement Institute.

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### Course 13S09P What is Art? Looking at Painting, Sculpture and Photography (1 Session)

We will discuss what philosophers and artists have deemed "art," and then by looking at various paintings, sculpture, and photography — including those considered offensive and/or avant garde — draw our own conclusions as to what constitutes art.

**Date & Time:** Tuesday, August 27; 1:30 p.m. — 3:00 p.m.

**Place:** Goodwin House (Auditorium), Falls Church

**Course Size:** Min. 10, Max. 25

**LLI Coordinator:** Doug Johnson (703) 628-3115; [llinovadoug@gmail.com](mailto:llinovadoug@gmail.com)

**Leader:**

**MARCIA TOEPFER** has a PhD in American Diplomatic History from the University of Virginia. Her studies included Soviet, Russian, and Middle European History. She is a retired Intelligence Analyst.

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### Course 13S10P Mystery and Controversy: Women Soldiers of the American Civil War (1 Session)

Often overlooked in the study of the American Civil War is the topic of women who disguised themselves as men to serve as soldiers. Why did they enlist? How did they disguise themselves? How were they able to go undetected? What is the significance of their service? We will look not only at several of the best documented women soldiers but also at some of those who are less well known.

**Date & Time:** Tuesday, September 17; 1:30 p.m. — 3:00 p.m.

**Place:** The Virginian (Assembly Room), Fairfax

**Course Size:** Min. 10, Max. Unlimited

**LLI Coordinator:** Ed McKnight (703) 425-6224; [edjem@aol.com](mailto:edjem@aol.com)

**Leader:**

**CAROL JEFFORDS** received a BA in History from Washington State University. She worked as an Intelligence Analyst at the CIA

and in the training offices of MITRE Corporation and TRW. She is currently employed by LEAD Alliance, a small, woman-owned consulting firm. Carol is also a member of the Society of Women and the Civil War as well as LLI.

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## Wednesday Mornings

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### Course 13S11A Natural and Man-Made Geological Disasters (1 Session)

We will look at natural disasters that do not show the footprint of man, those *caused strictly* by the footprint of man, and those in between. Our discussion will include a review of how historical disasters become part of myth and what methods geologists used to investigate such myths. We will also discuss what future natural furies may occur, with emphasis on those that might be preventable.

**Date & Time:** Wednesday, July 24; 10:00 a.m. — 11:30 a.m.

**Place:** Ernst Cultural Center (CE), Seminar Rooms C & D, NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

**Course Size:** Min. 10, Max. 70

**LLI Coordinator:** Ed McKnight (703) 425-6224; [edjem@aol.com](mailto:edjem@aol.com)

**Leader:**

**BARRY CENTINI** received a PhD from the University of North Carolina at Chapel Hill. He taught Geology at Emory University, and directed Computer Based Distance Learning Programs and worked on computer learning issues with the U.S. Army. He retired as a Senior Research Engineer for SRI International in 2004.

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### Course 13S12A Mindfulness: A Disciplined Love Affair with Life (2 Sessions)

Mindfulness is one type of meditation. In contrast to the havoc of an over-stimulating world, this practice helps to create calmness and a non-judgmental stance in oneself. The discipline of focusing one's attention is a difficult skill to cultivate. Relax and enjoy a new experience!

**Dates & Time:** Wednesdays, August 7, 14; 10:00 a.m. — 11:30 a.m.

**Place:** St. Matthew's United Methodist Church (Room 304), Annandale

**Course Size:** Min. 10, Max. 30

**LLI Coordinator:** George Chalou (703) 573-7769; [gchalou@cox.net](mailto:gchalou@cox.net)

**Leader:**

**MERRY MACKE**, LCSW, has been a motivator of people most of her professional life. She has attempted to mediate since 1975. Mindfulness entered her life through Dialectical Behavioral Therapy and she has been attending a meditation class for the past year. She wants to share the experience of being in the moment for the peace it can provide.

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## Wednesday Afternoons

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### Course 13S13P Poetry Writing for People Who Think They Aren't Poets (4 Sessions)

Join us for this wonderful experience! There is no need for you to have written poetry before. And if you have tried and thought you failed, think again! Each week, class members will write a poem based on a prompt supplied by the leaders. Then we will share

and discuss our poems. We **guarantee** members will come away amazed at what they have done.

**Dates & Time:** Wednesdays, August 7, 14, 21, 28; 1:30 p.m. — 3:00 p.m.

**Place:** Little River United Church of Christ (Room 8), Annandale

**Course Size:** Min. 5, Max. 15

**LLI Coordinator:** Marianne Moerman (703) 751-0523;  
[mcmoerman@juno.com](mailto:mcmoerman@juno.com)

**Leaders:**

**ED SADTLER** has been reading and writing poetry for many years. He is a long-time LLI attendee of Richard Risk's "Poetry and You" course, and a long-time member of the Poetry Workshop at George Mason University's Osher Lifelong Learning Institute. Ed is also the co-leader of the Osher LLI Writer's Workshop.

**HELEN HARVEY** is an accomplished poet and attendee of Richard Risk's "Poetry and You" class, as well as a member of the Osher LLI Writer's Workshop.

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### Course 13S14P Super Special Sardinia (1 Session)

Join us in viewing the eighth video in Conne Rubinstein's Travel Series. In addition to viewing the sights of Sardinia, we'll listen to the sounds of traditional Sardinian music and get a sense of the friendliness of the people. The residents of Sardinia are a surprisingly homogeneous group, and Connie reports that she is always impressed by their efforts to maintain their culture because of its value to them, and to share it with visitors. Her 2012 visit stands out for its many interactions with the "locals." Highlights include a visit to the home and studio of a man who both recreates ancient Sardinian instruments and invents new variations, as well as a visit to the home (now maintained as a museum) of an artist who invented techniques for creating artworks out of cork, using the various natural gradations of color. Connie also viewed some of Sardinia's well-preserved Neolithic sites and enjoyed its awe-inspiring National Parks, and spent an entire day on a gaff-rigged ketch sailing on Alghero Bay.

**Date & Time:** Wednesday, September 18; 1:30 p.m. — 3:00 p.m.

**Place:** Spring Hill Club House, Lorton

**Course Size:** Min. 10, Max. Unlimited

**LLI Coordinator:** Doug Johnson (703) 628-3115;  
[llinovadoug@gmail.com](mailto:llinovadoug@gmail.com)

**Leader:**

**CONNIE RUBINSTEIN** taught English to talented and gifted students at Oxon Hill Science and Technology High School for 25 years. For 14 years, she has been creating entertaining and technically sophisticated videos, using Apple's Final Cut Pro X and other software, which she shares at Senior Centers and LLI presentations.

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## Thursday Mornings

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### Course 13S15A Five Star Retirement (1 Session)

What exactly was retirement like for Dwight David Eisenhower? Fittingly, the National Park Service preserves the Eisenhowers' Gettysburg "retirement" house and farm where serious students discover the answer. One quickly realizes that retirement did not suit Ike in the least. Eisenhower — the man who saved the world as Supreme Commander of the Allied Expeditionary Force and later led it, as the 34th

President of the United States — remained an active and energetic figure throughout the final decade of his life. He utilized his considerable skills to influence policy during the Democrat years of Kennedy/Johnson and sought to guide the Republican Party through the election of 1968 and beyond. Proof of his true importance and impressive legacy continues to emerge.

**Date & Time:** Thursday, June 6; 10:00 a.m. — 11:30 a.m.

**Note:** This course will begin prior to your receiving your acceptance notifications. Please feel free to attend even without your acceptance.

**Place:** Mason District Governmental Center (Main Community Room), Annandale

**Course Size:** Min. 25, Max. 75

**LLI Coordinator:** Rick and/or Pat Daniels (703) 354-3792;  
[rwdaniels63@gmail.com](mailto:rwdaniels63@gmail.com)

**Leader:**

**MICHAEL T. KELLY** is a 21-year veteran of the National Park Service (NPS). He studied American History through undergraduate work at The Pennsylvania State University and seasonal employment with the NPS. Ranger Kelly currently coordinates the National Mall and Memorial Parks interpretive outreach program and assists with ongoing park initiatives in partnership, planning, cultural resource management and interpretive media. Previous NPS experience includes Eisenhower National Historic Site and Gettysburg National Military Park.

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### Course 13S16A Stalingrad: The Mass Grave of Wehrmacht (1 Session)

Germany's World War II offensive in the USSR gained a second wind in 1942. No longer able to attack on all fronts, Adolf Hitler selected the oil fields of the Caucasus as the prime target of the Axis drive. Although the campaign stretched across a wide area, the engagement at Stalingrad, a key point along the Volga River lifeline, served as the symbolic centerpiece. Stretching from August 1942 until February 1943, the Stalingrad battle, along the Soviet Asia frontier upon which Hitler gambled so much, became the turning point of the war in the East.

**Date & Time:** Thursday, June 20; 10:00 a.m. — 11:30 a.m.

**Place:** Mason District Governmental Center (Main Community Room), Annandale

**Course Size:** Min. 25, Max. 75

**LLI Coordinator:** Rick and/or Pat Daniels (703) 354-3792;  
[rwdaniels63@gmail.com](mailto:rwdaniels63@gmail.com)

**Leader:**

**BRAD BERGER** has a BA in European History and an MA in American Colonial History. Brad served in the Federal Republic of Germany as a Security Specialist for the U.S. Air Force, and interned for the National Park Service at Harpers Ferry National Historical Park. He currently serves as a Park Ranger at National Mall and Memorial Parks in Washington, D.C., where he helps coordinate operations for Presidential Inaugurations as well as annual National Independence Day Celebrations and National Cherry Blossom Festivals.

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### Course 13S17A PBS Presentation: The War of 1812 (2 Sessions)

Join us for "The War of 1812," a production of WNET-TV, Buffalo/Toronto, in association with WETA, Washington, D.C. For two and one-half years,

Americans fought against the British, Canadian colonists, and native nations. In the years to come, the War of 1812 would be celebrated in some places and essentially forgotten in others. But this is a war worth remembering — a struggle that threatened the existence of Canada, then divided the United States so deeply that the nation almost broke apart. With stunning reenactments, evocative animation, and the incisive commentary of key experts, "The War of 1812" presents the strange and awkward conflict that shaped the destiny of a continent.

**Dates & Time:** Thursdays, July 18, 25; 10:00 a.m. — 11:30 a.m.

**Place:** West Springfield Government Center (Room 200, Community Room), Springfield

**Course Size:** Min. 10, Max. 70

**LLI Coordinator:** Ed McKnight (703) 425-6224; [edjem@aol.com](mailto:edjem@aol.com)

**Leader:**

PBS Programming

## Thursday Afternoons

### Course 13S18P Cold Times in the Arctic (3 Sessions)

For most of the 19th and early 20th centuries, British and American explorers tried to find a northwest water passage connecting the Atlantic and Pacific oceans near the top of the globe. The stories of the explorations and their leaders are heroic and filled with honor, devotion and some much lesser emotions. Some of the explorers were careful planners, while others were close to criminally negligent. Some respected what they could learn from the Inuit, whom most of us called Eskimos, while others were scoffing and even racist, as we would expect from those times. Some had good luck, while others found their only luck was bad. These explorers include John Ross, Edward Parry, Robert McClure, Charles Francis Hall, Fridtjof Nansen, Robert Peary, Frederick Cook and Roald Amundsen. The main source for this course is the book *The Arctic Grail* by Pierre Berton. **Some of the stories of suffering, death and survival can be very distressing to those with a low tolerance for violence, so please be advised before registering.**

**Dates & Time:** Thursdays, June 13, 20, 27; 1:30 p.m. — 3:00 p.m.

**Place:** Little River United Church of Christ (Room 8), Annandale

**Course Size:** Min. 5, Max. 25

**LLI Coordinator:** Gina Trapp (703) 522-7528; [gtrapp\\_26@msn.com](mailto:gtrapp_26@msn.com)

**Leader:**

**BETTY TOEPFER** majored in English Literature at the City College of New York where she graduated Phi Beta Kappa. She went on to do graduate work in English Literature at the State University of New York at Buffalo; her almost-finished dissertation was a psychoanalytic study of *Wuthering Heights*. After spending 10 years in market research, she went to the Cardozo School of Law and ultimately retired from the Federal Energy Regulatory Commission as an Attorney. She studied film as both an undergraduate and a graduate student; her loves have always been literature, art and film, and travel.

### Course 13S19P Memory and the Brain (2 Sessions)

Most LLI members enroll in classes to learn new things, as a means of social interaction, or to keep busy after retirement. But keeping the brain active has another major contribution in stimulating memory and offsetting a tendency toward memory loss as we

age. In essence, brain fitness follows the adage of "use it or lose it." In this course, we will listen to five lectures from The Great Courses "Optimizing Brain Fitness." The first session will cover two half-hour lectures on "How Your Brain Works," and "How Your Brain Changes." The second session will cover three half-hour lectures on "Focusing Your Attention," "Enhancing Your Memory" and "Building Your Cognitive Reserve." Through these lectures, we hope to gain a greater insight on how to maximize brain fitness and memory retention through LLI classes and other tricks.

**Dates & Time:** Thursdays, August 1, 1:30 p.m. — 3:00 p.m.; August 8, 1:30 p.m. — 3:30 p.m. (**Note that the August 8 session runs for 2 hours.**)

**Place:** St. Matthew's United Methodist Church (Room 304), Annandale

**Course Size:** Min. 20, Max. 55

**LLI Coordinator:** Peter Schwarzkopf (703) 998-0769;

[pschwarzkopf@verizon.net](mailto:pschwarzkopf@verizon.net)

**Leader:**

**PETER SCHWARZKOPF** received a BA from Dartmouth College and a JD and LLM in International Law from Harvard Law School. He retired from the U.S. Department of Transportation (2007) where he engaged primarily in international negotiations for commercial airline landing rights with numerous foreign countries. Peter has led discussions for several courses at LLI.

## Friday Mornings

### Course 13S20A Fireworks Bursting in Air! (1 Session)

On every Fourth of July, towns and cities across the United States host millions of people who look forward to the fireworks show that caps the day's festivities. Washington, D.C.'s National Mall is no exception because it provides the venue for the tens of thousands hoping to witness the country's premier fireworks display. What most people fail to consider is what happens behind the scenes to make this beloved annual tradition a reality. For the past three years, Park Ranger Heidi Dietze has worked alongside the contracted fireworks company and has witnessed first-hand the process of putting together a show — from warehouse to mortar tube to sky — for the enjoyment of the throngs on the National Mall as well as the millions across the country watching on their television sets. It's quite a spectacle.

**Date & Time:** Friday, June 7; 10:00 a.m. — 11:30 a.m. **Note:** This course will begin prior to your receiving your acceptance notifications. Please feel free to attend even without your acceptance.

**Place:** Mason District Governmental Center (Main Community Room), Annandale

**Course Size:** Min. 25, Max. 75

**LLI Coordinator:** Rick and/or Pat Daniels (703) 354-3792;

[rawdaniels63@gmail.com](mailto:rawdaniels63@gmail.com)

**Leader:**

**HEIDI DIETZE** is a Minnesota native who spent much of her childhood traveling through several Midwest states, visiting sites from the Santa Fe Trail to the Corn Palace. From this random trundling, she developed an interest in history that led to an undergraduate degree in Holocaust Studies and a graduate degree in Film History. Ranger Dietze came to National Mall and Memorial Parks as a Park Ranger in 2002 following two years at the United States Holocaust Memorial Museum.

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**Course 13S21A Qigong (3 Sessions)**

Qigong is one of the most common forms of Chinese exercise which focuses on breathing, mind, and movement. Developed in the 12th century, it is used to improve general health, including posture, enhanced circulation, and loosening of the muscles. It also aids in relaxation and helps with inner peace. It is comprised of gentle, slow movements, and is easily learned. Hang Tam will teach the first session. LLI member Janice Smith will teach the two following sessions. **Note: Wear comfortable clothes; movements will involve walking and moving your arms.**

**Dates and Time:** Fridays, July 12, 19, 26; 10:00 a.m. — 11:30 a.m.

**Place:** Little River United Church of Christ (Choir Room/Social Hall), Annandale

**Course Size:** Min. 8, Max. 30

**LLI Coordinator:** Janice Smith (703) 280-2013;

*janicesmith5@hotmail.com*

**Leaders:**

**HANG TAM**, Qigong and Tai Chi instructor, has won eight gold medals and one silver medal in U.S. and European competitions. She has taught these martial arts forms for the past 18 years. She retired from teaching English in Fairfax County and at Virginia Tech University, and continues to learn Qigong and Tai Chi from accomplished masters and share these wonderful arts of staying healthy and happy with all who are interested.

**JANICE SMITH** is a retired teacher. She has studied Tai Chi and Qigong under a number of master teachers. She feels strongly about the benefits derived from these exercises.

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## Friday Afternoons

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**Course 13S22P Citizen Science Butterfly Survey (1 Session)**

Join us for a presentation by Tamie DeWitt, a Biologist at the Smithsonian's National Zoo, on local butterflies. "Citizen Science" programs are designed for all levels of interest and teach us about techniques for understanding and exploring nature from field sampling to data collection and species identification. Attendees will discuss the many varieties of butterflies along with their life cycles, and will be given an opportunity to participate in the Smithsonian's butterfly survey — in your own back yards!

**Date & Time:** Friday, June 14; 1:30 p.m. — 3:00 p.m.

**Place:** Ernst Cultural Center (CE), Seminar Rooms C & D, NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

**Course Size:** Min. 10, Max. 30

**LLI Coordinator:** Janice Smith (703) 280-2013;

*janicesmith5@hotmail.com*

**Leader:**

**TAMSEN (TAMIE) DeWITT** has worked at the Invertebrate Exhibit at the Smithsonian's National Zoo for 21 years. She works with all invertebrates, which include about 80% marine animals, but has always had a passion for butterflies. She has a butterfly garden at the Zoo and at home and is an avid "butterfly" all summer and fall. She is also very involved in tagging Monarch butterflies during their migration to Mexico in the fall.

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**Course 13S23P Poetry and You (4 Sessions)**

Join us for one of LLI's long-time favorite courses, and learn more about how poetry can change your life. We will read and talk about the work of contemporary poets as well as our favorite classics.

**Dates & Time:** Fridays, July 12, 19, 26, August 2; 1:30 p.m. — 3:00 p.m.

**Place:** Little River United Church of Christ (Room 8), Annandale

**Course Size:** Min. 8, Max. 30

**LLI Coordinator:** Marianne Moerman (703) 751-0523;

*mcmoerman@juno.com*

**Leader:**

**RICHARD RISK** has a BS from the University of Missouri. He is retired from the Environmental Protection Agency, and is a founding member of LLI.

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**Course 13S24P Spiritual Maturity — A Progressive and Rationalist View of the Road to Unity (4 Sessions)**

Dr. Margaret Placentra Johnston, author of *Faith Beyond Belief: Stories of Good People Who Left Their Church Behind*, will offer a series of discussions on a progressive view of spiritual development as described by five theorists, all of whose work contributes to the overall message that: 1) a unitive worldview (as opposed to divisiveness) is the highest level value in spiritual maturity; 2) greater truth is found in a metaphorical (as opposed to literal) understanding of religious content; and 3) spiritual development theory and globalization is leading us to the recognition of all religions as localized expressions of a common human search for connection with something greater than ourselves. The sessions will be balanced between didactic lessons and group discussion, depending on what seems to be the preference of the class. Margaret is confident that the broader perspective that can be gleaned through an understanding of the spiritual stages could bring an end to religious intolerance and growth toward a metaphorical understanding of spiritual concepts. It would suggest a more challenging form of spirituality based on values — especially unity, the most spiritually mature value of all. The class will cover:

**July 12** Walter Clark and Gordon Allport — attributes of a mature faith.

**July 26** Paul Ricoeur — First Naivete, Critical Distance, Second Naivete.

**August 2** James Fowler — six faith-development stages.

**August 9** K. Helmut Reich — five stages of reasoning (and a general discussion about spirituality).

**Dates & Time:** Fridays, July 12, 26, August 2, 9; 1:30 p.m. — 3:00 p.m. (**Note: There is no class on July 19**)

**Place:** St. Matthew's United Methodist Church (Room 304), Annandale

**Course Size:** Min. 4, Max. 30

**LLI Coordinator:** Arlene Gribben (703) 569-0357;

*arlenegribb@aol.com*

**Leader:**

**MARGARET PLACENTRA JOHNSTON** is a practicing Optometrist who has spent most of her professional career helping people see better in the physical world. But now she is on

a new mission to offer a clearer vision of a different kind through her writing. As the author of *Faith Beyond Belief: Stories of Good People Who Left Their Church Behind*, Margaret has shared how a bird's eye view of the religious belief versus non-belief debate from a spiritual development perspective can lead to a kinder, more gentle world. Margaret's other writings have appeared in the *Optometry Journals*, and in the personal growth journal, *Recovering the Self*. She blogs at [Patheos.com](http://Patheos.com) and the *Huffington Post*, and still examines eyes on a part-time basis.

## Various Days

### Course 13S25AP AARP Driver Safety (2 Sessions)

**Cost:** \$12 for AARP members; \$14 for non-AARP members. Enclose a check with your registration made out to AARP. AARP Driver Safety (ADS) is a classroom course that helps older drivers become more aware of changes that occur due to aging (vision, hearing, and reaction time) and how to adjust driving accordingly. The course reviews the basic rules of the road and typical types of violations that occur with older drivers, e.g., failure to yield right-of-way, improper left turns, and entering/exiting expressways. Tips or driving strategies such as scanning and following distance based on driving conditions are given to improve these situations. The course also covers current issues such as aggressive drivers and the proper use of safety belts, air bags, and anti-lock brakes. Students will receive an ADS Workbook of the class presentations, which includes additional resource material for future reference. They'll also receive the current DMV Driver's Manual of the "Rules of the

Road" for Virginia drivers. Students will have opportunities to share driving experiences.

The Commonwealth of Virginia mandates that an appropriate automobile insurance discount be given to people over 55 who complete the AARP Driver Safety course. The ADS is a community service program of AARP and all instructors are volunteers. There will be quizzes throughout the course although scores are not appraised. Please bring paper and pen to class.

**Dates & Time:** Wednesday June 19, and Friday, June 21; 10:00 a.m. — 3:00 p.m. (**Note: Class will run from 10:00 a.m. to noon, followed by a 1-hour lunch break, and then finish from 1:00 p.m. to 3:00 p.m. each day. We will have hourly breaks during the day.**)

**Place:** Mason District Governmental Center (Main Community Room), Annandale

**Course Size:** Min. 10, Max. 30

**LLI Coordinator:** Ray Bednarsky (703) 455-3999;  
[rbednarsky@earthlink.net](mailto:rbednarsky@earthlink.net)

**Leader:**

**DAVID YOUNG** earned an AS-EET degree, retired from Naval service after 20 years, and continued his service to the country as a support contractor for NSA, Navy Submarine Communications, and INS/DHS as a Logistician and Configuration Manager. He was certified as a Navy Instructor and taught equipment maintenance at Fort Meade for three years. In July 2008, David was certified to conduct AARP Driver Safety (ADS) classes. Since then, he has conducted well over 60 AARP Driver Safety classes. In addition to being an instructor, David is the ADS District Coordinator in this part of Northern Virginia, working with 10 other instructors, some of whom have been teaching the ADS classes for over 20 years.

While the activities of LLI Special Interest Groups (SIGs) are first and foremost for the benefit of LLI members, the Board recognizes that there may be occasions when non-members may be invited to participate. The Board supports the SIG coordinator's flexibility to invite non-LLI members to participate in an activity whenever the objectives of the SIG would be enhanced by non-member participation.

## Special Interest Groups

### ARTS & SMARTS GROUP

The Arts & Smarts Group has a monthly trip to one of the many museums and art galleries in Washington, DC. We take advantage of a variety of visiting exhibitions, as well as touring some of the museums' permanent exhibits. We always have a docent. The tours are approximately one hour in length, after which we have a choice to enjoy a group lunch or continue on with more museum/gallery exploration. Information about our tours is available in the LLI Newsletter, on the LLI web site, or by contacting Doug Johnson at (703) 628-3115 or [llinovadoug@gmail.com](mailto:llinovadoug@gmail.com).

### BRIDGE GROUP

The LLI Bridge Group meets twice monthly to play social, i.e., not duplicate, bridge. We are always looking for new players, and all levels of players are welcome in this very friendly game. You do not need a partner because we rotate partners, so you will play with everyone. If there are "extra" players, bridge play is rotated among all present. Please feel free to bring a brown bag lunch. Specific play dates are published in the Newsletter. Please contact the coordinators before you attend so that we can confirm the play date and ensure that we have sufficient card tables for attendees.

**Dates & Time:** Usually the second and fourth Wednesdays of each month; 10:00 a.m. — 2:00 p.m., May 9 & 22, June TBD & 26, July 11 & 24, August 15 & 28, September TBD & 26. Occasionally, scheduling conflicts require that we play on a different day, so please always call ahead to ensure the date is correct.

**Place:** Mason District Governmental Center, Annandale  
**Coordinators:** Bob and Merry Huley, (703) 534-4819 or [roberthuley@cox.net](mailto:roberthuley@cox.net).

### CURRENT EVENTS GROUP

Given the excitement and fluidity of changes in current political and worldly events, the Current Events Group will meet the first Friday of each month for continued interesting and educational discussions. Topics reflect the current events surrounding the time of the meeting. We welcome all to share your ideas and/or learn more about current events — whatever is your pleasure.

**Dates & Time:** First Friday of each month; 10:00 a.m. — 11:30 a.m., May 3, June 7, July 5, August 2, September 6.

**Place:** Mason District Governmental Center (Small Conference Room), Annandale

**Contact Information:** LLI members can receive reminder notices by contacting Marion Jacknow at (703) 698-8702 or [mjacknow@aol.com](mailto:mjacknow@aol.com).

### FAVORITE BOOKS CLUB

The Favorite Books Club meets monthly to discuss books the group has identified for review. The members select from a variety of genres, e.g., fiction,

non-fiction, historical, contemporary, best sellers, classics, etc. We try to select only books available in paperback. Information on each selected book is published in the monthly LLI Newsletter prior to discussion.

**Dates & Time:** Third Thursday of each month; 11:30 a.m. — 1:00 p.m., May 16, June 20, September 19. (**Note: There are no meetings in July and August.**)

**Place:** Braddock District Government Center (Kings Park Library), Burke

**Coordinator:** Lynne Smaldone, (703) 525-9623 or [smaldonega@hotmail.com](mailto:smaldonega@hotmail.com).

### FINANCIAL DISCUSSION GROUP

Would you like to join a lively group of LLI members who talk about the fascinating and frustrating world of finance and investments? Whether you are a neophyte looking for some answers or Warren Buffet's "secret advisor," we think you will find us enjoyable and informative.

**Dates & Time:** Second Friday of each month; 1:30 p.m. — 3:00 p.m., May 10, July 12, August 9, September 13. (**Note: There is no meeting in June.**)

**Place:** Braddock District Government Center (King's Park Library), Burke

**Coordinator:** Doug Johnson, (703) 628-3115 or [LLINOVADOUG@gmail.com](mailto:LLINOVADOUG@gmail.com).

### FRENCH CONVERSATIONALISTS

Under the expert guidance of Al Brothers, we will continue to strive to improve our French language skills. We hope to increase our appreciation of French culture by viewing French movies, listening to French music, and occasionally sampling some French cuisine. We are currently working our way through the well-known *French in Action* program.

**Dates & Time:** First & third Tuesdays of each month; 10:00 a.m. — 12:00 p.m., May 7 & 21, June 4 & 18, September 3 & 17. (**Note: There are no meetings in July and August.**)

**Place:** Goodwin House (Media Room), Falls Church

**Coordinator:** Sally Reynolds (703) 866-3017 or [saldonreyn@aol.com](mailto:saldonreyn@aol.com).

### GOURMAND GROUP

The Gourmand Group meets monthly and enjoys adventures in dining out. Each month a member plans a particular meal event that can include a traditional meal prepared at home, a full English tea, or an ethnic meal at a local restaurant. Contact Mary Underwood at (703) 329-8391 or [maryunderwood29@verizon.net](mailto:maryunderwood29@verizon.net) for further information.

# June

# 2013

**Sun. Mon. Tues. Wed. Thurs. Fri. Sat.**

						<b>1</b>	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> LLI Forum & Open House	<b>6</b> 13S15A—Five-Star Retirement	<b>7</b> 13S20A—Fireworks Bursting in Air!	<b>8</b>	
<b>9</b>	<b>10</b> 13S01A—Motivation, Nutrition and Exercise	<b>11</b>	<b>12</b>	<b>13</b> 13S18P—Cold Times in the Arctic	<b>14</b> 13S22P—Citizen Science Butterfly Survey	<b>15</b>	
<b>16</b>	<b>17</b> 13S01A—Motivation, Nutrition and Exercise	<b>18</b> 13S02A—Meadowlar Botanical Gardens 13S06P—Great Presidents: John F Kennedy	<b>19</b> 13S25AP—AARP Driver Safety	<b>20</b> 13S16A—Stalingrad: Mass Grave of Wehrmacht 13S18P—Cold Times in the Arctic	<b>21</b> 13S25AP—AARP Driver Safety	<b>22</b>	
<b>23</b>	<b>24</b> 13S01A—Motivation, Nutrition and Exercise	<b>25</b> 13S03A—Understanding Trusts 13S06P—Great Presidents: John F Kennedy	<b>26</b>	<b>27</b> 13S18P—Cold Times in the Arctic	<b>28</b>	<b>29</b>	
							<b>30</b>

**Remove this calendar to use as a handy reference.**

# July

# 2013

**Sun. Mon. Tues. Wed. Thurs. Fri. Sat.**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> 13S04A—Listen to and Understand Opera, IV	<b>10</b>	<b>11</b>	<b>12</b> 13S21A—Qigong 13S23P—Poetry and You 13S24P—Spiritual Maturity	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> 13S04A—Listen to and Understand Opera, IV 13S05P—Healthy Heart Sem.	<b>17</b>	<b>18</b> 13S17A—PBS Presentation: The War of 1812	<b>19</b> 13S21A—Qigong 13S23P—Poetry and You	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> 13S04A—Listen to and Understand Opera, IV	<b>24</b> 13S11A—Natural/Man-Made Geological Disasters	<b>25</b> 13S17A—PBS Presentation: The War of 1812	<b>26</b> 13S21A—Qigong 13S23P—Poetry and You 13S24P—Spiritual Maturity	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

**Remove this calendar to use as a handy reference.**

# August

# 2013

**Sun. Mon. Tues. Wed. Thurs. Fri. Sat.**

				<b>1</b> 13519P—Memory and the Brain	<b>2</b> 13523P—Poetry and You 13524P—Spiritual Maturity	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> 13507P—ABC's of Cruising 13508P—Civil War Naval Actions	<b>7</b> 13512A—Mindfulness: Love Affair with Life 13513P—Poetry Writing	<b>8</b> 13519P—Memory and the Brain	<b>9</b> 13524P—Spiritual Maturity	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> 13507P—ABC's of Cruising 13508P—Civil War Naval Actions	<b>14</b> 13512A—Mindfulness: Love Affair with Life 13513P—Poetry Writing	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> 13508P—Civil War Naval Actions	<b>21</b> 13513P—Poetry Writing	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> 13508P—Civil War Naval Actions 13509P—What Is Art?	<b>28</b> 13513P—Poetry Writing	<b>29</b>	<b>30</b>	<b>31</b>

**Remove this calendar to use as a handy reference.**

# September 2013

## LLI Summer Program 2013

**Sun. Mon. Tues. Wed. Thurs. Fri. Sat.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> LLI Forum & Open House	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> 13S10P—Mystery & Controversy: Women Soldiers of the American Civil War	<b>18</b> 13S14P—Super Special Sardinia	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>					

**Remove this calendar to use as a handy reference.**

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#### PHOTOGRAPHY GROUP

LLI members have a wide range of photographic abilities and interests and share a common desire to hone existing skills or learn new ones. Meetings of this SIG will focus on a specific topic or area of interest decided by the group. Topics to date have included "Sorting and Filing Your Digital Pictures" and "Understanding Exposure." New members are always welcome.

**Dates & Time:** Third Friday of each month; 10:00 a.m. — 12:00 p.m., May 17, June 21, July 19, August 16, September 20.

**Place:** Braddock District Government Center (King's Park Library), Small Conference Room, Burke

**Coordinator:** Buck Myers (703) 532-3726 or [hbm@hbmphoto.com](mailto:hbm@hbmphoto.com).

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#### WALKABOUTS

Weather permitting, the Walkabouts Group meets twice each month for an outdoor walk for fun and health. Each walk begins at noon and lasts about one hour. Dates and locations for scheduled walks are listed in the LLI Newsletter and on the LLI web site. Notifications of any changes or special details not included in the published schedule are coordinated through Merry Macke. She can be reached at (703) 451-3248 or by e-mail at [merry.macke@verizon.net](mailto:merry.macke@verizon.net). Members may sign up to receive notifications by contacting the coordinator.

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*Please register as soon as possible, but not later than Friday, May 24, 2013.*

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## Directions to Class Locations — Summer 2013

**Goodwin House**, 3440 South Jefferson Street, Falls Church.

*Directions from Bailey's Crossroads (intersection of Columbia Pike and Leesburg Pike/Route 7*

Go east on Leesburg Pike/Route 7. Turn left at the traffic light at South Jefferson Street. South Jefferson is located between two shopping centers, "Crossroads Place" and "Leesburg Pike Plaza." As a landmark, look for the Olive Garden restaurant on your left as you turn onto South Jefferson. Follow South Jefferson Street. Go through one traffic light, and go to the Goodwin House entry driveway. Go to the right and follow the circular drive back toward the left. A number of visitors' and handicapped parking spots are available there; a larger number are available along the side of the building.

**Greenspring Village**, 7440 Spring Village Drive, Springfield.

*Directions from NOVA*

Go east on Little River Turnpike. Turn right onto Backlick Road/VA-617. Go 4.3 miles to the Franconia/Springfield Parkway/Rt. 289 (old Rt. 7900). Merge onto Parkway and take the first right onto Spring Village Drive. Proceed straight to the Greenspring entrance. See \* below.

*Directions from Fairfax and West of the Beltway*

Drive south on Rolling Road. Exit from Rolling Road east onto the Franconia-Springfield Parkway/Rt. 289 (old Rt. 7900). Drive 1 mile and turn left onto Spring Village Drive. Proceed straight to the Greenspring entrance. See \* below.

*Directions from Annandale, Falls Church and locations inside the Beltway*

Drive south on Backlick Road, passing under the Beltway. Exit from Backlick Road, heading west onto the Franconia-Springfield Parkway/Rt. 289 (old Rt. 7900). Drive one mile and turn right onto Spring Village Drive. Proceed to the Greenspring entrance. See \* below.

*Directions from Alexandria and Arlington*

Take I-395 south and exit at Duke Street East. Stay in right-hand lane and go through one light. Then move immediately to far right lane and take Van Dorn Street exit. Bear right at light. Drive south on Van Dorn Street, which becomes South Van Dorn as you pass over the Beltway. Turn right on Kingstowne Boulevard, which becomes the Franconia-Springfield Parkway. Drive 2 miles and turn right on Spring Village Drive. Proceed straight to the Greenspring entrance. See \* below.

*Directions from Centerville, Chantilly and Western Fairfax County*

Drive south on the Fairfax County Parkway/Rt. 286 (old Rt. 7100), which becomes Rt. 289 (old Rt. 7900) at Rolling Road. Turn left at Spring Village Drive. Proceed to the Greenspring entrance. See \* below.

*\*Advise the guard station attendant that you are going to be attending a "Lifetime Learning Institute" class. Follow signs to either Village Square or Town Center. You will need to sign a guest register at the reception desk. The receptionist will give you directions to your classroom.*

**Little River United Church of Christ**, 8410 Little River Turnpike, Annandale.

*Directions from the Beltway*

Go west on Little River Turnpike (Route 236) to the second traffic light (you will see the NOVA campus on the left). Turn right at the light and follow the road to the church parking lot.

*Directions from Wakefield Chapel Road*

Turn right onto Little River Turnpike (Route 236) and get into the left lane. Turn left at the first traffic light and follow the road to the church parking lot.

**Mason District Governmental Center**, 6507 Columbia Pike, Annandale.

*Directions from the Beltway*

Go east on Little River Turnpike (Route 236). Turn left onto John Marr Drive (next light after passing Giant Food on the left). Turn right at the next light, which is Columbia Pike. Go through several traffic lights. Following the traffic light at the intersection with Whispering Lane, there is a sign in the median reading "Fairfax County Police Station." Proceed a short distance and turn right into the parking lot of the Center.

**Meadowlark Botanical Gardens**, 9750 Meadowlark Gardens Court, Vienna.

*Directions from the Beltway*

Proceeding on the Beltway toward Baltimore (and the American Legion Bridge), exit onto Route 123 South (Dolley Madison Boulevard) and proceed through two traffic signals (past Tysons Corner Center on your left and Tysons II Galleria on your right) to the intersection with Gallows Road (the third traffic signal). Turn right onto Gallows Road, moving immediately into the left turn lane. The next intersection is with Old Courthouse Road (and another traffic signal). Turn left onto Old Courthouse Road and proceed until it intersects with Beulah Road on your left. Proceed straight through this intersection (you may notice that the road's name changed from Old Courthouse to Beulah even though you kept straight ... only in Virginia!). Proceed on Beulah Road until you reach Meadowlark Gardens (and Meadowlark Gardens Court) on your left. Turn into the Court and you will find parking on your left.

**NOVA Campus Buildings**

(Refer to campus map on p. 4.)

Parking for all Campus Classes and Activities. **PLEASE PARK IN THE PAY PARKING GARAGE NEXT TO THE CULTURAL CENTER. THERE IS A \$2.00 PER HOUR CHARGE TO PARK IN THE GARAGE.**

**Ernst Community Cultural Center (CE)**, also called the NOVA Cultural Center, Annandale Campus, building marked "A" on the map. The Forum is the large open space (with fireplace) on the mezzanine level. Seminar rooms are on the mezzanine level adjacent to the Forum.

**Spring Hill Club House, Lorton.**

*Directions from I-395 South (I-395 becomes I-95 south of the Beltway)*

Take I-395 South to I-95 South and then take Exit 163 for Lorton. Turn right onto Lorton Road. At the very next traffic light (just a few feet ahead) turn right onto Silverbrook Road. Continue on Silverbrook to the next traffic light and turn left onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet).

*\* At this point, there is a gate. The gate does not open until 10:00 a.m. Enter through the gate. Go to the second street. Turn right. Go one block to the club house, just past the stop sign. (In case you are late you might have to knock on the door or go around the back to knock on a door.)*

*Directions from the Fairfax County Parkway (old Route 7100 - new Route 286)*

Take the Hooes Road south exit. After approximately 1.3 miles, turn left at the second traffic light onto Silverbrook Road. Continue on Silverbrook to the next traffic light and turn right onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet). Continue at \* above.

*Directions from Route 123*

From Route 123 heading south, go to Silverbrook Road and turn left onto Silverbrook. Continue on Silverbrook to the second light. Turn right onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet). Continue at \* above.

**St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale.**

*Directions from the Beltway*

Drive west on Little River Turnpike (Route 236). Pass the NOVA campus and Wakefield Chapel Road (second and third traffic lights). Take the next left (which does not have a traffic light) onto Wakefield Drive; immediately turn right and then left into the church parking lot.

*Directions from Braddock Road going East*

Turn left onto Wakefield Chapel Road. Continue for approximately 1.3 miles (passing NOVA on the right) and turn left onto Virginia Avenue. At the stop sign turn right onto Wakefield Drive and then turn left into the church parking lot.

**Classroom:** *Enter the classroom on the far left-hand side of the building through a basement door. However, if this side basement door is not yet open, enter the church through the main doors in the center. Follow the signs to the main church office. Right before the office is a stairwell on your left. You need to open the door to see the stairwell. Walk down one level and the classroom is a few feet from the foot of the stairs.*

**The Virginian, 9229 Arlington Boulevard (Route 50), Fairfax.**

*Directions from the Beltway and Little River Turnpike (Route 236)*

Drive west on Little River Turnpike to Pickett Road. Turn right on Pickett Road and drive to Arlington Boulevard. Turn right onto Arlington Boulevard and then turn right at the first traffic light which will take you into The Virginian's driveway.

*Directions from the Beltway and Arlington Boulevard (Route 50)*

Drive west on Arlington Boulevard. Turn left at the first traffic light\*\* after Nutley Street into The Virginian's driveway. Parking is permitted in any vacant slot that is not designated as handicapped or employee parking.

*\*\*Landmark at this traffic light: Stonehurst Drive is on the right. Be sure to take a left at the traffic light into The Virginian complex.*

**The Woodlands, 4320 Forest Hill Drive, Fairfax.**

*Directions from the Beltway*

Take the Braddock Road West exit and go west on Braddock Road (approximately 7 miles) to Shirley Gate Road (Route 655). Turn right onto Shirley Gate Road and proceed to the first traffic light at Lee Highway. Turn left onto Lee Highway and then turn left at the next traffic light (Forest Hill Road). Continue to the second entrance on your right at The Woodlands sign.

*Parking is permitted at The Woodlands as well as at the first building, The Gardens, next door. If both parking lots are full, street parking is permitted on Forest Hill Drive.*

*Directions from I-66*

Take I-66 to the exit for Route 50 East (Fairfax). Go right at the first traffic light (Waples Mill Road). Turn right onto Lee Highway, and then turn left at the first light (Forest Hill Drive). Take the second entrance on the right into The Woodlands on the left.

*Parking is permitted at The Woodlands as well as at the first building, The Gardens, next door. If both parking lots are full, street parking is permitted on Forest Hill Drive.*

**West Springfield Government Center, 6140 Rolling Road, Springfield.**

*Directions from NOVA*

Take Wakefield Chapel Road to Braddock Road. Turn right onto Braddock Road (VA-620W). Go 1.2 miles and turn left onto Rolling Road (VA-638S). Go 2.2 miles on Rolling Road (you will pass West Springfield High School on the right) until you arrive at 6140 on the right. Turn into the Center immediately before the post office. You will find parking on the side of the building and in the large lot behind the building.

*The Community Room (Room 200) is to the right once you enter the front of the building.*



## LLI Course Registration Form – Summer 2013

\*\*\*\*\*Please use one form per person\*\*\*\*\*

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_

Return Form to: LLI/NOVA  
Godwin Building (CG), Room 202  
8333 Little River Turnpike  
Annandale, VA 22003-3743

In the form's priority column, please number your class choices in **priority sequence**, e.g., 1=1<sup>st</sup> choice, 2=2<sup>nd</sup> choice, 3=3<sup>rd</sup> choice, etc. **Do not repeat a priority number.**

Priority	Class Number	Class Name	Fee	Check Number	For Office Use Only * <i>Action/comments</i>
	13S01A	Motivation, Nutrition and Exercise			
	13S02A	Meadowlark Botanical Gardens: Daylilies			
	13S03A	Understanding Trusts			
	13S04A	Listen to/Understand Opera, Part IV			
	13S05P	Healthy Heart Seminar			
	13S06P	Great Presidents: John F. Kennedy			
	13S07P	The ABC's of Cruising			
	13S08P	Civil War Naval Actions			
	13S09P	What is Art? Painting, Sculpture, Photography			
	13S10P	Mystery and Controversy: Women Soldiers of the American Civil War			
	13S11A	Natural/Man-Made Geological Disasters			
	13S12A	Mindfulness: Disciplined Love Affair with Life			
	13S13P	Poetry Writing for People Who Think They Aren't Poets			
	13S14P	Super Special Sardinia			
	13S15A	Five Star Retirement			
	13S16A	Stalingrad: Mass Grave of Wehrmacht			
<i>Continued on next page</i>					

*To be completed by LLI Office. A = registration accepted; C = course canceled; W = wait listed (you will be notified if space becomes available).*

**Reminders:**

1. Have you listed all your class choices by your priority sequence?
2. Have you enclosed separate checks, payable as stated in the catalogue's class description, for any class with a required fee?
3. Have you enclosed a stamped, self-addressed envelope (preferably business size)?

Priority	Class Number	Class Name	Fee	Check Number	For Office Use Only * <i>Action/comments</i>
	13S17A	PBS Presentation: The War of 1812			
	13S18P	Cold Times in the Arctic			
	13S19P	Memory and the Brain			
	13S20A	Fireworks Bursting in Air!			
	13S21A	Qigong			
	13S22P	Citizen Science Butterfly Survey			
	13S23P	Poetry & You			
	13S24P	Spiritual Maturity			
	13S25AP	AARP Driver Safety	*see below		

\*Fee is \$12.00 for AARP members, \$14.00 for non-AARP members. Make checks payable to AARP.

*To be completed by LLI Office. A = registration accepted; C = course canceled; W = wait listed (you will be notified if space becomes available).*

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	13S02A	Meadowlark Botanical Gardens: Daylilies			
	13S03A	Understanding Trusts			
	13S04A	Listen to/Understand Opera, Part IV			
	13S05P	Healthy Heart Seminar			
	13S06P	Great Presidents: John F. Kennedy			
	13S07P	The ABC's of Cruising			
	13S08P	Civil War Naval Actions			
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	13S10P	Mystery and Controversy: Women Soldiers of the American Civil War			
	13S11A	Natural/Man-Made Geological Disasters			
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	13S13P	Poetry Writing for People Who Think They Aren't Poets			
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	13S21A	Qigong			
	13S22P	Citizen Science Butterfly Survey			
	13S23P	Poetry & You			
	13S24P	Spiritual Maturity			
	13S25AP	AARP Driver Safety	*see below		

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# LLI / NOVA Membership Form

Phone: (703) 503-0600 E-Mail: [llinova@juno.com](mailto:llinova@juno.com)

Title: Mr., Mrs., Ms., Dr., Other \_\_\_\_\_ (circle one)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ - \_\_\_\_\_

Phone Number(s): Home ( ) \_\_\_\_\_ Other ( ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

*Please indicate if any information above differs from latest LLI Directory.*

Where did you hear about LLI? \_\_\_\_\_

Briefly tell us about your career, expertise, or skills \_\_\_\_\_

**Fee: \$110 per year for individual membership.** Checks should be made payable to **LLI /NOVA.**

Send to: LLI / NOVA  
Building CG, Room 202  
8333 Little River Turnpike  
Annandale, VA 22003-3743

*As a general practice LLI does not refund membership dues. Under extenuating circumstances LLI will consider requests for refunds if they are made in writing within 30 days of joining the Institute.*

**Please also complete the following:**

Date \_\_\_\_\_  New  
Amount Paid \_\_\_\_\_  Renewal  
Check # \_\_\_\_\_

LLI is operated by volunteers. This is part of our education as well as an opportunity to meet other people and be involved. If you are willing to help in some area, please indicate in which area(s) below.

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Present a Course            | <input type="checkbox"/> Plan a Course      | <input type="checkbox"/> Coordinate a Course       | <input type="checkbox"/> Serve on the Board |
| <input type="checkbox"/> Serve on a Committee        | <input type="checkbox"/> Help in the Office | <input type="checkbox"/> Assist with A/V equipment |   |
| <input type="checkbox"/> Assist with Travel Planning | <input type="checkbox"/> Other _____        |  |   |

Would you like for someone to contact you to answer any questions or provide additional information? \_\_\_\_\_

If you have any questions about volunteer opportunities, contact the LLI Volunteer Coordinator, Merry Macke, at [merry.macke@verizon.net](mailto:merry.macke@verizon.net) or (703) 451-3248.



# LLI / NOVA Membership Form

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## Program Compiled by the Curriculum Committee

Doug Johnson – Chairperson

(h) 703-628-3115 (email) llinovadoug@gmail.com

Moe Moser – Space Coordinator

Brent Beeson

Pat Daniels

Ellen Gale

Lorin Goodrich

Delsa Hildebrandt

Paul Hopler

Chuck Hulick

Ed McKnight

Marianne Moerman

Kim Rendelson

Peter Schwarzkopf

Mary Underwood

LLI President — Ed McKnight

(h) 703-425-6224

(email) edjem@aol.com

The Curriculum Committee is charged with identifying a wide range of appropriate courses, arranging for the course instructors and locations and publishing the Program Catalogue with the required information.

If you would like to participate on the Committee to help develop plans for future semesters, please contact the Chairperson.

For suggestions for courses to be included, contact any of the above members.

LLI reserves the right to deny a request for participation in any of its sponsored courses, programs and tours, or to terminate participation therein if, as determined by LLI, such participation would substantially impede its operation or diminish the enjoyment of other participants.

*LLI is an equal opportunity institution and does not discriminate on the basis of race, color, or ethnic origin. It is a 501 (c) (3) organization and contributions are deductible to the extent allowed by law.*



Lifetime Learning Institute  
NOVA Annandale Campus  
Godwin Building (CG), Room 202  
8333 Little River Turnpike  
Annandale, VA 22003-3743  
Phone / FAX: (703) 503-0600 / E-Mail: llinova@juno.com

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## **Change Service Requested**

**Time Sensitive Material**

**POSTMASTER: Please Deliver by May 3, 2013**

A graphic with a jagged, starburst-like border containing the text:

**Reminder:  
Registration closes  
May 24, 2013**