



Active Adults  
Inspired Learning  
Travel & Friendship

Volume 23—Number 3

## News & Views

March 2019

### March LLI Forum

Ernst Cultural Center (CE), NOVA Annandale Campus

Wednesday, March 6, 2019, at 10 a.m. (Social Time at 9:30 a.m.)

### Status and implications of an increasingly connected world.

Two senior Government Accountability Office experts will discuss new technologies embedded in millions of everyday products and how they provide benefits and present challenges!



Gregory C. Wilshusen



Edward R. Alexander, Jr.

Attend the March 6<sup>th</sup> Forum to learn more about the proliferation of connected devices...the so-called Internet of Things (IoT)...and the way new technologies are embedded in millions of everyday products. IoT devices sense and communicate information and, in some cases, act upon that information. Rather than relying on humans for direct input—for example, with a keyboard, a mouse, or a touchscreen—IoT devices also can capture information directly from the environment through sensors. By leveraging the interconnect-

edness of a network, the IoT device becomes “smart,” meaning it can create, communicate, aggregate, analyze, or act on information, which can increase its value. The idea of connecting objects to a network is not new; however, recent advances in the underlying technologies for the IoT have allowed more objects to become interconnected. In 2013, the number of devices connected to the Internet globally was estimated to be over nine billion. According to a recent McKinsey Report an estimated 25 to 50 billion devices will be connected to the Internet by 2025.

Greg and Ed will discuss how we collect personal information towards monitoring health and automating household functions and identify some of the associated challenges and implications.

Electronic processors and sensors have become smaller and less costly, which makes it easier to equip devices with IoT capabilities. This is fueling the global proliferation of connected devices, allowing new technologies to be embedded in millions of everyday products. The IoT's rapid emergence brings the promise of important new benefits, but also presents potential challenges such as information security, safety, privacy, standards, and economic issues. Nonetheless, it is very assuring to know that our government is mindful and anticipatory on major issues affecting our quality of life.

**Gregory C. (Greg) Wilshusen** is Director of Information Security Issues at GAO, where he has led cybersecurity and privacy-related studies and audits of the federal government and national critical infrastructure. He has more than 35 years of auditing, financial management, and information systems experience. Greg has testified at over 60 US congressional and presidential commission hearings. Greg held a variety of public and private sector positions. Also, he served as the Controller for the North Carolina Department of Environment, Health, and Natural Resources, and held senior auditing positions at Irving Burton Associates, Inc.

**Edward R. (Ed) Alexander, Jr.** is an Assistant Director with GAO's e\*Security Lab. The Lab is a component of the Center for Science, Technology, and Engineering in GAO's Applied Research and Methods mission team. Ed leads technical audit teams in the review of technical security controls implemented across the Federal Government. He is a Microsoft Certified Systems Engineer (MCSE), Certified Information Systems Se-

curity Professional (CISSP), Certified Ethical Hacker (CEH), and Certified Chief Information Security Officer (CCISO) with more than 30 years of professional experience in the Information Technology industry. He holds a B.S. degree in Business Administration (Management Information Systems) and an M.S. degree in Information Systems from the American University in Washington, DC.



## Community Outreach March Forum

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Joyce Pomeroy & Betsy Pugin  
lj.pomeroy@gmail.com

As one of the largest food distribution organizations in Northern Virginia, Food for Others (FFO) handles about 2.2 million pounds of food annually, providing free food to about 1,500 households each week.

Food is provided through a variety of programs: Emergency Food Operations provide a 3 - 5 day food supply to clients referred from a social services organization. For example, Neighborhood Site Distributions provides food to low-income neighborhoods Monday through Friday at 17 locations in Fairfax County; Community Partners Program provides bulk food items to more than 13 community partners on a weekly or bi-weekly basis; and the Power Pack Program (P3) provides weekend food at 28 Fairfax County public elementary schools to more than 2,000 children each week who need supplemental food on days when they are not receiving meals at school.

While all non-perishable donations are welcome and used in one or more of the various programs, FFO is presently seeking donations of **canned fruit (packed in juice rather than syrup), canned chili, and canned meats (chicken, turkey, beef or seafood)**. Bev Portman will deliver the contributions to Food for Others.



## President's Message

Blended is the word of the month. That is how we are working together in our third - third life phase here at LLI/

NOVA. Many of you quickly spring forth doing the proverbial "see something...say something." Since December, I received several emails noting where it appeared that an opportunity to cite our mission and accomplishments was missed. The following are a few examples.

**Betsy Pugin** is a Fairfax County Area Office on the Aging retiree. Recently she asked me if it would be okay if she sent an email inquiring why LLI/NOVA's classes/events were not mentioned in the Fairfax Golden Gazette. Quickly, we received a very welcoming and gracious invitation to share any of our activities that we think would benefit other seniors nearby. As a result, the February issue had an open invitation for fellow seniors to join us at our monthly forum with Stan Corey. Further, the Fairfax County Area Office scheduled us for one of their May podcasts to discuss our forthcoming summer classes. Curriculum Committee Chair, Dick Robison, will represent us. Of course, our classes are open only to our members, but local seniors age 50+ are welcome to join LLI.

**Arline Sachs** forwarded an email announcing the April 8th all-day Northern Virginia Positive Aging and Wellness Fair. The Fair will be a day (8:45 a.m. - 4:00 p.m.) of events, including keynote speaker, **Pat Collins**, of NBC4 Washington, along with professionally led workshops and several exhibitors. More than 500 attendees are anticipated. The good news is that LLI/NOVA will be one of the exhibitors. We plan to answer questions, distribute literature, and stream slideshow/videos featuring LLI/NOVA. Please stop by and/or volunteer to staff the table for a few hours. (<https://positiveagingfair.com/>).

Earlier this week I received a call from LLI in Midlothian (about 1,000 members) asking me to help facilitate a day trip from the Richmond area so that they can visit the National Gallery of Art in early fall. (One of their staff members knows I am a long-time docent at the National Gallery). After a brief discussion, we also agreed that our VPA SIG would try to schedule a meetup for lunch and a docent led tour during their visit which will focus on Renaissance and Dutch Art. Now several of them, LLI/Midlothian, are planning to meet us at one of the museums when we visit Richmond in April.

**Norma Peck**, a former OLLI/GMU Board member, and an overall long-term member, joined several of us for one of our deeply discounted GMU concerts last month. She was referred by our fellow member, **Eddymarie McCoy**. Since then, the OLLI Performing Arts Group has invited us to participate in several of their events that are open to the public.

Blended may not be the best word, but LLI/NOVA is a wonderful subculture that both respects and reflects our oft complicated individual life journeys that are now intersecting. Please continue with those positive "see something, say some-things." The follow-ups are generating more experiences and opportunities for all of us.



## Committee on Aging

The Fairfax County Committee on Aging is compiling the results of a survey on how "friendly" we perceive this area to be. Thank you to the 26 LLI members who responded, especially those who offered suggestions as well as selecting a response from "1 not age friendly" to "5 age friendly." The results to date can be found [HERE](#).



## LLI's New Website More Changes Coming!

On Jan. 1, we launched LLI's new website: <https://llinova.org>. All members received an announcement email and we hope all of you have visited the site. Our new website provides current information such as OLLI events, all classes, special interest group (SIG) meeting dates, events in the planning stages (such as Study/Travel), and weather-related closing notices. Each SIG has its own information page, as do Study/Travel and Trips. We also have photo galleries of LLI activities.

In March, we will offer Phase 2 of our three-phase website implementation, adding membership information into the system. This step will open the Member Area and allow you to manage/update your profile (i.e., name, address, phone, and email) and provide you with the opportunity to renew your membership online. In addition, you will have access to our Member Directory, an electronic version of our former annual hardcopy Membership Directory, which quickly became outdated. Access to the Member Area will require a User ID (your current email address) and a password that you will establish. We will provide guidance on how to set up your password and will demonstrate the process at the March Forum.

Along with the new website, we have a new administrative email address and new phone number. If you have questions, contact our LLI Administrator at [admin@llinova.org](mailto:admin@llinova.org). Our new office phone is 703-323-3746.

If you run into problems with the new system, there is a Help Desk link on our Home Page in the Quick Connect box where you can leave a description of the issue.



## Arts & Crafts Exhibit

LLI's annual Arts and Crafts Exhibit is scheduled in conjunction with the Wednesday, April 3, Forum. If you have checked out this event in the past, you know our organization has a lot of talented members. The exhibit will be held in the classrooms next to the Forum room from 9 a.m. to 10 a.m. and during the meeting's break. Plan to come early that day, browse the display, and mingle with your fellow LLI members. This event has proven a fine way to see a new side to some LLI folks.

All you artisans (painters, weavers, knitters, photographers, jewelers, woodworkers, etc.) decide what you want to bring (two items max per person) and let Arlene Gribben ([arlenegribb@aol.com](mailto:arlenegribb@aol.com) or 703-569-0357) know by Saturday, March 16. On April 3, arrive at the Forum room by 8:15 a.m. to allow time for set up. For you artisans who have not shared your talents at this event, have some fun and participate this year!

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## Class Proposals for Summer 2019

The Curriculum Committee is beginning work on the Summer 2019 program that runs from June 3—September 6 and is now accepting class proposals for consideration. A copy of the current Class Proposal Form can be found on the LLI website under "Classes/Propose a Class."

The form can be submitted online or you can email the form to Gina Trapp. All forms should be submitted no later than **March 15, 2019**.

Questions? Contact Phil Centini ([phil.centini@verizon.net](mailto:phil.centini@verizon.net)) or Gina Trapp ([GTrapp\\_26@msn.com](mailto:GTrapp_26@msn.com)).



## Positive Aging Event

As noted in the President's Message, the Northern Virginia Positive Aging and Wellness Fair will be held at the Fairfax County Government Center on **April 8, 2019**, from 8:45 a.m. until 4:00 p.m. We are participating and would appreciate some volunteers. Please visit <https://positiveagingfair.com> for more information.



## Newsletter Changes

In the February issue of News & Views, we introduced our revamped newsletter, which will be distributed by email and posted on the website Home Page in the Quick Connect box.

This new format will focus on articles that are unique or of immediate interest, that cover information not currently available on our website, or that are items that we want to highlight; such as, Forum announcements, new trips or events, and reminders of deadlines.

We hope you like our new format, but we are open to suggestions for improvements. Is important information missing? Do you have suggestions on layout and content? Send your comments to Mary Jablonski, newsletter editor, at [newsletter@linova.org](mailto:newsletter@linova.org). We look forward to hearing from you.



## Jack Wyatt

Former LLI member John A. "Jack" Wyatt passed away on January 21 at the age of 87. Jack was an active member of LLI for 14 years. He enjoyed participating in several LLI overnight and day trips and attended many Forums and classes. Jack was particularly fond of both the Poetry & You class (now known as Richard Risk's Poetry & You in honor of former LLI member Richard Risk), and Poetry Writing--- Let's Make it Happen. He also enjoyed reading his own poetry and listening to others' poems at the Valentine's Day Social (now known as the Spring Fling).

In February 2016, the Poetry & You group published the "LLI Poetry Class Anthology" containing poems written by LLI members. One such poet was Jack Wyatt. Two of his poems were published, one of which was written in memory of his late wife Margaret who at one time was an LLI member. It was a beautiful and heartfelt poem and brought tears to the eyes of many who read it.

Jack was a dedicated contributor to the National Active and Retired Federal Employees Association. A graveside service will be held at Arlington National Cemetery on a date to be determined.





## Study/Travel

Based on the choices of LLI members, the Study/Travel Committee has selected a 14-night Rhine and Moselle river cruise as our international journey for 2020.

The tour starts in Brussels, Belgium, then docks in Antwerp, Belgium; Willemstad, Kinderdijk, and Nijmegen in the Netherlands; Bonn, Cochem, Trier, Bernkastel, Boppard, and Speyer in Germany; Strasbourg, France; and ends in Basel, Switzerland. An optional pre-trip visit to Bruges, Belgium, and a post-trip to Lucerne, Switzerland, are also offered.

We will ask Grand Circle Travel for a departure date in late May or early June. Our target is to have the tour ready for members to make reservations by the end of April.

For more information, check out our web page or contact Bob Huley at [studytravel@llinova.org](mailto:studytravel@llinova.org).

## HUMOR CORNER

**Question:** What is the biggest advantage of going back to school as a retiree?

**Answer:** If you cut classes, no one calls your parents.

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*However:* Since some of our classes have wait lists, please contact the class coordinator if you find you cannot attend so that someone else will have an opportunity to fill in for you.

## MEMBER UPDATE

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June Chalou  
[chaloujune@gmail.com](mailto:chaloujune@gmail.com)

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

### New

Ms. Mary Gauthier, 10328 Sager Avenue Unit 110, Fairfax, VA 22030, phone: 703 272-7719, cell: 703 507-4446, [gauthiermary@msn.com](mailto:gauthiermary@msn.com)

Mr. Doug O'Boyle, 9509 Southern Cross Lane, Burke, VA 22015, phone: 703 866-4338, cell: 703 623-7913, [doug9509@aol.com](mailto:doug9509@aol.com)

Mrs. Elizabeth Plewes, 4510 Banff St, Annandale, VA 22003, phone: 703 978-3546, cell: 703 408-6285, [ehlewes@aol.com](mailto:ehlewes@aol.com)

Mr. Thomas Plewes, 4510 Banff St, Annandale, VA 22003, phone: 703 978-3546, cell: 703 408-6285, [tplewes@aol.com](mailto:tplewes@aol.com)

### Changes

Mr. Steven Baldwin/Mary Joyce, [mjoyce15ret@gmail.com](mailto:mjoyce15ret@gmail.com)

Mrs. Sheila Gouterman, P.O. Box 4821, Edwards, CO, 81632

Mrs. Carol Jeffords, [caroljeffords@gmail.com](mailto:caroljeffords@gmail.com)

Ms. Cari Pao, [cwpao@icloud.com](mailto:cwpao@icloud.com)

Ms. Grace Schmitt, [gschmitt240@gmail.com](mailto:gschmitt240@gmail.com)

Mrs. Helgard Zebell, [zebellhe@gmail.com](mailto:zebellhe@gmail.com)



### Forum Refreshments

If you are unable to deliver refreshments on the day for which you have volunteered, please call Suzanne Pastura (703) 560-1477 or Phil Centini (703) 658-1545 as soon as possible so they can make other arrangements.



## SPECIAL INTEREST GROUPS (SIGs)

See the Ilinova.org Website at the Home Page pulldown menu for SIGs.



The March selection for the Favorite Books Club is “Prague Winter”, an autobiography by Madeleine Albright. In it, she reflects on her discovery of her family’s Jewish

heritage many decades after the war, on her Czech homeland’s tangled history and on the stark moral choices faced by her parents and their generation. The group will meet on March 21 at 11:30 a.m. at the Braddock District Government Center, Supervisor’s Meeting Room (Kings Park Library). All members are welcome to join.



### An Invitation from the Gourmands SIG

NAMASTE (which translates as Salutation)! Please join the Gourmands on Monday, March 11, at 11:30 a.m. as we explore Namaste Restaurant in the Rose Hill Shopping Center, 6138 Rose Hill Dr., Alexandria. Namaste offers an array of Indian and Nepalese delicacies created by Chef Nabin K. Paudel, including curries and tandoor cooking. The luncheon buffet is \$10.95 (plus tax), or we can order from the menu. Separate checks will be provided. Please RSVP to our hosts Pat and Jim Harrison ([pjharris80@msn.com](mailto:pjharris80@msn.com)) by Wednesday, March 6. The restaurant, located in a small strip mall with ample parking, is fully accessible.

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Two proposed new SIGs are looking for members: Tabletop Games and a Mystery Book Club. See Patti Volz after the March Forum or email her at [pattivolz@verizon.net](mailto:pattivolz@verizon.net).



### Visual and Performing Arts SIG

**All LLI members are welcome to participate in any VPA event/outing. Refer to our website under SIGs for many additional outings.**

We were just granted two additional George Mason events at the deeply discounted student price of \$15.00 for any available seat by using the “LLINVA” code when purchasing tickets!

**Pablo Sainz Villegas: Americano with Nacho Arimany, percussion; Pedro Giraud, bass:** Praised as “the soul of the Spanish guitar,” guitar virtuoso Pablo Sainz Villegas presents a program that traces the history of the guitar in the Americas. With master world music percussionist Nacho Arimany and Argentinean bassist Pedro Giraud who perform Broadway and film scores, Spanish rhythms, Brazilian funk and tango and even some Appalachian bluegrass. A pre-performance discussion with a member of the company begins 45 minutes prior to the performance: Friday, April 12, 2019, 8:00 p.m., George Mason University Center for the Arts Concert Hall, Fairfax, VA.

**Parsons Dance:** This New York City-based group is internationally celebrated for creating and performing American modern dance that is positive, life-affirming, enriching, and accessible. A pre-performance discussion begins 45 minutes prior to the performance on Saturday, April 20, 2019, 8:00 p.m., George Mason University Center for the Arts Concert Hall, Fairfax, VA.

See the Website under SIGS for additional information on the April 23 National Gallery of Art, **Tintoretto: Artist of Renaissance Venice** LLI/NOVA meetup in the concourse cafeteria at 10:30 a.m. or the May 22: **A Return to Glenstone** with carpool meetups at 9:30 a.m. Visit <https://www.glenstone.org/>.

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## Day Trip: Trips Program

SPY TOUR OF WASHINGTON

May 21, 2019

Our January Forum speaker was Gary Powers, Jr., founder of The Cold War Museum in Vint Hill, Va. His late father was the pilot of the U-2 spy plane shot down in the Soviet Union in 1960. Our speaker shared his passion, determination, and the riveting details of his efforts to have the records accurately reflect the circumstances surrounding the incident.

Gary will lead us on a bus tour to many of the locations in Arlington, Washington, and Georgetown that have been the scenes of international intrigue, espionage, and intelligence activities. Next, we will head for **The Cold War Museum** in Vint Hill, Virginia, for lunch and a guided tour. Some walking is required to see the two floors of the museum. There is no elevator, but there is space available on the first floor should you choose to remain downstairs.

**PRICE: \$135.00 per person** for deluxe motor coach transportation, tips, guided tour of espionage sites in Arlington, Washington, and Georgetown, tour of the Cold War Museum, and lunch catered by The Covert Café. Completed **Registration Forms** and **checks payable to LLI/NOVA** should be mailed to: LLI/NOVA Godwin Building (CG), Room 202, 8333 Little River

Turnpike, Annandale, Va 22003-3743 and must be received **by April 5th**.

**DEPARTURE:** Bus pickup and parking at the Mason District Governmental Center, 6507 Columbia Pike, Annandale, Va. Please arrive by **8:15 am** for prompt departure at 8:30. **Please park in the lower parking lot.** Bus return is expected to be around 5:00 pm, depending on traffic.

**SIGN UP:** After March 1<sup>st</sup> registrations may be opened to non-LLI affiliates if needed to fill the minimum of 30 people.

**QUESTIONS:** Contact LLI Trip Managers: Debi Hunsberger ([debihunsberger1@verizon.net](mailto:debihunsberger1@verizon.net)) or Pat Harrison ([pjharris80@msn.com](mailto:pjharris80@msn.com)).

**REFUND POLICY:** Refunds will be granted if the reservation can be filled from the wait list or by someone else and will be processed after the trip is completed. If the trip is cancelled, participants will be notified and their checks will be shredded.

For the Registration Form go to our Website, pull down "Forums, Events and Travel" then click on "Trips Program." Within the discussion of the Spy Tour Day Trip you can click on **Registration Forms** to utilize a pdf copy of the form.