



**Active Adults
Inspired Learning
Travel & Friendship**



Volume 23—Number 6

News & Views

June 2019

June LLI/NOVA Forum

Ernst Cultural Center (CE)

NOVA Annandale Campus

Wednesday, June 5, 2019, at 10 a.m.

(Social Time at 9:30 a.m.)

(Business Meeting at 11:15 a.m.)

Are you unknowingly adding to the sustainability problem in Northern Virginia and at NOVA?

What is sustainability? Why should we care? Just how wasteful are we? What are easy changes we can make?

Robert Johnson, Director of Sustainability & Auxiliary Services, Northern Virginia Community College, will discuss these critically important topics and more at our June 5 Forum.

Sustainability is defined as creating and maintaining conditions under which humans and nature can exist in productive harmony supporting present and future generations.

Rob will talk about the impact of plastics and microplastics, about replacing invasive plants with non-invasive plants in our area, and about vegetarian dining options, and will offer tips on how even small lifestyle changes can curb wasteful consumption and reduce our environmental footprint.

For example, those water-bottle filling stations appearing in hotels, on campuses, and now at the Kennedy Center help to curtail the use of plastic bottles that would end up as waste in landfills, littered on land, and floating in oceans, lakes, and rivers. Buying clothing not made from cheap polyester fabric can help reduce microplastics that can enter natural ecosystems. Choosing more vegetarian meals helps lessen the burden on the environment from raising beef cattle. Avoiding unnecessary food-related packaging

and food waste reduces as much as 37 million tons of CO₂ emissions in the United States alone, by one estimate.

Rob suggests that we check Northern Virginia Community College's website to understand how the college is tackling sustainability (use this link [Sustainability Ideas](#)).



Robert Johnson joined NVCC in October 2012 as the college's first Environmental Sustainability Officer. He has completed the school's first greenhouse gas inventory, implemented projects to reduce the college's carbon footprint, and continues to educate students about environmental sustainability. He is responsible for strategic sustainability initiatives and management and oversight of the college's auxiliary and revenue contracts (bookstore, food service, beverages, vending, and copy/print services).

Previously, he was a Department of Defense contractor focused on air and missile defense analysis for the U.S. Navy and served in the Navy for five years. As a graduate student intern and research assistant at George Mason University, he assisted the university's Office of Sustainability in completing its first Greenhouse Gas Inventory and Climate Action Plan. He has experience in project management, data analysis, modeling and simulation, environmental education, and sustainability initiatives. He holds a B.S. in Mathematics from the U.S. Naval Academy and an M.S. in Environmental Science and Policy from GMU.

NOTE: A short business meeting will follow the Forum Speaker to vote on officers for our fiscal year 2019—2020 and to examine the Budget.



COMMUNITY OUTREACH

FACETS is a nonprofit organization that helps homeless and low-income people in Fairfax County with emergency shelter, food and medical needs, as well as helping them gain safe, sustainable and permanent housing. FACETS also helps children and teens with school and adults find employment.

The food pantry needs ready-to-eat canned foods, such as easy-to-open soup, fruit, and Chef Boyardee products.

Paul and Bonnie Hopler will deliver our donations to FACETS.

If you would like to sponsor a food pantry to receive our food donations, contact Joyce Pomeroy (lj.pomeroy@gmail.com) or Betsy Pugin (betsypugin@gmail.com).

We deeply appreciate all those who have helped in any way this year, including transporting donations to the food pantry, bringing food, and assisting in getting the food from the building to the car. **THANK YOU!**



Budget & Finance Committee FY 2020 Budget

In compliance with LLI/NOVA Bylaws, the Budget & Finance Committee is publishing our FY 2020 budget (see page 9) that was approved by the Board of Directors on April 11, 2019. The budget will also be presented at the June Forum/Annual Membership meeting.

Our primary source of income is member dues, and for FY 2020, we estimate 365 paid members during the year with the annual dues remaining at \$110. Our expenses are conservatively estimated. We expect FY 2020 to reflect a new steady state LLI/NOVA budget environment as we have now completed the website implementation project that automated some of our previously manual processes in addition to providing more timely information to our members and prospective members. This automation effort has allowed us to reduce some major expenses, particularly in the areas of design, printing, and mailing of documents to members.

Last year, LLI/NOVA negotiated a new affiliation agreement with NOVA and recently renewed that agreement for FY 2020. This agreement defines the support that LLI/NOVA receives from the college, and the fees that we must pay to use facilities such as the Ernst Center Forum room for our monthly meetings.

As you will note, we are pleased to project a positive end of year balance, i.e., we currently project that our income will cover all our expenses in FY 2020. Because of very conservative financial management of LLI/NOVA funds during the last 20+ years, we currently have sufficient net assets (i.e., savings, both in operations funds and an emergency fund) to offset any unexpected budget deficit, should one occur. LLI/NOVA remains very healthy financially, but the real key to our continued organizational health is recruiting and retaining members.

If you have any questions about LLI/NOVA's FY 2020 budget, contact [Bob Huley](#), Chair, Budget & Finance Committee (click on the link for contact information).





President's Message

On behalf of the Board and the many volunteers and committees, we wish you a pleasant summer as we complete our 2018-19 program year. Building on the toils, expertise, and lessons learned of previous and many current members, we executed a lot of "firsts" this program year. In the fall, we launched two unprecedented efforts, the first on-line membership survey and a 30-day Match Challenge. By mid-October, both were completed with gratifying participation. We also introduced a new member benefit: student-priced tickets for seven events, including two operas, at George Mason University's Center for the Arts.

We started the calendar year in January with a new website managed by Buck Myers, Bob Huley, and Kathryn O'Toole, which included the first electric newsletter produced by editor Mary Jablonski. As LLI/NOVA moved from paper documents to web-based products, we were able to eliminate the costs of paying a contractor for design and layout, along with postage for mailing class catalogs, directories, and monthly newsletters. These savings helped to defray expenses for web design and maintenance, as well as the rental increase for the Ernst Forum. Further, we seamlessly executed our 2019-20 partnership agreements with Northern Virginia Community College for classroom usage, coffee service, and the Forum (with continued free parking) well ahead of schedule.

Earlier this spring, we exhibited at the Fairfax County Positive Aging Fair; Sid Sachs arranged for an LLI/NOVA 30-minute program on the Rotary Times TV show; the Golden Gazette newspaper carried a picture and feature article on our annual Scholarship Program; and we are scheduled for an August podcast with the Fairfax County Commission on Aging.

Using issues and suggestions gleaned from the September survey, Nan Peck and Patty Steelman ensured that several projects were launched. One was the renewal of the Social Host Program for International Students. Another led to our securing Rob Johnson, Director of the college's Office of Sustainability, to appear at our June Forum. These initiatives are in addition to our routine offerings of classes, three travel programs (study travel, trip committee, and VPA travel to regional museums/concerts), social outings and SIG meetups.

We also note that four of our long-time leaders stepped down this year: Doug Johnson, who had served as chair of the Curriculum Committee; Sid Sachs, webmaster for more than a decade; and Peg McCall and Linda LeDuc, newsletter editors. To them, we offer our sincere thanks.

LLI/NOVA will be "open" during the summer. Classes are being offered, several SIGs will be active, and there are summer travel offerings. So, visit our website often and consider sharing your comments and suggestions as we develop the agenda for the Board's annual July Retreat. Generally, the plans hammered out at the retreat guide our forthcoming program year. We respect and value your input so that as a group, LLI/NOVA members can continue to act, learn, and "play" together, transforming ourselves.



NEW MEMBERS

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

Rick Sherman, 2892 Swanee Ln., Fairfax, VA 22031, phone (703) 273-1107
Diana Perfect, 2892 Swanee Ln., Fairfax, VA 22031, phone (703) 273-1107

[At any time, if you have established a member ID and password, you can go to the Member Directory to search for a current member. At the website llinova.org click on the Member Area and then Member Directory.]



MEET THE WINNERS OF THE 2019 LLI/NOVA SCHOLARSHIPS

LEADERSHIP

SHAZAM NIZAM has been awarded \$1,500 and hopes to have a career working in the United Nations or starting a humanitarian nonprofit to focus on child poverty.

DUNIA PARDO PINTO is the recipient of \$1,500 for her leadership qualities. With no outside financial support, this mother of two has saved her money to pursue her academic dream.

WESAM ELHAWABRI receives a \$1,000 scholarship. Wesam grew up in Egypt within a cultural group where members do not expect women to pursue education or to have a career. She now speaks to groups on how she overcame obstacles to study in the United States and is pursuing her goal to be a dentist and work in her home country where care is badly needed.

ACADEMIC

MIRANDA GILAS has been awarded a \$1,500 scholarship. An unpaid internship at a local cable channel has morphed into a paid position because of her outstanding work. She aspires to continue her education at Marymount University.

KEVIN PHANNARETH, who is receiving a \$1,500 scholarship, is a budding linguist who speaks six languages and has taught Japanese since he was in the eighth grade. Kevin says he

wants to become a teacher “to make something click in a student’s head.”

NOORJAHAN SHEIKH receives \$1,500 for academic support. She has a passion to help those less fortunate work towards a better quality of life. NOVA’s uplifting community changed her life by providing her leadership and support, and she wants to return the favor. She is studying medicine with the aim of becoming a doctor. Ultimately, she wants to improve health conditions in her home country of Bangladesh.

STEPHEN PILCO is a Navy veteran and is awarded \$1,000. He is studying under the GI Bill and is often at the campus from 8 a.m. to 10 p.m. pursuing his goal of straight A’s. He sees himself in the IT world, perhaps focusing on cybersecurity.

Community College Initiative Program

Please consider opening your hearts and homes to a NOVA international student from July 2019 through May 2020. The commitment is to invite your assigned student to a meal, an outing, or activity once a month. The aim is for the student to learn about American family life and for you enjoy the interaction. For more information on the program [Ctrl click](#).

My husband Richard and I were social hosts for a young woman from Cairo, Egypt, this year and thoroughly enjoyed her company. I highly recommend that you apply to be a social host for a rewarding international connection.

Begin the application process with the following form: [Ctrl Click Here](#)

You are welcome to use our names, Patty and Richard Steelman, LLI/NOVA members, as the source of knowledge about the Social Hosts program.



LLI/NOVA's New Website

By the time you read this article, we will have essentially completed our first on-line class registration. We hope that you found this new process both quick and easy.

What's next for our website? All the big pieces are now in place, so we will be working on refinements and improvements. Just keeping all the information current on a day-to-day basis is a big job, and most of that is done by our administrator, Janice Viola. Webmaster Buck Myers takes on the more technically challenging work, such as new pages, major modifications, and uploading all those great LLI/NOVA pictures and putting them in galleries.

Do you have a question, a comment, or have you discovered something that doesn't seem to work right? If so, let us know. You can contact us at our LLI/NOVA administrator email (admin@llinova.org) or direct to Buck Myers (webmaster@llinova.org). Or you can click on the LLI/NOVA Website [Help Desk](#) (click the link) on our Home Page in the Quick Connect box and leave a description of the issue.

Remember to check the LLI/NOVA website frequently to stay current. The News Alert box is the first place to look because it contains pointers to new/updated information. Updated information on Special Interest Group (SIG) activities can be found on their own pages and on the events calendar. We also have extensive photo galleries of LLI/NOVA activities that are updated as activities occur.

Class Registration Updates

- Changes to class location, date, or time are posted in the News Alert box and also on the Current Catalog page. Members who are Reg-

istered for the class will receive a notification email.

- Class capacities may be increased during the semester based on space availability. When that happens Waitlisted members are automatically moved to Registered, and they will receive an email notification.
- If you chose not to Waitlist for a class because it was "sold out," check the News Alerts because space could become available if capacity is revised or members cancel their registration.
- Summer class registration will remain open until September. Consequently, if your schedule changes, you can register for a class that isn't "sold out" right up to the class date.

WEBSITE DIFFICULTIES?

If you are having problems of any kind using the new website, please contact us for help. We understand that this new way of interacting with LLI/NOVA can be daunting and are here to help you. We will gladly walk you through the process of accessing your online account, registering for classes or any other issue you may have. Please do not give up if you are having problems. Let us help you. Contact us at our LLI Administrator email (admin@llinova.org) or direct to the Webmaster (webmaster@llinova.org) or click on the LLI/NOVA Website Help Desk link on our Home Page in the Quick Connect box and leave us a description of the issue. We will respond promptly.





SPECIAL INTEREST GROUPS



Favorite Books Club

Date/Time: Thursday, June 20, from 11:30 a.m. to 1 p.m.

Location: Braddock District Governmental Center
9002 Burke Lake Rd.

(Supervisor's Meeting Room, behind King's Park Library)

This month marks a departure from our usual format. Members are invited to offer suggestions for books to be included in our Summer Reads list.

There will be no meetings in July or August.

Foodies & Friends

Please join us at noon on Thursday, June 20, at Hamrock's Restaurant, 3950 Chain Bridge Rd, Fairfax, VA 22030. Our host, Tempie Tavenner, discovered this historical gem.



Hamrock's is located in the beautiful Moore-McCandlish House, built in the early

1840's. In the 1850's, owner Thomas Murray allegedly housed Confederate Col. John S. Mosby there, which landed Murray in prison. The subsequent owner was Thomas Moore, whose son became Assistant Secretary of State. This connection resulted in a visit from President Franklin D. Roosevelt. President William Howard Taft is also rumored to have attended a garden party there.

Owner/chef Bill Hamrock's interest in restaurants

began at age 13 when he took his first job at Three Pigs Barbecue in McLean. He attended the Culinary Institute of America, worked in a hotel in Switzerland, and also worked in restaurants throughout the DC Metro area, including the Carlyle Grand in Shirlington and the Tyson's Ritz-Carlton. He opened his first restaurant, Portobello's, in Arlington, but dreamed of owning a small, family-friendly neighborhood restaurant in his hometown of Fairfax. Bill and Susie Hamrock, a Fairfax County teacher, love being part of the community where they have raised their own kids.

Hamrock's has an extensive menu that includes gluten-free options. Individual checks will be provided. There is a small parking lot at the restaurant and a large free parking garage directly across the street. Be advised: There are stairs to enter the restaurant from the restaurant parking lot. Street side or in front of the restaurant, there are only two steps.

Please RSVP by June 12 to Tempie Tavenner at TemTav@verizon.net.

TEASER ALERT:

Our July luncheon will be on July 18 at 11:30 a.m. at Clarity, 442 Maple Ave. E in Vienna. It will be a fixed price of \$35 for three courses. We will choose among three dishes in each course. Please RSVP to our host for this event, Mindy Rojahn (mindyroj@cox.net) by July 15. Clarity is listed in the Top 40 Very Best Restaurants by Washingtonian magazine.

Our August luncheon is being hosted by Marianne Moerman at Pho4ever, 9966 Main St., Fairfax.

Please check our Foodies & Friends SIG space on the LLI/NOVA website for more information on both events in the upcoming weeks.



Visual and Performing Arts

Laze in the sun but keep your calendars handy for:

June 7 A Symposium on the Role and Representations of Animals in Japanese Art and Culture, moderated by Robert T. Singer, curator and head, department of Japanese art, Los Angeles County Museum of Art. This presentation will be in the National Gallery of Art, the East Building Auditorium.

[Note: Metro will close all Blue and Yellow line stations south of Reagan National Airport through early September. To avoid gridlock and significant travel delays, Fairfax County commuters and visitors are urged to not drive alone and plan for travel alternatives such as express bus options, ridesharing and telework.]

June 28 is the deadline for reservations for the “Philadelphia for the Weekend: Cultural Highlights” trip. This Road Scholar managed trip will be a jam-packed long weekend visiting iconic arts institutions like the Philadelphia Museum of Arts, the Barnes Foundation, and the Rodin Museum. We also will visit historical landmarks like the National Constitution Center, Independence Hall and the Liberty Bell. There will be a number of scholarly lectures and we will cap our cultural immersion with a ticketed evening performance [three nights lodging in Center City, eight meals,

seven field trips, group leader throughout the program, group travel and transfers included].

[Click here](#) for further details on our website page.

George Mason Center for the Arts

See page 10 for a listing of ticket discounts for 2019-20 offerings in a variety of performance arts.



Mystery Books

LLI/NOVA members who expressed interest in forming a Mystery Book Special Interest

Group met last week and decided to move forward with that plan. The Mystery Book SIG generally will meet on the first Monday of the month. More information will be posted on the website.

The initial schedule:

July 1: "Moment of Truth" by Lisa Scottoline (at the Mason District small conference room from 10 to 11:30 a.m.).

Aug 5: "The Brass Verdict" by Michael Connolly.

Sept 9: "Don't Let Go" by Harlan Coben. (Note that this is not the first Monday of the month.)

Oct 7: TBD

Nov 4: "Acqua Alta" by Donna Leon.

December: No meeting.

The goal of the book club is to expose members to authors or books they may not be aware of, or to look at familiar authors and books in a different light. All opinions of the book will be encouraged.

To join, contact Pat Daniels, at patdaniels63@gmail.com or phone 703-354-3792.

At the initial meeting the members expressed interest in works by the following authors: David Baldacci, C.J. Box, James Lee Burke, Alafair Burke (daughter of James), Lee Child, Harlen Coben, Michael Connelly, Brendan DuBois, Linda Fairstein, Dick Francis, Felix Francis (son of Dick), Lisa Gardner, Martha Grimes, John Grisham, Greg Isles, J.A. Jance, Donna Leon, Laura Lippman, Mayor Archer Mosley, T. Jefferson Parker, George Pelecanos, Louise Penny, Ian Rankin, Lisa Regan, Peter Robinson, John Sanford, Lisa Scottoline, Alexander McCall Smith and Dana Stabenow.

Study/Travel



Soon after you receive this newsletter, 26 LLI/NOVA members (and friends and family) will be departing for our National Parks trip, which you can read about on our Study/Travel Program page.

Although we haven't yet left for this year's trip, we also are focusing on our Study/Travel trip for next year, a cruise on the Rhine and Moselle rivers. We will depart on June 25, 2020. Registration is open, and LLI/NOVA members on our Study/Travel email list have the information in hand. In fact, 18 members have already registered for the trip.

Information on the trip and how to register are on our web page at [Study/Travel Program](#) (click on the link). For more information, join our Study/Travel email list by contacting Bob Huley at studytravel@llinova.org.

UPDATE! LLI/NOVA CHILDREN'S BOOKS DRIVE

Everyone!

The LLI/NOVA Children's Books Drive will now be taking place in October rather than September. More information about this event will be forthcoming at the June Forum.

Any questions? Contact Lynne Smaldone at smaldonega@hotmail.com.

Propose a Class

The Curriculum Committee is now accepting class proposals for the Fall term (Sep 9 - Dec 13). Go to LLINOVA.org and click on "Classes." At the bottom of the menu, select "Propose a Class" and complete the on-line form. Deadline for submissions is June 17. Questions? Contact Dick Robison at curriculum@llinova.org.

Thanks for the Shade!



Newsletter News

There will not be a newsletter for July or August. You can email me at mjablonski1@verizon.net with questions or comments. See you in September.



Lifetime Learning Institute of Northern Virginia

Budget for Fiscal Year 2020

(1 July 2019 though 30 June 2020)

Income

Membership Dues	\$40,150
Social Events	4,050
Class Fees	990
Interest	880

Total Revenue

\$46,070

Expenses

Administrative Staff	\$18,024
Financial System	100
Furniture & Equipment/Service	400
Conferences/Retreats	300
Honoraria	850
Insurance	1,400
Parking Reimbursement	100
Classroom Rent	2,000
Ernst Center (forum/seminar rooms.)	5,150
Office Supplies	1,100
Publications Design	200
Outside Printing	300
Postage/Mailing	250
Teaching Materials	1,300
Web Site Maintenance	850
Web Support — Follow On	2,000
Credit Card Expense	1,000
Refreshments	4,250
Miscellaneous	100

Operating Expenses

\$39,674

Social Events	\$ 4,950
Taxes and Fees	50

Total Expenses

\$44,674

Projected End of Year Balance

\$ 1,396

Approved by the Board of Directors on April 11, 2019

The following Center for the Arts at George Mason University 2019-20 performances are available for members of LLI Northern Virginia

- **LADAMA** - \$15 tickets - <http://cfa.calendar.gmu.edu/ladama>
Friday, October 4, 2019, at 8 p.m.
- **Virginia Opera: *Tosca*** - 20% off tickets - <http://cfa.calendar.gmu.edu/virginia-opera-tosca>
Saturday, October 12, 2019 at 8 p.m.
- **LA Theatre Works - SEVEN** - \$20 tickets -
<http://cfa.calendar.gmu.edu/l-a-theatre-works-seven>
Friday, October 18, 2019, at 8 p.m.
- **Four Seasons: Zurich Chamber Orchestra with Daniel Hope** - 15% off tickets -
<http://cfa.calendar.gmu.edu/the-four-seasons>
Sunday, November 10, 2019, at 2 p.m.
- **Virginia Opera: *Il Postino*** - 20% off tickets -
<http://cfa.calendar.gmu.edu/virginia-opera-il-postino>
Saturday, November 16, 2019, at 8 p.m.
- **RUBBERBANDance Group: *Vic's Mix*** - 30% off tickets -
<http://cfa.calendar.gmu.edu/rubberbandance-group>
Friday, November 22, 2019, at 8 p.m.
- **Aquila Theatre: *George Orwell's 1984*** - \$15 tickets -
<http://cfa.calendar.gmu.edu/aquila-theatre-george-orwell-39-s-1984>
Saturday, November 23, 2019, at 8 p.m.
- **Virginia Opera: *Cinderella*** - 20% off tickets -
<http://cfa.calendar.gmu.edu/virginia-opera-cinderella>
Saturday, February 15, 2020, at 8 p.m.
- **NPR's *From the Top*** - 15% off tickets - <http://cfa.calendar.gmu.edu/npr-39-s-from-the-top>
Saturday, February 29, 2020, at 8 p.m.
- **The King's Singers: *Love Songs*** - 20% off tickets -
<http://cfa.calendar.gmu.edu/the-king-39-s-singers>
Friday, March 6, 2020, at 8 p.m.
- **Ballet Folclórico Nacional de México de Silvia Lozano** - 20% off tickets -
<http://cfa.calendar.gmu.edu/ballet-folcl-243-rico-nacional-de-m-233-xico-de-silvia-lozano>
Saturday, March 21, 2020, at 8 p.m.
- **American Festival Pops Orchestra: *Spotlight on Broadway ft. Lisa Vroman*** - 10% off tickets, Saturday, April 4, 2020, at 8 pm.m
<http://cfa.calendar.gmu.edu/american-festival-pops-orchestra-spotlight-on-broadway>
- **Metropolitan Jazz Orchestra ft. Maria Schneider, conductor** - 20% off tickets -
<http://cfa.calendar.gmu.edu/metropolitan-jazz-orchestra>
Saturday, April 11, 2020, at 8 p.m.

Tickets will become available on **July 8th at 10 a.m.** and can be purchased three ways: **(1)** in person at the Center for the Arts Ticket Office, **(2)** online through each performance's webpage using the coupon code **LLINVA**, or **(3)** calling our Groups Hotline at (703) 993-8600. Service charges apply for website purchases.