



## Wed., October 2, LLI/NOVA Forum

Ernst Cultural Center (CE)

NOVA Annandale Campus

LLI/NOVA Announcements at 9:50 a.m.

Forum Speaker at 10:00 a.m.

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



### THE SHERIFF IS COMING: STACEY KINCAID DISCUSSES LEADERSHIP AND INNOVATIVE PROGRAMS AT THE FAIRFAX COUNTY JAIL AND THROUGHOUT THE SHERIFF'S DEPARTMENT

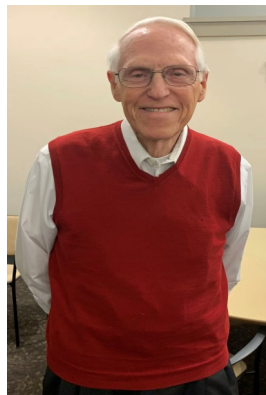
Stacey Ann Kincaid is the first woman to lead the Fairfax County Sheriff's Office in its 276-year history. Elected to the balance of a term in 2013, she was re-elected to a four-year term in 2015. Besides Fairfax County, she serves the City of Fairfax and the towns of Herndon and Vienna.

Sheriff Kincaid is widely recognized for her innovative leadership. She collaborated with the courts in starting Diversion First, which offers alternatives to incarceration for the mentally ill and disabled. She encourages volunteers to teach a wide range of adult education courses and life

skills to improve opportunities for inmates after jail. The detention facility runs job fairs and distributes clothing and household goods to help integrate inmates back into society and reduce recidivism.

Kincaid, a graduate of Langley High School and Frostburg State University, joined the force as a deputy 32 years ago and has risen through the ranks to become the top sheriff of Fairfax County.

In 2008, she received her agency's highest honor, the Distinguished Service Award, recognizing a career of sustained, exemplary performance. In 2013, Lawyers Weekly presented her with an Influential Women of Virginia Award. In 2017, the Junior League of Northern Virginia gave her its Woman of Vision Award and she was named to the Leadership Fairfax Board of Directors. She also serves on the Virginia Law Enforcement Professional Standards Commission, the Just Ask Prevention Board of Directors, and SCAN of Northern Virginia Honorary Board of Directors.



At the September Forum Lorin Goodrich was recognized for his outstanding service during more than 20 years of membership in LLI/NOVA. The name of the annual academic scholarship we award was changed to the Lorin Goodrich Scholarship.



## President's Message

### *The LLI/NOVA Approach*

For certain there is no singular mindset within LLI/NOVA. Even if such were feasible, it would be unhealthy because living is dynamic -- it brings change, challenges, and lots of joy interspersed with periods of sadness and frustrations. While these are basic life attributes, they frame our organization model a tad more than other LLIs because we are almost totally a volunteer-driven LLI.

On the other hand, this also means there is a huge potential within each of us that could benefit all of us as we work together to ensure healthy discussions and explore opportunities. Although we may lose physical prowess and energy in our fourth quarter of life, our minds continue to grow with wisdom and knowledge. Such is very rewarding.

Generally, the 400 LLIs across the country share the core principles of offering stimulating educational and cultural pursuits to adults age 50 and over for a membership fee. Like ours, most LLIs provide classes, workshops, informal special interest groups, and regional day and overnight trips. There are some very large, affluent organizations, especially those funded by the Osher Foundation and known as OLLIs. For example, there was a period when OLLI at UNC Asheville (N.C.) exceeded the campus student population, and local real estate agents cited OLLI Asheville as a reason to retire in that area. The group paid for its own \$5 million office building. However, the average LLI is smaller (1,200-1,500), with a cadre of paid and volunteer staff.

Our LLI is much smaller and relies on volunteers except for one valuable administrative person, Janice Viola, who is modestly paid. Volunteering provides a side benefit of association with members who share similar interests. Unlike other

LLIs, most of which are affiliated with a university, we are affiliated with a community college, albeit one whose student population is roughly 75,000 and is the second largest community college in the country. Our environment enables us to be nimble and quick to execute as we learn from the best practices of other LLIs.

As mentioned in my column last month, the Board, Committee Chairs, and an assortment of members are effectively moving us forward in the 2019-20 program year. Our volunteers act with excellence and embrace personal responsibility, and we leverage and combine our individual strengths to unite around our common goals.

Some of our greatest accomplishments spring from a single individual speaking up or coming forth. Please continue to do so. This allows us to keep membership fees affordable while utilizing current skills and exploring new ones. Research shows that volunteering optimizes health and happiness.

Best, Anna



## COMMUNITY OUTREACH

Annandale United Methodist Church has various mission outreach activities which provide food to local school-age children as well as families and other neighbors. LLI will donate our October food pantry collection to Annandale UMC. Eldon Hildebrandt will deliver the donations.

Items needed for their pantry distribution: 1 pound bags of white or brown rice, black, pinto or kidney beans; 15 oz cans of black beans, diced tomatoes, Chunky Soup, or fruit. Also, cans of tomato sauce, beef stew, spaghetti & meatballs, chicken & dumplings, tuna or chicken, pasta sauce; cereal of all kinds, peanut butter and jelly or jam.

Thank you for your donations in September for the NOVA Student Pantry.



## LLI/NOVA AUTOMATION

We hope that you found the online class registration process easy to use and that you are enjoying the classes for which you registered. Not only is it quick, but also you get immediate feedback that you are successfully registered. Another benefit of on-line registry is that we can keep registration open so you can wait to register for some classes until you are sure your calendar is clear.

So far, more than 63 percent of our members have registered, with an average of more than eight classes per member, for an approximate total registration of 2,000 classes. There are still plenty of spaces left, however.

If you need to drop a class, let the Class Coordinator know as soon as possible. There may be members on the wait list who can take your place and enjoy the class. Remember, if you are wait-listed, don't attend until invited by the Class Coordinator.

The automation team is always looking for ways to improve the system. If you have run into a problem or if you have a good idea for something that should be on our website, let us know. You can send us an email to [admin@llinova.org](mailto:admin@llinova.org) or to [webmaster@llinova.org](mailto:webmaster@llinova.org). You also can contact us at the LLI/NOVA Helpdesk by clicking on the LLI/NOVA Website Helpdesk in the Quick Connect Box on the Home Page, or you can call our LLI/NOVA office at 703-323-3746 and leave a message. Bottom line: We want your feedback.

Many of you have already renewed your membership by paying online using a credit card. We hope you like this time-saving feature. Based on positive feedback, we plan to extend the option of using a credit card payment online to other LLI/NOVA activities that involve a fee.

We want the LLI/NOVA website to be your go-to source for everything about LLI from classes to trips to SIGs and more. Areas you might want to access quickly are in Quick Connect on the Home page, and the News Alert box provides links to information that may be new or particularly important. You can check the SIG, Trips, and Study/Travel pages for detailed information on those programs. Have a question? Let us know.

## After Forum Lunch Bunch

Seven people participated in our first resumption of the Forum Lunch Bunch in September. Scott and Nancy Pinckney will be coordinating the October meetup because the Hoppers will be traveling. By a show of hands, so that the coordinator can call ahead for reservations, interested Forum attendees meet for lunch immediately after the Forum at nearby Kilroys Restaurant in Ravensworth Shopping Center. We are looking forward to more members joining us on October 2nd immediately after the Forum. Just ask for the LLI group when you arrive at Kilroys.



Photo by LLI/NOVA Member Ray Bednarsky

## LLI/NOVA CHILDREN'S BOOK DRIVE

It's almost here! At the Forum on Wednesday, October 2, we will be collecting books for R.E.A.D. which serves 235 children from birth to five years of age. They are requesting NEW board and hardcover picture books. A Wish List ([click here](#)) can be found at our Book Club SIG page on the LLI/NOVA website. Let's make this our best one yet! Questions? [Click here](#) to contact Lynne Smaldone, coordinator

## Social Host at NOVA

Largely at the behest of Patty and Richard Steelman, several LLI/NOVA members volunteered to be social hosts for the U.S. State Department's Community College Initiative Program at NOVA. CCIP is a one-year program that allows students from various countries to study in an undergraduate program at community colleges in the United States. Participants are recruited from historically underrepresented and underserved communities. This year, NOVA has 32 students ranging in age from 21 to 31. Most are young professionals who will build technical skills and may earn certificates in their fields of study. Through professional internships, service learning, and community engagement activities, participants hope to strengthen English-language proficiency and immerse themselves in the culture and day-to-day lives of Americans.

Our members met their students in late August and have had several outings. For example, Joseph Pincus took six young men to a Smithsonian Air and Space Museum program last month. June Chalou and Anna Dixon paired to coordinate social outings for two students from Indonesia. One is an elementary school teacher, the other a communications media specialist for the Indonesian Parliament. In September, June and Anna took them to the Newseum, Old Town Alexandria, and the Kennedy Center's new Reach center. Next month, June is hosting a dinner featuring an assortment of cuisines.

For information regarding NOVA's CCIP, contact Sarah R Yirenkyi at [syirenkyi@nvcc.edu](mailto:syirenkyi@nvcc.edu)



## Student Needs

Wanted: Winter apparel for international students; parkas, jackets, coats, neck scarves, earmuffs, gloves, mittens, hats.

When: bring items to the LLI/NOVA Forum on November 6.

Why: There are 28 international students on scholarship at NOVA Annandale and Alexandria. They come from tropical countries like Ghana, South Africa, Indonesia, and Colombia. They have never waited for a public bus on a freezing, windy, winter day. Please go through your closets and consider donating warm, winter outerwear to these students.

Your kindness and generosity will be greatly appreciated.

## NVCC Annandale Activities

### Lyceum Event

The NOVA Annandale Campus Lyceum Committee brings speakers to campus to discuss topics of interest to staff and faculty, who are encouraged to include their students. T. M. Garrett will speak on November 7<sup>th</sup> from 2:00 p.m. to 3:00 p.m. in the Ernst Center Forum. Parking is free in the B-14 lot. On the same day he will speak at 7:30 p.m. to 8:30 p.m. at the Jewish Community Center, 8900 Little River Turnpike, Fairfax, with free parking in their lot and on the side street.

T. M. Garrett was a white supremacist who gradually changed his views and is now speaking out against hate, racism and anti-Semitism. The title of his talk is "Erasing the Hate." Erase the Hate is a campaign from NBC Universal Entertainment and Lifestyle Group that is designed to help fight hate and discrimination across America with multiple points of view on diversity and other topics. NOVA wants as many people as possible to hear what he has to say.



Bing Free Image

## NEW MEMBERS

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

Susan Adams  
Steven Brady  
Sandra Brody  
Anne Coleman  
Suzanne Cummins  
Ralph Goldstein  
Lois Karb  
Susan Kousek

Linda Nordstrom  
Mary Lee O'Brien  
John Raymer  
Ruth Raymer  
Joseph Regalbuto  
Anne Saueracker  
Carol Vick

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

## CURRENT LLI/NOVA MEMBERS

We have added a lot of new members. If you see a yellow name badge, indicating a new member, at an LLI/NOVA activity, please introduce yourself for a brief welcoming chat.

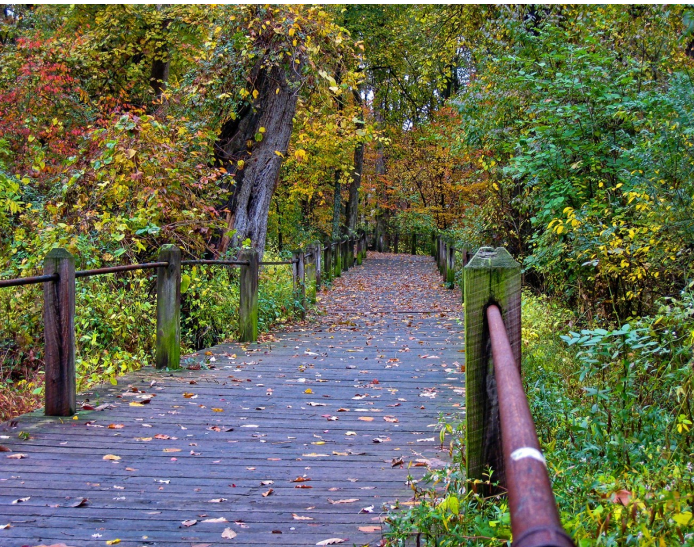


Photo by LLI/NOVA Member BBuck Myers

## Announcements

### Call for Class Proposals

The Curriculum Committee is now accepting class proposals for the spring 2020 program that runs from January 6 to May 29. The Class Proposal form should be completed online on the LLI/NOVA website. Go to llinova.org, click on CLASSES in the green bar which will give you options, and click on "Propose a Class." Type in the information requested in the form. The deadline for submission is October 21, 2019. For questions/concerns contact committee chair Dick Robison at curriculum@llinova.org.

### In Memoriam Notifications

One of the benefits of belonging to LLI/NOVA is that we make and enjoy many friends and acquaintances. So that we may express our condolences LLI/NOVA members would appreciate being notified in the sad event that we lose someone from our community. If you become aware of the passing of any LLI/NOVA member, please contact Gina Trapp ([click here](#) for contact information). She will include a notification in the following newsletter. Thank you.

### Coming Events

Want to learn more about the Committees and Special Interest Groups looking for volunteers or members? The LLI/NOVA Information Fair will be held on November 6 before the Forum begins. Watch for details on the website and the November newsletter.

**LLI HOLIDAY PARTY** Tuesday, December 3, Country Club of Fairfax

Registration is coming soon, and this year you'll be able to register online.

Your Holiday Party planners are looking for a pianist. Among the LLI/NOVA membership, do we have a pianist? If you would be interested in being a part of this year's Holiday Party, please contact Bonnie Hopler ([Click here](#) for contact information.)

## Special interest Groups



Bing Free Image

### Bridge

Looking for a friendly Bridge group? Well look no further than your very own LLI/NOVA Bridge SIG. Check out our SIG page ([click link](#)) and join us at our next game. We are always looking for new members. Haven't played in a while? No problem! We welcome all skill levels because what we are serious about is having fun, and the more the merrier. Want some more information? Then contact Bob Huley ([click here](#) to search for contact information).



Bing Free Image

### Favorite Books Club

Thursday, October 17, 11:30 a.m.---1:00 p.m.

Braddock District Governmental Center, 9002 Burke Lake Drive, Supervisor's Meeting Room (behind King's Park Library)

Our selection this month is "The Color of Lightning", a novel by Paulette Jiles. Set on the untamed Texas frontier, it is based on the true story of Britt Johnson, a freed slave who ventures west with his family in 1863 searching for a better life. Their dreams are abruptly shattered when his wife and children are captured by Indians in a brutal raid while he is away from the settlement. The heartsick freedman vows not to rest until his family is whole again. Come join us!

Questions? Contact Lynne Smaldone, coordinator.



Website

### Foodies & Friends

Join us at Maple Ave Restaurant, 47 Maple Ave W, Vienna, on Tuesday, Oct. 15, at 12 noon.

Maple Ave Restaurant says it strives to be a modern, no-frills European bistro that provides quality and value and hopes to "add a dose of quirk" to any event. They emphasize seasonal, locally sourced ingredients when available. According to the restaurant website, it was named the area's third-ranked restaurant in 2018 by Northern Virginia Magazine.

Please **RSVP** to LLI/NOVA host *Edie Berman* at [ediebe@aol.com](mailto:ediebe@aol.com) or phone 703-534-5565 by **October 10**.

Parking is limited adjacent to the building, but there is free street parking on Church Street behind the restaurant and parallel to Maple Avenue (Route 123). There are a couple of steps to enter the restaurant.

The general manager, Ricardo Teves, and the chef, Juste Zidelyte, are pictured on the website, <https://mapleaverestaurant.com>.



### Tabletop Games

At the August meeting the members merrily learned to play Mexican Train, a variant of dominoes.

Someone suggested we keep score this time, and Ray had the highest overall score.

Join us in the Supervisor's Conference room at the Kings Park Library on September 26 from 1:30 to 3:00 p.m. The game will be Pub Trivia, which has nothing to do with Great Britain or a bar in general. It is a later version of Trivial Pursuit and Arlene will be the leader/questioner.

On October 22 we will return to Qwirkle, which we learned in the summer, with dominoes you can match by number or color. All LLI/NOVA members are welcome. We are low-key and helpful to members new to the game.

## Special Interest Groups (cont.)

### Visual and Performing Arts

Activities of this SIG are open to all LLI/NOVA members. Thus far this year we struggled with museum closings due to the Federal shutdown in January-March; and our momentum regarding treks into WDC was hampered by the Metro Blue and Yellow stations closures south of National Airport. Good news is that such is now in the past since the affected Metro stations reopened Monday, September 9th.

We have one major change and a few additions and all require the participants to notify Anna Dixon at [vpa@llinova.org](mailto:vpa@llinova.org) if you plan to participate.

#### **October 4...a major change! National Gallery of Art, 4<sup>th</sup> & Constitution NW, East Building**

Although the date and venue are the same we are no longer meeting LLI Midlothian because they canceled their trip. However, we secured another behind the scene visit to the NGA East print room where a small group of 20 of us can view art and discuss it with the print room specialist, Ginger Crockett Hammer.

The Gallery's collection of prints, drawings, miniatures, and illustrated books contains over 100,000 European and American works on paper and vellum, dating from the eleventh century to the present day but the average visitor does not get access to these items. In addition to its strengths in western art, the Gallery also has a small selection of works on paper from Asia, Latin America, Russia, and the Near East. The study room for European works on paper is located in the East Building, and the study room for American works on paper is in the West Building. We are establishing the date for the American works on paper for later this fall.

In order to gain access to these valuable works

of art, we must provide the NGA with the names of those attending 48 hours before arrival, and remember we are limited to 20 participants. Please plan to arrive at 9:50 a.m. at the East Building entrance (Archives or L'Enfant are the closest Metro stops....parking is largely non-existent).

#### **October 12**

**Hillwood Museum and Gardens**, 4155 Linnean Avenue NW, Washington, DC 20008

10:00 a.m. \$15.00 entrance fee

Marjorie Post maintained strong ties to the eighteenth-century French decorating style that she developed in the 1920s, transferring much of this look to her new home at Hillwood in the mid-1950s. This did not keep her from updating her Georgian-style mansion with the most modern conveniences that money could buy. Journey through her final home to experience the elegant French drawing room, the efficient and "high-tech" kitchen and pantry, and the many personal touches that made Hillwood one of Washington's most memorable homes.

This visit is in conjunction with an LLI/NOVA class, Living Artfully. Please advise of your desire to attend if you are not participating in the LLI/NOVA class.

#### **October 15**

**Embassy of Finland**, 3301 Massachusetts Avenue N.W., Washington, DC

10:00 a.m.-11:30 a.m.

The Embassy Building is a work of art... or as some say, the building itself is a muse. As preparation for our visit please listen to this USA/Finland relations podcast, [All things Finnish American](#).

It is important that those planning to attend advise Anna Dixon at the earliest opportunity but no later than Tuesday, October 8<sup>th</sup> so we can provide full names of those planning to attend. Getting there will not be easy. We will arrange car-pools as needed.

[Click here](#) to access special Arrival /Security instructions to gain admission to the embassy or find it on the VPA SIG page.

## October 30

**Library of Congress, Thomas Jefferson Building**, 10 First Street SE, Washington, DC 20540

### two different tours

10:00 a.m... *Introductory Tour of the Thomas Jefferson Building & Overview of the Library of Congress*

1:00 p.m... *Exhibition Tour of Exploring the Early Americas*

- Closest Metro stop: Capitol South (Orange/Blue/Silver Lines) - Exit station using main exit, walk approximately two blocks north on First Street SE.
- Alternative Stop: Union Station (Red Line) - .5 miles

PS: Remember to secure your seats for the George Mason Performing Arts events at our 20-25% discount for any available seat. Plus you can avoid service fees by calling Liam Dillon at (703) 993-8882.

2021. To join the list, contact Bob Huley at [studytravel@llinova.org](mailto:studytravel@llinova.org).

We need help on the Study/Travel Committee to evaluate destinations and tours for future trips and to provide the classes for our destinations. No experience is required, just an interest in travel. Let Bob know if you are interested in participating. Happy traveling!

---

## Life Beyond Numbers Expo:

LLI/NOVA is participating in the inaugural *Life Beyond Numbers Expo* hosted by Campbell Wealth Management. The Expo will be held in the Springfield Golf & Country Club (9:30 a.m. - 2:00 p.m.) on Friday, October 4, 2019. The target audience for the Expo is members about to retire or recently retired; however, anyone who is interested in organizations serving the retired is welcome. There will be over 25 professional services and organizations including accounting firms, attorneys, continuing education, health & fitness groups, realtors, retirement communities, travel agencies, volunteer organizations (including LLI/NOVA) and more. For more detailed information contact Scott Pinckney. [Click here](#) to search for contact information.



Bing Free Image

---

## STUDY/TRAVEL

Our trip in June will be a fabulous river cruise, "Romance of the Rhine and Mosel." Detailed trip information, including how to register, is on the [Study/Travel](#) program page (click on the link). There are still cabins available for those who wish to join the 25 who have already signed up.

Members on our Study/Travel email list will be getting information soon about travel options for



Photo by LLI/NOVA member Jona Wheeler