



Volume 23—Number 9

News & Views

November 2019

Wed., Nov. 6, LLI/NOVA Forum

Ernst Cultural Center (CE)

NOVA Annandale Campus

Information Fair at 9:00 a.m.

Social Time at 9:30 a.m.

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

Forum Speaker at 10:00 a.m.



HOW SCIENCE WORKS: ITS PROCESSES, NATURE AND LIMITS

Dr. Jay Labov will speak about initiatives to promote science education and, specifically, to confront challenges to the teaching of evolution in the nation's public schools.

Coincidentally, a new four-star documentary dramatizes several of Dr. Labov's main concerns. The movie, "Jim Allison: Breakthrough," tells the story of the Texas immunologist who was awarded the Nobel Prize in 2018 for his pioneering breakthrough in cancer therapy research. Allison is shown in tiny Alice, Texas, where as a boy he has the courage and temerity to challenge creationism in his public school. Washington Post movie critic Ann Hornaday (who was an earlier LLI/NOVA Forum speaker) reviewed the docu-

mentary in early October, gave it a four-star rating, and says this movie is "a captivating homage to scientific discovery and an enduring portrait of a modest, quietly driven genius."

While our speaker is not associated with Hollywood, he does share some characteristics with Allison. Through interactive discussions, Dr. Labov will explain how scientific hypotheses can contribute to the development of scientific theories. He also will discuss new trends in science education in Virginia and elsewhere to help students actually do science rather than merely memorizing a lot of scientific facts and jargon.

Jay Labov spent 18 years as a member of the biology faculty at Colby College in Maine. He then spent 23 years at the National Academies of Sciences, Engineering, and Medicine, where he was senior advisor for education and communication. He has directed or contributed to more than 30 National Academies reports on improving science and engineering education.

All attending the Forum will receive a brochure, "Science, Evolution, and Creationism," a report from the National Academy of Sciences for which Dr. Labov served as project director.



Photo by LLI/NOVA Member Dic Martin

After-Forum Lunch Bunch

This month's After-Forum Lunch Bunch will meet at Panera Bread, 6230 Rolling Rd., West Springfield. Coordinators Paul and Bonnie Hopler will ask for a show of hands at the November Forum so they can determine how many members will attend lunch. Upon entering Panera, order and pay for your lunch before joining the LLI/NOVA group. Employees will either bring your lunch to you or they will give you a pager so that you know when to pick it up.



Bing Free Image

COMMUNITY OUTREACH

FACETS will be the recipient of our food collection at the Nov. 6 Forum. FACETS helps parents, their children, and individuals who suffer the effects of poverty. The organization envisions a day when everyone in Fairfax County has access to adequate and affordable housing and nobody is homeless.

Food items needed are soups and pastas, single-serve packs of crackers, peanut butter, jelly, canned tuna and chicken, juice boxes, and cereal.

Paul and Bonnie Hopler will deliver our donations to FACETS.

If you would like to sponsor a charity pantry and are able to deliver the food, please contact Joyce Pomeroy or Betsy Pugin, our community outreach coordinators, to sign up for a month in 2020.



Bing Free Image

THE 2019 INFORMATION FAIR IS COMING

HAVE SOME EXTRA TIME?
WANT TO VOLUNTEER? Join a committee
MARK YOUR CALENDARS FOR NOV. 6

WANT TO JUST HAVE FUN? Join a Special Interest Group

The 2019 Information Fair showcasing our Special Interest Groups (SIGs) and Standing Committees will be held in the seminar rooms to the right of the Forum room starting at 9 a.m. before the Nov. 6 Forum. This is your chance to chat with representatives from LLI/NOVA committees and SIGs to decide if you want to get more involved.

As you know, LLI operates on a completely volunteer basis, so we rely on our members to be proactive and help out. We also rely on volunteers for new ideas or new ways of doing things. Volunteering does not take up much time, but it is the cog in the wheel that enables LLI/NOVA to operate smoothly. In addition, by joining a committee or SIG, you ensure that your particular interests are heard. SIGs typically meet once or twice a month and are for people with a similar interest in a specific activity.

Currently we have nine SIGs: Bridge, Favorite Books Club, Financial, French Conversation, Foodies & Friends, Photography, Mystery Books, Tabletop Games, and Visual & Performing Arts. Members who are eager to start a new Creative Writing SIG also will attend to solicit member interest.

There are 11 Standing Committees that rely on volunteers: Administrative Review, Automation, Financial Review, Budget & Finance, Curriculum, Forum Speakers, Membership, Social Events, Student Scholarship, Study/Travel and Trips. These committees are always looking for new volunteers.

Regardless of your interests, please plan to attend! **Hope to see you there.**



President's Message

Communication

These days, social media gives many people an audience and sense of belonging. Most professional, educational, community and social organizations have an active presence via Twitter, Facebook, Instagram, Snapchat, WhatsApp and similar platforms. . . . but we do not.

Yet through our excellent interactive Home page, LLI/NOVA has the capacity to communicate and share information quite easily and efficiently. We just need to use it. And we need to talk with one another.

Because we use email blasts minimally, mainly as class reminders, and because we do not post to social media at each LLI/NOVA class/event, it is imperative that we establish and maintain dialogue. Often immediately before or after a class or Forum, we may observe sub-groups chatting. Unfortunately, our "monkey mind" (the voice inside our head that always is speaking to us) tries to persuade us that "they" all know each other and that we are the outsider. Sometimes that is mainly because we haven't communicated. In many instances, I have asked someone about the person who sat near him/her for the past several sessions and found that no one knows the person's name, including me. What a wasted opportunity.

Often class members discuss the speaker's content, including suggestions for follow-on classes or a Forum topic. Some would like a way to continue sorting out ideas that were stirring during a class, perhaps via a social media blog or an invitation to the speaker to return for another session. As it is now, the richness of post-class discussion, gaining a personal rapport, and even cynical commentaries get lost. Most members

commute to and from class solo, go home and never follow up.

Not all is lost, of course. By using our website, one can email directly to the Board, LLI/NOVA Admin, Newsletter Editor, Curriculum Committee, Class Coordinators and more. When members reach out, it is critical that the Board and Committee Chairs listen, treat them with dignity and provide feedback or respond. Occasionally, we receive emails suggesting future Forum speakers and classes. Sometimes we get comments that are not as friendly (i.e., remove the picture of the old man with the baggy pants from our Home page), but we work through them and are glad to hear from members.

By communicating our views and concerns while chatting with a member in class, at a Forum (including the post Forum Lunch Bunch) or at a SIG meeting, we can continue to build a sense of belonging.

Best, Anna

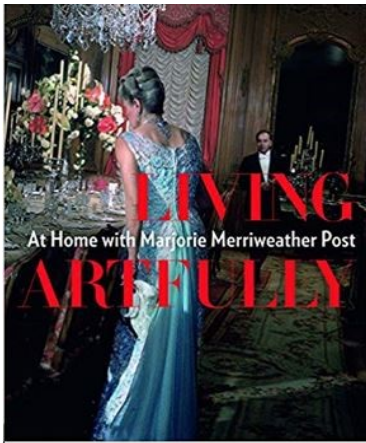


Bing Free Image

LLI/NOVA Clothing Drive for NOVA's International Students

As described in the October Newsletter 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 for clothes you do not use and consider donating warm, winter outerwear to these students. They need parkas, jackets, coats, neck scarves, earmuffs, gloves, mittens and hats.

NOVA's coordinator of foreign students will be at the Nov. 6 LLI/NOVA Forum to collect your donations of warm outerwear. Your generosity is appreciated. If you have questions, contact Richard or Patty Steelman ([click here](#)).

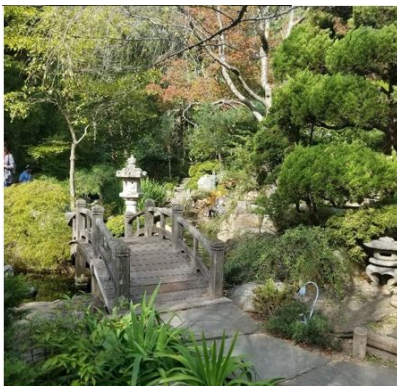


Living Artfully

Marjorie Merriweather Post lived a long, complex, and fabulous life as an heiress, philanthropist, businesswoman and serious art collector. Her last home on the East Coast was Hillwood Estate, Museum and Gardens in Washington, D.C.

um and Gardens in Washington, D.C.

To study her life, LLI/NOVA offered an unusual five-part series: four classes on campus and a trek into Washington on a Saturday morning to visit Hillwood. Twenty-five members registered for the course and found the project enriching. About half of them overcame life's unexpected



hurdles and attended most or all of the sessions, then drove into the city for two tours, the 10:30 a.m. Garden Tour (most visitors miss the lower Japanese garden) and the 11:30 a.m. Mansion Tour.

Teaching the class was Tonia Rodgers, Associate Dean for Language at NOVA-Annandale and an Assistant Professor of English as a



Second Language. She grew up in St. Petersburg, Russia, and is a docent at Hillwood, where much of the art Post collected is Russian. After each class, Dean Rodgers promptly sent 30- to 60-minutes of video clips or podcasts, ensuring that class members were well-prepared when

they visited the estate. In addition, she arranged for them to be given hand-held magnifying glasses so they could better examine the Faberge eggs, the wood overlays and other pieces of priceless art that Post collected.

This was a successful example of a multi-part class-plus-tour combination.



Bing Free Image

Holiday Party

Tuesday, Dec. 3, at 11 a.m. at the Country Club of Fairfax

The mail-in registration form for the annual Holiday Party

is on page 10 with a registration deadline of Nov. 15. Please note any special food requests, such as vegetarian, on the form. This year you have the option of completing your reservation online and/or paying by credit card. [Click here](#) for detailed instructions for online registration.

For several years, LLI/NOVA members have been generous with toys to brighten the holidays for the children at Bethany House of Northern Virginia. This year, Bethany House has asked us to help fill a special need: new toys, clothing, diapers, and books for children from newborn to two years old. Bring a new, unwrapped toy, clothing, or other item.

If you have already purchased toys to donate, bring them for the older children. If not, please shop for the little ones. If you're not a shopper, a gift card from Target, Walmart, Giant or Safeway will be greatly appreciated.

Questions? Contact Bonnie Hopley at bdhopley@gmail.com. We are looking forward to seeing everyone at this fun and festive holiday luncheon.

Feedback to the Board

If you have any comments or suggestions on the operation of LLI/NOVA your Board of Directors would like your feedback. On the LLI/NOVA Homepage, under the Member Area, select "Feedback to the Board" to send an email directly to the Board. If you prefer to communicate via US Postal Service, address your remarks to LLI/NOVA – Attn. Secretary to the Board, CG Building, Room 202, 8333 Little River Turnpike, Annandale, VA 22003-3743. Include a brief description of your issue or question, what you'd like the Board of LLI/NOVA to do and your name and contact information for follow-up. Your comments are appreciated.



Bing Free Image

LLI/NOVA Scholarship Program

As described in an Oct. 11 email to members, we have provided Leadership and Academic scholarships to NOVA-Annandale students over the past 22 years. This year you have the choice of two options for donation. You may donate by check payable to LLI/NOVA and mailed to LLI/NOVA - Attn. Scholarship, CG Building Room 202, 8333 Little River Turnpike, Annandale, VA 22003-3743. The new option is to donate online by selecting the Program in the "Quick Connect" Box, then "Scholarship Donation" at the bottom of the page and then selecting your method of donation, either credit card or check. The second method assists us in managing the total collected. Your generosity is greatly appreciated by the students.

NVCC Annandale Activities

Pottery Sale at the NOVA-Annandale Campus



NOVA-Annandale's Fine Arts Department invites LLI/NOVA members to a

fundraiser Pottery Sale on Wednesday, Nov. 6, and Thursday, Nov. 7, from 8:30 a.m. to 5 p.m. in the CA Building's third-floor lobby. This is a great opportunity to pick up one-of-a-kind gifts, all hand-crafted by NOVA students or faculty at a variety of price points and styles. All proceeds benefit the college's ceramics studio. LLI/NOVA members attending the Nov. 6 Forum can pay for their purchases, then leave bulky packages at a hold area for curbside pickup after the Forum concludes.

NOVA-Annandale Symphony Orchestra, Northern Virginia Chorale and New Dominion Choraliers

Friday, Nov. 15, at 8 p.m., at Rachel M. Schlesinger Concert Hall, Northern Virginia Community College's Alexandria campus.

For this program, marking the orchestra's 25th season, the orchestra and combined choruses perform music from Carl Orff's "Carmina Burana"; Verdi's Overture to "La Forza del Destino"; Borodin's Polovtsian Dances; Saint-Saens' Bacchanale from "Samson and Delilah"; and Ward's "America the Beautiful." Maestro Christopher Johnston conducts.

Tickets are \$15. Call LLI/NOVA member Joseph Pincus for tickets at 703/569-0973 or email joseph@pincus.org.



Bing Free Image

LLI/NOVA Automation

We recently added two new website features to support LLI/NOVA programs that you will read about elsewhere in this newsletter. The first is the ability to make LLI/NOVA scholarship donations online. The second is the ability to make reservations and pay for the Holiday Luncheon online.

LLI/NOVA Scholarship Donation

Recently you received an announcement concerning the 2019/2020 LLI/NOVA Scholarship Program. Now you can make your scholarship donation online and pay by credit card or by check. Go to the **Scholarship Program** page (main menu, click About Us, click Scholarship Program, or Quick Connect box and click on Scholarship Program), read about the program, and then scroll down and click the **Scholarship Donation** button. You will then be able to choose to donate by credit card or by check. Follow the online instructions or read the more detailed instruction here ([click link](#)). If you want a quick link to the Scholarship Donation page, [click here](#).

You also can donate by check without using the online process by mailing in your check donation to LLI/NOVA following the instructions in the announcement email or the instructions noted above.

Holiday Luncheon

One of the highlights of the holiday season is the annual LLI/NOVA Holiday Party. This fabulous gathering has once again been organized by Bonnie Hopley and will be held at the Country Club of Fairfax on Tuesday, Dec. 3. The details about the luncheon are elsewhere in this newsletter and can also be viewed on the **Holiday Party Event** page ([click the link](#)).

This year we have added online luncheon registration and payment. The process is similar to

registering for an LLI/NOVA class, i.e., go to the Holiday Luncheon entry in the Class & Event Calendar and click on the Register button. You will select the number of registrations and your meal preference (shrimp scampi or London broil), and then either pay by credit card or mail in a check. Members also may register guests online. Detailed registration instructions are here (click the link). Online registration opens Sunday, Oct. 20, and the reservation deadline is Friday, Nov. 15. If you want a quick link to the event, [click here](#).

You also can make your reservation by completing and mailing in the reservation form.

Fall Semester Classes

We are a little more than halfway through the fall semester, but several classes still have space available. We are keeping class registration open until the end of the semester. If your schedule changes and you need to drop a class, let the Class Coordinator know as soon as possible. There may be members on the waitlist who can take your place and enjoy the class.

Automation Support

We want the LLI/NOVA website to be your go-to source for everything about LLI/NOVA from classes to trips to SIGs and more. The automation team is always looking for ways that we can improve the system for you. 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 or to 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. We want your feedback.



SPECIAL INTEREST GROUPS



Bing Free Image

Favorite Books

11:30 a.m. to 1 p.m. on
Thursday, Nov. 21

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

Our selection this month is "The Hate U Give," a Young Adult novel by Angie Thomas. Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. This uneasy balance is shattered when Starr witnesses the fatal shooting of her childhood best friend, Kahlil, by a police officer. Kahlil was unarmed. What really happened that night? Only Starr can answer that. But will she?

Questions? Contact Lynne Smaldone, coordinator

Children's Books Drive--Update

Thanks to all who contributed to this year's Children's Books Drive. R.E.A.D. was delighted to receive the 180 books that were donated. Because of your generosity, many children will now have books to call their own.



Lacotedrarlington.com

Foodies & Friends

**"REJOIGNEZ NOUS ET
MANGUEZ BIEN":**

Join Foodies & Friends at a French bistro, La Cote d'Or Cafe, **at 12 noon on Wednesday, Nov. 13.** La Cote d'Or Cafe is located at 6876 Lee Hwy., Arlington, near the I-66 intersection, Exit 68 (Westmoreland Street).

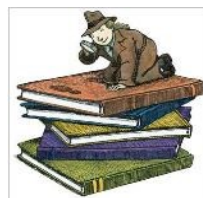
The bistro has a cozy, French country ambiance and is known for great food and service. Chef Jacques Imperato's culinary talents have been enjoyed in Europe and India, as well as Washington, D.C., and Northern Virginia.

Choose from a three-course *prix fixe* menu for \$22.95 or the *a la carte menu*. Among favorites are the escargot, pork schnitzel, cassoulet, seafood crepes and soups. Gluten-free options are available. (If the group is larger than 10, couples checks -- two persons on each check -- may be required. It will be up to the two to figure their own charges.)

Trip Advisor's Certificate of Excellence has been awarded to the restaurant for several years. Check the website, lacotedorarlington.com, for more information and menus.

Park free at the restaurant's small lot and at the adjacent Econo Lodge lot, or pay to park on North Westmoreland Street. The restaurant's handicap entrance is on Lee Highway.

Please RSVP to our host, Pamela Orton, at kathleen22009@gmail.com or phone 703-351-9616 or 571-565-9645 by Nov. 8.



Bing Free Image

Mystery Books

NEXT MEETING AND BOOK:

DATE: November 4, 2019, 10:00
– 11:30 a.m.

LOCATION: Mason District Governmental Center (Large Conference Room). [Click on link](#) for directions.

BOOK: *Acqua Alta* by Donna Leon. We need to wait in the lounge area for the Tai Chi class to end.

DECEMBER – there will no meeting

JANUARY 6, 2020

We will meet at the home of Kim Rendelson
3401 Silver Maple Place, Falls Church, VA
703-204-0388

We bring suggestions for future books to read.



Tabletop Games

Come take a road trip with us and learn the game, Mille Bornes, as you try to beat your opponents by achieving the mileage goal first! You will be challenged by many hazards as you try to make your way to the Winners Circle! All members are welcome to join us on Nov. 26 at the Kings Park Library in the conference room at the right side of the building from 1:30 p.m. to 3:00 p.m. If you have questions, contact Mary Lu Bednarsky ([click here](#)).

Visual and Performing Arts



The VPA group toured the Embassy of Finland on Oct. 15. The beautiful Embassy of Finland is across the street from the Vice President's residence on Massachusetts Avenue in the District.

The embassy's glass and stone architecture is phenomenal. The entire back wall is glass and looks out onto the picturesque landscape backing up into Rock Creek Park. There are a wood deck and catwalk out in the back area too. The inside of the building features lots of wood and natural light that shines into the large open reception area.

The Embassy of Finland, a "green embassy," was the first diplomatic mission in Washington,

D.C., to gain a gold-level LEED certification. In 2015, it received a platinum-level certification with 89 points. This year, in its second re-certification, the embassy gained a whopping 92 points. Only two buildings in the United States have earned more than 92 points in their Existing Building certifications.

LLI/NOVA members who missed this SIG event can still register for our Dec. 12 class on Finland and hear Bruce Griffin discuss how Finland, which is slightly smaller than Montana, developed from one of the poorest countries in Europe to become the "Happiest Nation" in the world, according to the World Happiness Report.

Also, all LLI/NOVA members are invited to join us for a tour at the Library of Congress on Oct. 30 and/or the Textile Museum on Dec. 11.



Bing Free Image

Study/Travel

There are still cabins, but no solos, available on our June 2020 river cruise, "Romance of the Rhine and Mosel." We have 27 signed up for the trip so far. Detailed trip information, including how to register, is on the Study/Travel program page ([click on the link](#)).

We are making progress on our travel selection for 2021, and members on our Study/Travel emailing list already have the information. You can read about our selection status on our program page (see link above). If you are not on our list and would like to be, contact Bob Huley at studytravel@llinova.org. This will get you the latest information, and you can participate in the trip selection process.

Currently, we need some help on the Study/Travel Committee to evaluate destinations and tours for future trips and to provide the Study classes for our destinations. No experience required, just an interest in travel. Please let Bob know if you are interested.



Bing Free Image

NEW MEMBERS

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

Ann Hensler
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," sign in and then select "Member Directory."]

Note: Nov. 5 is Election Day



Photo by LLI/NOVA member Jona Wheeler

LLI/NOVA Weather Policy

We follow the lead of Fairfax County Public Schools (FCPS) regardless of the class or event when schedules are changed due to inclement weather or area-wide emergencies.

If the FCPS are open, all LLI/NOVA classes and events will be held.

If the FCPS close, there will be no LLI/NOVA classes, SIGs or Forums.

If the FCPS delay morning opening, the LLI/NOVA morning classes, SIGs and Forums are cancelled.

If the FCPS close early, the afternoon LLI/NOVA classes and SIGs are cancelled.

Real Life Humor

When I saw my GP doctor he brought in a young Resident who was maybe 30. My doctor tested my cognition by talking with me instead of those hateful strings of numbers and objects to remember. I stated that I have the normal lapses of memory. For example, I was writing something and could not remember the one word for "point of view." So I got out my Roget's Thesaurus." Doctor who is 50 said to Resident, "I bet you don't know what that is. It's a book of synonyms." Resident shrugged and said, "I just go to thesaurus.com." After checking it out myself, I got the answer immediately online. . "perspective." Roget's failed after giving me two page and paragraph cites, but no acceptable answer. Don't you hate it when the kid is right, with a simple, technical solution?



Bing Free Image



Photo by LLI/NOVA member Jona Wheeler

The Lifetime Learning Institute of Northern Virginia

Cordially Invites You to Our

Annual Holiday Luncheon

Tuesday, December 3, 2019

<u>Time</u>	<u>Location</u>	<u>Cost</u>
Cash Bar Opens at 11 a.m.	The Country Club of Fairfax	Members: \$35
Luncheon at Noon	5110 Ox Road, Fairfax, Virginia	Non-Members: \$40

RESERVATION DEADLINE: NOVEMBER 15TH

Directions: From the Beltway, take the Braddock Road West exit. Go approximately 5-½ miles (just past George Mason University) and turn left onto Ox Road. Go approximately ½ mile and turn right into the Country Club (entrance is in front of the large white sports tent). Follow road until it dead-ends in the parking lot in front of the clubhouse

Please fill out the Reservation Form below and return with check.

Name: _____

Name: _____

My Choice: o Shrimp Scampi
o London Broil

My Choice: o Shrimp Scampi
o London Broil

Total No. of Reservations: _____

Phone: _____

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone No. _____

Reservation Deadline: November 15th

Make check payable to LLI/NOVA and mail to:

Lifetime Learning Institute

NOVA Annandale Campus

8333 Little River Turnpike

Godwin Bldg (CG), Room 202

Annandale, VA 22003-3743

Office Use Only

Date: _____ Check # _____

Cost: _____

Initials: _____

December 3, 2019 Holiday Luncheon

Members: \$35—Non-Members \$40

Country Club of Fairfax