

March 8 (Wednesday) Forum

March 2006
Volume 10 – Number 2

News & Views

Lifetime Learning Institute of Northern Virginia ♦ c/o NVCC Continuing Education ♦ 8333 Little River Turnpike ♦ Annandale, Virginia 22003 ♦ Phone (703) 503-0600 ♦ FAX (703) 503-5350

Channel 7's Ross McLaughlin: *How Can a Consumer Get Satisfaction?*

Have you ever tried to resolve a consumer issue, devoted a lot of time and energy, and ended up only with frustration? Who hasn't? Plan to come to our March 8 meeting to learn from a person who can give you sound advice. The speaker will be Ross McLaughlin, principal investigator for WJLA (ABC 7) TV's "Seven on Your Side," who has a reputation for getting results. Ross and his team have helped many consumers with their problems no matter how big or small, such as vehicle warranties, repairs and parts; outlandish utility bills; rent; furniture repair and refurbishing; and insurance fraud.

PLEASE NOTE THAT MARCH 8 FALLS ON WEDNESDAY! The Forum room is located on the second floor of the Ernst Cultural Center, NVCC-Annandale. Coffee, tea and refreshments will be served at 9:30 a.m. and the meeting will start promptly at 10:00 a.m.

It's Time to Celebrate! 10th Anniversary Luncheon

We hope you're planning to attend the luncheon on May 2nd to celebrate the 10th anniversary of LLI's founding. It will be held at Greenspring Village in the Hunter's Crossing Conference Center beginning at 11:30 a.m. Your registration form is in this newsletter, on which you'll note the cost for members is just \$16.00. Remember that members who paid for attendance at the Holiday Party may have that money credited to this reservation. In next month's newsletter, you will receive directions and parking instructions.

Join us for this festive celebration of a decade of LLI at NOVA. It promises to be a memorable event.

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Happy 10th Birthday!

Lunch Bunch

John Bogart has made reservations for lunch March 8 at the *Pan Am Restaurant* (aka *Family Restaurant*) located in the Pan Am Shopping Center at 3051 Nutley St. Fairfax, Va. **Phone:** 703-560-9322. This popular restaurant is known for its good food, excellent sandwiches and reasonable prices. **Directions:** From NOVA take a left on Little River Tnpk. to Prosperity Ave. Right on Prosperity Ave. to Arlington Blvd. Left on Arlington Blvd. to Nutley St. Right on Nutley St. to Pan Am Shopping Center. The restaurant is located next to the CVS.

Please consider bringing a food donation for St. Vincent de Paul Food Bank. For more details see "Community Outreach" elsewhere in the newsletter.

PARKING: Enter the garage on the ground level from Center Drive. The hourly rate is \$1.00.

"Great Decisions" — Will you lead one session?

The *Great Decisions* class is led by a different person for each subject. We have found someone to lead all the sessions except the very first one. We would like to ask if someone would be willing to lead this first class. Its subject is the United Nations: post-summit outlook. We will provide you with some information on this subject if you are willing to be the leader. This class will be held on 30 March. Contact Helen Clark at 703-573-1671.

Holiday Party Refund Procedures

If you choose not to apply your holiday party payment to the May 2 Anniversary Luncheon, and you want a refund, you must submit a *written request* to the LLI Office *no later than April 18, 2006.*

Calendar of Events

March	July
8 Forum (Wednesday)	— No Forum
10 Board Meeting	12 Board planning retreat
10 Newsletter Deadline	
20 Newsletter Mailing	August
April	4 Newsletter Deadline
11 Forum	14 Newsletter Mailing
14 Board Meeting	29 Forum
14 Newsletter Deadline	September
17 Newsletter Mailing	8 Board Meeting
18 Ethnic Tour of Baltimore (repeat of popular Nov. trip)	8 Newsletter Deadline
25-28 Trip: Jewels of New York, Visiting Manhattan and Brooklyn	18 Newsletter Mailing
	26-29 Trip: Historic Cape May, New Jersey
	October
May	3 Forum
2 10th Anniversary Party	13 Board Meeting
12 Board Meeting	13 Newsletter Deadline
12 Newsletter Deadline	23 Newsletter Mailing
18 Trip: to Historic Frederick, Maryland	November
21 Newsletter Mailing	7 Forum
	10 Board Meeting
June	10 Newsletter Deadline
6 Forum	20 Newsletter Mailing
8 Trip: Baltimore Gardens (Harvey Ladew Topiary)	December
9 Board Meeting	— No Forum; no newsletter
	6 Board Meeting
	14 Holiday luncheon

Name Game

Here are the answers to the second installment of the 10th Anniversary Name Game quiz that appeared last month:

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Happy 10th Birthday!

1. LLI's own "Music Man" or more appropriately, "Maestro," is William Hudson, Music Director and Conductor of the Fairfax Symphony for more than 30 years.
2. Mary O'Day tells us the tales of those famous (and maybe occasionally "infamous") ladies of history. Along with many LLI members, she shares a fondness for New York State's Hudson River Valley.
3. Only one answer to this one: Who else but Richard Risk has helped our classmates keep poetry on a plain with prose with a steady brand of "poetic justice?"
4. Glenn Miller influenced the kids at home and those of us serving overseas with his "Great Generation" arrangements. His unmistakable theme was "Moonlight Serenade."
5. We have two Bonnies. Neither "lies over the ocean" right now, but it would keep Bonnie Hopler and Bonnie Anderson away from our sprawl and crawl.
6. Our computer whizz is also LLI's treasurer-board member. Phil Runge is equally comfortable with his green visor or showing us how to "get it wholesale" in e-Bay classes.
7. It's a tough pick for the "Spectator," but Dapper Dan award goes to Dick DiBuono.
8. We've observed several Red Sox cheer leaders during the past few years but what more could Barbara Evans do when they finally won the championship in 2004? She set up a replica of Fenway Park, served Red Sox cookies, and dressed in team regalia that would have brought cheer to the faces of Ted Williams and Jimmie Foxx.
9. "Dollars for Scholars" leader is Alan Mayer who has annually led the drive to deliver financial assistance to deserving NOVA students. Alan, like Gladys Keating, is also a former Virginia legislator.
10. "Where did you get that hat?" was LLI leader Norma Hughes' favorite refrain during 2005. She is credited with making LLI more ladies hat conscious, offsetting Jack Kennedy's destruction of the male hat industry by taking his inaugural vows bare-headed.

Don Reynolds

LLI Board of Directors

President: Norma Hughes	Members: Richard DiBuono,
Secretary: Libby Burge	Burt Greenstein, Clinton Hall,
Treasurer: Phil Runge	Colletta Hammond, Paul Hopler,
Assistant Treasurer: Warren Hynes	Jane Jones, Curt Komblau,
Past President: Lorin Goodrich	Betty Mahon, Liddell McLeod,
President Emeritus: J. Knox Singleton	Don Reynolds, Barbara Rolling,
	Mary Underwood

Administrator: Laura Charron

Newsletter Staff

Newsletter Editor: Liddell McLeod (703) 698-8366 / liddell_mcl@cox.net
Graphic Design/Desktop Publisher: Alfred Brothers
Mailing Coordinator: Colletta Hammond

President's Corner

Again LLI arranged for an "outstanding Forum speaker," a typical compliment from our members. Our February speaker, Beth DeGrasse of the U.S. Institute of Peace, enlightened us to the Institute and its mission, and she has promised to return at a future time with an update on the Institute's programs and their new headquarters.

Registrations for the Winter/Spring courses were greater than usual. Consequently, a number of courses were oversubscribed with wait lists. If you find that you are not able to attend a course you are registered for, PLEASE, as a courtesy let the course coordinator for the instructor know as soon as possible. If there is a wait list for the course, this will allow someone to attend in your place.

I cannot repeat often enough, our special thanks for all the volunteers who help make LLI a continuing success. You are vital to LLI's existence and we appreciate you one and all.

Norma Hughes

Day Trip June 8, 2006

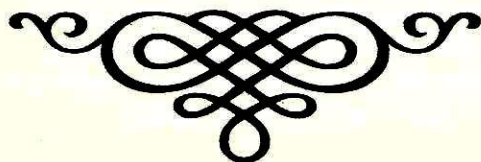
Ladew Topiary Gardens and Walters Art Gallery in Baltimore

Harvey Ladew filled his home with antiques and fox hunting memorabilia. This interesting manor house is especially noted for its beautiful English antiques and paintings. After a guided tour of the house we see the gardens. There are 22 acres of beautiful gardens including sculptures of animals and geometric figures. A light lunch is included.

We then make our way to downtown Baltimore for a tour of the Walters Art Gallery, home to more than 22,000 work of art spanning 5,000 years. We will have a guided tour of the highlights of the Walters with time to explore the museum on your own.

Members: \$55 Non-members: \$65.

Registration form is in the Winter/Spring catalogue.



Membership Update

New Members

Welcome! We hope you will participate in our classes and volunteer your talents and time to our various committees.

Mr. Michael Sofocleous, 9717 Ceralene Drive, Fairfax, VA 22032, 703-978-9626, michael.sofocleous@verizon.net

Mrs. Judy B. Parr, 7919 Mulberry Bottom Court, Springfield, VA 22153-2315, 703-912-7244

Ms. Surjit Kaur, 21752 Marigold Circle, Sterling, VA 20164, 703-430-4690

Saranel Osborne, 7222 Timber Lane, Falls Church, VA 22046, 703-573-4619

Email Changes

Jack & Carol Acey: aceycarol@verizon.net

Yereth Knowles: YKnowles@juno.com

Lynne Smaldone: smaldonega@hotmail.com

Address Change

Rhoda Salen, 20715 Royal Palace Square, #205, Potomac Falls, VA 20165, 703-421-2998

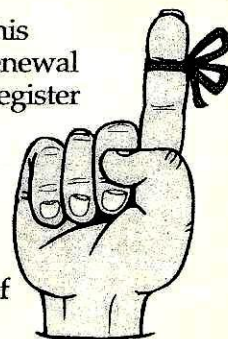


Addition to the Handyman List

John Bogart recommends Computer technician, Oscar Pardo, at 703-981-3411.

Membership Renewal Reminder

Please check the mailing label on this newsletter for your membership renewal date. You must renew in order to register for courses and to participate in LLI's many other activities. Please complete the form in the Winter/Spring 2006 course catalogue and mail it to the LLI office with a check in the amount of \$100 for each person wishing to continue with LLI.



LLI Community Outreach

Martie and Chuck Klee have our thanks for taking our February food contributions (2 bulging shopping carts plus 4 other bags!) to the Ecumenical Communities Helping Others (ECHO). Sally and Don Reynolds have volunteered to deliver our March collection to the St. Vincent de Paul Food Pantry. Serving the working poor and homeless in Fairfax City and the surrounding area, the Food Pantry serves about 40 families a month, and many more with Thanksgiving and Christmas food baskets. St. Vincent's also has an emergency helpline to assist the needy.

Current food needs are pancake syrup, pancake mix, dried beans, tea bags, jelly, hot chocolate, hot cereals, and toiletries. They will take anything (canned/packaged), though they currently have a good supply of soups and peanut butter.

We are looking for volunteers to deliver our contributions in April, May, and June. You can choose your own charity. Please see Jane Jones at the Forum or call her at 703-799-7812 if you would like to help with this most worthy cause.

Travelogue Re-scheduled

The course International Travelogue on Canada (5F10P) was changed to March 15, 2006 at 11:00. There is plenty of room so there is no need to register. It will be held at the Virginian Assembly Room as before and the Virginian has offered to make their cafeteria facility available for lunch at a reasonable cost. See the Fall catalogue for details.



A Little Advice Making the Rounds on the Internet

submitted by John Gilberto

How to Stay Young

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

How to Survive a Heart Attack When Alone

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Special Interest Groups

Discussion Group

Everyone Welcome (no need to register)

Date: Friday, March 17, 2006, 10:00-11:30 a.m.

Where: Seminar Rooms A & B, Ernst Cultural Center, NVCC

Topic: Is always determined by participants at the previous meeting. Please call for more information.

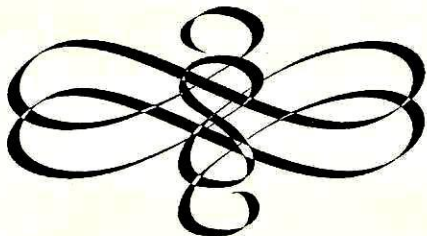
Information: Sue Swift (703) 448-0322

Bridge Group



The LLI Bridge Group will meet March 9 (Thursday; LLI Forum is scheduled for Wednesday, March 8) and 22 (Wednesday) at the Mason District Government Center from 10 a.m. to 2 p.m. (bring a bag lunch). Please call Bob or Gladys Bucklew, Chairpersons,

at 703-631-7889 any date you wish to attend to afford us the opportunity to obtain sufficient card tables for attendees. All are welcome. Note that if there are "extra" people, Bridge play is rotated (four hands per game) among all present. Also, most of our players are "singles"; you do not need a partner to attend. We hope you can join us!



Pictures Wanted

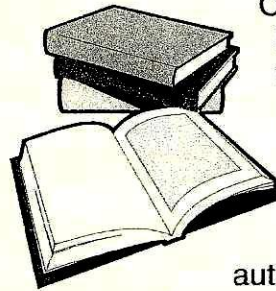
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Happy 10th Birthday!

Anyone having clear pictures of LLI events during the past several years, or, this year, please call Don Reynolds at 703-3352-7494 and we will include them in our May 2 Anniversary Luncheon mammoth photo display.

Favorite Books Club



On Thursday, March 16, the LLI Book Club members will meet at the Mason District Governmental Center in Annandale from 11:30-1:00 to discuss their selection, "The Samurai's Garden." The author, Gail Tsukiyama, starts

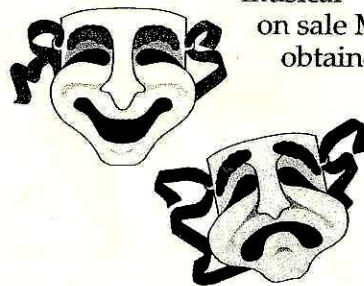
her novel on the eve of World War II as a young Chinese man is sent to his family's summer home in Japan to recover from tuberculosis. He meets four local residents and, as the book cover reports, "what then ensues is a tale that readers will find at once classical yet utterly unique."

If you need any information regarding the meeting, please call Arlene Gribben at 703-569-0357 or e-mail at arlenegribb@aol.com.



Theater Group Recommendation

The Vienna Community Center is presenting the musical "1776" in April. Tickets go on sale March 27. Tickets may be obtained from the Community



Center front desk at \$10.00 for those over 65 and over and \$11.00 for those under 65.

They cannot be bought by phone. For more call (703) 255-6560.



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Invitation from NVCC Annandale

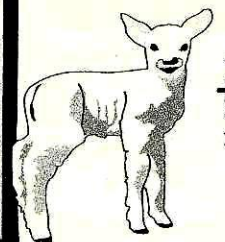
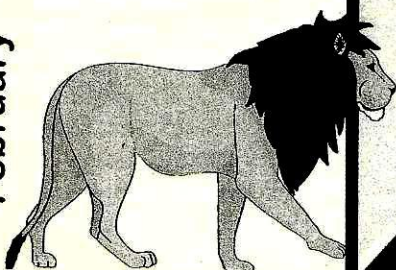
Linda Greenhouse, Pulitzer-Prize-winning correspondent for the New York Times, will speak at noon Wednesday, March 15, 2006, in the Cultural Center Forum. With recent nominations, confirmation hearings, and major decisions in the offing over the next few years, few topics could be more timely. Greenhouse is the author of the recently published biography of the late Justice Harry Blackmun, a book said to be unprecedented for its insights into little known aspects of court life. This is a Lyceum event, free and open to the public.

Volunteer Parking Reimbursement

LLI members who perform volunteer work on campus for LLI projects may be reimbursed for their parking fees incurred while working. Forms and instructions for claiming the reimbursement will be available in the LLI Office.

Deadline for the April newsletter input is March 10.

February



April