

November Forum

Wednesday, November 5, 2008, 10 a.m.
Social Hour Starts at 9:30 a.m.

*Was There Ever Life on Mars?
 What is the Future of the International
 Space Station? When Will NASA Return
 to the Moon and Why?*

Norma Normandy, a NASA communications specialist and director of the Speakers' Bureau, will present to us some of the latest, most fascinating findings from the Aeronautical and Space Agency. Some of the issues she will address concern the approaching end of the space shuttle program, the ongoing repair missions for the Hubble Telescope, the new constellation vehicles, new research projects planned for the international space station, and the current and future planning for the next missions to the moon. There are so many questions and options about where NASA goes from here. Also she will tell about her agency's efforts to promote science in classrooms and communities throughout the nation. Needless to say, she is bringing lots of slides, and this should be a most colorful and informative lecture.

Please Note: *Parking is in the pay parking garage. Parking in the B and C lots is by permit only.*

Holiday Luncheon



**December 4 at the
 Country Club of Fairfax**

Time flies – can you believe it's November already? We've been busy planning our get-together.

**Get your tux ready and your
 long fancy gown.**

**Our "Holiday Luncheon"
 is coming to town.**

**The Country Club of Fairfax is just
 down the street**

**And you know that our luncheons
 just can't be beat.**

**If you attended last year, you know
 that's very true,**

**So please, send us your check
 in a day or two.**

(Please see the enclosed flyer and reservation form.)

Lunch Bunch

John Bogart bogartje@cox.net

Reservations have been made at the **Pan Am Restaurant**, following the Forum. The restaurant features a wide selection of tasty foods at low cost. The address is 3051 Nutley St., Fairfax, in Pan Am Shopping Center. Phone 703-560-9322.

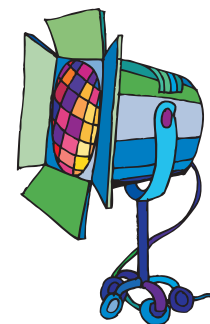
Directions: From NOVA Left on Rt. 236, right on Prosperity Ave., left on Arlington Blvd., right on Nutley St. to shopping center on right. Restaurant is next to CVS store.

LLI Student Scholarships

In June you had the opportunity to meet and visit with the fine young people who were awarded scholarships funded by your generous contributions. Now we are ready to kick off our drive for funds to make scholarships available to students in 2009. Shortly you will receive a letter giving you more details of these scholarships and asking for your donations. Please be as generous as in the past, so that we can help some fine young NVCC scholars achieve their dreams.

Calendar of Events

Spotlight Minute



At the November Forum our volunteer spotlight will shine on the members of the Curriculum Committee as we recognize the work they do to provide us with exceptional educational opportunities.

November 2008

- 5 Forum (Wed.)
- 14 Board meeting
- 14 December newsletter deadline
- 24 Newsletter mailing

April 2009

- 7 Forum (Tues.)
- 10 May newsletter deadline
- 10 Board meeting
- 20 Newsletter mailing

December 2008

- No Forum
- 4 Holiday Party
- 12 Board meeting
- 12 Trip: Candlelight dinner at Gunston Hall

May 2009

- 5 Forum (Tues.)
- 8 Board meeting
- 8 June newsletter deadline
- 18 Newsletter mailing
- 18-22 Trip: Southern Highlights

January 2009

- 7 Forum (Wed.) — *Note change from Tues. 1/6*
- 9 Board meeting
- 9 February newsletter deadline
- 19 Newsletter mailing

June 2009

- 2 Forum (Tues.)
- 12 Board meeting

February 2009

- 3 Forum (Tues.)
- 6 March newsletter deadline
- 13 Board meeting
- 16 Newsletter mailing

July 2009

- No Forum, no newsletter

August 2009

- No forum, no newsletter
- 7 September newsletter deadline

March 2009

- 3 Forum (Tues.)
- 13 Board meeting
- 13 April newsletter deadline
- 23 Newsletter mailing

NOTE: No December Forum. January's Forum has been changed to *Wednesday*, NOT *Tuesday*.

LLI Board of Directors

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Vice President: Bob Huley
Secretary: Gina Trapp
Treasurer: Phil Runge
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* year term ends

Administrator: Laura Charron

Newsletter Staff

Newsletter Co-Editors: Norma Hughes 703-960-6279 nah.home@verizon.net and Lynda Brittain 703-425-8240 brittain@cox.net

Graphic Design/Desktop Publisher: Alfred Brothers

Mailing Coordinators: Colletta Hammond and Kathy Hall

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Members

Martha Siemering 703-569-2450
 martsiem@cox.net

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

Pat Goddard, 3701 Larchmont Dr., Annandale, VA 22003, 703-256-5035

Annie Lauler, 1830 Briar Ridge Ct., McLean, VA 22101

Updates

Molly Hewitt, 4800 Fillmore Ave., Apt. 727, Alexandria, VA 22311, 703-578-1080

Current Volunteer Opportunities

Be a Greeter

LLI/Nova is noted for its hospitality. One way we express it is through members who act as "greeters" at each monthly Forum. Please stop by the volunteer table at the November Forum and sign up to be a greeter for one (or more!) Forums in 2009. Welcome and guide visitors and members as we all gather to socialize and share refreshments during the half hour before the speaker begins.

You may also contact Martie Klee directly to volunteer. Martie can be reached at 703-644-4931 or marthaklee@earthlink.net.

Bring Refreshments

A favorite part of each Forum is the table of refreshments available to enjoy during the social hour before the speaker begins. While we pay for the coffee and tea service, all the tasty treats come from members. Please stop by the volunteer table and sign up to bring fruit or baked goods for an upcoming Forum.

Travel, May 2009

There are vacancies for LLI's four-night "Southern Highlights" trip to Winston-Salem and Asheville, NC and Abingdon, VA on May 18-22, 2009. Send your registration to the LLI office or call Louise Sousk (703-323-9144) for a registration form or more information.

Study/Travel

Mark your calendars for the fall of 2009. That is when the LLI Study/travel group plans to visit our National Parks in the southwest; ideally in mid-September. We will visit Zion, Bryce, Capital Reef, Canyonlands, Arches, Monument Valley, Grand Canyon (north rim), Lake Powell and Mesa Verde. This will be an 11 day trip, starting and ending in St. George, Utah. We will be part of an Elderhostel group. There will be plenty of information about the local history, culture and geography. Estimated costs are \$1625/person. Single supplement is \$ 350. Airfare is not included and will be about \$ 700. All meals, except 1 lunch, are included. There will be a fair amount of hiking. Registration will probably start in Dec. or Jan. We may be able to do a group registration if everyone is already a member of Elderhostel.

The Curriculum Committee Seeks a Course Leader

Would you like to be a course leader on one or more topics of interest to LLI members? A friend of LLI has generously offered a number of Teaching Company Tapes which the Curriculum Committee could use in developing classes. These are audio tapes (not audio/video). One set is on CDs, the others are audio cassette tapes. Topics include History – the High Middle Ages; History – Ancient Rome; History – Churchill; Great World Religions (5); Philosophical History; and Economics.

Lesson plans and research on the subjects are not required, just an interest in one or more of the topics and the willingness to volunteer as a course leader. Course guidebooks are available with each topic to help the course leader prepare for and lead discussion following each tape session. Perhaps two members could join together to co-lead one or more classes. If you are interested in being involved in this endeavor and wish more information, please contact either Mary Underwood at 703-329-8391, maryunderwood29@verizon.net, or Paul Hopley at 703-978-9381, pbhopley@cox.net.

October Community Outreach

Betty Lee Thatcher 703-354-8154
Carol Weber, caroljeanweber@hotmail.com

Three overflowing carts of food were delivered to ACCA in October. Thank you for your generous contributions. The need is even greater at this time of economic downturn.

In November food donations will be for the food ministry of the Rising Hope United Methodist Mission Church. Since 1996, the church has ministered to the spiritual and tangible needs of the community, particularly the poor and disadvantaged along the Route 1 corridor of Fairfax County. In addition to the food ministry, other programs include a clothing closet, job-search assistance, financial assistance, and participation in the Fairfax County winter hypothermia program for the homeless by housing and feeding 25 guests nightly.



Non-perishable food needs are baby cereal, baby formula, baby food, tuna, Spam, pasta, tomato sauce, rice, peanut butter, jelly, single serving canned fruit, cup-of-noodles, and Vienna sausages. Jane Jones will deliver the food this month.

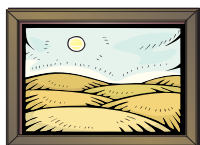
*Deadline for
December newsletter is
November 14.*

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 Fall 2008 course catalogue and mail it to the LLI office with a check in the amount of \$110 for each person wishing to continue with LLI.



Special Interest Groups



Arts & Smarts

Donna Trogler 703 751-8932 or
e-mail DTrogler@aol.com

On November 21, 2008, Arts & Smarts will be going to the National Gallery of Art for the exhibition of Pompeii and the Roman Villa: In the 1st Century BC, the Bay of Naples became a favorite retreat for vacationing emperors, senators and other prominent Romans. They built lavish seaside villas in the shadow of Mt. Vesuvius where they could indulge in absolute leisure, read and write, exercise, enjoy their gardens and the views and entertain friends. Additional details will be forthcoming. For further information, please call Donna.



LLI Bridge Group

Bob or Merry Huley 703-534-4819 or
703-489-9045 or roberthuley@cox.net

November and December Play

Dates — In November, we will be varying from our standard dates and play on Thursday, November 6, and Wednesday, November 19. In December, we will play on Wednesday, December 3, and Thursday, December 18.

Location: Mason District Governmental Center. **Time:** 10 a.m. to 2 p.m. Bring a bag lunch.

You do not need a partner because we rotate partners so you will play with everyone. We are always looking for new players, and all levels of players are welcome in this very friendly game. Please call, or email me, if you would like to attend (or for more information) so that we can provide sufficient card tables.

September/October Results — Top three finishers on September 24 were Nelva Berend, Merry Huley, and Mary Underwood. Top three on October 1 were Mary Underwood, Bob Huley, and Nancy Sherman. Congratulations to all.



Community Theater

Helen Clark 703-573-1571,
h.a.clark@worldnet.att.net

Check the December newsletter for details on the next LLI theater

event.



LLI Current Events Group

Date: Friday, 7 November 2008

Place: Mason District
Governmental Center, Small
Conference Room

Time: 10 am to 11:30 am

Topic: What issues are in store for our country?

Join us if you want to share your ideas or learn more about current events. We want to give all, who wish, a chance to speak. After an hour, we choose the next topic. Then we have open discussion on current events of interest to anyone. We meet in the Small Conference Room of the George Mason District Governmental Center.

For more information, Email Shirley Lotz at Shirley.Lotz@Ericksonresident.com or svlotz@alum.wellesley.edu or call her at (703) 451-4371.



Favorite Books Club

Arlene Gribben 703-569-0357,
arlenegribb@aol.com

Date: Thursday, November 20

Time: 11:30 a.m. – 1 p.m.

Place: Mason District Governmental Center, Small Conference Room

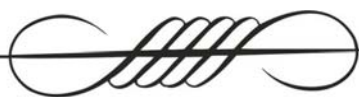
The November book for review is "Lazy B" by Sandra Day O'Connor and her brother, H. Alan Day. The first female justice of the U.S. Supreme Court and her brother tell the story of the Day family and of growing up on the harsh yet beautiful land of the Lazy B Ranch in Arizona. Laced throughout the stories of three generations of the Day family are lessons Sandra and Alan learned about the world, people, self-reliance, and survival. The reader will learn how the values of the Lazy B shaped them and their lives.



LLI Gourmands

On October 10, the Gourmands dined at the Otani Japanese Steak House. Betty Pogerman and Linda Rose planned the event. On

Friday, November 7, the Gourmands will dine at the Fireside Grill in Lorton. Following lunch the group will visit the Workhouse Arts Center at Lorton. Please contact Barbara Woods at (703) 569-1278 or bwoodscgc@hotmail.com if you are interested in attending this event. There will not be a Gourmands event in December; all are encouraged to attend the



Holiday Luncheon. As yet, no event has been planned for January.



Nimble Fingers

Bev Portman, 703-698-8366,
fires@juno.com

The November meeting is scheduled for Friday, November 14, 1:00 to 2:30 p.m. in the Small

Conference Room of the Mason District Governmental Center. Bring a small needlecraft project of any type to work on. For more information, contact Bev Portman.



Walkabouts

Walks are scheduled on Thursday, November 6 and Wednesday, November 19, beginning at noon at the Eakin Park parking lot on Prosperity Avenue. The parking lot is located at the foot of a hill. Directions: From Little River Turnpike follow Prosperity to the

lot on the right (approx 1.5 miles). From Arlington Blvd follow Prosperity a half mile to the lot on the left.



Do You Know How to Safely Dispose of Unused Medicines?

You should not flush unused medicines down the toilet, because they are likely to end up in our rivers and stream, and more importantly in our drinking water. You can throw unused, unwanted or expired over-the-counter and prescription medicines in the trash by following the recommendations of the American Pharmacists Association for safely disposing of pills and liquids. These steps will help prevent their misuse or accidental ingestion by children or pets.

- Keep the meds in their original container; this will help identify the contents if they are accidentally ingested.
- For safety, cross out your name and prescription number on the container.
- For pills, add some salt water to start dissolving them. For liquids, add something inedible like cat litter, dirt or ashes.
- Seal the container and secure with duct or packing tape.
- Put the container in the trash as close to pickup time as possible; do NOT put in the recycle bin.

From the LLI Scrapbook

LLI toured Lincoln's cottage in July.



Members walking to Lincoln's cottage



Front entrance to the cottage

In Memoriam

We remember with fondness these LLI members and former member who recently passed away.

Mary Montgomery, one of LLI's first members

Lucille Apple

A. Robert Pfeiffer

Charles Schafer, a former member

Established 1996



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Please Deliver by
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