



Volume 24—Number 12

News & Views

December 2020

Wednesday, December 2

LLI/NOVA FORUM VIA ZOOM

Social Zooming: 9:30 a.m.

Announcements: 9:50 a.m.

Presentation: 10:00 a.m.

(Click on the URL in the email.)



Our Dec. 2 Forum speaker is Anna Brown, a research associate at the Pew Research Center, who will discuss current topics such as mask wearing, views on racial inequality, and the economic impact of the coronavirus outbreak.

According to Anna's research, Americans have mixed views on the long-term effects of the increased focus on issues of race and racial inequality since the death of George Floyd. The public is about evenly split on whether this increased focus will lead to major policy changes to address racial inequality (48 percent say it will and 51 percent say it will not).

And while a majority say the heightened attention to racial issues represents a change in the way most Americans think about these issues, just 34 percent say this represents a major change.

Other recent research of hers found that lower-income adults have been harder hit by the economic repercussions of the coronavirus outbreak than middle- and upper-income adults. For example, in an April 2020 survey, 52 percent of respondents said someone in their household lost a job or took a pay cut due to the outbreak, compared with 42 percent of those in middle-income families and 32 percent of those in upper-income families.

Those in lower-income families were also far less prepared for a financial emergency. Just 23 percent said they had three months' worth of emergency savings, compared with 48 percent of those in middle-income families and 75 percent of those in upper-income families.

Anna Brown works with the Pew Research Centers Social & Demographic Trends Project. She completed her MS degree at the Joint Program in Survey Methodology at the University of Maryland.

She has written almost 70 research publications on an assortment of social and demographic issues. She also produced an assortment of publications on gender, race, LGBT Americans, attitudes about the census, and the impact of the coronavirus outbreak on Americans' lives. To see the range of her research visit her page on the [Pew Research Center](#) website (click on link).



President's Message



Beyond COVID

Now that COVID-19 vaccines are likely to become available, collectively we can exhale. However, through late spring we are likely to continue our current social distance mores. Nonetheless, we are considering some of the unexpected benefits our social-distance era produced for LLI/NOVA.

First and foremost, this in no way suggests we are stepping back on in-person activities and events. The in-person connection is extraordinarily fulfilling and enriching when we leverage the synergies of group enrichment.

Members have commented on an assortment of Zoom-related outcomes that may be worth continuing in some form. Here are a few examples.

- It was suggested that we consider having in-person Board meetings every other month (i.e., even months in-person and odd months via Zoom). Beyond the obvious benefit of saving time, perhaps more members may be inclined to join the Board (and other committees or interest groups) if some were via Zoom, thereby enabling folk to participate when on vacation. Often members cite travel plans that preclude greater participation in LLI/NOVA.

- Roundly and soundly, all agree that we consider a Zoom bad-weather option when scheduling the January and February Forums.

- When health maladies compromise us, whether temporarily due to a knee or hip replacement or something more lasting, Zoom (and/or live streaming) offerings should be considered for each session.

Travel also warrants a fresh look. When “things open up,” how likely are we to travel abroad in 2021? After watching countries close borders on short notice and noting that some travel providers may not make promised refunds, some wonder whether we should consider more stateside options going forward. It also was suggested that we consider partnering with other nearby (Baltimore to Richmond) LLIs to broaden our options.

It is time to exhale and start thinking and planning post-COVID. Mark your calendars for the January 6 Forum; we will have a global vice president from Sanofi US, a pharmaceutical company working on vaccines, presenting a talk about COVID.

Be safe and take advantage of activities listed elsewhere in this newsletter.

Best, Anna



Bing Free Image

SPECIAL EVENTS



**Fun. Fellowship.
Friendship. Food.**

PICNICS

Not long after LLI/NOVA began, Louise Sousek began planning an annual picnic. For the first few years, it was pot-luck and the meal was whatever the attendees were willing to bring. As time went by, the Board was persuaded to include funds in the budget, and the picnic became fancier. Each year, a planning committee chose a theme and arranged for a buffet luncheon, decorations, entertainment, favors, and fun prizes. It was held at various parks but was at Fort Hunt Park in Alexandria for a number of years, until the picnics were discontinued in 2013.



Picnic Committee, June 2, 2011
Fort Hunt Park in Alexandria
(first row l to r) Marianne Moerman, Nancy Jordan, Salli Wise, Bonnie Hopler
(second row, left to right) Arline Sachs, Warren Hynes, Sally Reynolds, Doug Johnson, Merry Macke, Rita McClanahan, Trudy Hynes, Shirley Lytle

APPRECIATION EVENTS

We have always appreciated our teachers/instructors. For several years, we hosted an Appreciation Luncheon, which was originally held at the Little River United Church of Christ with Bo

Kelley, Elaine Waggoner, and Marie Baglio as early planners. Later the luncheon was held at the college, and everyone who taught in the preceding year was invited, along with members who chose to attend. Each year a planning committee chose a theme and arranged for the luncheon, with decorations and a program. One popular theme was "Hats Off to Our Volunteers." The event was discontinued because the teachers were so busy they could seldom attend.

HOLIDAY PARTIES

An annual Holiday Party was planned from the organization's earliest days. Among the early planners were Martie Klee, Louise Sousek, and Marie Baglio. The popularity of the party grew through the years and is a holiday tradition with many members. Previously held at the Fort Myer Officers' Club or the Knights of Columbus Hall in Arlington, the party was held in 2008 at the Country Club of Fairfax, which was so popular that we continue there today. The planning committee chooses a theme, then arranges the details, including entertainment and door prizes. For a number of years, attendees have generously donated toys for the children at a local shelter, a tradition that was begun by Merry Huley.



Toys donated at the party in 2017



The favorite theme of many attendees was "Christmas and Hanukah Around the World" in 2013.



(l to r) Arlene Gribben, Betsy Pugin, Martie Klee, and Lynne Smaldone, members of the Favorite Books Club, participated in the program in 2016 because the theme was a literary one, "Book It for the Holidays."

THE 10TH ANNIVERSARY SPECIAL EVENTS

The planning team for the LLI/Nova's 10th anniversary celebration, in 2006, was chaired by Don Reynolds. Three special celebrations were held: a birthday party, "LLI Stirs Things Up," in May at Greenspring Village, chaired by Martie Klee and Bonnie Hopler; a "Fall Country Western Picnic" in September at Fort Hunt Park, chaired by Dick DiBuono and Chuck Klee; and the Holiday Party in December at the Knights of Columbus Hall in

Arlington, chaired by Betty Mahon. The holiday party was to be the kickoff event for the 10th anniversary in December 2005 but was cancelled because of snow.



COMMUNITY OUTREACH

The Community Outreach team would like to wish you a safe, healthy, and blessed holiday season. Typically we do not collect food in December but reach out with toys and baby items to assist charities with gift giving.

Since we are unable to collect items this year at a holiday party, we are asking LLI/NOVA members to donate to Bethany House of Northern Virginia. Bethany House helps more than 100 women and their children who have suffered domestic violence. Bethany House provides temporary housing and support, allowing the clients to get reestablished and regain their dignity. Donations may be sent to Bethany House, 6601 Little River Turnpike, Suite 110, Alexandria, VA 22312. Please put LLI/NOVA in the memo line.

Also, please remember that the need at local food pantries is ongoing during this pandemic. All donations are greatly appreciated. Continue to remember your favorite food pantry or one of these:

FACETS, 10700 Page Ave., Building B, Fairfax, VA 22030

ECHO, 7205 Old Keene Mill Rd., Springfield, VA 22150

FOOD FOR OTHERS, 2938 Prosperity Ave., Fairfax, VA 22031

THANK YOU FOR CARING AND SHARING AS YOU ARE ABLE.

Joyce Pomeroy (lj.pomeroy@gmail.com)
Betsy Pugin (betsy.pugin@gmail.com)

LLI/NOVA PRESENTS A BIG CHECK TO NOVA-ANNANDALE STUDENTS!

On Nov. 16, NOVA President Anne Kress and her staff accepted from LLI/NOVA President Anna Dixon a ceremonial check for \$25,000 earmarked for outstanding students at the college's Annandale campus, where our organization was founded 25 years ago.

LLI/NOVA members were generous and supportive in light of the current pandemic, with its high unemployment consequences, making NOVA students' financial challenges much worse.

For this reason, we set, and achieved, a high target of \$25,000 for our 2020-21 scholarship program fundraising. Over the last 24 years, LLI/NOVA members have contributed more than \$200,000 in scholarships to NOVA-Annandale students. Last spring, we gave the college scholarship fund \$12,000 for the 2019-20 academic year.

Our scholarships are based on the applicants' leadership qualities or academic accomplishments. The NOVA Foundation administers the funds.

Current Virginia Senate Majority leader Richard Saslaw, who represents the 35th District, and James Dillard, a retired long-time Speaker of the House from the 41st District, joined us for our presentation. They both acknowledged the value LLI/NOVA brings to the community and said they hope to see the continuation of the LLI and NOVA-Annandale partnership.

LLI/NOVA past presidents Scott Pinckney, George Chalou, Paul Hopley, and Lorin Goodrich also attended.

Dick Martin, Bonnie Hopley, Phil Centini, Nan Peck, Bob Huley, June Chalou, and Janice Viola contributed extensively to the fund-raising project. Phil also delivered invitations personally to the Saslaw and Dillard residences.

--Anna Dixon



Photo by Neil Mattingly, NVCC

Participants (l. to r.) Jim Dillard, Dick Martin, Richard Saslaw, Paul Hopley, Corrine Hurst, Anne Kress, Bonnie Hopley, Lorin Goodrich, Scott Pinckney, Anna Dixon, Pam Hilbert, Kelly Persons, Steve Partridge, Dana Kauffman.



Special Interest Groups



Favorite Books Club

Date/Time: Thursday, Dec. 7,
11:30 AM---1:00 PM

(Zoom meeting)

Our selection this month is "Eleanor Oliphant Is Completely Fine", a novel by Gail Honeyman. And just who is Eleanor? She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding unnecessary human contact, where weekends are punctuated by frozen pizza, vodka and phone chats with Mummy. But everything changes when ?

Coordinator: Lynne Smaldone
[Click here](#) to search for contact information



Tabletop Games

The November email Trivia Game questions will be sent out on Nov. 30 with return of answers by Dec. 7. [Click here](#) for contact information to notify Mary Lu Bednarsky if you wish to be included.

Santa's Helpers



Emma & George Jablonski

Found on the Internet

Brightening the Dark Days of Winter With On-Line Activities and Classes

Exercise

Join some of your favorite RECenter instructors for livestreamed fitness classes. Healthy Strides Community classes are LIVE and FREE through Zoom. New times and formats were added recently, and you can stream with music. Among the classes are Pilates, yoga, and exercise for older adults.

<https://www.fairfaxcounty.gov/parks/healthy-strides> (Click on the underlined link.)

Or just watch others exercise (free videos) at <https://www.fairfaxcounty.gov/parks/virtual>

Stability Ball Exercise: Watch as Jennifer B. of Spring Hill RECenter incorporates a stability ball into her exercises.

Squats With Your Dog: Oak Marr RECenter's Fitness Director, Hannah H., is back at it again with her best pal, Jack.

Lower Body Strength: Spring Hill's Jennifer B. demonstrates exercises to strengthen the lower body.

Bird Dog Plank: Spring Hill's Jennifer B. shows you two great exercises to work your core.

Table Top Exercise: Oak Marr RECenter's Sherry S. demonstrates one of her favorite exercises, the table top exercise.

Balance and Beyond: Fairfax County Park Authority fitness Instructor Barb E. leads an at-home version of Balance and Beyond.

Roll the Dice Workout: South Run RECenter's Jessica G. teaches her kids basic exercise moves through a fun "roll the dice" game format.

Yoga With Your Dog: Watch as Hannah H. from Oak Marr attempts to teach her dog some basic yoga.

Channel 16 Tai Chi & Yoga Videos: Stay active and reduce stress with free streaming videos. Exercise intensity ranges from light to moderate.

Free Workout Videos for Older Adults: Explore free videos from the National Institute on Aging. Exercise intensity ranges from light to moderate.

Educational/Travel

LLI/NOVA is part of the Road Scholar LLI Resource Network. Road Scholar is offering virtual programs in addition to continuing some of its regular programs. Take a vacation to a dream destination without leaving home! The Morocco and Medici series are excellent and free. Go to www.roadscholar.org/virtualllearning/ and scroll down past the fee-based "Upcoming Lectures" to the "Our Virtual Lecture Library" section which is free. "Venice: 1,000 Years of History" is taught by a lecturer who lives in Venice and teaches for Smithsonian programs as well as for Road Scholar. More are added weekly. The lectures run about an hour or less.

David Gariff, senior lecturer, National Gallery of Art recently completed and posted the 2020 summer series exploring the theme of Staycation. Although we are spending time close to home, we can still dream and learn about beautiful places. In these talks, Gallery lecturers present a tour of six of the world's great cities. Few regions of Europe can rival the French Riviera's combination of magical light, mild climate, colorful landscapes, and living history. Long a magnet for foreign artists—including Monet, Renoir, Bonnard, Matisse, Picasso, and Chagall—the Côte d'Azur and its scenery, people, and traditions have inspired some of modern art's most iconic paintings and sculptures. In this recommended

first lecture, "Modern Masters of the French Riviera," David Gariff discusses the historical significance and impact of the French Riviera on 20th-century art, examining the inspiration artists found in locations such as Nice, Saint-Tropez, and Collioure. Use this url and then scroll to this video topic. <https://www.nga.gov/audio-video.html>

The Library of Congress has free lectures on a broad range of topics and musical performances at <https://LoC.gov/events>.

Free Live Music

Watch extraordinary performances from the Kennedy Center's Digital Stage with new releases daily, special series, and original series. <https://www.kennedy-center.org/digitalstage/>

LLI/NOVA policy states that, "LLI/NOVA will not place announcements in the LLI/NOVA Newsletter for other organizations, regardless of their affiliation or mission." The above Internet cites were mostly governmental and do not promote a particular, private organization. If you find similar websites that could be of interest to other LLI/NOVA members, send a note to newsletter@llinova.org for possible inclusion in a future newsletter.



Photo by LLI/NOVA Member Kathy Dillon