

May 6th Forum Speaker from Food & Drug Administration

LLI's May 6, 2002 Forum speaker is Mary Kremzner from the Pharmaceutical Division of the Food and Drug Administration (FDA). Almost all of us take drugs at one time or another for a variety of ailments. Ms. Kremzner will provide us with valuable information on the rigorous FDA procedures used to approve new drugs. In addition, she also will compare the U.S. approval process with that of other countries, speak about the high cost of prescription drugs, and discuss the importation of drugs, especially from Canada and Mexico. Some drugs specifically for women also will be covered. This is a most challenging issue for many seniors; we hope you will take the opportunity to attend this special presentation.

The Forum will start promptly at 10:00 a.m., with refreshments available at 9:30 a.m.

Nominating Committee Report

The Nominating Committee, with the concurrence of the Board of Directors, presents the following slate of candidates for election to the LLI Board for a term of three years. According to the by-laws, one-third of the Board is elected each year; therefore, there are five positions to be filled. The election will be held at the June 3 meeting, and additional nominations will be accepted from the floor.

Candidates for the five positions are:

Gladys M. Bucklew was born in Percy, IL, and graduated from Sanford Brow Business College, St. Louis, MO. She worked for 13 years as a secretary and staff supervisor for the FBI in St. Louis and Chicago, with special assignments in

The Lunch Bunch

The May lunch after the Forum will be at the **Silverado Restaurant**, 7052 Columbia Pike, Annandale, (703) 354-4560, about noon. The restaurant has excellent food and service. Directions: from NOVA take a right on Route 236, and proceed to John Marr Drive (beyond Fuddrucker's and the Giant), turn left and go to the next light, Columbia Pike (Route 244). Turn right on the Pike and then left into the shopping center.

And You Won't Want to Miss

The June 3 Forum, at which Adrian Havill, author of *The Spy Who Stayed Out in the Cold: The Secret Life of FBI Double Agent Robert Hanssen*, will be our guest speaker. Hanssen tops Ames (CIA) and Pelton (NSA) as the most dangerous U.S. spy during the past century. Come and learn what motivated Robert Hanssen, and whether the FBI has "cleaned up its act."

Kansas City, MO, Birmingham, AL and Dallas, TX. After a hiatus from the working world to raise two children, she worked for 14 years for General Dynamics Corp. in Falls Church, VA, retiring as an Executive Secretary in mid-1999. She has served as a volunteer at various levels on church and school councils, boards, and committees. She and husband Bob have a son and daughter-in-law in Chicago, IL, and a daughter and son-in-law in Charlotte, NC. Gladys and Bob joined LLI in August 1999 and have served as chairpersons of the Bridge Group since March 2001, as well as participating in a number of LLI activities and classes.

Calendar of Events

April 2002

- 26 Financial Forum. Topic: 40-min. video presentation, "Financially Correct"
- 29 Mailing of Summer Catalog

May 2002

- 3 Discussion Group
- 6 Forum/Summer Kickoff
- 8 Bridge Group (tentative)
- 10 Board Meeting
- 12 Theatre Club: *Hot Mikado*
- 13 Newsletter Deadline
- 17 Carroll County Farm Museum, Country Inn, and the Union Mills Homestead and Grist Mill
- 20 Newsletter Mailing
- 22 Bridge Group (tentative)
- 22 Spring Fling – Annual Volunteer Recognition Event
- 24 Financial Forum. Topic: Semester recap and onward... What Worked Best? Where Do We Go From Here? Investment Choices and Challenges. Member participation.

June 2002

- 3 Forum/Annual Meeting, Election of New Members to Board of Directors
- 7 Discussion Group
- 11-13 Trip: Philadelphia
- 14 Board Meeting
- 15 Theatre Club: *Joey & Maria's Italian Wedding*
- 17 Summer Classes begin

July 2002

- 5 Discussion Group
- 12 Trip: Baltimore — The Walters Art Gallery and Fort McHenry
- 18 Board Retreat

August 2002

- 2 Discussion Group
- 11 LLI Picnic
- 14 Trip: St. Michaels - Eastern Shore, Chesapeake Bay Maritime Museum & Lighthouse

September 2002

- 6 Discussion Group
- 9 Forum/Fall Kickoff – New Speaker Series Begins
- 13 Board Meeting
- 17 Spy Tour of Washington
- 30 Fall Classes begin

October 2002

- 4 Discussion Group
- 7 Forum
- 11 Board Meeting
- 16-18 Trip: "Frontier to Normandy" – Fall tour to Southwest Virginia

November 2002

- 1 Discussion Group
- 4 Forum
- 8 Board Meeting

December 2002

- 2 Forum
- 6 Discussion Group
- 13 Board Meeting
- 17 Holiday Luncheon

Curt Kornblau was born in Vienna, Austria, and now lives in Vienna, Virginia. He was educated at the City College of New York and Boston University (B.B.A.). During World War II he served in the U.S. Army and the OSS. He spent his adult working life in the food industry, mostly with two trade associations, Super Market Institute and its successor, Food Marketing Institute, where he functioned at various times as director of research, special projects, strategic planning, treasurer, secretary, and senior vice president. He was active on many industry, professional, and governmental committees and wrote and lectured on food distribution. He has been a member of LLI for two years and serves on the Program Committee.

John Manion holds a BA (magna cum laude) and MA in economics and finance from Catholic University. He is retired from the U.S. Dept. of State, where he worked in the field of international banking and finance. He joined LLI in 1998 and was elected to the Board of Directors in June 1999. Since that time John has served as LLI Treasurer. His biggest satisfaction has been the development and implementation of a computerized accounting system, which was necessitated by the significant growth in LLI membership and activities. He believes that LLI presents a challenging selection of educational opportunities for its members and is committed to assisting in maintaining the high quality of courses offered and service provided to LLI members.

Alan Mayer joined LLI in 1996 and was elected to the Board in July of that year. He served as Vice President for three years and President for two years (1999-2001). He was responsible for space acquisition and helped start the Student Award Fund. He has taught classes on government and politics and has served as group leader on six study/travel trips abroad. Currently, Alan chairs the By-Laws Committee, the Student Awards Committee, is a member of the Program Committee, and performs liaison to the senior administration of NVCC (Annandale). Alan served for ten years as a Delegate in the Virginia House of Delegates, representing a portion of Fairfax County. Prior to that, he served for thirty years with the CIA. He has degrees from the University of Maryland and the University of Virginia.

Elizabeth (Liz) Snively hails from Montreal, Canada. In 1965, she married an American and moved to Washington, DC, where she continued to pursue her career in office management and administration for corporate and non-profit employers. Liz joined LLI in January 2000 and, since June of that year, has served as editor of the LLI Newsletter. She also was a co-leader of the play-reading class for three semesters, and is

Summer Program

We have prepared an exciting summer program for you, so make sure your membership is current! Courses to be offered are: Vital Aging; Armchair Visits to Washington Museums; Spanish Conversation and Discussion; Jazz, an Introduction; Introduction to the Indo-European Languages; Summer Fun at the Movies; Short Stories (Eudora Welty); Armchair Travel (Turkey; Scandinavia; Costa Rica); Poetry, Quotations, and Humor; Making a Beaded Necklace or Bracelet ; Making a Napkin Basket; Greenspring Gardens Tour and Tea in the Manor House. There also will be day trips, in July, August, and September, to Baltimore; St. Michael's on the Eastern Shore; and to investigate Spies of Washington. See you there! *Note:* The detailed program will be mailed April 29; registration deadline is May 27.

Course Change

NOTE: Change of venue for **Course 2634, SPRING WILDFLOWER WALKS**

At the beginning of May, there is a spectacular display of trilliums in the vicinity of Linden. The group thus agreed to have our second class in Linden, VA, on Saturday, May 4, 2002. We will carpool, as there is limited parking at our destination, and we will leave at 9:00 a.m. Call Doris Balinsky at (703) 941-1794 to coordinate the carpools and identify a meeting place. We can accommodate a few extra participants. Let us hope the early hot weather doesn't hasten the usual flowering time for the trilliums, and that they will wait for us!

Music, Music, Music!

Sunday, May 19, 7:00 p.m., The Wakefield Chorale will hold its annual Spring Concert at the Lake Braddock Secondary School's Little Theatre, Entrance 12, 9200 Burke Lake Road, Burke. The concert will feature a wide variety of music, including: show tunes, patriotic songs, ballads, folk music, standards, and a little opera. Cost is a \$1.00 donation. Please join us for a fun evening, tapping your foot to "Music From the Heart."



LLI Board of Directors

President: Lorin Goodrich
Vice President: Richard Risk
Secretary: Mary Davis
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Administrative Director: Laura Charron

Newsletter Staff

Newsletter Editor: Liz Snively (703) 683-6426 / jns-ginger@comcast.net
Graphic Design/Desktop Publisher: Alfred Brothers

President's Corner

May is the month when LLI makes special note of the many contributions from our volunteer faculty and the numerous members who offer their time and talents so willingly. Since this institute is operated primarily by volunteers, it is difficult to thank so many people properly. We hope that the May 22 appreciation event will, at least in some small measure, acknowledge the efforts of so many. The Events Committee, led by Marie Baglio, has worked hard to arrange a fun afternoon of entertainment, socializing, and, of course, refreshments. Since space is somewhat limited, I urge you to sign up early, using the form on the enclosed flyer.

The spirit of volunteerism in LLI is very evident, judging by the ease with which the Nominating Committee was able to obtain candidates for the five vacancies occurring on the Board of Directors come this June. Three of the nominees have never served on the Board, and two of the current Board members have agreed to be considered for another three-year term. Congratulations to the committee for producing a great slate of candidates.

Finally, some important jobs soon will become vacant and we will need to fill them quickly. Ted Krivoruchka, who has arranged for those great speakers at our Forums this past year, is stepping down. Would someone like to take his place, starting with speaker arrangements for the September 9 Fall Kickoff Forum? Also, we need two members to serve as the financial audit committee. Don Baynes and Charles Gorsey have performed admirably during the last two fiscal years, and will be available to provide institutional memory to the new auditors. Please give me a call (703) 425-0574 or send me an e-mail (lorin.goodrich@erols.com) if you can serve in either of these capacities.

See you on May 6. Also, please mark your calendars to attend the June 3 meeting since, in accordance with our by-laws, it will be LLI's annual business meeting. There will be an interesting speaker as well.

Lorin Goodrich

Membership Update

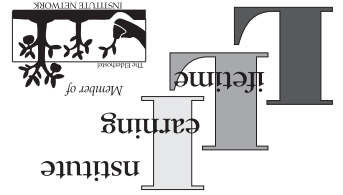
Correction:

Norma Hughes's telephone number is (703) 960-6279, not 6879.

Time Sensitive Material Please Expedite

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Lifetime Learning Institute of Northern Virginia
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8333 Little River Turnpike
Annandale, Virginia 22003
Phone (703) 503-0600 / FAX (703) 503-5350
E-Mail: llinovva@hotmail.com



Student Award Fund Update

We have applications from six outstanding student leaders for this year's award. We will interview them on April 24 and announce our selection shortly thereafter. A check for \$2000 will be presented to the winner on graduation day in early May. We are purchasing a permanent plaque with the names of prior and current year's winners inscribed. It will be on display near the Provost's Office in the Goodwin Building.

Donations from LLI members for the Student Awards Fund have climbed to almost \$6500. The Student Awards Committee will be meeting with college officials later this year to discuss creating scholarships with some of the money we have collected.

Thanks to all for their generosity. This has been an exciting and rewarding experience for everyone involved.

*Alan Mayer, Chairman
Student Awards Committee*

Expositions for Seniors

Thursday, May 9, 8:00 a.m. – 2:00 p.m. Alexandria's Successful Aging Expo and Awards Presentation, Holiday Inn Hotel & Suites, 625 First St., Alexandria. Keynote speaker: The Honorable Dr. Belle Wheelan, Secretary of Education of the Commonwealth of Virginia. Choice of workshop sessions at 10:15 a.m. and 11:30 a.m., and trade show exhibits. For details, call (703) 838-0829. Register by April 26; \$25.00 includes lunch.

Monday, May 13, 9:30 a.m. – 3:00 p.m. The "Older Adult Employment, Technology & Information Expo" will be held at the Fairfax County Government Center. This is a good place to find senior information and resources. LLI will have materials at the education exhibit.



Special Interest Groups

Bridge Group

The *Bridge Group* meets twice monthly, on the second and fourth Wednesdays, at the Mason District Government Center from 10 a.m. to 2 p.m. (bring a bag lunch). Because the meeting dates cannot be confirmed with the Government Center until a month in advance, please call Bob or Gladys Bucklew, Chairpersons, at (703) 631-7889 if you wish to attend. Such calls not only confirm the meeting date for you but also afford us the opportunity to obtain sufficient card tables for attendees. All are welcome. Note: the group is composed primarily of single individuals as opposed to couples. We play four hands per game and change partners at the conclusion of each game. We hope you can join us!

Discussion Group – Everyone Welcome!

Date: Friday, May 3, 2002, 10:00-11:30 a.m., Ernst Cultural Center, NVCC, Seminar Room C

Topic: Bioterrorism

Resource Persons: Sue Swift and Doris Balinsky

Reference Book: *Germs*, by Miller, Engelberg, and Broad

Information: Tom Buchanan (703) 281-4894

Financial Forum – Informal Group Discussion – Everyone Welcome!

Date: Friday, May 24, 2002, 10:00-11:30 a.m., Ernst Cultural Center, NVCC, Seminar Rooms A & B.

Topic: Semester recap and onward.... What Worked Best? Where Do We Go From Here? Investment Choices and Challenges.

Moderators: Virginia Fernbach and Warren Hynes

Presenters: Members speak out! Bring your ideas, articles of interest, your suggestions for the fall programs, and – most important – your crystal ball! A display table will be set up for books, magazines, and articles. Opinions expressed do not represent endorsement by LLI. We hope to see you there.

Note: This will be the last Financial Forum for 2001-2002. The programs will resume in September.



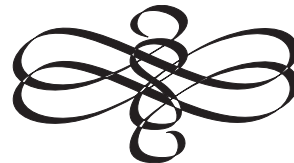
Theatre Club

Joey and Maria's Comedy Italian Wedding, June 15. There are only five tickets left, so if you are planning to attend, don't wait too long to sign up.

Hot Mikado, May 12 – Helen Clark will be distributing tickets at the May 6 Forum. If you ordered tickets but won't be attending the Forum, please call Helen at (703) 573-1671 so she can mail your ticket(s) to you.

Metro Directions to Ford's Theatre: take Orange, Blue, or whatever color line leaves from you neck of the woods and get off at Metro Center. Take the 11th Street exit. Turn left and walk one-half block to F Street. Turn left on F Street and go one block to 10th. Turn right on 10th — you will see the theatre half way down the block at 511 10th Street.

Save the date: Thursday, August 15, for the musical *Aida* (not the opera, but the story is based on the opera) at the Kennedy Center. It will be a 2:00 p.m. matinee with mid-orchestra seating on both sides of the center aisle. The cost will be \$56.00. More information later.



Alexandria Senior Programs

Introduction to Computers, six weeks starting Tuesday, May 7, 9:30 to 11:30 a.m., at the William Ramsay Recreation Center, 5650 Sanger Avenue (intersection of Sanger and Beauregard); \$20.00 for Alexandria Senior City Residents 55+; \$40 for non-seniors and nonresidents. Participants will learn how to use: IBM-type computer hardware and software; a mouse to perform desired tasks; a floppy diskette to store data; Windows programs; and Microsoft Word to write letters, etc. To register, please send your name, address, and telephone number, and a check in the appropriate amount, to ARPCA/Senior Programs, 1108 Jefferson Street, Alexandria, VA 22314.

Bicycling Programs: Alexandria's Department of Recreation, Parks and Cultural Activities Senior Programs Office, sponsors a number of one-day bicycling trips. For example, the C&O Canal Biking Series started April 10, but there are 3 day trips in May: Wednesday, May 8, Thursday, May 16, Wednesday, May 29, and one on Wednesday, June 12. The May trips are from 7:00 a.m. to 6:00 p.m., the June trip is 9:00 a.m. to 6:00 p.m. For details, please call (703) 838-4831.

Social Security News

New Medicare Benefit

People covered by Medicare Part B are eligible for glaucoma screenings once every 12 months. The following Q&A was taken from Medicare's website:

“Question: Does Medicare cover glaucoma screening?

Answer: Effective January 1, 2002, Medicare now covers an annual (once every 12 months) dilated eye examination for all people with Medicare at high risk for glaucoma. This includes people with diabetes or a family history of glaucoma. The screening must be done or supervised by an eye doctor who is legally allowed to do this service in your state.

Medicare covers 80% of the Medicare-approved amount for glaucoma screening after the individual has paid the \$100 deductible for Part B services.

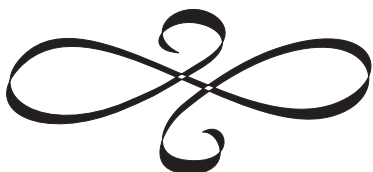
You should check with your local Medicare Carrier for specific coverage information for glaucoma screening. The contact telephone number for your local Medicare Carrier can be found in the Helpful Contacts section of our Web site.”

To learn more, call 1-800-MEDICARE, or visit the Medicare website: <http://www.medicare.gov>

Replacing Your Medicare Card

If you need to replace your Medicare card, here is what you will need:

- Your last (exact) payment amount or the month and year you last received a payment if you have received benefits in the last 12 months.
- Your name as it appears on your most recent Social Security card
- Your Social Security Number
- Your Date of Birth
- Your phone number in case we need to contact you about your request
- Your e-mail address (optional)



You may also need:

- Your Place of Birth
- Your Mother's Maiden Name (to help identify you)

To get further information, visit:

<http://www.ssa.gov/medicarecard>

Replacing Your Social Security Card

If you need a new Social Security card, the Social Security Administration's web page will give you all the information you need to apply in person or by mail. You can even download the application. If you plan to visit the local office to get your card, check the site first – wouldn't you hate to get there and find out you don't have what you need?

http://www.ssa.gov/replace_sscard.html

For those who don't have access to the Web, the Social Security office requires at least one form of identification for a replacement card. These are considered valid ID's:

- Driver's license
- Marriage or divorce record
- Military records
- Employer ID card
- Adoption record
- Insurance policy
- Passport
- Health Insurance card (not a Medicare card)
- School ID card

Protect Yourself from Identity Thieves

Keep your Social Security card in a safe place – don't carry it with you unless you need it. Shred any paperwork that has your Social Security number on it before throwing it away. For more information on identity theft, check:

<http://www.ssa.gov/pubs/idtheft.htm>