

# It's That Time of Year Again!

Join us for our *Annual Holiday Luncheon* at historic Fort Myer.

**Date:** Tuesday, December 17, 2002

**Location:** Fort Myer Officers' Club, Arlington VA, Koran Room, 2nd Floor

**Members:** \$18.00    **Nonmembers:** \$25.00    **Bus per person:** \$8.00

**Cash Bar:** 12 Noon – 1:00 p.m.

Luncheon begins at 12:30 p.m.

Entertainment will follow

### Reservations and checks due by December 3, 2002

There are just a few places left for the luncheon and the bus so, if you plan to attend, you will need to act promptly. The flier with the reservation form was included in the November newsletter.

#### Security Measures:

A master list with the names of all attendees will be sent to Fort Myer. **Important:** All passengers, whether in a car or on the bus, **must have a valid photo ID** with them in order to enter Fort Myer. Cars and the bus will be searched; if you are driving allow some extra time; it can be busy around noontime.



#### Bus Information

Arrangements for the round trip chartered bus were made to accommodate those who prefer not to drive. It will leave at 11:15 a.m. from Little River United Church of Christ (across Route 236 from NOVA). **Please arrive at the church by 11:00.** On the return, the bus will leave Fort Myer at 2:45 p.m.

#### Directions for Drivers:

If feasible, we encourage you to coordinate with other members who live near you.

#### Traveling North on I-95/I-395:

After you pass the Glebe Road exit in Arlington, take the next exit marked 8A Washington Blvd./Ft. Myer. Bear left onto Washington Blvd. The third exit (approximately one-half mile on the right) will read Ft. Myer. Enter the Post at this point (Hatfield Gate). Turn left on Sheridan Ave. and proceed to the Officers' Club on the left. Parking will be on the right and also on the left beyond the Club.

#### Traveling East on Route 50

Please note that the Henry Gate is closed. You will be entering via the Wright Gate. Proceed past Washington Blvd. and the Henry Gate entrance. Once you pass that Gate (Pershing Drive) stay in the right lane and turn right at the exit for the Iwo Jima Memorial. Go to the stop sign and turn right on North Ft. Myer Dr. Proceed a couple of blocks and, at a key intersection (Marshall Dr.), turn right to the Wright Gate. Proceed on Marshall Dr. and, at the fork in the road, bear right onto Jackson Ave. directly to the Officers' Club. Parking will be on your right.

When you arrive at the Officers' Club, please stop at the reception table on the second floor to pick up your name badge. A coat rack will be available in that area. We hope to see you there.

## ***Sprechen Sie Deutsch?***

(Do You Speak German?)

I have met a number of LLI members who seem to have spoken German in their youth or have studied the language. Is there anyone interested in getting together to practice it? I am not thinking right now of any type of formal class or study session, but rather just a chance to talk and maybe have someone help me when I stumble. I can read German and understand it, but have forgotten how to converse. Would someone like to serve as group leader? I don't think my German is good enough to do so. Please call me at (703) 971-2092 or e-mail me at sachs@nova.org.

*Arline Sachs*

## **Yo Ho, Heave Ho!**

Members of the Lifetime Learning Institute are organizing a Volga River cruise in September 2003. Those who took a similar cruise in 2001 called it one of the most enjoyable travel experiences they ever had. The cost of the 22-day cruise and air package is \$3000. A nonstop flight departs from Dulles Airport. Group members are offered a \$100 discount. For further information and a brochure please call John Bogart (703) 273-2547.

## **Do You Want to See the Aurora Borealis?**

If you haven't yet signed up for the trip to Norway, February 4-14, 2003, but are interested in doing so, the deadline is Friday, November 22, 2002. For information, please contact Sally Souder at (703) 256-8161, or e-mail salsouder@aol.com.

## **Are You Getting Thirsty?**

A nice water bottle in an insulated cover with carry strap was left behind after the November 4 meeting in the Forum. Please call the LLI office at (703) 503-0600 to claim it.

### **LLI Board of Directors**

**President:** Lorin Goodrich

**Vice President:** Richard Risk

**Secretary:** Mary Davis

**Treasurer:** Warren Hynes

**Past President:** Alan Mayer

**President Emeritus:** J. Knox Singleton

**Members:** Doris Balinsky, Gladys

Bucklew, Virginia Fernbach, Gladys

Keating, Curt Kornblau, Nan Liner,

John Manion, Memphis Norman,

Donald Reynolds, Liz Snively

**Administrator:** Laura Charron

### **Newsletter Staff**

**Newsletter Editor:** Liz Snively (703) 683-6426 / jns-ginger@comcast.net

**Graphic Design/Desktop Publisher:** Alfred Brothers

## **President's Corner**

At the November 4 Forum meeting LLI presented to Dr. Barbara Saperstone, Acting Provost, NVCC-Annandale, a beautiful plaque for displaying the names of our Student Leadership Award winners. We were also pleased to have two of the past three winners return to relate what the grant has meant to them.

This was a timely occasion for kicking off our annual appeal for funds for the leadership award. Additionally, we are establishing a Medical Care for Seniors scholarship for students pursuing degrees in nursing and health technologies. You will be receiving an appeal letter shortly with further explanation. Please be generous; you can designate to which award you wish to contribute.

The December 17 Holiday Luncheon at Fort Myer is shaping up to be a great affair. Many thanks to Marie Baglio and Virginia Fernbach for coordinating the event. Several members who are assisting them will be recognized at the luncheon. By the way, the date for our annual spring appreciation event has been set: please mark your 2003 calendars for Thursday afternoon, May 8. We have reserved the Forum room and two of the seminar rooms in the Cultural Center where we can repeat the very successful format of last year. We still need a coordinator for this event; several members are willing to help, and we plan on much more catering support. Please call Virginia Fernbach at (703) 751-8369 if you can take on the coordinating role.

I trust that everyone has much to be thankful for as we approach the holiday season. Have a Happy

## Time Sensitive Material Please Expedite

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Phone (703) 503-0600 / FAX (703) 503-5350  
E-Mail: [llino@juno.com](mailto:llino@juno.com)  
Website: <http://communities.msn.com/LLINOVA>



## Federal Employee Health Benefits Symposium

On Wednesday, December 4, from 10:00 a.m. until noon, Tom Davis and the National Association of Retired Federal Employees (NARFE) will be sponsoring a Federal Employee Health Benefits Symposium in the Cultural Center of NVCC Annandale. The program includes speakers from OPM and NARFE, as well as Walt Francis, an author on federal employee issues, who will provide an overview of the benefit packages offered under the Federal Employee Health Benefits system. The new Federal Long-Term Care Insurance Program also will be discussed. Pre-registration is not necessary.

## Social Security Web Sites

- Have questions? Contact us at <http://www.ssa.gov/reach.htm>
- Interested in prior issues? Check out <http://www.ssa.gov/enews/prior.htm>
- Must subscribe? Surf on over to <http://www.ssa.gov/enews/>
- Need to update your e-mail address? Visit <http://www.ssa.gov/enews/update.htm>
- Care to change subscription settings? Go to <http://www.ssa.gov/enews/>
- Want to unsubscribe? Stop by <http://www.ssa.gov/enews/cancel.htm>



# Special Interest Groups

## **Bridge Group**

Because of the unavailability of a room on the second Wednesday of December, the Bridge Group will meet **the third Wednesday, December 18, 2002**, 10:00 a.m. – 2:00 p.m., at the Mason District Government Center. Please call Bob/Gladys Bucklew at (703) 631-7889 in advance if you plan to attend. As always, singles are welcome — you do not need to bring a partner.

## **Discussion Group — Everyone Welcome!**

**Date:** Friday, December 6, 2002, 10:00-11:30 a.m., Building CF, Chestnut Hill Room, NVCC

**Topic:** Election Post-Mortem.

Now that there has been a power shift in Congress what can we expect to happen in the next two years? Why didn't some local races even have a contested election? What are some other options to solving the transportation problems in Northern Virginia now that the sales tax referendum has been defeated? Please bring current clippings from newspapers and magazines as well as your opinions.

Information: Sue Swift (703) 698-8159

## **Favorite Books Club**

There will not be a meeting of this group in December. *She Walks These Hills* by Sharyn McCrumb has been selected for our Wednesday, January 15, 2003 meeting at the Mason District Center at 1:30 p.m. The book will be reviewed by Marilyn Bernard. All LLI members are welcome!

If you have questions or concerns, please call Nan Liner at (703) 824-9762 or e-mail NOL8@juno.com.

## **Financial Forum: What Next?**

Do you want to keep on discussing issues of interest that just might help you think through some of your financial concerns in these uncertain times? There's a solution – contact

the outgoing co-chairs, Virginia Fernbach (703) 751-8369 or Warren Hynes (703) 644-0672, who have coordinated this Forum for over a year. They say it has been a rewarding experience and will be glad to discuss what programs have been offered and answer whatever questions you might have. You do not need to have a background or expertise in financial matters, but it is helpful to know how to organize a meeting. We know there is a lot of interest in this discussion group continuing, so won't you please help? Otherwise, the last session will be held on January 17, 2003.

## **Spanish Conversation and Discussion Group**

**Cancelled due to lack of interest.**

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## Membership Update

### **Corrections:**

**Arlene Gribben** – e-mail address: arlenegribb@aol.com

**Colletta Hammond** – Delete e-mail address

**Ruth Hogue** – e-mail address: ruthgale@aol.com

### **Change of Addresses:**

**Rita Daniels**, 43061 Zander Terrace, Ashland, VA 20147; tel: (703) 729-3985

**Ms. Karen Kimball**, 217 Van Buren Street, Falls Church, VA 22046-3654; tel: (703) 276-9288

### **New Members:**

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

**Catherine Leisher**, 5919 Westridge Court, Alexandria, VA 22310; tel: (703) 971-7707

**Ms. Linda Malami**, 5949 O'Hara Landing Court, Burke, VA 22015; tel: (703) 323-4656; e-mail: lmalami@nvcc.edu

## Student Award Fund Campaign

The time has come for all members and friends to replenish the LLI Student Award Fund. You may already have received a letter asking for your contribution. The goal this year is to raise \$4,000 by the end of the year. The money raised will be used to continue the Student Award program and to fund a new scholarship for needy and deserving students enrolled in one of the health profession curricula.

For the past three years, LLI has been awarding a grant to an outstanding leader on the Annandale campus who has helped promote better relations among a diverse student body and who has performed notable community service in the greater Annandale area. This year's winner will receive a \$2000 grant to be announced in April.

In addition, this year the Board has established a \$2000 scholarship to be awarded to a deserving student pursuing a degree or certificate in nursing or one of the health technologies. The first scholarship will be given in the spring.

Please send your contribution to LLI in the self-addressed envelope included with our fund-raising appeal letter. If you have not received a letter, please send your check to LLI/NOVA with a notation that it is for the Student Award Fund. Your donations are fully tax deductible.

These student awards are greatly appreciated by the NVCC students, faculty, and administration. LLI is regarded on campus as a class act. Let's keep up the good work.

## A Special "Thank You"

I want to thank Martie Klee and her husband, with input from Louise Sousk, for three days packed with learning and fun.

At the Farm Museum in Staunton, VA we learned why the old furniture was built so low to the ground (not because people were short). We learned more about Woodrow Wilson at his birthplace, a huge Victorian home, and at the museum in Staunton. In Bedford, VA the large D-Day Memorial represented the landing of our troops at five beaches in Normandy and showed us the day's impact on that small town. We dined well at the popular Peaks of Otter on the Blue Ridge Parkway. We learned all about the archeological restorations of Poplar Forest, Thomas Jefferson's red brick, octagonal, ingenious "home away from home." On our final day, we were taken through an interesting graveyard in Lynchburg, with exhibits of death customs and a smallpox "safe house." We saw many large

Victorian homes being turned into bed-and-breakfasts in the town, and had lunch in one, which was jam-packed with antiques.

All 51 of us on the trip had a super get-away!

*Eda R. Pickholtz*

## Offerings from Vienna Community Center

### *Having Fun with Gentle Yoga*

The Vienna Community Center will be hosting and accepting reservations for a new ten-week **Gentle Yoga Class** on Tuesdays (January 21-March 25, 2003), 9:30-11:00 a.m. A mind-body discipline, Yoga has been well documented as enhancing flexibility, improving balance, increasing cardiovascular endurance, relieving stress, expanding concentration, improving sleep, and stimulating creativity. This particular class is for those who have never tried Yoga, have seen pictures of people in pretzel positions and thought "Wow, that's too hard for me!", have tried Level 1 Yoga and found it too challenging, or for someone with a physical disability needing extra attention. Included in the class will be breathing exercises, limbering movements, deep relaxation, and guide sheets to keep your practice going at home. Participants are asked to wear loose-fitting clothes, bring a sticky Yoga mat, sitting pillow, and towel for stretching.

To register: send your name, address, phone number, and check made payable to the Town of Vienna \$40 (in-town residents) and \$50.00 (out-of-town) – **be sure to indicate course #342475A1, Gentle Yoga**, to: Vienna Community Center, 120 Cherry Street, SE, Vienna, Virginia 22180. For additional information, call Cheryl Harlan (703) 255-7801.

### *The Celebration Singers Present an American Christmas*

Join us for a lively red, white, and blue patriotic holiday show as the Celebration Singers razzle-dazzle us with cheerful sounds, colorful costumes, and an array of the season's most popular songs. Be prepared to let your voices ring out as you sing along with our entertainers.

Tickets must be purchased in advance and are available for \$5.00 at the front desk of the Vienna Community Center. No phone reservations will be accepted. Seating will be on a first come, first served basis the day of the show. **Where:** Vienna Community Center, 120 Cherry St. SE, Vienna. **When:** Thursday, December 12, 2002, 1:30 p.m.–2:30 p.m.

# Calendar of Events



## November 2002

- 27 Theatre Club: Les Miserables

## December 2002

(No December Forum)

- 6 Discussion Group
- 6 Trip: Gunston Hall Plantation buffet dinner and candlelight tour
- 13 Board Meeting
- 17 Holiday Luncheon, Fort Myer
- 18 Bridge Group  
("Winter Update" mailed in Dec., no January newsletter published)

## January 2003

- 6 Forum
- 10 Board Meeting
- 13 Newsletter Deadline
- 15 Favorite Books Club
- 17 Financial Forum (will this be the last session?)
- 20 Newsletter Mailing

## February 2003

- 3 Forum
- 10 Newsletter Deadline
- 14 Board Meeting
- 17 Newsletter Mailing

## March 2003

- 3 Forum
- 10 Newsletter Deadline
- 14 Board Meeting
- 17 Newsletter Mailing

## April 2003

- 4 Historic Hampton House, Mrs. K's Toll House & Brookside Gardens
- 7 Forum
- 11 Board Meeting
- 14 Newsletter Deadline
- 21 Newsletter Mailing
- 28-May 2** Trip: Myrtle Beach, SC

## May 2003

- 5 Forum
- 8 Spring Fling Appreciation Event
- 9 Board Meeting
- 12 Newsletter Deadline
- 13 Tour & Tea, National Cathedral
- 19 Newsletter Mailing

## June 2003

- 2 Forum
- 4 College Park Airport Museum & National Cryptologic Museum
- 13 Board Meeting  
(no newsletter published in June)

## July 2003

- (No Forum; no newsletter)
- 10 Richmond Museum of Fine Arts, White House of the Confederacy, and the Valentine Museum

## August 2003

- (No Forum)
- 11 Newsletter Deadline
- 18 Newsletter Mailing

## September 2003

- 8 Forum, Fall Kickoff
- 12 Board Meeting
- 15 Newsletter Deadline
- 17 Trip: Charlottesville, Ash Lawn, & Monticello
- 22 Newsletter Mailing

## October 2003

- 6 Forum
- 7-9 Trip: New York City
- 10 Board Meeting
- 13 Newsletter Deadline
- 20 Newsletter Mailing

## November 2003

- 3 Forum
- 10 Newsletter Deadline
- 14 Board Meeting
- 17 Newsletter Mailing

## December 2003

- (No Forum)
- 12 Board Meeting  
("Winter Update" mailed in Dec., no January newsletter published)

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## Student Award Plaque

A permanent plaque listing the names of the three previous winners of the LLI Student Award was presented to Acting Provost Barbara Saperstone at the November 4 Forum. The plaque will be on display outside the Provost's Office in the Godwin Building.

In receiving the plaque, Dr. Saperstone conveyed the thanks and appreciation of the students, faculty, and administration, noting the high regard in which LLI is held on campus. Previous winners, Yasmeen Mahmood and My-Nhung Duong-Quang, attended the meeting and expressed their appreciation for the award.