

October Forum Tells Where Telecommunications Is Headed

T. Andrew Finn, the guest speaker at our October 6, 2003 Forum meeting, will discuss the future of telecommunications. Dr. Finn holds a Bachelor's degree in mathematics from St. John Fisher College, a Master's degree in psychology from the State University of New York, and obtained his doctorate from Washington University in St. Louis. He teaches courses in human communication, communications and information technologies, and telecommunications. His research interests are centered on how people structure messages and interactions when using these various means of contact.

We hope to see you at 10:00 a.m. (refreshments available at 9:30) at the Ernst Cultural Center, NVCC Annandale Campus. As always, parking will be available in the gated lot.

We're Off on the Road to Morocco!



How about joining us on an exotic Overseas Adventure Travel trip to Morocco: Fez, Rabat, Marrakesh, and the Atlas

mountains, in March 2004? The group consists of 10-16 travelers and it would be nice if we could have an exclusive "LLI Plus Friends" trip (and we get a free one if 11+ members sign up). Call Doris Balinsky (703) 941-1794 for more details if you are interested.

Lunch Bunch

Following the October 6 Forum meeting, the LLI Lunch Bunch will meet at the **Café Italia**, 10515 Main St., Fairfax; phone (703) 385-6767. The restaurant features a varied menu of Italian-American food at reasonable cost. **Directions:** From NOVA turn left on Little River Turnpike toward Fairfax City. In Fairfax City the road becomes Main Street, continue on Main Street past the Post Office on the right and past Route 123. The restaurant is on the left a couple of blocks beyond Route 123, next to the Wachovia/First Union Bank branch.

Nominating Committee Begins Its Search

At its September 12 meeting the Board of Directors appointed the following LLI members to serve on the Nominating Committee:

Martie Klee, Chairperson (703) 644-4931; marthaklee@earthlink.net

Libby Burge (703) 451-2534; mburge@erols.com

Don Reynolds (703) 352-7494; saldonreyn@aol.com

Liz Snively (703) 683-6426; jns-ginger@comcast.net

Louise Sousk (703) 323-8638; louisousk@erols.com

The committee will be seeking candidates to serve on the Board of Directors, including officers. Please contact any of the committee members to indicate your willingness to serve.

Calendar of Events

October 2003	12	Newsletter Deadline	
6	Forum	19	Newsletter Mailing
7-9	Trip: New York City	February 2004	
8	Bridge Club	3	Forum
10	Board Meeting	9	Newsletter Deadline
13	German Conversation	13	Board Meeting
13	Newsletter Deadline	16	Newsletter Mailing
14	LLI Singers	March 2004	
16	Favorite Books Club	1	Forum
19-21	LLI Mid-Atlantic Conference	12	Board Meeting
20	Newsletter Mailing	15	Newsletter Deadline
23	Bridge Club	22	Newsletter Mailing
28	LLI Singers	April 2004	
November 2003	5	Forum	
3	Forum	9	Board Meeting
10	German Conversation	12	Newsletter Deadline
10	Newsletter Deadline	19	Newsletter Mailing
11	LLI Singers	29	Faculty/Volunteer Appreciation Event
14	Board Meeting	May 2004	
17	Newsletter Mailing	3	Forum
20	Favorite Books Club	14	Board Meeting
25	LLI Singers	17	Newsletter Deadline
December 2003	24	Newsletter Mailing	
—	No Forum	June 2004	
9	LLI Singers	7	Forum
11	Holiday Luncheon, Fort Belvoir	11	Board Meeting
12	Board Meeting	—	No newsletter
—	"Winter Update" mailed in Dec., no January newsletter published	July 2004	
January 2004	—	No Forum; No Newsletter	
		August 2004	
		9	Newsletter Deadline
5	Forum	16	Newsletter Mailing
9	Board Meeting	30	Forum, Fall Kickoff

LLI Board of Directors

President: Lorin Goodrich	Members: Gladys Bucklew, Virginia Fernbach, Norma Hughes, Jane Jones, Martie Klee, Curt Komblau, John Manion, Donald Reynolds, Barbara Rolling, Liz Snively
Acting Vice President: Richard Risk	
Secretary: Noreen Wayland	
Treasurer: John Davis	
Past President: Alan Mayer	
President Emeritus: J. Knox Singleton	

Administrator: Laura Charron

Newsletter Staff

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

President's Corner

The September 8 Forum meeting was a great start to our fall 2003 season, with 150 in attendance. Fifteen of our guests became members so we must be doing something right!

By the time you read this newsletter you will have been notified about your registration for the fall courses. Almost 70% of you have registered for at least one course. We have tried to honor most of your requests, but if we were unable to do so it was because of space limitations or a faculty member's desire to keep the class size at a certain level. We owe the Registration Committee a big "thank you" for completing an enormous task in a very short time. Over 1,000 registrations were processed under the leadership of our Administrator, Laura Charron. She was assisted by Mary Virginia Baynes, Debbie Birnberg, Burt Greenstein, Bev Portman, and Noreen Wayland.

Accompanying this newsletter is a member survey so that you may give us your ideas about LLI programs and let us know if you would like to volunteer in some capacity. Please keep in mind that LLI's success and continued viability is each member's responsibility. And speaking of volunteering, please contact the Nominating Committee to express your interest in serving on the Board of Directors.

During the last few months LLI's reputation has spread. The Elderhostel Institute Network (LLI is a member) will be including two articles about LLI in its October newsletter. The LLI Singers and their participation in a "Fred Waring" Elderhostel will be featured. EIN also is running an article about your Board of Directors' annual planning retreat. Finally, our member-run operating approach has been somewhat replicated by the newly-formed "Life Long Learning Institute" at NVCC's Manassas campus. Knox Singleton, Alan Mayer, Martie Klee, Richard Risk, and I have offered counsel to the new institute.

Thanks to everyone who helped close down the LLI library. NVCC's library has gratefully accepted the remainder of the collection. We appreciate the efforts of our librarian, Betty Mahon, who was assisted by Mary



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
E-Mail: llinova@juno.com
Website: <http://communities.msn.com/LLINOVA>

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Member Survey Form

Enclosed in this newsletter is LLI's revised Member Survey Form. Even though you may have completed a similar form in the past, we would appreciate your filling out the revised form so that our records will be consistent and updated. Please complete the form and **bring it to the October 6 Forum**, or **mail it to the LLI office no later than October 10**. These forms are an important tool for LLI's Board and Committee members who review them in order to learn your preferences and interests. Providing your ideas to LLI enables our committees to meet the needs of our membership and to continue to offer updated and new courses and activities.



OCTOBER
HAPPY HALLOWE'EN

Special Interest Groups

Bridge Group

The LLI Bridge Group meets twice monthly, *i.e.*, usually the second and fourth Wednesdays, at the Mason District Government Center, from 10:00 a.m. to 2:00 p.m. (bring a bag lunch). However, **for the month of October, we will be playing the second Wednesday, October 8, in the Small Conference Room, and the fourth Thursday, October 23, in the Large Conference Room.** Please call Bob or Gladys Bucklew, Chairpersons, at (703) 631-7889 in advance of any date you wish to attend to confirm the meeting date for you and enable us to have sufficient cards and card tables for attendees. All are welcome. Note that if there are extra people, 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!

Discussion Group — Everyone Welcome!

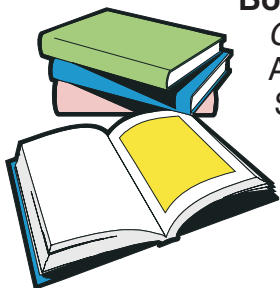
Date: Friday, October 3, 2003, 10:00-11:30 a.m., Chestnut Hill Room, Food Services Bldg., NVCC

Topic: What are the key issues in the upcoming Virginia elections as seen by the major parties? While a lot of attention is always given to the National elections, the State and County races are just as important and your vote has more weight. Please bring current clippings from the newspapers and magazines as well as your opinions.

Information: Sue Swift (703) 698-8159

Favorite Books Club

Date: Thursday, October 16, 2003, 11:30 a.m. to 1:00 p.m., Mason District Center



Book selection: *Undaunted Courage* by Stephen Ambrose – this is the September selection because, thanks to Hurricane Isabel, the September meeting was cancelled. (The October

selection is *The No. 1 Ladies Detective Agency* by Alexander McCall Smith.) All are welcome, even if you just want to come and see if you'd like to read the book!

Information: Contact Nan Liner at (703) 824-9762 or e-Mail at NOL8@juno.com.

German Conversation Club

Dates: Mondays, October 13 and November 10, 1:30 to 3:00 p.m., Chestnut Hill Room, Food Service Building (CF), NVCC Annandale Campus.

Information: Contact Arline Sachs if you have any questions (703) 971-2092.

LLI Singers

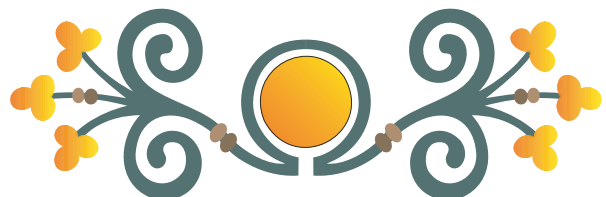
The LLI Singers are joining voices again. If you like to sing because it makes you feel good and can carry a tune you're what we are looking for. And we definitely can use more male voices. Call Martie Klee (703) 644-4931 or e-mail marthaklee@earthlink.net. If you have to head to an afternoon class, bring along a brown bag lunch – we'll let you eat between songs!



Fall Rehearsal Dates (second and fourth Tuesdays) October 14, 28; November 11, 25; December 9, 11:30 a.m.–1:00 p.m., Choir room of the Little River United Church of Christ, on Little River Turnpike across from the entrance to NOVA.

Sports Memorabilia

The Sports Memorabilia group will gather as a class, meeting five times during the winter-spring curriculum; await details in the Winter-Spring 2004 catalog. All major sports will be presented with video, personal experiences, media and book references.



LLI Singers Perform Fred Waring Concert

On August 14, eight of the LLI Singers joined voices with 85 other Elderhostelers at Penn State University, performing an hour-long concert of Fred Waring-style singing for 200 residents of nearby Foxdale Retirement Village. All of the LLI group agreed the five-day Elderhostel event was one of the most exhilarating, exhausting, thrilling, and fun experiences they have had.

The course began on Sunday evening when music sheets were distributed; many of the LLI Singers were amazed at the complexity of some of the pieces. The two-hour rehearsals twice a day were intense, yet humorous and low-key, as the singers memorized words and music to 12 individual songs, plus a six-song medley. Sharing the stage with singers from all over the country, and learning the "Fred Waring Way" of singing from conductors/pianists Donna Knott (who studied with Fred Waring) and Randy Yoder (an accomplished pianist), both young professional choral directors, was a bonus the LLI Singers had not expected.

By Thursday morning's rehearsal at the auditorium where they would sing that evening, the chorus sounded wonderful and remembered most of the words! The concert went off without a hitch in front of a very appreciative audience and left the LLI Singers with a warm feeling of accomplishment. In fact, the Singers already are planning to attend next year's "Waring Week" and hope to bring along more of the group.

The concert was videotaped, so be prepared for a "premier viewing" sometime in the future!



LLI Singers at the Fred Waring Concert.



Membership Update

New Members: Welcome!

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

Ms. Hazel S. Cowles, 3567 S. Stafford Street, Arlington, VA 22206; tel.: (703) 931-0435

Ms. Tania Iwanowski, 14295 Fontana Court, Woodbridge, VA 22193; tel.: (703) 670-3683

Mr. Chuck Klee, 8706 Fox Ridge Road, Springfield, VA 22152; tel.: (703) 644-4931

Ms. Shirley V. Lotz, 4206 Ann Fitz Hugh Drive, Annandale, VA 22003; tel.: (703) 978-2977

Ms. Ann Lyons, 8512 Oakford Drive, Springfield, Va 22152; tel.: (h) (703) 451-0852; (w) (703) 455-1503; fax: (703) 455-1503; e-mail: slynos@erols.com

Ms. Ruth Pertel, 6329 Beryl Road, Alexandria, VA 22312; tel.: (703) 941-2168

Mr. Phil Runge, 7717 Jansen Drive, Springfield, Va 22152; tel.: (703) 451-0589; e-mail: 3245Z@earthlink.net

Mr. Kevin A. Ryan, 8955 Waldren Way, Lorton, VA 22079-1759; tel.: (703) 339-0879 (hearing impaired)

Mrs. Jean Turrentine, 4414 Majestic Lane, Fairfax, VA 22033; tel.: (703) 378-3029; e-mail: joturrentine@att.net



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 2003 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.



Internet Sites to Explore

www.grandtimes.com has information on seniors on such things as travel, finances, legal issues, insurance, to name just a few.

www.cruise critic.com is an award-winning cruise travel site, not affiliated with travel agencies or cruise lines.

www.independenttraveler.com has the usual travel stuff, including travel boards with useful tips; a resource center with information about travel insurance, traveling with pets, weather, etc., and a breaking news section. Really useful: its Bargain Box, with deals on cruises, lodging, car rentals, and airfares.

www.RootsWeb.org and www.FamilySearch.org are two good places for the beginner who wants to search family genealogy.

Poetry lovers should check out www.loc.gov/poetry/180, U.S. Poet Laureate Billy Collins' "Poetry 180" web site of 15 dozen contemporary poems chosen to be read aloud each day in high schools.

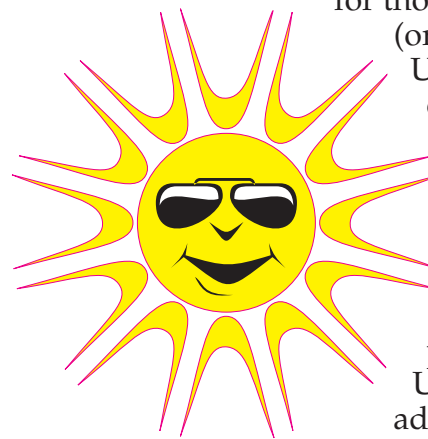


Holiday Luncheon

Be sure to calendar Thursday, December 11, 2003 for our annual Holiday Luncheon, which will be held at the Fort Belvoir Officers' Club, Fort Belvoir, Virginia in the beautiful Belvoir Banquet Room overlooking the Potomac River. There will be a cash bar and entertainment. As in prior years, we are hiring a bus to accommodate those who prefer not to drive. Details about the luncheon, Ft. Belvoir security

Don't Forget Your Sunglasses!

Sunglasses are much more than a fashion accessory; they offer very important eye health protection. There are three different types of ultra-violet radiation from the sun: UV-A, UV-B, and UV-C. UV-C is absorbed by the ozone layer and does not present any threat; however, long-term exposure to UV-A and UV-B can lead to serious eye damage, which can increase chances of developing age-related macular degeneration, accelerate cataracts, etc. When choosing sunglasses, look for those labeled "99%



(or 100%) UV-A and UV-B protection," or "protection to 400 nm's." A higher price does not necessarily guarantee appropriate UV protection. And a UV coating can be added to prescription glasses

and/or sunglasses. It is important to find the right shading. Different shades of lenses are best for individual situations. It is recommended that sunglasses screen out 75 to 90 percent of visible light. Reflected glare, such as from water, snow and ice, can make driving a car or boat difficult. Polarized sunglasses help guard against this type of glare. Internal glare from cataracts also can affect vision. An anti-reflective coating can be added to glasses to help reduce glare from the back surface of the lenses. Polycarbonate lenses provide the most impact resistance and are preferable if you participate in work or sports that can subject you to eye hazards. Wrap-around sunglasses, shaped to keep light from shining around the frames, can be worth considering, particularly if you spend a great deal of time outdoors in bright sunlight; it's also helpful to wear a brimmed hat and use the sun visor in your car.

Courtesy of the Prevention of Blindness Society, which sells 100 percent UV and glare protection sunglasses. For information, or a free brochure, call (202) 234-1010.