

March 7 Forum Chinese Herbology

An Ancient Discipline and Holistic Approach to Restore Health

Many Americans are skeptical of Eastern medicine. The public seems unwilling to trust alternative therapies, but it wants answers to medical questions that go beyond the orthodox approach to treating illnesses. As a Senior Consultant with the University of Maryland, Center for Integrative Medicine, Dr. Jonathan Gilbert's work has attracted attention for integrating Eastern and Western medicine. A practitioner of Chinese herbal medicine Dr. Gilbert will talk to us about using herbology and acupuncture to resolve or arrest chronic issues such as Fibromyalgia and Lyme disease. He will also discuss how this approach works in concert with Western medical protocols.

The Forum room is located on the second floor of the Ernest Cultural Center, NVCC Annandale. Coffee and refreshments will be served at 9:30 a.m. and the meeting will begin promptly at 10:00 a.m.

PARKING is available in the Cultural Center lot. Look for detour signs when entering the campus from Wakefield Chapel Road. Drive to the next intersection, turn left, go beyond the fenced construction area, and turn left again. Proceed to the end of the row of parking spaces, turn right and look for our "LLI Parking" sign. **NOTE:** If the spaces in the usual Cultural Center lot are filled you can park in spaces directly behind the lot. The gate at the lower end of the Cultural Center lot will be open to accommodate the overflow.

10th Anniversary Planning

Members willing to help plan activities related to our 10th Anniversary celebrations in 2006 should contact Don Reynolds, chair of the Anniversary Planning Committee, at saldonreyn@aol.com or 703-352-7494.

Lunch Bunch

The Lunch Bunch will meet at the **Country Buffet Restaurant** in Fair City Mall on March 7 after the Forum. The restaurant is located at 9650 Main Street #24-28 in Fairfax City. The restaurant has a wide variety of self-serve foods. **Directions:** From NOVA take a left on Little River Turnpike to Fair City Mall (pass Pickett Rd and proceed to next red light on Main St. It is under 2 miles), take right at mall entrance and proceed to restaurant on left side of mall. (The cost is \$6.89 when entering the restaurant.)

Future Forum Speakers

April 4 — Marcia Smith: "U.S. Space Program—Public & Private Initiatives"

May 2 — Jeffrey Fulgham: "National D-Day Memorial: Honoring Valor, Fidelity and Sacrifice"

June 6 — Art Gliner: "Laughter and the Good Life"

Please send ideas for future Forum subjects and/or speakers to Lorin Goodrich at lorin.goodrich@verizon.net or 703-425-9574.



Tulip Time Trip to Holland/Belgium



We still have one opening for the LLI Study/Travel trip Holland/Belgium. The group leaves on April 23 and returns May 5. If you are interested or need details call Alan Mayer at 703-781-7454 or email at alanmayer@verizon.net.

Calendar of Events

President's Corner

John and Mary Davis will soon leave Virginia for West Virginia. Regretfully, the Board has accepted John's resignation from the Board of Directors and we thank him for his dedicated service as Treasurer for the past year. Both John and Mary have been very helpful and active LLI members. They will be missed and we wish them well in their new home.

In order to fill three Board vacancies, the Board has appointed Phil Runge as interim member and Treasurer, and Paul Hople and Liddell McLeod as interim members, pending the annual elections in June. The Board also has appointed a new Audit Committee: Marvin Burge, Chairman, George Pearsall and John McClanahan. On behalf of all LLI members, the Board gratefully acknowledges the work of the previous Audit Committee, Tom Buchanan and the late Fred Fisher.

The Special Events Committee is making plans for two upcoming LLI events – the Appreciation Event in April and the Summer Picnic in June. More information will be forthcoming on both. I know the committee would greatly appreciate some volunteers to lend a helping hand. See you at the Forum on March 7.

Norma Hughes

March 2005

- 7 Forum
- 11 Board Meeting
- 11 Newsletter Deadline
- 21 Newsletter Mailing
- 28-Apr. 1
Trip: Charleston, SC

April 2005

- 4 Forum
- 6 Trip: National Library of Medicine
- 8 Board Meeting
- 8 Newsletter Deadline
- 18 Newsletter Mailing
- 23-May 5
Trip: Holland/Belgium
- 26 Volunteer Appreciation Event

May 2005

- 2 Forum
- 13 Board Meeting
- 13 Newsletter Deadline
- 20 Trip: Mosby's Tour
- 23 Newsletter Mailing

June 2005

- 2 Trip: Fredericksburg
- 6 Forum
- 10 Board Meeting
- 14 Picnic: Fort Hunt

July 2005

- No Forum
- 13 Planning Retreat
- 20 Trip: National Museum of the American Indian

August 2005

- 5 Newsletter Deadline
- 5 Trip: George Washington Masonic Temple
- 15 Newsletter Mailing
- 25 Trip: Canadian Rockies (11 days)
- 29 Forum

September 2005

- 9 Newsletter Deadline
- 9 Board Meeting
- 19 Newsletter Mailing
- 20-23 Trip: Mid-Hudson River Valley (4 days)

October 2005

- 3 Forum
- 14 Newsletter Deadline
- 14 Board Meeting
- 23 Trip: China (3 weeks)
- 24 Newsletter Mailing

November 2005

- 7 Forum
- 11 Board Meeting
- 11 Newsletter Deadline
- 21 Newsletter Mailing

December 2005

- No Forum; No Newsletter
- 8 Holiday Party
- 9 Board Meeting
- 9 Winter Update deadline
- 19 Winter Update mailing

LLI Board of Directors

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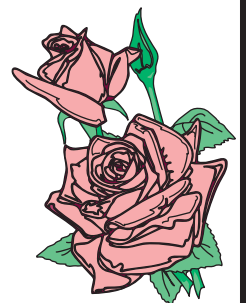
Administrator: Laura Charron

Newsletter Staff

Newsletter Editor: Liddell McLeod (703) 698-8366 / liddell_mcl@cox.net
Graphic Design/Desktop Publisher: Alfred Brothers
Mailing Coordinators: Libby and Marvin Burge

Condolences...

...to Peggy Howell on the
 loss of her husband,
 John, in January.





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://lli.nova.org>

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Save the Date to Show Appreciation

We hope you'll save the date of April 26th to attend our annual Volunteer Appreciation event. All members are invited to this special event. While it is an opportunity to say "thank you" to our volunteer faculty, board, committees and others—and we do want those people present—we also want all the other members present.

Elderhostel – LLI Connection

Wondering about the Elderhostel–LLI connection? You can find lots of information at the following website:
http://www.elderhostel.org/Ein/all_about.asp

Library of Medicine

There are still spaces available for the April 6 trip to the National Library of Medicine. See the catalogue for details.

Tea at Green Spring Gardens

Three more people are needed for the tea at Green Spring Gardens on April 23. Cost is \$25. Check catalogue for details.



Special Interest Groups

Discussion Group — Everyone

Welcome! *(no need to register)*

Date: Friday, March 4, 2005, 10:00–11:30 a.m.

Where: Little River United Church of Christ, Choir Room

(Note: Change of location for this month)

Topic: Social Security: Is there a Crisis and if so What Possible Solutions are there?

President Bush is saying that Social Security is in crisis and the only way to fix it is to offer “private accounts.” Most economists agree that SS will run out of money sometime in the future but disagree when that future date will be. Many call it a problem but not a crisis. What do you think? What are other ways to fix it and which of these do you prefer? Many different solutions have been proposed. Find these proposals in newspapers and magazines and bring them to the Discussion Group.

Information: Sue Swift 703-698-8159

Classical Music Appreciation Group

This group meets on the third Wednesday of the month at 1 p.m. We listen to and discuss classical works prior to attending a free concert at which they will be performed.

For further information, contact Lynne Smaldone at 703-525-9623.

Bridge Group

The LLI Bridge Group will meet March 9 (Wednesday) and 24 (Thursday), 2005, at the Mason District Government Center from 10 a.m. to 2 p.m. (bring a bag lunch). Please call Bob or Gladys Bucklew, Chairpersons, at 703-631-7889 any date you wish to attend to insure we have the room for that day. 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 that if there are “extra” people, Bridge 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!

Favorite Books Club

The next book club meeting will be March 17, 2005, 11:30 a.m. to 1:30 p.m. at the Mason District Governmental Center. All are welcome.

To learn the book selection, call or email Libby Burge at 703-451-2534 or lburge@cox.net.

German Club

The German Club will meet Monday, March 21, from noon — 1:30 p.m. in the Food Service Building (CF), Chestnut Hill Room, NVCC Annandale Campus. Contact Arline Sachs if you have questions at 703-971-2092 or sachs@nova.org.

Membership Update

New Members

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

Ms. Jean Chybinski, 205 Yoakum Pkwy. #1217, Alexandria, VA 22304; 703-751-1816; jeanchy@aol.com

Mr. Edward Dzanis, 8239 Crown Court Rd, Alexandria, VA 22308; 703-780-5354; edzanis@bellatlantic.net

Mrs. Jeanne Eaton (Joan), 2620 Stirrup Lane, Alexandria, VA 22308; 703-360-5716

Mrs. Martha A. Jones, 6505 Meriwether Lane, Springfield, VA 22150; 703-971-4019

Mr. Barry Newman, 7809 Killebrew Dr., Annandale, VA 22003; 703-941-0445; barryn1940@aol.com

Mrs. Joyce Pomeroy, 4227 Elizabeth Lane, Annandale, VA 22003; 703-425-8654; lj.pomeroy@erols.com

Ms. Karol Redfern, 7943 Gambrill Ct., Springfield, VA 22153, 703-440-0980; Gpwsmmbl@msn.com

Ms. Catherine A. Shepard, 10078 Oakton Terrace Road, Oakton, VA 22124, 703-281-9611; casandcat@aol.com

Corrections/Changes

Lorin and Janet Goodrich:
lorin.goodrich@verizon.net

Doug and Sondra Horstman: 450-972-7129

Gladys Keating: delkeating@cox.net

Virginia Moser: ginny.guide@verizon.net