

# October 3rd Forum: Communicate with Power

October 2005  
Volume 9 – Number 7

# News & Views

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

**A**re you aware that we “talk” all of the time, whether it is to ourselves or with someone else? Internationally known speaker, Bennie Bough, will share with us ways of handling our “inner talk,” as well as approaches to effective communications with friends, colleagues, and the community. Bennie’s presentation will be a preview of a communications course he will be conducting during the Winter/Spring 2006 session. You won’t want to miss hearing him on October 3rd. Bennie spoke at our volunteer appreciation event last spring.

The Forum room is located on the second floor of the Ernst 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 parking spaces, turn right and look for our “LLI Parking” sign. **NOTE:** If the spaces in the Cultural Center lot are filled you may park in the spaces directly behind the lot that is marked “B-15”. Be sure to look for the “B-15” sign attached to the light pole. The gate at the lower end of the Cultural Center lot will be open to accommodate the overflow into “B-15”. **WE HAVE BEEN ASSURED THAT THE CAMPUS POLICE WILL NOT TICKET VEHICLES PARKED IN LOT “B-15” DURING THE MORNING OF OCTOBER 3.**

## Community Outreach

Wow! Thirteen bags (64 lbs.) of food to take to UCM (United Community Ministries) last month. What a wonderful beginning for our new outreach program! Many thanks to each of you who contributed. We invite others to bring one item (or more) of non-perishable food to our October Forum.

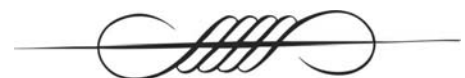
## Lunch Bunch

Reservations have been made for 3 October around noon at the **Palace Restaurant** at 7131 Little River Turnpike, Annandale, Va. 22003; phone: 703-256-9292. This upscale Korean restaurant features moderately priced box barbeque (beef, pork, chicken) lunches. **Directions from NOVA:** Right on Rt. 236 to Annandale center, pass Backlick Rd., then go into service road on right. The restaurant is before you reach the Pep Boys store.

This month the food will go to Fairfax Area Christian Emergency and Transitional Services, Inc. (FACETS). Founded in 1988, this non-profit outreach ministry addresses the physical, spiritual and emotional needs of homeless and low-income people in the county. In fiscal year 2005, FACETS served about 2,000 people, one third of whom were children, through its Transitional Housing and Homeless Intervention and Support program and through the Family Enrichment Services program, which operates in public housing community centers. For more information about FACETS, log on to [www.FacetsCares.org](http://www.FacetsCares.org).

Current needs for packaged or canned food include bottled water, 100% fruit juice, peanut butter, jelly, fruit, tuna & meats, soups (not creamed) and stews, vegetables (but *not* corn or peas or green beans), cereal, instant oatmeal/potatoes/stuffing/cocoa packets, hamburger helper & granola bars.

If you would like to suggest an organization to receive food, or if you would like to volunteer to deliver the food to an organization (we’ll help load your car), please see Jane Jones at the Forum or call her.



# Calendar of Events

## September 2005

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

## October 2005

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

## November 2005

- 4 Trip: Baltimore and Evergreen House
- 7 Forum
- 11 Board Meeting
- 11 Newsletter Deadline
- 21 Newsletter Mailing

## December 2005

- No Forum; No Newsletter
- 2 Trip: Mt. Vernon
- 8 Board Meeting
- 9 Holiday Party
- 9 Winter Update deadline
- 19 Winter Update mailing



### LLI Board of Directors

<b>President:</b> Norma Hughes	<b>Members:</b> Gladys Buklew,
<b>Secretary:</b> Libby Burge	Richard DiBuono, Burt Greenstein,
<b>Treasurer:</b> Phil Runge	Colletta Hammond, Paul Hopler,
<b>Assistant Treasurer:</b> Warren Hynes	Jane Jones, Curt Komblau,
<b>Past President:</b> Lorin Goodrich	Betty Mahon, John Manion,
<b>President Emeritus:</b> J. Knox Singleton	Liddell McLeod, Don Reynolds,
	Barbara Rolling

**Administrator:** Laura Charron

### Newsletter Staff

**Newsletter Editor:** Liddell McLeod (703) 698-8366 / liddell\_mcl@cox.net  
**Graphic Design/Desktop Publisher:** Alfred Brothers  
**Mailing Coordinator:** Colletta Hammond

# President's Corner

One hundred thirty nine members and guests attended the August 29 Forum for the presentation by Garret Cochran concerning the reorganization of the U.S. intelligence community. According to the speaker surveys which attendees filled out at the meeting, Mr. Cochran's talk was very well received and a number of suggestions were given for topics for future Forum meetings. Your suggestions for speaker topics and courses are appreciated and we do attempt to fulfill those requests.

Registration notifications for fall courses have all been mailed. Once again, approximately 70% of our 369 members registered for at least one course. Many thanks to our Administrator, Laura Charron, and volunteers Debbie Birnberg, Sally Reynolds, Sarah Bell, Colletta Hammond, Warren Hynes, Betty Mahon, and Mary Underwood for completing the registration tasks so quickly. Several courses were greatly over subscribed. The Curriculum Committee will attempt to schedule a repeat of courses having significant wait lists.

If the numbers of registrations for courses, site visits and day trips are any indication, the Board of Directors and the Curriculum and Trip Committees are apparently providing a more than satisfactory program for our members. We appreciate your continued interest, attention, suggestions, and above all, your volunteering to assist with the numerous tasks, big and small.

On that note, as Lorin announced at the Forum, Marge Runge and Shirley Lotz have volunteered to lead the mythology course described in the September newsletter. Thank you Marge and Shirley.

I look forward to seeing everyone at the Forum on October 3.

Norma Hughes

## 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 2005 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.





## 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](mailto:llinova@juno.com)  
Website: <http://lli.nova.org>

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit No. 2192  
Merrifield, VA

Look at the date on this label.  
Is it time to send your dues?

**Time Sensitive Material  
Please Expedite**

## Literacy Council Needs Your Help to Make a Difference

More than 100,000 adults in Northern Virginia have difficulty reading warning labels, job application forms or stories to their children. They lack basic reading and writing skills needed to meet the challenges of everyday living.

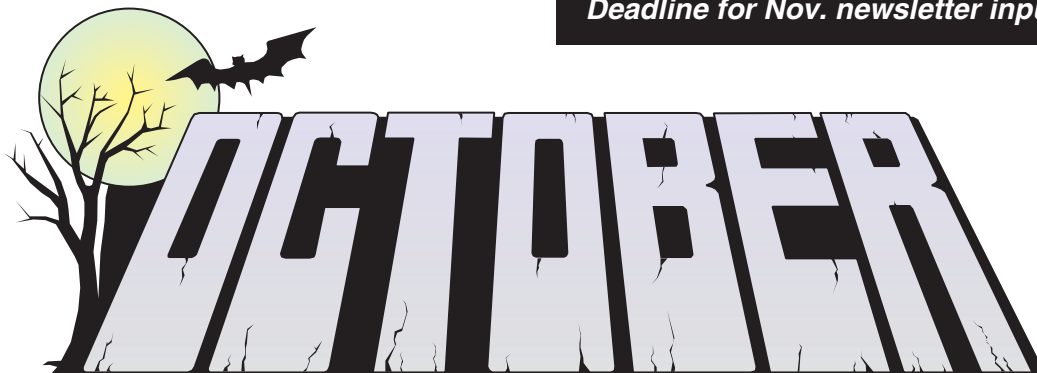
Please consider joining the non-profit Literacy Council of Northern Virginia in its effort to provide basic literacy and language skills instruction to adults. There are several ways you can assist the

Council. Call 703-237-0866 or email [info@lcnv.org](mailto:info@lcnv.org). The Council is located in the James Lee Community Center, 2855 Annandale Road, Falls Church. It has generously let LLI use its classrooms for two of the fall courses at no cost.

## LLI Online

Do you use LLI's web site? Sid Sachs does a great job keeping its contents current and useful. Just go to <http://lli.nova.org> to see "What's New" and then click on "LLI-NOVA Main Page" (upper right).

**Deadline for Nov. newsletter input is Oct. 14.**



# Special Interest Groups

## Bridge Group

The Bridge Group will meet the second and fourth Wednesdays, September 14 and 28, at the Mason District Government Center from 10 a.m. to 2 p.m. (bring a bag lunch).

Chairpersons Bob and Gladys Bucklew will be traveling the month of September. **Mary Underwood will be handling the September arrangements. If you wish to attend one of the above dates, please call**

**her at 703-329-8391** so she may furnish sufficient card tables and other supplies 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 is scheduled for Thursday, October 20, 11:30 a.m. to 1:00 p.m., at

the Mason District Governmental Center, 6507 Columbia Pike, Annandale. The group will review Cokie Roberts' latest book entitled **Founding**

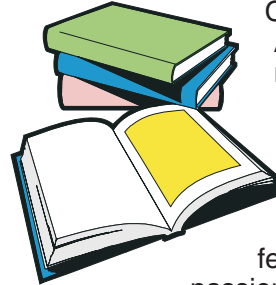
**Mothers: The Women Who Raised Our Nation.** Mrs.

Roberts takes an intimate and illuminating look at the fervently patriotic and

passionate women whose tireless

pursuits on behalf of their families — and their country — proved just as crucial to the forging of a new nation as the rebellion that established it.

If you have any interest in American history this may be your "cup of tea," so to speak. Any and all are welcome to join in the discussion. There is no need to sign up. However, if you have any questions, please contact Arlene Gribben at 703-569-0357 or arlenegribb@aol.com.



## Classical Music Appreciation Group

This group meets monthly. We listen to and discuss classical works prior to attending a free concert at which they are performed.

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



## Theater Group

The LLI Theater club is open to all members and also to your friends and family if you wish to take them to a presentation we have

booked. We have currently booked 20 tickets for **Mame** which will be held in the spring of 2006 at the Eisenhower Theatre in the Kennedy Center. Our tickets are for the 26th of March 2006.

So put this date in your calendar right away. More information will be coming your way on **Mame** soon.



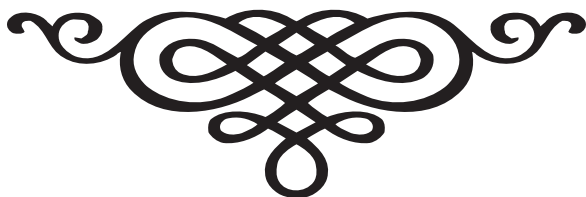
## Discussion Group

**Everyone Welcome** (no need to register)

**Date:** Friday, October 21, 2005, 10:00 – 11:30 a.m.

**Where:** Chestnut Hill room, Food Services Bldg., NVCC

**Information:** Sue Swift (703) 448-0322



## LLI's Special Interest Groups

Many of you stopped by the information tables on August 29 to learn more about our several special interest groups. Thank you volunteers for staffing the tables! Several members have expressed an interest in having more groups such as jazz appreciation, personal finance and scrabble. We can help you organize these and others — all it takes is a couple of people to "get the ball rolling." Call the LLI office at 703-503-0600 if you are interested.



## Future Forum Speakers

Please mark your calendar to attend the November 7 Forum meeting to hear Bob Driscoll's overview of the Virginia Department of Transportation's (VDOT) maintenance activities. As winter approaches, this will be your opportunity to learn about how VDOT plans to keep our roads safe during inclement weather.

Thank you for the suggestions for future topics you included in your "Views of the Members" survey submission. Please keep your suggestions coming by contacting Lorin Goodrich at 703-425-95754 or [lorin.goodrich@verizon.net](mailto:lorin.goodrich@verizon.net). There will also be an opportunity to make suggestions at each Forum meeting.

## 60 Years Together

In July, LLI founder Knox Singleton and his wife, Marjorie, celebrated their 60th wedding anniversary. What follows is an abbreviated version of the account of their love story that was published in the *McLean Connection* as part of a Valentine's Day feature earlier this year.

They met at the Seattle Naval Air Station where Marjorie worked as a communications officer, entrusted on occasion with secret information that had to be transported by armed personnel. "She was an expert pistol shooter. In high school she took a rifle shooting course to get out of physical education," he said. When asked if the course ever came in handy in her married life, she laughed and asked, "I got him, didn't I?"

The night that Knox received orders to transfer to a base in South Carolina he called and asked her to marry him. Taking time to give it thoughtful consideration, Marjorie and her mother met him at the base for breakfast. They married the next day.

"I realized when I got those orders I didn't want to live without her," he said. "You know, he hasn't always felt the same way since, but he got stuck with me," she said, chuckling.

"I think he's the nicest person in the whole world," she said of her husband of many years. "I never would've made it to where I did if it wasn't for her," he said.

They celebrated with their children, grandchildren, and the large extended Swedish family acquired years ago by hosting an exchange student.

## Membership Update

### New Members

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

**Herb Bartlett**, 4206 Ann Fitz Hugh Drive, Annandale, VA 22003; 703-978-2977; [herbbartlett@cox.net](mailto:herbbartlett@cox.net)

**Johanna Buttrum**, 19365 Cypress Ridge Terrace, #604, Leesburg, VA 20176; 703-858-1402; [Johannachen36@aol.com](mailto:Johannachen36@aol.com)

**Mrs. Catherine Cissel**, 8536 Electric Ave, Vienna, VA 22182; (h) 703-698-9137; (w) 703-938-0405; [ed.cat@erols.com](mailto:ed.cat@erols.com)

**Mr. Emmett J. Fenlon**, 4504 Libbey Drive, Fairfax, VA 22032-2017; 703-978-4504; [Emmett.fenlon@earthlink.net](mailto:Emmett.fenlon@earthlink.net)

**Mrs. Mary Garbacz**, 10420 Lake Ridge Drive; Oakton, VA 22124; 703-938-0861; [mariskalee@aol.com](mailto:mariskalee@aol.com)

**Mrs. Margaret Hutcheon**, 4425 Village Drive, Fairfax, VA 22030; 703-591-6747; [Mhutch70@aol.com](mailto:Mhutch70@aol.com)

**Mrs. Jean Kaplan**, 3100 S. Manchester St., #341, Falls Church, VA 22044; 703-671-1969

**Lorenzo and Florence Merola**, 307 Yoakum Pkwy, #1812, Alexandria, VA 22304; 703-370-1518; [flobender@aol.com](mailto:flobender@aol.com)

**Mrs. Patricia Kleifges**, 115 Saratoga Way, NE, Vienna, VA 22180; (h) 703-281-3454; fax 703-281-5452; [kleifges@aol.com](mailto:kleifges@aol.com)

**Ms. Sheri Masek**, 7610 Hayfield Rd, Alexandria, VA 22315; 703-971-2107; [afsheri@yahoo.com](mailto:afsheri@yahoo.com)

**Mrs. Carol McElvain**, 8713 Clydesdale Rd., Springfield, VA 22151-1430; 703-978-5179; [carolemcelvain@msn.com](mailto:carolemcelvain@msn.com)

**Mr. Joseph Mihm**, 2449 Shenandoah St., Vienna, VA 22180; 703-560-3712; [mihmfamily@cox.net](mailto:mihmfamily@cox.net)

**Ms. Terry Riviere**, 6461 Linleigh Way, Alexandria, VA 22315; 703-922-2951; [theresa.riviere@att.net](mailto:theresa.riviere@att.net)

**Mr. Nate Rosenbaum**, 6101 Manley Place, Springfield, VA 22152-1847; 703-644-5981

**James and Marilyn Varner**, 3442 Valor Court, Annandale, VA 22003-1365; 703-573-5202; [jovarner@earthlink.net](mailto:jovarner@earthlink.net)

**Ms. Joyce Weller**, 1200 S. Courthouse Rd., #710, Arlington, VA 22204; 703-920-5028; [wnweller@earthlink.net](mailto:wnweller@earthlink.net)

**Mrs. Barbara S. Woods**, 8734 Center Road, Springfield, VA 22152; (h) 703-569-1278; (w) 703-899-6351; fax 703-451-3837; [bwoodscgc@hotmail.com](mailto:bwoodscgc@hotmail.com)

### Directory Corrections and Changes

**Lorna Bridenstine**: 703-941-6126



## Notes of Interest for LLI Trips

- Fuel costs have risen. Sorry to say but this causes the trips to cost more money.
- Any refunds for day trips will be made after the trip is completed.
- If you want to go on a trip with a friend, register at the same time.
- If you want to room with a friend on an overnight trip, mail the registration together.

## Study / Travel

The Study/Travel Group is planning 2006 trips. All LLI members may join the planning sessions Sept. 22, 29 and Oct 6 at the Chapel Square Center to determine the destinations.

Study/Travel consists of four phases. Phase I is the planning stage; in Phase II we study about where we are going; Phase III is the actual trip; and in Phase IV we share our experiences with others via a Travelogue.

## Local Study Sessions for China Trip

The remaining study group sessions for the China trip will be held from 2:00 to 3:45 in seminar room A in the Ernst Cultural Center on Wednesdays September 28 and October 19.

This class is open to anyone interested, not only those going to China in October. If you have any questions contact Arline or Sid Sachs 703-971-2092 or [sachs@nova.org](mailto:sachs@nova.org).

## Handyman List\*

We recommend that you first call the LLI member who made the referral to get more specific information before calling the handyman.

If you would like to recommend handymen who have done good work for you, please call or email the LLI office to add them to the list.

\* Please be aware that a person's name on this list does not imply any recommendation by LLI as an organization. LLI has no responsibility whatever for any aspect of the performance of these people. We are simply gathering information and passing it on.

Name	Phone	Referred by	Services
Melvin Hernandez	703-629-5981	Mary Shea	General
Glenn Spilman	703-217-9234	Frances Chandler	General
Douglas J. Montel	703-455-4106	John Manion	General
Jacobs Ladder (Wayne)	703-426-4171	Betty Lee Thatcher	General
Mira Construction	703-321-8811	John Davis	General
Will Grant	703-281-4185	Leah Porzel	General
Peter Pistolesi	703-354-7047	Marilyn Bernard	General
John Roach	703-256-7720	John Davis	General
Lyle Mayer	703-878-1332	Leah Porzel	Bricklayer
Duffin's Ceramic Tile	703-502-4376	Frederick Rook	Ceramic Tile
Darby Ford	571-243-1336	Alan Mayer	Computer
Hodges Co.	703-532-0184	Leah Porzell	Doors/Windows
Saran Oeur	703-354-2805	Arline Sachs	Electrical Contractor
George's Floors	703-978-3444	Frances Chandler	Floors
Roy Perry	703-354-9499	Alan Mayer	Mower Repair
Danny Norton	703-368-9549	Leah Porzel	Painter
Robert Knight	703-256-7720	John Davis	Painter
E-build Associates	703-625-0397	John Bogart	Painting, decks, etc.
Morgan Plumbing	703-590-0929	Alan Mayer	Plumbing
Arborscape, Inc.	703-385-4700	Martha Klee	Tree Work
G & V Tree Service	703-569-2570	Alan Mayer	Tree Work
Glen Ports	703-323-7061	John Davis	Tree Work
Tom Faid	703-430-7350	Leah Porzel	Wall paper

**Happy  
Halloween**

