

## October Forum

**Tuesday, October 7, 2008, 10:00 a.m.**  
**Social Hour Starts at 9:30 a.m.**

***NIH Reports on Significant Discoveries on  
 Arthritis and Other Diseases of Muscles,  
 Bones, and Skin***

Almost every household in America is affected in some way by diseases of bones, joints, muscles, and skin. These diseases, moreover, can be extremely debilitating for people all over the world. However, the National Institutes of Health, Bethesda, MD recently have made several fascinating discoveries such as: a novel mechanism that controls the development of autoimmunity, vitamin A as an anti-inflammatory medicine, and the role of genes in helping to diagnose and monitor muscle diseases. Two leading scientist and health educators from the National Institutes of Health will tell us about the latest research going on in the National Institute for Arthritis and Musculoskeletal and Skin Diseases. Janet S. Austin, PhD, will give us glimpses into NIH laboratories, clinical trials, programs to train scientist-researchers, and future study projects being considered. Trish Reynolds, RN and MS, will tell us about some of the best health practices for lowering the risk of these diseases and/or treating and coping once symptoms have appeared. A generous supply of the latest NIH health materials will be available on an information table.

**Please Note:** *Parking is in the pay parking garage. Parking in the B and C lots is by permit only.*

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## Reserve the Date for LLI's Annual Holiday Luncheon

The holiday season will soon be here and plans are underway for our annual luncheon. Mark your calendars and reserve the date, Thursday, December 4th. Watch for the November newsletter for the registration form or pick one up at the November Forum.

## Food for Thought

*What would you miss most if LLI members chose not to volunteer?*

- Monthly Forum speakers who inform and stimulate?
- Refreshments at the Forum? Chairs and tables at the Forum?
- A well-organized curriculum with a wide variety of classes?
- Accessible classroom space?
- A timely and well-presented catalogue of classes, trips, and other activities?
- Excellent financial management of the organization?
- Timely communications through the newsletter and web site?
- Affordable special events for seasonal fun?
- Day trips and overnight domestic trips?
- Special interest groups for study-travel, wining and dining, books, crafts, exercise, or the arts?

All of the above is available because LLI is a volunteer organization and members make it happen. Volunteer — join the fun and help LLI continue to be a vibrant, educational and social organization! Choose a volunteer activity by signing up with Liddell McLeod at the next Forum.

### Lunch Bunch

John Bogart bogartje@cox.net

The Lunch Bunch will meet at the **DaVinci's** (now under new management) in the Barcroft Shopping Center. 6347 Columbia Pike, Falls Church. The restaurant features a variety of Italian and Greek specialties, plus sandwiches and pizzas, at moderate prices.

**Directions:** Leaving NVCC, turn right on 236 to Annandale. Turn left on John Marr Dr. to Columbia Pike. Turn right on Columbia Pike to Barcroft Shopping Center on the right. DaVinci's is to the left of Harris Teeters.

# Calendar of Events

## October 2008

- 7 Forum (Tues.)
- 10 Board meeting
- 10 November newsletter deadline
- 18-25 Cruise: New England and Canada
- 20 Newsletter mailing
- 28 Baltimore Basilica, Russian Orthodox Church and Museum of American Visionary Art

## November 2008

- 5 Forum (Wed.)
- 14 Board meeting
- 14 December newsletter deadline
- 24 Newsletter mailing

## December 2008

- 4 Holiday Party
- 12 Board meeting
- 12 Trip: Candlelight dinner at Gunston Hall

## January 2009

- 6 Forum (Tues.)
- 9 Board meeting
- 9 February newsletter deadline
- 19 Newsletter mailing

## February 2009

- 3 Forum (Tues.)
- 6 March newsletter deadline
- 13 Board meeting
- 16 Newsletter mailing

## March 2009

- 3 Forum (Tues.)
- 13 Board meeting
- 13 April newsletter deadline
- 23 Newsletter mailing

## April 2009

- 7 Forum (Tues.)
- 10 May newsletter deadline
- 10 Board meeting
- 20 Newsletter mailing

## May 2009

- 5 Forum (Tues.)
- 8 Board meeting
- 8 June newsletter deadline
- 18 Newsletter mailing

## June 2009

- 2 Forum (Tues.)
- 12 Board meeting

# Members

Martha Siemering 703-569-2450  
martsiem@cox.net

**Welcome, New Members! We hope you will participate in our classes and volunteer your time and talent.**

**Julia Abrahams**, 4611 N.7th Road, Arlington, VA 22203, 703-525-3782, [juliaabrahams@yahoo.com](mailto:juliaabrahams@yahoo.com)

**Winifred Cowden**, 2829 Oakton Manor Ct., Oakton, VA 22124, 703-281-0906, [wcowden@verizon.net](mailto:wcowden@verizon.net)

**Carol M. Downs**, 725 Timber Branch Drive, Alexandria, VA 22302, 703-519-0098, [carolmason.downs@verizon.net](mailto:carolmason.downs@verizon.net)

**Judy Fitton**, 6030 Ashby Heights Circle, Alexandria, VA 22315, 703-971-4495, [judyfan2@cox.net](mailto:judyfan2@cox.net)

**Jeanne Ifft**, 6825 Wheatley Ct., Falls Church, VA 22042, 703-534-6299, [jiffnotes@yahoo.com](mailto:jiffnotes@yahoo.com)

**Marion Jacknow**, 8110 Timber Valley Ct., Dunn Loring, VA 22027, 703-698-8702, Fax-703-698-8702, [mjacknow@aol.com](mailto:mjacknow@aol.com)

**Jean Jennings**, 3250 Ledbury Ct, Annandale, VA 22003, 703-573-3249, [jeanteele@aol.com](mailto:jeanteele@aol.com)

**Barry Murphy**, 5117 Bradfield Dr., Annandale, VA 22003, 703-764-0337, [barry.murphy@gmail.com](mailto:barry.murphy@gmail.com)

**David Radloff**, 110 Smallwood Way, Falls Church, VA 22046, 703-532-3341, [dradloff@verizon.net](mailto:dradloff@verizon.net)

**Beverley Sullivan**, 5518 Kings Park Drive, Springfield VA 22151, 703-978-9443, [jerandbev1@verizon.net](mailto:jerandbev1@verizon.net)

## Updates

**Nelva Berend**, [nelva@berendfamily.com](mailto:nelva@berendfamily.com)

**Catherine Cissel**, [ed.cat@erols.com](mailto:ed.cat@erols.com)

**Blanche Goulet**, [bbgoulet@cox.net](mailto:bbgoulet@cox.net)

**Annette Henzke**, 9229 Arlington Blvd. #444, Fairfax, VA 22031

**Dwight Hulse**, 240-207-3454

**Dorothy Janoski**, [mikej2525@aol.com](mailto:mikej2525@aol.com)

**Lynda Mullins**, [reader76@verizon.net](mailto:reader76@verizon.net)

**Mary O'Day**, 240-207-3454

**Terry Riviere**, [merryterry@cox.net](mailto:merryterry@cox.net)

**Jean Robinson**, 509 Troon Circle, Ft. Washington, MD 20744

**Gloria Rothman**, 703-256-0853

**Nancy Sherman**, [7104@verizon.net](mailto:7104@verizon.net)

**JoAnn Strickland**, 7880 Rolling Woods Ct. Unit 403, Springfield, VA 22152, 703-663-8685

**Marcia Toepfer**, [marcia.toepfer1@cox.net](mailto:marcia.toepfer1@cox.net)

**Melba Walsh**, [melwalsh@cox.net](mailto:melwalsh@cox.net)

## LLI Board of Directors

**President:** Dick DiBuono

**Vice President:** Bob Huley

**Secretary:** Gina Trapp

**Treasurer:** Phil Runge

**Assistant Treasurer:** Warren Hynes

**Past President:** Norma Hughes

**Members:** Terry Brittain 11\*,

Deanna deMember 09, Dick

DiBuono 10, Paul Hopler 11,

Norma Hughes 09, Bob Huley 10,

Doug Johnson 09, Liddell McLeod

10, Marianne Moerman 10, Moe

Moser 11, Barry Newman 10, Don

Reynolds 09, Phil Runge 11, Gina

Trapp 09, Mary Underwood 11

\* year term ends

**Administrator:** Laura Charron

## Newsletter Staff

**Newsletter Co-Editors:** Norma Hughes 703-960-6279 [nah.home@verizon.net](mailto:nah.home@verizon.net)

and Lynda Brittain 703-425-8240 [brittains@cox.net](mailto:brittains@cox.net)

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

**Mailing Coordinators:** Colletta Hammond and Kathy Hall

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## President's Corner

Hello, everyone. When you read this many of you already will have enjoyed great food, entertainment and sociality at our annual Picnic at Fort Hunt Park. We thank Bonnie Hopler and the members of her Picnic Committee for the good work done in planning and executing it. Thanks also go to Don Reynolds for arranging to have National Park Service Ranger, Vincent Santucci, speak at the event. Our Institute's Fall Program of courses is underway and our Administrator, Laura Charron, reports that 237 members — more than 60% of our membership — have registered to take one or more of them. This is a tribute to the dedicated work of our Curriculum Committee members who generate our Institute's excellent education programs.

In this issue of News and Views you will find a list naming LLI's officers and members of the Board of Directors, the chairs and/or key members of all our Committees, and the leaders of our Special Interest Groups. If you are not already aware, you will see that LLI is a multi-faceted organization and that it provides wide opportunity for you to volunteer your time and talents. Please consider serving on one or more of these many committees and activities and thank those who already do.

Information about our next Forum meeting appears elsewhere in this newsletter. I look forward to seeing you there.

*Dick DiBuono*

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## Protect Your Bank Account

Checking account theft is now second only to credit card theft. There are several ways thieves can get your checking account information: Stealing your outgoing mail; taking checks you've written, soaking off the ink, and rewriting them; stealing your wallet are just a few. But increasingly, thieves are going online. Around 45 percent of adults with Internet access use the Web to bank or pay bills. Among those whose checking accounts had been raided, 70 percent were online finance users.

There are some things you can do to protect yourself from online fraud and scams. Never use a public computer or wireless "hot spot" for financial transactions. Be sure that your Internet web browser has the security options set to high. Use a credit card rather than a debit card when making online purchases. Also, remember to monitor your bank account carefully and often.

## October Community Outreach

Betty Lee Thatcher 703-354-8154  
Carol Weber, caroljeanweber@hotmail.com

Your generous food donations in September have been acknowledged by FACETS - valued at \$450! Thanks to each of you.

This month food donations will be delivered to the ACCA (Annandale Christian Community for Action) Food Pantry. Since 1967, ACCA has served needy families in the

Annandale, Baileys Crossroads, and Lincolnia areas of Fairfax County. Twenty-seven member churches provide many of the funds and the volunteers who operate the various programs. In addition to the pantry, ACCA operates a pre-school and infant/toddler center, a pick-up and delivery program of donated furniture, helps with emergency needs such as rent and utility bills, provides volunteers who drive elderly and disabled persons to medical appointments, participates with Rebuilding Together, grants scholarships to disabled Fairfax County high school seniors to further their education, and provides drivers for Meals On-Wheels. Except for the child development program, all programs are run by volunteers who number over 400.



The food needs at the ACCA Pantry are: spaghetti sauce, cereal, pasta type meals, rice, dried beans, canned fruit, oil, juice, crackers, and canned meats.

Betty Lee Thatcher and Carol Weber will deliver the food this month.

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## 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 2008 course catalogue and mail it to the LLI office with a check in the amount of \$110 for each person wishing to continue with LLI.



# Board of Directors Annual Retreat

**O**n July 10, 2008, the LLI Board of Directors held its annual Planning Retreat at the Greenspring Retirement Community. The purpose of the Retreat was to review the status of our Institute – its programs, activities, by-laws, policies, practices, membership, and finances – and decide where improvements, if any, are needed and the form those improvements should take. Among the many items that were discussed, the following may be of interest to LLI members.

**Financial Condition.** President Bob Huley reported on the state of LLI's financial condition as of June 30, 2008, the close of FY 2008. He explained that while income from membership dues was about \$1,000 below our budget projection, our total expenditures were less than the budgeted amount. The net result will be a surplus of revenue, which will be placed in the Members' Equity account. He stated that we will need to watch our membership level in FY 2009, especially since we currently are not actively recruiting new members.

Treasurer Phil Runge presented the financial statements as of June 30, 2008, with a notation that not all bills had yet been received for the fiscal year. At the end of June, we had \$17,258.54 in our bank account, \$118.45 in petty cash, and \$29,329.25 in U.S. Treasury securities. Our cash assets totaled \$46,706.24. Liabilities included \$203.87 in FY 2008 charter trips. For FY 2009 charter trips, we've already collected \$5,360. We've paid \$450 in deposits for FY 2009 social events (fall picnic and holiday luncheon). Our total current liabilities amount to \$5,075.37. Student awards totaling \$11,100 were distributed; \$2,526.54 remain in this account. The special purpose reserve remains at \$12,000, while retained earnings total \$23,041.79. Net income, at this point, totals \$4,062.54. Although this will decrease after all FY 2008 bills and receipts are in, the amount is significantly higher than at this time last year. Total liabilities and assets balance.

**Administration.** In an effort to update and organize various LLI documents and files, Liddell McLeod reported that the Administrative Review Committee (ARC) has developed draft documents for most of the financial policies related to classes, trips, and special events, along with specific rules for credit card use and reimbursements for member expenditures on LLI's behalf. Phil Runge has documented procedures specific to the Treasurer's duties, including tracking and reporting activities

related to maintaining accounts, insurance, and tax reports. Administrator Laura Charron listed other documents that the ARC needs to review. Bob Huley also stated that the ARC plans to review LLI's filing system. The Administrator's Report, prepared by Laura, indicated that, as of the date of the Retreat, we had 381 members, 75% women and 25% men.

**Trips and Study/Travel.** Deanna DeMember reported on Trip Committee activities for FY 2008 and plans for FY 2009. For FY 2008 day trips, income exceeded expenses by a total \$1,076. The Trip Committee's new policy on prorating refunds became effective with the Frederick, MD trip in June. For the overnight trip to the Historic Triangle, income exceeded expenses by \$71.47.

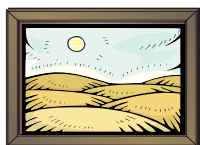
Doug Johnson reported that he had wanted to plan two to three Study/Travel trips per year, but owing to high travel costs at this time, and to logistical issues, he recommended a simplified plan of one trip per year in coordination with trips planned by the Trip Committee. He is planning meetings for September to discuss where members would like to go. A study program will take place prior to each trip.

**Curriculum.** Paul Hopley reported that the Curriculum Committee will begin work on the Winter/Spring 2009 catalog in mid-September. Paul also presented some issues that the Curriculum Committee has discussed. One is ideas for future courses; the Committee feels that science and technology are areas that need more coverage. Another is the use of DVDs from The Teaching Company. The Committee feels that while these are wonderful learning tools, we want to use them in moderation. We want to allow time for members to ask questions and discuss the subject matter. We are also pursuing additional art courses. We will continue to look for LLI member expertise in teaching classes. Paul also reported that the new DVD projector he purchased this spring is working well and satisfying the needs of instructors who use DVD's in conjunction with their presentations.

**Nominating Committee.** Don Reynolds reported that Dick asked him to chair this Committee for the upcoming year. He already has the names of two members who would be willing to serve on the Committee and has feelers out for others. Past President Lorin Goodrich pointed out that LLI by-laws require that the Committee consist of the

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# Special Interest Groups



## Arts & Smarts

Donna Trogler 703 751-8932 or  
e-mail [DTrogler@aol.com](mailto:DTrogler@aol.com)

On October 10, 2008, we plan to go to the Smithsonian American Arts Museum at the Portrait Gallery to see the works of two iconic American artists: Georgia O'Keefe and Ansel Adams. This exhibition, the first to pair these two artists, explores the significance of their achievements in capturing the reality and essence of the world around them. We will have the details concerning time at the next Forum.

In November we are planning a visit to the National Gallery of Art for the exhibition, Pompeii and Roman Villa: Art and Culture around the Bay of Naples. Details will be forthcoming.



## LLI Bridge Group

Bob or Merry Huley 703-534-4819 or  
703-489-9045 [roberthuley@cox.net](mailto:roberthuley@cox.net)

### October and November Play Dates —

In both October and November, we will be varying from our standard dates due to scheduling problems. In October, we will play on **Wednesday, October 1**, and **Wednesday, October 8**. In November, we will play on **Thursday, November 6**, and **Wednesday, November 19**. **Location:** Mason District Government Center. **Time:** 10 a.m. to 2 p.m. Bring a bag lunch.

You do not need a partner because we rotate partners so you will play with everyone. We are always looking for new players, and all levels of players are welcome in this very friendly game. Please call, or email me, if you would like to attend (or for more information) so that we can provide sufficient card tables.

### August/September Results —

Top three finishers on August 27 were Nate Rosenbaum, Mary Underwood, and Bob Huley. Top three on September 11 were Bob Huley, Lynda Brittain, and Nelva Berend. Congratulations to all.



## Community Theater

Helen Clark 703-573-1571,  
[h.a.clark@worldnet.att.net](mailto:h.a.clark@worldnet.att.net)

On Sunday October 12th at 2:00 p.m. we will attend Tom

Stoppard's comedy, "Rough Crossing", performed by the Providence Players of Fairfax. The play is set on a 1980s ocean liner and tells the story of a

musical-comedy writing team and their young, speech-impaired composer who are on a deadline to complete a new work during their four-day Atlantic crossing. Performance is at the James Lee Center on Annandale Road between Rt. 50 and Lee Highway. To make a reservation please call (703) 425-6782 or you may e-mail them at [providenceplayers@cox.net](mailto:providenceplayers@cox.net). Senior tickets are \$12. For more information call Helen Clark.



## LLI Current Events Group

**Date:** Friday, 3 October 2008

**Place:** Mason District Governmental Center

**Time:** 10 a.m. to 11:30 a.m.

**Topic:** *Presidential and Vice-*

*Presidential Debates: Are the Real Issues Being Addressed?*

Join us to share your ideas or learn more about current events. We want to give all, who wish, a chance to speak. After an hour, we choose the next topic. Then we have open discussion on current events of interest to anyone. We meet in the Small Conference Room of the George Mason District Government Center.

**November 7:** *Presidential Election: What issues are in store for our country?*

For more information, Email Shirley Lotz at [Shirley.Lotz@Ericksonresident.net](mailto:Shirley.Lotz@Ericksonresident.net) or [svlotz@alum.wellesley.edu](mailto:svlotz@alum.wellesley.edu) or call (703) 451-4371.



## Favorite Books Club

Arlene Gribben 703-569-0357,  
[arlenegribb@aol.com](mailto:arlenegribb@aol.com)

**Date:** Thursday, October 16

**Time:** 11:30 a.m.–1 p.m.

**Place:** Mason District Governmental Center, Small Conference Room

The October book for review is "Three Cups of Tea" by Greg Mortenson. This astonishing, uplifting true story tells about Mr. Mortenson's remarkable humanitarian campaign in the Taliban's backyard. In 1993 the author, a mountaineer, drifted into an impoverished Pakistan village after a failed attempt to climb a nearby mountain. Moved by the inhabitants' kindness, he promised to return and build a school. The book tells about the fulfillment of that promise and its extraordinary outcome. It's a riveting adventure and a testament to the power of the humanitarian spirit.

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## Special Interest Groups

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### LLI Gourmands

Fourteen Gourmands dined on Appetizers at Martha Siemering's home on Thursday, September 11. Many of us shared remembrances

of that fateful September 11, 2001. The October Gourmand lunch will be at the Japanese Steak House Otani, 1045-B Braddock Road, Fairfax, on Friday, October 10, at 12:30 p.m. Please call Betty Pogerman (703-323-7634) or Linda Rose (703-644-2982) if you wish to attend this luncheon.

The first official gathering of the new LLI Wine Tasting Group will be held on **Tuesday, October 14** at 4 p.m. at the **Church Street Cellars**, 111 Church St., NW, Vienna ([www.churchstcellars.com](http://www.churchstcellars.com), 703-255-0558); parking is on the street or in the garage under the Bazin's restaurant next door on Church. This neighborhood wine and gourmet shop has wine-dispensing machines that offer samplings of a variety of different wines by the ounce, half, or full glass. On Tuesday nights it's half-price. A limited menu is also offered. Contact Anne Austin at [ABBAustin@aol.com](mailto:ABBAustin@aol.com) or 703-569-5994 to sign up for this event.



### Nimble Fingers

Bev Portman, 703-560-6740,  
[firse@juno.com](mailto:firse@juno.com)

The group's October meeting is scheduled for Friday, October 10, 2008, 1:00 to 2:30, in the Small

Conference Room of the Mason Governmental Center Bring a small needlecraft project of any type to work on. For more information, contact Bev Portman.



### Walkabouts

Liddell McLeod, 703-698-8366,  
[liddell\\_mcl@cox.net](mailto:liddell_mcl@cox.net)

Two walks are scheduled in October. Thursday, October 9, we will meet at the Wakefield Park parking lot closest to the entrance. Friday, October 24, we will meet at the Eakin Park lot on

Prosperity Avenue. Contact Liddell McLeod to get more information and to add your name to the LLI Walkabouts email list.

## Board of Directors Annual Retreat

Continued from page 4

Committee Chair, two Board members, and two non-Board members, for a total of five.

**Volunteer Coordination.** Dick remarked on what a great job former Board member Libby Burge did in organizing and maintaining our volunteer program. Liddell McLeod has recently taken over this function. Liddell has done some preliminary on-line research into what other groups who operate with volunteers do. She will also continue to use Libby's successful approach to recruiting volunteers.

**Special Events.** Don Reynolds reported that plans are underway for both the September 17 picnic at Fort Hunt Park and the December 4 holiday party at the Country Club of Fairfax. Chief Ranger Vincent Santucci will speak to us at the picnic about the prison camp established at Fort Hunt during World War II. The theme for the holiday party is "home for the holidays."

**Special Interest Groups (SIGs).** Mary Underwood reported that LLI currently has eight SIGs: Bridge, Favorite Books, Gourmands, Community Theater, Current Events, Arts & Smarts, Walkabouts, and Needlecrafts (name may change). As decided by the Board, SIG coordinators are now arranging their own meeting space, with advice from Space Coordinator Moe Moser, if necessary. Mary will continue to provide the SIG update sheets at each Forum; these have been very popular.

**Newsletter.** Both the Board and the membership are pleased with the newsletter that Norma Hughes produces each month, including the photographs.

**Student Scholarships.** Assistant Treasurer Warren Hynes stated that the information on money spent on scholarships during the year should be made available to the entire membership. Dick DiBuono stated that he is extremely happy that we have such support in this effort from Dr. Mann, the Dean of Liberal Arts. He would also like to get the Dean of Sciences involved in our Scholarship Program.

The Board's annual retreats continue to be an essential tool in the planning and successful operation of LLI.

**Deadline for  
November newsletter is  
October 10.**



# From the LLI Scrapbook

## Scenes from the Annual Picnic — “September Fest”



*Our outstanding Picnic Committee*



*Door-prizes and games*



*Good food*



*Guess Who, leading one of her original ditties*



*Group of happy picnickers*



*Sunflower cupcakes*



*Park Ranger Santucci describing Ft. Hunt's fascinating WW II history*



*Some of the picnic crowd*



Established 1996



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# HAPPY HALLOWEEN



**OCTOBER 2008**