

Next LLI Forum

Tuesday, November 3, 2009, at 10 a.m.
(Social Time at 9:30 a.m.)

Trash Talk, or Keeping It Clean: Why I Should Recycle

Fairfax County, a leader in recycling, is ready for the future with plans for new technologies and innovations. Ben Boxer, the Communications & Outreach Manager for the Fairfax County Solid Waste Management Program, will provide a presentation discussing: 1) the transformation from citizens' waste using advanced technical procedures to a resource to benefit the environment in a responsible manner, and 2) the significance of recycling — "what's in it for me?" without disturbing our daily routine. With this understanding, LLI members will find out just how easy it is to have a significant impact on improving and preserving our local environment. Going green is everybody's responsibility. Do your part and find out what you can do.

Please Note: *Parking is in the pay parking garage (\$1/hour). Parking in the B and C lots is by permit only.*

Mark Your Calendar for Future Forum Topics

January 12 (NOTE this new date): Howard Houghton, Medicare specialist, will present "An inside Look at Medicare, Present and Future under Health Reform."

February 2: The area's well known Dr. Gridlock will be our Forum speaker.

Office Closed

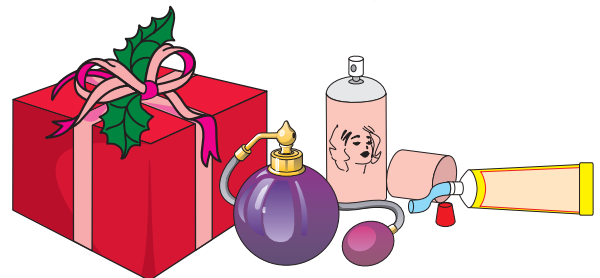
The LLI office will be closed during the college's Winter Break, from December 24, 2009, until January 4, 2010.

LLI's Holiday Luncheon

Your invitation to and registration for LLI's December 9 Holiday Luncheon is enclosed in this newsletter. Anyone who attended last year's event can tell you what a lovely setting The Country Club of Fairfax is for special functions. Along with socializing and enjoying a good meal, Ken Smith, a local singer/songwriter/guitarist, will entertain us with holiday songs and lead us in a sing-along.

As mentioned in last month's newsletter, we are collecting sample size toiletries to use as holiday gifts for abused women helped by Bethany House. If you would like to contribute, you can bring the items to the November forum. Also, as a reminder, at the luncheon we will have a "Cheers for Children" box to collect new non-gift-wrapped toys or books for children of the women in Bethany House. We hope to see you on December 9.

The 2009 LLI Holiday Luncheon Committee



Lunch Bunch

John Bogart bogartje@cox.net

Following the Forum, plan to join the Lunch Bunch at the **CEE Restaurant**, 9901 Fairfax Blvd., Fairfax City. They specialize in Thai food. Prices are moderate and CEE has been recommended by LLI members.

Directions: From NOVA, turn left onto Rt. 236, right onto Prosperity Ave., left on Arlington Blvd. Proceed past Fairfax Circle. The restaurant is on the left before Rebel Run.

Calendar of Events



November 2009

- 3 Forum (Tues.)
- 13 Board meeting
- 13 December newsletter deadline
- 20 Spy Trip of Washington
- 23 Newsletter mailing

January 2010

- 8 Board meeting
- 9 Newsletter Deadline
- 12 Forum meeting (*NOTE the date*)
- 18 Newsletter mailing

December 2009

- No Forum, no newsletter
- 4 Winter update deadline
- 4 Trip: Candlelight tour of Mt. Vernon
- 9 LLI Holiday Luncheon
- 14 Update mailing

February 2010

- 2 Forum (Tues.)
- 12 Board meeting
- 12 Newsletter Deadline
- 22 Newsletter Mailing

March 2010

- 2 Forum (Tues.)
- 12 Board Meeting
- 12 Newsletter Deadline
- 22 Newsletter Mailing

Members

Louise Blakely 703-451-2084
blakelylk@yahoo.com

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

Barbara D. Hartsell, 10546 Reeds Landing Ct., Burke, VA 22015, (703) 250-5801, bdharts@msn.com

Judith Lawson, 8119 Greeley Blvd., Springfield, VA 22152, (703) 451-8669, lawson.judy@verizon.net

Morris E. Levy, 2533 Sandburg St., Dunn Loring, VA 22027, (703) 208-1876, melevy11@verizon.net

Sharon Levy, 2533 Sandburg St., Dunn Loring, VA 22027, (703) 208-1876, sjolevy@verizon.net

Eddymarie McCoy, 9119 Bramble Pl., Annandale, VA 22003, (703) 425-6818, kelpoc@cox.net

Mary Purdy, 10714 Spruce St., Fairfax, VA 22030, (703) 385-9572, mcpurdyva@yahoo.com

Robert Purdy, 10714 Spruce St., Fairfax, VA 22030, (703) 385-9572, bobburdy05@yahoo.com

Gretta Xander, 8461 Hunt Valley Dr., Vienna, VA 22182, (703) 556-0964, tcxander@aol.com

Tom Xander, 8461 Hunt Valley Dr., Vienna, VA 22182, (703) 556-0964, tcxander@aol.com

Update

Bettie Jane Owen, 7450 Spring Village Dr., cc527, Springfield, VA 22150

Correction

Marion L. Evans, MLVE4@aol.com



IMPORTANT:

Report Address Changes

Laura Charron, Administrator

Please, remember to notify the LLI office as soon as possible of a new e-mail address as well as a change in mailing address and/or telephone number. Notify the office by phone at 703-503-0600, or e-mail at llinova@juno.com.

LLI Fall Curriculum Update

Course 9F29P (*Psychology*)
Presentations by NVCC Faculty

REGISTRANTS PLEASE NOTE:

An additional presentation has been arranged. On Friday, November 20, 2009, Professor Glenora Nelson will discuss "Practicing Good Sleep Hygiene (insomnia and depression)." It will take place 1:30-3:00 p.m. in Seminar Rooms C & D, Ernst Cultural Center (CE), NVCC Annandale.

LLI Board of Directors

President: Paul Hopler	Members: Terry Brittain 11*,
Vice President: Bob Huley	George Chalou 12, Dick DiBuono 10,
Secretary: Karren Scott	Paul Hopler 11, Norma Hughes 12,
Treasurer: Phil Runge	Bob Huley 10, Ed McKnight 12,
Assistant Treasurer: Warren Hynes	Liddell McLeod 10, Marianne
Past President: Dick DiBuono	Moerman 10, Moe Moser 11,
	Barry Newman 10, Phil Runge 11,
	Karren Scott 12, Mary Underwood 11

* year term ends

Administrator: Laura Charron

Newsletter Staff

Newsletter Co-Editors: Norma Hughes 703-960-6279 nah.home@verizon.net and Lynda Brittain 703-425-8240 brittains@cox.net

Graphic Design/Desktop Publisher: Alfred Brothers

Mailing Coordinator: Bo Kelley

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President's Message

Remember that we describe our organization as "LLI/NOVA is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults." This month I want to look at the "continuing educational opportunities" aspect. This truly is fundamental to our existence and purpose. Every activity and question we consider is filtered against the question, "Does this lead to education for our group?" Certainly the curriculum is basic and has a clear purpose of education. From time to time a course is suggested and the question is asked if it leads to a learning experience. We do recognize that what may be trivial to one person is a new experience and a real increase in the knowledge of another. Our Special Interest Groups (SIGs) are intended to be enjoyable and fun, but there is nothing to say that education needs to be dull and they all lead to a better understanding of something. The travel is important to our program and each trip has an aspect of hands-on learning and appreciation. The study travel is based around this, but going on any of our trips will increase your knowledge. The forums are a group-wide activity and introduce LLI to new people, and always include an interesting and informative speaker. From time to time, we sponsor some of our members' participation in external educational opportunities to help our organization grow. We have outside support activities such as scholarships and food donations to aid others in having a better life. What about the parties? Well, I suppose the education is not always as strong (although sometimes the committees have included educational aspects) but it is important to develop the camaraderie to make the rest of the program work.

In light of this, sometimes we turn down with regrets a recommendation for a very good product or service or organization that someone wants to be presented to LLI that is not central to our purpose.

The continuing part is just as important. Learning should never stop or we quickly become stagnate. We have some members in their 50's who are on the track to continuing education and we have members in their 80's who are an inspiration to us all, as they are always ready to learn something new. So, education really is continuing.

Paul Hopley



Community Outreach

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

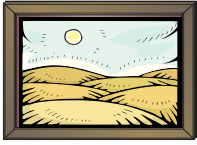
The November 2009 food collection at the Forum will be donated to the Koinonia Foundation, the local human services agency providing help to individuals and families in the Greater-Springfield communities, including Franconia, Kingstowne, and Newington. Through their food pantry, they are now serving approximately 175 families each month, more than twice as many as they assisted a year ago, and the need continues to increase! In addition to this and other programs, Koinonia recently provided backpacks filled with necessities for many area students and is now preparing for their annual Christmas Wishes program for children needing Santa's attention. Through the generous donations of individuals and organizations like LLI, Koinonia is able to make a difference in the lives of the families they serve. While donations of all non-perishable food items are always appreciated, there is a critical need for canned goods such as *heartly-style and other soups, fruits, baked beans, and pastas*. Toilet tissue is another critical need. Paper goods, household cleaning supplies, detergents and personal care items are ongoing needs which are not covered under the federal food stamp program, and generally not donated, yet are costly items for these families. As always, your generosity is greatly appreciated by all the organizations we assist. Norma Hughes will deliver our donations this month.



Expert Advice About Your Medicare Options

Open Season for changing Medicare prescription plans and other options goes from November 15 until December 31, 2009. The Fairfax Area Agency on Aging offers the Virginia Insurance and Counseling Program (VICAP). If you would like some assistance and further information, call 703-324-5851 or access their website www.fairfaxcounty.gov/aaa/vicap.htm.

Special Interest Groups



Arts & Smarts

Donna Trogler, 703 751-8932 or
DTrogler@aol.com

On December 3, 2009, Arts & Smarts will be going to the Sackler Gallery to tour the exhibition **Falnama, The Book of Omens**. The art of divination has been practiced for centuries around the world. In Iran and Turkey in the 16th & 17th centuries, one of the most splendid tools to gain insight into the future was a series of illustrated manuscripts known as the Falnama, Book of Omens. These works are notable for their monumental scale, brilliantly painted images, unusual subject matter and simple text. Comprising approximately 60 works of arts, Falnama, Book of Omens sheds new light on the Savavid and Ottoman artistic, cultural, political, and religious landscape of the period. If you are interested in joining the group on this tour, please contact Donna for more information.



LLI Bridge Group

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

November and December Play Dates –
In November, we will play on **Thursday,**

November 5, and **Wednesday, November 18.** In December, we will play on **Wednesday, December 2,** and **Wednesday, December 16.** **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.

Recent Results – On September 9, the top three were Mindy Rojahn, Arline Sachs, and Carol Aron. Many thanks to Mary Underwood for running that game. On September 30, the top three were the tag team of Mary Underwood and Merry Huley, Mindy Rojahn, and Nelva Berend. Congratulations to all.



LLI Community Theater

Norma Hughes 703-960-6279,
nah.home@verizon.net

Contact Norma if you wish to be included in the list of members

interested in this Special Interest Group and receive a listing of a number of the local community theater organizations and their current schedules. Among the members, volunteer “Hosts” will select an upcoming play and venue, select the matinee date, relay information on how tickets are purchased (hosts do not purchase the tickets), provide directions, and select a nearby restaurant for post-theater socializing (early darkness may make pre-theater brunch a preferred option). These community

theaters and their casts provide really great productions at very reasonable cost (generally under \$18 for seniors).

If you would like to “Host” an upcoming production, please let Norma know 703-960-6279, nah.home@verizon.net and she will pass on the pertinent information and details to the rest of those on the list.



LLI Current Events Group

Please note that the Current Events Group schedule has changed — they will now meet monthly for continued

interesting and educational discussions. Topics reflect the current social, political and worldly events surrounding the time of the meeting. Please join us to share your ideas and/or to learn more about current events - whatever is your pleasure.

Date/Time: Friday, Nov. 6, 2009; 10:00 – 11:30 a.m.

Place: Mason District Governmental Center, Small Conference Room; 6507 Columbia Pike, Annandale, VA 22003

For more information, e-mail Marion Jacknow at mjacknow@aol.com or call Marion at (703) 698-8702.



Favorite Books Club

Arlene Gribben 703-569-0357,
arlenegribb@aol.com

Date: Thursday, November 19

Time: 11:30 a.m. – 1:00 p.m.

Place: Mason District Governmental Center, Small Conference Room

November’s book selection, *The Widow’s War*, written by Sally Gunning, takes place in the 1700’s in Cape Cod. The book’s title refers to the laws back then that denied women the right to own property. In the first two pages you learn that the main character, a 39-year-old woman, loses not only her husband to the sea, but also their home to her son-in-law. As the story unfolds, the widow struggles to find ways to live her life on her terms. The writing pulls you into both the times and lives of all the characters in the book.



LLI Gourmands

Mary Underwood 703-329-8391,
maryunderwood29@verizon.net

Sixteen Gourmands enjoyed Bosnian food at the Cosmopolitan Grill on

Wednesday, September 30, an event planned by Karren Scott. Our next lunch is at The Sea Pearl Restaurant in Merrifield on Friday, October 23, at noon. Saranel Osborne has arranged this event. Please call Saranel at 703-573-4619 if you want to attend this event.

LLI Bacchus Wine Tasting Group — Anne Austin, 703-569-5994, ABBAustin@aol.com.

On Wednesday, November 4, at 11:30 a.m., Anne Austin is combining the Gourmands and Bacchus wine-tasting groups for a luncheon at the award-winning Villa Mozart Restaurant in Fairfax City. It will be a special 3-course lunch which will include a salad, a choice of two entrees, and a choice of 2 desserts for \$18 (plus tax and gratuity). This restaurant also offers a wonderful selection of Italian wines by the glass. Their website is www.villamozartrestaurant.com; the address is 4009 Chain Bridge Road. Please let Anne know if you plan to attend this event.



Nimble Fingers

**Bev Portman, 703-698-8366,
firse@juno.com**

The November meeting is scheduled for Friday, November 13, 1:00 to 2:30 in the Small Conference Room of the

Mason District Governmental Center. Bring a small needlecraft project of any type to work on. New participants are always welcome. For more information, or if you are new to the group, please contact Bev Portman.



Walkabouts

**Liddell McLeod 703-698-8366,
Liddell_mcl@cox.net**

The Walkabouts SIG will have a new leader soon. Please look for an announcement in the next newsletter and at the next Forum. Current members of the

Walkabouts will receive an email notice.

French Conversation Group Being Formed

Don Reynolds, saldonreyn@aol.com

For those interested in this new Special Interest Group (SIG), the first meeting of the French Conversation Group will be held Tuesday, October 27, 10:00 a.m. at the George Mason Library, Little River Turnpike, Annandale.

Bring ideas to help plan our direction. For more information e-mail Don Reynolds as above.



*Deadline for the
December newsletter
is November 13.*

Trip Committee Report

The LLI Trip Committee met on Monday, October 5. At this meeting we discussed the remaining trips for 2009 and tentatively scheduled a number of upcoming trips for the year 2010.

The remaining trips for 2009 are: the Gettysburg National Military Park on Thursday, October 15; the Spy Tour of Washington on Friday, November 20 (contact Trip Leader Anne Austin until November 1 and Sally Reynolds, Assistant Trip Leader after Nov 1); and the Candlelight Tour of Mt. Vernon on Friday, December 4 (no refunds will be made after October 30).

Elderhostel/Exploritas has scheduled "The Chautauqua Experience: Meetings with Great Minds" from May 16-21, 2010. The cost is \$870 double occupancy, \$965 single occupancy. The cost includes 15 meals (5 breakfasts, 5 lunches, 5 dinners). The deposit is \$100. Accommodations will be at the Athenaeum Hotel on the grounds of the Chautauqua Institution. Because Elderhostel cannot set up a separate LLI group for this program, we are asking LLI members to contact Elderhostel directly to register; their phone no. is 1-800-454-5768. Members can also register online at www.exploritas.org by typing in Program No. 1713RJ on the top right-hand side of the webpage. Then when registration is completed, please contact Anne Austin at ABBAustin@gmail.com or 703-569-5994.

Unfortunately, LLI will be unable to offer bus transportation to the Chautauqua Institution. However, we will set up a group e-mail to let members know who else has signed up, to possibly make some personal transportation arrangements, and to provide requested information preparatory to this trip.

Handymen and Tradesmen List

Anne Austin (ABBAustin@aol.com; 703-569-5994)

If you believe this list of recommendations is useful, LLI members who would like to add their recommendations may send the handyman's information (Name, Phone No., and Services Provided) to Anne Austin. Access to this list can be reached through the LLI website <http://lli.nova.org> and click on **Handymen and Tradesmen List**.

Where Are They Now?

Isn't it wonderful that one of our scholarship winners is now on the NOVA Annandale faculty?

Read **MARGARET REED**'s story below (some of you will have heard her speak at the October Forum):

"In 1981, I made one of the biggest mistakes of my life when I dropped out of high school. In 2000, I took the first step toward reclaiming my education by taking the GED and registering at NVCC. I had not been in a classroom for twenty years and I had my doubts that I belonged in the world of academia. When I was selected by LLI to receive the **STUDENT LEADERSHIP AWARD** in 2003, I was at a critical point when I had to decide whether or not to continue my education beyond NVCC. In addition to being a nontraditional full-time student, I am also a wife, mother, and grandmother, as well as the primary caregiver to my mother who is 84 and has been bedridden since 2002. Your award helped give me the

"I hope to give my students the same encouragement that was given to me by [LLI] and NVCC."

confidence to reach for the stars. Since then, I graduated Summa Cum Laude from NVCC with two degrees, an A.A. and an A.S. I entered George Washington University, where I graduated Summa Cum Laude in 2008 with a B.A. in History and Women's Studies. I am currently a M.A. candidate in the History department at GWU; my specialty is Early American Women. I am working on my M.A. Thesis about women who became property owners through Revolutionary War land grants. I will graduate in May 2010 and will be submitting applications for doctorate programs. This semester I received a teaching fellowship at NVCC and I have come home to teach History 121. I hope to give my students the same encouragement that was given to me by you and NVCC. Thank you for your dedication to the students at NVCC and your tireless devotion to education."

LISA BORGES, winner of our **2008 LEADERSHIP SCHOLARSHIP** is another outstanding achiever. She writes:

"I graduated Summa Cum Laude from NVCC in May 09 with an Associate of Arts, Liberal Arts, Degree and a Promotions & Public Relations Career Certificate. I am currently employed by Alion Science And Technology, but have taken a Leave of Absence for the semester so that I can finish working on my

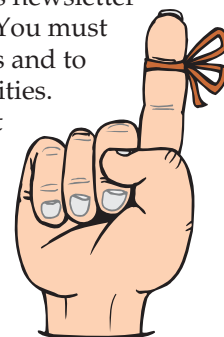
Bachelor's Degree. Although I am attending George Mason University, my credits are being transferred to Syracuse University from which I will receive a Bachelor of Arts Degree in 2010 with a major in Television, Radio and Film and a minor in English & Textual Studies. Provided I am able to extend my Leave of Absence, I will go to Egypt for two weeks to take my final English course which involves studying culture and literature from that area of the world. Further accomplishments after receiving your award,

"I am very appreciative to your committee for awarding me the LLI Leadership Scholarship."

prior to my NVCC graduation, I was nominated to be President of Phi Theta Kappa for 2008–2009 but, as a Navy Reservist I had received orders for Iraq and had to resign the position. Within a few weeks of resignation, my orders were cancelled, so PTK made me Co-Chair of the Relay For Life of NVCC. Despite the nation's economic situation, we, NVCC, were able to raise approximately \$34,000 to support the American Cancer Society. As a Navy Reservist, I was nominated Sailor of the Quarter, first quarter 2009, and am responsible for running the assignments of our Operations Department. I am working toward making Chief Petty Officer, E-7. I am very appreciative to your committee for awarding me the LLI Leadership Scholarship. It served me greatly in completing my education at NVCC."

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. Complete the membership form (last page in the current course catalog), check "renewal," indicate any new information, and mail it to the LLI office with a check in the amount of \$110 for each person wishing to continue membership with LLI.



It is important to include the form with your check, as it is much easier to credit your membership renewal in our database.

Study/Travel

The group had a productive meeting after the October forum. It was decided that there could be 2 trips next year.

Costa Rica with Caravan Travel, 9 days, starting February 25, 2010. Cost approximately \$1,600/dbl, all meals included, plus flights from Dulles at around \$260 – \$375. Tour highlights would include San José, Poas Volcano, cloud forest hike, rainforest aerial tram, coffee and pineapple plantations, wildlife refuges, national parks, and many varieties of flora and fauna. This trip involves walks of up to 1 hour on fairly level ground in warm, humid conditions and includes some high elevation destinations. If interested contact Anne Austin (abbaustin@aol.com) or Bev Portman (firse@juno.com) or Doug Johnson (llidoug@yahoo.com).

Adriatic Cruise (Dalmatian Coast), tentatively scheduled for July 4, 2010, on Arion ship, 12 days (2 travel) with 7 day cruise, Cost \$2,000-2,700 plus \$1,250 airfare plus \$500 shore excursions & incidentals; all breakfasts and meals on ship included. You would visit Ljubljana, Lake Bled, Zadar, Korcula, Kotor, Duress, Dubrovnik, Split, and Venice. If interested, contact Doug (llidoug@yahoo.com).

It was also decided to look into a Baltic Sea cruise, thru Shillelaugh for the summer of 2011. Guesstimate cost around \$5,000.

Luncheon for Mary O'Day

Mary O'Day and her husband have moved to Pennsylvania, but her heart is still with LLI. Members who have enjoyed Mary's classes for many years will gather at the Virginian for an appreciation luncheon on Friday November 13 at 11:30 a.m.. Cost is \$14.00 payable in cash or check. Checks may be made out to Sally Reynolds. The 3rd and final class in the Jackie O series will follow at 1:30 p.m. All are welcome to stay for the class. Tickets may be purchased at the Forum on November 3. No refunds will be given after that date. Directions to the Virginian may be found in the Fall 2009 Program catalog. For questions or further information, contact:

Ginny Moser (ginny.guide@verizon.net),
Salli Wise (sarahwise7@verizon.net), or
Sally Reynolds (saldonreyn@aol.com).

From the LLI Scrapbook



*October
Forum speaker
Bob Ryan
with LLI
President
Paul Hopper.*

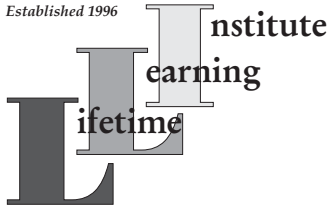


*September speaker
Joseph Pincus
and President
Paul Hopper.*



LLI members and friends on September trip to Utah.

Established 1996



Lifetime Learning Institute of Northern Virginia

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E-Mail: llinova@juno.com
Website: <http://lli.nova.org>

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Change Service Requested

**Time Sensitive Material
Please Deliver by
October 26, 2009**

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

Important Safety Reminder

Do you have a fire extinguisher in your home or kitchen area? A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives. However, because fire grows and spreads so rapidly, the *number one priority for all residents is to get out safely*. Install the extinguisher close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



November 2009



Happy Thanksgiving