

Winter/Spring 2004 Program



Lifetime Learning Institute

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Member of
The Elderhostel



INSTITUTE NETWORK

Winter/Spring 2004 at a Glance

Art and Music

Symphonic Sensations (4W05P); Piano Trios & Quintets (4W10A); Three Masterful Decorative Programs in Art (4W32P); History of the Art Song, Part 2 (4W33P)

General Information

Safety for Seniors (4W02A); Sports Memories (4W09A); "QuoVadis America?" Facts & Opinions (4W17A); Economics Presentations by NVCC Faculty (4W37P); "Anatomy" of the U.S. Postage Stamp (4W24A); Communication: Tossed Salad or Fondue? (4W07P)

Government and Politics

Exploring Virginia State Government (3F08A); "O Canada" (4W18A); Human Cultural Diversity in the 21st Century United States (4W29P); Great Decisions 2004 (4W30P)

Health/Science

Senior Exercise: Back to Basics (4W28P); Vital Aging (4W08A); Science for Non-Scientists (4W12A);

History and Religion

Meet the Patriarchs (4W01A); Fairfax History and Civil War Romance (4W03A) American History of the 19th Century (4W13P); Mystical Aspects of Christian Doctrine (4W16A); Mysteries of Mexico (4W19P); Overview of the National Postal Museum (4W23P); History Presentations by NVCC Faculty (4W36P)

Literature and Movies

Short Stories (4W11A); Great Books Reading & Discussion (4W04P); LLI Festival of Foreign Films (4W21P); Poetry (4W25A);

Personal Development

Make a Basket (4W14P) (4W22P); Knitting for Beginners (4W15A); Intermediate Computing (4W26A)

Trips/Tours/Walks

Travelogue on Russia (4W06P); Improving Your Travel Experience (4W20P); Bird Walks (4W27A); Spring Garden Tour & Lecture at Meadowlark Botanical Gardens (4W31A); Study Travel VIII; Phase 2 (4W35A); Spring Wildflower Walks (4W34A); Peril on the Potomac: A Civil War Tour of Washington (DT 4-16); Gettysburg Battlefield & Eisenhower Farm (DT 5-13)

Special Interest Groups

Bridge Group; Discussion Group; Favorite Books Club; German Conversation and Discussion; LLI Singers; Theatre Group; Travel Club

General Information

What Is LLI?

Sponsored by Northern Virginia Community College (NVCC), Lifetime Learning Institute of Northern Virginia (LLI/NOVA) is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults of all backgrounds and income levels. LLI/NOVA is a member of the Elderhostel Institute Network (EIN) and benefits from the services EIN provides in program development.

LLI membership is especially attractive to individuals 50 years old or older (retired or semi-retired), who are interested in pursuing intellectual enrichment and enjoying social interaction with their peers.

LLI

- is governed and financed by members
- is supported by member-led planning, administration, and instruction
- provides non-credit, non-degree courses
- offers educational, cultural, and social events
- recognizes physical and mental health are major elements of vital aging.

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How Are the Courses Organized?

Courses generally consist of one to ten 90-minute sessions, are informal, and frequently include group discussion. They are taught by outside faculty and by your fellow LLI members. Most courses are free to members, but some include assigned reading and purchase of a textbook, or require a small materials fee.

When Are the Classes and Where?

Classes are offered throughout the year, subdivided into Winter/Spring, Summer, and Fall semesters. They are typically held on weekdays between the hours of 10 a.m. and 3 p.m. The courses are held on the NVCC Annandale campus and off-campus in churches, community centers and other suitable locations.

Benefits of Membership

- Participation in courses and special interest groups throughout the year usually without charge.
- Participation in day and overnight trips at the special membership rate.
- Participation in the group overseas Study/Travel program.
- Attendance at social events such as the annual picnic, winter holiday luncheon and an appreciation event for faculty and volunteers.
- Monthly newsletter
- And hopefully, new friendships

How Do I Become a Member and What is the Cost?

Complete the membership application form found on page 23 and mail with your check to the address shown. The current annual membership fee is \$100. The membership period is for 12 months beginning in the month in which dues are paid.

How Do I Register for Classes and Tours?

Complete a class registration form found on pages 19 and 21, listing the courses you wish to attend *in order of preference*. Mail to the LLI office with a self-addressed stamped envelope and any applicable fees as soon as possible; *registration for classes closes January 12, 2004*. Registration forms received

after that date will be considered only if there are spaces remaining in the courses you select. Your registration form will be mailed back to you in your self-addressed envelope shortly after the closing date, but in advance of the first class, indicating whether you have been accepted, wait-listed, or whether the class has been canceled. As a courtesy to other LLI members, please call the LLI office at (703) 503-0600 if you find that you will not be able to attend a course after you have been accepted. This will give members on a waiting list an opportunity to attend.

Registration for trips should be submitted on the separate forms provided. Please remember to sign the "Assumption of Risk and Acknowledgment of Responsibility" statement.

Monthly Forums

Members and non-members are warmly welcomed as guests to attend the Monday Speakers Program and Open House forum. The forums are held monthly (except during the summer) on the first Monday at 10:00 a.m. in the Richard J. Ernst Community Cultural Center (see map on next page) on the NVCC Annandale Campus. For more information, call the LLI office (703) 503-0600, and also see information in the LLI monthly newsletter, Golden Gazette and other local publications. Persons attending these forums should park in the Cultural Center lot near the front of the Ernst Center. Look for temporary signs reading "LLI Parking."

Class Cancellations

If there is inclement weather, LLI classes and other activities are canceled (**except for bus tours**) if the Fairfax County school system cancels school for the day, *regardless of the LLI class location and whether or not NVCC holds its regular college classes*. Listen for radio and TV announcements. LLI morning classes are canceled if the County announces a 2-hour delay in class openings. LLI afternoon classes are canceled if the County announces early dismissal. You will be notified of a schedule for "make-up" classes. For bus tours, please contact the tour leader (listed in the program booklet).

Directions to Class Locations — Winter/Spring 2004

Annandale United Methodist Church, 6935 Columbia Pike, Annandale.

Directions from the Beltway

East on Little River Turnpike (Route 236). Go through 6 traffic lights. Turn left onto John Marr Drive (next light after passing Giant Food on the left) Turn right at the next light, which is Columbia Pike. At the next light, which is at Gallows Road, you will see a small old white church on the right. Go beyond the traffic light and the small old white church and turn right into the parking lot. Enter the brick church through the main entrance and look for signs.

Braddock Hall, Braddock District Supervisor's Office, 9002 Burke Lake Road, Burke.

Directions from the Beltway (Route 495)

Exit at Braddock Road (Route 620) West. Pass the intersection with Wakefield Chapel Road to the intersection with Burke Lake Road (as you approach that intersection, bear into the far left turn lane). Turn

left onto Burke Lake Road, past Kings Park Shopping Center (on your right) and proceed through the intersection with Rolling Road. You will pass a Bank of America and the Kings Park Professional buildings. Turn right just after the Professional buildings and before the signs for "Kings Park Library" and "Braddock District Supervisor." Proceed to the Supervisor's parking lot on the side of that office building. Braddock Hall is the meeting room immediately to the left after entering the Supervisor's office suite.

Chapel Square Center, 4401 Holborn Avenue, Annandale.

Directions from Little River Turnpike

Turn onto Wakefield Chapel Road and pass the NVCC campus to Toll House Road (third street on the left after passing the campus parking lot). Left onto Toll House Road to the first stop sign, Holborn Avenue. Left onto Holborn and go over a rise in the street. Chapel Square Center, a former elementary school, is on the left just beyond an athletic field. Park at the far end of the building or on Holborn Avenue. Enter through the main doors — Room 3 is the first room on the first left-hand corridor. Room 5 is the third room on this corridor.

Directions from Braddock Road

Turn onto Wakefield Chapel Road to the fourth right turn, Holborn Avenue. Continue on Holborn through the stop sign at Toll House Road. See directions above.

Falls Church Presbyterian Church, 225 East Broad Street, Falls Church.

Directions from Beltway

East on Arlington Blvd. (Route 50) to Route 7 West at Seven Corners. Proceed west on Route 7 (called Broad Street in the city of Falls Church). Go several blocks to North Fairfax Street. Turn right onto Fairfax St., then left into parking lot at the rear of the church. Enter door at back of the church.

Goodwin House West, 3440 South Jefferson Street, Falls Church (across Route 7, Leesburg Pike, from the Skyline Center complex).

Since visitor parking is limited at Goodwin House West, you are encouraged to park behind the Giant Food Store located in the "Crossroads Place" Shopping Center.

Directions from Bailey's Crossroads (Intersection of Columbia Pike and Leesburg Pike)

East on Route 7, Leesburg Pike; left at the traffic light at South Jefferson Street. South Jefferson Street is located between the "Crossroads Place" and "Leesburg Pike Plaza" shopping centers. Go to the first traffic light and turn left into the parking lot of the "Crossroads Place Shopping Center" where there are several stores, including Burlington Coat Factory and Giant Food. Drive to the left side of Giant Food; turn right at the corner of the store and park in one of the spaces along a fence line. A gate with a "Private Property" sign will be unlocked. Go through the gate to the main entrance of Goodwin House West (a 12-story brick building). It is only a short walk!

Great Falls National Park, Virginia side

Directions from the Beltway

From Virginia, take the Beltway toward Baltimore (and the American Legion Bridge). Exit at Route 196 West (Georgetown Pike) and proceed on Georgetown Pike to the intersection with Old Dominion Drive (about 4.5 miles); this is the first traffic light since crossing over the Beltway. Turn right and proceed 1 mile until you reach a Ranger Station. Once past the Ranger Station, parking lots are on your right. You will be charged \$5 for entry, unless you have a Golden Age pass (\$10 for life if you are 62 or older)

Little River United Church of Christ, 8410 Little River Turnpike, Annandale.

Directions from the Beltway

West on Little River Turnpike (Route 236) to the second traffic light (you will see the NVCC campus on the left). Turn right at the light and follow the road to the church parking lot.

Directions from Wakefield Chapel Road

Turn right onto Little River Turnpike (Route 236) and get into the left lane. Turn left at the first traffic light and follow the road to the church parking lot.

Mason District Governmental Center, 6507 Columbia Pike, Annandale.

Directions from the Beltway

East on Little River Turnpike (Route 236). Turn left onto John Marr Drive (next light after passing Giant Food on the left). Turn right at the next light, which is Columbia Pike. Go through several traffic lights. Following the traffic light at the intersection with Whispering Lane, there is a sign in the median reading "Fairfax County Police Station." Proceed a short distance and turn right into the parking lot of the Center.

Meadowlark Botanical Gardens located on Beulah Road, Vienna.

Directions from the Beltway (I 495 toward Baltimore)

Exit onto Route 123 South (Chain Bridge Road.); pass Tyson's Corner Center on your left and Tyson's II on your right. Continue on Rt. 123 to the intersection with Old Courthouse Road (traffic light), and turn right. **Immediately** move into the **left** lane and then turn left at the next traffic light where Old Courthouse Rd. turns left. Continue on Old Courthouse Rd. for 2.3 miles to a four-way stop sign and intersection with Beulah Rd. Proceed straight ahead (which is now Beulah Rd.) for 0.8 miles to Meadowlark Gardens on your left; turn into Meadowlark Court and parking lot.

NVCC Campus Buildings (Refer to campus map on p. iv.)

Parking for all Campus Classes and Activities:
PLEASE PARK IN THE LOT RESERVED FOR THE CULTURAL CENTER (THE LOT WITH THE ARM-TYPE GATES). If the gate is closed, push the button in the yellow box for entry. You will receive a token at the class to be used for exiting.

Ernst Community Cultural Center (CE), also called the NVCC Cultural Center, Annandale Campus, building marked "1" on the map. The Forum is the large open space (with fireplace) on the mezzanine

level. Seminar Rooms are on the mezzanine level adjacent to the Forum.

NVCC CT/TV-Tech Building (CT), marked "9" on the map.

NVCC Food Service Building (CF), marked "6" on the map, Chestnut Hill Room. Enter on plaza level. Turn left through the Faculty Dining Room.

NVCC McDiarmid Building (CM), marked "2" on the map.

NVCC Nursing Building (CN), marked "3" on the map.

NVCC Shuler/Science Building (CS), marked "4" on the map. The LLI office is in this building (Room 238).

St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale.

Directions from the Beltway

West on Little River Turnpike (Route 236). Pass the NVCC campus and Wakefield Chapel Rd. (second and third traffic lights). Take the next left (which does not have a traffic light) onto Wakefield Drive; immediately turn right and then left into the church parking lot. Park in spaces near the left-hand side of the church since you will be entering the building through a basement door on the left side.

Directions from Braddock Road going East

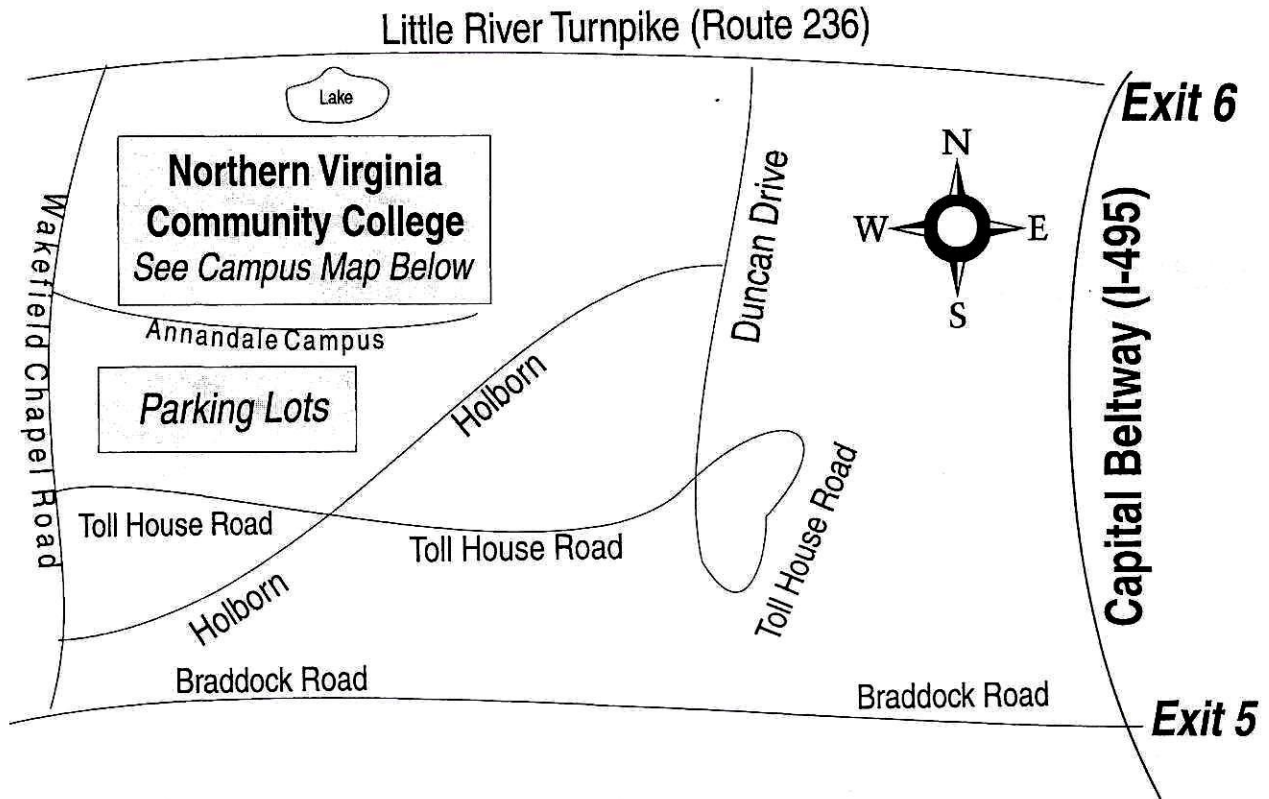
Turn left onto Wakefield Chapel Road. Continue for approximately 1.3 miles (passing NVCC on the right) and turn left onto Virginia Avenue. At the stop sign turn right onto Wakefield Drive and then turn left into the church parking lot.

Wild Bird Center, Alexandria Commons Shopping Center, Alexandria.

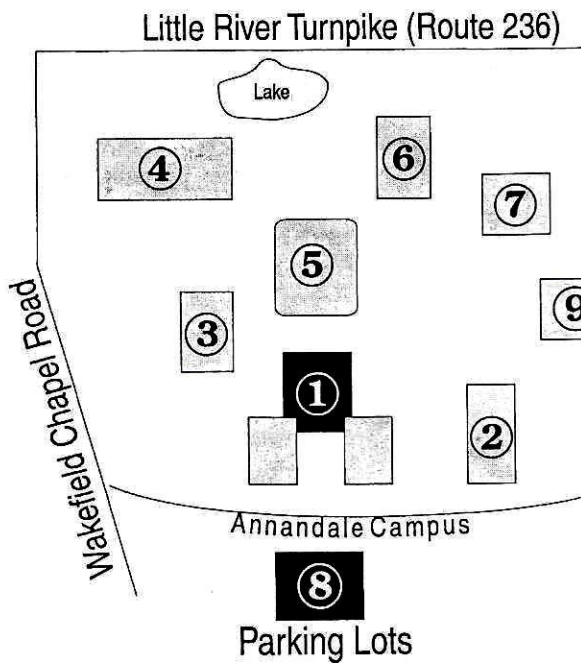
Directions from the Beltway (Route 495)

Take the Beltway to Telegraph Road North. From Telegraph Road, move into the center (or left) lane and follow the signs to Route 236 (Duke Street) West. On Duke Street, move into the center lane and proceed through two (2) traffic signals. At the third traffic signal, turn right into the parking lot of The Alexandria Commons Shopping Center. The Wild Bird Center, a store, is on your right and is the place from which we depart (in carpool or "caravan" style) for Huntley Meadows Park.

NVCC Campus Maps



Annandale Campus Map



- ① Richard J. Ernst Comm Cultural Ctr. (CE)
- ② McDiarmid Building (CM)
- ③ Nursing Building (CN)
- ④ Shuler/Science Building (CS)
- ⑤ Godwin Building (CG)
- ⑥ Food Service Building (CF)
- ⑦ Classroom Building (CC)
- ⑧ Cultural Ctr. Parking Lot
- ⑨ CT/TV-Tech Building (CT)

LLI Winter/Spring 2004 Program

Note: All programs are free to members unless otherwise specified. **Morning** courses have the suffix A; **afternoon** courses have the suffix P. See full addresses of class locations starting on page 2.

WINTER/SPRING 2004 KICKOFF MEETING

The first Monday in January is planned to introduce LLI's winter/spring 2004 program to members and prospective members, and serves as a general invitation to join us for this program. All LLI members, their friends, and other interested persons are warmly invited to attend. Light refreshments will be served starting at 9:30 a.m.

Date & Time: Monday, Jan. 12, 10:00 – 11:30 a.m.

Place: Ernst Cultural Center (CE), (Forum Room), NVCC Annandale Campus.

LLI FORUM AND OPEN HOUSE

The Forum is a continuing program that offers presentations by guest speakers on various topics. It is usually held on the first Monday of the month and is open to members and nonmembers. Following the presentation, brief announcements will be given about LLI's activities. At the conclusion, members, friends and the guest speaker will have an opportunity to socialize. Light refreshments are served starting at 9:30 a.m., the program begins at 10:00 a.m. See the monthly LLI newsletter for details.

Dates & Time: Mondays, Feb. 2; Mar. 1; Apr. 5; May 3; June 7, 10:00 – 11:30 a.m.

Place: Ernst Cultural Center (CE), (Forum Room), NVCC Annandale Campus.

LLI LUNCH BUNCH

After each Forum program, members and friends enjoy socializing over lunch at a pre-selected restaurant in the local area, starting at Noon.. The restaurant will be identified in the current LLI newsletter. Participants may gather at the Cultural Center after the program or go directly to the designated restaurant. Directions to the restaurant are provided at the Forum meeting and in the newsletter. Cost, including tax and tip, averages less than \$12.00.

Host: John Bogart (703) 273-2547

Monday Morning

Course 4W01A MEET THE PATRIARCHS (2 Sessions)

Focuses on understanding the Hebrew texts in a modern context. What is their relevance for today?

Dates & Time: Mondays, Feb. 9, 16, 10:00 – 11:30 a.m.

Place: Mason District Governmental Center (Community Room), Annandale

Class Size: Min. 15, Max. 30

Leader: Rabbi Bruce Aft

LLI Coordinator: Ellen Gale (703) 569-1640

Course 4W02A SAFETY FOR SENIORS (3 Sessions)

Representatives from the Fairfax County Police Department address safety issues (real and imagined) in our changing and increasingly crowded environment. Topics discussed include: home security issues, such as how to protect your valuables against burglars; personal security matters, such as credit card fraud, identity theft and how to protect yourself when you are out and about; and security while driving including how to deal with road rage and other driving concerns. Instructional videos will be shown and we will discuss the pros and cons of owning a gun or other personal security devices. Presenters include Officer Alan Kivi of the Mason District Police Station and other law enforcement officials.

Dates & Time: Mondays, Mar. 8, 15, 22, 10:00 – 11:30 a.m.

Place: Mason District Governmental Center (Community Room), Annandale

Class Size: Min. 15, Max. 30

LLI Coordinator: Alan Mayer (703) 354-0239

Course 4W03A FAIRFAX HISTORY AND CIVIL WAR ROMANCE (2 Sessions)

Apr. 19 Fairfax, Virginia: 199 Years of History and Still Counting

Apr. 26 "My Dear Major" and "Your Devoted Antonia": The Civil War Romance of Antonia Ford and Joseph Willard

Dates & Time: Monday, Apr. 19, 26, 10:00 – 11:30 a.m.

Place: St. Matthew's United Methodist Church (Room 304), Annandale

Class Size: Min. 10, Max. 30

Leader: Susan Gray (703) 385-8415

LLI Coordinator: Doris Balinsky (703) 941-1794

Monday Afternoon

Course 4W04P GREAT BOOKS READING AND DISCUSSION PROGRAM (5 Sessions)

We will read the third book from the 4th Series. Selections and dates:

Feb. 9 Of Experience

Feb. 23 Rameau's Nephew

Mar. 8 The Tempest

Mar. 22 The Federalist

Mar. 29 The Overcoat

The course may be entered at any point. Please call The Great Books Foundation at 1-800-222-5870 to purchase books. Cost is \$28.95 +\$4.50 (shipping). You can charge your order.

Dates & Time: Mondays, Feb. 9, 23; Mar. 8, 22, 29, 1:30 – 3:00 p.m.

Place: Falls Church Presbyterian Church (Library), Falls Church

Class Size: Min. 8, Max. 15

Leader: Lana Massoni (703) 642-0621

Course 4W05P SYMPHONIC SENSATIONS (3 Sessions)

William Hudson, music director and conductor of the Fairfax Symphony Orchestra, presents works of composers to be featured in three of the FSO's spring concerts. He provides insight into the composers' music and their personal backgrounds through discussion and use of CDs.

- Mar. 15** An "Opera Gala" – Selections from "Aïda," "Rigoletto," & more
- Apr. 12** Tchaikovsky
- May 17** Brahms, Prokofiev

Dates & Time: Mondays, Mar. 15, Apr. 12, May 17, 1:30 – 3:00 p.m.

Place: Little River United Church of Christ (Choir Room), Annandale

Class Size: Min. 20, Max. 60

Leader: William Hudson

LLI Coordinator: Lorin Goodrich (703) 425-9574

Course 4W06P TRAVELOGUE ON RUSSIA (1 Session)

In September 2003, seven LLI members traveled for 3 weeks from Moscow to Volgograd (formerly Stalingrad) and back, aboard the ship Peter the Great on the Volga River, stopping for guided tours in numerous cities and towns, and participating in WW II memorial services in Volgograd. Before the cruise four members also spent 5 days in St. Petersburg. Enjoy their visual images of Russia as they relate some of their special experiences.

Dates & Time: Monday, ~~March 26~~ ^{March 10}, 1:30 – 3:00 p.m.

Place: Nursing Building (CN) (Room 117) NVCC Annandale Campus

Class Size: Min. 12, Max. 40

Leader: Knox Singleton (703) 532-2409

Course 4W07P COMMUNICATIONS: TOSSED SALAD OR FONDUE? (4 Sessions)

Surprise! This isn't a cooking class, but an exploration of the rich diversity of intercultural communication and its application in our everyday lives. We've witnessed so much change at such a high speed in the last generation – technologically, economically, and socially – change that can make your head spin! Explore intercultural communication in our rapidly-changing "global village". Learn, through discussion, demonstration and practical application, how better understanding of intercultural communication will help you become more effective interpersonal communicators.

- Apr. 5** The basics: America, NOT the "melting pot"
- Apr. 12** The "global village" – it starts right here
- Apr. 19** I'm talking as fast as I can, why aren't you listening?
- Apr. 26** Enjoying the "tossed salad"

Dates & Time: Mondays, Apr. 5 (2:00 – 3:30 p.m.), 12, 19, 26, 1:30 – 3:00 p.m.

Place: Nursing Bldg. (CN) (Room 117), NVCC Annandale Campus

Class Size: Min. 15, Max. 40

Leader: Prof. Philip Tirpak, NVCC

LLI Coordinator: Lorin Goodrich (703) 425-9574

Tuesday Morning

Course 3F08A EXPLORING VIRGINIA STATE GOVERNMENT (4 Sessions)

NOTE: This course was listed in the Fall 2003 catalog. If you were accepted for this class in the fall, it is not necessary to register again. In the event space is available, interested persons may call Alan Mayer at (703) 354-0239.

Former Delegate Alan Mayer leads a review of Virginia State government including the organization of the Executive, Legislative and Judicial branches. Topics such as how a bill becomes law, how lobbyists operate, and issues facing the 2004 General Assembly will be discussed. Invited speakers will include a key Delegate and/or Senator and a long-time lobbyist in Richmond. The class will take a one-day field trip (date to be determined) to Richmond to observe committees in action, meet Delegates and Senators, tour the Capitol and observe a session of the House and Senate.

Dates & Time: Tuesdays, Jan. 6, 13*, 20, 27 at 10:00 – 11:30 a.m. *NOTE: Jan 13 session has been changed from afternoon to morning.

Place: Chapel Square Center (Room 3), Annandale

Class Size: Min. 10, Max 25

Leader: Alan Mayer (703) 354-0239

Course 4W08A VITAL AGING (4 Sessions)

Vital Aging is, as much as possible, continuing to experience physical and cognitive vitality, emotional and social well-being, and spiritual growth, and dying on one's own terms. Follow the Socratic dictum that "The unexamined life is not worth living." Discuss each of these dimensions of living until death and whether you wish to consider any changes or goals in your life.

Dates & Time: Tuesdays, Mar. 2, 9, 16, 23, 10:00 – 11:30 a.m.

Place: Falls Church Presbyterian Church (Library), Falls Church

Class Size: Min. 10, Max. 18

Leader: Knox Singleton (703) 532-2409

Course 4W09A SPORTS MEMORIES (5 Sessions)

- Mar. 16** The "Golden Age of Sports" as recorded forever by the "Golden Age of Sportswriters."
- Mar. 23** The Babe Meets the Bronx. How "Tea for Two," a Broadway show tune, helped elevate our national pastime from a period of disgrace
- Mar. 30** Was it Better in Ted's Day? and "Where Have You Gone, Joe DiMaggio?" plus outstanding Worlds Series events
- Apr. 6** All 20th Century baseball team. Who were the "classic and frontier" players? Are your favorites present?
- Apr. 13** Other sports roundup. Low-tech equipment for high tech hearts; when the grass was real; athletes on the tennis and basketball courts (not the police courts). Videos and memorabilia support.

Dates & Time: Tuesdays, Mar. 16, 23, 30; Apr. 6, 13, 10:30 a.m. – Noon (NOTE CLASS TIME.)

Place: Ernst Cultural Center (CE), (Seminar Rooms C, D), NVCC Annandale Campus

Class Size: Min. 8, Max. 20

Leader: Don Reynolds (703) 352-7494

Course 4W10A PIANO TRIOS & QUINTETS (2 Sessions)

An introduction to chamber music that will focus on the music, the composers who wrote it, and the musicians who play it. These non-technical talks will explore major, as well as little known, works from the perspective of their history and performance. Excerpts played will represent both contemporary and historic performances.

Dates & Time: Tuesdays, Apr. 13, 20, 10:00 – 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms A, B) NVCC Annandale Campus

Class Size: Min. 10, Max. 40

Leader: Jules LaPidus

LLI Coordinator: Doris Balinsky (703) 941-1794

Course 4W11A SHORT STORIES (4 Sessions)

Read stories by some major and minor writers from the United Kingdom. Learn about the differences in their narrative techniques, and about the lives and backgrounds of some fascinating people. Titles of individual stories will be available closer to the course starting date.

May 4 D. H. Lawrence

May 11 Thomas Hardy

May 18 Robert Louis Stevenson

May 25 Muriel Spark

Dates & Time: Tuesdays, May 4, 11, 18, 25, 10:00 – 11:30 a.m.

Place: Annandale United Methodist Church (Room 302), Annandale

Class Size: Min 8, Max. 20

Leader: Rosalind Newman (703) 931-3102

Course 4W12A SCIENCE FOR NON-SCIENTISTS (3 Sessions)

Non-scientists can learn about the "Scientific Method," what it is, how it works and why it is the most powerful device we have to learn about our world.

Dates & Time: Tuesdays, May 11, 18, 25, 10:00 – 11:30 a.m.

Place: Little River United Church of Christ (Room 8), Annandale

Class Size: Min. 10, Max. 25

Leader: Richard Risk (703) 578-9898

Tuesday Afternoon

Course 4W13P AMERICAN HISTORY of the 19th CENTURY (10 Sessions)

A selective discussion of nineteenth century American history. Among the topics will be the organization of the new national government; the beginning of political parties; the growth of the nation; economic and political roots of the Civil War; the "gilded age;" start of foreign policy and overseas expansion.

Dates & Time: Tuesdays, Feb. 3, 10, 17, 24; Mar. 2, 16, 23, 30; Apr. 6, 13, 1:30 – 3:00 p.m.

Place: Little River United Church of Christ (Room 8), Annandale

Class Size: Min. 8, Max. 25

Leader: Burt Greenstein (703) 931-8818

Course 4W14P MAKE A BASKET (3 Sessions)

Make a beautiful, useful Williamsburg basket. Using a Williamsburg handle, weave an oval basket approximately 19" long, 12" wide at the handle, and 6" high. Color choices will be available. Materials cost: \$18. Enclose a check made payable to Louise Souk with your registration.

Dates & Time: Tuesdays, Mar. 16, 23, 30, 1:00 – 4:00 p.m. (NOTE CLASS TIME)

Place: Little River United Church of Christ (Social Hall), Annandale

Class Size: Min. 4, Max. 8

Leader: Louise Souk (703) 323-9144

Wednesday Morning

Course 4W15A KNITTING FOR BEGINNERS (5 Sessions)

Do you marvel at beautiful hand-knit garments and wish you could create one? Here's an opportunity to learn knitting fundamentals, including casting on, basic knit and purl stitches, increasing, decreasing and binding off. Students learn by practice and may start a knitting project during class. No previous knitting experience required. Bring to the first class a set of size 10 knitting needles and a 2.5 oz. ball of Lily brand cotton yarn "Sugar & Cream."

Dates & Time: Wednesdays, Feb. 11, 18, 25; Mar. 3, 10, 10:00 – 11:30 a.m.

Place: Annandale United Methodist Church (Room 302), Annandale

Class Size: Min. 5, Max. 10

Leader: Genevieve Thiem (703) 764-5866

Course 4W16A MYSTICAL ASPECTS OF CHRISTIAN DOCTRINE (4 Sessions)

Often Christian doctrines can appear sterile and legalistic, presented simply as statements of belief. But a number of Christian doctrines are based on mystical and transcendent ideas that aren't easily defined.

Examine some doctrines believed by many Christians that have their basis in the mystical: the Trinity, the Incarnation, the Resurrection of Christ, the Real Presence in the Eucharist, Soteriology (Salvation theory), Evil, and the afterlife, Heaven and Hell. Emphasis is on the early development of these doctrines (*i.e.*, how they came to be) and more recent understandings of these beliefs.

Dates & Time: Wednesdays, Mar. 17, 24, 31; Apr. 7, 10:00 – 11:30 a.m.

Place: Little River United Church of Christ (Choir Room), Annandale

Class Size: Min. 10, Max. 60

Leader: John Rybicki (703) 391-7305

LLI Coordinator: Ellen Gale (703) 569-1640

Course 4W17A "QUO VADIS AMERICA?" FACTS AND OPINIONS (4 Sessions)

- I. A New People
- II. Then and Now
- III. Blemishes and Flaws
- IV. Which Way to Go?

Dates & Time: Wednesdays, Mar. 10, 17, 24, 31, 10:00 – 11:30 a.m.

Place: St. Matthew's United Methodist Church (Room 304), Annandale

Class Size: Min. 10, Max. 40

Leader: Dr. Carl Steiner (703) 564-1640

Course 4W18A "O CANADA" (3 Sessions)

Comprehensive overview of Canada – its land, people, constitution, and national government; the Quebec question and separation; and the legacy of Jean Chrétien.

Dates & Time: Wednesdays, May 5, 12, 19, 10:00 – 11:30 a.m.

Place: Food Service Bldg. (CF) (Chestnut Hill Room), NVCC Annandale Campus

Class Size: Min. 6, Max. 10

Leader: Harry Amos (703) 237-7311

LLI Coordinator: Helen Clark (703)573-1671

Wednesday Afternoon

Course 4W19P MYSTERIES OF MEXICO (8 Sessions)

This is a repeat of course 3F20A offered during fall 2003, with timely additions. At the outset of this eight session course we will discuss Vincente Fox's election victory over the traditional "revolutionary" party (PRI), a summary of recent political history, and review Mexico's cultural roots and their lasting effects on modern Mexico and on its political culture: the importance of the history of the Amerindians and the destruction of their civilization, their language and culture; and the Aztec Empire. We will include the incursion of Europeans, the wars, the diseases, and the strategy of defeat that left a civilization in disaster. We will emphasize institution building, including the actions of the Spanish Conquistadors; the struggle for independence; the long, bloody revolution; and the "stability" of one political party up to the 21st century.

Suggested reading: *Distant Neighbors* by Alan Riding, *Democracy in Mexico* by Pablo Gonzales Casanova, *Fire and Blood* by T. R. Fehrenbach.

Dates & Time: Wednesdays, Feb. 4, 11, 18, 25, Mar. 3, 10, 17, 24, 1:00 – 2:30 p.m. (NOTE CLASS TIME)

Place: Little River United Church of Christ (Room 8), Annandale

Class Size: Min. 10, Max. 28

Leader: Yereth Knowles (703) 912-3371

Course 4W20P IMPROVING YOUR TRAVEL EXPERIENCE (1 Session)

The travel industry has become increasingly aware of the "mature" travel market. Ms. Talula Guntner, Professor of Travel and Tourism at NVCC, Annandale, will discuss the travel industry's approach to travelers age 50-plus, including their desire to enjoy a wide range of travel experiences (individually or in a group). She offers suggestions how the consumer can reduce or remove travel "hassles," such as making known your special diet requirements in advance, smart packing, recommended luggage, payment procedures (options, changes and cancellation fees), and insurance, as well as safety and health matters. Ample time is provided for questions and answers.

Date and Time: Wednesday, Feb. 11, 1:30 – 3:00 p.m.

Place: Nursing Bldg. (CN) (Room 117), NVCC Annandale campus

Class Size: Min. 15, Max. 80

Leader: Professor Talula Guntner, NVCC

LLI Coordinator: Lorin Goodrich (703) 425-9574

Course 4W21P LLI FESTIVAL OF FOREIGN FILMS (4 Sessions)

A popular program in its eleventh season featuring movies from around the world. As in other years, most of the movies shown have been nominated or have won the Academy Award in the Best Foreign Language Film, Best Directing, or Best Screen Play category. All films are in a foreign language with English subtitles.

Feb. 25 *Nicija zemlja (No Man's Land)*, 2001, Bosnia-Herzegovina; in Serbo-Croatian, English, and French, 98 min.

Mar. 3 *Mies vailla menneisyttä (The Man Without a Past)*, 2002, Finland; in Finnish, 97 min.

Mar. 10 *Zus & Zo (Hotel Paraíso)*, 2001, Netherlands; in Dutch, English, French, and Portuguese, 106 min.

Mar. 17 *Brødre i blodet (Elling)*, 2001, Norway; in Norwegian, 95 min.

Dates & Time: Wednesdays, Feb. 25; Mar. 3, 10, 17; 1:15 – 3:15 p.m.

(NOTE: NEW FILM TIME)

Place: Goodwin House West (Auditorium), Falls Church

Class Size: Unlimited

Leader: Al Brothers (703) 820-3732

Course 4W22P MAKE A BASKET (3 Sessions)

For description and cost, see **Course 4W13P** under Tuesday Afternoon.

Dates & Time: Wednesdays, Apr. 7, 14, 21, 1:00 – 4:00 p.m. (NOTE CLASS TIME.)

Place: Little River United Church of Christ (Social Hall), Annandale

Class Size: Min. 4, Max. 8

Leader: Louise Sousk (703) 323-9144

Course 4W23P OVERVIEW of the NATIONAL POSTAL MUSEUM (1 Session)

Discover the history of the building that houses the National Postal Museum. Learn about the museum's permanent exhibits, current temporary exhibits, and, briefly, about stamp collecting. Time is provided for questions. The class is led by a Museum docent.

Dates & Time: Wednesday, April 21, 1:30 – 3:00 p.m.

Place: Braddock Hall, Braddock District Supervisor's Office, Burke

Class Size: Min. 10, Max. 40

Leader: Miles Manchester

LLI Coordinator: Doris Balinsky (703) 941-1794

Thursday Morning

Course 4W24A "ANATOMY" of the U. S. POSTAGE STAMP (2 Sessions)

Explore the changes in the "anatomy" of U.S. postage stamps over their 157-year lifetime, with emphasis on their educational value as "signposts" of U.S. history, and considering them as miniature works of art. Class participants have an opportunity to view a number of postage stamps, many of which may not be familiar. Accordingly, you may wish to bring a small magnifying glass to class.

Dates & Time: Thursdays, Feb. 19, 26, 10:00 – 11:30 a.m.

Place: St. Matthew's United Methodist Church (Room 306), Annandale

Class Size: Min. 6, Max. 10

Leader: George Pearsall (703) 451-0916

Course 4W25A POETRY (4 Sessions)

April is National Poetry Month, so take this opportunity to put joy and poetry into your life. Participants read or recite their favorite poems and quotations. Learn how poetry can change your life and what some of the contemporary poets are doing, as well as getting acquainted with our favorite classic poems.

Dates & Time: Thursdays, Apr. 1, 8, 15, 22, 10:00 – 11:30 a.m..

Place: Little River United Church of Christ (Room 8), Annandale

Class Size: Min. 8, Max. 15

Leader: Richard Risk (703) 578-9898

Course 4W26A INTERMEDIATE COMPUTING (3 Sessions)

For LLI members who regularly use the Internet for e-mail and web site searches. Learn to effectively take advantage of these powerful tools with minimum frustration.

- Search engines – efficient ways to obtain the information you want.
- Web sites – “Home” pages (commercial and personal), assembling a list of “favorites/bookmarks,” LLI’s web site (construction and maintenance), printing from web sites
- E-mail tips – assembling an address book (including “groups”), e-mail attachments, “WinZip” files (how to use and how to “unzip” them), attaching a spreadsheet and printing spreadsheets attached to received e-mail.
- Frustrations – computer security, viruses (real or “false alarm?”), getting rid of spam

REGISTRANTS: Please attach to your course registration form a list of topics or questions you would like to have covered in this course. **NOTE:** The instructors will be using *Windows XP* operating system.

Dates & Time: Thursdays, Apr. 1, 15, 22, 10:30 a.m. – Noon (NOTE CLASS TIME)

Place: CT/TV-Tech Building (Room 230), NVCC Annandale Campus

Class Size: Min. 6, Max. 15

Leaders: Arline and Sidney Sachs (703) 971-2092

Course 4W27A BIRD WALKS (3 Sessions)

Take a bird walk in Fairfax County’s Huntley Meadows Park, Alexandria. Since this is a wetlands area, we may see great blue herons, egrets, and various species of ducks, to say nothing of turtles and beavers. Bring binoculars if you have them and wear comfortable walking shoes. **NOTE:** We meet at the Wild Bird Center, 3113 Duke St., Alexandria (in the shopping center with Giant, across the street from CVS), and carpool the short drive to Huntley Meadows.

Dates & Time: Thursdays, Apr. 8, 15, 22 Meet at 8:45 a.m. (at location above), depart at 9:00 a.m. and return by Noon.

Class Size: Max. 15

Leader: Ken Moore, owner of the Wild Bird Center, Alexandria

LLI Coordinator: Liz Snively (703) 683-6426

Thursday Afternoon

Course 4W28P SENIOR EXERCISE: BACK TO BASICS (6 Sessions)

This course is designed to increase the range of motion of the joints, and to improve balance and muscle tone by using low impact, gentle movements. No special clothing is required and mats are available.

Dates & Time: Thursdays, Feb. 5, 12, 19, 26, Mar. 4, 11, Noon – 12:50 p.m.

Place: Ernst Cultural Center (CN) (Dance Room 107, first floor behind elevator), NVCC Annandale Campus

Class Size: Min. 8, Max. 20

Leader: Dr. Susan Thompson, NVCC

LLI Coordinator: Trudy Hynes (703) 644-0672

Course 4W29P HUMAN CULTURAL DIVERSITY in the 21st CENTURY UNITED STATES (6 Sessions)

Immigrants worldwide have brought a variety of “cultures” to the U.S., often referred to as cultural pluralism, multiculturalism, or cultural diversity. The resulting mixture can produce positive (ethnic foods, music and literature) and negative (bias, prejudice, ethnocentrism, racism and discrimination) outcomes. Explore how well we are making cultural diversity work. Topics include the nature of culture; U.S. demographics; attitudes about cultural diversity; civil rights laws and their enforcement; prejudice and racism; advocacy organizations; recent progress by immigrants and minorities in a variety of areas; and efforts to promote cultural awareness, understanding, and effective multicultural relationships in the work place.

Dates & Time: Thursdays, Feb. 19, 26; Mar. 4, 11, 18, 25, 1:30 – 3:00 p.m.

Place: Falls Church Presbyterian Church (Library), Falls Church

Class Size: Min. 5, Max. 20

Leader: Memphis Norman (703) 532-8782

LLI Coordinator: Curt Kornblau (703) 938-1575

Course 4W30P GREAT DECISIONS 2004 (8 Sessions)

Take an in-depth look at eight major foreign policy challenges facing the United States in 2004. Each session addresses one of the issues. Sessions consist of viewing a 30-minute videotape on the issue prepared by the Foreign Policy Association, followed by a 1-hour discussion of the issue. A pre-selected leader is responsible for each session. Class participants are expected to purchase the Briefing Book and read the materials before the class. Cost is \$15.00 for the Briefing Book and your contribution to cost of the videos. Please include a check payable to Helen Clark with your registration.

Apr. 1 Media & Foreign Policy

Apr. 8 Philippines

Apr. 15 Weapons of Mass Destruction

Apr. 22 U.S. & Europe

May 6 Diversity in Islam

May 13 Latin American Overview

May 20 Middle East Reform

May 27 Public Diplomacy

Dates & Time: Thursdays, Apr. 1, 8, 15, 22; May 6, 13, 20, 27, 1:30 – 3:00 p.m.

Place: St. Matthew’s United Church of Christ (Room 304), Annandale

Class Size: Min. 20, Max. 40

LLI Coordinator: Helen Clark (703) 573-1671

Friday Morning

Course 4W31A SPRING GARDEN TOUR AND LECTURE: Wildflowers of the Potomac Valley Collection at Meadowlark Botanical Gardens (1 Session)

Enjoy a talk and tour through this beautiful collection. Discuss the role of conservation collections at Meadowlark and of botanical gardens around the country. The unique definition of this garden will foster discussion on the role of geography, climate and soils in creating a native plant collection. This program involves a short hike and some standing. (NOTE: In case of rain, the tour will be conducted indoors at the Visitor Center. Entrance fee to the gardens is waived for class participants.)

Dates & Time: Friday, May 21, 10:00 a.m. – Noon
Place: Meadowlark Botanical Gardens Visitor Center, Vienna
Class Size: Min. 10, Max. 50
Leader: Keith Tomlinson (703) 255-3631, Ext. 5
LLI Coordinator: Curt Kornblau (703) 938-1575

Friday Afternoon

Course 4W32P THREE MASTERFUL DECORATIVE PROGRAMS IN ART (3 Sessions)

- Mar. 19 In Classical Sculpture – The Parthenon by Phidias *et alia* in Athens, Greece, 447-432 B.C.
- Mar. 26 In Early Christian Mosaics – The Mausoleum of Emperor Constans I at Centcelles near Tarragona, Spain, 350 A.D.
- Apr. 2 In Renaissance Fresco – The Volta Dorata Ceiling by Raphael & his workshop in the Palazzo della Cancelleria, Rome, Italy, 1520 A.D.

Dates & Time: Fridays, Mar. 19, 26; Apr. 2, 1:30 – 3:00 p.m.
Place: McDiarmid Bldg. (CM) (Room 215), NVCC Annandale Campus
Class Size: Min. 15, Max 65
Leader: Prof. Tom Hardy (703) 323-3479
LLI Coordinator: Curt Kornblau (703) 938-1575

Course 4W33P HISTORY of the ART SONG, Part 2 (2 Sessions)

This continuation of the course given in the Fall 2003 semester covers art songs of the late 19th and early 20th century. The class again includes some background history of the music, the composers and the poems they used as lyrics. We listen to a sampling of art songs of this period. Attendance at Part 1 is not a prerequisite, though it is helpful.

Dates & Time: Fridays, Apr. 23, 30, 1:30 – 3:00 p.m.
Place: McDiarmid Bldg. (CM), (Room 215), NVCC Annandale Campus
Class Size: Min. 10, Max. 30
Leader: Ferne Beyer (703) 455-6999

Saturday Morning

Course 4W34A SPRING WILDFLOWER WALKS (2 Sessions)

Enjoy spring in the outdoors! Welcome back the flowers of spring! Take a walk in Great Falls, VA, on April 17 to see what is blooming in early Spring, and in Linden, VA, on May 1 to see the fabulous display of trilliums and other flowers. After the Linden outing we may go to the nearby Linden winery for wine tasting before returning

home. Wear comfortable sturdy walking shoes! Bring water to drink, and a picnic lunch, if you wish. Also, if you have a Golden Age Pass, bring it to get into the National Park free.

Dates & Time: Saturdays, Apr. 17, 10:00 a.m. – Noon; May 1, 9:30 a.m. – 3:00 p.m.

Place: April 17 – Great Falls National Park, Virginia side; meet in park parking lot; May 1 – Thompson Nature Preserve, Linden, VA; we will carpool to Linden from the parking lot at Little River United Church of Christ, Annandale

Class Size: Unlimited
Leader: Doris Balinsky (703) 941-1794

Various Dates

Course 4W35A STUDY TRAVEL VIII, Phase 2 (5 Sessions)

A group of LLI'ers will travel to Scotland June 10-25, 2004. This phase concentrates on study of the destination. Sessions focus on an overview of our itinerary and Scottish geography, history, literature and customs, and final preparations for those who are traveling in the group. You are welcome to join us to learn about Scotland even if you are not going.

Dates & Time: Wednesdays, Mar. 31, Apr. 7, 14, 28; Thursday May 6, 10:00 – 11:30 a.m.

Place: Chapel Square Center (Room 3), Annandale
Class Size: Max. 30
Leader: Alan Mayer (703) 354-0239

Course 4W36P HISTORY PRESENTATIONS BY NVCC FACULTY (5 Sessions)

Join us once again for the ever-popular series of presentations by the NVCC (Annandale) History Department Faculty.

- Mar. 25 (2:15 – 3:45 p.m.)
Life Styles of the Rich and Famous in 14th and 18th Century England (Prof. Mary Zimmerman)
- Apr. 1 (2:15 – 3:45 p.m.)
Women In Greece: The Worst Case Scenario (Prof. Mary Zimmerman)
- Apr. 7 (1:30 – 3:30 p.m.)
Lewis & Clark Expedition, Part II (continuation of the Fall 2003 presentation; includes the A&E video, "Lewis & Clark: Explorers of the New Frontier" (Dr. James Wall)
- Apr. 14 (1:30 – 3:00 p.m.)
Historians Explain America (Dr. Wallace Hutcheon)
- Apr. 21 (1:30 – 3:00 p.m.)
Russia's History: The Past as Prologue (Dr. William Kinsella)

Dates & Time: Thursdays, Mar. 25, Apr. 1; Wednesdays, Apr. 7, 14, 21 (NOTE: Variations in class times)

Place: Nursing Bldg. (CN) (Room 117), NVCC Annandale Campus
Class Size: Min: 20, Max 90
Faculty Coordinator: Dr. Wallace Hutcheon
LLI Coordinator: Lorin Goodrich (703) 425-9574

Course 4W37P ECONOMICS PRESENTATIONS BY NVCC FACULTY (3 Sessions)

Following a successful Fall 2003 series, NVCC faculty presents issues in economics affecting our lives whether we realize it or not.

Feb. 20 The National Debt & The Deficit – What Difference Does it Make to the American Citizen? (Prof. Barbara Brogan) (Time: 1:30 – 3:00 p.m.)

A layperson's primer on the national debt and the Federal Budget deficit. Many news articles and editorials cite deficits in the billions and trillions, depending on the source and interpretation of the figures. Is this just political "posturing," or does the issue have any real effect on our lives? This presentation will be understandable for us citizens and will not be a math "brain teaser".

Feb. 26 The IMF and the World Bank: Do they Help or Hinder Developing Countries? (Prof. Michael Heslop) (Time: 2:15 – 4:00 p.m.)

The International Monetary Fund (IMF) and World Bank are in the news at times and appear to have similar missions. Do they work together and have they been effective in fostering economic growth in an evolving world economy? Prof. Heslop will cite examples of progress in Latin America and the Caribbean region.

Feb. 27 Why Does the Dollar Move Up And Down? Understanding the Basics of the Foreign Exchange Market (Dr. John Min, NVCC's Alexandria Campus) (Time: 1:30 – 3:00 p.m.)

Review the basic elements that determine the market exchange rate of the U.S. dollar in the foreign exchange market. Explore some basic hedging strategies for businesses and individuals to help minimize their foreign exchange risks and maximize opportunities to save money.

Dates & Time: Friday, Feb. 20, 1:30 – 3:00 p.m.; Thursday, Feb. 26, 2:15 – 4:00 p.m.; Friday, Feb. 27, 1:30 – 3:00 p.m. (NOTE: VARIATIONS IN CLASS TIMES.)

Place: Nursing Building (CN), (Room 117), NVCC Annandale campus

Class Size: Min. 20, Max. 90

LLI Coordinator: Lorin Goodrich (703) 425-9574

Day Trips

DT4-16 PERIL ON THE POTOMAC: 1861-1865 A Civil War Tour of Washington

During the American Civil War, not only was the future of the United States in question, but also the safety of the Federal capital. During the war, Washington grew from a sleepy backwater Southern city to a bustling government and military complex, bristling with fortifications and full of Federal troops, runaway slaves, and Confederate spies. Learn about the war's impact on the everyday life in the city and the people who lived and worked there, and visit sites of some of the intriguing events that took place during this exciting period in American history. Our guide, Carol Bessette, is a Certified Master Tour Guide and a lecturer on the Civil War in Washington. She conducted our Spy Tour of Washington in September 2002.

A buffet lunch at the Holiday Inn, King Street, Alexandria is included.

Date: Friday, April 16, 2004.

Cost: \$40 for members, \$50 for non-members. Please submit a check made payable to LLI with your registration. Be sure to sign the "Assumption of Risk and Acknowledgment of Responsibility" statement and include a SELF-ADDRESSED, STAMPED ENVELOPE.

Time and Place of Departure: Depart 9:30 a.m. and return approximately 5:00 p.m. Bus leaves from Little River United Church of Christ, 8410 Little River Turnpike, Annandale. Please arrive 15 minutes prior to departure. Park in the center of the parking lot.

Leader: Louise Souk (703) 323-9144

DT5-13 GETTYSBURG BATTLEFIELD AND EISENHOWER FARM

Arrive at the Gettysburg Visitors Center and pick up our battlefield step-on guide for a two-hour informational tour of the battlefield. The Confederate incursion into Union territory, July 1-3, 1863, proved to be a turning point in the Civil War. It was the bloodiest battle of the war with 51,000 casualties. Gen. George Meade led the Federal Army while Gen. Robert E. Lee led the Confederate Army of Northern Virginia. Next we go to Boyd's Teddy Bear Factory for a delicious, included, family style lunch. Time is provided to tour the factory and gift shops. The final feature is the Eisenhower Farm. You might think Mamie and Ike just stepped out for the afternoon. Remember Mamie pink? After a self-guided tour, we board our bus, and head back to Northern Virginia.

Date: Thursday, May 13, 2004.

Cost: \$55 for members, \$65 for non-members. Please submit a check made payable to LLI with your registration. Be sure to sign the "Assumption of Risk and Acknowledgment of Responsibility" statement and include a SELF-ADDRESSED, STAMPED ENVELOPE.

Time and Place of Departure: Depart 7:30 a.m. and return approximately 7:30 p.m. Bus leaves from Little River United Church of Christ, 8410 Little River Turnpike, Annandale. Please arrive 15 minutes prior to departure. Park in the center of the parking lot.

Leaders: Marilyn Bernard (703) 569-4995 and Louise Souk (703) 323-9144

Special Interest Groups

BRIDGE GROUP

The LLI Bridge Group meets twice monthly, 10 a.m. – 2 p.m. (Bring a bag lunch). Because meeting dates can be confirmed with the Government Center only one month in advance, please call coordinators Bob or Gladys Bucklew (see below) before you plan to attend to insure we have a room for that day. Your call not only confirms the meeting date for you but also enables us 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.

Dates & Time: Second and fourth Wednesdays, 10:00 a.m. – 2 p.m. (bring a bag lunch)

Place: Mason District Governmental Center, Annandale
Coordinators: Bob and Gladys Bucklew (703) 631-7889

DISCUSSION GROUP

The LLI Discussion Group meets monthly to provide an opportunity to discuss topics of current interest in an open forum. At the end of each meeting, the Group selects a topic for the following meeting. We then seek a volunteer to be the Resource Person for the selected topic; that person gives a 10-15 minute opening summary for the topic at the next meeting. After the opening presentation, the meeting is open for everyone to present his or her thoughts on the topic. All LLI members are welcome at all meetings. Information on upcoming meetings can be found in LLI's newsletter. Contact Sue Swift (see below) for further information.

Dates & Time: Feb. 6, Mar. 5, Apr. 2, May 7, Jun. 4, 10:00 – 11:30 a.m.
Place: Ernst Cultural Center (CN) (Seminar Rooms A & B), NVCC Annandale Campus
Coordinator: Sue Swift (703) 698-8159

FAVORITE BOOKS CLUB

The Favorite Books Club meets monthly to discuss books of the group's choosing. Book selections for the spring will be published in the LLI newsletter. The group is encouraged to bring book suggestions to each meeting for selection purposes. We try to select only those books available in paperback and ones with lasting literary quality or interest. Please contact Nan Liner (see below) for further information.

Dates & Time: Third Thursday of the month, 11:30 a.m.-1:30 p.m. (You may bring a bag lunch.)
Place: Mason District Governmental Center, Annandale
Coordinator: Nan Liner (703) 824-9762; e-mail: NOL8@juno.com

GERMAN CONVERSATION AND DISCUSSION

This group meets monthly on the second Monday (except for Jan., the third Monday) to provide an opportunity to converse in German and practice our German language skills. For further information contact Arline Sachs.

Date & Time: Mondays, Jan. 19, Feb. 9, Mar. 8, Apr. 12, May 10, 12 Noon – 1:15 p.m.
Place: Food Service Building, (CF), Chestnut Hill Room; NVCC Annandale Campus
Coordinator: Arline Sachs (703) 971-2092; e-mail: sachs@nova.org

LLI SINGERS

This group meets to sing for the joy and fun of it. Professional training is not a requirement. Bring a snack lunch if you like. For more information, call Martie Klee (see below).

Date & Time: Every other Tuesday, 11:30 a.m. – 1:00 p.m.
Place: Little River United Church of Christ
Coordinator: Martie Klee (703) 644-4931; e-mail: marthaklee@earthlink.net

THEATRE GROUP

The Theatre Group, open to all LLI members, attends plays and musicals that are available at the numerous venues in the Washington metropolitan area. Call Helen Clark (703) 573-1671 or the LLI office (703) 503-0600 for further information.

TRAVEL CLUB

The Travel Club maintains a list of places with the time of year that our members would like to travel. When 12 people have a common interest, we will get them together to select the tour, followed by a study phase, before taking the tour. To join the club, e-mail Sidney Sachs at sachs@nova.org with your information or see him at the LLI monthly Forum.

February 2004

LLI Winter/Spring Program 2004

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

1	2 Forum & Open House	3 4W13P—American History	4 4W19P—Mysteries of Mexico	5 4W28P—Senior Exercise	6	7
8	9 4W01A—Meet the Patriarchs 4W04P—Great Books	10 4W13P—American History	11 4W15A—Beginners' Knitting 4W19P—Mysteries of Mexico 4W20P—Improving Your Travel Experience	12 4W28P—Senior Exercise	13	14
15	16 4W01A—Meet the Patriarchs	17 4W13P—American History	18 4W15A—Beginners' Knitting 4W19P—Mysteries of Mexico	19 4W24A—U.S. Postage Stamp 4W28P—Senior Exercise 4W29P—Human Cultural Diversity	20 4W37P—NVCC Economics Presentations	21
22	23 4W04P—Great Books	24 4W13P—American History	25 4W15A—Beginners' Knitting 4W19P—Mysteries of Mexico 4W21P—Foreign Film Festival	26 4W24A—U.S. Postage Stamp 4W28P—Senior Exercise 4W29P—Human Cultural Diversity 4W37P—NVCC Economics Presentations	27 4W37P—NVCC Economics Presentations	28
29						
January 2004 Monday, January 12, Kickoff Meeting 3F08A—VA State Gov't: Tuesdays, January 6, 13, 20, and 27						

Remove this calendar to use as a handy reference.

March

2004

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

	1 Forum & Open House	2 4W08A—Vital Aging 4W13P—American History	3 4W15A—Beginners' Knitting 4W19P—Mysteries of Mexico 4W21P—Foreign Film Festival	4 4W28P—Senior Exercise 4W29P—Human Cultural Diversity	5	6
7	8 4W02A—Safety for Seniors 4W04P—Great Books	9 4W08A—Vital Aging	10 4W15A—Beginners' Knitting 4W17A—Quo Vadis America? 4W19P—Mysteries of Mexico 4W21P—Foreign Film Festival	11 4W28P—Senior Exercise 4W29P—Human Cultural Diversity	12	13
14	15 4W02A—Safety for Seniors 4W05P—Symphonic Sensations	16 4W08A—Vital Aging 4W09A—Sports Memories 4W13P—American History 4W14P—Make a Basket	17 4W16A—Christian Doctrine 4W17A—Quo Vadis America? 4W19P—Mysteries of Mexico 4W21P—Foreign Film Festival	18 4W29P—Human Cultural Diversity	19 4W32P—Decorative Programs in Art	20
21	22 4W02A—Safety for Seniors 4W04P—Great Books	23 4W08A—Vital Aging 4W09A—Sports Memories 4W13P—American History 4W14P—Make a Basket	24 4W16A—Christian Doctrine 4W17A—Quo Vadis America? 4W19P—Mysteries of Mexico	25 4W29P—Human Cultural Diversity 4W36P—NVCC History Presentations	26 4W32P—Decorative Programs in Art	27
28	29 4W04P—Great Books 4W06P—Travelogue on Russia	30 4W09A—Sports Memories 4W13P—American History 4W14P—Make a Basket	31 4W16A—Christian Doctrine 4W17A—Quo Vadis America? 4W35A—Study Travel VIII			

Remove this calendar to use as a handy reference.

April

2004

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

LLI Winter/Spring Program 2004

4	5 Forum & Open House 4W07P—Communications	6 4W09A—Sports Memories 4W13P—American History	7 4W16A—Christian Doctrine 4W22P—Make a Basket 4W35A—Study Travel VIII 4W36P—NVCC History Presentations	8 4W25A—Poetry 4W27A—Bird Walks 4W30P—Great Decisions	9	10	11	12 4W05P—Symphonic Sensations 4W07P—Communications
18	19 4W03A—Fairfax History 4W07P—Communications	20 4W10A—Piano Trios and Quintets	21 4W22P—Make a Basket 4W23P—National Postal Museum 4W36P—NVCC History Presentations	22 4W25A—Poetry 4W26A—Intermediate Computing 4W27A—Bird Walks 4W30P—Great Decisions	23 4W33P—History of the Art Song	24	15 4W25A—Poetry 4W26A—Intermediate Computing 4W27A—Bird Walks 4W30P—Great Decisions	16 DT4-16—Peril on the Potomac
25	26 4W03A—Fairfax History 4W07P—Communications	27	28 4W35A—Study Travel VIII	29	30 4W33P—History of the Art Song		17 4W34A—Spring Wildflower Walk	3
1 4W25A—Poetry 4W26A—Intermediate Computing 4W30P—Great Decisions 4W36P—NVCC History Presentations	2 4W32P—Decorative Programs in Art	3						

Remove this calendar to use as a handy reference.

May

2004

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

June 2004 Monday, June 7, Forum & Open House							1 4W34A—Spring Wildflower Walk
2	3 Forum & Open House	4 4W11A—Short Stories	5 4W18A—0 Canada	6 4W30P—Great Decisions 4W35A—Study Travel VIII	7	8	
9	10	11 4W11A—Short Stories 4W12A—Science for Non-Scientists	12 4W18A—0 Canada	13 4W30P—Great Decisions DT5-13—Gettysburg Battlefield	14	15	
16	17 4W05P—Symphonic Sensations	18 4W11A—Short Stories 4W12A—Science for Non-Scientists	19 4W18A—0 Canada	20 4W30P—Great Decisions	21 4W31A—Spring Garden Tour	22	
23	24	25 4W11A—Short Stories 4W12A—Science for Non-Scientists	26	27 4W30P—Great Decisions	28	29	
	30	31					

Remove this calendar to use as a handy reference.

Faculty

RABBI BRUCE D. AFT, spiritual leader at Adat Reyim Synagogue since 1991; graduate of the Reconstructionist Rabbinical College, Philadelphia; worked with the March of the Living since 1992, B'nai B'rith Youth Organization since 1985, and is on the Jewish Federation's Rabbinic Cabinet; past president of the George Mason University Community Hillel Board and of the Board of Jewish Education of Greater Washington; chaired the Board of Operation Understanding, D.C., a Black/Jewish dialogue; currently involved in developing teen dialogue groups through George Mason University's Institute for Conflict Analysis and Resolution.

COLONEL HARRY O. AMOS, (US Army Retired), served in Japan, Austria, Vietnam, Cambodia, and the Pentagon; became acquainted with, and interested in, Canada during a study session at the University of Three Rivers, Quebec; currently a trustee and investment advisor and is Vice President for Reims, France, programs of the Arlington Sister City Association; previously discussed Canada for LLI three times.

DORIS BALINSKY, originally from South Africa; moved to the U.S. 1975; PhD in Biochemistry, London University, England; carried out basic research related to human diseases and served as a scientist administrator at the US Department of Agriculture and at the National Institutes of Health; docent at the National Museum of African Art, and has led LLI tours there; loves nature, and has previously led wildflower walks for LLI in the spring.

FERNE BEYER, degree in El. Ed., Hofstra University; studied voice in N.Y.C. for 10 years; sung over 40 works of the oratorio with various choruses; wide knowledge of and has sung many great works of *Lieder* and French *mélodies*, plus other art songs.

AL BROTHERS, Merrimack College, North Andover, MA; University of New Hampshire, Dover, NH; German major, French minor; taught English at the Berlitz School of Languages and the Inlingua *Sprachenschule* in Pforzheim, Germany; accredited German/English translator, certified by the *Industrie- und Handelskammer* in Wiesbaden; well versed in Germanic, Romance and Slavic languages; knowledgeable in major dialects of High German, English and Portuguese.

SUSAN INSKEEP GRAY, degrees in journalism and political science, West Virginia University; masters in American history, George Mason University; formerly employed in various media positions and as a museum specialist for the National Park Service; currently Curator/Visitor Services Manager at the Fairfax Museum, Office of Historic Resources, City of Fairfax, where she has worked for five years.

BURT GREENSTEIN, Bachelor's (1950) and Master's (1953) degrees, Univ. of Buffalo; majors in history, geography and languages; taught English history and European

governments; worked in the Dept. of the Air Force and the Defense Intelligence Agency.

Professor TOM HARDY, AB in English, Georgetown Univ.; MA in English, Univ. of North Carolina, Chapel Hill; second MA in Art History, George Washington Univ.; native Washingtonian; NVCC instructor for over 30 years.

WILLIAM HUDSON, Bachelor of Music, Philadelphia Conservatory of Music; BA, Univ. of Pennsylvania; Master of Music, Yale Univ.; with the Fairfax Symphony Orchestra (FSO) for over 30 years; conducted performances at the Kennedy Center and Wolf Trap; established a summer residency at the Shenandoah Valley Music Festival where the FSO is "orchestra-in-residence."

YERETH KNOWLES, BA and Master's in political science, Univ. of Wisconsin; Ph.D. in political development, International Institute, Univ. of Geneva, Switzerland; professor of political science at Inter-American Univ., San German, Puerto Rico (1960-79); visiting professor of Latin American studies at George Mason Univ. (1980-92); traveled and lived in Puerto Rico, Grenada, Holland, Switzerland, China and South/Central America; publications include "History of Caribbean Organizations," fiction, and a novel, "The Town is Aaron."

JULES LAPIDUS, degree from Univ. of Illinois; Ph. D. in Medicinal Chemistry, Univ. of Wisconsin; professor of medicinal chemistry at Ohio State Univ., 1958-1984; Vice Provost for Research and Dean of Graduate School at Ohio State, 1974-1984; retired President of the Council of Graduate Schools in Washington D.C. in June 2000.

MILES B. MANCHESTER, retired U.S. Govt. Executive; devoted stamp collector; currently a docent at the National Postal Museum.

LANA MASSONI, BA in English, St. John's Univ., New York; MA in English, George Mason Univ.; retired Fairfax County Public Schools English teacher (28 years).

ALAN MAYER, BS in business administration, Univ. of Maryland; Master's in urban planning, Univ. of Virginia; served for 10 years as a Member, Virginia House of Delegates; retired from the Central Intelligence Agency (1950-1980).

ROSALIND NEWMAN, BA with honors in English Language and Literature, University of Manchester, England; prior to moving to the USA in 1988, taught English and French in state and private schools in London; later worked for federal government contractors, not-for-profit organizations, taught English as a second language and has been a diet counselor.

MEMPHIS NORMAN, BA in sociology, Tougaloo College; MPA and DPA, Univ. of Southern California; recent retiree from Office of Management and Budget; instructor at

Metropolitan College, Catholic Univ. of America, where he teaches a variety of courses dealing with cultural diversity, statistics, and management; has taught a variety of LLI courses.

NVCC FACULTY (additional background information will be available to course participants)

Art Department

PROF. TOM HARDY: See page 13.

Communications Department

PROF. PHILIP TIRPAK: BA, Rutgers Univ., MA, Univ. of Oklahoma

Economics Department

PROF. BARBARA BROGAN: BA, State Univ. New York, Stony Brook; ME, North Carolina State Univ.

PROF. JOHN MIN: BA. & MBA, George Washington Univ.

PROF. MICHAEL HESLOP: MS, Univ. of West Indies; MS, Iowa State Univ.

History Department

DR. WALLACE HUTCHEON: BS, Pennsylvania State Univ., MA, M. Phil., PhD., George Washington State Univ.

DR. WILLIAM KINSELLA: AB, MA, John Carroll Univ., PhD, Georgetown Univ.

DR. JAMES WALL: BS, Tennessee Technological Univ., PhD, Univ. of Tennessee

PROFESSOR MARY ZIMMERMAN: BA, Carleton College, MA, Vanderbilt Univ.

Physical Education Department

DR. SUSAN THOMPSON: BS, West Virginia Univ., MS, George Mason Univ., Doctor of Arts with a concentration in exercise science and gerontology.

Travel & Tourism Department

PROF. TALULA GUNTNER: BA, Columbia College, MA, George Washington Univ.

GEORGE PEARSALL, BS and MA (American Civilization) degrees from New York University. Worked for the Department of Navy for 30 years holding a number of management positions in the areas of personnel, training and executive development, and Command administration.

DON REYNOLDS, BS Journalism, Rider Univ.; Adv. Study, Agricultural Economics, Cornell; Historian, US Army, WW II, UK and Europe; Sports Writer, Westchester County, N.Y.; Assoc. Editor, "Progressive Grocer."

RICHARD RISK, graduate, Univ. of Missouri; retired, US Environmental Protection Agency; served on the Fairfax Area Commission on Aging since 1966; has taught a variety of LLI courses.

JOHN RYBICKI, BS, Clarkson College of Technology; MA, Univ. of Arkansas; MS, George Washington Univ.; diplomas in Theological Studies, Virginia Theological Seminary and the Antiochian Orthodox Church; studied at St. George's College, Jerusalem; St. John of Damascus School of Theology, Balamand Univ.; lectured at the Benedictine Pastoral Center, LRI at George Mason Univ., LLI at NVCC, the Jewish Community Center of Northern Virginia and in local churches; serves as consultant to the Missile Defense Agency.

ARLINE SACHS, BS, Mathematics, Univ. of Illinois; Master's in Computer and Information Systems, American Univ.; retired Assoc. Professor at NVCC where she taught various computer classes for 22 years; avid genealogist, which led her to write a recently-published book about her great-great grandfather. See: <http://www.BernhardCahn.org>

SIDNEY SACHS, BS, Industrial Engineering; Masters in Statistics, both from Univ. of Illinois; retired mathematical statistician, US Army Research Institute; has been web master for 15 years for various non-profit organizations, including now LLI.; currently volunteers for the US Holocaust Museum to computerize data bases.

JULIUS KNOX SINGLETON, BA in physics, Berea College; Masters in secondary school mathematics, Univ. of Virginia; Masters in counseling, George Mason Univ.; other graduate studies in counseling and gerontology; active volunteer since 1981 in a wide range of programs and services for older adults; served 10 years as a Virginia Licensed Professional Counselor; President Emeritus of LLI/NVCC, after serving as a founding member and as president for three years.

LOUISE SOUSK, retired public school teacher; contributing member of LLI since its founding; served on the board for four years; since 1998, plans and leads day and overnight trips for LLI members; organized a Charter Elderhostel for LLI; regularly teaches an LLI basket class.

Dr. CARL STEINER, professor emeritus, George Washington Univ.; expert in Germanic Studies and Culture; has published three books and numerous articles.

GENEVIEVE THIEM, BS in Nursing, St. Joseph College, W. Hartford, Conn.; began knitting as a child and has created numerous knitted garments and other items.

KEITH TOMLINSON, manager, Meadowlark Botanical Gardens; Fellow, biological sciences, Washington, DC Academy of Sciences; natural history instructor, Smithsonian Associates.

LLI Tour Registration Form

Assumption of Risk and Acknowledgement of Responsibility

This Assumption and Acknowledgement must be signed and is a prerequisite for participation. The tours of the Lifetime Learning Institute of Northern Virginia require walking and the physical capability to access sites that may have structural obstacles. By participating, I assume the risks inherent in this tour and agree to hold LLI, its Board of Directors, Administrator, volunteers, and other agents harmless from any and all claims from bodily injury and/or property damage that result from my participation in this tour, or my inability to full participate.

Further, I understand that, should I require personal assistance to participate in this tour, I am responsible for securing such assistance. That responsibility includes registering a person with LLI who can and will be totally responsible for providing all assistance. I will register the person by having him or her sign below. I also understand that LLI reserves the right to deny a request to participate in this tour if, as determined by LLI, such participation would impede the tour's operation or diminish the enjoyment of other participants.

Participant Signature _____

Emergency Contact No. _____

Participant Signature _____

Emergency Contact No. _____

Tour Title: Peril on the Potomac Tour #: DT 4-16

Date of Day Trip: Friday, April 16, 2004

Tour Fee: Members: \$40 Nonmembers: \$50

Name: _____

Phone: _____ E-Mail: _____

Address: _____

City: _____ State: _____ ZIP: _____

Number of reservations: _____ Total Cost: _____

Checks should be made payable to *LLI / NOVA*. Please send to:

Lifetime Learning Institute
c/o Div. of Continuing Ed., NVCC
8333 Little River Turnpike
Annandale, VA 22003

For Office Use Only

Am't Paid: _____

Check #: _____

TO BE REGISTERED:

1. Each person must sign the above Assumption of Risk and Acknowledgement of Responsibility.
2. Enclose a check in payment for this trip only.
3. Enclose a self-addressed, stamped envelope for this trip only.

Fees & Information: Louise Sousk (703) 323-9144

Reservations & Payment: Payment of fee is required at time of registration. Reservations are accepted on a first-served basis.

Refunds & Cancellations: Refunds will be made if notice is received at least 4 days before tour date, less any non-refundable deposits made by LLI unless your place can be filled by someone else. After that date, refunds will be made only if the place can be filled. LLI follows Fairfax County School closings.

Notification: A few days prior to the trip, you should receive a confirmation in the mail in your self-addressed stamped envelope. If you do not receive this, please call Louise Sousk (703) 323-9144 to verify your registration.

Cut along dotted line

LLI Tour Registration Form

Assumption of Risk and Acknowledgement of Responsibility

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Participant Signature _____

Emergency Contact No. _____

Participant Signature _____

Emergency Contact No. _____

Gettysburg Battlefield and

Tour Title: Eisenhower Farm Tour #: DT 5-13

Date of Day Trip: Thursday, May 13, 2004

Tour Fee: Members: \$55 Nonmembers: \$65

Name: _____

Phone: _____ E-Mail: _____

Address: _____

City: _____ State: _____ ZIP: _____

Number of reservations: _____ Total Cost: _____

Checks should be made payable to *LLI / NOVA*. Please send to:

Lifetime Learning Institute
c/o Div. of Continuing Ed., NVCC
8333 Little River Turnpike
Annandale, VA 22003

For Office Use Only

Am't Paid: _____

Check #: _____

TO BE REGISTERED:

1. Each person must sign the above Assumption of Risk and Acknowledgement of Responsibility.
2. Enclose a check in payment for this trip only.
3. Enclose a self-addressed, stamped envelope for this trip only.

Fees & Information: Louise Sousk (703) 323-9144

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Notification: A few days prior to the trip, you should receive a confirmation in the mail in your self-addressed stamped envelope. If you do not receive this, please call Louise Sousk (703) 323-9144 to verify your registration.

Cut along dotted line

Cut along dotted line

LLI / NOVA Membership Form

Title: Mr., Mrs., Ms., Dr. (circle one) Name _____

Address _____

City _____ State _____ ZIP _____

Phone Number(s): Home () _____ Work () _____

Fax Number _____ E-Mail Address _____

Fee: \$100 per year for individual membership.

*Checks should be made payable to **LLI/NOVA***
c/o Division of Continuing Education, NVCC Annandale
8333 Little River Turnpike
Annandale, VA 22003
Phone: (703) 503-0600

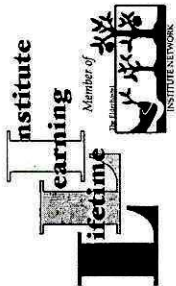
As a general practice LLI does not refund membership dues. Under extenuating circumstances LLI will consider requests for refunds if they are made in writing within 30 days of joining the Institute.

Please also complete the following:

Date _____ New
Amount Paid _____ Renewal
Check # _____

LLI reserves the right to deny a request for participation in any of its sponsored courses, programs and tours, or to terminate participation therein if, as determined by LLI, such participation would substantially impede its operation or diminish the enjoyment of other participants.

*LLI is an equal opportunity institution and does not discriminate on the basis of race, color, or ethnic origin.
It is a 501 (c) (3) organization and contributions are deductible to the extent allowed by law.*



Lifetime Learning Institute
c/o Division of Continuing Education, NVCC Annandale
8333 Little River Turnpike
Annandale, VA 22003
Phone: (703) 503-0600 / FAX: (703) 503-5350 / E-Mail: linova@juno.com

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