



# LLI Spring 2023 Catalog

## Class: 23SP01      **Camp Alger 1898: Fairfax County's Short-Lived Spanish-American War Training Camp (1 Session)**

Cindy Bennett discusses the wild summer of 1898, when 23,000 soldiers took up residence in Fairfax County, doubling its population. The soldiers camped and trained at Camp Alger, near Falls Church. After a typhoid epidemic made it necessary to abandon the Camp, 10,000 ill-equipped soldiers were hastily marched across the county, looting stores and farms for food and water, and even robbing a few graves!

Date/Time: Mon, Jan 9, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **CINDY L. BENNETT** earned a B.A. and M.A. in political science. Prior to retirement, she spent 15 years as the director of a trade association foundation and currently co-owns the Archery Academy in Fairfax Station. Cindy is the treasurer of the Burke Historical Society and the author of *Wicked Fairfax County* and *Celebrating 100 Years of Gearing: The History of the American Gear Manufacturers Association*.

## Class: 23SP02      **Birds and Words (1 Session)**

Birds have had a major effect on culture and language since ancient times. In some words and expressions, the connections are obvious, but other connections are much more surprising. Birds and Words will examine some of the many influences birds have had on language and how people view the world.

Date/Time: Tue, Jan 10, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **WILLIAM YOUNG** is a writer who lives in Arlington, VA. His book *The Fascination of Birds: From the Albatross to the Yellowthroat* examines the relationship between birds, biology, environment, history, linguistics, art, and other areas. He is the co-creator of the MPNature.com website, which contains a wealth of information about the natural history of Monticello Park in Alexandria. William teaches classes and makes presentations about birds and nature for numerous groups in the greater Washington area.

**Class: 23SP03            The Great Boston Molasses Flood (1 Session)**

On January 15, 1919 a large tank containing approximately two million gallons of molasses burst and set off a river of molasses that flowed at speeds up to thirty-five miles per hour and inundated a North End Boston neighborhood, eventually killing twenty-one people. The event was largely forgotten until its recent 100th anniversary. We will explore the history of molasses and the molasses trade and discuss how fault for the disaster was attributed and assessed within the social structure of the times.

Date/Time: Thu, Jan 12, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Thomas Plewes

Instructor: **DENNIS VAN DERLASKE** is a member of University of Mary Washington ElderStudy in Fredericksburg. He frequently lectures on topics of “vernacular history.” Dennis is a past member of the Prince William County Historical Commission, currently serves on the board of the Prince William County Historical Society, and is on the curriculum committee for ElderStudy.

**Class: 23SP04            Islands in the Sun: The Caribbean (1 Session)**

Take a fascinating tour of the history and culture of the Caribbean.

Date/Time: Tue, Jan 17, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **CHARLES McCLELLAND** grew up in the Panama Canal Zone and has traveled extensively throughout Latin America and the Caribbean. He studied in Mexico, was a Peace Corps volunteer in Colombia, and is a professional instructor and adjunct professor at Georgetown University. In his spare time Charles is a guest lecturer on several cruise lines.

**Class: 23SP05            Crockpot Cooking (1 Session)**

Most of us use the crockpot more during the winter months. This class will feature hearty dishes for cold weather dining. **NOTE: There is a \$5 fee for this class, payable at the door.**

Date/Time: Wed, Jan 18, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopley

Instructor: **CALVIN KRAFT** attended *L'Academie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

**Class: 23SP06      What's Next For the U.S. Economy? (1 Session)**

John Min will discuss the present state of economics in the U.S. and his projections for the future.

Date/Time: Fri, Jan 20, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 20, Max. 120

Coordinator: Richard Robison

Instructor: **JOHN MIN** is a professor of economics at NOVA-Alexandria. He received a Ph.D. in economics from George Mason University, and an M.B.A. in international business and a B.A. in political science from George Washington University.

**Class: 23SP07      How You Breathe (3 Sessions)**

From your first breath at birth your lungs have been quietly inhaling and exhaling, providing your body with life-giving oxygen and preventing a toxic build-up of carbon dioxide. Each day you breathe 23,040 times. Over your lifetime, you will breathe over 672,768,000 times! Join us for a three-part series to learn about the wonders of your respiratory system. Part 1 will emphasize normal physiology and adaptations at altitude and underwater. Part 2 will center on the pathophysiology of common lung ailments such as emphysema, asthma, cystic fibrosis, pneumonia, and COPD. Part 3 will focus on the environmental toll placed on our lungs from particulates and inhaled toxins, and how our respiratory system deals with, and even adapts, to environmental injuries.

Dates/Time: Mon, Jan 23; Jan 30; Feb 6, 10:00-11:30 AM

Location: NOVA Student Services Bldg (CA), Room 302

Class Size: Min. 10, Max. 102

Coordinator: Richard Robison

Instructor: **GILLIAN BACKUS** earned her B.A. magna cum laude from Mount Holyoke College and a Ph.D. in toxicology from the University of North Carolina (Chapel Hill). Since 2009 she has been a full time professor at NOVA-Loudoun teaching Biology and Anatomy and Physiology. Prior to her college teaching career Dr. Backus taught high school biology, was a Science and Technology Policy Fellow with the National Academies of Science in Washington, D.C., and worked for the U.S. Environmental Protection Agency as a toxicologist. Gillian has a passion for civic engagement, and as a SENCER Leadership Fellow, has worked diligently to promote cross-disciplinary STEAM initiatives at the community college level.

**Class: 23SP08      Parkinson's Disease: An Insider's View (1 Session)**

Barry will discuss what he has learned about Parkinson's Disease both as a scientist and as a person who lives with it. Despite being originally described by James Parkinson in 1817, there are still broad misconceptions about diagnosis, prognosis, and most importantly, treatment. Particular attention will be paid to non-traditional treatments such as Rock Steady Boxing.

Date/Time: Tue, Jan 24, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **BARRY CENTINI** holds a Ph.D. in geology from the University of North Carolina, Chapel Hill. After teaching geology at Emory and Nova Southeastern Universities, his interests turned to distance learning. On retiring, Barry joined LLI and returned to his roots by presenting some thirty-five geology and science classes to its members.

**Class: 23SP09            The American Revolution: Leadership in a Time of Crisis (1 Session)**

Very few in the world thought the fledgling thirteen colonies had any chance of winning their independence against a superpower like Great Britain. The leadership of George Washington, Ben Franklin, and Thomas Jefferson was one of the many secrets to this successful revolution.

Date/Time: Wed, Jan 25, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 123

Class Size: Min. 10, Max. 40

Coordinator: Philippa Centini

Instructor: **CHARLES ERRICO** is a professor at NOVA-Woodbridge. He has won teaching awards from the Educational Foundation, the Alumni Association, and in 2007 was named by the State Council for Higher Education as one of the outstanding faculty members in Virginia. His book, "Portrait of America," is required reading at numerous colleges in the United States and abroad.

**Class: 23SP10            The Silk Road (1 Session)**

This Grammy Award-winning Silkroad Ensemble, founded by cellist Yo-Yo Ma, debuts their newest program "Uplifted Voices." Championing women and non-binary members of the Silkroad Ensemble alongside special guest Tuscarora/Taíno musician Pura Fé, "Uplifted Voices" weaves a musical tapestry connecting the sounds and rhythms of indigenous North American people to the world. Drawing inspiration from the folk and ancestral music of Japan, China, Armenia, Ireland, the Hebrides, and native populations across North America, the ensemble shines a light on previously under-recognized voices from across the globe, to change our perspective of the history and migration of music. **NOTE: Contact the coordinator to get the special discount code for this event. Tickets are deeply discounted for LLI members (\$15 plus \$4 service charge). A pre-performance discussion will take place in Monson Grand Tier, located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.**

Date/Time: Sun, Jan 29, 4:00 PM (NOTE TIME)

Location: George Mason University Center for the Arts

Class Size: Min. 1, Max. 15

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

**Class: 23SP11            Spanish American Wars of Independence (1 Session)**

We will discuss how the Spanish colonies were able to rise up during the late 18th and early 19th centuries and achieve their independence from Spain.

Date/Time: Tue, Jan 31, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **CHARLES McCLELLAND** grew up in the Panama Canal Zone and has traveled extensively throughout Latin America and the Caribbean. He studied in Mexico, was a Peace Corps volunteer in Colombia, and is a professional instructor and adjunct professor at Georgetown University. In his spare time Charles is a guest lecturer on several cruise lines.

**Class: 23SP12 Introduction to Religions Originating in India (3 Sessions)**

This class will provide an introduction to religions originating in India, including their origins and central beliefs and practices. The first session will cover Hinduism, the second will cover Buddhism, and the third will cover Jainism and Sikhism.

Dates/Time: Tue, Jan 31; Feb 7; Feb 14, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: David Drachsler

Instructor: **ANN STEGNER** has earned multiple degrees in religious studies - a B.A. at the University of Virginia, an M.A. at Claremont School of Theology, and a Ph.D. at Arizona State University. She has been teaching World Religions courses for 14 years.

**Class: 23SP13 Thomas Jefferson and the Art of Presentation (1 Session)**

Gaye S. Wilson explores the multifaceted Thomas Jefferson in her book, *Jefferson on Display: Attire, Etiquette, and the Art of Presentation*. As the title suggests, she discusses the public Jefferson, focusing on his clothing, grooming, and the scintillating conversation at his renowned dinner parties where he was always attuned to the changing political scene and ever aware that appearance and demeanor could support his political goals.

Date/Time: Thu, Feb 2, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **GAYE S. WILSON** has been associated with the Thomas Jefferson Foundation at Monticello since 1993. She formerly held the position of the Shannon Senior Historian and is currently a Senior Fellow at the International Center for Jefferson Studies. She holds a B.A. and M.F.A. from the University of Texas and a Ph.D. from the University of Edinburgh.

**Class: 23SP14 Virginia Opera: Fellow Travelers (1 Session)**

Set at the dawn of the Cold War, *Fellow Travelers* follows the blazingly idealistic Timothy Laughlin as he navigates through the intrigues of Washington, D.C., during the “Red Scare” of the 1950s. Fresh out of college and working in a senator’s office, Timothy passionately joins the fight against communism, but his values are put to the test when he falls in love with Hawkins Fuller, a handsome State Department official. The two men become tangled in a web of fear and deceit during the “Lavender Scare,” a witch hunt and mass firings of gay people in the United States government that paralleled McCarthyism. After its world premiere in 2016 at the Cincinnati Opera, *Fellow Travelers* has generated a buzz and wowed critics wherever it is performed. “A near-perfect example of fast-flowing musical drama” (*The New York Times*). “One of the most accomplished New American Operas” (*Chicago Tribune*). Sung in English with English surtitles. **NOTE: Register directly with GMU. Heavily discounted tickets are available at a special LLI rate of \$15 plus a \$4 handling fee. Contact the class coordinator to get the special code you will need to register. A pre-performance discussion will take place in Monson Grand Tier, located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.**

Date/Time: Sun, Feb 5, 2:00 PM (NOTE TIME)

Location: George Mason University Center for the Arts

Class Size: Min. 1, Max. 15

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

**Class: 23SP15 Varieties of Religious Philosophy in Jewish and Christian Thought – A Continuation (5 Sessions)**

This series will continue the investigation of key philosophers and philosophies in developmental and modern Judaism and Christianity begun in December 2022. The original presentation on Desiderius Erasmus (1466-1536) will be complemented with a discussion of Baruch Spinoza (1632-1677) followed by the pairings of Philo of Alexandria and John the Evangelist (both first century CE), and Paul Tillich and Martin Buber (both 20th century). These pairings are meant to cover the periods of the inclusion of Greek philosophy, pre-enlightenment humanism, and modern thought into both Jewish and Christian understanding. Topics will include the nature and attributes of God, revelation, creation, scripture, wisdom, and the purpose and inherent capabilities of humankind.

Dates/Time: Tue, Feb 7; Feb 14; Feb 21; Feb 28; Mar 7, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **JOHN RYBICKI** lectures for many organizations including LLI. He is an expert at comparing religions and their philosophers and the resulting beliefs today.

**Class: 23SP16 Study/Travel - Jewels of Ireland (1 Session)**

In May participants in the Study/Travel Program will be taking a 15-day trip to Ireland. This overview class will provide an introduction to the trip and some personal perspectives. This class will be of special interest to members and guests who will be participating in the May trip, but is open to everyone.

Date/Time: Wed, Feb 8, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Bonnie Hopler

Instructor: **ARLINE SACHS** has been doing genealogy for over 35 years. She served for six years on the board of the International Association of Jewish Genealogical Societies and was president of the local society. She is an LLI member.

**Class: 23SP17 Caravaggio and Baroque Painting (3 Sessions)**

The career of Michelangelo di Merisi, known as Caravaggio, was brief and tumultuous, but tremendously important in the development of Baroque painting. His innovations included the use of naturalism, dramatic dark backgrounds, and brilliantly illuminated foreground figures. Many artists in Europe were influenced by elements of Caravaggio's dynamic new approach to painting. This course will examine the four phases of Caravaggio's work in detail and then look at painting by other artists of the Baroque period in Italy, including Artemisia Gentileschi and Annibale Caracci. As Caravaggio's influence spread to the rest of Europe, the course will continue to survey contemporary developments in Spain, Flanders, the Dutch Republic, and France, including work by Velázquez, Rubens and Rembrandt.

Dates/Time: Wed, Feb 8; Feb 15; Feb 22, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Anna Dixon

Instructor: **ROZ HOAGLAND** is a retired art historian with a B.A. from Marietta College and an M.A. from Penn State. She taught at NOVA for 40 years and also at the Corcoran College of Art + Design and gave lectures at the US State Department Training Center. In retirement she continues to take groups to Europe for study tours focusing on art, architecture, historic, and unusual sites. Since 1999 she has led 55 trips to over 20 countries.

**Class: 23SP18 Great Decisions 2023 (8 Sessions)**

This class will hold in depth discussions about eight major foreign policy issues. The issues discussed will include

- Session 1: Energy Geopolitics
- Session 2: War Crimes
- Session 3: China's Foreign Policy
- Session 4: Economic Warfare
- Session 5: Elections in Latin America
- Session 6: Global Famine
- Session 7: Iran and the Gulf States
- Session 8: Climate Migration

**NOTE: There is a \$38 fee due at registration for this presentation to cover course costs. You may pay the fee by check or credit card. You are not considered registered until the fee is paid.**

Dates/Time: Thu, Feb 9; Feb 16; Feb 23; Mar 2; Mar 9; Mar 16; Mar 23; Mar 30, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 30

Coordinator: Paul Hopley

Instructor: **CHUCK HULICK** has been a frequent instructor/presenter in previous Great Decisions classes. He holds an M.B.A. from American University and a B.S. in economics from the University of Pennsylvania. Chuck is an LLI member.

**Class: 23SP19 Misty Water-Colored Memories (1 Session)**

What is memory and how does it work? Do our memories shape our narrative or is our narrative shaping our memories? Let's look at what science, literature, and life can teach us about our capacity to remember, and forget.

Date/Time: Mon, Feb 13, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **LESLIE SUSSAN** recently retired after many years as a federal appellate administrative judge. In addition to her legal training and experience, she has a graduate degree in biotechnology and has studied neuroscience. Her fascination with the working of memory arose both from judging the memories of witnesses and from struggling to write her own memoir published in 2020.

**Class: 23SP20 Chocolate All Day Long (1 Session)**

Most of us love chocolate and think of it as candy or dessert. Chef Cal will change your thinking with recipes for breakfast, lunch, dinner, and dessert! **NOTE: There is a \$5 fee for this class, payable at the door.**

Date/Time: Wed, Feb 15, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 25

Coordinator: Judy Nitsche

Instructor: **CALVIN KRAFT** attended *L'Academie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

**Class: 23SP22      Syncopated Ladies Live! (1 Session)**

Viral tap dance phenomenon Syncopated Ladies LIVE! is the brainchild of D.C.-native and Emmy® Award-nominated tap dancer and choreographer Chloé Arnold, protégé of Debbie Allen. This all-female troupe has amassed more than 100 million video views for their hypnotic and rhythmic performances. Dancing to today's cutting-edge music, from pop to hip-hop to salsa, and even a couple of tear-jerking ballads, Syncopated Ladies LIVE! is an electrifying, action-filled show featuring a live onstage vocalist. **NOTE: Register directly with GMU. Heavily discounted tickets are available to LLI members for \$15 plus a \$4 handling fee. Contact the coordinator to obtain the special code you will need to get the discount. A pre-performance discussion will take place in Monson Grand Tier, located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.**

Date/Time: Sat, Feb 25, 8:00 PM (NOTE TIME)

Location: George Mason University Center for the Arts

Class Size: Min. 1, Max. 15

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

**Class: 23SP23      Making Connections: Revisiting Favorites and Exploring New Relationships in Art (1 Session)**

In this presentation we will revisit some of our favorite works at the Smithsonian American Art Museum and Renwick Gallery and then look at how they relate to other works in the collection, some of which are recent acquisitions. Museum curators have designed new exhibits that ask us to make connections between works. Some are displayed together in the galleries but with the help of technology we can also make connections in the virtual world.

Date/Time: Tue, Feb 28, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **SARA SHOOB** is a graduate of Boston University. She has a background in teaching and educational administration with an emphasis in history, social studies, and the arts. Sara currently works as a docent at the Smithsonian American Art Museum and Renwick Gallery. She has presented a number of classes for LLI and loves sharing her passion for art.

**Class: 23SP24 Poetry Writing--Let's Make It Happen (4 Sessions)**

Join us to discover or revisit the poet within! From the beatific to the bawdy, we will write, share, and cheer each other on.

Dates/Time: Fri, Mar 3; Mar 10; Mar 17; Mar 24, 1:30-3:30 PM

Location: ONLINE

Class Size: Min. 8, Max. 15

Coordinator: Marianne Moerman

Instructor: **ED SADTLER** has been reading and writing poetry for many years. He is a long-time member of LLI/NOVA and attendee of *Richard Risk's Poetry and You* classes and of the Poetry Workshop at George Mason University's Osher Lifelong Learning Institute (OLLI). He also is the co-leader of the OLLI Writer's Workshop.

**CAROLYN WYATT** is a retired federal information officer who has traveled widely. She has an M.A. in Spanish from Indiana University, writes haunting and often humorous poetry, and has co-taught classes at both LLI/NOVA and OLLI with Ed Sadtler.

**Class: 23SP25 Canada by River & Road (1 Session)**

Conne Rubenstein will share her trip to Canada, including the boat museum in Clayton and the Boldt Castle on Heart Island, where she viewed spectacular sunrises and sunsets. She also traveled to Montreal, Quebec, the Olympic Park, and to Canyon Sainte-Anne, ending her journey with a visit to an international balloon festival.

Date/Time: Tue, Mar 14, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **CONNIE RUBINSTEIN** taught English at Oxon Hill Science and Technology High School for twenty-five years. Since retiring she has been creating videos of the numerous trips she has taken.

**Class: 23SP26 Appetizers as Meals (1 Session)**

This class will feature small plates/appetizers which can be a meal. They are perfect if you are cooking for one or two. **Note: There is a \$5 fee for this class, payable at the door.**

Date/Time: Wed, Mar 15, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 25

Coordinator: Judy Nitsche

Instructor: **CALVIN KRAFT** attended *L'Academie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

**Class: 23SP27 Study/Travel - Irish Culture and Customs (1 Session)**

A speaker from the Embassy of Ireland will tell us about their beautiful country. Come learn more about the history, culture, and customs as well as the music and food. This class will be of special interest to members and guests who will be participating in the May trip but is open to all.

Date/Time: Wed, Mar 22, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 30

Coordinator: Bonnie Hopler

Instructor: **MR. McMORROW** serves in the Communications & Culture office in the Embassy of Ireland in Washington, D.C.

**Class: 23SP28 Controversial Presidential Elections from Jefferson to Nixon (1 Session)**

It will be no surprise to learn that not all presidential elections have gone smoothly. Twice in American history the House of Representatives decided the outcome when no candidate received a majority of the electoral college. Tensions ran so high in 1800 that the new vice-president, Aaron Burr, killed the leader of the opposition party, Alexander Hamilton, in a duel. Slides and a short video will accompany this presentation on America's contentious political history.

Date/Time: Wed, Mar 29, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 123

Class Size: Min. 10, Max. 40

Coordinator: Richard Robison

Instructor: **CHARLES ERRICO** is a professor at NOVA-Woodbridge. He has won teaching awards from the Educational Foundation, the Alumni Association, and in 2007 was named by the State Council for Higher Education as one of the outstanding faculty members in Virginia. His book, "Portrait of America," is required reading at numerous colleges in the United States and abroad.

**Class: 23SP29 Richard Risk's Poetry and You (4 Sessions)**

Join us for one of LLI/NOVA's long-time favorite classes and learn how poetry can enrich your life. We share poems - contemporary or classic - illustrating a theme, occasion, form, or school movement, or we may read and discuss poems by the same poet as selected by the class. This class is dedicated to the memory of Richard Risk who established Poetry and You and was one of LLI/NOVA's founding members.

Dates/Time: Fri, Mar 31; Apr 7; Apr 14; Apr 21, 1:30-3:30 PM

Location: ONLINE

Class Size: Min. 8, Max. 15

Coordinator: Marianne Moerman

Instructor: **KATHRYN O'TOOLE** joined LLI/NOVA in 2011 and recently served on the LLI/NOVA Board of Directors. She is especially fond of LLI/NOVA's poetry offerings and is active with the organization's Favorite Books Special Interest Group (SIG). She received her B.A. from the University of California.

**Class: 23SP30 Metropolitan Jazz Orchestra with Bobby Floyd (1 Session)**

Calling all cool cats to head to the Center for the Arts for a swinging evening of jazz with Northern Virginia's own Metropolitan Jazz Orchestra, featuring keyboardist/organist Bobby Floyd on the Hammond organ and led by the founder, artistic director, and virtuoso saxophonist Jim Carroll. The organ has played a distinctive, albeit niche, part of jazz since the early days, and under Floyd's gifted fingers, you'll never think of the instrument in quite the same light again. Don't miss this event including some of the most remarkable jazz musicians in the metro region. **NOTE: Register directly with GMU. Heavily discounted tickets are available to LLI members for \$15 plus a \$4 handling fee. Contact the coordinator for a special code you will need for the discounted price. A pre-performance discussion will take place in Monson Grand Tier, located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.**

Date/Time: Sat, Apr 8, 8:00 PM (NOTE TIME)

Location: George Mason University Center for the Arts

Class Size: Min. 1, Max. 15

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

**Class: 23SP31 Sardinia & Sicily (1 Session)**

The small island of Sardinia is a wondrous place to explore. The rugged coast has natural rock formations surrounded by blue water. The island's interior houses archeological sites and artifacts from every Mediterranean power that passed through. The small towns host big carnivals to share their culture. Sicily has many well-known sites, including Mt. Etna, Messina, Siracusa, Agrigento, Palermo, and more that Conne will share in this travelogue.

Date/Time: Tue, Apr 11, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **CONNIE RUBINSTEIN** taught English at Oxon Hill Science and Technology High School for twenty-five years. Since retiring she has been creating videos of the numerous trips she has taken.

**Class: 23SP32 Dinner for One (1 Session)**

No one wants to waste food, have leftovers, or eat the same thing for days. This class will focus on preparing dinner for one. **NOTE: There is a \$5 fee for this class, payable at the door.**

Date/Time: Wed, Apr 12, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopley

Instructor: **CALVIN KRAFT** attended *L'Academie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

**Class: 23SP34      Public Diplomacy: Developing Relationships between Governments and People (2 Sessions)**

In this two-part class we will take a closer look at public diplomacy, which is an expanding field of study, as well as an active part of global democracy. The Center for Public Diplomacy defines public diplomacy (PD) as “the public, interactive dimension of diplomacy which is not only global in nature, but also involves a multitude of actors and networks.” PD plays a key role in fostering mutual trust and positive relationships among nations and has become a crucial player in securing a global environment.

In Part 1, we will examine the brief history of public diplomacy and how it has evolved into an active participant in our nation’s diplomatic missions overseas. The role that mass media has played in this history and the ways that social media has impacted public diplomacy in the 21st century will be discussed.

In Part 2, Christopher Quade, the Information Officer at the U.S. Embassy in Tokyo, will share how public diplomacy fits into the structure of a large embassy and discuss what the Public Affairs section does every day as well as share some interesting examples of how PD has influenced U.S.-Japan relations.

Dates/Time: Thu, Apr 13; Apr 20, 7:00-8:30 PM (Online Only)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

Instructor: **CAROL QUADE** is an adjunct faculty member in the Communication Studies and Theater Department at NOVA-Annandale. She holds a **Ph.D.** in communication and has been teaching and living overseas as a foreign service family member for 20 years.

**Class: 23SP33      Nature in Your Back Yard: Its Secrets and Wonders (1 Session)**

In the springtime when the area is a-bloom with nature, the everyday living things in one’s yard can be fascinating. Mary Alexander, a Fairfax County Park Authority naturalist and instructor with LLI-NOVA, will talk about the wildlife surrounding us. This talk is a prelude to the annual area-wide bioblitz scheduled for the last weekend in April. During City Nature Challenge of DC, <https://citynaturechallengedc.org/>, local citizen scientists, including members and friends of LLI-NOVA, will attempt to identify a record number of plants and animals in the region.

Date/Time: Thu, Apr 13, 10:00-11:30 AM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 35

Coordinator: Philippa Centini

Instructor: **MARY ALEXANDER** has given a number of talks and walks on nature to LLI members. She is a roving interpreter for the Fairfax County Park Authority and has worked at a number of nature centers and parks in Northern Virginia. Mary holds a graduate Natural History Field Studies certificate and is a Virginia Master Naturalist. She has had a long-time special interest in butterflies, in teaching classes on Lepidoptera, and in guiding field trips to find butterflies. Mary is on the LLI board of directors.

**Class: 23SP35 First Ladies (1 Session)**

Start off with a quiz of your knowledge about the First Ladies. Next we will delve more into the stories of four First Ladies: Martha Washington, Lucy Hayes, Frances Cleveland, and Edith Wilson.

Date/Time: Wed, Apr 19, 10:00-11:30 AM

Location: NOVA Student Services Bldg (CA), Room 302

Class Size: Min. 10, Max. 102

Coordinator: Arlene Gribben

**Instructor:** **MARY BUCKINGHAM LIPSEY** was born in Atlanta and raised in Fairfax County, Virginia. She received a B.A. in History and Sociology from Mary Washington College and a Masters in Middle School Education from Virginia Tech. In June, 2003, Mary retired from teaching seventh grade American History after almost thirty years. She recently retired from being a volunteer docent at the Smithsonian National Museum of American History where she loved taking tour groups through the First Ladies Hall. Her interest in local history has found an outlet through researching, writing, and speaking to community groups.

**Class: 23SP36 Navigating Life Transitions (1 Session)**

This class will briefly review three books recommended in dealing with life transitions which address the grief and isolation, as well as the less structured life in the aftermath of the pandemic. From the lens of a therapist, Dr. Higgins will discuss the applicable concepts presented by the authors in these best selling self-help books.

Date/Time: Thu, Apr 20, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 105

Class Size: Min. 10, Max. 34

Coordinator: Connie Diamant

**Instructor:** **DAWN HIGGINS** received M.S.W. And Ph.D. degrees from The Catholic University of America in Washington, D.C. For the past 20 years she has specialized in the areas of trauma, grief and loss, and traumatic brain injury. For her dissertation study, Dr. Higgins interviewed young adults who were adolescents when their parent died on 9/11 exploring how the loss of a parent in a national tragedy shapes an adolescent's world view. She is an assistant professor at Eastern Kentucky University's online M.S.W. program and has a private psychotherapy practice in Old Town Alexandria.

**Class: 23SP37 Stop Mumbling - I Can't Hear You! (1 Session)**

Late-onset hearing loss can have an emotional and psychological impact on everyone. Hearing aids and other technologies are limited in their ability to aid communication. This program will focus on the speaker, listener, and environmental components of communication. We will delve into the feelings associated with late-onset hearing loss, talk about the value of assertiveness, and discuss strategies for effective communication not only for people with hearing loss but for their family and friends as well.

Date/Time: Tue, Apr 25, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Philippa Centini

**Instructor:** **BONNIE O'LEARY** is outreach manager for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC), the area's leading non-profit for people with hearing loss. Bonnie is a late-deafened adult who has been providing outreach to seniors aging into hearing loss since January of 2001. Before COVID, Bonnie was a frequent visitor to Greenspring, providing monthly hearing screenings, programs for residents, and training for staff.

**Class: 23SP38      The Basics of Immunity (1 Session)**

The recent pandemic brought a lot of interest about our immune system. We can establish a framework to better understand the headlines and sound bites in the news. We will review the workings of the immune system and discuss the basic mechanisms of vaccines. From there we will discuss the "murkiness" of some scientific endeavors. The class will focus on basic science not public health.

Date/Time: Thu, Apr 27, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 80

Coordinator: Steven Cohen

Instructor: **PETER JO** is a professor of biology at NOVA-Annandale where he teaches human anatomy and physiology. Dr. Jo earned a Ph.D. at George Mason University in rehabilitation science.

**Class: 23SP39      Park Ranger Grab Bag: Part 1 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Fri, Apr 28, 1:30-3:00 PM

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **JENNIFER EPSTEIN** graduated from Gettysburg College and is an education specialist for the National Mall and Memorial Parks in Washington, DC. She demonstrated her historical and educational background through work in education and at several National Park Service sites such as Gettysburg National Military Park, Adams National Historical Park, Mount Rushmore National Memorial, and Jamestown National Historic Site.

**Class: 23SP40      Indigenous Enterprise (1 Session)**

Share the heritage and culture through authentic dance and song. Comprised of champion dancers from North American Indigenous Nations. "Indigenous Enterprise is rooted in tradition but also has hip-hop influences, discernible in footwork, bounce, and especially attitude," writes The New York Times **NOTE: Register directly with GMU. Contact the coordinator to get a special LLI member discount code, giving you access to heavily discounted tickets for \$15 plus a \$4 handling fee. A pre-performance discussion will take place in Monson Grand Tier, located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.**

Date/Time: Sat, Apr 29, 8:00 PM (NOTE TIME)

Location: George Mason University Center for the Arts

Class Size: Min. 1, Max. 15

Coordinator: Anna Dixon

Instructor: This event requires no instructor.

**Class: 23SP21            Afternoon Tea at Cafe Renaissance (1 Session)**

Enjoy a spring afternoon with friends over an afternoon tea of sandwiches, scones, and sweets. **Register by noon on April 22, 2023. Cost is \$35.00 per person (member or non-member), + 9% tax + gratuity, payable at the restaurant. Café Renaissance is located at 163 Glyndon Street SE, Vienna, VA.**

Date/Time: Sat, Apr 29, 12:00 - 2:00 PM (Note time)

Location: Cafe Renaissance

Class Size: Min. 5, Max. 20

Coordinator: Bonnie Hopler

Instructor: This event requires no instructor.

**Class: 23SP41            Spring Walking Tour of Meadowlark Gardens (1 Session)**

Flowers, birds, and sparkling lakes - springtime at its finest! Join in a guided tour leading you to the best sights of the 95-acre Meadowlark Botanical Gardens. Be sure to wear good walking shoes and bring a bottle of water for this 75 minute walk over hilly terrain.

Date/Time: Tue, May 2, 10:00-11:30 AM

Location: Meadowlark Botanical Gardens

Class Size: Min. 10, Max. 30

Coordinator: Mary Lu Bednarsky

Instructor: **JULES MALONEY** started as the Meadowlark Botanical Gardens specialist in 2014. From 1988-2001 he served as a public relations specialist for the Northern Virginia Regional Park Authority, Meadowlark's parent organization, and promoted all regional parks and their programs and events. A former elementary teacher, Jules provides Meadowlark's educational programming for schools and community groups.

**Class: 23SP42            Park Ranger Grab Bag: Part 2 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Thu, May 4, 1:30-3:00 PM

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: One or more of the Park Rangers listed in Part 1 will present this class.

**Class: 23SP43      Park Ranger Grab Bag: Part 3 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Fri, May 5, 1:30-3:00 PM

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: One or more of the Park Rangers listed in Part 1 will present this class.

**Class: 23SP44      Park Ranger Grab Bag: Part 4 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Wed, May 10, 1:30-3:00 PM

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: One or more of the Park Rangers listed in Part 1 will present this class.

**Class: 23SP45      Why We Can't Walk and Chew Gum at the Same Time (1 Session)**

Despite all the high-tech safety devices in today's cars, U.S. traffic deaths reached a 16-year high in 2021. Ships keep running into each other with loss of life and property. Accidents keep happening at alarming rates. What's going on? This class will explore our role in accident causation and prevention .

Date/Time: Wed, May 17, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Doug Johnson

Instructor: **IRA DOLICH** had a career as an executive with a chemical company and actively volunteers for the U.S. Coast Guard and Coast Guard Auxiliary as an instructor. He has a wide variety of interests and enjoys presenting his research to LLI and to residents at the Greenspring community where he lives. Ira is an LLI member.

**Class: 23SP46      Night Birds: The Nocturnal Lives of Owls and Nightjars (1 Session)**

Owls and nightjars are fascinating creatures unfamiliar to many people because of their nocturnal habits. How do these birds see at night and what special adaptations do they have to locate prey in darkness? Is that eerie cackling you hear at night the sound of an owl calling for a mate and is that flute-like whistling a whip-poor-will? What habitats do owls and nightjars occupy? Are these birds residents or do they migrate? Join Larry Cartwright for a discussion about these denizens of the night and see just how extraordinary they can be.

Date/Time: Thu, May 18, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Barry Centini

Instructor: **LARRY CARTWRIGHT** has been a nature lover most of his life, especially of birds and bats, and has recently begun exploring the world of insects and frogs. He conducts the Dyke Marsh Breeding Bird Survey for the National Park Service, runs the Bluebird Nest Box Program for Huntley Meadows Park, and is the coordinator of the DC Christmas Bird Count, and the Audubon Society of Northern Virginia's Winter Waterfowl Count. He has won several conservation awards, including the Virginia Society of Ornithology's Jackson Abbott Award in 2013.

**Class: 23SP47      Cooking with Herbs and Spices (1 Session)**

Learn how using herbs and spices correctly can enhance many dishes. Even seasoned cooks will pick up new ways to complement recipes. **Note: There is a \$5 fee for this class, payable at the door.**

Date/Time: Wed, May 24, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopley

Instructor: **CALVIN KRAFT** attended *L'Academie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.