



News & Views

Volume 27—Number 5

May 2023

Wednesday, May 3 -- LLI/NOVA FORUM

LOCATION: Little River United Church of Christ, 8410 Little River Turnpike, Annandale

Socializing starts at 9:30 a.m. Announcements: 9:50 a.m. Forum Presentation: 10:00 a.m.

Change in Covid Policy: Masks are no longer required.

Juicing the Neighborhood



Ever hanker to become an entrepreneur? Come listen to Amir Mostafavi discuss his journey from graphics designer to founder and CEO of South Block, a local chain serving cold-pressed juices and healthy snacks.

Mostafavi realized, while on a vacation in California, that the DC area had no juice bars like the ones he saw there. Initially, in 2004, he set up a juice bar named Campus Fresh at George Washington University, and then decided to build a new business he called South Block, named for the locale of his first juice bar in the Clarendon area of Arlington. That was in 2011.

In 2015 he established another South Block juice bar on Westmoreland Avenue in East Falls Church. Then he opened up more and more South Blocks, including one this spring, in Chesterbrook Shopping Center in McLean, where he grew up, about two miles from where his father ran Box Office Video for two decades.

Now there are 14 locations, including in the District, Montgomery and Loudoun counties, with another planned for the new Amazon HQ2 site in Arlington. They all serve juices, smoothies and acai bowls. Often on many superfood lists, acai is from the same berry family as cranberries and blueberries and is known for having bright pigmentation and high antioxidant levels.



As he franchises more South Blocks, Mostafavi also has established a nonprofit called Fruitful Planet, which partners with other agencies in Arlington to donate fruits and vegetables to food-insecure people. Part of South Block's profits help fund the foundation's efforts. Giving back to the community is one of many important aspirations that Amir will share with us at our Forum. Please join us!

After-Forum Lunch

After the May Forum, join fellow LLI members for lunch and conversation at the Foxfire Grill, 6550 Little River Turnpike in the Pinecrest Shopping Center. Separate checks will be provided. Paul and Bonnie Hopley will host.

President's Message



I want to give a special shout-out to our Membership Outreach Committee for arranging our participation in the "Home for Life 2023 Expo" on March 31 at the Fairfax Village in the City's Sherwood Center. Organizations that provide services to Fairfax

seniors dispensed information and swag. Several agencies made presentations in the auditorium. At our LLI/NOVA booth, we gained at least two new members, and several other attendees showed high interest in joining. We dispensed lots of information, including a sheet listing the benefits of joining LLI/NOVA, "the best deal in town!" Special thanks to LLI members who joined me in covering our table: Membership Outreach Committee Chair Mary Alexander, committee and Board member Dina Cotlier, Vice President Patti Volz, and Board members Fritz Ernst and Dick Robison.

Your LLI Board of Directors has continuously monitored the Covid situation since the onset of the pandemic. The Board has tried to establish policy that emphasized member safety, with the demographic of our membership in mind. We have also tried to follow CDC recommendations. We have gradually made changes to our initial policy of requiring vaccinations and strict masking. And now, in keeping with the policy of most other agencies and organizations, the LLI/NOVA Board voted on April 14 to rescind our Covid-19 masking requirement. **Effective immediately, masks are now optional at LLI classes and Forums.**

If you are interested in current major geopolitical issues, such as energy geopolitics, economic warfare, and climate migration, I encourage you to consider signing up for Great Decisions, an eight-session course, in a future semester. Before class, participants read a chapter from the excellent Great Decisions book on the week's specific topic. During class,

participants watch a 30-minute video, then discuss that topic. At the end of the eight-week course, those who are willing to donate their books can do so; Chuck Hulick is collecting them to give to NOVA's Provost, Dr. Mucci, who would like them for further use or distribution to students. This is another means of strengthening our collaboration with NOVA.



I'm very sorry to announce the passing of Encore Learning's president, Barb Spangler. She was instrumental in establishing the collaboration between our two organizations and participated in several of our classes, including last year's "Summer Camp." Barb was just months away from completing her term as President of Encore Learning when she passed away on March 22 of complications from pneumonia. Her obituary may be seen [here](#). LLI/NOVA has sent our condolences to her family and is very grateful for the contribution she made to our lifetime learning experiences.

Derick Malis
LLI/NOVA President



Encore Learning is offering the following free online event to LLI members. No advance registration is required.

- Monday, April 24, 3:00 - 4:30 p.m.
Irish Immigrants Rising Against the Odds
Speaker: Dr. Tyler Anbinder
Details are available [here](#).
Click [here](#) to join the event.



Welcome to our newest member,
Janice Miller

Community Outreach



Please bring food donations to our in-person Forum May 3. We are collecting for ACCA, Annandale Christian Community for Action, a coalition of churches serving those in need. They are seeing a huge increase in demand for food, as there has been a reduction of Supplemental Nutrition Assistance Program (SNAP) benefits.

Items needed include paper bags, cereal, cooking oil, canned beans, canned chicken, instant coffee, dish soap, bar soap, and feminine napkins. Low sodium and low sugar foods are requested. See the ACCA [website](#) for a full list of items needed.

We hope to have a sizeable collection in May to take over to ACCA. Thank you!

Betsy Pugin and Joyce Pomeroy (see online member directory for contact information)



Volunteers Needed

Volunteers make our organization work. Please consider helping us! It does not take a lot of time, and it's fun!

Contact Patti Volz at pattivolz@verizon.net if you can help on any of these committees:

- Automation
- Cultural Excursions
- Curriculum: Class Coordinators
- Hospitality: serve as greeters at Forums and assist with refreshments
- Membership Outreach: publicity and welcoming new members
- Social Events
- Scholarships
- Visual & Performing Arts
- Winter Luncheon

Study/Travel Program

The Study/Travel Committee is delighted to offer a trip through the heart of Europe on Viking's Grand European Tour, embarking in Amsterdam on June 20, 2024, and debarking in Budapest on July 2. This 14-night trip will take us through four countries – The Netherlands, Germany, Austria, and Hungary – along the Rhine, the Main, and the Danube rivers. See the Study/Travel Program [website](#) for full information.

These trips are very popular and fill up early, beginning with the highest cabin categories. Viking is offering a special reduced \$25 registration deposit for those who register by April 30.



Travelers registered for LLI/NOVA's "Jewels of Ireland" trip are looking forward to our May 13 departure.

Contact Committee Chair Rod Dyck (rd2222@aol.com or 703-328-1660) with any questions or comments.



Please make sure to check out the election supplement on pages 6 through 9 of this newsletter. Elections for our Board for next year will be held at our June 7 Forum.



In Memoriam for Andre Pugin

The family of LLI member Andre Pugin mourns his passing on February 24, 2023. Andre and his wife, Betsy, have been members of LLI and residents of Greenspring Village. Andre especially enjoyed those LLI classes presented in the Greenspring Theater. Prior to his retirement in 2008, Andre served as a civilian for the Department of the Navy and later, the Department of Defense. In the Office of the Secretary of Defense, he served as Manager of International Cooperative Programs, representing the U.S. on the Board of Directors of the NATO Maintenance and Supply Organization. As a volunteer, Andre was active in his daughters' Parent Teacher Association. He also volunteered in adapted aquatics at the Audrey Moore Recreation Center, among other activities. Both his daughters and grandchildren inherited his love for travel and athletics.

Special Interest Group (SIG) Meetings at a Glance

KPL = Kings Park Library, 9002 Burke Lake Rd., Burke

POC = Point of Contact

Bridge – Tuesday, May 9, and Thursday, June 8, 10:30 a.m. – 2:30 p.m. at Mason District Governmental Center. All levels of player are welcome. For more information, click on [Bridge – LLI NOVA](#). POC Bob Huley, roberthuley@cox.net

Favorite Books – Thursday, May 18, 11:30 a.m. – 1:00 p.m. at KPL, "The Book of Lost Names" by Kristin Harmel (Fiction). POC Lynne Smaldone, smaldonega@hotmail.com

Financial Discussion Group – discontinued until new leader is found.

Please consider volunteering. Contact Derick Malis, derickmalis@gmail.com

Foodies & Friends – Thursday, May 25, 1:00 p.m. – See article on next page for details.

Mystery Books – Monday, May 1, 1:30 – 3:00 p.m. at KPL, "Five Total Strangers" by Natalie D. Richards. Our June 5 book will be "Outsider" by Linda Castillo. POC Mary Lu Bednarsky, mlbednarsky@gmail.com

Photography – Friday, May 19, 10:00 a.m. – 12:00 p.m. at KPL

New members are always welcome. Cell phone cameras are fine. Normally meets the third Friday of every month. Contact Buck Myers, hbm@hbmphoto.com

Tabletop Games – Tuesday, April 25 (Bunco) and Tuesday, May 23 (Tripoley). Both meetings from 1:30 – 3:00 p.m. at KPL. All are welcome.

POC Mary Lu Bednarsky, mlbednarsky@gmail.com

Visual and Performing Arts – Saturday, April 29, 8:00 p.m. at George Mason University Center for the Arts, [Indigenous Enterprise](#). Share native heritage and culture through joyous, authentic dance and song. Comprised of champion dancers from Native American and Canadian tribes and Nations, "Indigenous Enterprise is rooted in tradition but also has hip-hop influences, discernible in footwork, bounce, and especially attitude," according to The New York Times. LLI members may purchase tickets for \$15.00 (plus a \$4.00 service fee online; no fee at the box office) per seat. Additionally, you may attend a pre-performance discussion 45 minutes prior to the show. Information on purchasing tickets is available [here](#).

Foodies & Friends

Thursday, May 25, 1:00 p.m.

Ruthie's All Day

3411 5th St. South, Arlington



We are celebrating May at one of Washingtonian Magazine's "100 Very Best 2023 Restaurants." The restaurant was also one of Tom Sietsema's 10 favorite restaurants in 2021. Ruthie's All-Day is a southern-style cafe and dining room that retains the charm of the 1950's with a modern flair. Ruthie's calls itself a "special neighborhood place that makes bellies happy all-day, every day." For lunch, guests can enjoy southern classics such as hush puppies, fried chicken and biscuits, Brunswick stew, and barbecue plates anchored by sticky ribs, smokey pulled pork, or salmon. Their specialty sides include dill-scented potato salad, tangy braised beans or greens, and mac and cheese. You'll want to save room for dessert—cookies with ice cream, or butterscotch pudding made with Chantilly cream and Heath bar crumble. We hope you'll join us. You can meet new LLI members, as well as enjoy a delicious lunch with friends and members you already know. So save the date and we'll save you a seat at [Ruthie's All Day](#). And come hungry! There is plenty of parking and the restaurant is accessible. We will try for outdoor dining, weather permitting. Please respond to our host for this event, Mary Gauthier (gauthiermary@msn.com), by May 22.

Cultural Excursions

Additional information on excursions is available on LLI's website [here](#). Questions? Contact Carol Fagnani (see member directory).

- **Tudor Place and Dumbarton Oaks**

Wednesday, May 31, 11:00 a.m. – 5:45 p.m.

Experience the historic gardens of Tudor Place and Dumbarton Oaks in Georgetown. Enjoy an elegant Victorian tea party in the 1867 Dower House and an informative house tour afterward. Then travel up the road to Dumbarton Oaks and explore the famous gardens. \$132 fee includes coach, entrance, tea, and tour.

- **Gari Melchers Home & Studio and the Belmont Estate in Falmouth, VA**

Thursday, June 29, 9:15 a.m. (for carpool);
10:30 a.m. tour; 12:30 lunch



Belmont, home of American artist Gari Melchers (1860-1932), is a 27-acre estate featuring an historic home, art studio and galleries, tours, gardens, historic buildings, and several miles of walking trails.

Gari Melchers built a reputation as a painter of everyday life. There are more than 1,600 paintings on exhibit. His paintings are also on display in prominent museums worldwide. Click [here](#) for more about the life of this artist and his Falmouth home and studio, and [here](#) for more info about and to register for this outing.

Admission is \$12, payable at the site; lunch (optional) at your own cost at Amy's Café in Fredericksburg after the home, studio, and estate visit. This is a meetup; you're welcome to ride with Judy Robison or Carol Fagnani. The leader for this excursion is Judy (contact info is available in the online LLI directory).



ELECTION SUPPLEMENT



Plan to attend the **Wednesday, June 7 Forum** to vote on this slate for the LLI/NOVA Board of Directors for fiscal year 2023 (July 2023- June 2024)

The LLI/NOVA 2023 nominating committee is pleased to announce an outstanding slate of officers and board members for our 2023-2024 year. The Nominating Committee this year was comprised of Anna Dixon (chair), Patti Volz, Gina Trapp, Arlene Gribben, and Lynda Brittain.

Our Board of Directors is made up of 15 members elected by the membership. Board members serve a three-year term, with five members' terms expiring annually. If a position becomes vacant, a new member is elected to complete the unexpired term.

The slate of candidates for the Board is as follows:

Board candidates for three-year terms ending June 30, 2026

- Patricia Brennan
- Andy James Butler
- Fritz Ernst
- Richard Martin
- Dick Robison

Candidate to fill term ending June 30, 2025

- Richard Sigman

LLI/NOVA has four officer positions elected by the membership from among the Board members. Officers serve a one-year term. Expiration of three-year Board term is indicated after each name:

- President Derick Malis (2024)
- Vice President Patricia Brennan (2026)
- Secretary Gina Trapp (2025)
- Treasurer Richard Sigman (2025)

Short biographies for each candidate are provided below.

Derick Malis – President



Derick Malis joined LLI/ NOVA in 2018. He was born and raised in Northwest Indiana and graduated from Indiana University with an AB Degree in Anthropology and Political Science. He taught three years of high school, then moved to the Washington metropolitan area in 1974 and began a 27-year career with the YMCA. Derick served in many capacities at the YMCA including: Outreach Director, Program/Aquatic Director, International Director, Drug Free Zones Director, Associate Executive and Executive Director of three branch operations. Derick initiated a youth sports program in Arlington that exceeded 300 participants. He administered programs that served a

variety of community needs, most prominent of which were childcare and day camp services in the Green Valley Community of South Arlington.

In 2002, Derick became the field organizer for the effort to bring Major League Baseball to Northern Virginia. In 2003, he became the fundraising manager for Vanguard Services Unlimited, a substance abuse treatment agency serving the Washington Metropolitan Area. Derick retired in 2012. He hopes to continue to serve as LLI/NOVA President because it will be an interesting challenge and will provide him opportunities to advance the interests of an organization he values, as well as work with and get to know many talented and interesting individuals.

Derick is married to Inta Malis and has one grown daughter. He is an avid basketball fan who still plays (pre-Covid), enjoyed attending his daughter's games, and officiated local games for many years. He is a history buff who loves to travel. He has heated his house with wood for the last 30 years, doing all the chopping, splitting, sawing and chimney sweeping this entails. He is a fairly avid reader and enjoys most games and sports.

Patricia Brennan – Board member and Vice President



Patricia Brennan has been an LLI/NOVA member for a decade, serving first as Hospitality co-chairman with Mary Purdy, then copy editing the Newsletter with the late Mary Jablonski and now with current editors Cathy Becker and Loren Brandman. She served briefly on the LLI/NOVA Board until she resigned to care for her husband, Michael, who died of leukemia in June 2022.

She grew up in Bloomington, IN, earned her bachelor's degree at Indiana University, and wrote and edited for the Indiana Daily Student, the Bloomington Herald-Times, the Indianapolis Star, and The Washington Post. In Honolulu, she taught English and journalism to juniors and seniors at Punahou School. She also earned a master's degree from the University of Virginia, ushered at the Barns of Wolf Trap, and was a part-time contractor for U.S. Investigations.

She and her late husband lived in Honolulu, San Francisco, Seattle, and Ankara, Turkey, before moving to Northern Virginia. She has five children and nine grandchildren.

Richard Sigman – Board member and Treasurer



Richard Sigman grew up in Billings, MT, and has a bachelor's degree in mathematics from Colorado State University. He arrived in the Washington, D.C. area in 1971 to work for the Navy as a mathematician. This led to his completing a master's degree in mathematics, with a concentration in statistics, at the University of Maryland at College Park. After graduate school, he worked 40 years as a statistician at the U.S. Department of Agriculture, the U.S. Census Bureau, and employee-owned Westat, retiring from full-time work in 2017. In retirement, he works part-time at George Mason University teaching statistics and participates in citizen-science data collection projects organized by Earthwatch and Adventure Scientists. Richard joined LLI in 2022 and is currently the LLI Assistant Treasurer and a member of the Board. Richard lives in Kingstowne with his wife, Andrea Nygren (and in the summertime with numerous tomato plants).

Gina Trapp - Board member and Secretary

Gina Trapp has been a member of LLI since 2004 and currently serves on the Board as Secretary. A graduate of Misericordia University in Dallas, PA, she taught high school English for a year before moving to Northern Virginia. She then worked for 30 years for the Inspector General at the Department of Housing and Urban Development as a writer/editor. She was a speechwriter for the

Inspector General and was in charge of reports to Congress that highlighted instances of fraud, waste, and mismanagement of government funds. Gina was introduced to LLI by a former member who gave her a year's membership dues as a retirement gift. She has been grateful for that gift ever since.

Gina became active in LLI shortly after joining. She became a member of the Curriculum Committee in early 2005 and served on that committee for 13 years, two as Committee Chair. In 2005 she joined the LLI Board of Directors and served as Secretary for three years. She later served two additional terms on the Board. She was one of the original members of the Automation Committee in its early years and has served three times on the Nominating Committee. Gina has also volunteered at the Animal Welfare League of Arlington helping to "socialize" cats and arranging for adoptions.

Andy Butler - Board Member



With the help of some of the resources that are available through LLI, James (Andy) Butler has been rediscovering life after caring for his late wife for many years. He has a long history of supporting professional organizations including the Society of Broadcast Engineers where he served in positions from local chapter chairman to president of the society. He has had similar experiences with the Society of Radio and Television Engineers, the Society of Audio Engineers and the Institute of Electrical and Electronics Engineers Broadcast Technology Society. An Eagle Scout, he was a Cubmaster, a Scoutmaster and chaired the Pack and Troop Committees. He has served on various committees for nonprofit organizations including SHIP (Sexual Health Includes Pleasure), the Woodhull Foundation, and the local PTSA (Parent Teacher Student Association).

Andy was born in Texas and grew up in St. Louis. He received a BS in Engineering and a Masters in Management from the University of Missouri-Rolla. He has designed and built broadcast facilities in St. Louis, Chicago, Denver, Detroit, Minneapolis, Baltimore, Washington, and New York. He also served as Marketing Manager for Broadcast Electronics and as conference manager for the National Association of Broadcasters. He has been an engineer for the Public Broadcasting Service (PBS) for the past 27 years. Andy has two adult sons and has lived in Fairfax County for 30 years. He is looking forward to retiring in Northern Virginia.

Fritz Ernst - Board Member



Frederick (Fritz) Ernst earned a BS in Engineering from the United States Military Academy at West Point, and a Masters in Civil Engineering and Nuclear Engineering from Stanford University. He served 26 years with the Army Corps of Engineers in a wide variety of engineering and other assignments, including in Vietnam, Thailand, Europe, and the United States. He commanded an Engineer Battalion (approximately 700 soldiers) stationed at Fort Bragg, N.C. His final Army assignment was three years serving in high-level leadership and management positions (e.g., Directorate Head and Agency Chief of Staff) at the Defense

Nuclear Agency (now the Defense Threat Reduction Agency). After retirement, Fritz provided technical and advisory services to the Defense Nuclear Agency for 22 years and served as the program manager for as many as 300 technical personnel during the contract period. He provided significant input for written and oral proposals that led to the contract's being awarded roughly every five years on a competitive basis. Fritz has been active in LLI; with the photography group and as a current Board member and past treasurer.

Richard Martin - Board Member



Richard Martin is a retired foreign service officer who served 30 years in the U.S. Agency for International Development (USAID). Born and raised in Rochester, MN, he received an MA from the University of Washington in Seattle and a PhD from the University of Wisconsin. After college, he and his wife, Aimee Moore Martin, worked as primary school teachers for two years in a blue-collar neighborhood in Bogota, Colombia. After graduate school, he was on the faculty of the Michigan State University Department of Communication. He joined USAID in Washington in 1977. In USAID “missions” in developing countries, he provided analysis and funding in the areas of basic education, health, and population. With his family, he lived and worked in Honduras, Guatemala, Egypt, and Peru. After retiring in 2006, he did USAID consulting, taught English as a second language, was a volunteer researcher at the National Archives, and flew his ultralight airplane. He has enjoyed LLI meetings, classes, and activities. He coordinates the LLI scholarship program and participates in the LLI photography SIG.

Dick Robison - Board Member



Dick has been a member of LLI/NOVA since 2010, the Curriculum Committee Chair since 2019, and a member of the Board since 2020. He has a master’s degree in business administration (management) and a bachelor’s degree in electrical engineering. He retired from the Air Force in 2001 after 26 years as an officer. He had a number of interesting assignments, including as a C-130 test pilot, hurricane hunter, squadron commander, and airlift control element commander in Mogadishu, Somalia (United Nations). He also had two assignments to Germany, as well as joint assignments with the Army and the National Geospatial-Intelligence Agency. After retirement from the Air Force, Dick directed imagery analysis and training support to the intelligence community as a director at EOIR Technologies, Inc. He retired from that position in 2013.

Please plan to attend the **Wednesday, June 7 Forum**

